

SAPC Newsletter

SUBSTANCE
ABUSE
PREVENTION
AND CONTROL
PROGRAM

FIRST QUARTER
2015
VOLUME 6
ISSUE 2

...aimed at informing SAPC's network of contracted alcohol and drug treatment, prevention, and recovery service providers.



April Is Alcohol Awareness Month

This April marks the 29th Annual Alcohol Awareness Month. This year's theme, "For the Health of It: Early Education on Alcoholism and Addiction," focuses on the importance of early education and helping kids understand the impact alcohol can have on their lives.

Is your organization participating in Alcohol Awareness activities? If so, wonderful! [We would love to hear](#) about the work you are doing in the community. Do you want to participate but don't know what to do? We are here to help. Each year since founding Alcohol Awareness Month, the National Council on Alcoholism and Drug Dependence (NCADD) has published a [media kit](#) that has dozens of ideas you can implement in your agency or community.

Here are several examples you can implement in your community, school or faith-based organization:

- Issue a proclamation on behalf of your city or town.
- Write an op-ed or letter to the editor in a local newspaper or magazine.
- Offer public recognition to young people and community members who lead alcohol and other drug-free lifestyles.
- Encourage role models who have achieved success without using/abusing alcohol to participate in events sponsored by community or faith-based organizations.
- Observe "Alcohol-Free Weekend," the first weekend of April
- Raise awareness of the fact that alcohol and binge drinking are key factors in academic and social problems on school campuses.
- Allow use of your facilities for alternative youth activities, mentoring programs, parent training, stress management seminars, healthy lifestyles workshops, and substance abuse prevention education sessions.

However you choose to participate, we encourage you to continue in your good work and your efforts to stay well informed and combat local alcohol and drug issues.

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Save the Date

Upcoming Events and Training

April 2—The South Bay Communities Creating Change Coalition (SBC3) will host a press event at the Gardena City Hall Chambers from 10-11:30 am. Funded by SAPC and coordinated by Jeanne Shimatsu of AADAP, the event will include the acceptance of eight South Bay cities' proclamations by SAPC Director Wes Ford, along with recognition from State Assemblyman Mike Gipson and Ashley Moran, a youth advocate from Gardena High School.

April 3-5—Alcohol Free Weekend. Alcohol-Free Weekend is an important part of Alcohol Awareness Month and takes place the first weekend of the month. NCADD designed this weekend to raise public awareness about how alcohol use affects individuals, families, and our communities and invites everyone to be alcohol free for 72 hours. Contact your local NCADD affiliates to see how you can be involved or what you can do to promote this event.

April 20-22—The National Council for Behavioral Health will hold its annual conference in Orlando, Florida (NATCON15). The Council brings together ideas from national leading thinkers and innovators in the field and plans ways to put those ideas to work. Recently Linda Rosenberg, NATCON CEO, said that Ezekiel Emanuel, one of the three authors of *Bring Back the Asylum*, a recent JAMA opinion piece, is a keynote speaker for this year's conference and they are hoping to bring Gabrielle Glaser, the author of a recent article in *The Atlantic* titled, [The Irrationality of Alcoholics Anonymous](#).

To register, or for additional information, click [here](#).

The next SAPC UCLA/ISAP lecture is **June 12, 2015, on ASAM Placement Criteria and Clinical Implications**. Keep an eye out for upcoming lecture announcements. To view previous SAPC UCLA/ISAP lectures, click [here](#).

Did you know that May is Mental Health Month? This year, the toolkit provided by Mental Health American is available in English and Spanish. To download the toolkit, click [here](#).

SAVE THE DATE! The 2015 AI-Impics will take place on **Saturday, May 30 at Los Angeles Harbor College**, 1111 Figueroa Place, Wilmington, CA 90744. Visit the website at <http://www.ai-impics.org> for more information. You can follow the AI-Impics on Facebook and Twitter.

The official theme is **Traveling the Road of Recovery**. Event goals include **the recruitment of 120 volunteers and 50 participating agencies, and obtaining media coverage by major news outlets**. The AI-Impics is interested in comments through social media from past participants. Send your comments, pictures to [Facebook](#) and [Twitter](#).

The first 25 agencies to register will have a chance to win raffle prizes, including a 1st edition poster with the new 2015 AI-Impics logo.

The countdown is on!!

Follow Los Angeles County Department of Public Health on our social media pages and keep up-to-date with local health information, news, and statistics.



