The Northwest Center for Public Health Practice acknowledges the land we occupy today as the traditional home of the Tulalip, Muckleshoot, Duwamish and Suquamish tribal nations. Without them we would not have access to this working, teaching and learning environment. We humbly take the opportunity to thank the original caretakers of this land who are still here.

**Question for the Viewers**

Describe your level of knowledge or experience with current fentanyl trends in Washington State:

- A. A lot
- B. Some
- C. Little
- D. None
Overview

- Fentanyl 101
- Define terms – overdose classification
- Compare Washington vs national fentanyl trends
- Fentanyl overdoses in Washington
  - Geography
  - Age range
- Racial Disparities
- Psychostimulant overdose trends
Fentanyl 101

- A synthetic opioid that is 50-100 times stronger than morphine
- Pharmaceutical fentanyl was developed to manage pain in cancer patients
- Most fentanyl we see today is made in clandestine labs, not regulated by the FDA or used pharmaceutically
- May present in various physical forms
  - Pill, powder, rock, etc.

Overdose Death Certificate Data in WA

- Based on ICD-10 codes (International Classification of Diseases)
- DOH uses county of residence not county of overdose
- Synthetic Opioids other than methadone
  - Includes fentanyl, fentanyl analogs, tramadol, and buprenorphine
    - >95% are fentanyl or fentanyl analogs
- Psychostimulants
  - Includes methamphetamine, amphetamine, 3,4-Methylenedioxymethamphetamine (MDMA) and methylphenidate
    - >95% are methamphetamine

Comparing Overdose Death Rates

Heroin and Synthetic Opioid Overdose Death Rates, USA and Washington (2000-2021*)

* 2021 rates based on 2020 population estimates
Source: WA DOH death certificates; CDC Wonder
Comparing Washington Residents by County

Drug Overdose Death Involving Synthetic Opioids Counts by County - Compare 2020 and 2021 Among Washington Residents

Source: WA DOH death certificates

Drug Overdose Deaths Involving Synthetic Opioids by Age

WA Residents; Compare 2019, 2020 and 2021

Source: WA DOH death certificates

Drug Overdose Deaths By Race/Ethnicity

WA Residents (2016 – 2020)

Source: WA DOH death certificates
Psychostimulant and Synthetic Opioid Deaths

Psychostimulant and Synthetic Opioid Overdose Death Rates, USA and Washington (2000-2021*)

Age-Adjusted Rate (per 100,000)

USA_Synthetic Opioid (not Methadone)
USA Psychostimulants
WA_Synthetic Opioid (not Methadone)
WA Psychostimulants

* 2021 rates based on 2020 population estimates

Source: WA DOH death certificates; CDC Wonder

WA Drug Overdose Death Involving Psychostimulants

Drug Overdose Death Involving Psychostimulants Counts by County - Compare 2020 and 2021 Among Washington Residents

Source: WA DOH death certificates

Question for the Viewers

Which of the following statements are true? (choose all that apply)

A. Touching fentanyl carries a significant risk of overdose
B. Naloxone does not work on fentanyl overdoses
C. Fentanyl is frequently mixed into cannabis
D. Nobody uses fentanyl intentionally
E. None of the above
Myths & Misconceptions

Effectively Impossible to Overdose From Touching Fentanyl

- Not absorbed well through the skin, especially in powder or pill form
- Fentanyl patches had to be specifically designed to administer fentanyl through skin
- Case study: not absorbed through the skin in concentrated liquid exposure [Feldman & Weston, 2022]
- The American College of Medical Toxicology (ACMT) and American Academy of Clinical Toxicology (AACT) report that if the palms of your hands were covered with fentanyl patches, it would take approximately 14 minutes to receive 100 mcg of fentanyl
- Viral videos of “possible” fentanyl exposure overdoses usually don’t depict opioid overdose symptoms

