



Program Evaluation and Research Unit

# Current Trends in Substance Use, Treatment, and Terms

---

**Julie Brewer, MSW, MPH**

*Senior Program Implementation Specialist*

University of Pittsburgh | School of Pharmacy

Program Evaluation and Research Unit (PERU)

*She/ Her*



University of  
**Pittsburgh**

School of  
Pharmacy

# Continuing Education Information

In support of improving patient care, this activity has been planned and implemented by the University of Pittsburgh and The Jewish Healthcare Foundation. The University of Pittsburgh is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME) and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team. **1.25 hours is approved for this course.**

As a Jointly Accredited Organization, University of Pittsburgh is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. University of Pittsburgh maintains responsibility for this course. Social workers completing this course receive **1.25 continuing education credits.**



University of  
Pittsburgh

School of  
Pharmacy

PERxU

# Disclosures

No 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 with any entity producing, marketing, re-selling, or distributing health care goods or services, used on, or consumed by, patients to disclose.



University of  
Pittsburgh

School of  
Pharmacy

PER<sub>X</sub>U

# Disclaimer

The information presented at this Center for Continuing Education in Health Sciences 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.



University of  
Pittsburgh

School of  
Pharmacy

PER<sub>X</sub>U

# Navigating this Webinar

If you move your **cursor** to the **bottom** of **your screen** you will see a **menu**.



This menu allows you to **control**:

- **Raise hand**
- Access to the **chat** box
- Access to the **Q & A** box



University of  
Pittsburgh

School of  
Pharmacy

PERXU

# Learning Objectives

- Summarize the **current trends** in substance use
- Examine trends in the **treatment** of substance use
- Identify **current** substance use terms
- Locate person first language **resources**



University of  
Pittsburgh

School of  
Pharmacy

PER<sub>X</sub>U

# Current Substance Use Trends

---



University of  
Pittsburgh

School of  
Pharmacy

PER<sub>X</sub>U

# Reporting of Substance Use



Door-to-door Surveys



School-based Surveys



# Increased Substance Use

- ↑ Quantity
- ↑ Frequency
- ▲ Types of Drugs Used



# Increase in Alcohol Use

- **54% increase** in alcohol sales during the **first week** of the pandemic
- **Virtual platforms** used for happy hours
- Larger increases **among women**

