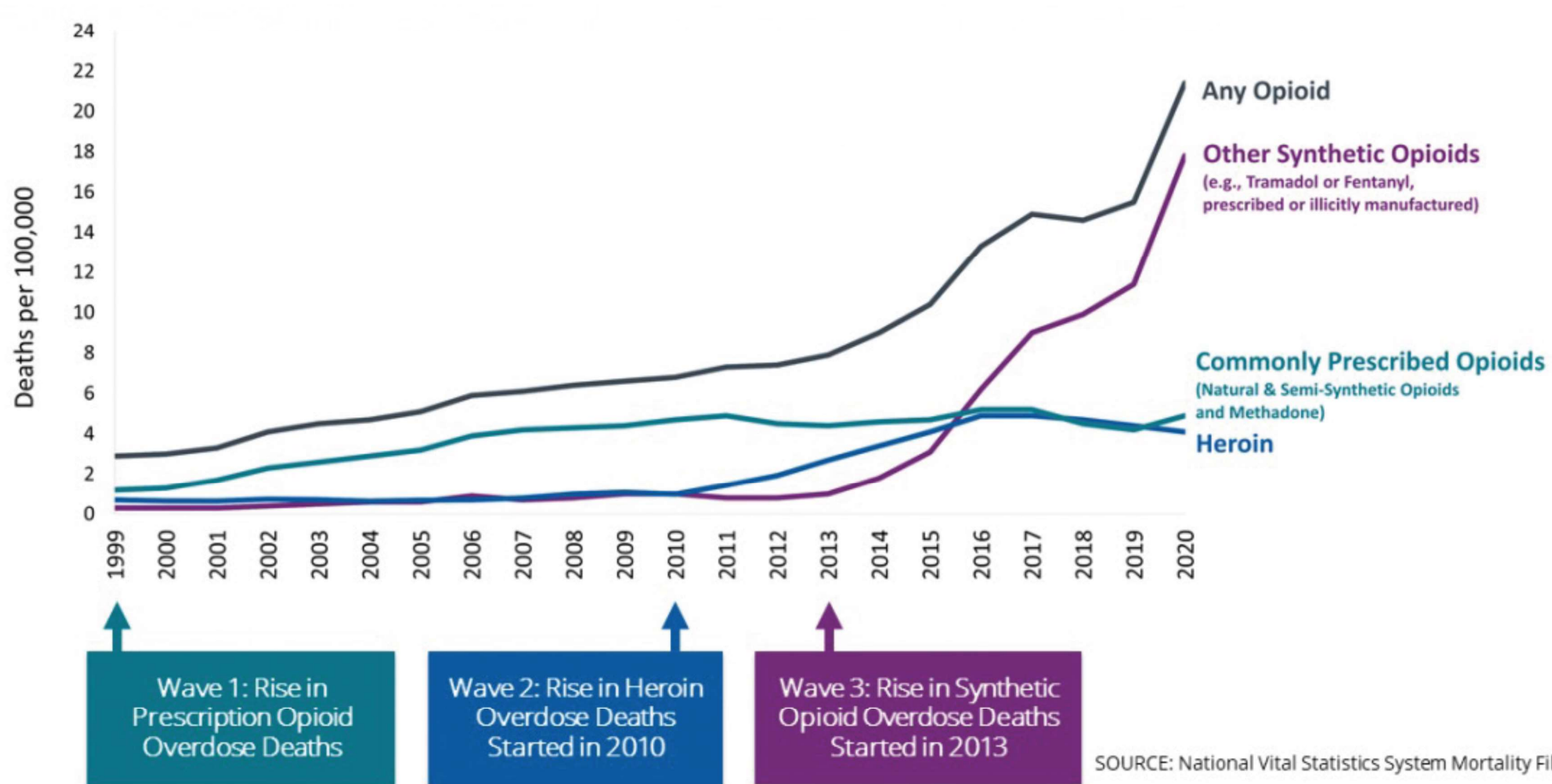


July 14, 2023

The Opioid Crisis in the Kansas City Region



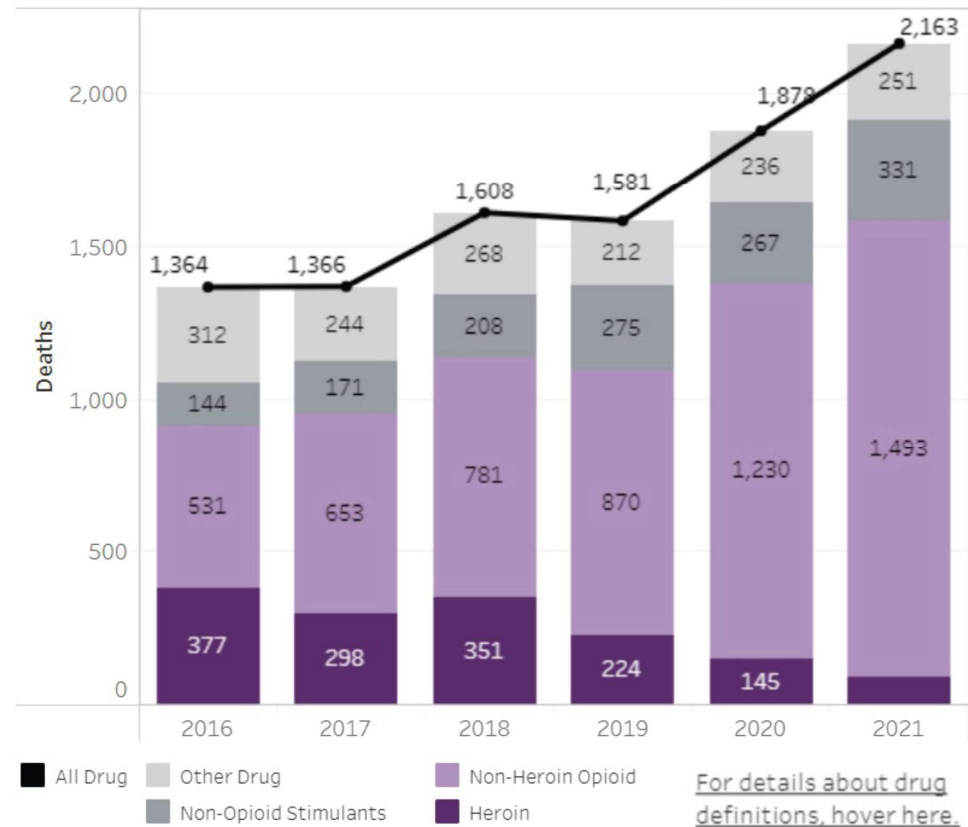
Three Waves of Opioid Overdose Deaths



In Missouri, overdose deaths by non-heroin opioids increased **21%** between 2020 and 2021.

