



crossroads

2022



Our Mission is Focused

We exist to improve health equity in order to create superior outcomes

Our Vision is Clear

To provide the most convenient, comprehensive, high-quality care through specialty medical homes

Upgrade the SUD Experience for Every Person in Tennessee

Through innovation and scalability, we can collaborate to make NC the national standard-bearer of comprehensive, value-based care for marginalized populations.



Address The Crisis

Be a beacon of hope through collaboration to direct the necessary resources to the people and communities that need them the most



Quality

Support meaningful care relationships that meet each person's needs through medication-assisted treatment (MAT), integrated mental health and primary care, and social determinants of health



Access

Help people immediately get the care they need through convenient Crossroads locations, virtual offerings, and instant intakes



Cost

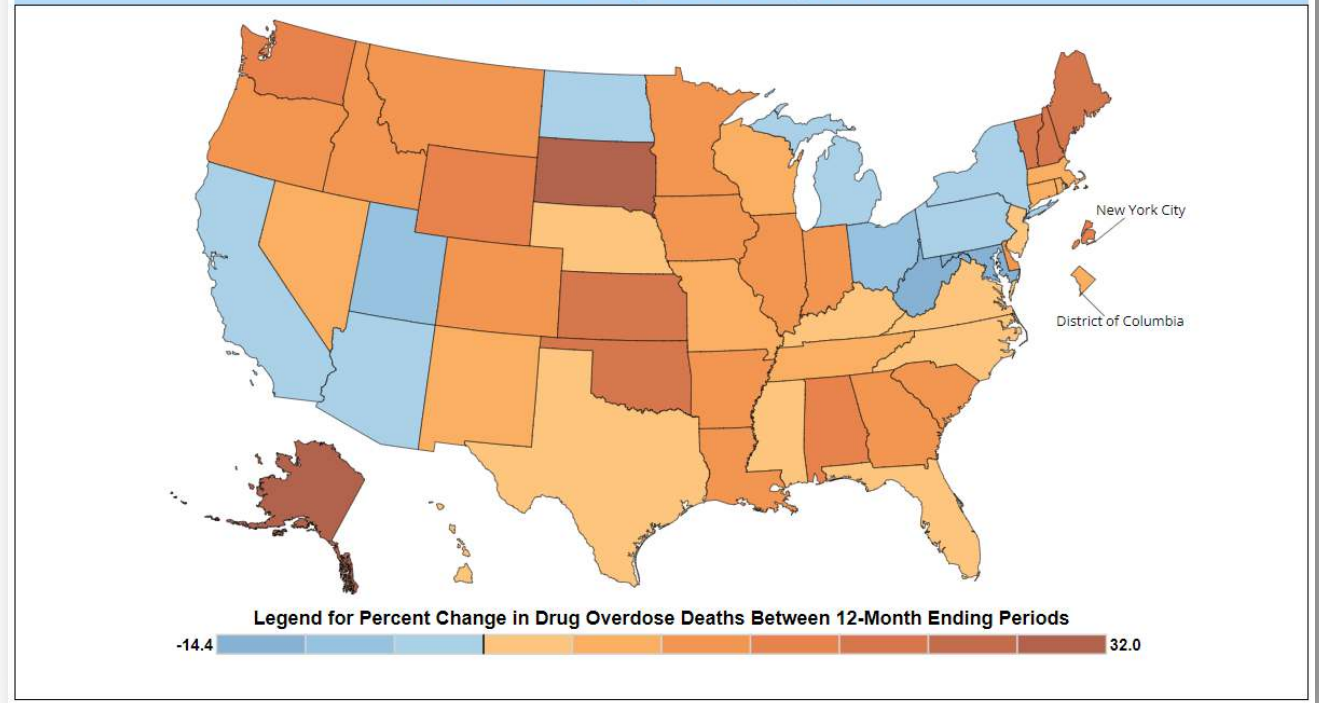
Align patient/payer/provider finances through value-based arrangements that reduce avoidable inpatient spending and improved health outcomes