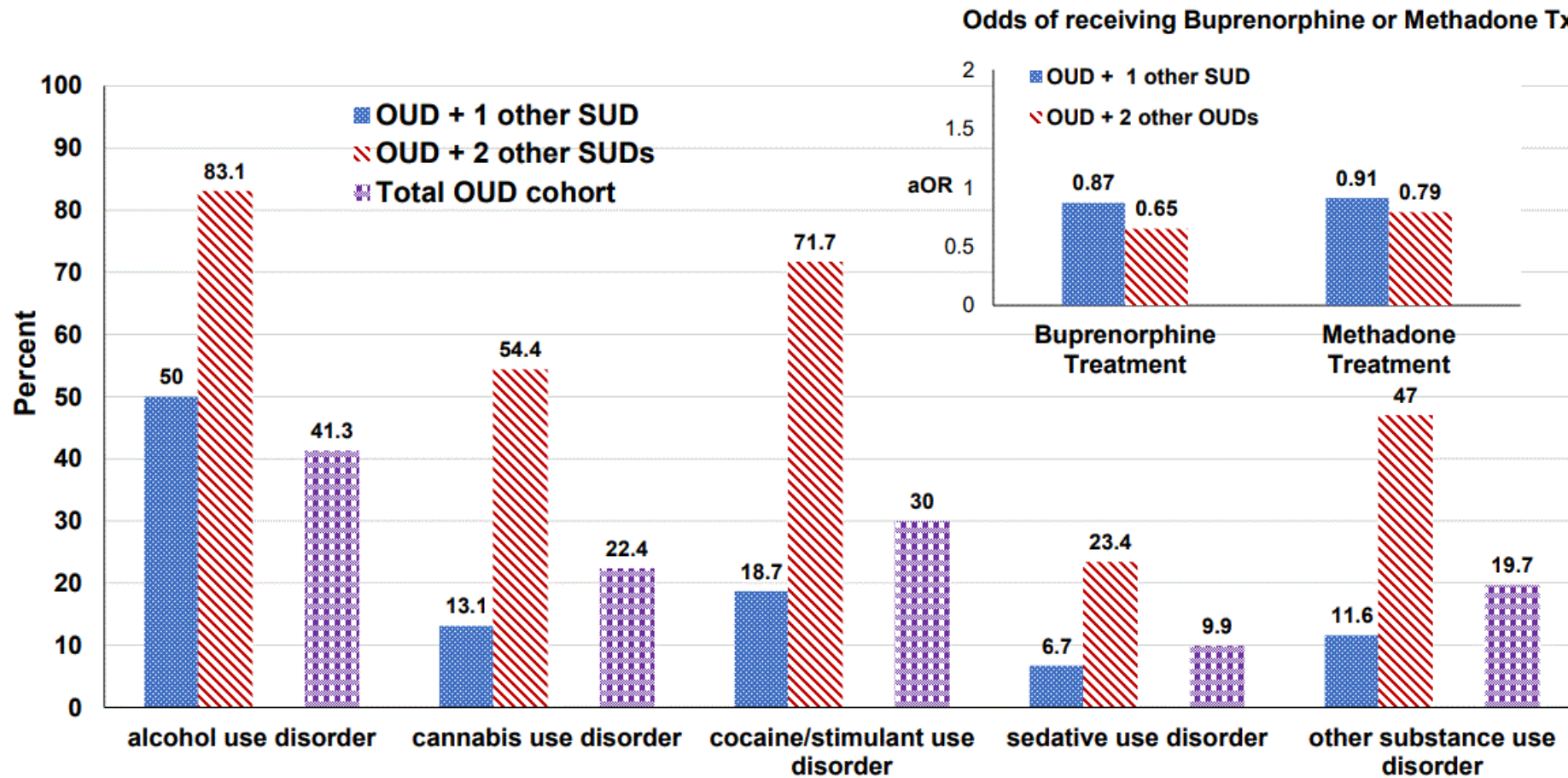


# Increase in Methamphetamine Use

- **Rapid rise in use** over the last 5 years
- **105% increase** in methamphetamine use disorder (MUD)
- **180% increase** in methamphetamine related overdose



# Increase in Polysubstance Use for those with OUD

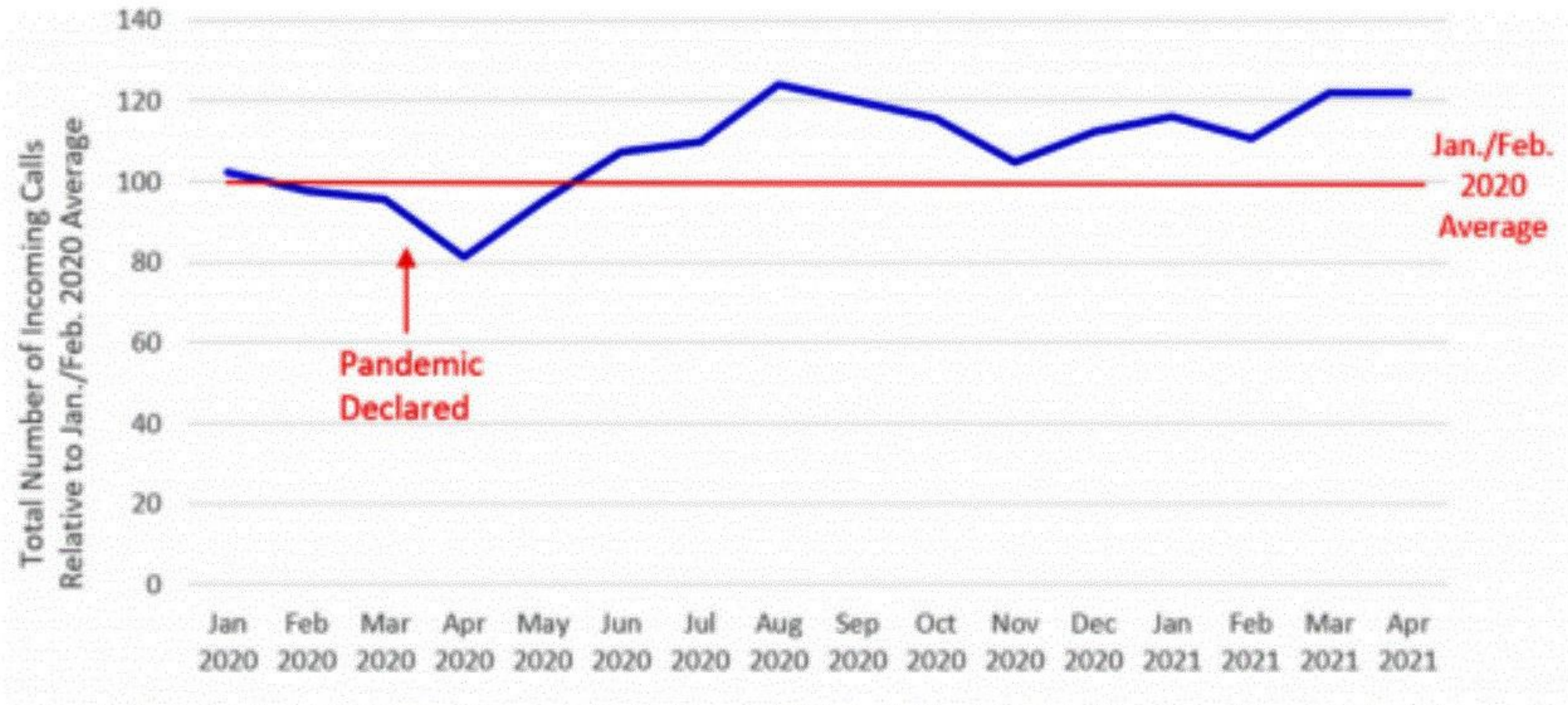


# Increase in Opioid Use

- **31.96% increase for non-prescribed fentanyl**
- **12.53% increase for heroin**



