



Department of

Mental Health &

Substance Abuse Services

Prevention and Treatment Overview

Division of Substance Abuse Services

2022-2023



®

Tony Jackson, Director
Overview of Prevention Services

OUR MISSION:

Creating

**COLLABORATIVE
PATHWAYS TO
RESILIENCY,
RECOVERY, and
INDEPENDENCE**

for Tennesseans living with mental illness and
substance use disorders

OUR VISION:

A STATE
of resiliency, recovery,
and independence
IN WHICH
TENNESSEANS
living with mental illness
and substance use disorders
THRIVE



®

Substance Use in Tennessee

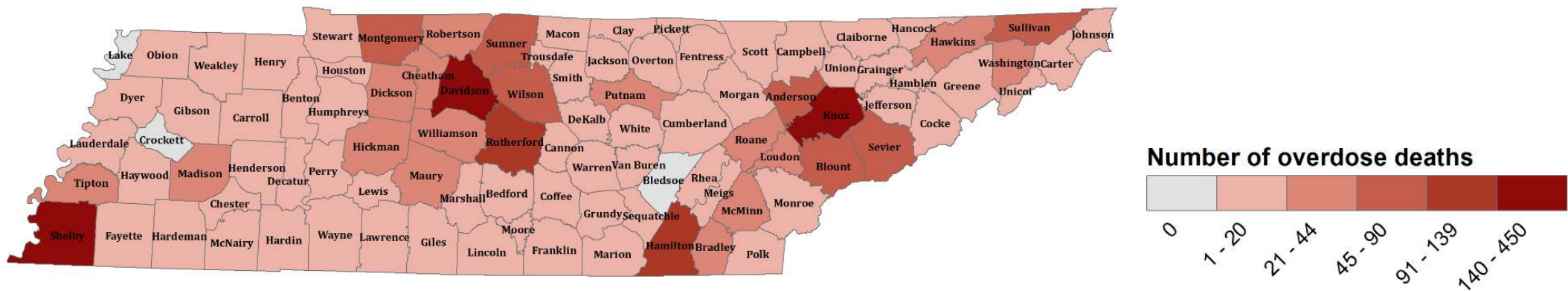
Understanding Overdoses in Tennessee

In 2020, **3,032** Tennesseans died of a drug overdose, representing a 45% increase from 2019.

- **2,014** deaths involved fentanyl, an **85%** increase from 2019
- **1,315** deaths involved a stimulant, a **45%** increase from 2019
- **331** deaths involved heroin, a **13%** decrease from 2019
- **595** deaths involved prescription pain relievers, a **16%** increase from 2019

**Please keep in mind that an overdose may involve multiple substances and that a single death may be counted in multiple drug categories.*

All Drug Overdose Deaths in TN Counties (2020)

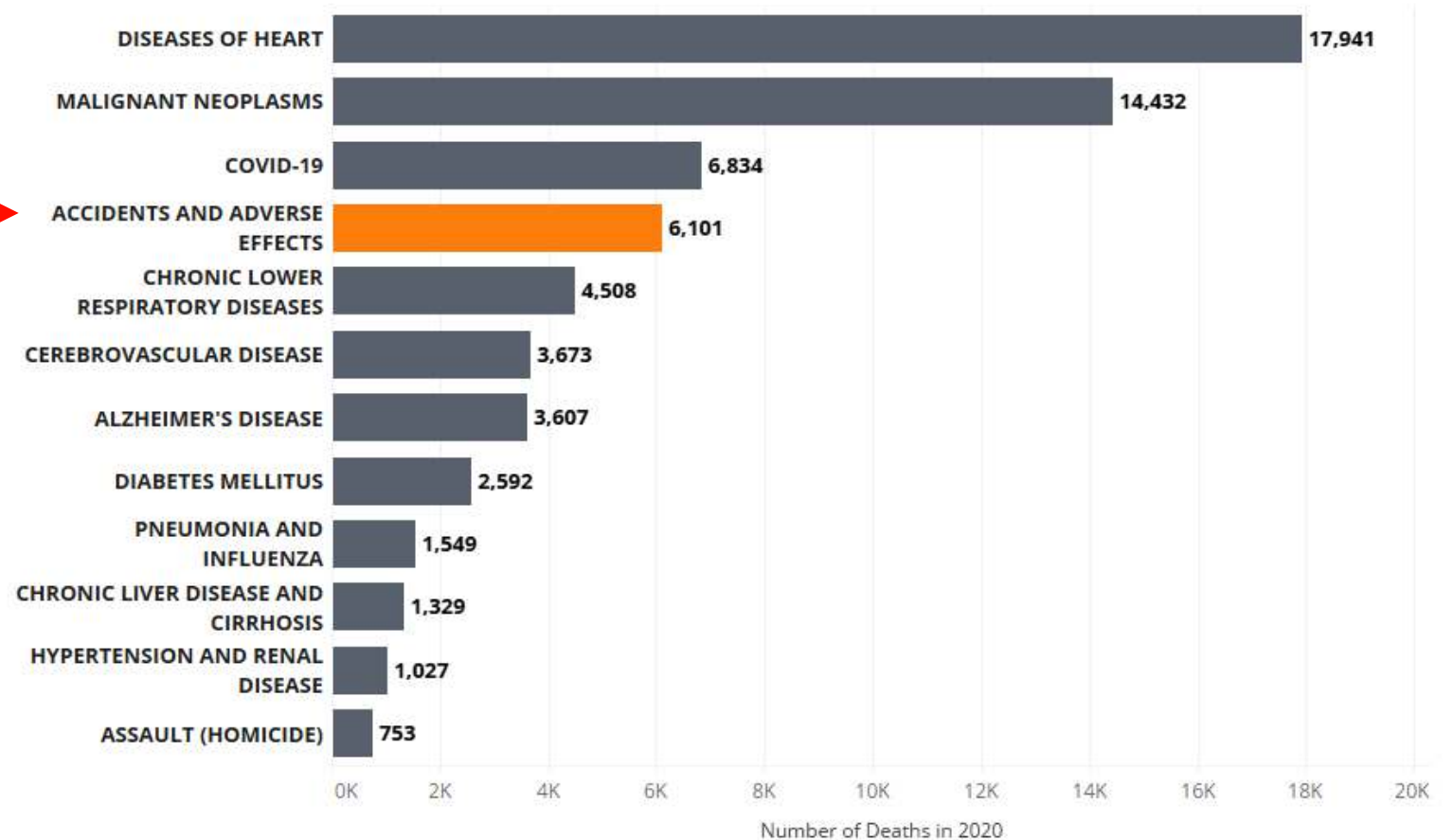


Drug Overdose is a Leading Cause of Death

Drug Overdose Deaths are a part of the 4th leading cause of death in Tennessee



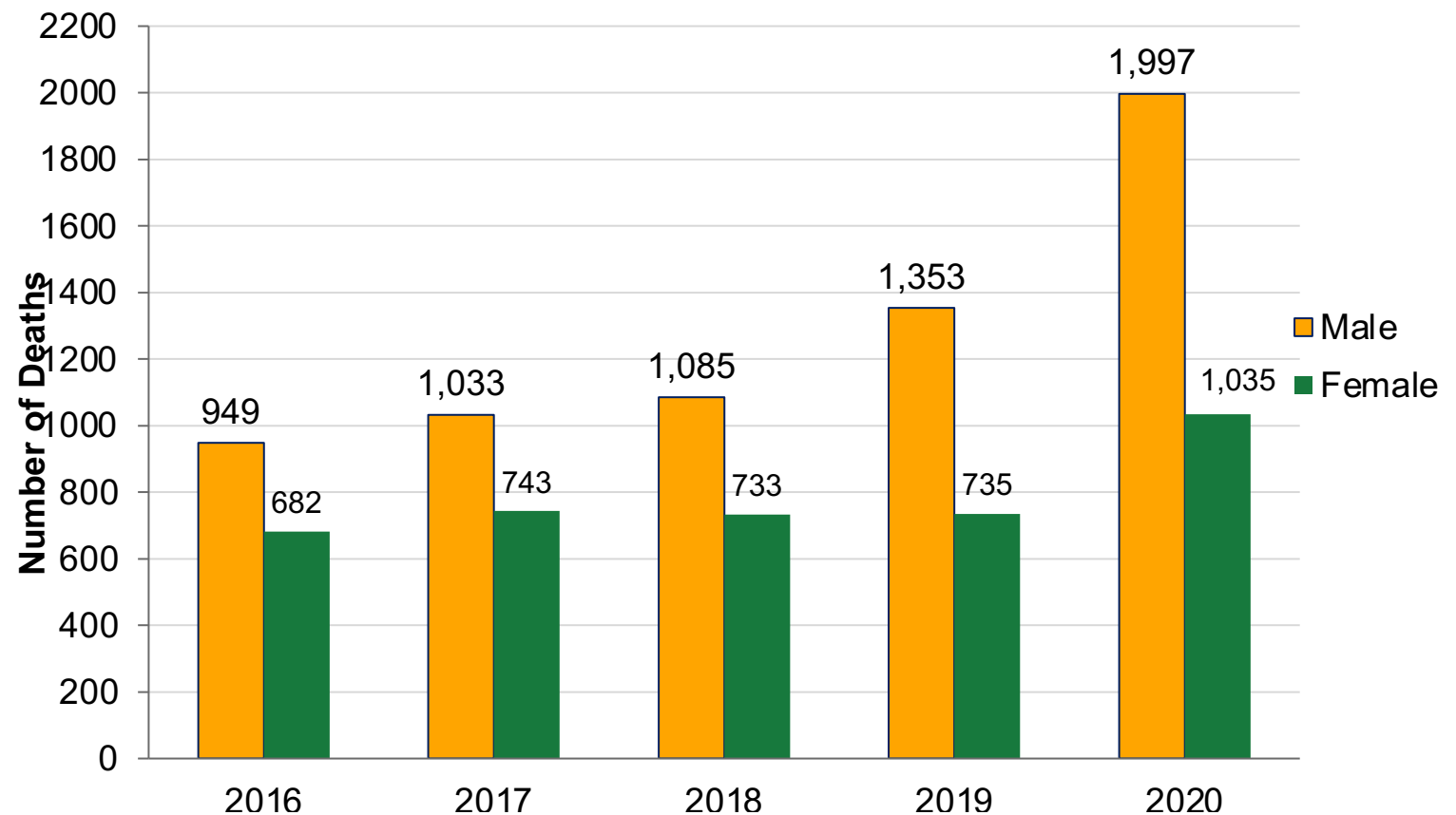
Leading Causes of Death in TN (2020)



Who is experiencing fatal overdoses in TN?

