



**Division of Alcohol and Drug Abuse Programs  
Annual Overview 2018**



## Cost\* & Vermonters served

## Priorities

## Programs

### Prevention

# \$6,941,184

623,960 people served  
\$11 per person served

Prevention is the most cost-effective way to address substance use before issues become more severe.

Every \$1 invested in prevention saves \$10–18 in health care, criminal justice, and lost productivity.\*\*

#### Help reduce:

- underage drinking
- drinking habits that result in poor health and safety
- youth marijuana use
- prescription drug misuse



#### Providing support through:

- community, youth, young adult and parent education
- youth empowerment and leadership skills-building
- community empowerment and leadership
- safe drug disposal



### Intervention

# \$4,560,265

30,469 people served  
\$150 per person served



#### Help increase:

- substance misuse screening in schools
- alcohol and drug use education

#### Help decrease:

- prescription drug sharing

#### Help improve:

- drug prescribing and use of alternatives

#### Providing support through:

- substance misuse screenings
- prescribing practice improvement
- pregnancy and parenting education
- impaired driver rehabilitation

### Treatment

# \$38,981,588

12,180 people served  
\$3,200 per person served

#### Help increase:

- availability of treatment options
- treatment completion



#### Providing support through:

- outpatient services
- medication assisted treatment (MAT)
- residential services

### Recovery

# \$2,553,129

4,027 people served  
\$634 per person served

\* Budget totals do not include Year 1 implementation spending of the Opioid State Targeted Response funding.

\*\* SAMHSA Substance Abuse Prevention Dollars and Cents: A Cost-Benefit Analysis



#### Help increase:

- recovery engagement
- peer recovery support services
- access to safe housing to support recovery

#### Providing support through:

- recovery centers
- temporary housing
- peer recovery supports
- recovery coaches

Our programs work together to support Vermonters in making healthy choices about

## Program highlights

### Communication matters!

Health campaigns promote and empower people to make healthy lifestyle choices. Our current messaging includes:

#### Alcohol & marijuana

- Health effects of teen alcohol and marijuana use
- Tips for parents and caregivers on how to talk with their children

#### Opioids

- Questions to ask doctors
- Risks of mixing with alcohol
- Safe storage and proper disposal
- Sharing personal stories of misuse and recovery



### Prevention works!

Stacking positive life experiences and supports help counter negative influences linked to substance use. Regional staff educate about substance misuse and prevention, addiction, recovery and stigma to empower communities to make changes.

#### Drug disposal

- **Over 12,000** pounds of medications were disposed of properly
- **23** disposal kiosks were installed statewide
- **26,500** free drug disposal mail-back envelopes were given out
- **1,100** mail-back envelopes were returned for destruction

**There was a 70 percent increase in young adults recalling safe storage and disposal messaging since 2014.** – 2018 Young Adult Survey



### Intervention is key!

Addressing substance misuse early can prevent a more serious problem like substance use disorder.

#### Doctor-patient conversations

- Through a five year program, **over 91,000 adults had conversations with their doctor** about risk factors for substance misuse issues like depression, anxiety and stress.

#### Help in the Emergency Department

- **A total of 288 people were connected with a professional** to support them through treatment and recovery after visiting the Emergency Department for a substance use-related issue.

#### Changes in opioid prescribing

- **There has been a 28 percent reduction** in the amount of opioids prescribed since 2016.
- **Seven language translations** have been developed, to help New Vermonters understand their opioid prescription.



### Treatment is effective!

Residential, outpatient, and medication assisted treatment (MAT) is available statewide.

#### Interviews with 80 people with opioid use disorder in the Hub & Spoke treatment system showed:

- **a 96% decrease** in opioid use; **92% decrease** in injection drug use
- **25%** experienced an overdose in the 30 days prior to treatment
- **0%** experienced an overdose in the 30 days prior to the interview

– 2017 Hub & Spoke Evaluation

### People recover!

Supporting paths to well-being makes sure that everyone can reach their potential, making our communities stronger.