# Monthly SU Treatment Call Trends



# Some Reasons for this Increase



Isolation



Changes to the  
drug supply



Polarization of  
the population



Stress



Childcare  
challenges



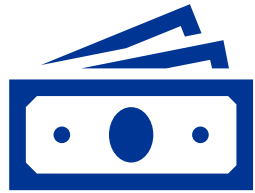
# Mental Health Service Demand Increase

- 8 in 10 psychologists who treat anxiety have seen an increased demand
- Referrals nearly doubled





# Major Drivers of this Increase



Economic stress

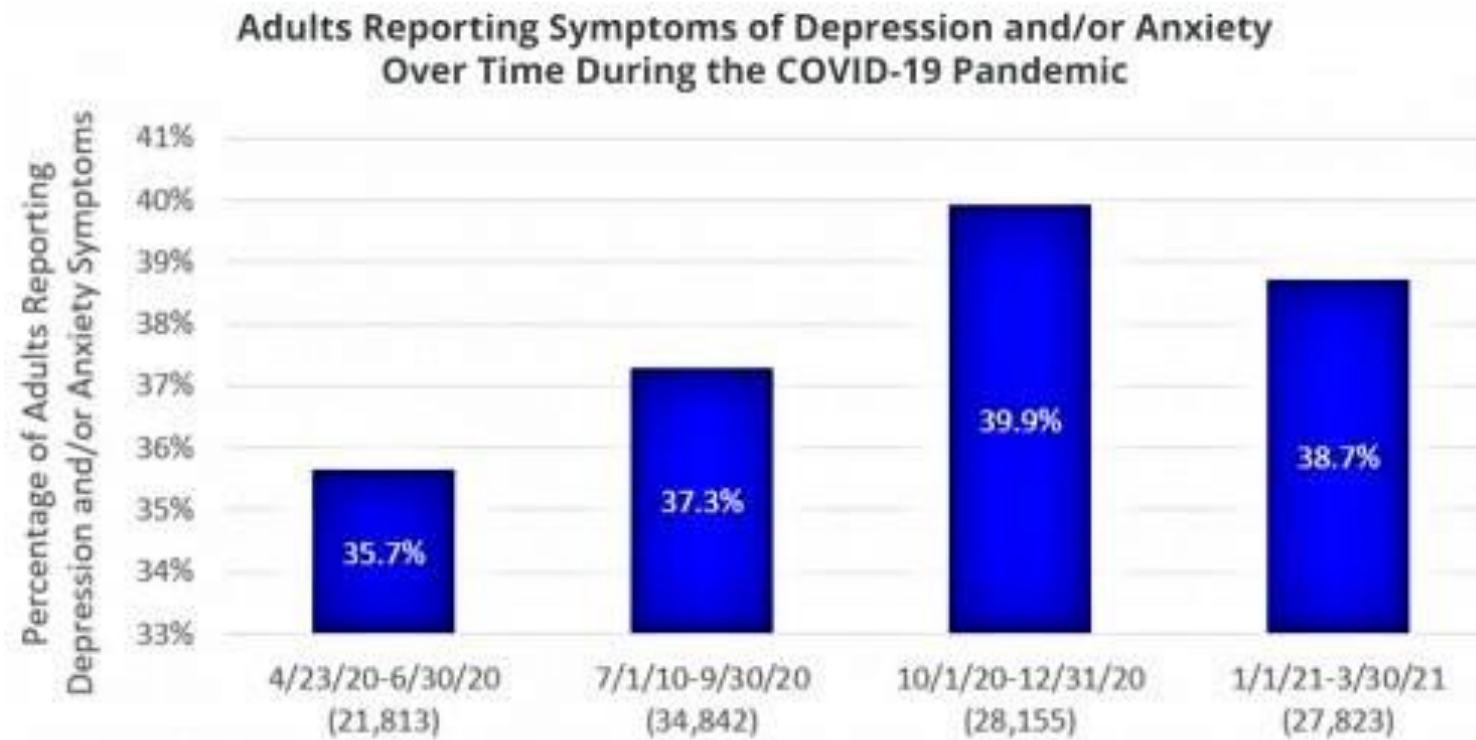


Loneliness



General anxiety  
about the virus

# Depression/ Anxiety



Source: National Center for Health Statistics Household Pulse Survey



# Self Help Groups

- **Disappearance of in-person recovery support meetings** and face-to-face mentoring
- Virtual meetings provided **less fellowship** and opportunity for new members to integrate
- **Technology** was also a barrier



# Discussion

---

What SUD trends have you noticed at your COE?



