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**

9,015  Estimated Vermonters age 18+ receiving MAT in hubs and spokes Q4 2019*

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*

16,901  Pounds of drugs collected in state-funded programs between Apr 2019 and Mar 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**

18  2020 opioid fatalities as of Feb 2020 compared to 26 as of Feb 2019**

94%  Of 2020 fatal overdoses involve fentanyl, through Feb 2020**

**Nonfatal Overdoses**

Updated non-fatal OD info is not currently available

22.8  Rate of nonfatal opioid overdoses per 10,000 ED visits in Dec. 2019** compared to the Dec. 2018 rate of 11.3

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

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

**Prescription Monitoring**

**Vermont Total MME Dispensed**

43%  Reduction in opioid analgesics dispensed between Q1 2016 and Q4 2019*

4.1%  Of Vermont population received opioid analgesics in Q4 2019

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

**Recent Highlights**

- The Health Department is currently responding to COVID-19 which may delay publishing of this and other data products.
- The 2019 Opioid-Related Fatalities data brief has been published. There was a 15% decrease in fatal opioid overdoses between 2018 and 2019. Please note that numbers are preliminary.
- Vermonters who die from a drug overdose are more likely than Vermont adults to have less education, be never married or divorced, and be unemployed.
- The Opioid Misuse data brief has been updated.

**Messaging**

- New messaging on safely using, storing, and disposing of prescription opioids planned for July

* Data updated quarterly
** Data updated monthly
4/27/2020
**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)  