

October 15, 2026



The D.C. Update

October is Substance Use and Misuse Prevention Month, Ohio overdose rate drops 40% & More.

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Capitol Hill Happenings

Resolution designating October as Substance Use & Misuse Prevention Month passes Senate

US Senators Schiff (D-Calif.) and Ricketts (R-Nebr.) introduced a resolution (S. Res. 866) designating October 2026 as Substance Use & Misuse Prevention Month within the United States, which was passed on September 30th. In it, the Senate also affirms its support of effective programs to prevent substance use and misuse as well as programs helping stem the drug addiction and overdose epidemic within the United States.

To read the resolution in its entirety, click [here](#).

October is...



Senators send recommendation letter on kratom to Drug Enforcement Agency

In a letter earlier this month, Senators Grassley (R-Iowa), Lee (R-Utah), and Collins (R-Maine) recommended the Drug Enforcement Agency (DEA) permanently schedule all harmful substances in or derived from kratom: 7-hydroxy mitragynine (7-OH), dihydro-7-hydroxy mitragynine (MGM-15), 9-fluoro derivative of MGM-15 (MGM-16), and mitragynine

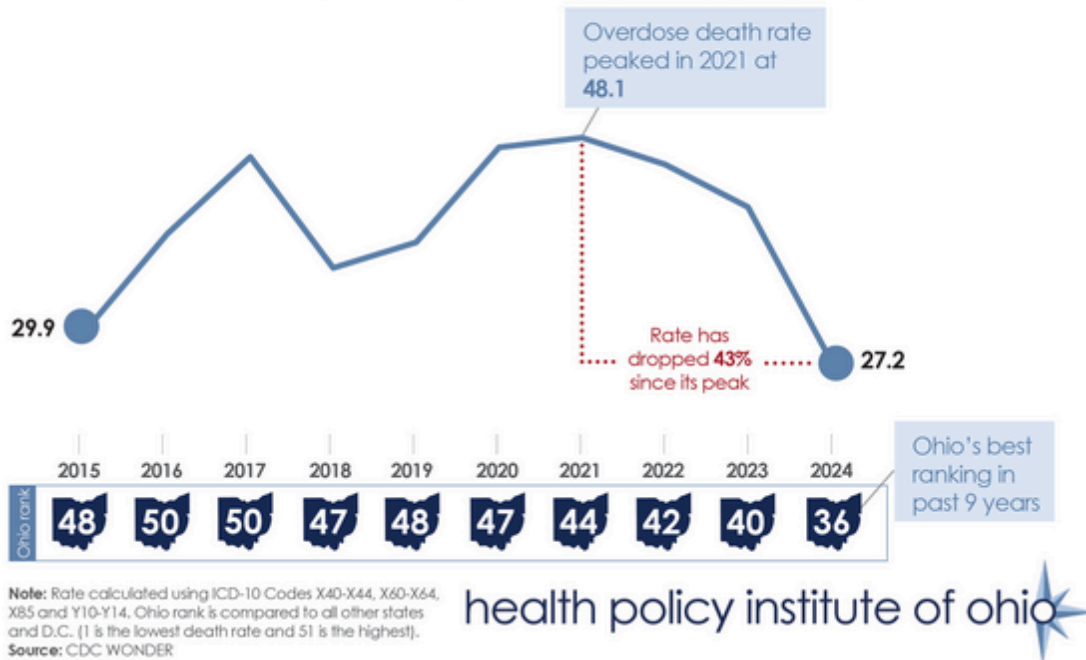
pseudoindoxyl. Furthermore, Senators Grassley, Lee, and Collins recommended the Food and Drug Administration (FDA) conduct scientific and medical evaluation to provide a permanent scheduling recommendation to the DEA for full kratom plants, derivatives, and all levels of semi-synthetic analogues marketed as natural products.

To read the letter in its entirety, click [here](#).

Around the Agencies

Following post-pandemic peak, Ohio overdose death rate drops by more than 40%

Number of deaths due to drug overdose, per 100,000 population (age adjusted)



Ohio's overdose rate drops by over 40%

After an all-time high in 2021, Ohio's overdose death rate dropped 43% by 2024, according to the Health Policy Institute of Ohio (HPIO), with the state's ranking improving from a low of 50th in 2017 to 36th in 2024. HPIO announced it will host a webinar entitled "Overdose in Ohio: Understanding where we are and what comes next" on Thursday, October 29th from 1:00 – 2:00 PM ET, exploring reasons why overdose deaths decreased and what policymakers can do to ensure the trend continues. **Tia Marcel Moretti, LSW, OCPC**, serves as Ohio SSA Director.

