

NORTH DAKOTA

USE OF STR/SOR GRANT FUNDS TO ADDRESS THE OPIOID CRISIS

Background on opioid-specific grants to States

The Substance Abuse and Mental Health Services Administration (SAMHSA) administers the State Targeted Response to the Opioid Crisis (STR) and State Opioid Response (SOR) grant programs. These grants aim to address the opioid crisis by increasing access to treatment, reducing unmet treatment need, and reducing opioid overdose related deaths through the provision of prevention, treatment, and recovery activities for opioid use disorder (OUD) in the States. States received a total of \$500 million for each of FY 2017 and FY 2018 through STR. Additionally, in FY 2018, States received an additional \$1 billion in new funding through the SOR grants. In FY 2019, States received \$1.5 billion through SOR. Eligible applicants for both STR and SOR are the State alcohol and drug agencies.

Allocations for North Dakota

North Dakota received \$2 million through STR for each of FY 2017 and 2018, and \$4 million through SOR in FY 2018. In FY 2019, North Dakota received a total of \$6 million through SOR.

Overview of North Dakota's efforts to address the opioid crisis

North Dakota's implementation of the STR Grant includes both statewide and community-level implementation of evidence-based strategies aimed to increase access to medication-assisted treatment (MAT), increase the availability of recovery supports, increase implementation of overdose prevention, and decrease access to prescription opioids. North Dakota's implementation of the SOR grant continues and expands upon many initiatives from the STR grant. The State's goals for the SOR grant include prevention of opioid overdose-related deaths by increasing implementation of evidence-based prevention strategies, and the use of comprehensive evidence-based treatment and recovery support services (specifically recovery housing capacity).

Primary prevention: stopping opioid misuse before it starts

Prevention activities are aimed at the general population as well as those at highest risk for overdose: individuals receiving more than one opioid prescription, persons with a history of addiction, or a person with an opioid use disorder (OUD) who has recently been released from detoxification, incarceration, or treatment. The State contracted with the four Native

American tribes in the State and 16 local public health units to implement community-driven strategies to address the opioid crisis. North Dakota efforts funded through the STR/SOR funds to prevent opioid misuse include:

- Stop Overdose campaign: Stop Overdose is an evidence-based overdose prevention effort focused on saving lives by raising awareness of the risk and signs of overdose, safe ways to respond, and best practices in prescribing, treatment, and recovery practices to those most impacted by this public health concern, such as family members and friends, prescribers, pharmacists, behavioral health professionals, and other professionals.
- Lock. Monitor. Take Back. awareness campaign: Lock. Monitor. Take Back. is an evidence-based prevention effort with the primary goal of reducing access to prescription drugs, especially opioids, by encouraging North Dakotans to be safe with their medications, including promoting North Dakota Take Back locations, and promoting ways communities can support this effort at the local level.
- Increasing Take Back locations and holding Take Back events: North Dakota is the only State in the nation operating free, year-round, state-wide prescription drug disposal programs at local law enforcement agencies and pharmacies. North Dakota offers two free programs for residents to dispose of unwanted medications – the Take Back program at participating law enforcement agencies, and the MedSafe program at participating pharmacies.
- ONE Rx program implementation – through a partnership with the North Dakota State University School of Pharmacy: ONE Rx (Opioid and Naloxone Education) is an innovative approach to screen and educate patients who receive prescribed opioid medications at participating community pharmacies.
- Partnership with Department of Corrections and Rehabilitation to increase access to naloxone for individuals released from incarceration
- Purchase and distribution of naloxone. The North Dakota Behavioral Health Division has purchased over 8,500 Narcan kits and has distributed over 8,000.
- Training on evidence-based overdose prevention. Local public health units and tribes trained over 6,500 individuals on overdose education and naloxone distribution.
- Training on decreasing access to unneeded prescription opioid medication. Local public health units and tribes trained over 1,500 individuals on prescribing guidelines.