- **Twelve recovery centers** are located statewide.
- **Seventy-one people in recovery completed recovery coach training** to provide support and help with navigating treatment and recovery services to others with substance use disorder.

Right: Recovery Walk, Vermont Association for Mental Health & Addiction Recovery

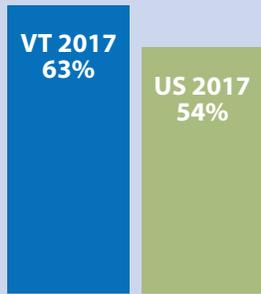


# Vermont key data by substance

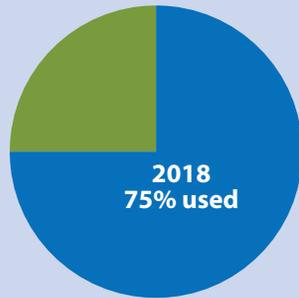
Alcohol use is high among all age groups, but fewer Vermonters are seeking treatment for Alcohol Use Disorder (AUD).

## Alcohol

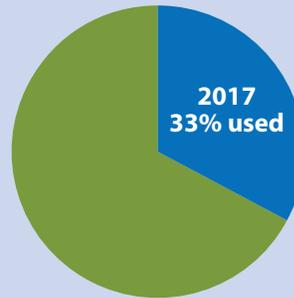
### Used in past 30 days



Adults<sup>1</sup>



Young adults 18–25<sup>4</sup>



High schoolers<sup>2</sup>

### AUD treatment

Vermonters with AUD treated at state-funded facilities have decreased by 28 percent.<sup>3</sup>



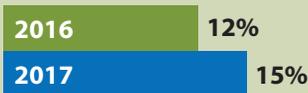
2008

2017

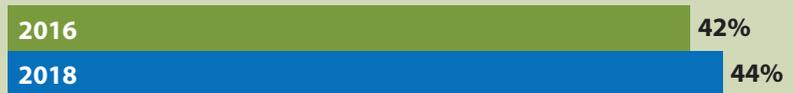
Vermont marijuana use is high and on the rise, while perception of health risk from use is low.

## Marijuana

### Used in past 30 days



Adults<sup>1</sup>



Young adults 18–25<sup>4</sup>



High schoolers<sup>2</sup>

Only one in four high schoolers believes that using marijuana regularly causes a great risk of harm.<sup>2</sup>

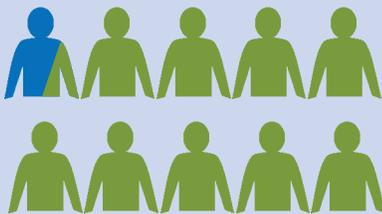


Few Vermonters misuse opioids, and although opioid-related fatalities are still prevalent, the rate of increase has slowed.

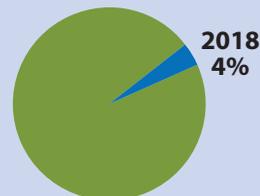
## Opioids

### Adults

Fewer than one in ten adults (8%) has ever taken a prescription drug without a prescription.<sup>1</sup>

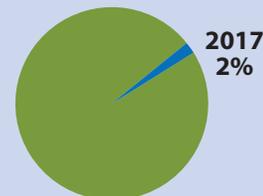


### Young adults



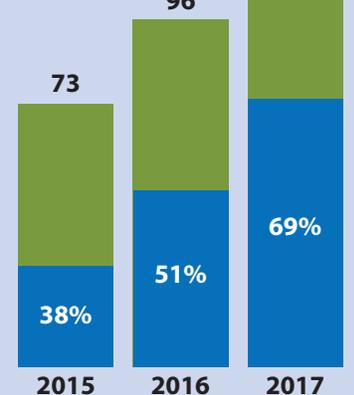
Misused prescription pain relievers in the past year.<sup>4</sup>

### High schoolers



Ever used heroin<sup>2</sup>

### Fatalities



Opioid-related fatalities continue to increase — of those, fentanyl-related deaths more than doubled since 2015, accounting for two out of three.<sup>5</sup>

