

Aging, the Opioid Epidemic, and Treatment Considerations for American Indian and Alaska Native Communities

Tuesday, January 21st, 2020

Presented by Benjamin H. Nguyen, MSW, ASW, CPH



Aging, the Opioid Epidemic, and Treatment Considerations for Tribal Communities

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CPH



Opioid
Response
Network
STR-TA



Disclosures

There are no relevant financial relationships with ACCME-defined commercial interests for anyone who was in control of the content of this activity.

Working with communities to address the opioid crisis.

- ✧ SAMHSA's State Targeted Response Technical Assistance (STR-TA) grant created the *Opioid Response Network* to assist STR grantees, individuals and other organizations by providing the resources and technical assistance they need locally to address the opioid crisis .
- ✧ Technical assistance is available to support the evidence-based prevention, treatment, and recovery of opioid use disorders.





Approach: To build on existing efforts, enhance, refine and fill in gaps when needed while avoiding duplication and not “re-creating the wheel.”

Overall Mission

To provide training and technical assistance via local experts to enhance **prevention, treatment** (especially medication-assisted treatment like buprenorphine, naltrexone, and methadone), and **recovery** efforts across the country addressing state and local - specific needs.



Working with communities to address the opioid crisis.

- ✧ The Opioid Response Network (ORN) provides local, experienced consultants in prevention, treatment and recovery to communities and organizations to help address this opioid crisis.
- ✧ The ORN accepts requests for education and training.
- ✧ Each state/territory has a designated team, led by a regional Technology Transfer Specialist (TTS), who is an expert in implementing evidence-based practices.



Contact the Opioid Response Network

✧ To ask questions or submit a technical assistance request:

- Visit www.OpioidResponseNetwork.org
- Email orn@aaap.org
- Call 401-270-5900



Substance Abuse and Mental Health Services Administration (SAMHSA)

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Acknowledgements



Panelists

		
Benjamin H. Nguyen MSW, ASW, CPH Technology Transfer Specialist Opioid Response Network STR-TA	Holly Echo-Hawk MSc Core Consultant Opioid Response Network STR-TA	Joan Kandel DO, FAAFP Treatment Consultant Opioid Response Network STR-TA

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Long-Term Services and Supports Technical Assistance Center

Webinar: <https://www.cms.gov/Outreach-and-Education/American-Indian-Alaska-Native/AIAN/LTSS-TA-Center/LTSS-Webinars>



Overview

- ✧ The field of aging, my professional background, and demographic trends
- ✧ Intersections of Aging and the Opioid Epidemic
- ✧ SUD/ODD and Aging Resources for American Indian and Alaska Native Communities

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The Field of Aging, Background Work, and Demographic Trends

The Field of Aging: Gerontology and Geriatrics

- ✧ **Geriatrics**- the study of health and disease in later life + comprehensive health care of older persons and caregivers. (AGHE, n.d.)
- ✧ **Gerontology** - the study of physical, mental, and social changes in (older) people as they age + and the investigation of the changes in society, resulting from an aging population → application to programs and policies. (AGHE, n.d.)
- ✧ **Aging**- changes that take place in the organism across the lifespan--good, bad, and neutral. (Hooyman & Kiyak, 2008).