# Overdose

---



University of  
Pittsburgh

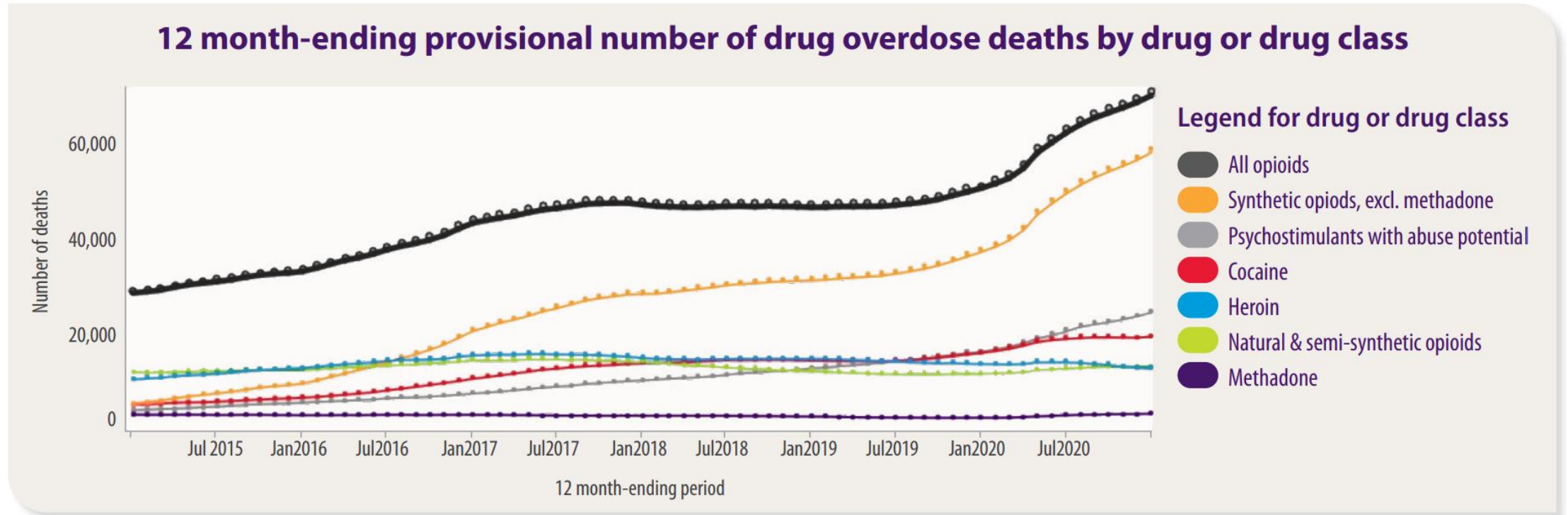
School of  
Pharmacy

PER<sub>X</sub>U





# Increased Overdose



# Some Reasons for this Increase



People using  
drugs alone



Difficulty seeking  
medical treatment



Difficulty accessing  
treatment

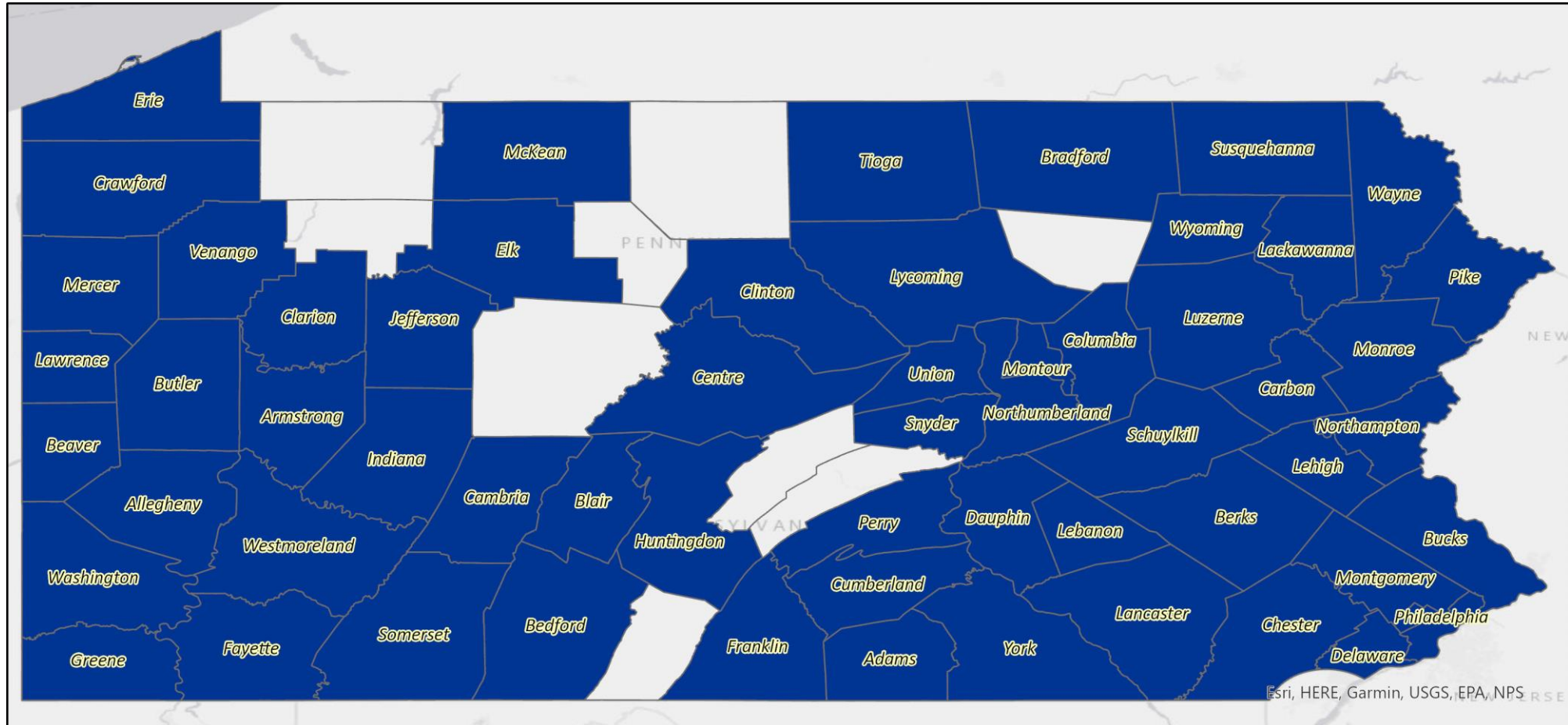
# Overdose Death Health Disparities

---





