

## PREVENTION WORKS



## TREATMENT is EFFECTIVE



## PEOPLE RECOVER



**Division of Alcohol and Drug Abuse Programs**  
Annual Overview 2019

## Costs & goals

**\$6,991,417**

623,960 people served  
\$11 per person served

**Investing in prevention services can decrease costs by reducing need for intervention, treatment and recovery services**

## Our priorities

### INCREASE:

- protective factors to prevent substance use
- planning and implementation of evidence-based prevention programs and activities
- mobilization of communities to be ready to address and prevent substance use
- education and information on effects of substance use

### REDUCE:

- factors that increase risk of substance use
- alcohol and other drug use
- misuse of prescription medication

## Support we provide

- **Empowerment and leadership skills-building** for youth and communities
- **Safe disposal** of medications
- **Education on alcohol and drug use** for communities, youth, young adults and parents



**\$3,999,723**

13,759 people served  
\$291 per person served

**Recognizing and addressing risky substance use to prevent it from leading to a substance use disorder**

### INCREASE:

- substance misuse screening in schools
- alcohol and drug use education
- improved prescribing practices and use of alternatives to opioids

### REDUCE:

- prescription drug sharing

- **Screenings** for substance misuse
- **Education** for people who are pregnant and parenting
- **Education and rehabilitation** for impaired drivers

**\$33,243,700**

13,678 people served  
\$2,430 per person served

**Identifying substance use disorder, and getting — and keeping — people in treatment**

### INCREASE:

- treatment options
- number of people who start treatment services and finish their program

- Outpatient services
- Inpatient services
- Medication assisted treatment (MAT)
- Residential services

**\$3,000,571**

5,468 people served  
\$549 per person served

**Providing support for leading a life without substance misuse**

### INCREASE:

- recovery support
- access to safe housing

### REDUCE:

- relapse



- Recovery centers and recovery coaches, including in emergency departments
- Temporary housing
- Peer recovery supports
- Employment assistance
- Program for new moms in recovery
- Legal assistance

**Our programs are continually assessed to meet th**

# Our impact

## Communication matters

- Our young adult opioid misuse prevention campaign was recognized by the advertising industry with three awards for creativity and is being adopted by three states.
- New tips on [ParentUpVT.org](#) are helping parents and caregivers talk with their kids about vaping, cannabis and alcohol. Website traffic tripled with new content.
- Let's Talk Cannabis launched this year to increase awareness about how cannabis affects our bodies, minds and health.



## Intervention is key

- Trusted cultural leaders talked with new Vermonters from Africa, Iraq and Southeast Asia about substance use and mental health in their communities.
- Pharmacists distributed fewer opioids to patients — down 16% from 2018.
- New education focusing on values and motivation was added to the Impaired Driver Rehabilitation Program.



## People recover

- Employment services are available in recovery centers to help people find stability.
- Free legal clinics are provided by Legal Advocacy in Recovery Services for people impacted by opioids.
- Over 130 recovery coaches were trained to help others, including people in emergency departments.

## Prevention works

- Vermonters attended over 500 presentations by our regional prevention consultants, including opioid addiction workshops through statewide technical centers.
- We partnered with community coalitions, schools, pharmacies, police, municipalities, local businesses and other state agencies to address substance use in the state.
- Nearly 17,000 pounds of medication were disposed of safely through kiosks and mail-back envelopes — up 23% from 2018.



## Treatment is effective

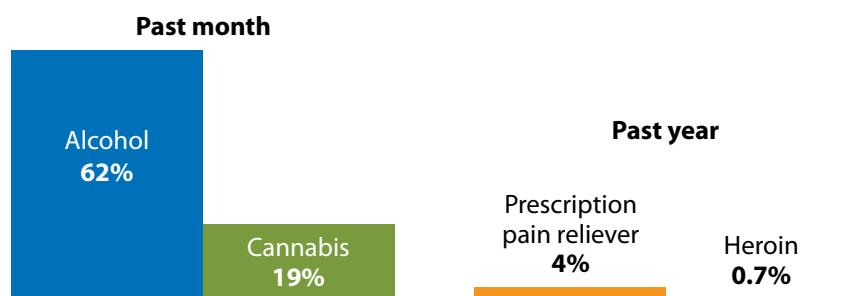
- Six emergency departments around the state can start medication assisted treatment immediately for people in need.
- A continued increase in capacity to serve older Vermonters through their specialized program was reported by Evergreen Services in Rutland.
- More than half of people diagnosed with opioid use disorder began treatment within two weeks, and almost half received two or more services during that time. Several counties made improvements in these rates from previous years.

