



City of Abilene

Abilene-Taylor County Public Health District Board Agenda

Notice is hereby given of a meeting of the Abilene-Taylor County Public Health District Advisory Board of City of Abilene to be held on November 19, 2024 at 1:00 p.m. at 850 N 6th Street, First Floor Conference Room, Abilene, Texas, for the purpose of considering the following agenda items.

CALL TO ORDER

1. Call to Order - James McCoy, Board Chair

MINUTES

2. Approval of Minutes from the February 20, 2024 meeting - James McCoy, Board Chair

AGENDA ITEMS

3. History of the Opioid Crisis and the Impact in Taylor County - Dr. Gary Holland, Health Authority
4. Introduction of Credible Minds Program as a Way to Promote Mental Wellness - Alyssa Western, MPH, Grant Manager
5. Environmental Health Accomplishments and Changes for 2024 - Mary Martinez, RS, Environmental Health Manager

ADJOURNMENT

6. Next Meeting: February 18, 2025 @ 1:00 PM

Notice

In compliance with the Americans with Disabilities Act, the City of Abilene will provide for reasonable accommodations for persons attending meetings. To better serve you, requests should be received forty-eight (48) hours prior to scheduled meetings. Please contact the City Secretary's Office at 325-676-6208. Telecommunication device for the deaf is 325-676-6360.

CERTIFICATION

I hereby certify the above meeting notice was posted on the bulletin board at the City Hall of the City of Abilene, Texas, on the 13th day of November, 2024, at 4:10 p.m.

Kaitlin Richardson, Deputy City
Secretary, TRMC

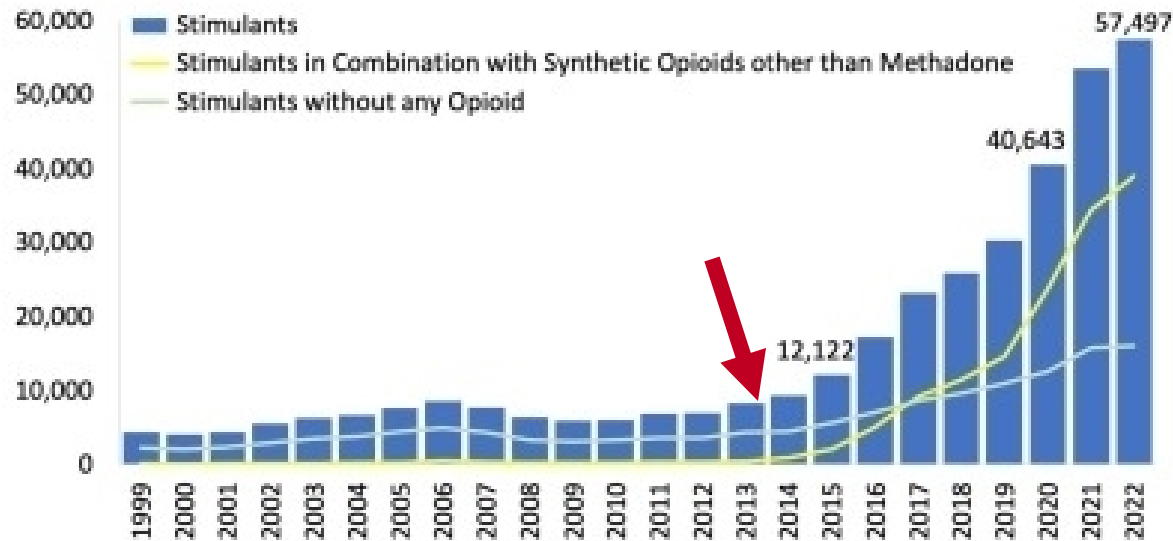
Opioid Crisis: Including Fentanyl



The crisis dates to the 1990's but became worse in the 2000's and beyond.