## Populations Disproportionately Impacted, 2018-2020: Male Residents<sup>1,2</sup>



(<sup>1</sup>OverdoseFreePA, 2021; <sup>2</sup>U.S. Census Bureau, 2020)

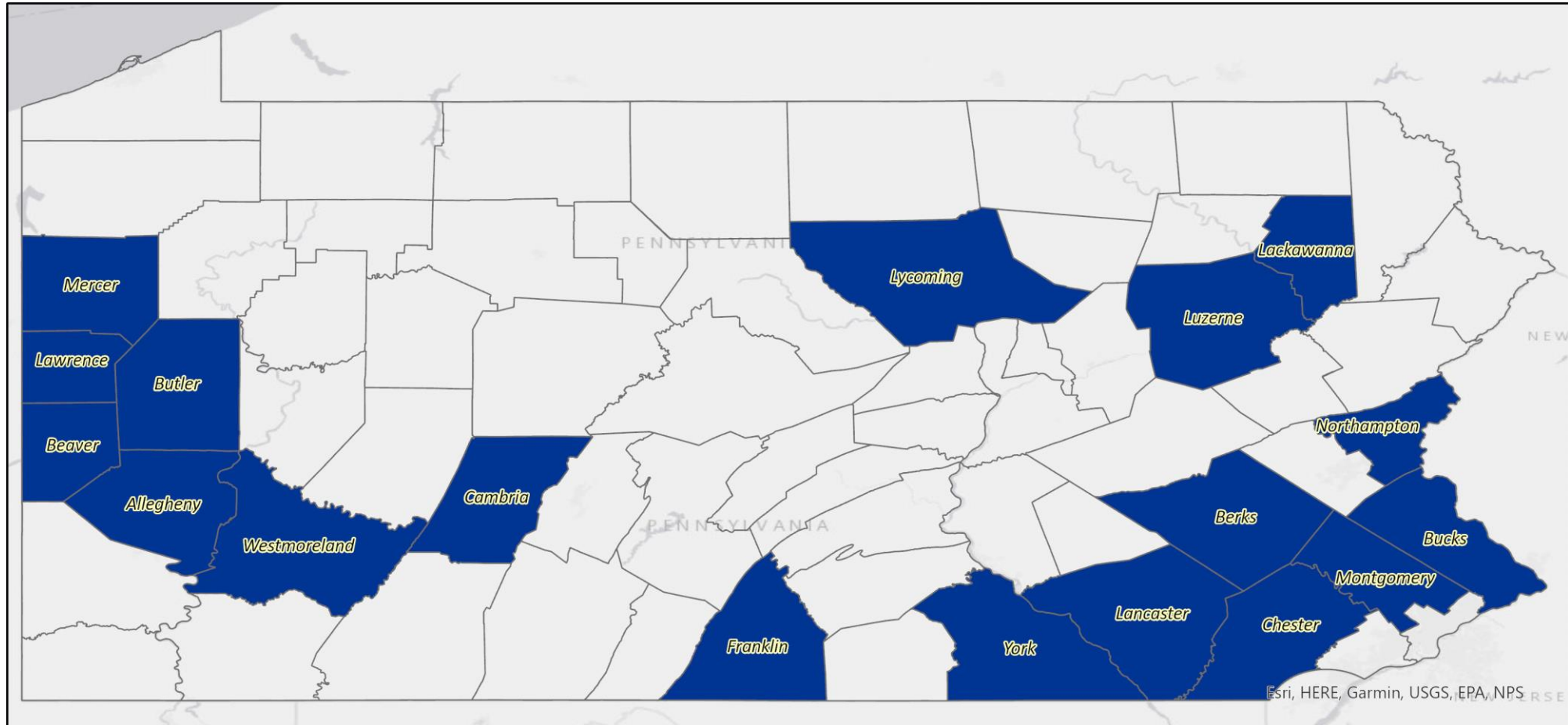


University of  
Pittsburgh

School of  
Pharmacy

PER<sub>x</sub>U

## Populations Disproportionately Impacted, 2018-2020: Black Residents<sup>1,2</sup>



(<sup>1</sup>OverdoseFreePA, 2021; <sup>2</sup>U.S. Census Bureau, 2020)

