



SANTA CLARA COUNTY
Behavioral Health Services

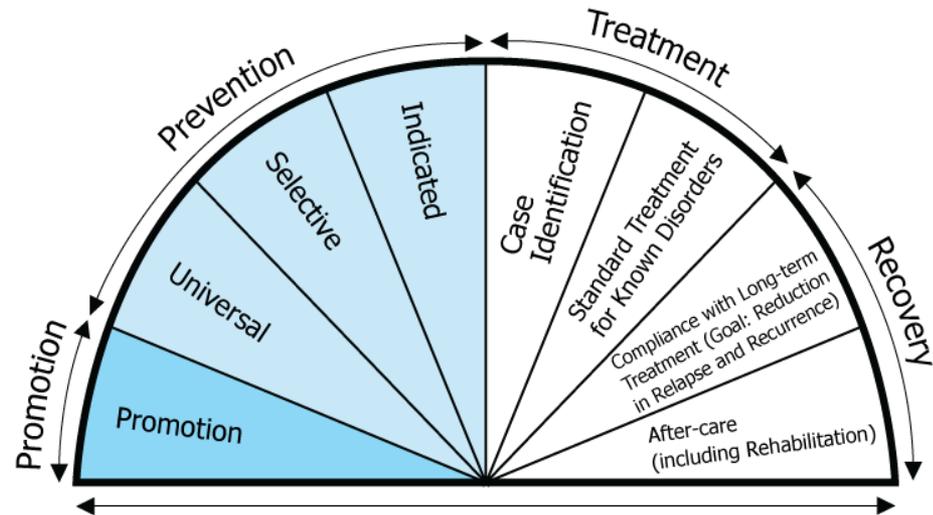
SUBSTANCE USE PREVENTION SERVICES
FEBRUARY 2017

PREVENTION: FROM THE SUBSTANCE USE PERSPECTIVE

Substance Use Prevention is the process to prevent the onset of substance use or limit the development of problems and negative consequences associated with using psychoactive substances. Those substances may include but are not limited to alcohol, marijuana, cocaine, methamphetamine, steroids, club drugs, opioids (and added more recently) over the counter and (Rx) prescribed drugs.

SCC – BHSD/SUPS

- Funding: SAMHSA/CSAP – 20% Primary Prevention Set-Aside
- Prevention Model:



- Prevention Strategies: Outreach, Education, Information Dissemination & Referral, Advocacy and Environmental

PREVENTION: OLDER ADULTS AND MARIJUANA

According to Dr. Susan Weiss, the Scientific Advisor to the Director of the National Institute of Drug Abuse, “We know from our national survey that the prevalence of marijuana use in this generation of older people is higher than in previous generations”.

7.5% of adults between the ages of 50 and 59 and 2.1% of those 60+ used marijuana in 2011.

The negative effects of marijuana can be even stronger in older users as compared to younger smokers, must consider:

- Cognitive impairment
- Increased heart rate, rate of breathing and blood pressure
- Medicine Interactions
- Potency, marijuana is a LOT stronger these days, 2-3% THC compared to 9-10% now
- Addiction

This is what we are up against:

CBS Sunday Morning Show:

<https://www.youtube.com/watch?v=VneCaYJUHNE>

SUBSTANCE USE PREVENTION AND OLDER ADULTS

National Stats *

- **Alcohol** - There are 2.5 million older adults with an alcohol or drug problem.
- **Rx Drugs** - Nearly 17 million prescriptions for tranquilizers are prescribed for older adults each year.

Alcohol and drug problems, particularly prescription drug abuse, among older adults is one of the fastest growing health problems facing the country.

Although people 65 years of age and older comprise only 13% of the population, they account for almost 30% of all medications prescribed in the United States.

Due to increased rate of illness, changes in the body's capacity to process medications (increased medication sensitivity as well as slower metabolism and elimination), and the potential for drug interactions, older adults are more likely to experience prescription drug abuse and addiction.