Increasing access to treatment

North Dakota's STR/SOR-funded efforts to increase access to treatment include:

- Providing a stipend for prescribers to complete the Drug Addiction Treatment Act (DATA) 2000 waiver training.
- Project ECHO – aimed at supporting providers in rural areas of the State to develop a broad and flexible care delivery system specific to the treatment of OUD by offering both MAT and psychosocial treatments.
- Champion Prescriber – a contracted provider who traveled statewide and met with hospital and clinic administrators, prescribers, correctional administrators, and behavioral health treatment providers to enhance policies regarding the prescribing and utilization of medications used to treat OUD.
- Communities and tribes have been addressing local barriers to include (but not limited to): addressing barriers to treatment (including transportation), enhancing the use of telehealth, policy change, and prescriber training and engagement.
- Partnership with the ND Department of Corrections and Rehabilitation (DOCR) to establish a DOCR-initiated buprenorphine-based monthly injection Medication-Assisted Therapy Program for Opioid Use Disorder that will transition with residents into the community to help them succeed in life.

North Dakota efforts generally targeted individuals with OUD within the prison population, rural communities, and communities that do not have MAT treatment options or recovery options available.

Overdose reversal efforts: saving lives

Through the STR/SOR funds, the ND Department of Human Services has purchased and is distributing approximately 8,500 naloxone kits and funded an additional 1,700 kits distributed by community partners. To date, there have been at least 60 overdose reversals reported.

- Number of Naloxone kits distributed during STR Year 1 = 807 kits
- Number of Naloxone kits distributed during STR Year 2 = 2,659 kits
- Number of Naloxone kits distributed during SOR Year 1 (through July 2019) = 770 kits
- **Total Number of Naloxone kits distributed for STR Years 1 and 2 and SOR Year 1 = 4,236 kits**

Supporting recovery

North Dakota efforts funded through the STR/SOR funds for recovery support services:

- Increasing capacity for and implementation of peer support.
- Increasing availability of care coordination services.
- Increasing capacity for recovery housing options supportive of MAT.

Collaborating with local entities

For the Opioid STR, North Dakota contracted with the four tribes in the State and twelve local public health units across the State to implement community-driven strategies addressing the opioid crisis. For the SOR grant, the State is in contract with several of the tribes as well as approximately 16 local public health units across the State.

Positive outcomes

- 59 trainings have been held with over 1,500 individuals trained on decreasing access to unneeded prescription opioid medication.
- North Dakota communities have provided over 500 trainings on effective overdose prevention to over 6,500 nurses, first responders, the general public, corrections, behavioral health providers, educators, and administrators.
- Over 40,000 “Lock. Monitor. Take Back.” materials have been disseminated to communities from May 1, 2017 through December 31, 2018.
- Over 30,000 “Stop Overdose” materials have been disseminated to communities from May 1, 2017 through December 31, 2018.
- Through the “One Rx” program, over 2,000 patient screenings have been conducted at pharmacies across North Dakota.
 - 19.2 percent of patients counseled identified at high risk for accidental opioid overdose
 - 4.8 percent identified at elevated risk of an opioid use disorder
 - 87 percent of patients were counseled on medication “Take Back” through MedSafe®
 - 18 percent received one or more interventions for safe opioid use
 - 3.6 percent received naloxone
- The number of providers waived to prescribe buprenorphine has increased from 18 to 60
- The Centers for Disease Control (CDC) reported that overdose deaths in the State decreased for the first time since a record 77 deaths were reported in 2016. According to the CDC, drug overdose deaths in North Dakota fell by 13.2 percent to 68 deaths in 2017.
- Over 1,000 individuals (number may be duplicated) received MAT in STR year 1, and 400 (unduplicated) received MAT in STR year 2.
- 121 individuals have received OUD recovery support services (includes duplicate individuals) in STR year 1, and 1,400 received recovery support services in STR year 2.

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