

# An Innovative Approach to Preventing Opioid Misuse Among Older Adults

Texas Targeted Opioid Response

Kaleigh Becker, TTOR Prevention Lead, Texas Health and Human Services Commission  
Monique Smith, Opioid Administrator, Community Council of Greater Dallas

# Agenda

---

1. Opioid Misuse Among Older Adults
2. State-Level Perspective
3. Community-Level Perspective
4. Activity

# 1 Opioid Misuse

## Problem Overview

# Prescription Opioids

- Prescription opioids are a type of medication used to reduce pain. When taken as directed by a doctor, prescription opioids are one way to safely manage severe pain.
- Examples:
  - ▶ Vicodin
  - ▶ Ultram
  - ▶ Oxycontin
  - ▶ Percocet





## Problem Overview

# Opioid-Related Risks

- Misusing opioids can put people at risk of:
  - ▶ Withdrawal symptoms;
  - ▶ Dependence and addiction; and
  - ▶ Overdose.
- Opioid use puts older adults at risk of falls and fall-related injuries.<sup>1</sup>

*Source: 1) Aya Yoshikawa, DrPH, PhD, Gilbert Ramirez, DrPH, MPH, Matthew Lee Smith, PhD, MPH, CHES, Margaret Foster, MS, MPH, AHIP, Anas K Nabil, MBBS, MPH, Sagar N Jani, MBBS, Marcia G Ory, PhD, MPH, Opioid Use and the Risk of Falls, Fall Injuries and Fractures among Older Adults: A Systematic Review and Meta-Analysis, The Journals of Gerontology: Series A, Volume 75, Issue 10, October 2020, Pages 1989–1995, <https://doi.org/10.1093/gerona/qlaa038>*

## Problem Overview

# By the Numbers

In 2019, about **2%** of older adults in the United States misused opioids in the past year.<sup>1</sup>

In 2019, there were **1,097** opioid-related emergency department visits among older adults in Texas.<sup>2</sup>

In 2019, there were **51** prescription opioid overdose deaths among older adults in Texas.<sup>3</sup>

Sources: 1) Substance Abuse and Mental Health Services Administration. (2020). Key substance use and mental health indicators in the United States: Results from the 2019 National Survey on Drug Use and Health (HHS Publication No. PEP20-07-01-001, NSDUH Series H-55). Rockville, MD: Center for Behavioral Health Statistics and Quality, Substance Abuse and Mental Health Services Administration. Retrieved from <https://www.samhsa.gov/data/> 2) Texas Health Care Information Collection (THCIC). Inpatient and Outpatient Emergency Department Visits. Prepared by Texas Department of State Health Services, Center for Health Statistics 3) Texas Death Certificates; Accidental Poisonings based on County of Residence Prepared by Texas Department of State Health Services, Center for Health Statistics

# 2 State-Level Perspective

## Statewide Response

# Medication Management and Wellness with Older Adults

- The Medication Management and Wellness with Older Adults program is implemented in Texas to reduce opioid misuse among older adults. The program involves the following activities:
  - ▶ Capacity building;
  - ▶ Medication review and management; and
  - ▶ Evidence-based interventions.





## Key Partners

# A Collaborative Approach

## Texas Targeted Opioid Response (TTOR)

- Program within the Texas Health and Human Services Commission (HHSC) that aims to address the opioid crisis.
- Provides funding to ASC to coordinate the project.
- Provides technical assistance to ASC to reduce barriers and ensure success.
- Reports updates and project outcomes to the federal funder, Substance Abuse and Mental Health Services.

## Aging Services Coordination (ASC)

- Program within HHSC that connects and provides aging services and programs.
- Coordinates the project, provides funding to AAAs, and develops memorandum of understandings with AAAs.
- Provides technical assistance to ASC to reduce barriers and ensure success.
- Reports updates and project outcomes to TTOR.