My Professional Identity, Background, and Work

Geriatric Social Worker

Time Out @ **UCLA**

California Geriatric Education Center



UCLA

Health

it begins with U



(Social) Gerontologist



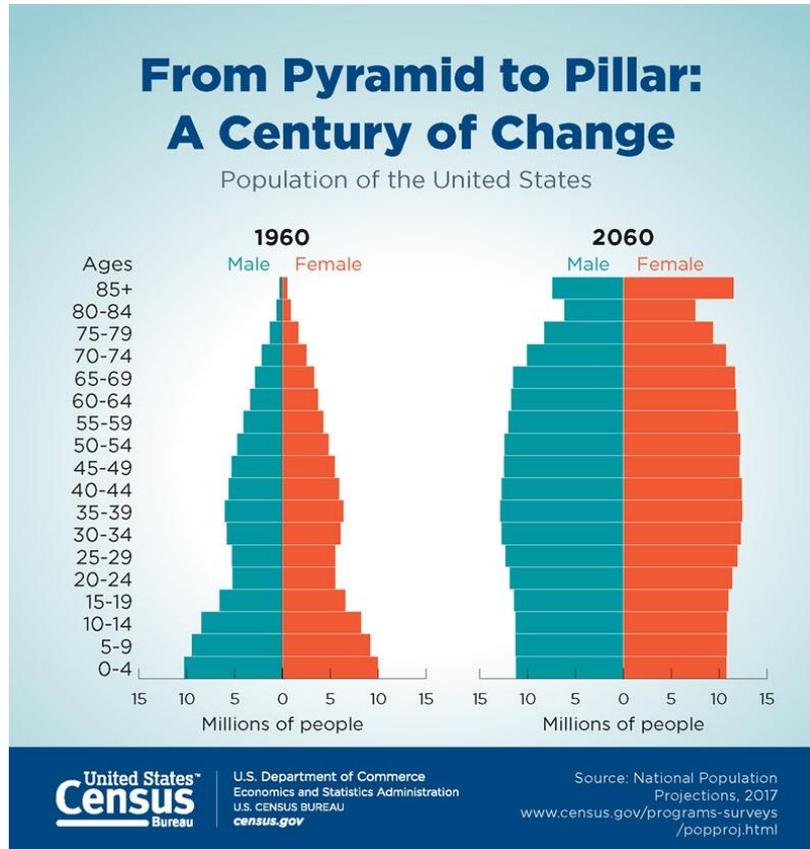
Reframing Aging

An overview of reframing research

With support from the Leaders of Aging Organizations



Aging Demographic Trends: Population Aging

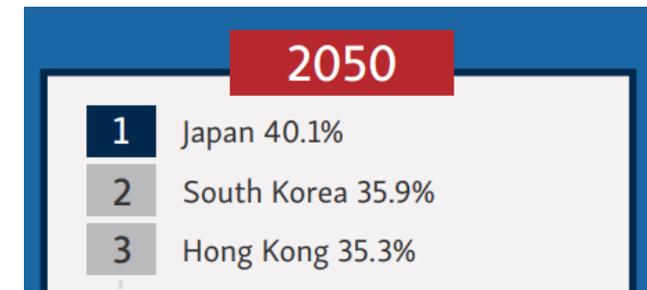
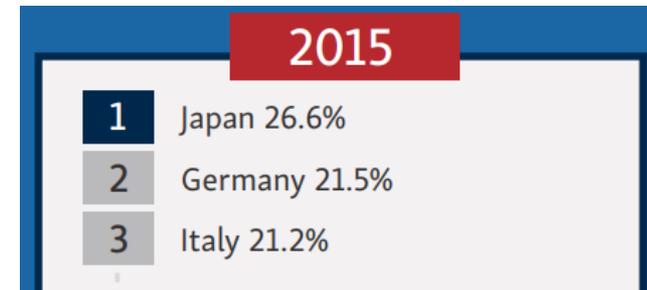
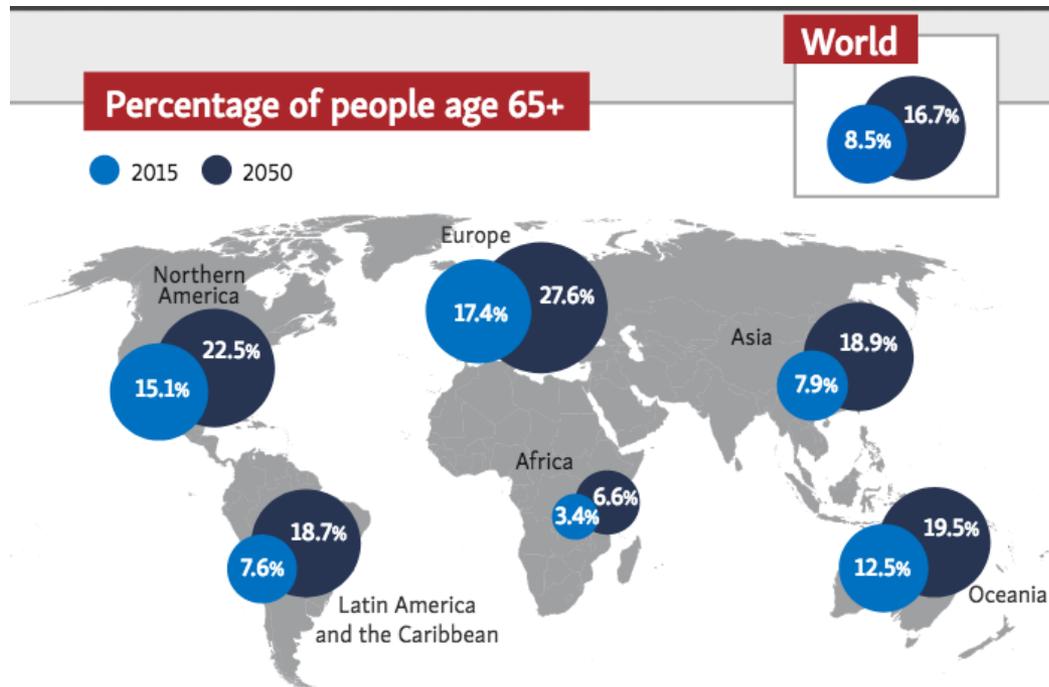


