



Wisconsin Collaborative of Treatment Professionals  
FOR EDUCATION AND CAPACITY TRAINING

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# Welcome and Thank You for attending the Fourth Session

Wisconsin Collaborative of Treatment Professionals  
FOR  
EDUCATION AND CAPACITY TRAINING  
Event today

# ECHO Etiquette

- Stay muted when we are not speaking to reduce extraneous noise
- Use the “raise hand” function to ask a question or make a comment, or put it in the Chat Room
- Be respectful of everybody, even if their ideas don’t resonate with you
- Never disclose protected health information or any identifying information regarding the case study
- Help us keep the learning environment productive, positive, helpful, and safe

# Reminders

- If you ever have questions or comments about any of our programs, please use the “Contact” function on the Wisconsin CONNECT website
- The didactic will be recorded and posted on the website along with responses to your questions.
- This is your last chance to **“introduce yourself”** to your colleagues in the **chat room**. Once the didactic begins, we’ll reserve that space for questions.
- If the PowerPoint slides aren’t large enough on your screen, drag the “gray bar” above the slide up or down to change the size—and you can remove the webcam coverage to just see the slides.

# Accreditation for CME

- The Wisconsin Association for Perinatal Care (WAPC) is accredited by the Wisconsin Medical Society to provide continuing medical education for physicians.
- The Wisconsin Association for Perinatal Care (WAPC) designates this internet live course for a maximum of 1 *AMA PRA Category 1 Credit™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.
- NOTE: Credit will be awarded at the end of the series.



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# Effects of COVID-19 On Substance Use Disorders

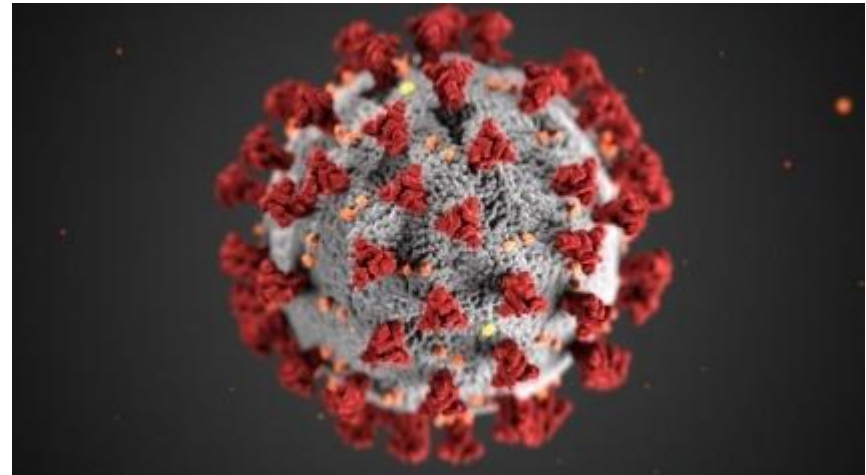
Nationally, Locally in Urban and Rural Communities

Bernestine Jeffers

October 8, 2020

# NIDA's Nora's Blog April 6, 2020, excerpts

- ..... the coronavirus that causes COVID-19 could be an especially serious threat to those who smoke tobacco or marijuana or who vape. People with opioid use disorder (OUD) and methamphetamine use disorder may also be vulnerable due to those drugs' effects on respiratory and pulmonary health.
- Nora D. Volkow, M.D., is Director of the National Institute on Drug Abuse (NIDA) at the National Institutes of Health



# Learning objectives

## At the end of this didactic attendees will:

- Increase knowledge of COVID-19 Pandemic impact on alcohol and other substance use.
- List 5 potential community areas and resources.
- Identify 2 potential areas, program staff can develop or expand access to services.



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# The COVID-19 Pandemic and the Opioid Epidemic Collide



# What are we seeing?

- 32% increase for non-prescribed fentanyl, 20% methamphetamine, and 10% for cocaine from mid-March through May, with drug overdoses climbing 18% during the same period. *Per Millennium Health's laboratory.*

Reported by Bipartisan Policy Center and Association of American Medical Colleges

- Wisconsin NPR indicated that Wisconsin's Opioid Overdoses have increased 117%.
- With COVID-19 closures, distancing and mask requirements communities are faced with resource shortages and treatment limits.



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# What is being reported Nationally and in Wisconsin

UW health has reported a 37.9% increase in ambulance calls for people with substance-related emergencies. Other outlets have reported a 27% increase in alcohol use across the state.