FastStats is an official application from the CDC's National Center for Health Statistics. It provides up-to-date data on a large range of health topics. You can download the app on Apple devices; the Android version is coming soon. To view the FastStats website, click [here](#).

LA County released a new report, "Social Determinants of Health: Housing and Health in LA County." This explores health and housing in LA County and covers housing affordability, housing instability and homelessness, housing problems and adverse health outcomes, and quality housing. To view the report, click [here](#).

SAMHSA released Suicide Safe, a new app designed to assist providers with patients that have suicide ideas or behaviors. This is a free app and available on Apple and Android devices. To view the press release about this new application and to download the app, click [here](#).

STAY IN THE LOOP!



SAMHSA ACCEPTING APPLICATIONS FOR UP TO \$28.5 MILLION “NOW IS THE TIME” PROJECT AWARE-COMMUNITY

GRANTS The purpose of this program is to support the training of teachers and various community service providers, including parents, law enforcement, faith-based leaders, and other adults, who can interact with youth through their programs. Applications are due May 1, 2015. Click [here](#) for additional information.



12TH ANNUAL CO-OCCURRING DISORDERS CONFERENCE IS COMING.

Mark your calendars and save the date for this very popular event. This year’s theme is “Integration from the Ground up.” The event will be held October 28-29, 2015, at the Hilton Universal City Hotel. Visit the website for more information: <http://www.uclaisap.org/cod>.



CALIFORNIA DEPARTMENT OF HEALTH CARE SERVICES PROVIDER ANNOUNCEMENT

The California Department of Health Care Services (DHCS) Provider Enrollment Division (PED) has asked counties to remind all agencies applying for Drug Medi-Cal enrollment or continued enrollment to include a completed and signed Provider Agreement.

California Legislative Update

Bill Number (Author)	Bill Description	Status
AB 26 (Jones-Sawyer)	Medical Cannabis: Would enact the Medical Cannabis Regulation and Control Act, establishing mandatory commercial registration and fees for the cultivation, manufacture, distribution, and sale of medical cannabis	In committee (B & P and Health)
AB 216 (Garcia)	Expand state’s ban on selling e-cigarettes to minors to include devices sold without nicotine cartridges	In committee (Governmental Organizations)
AB 266 (Cooley)	Medical Cannabis: Establish systems for licensing, training employees, and regulation fees. State would issue conditional licenses and City/County would issue actual operational licenses, administer and enforce regulations	In committee (B & P)
AB 821 (Gipson)	Tax exemption on medical marijuana for terminally ill patients	In committee (Revenue and Taxation)
AB 848 (Stone)	Authorizes a facility to allow a licensed physician to provide incidental medical services to a resident of the alcohol and/or drug facility	In Committee (B & P)
SB 140 (Leno)	Change Stop Tobacco Access to Kids Enforcement (STAKE) Act’s definition of tobacco products to include electronic devices, such as e-cigarettes that deliver nicotine or other substances, making it a misdemeanor to furnish such products	In committee (Health)
SB 151 (Hernandez)	Raise legal age to buy tobacco to 21	In committee (Health)



ASAM Criteria: What you need to know

The American Society of Addiction Medicine (ASAM) developed the ASAM criteria (previously referred to as the ASAM placement criteria) to guide the treatment system in the provision of outcome-oriented and results-based substance use disorder (SUD) treatment. According to the [ASAM website](#), the criteria are “the most widely used and comprehensive set of guidelines for placement, continued stay and transfer/discharge of patients,” with SUD and other co-morbid conditions (e.g., mental illness, physical health problems). The criteria were first developed in 1991 and were recently revised in 2013. The ASAM criteria are required for use in over 30 states and, if the federal government approves the current Medi-Cal waiver legislation, use of the ASAM criteria will also become a requirement in California.

The ASAM criteria is a multidimensional assessment with six dimensions:

Dimension 1: Acute Intoxication and/or Withdrawal Potential

This dimension allows the provider to explore the patient’s past and current experiences with substance use and withdrawal and can be used, in part, to determine the need for detoxification services.

As part of this dimension, the provider may ask questions like:

Is there a past history of serious withdrawal, life-threatening symptoms or seizures during withdrawal? Is the patient currently having similar withdrawal symptoms?

Dimension 2: Biomedical Conditions and Complications

This dimension explores the patient’s health history and current physical condition.

As part of this dimension, providers may ask:

Does the patient have any severe physical health problems?