Population Aging

- ✧ Longevity, Prolonged Mortality
- ✧ Low Fertility
- ✧ Higher Morbidity (Noncommunicable Diseases)



Aging Demographic Trends: Global Perspectives

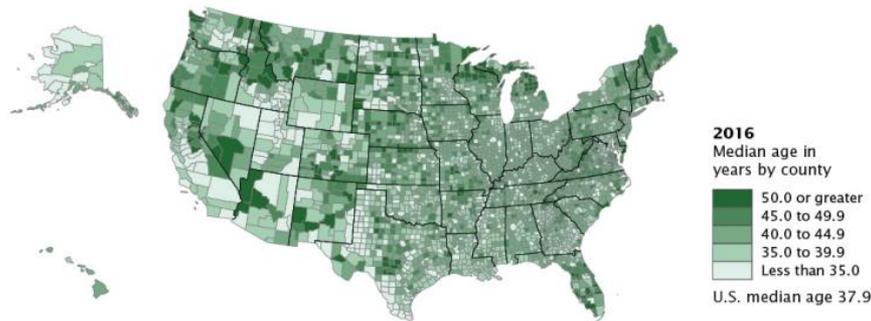
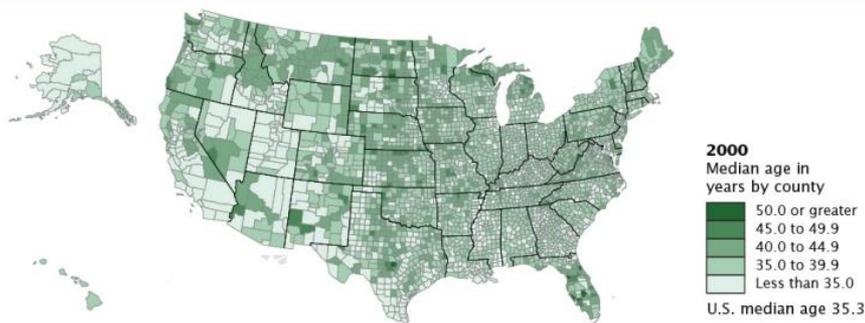


Sources: U.S. Census Bureau, International Data Base, decennial censuses, and 2014 National Population Projections. For more information, see Federal Interagency Forum on Aging Related Statistics (www.agingstats.gov): *Older Americans 2016*; and U.S. Census Bureau (www.census.gov): *An Aging World: 2015, 65+ in the United States: 2010*, and *The Older Population: 2010*.