Overdose Risk Misconceptions Common Among First Responders

Fentanyl Survey Item Responses at Baseline and Follow-up

<table>
<thead>
<tr>
<th></th>
<th>Baseline (n=129)</th>
<th>Follow-up (n=69)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>N (%)</td>
<td>N (%)</td>
</tr>
<tr>
<td>Strongly Agree</td>
<td>52 (40.3%)</td>
<td>9 (13.0%)</td>
</tr>
<tr>
<td>Agree</td>
<td>47 (36.8%)</td>
<td>8 (11.6%)</td>
</tr>
<tr>
<td>Somewhat Agree</td>
<td>9 (7.0%)</td>
<td>10 (14.5%)</td>
</tr>
<tr>
<td>Somewhat Disagree</td>
<td>6 (4.7%)</td>
<td>8 (11.6%)</td>
</tr>
<tr>
<td>Disagree</td>
<td>8 (6.2%)</td>
<td>12 (17.4%)</td>
</tr>
<tr>
<td>Strongly Disagree</td>
<td>12 (9.3%)</td>
<td>22 (31.9%)</td>
</tr>
</tbody>
</table>

Average Likert-Response: 2.3 (1%) 3.0 (4.4%)

Source: del Pozo et al., 2021
Addressing Misconceptions

- Cannot cause an overdose just by touching the substance
- Naloxone works on fentanyl overdoses
  - May require additional doses of naloxone to intervene during an overdose
- While fentanyl can be present in other substances, it is not always in them
  - Not being mixed into cannabis
- People use fentanyl intentionally

Local Initiatives

Local Health Jurisdiction Overdose Prevention Meeting

Meeting between staff from local health jurisdictions (LHJs) across the entire state who work on opioid response-related work

Convened as way to recognize that LHJs are doing similar work where collaboration may be helpful
- Share experience and expertise
- Problem solving barriers together
- Identify funding opportunities

Work groups created to do a deeper dive on specific areas of interest
- Alternatives to engagement
- Data
Local Efforts — Task Forces, Coalitions, & Other Efforts

Many jurisdictions have a formal group convening around opioid response
- Cross-sector groups - treatment, public health, criminal-legal systems, & more
- Focus is on response at the local level
- Can be led by public health, emergency response, or other relevant agencies

Each group operates differently
- Often have a response plan with specific strategies & goals identified

While focus has been on opioid response, many groups have broadened their scope to include other substances, including stimulants

Local Example — Thurston County

Thurston County Opioid Response Task Force
- Open to the public & anyone interested parties
- No formal membership process

Work Groups who focus on specific action areas
- Treatment
- Prevention
- Pregnant & parenting
- Overdose

Progress is tracked through SMART Objectives
- Specific, Measurable, Achievable, Relevant, & Time-bound
- E.g., “By December 2022, establish 2 new sites for naloxone distribution”

What’s up with fentanyl?
“What’s up with fentanyl?” handout
- Available for download
- Contact the ADAI Clearinghouse for paper copies.
Key Takeaways

1. Synthetic opioid and psychostimulant overdoses are rapidly increasing in Washington State and nationwide.
2. The risk from touching fentanyl is extremely low, misinformation is widespread and may be delaying life saving interventions (i.e., naloxone).
3. Cross sector and cross jurisdiction collaboration is vital for success in our communities.

A Chat with Katie Strozyk and Noah Frank

Allene Mares  Katie Strozyk  Noah Frank

QUESTIONS?

To ask a question, please click the icon in the Zoom toolbar to open your Q&A Pod.
"Laced & Lethal Campaign"
Campaign from King County to educate youth about the risks from fentanyl
https://www.lacedandlethal.com/

"Talk Even If" Campaign
Campaign for parents to learn how to talk to their kids about fentanyl
https://talkevenif.com/

LearnAboutTreatment.org
Resources on the medications for opioid use disorder
https://www.learnabouttreatment.org/

How can my organization get naloxone to distribute?
https://doh.wa.gov/you-and-your-family/drug-user-health/overdose-education-naloxone-distribution

How can I get naloxone?
https://stopoverdose.org/find-naloxone-near-me-washington-state

Resources
Washington DOH Overdose Data Dashboard and Contact Info
www.wa.doh.gov/OverdoseData
injury.data@doh.wa.gov
ADAI Clearinghouse
http://adaiclearinghouse.net/

Report: Can you overdose from fentanyl from having it touch your skin?
https://health.osu.edu/community-health/health-and-society/can-you-overdose-from-fentanyl-touching-your-skin

Studies:
• Feldman, R., & Weston, B. (2022). Accidental Occupational Exposure to a Large Volume of Liquid Fentanyl on a Compromised Skin Barrier with No Resultant Effect. Prehospital and Disaster Medicine, 37(4), 550-552. doi:10.1017/S1049023X22000905