Dimension 3: Emotional, Behavioral or Cognitive Conditions and Complications

This dimension requires that the provider explore the patient’s thoughts, emotions, and mental health issues.

Questions asked as part of this dimension may include:

Is the patient in imminent danger of harming self or someone else? Can the patient function and safely care for his or herself?

Dimension 4: Readiness to Change

This dimension focuses on the patient’s readiness and interest in changing his or her substance use behaviors. This is done to encourage the patient to return when he or she is ready to change. This is not done to deny treatment, but to help the provider understand what areas should be the focus of motivational interviewing to move the client along the path of readiness.

Questions asked in this dimension may include:

Does the patient appear to need substance use treatment, but is ambivalent or feels that treatment is unnecessary? Or was the patient coerced, mandated or required to have an assessment or to attend treatment?

Dimension 5: Relapse, Continued Use, or Continued Problem Potential

This dimension allows the provider to explore the patient’s unique relationship with relapse or continued use or problematic use.

Questions asked as part of this dimension may include:

Is the patient currently under the influence of drugs or alcohol? Is the patient likely to continue to use or relapse in a dangerous manner, without immediate care?

Continued on page 5.

Updates & Important Information

The Commission on Alcohol and Other Drugs Back in Session

The Commission on Alcohol and Other Drugs (CAOD) has resumed its activities. Although the CAOD is not yet fully functioning, meetings have begun and members are currently orienting themselves to SAPC and its mission, contracted provider agencies, and current SUD issues facing LA County.

The mission of the Commission is to advise and make recommendations to the Board of Supervisors on alcohol and other drug issues. CAOD's goal is to reduce problems and the negative impact of substance use disorders on individuals and their families residing in LA County. The Commission functions pursuant to Chapter 3.15 of the Los Angeles County Code.

For questions about the Committee, please contact Marghot Carabali, Commission Assistant at mcarabali@ph.lacounty.gov or (626) 299-4105.

Commission Officers

Lola M. Ungar
Interim Chair

Jozef Essavi
Curtis Gadson
Roger Gertmenian
Arthur Herrera
Jack Kearney
John Moriarity
Micheál O'Leary
Johng Ho Song
J. Ray Vincent
Howard Winkler
Lola Worthington

The Los Angeles County Prescription Drug Abuse Medical Task Force: Toolkit and Website Released

On Friday, March 20, the Los Angeles County Prescription Drug Abuse Medical Task Force launched its website. It includes resources and information aimed at unifying how opioids are prescribed to the public through hospital Emergency Departments.

The Los Angeles County Prescription Drug Abuse Scorecard is also available, along with information for providers about where and how to find drug treatment for patients in need.

To view the website, click on the Toolkit or visit <http://www.lasafeprescribing.org>.



ASAM CRITERIA CONTINUED...

Dimension 6: Recovery/Living Environment

This final dimension requires that the provider explore the patient's recovery or living situation, and the surrounding people, places and things that may either help or hinder the patient's recovery process.

One question that might be asked to address this dimension:

Are there any dangerous family, significant others, living, work or school situations threatening the patient's safety, immediate well being and/or sobriety?

The assessment of each of these dimensions on a 5-point scale ranging from 0 (no problem indicated) to 4 (significant problem indicated) helps the provider to determine what level of care would best serve the patient's needs.

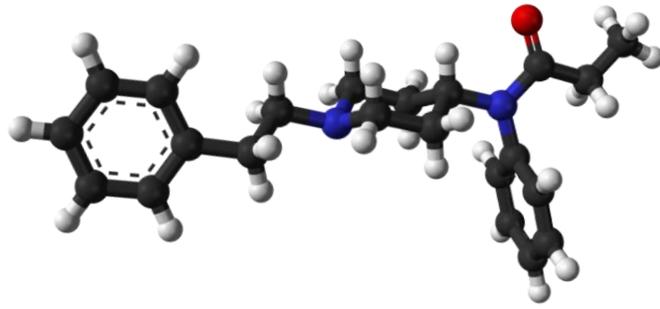
The ASAM criteria include 11 levels of care that span "early intervention" to "medically managed intensive inpatient services" with various levels of outpatient and residential treatment in between. The Los Angeles SUD treatment system provides patients with access to most of these levels of care.