- Demographics of an overdose are changing in TN
- In 2020, there were stark increases in the number of fatal overdoses involving:
 - Females

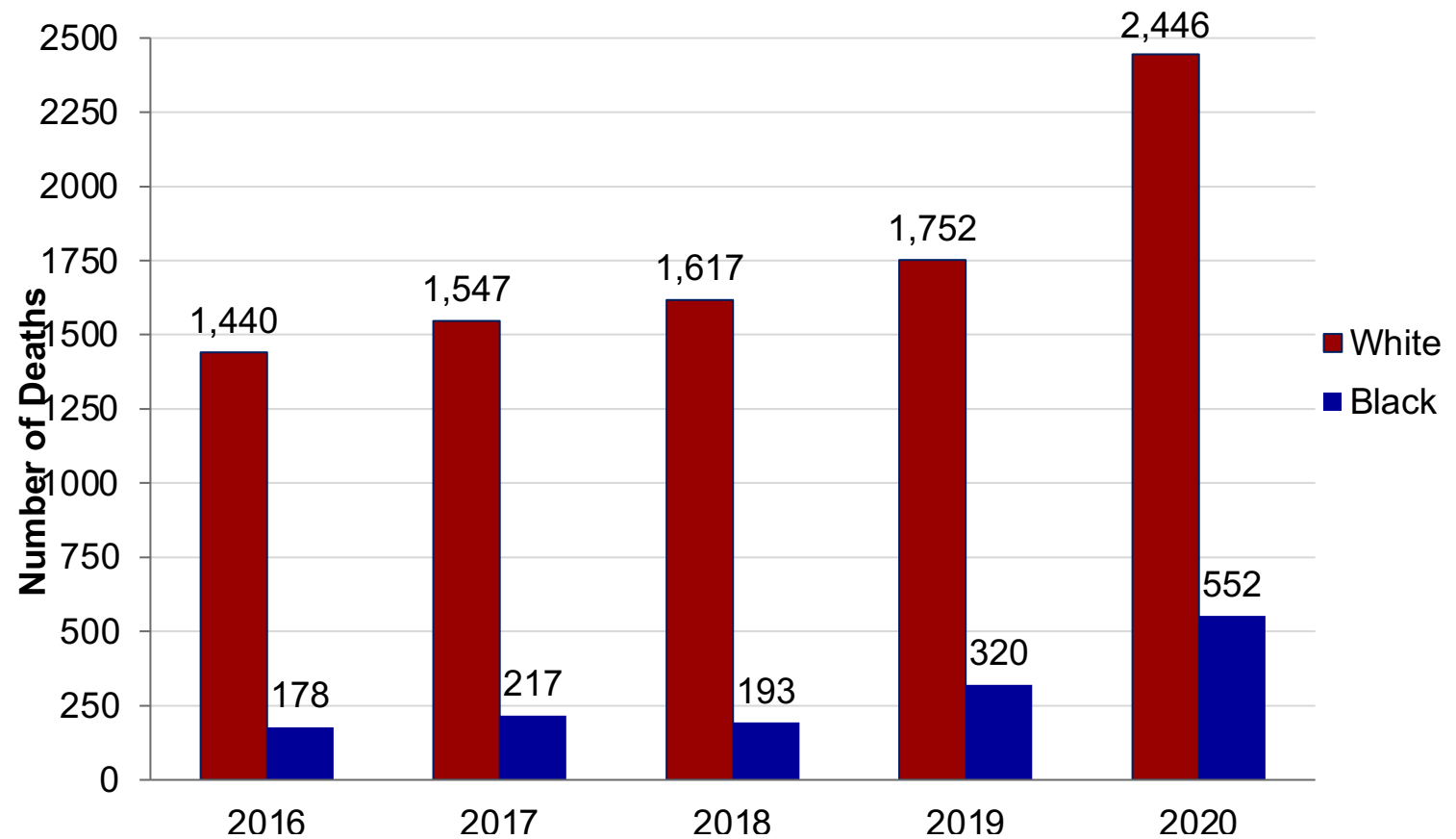
All Drug Overdose Deaths by Sex, 2016 - 2020



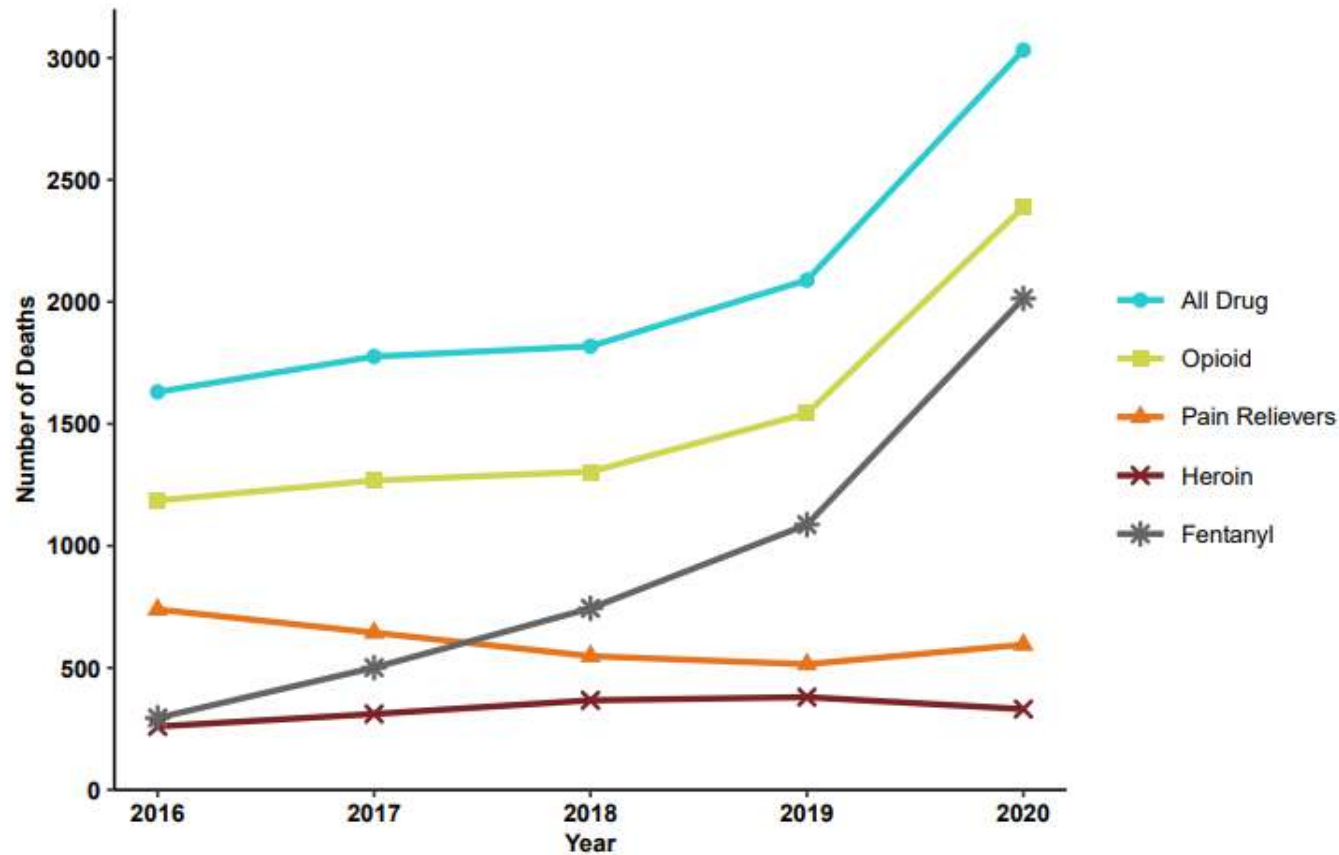
Who is experiencing fatal overdoses in TN?