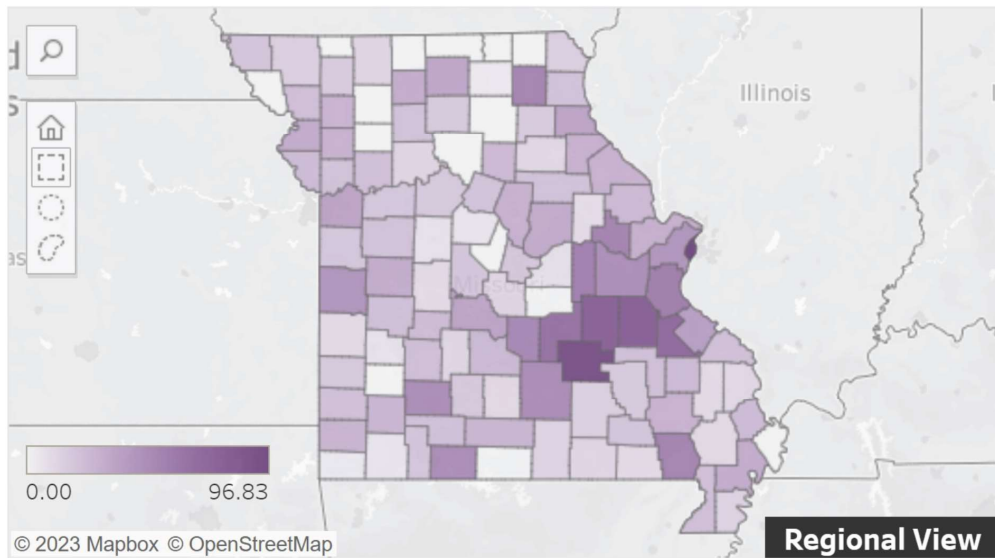
Missouri Resident Overdose Deaths

Detailed View

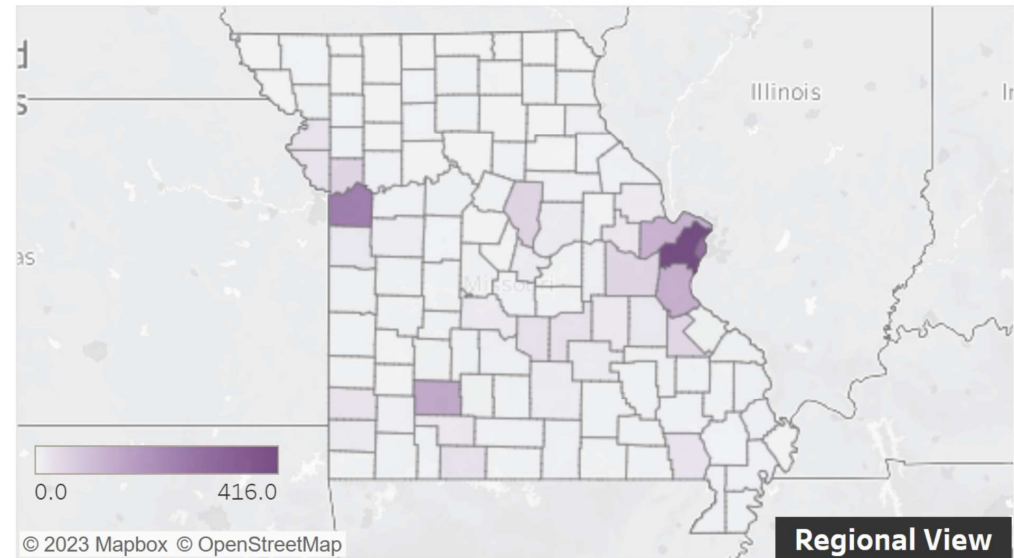


The Kansas City region has a high **number** of deaths, but **mortality rates** are higher in regions with smaller populations.

All Drug Overdose Mortality Rates in Missouri
(Year: 2021)



All Drug Overdose Mortality Counts in Missouri
(Year: 2021)



