

# Allegheny County Overdose Prevention Coalition

Every Life is Worth Saving

*ACOPC Summer Conference 2019*

**On the Horizon  
Next Steps Matter Most in the Opioid Epidemic**

## **AGENDA**

**JULY 18, 2019**

***WILLIAM PITT UNION, Assembly Room, University of Pittsburgh***

8:00-8:45

## REGISTRATION and CONTINENTAL BREAKFAST

8:45-9:00

### Welcome

Patricia D. Kroboth, PhD, Dean and Dr. Gordon J. Vanscoy Distinguished Service Professor, University of Pittsburgh School of Pharmacy

NOTES

9:00-9:50

### Approach to the Opioid Crisis

Raphael M. Barishansky, MPH, MS, CP, Deputy Secretary of Health Preparedness and Community Protection, Pennsylvania Department of Health and Incident Commander, Opioid Operational Command Center

- ▶ Describe the Opioid Crisis and its impact on Pennsylvania
- ▶ Review the State-level government actions to combat the crisis
- ▶ Next steps in the multi-disciplinary approach and lessons learned

NOTES

9:55-10:35

### Breakout Session 1: Cannabinoids (Assembly Room)

Joshua Yohannan, MS, Laboratory Manager for Environmental, Trace and Drug Chemistry, Allegheny County Office of Medical Examiner

- ▶ Describe the differences between synthetic cannabinoids and natural cannabinoids
- ▶ Review current medicinal uses of cannabinoids
- ▶ Discuss the current trends in Allegheny County

### Breakout Session 1: Benzodiazepines (Ballroom)

Michael Lynch, MD, Medical Director of the Pittsburgh Poison Center, UPMC Emergency Physician and Toxicologist

- ▶ Understand the pharmacology and effects of benzodiazepines
- ▶ Describe the presentation and treatment of benzodiazepine toxicity
- ▶ Review trends in benzodiazepine use, misuse, and illicit analogues

10:35-10:45

**BREAK**

**10:45-11:30 Current and Future Drug Trends**

Karl Williams, MD, MPH, Chief Medical Examiner, Allegheny County

- ▶ *A better appreciation of the past history of the Overdose Crises as seen from the perspective of the Allegheny County experience*
- ▶ *What we might expect to see during the upcoming years*
- ▶ *Gain perspective of the larger picture of the crisis in both Pennsylvania and the United States as a whole*

**NOTES**

**11:30-12:00 Successes of Harm Reduction**

Alice Bell, LCSW, Prevention Point Pittsburgh

- ▶ *Describe examples of how harm reduction measures have expanded*
- ▶ *Describe how expansion of harm reduction efforts may correlate with drop in overdose deaths.*
- ▶ *Identify how existing harm reduction efforts could be expanded*
- ▶ *Identify additional harm reduction efforts that could be adopted to reduce deaths and improve health of people who use drugs.*

**Notes**

12:00-12:55

## LUNCH BREAK

1:00-1:30

### Overview of Protective factors related to individuals with a SUD/ODU and “What’s Next?” for individuals in recovery.

Stuart Fisk, CRNP, Director, Center for Inclusion Health AHN

- Describe protective factors for individuals with SUD/ODU to sustain recovery
- Provide an overview on housing, physical activity, employment, and recovery support for individuals with SUD/ODU

Notes

1:30-1:45

### Housing

Anthony Sones, Director of Operations, In The Solution Foundation, Incorporated

- See the importance of transitional housing for individuals w/ SUD's.
- Eliminate the stigma transitional houses have in the community.

Notes

1:45-2:00

## Peer Support

Billy Jo Smith, MS, LPC, NBCC, Program Manager of Centers of Excellence, Western Psychiatric Hospital

- *Describe the benefits of Peer Navigation*
- *Identify strategies to support and retain Peer Navigators*

Notes

2:00-2:15

## Hiring and Employing Persons in Recovery

Sherree Goldstein, Owner of Square Cafe & My Goodness, Power Board of Directors since June 2009, In Recovery since November 1989

- *Understand what it takes to cultivate a climate with a strong sense of values and community*
- *Identify leadership skills required to manage talent that is battling addiction*

Notes

2:15-2:30

## **Biopsychosocial Approaches to Treat Low Back Pain: Physical Activity and Reducing Sedentary Behavior**

Bethany Barone Gibbs, PhD, Associate Professor, Department of Health and Physical Activity and Clinical and Translational Sciences, University of Pittsburgh

- *Understand differences between current guidelines that recommend an initial biopsychosocial approach to treatment of low back pain vs. actual clinical practices which favors medical procedures and pharmacological treatment*
- *Appreciate interventions that combine behavioral therapy and increased activity to reduce low back pain disability and reduce healthcare utilization*

**Notes**

2:30-2:45

## **Panel Discussion**

Question and Answer Session with Protective Factors Presenters

**Notes**

2:45-2:55

## BREAK

3:00-3:40

### **Breakout Session 2: Stimulants (Assembly Room)**

Michael Lynch, MD, Medical Director of the Pittsburgh Poison Center, UPMC  
Emergency Physician and Toxicologist