If this all seems a bit complicated, do not worry. As preparations for the Medi-Cal waiver progresses, Los Angeles County will provide opportunities for training and technical assistance around the criteria to ensure that everyone is using the criteria at treatment admission and when patients are being transferred to another level of care. It is hoped that the training on the ASAM criteria as well as the additional training opportunities being planned around evidence based practices will help to push Los Angeles County to the forefront of SUD treatment.

Updates & Important Information

Did you know...DEA Issues Nationwide Alert on Fentanyl as Threat to Health and Public Safety

On March 18, 2015 the US Drug Enforcement Administration (DEA) issued a nationwide alert about the dangers of fentanyl and fentanyl analogues/ compounds. Fentanyl is commonly laced in heroin and has caused major problems across the country. To read the entire nationwide alert, click [here](#).



Information on White House Budget Updates...click [here](#).

Here are a few highlights:

- There are overall increases in funding for Prescription Drug Abuse programs.
- The SAMHSA budget will rise to \$3.7 billion in FY 2016, compared to \$3.66 billion in 2015.
- \$20 million going to Primary Care-Addiction Services Integration, a new program to support integration of primary care services in addiction treatment settings to support high rates of physical comorbidities among this population.
- \$4 million in new funding for Veterans Mental Health First Aid, a new initiative to provide information and support to veterans and family members affected by mental illness and addictions.

A Good Read: Aging Baby Boomers Bring Drug Habits into Middle Age

Older adults are abusing drugs, getting arrested for drug offenses and dying from drug overdoses at increasingly higher rates. These surges have come as the 76 million baby boomers, born between 1946 and 1964, reach late middle age. Facing the pains and losses connected to aging, boomers, who as youths used drugs at the highest rates of any generation, are once again—or still—turning to drugs.

The rate of death by accidental drug overdose for people aged 45 through 64 increased 11-fold between 1990, when no baby boomers were in the age group, and 2010, when the age group was filled with baby boomers, according to an analysis of Centers for Disease Control and Prevention mortality data. That multiple of increase was greater than for any other age group in that time span. Click [here](#) to read the entire article.

Krol, J. (2015) Aging Baby Boomers Bring Drug Habits Into Middle Age. [Online]. Available at <http://www.boomers-bank.com/aging-baby-boomers/aging-baby-boomers>, [2015, March 27].

Frequently Asked Questions (FAQ)

Drinking and Alcohol Abuse

1. How much is too much to drink?

Any drinking for youth under 21 years old.



Binge drinking
5+¹
within 2-3 hours

Heavy drinking
15+²
within one week

Any drinking for pregnant women.



Binge drinking
4+¹
within 2-3 hours

Heavy drinking
8+²
within one week

2. What is alcohol abuse?

Alcohol abuse is a pattern of drinking that results in problems with your health, personal relationships, or ability to work. Common issues of alcohol abuse include:

- Problems with relationships, school, or work

- Drinking and driving
- Legal problems
- Alcoholism

Where can you get help for drinking or alcohol abuse?

For alcohol treatment in LA County, call: (800) 564-6600

For treatment outside of LA County, visit:

<http://findtreatment.samhsa.gov>

For additional support, visit

Alcoholics Anonymous:

<http://www.aa.org>

For more information:

Los Angeles County

Department of Public Health

<http://publichealth.lacounty.gov>

Centers for Disease Control and

Prevention (CDC)

<http://www.cdc.gov/alcohol>

Substance Abuse and Mental

Health Services Administration

(SAMHSA) www.samhsa.gov

3. What are the possible outcomes of drinking too much?

There are many possible negative outcomes, including:

- Cancer
- Unprotected sex
- Loss of work
- Birth defects
- Liver disease
- Alcohol dependence
- Heart disease
- Death

4. How can I tell if I have a problem with drinking too much?

Answer the four questions below:

1. Have you ever felt you should cut down on your drinking?
2. Have people criticized your drinking?
3. Have you ever felt bad about your drinking?
4. Have you ever had a drunk first thing in the morning to steady your nerves or get rid of a hangover?

If you answered yes to two or more of these questions, you may benefit from alcohol treatment. Call your doctor or the County at (800) 564-6600 for help or additional information.