Aging Demographic Trends: State Perspectives

The Nation's Median Age Continues to Rise



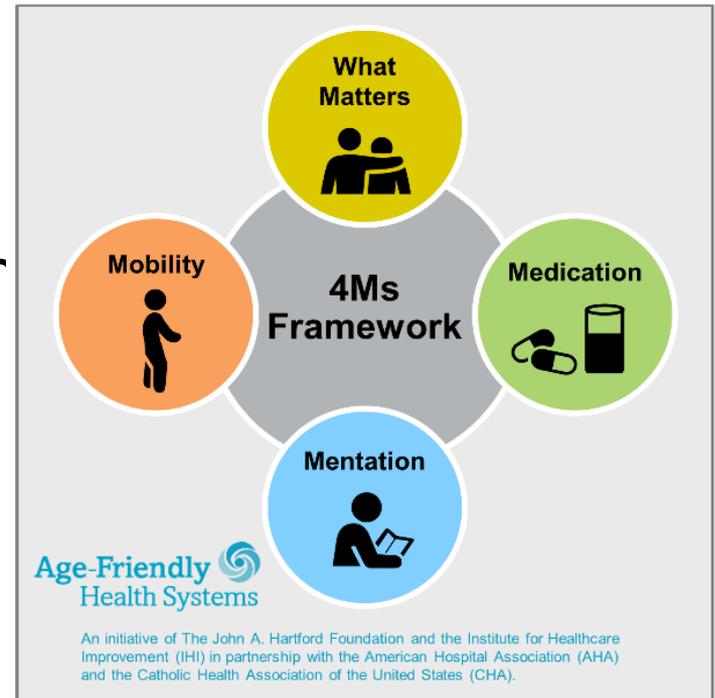
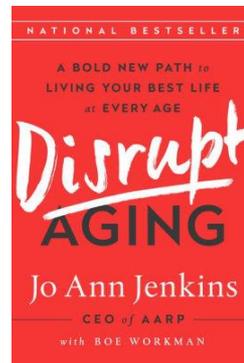
“Oldest States in 2017”

- ✧ FL, ME, PR (20%)
- ✧ WV, VT (19%)
- ✧ HI, DE, MT, PA, NH, SC (18%)
- ✧ CA, FL, TX, NY (#)



Aging Demographic Trends: Impacts

- ✧ Culture and Society
- ✧ Community Health
- ✧ Health and Welfare System



For related work, this graphic may be used in its entirety without requesting permission. Graphic files and guidance at ihi.org/AgeFriendly

Ortman, J. M., Velkoff, V. A., & Hogan, H. (2014). *An aging nation: the older population in the United States* (pp. 25-1140). Washington, DC: United States Census Bureau, Economics and Statistics Administration, US Department of Commerce.





Intersections of Aging and the Opioid Public Health Epidemic

Major Areas of Focus

- ✧ Epidemiological Data
- ✧ Increased Vulnerability/Risk for Adverse Outcomes
- ✧ Specific Social Issues and Target Population:
 - Rural Population of Older Adults
 - Grandparents Raising Grandchildren
- ✧ Resources



Epidemiology of Opioids and Older Adults

✧ **Increasing Rates of Opioid Misuse:**

- Opioid misuse increased for older adults 2013-2014, and decreased for younger adults (NSDUH)
- Projected to double from 2004 to 2020 (AoA, SAMHSA, 2012)
- Medicare Beneficiaries highest and fastest growing rates (CMS, 2017)

✧ **Prevalence of Prescriptions Painkillers:**

- 1 in 3 Medicare Part D Beneficiaries received a prescription opioid in 2016 (U.S Office of Inspector General)
- Significant Increase since 2003 (NSDUH, 2003/2013)