The Overdose Epidemic – The Latest Wave

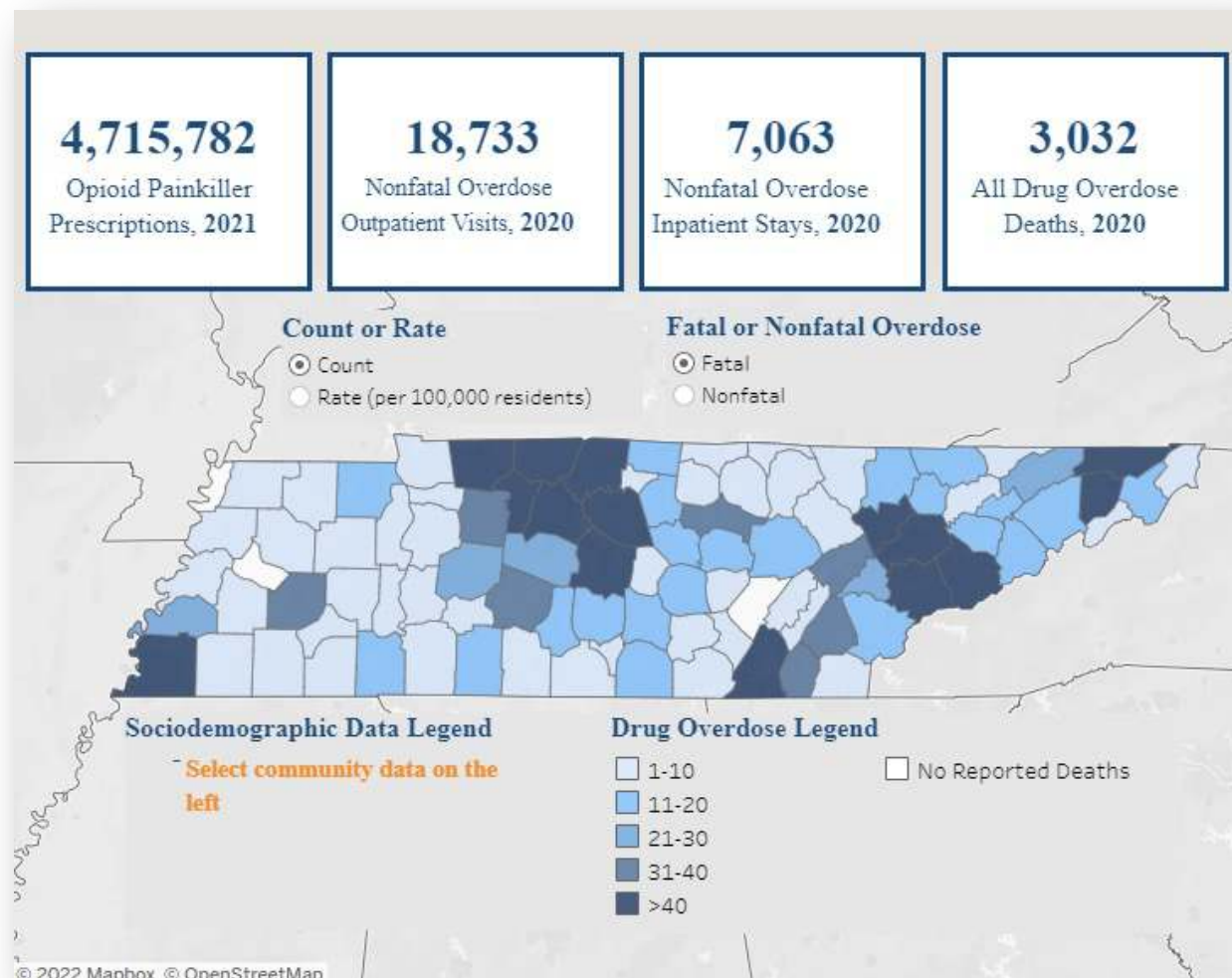
- Overdose deaths rose in 2013 primarily due to fentanyl—but rose again in 2018
- The rise continued during the COVID pandemic
- Between May 2021 and May 2022 rates were up 3.7% in the U.S. with some states up much more.