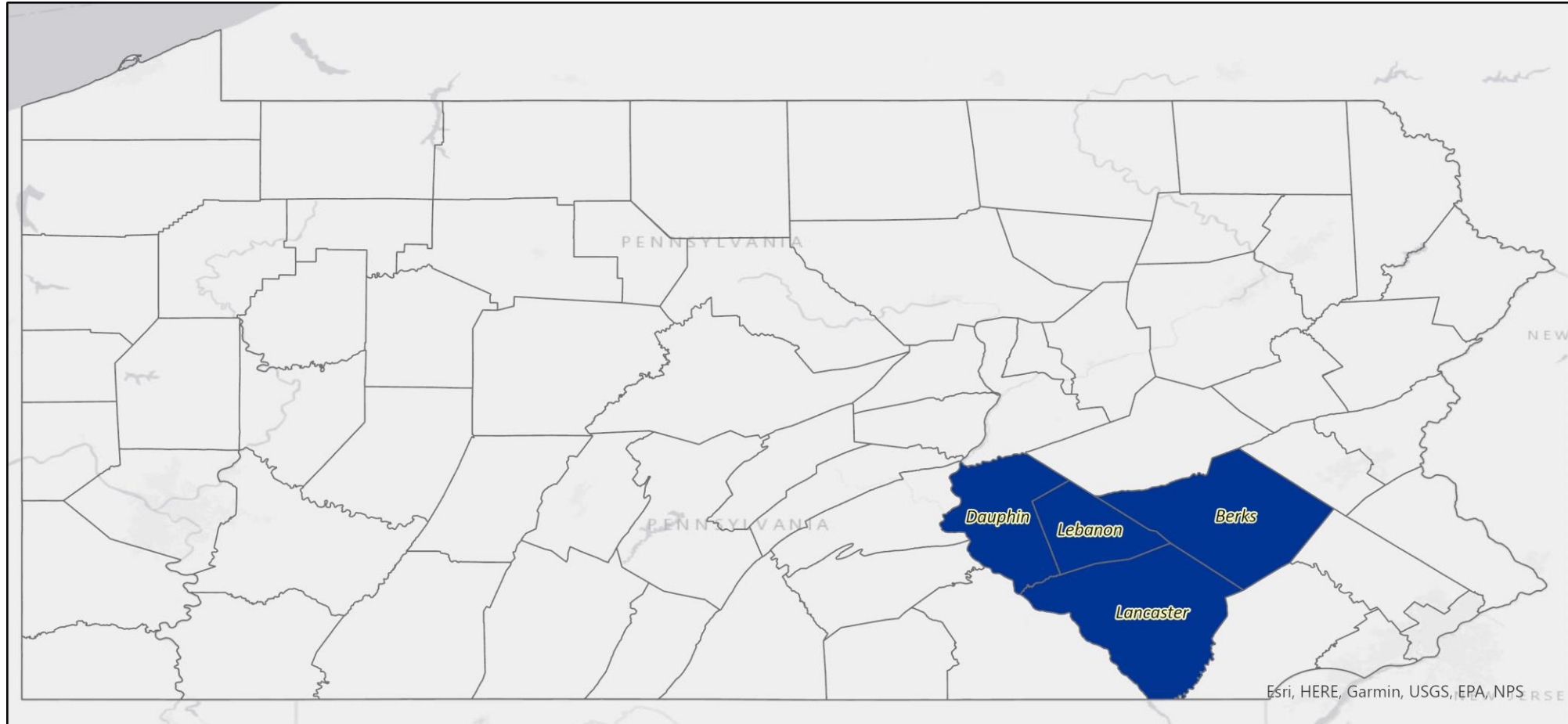


University of  
Pittsburgh

School of  
Pharmacy

PER<sub>X</sub>U

## Populations Disproportionately Impacted, 2018-2020: Latinx Residents<sup>1,2</sup>



(<sup>1</sup>OverdoseFreePA, 2021; <sup>2</sup>U.S. Census Bureau, 2020)