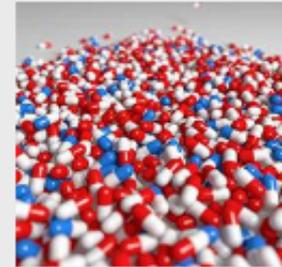


Increased Risk and Vulnerability: Aging, Opioid Use, Chronic Pain

WEB SEMINAR THURSDAY, NOV. 1 AT 10 AM PST

The **Hidden Storm**: Aging, Chronic Pain and Opioid Addiction

Chronic pain, coupled with alcohol and/or opioid addiction among older adults threatens life and quality of life. Through a bio-psychosocial context, this web seminar will explore how solutions may become the problem. Multi-dimensional, non-opioid treatment is the future of humane and authentic recovery. This web seminar will present new insight and effective tools for aging care, to help Aging Life Care professionals to evaluate the presence of opioid and-or alcohol addiction, and support addiction recovery and humane pain management for holistic, meaningful life with healthy function for older adults. **Presented by ASA's Healthcare and Aging Network (HAN), registration for this web seminar is available for no charge to ASA members and includes complimentary CE credits.**



[Learn more and register.](#)



Increased Vulnerability and Risk: Biological

✧ Biological

- **Comorbidities**
- Polypharmacy
- Chronic Pain & **Prescription Drugs**
- Physiological Changes in Aging
 - Metabolism, Sedation, Respiratory Depression, Visual Impairment, Coordination, Attention, Fall Risk
- Increased Risk of Mortality (Larney et al., 2015)



Increased Vulnerability and Risk: Psychosocial

✧ Psychological

- Death, Mortality, Loss, Grief, Depression-related to Health, Role Loss

✧ Social

- Isolation, Loneliness, Marginalization
- Generational Patterns
 - Stigma and addiction as Moral Issue (Silent and Greatest Generation)
 - Increased Usage (Boomer Generation)

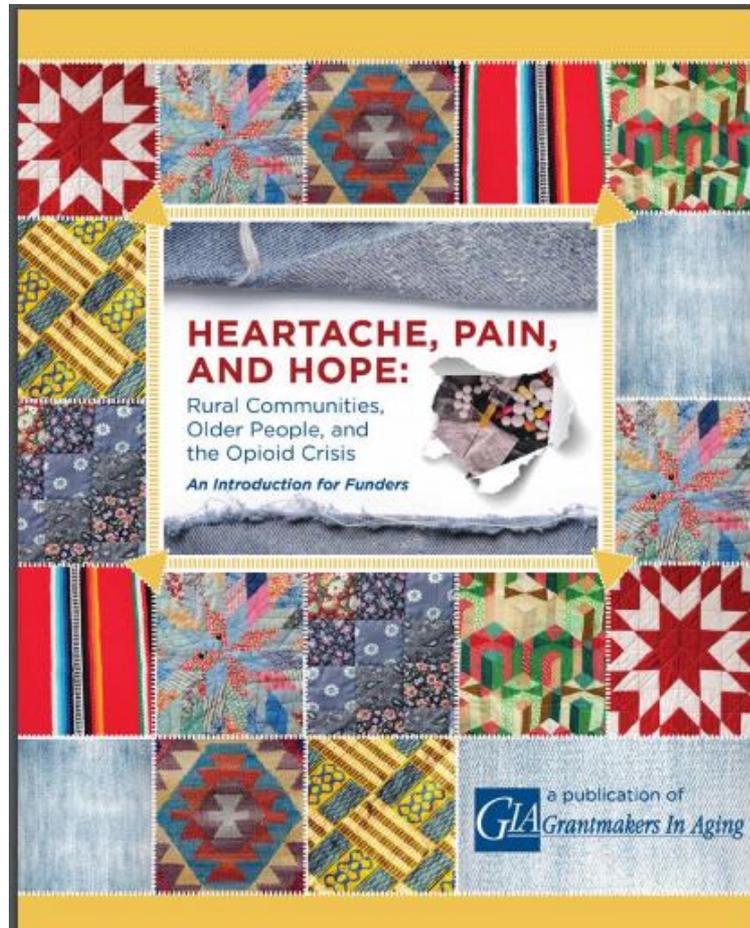


Treatment Considerations

- ✧ Longer Detoxification
- ✧ More Medical Science Application
- ✧ Community Health Promotion Programs (w/ Bx) & Integrated Care
- ✧ Age-Specific Psychosocial Interventions and Treatment