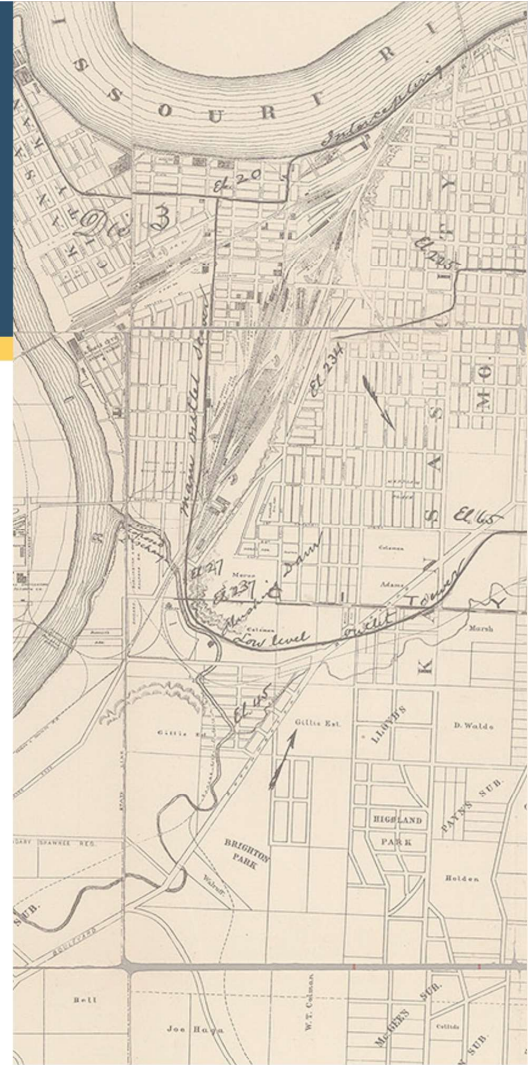
Opioid Settlement Funds

Kansas (\$45M)

- Johnson County — approx. \$3M
- Unified Government — approx. \$3M

Missouri (\$458M)

- Clay County — approx. \$1.4M
- Jackson County — approx. \$13M
- Kansas City — approx. \$15M



A Summary of Expert Recommendations for

Utilizing Opioid Settlement Funds



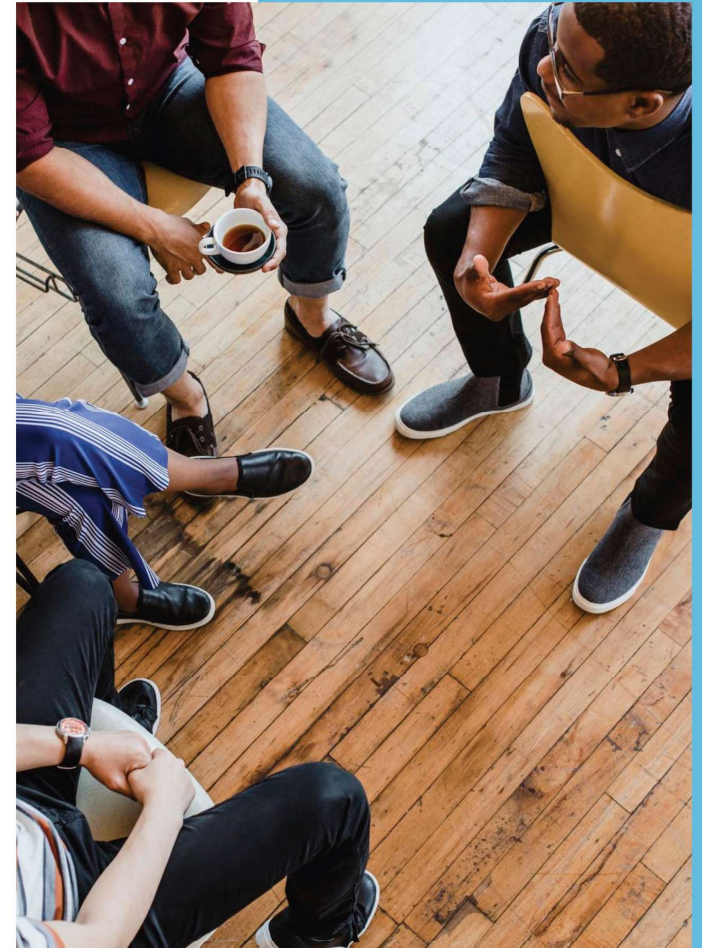
Guiding Principles

- Saving Lives
- Focus on Equity
- Evidence-Based Action
- Systems Efficiency & Collaboration
- Improving Data Systems & Capacity



Considerations

- Determine areas of need
- Collect input from groups that touch different parts of the plan
- Ensure there is representation that reflects the diversity of affected communities when allocating funds
- Determine a comprehensive plan that allows for innovative methodologies and a system to evaluate strategies



Four Priority Areas

1

*Systems
Improvement*

2

*Harm
Reduction
& Access*

3

*Improve
Capacity for
Surveillance*

4

*Regional
Campaigns &
Communications*

01.