Figure 1b. Percent Change in Reported 12 Month-ending Count of Drug Overdose Deaths, by Jurisdiction: May 2021 to May 2022

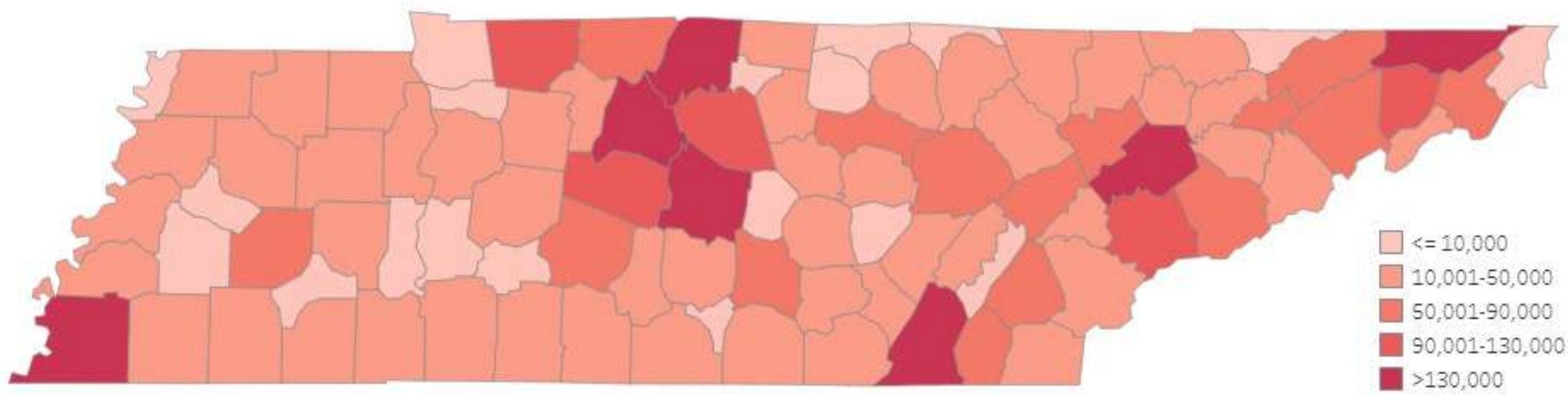


Overdose Deaths in TN

- Shelby County has the highest rate of Opioid Related Overdose Deaths in 2020 with 450.
- Ahead of Davidson County and Knox County with 438 and 342 respectively.
- These 3 Counties represent 41% of TN's total drug overdose deaths