Some of the contributing factors, include disruption in professional help, in-person peer support activities, the suspension of gatherings such as Alcoholics Anonymous groups, increased stress and isolation and concerns for physical health.



One Liquor store reported, a 40% increase in beer sales with people purchasing 24 to 30 packs, per shopping trip. Restaurants are including alcohol to go, on the carry out menus.







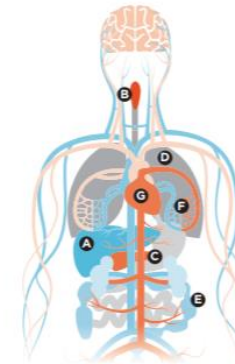
## Alcohol and health

**3 million deaths every year**  
6 deaths every minute from harmful use of alcohol

women 1/4  
men 3/4

### Harmful use of alcohol causes

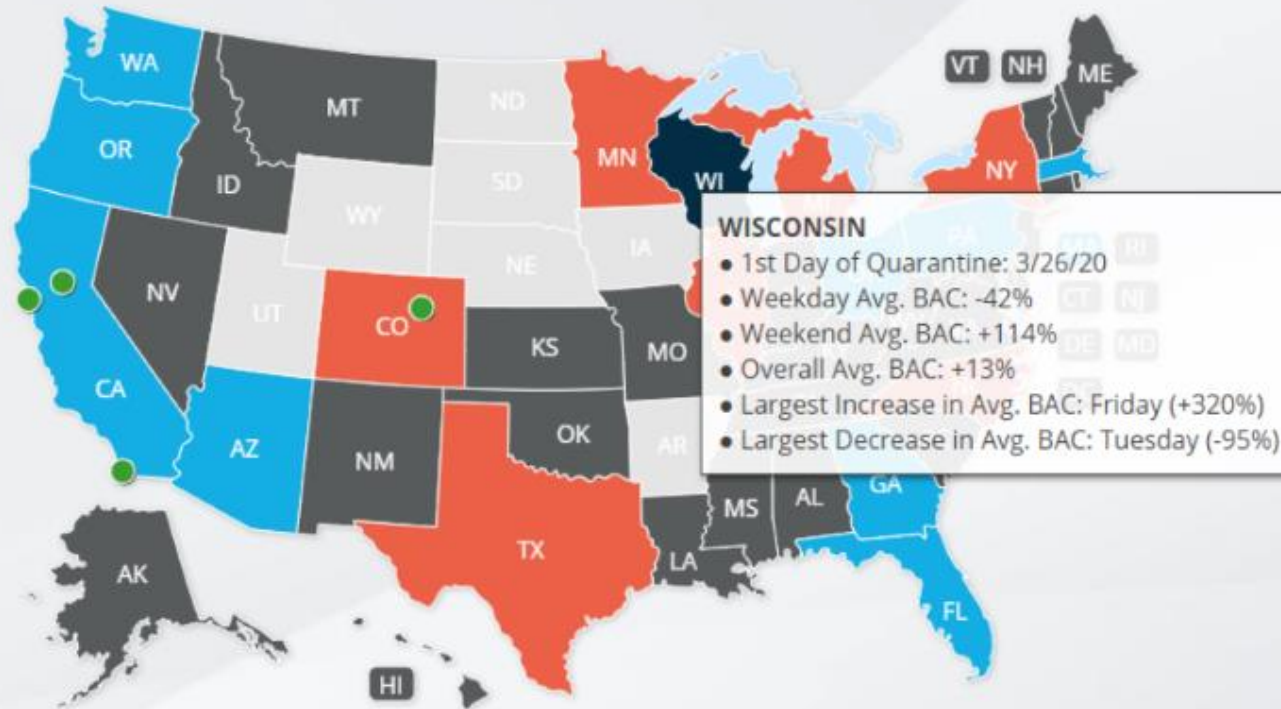
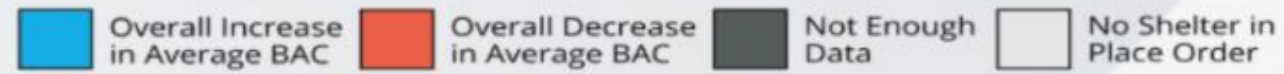
-  **100%** of alcohol use disorders
-  **18%** of suicides
-  **18%** of interpersonal violence
-  **27%** of traffic injuries
-  **13%** of epilepsy



