

PREVENTION WORKS



TREATMENT is EFFECTIVE



PEOPLE RECOVER



Division of Alcohol and Drug Abuse Programs Annual Overview 2019

Costs & goals

Our priorities

Support we provide

Prevention

\$6,991,417

623,960 people served
\$11 per person served

Investing in prevention services can decrease costs by reducing need for intervention, treatment and recovery services

INCREASE:

- protective factors to prevent substance use
- planning and implementation of evidence-based prevention programs and activities
- mobilization of communities to be ready to address and prevent substance use
- education and information on effects of substance use

REDUCE:

- factors that increase risk of substance use
- alcohol and other drug use
- misuse of prescription medication

- **Empowerment and leadership skills-building** for youth and communities
- **Safe disposal** of medications
- **Education on alcohol and drug use** for communities, youth, young adults and parents



Intervention

\$3,999,723

13,759 people served
\$291 per person served

Recognizing and addressing risky substance use to prevent it from leading to a substance use disorder

INCREASE:

- substance misuse screening in schools
- alcohol and drug use education
- improved prescribing practices and use of alternatives to opioids

REDUCE:

- prescription drug sharing

- **Screenings** for substance misuse
- **Education** for people who are pregnant and parenting
- **Education and rehabilitation** for impaired drivers

Treatment

\$33,243,700

13,678 people served
\$2,430 per person served

Identifying substance use disorder, and getting — and keeping — people in treatment

INCREASE:

- treatment options
- number of people who start treatment services and finish their program

- Outpatient services
- Inpatient services
- Medication assisted treatment (MAT)
- Residential services

Recovery

\$3,000,571

5,468 people served
\$549 per person served

Providing support for leading a life without substance misuse

INCREASE:

- recovery support
- access to safe housing

REDUCE:

- relapse



- Recovery centers and recovery coaches, including in emergency departments
- Temporary housing
- Peer recovery supports
- Employment assistance
- Program for new moms in recovery
- Legal assistance

Our programs are continually assessed to meet th

Our impact

Communication matters

- **Our young adult opioid misuse prevention campaign** was recognized by the advertising industry with three awards for creativity and is being adopted by three states.
- **New tips on ParentUpVT.org** are helping parents and caregivers talk with their kids about vaping, cannabis and alcohol. Website traffic tripled with new content.
- **Let's Talk Cannabis** launched this year to increase awareness about how cannabis affects our bodies, minds and health.



Prevention works

- **Vermonters attended over 500 presentations** by our regional prevention consultants, including opioid addiction workshops through statewide technical centers.
- **We partnered** with community coalitions, schools, pharmacies, police, municipalities, local businesses and other state agencies to address substance use in the state.
- **Nearly 17,000 pounds of medication were disposed of safely** through kiosks and mail-back envelopes — up 23% from 2018.



Intervention is key

- **Trusted cultural leaders talked with new Vermonters** from Africa, Iraq and Southeast Asia about substance use and mental health in their communities.
- **Pharmacists distributed fewer opioids to patients** — down 16% from 2018.
- **New education focusing on values and motivation** was added to the Impaired Driver Rehabilitation Program.



Treatment is effective

- **Six emergency departments** around the state can start medication assisted treatment immediately for people in need.
- **A continued increase in capacity to serve older Vermonters** through their specialized program was reported by Evergreen Services in Rutland.
- **More than half of people diagnosed with opioid use disorder began treatment within two weeks**, and almost half received two or more services during that time. Several counties made improvements in these rates from previous years.

People recover

- **Employment services** are available in recovery centers to help people find stability.
- **Free legal clinics** are provided by Legal Advocacy in Recovery Services for people impacted by opioids.
- **Over 130 recovery coaches** were trained to help others, including people in emergency departments.

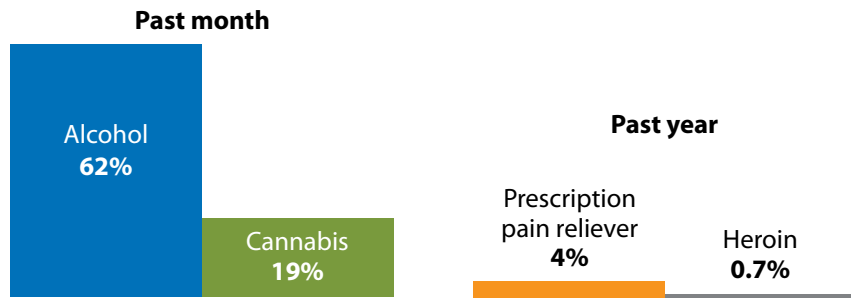
A skilled workforce is vital

Over 40 trainings — twice as many as last year — were provided to almost **1,300 professionals** in the substance use field, increasing their ability to help Vermonters across the state.