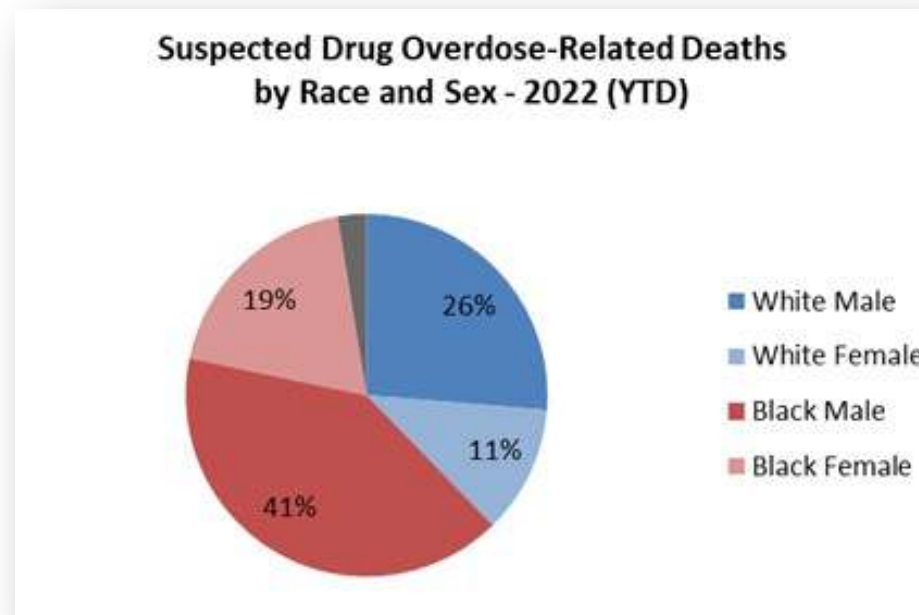
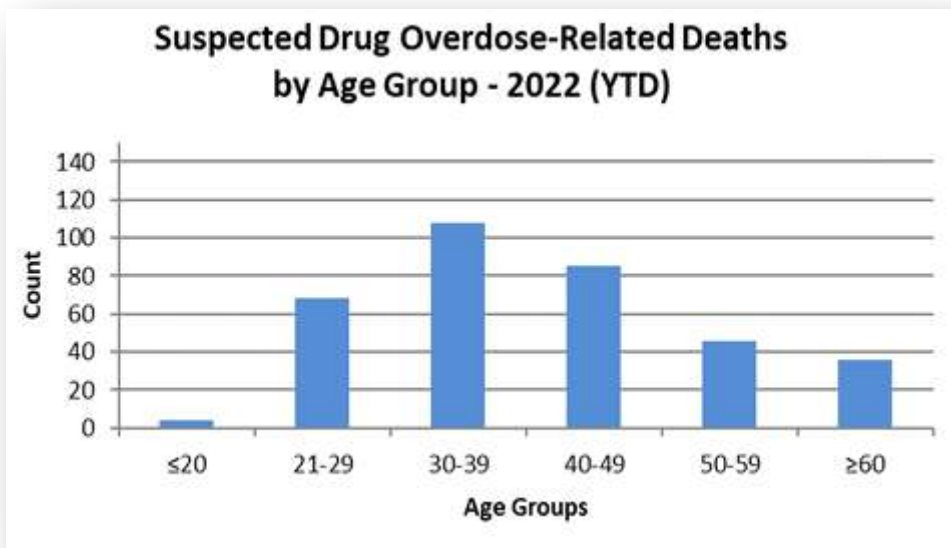


Number of Opioid Prescriptions filled in 2021



- Shelby County has the highest rate of Opioid Prescriptions filled in 2021, with 412,468.
- Davidson County: 329,896
- Knox County: 277,462
- Hamilton County: 250,318

Shelby County – Suspected Overdose-Related Deaths 2022 (YTD)