## Area Agencies on Aging (AAA)

- 28 organizations across the state that provide or facilitate direct services to older adults.
- Opt-in to funding opportunity to directly implement the program or subcontract the delivery of services.
- Reports updates and project outcomes to ASC.

## Program Design

# Statewide Capacity Building

- ASC is responsible for building capacity to ensure health professionals have the information and resources needed to address opioid misuse among older adults.
- ASC coordinates with local partners to host regional, one-day symposiums. The topics vary for each symposium, based on the needs, interests, and expertise of local partners.



## Opioid Misuse Prevention in Older Adults Virtual Symposium

The HHS Office of Aging Services Coordination and local partners are hosting a free one-day symposium to provide local professionals with relevant, timely information on the effects of opioids on older adults.

Tuesday, May 4, 2021  
8:30 am to 5:00 pm

**Other topics include:**

- Challenges with older adults and use of pain medicine.
- Ethics of pain management.
- Ideas for improving pain management practices.
- Interactive multidisciplinary group discussions.
- Opioid use/misuse prevention for older Texans.
- Local assessment, screening and treatment options.
- Aging services.

**Who should attend?**

- Physicians
- Pharmacists
- Physician's assistants
- Nurse practitioners
- Nurses (RN/LPN)
- Social workers
- Certified nursing assistants
- Chemical dependency staff
- Community health workers
- Professionals and students who work with older adults and want to learn more about this topic

The virtual symposium is free to attend, but capacity is limited. CE credit is available.  
Register at <https://incado.event.com/19511>  
For questions, email [ascopioidgrant@hhsc.state.tx.us](mailto:ascopioidgrant@hhsc.state.tx.us).



## Program Design

# Medication Review and Management

- AAAs are responsible for implementing medication review and management services for older adults.
- AAAs implement the following activities:
  - ▶ Educate older adults on storage and disposal;
  - ▶ Educate older adults on the risks of overdose;
  - ▶ Review medication usage with older adults;
  - ▶ Inform older adult about possible medication issues with suggested recommendations; and
  - ▶ Follow-up with older adults 60-90 days after medication review.

## Program Design

# Evidence-Based Interventions

- AAAs are responsible for implementing evidence-based interventions to help older adults manage and cope with pain through non-pharmaceutical techniques.
- AAAs implement one or more of the following:
  - ▶ Walk with Ease;
  - ▶ Fit and Strong!;
  - ▶ Enhance Fitness;
  - ▶ Chronic Pain Self-Management Program;
  - ▶ Chronic Disease Self-Management Program;
  - ▶ Aquatic Exercise Association (AEA) Arthritis Foundation Aquatic Program;
  - ▶ AEA Arthritis Foundation Exercise Program;
  - ▶ Tai Chi Quan: Moving Better for Balance; and
  - ▶ Tai Chi for Arthritis.





## Program Design

# Community Capacity Building

- AAAs are responsible for building community capacity to ensure health professionals have the information and resources needed to address opioid misuse among older adults.
- AAAs implement a variety of activities, such as:
  - ▶ Educating health professionals on opioid misuse and older adults; and
  - ▶ Educating health professionals on existing program, services and resources.

## Implementation and Evaluation

# Successes and Challenges

### Successes

- Older adults report increased awareness of the danger of mixing opioids, benzodiazepines, and/or alcohol.
- Older adults report appreciation for medication reviews.
- Older adults report feeling empowered to talk to their doctors about their prescription medications.
- High number served in FY21:
  - ▶ Medication reviews - 1,435 individuals
  - ▶ Evidence-based interventions - 352 individuals
  - ▶ AAA capacity building - 23,165 individuals
  - ▶ General outreach/marketing - 466,862 individuals

### Challenges

- Staff turnover and workload capacity issues.
- COVID-19 and a severe winter storm caused activities to be cancelled or postponed.
- Due to COVID-10, AAAs adapted their service delivery. In some cases, AAA staff and older adults are having trouble adjusting to virtual services.

