Monthly Opioid Update – August 2022

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

- Estimated Vermonters age 18+ receiving MOUD in hubs and spokes Q1 2022*
- People waiting for hub services**
- Estimated people with OUD in need of treatment (includes people in treatment)

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

Drug Disposal

- Drug disposal locations available statewide*
- Pounds of drugs collected in state-funded programs between August 2021 and July 2022**

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

Overdoses (Accidental)

- May Current and Previous Year Comparison

<table>
<thead>
<tr>
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<th>2022</th>
<th>2021</th>
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<tbody>
<tr>
<td>Opioid related fatal overdoses</td>
<td>77</td>
<td>81</td>
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<tr>
<td>% of fatal overdoses involving fentanyl</td>
<td>92%</td>
<td>93%</td>
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<tr>
<td>Nonfatal rate per 10,000 ED Visits</td>
<td>27.5</td>
<td>29.1</td>
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All data are preliminary and subject to change. People who die from accidental overdoses may have more than one substance in their system. For more information: Monthly Vermont Opioid-Related Fatalities

Prescription Monitoring

- Vermont Total MME Dispensed

- Reduction in opioid analgesics dispensed between Q1 2016 and Q2 2022*
- Of Vermont population received opioid analgesics in Q2 2022.

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 VPMS Quarterly Report 2022 Q2 is now available.
- The 2020 Tobacco BRFSS Data Brief serves as the annual update on adult tobacco use trends across Vermont, presenting cigarette, e-cigarette and quit attempt data by several key demographics in the state. The Electronic Vapor Product (EVP) Use Among High School Students in Vermont shows that 8 in 10 youth who smoke cigarettes, binge drink or use cannabis currently use EVPs; this is four to eight times the rate of youth who do not use any of these substances.

Messaging

August 31st is International Overdose Awareness Day. The Health Department is promoting resources for Vermonters to learn more about how to prevent overdose.

Please provide feedback about the Monthly Opioid Update in this survey. The survey will close on 9/30/22.

Sources: Vital Statistics; ESSENCE; VPMS; SATIS; program reporting. Data are preliminary and subject to change.
**Acronyms**

BRFSS – Behavioral Risk Factor Surveillance System  
CDC – Centers for Disease Control & Prevention  
DSU – Division of Substance Use Programs  
ED – Emergency Department  
MOUD – Medication for Opioid Use Disorder  
MME – Morphine Milligram Equivalent  
OUD – Opioid Use Disorder  
OD – Overdose  
SAMHSA – Substance Abuse & Mental Health Services Administration  
SUDORS – State Unintentional Drug Overdose Reporting System  
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 for Opioid Use Disorder (MOUD)** – 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)  
[KnowODVT.com](http://KnowODVT.com)  
[EndAddictionStigmaVT.com](http://EndAddictionStigmaVT.com)

**References**

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