PRIORITY AREA ONE

Systems Improvement

GOALS

- Improve coordination and collaborations among substance use disorder providers, organizations, and government partners
- Convene a diverse group of stakeholders, including those with lived experience
- Complete a systems mapping exercise to identify the most effective portfolio of solutions for action

01.

PRIORITY AREA ONE

Systems Improvement

LOCAL COALITION & TASK FORCE INVOLVEMENT

- JCPH and IHD participate in the **Eastern Jackson County Youth Overdose Prevention Task Force**
 - JCPH has assisted with facilitating education-focused workgroup meetings to help identify trainings that address stigma and implicit biases among mental and behavioral health providers, such as utilizing person-first language
- JCPH participates in the **Blue Springs Youth Alliance Coalition**
 - Aims to incorporate youth voices and focus on their needs while creating plans for action

01.

PRIORITY AREA ONE

Systems Improvement



IRIS REFERRAL SYSTEM

- Integrated Referral and Intake System (IRIS) is a streamlined referral platform that **helps organizations connect the people they serve to resources within their community**
- At the Blue Springs Youth Alliance Coalition, JCPH promotes the IRIS referral system as a way for partners to referral out clients to services (*mental and behavioral health crisis services, case management, mentoring, safety and prevention, etc.*) and share their events / initiatives via newsletter
- The Independence Fire Department—ARCH Crisis Response Unit has been integrated into IRIS by JCPH to help connect people to individualized mental health assistance and to lessen the frequency of 911 requests from firefighters, police officers, and paramedics

02.

PRIORITY AREA TWO

Harm Reduction & Access

GOALS

- Increase community-based distribution of naloxone
- Increase community-based distribution of safer use supplies and low-threshold care
- Set up a bulk purchasing fund to procure naloxone and Medications Assisted Treatment (MAT) at lower prices
- Provide naloxone training, MAT access, and related care for people who are involved in the criminal legal system
- Invest in community development and safety net programs, and remove abstinence-only conditions that further punish drug use

02.

PRIORITY AREA TWO

Harm Reduction & Access

NARCAN DISTRIBUTION

JCPH & IHD launched an onsite Narcan Distribution Program for clients to request and pick-up a free Narcan kit. This kit includes:

- *1 box of 4mg Narcan nasal spray*
- *a CPR face shield*
- *educational booklet on Narcan administration, plus local treatment centers and resources*

Qualified entities, such as health departments, EMS, law enforcement, fire departments, community organizations, corrections, and schools/universities can request free Narcan from the University of Missouri-St. Louis (UMSL)-Missouri Institute of Mental Health (MIMH).

Individuals can also find information on where to locate free Narcan in their region via their website:

mimhaddisci.org/get-naloxone1



02.

PRIORITY AREA TWO

Harm Reduction & Access

OVERDOSE PREVENTION WALLET CARDS

What does an overdose look like?

COMMON SYMPTOMS



Blue or gray lips + fingertips



Pale, clammy skin



Small, pinpoint pupils



Slow heartbeat + slow or stopped breathing



Not responding to voice or touch

- To be distributed to stakeholders throughout Eastern Jackson County, primarily in **non-traditional locations** (*bars, dispensaries, gas stations, etc.*)
- Designed to be a **pocket-sized overdose prevention guide** for individuals who are in locations and/or engaging in activities that may increase their likelihood of coming into contact with someone experiencing an opioid overdose

OVERDOSE PREVENTION WALLET CARDS

Support + Resources

NEVER USE ALONE HOTLINE
1 (800) 484-3731

24/7 nonjudgmental support from volunteers with lived experience of substance abuse

MO GOOD SAMARITAN LAW

Protects 911 callers from arrest for simple drug possession if calling for help during an overdose

WHERE TO GET NARCAN + MORE

Scan the code or visit us at JCPH.ORG/OPIOIDS for more info and sources



BACK

What does an overdose look like?