# 3 Community-Level Perspective

## Our Mission

- Move individuals and families from thriving to surviving
- Alleviate poverty
- Foster independence and wellness
- Connect people to resources





# Your Medication, Your Life Medication Review Program



## Community Wellness

### ➤ Evidence-Based Programs

- Chronic Disease Self-Management
- Chronic Pain Self-Management
- Diabetes Prevention Program
- Diabetes Self-Management

### ➤ PEARLS

### ➤ A Matter of Balance

### ➤ Your Medication, Your Life, Medication Review Program



## MEDICATION REVIEW PROGRAM OVERVIEW

Enroll individuals 18 and older in our medication review program

Pharmacy review participant's medication, identify dangerous side effects, dangerous drug-to-drug interactions, and drug sensitivities

Participants are notified of pharmacy findings

Enroll individuals into specific Evidence-based program according to their age and specific need

Encourage participants to follow-up with their primary physician

Follow-up with participants 3 and 6 months

# An Innovative Approach To Preventing Opioid Misuse Among Older Adults (Participants)



## Individual

Provide one-on-one follow up  
Encourage participants to build relationships with physicians

Enroll participants in our EBI programs (diabetes, chronic disease self-management, PAIN, AMOB)

## Family

Information and Referral

## Community

Host community events  
Build Capacity Workshops

Build relationships

# An Innovative Approach To Preventing Opioid Misuse Among Older Adults (Medication Review Program)



## Medication Review Program

Provide one-on-one follow up  
Encourage participants to build relationships with physicians

Enroll participants in our EBI programs  
(diabetes, chronic disease self-management, PAIN, AMOB)

## Capacity Building

Build partnerships with agencies that work with our demographics  
Pharmacy  
Collaborate with Community Wellness Team (Evidence Based)

## Awareness and Education Resource

Follow up  
Disseminate information and make presentation in the community  
Provide resources related to the use and misuse of medication

Host and/or partnership with community for Community Events

# A “Sneak Peek”

Community Event



AN ALL OF US RESEARCH PROGRAM COLLABORATION

LET'S GET MOVING THROUGH THE PANDEMIC

## COMMUNITY OUTREACH EVENT

SATURDAY, JUNE 5, 2021 | 10 A.M. TO 2 P.M.

TEMPLE MISSIONARY BAPTIST CHURCH | 638 POWER DR., DUNCANVILLE, 75116

<b>TALK TO A PHARMACIST</b> <ul style="list-style-type: none"><li>Schedule an onsite appointment with pharmacist Alice Grant</li><li>Enroll in the medication review program</li></ul>	<b>FREE FOOD BOXES</b> <i>first 200 households</i>
<b>COVID-19 VACCINATION SIGN UP</b> <ul style="list-style-type: none"><li>Get info on the All of Us Research Program &amp; COVID-19</li></ul>	<b>FREE HAIRCUTS</b> by barber Rashad Smith of 5th House Hair Cuts



# Future Innovation



Establish a support group

STAMP OUT  
Prevention Drug  
Misuse & Abuse  
Program

More  
Workshops  
(Addressing various topics:  
Stigma, Perception,  
Seriousness of Opioids)

# 4 Activity

---



Replicating the Program in Your Community

# Action Plan

Action Steps	By Whom	By When	Resources	Outcome
What needs to be done?	Who will take action?	By what date will the action be done?	What resources are needed (e.g., funding, staff, materials)?	What is the desired outcome?
Step 1: _____				
Step 2: _____				
Step 3: _____				
Step 4: _____				

An Innovative Approach to Preventing Opioid Misuse Among Older Adults

# Thank You!

[Kaleigh.Becker01@hhs.texas.gov](mailto:Kaleigh.Becker01@hhs.texas.gov)

[Msmith@ccadvance.org](mailto:Msmith@ccadvance.org)