## A skilled workforce is vital

Over 40 trainings — twice as many as last year — were provided to almost 1,300 professionals in the substance use field, increasing their ability to help Vermonters across the state.

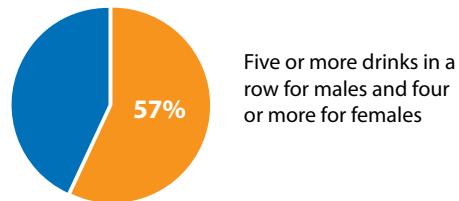
# Vermont's data directs our work

Vermonters (age 12+) use alcohol more than any other drug.



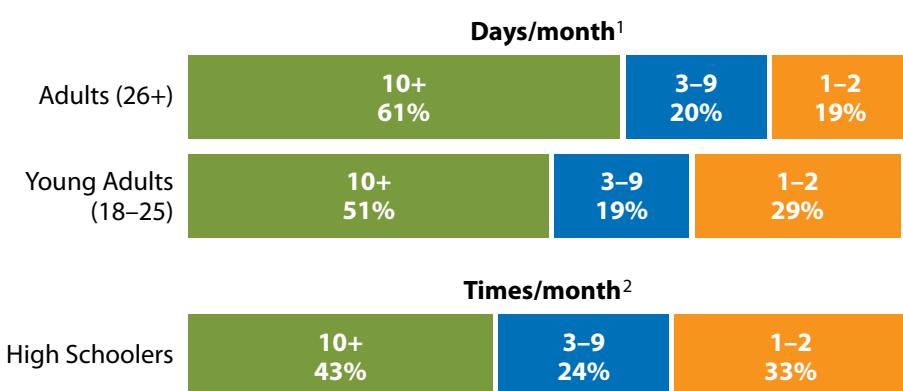
Source: National Survey on Drug Use and Health 2018

Over half of the high schoolers who drank in the past month binge-drunk



Source: Youth Risk Behavior Survey 2019

Vermonters who use cannabis use it frequently.

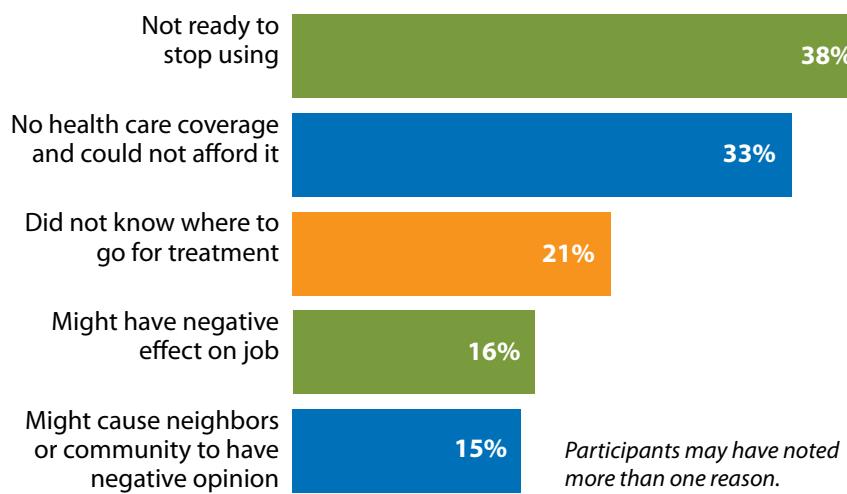


Sources: 1- Behavioral Risk Factor Surveillance System 2018, 2 - Youth Risk Behavior Survey 2019

Vaping as primary method of cannabis use by high school students increased more than eightfold in two years<sup>2</sup>



Addressing the reasons people do not seek treatment can promote change.



Source: National Survey on Drug Use and Health 2018

No or low-cost treatment is available at our state-funded providers.

Coming in 2020:

- **VT Helplink** call center and website will provide information on alcohol and drug misuse prevention, treatment and recovery referral and support for people and their families.
- **Stigma reduction messaging** will build on statewide efforts to increase understanding of addiction as a health issue.



**VT Helplink**  
Alcohol & drug support center

## Barriers to Treatment

Learn more at [healthvermont.gov/adap](http://healthvermont.gov/adap)

Division of Alcohol & Drug Abuse Programs

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