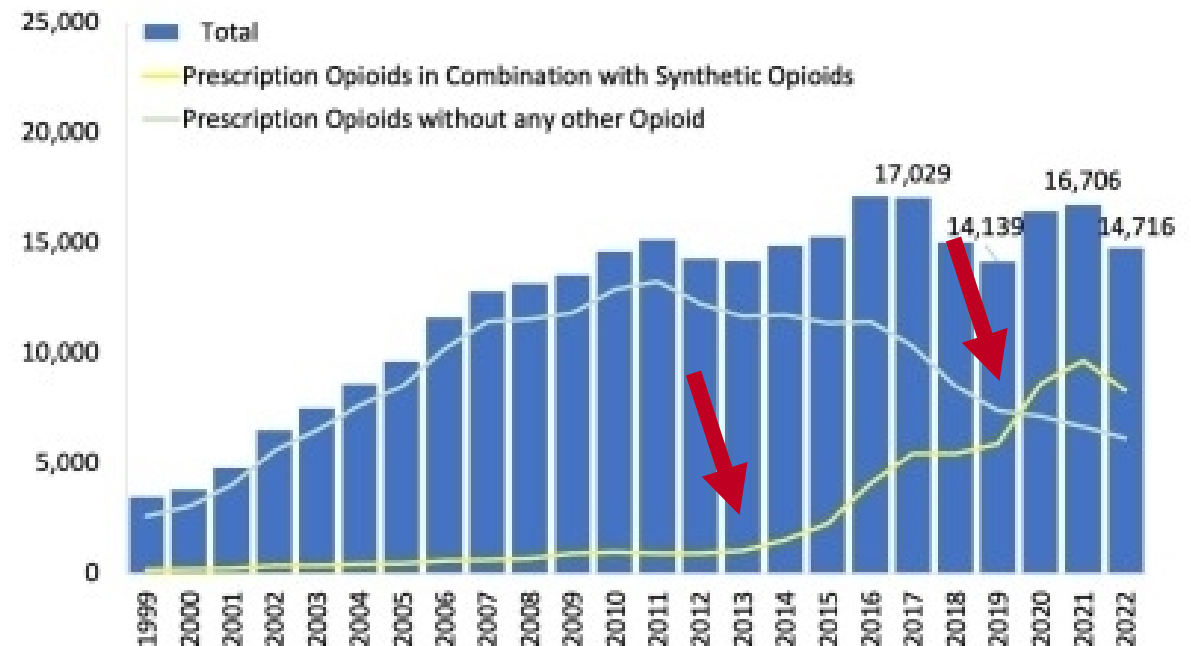
By 2013, fentanyl was becoming a significant issue.

Figure 6. National Overdose Deaths Involving Stimulants (Cocaine and Psychostimulants*), by Opioid Involvement, Number Among All Ages, 1999-2022



*Among deaths with drug overdose as the underlying cause, the psychostimulants with abuse potential (primarily methamphetamine) category was determined by the T43.6 ICD-10 multiple cause-of-death code. Abbreviated to psychostimulants in the bar chart above. Source: Centers for Disease Control and Prevention, National Center for Health Statistics, Multiple Cause of Death 1999-2022 on CDC WONDER Online Database, released 4/2024.

Figure 4. National Overdose Deaths Involving Prescription Opioids*, Number Among All Ages, 1999-2022



*Among deaths with drug overdose as the underlying cause, the prescription opioid subcategory was determined by the following ICD-10 multiple cause-of-death codes: natural and semi-synthetic opioids (T40.2) or methadone (T40.3). Source: Centers for Disease Control and Prevention, National Center for Health Statistics, Multiple Cause of Death 1999-2022 on CDC WONDER Online Database, released 4/2024.