University of  
Pittsburgh

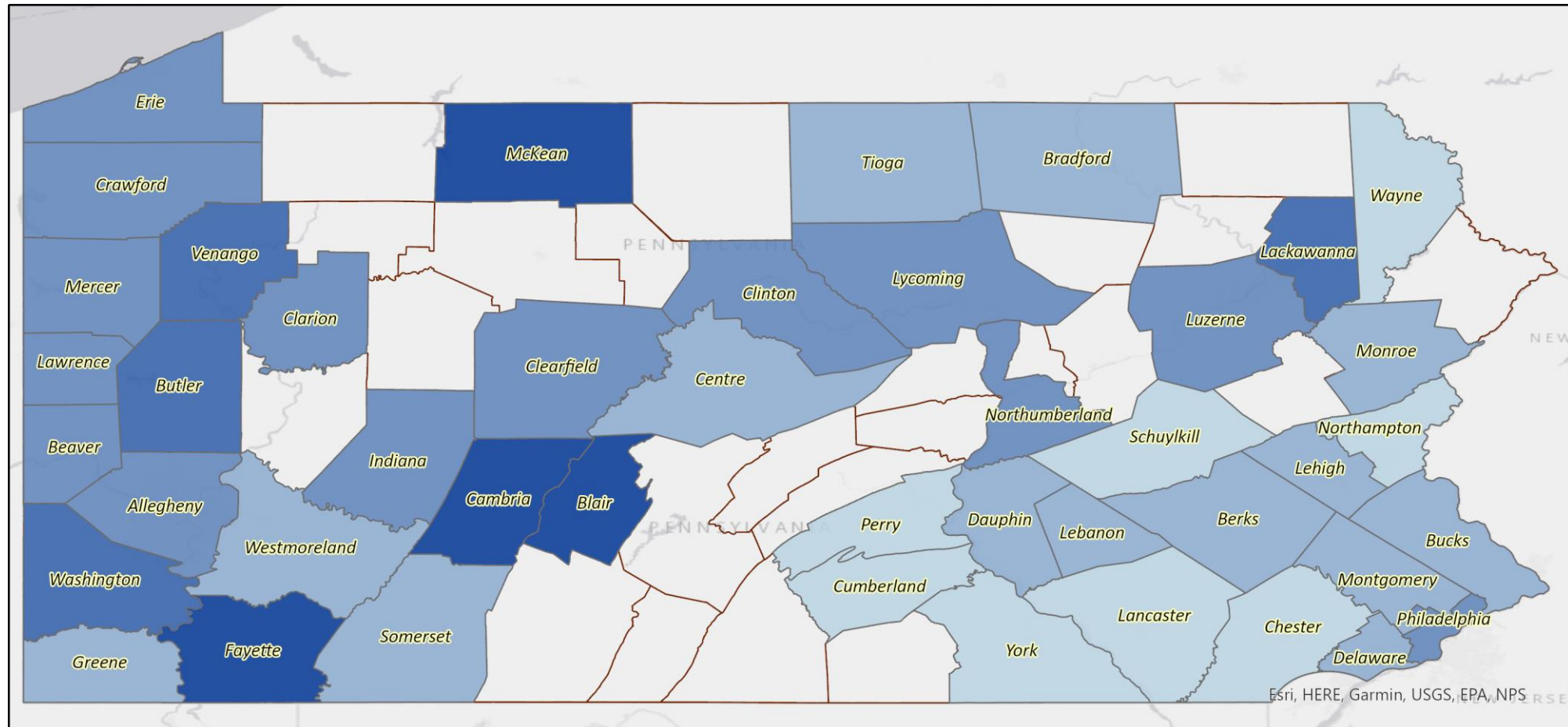
School of  
Pharmacy

PER<sub>X</sub>U

# Treatment

---

## COE Clients Served per 10,000 Population\*



Clients per 10k Population: < 10.1 10.1 - 25 25.1 - 50 50.1 - 75 75.1 - 99

\*Includes clients in the COE data management system hosted by PERU. May not reflect 100% of COE clients



University of  
Pittsburgh

School of  
Pharmacy

PERU



# Treatment Access



Public health program disruptions



Transportation difficulties



Increased wait times for treatment referrals



University of  
Pittsburgh

School of  
Pharmacy

PERxU

# Considerations for the SUD Treatment System

- **Capacity:** If the system meets the needs of the community it serves
- **Competency:** Education, training, and evaluation
- **Consistency:** the system's ability to deliver high-quality care and fidelity to best treatment practices
- **Compensation:** the alignment of reimbursement with best practices



University of  
Pittsburgh

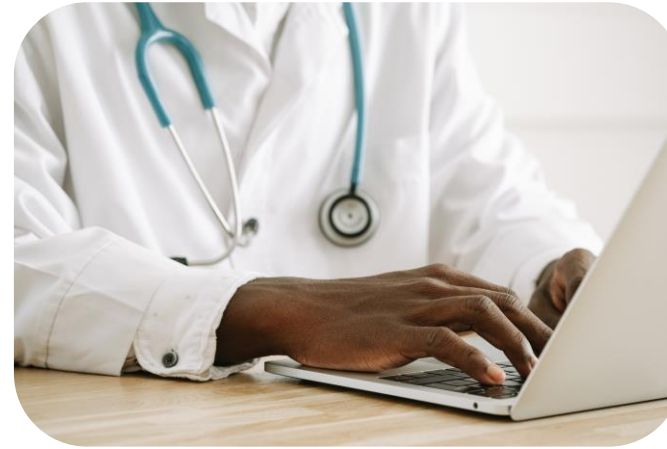
School of  
Pharmacy

PERxU

# Trends in Treatment



**Telehealth use by SUD providers is up 83% from pre-pandemic**



**Searches for telehealth treatment information have increased roughly 1,900% since 2019**



# Current Best Practices

- ASAM revised their OUD **National Practice Guidelines** in 2020
- Major **revisions** to 35 existing recommendations
- 13 **new** recommendations



