Vermont’s multi-faceted approach to addressing substance use disorder involves coordination between multiple state agencies and community partners in the areas of prevention, treatment, recovery and law enforcement.

### Access to Treatment

- **9,004** Estimated Vermonters age 18+ receiving MAT in **hubs and spokes** Q1 2020*
- **0** People waiting for hub services**
- **15-20k** Estimated people with OUD in need of treatment (includes people in treatment)

Research shows that MAT is the most effective treatment for OUD.

### Drug Disposal

- **85** Drug disposal locations available statewide*
- **11,194** Pounds of drugs collected in state-funded programs between July 2019 and June 2020**

Most people who misuse prescription opioids get them from friends or family. Convenient disposal options may decrease misuse of unused prescriptions.

### Overdoses (Accidental)

#### Fatal Overdoses

- **61** 2020 opioid fatalities as of May 2020 compared to 41 as of May 2019**
- **80%** Of 2020 fatal overdoses involve fentanyl, through May 2020**

#### Nonfatal Overdoses

- **29.3** Rate of nonfatal opioid overdoses per 10,000 ED visits in May 2020** compared to the May 2019 rate of 27.5

People who die from accidental overdoses may have more than one substance in their system.

### Messaging

- New promotion of VTHelplink to connect Vermonters to free and confidential information and referral services for substance use prevention, treatment, and recovery.

### Recent Highlights

- Medication assisted treatment for opioid use disorders among people enrolled in Medicaid has continued to increase during the COVID-19 emergency even as other types of substance use disorder treatment has decreased.
- The Q1 2020 VPMS report shows that the amount of opioid pain relievers dispensed decreased, likely due to the impact of COVID-19 on medical service provision. Benzodiazepine dispensing increased.
- The 2018 VPMS report has been published and the Naloxone data brief has been updated.

### Prescription Monitoring

- **Reduction in opioid analgesics dispensed between Q1 2016 and Q1 2020**
  - **46%**
- **3.9%** Of Vermont population received opioid analgesics in Q1 2020

Nearly 80% of people who use heroin had previously misused prescription opioids. Limiting use to the minimum medically necessary amount is best practice.

Sources: Vital Statistics; ESSENCE; VPMS; SATIS; program reporting. Some data are preliminary and subject to change.

* Data updated quarterly
** Data updated monthly
7/20/2020
**Acronyms**

ADAP – Alcohol & Drug Abuse Programs  
BRFSS – Behavioral Risk Factor Surveillance System  
CDC – Centers for Disease Control & Prevention  
ED – Emergency Department  
MAT – Medication Assisted Treatment  
MME – Morphine Milligram Equivalent  
OUD – Opioid Use Disorder  
OD – Overdose  
SAMHSA – Substance Abuse & Mental Health Services Administration  
VPMS – Vermont Prescription Monitoring System  
YRBS – Youth Risk Behavior Survey

**Definitions**

**Hub** – Regional programs that provide intensive opioid use disorder treatment options, including high intensity Medication Assisted Treatment, and maintain strong connections to area Spokes. There are nine Hubs in Vermont.

**Medication Assisted Treatment (MAT)** – The use of methadone, buprenorphine, or naltrexone, in combination with counseling and behavioral therapies, to treat opioid use disorder.

**Morphine Milligram Equivalent (MME)** – The amount of morphine equivalent to the strength of the opioid dispensed. Using MME allows comparison between types and strengths of opioids.

**Opioid Analgesic** – Narcotic pain medication

**Opioid Use Disorder (OUD)** – Recurrent use of opioids causes clinically and functionally significant impairment, such as health problems, disability, and failure to meet major responsibilities at work, school, or home.

**Spoke** – Office-based opioid treatment settings located in communities across Vermont. At many Spokes, opioid use disorder treatment is fully integrated into general healthcare and wellness services.

**More Information**

[healthvermont.gov/scorecard-opioids](http://healthvermont.gov/scorecard-opioids)  
[healthvermont.gov/RxAware](http://healthvermont.gov/RxAware)  
[healthvermont.gov/opioids](http://healthvermont.gov/opioids)  
[healthvermont.gov/ADAPReports](http://healthvermont.gov/ADAPReports)  
[healthvermont.gov/YRBS](http://healthvermont.gov/YRBS)

**References**

[healthvermont.gov/DoYourPart](http://healthvermont.gov/DoYourPart)  