- Demographics of an overdose are changing in TN
- In 2020, there were stark increases in the number of fatal overdoses involving:
 - Females
 - Black Tennesseans

All Drug Overdose Deaths by Race, 2016 - 2020



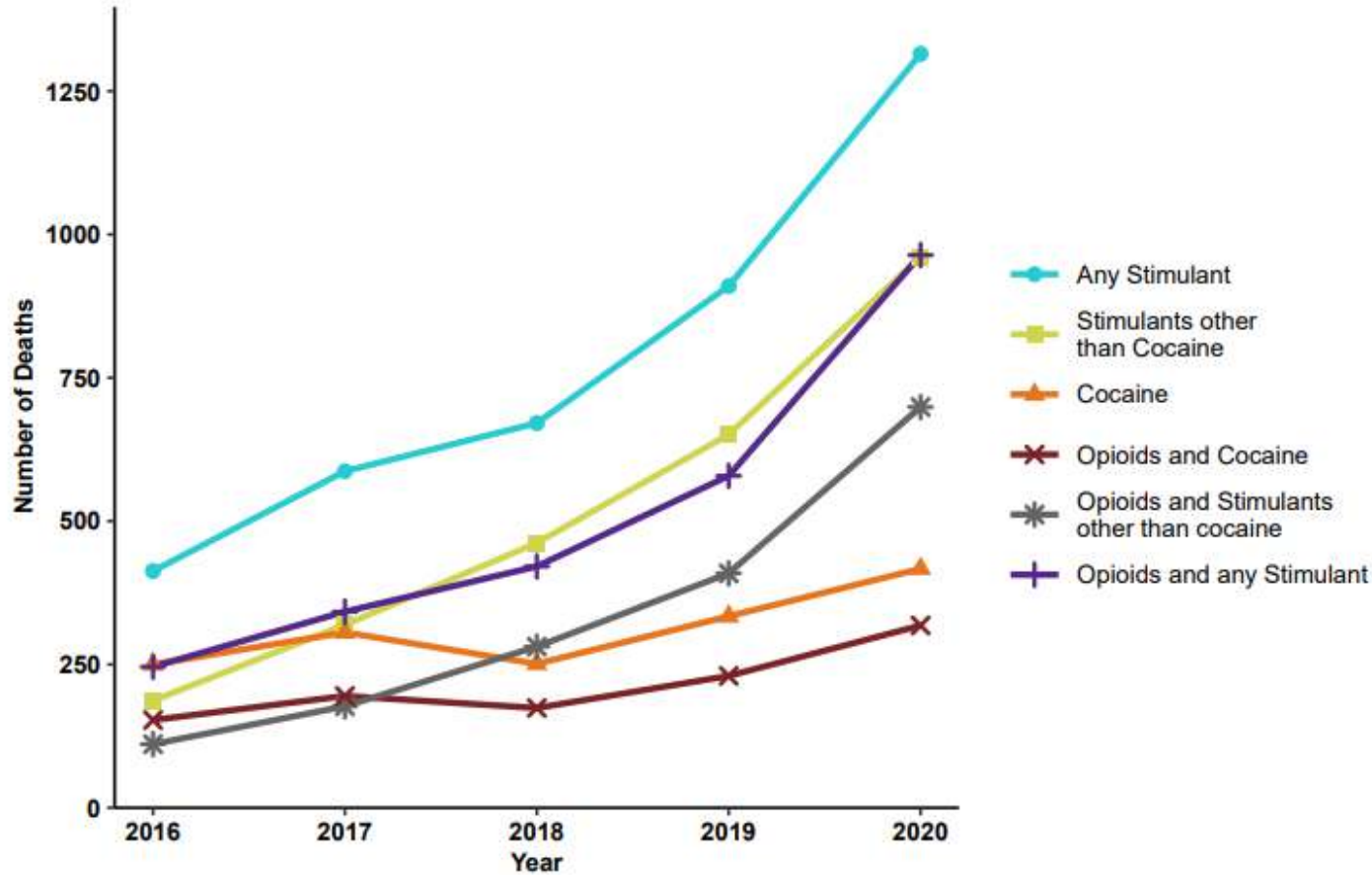
Number of All Drug and Opioid Overdose Deaths in TN, 2016 - 2020



Number of Overdose Deaths in TN by Drug Type					
Type	2016	2017	2018	2019	2020
All Drug	1,631	1,776	1,818	2,089	3,032
Opioid	1,186	1,268	1,304	1,543	2,388
Pain Relievers	739	644	548	515	595
Heroin	260	311	367	380	331
Fentanyl	295	501	744	1,087	2,014

Analysis by the Office of Informatics and Analytics, TDH (last updated August 26, 2021). Limited to TN residents.
Data Source: TN Death Statistical File.

Number of Stimulant Overdose Deaths in TN, 2016 - 2020



Number of Stimulant Overdose Deaths in TN					
Type	2016	2017	2018	2019	2020
Any Stimulant	413	587	671	910	1,315
Stimulants other than Cocaine	187	319	462	651	961
Cocaine	250	306	251	334	417
Opioids and Cocaine	153	195	174	230	318
Opioids and Stimulants other than cocaine	111	177	281	409	699
Opioids and any Stimulant	246	342	421	579	964

Analysis by the Office of Informatics and Analytics, TDH (last updated August 26, 2021). Limited to TN residents.
Data Source: TN Death Statistical File.

The TN Together Biennial Student Survey

- 2018-2019 School Year – inaugural administration
 - 152 schools in 28 counties participated
 - 21,766 students were in the final analytical sample
- 2020-2021 School Year – second administration
 - 184 schools in 34 counties participated
 - 18,416 students were in the final analytical sample
 - Additional counties/schools expressed interest, but were unable to administer due to COVID-related school closures
 - The majority of participating counties met their target participation rate
 - Coalitions, districts, and schools worked incredibly hard to implement this survey given the constraints presented by COVID and this resulted in an incredible number of counties and students surveyed.

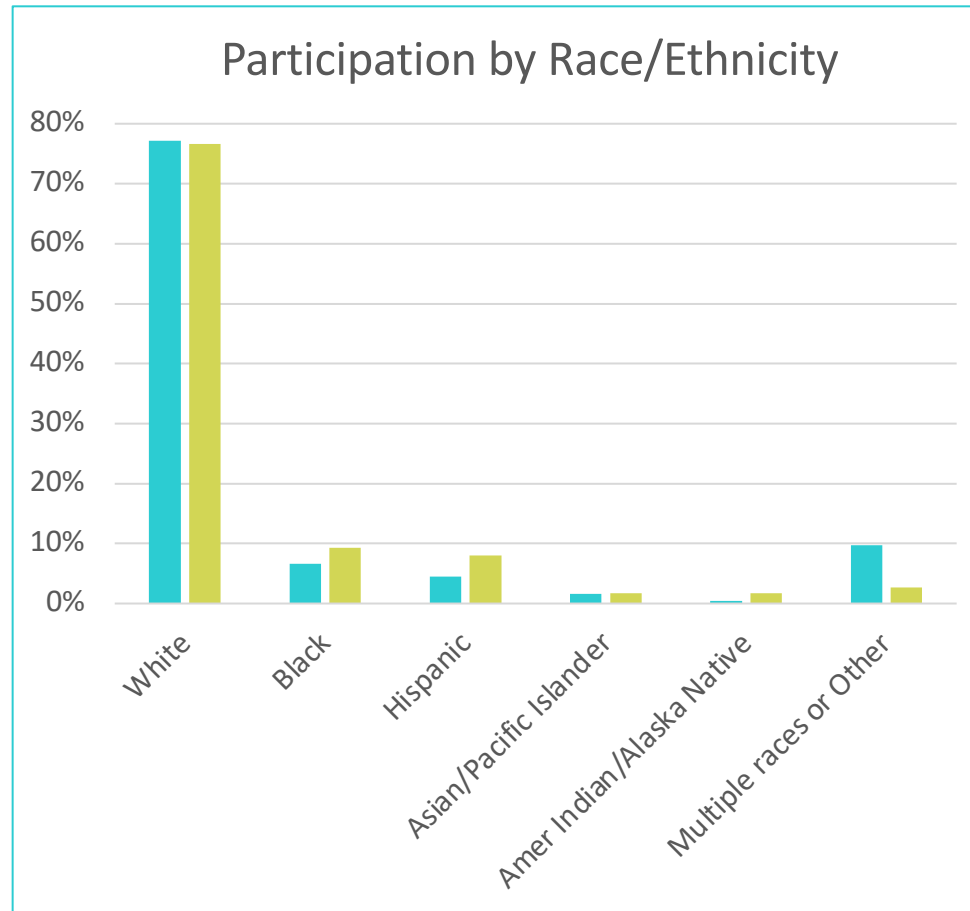
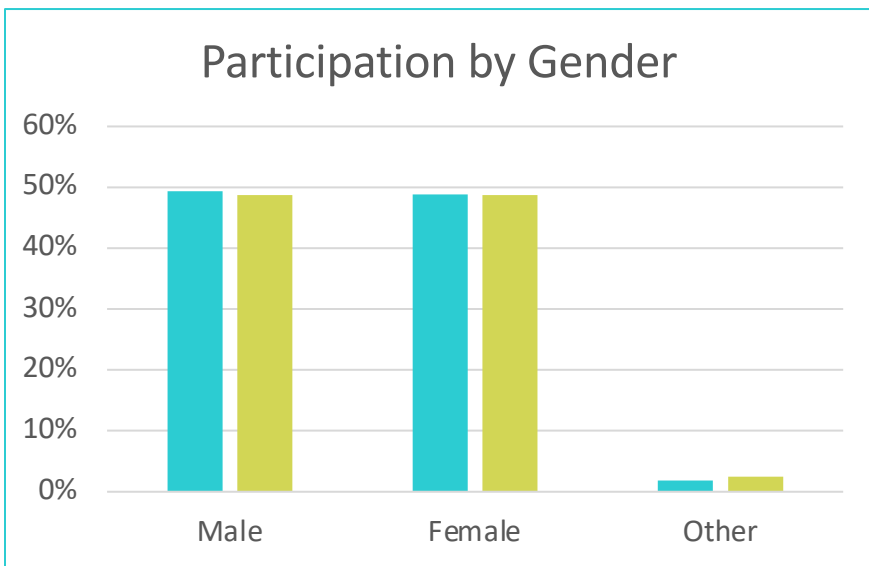
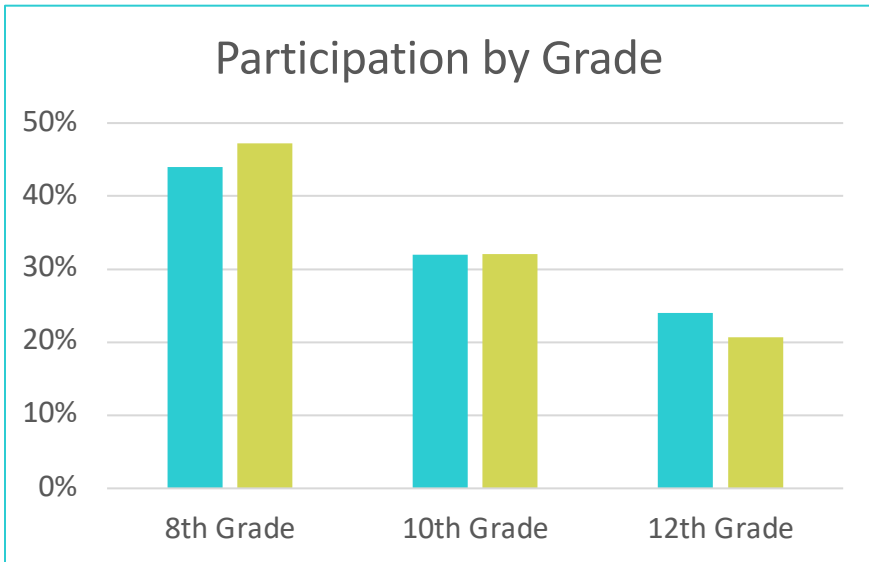
Participation by TDMHSAS Planning and Policy Region