# Terms

---



University of  
Pittsburgh

School of  
Pharmacy

PER<sub>X</sub>U

# Person First Language



Combat Stigma



Model Empathy and Respect



Advocate for the person



# Some Examples of Person First Language

Words to <b>Avoid</b>	Words to <b>Use Instead</b>
Addict, alcoholic, drug abuser	Person with a substance use disorder
Abuse	Misuse, use, used other than prescribed
Clean, dirty test result	Positive, negative test result
Relapse	Recurrence in use
Denial	Ambivalence
Resistant to treatment	Choosing not to, not in agreeance



University of  
Pittsburgh

School of  
Pharmacy

PER<sub>X</sub>U

# Medication for Opiate Use Disorder (MOUD)



SAMSHA recommends  
use of this term



MOUD is a treatment  
in its own right

# Recap of Current Trends

- Increased use
- Changes in substances used
- Increased overdose
- Increased need for treatment
- Using technology to connect
- Continued refining of person first language



University of  
Pittsburgh

School of  
Pharmacy

PERxU

# Questions?

---



University of  
Pittsburgh

School of  
Pharmacy

PER<sub>X</sub>U

# Contact Info

**Julie Brewer, MSW, MPH**

She/Her

Senior Program Implementation  
Specialist

Pitt PERU

[jab567@pitt.edu](mailto:jab567@pitt.edu)

**Katherine Bedford, MA**

She/Her

Program Manager, COE  
Pitt PERU

[knb61@pitt.edu](mailto:knb61@pitt.edu)



University of  
Pittsburgh

School of  
Pharmacy

**PER<sub>X</sub>U**



# CEU Survey

For CEUs please complete the session evaluation at:

and be sure to designate which CEU credits you are requesting CME, CNE, Social Worker or PCB. The deadline for completing the evaluations is January 22.

Please email Pauline at [taylor@jhf.org](mailto:taylor@jhf.org) if you have any questions about the CEU process.

The UPMC Center for Continuing Education will follow up with you via email after January 22 with instructions on how to claim your CME, CNE or SW credits and print certificates. To prepare, we recommend you create an account, using the email address you use in the survey, with UPMC CCE via this website <https://cce.upmc.com>.

PCB certificates will be emailed separately to participants.

**We design the sessions based on your feedback!**



University of  
Pittsburgh

School of  
Pharmacy

PERxU

# References

---

# References

- AMA. (2021). Overdose Epidemic Report Physicians' Actions to Help [https://end-overdose-epidemic.org/wp-content/uploads/2021/09/AMA-2021-Overdose-Epidemic-Report\\_92021.pdf](https://end-overdose-epidemic.org/wp-content/uploads/2021/09/AMA-2021-Overdose-Epidemic-Report_92021.pdf).
- Abramson, A. (2021). Substance Use during the Pandemic. American Psychologic Association, 52(2), 22.
- Alter, A., & Yeager, C. (2020). COVID-19 impact on US national overdose crisis. University of Baltimore Center for Drug Policy and Enforcement, Baltimore, MD.[Google Scholar].
- Centers for Disease Control and Prevention. (2021). Understanding the Epidemic | CDC's Response to the Opioid Overdose Epidemic. <https://www.cdc.gov/opioids/basics/epidemic.html>
- Czeisler, M. É., Lane, R. I., Petrosky, E., Wiley, J. F., Christensen, A., Njai, R., Weaver, M. D., Robbins, R., Facer-Childs, E. R., & Barger, L. K. (2020). Mental health, substance use, and suicidal ideation during the COVID-19 pandemic—United States, June 24–30, 2020. Morbidity and Mortality Weekly Report, 69(32), 1049.
- Dubey, M. J., Ghosh, R., Chatterjee, S., Biswas, P., Chatterjee, S., & Dubey, S. (2020). COVID-19 and addiction. Diabetes & Metabolic Syndrome: Clinical Research & Reviews, 14(5), 817–823.
- Han, B., Compton, W. M., Jones, C. M., Einstein, E. B., & Volkow, N. D. (2021). Methamphetamine use, methamphetamine use disorder, and associated overdose deaths among US adults. JAMA Psychiatry.



University of  
Pittsburgh

School of  
Pharmacy

PERXU

# References cont.

Liese, B. S., & Monley, C. M. (2021). Providing addiction services during a pandemic: Lessons learned from COVID-19. *Journal of Substance Abuse Treatment*, 120, 108156.

OverdoseFreePA. 2021. Query the Database. Available at <https://www.overdosefreepa.pitt.edu/know-the-facts/query-the-database/>

U.S. Census Bureau. 2020. American Community Survey 5-year Estimates. Available at <https://data.census.gov/cedsci/advanced>

Waller, R. C., Clark, K. J., Woodruff, A., Glossa, J., & Ostrovsky, A. (2021). Guide for Future Directions for the Addiction and OUD Treatment Ecosystem. *NAM Perspectives*.

Zgierska, A. E., Miller, M. M., Rabago, D. P., Hilliard, F., McCarthy, P., Cowan, P., & Salsitz, E. A. (2021). Language matters: It is time we change how we talk about addiction and its treatment. *Journal of Addiction Medicine*, 15(1), 10–12.



University of  
Pittsburgh

School of  
Pharmacy

PER<sub>X</sub>U