- A 48%** of liver cirrhosis
- B 26%** of mouth cancers
- C 26%** of pancreatitis
- D 20%** of tuberculosis
- E 11%** of colorectal cancer
- F 5%** of breast cancer
- G 7%** of hypertensive heart disease

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Hover over a state to see a breakdown of how people's drinking habits changed after quarantine



# A 21<sup>st</sup> century Baby Boom for 2021 Is a 2<sup>nd</sup> generation of Baby Boomers possible?



With a 40% increase in alcohol purchases raises an increase risk for Fetal Alcohol Spectrum Disorders



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# Food Insecurity

As of October 1, one in seven people are experiencing hunger in Wisconsin. Among children that number is one in four according to Feeding Wisconsin.

Feeding Wisconsin reported a 58% increase during the pandemic- 300 thousand Wisconsinites.

Second Harvest reports a 55% increase in 16 Wisconsin counties.



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Select State:

WI

## 2020 Projected Overall Food Insecurity Rate



County, State

Menominee County, Wisconsin	24.2%	17.5%
Adams County, Wisconsin	18.4%	12.2%
Forest County, Wisconsin	18.0%	12.0%
Iron County, Wisconsin	18.0%	12.4%
Vilas County, Wisconsin	17.6%	10.7%
Milwaukee County, Wisconsin	17.5%	12.6%
Sawyer County,	17.5%	

2020 Projected

2018



# Collective Trauma effects

How to Support Someone

## Who Has Experienced Trauma



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- Collective Trauma
- Witnessing violent acts
- Triggering of past Trauma
- Need to numb the pain
- Fear of the unknown
  - Fear of COVID-19
- Lack of Trust
- Lack of privacy

# Limited Technology Access

Cell phone

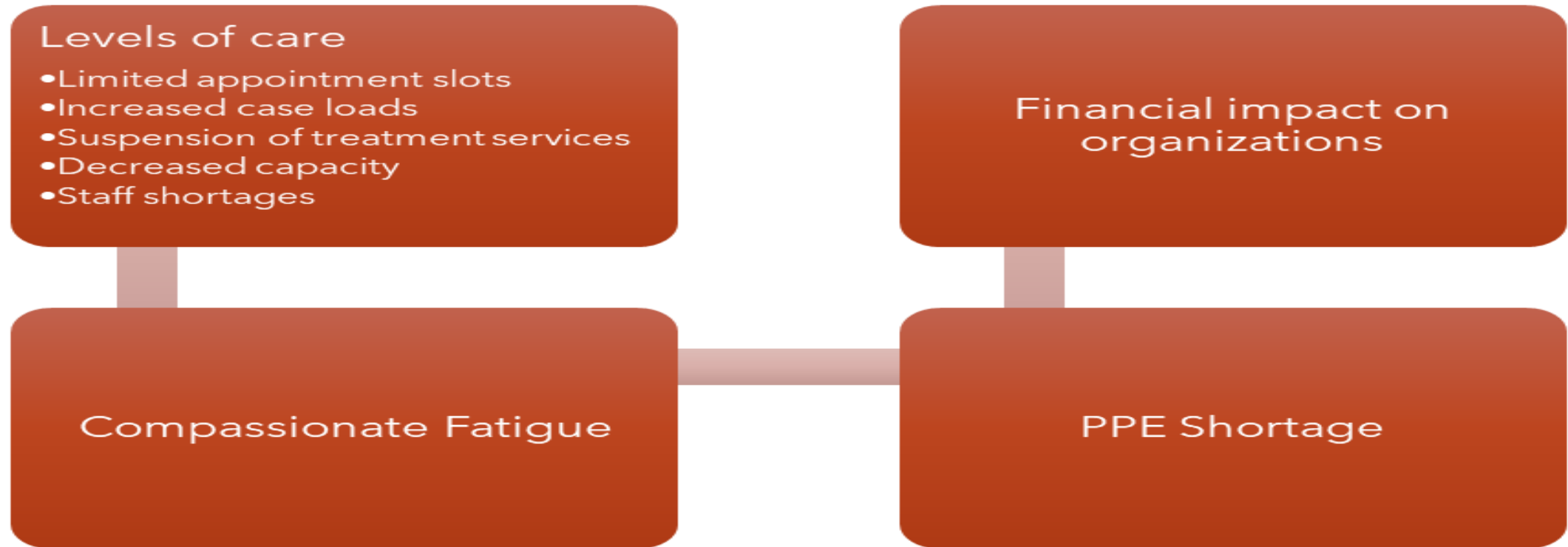
Computer

Internet

Private area for treatment sessions



# Organizations



# Women/Families with Dependent Children

- Childcare
- Increase in Child Protective Cases
- Home schooling/Crisis schooling
- Healthy Meals
- Keeping children engaged