2020-21 Data

Region	Unweighted Sample (n)	Weighted Sample (n)	Proportion of Weighted Total
1	1,383	17,720	7.7%
2	3,882	45,555	19.9%
3	3,423	43,573	19.0%
4	n/a	n/a	n/a
5	5,987	73,296	32.0%
6	3,741	48,797	21.3%
7	n/a	n/a	n/a
Total	18,416	228,941	100.0%

- Like 2018-19, we had strong participation from most TDMHSAS Planning and Policy Regions
 - Regions 4 and 7 did not participate
 - We are working with Region 7 to participate in 2022-23
- The largest increase in participation over 2018-19 came from Region 5

Participation by Demographic Groups

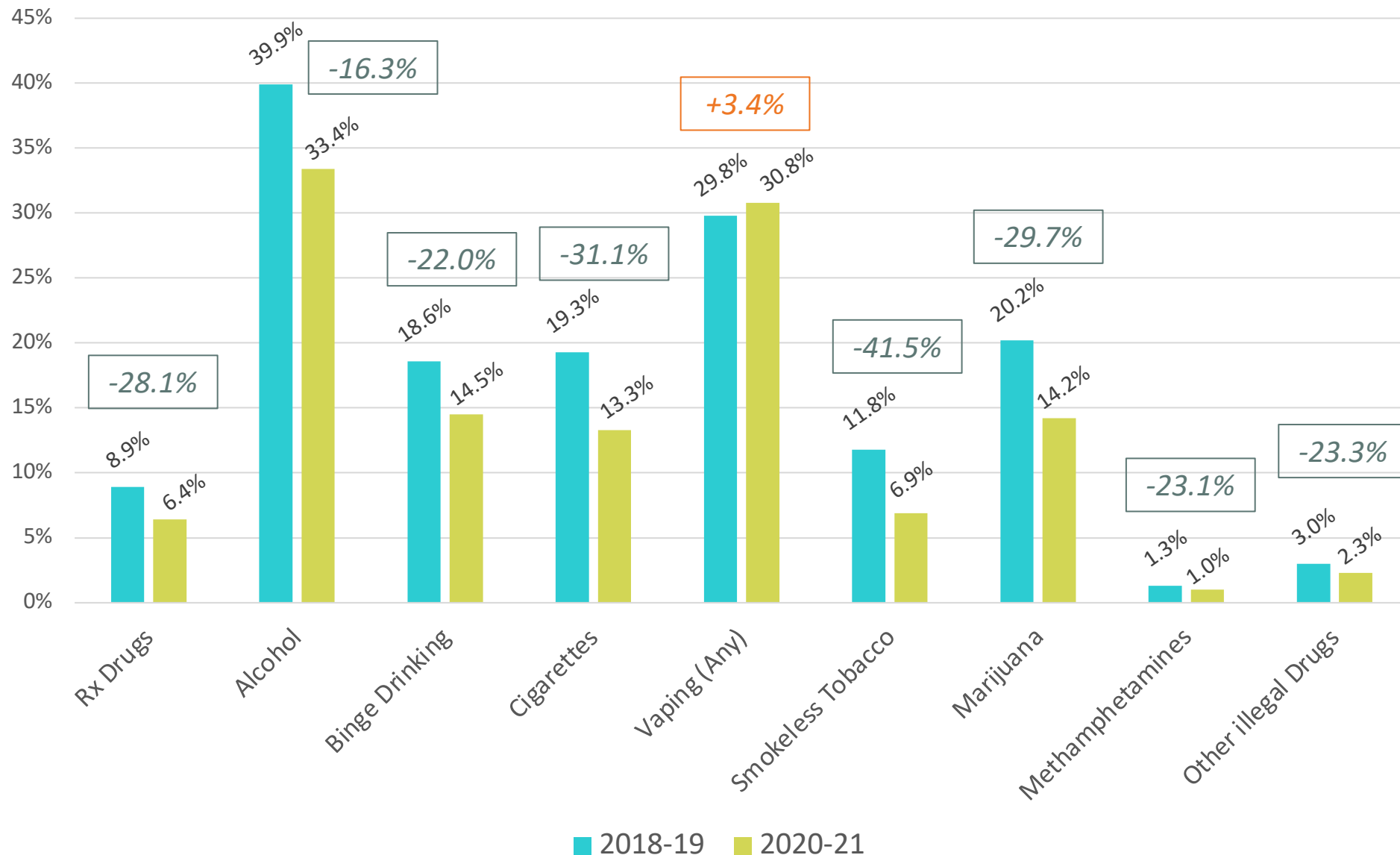


■ 2018-19 ■ 2020-21

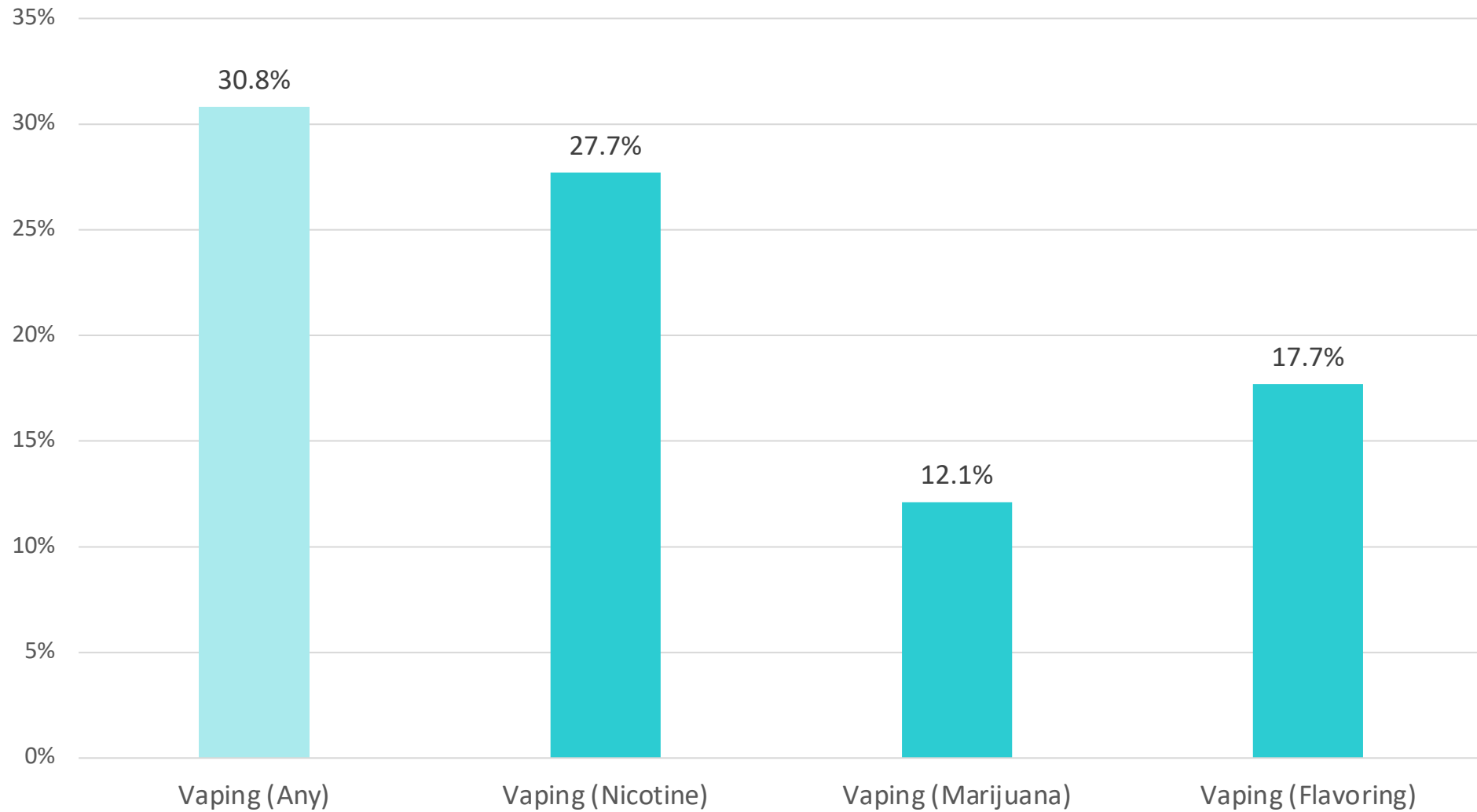
Survey Measures

- The TN Together student survey captures students' responses in the following areas of measurement:
 - Lifetime and past month substance use;
 - Age of initiation;
 - Ease of access;
 - Peer substance use;
 - Riding in a car with someone who is intoxicated;
 - Personal, peer, and parental approval of substance use;
 - Perceived risk associated with substance use;
 - Family communication about substance use; and
 - Exposure to prevention messaging.
- Responding to feedback from the 2018-19 administration, we updated the vaping questions to be more expansive, and teased out vaping marijuana, vaping nicotine, and vaping flavoring (only).