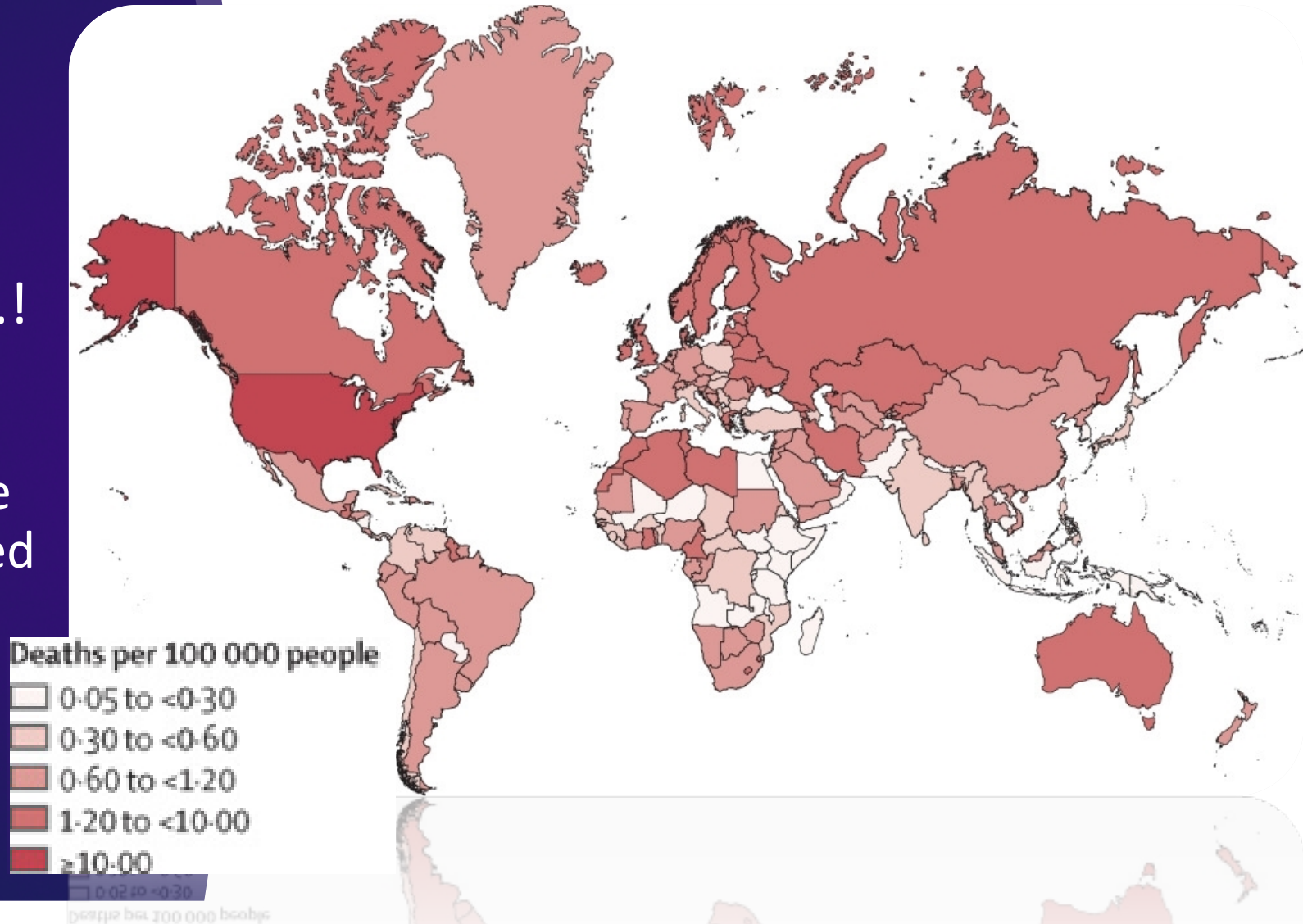
ABUSABLE DRUGS



~ chronologically

- OPIUM
- MORPHINE SULFATE
- HEROIN
- HYDROCODONE
- OXYCODONE
- HYDROMORPONE (DILAUDID)
- FENTANYL (prescribed and otherwise)

- 80% of the global opioid supply is consumed in the U. S.!
- 90% of all the morphine in the world is consumed by 10% of the world's population.



USES FOR OPIOIDS



- Analgesics like opioids can be used legitimately, or may be misused or overused, and has a potential for overdose. This is called Opioid Use Disorder (OUD)
- Opioids are not recommended for *chronic* pain, except in special circumstances.
- They must be used only after assessing benefit vs. risk.

STATISTICS ON OPIOID DEATHS

- During the first 20 years of the 21st century, the number of deaths from opioid misuse increased X 6-10.
- 84,000 deaths in 2022
- 81,000 deaths in 2023
- 25% of drug-related deaths are from other drugs besides opioids.



Taylor County Overdoses Jan - Sept 2024:

155 overdoses, 10 of these fatal

41%
involved an
opioid

Over 3/4 of these were
fentanyl

39%
involved
prescription
medications

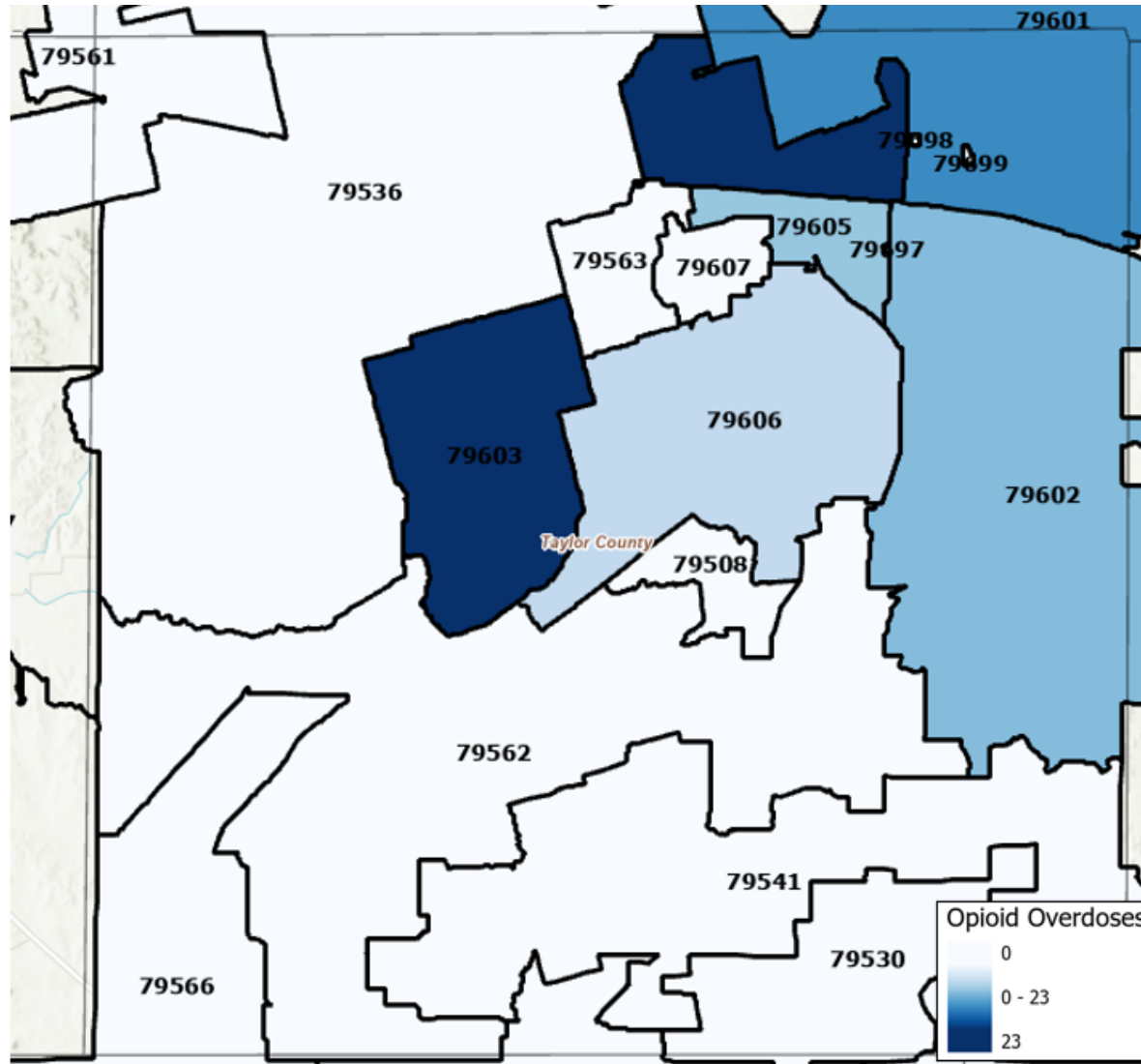
34%
involved two or
more medications



CITY OF
ABILENE
T E X A S



Taylor County Opioid Overdoses



Hardest impacted Zip Codes

- 79603 (2 fatalities)
- 79601
- 79602 (2 fatalities)



CITY OF
ABILENE
TEXAS



Fentanyl is a special case . . .

- Fentanyl is 50X as potent as heroin and 100X as potent as morphine, and of course is more addictive!
- It is cheaper than other opioids, so there's an incentive for illegal manufacture.
- It can be mixed with heroin, cocaine, or methamphetamine, and can be laced into fake pain pills (i. e., hydrocodone or oxycodone). Amounts may vary.
- Test strips are available in some states, but are not infallible and not available in Texas.





SYMPTOMS OF DRUG MISUSE AND OVERDOSE

Signs of Misuse:

- Loss of interest in activities
- Spending more time alone
- Changing moods
- Sleeping at odd hours
- Getting in trouble with the law

Signs of Overdose:

- Respiratory depression (slow, shallow)
- Altered mental status or loss of consciousness, going limp
- Choking
- Cyanosis, mottling
- Cool, clammy skin

Potency:

- Fentanyl is so potent that it magnifies the effect of these symptoms and treatment can be less effective.