SOURCES: 1 - Behavioral Risk Factor Surveillance System 2017, 2 - Youth Risk Behavior Survey 2017, 3 - Vermont Substance Abuse Treatment Information System, 4 - Young Adult Survey 2018, 5 - Vermont Department of Health Vital Statistics System

### Division of Alcohol & Drug Abuse Programs

108 Cherry Street • Burlington, VT 05401 • 800-464-4343 • 802-651-1550



See performance measures using the Health Department Scorecard:  
[healthvermont.gov/scorecard-alcohol-drugs](http://healthvermont.gov/scorecard-alcohol-drugs)

# Improving services

## Partnerships

To strengthen programs and services, we partner with other state organizations, such as the:

- Agency of Education
- Department for Children & Families
- Department of Corrections
- Department of Disabilities, Aging & Independent Living
- Department of Health Access/Blueprint for Health
- Department of Liquor & Lottery
- Department of Mental Health
- Department of Public Safety

Right: ParentUp logo on Department of Liquor and Lottery truck



## Workforce



A skilled and supported workforce is essential to the success of substance use programs. We provide workforce support through trainings, learning collaboratives, scholarships and collaboration with institutions of higher education.

- **26+ trainings** and **700+ participants** were supported in fiscal year 2018.
- **90%** of participants reported an increase in skills/knowledge.

Left: Substance Abuse Prevention Skills Training (SAPST)

## Addressing Barriers

Stigma can prevent people from seeking the help they need. People need support and compassion to recover.

We are addressing stigma by:

- changing the language around substance use
- supporting community education
- making substance use screenings common in standard medical care

Right: Camp Daybreak



Access to services is essential in preventing and treating substance misuse in Vermont.

We are improving access by supporting:

- urgent treatment and navigation of services
- families impacted by substance use
- employment for people in recovery
- telephone recovery support

## Prevention & Intervention



Prevention efforts are working! According to Youth Risk Behavior Surveys & Young Adult Surveys, youth & young adult substance misuse has been decreasing over time.

There is an obligation for Vermont adults to prevent and reduce substance use that can negatively affect our youths' brain development, learning, long-term health, and future opportunities.

There is more work to be done. Investing in prevention & intervention programs can continue to help Vermonters reach their goals.



ParentUpVT.org updated marijuana-specific tips to help parents & caregivers start and continue conversations with their children.

Left: Getting to the Y, a partner with the Youth Risk Behavior Survey

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# Education, Prevention, Treatment & Recovery:

## Working together to reduce substance misuse in Vermont

*Clockwise from top right:*



### **ParentUpVT**

All teens are at risk of alcohol and drug use, and parents can be the number one influence on behavior. Through this campaign, parents and caregivers learn about tips and resources to help prevent substance use among youth.

### **Do Your Part**

Through this campaign, Vermonters learn how to lock, drop, and mail unused prescription medications to keep Vermonters — and our wildlife and waterways — healthy and safe.

### **Community Coalitions**

Coalitions of organizations, schools, hospitals, law enforcement and other partners work collaboratively to create change in their communities that helps prevent alcohol and drug misuse.

### **Recovery Centers**

Recovery centers help people find, maintain and enhance their recovery experience through peer support, sober recreation and educational opportunities.

### **Prevention Consultants**

Community members contact their local Prevention Consultant to help educate themselves and change local policies around substance use.

### **Impaired Driver Rehabilitation Program (IDRP)**

IDRP provides people convicted of driving under the influence with the opportunity to openly examine facts about alcohol and other drugs and discuss the role these substances play in their lives.

### **Hub & Spoke System of Care**

Hub & Spoke is a statewide partnership of clinicians and treatment centers providing medication assisted treatment (MAT) to Vermonters who are addicted to opioids.

### **School-based Substance Abuse Services**

Grants support the delivery of school-based substance abuse prevention and early intervention services to optimize the coordination of school-based health services and the use of other resources.

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