Vermont's data directs our work

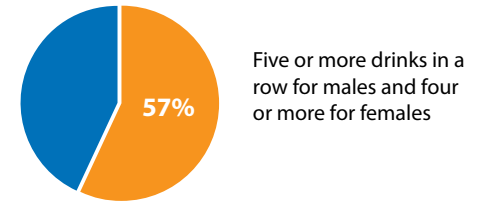
Vermonters (age 12+) use alcohol more than any other drug.

Alcohol



Source: National Survey on Drug Use and Health 2018

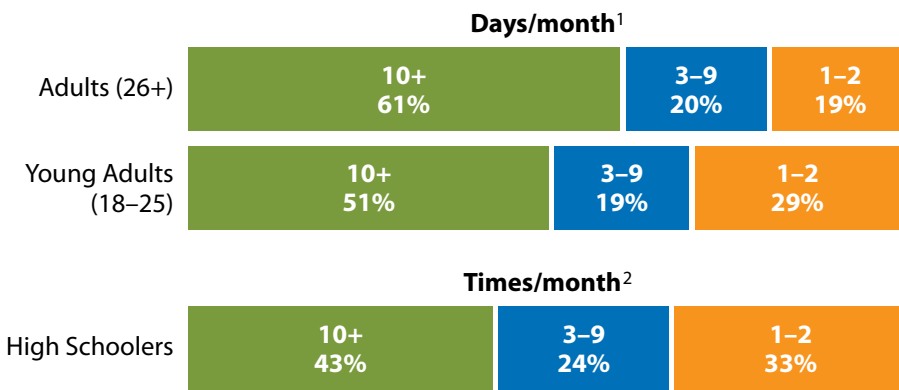
Over half of the high schoolers who drank in the past month binge-drank



Source: Youth Risk Behavior Survey 2019

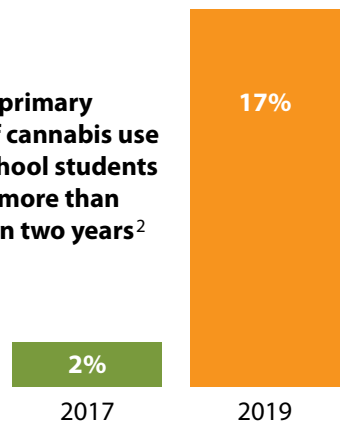
Vermonters who use cannabis use it frequently.

Cannabis



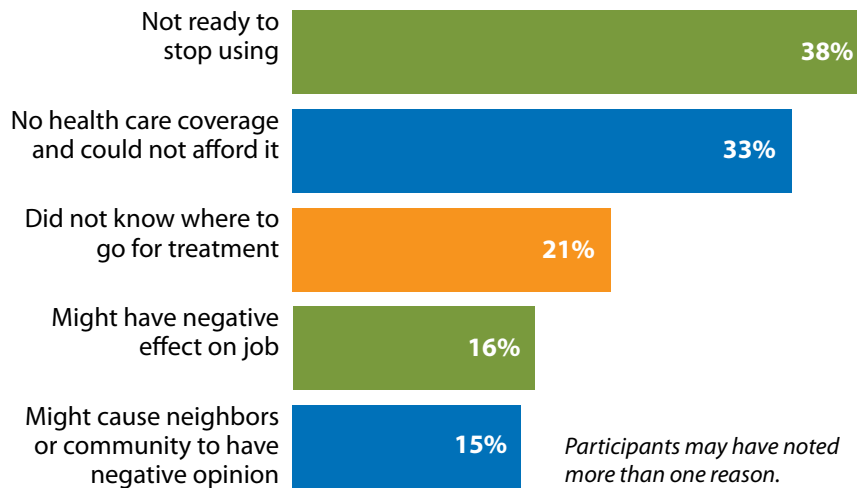
Sources: 1 - Behavioral Risk Factor Surveillance System 2018, 2 - Youth Risk Behavior Survey 2019

Vaping as primary method of cannabis use by high school students increased more than eightfold in two years²



Addressing the reasons people do not seek treatment can promote change.

Barriers to Treatment



Source: National Survey on Drug Use and Health 2018

No or low-cost treatment is available at our state-funded providers.

Coming in 2020:

- **VT Helplink** call center and website will provide information on alcohol and drug misuse prevention, treatment and recovery referral and support for people and their families.
- **Stigma reduction messaging** will build on statewide efforts to increase understanding of addiction as a health issue.



Learn more at healthvermont.gov/adap