CITY OF
ABILENE
T E X A S

LAKE SUPERIOR
TREATMENT CENTER

14-B

No
Parking
in Front
of Door





Issues precipitating crisis (Dr. Phillip Coffin, San Francisco Dept. of Health)

Profit Motive:

- Drug companies pushed new drugs such as OxyContin for profit, and often opioid-naïve patients were given opioids they didn't tolerate.
- False claims that they were "non-addicting". Purdue Pharma paid \$270M in 2019 to settle a lawsuit brought by the state of Oklahoma.

Prevalence of Pain:

- 1/3 of the U. S. population has some kind of pain issue, and U. S. Dept. of Health made a push to treat pain as the "fifth vital sign".
- The "War on Pain" caused opioid scrips to increase X 3 from 1991 to 2011 (20 years).

Job loss:

- When the U. S. economy moved from mostly manufacturing to mostly "service", many people lost their jobs and were not able to transition. So, despair and depression set in.



CITY OF
ABILENE
T E X A S



More precipitating issues!

Welfare Reform:

- The welfare system definition of “disability” required (1) a diagnosis and (2) documentation of treatment (i.e., pain medication).

HMO's:

- Health Maintenance Organizations became popular and were more likely to pay for a cheap treatment (like pain pills) as opposed to expensive treatments (physical therapy, pain management modalities, behavioral therapy, etc.).



CITY OF
ABILENE
T E X A S

TREATMENT OPTIONS

MEDICATIONS AND OTHERWISE



MEDICATIONS: buprenorphine

Buprenorphine is a partial mu-opioid agonist that is less potent than heroin/morphine but binds strongly for a long time, allowing slow discontinuation of illegal opioids. Preparations include sublingual (Subutex), transdermal (Butrans), and in combination with naloxone (opioid receptor antagonist) (Suboxone tab or sublingual strip/film).

West Texas Counseling and Rehabilitation (WTCR) 212 S. Leggett uses this and methadone.

methadone

A synthetic opioid that eliminates withdrawal symptoms and cravings. Slow acting. Requires special knowledge and certification to prescribe. Also very useful for hospice pain, or patients where morphine is ineffective or not tolerated.

naltrexone

An opioid partial agonist used for AUD and OUD, but only after abstinence X 7 days (to avoid withdrawal). Given orally.



naloxone (Narcan)

For Overdosage

- Available as tablet, long-lasting injection, and nasal spray. Non-prescription but expensive.
- Abilene EMS, APD, and fire dept. have.
- US Dept. of HHS identifies naloxone distribution as one of the top three strategies for addressing the opioid epidemic.
- Not as effective with fentanyl as some other opioids.

Method of Action

- Binds to opioid receptors and displaces other drugs, causing acute withdrawal!
- Takes just a few minutes to work, effect lasts 30-90 minutes.
- Agitation, tachycardia or irregular pulse, N/V/D, diaphoresis, HA, tearing, yawning, achiness, hypotension
- Can't overdose on it!

Precautions

- Should go to ER for further evaluation, possible recurrence when Narcan wears off.
- We do have a standing order on file at ATCPHD for administering naloxone.



CITY OF
ABILENE
T E X A S

Narcan Availability:



- EMS, APD have.
- Available ATCPHD front desk.
- Available at pharmacies without a prescription (\$22.50).
- Also free vending machine at 1017 Butternut sponsored by Abilene Recovery Council, W. Texas Homeless Association, Taylor County Alliance for Prevention, West Texas Harm Reduction, and Big Country Reentry Coalition.

Narcan Controversies:

- Opioid OD deaths decreased by 9%, as expected.
- But does this medication condone opioid misuse, resulting in increased use? Actually, Narcan appears to decrease misuse, although the mechanism is unclear.
- (One study appeared to show *increase* in ER visits and opioid thefts with no reduction in deaths, but study is controversial.)



“Other Solutions”

DEA Policies!

Much more difficult now for M. D.'s to prescribe class II narcotics, and state monitoring system for pharmacies and docs.

One Pill Can Kill Initiative (PSA's)

Public Education

Rebuild Health website

Prevention Education in the Schools

Public Service Announcements

Social Media

Other:

Counseling

Education

Group therapy



CITY OF
ABILENE
T E X A S

What can ATCPHD do?

- Continue with public service information via social media (Chase & Hansen - here @ ATCPHD, Mari & Blaine - @ City Communications).
- Make sure the public is aware of availability of Narcan here.
- Cooperate with local media who are interested in publicizing the issue (KACU, KTAB/KRBC).
- Promote Rebuild Health website.





THANKS!

- Annette Lerma
- Cari Waller
- Summer Mitchell
- Olivia Dabbert
- Chase Hartgraves