Vulnerable Population: Rural Older Adults

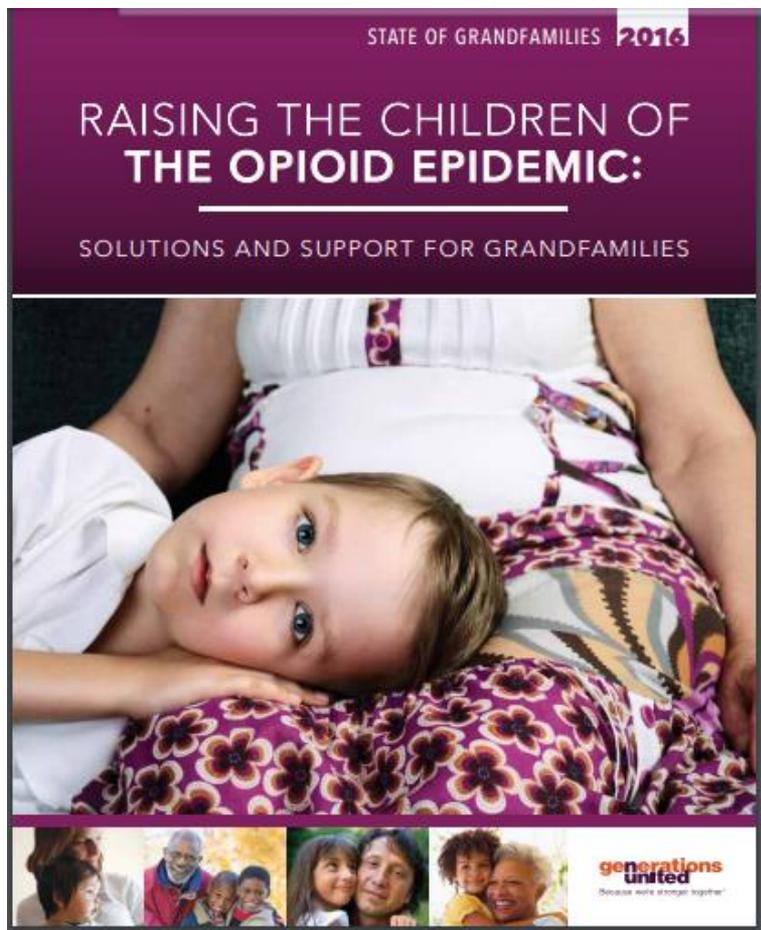


Solutions

- ✧ Project Lazarus (NC)
- ✧ Senior Hope Counseling (Albany, NY)
- ✧ Recovery@50 Plus (Hazelden Betty Ford Foundation)
- ✧ **Intergenerational/Cultural Solutions- Comanche Nation's I Am Native Drug Free Nation (IAMNDN) (Lawton, OK)**



Intergenerational Perspectives: Grandparents Raising Grandchildren



Findings & Solutions

- ✧ 2.5 million children
- ✧ S.1091 (Supporting Grandparents Raising Grandchildren Act) Signed into Law 07/2018
- ✧ GenerationsUnited
- ✧ www.Grandfamilies.org
- ✧ GrandFacts, AARP



Resources and Services



- ✧ [Administration for Community Living \(OAA Title VI\)- Office for American Indian, Alaskan Native and Native Hawaiian Programs](#)
- ✧ [National Resource Center on Native American Aging](#)
- ✧ [National American Indian and Alaska Native Addiction Technology Transfer Center](#)
- ✧ [SAMHSA Tribal Training and Technical Assistance Center](#)