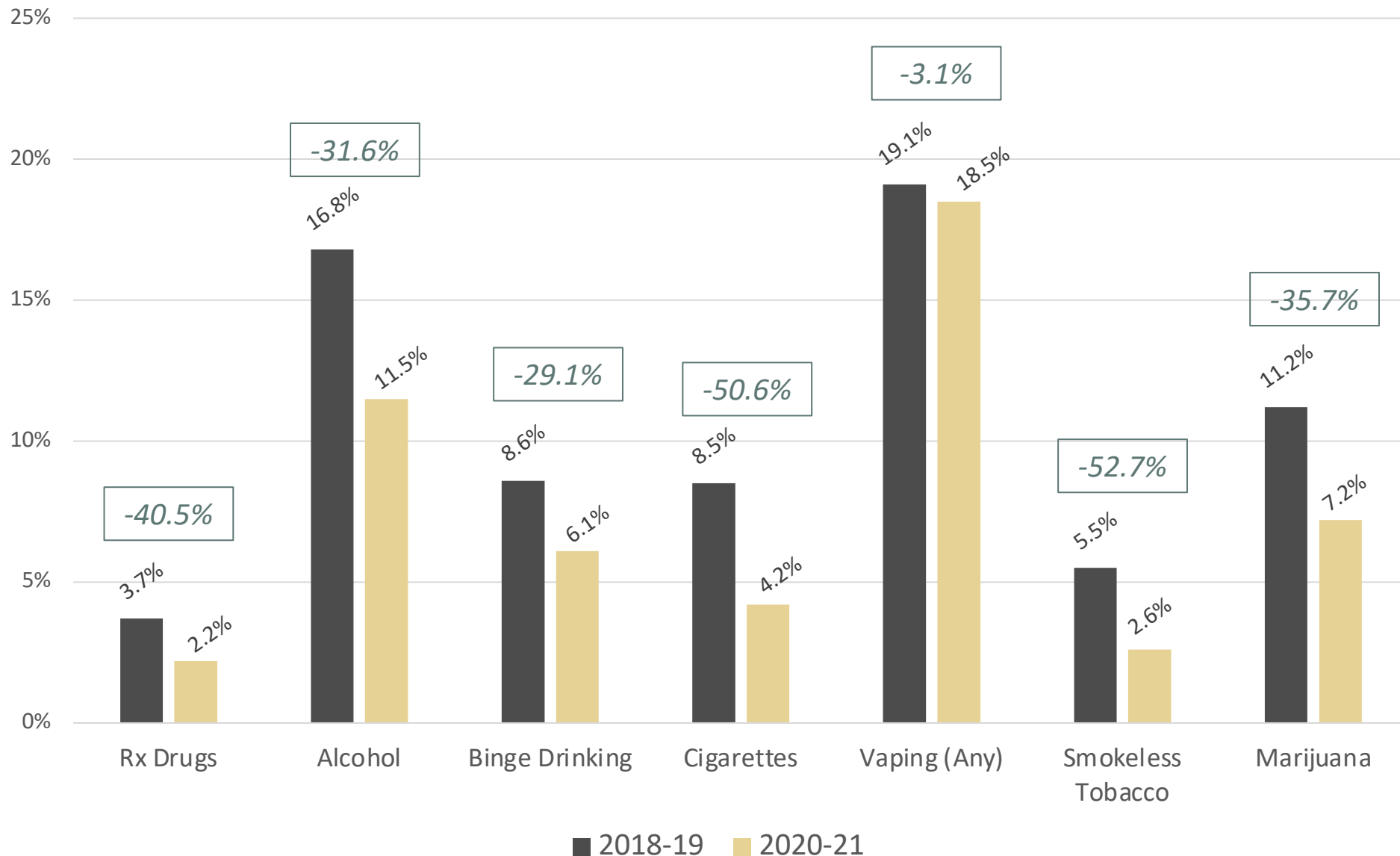
Findings on Key Measures: Lifetime Use



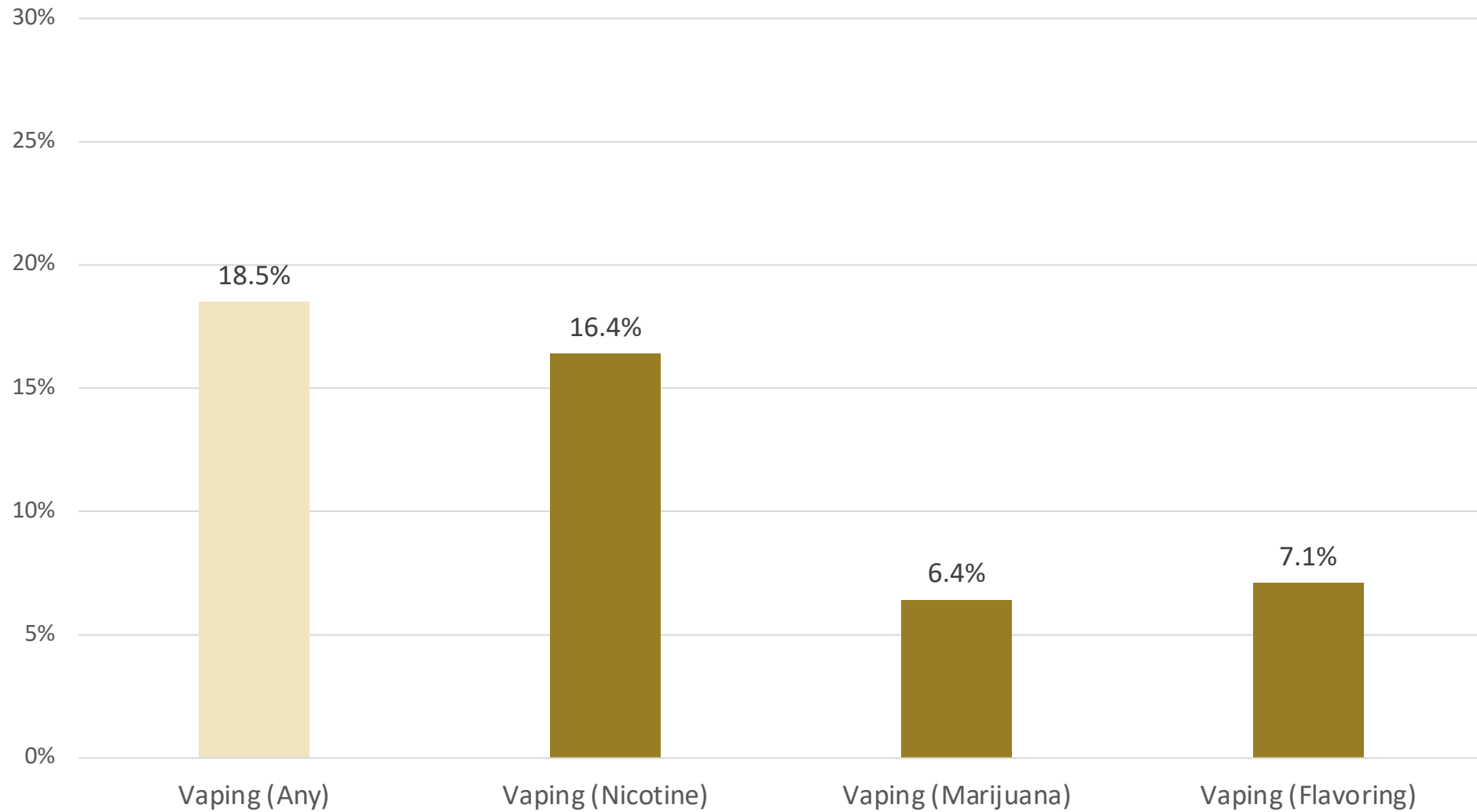
2020-21 Lifetime Vaping Measures



Findings on Key Measures: Past-30-Day Use



2020-21 Past-30-Day Vaping Measures



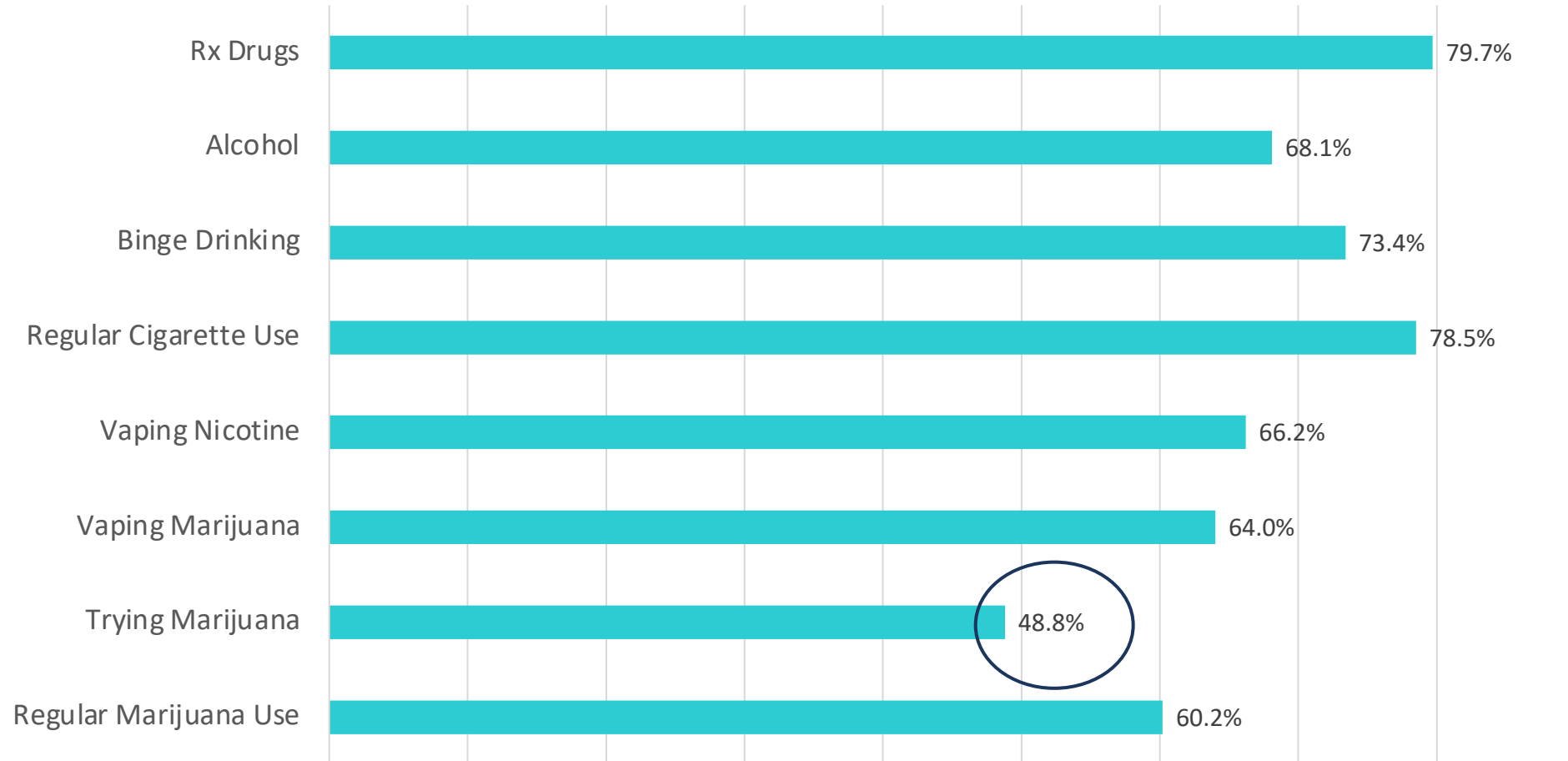
Perceived Access to Substances (2020-21)

Percent of Students Reporting Substance Fairly Difficult or Very Difficult to Obtain



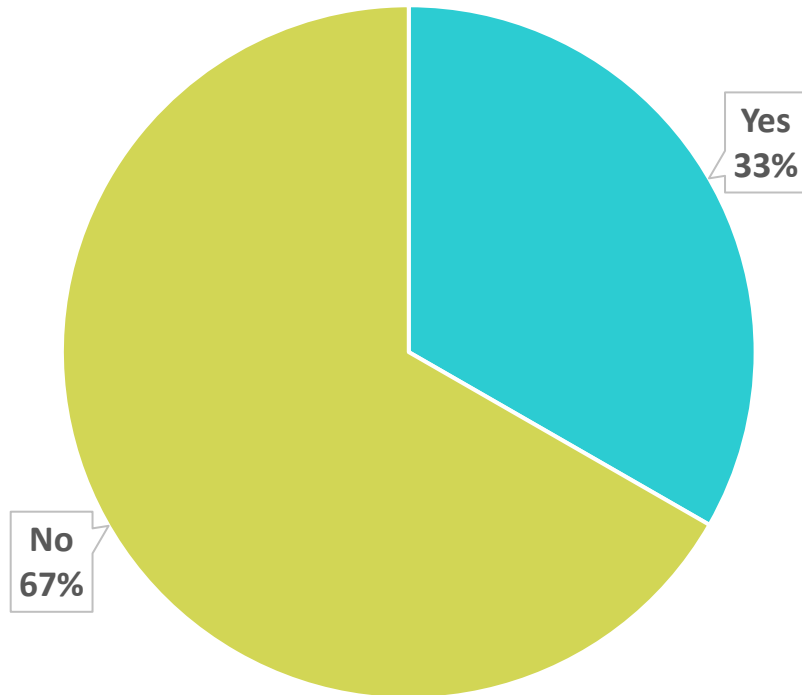
Perceived Risk of Using Substances (2020-21)

Percent of Students Reporting Substance Use Associated with Moderate Risk or Great Risk

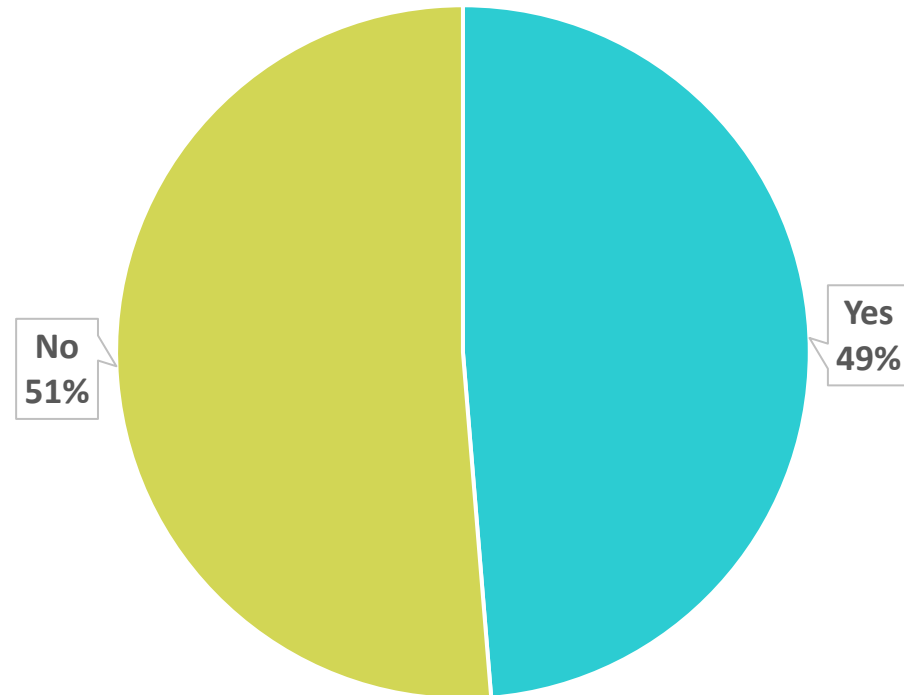


Communication about the Dangers of Substance Misuse

Family Communicated about the Dangers of Rx Drug Misuse (at least once)



Family Communicated about the Dangers of Alcohol, Tobacco, and Other Drug Use (at least once)



Exposure to Prevention Messaging

Over half (52.9%) of students reported exposure to prevention messaging in 2020-21.

Given COVID-related shutdowns, this is an incredible accomplishment on the part of our SAPCs and school/district personnel!



Using the Data

To date, communities have reported using this data for:

- Conversations with local schools about prevention programming
- Required grant reporting (e.g., Drug Free Communities)
- Applications for additional grant funding
- Other?

Next Steps

- Finalize and share state report
 - Data compendium including all state-level and region-level measures
- Continue to respond to data requests from participating counties/coalitions
 - Currently working with the state to develop a formalized data request process for communities to further engage with de-identified data
- TN Together Higher Education survey (pilot administration Spring 2022)