COMMON SYMPTOMS



Blue or gray lips + fingertips



Pale, clammy skin



Small, pinpoint pupils



Slow heartbeat + slow or stopped breathing



Not responding to voice or touch

FRONT

Narcan can prevent an overdose.

HOW TO USE NARCAN

911

Call 911 to help you keep time + get medical help



Tilt head back. Insert white tip of Narcan spray into the nostril



Push the red plunger with thumb until all spray is released



Remove spray + roll the person onto their side



If they don't wake up after 3 mins, give another dose of Narcan

INTERIOR

Safer use means overdose prevention.

BE CAUTIOUS OF...

- ⚡ Mixing opioids with alcohol or benzos
- ⚡ Using after 3+ days of not using
- ⚡ Changing methods of consumption

THESE BEHAVIORS INCREASE THE RISK OF OVERDOSE

Have a safety plan + don't use alone.

03.

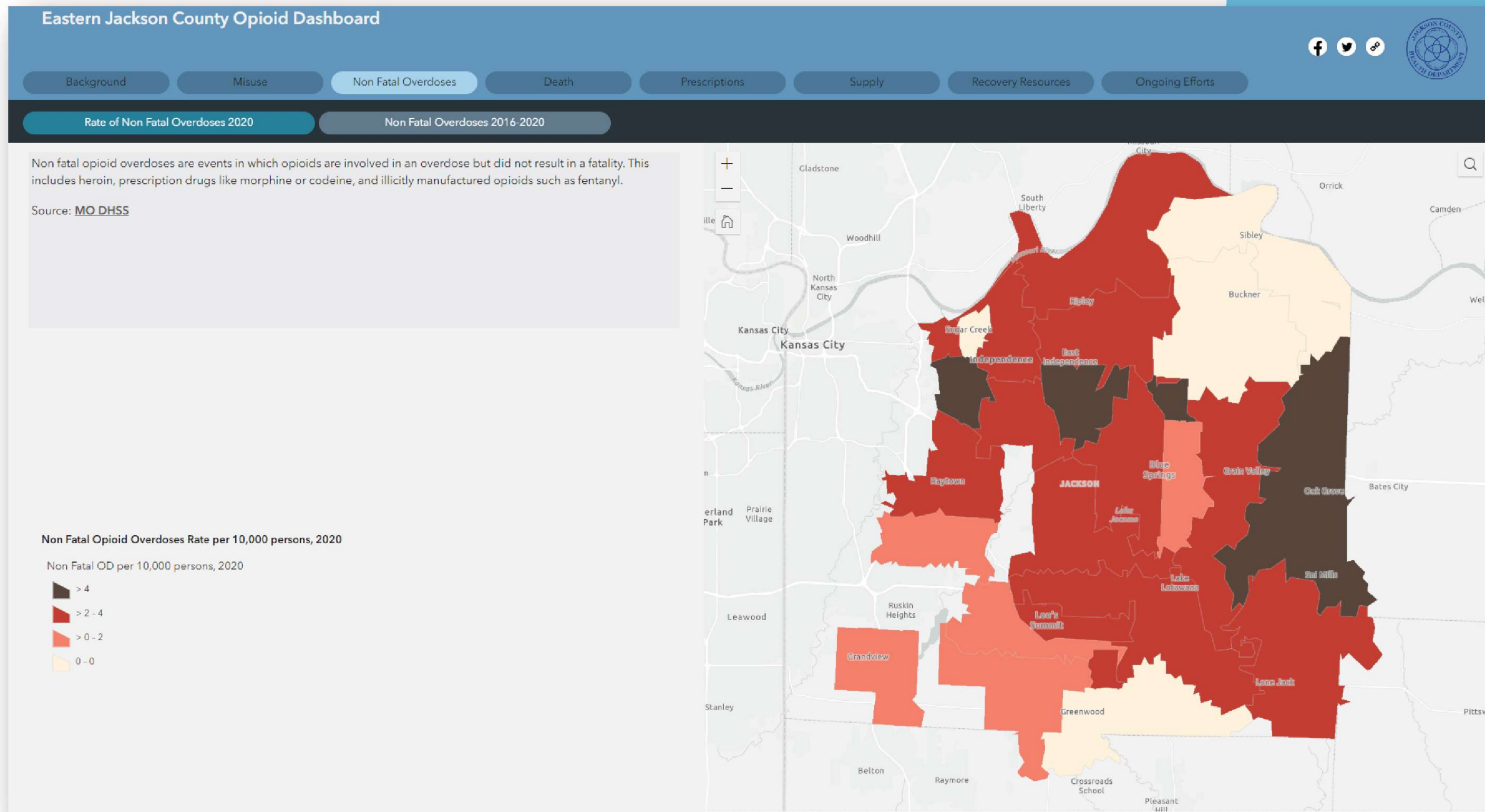
PRIORITY AREA THREE

Improve Capacity for Surveillance

GOALS

- Improve surveillance systems to capture non-fatal and fatal overdose data in real-time
- Work with healthcare providers to establish a data-sharing platform to collect data on overdose events
- Establish a regional wastewater surveillance program to track near real-time opioid misuse data

JCPH Opioid Dashboard



04.

PRIORITY AREA FOUR

Regional Campaigns & Communications

GOALS

- Create a regional campaign and communications plan to address stigma and misconceptions around drug use and treatment, both in the general public and among clinicians