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# Community response: We are in this together; **We are resilient**

- **intensive** outreach,
- Virtual Narcan training,
- Increased Narcan distribution and box locations,
- Virtual recovery meetings,
- Telehealth for treatment,
- Increase staffing of phone banks,
- Outreach to women and families – Case managers, Peer support, Home health workers,
- Prenatal and postpartum women – add home visitor/Case manager, help mom build a support team – Doulas, Community Health workers.



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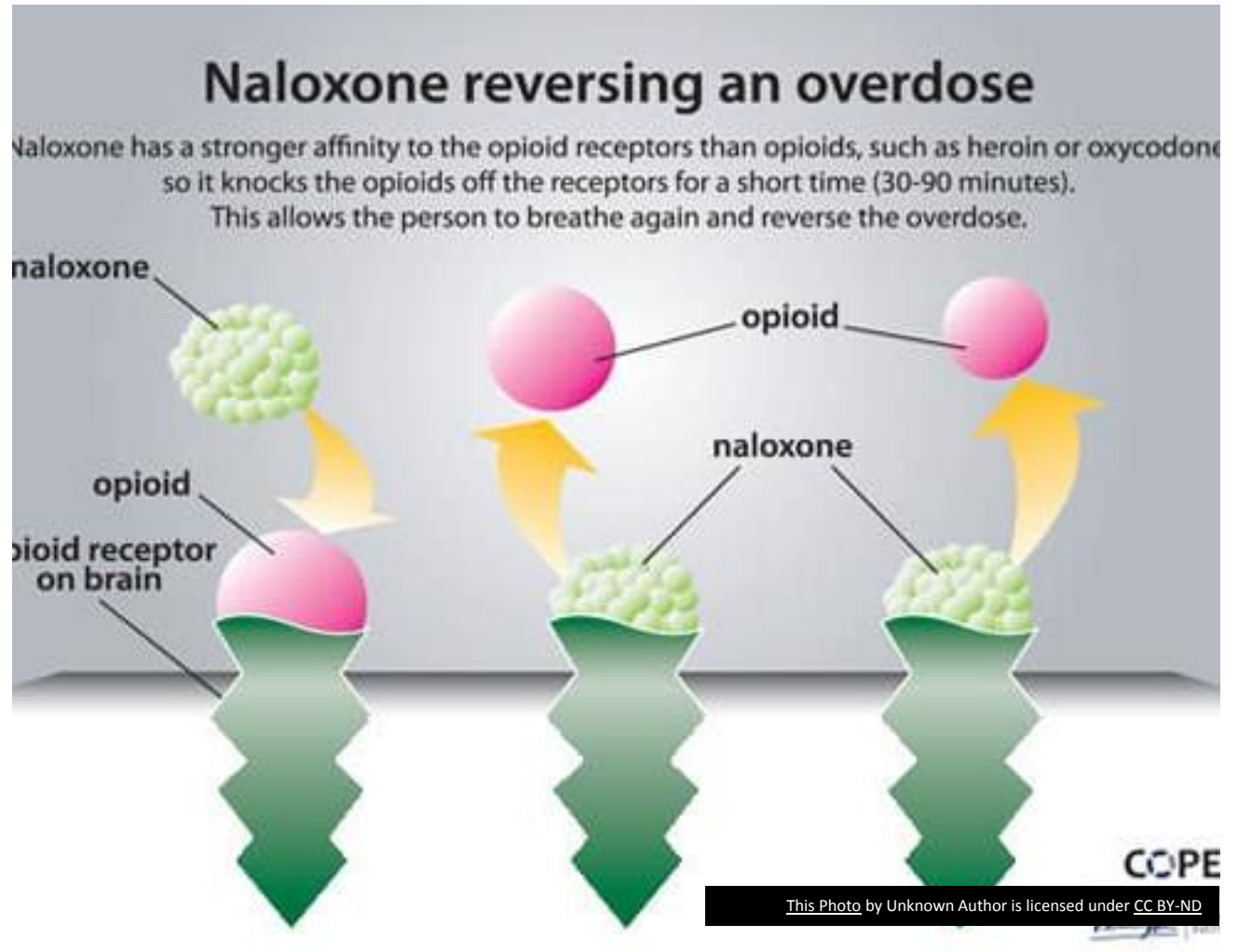
# How do we move towards Resilience

