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Barriers to Alternative Narcotic Education and Treatment in Young Adults in New Jersey

Shubh Bhambri
Rowan University

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Barriers to Alternative Narcotic Education and Treatment in Young Adults in New Jersey

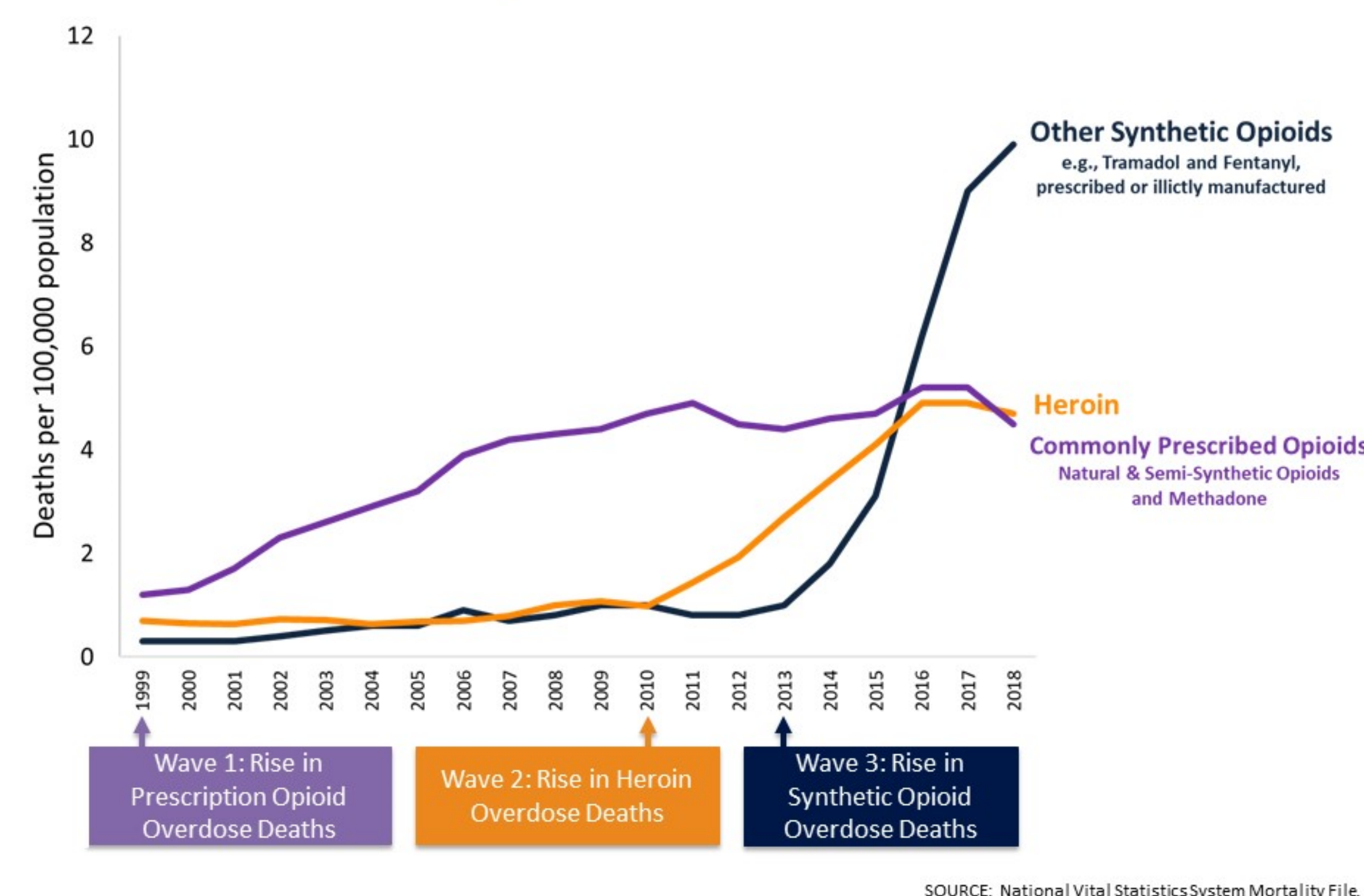
Shubh Bhambri, OMS-II, Rowan University School of Osteopathic Medicine

BACKGROUND

Opioid Epidemic

- Between 1999 to 2018, over 450,000 people have died from an opioid overdose ¹
 - In 2018, 46,802 deaths were reported due to opiate use alone ²
 - New Jersey made up 2,583 of these deaths
- Three waves:
 - Wave 1: Prescription opioids
 - Wave 2: Heroin
 - Wave 3: Synthetic opioids

3 Waves of the Rise in Opioid Overdose Deaths



Costs

- Economic: approximately \$78.5 billion per year, netting over 1 trillion since the War on Drugs began ³
 - New Jersey spends over \$700 million per year in legal processing for drug offences ⁴
- Healthcare costs: \$11.3 billion ⁵

OBJECTIVES

The purpose of this study is to determine alternative methods and programs that result in better outcomes for young adults dealing with opioid addiction in New Jersey while identifying potential barriers that prevent the implementation of these programs.

METHODS

Data Collection

- Utilization of various clinical databases and government information pages
 - Studies used different methodologies
 - Studies prior to 2010 excluded

Data Analysis

- Comparative analysis between effectiveness of different programs, health care outcomes, and barriers

RESULTS

Alternative Education and Treatment Programs

12-Step Recovery / Narcotic Anonymous	• significantly higher levels of abstinence at the one-year mark ⁶
Methadone Clinics	• long-term efficacy three times greater than that of buprenorphine-naloxone maintenance ⁷
Needle Exchange Programs and Supervised Injection Sites	• improved short and long-term health outcomes in the studied population (HIV, HepC) ⁸
Naloxone Education and Training	• approximately 20% of participants able to reverse OD ⁹

Barriers to Success

Stigma	<ul style="list-style-type: none"> perceived lack of self-control and decision-making ability ¹⁰ disapproval by 27% of pharmacists and undecided on by 23% of pharmacists ⁸
Safety	• unsafe environment for younger members ¹¹
Participation and Attrition	• stress, stigmatization, demographic factors, relapse, and lack of retention in educative materials ¹²
Economics	<ul style="list-style-type: none"> lack of state funding or approval unsubsidized costs

DISCUSSION

- Alternative methods of addiction management provide better health outcomes and can save costs
- Improving education for public can reduce stigmatization and increase safety for affected individuals
- Funding for alternative programs in New Jersey should become primary method
 - New Jersey ranked 7th highest in country in deaths with 10.33% ¹³
 - Changes made to prescription laws ²
- Policy development and efficacy research

LIMITATIONS

- Incomplete information on benefits and shortcomings of alternative methods
- Limited control over methodology
- Comparative analysis

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