- Implement a campaign to reduce stigma related to drug use/addiction
- Implement a campaign to provide education on naloxone and where it can be accessed
- Implement a campaign to reduce stigma surrounding MAT for medical professionals and students

04.

PRIORITY AREA FOUR

Regional Campaigns & Communications

YOUTH-FOCUSED BILLBOARD CAMPAIGN

In 2022, JCPH designed opioid overdose prevention billboards to raise awareness among youth about increased circulation of synthetic opioids, particularly fentanyl, and the growing number of overdoses in the region.

The billboards were placed in Raytown, Blue Springs, Oak Grove, and Lee's Summit. Sites were selected based on elevated overdose deaths from 2015 to 2021. Oak Grove had the region's highest rates of non-fatal overdoses in 2020.

Teen **opioid deaths**
are at a record high.

Talk to your child about **opioid abuse.**

jacoHD.org/opioids



One of these pills can **kill.**



If it didn't come from a doctor,
assume it contains **fentanyl.**



LEARN MORE AT [JACOHD.ORG/OPIOIDS](https://jacoHD.org/opioids)

04.

PRIORITY AREA FOUR

Regional Campaigns & Communications

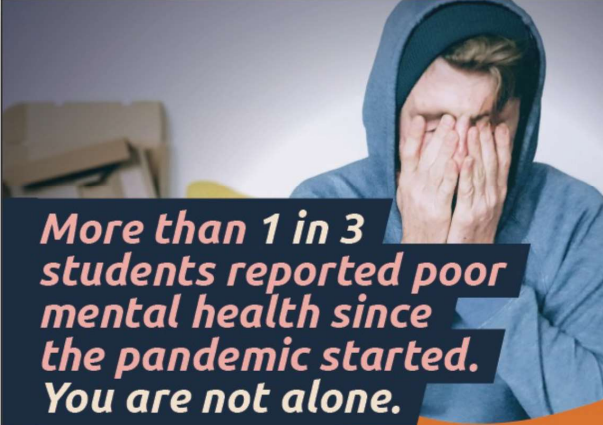
STUDENT-FOCUSED SCHOOL CAMPAIGN

In January 2023, JCPH created and disseminated student-focused campaign materials featuring mental health resources for middle & high school students.