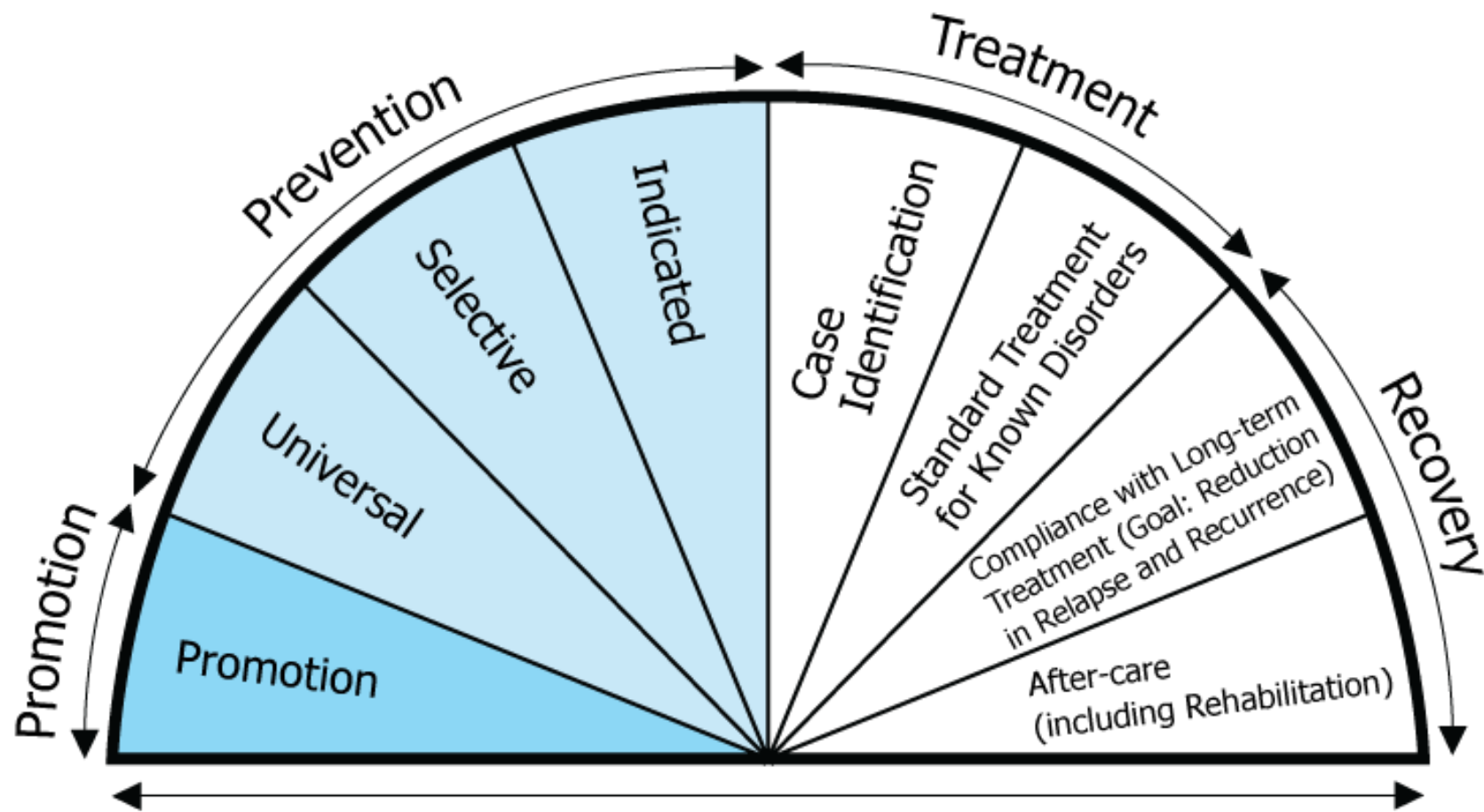


®

Evidence Based Prevention

What is Prevention

- In regards to substance use and misuse, prevention is based on past history of behavior and sets out to predict and prevent prospective negative consequences from occurring.



Which population should be the focus of prevention?

- Half of all lifetime cases of mental and substance use disorders begin by age 14, and three-fourths begin by age 24.
 - By reducing the number of youth who use alcohol, drugs, and tobacco, we can reduce the number of individuals with chronic substance use disorders in society
- People usually make decisions about substance use (alcohol, drugs, and tobacco) before the age of 18, and 18-25 year olds have the highest rate of use.
- Because perception of risk decreases with age, prevention efforts targeting children from elementary to middle school are most effective.

Harm Reduction Programs

- Harm reduction policy models are an alternative to “drug free” only campaigns.
- Unlike other prevention strategies that aim to shape pre-use behaviors, harm reduction includes a set of practical strategies intended to change the negative consequences associated with use.
- Harm reduction includes: courtesy rides for youth on prom night, distributing needles to individuals who use substances, and naloxone distribution campaigns.
- Harm reduction programs can be seen as controversial.
 - opponents argue that these programs appear to endorse dangerous behavior, as in the case of needle and naloxone distribution programs



®

Programs for Individual Populations

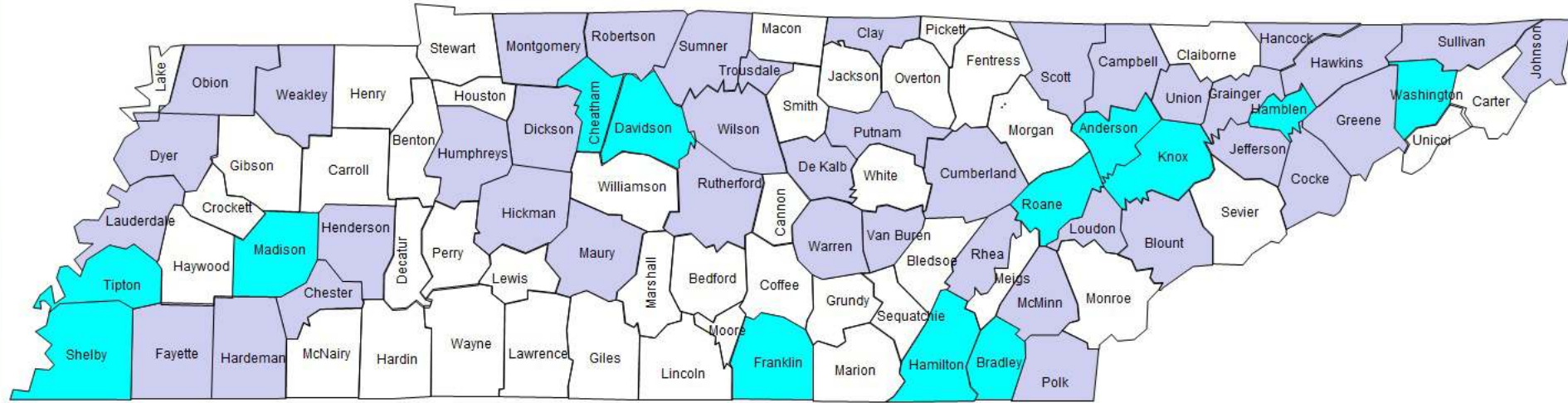
Individual: Program Overview



- Prevention programs for individuals are evidence-based programs targeting selective and indicated populations.
- Programs include:
 - Tennessee Prevention Network (TPN)
 - Comprehensive Alcohol, Tobacco, and Other Drugs (Comprehensive ATOD)
 - In-Home Services for infants of At-Risk Pregnant and Post-Partum Women's Program (Nurses for Newborns)
 - Other session-based evidence-based programming

Individual: Program Goals

- Delay the onset of substance use and substance use disorder
- Reduce illegal use of substances
- Reduce the prevalence of negative consequences associated with substances
- Primary Prevention Focus

Counties Served by Individual Based Programs



-  Home Office Locations
-  Covered County

FY 2022: 6,300+ individuals served in 45 Counties



®

Programs for Universal Populations

Coalitions: Overview

- **Coalitions** are partnerships of community sectors which work collaboratively to solve the community's problems and guide the community's future.
- **Substance Use Prevention Coalitions (SUPCs)** work to prevent dependence and addiction to harmful and potentially lethal substances such as prescription drugs, alcohol, and tobacco, using the Strategic Prevention Framework (SPF).

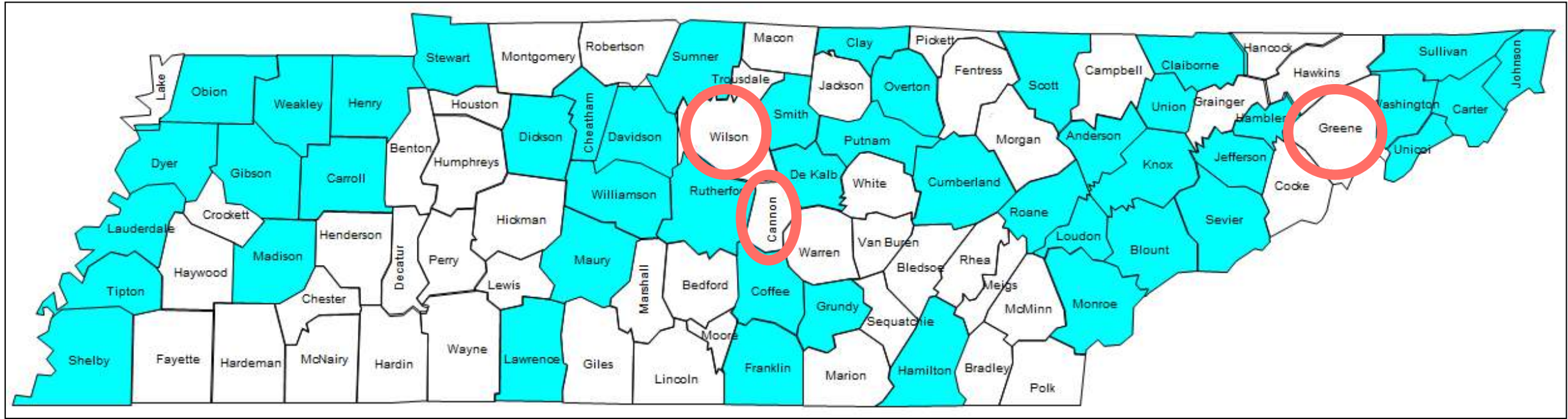
Strategic Prevention Framework (SPF)



Coalitions: Program Goals

- Coordinate the implementation of substance use prevention environmental strategies within the Grantee's communities to address:
 - Binge drinking
 - Tobacco use
 - Non-medical prescription drug and opioid use
 - Marijuana use
 - Stimulant use

Coalitions: Counties Served



47 funded county coalitions (3 new coalitions in FY2023):

- Wilson, Cannon, and Greene (circled in red)

Youth Coalitions

Coalitions recruit members from:

- Schools
- Local Teen Centers/Youth Organizations
- Faith Base Organizations
- SADD Clubs

Attend coalition meetings and lead youth related activities:

- Social Norms Campaigns
- Kick Butt's Day
- Red Ribbon Week

Drug Take Back Days

- Twice a year: April and October
 - October 29th, 2022
- Host or collaborate on an event!
 - Connect with your coalition
 - Toolkit and other resources available
 - Table/partner to share your agency resources

Safely dispose of your unwanted, unused or expired prescription or non-prescription medications at the front entrance of the Sheriff's Office located at

400 West Lake Avenue, Celina, TN 38551
Phone: 931-243-3266



Tennessee Teen Institute (TTI)

- The Tennessee Teen Institute is a five-day camp to provide education and training in youth development, leadership and prevention.
- TTI offers various formats of training including workshops, seminars, and activities that help young people grow to be strong, healthy individuals who will have the skills needed to make a difference in the community in which they live.
- Objectives of TTI:
 - To decrease the number of teens who use substances.
 - To prevent onset of substance use.
 - To increase one's self-esteem.
 - To increase awareness of substance misuse related risk factors.
 - To increase resiliency factors (factors which help maintain a healthy lifestyle).
 - To develop cultural competence.
 - To develop leadership skills.

