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*
- **10,240** Pounds of drugs collected in state-funded programs between May 2019 and April 2020**

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

### Overdoses (Accidental)

- **27** Fatal Overdoses 2020 opioid fatalities as of Mar 2020 compared to 30 as of Mar 2019**
- **93%** Of 2020 fatal overdoses involve fentanyl, through Mar 2020**

### Nonfatal Overdoses

**Updated non-fatal OD info is not currently available**

- **29.5** Rate of nonfatal opioid overdoses per 10,000 ED visits in Mar 2020** compared to the Mar 2019 rate of 15.9

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

### Prescription Monitoring

- **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 April Drug Take Back Day was cancelled due to COVID-19. Mail back envelopes are available to those who cannot access kiosks.
- The rate of non-fatal overdoses in March 2020 is nearly twice that of March 2019.
- Note: Treatment and Prescription Monitoring data has not been updated due to staff deployment to address COVID-19. We anticipate that these will be updated in the June report.

### Messaging

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

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

* Data updated quarterly
** Data updated monthly
5/22/2020
**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
- healthvermont.gov/RxAware
- healthvermont.gov/opioids
- healthvermont.gov/ADAPReports
- healthvermont.gov/YRBS

**References**

- healthvermont.gov/DoYourPart