- *Describe various types of stimulants currently available, legally and illicitly*
- *Review trends in stimulant use and overdose*
- *Understand the effects of stimulants on the body*

### **Breakout Session 2: Opioids (Ballroom)**

Joshua Yohannan, MS, Laboratory Manager for Environmental, Trace  
and Drug Chemistry, Allegheny County Office of Medical Examiner

- *Describe the different classes of opioids*
- *Review the dangers of opioid use and misuse*
- *Identify the current trends of opioids in Allegheny County*

NOTES

3:45-4:00

## CLOSING REMARKS

Marco Pugliese, MS, Lead Research Specialist, University of  
Pittsburgh, School of Pharmacy, PERU

## NOTES

## NOTES

## Program Description

Program topics will examine the trends that cause overdose deaths, educate and provide local response overviews regarding the opioid epidemic. The program also consists of two breakout sessions, in which the audience will decide between a basic knowledge of addiction, trends, medication-assisted treatment, or harm reduction. All individuals in a position to control the content of this education activity are required to disclose all relevant financial relationships with any proprietary entity producing, marketing, re-selling, or distributing health care goods or services, used on, or consumed by, patients.

## Target Audience

Physical and behavioral healthcare providers, pharmacists, addiction specialists, recovery and rehabilitation organizations, county drug and alcohol personnel, students, criminal justice services, harm reduction organizations, media representatives, and a variety of community support and services groups, parents/mentors, and any others who would like to learn more about preventing overdoses.

## Continuing Education Accreditation Statements

### CERTIFIED PUBLIC HEALTH PROFESSIONALS (CPH)

This program is offered for 7.0 credits of CPH CE through the University of Pittsburgh's Graduate School of Public Health, accredited through the Council on Education for Public Health (CEPH) a pre-approved CE provider. For information on public health continuing education call (412) 648-5984. (Self-Report)

### COUNSELORS

6.0 Pennsylvania Certification Board (PCB) Approved Hours

### NURSES & PEER SPECIALISTS

Nurses: Nurses attending this program will receive a Certificate of Attendance confirming 5.75 hours of continuing education in a CME accredited program. These hours may be considered eligible for completing the 30 hours of continuing education required for biannual nursing re-licensure in Pennsylvania.

Peer Specialists: Peer Specialists attending this program will receive a Certificate of Attendance confirming 5.75 hours of continuing education in a CME accredited program. (Self-Report)

### PHARMACY



The University of Pittsburgh Center for Continuing Education in the Health Sciences is accredited by the Accreditation Council for Pharmacy Education (ACPE) as a Provider of continuing pharmacy education. This program provides 5.25 contact hours of knowledge-based continuing education credit. ACPE: 0481-9999-18-098-L04-P

### PHYSICIAN/PHYSICIAN ASSISTANT

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of University of Pittsburgh School of Medicine and the Allegheny County Overdose Prevention Coalition. The University of Pittsburgh School of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

The University of Pittsburgh School of Medicine designates this live activity for a maximum of 5.75 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

### SOCIAL WORK

This program is offered for 5.0 hours of social work continuing education through co-sponsorship of the University of Pittsburgh's School of Social Work, a Council on Social Work Education-accredited school and, therefore, a PA pre-approved provider of social continuing education. These credit hours satisfy requirements for LSW/LCSW, LPC and LMFT biennial license renewal. For information on social work continuing education, call (412) 624-3711.

### Faculty Disclosure:

All individuals in a position to control the content of this education activity including members of the planning committee, speakers, presenters, authors, and/or content reviewers have disclosed all relevant financial relationships with any entity producing, marketing, re-selling, or distributing health care goods or services, used on, or consumed by, patients.

The following relevant financial relationships were disclosed:

- Shannon L. Allen, MD – Other: Honorarium through American Society of Addiction Medication (ASAM)
- Dan Swayze – Consultant: CONNECT Community Paramedics provide consulting services to communities

No other planners, members of the planning committee, speakers, presenters, authors, content reviewers and/or anyone else in a position to control the content of this education activity have relevant financial relationships to disclose.

The information presented at this CME program represents the views and opinions of the individual presenters, and does not constitute the opinion or endorsement of, or promotion by, the UPMC Center for Continuing Education in the Health Sciences, UPMC / University of Pittsburgh Medical Center or Affiliates and University of Pittsburgh School of Medicine. Reasonable efforts have been taken intending for educational subject matter to be presented in a balanced, unbiased fashion and in compliance with regulatory requirements. However, each program attendee must always use his/her own personal and professional judgment when considering further application of this information, particularly as it may relate to patient diagnostic or treatment decisions including, without limitation, FDA-approved uses and any off-label uses.

\*\*\*\*WILL BE REPLACED WITH UPDATED CE info once approved\*\*\*\*