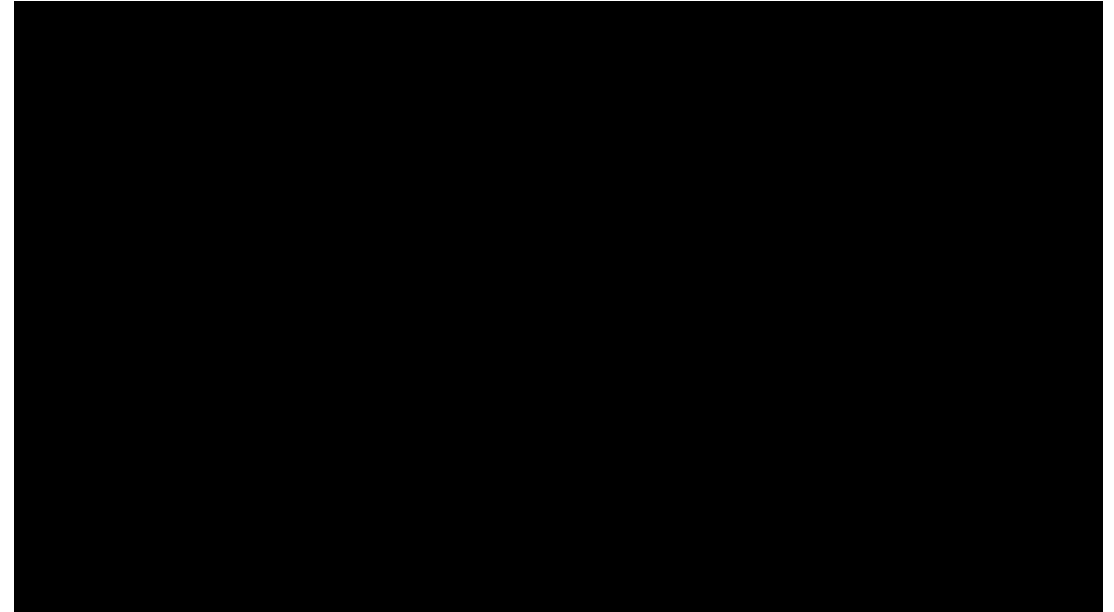
TNSTRONG Youth Summit

Youth ages 13-19 years old engage in the following:

- Hear from leading tobacco prevention experts
- Network with like-minded peers from across the state
- Attend breakout sessions
- Equipped with tobacco prevention trainings to share with peers

Talk. They Hear You.

- SAMHSA's national substance use prevention campaign helps parents and caregivers start talking with their children early about the dangers of alcohol and other drugs uses.
- <https://www.samhsa.gov/talk-they-hear-you/partner-resources/psas>



Example 60 sec TV PSA

Talk. They Hear You.

The "Talk. They Hear You." campaign aims to accomplish the following:

1. Increase parents' **awareness of the prevalence and risk** of underage drinking and substance use;
2. Equip parents with the **knowledge, skills, and confidence** to prevent underage drinking and substance use; and
3. Increase parents' **actions to prevent underage drinking and substance use.**

Take Action!

- [Visit "Talk. They Hear You." on YouTube](#)
- [See #TalkTheyHearYou on Twitter](#)
- [Subscribe to the "Talk. They Hear You." e-newsletter](#)
- [Talk with your kids about alcohol and other drugs using the five conversation goals.](#)
- [Download the Campaign Implementation Guide](#)



®

Overdose Prevention and Harm Reduction

Harm Reduction

Harm Reduction is a way of **preventing disease** and **promoting health** that *meets people where they are.*

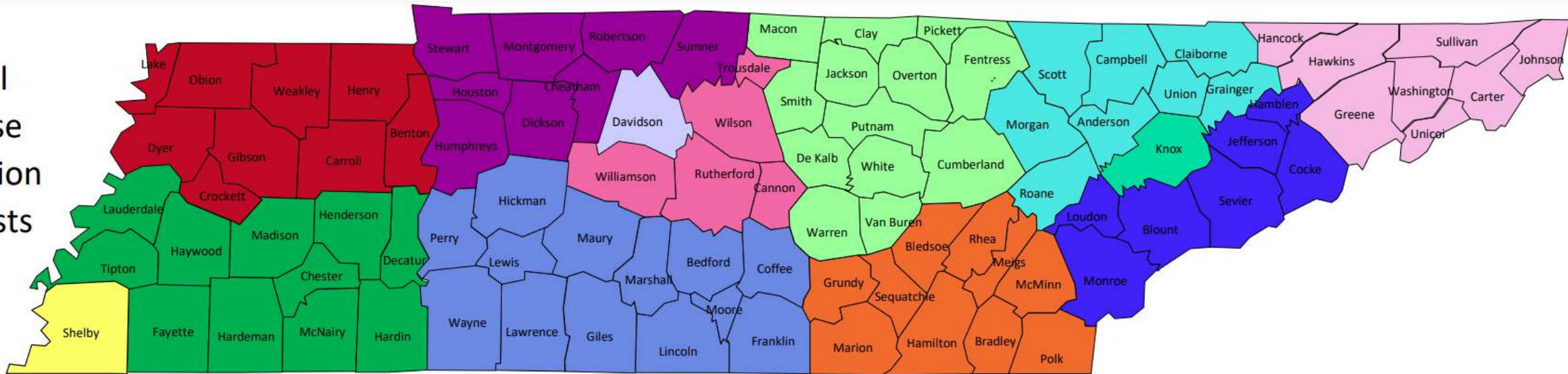
Not everyone is **ready or able** to **stop drug use**; therefore, **scientifically proven** ways of decreasing risks are *essential.*

(e.g., MAT, Naloxone, Syringe Exchange)

Regional Overdose Prevention Specialists (ROPS)

- ROPS cover 13 Regional divisions across the State

Regional
Overdose
Prevention
Specialists
(ROPS)



Role of the Regional Overdose Prevention Specialists

- Provide training and education
- Serve as point of contact for naloxone distribution
 - Priority populations: First responders, community resource organizations, individuals (+friends/families) at high risk without other means of access
- Respond quickly in the event of overdose spike and/or clinic closure
 - Provide on the spot naloxone training and connection to resources
- Raise awareness and reduce the stigma of the overdose epidemic and available resources
 - Including media, community events, individual outreach

ROPS Training

- Topics
 - Overdose data and trends
 - Science of Addiction
 - Reducing Stigma
 - Harm Reduction
 - Recognizing and responding to an overdose
 - Compassion Fatigue and Burnout
- Available to groups and individuals
 - Treatment agencies
 - Community service/resource agencies
 - Civic/community groups
 - Churches/religious orgs
 - Anyone that is interested!

TN Save a Life

- **ROPS** have distributed **over 345,000** units of Naloxone across the state of Tennessee since October 2017
- **Naloxone** has saved **over 50,000 lives** in Tennessee since 2017
 - This is a conservative estimate based on reported uses of Naloxone

Free Community Resources

Trainings:

Dr. Brian Winbigler,
Associate Professor,
UT-Health Sciences Center

Fentanyl: bit.ly/FenTraining

Stimulants: bit.ly/StimTraining

Cannabinoids: Coming late fall



FACTS ABOUT FENTANYL

PRESENTED BY THE OFFICE OF PREVENTION,
TN DEPARTMENT OF MENTAL HEALTH AND
SUBSTANCE ABUSE

**OPEN VIRTUAL TRAINING DATES
AVAILABLE MONTHLY**

TOPICS INCLUDE:

- WHAT IS FENTANYL
- WHAT IS HAPPENING IN TENNESSEE
- WHAT ARE THE RISKS
- WHAT ARE BASIC PRECAUTIONS TO TAKE

**PRESENTER:
DR. BRIAN WINBIGLER
ASSOCIATE PROFESSOR
UT-HEALTH SCIENCES CENTER**



BE IN THE KNOW ABOUT STIMULANTS

FREE, MONTHLY VIRTUAL TRAININGS

Offered by the Office of Prevention at the Tennessee Department of Mental Health and Substance Abuse Service

TOPICS INCLUDE:

- Stimulant trends and data in Tennessee
- Over the counter, prescription and illicit stimulants
- Illicit stimulant risk, overdose and recovery

PRESENTER:

- Contact Info:

Anthony W. Jackson, Jr. | Director

Division of Substance Abuse Services

Office of Prevention and Early Intervention Services

Andrew Jackson Building, 5th Floor

500 Deaderick Street, Nashville, TN 37243

p. 615-532-3914 c. 615-585-8956

Anthony.Jackson@tn.gov

tn.gov/behavioral-health