YTD Total: 352

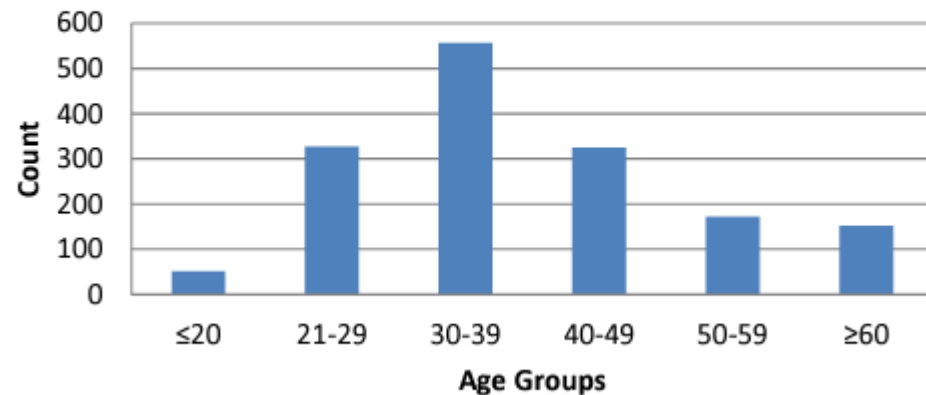
2022 Average Age: 46.6 Years Old

2022 Median Age: 39 Years Old

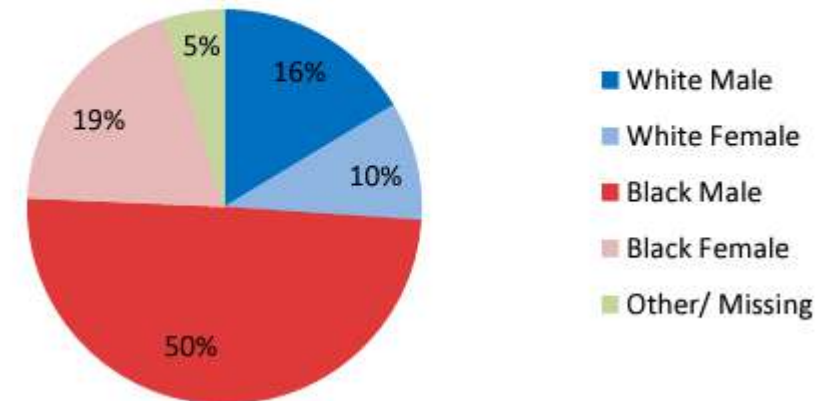
2022 Most Common Age: 36 Years Old

Shelby County — Opioid Related ED Visits 2022 (YTD)

