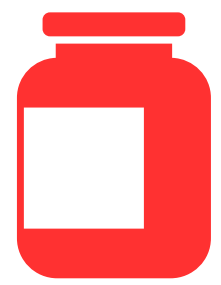


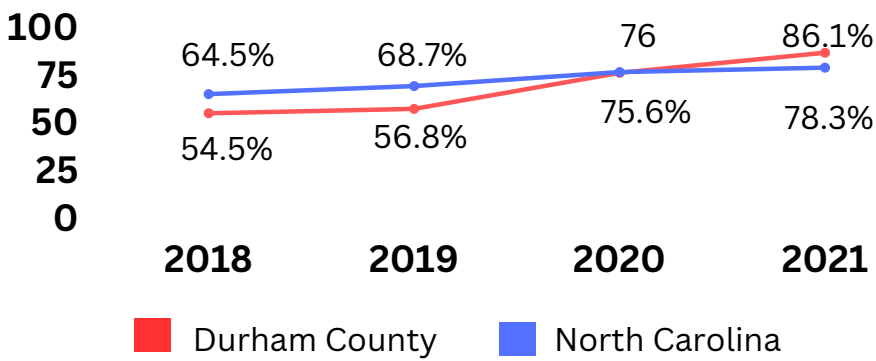
Opioid epidemic: Durham County, NC



"Opioids include many types of prescription pain relievers, heroin and fentanyl. If you take any of these drugs, you are at risk for overdose, substance use disorder and/or addiction."¹

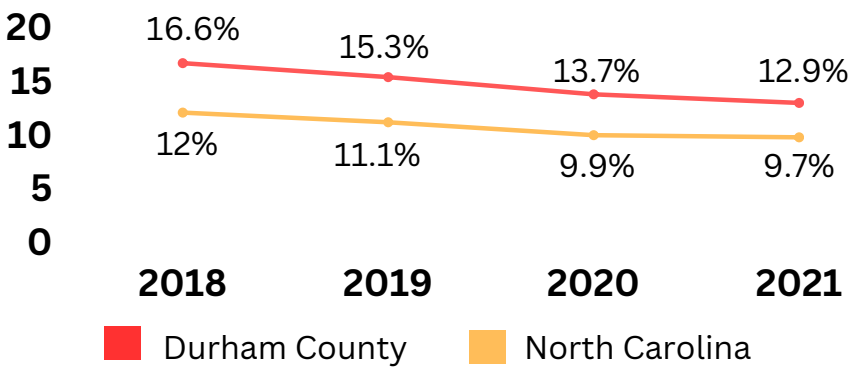
"Overdose deaths remain a leading cause of injury-related death in the United States. The majority of overdose deaths involve opioids."²

Percentage of opioid overdose deaths in Durham County and NC.³

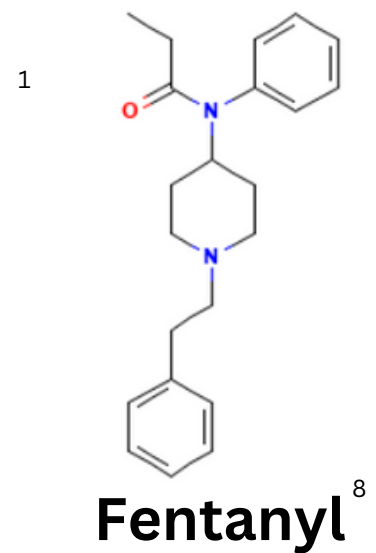


Stress and isolation due to the COVID-19 pandemic likely explains the sharp increase in overdoses and overdose deaths.¹

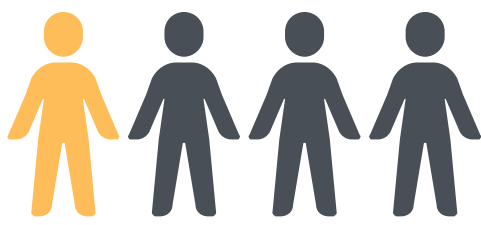
Percentage of residents prescribed opioids in Durham County and NC.³



From 2016-2020, Durham County's opioid death rate per 100,000 was **12.5**.¹ In 2021, this rose to **34** deaths per 100,000.⁴

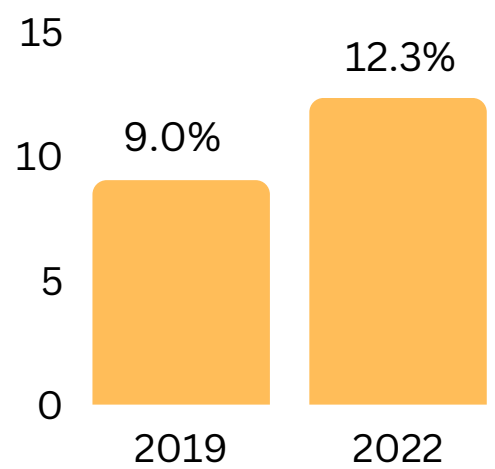


Substance use and mental health



1 in 4 adults living with a serious mental health problem also has a substance use problem. Substance use problems are more frequently seen in people with depression, anxiety,⁹ schizophrenia, and personality disorders.