To register, click [here](#).



Drug Enforcement Administration issues new and reissues prior Notices of Intent related to kratom

On October 9, the Department of Justice announced updated emergency scheduling actions targeting kratom on behalf of the Drug Enforcement Administration (DEA). The DEA issued a new [Notice of Intent \(NOI\)](#) reflecting HHS updated scientific analysis and recommendations for 7-OH and MGP and reissued an [NOI for MGM-15 and MGM-16](#). This follows the DEA's temporary placement of MGPI, MGM-15, and MGM-16 into Schedule I on August 26, 2026.

To read the press release, click [here](#).

Drug Enforcement Administration publishes cychlorphine fact sheet following temporary scheduling order

In July of 2026, the Drug Enforcement Administration (DEA) published a notice of intent to temporarily schedule cychlorphine, a potent synthetic opioid, as a Schedule I substance. This took effect on August 27th, 2026, and will last through August 27th, 2028. The DEA recently published an educational fact sheet on cychlorphine following this scheduling order.

To read and share, click [here](#).



Government Accountability Office: Implementation of the Substance Use Disorder Prevention Promoting Opioid Recovery and Treatment for Patients and Communities Act of 2018

The US Government Accountability Office (GAO) reviewed the Department of Justice, Drug Enforcement Administration's (DEA) new rule entitled "Implementation of the Substance Use-Disorder Prevention That Promotes Opioid Recovery and Treatment for Patients and Communities Act of 2018: Dispensing and Administering Controlled Substances for Medication-Assisted Treatment." GAO found that the final rule (1) adopts the provisions of an interim final rule promulgated in November 2020 that previously amended DEA regulations to make them consistent with the Substance Use-Disorder Prevention that Promotes Opioid Recovery and Treatment for Patients and Communities Act of 2018 (SUPPORT Act), Pub. L. No. 115-271, 132 Stat. 3894 (Oct. 24, 2018), and implement its requirements; and (2) implements related provisions of the Restoring Hope for Mental Health and Well-Being Act of 2022.

To read the full report, click [here](#).

Research Roundup

Journal of the American Medical Association Network Open: Recent and Cumulative Cannabis Use and Sleep in Middle-Aged Adults

This cohort study aimed to examine the associations of cumulative cannabis exposure from young adulthood to middle age and recent cannabis use with sleep outcomes in middle age. Data from the Coronary Artery Risk Development in Young Adults (CARDIA) study, including 35 years of follow-up (conducted in 2020 to 2022), and the CARDIA Year-35 Sleep Ancillary Study, were analyzed. After multivariable adjustment, each additional cannabis-year was associated with higher odds of low sleep percentage (odds ratio [OR], 1.10; 95% CI, 1.06-1.14), high sleep fragmentation (OR, 1.04; 95% CI, 1.01-1.08), and prolonged wakefulness after sleep onset (WASO) (OR, 1.21; 95% CI, 1.10-1.34). Both cumulative use and recent cannabis use were associated with poorer objective sleep quality.

To read more, click [here](#).

Table 3. Adjusted Odds Ratios for Sleep Outcomes by Cumulative Lifetime Cannabis Use^{a,b}

Sleep characteristic	AOR (95% CI) ^c
Main analysis sample	
Actigraphy data (n = 891)	
Sleep duration category	
Short vs optimal: 6-8 h	1.01 (0.98-1.05)
Long vs optimal: 6-8 h	1.02 (0.97-1.06)
Low sleep percentage: <85%	1.10 (1.06-1.14)
High sleep fragmentation (highest quartile)	1.04 (1.01-1.08)
Prolonged WASO: ≥30 min	1.21 (1.10-1.34)
Self-reported data (n = 1128)	
Poor sleep quality or PSQI score >5	1.01 (0.98-1.04)
Main analysis sample excluding participants with current cannabis use	
Actigraphy data (n = 783)	
Sleep duration category	
Short vs optimal: 6-8 h	1.04 (0.98-1.1)
Long vs optimal: 6-8 h	1.02 (0.93-1.11)
Low sleep percentage: <85%	1.19 (1.11-1.28)
High sleep fragmentation (highest quartile)	1.03 (0.98-1.09)
Prolonged WASO: ≥30 min	1.16 (1.04-1.31)
Self-reported data (n = 1002)	
Poor sleep quality or PSQI score >5	0.99 (0.95-1.04)

Abbreviations: AOR, adjusted odds ratio; PSQI, Pittsburgh Sleep Quality Index; WASO, wakefulness after sleep onset.