Survey data published by Pew Research Center in 2022 found that more than 1 in 3 U.S. high school students reported poor mental health most or all the time during the COVID-19 pandemic. To support student mental health, this campaign aimed to help students identify sources of stress in their lives and practice healthy, effective coping skills, including accessing community mental health and crisis resources.

JCPH created printed materials, including bookmarks and posters, to distribute to EJC middle and high schools heavily impacted by the opioid crisis (*Oak Grove, Raytown, Grandview*)

Student-Focused Posters



More than 1 in 3 students reported poor mental health since the pandemic started. You are not alone.

Students are under a lot of pressure.


- school & homework
- activities & sports
- life & family transitions, like graduating, moving, or divorce
- work & money
- friendships & relationships
- peer pressure & pressure to succeed

All that pressure can cause...

- mood swings or irritability
- headaches & stomachaches
- problems getting to sleep or staying asleep
- difficulty focusing
- withdrawing or isolating from friends & activities you like
- sudden changes in your performance at school, work, or other activities

Looking for some help?

Call or text **988** to connect to a counselor and receive confidential support and resources.




Coping Skills for Managing Stress

- 1. Listen to music.**
- 2. Exercise or move your body.**
Whether it's running, walking, dancing, cleaning, or lifting weights, movement releases endorphins and helps your body de-stress.
- 3. Eat meals and snacks that nourish your body and make you feel good.**
Keeping your plate colorful is a good way to start!
- 4. Take a pause.**
Deep breaths, identifying how you are feeling, and setting limits can help manage stress and regulate your nervous system.
- 5. Use your social support network.**
Text your bestie. Call a loved one. Do something fun with friends. Laughing releases stress.




Scan the QR code to watch a quick 2-minute video on belly breathing to manage stress and anxiety, and feel calm and grounded.






Feeling overwhelmed? Support is available.

Get connected to local resources:

- Comprehensive Mental Health Services**
(816) 254-3652
themhs.com
- ReDiscover Mental Health**
(884) 994-4325
rediscovermh.org
- UH Behavioral Health - Lakewood Counseling**
(816) 404-6170
- First Call Alcohol/Drug Treatment & Prevention**
(816) 361-5900
firstcallkc.org
- Healthcare Collaborative of Rural Missouri**
(816) 249-1521

Need to talk to someone right now?

- 988 Suicide & Crisis Lifeline**
Dial 988 from any phone
- National Crisis Text Line**
Text "HOME" to 741741
- CommCARE Missouri Crisis Line**
1-888-279-8188
- Missouri Crisis Line**
Call 1-888-761-4357 or text "HAND" to 839-863
- The Trevor Project LGBTQ+ Crisis Helpline**
Call 1-866-488-7386; text "START" to 678-678; or visit thetrevorproject.org/webchat online for support



WAYS TO SUPPORT ONGOING EFFORTS

- Consider mandating **reporting of non-fatal and fatal overdose data** or **linking public health with public safety agencies and medical providers** in order to support and enhance JCPH's Opioid Dashboard
- Debut **regional opioid campaign**
- **Expand co-responder programs** for mental and behavioral health calls
- **Connect with local coalitions and task forces** to learn about and support their prevention and response efforts within Eastern Jackson County
- Support **IRIS** by disseminating information about how this referral system will **strengthen linkages to care and timely treatment**
- Inform others about the **Narcan Distribution Program** and how other organizations and individuals can request and obtain Narcan through UMSL-MIMH website
- **Spread the word** about the JCPH "Tipping the Pain Scale" documentary-screening event and advocate for more **community events** to foster community connectivity and resiliency



Want to learn more?

You can find our full report at jcph.org