The 2019 and 2022 County-Wide Durham County Community Health Assessment survey participant's responses to how they deal with stress. 9.0% and 12.3% reported using drugs and/or alcohol to deal with stress in 2019 and 2022 respectively.¹⁰



Signs of an overdose:⁵

- Small, constricted pupils
- Falling asleep or losing consciousness
- Slow, weak, or no breathing
- Choking or gurgling sounds
- Limp body
- Cold, clammy, and/or discolored skin

CALL 911 if you think someone is overdosing!

Opioid epidemic: Durham County, NC



What is Durham County doing to help?



Durham County is set to receive **\$11.6 million** over the next 18 years in opioid settlement money. Community members have suggested using the money for acknowledging those lost to overdoses and their loved ones and to expand treatment plans.¹¹

Free at-home Naloxone kits:



In 2016, North Carolina became the 3rd state to have a statewide standing order to administer Naloxone to anyone who meets criteria.¹² This is available by any licensed pharmacy in the state and does not require a prescription. Naloxone is FDA approved to reverse the effects of an opioid overdose.¹³ The Durham County Department of Public Health offers free sterile syringes and Naloxone kits available at the pharmacy at **414 E Main St Durham, NC 27701**.

Safe Syringes Program:



At the Durham County Department of Public Health Pharmacy and at mobile sites throughout the county, one can pick up free sterile syringes and dispose of used syringes. HIV, Hepatitis C testing, mental health and substance use services are available at these sites as well.¹⁴

Community Linkages to Care (CLC) Support Program

CLC is a program created by the Durham County Department of Public Health. It offers many services and strives to connect Durham County residents to treatment and support for substance use or addiction.¹⁵

Call **919-695-3246 or 919-560-7305** to reach a CLC specialist.¹⁵

Peer Support Specialists (PSS)

- Specialists are people living in recovery with substance use disorder or mental illness.
- Specialists help others by sharing their lived experiences.
- Provide free of charge services such as take home Naloxone kits, links to harm reduction, housing, food, job resources, and help preparing for recovery meetings.

Outreach

- Durham Post-Overdose Response Team (PORT) is made up of PSS and Emergency Medical Services. community paramedics. The PORT visits and provides support to each person within 72 hours after they overdose.
- Duke University Health System refer patients with substance use disorder to PSS.
- Durham County Detention Center offers peer support for those with substance use disorder who are released from detention centers.

Together for Resilient Youth (T.R.Y.) in Durham provides opioid recovery and prevention services to Durham County residents. <https://try4resilience.org/>

Resources:

1. North Carolina Opioid Settlements. Data dashboard opioid indicators. Available here: <https://ncopioidsettlement.org/data-dashboards/opioid-indicators/>
2. Centers for Disease Control and Prevention. Understanding drug overdoses and deaths. Feb 14, 2022. Available here: <https://www.cdc.gov/drugoverdose/epidemic/index.html>
3. NC DHHS. Opioid and Substance Use Action Plan Data Dashboard. Available here: <https://www.ncdhhs.gov/opioid-and-substance-use-action-plan-data-dashboard>
4. NC Department of Health and Human Services. Medication and drug overdose in Durham County. Available here: <https://injuryfreenc.dph.ncdhhs.gov/DataSurveillance/StatewideOverdoseSurveillanceReports/CountyOverdoseDeathSlides/durhamcountyoverdosedeadthslides.pdf>
5. Centers for Disease Control and Prevention. Fentanyl Facts. Available here: <https://www.cdc.gov/stopoverdose/fentanyl/index.html>
6. Durham County News. July 6, 2022. Investigators stop Fentanyl delivery in Durham. Available here: <https://www.dconc.gov/Home/Components/News/News/9030/31?page=76>
7. Drug Enforcement Administration. Public Safety Alert. Available here: <https://www.dea.gov/alert/dea-laboratory-testing-reveals-6-out-10-fentanyl-laced-fake-prescription-pills-now-contain>
8. PubChem. Fentanyl. Available here: <https://pubchem.ncbi.nlm.nih.gov/compound/Fentanyl>
9. Mentalhealth.gov. March 10, 2022. Mental Health and Substance Use Co-occurring disorders. Available here: <https://www.mentalhealth.gov/what-to-look-for/mental-health-substance-use-disorders>
10. 2019 and 2022 County-wide Durham County Community Health Assessments. Available here: www.healthydurham.org
11. ABC 11 Eyewitness News. March 20, 2023. 'What about the victims?' Durham hears community feedback on how to hand out opioid settlement money. Available here: <https://abc11.com/durham-opioid-settlement-money-drugs/12984093/>
12. NC Department of Health and Human Services. Syringe and Naloxone Access. Available here: <https://www.ncdhhs.gov/about/department-initiatives/overdose-epidemic/syringe-and-naloxone-access>
13. Substance Abuse and Mental Health Services Administration. Naloxone. Available here: <https://www.samhsa.gov/medications-substance-use-disorders/medications-counseling-related-conditions/naloxone>
14. Durham County. Safe Syringe Program. Available here: <https://www.dcopublichealth.org/services/pharmacy/safe-syringe-program>
15. Durham County. Community Linkages to Care Peer Support Program. Available here: <https://www.dcopublichealth.org/services/health-education/opioid-substance-use-and-addiction-services/community-linkages-to-care-clc-peer-support-program>