*www.ncadd.org/about-addiction/seniors/alcohol/drug-dependence-and-seniors

SUBSTANCE USE PREVENTION AND OLDER ADULTS

What we know locally:

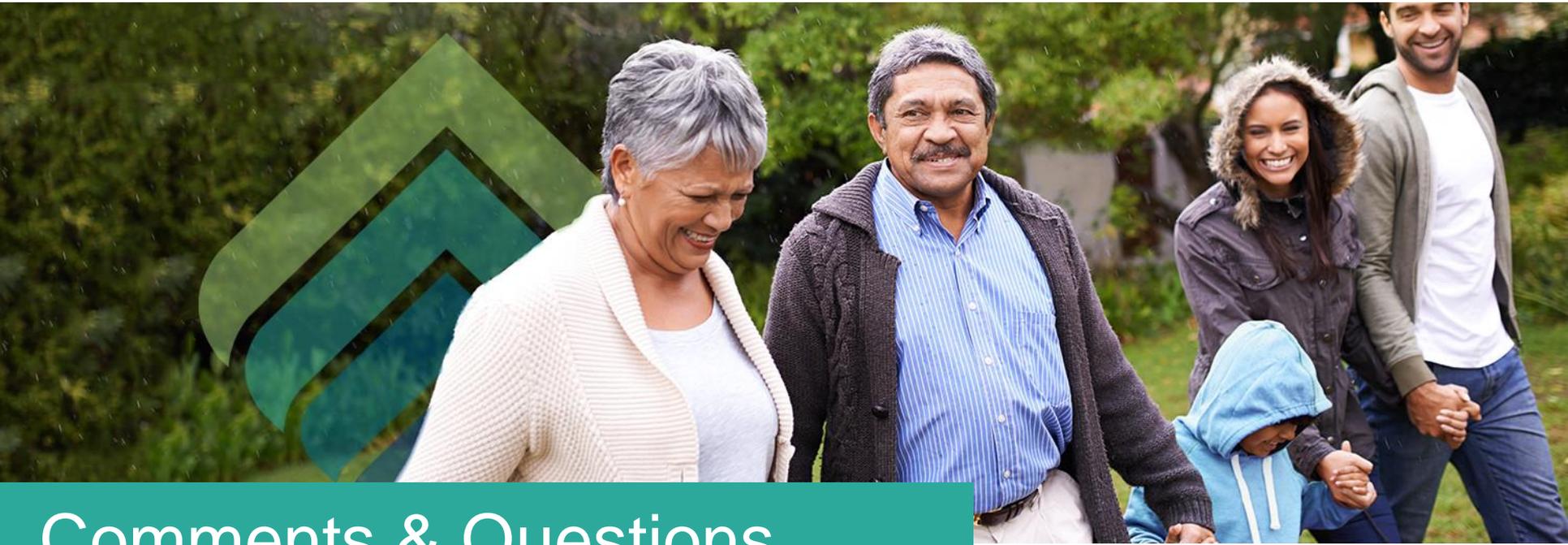
- Santa Clara County Health Advisory: Opioid Overdoses
- Opioid –related deaths (2009-2013)
- Opioid –related emergency department visits
- 2013 to 2015 Drug Overdose (Redacted) reveals a total of 166 deaths due to drug overdose, determined to be by Accident, Suicide or Undetermined, with 78 (48%) of those deaths were adults 50 years or older

SUBSTANCE USE PREVENTION AND OLDER ADULTS

Current and Future Services

SUPS (previously known as DADS) Strategic Plan for April 1, 2014 to June 30, 2019 has a focus on youth and parents. However, the plan was amended in June 2016 to address prescription drug use for both youth and adults. With the amendment, prevention services have been expanded to include:

- Prevention education workshops for Seniors in the Vietnamese communities,
- Senior Outreach Team: gather resources for seniors within the county. New staff hired dedicated focus on providing outreach to senior serving organizations
- Outreach to Veterans.



Comments & Questions