**Opioid Related ED Visits by Age Group
Year to Date 2022**



**Opioid Related ED Visits by Race & Sex
Year to Date 2022**



YTD Total: 1,598

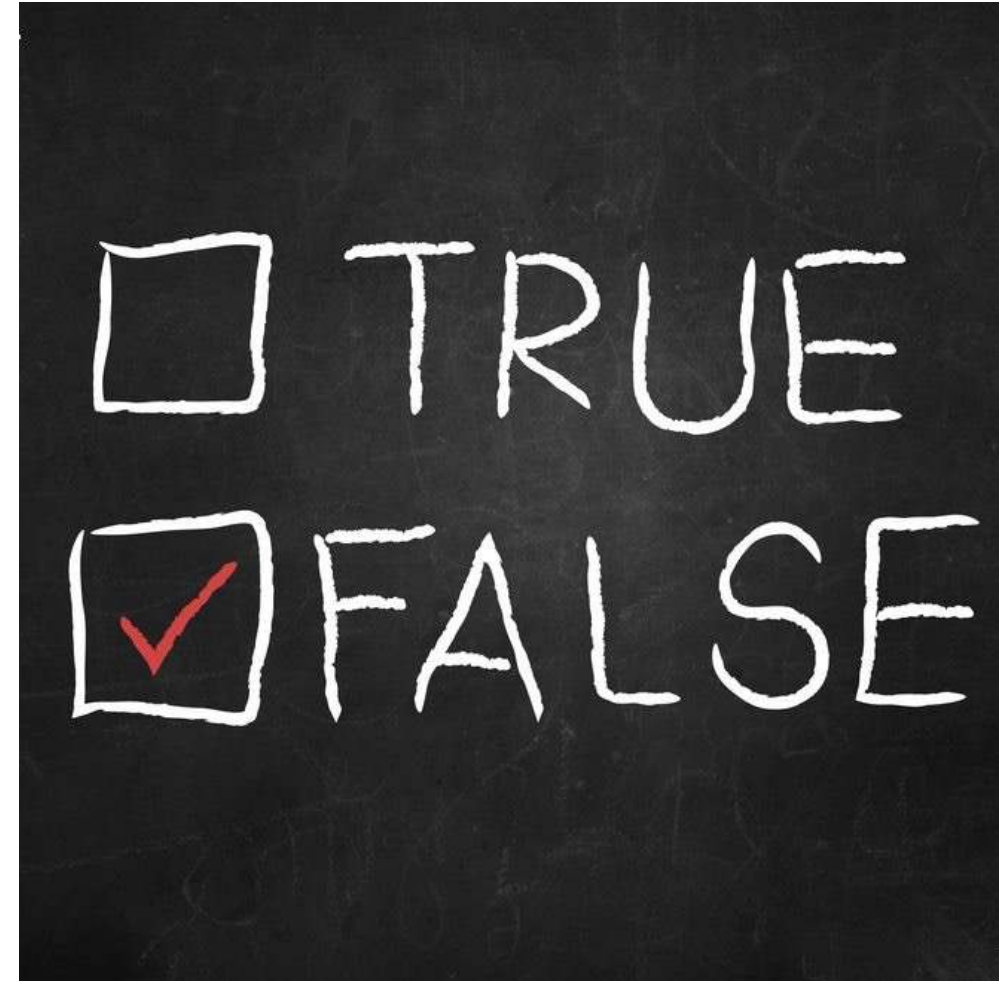
2022 Average Age: 39 Years Old

2022 Median Age: 36 Years Old

2022 Most Common Age: 35 Years Old

Common Misconceptions About Addiction

- Addiction is a choice
- Addiction is a character failing
- If a treatment can't cure your addiction, it's no good
- Taking medications is just a crutch
- Once a person gets over the withdrawal, they should be able to do it on their own

