



## Managing the Opioid Epidemic

### The Challenge

The opioid epidemic is costing lives and driving healthcare spending. In 2017, more than 191 million opioid prescriptions were dispensed in the U.S., and in 16% of U.S. counties, enough opioid prescriptions were dispensed for every person to have one.

Some startling facts about the opioid epidemic from the CDC include:

- In 2018, more than **72,000 Americans died from opioid overdoses**, a new record that equates to 200 a day.
- In 2017, the prescribing rate was **58.7 prescriptions per 100 people**, but some counties had rates that were seven times higher.
- Opioid use and overdose are on the rise; the **overdose rate increased 30%** from July 2016 through September 2017; however, that rate is **70% in the Midwestern region**.
- About **80%** of people who use heroin first misused prescription opioids.

The rising negative health consequences of prescription opioids also affect the costs of healthcare. On average, healthcare costs for people with opioid use disorder (OUD) are eight times higher than for people without OUD.

Training helps healthcare providers better understand, prevent and treat opioid use and misuse within the context of whole person health. In addition, better opioid management may have short- and long-term financial savings, even as Medicare and Medicaid appear to be developing reimbursement criteria around prescription and utilization.



## The Solution

Relias has opioid-specific training content for **all provider staff** who address, prescribe or treat clients who use and/or misuse opioids. It includes a wide variety of topics to help staff better understand the addiction process, evidence-based practices and co-occurring mental health conditions that impact treatment success.

Staff can easily access and complete the courses at their own convenience from our user-friendly, online learning management system.

Opioid-specific training helps improve:

- Health outcomes
- Awareness of opioid abuse and treatment best practices
- Learning convenience and accessibility
- Short- and long-term financial savings
- Management of opioid abuse growth due to universal training

**Relias can help you fight the opioid epidemic.**

**GET STARTED**

### Substance Use Screening and Treatment Content

1. Foundational Knowledge/Diagnoses  
*Topics include: co-occurring disorders, biopsychosocial model of addiction, other substance use disorder criteria*
2. Treatment Theories and Techniques  
*Topics include: motivational interviewing, harm reduction, SBIRT, the Twelve Steps*
3. Recovery/Relapse Prevention  
*Topics include: early recovery, best practices in treatment engagement, cultural issues in recovery*
4. Client Populations/Special Considerations  
*Topics include: working with the family, women, transitional aged youth, military and veterans, LGBTW community*
5. Professional Skills  
*Topics include: ethical decision making, documentation, dual relationships, boundaries*

### Opioid-Specific Training Content

- Medication-Assisted Treatment in Opioid Addiction
- Clinical Practice Guidelines for Prescribing Opioids
- History and Evolution of Pain Management and Opioid Use in America
- Kratom: Herbal Supplements and Opioids
- The Treatment of Chronic Pain
- Treating the Opioid Epidemic
- Core Competencies for Opioid Use Disorder
- Assessing Opioid Abuse in Families
- From Prescription Opioid Abuse to Heroin Use in Youth and Young Adults
- Opioid Abuse in Adults
- Screening, Brief Intervention, and Referral to Treatment of Older Adults With Opioid SUD
- Treatment of Opioid Dependence Among Adolescents and Young Adults

#### Resources

U.S. Opioid Prescribing Rate Maps | Drug Overdose | CDC Injury Center. Cdc.gov. <https://www.cdc.gov/drugoverdose/maps/rxrate-maps.html>. Published 2019. Accessed March 5, 2019.

HHS0919FS1287-00

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