^a Derived from repeated Coronary Artery Risk Development in Young Adults study cannabis-use assessments and calculated as cannabis-years (1 cannabis-year = 365 days of cannabis use).

^b Model was adjusted for year-35 age, sex, race, study site, highest educational level, year-35 body mass index, physical activity, sleep medication use, Center for Epidemiological Studies–Depression scale score, comorbidity status, recent use of other substances, lifetime cigarette pack-years, and lifetime alcohol drink-years, with missing covariate values imputed.

^c Odds ratio for the sleep outcome associated with each additional cannabis-year of lifetime cannabis exposure.

Webinars to Watch



TCA & Congressional Addiction, Treatment, and Recovery Caucus: Substance Use Disorder and Gambling – What to Do When Your Luck Runs Out

Tuesday, October 29th @ 2:00 – 3:00 PM ET

Presented by **Chinazo Cunningham, MD, New York SSA Director and NASADAD Vice President**; Cole Wogoman, JD; Brian Dolan, MHC, CRC & Seep Varma

As online gambling, online sports wagering, and online prediction markets proliferates in the US, the intersection of gambling disorder and substance use may require greater understanding and attention, with people increasingly presenting in need of treatment with related needs. This panel will include a timely conversation featuring national and state leaders, policy experts, and persons with lived experience. Panelists will explore emerging risks, treatment needs, and potential policies that strengthen prevention, treatment, and recovery systems.

To register and receive additional information, click [here](#).

To join the meeting directly, click [here](#). Please note that this link connects directly to the meeting room and will otherwise not be monitored.

Substance Abuse & Mental Health Services Administration (SAMHSA): Navigating the Menopause Transition – Substance Use, Mental Health, and Lived Experience

Wednesday, October 28th @ 2:00 – 4:00 PM ET

This webinar will explore how menopause-related changes may affect substance use risk, resilience, treatment, and recovery. Presenters will discuss overlapping menopause, mental health, and substance use symptoms and identify opportunities to strengthen prevention, screening, treatment, recovery support services, and coordinated menopause-informed care.

Register [here](#).



NAADAC, The Association for Addiction Professionals: Common Practices that Hurt Survivors and their Antidotes

Wednesday, October 28th @ 12:00 – 1:00 PM ET
Presented by Gabriela Zapata-Alma, LCSW, CADC

Some standard practices in substance use disorder (SUD) care may unintentionally endanger survivors of intimate partner violence. This webinar highlights seven common approaches that create barriers to safety and healing. Participants may learn practical "antidotes" and trauma-informed alternatives to better support survivors in recovery.

Register [here](#).



Georgetown University: M.S. in Addiction Policy and Practice Informational Session

Monday, October 26th @ 2:00 – 3:00 PM ET
Presented by Ann Herbst

The session is designed to discuss Georgetown University's Master's Program in Addiction Policy and Practice. This session is hosted in collaboration with Young People in Recovery (YPR), a national nonprofit providing peer recovery support services for youth/young adults in (or seeking) recovery from SUDs, represented by Ann Herbst, its executive director.

Register [here](#).



Addiction Policy Forum (APF): Alcohol Use Disorder – Addressing the Special Needs of Women and Understanding Recovery Trajectories and Relapse

Thursday, October 29th @ 1:00 – 2:30 PM ET

Presented by Shelly Greenfield, MD, MPH; John Kelly, PhD, ABPP & Redonna Chandler, PhD

This webinar will examine alcohol use and alcohol use disorder (AUD) among women in the US, with a focus on the evidence base for treatment and clinical considerations that may shape women's experiences when seeking care. Presenters will review widely used models of recovery, recovery trajectories, and current research on recurrence of alcohol use, including factors that may increase risk and those that may support long-term wellness.

Register [here](#).

Problem Gambling

Ohio for Responsible Gambling announces new problem gambling resource

Ohio for Responsible Gambling ([ORG](#)) is partnering with [BetBlocker](#) to offer Ohioans a free, anonymous digital [tool](#) that blocks digital gambling websites/apps in minutes. This resource is intended to supplement ORG's existing problem gambling support network, including the [Problem Gambling Helpline](#) and the [Time Out Ohio](#) Voluntary Exclusion Program.

To read more about the tool, please click [here](#).

Thank you for reading.

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