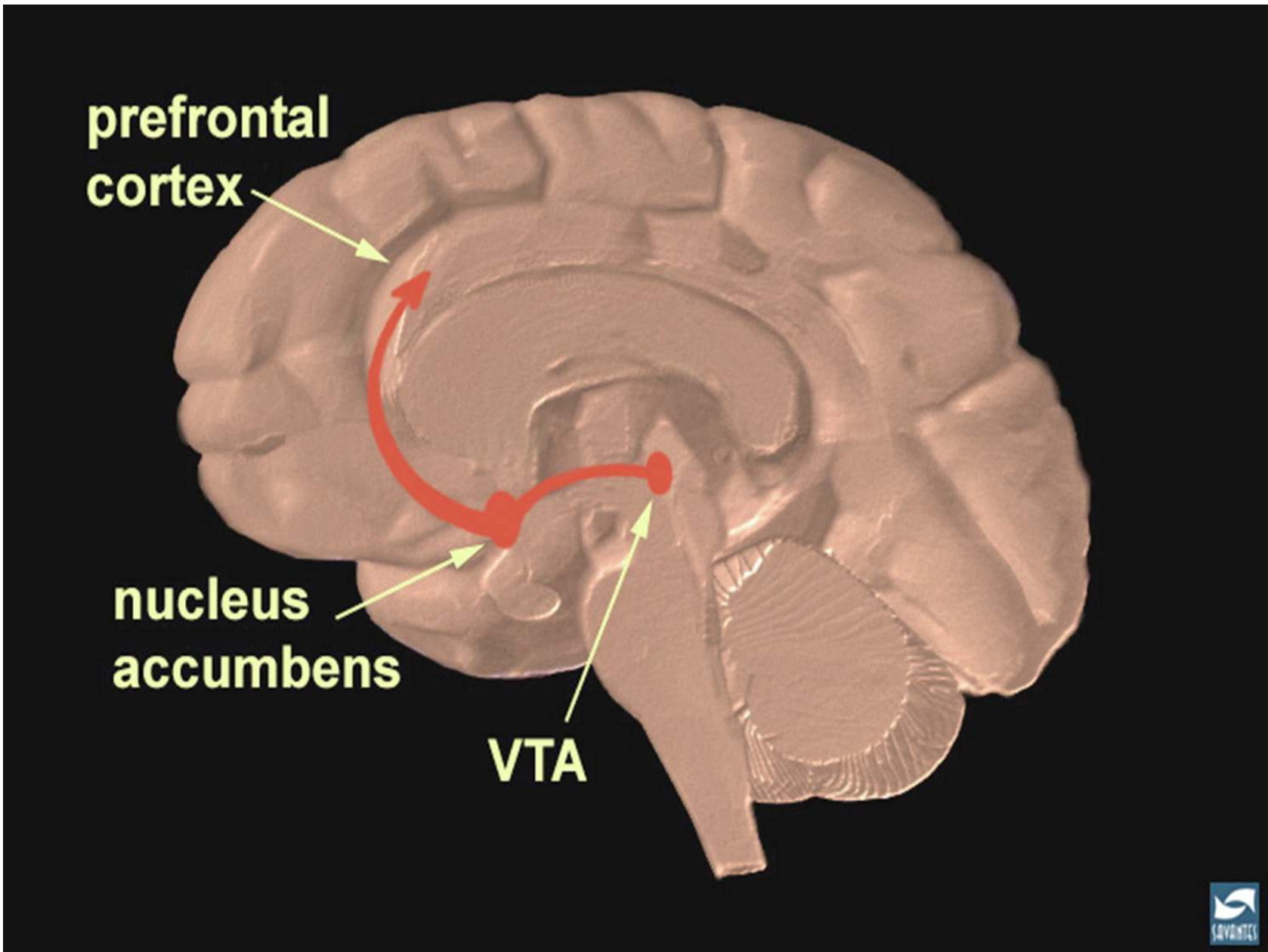


What is Addiction?

- A pattern of behavior where an individual continues to use a substance despite significant social, psychological, or physical consequences of their use.
- It typically shows these features:
 - Physiologic dependence (tolerance, withdrawal)
 - Loss of control
 - Craving
 - Consequences

What is Addiction?

- Key feature is long term vulnerability--
 - **People can relapse to use or continue to desire to use even after years of abstinence**
- Implies addiction is the result of long-standing changes in the brain.
- As symptoms are virtually the same regardless of the substance involved, a common pathway is also implied.



The Natural Reward System

- Survival goals act as “rewards”-- they are pursued with anticipation that their result will produce positive outcomes.
- Dopamine is a key neurotransmitter in natural reward.

Drugs of Abuse in the Reward System

- Common pathway of addictive substances:
 - Drugs of abuse work through many mechanisms but...
 - *All ultimately lead to an increase in Dopamine in the Nucleus Accumbens*
 - This pathway is critical:
 - animals with lesions in this axis no longer show interest in substances of abuse.

Onward to Addiction

- Action of DA and other neurotransmitters leads to re-organization of brain circuits resulting in the phenomena of craving and drug-seeking
- Brain changes accumulate with continued use and persist for years!



A Treatment to Fit the Problem

- *Addiction...*

- A biological condition
- A chronic condition
- A need for lifestyle changes



- *Its Treatment...*

- A biological treatment
- A long-term treatment
- Time to make those changes

Medication Assisted Treatment (MAT)

- The use of medications to:
 - “Normalize brain chemistry”
 - Relieve cravings
 - Normalize physiologic function, preventing withdrawal
 - Block the euphoric effects of opioids
- Across our centers, Crossroads offers several different medications, all FDA-approved and extensively studied:
 - Methadone
 - Buprenorphine
 - Naltrexone

Advantages of MAT

Improve	patient survival
Increase	retention in treatment
Decrease	illicit opiate use and other criminal activity among people with substance use disorders
Increase	patients' ability to gain and maintain employment
Improve	birth outcomes among women who have substance use disorders and are pregnant

MAT Makes Full Recovery Possible

- Long-term use of a medication allows time for the brain to “heal itself”
- Removal of the drug-seeking drive gives time to work on relationships, hold down a job, and take care of other medical and psychiatric conditions
- It halts the progression of the disease, providing the opportunity for growth and lasting change



Thank you