- Safe outreach to women – Case managers, Peer support, Home health workers,
- Prenatal and postpartum women – add home visitor/Case manager, Doulas, Recovery Coaches, Peer Specialist, Care Coordinator to help mom build a support team,
- Women with dependent children-1. Meet in a park with masks and physical distancing to talk while children play, 2. Nature walks, Scavenger hunts, Story time via Zoom with older adults, library programs,
- Connect with your medical home team,
- Encourage each other.

Never Use Alone

Meeting people where they are, on the other end of the line, one human connection at a time.

[www.neverusealone.com](http://www.neverusealone.com)



# How do we build resilience in uncertain times?



- Family Time

- Selfcare

- Movement
    - Grounding exercises
    - Spirituality
    - Zoom time with friends and relatives

- Building Resiliency

- Innovation

- Pets are members of the family

- Think out the box



# Articles and resources

- Substance Use Disorder Linked to Severe Health Problems in Pregnant Women September 30, 2020
- University of Pittsburg, School of Health Science

By: Sarah Katz

- Coronavirus/pregnancy poses challenges for people recovery SEPTEMBER 10, 2020

<https://www.statnews.com/feature/coronavirus/pregnancy-poses-challenges-for-people-recovery-substance-use-disorder-covid-19-is-taxing-their-support-system/>

Photos and text by ALICE PROUJANSKY FOR STAT

Newsy.com 10/1/20 by Lindsey Theis

<https://www.drugabuse.gov/drug-topics/comorbidity/covid-19-resources>

- <https://www.drugabuse.gov/about-nida/noras-blog/2020/04/covid-19-potential-implications-individuals-substance-use-disorders>
- [www.whitehouse.gov/presidential-actions/executive-order-saving-lives-increased-support-mental-behavioral-health-needs/](http://www.whitehouse.gov/presidential-actions/executive-order-saving-lives-increased-support-mental-behavioral-health-needs/)
- [www.hhs.gov/about/news/2020/10/1trump-administration-announces-20-billion-in-new-pase-3-provider-relief-funding.html](http://www.hhs.gov/about/news/2020/10/1trump-administration-announces-20-billion-in-new-pase-3-provider-relief-funding.html)
- [www.neverusealone.com](http://www.neverusealone.com)
- [www.DHS.Wisconsin.gov/covid-19/index.htm](http://www.DHS.Wisconsin.gov/covid-19/index.htm)
- [www.samhsa.gov/sites/default/files/virtual-recovery-resources.pdf](http://www.samhsa.gov/sites/default/files/virtual-recovery-resources.pdf)

# Articles and Resources

- <https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2770975>
- <https://www.medpagetoday.com/infectiousdisease/covid19/88864>
- <https://www.forbes.com/sites/ericmack/2020/09/29/americans-have-turned-to-alcohol-during-the-coronavirus-pandemic-and-its-concerning/#82749f724f54>
- <https://www.drugabuse.gov/drug-topics/comorbidity/covid-19-resources>
- <https://www.kff.org/coronavirus-covid-19/issue-brief/the-implications-of-covid-19-for-mental-health-and-substance-use/>
- <https://www.ama-assn.org/practice-management/physician-health/covid-19-resource-guide-women-medicine>
- Dept. of Revenue Dashboards  
<https://www.revenue.wi.gov/Pages/RA/AlcoholBeverage.aspx>
- DOR Alcohol Page:  
<https://www.revenue.wi.gov/Pages/AlcoholBeverage/home.aspx>
- BACtrack - <https://www.bactrack.com/pages/coronavirus-covid-19-causing-dramatic-shift-alcohol-drinking-habits-americans-lockdown%20/> This data source I learned about from Julia's (Sherman) presentation on alcohol and covid.  
<https://pttcnetwork.org/centers/global-pttc/event/alcohol-use-behavior-policy-and-treatment-age-covid-19>
- <https://www.apa.org/topics/covid-19/faith-crisis>