Los Angeles County Department of Public Health
www.publichealth.lacounty.gov



SAPC Resources to Share

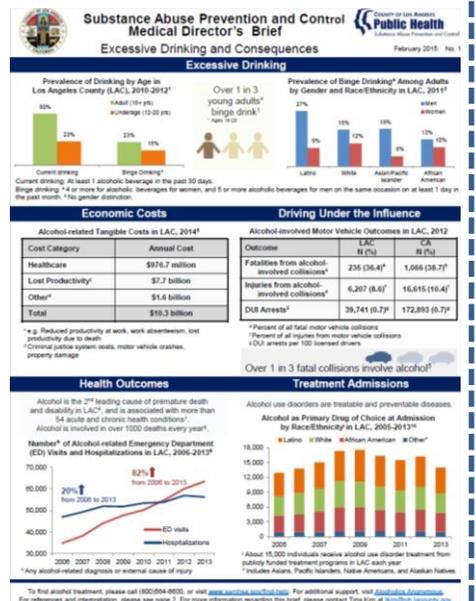
◀◀ Drinking and Alcohol Abuse
1-page educational fact sheet for
the general public:

<http://publichealth.lacounty.gov/hea/library/topics/sapc>

Medical Director's Brief on ▶▶
Excessive Drinking and
Consequences

2-page data fact sheet:

<http://publichealth.lacounty.gov/sapc/MDU/MDBrief/MDBriefNo1ExcessiveDrinkingConsequences.pdf>



Online Resources:

- American Association for the Treatment of Opioid Dependence, Inc.: <http://www.aatod.org>
- CA Assoc. of Alcohol and Drug Program Executives: <http://www.caadpe.org>
- CA State Suicide Prevention Media Campaign <http://www.suicideispreventable.org>
- Community Anti-Drug Coalitions of America: <http://www.cadca.org>
- International Coalition for Addiction Studies Education: <http://incase.org>
- Los Angeles County Department of Mental Health: <http://dmh.lacounty.gov>
- Los Angeles County Department of Public Health: <http://publichealth.lacounty.gov>
- National Alliance on Mental Illness <http://www.nami.org>
- National Association for Addiction Professionals: <http://www.naadac.org>
- National Center on Addiction and Substance Abuse at Columbia: <http://www.casacolumbia.org>
- National Drug Court Institute: <http://ndci.org>
- National Institute on Drug Abuse: <http://www.drugabuse.gov>
- Substance Abuse and Mental Health Services Administration: <http://www.samhsa.gov>
- UCLA Integrated Substance Abuse Programs: <http://www.uclaisap.org>

The Substance Abuse Prevention and Control (SAPC) program, a division of the Los Angeles County Department of Public Health, has the primary responsibility of administering the County's alcohol and drug programs.

SAPC provides a wide array of alcohol and other drug prevention, treatment, and recovery programs and services through contracts with community-based organizations.

Visit us at <http://publichealth.lacounty.gov/sapc>.

To submit suggestions or comments, email Christina Morgan at cmorgan@ph.lacounty.gov.

Substance Abuse Prevention and Control Program
Los Angeles County Department of Public Health
1000 South Fremont Avenue
Building A-9 East, 3rd Floor
Alhambra, CA 91803

DABBLE mUCH IN sOCIAL mEDIA?

Have you ever looked at SAMHSA's "Talk. They Hear You." Campaign?

This national media campaign is aimed reducing underage drinking. This campaign provides information to parents and caregivers to help them talk about alcohol with their kids.

For more information, visit the campaign website at: <http://www.samhsa.gov/underage-drinking>.

To see recent posts on Twitter, search for #TalkTheyHearYou. You can also view campaign PSAs on [YouTube](#).

Twenty federal and national organizations have partnered with the "Talk. They Hear You." Campaign. Check the website for more information.

Here's a small selection of resources you can access and customize:

[Parent Brochure Template \(PDF | 479 KB\)](#)
[\(en español\)](#)

[Why You Should Talk With Your Child About Alcohol \(DOC | 53 KB\)](#) [\(en español\)](#)

[Family Agreement Form: Avoiding Alcohol \(DOC | 4 MB\)](#) [\(en español\)](#)

[Answering Your Child's Tough Questions About Alcohol \(DOC | 3.9 MB\)](#) [\(en español\)](#)

[The Consequences of Underage Drinking \(DOC | 3.9 MB\)](#) [\(en español\)](#)

[How To Tell If Your Child Is Drinking \(DOC | 4 MB\)](#) [\(en español\)](#)

[What You Can Do To Prevent Your Child From Drinking \(DOC | 53 KB\)](#) [\(en español\)](#)

[Why Your Child Might Start Drinking \(DOC | 4 MB\)](#) [\(en español\)](#)

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