



The Governor's Office of Drug Policy

WELCOME

**Drug Policy Board
Regular Business Meeting
July 18, 2024**



The Governor's Office of Drug Policy

Welcome and Introductions





The Governor's Office of Drug Policy

Old Business



The Governor's Office of Drug Policy

Review and Approve Minutes from Previous Meeting





The Governor's Office of Drug Policy

New Business



The Governor's Office of Drug Policy

Update on Drug Policy Board Membership - Dr. Shayla Polk, Director, Office of Drug Policy



Presentation with Open Discussion: Open Health Care Clinic - Dr. Jamie Barney, LCSW-BACS, Vice President of Behavioral Health Services and Dr. Jemiela Castleberry, LCSW-BACS, Behavioral Health Manager

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OPEN
HEALTH
CARE CLINIC

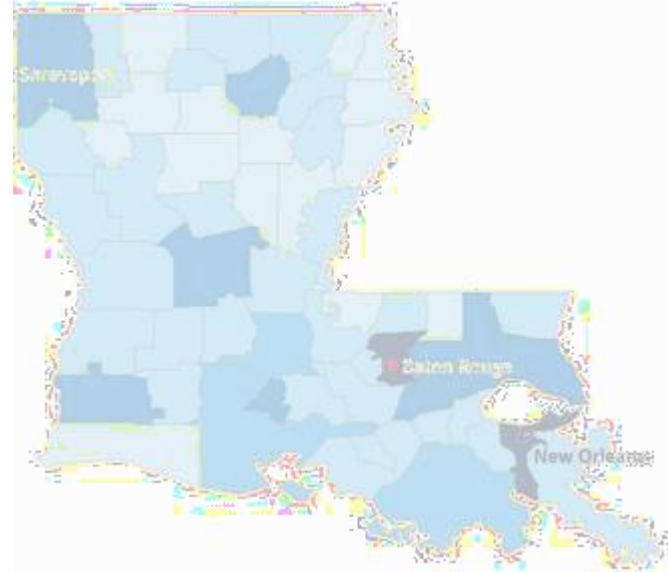
Drug Policy Board Meeting

**Dr. Jamie Barney, LCSW-BACS,
VP of Behavioral Health**

**Dr. Jemiela Castleberry, LCSW-BACS,
Behavioral Health Manager**

HIV/AIDS Alliance for Region Two (HAART), Inc dba Open Health Care Clinic (OHCC)

- Established in 1995
- Housing programs 2001
- Full service medical clinic 2007
- FQHC Status in 2015



Whole Care for the Whole Community

Our Services

PRIMARY CARE

PEDIATRICS

WOMEN'S HEALTH

ENDOCRINOLOGY

PODIATRY



SEXUAL HEALTH

PHARMACY

DENTAL

BEHAVIORAL HEALTH

SOCIAL SERVICES

Location of Services

- Mid-City Clinic
- HAART Clinic
- Denham Springs Clinic
- Women & Children's Clinic (Colonial)
- Mobile Unit #1



Baranco YMCA Clinic

Dental Clinic

9516 Airline Hwy

School Based Health Center

One Stop (Dental)



Chronic conditions i.e. PLWH

Persons experiencing homelessness

Mental Health/Substance Use Disorder

Persons with no/low income

Spanish Speaking

Vulnerable Subpopulations

Behavioral Health Team



Jamie Barney, DSW,
LCSW-BACS
Vice President of
Behavioral Health



Jemiela Castleberry,
DBH, LCSW-BACS
Behavioral Health
Manager



John Fidanza, PsyD
Medical Psychologist



Latrice Mallard, CNP
Psychiatric Nurse
Practitioner



Latona Lenard, PMNHP
Psychiatric Mental Health
Nurse Practitioner



Lynn Schlossberger, LPC
Counselor



Latisha Danja, LPC
Counselor



Tanisha Winfrey, LCSW
Counselor



Heather Poirrier, LCSW
Counselor



Erika Levet, LPC
Counselor



Ryann Hollis, LCSW
Counselor



Gill Jasmine, LPC
Counselor



Victoria Young, LPC
Counselor



Anitra Robinson, LPC
School-Based Counselor

Behavioral Health

Individual Counseling
Group Counseling
Medication Management
School-Based Services
Support Groups
Consumer Advisory Boards
Crisis Intervention



Disparities

Disparities in substance misuse and mental health are significant public health concerns that affect populations differently due to the following factors:

- Socioeconomic status
 - Access to Treatment
 - Stress and Trauma
- Race and Ethnicity
 - Cultural Barriers
 - Discrimination and Racism
- Gender
 - Substance Use Patterns
- Geographic Location
 - Urban vs. Rural
 - Resource Allocation



Social Determinants of Health

"Conditions in which people are
born, grow, live, work, and age."

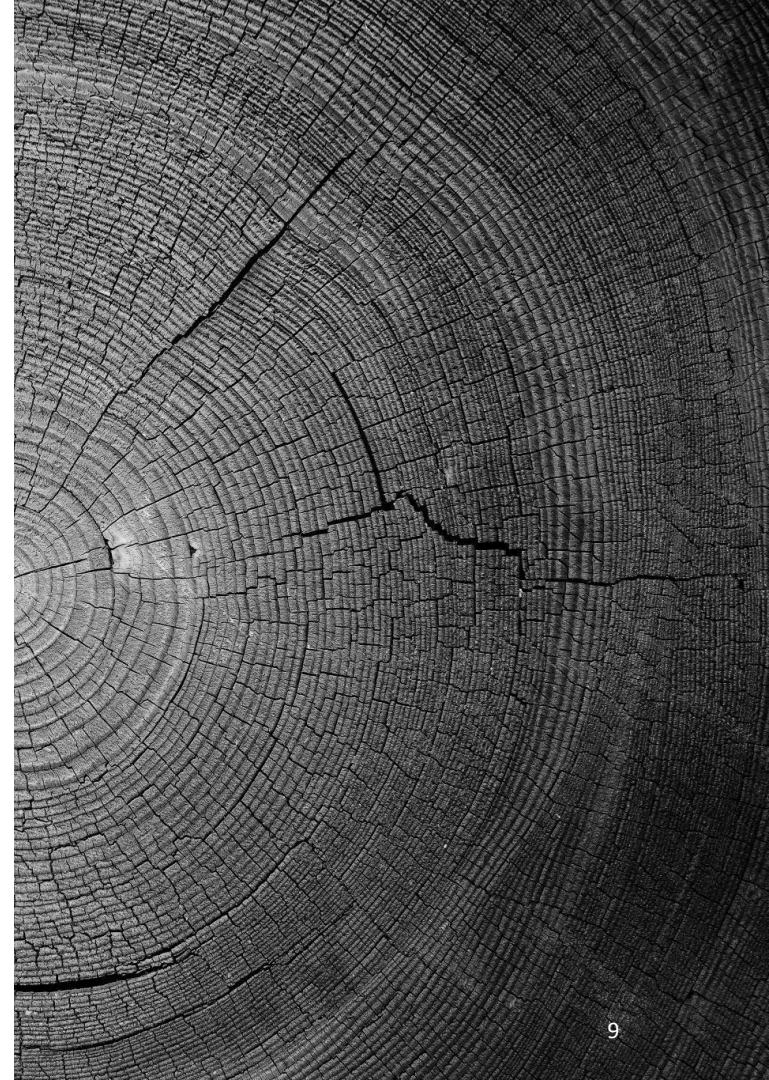
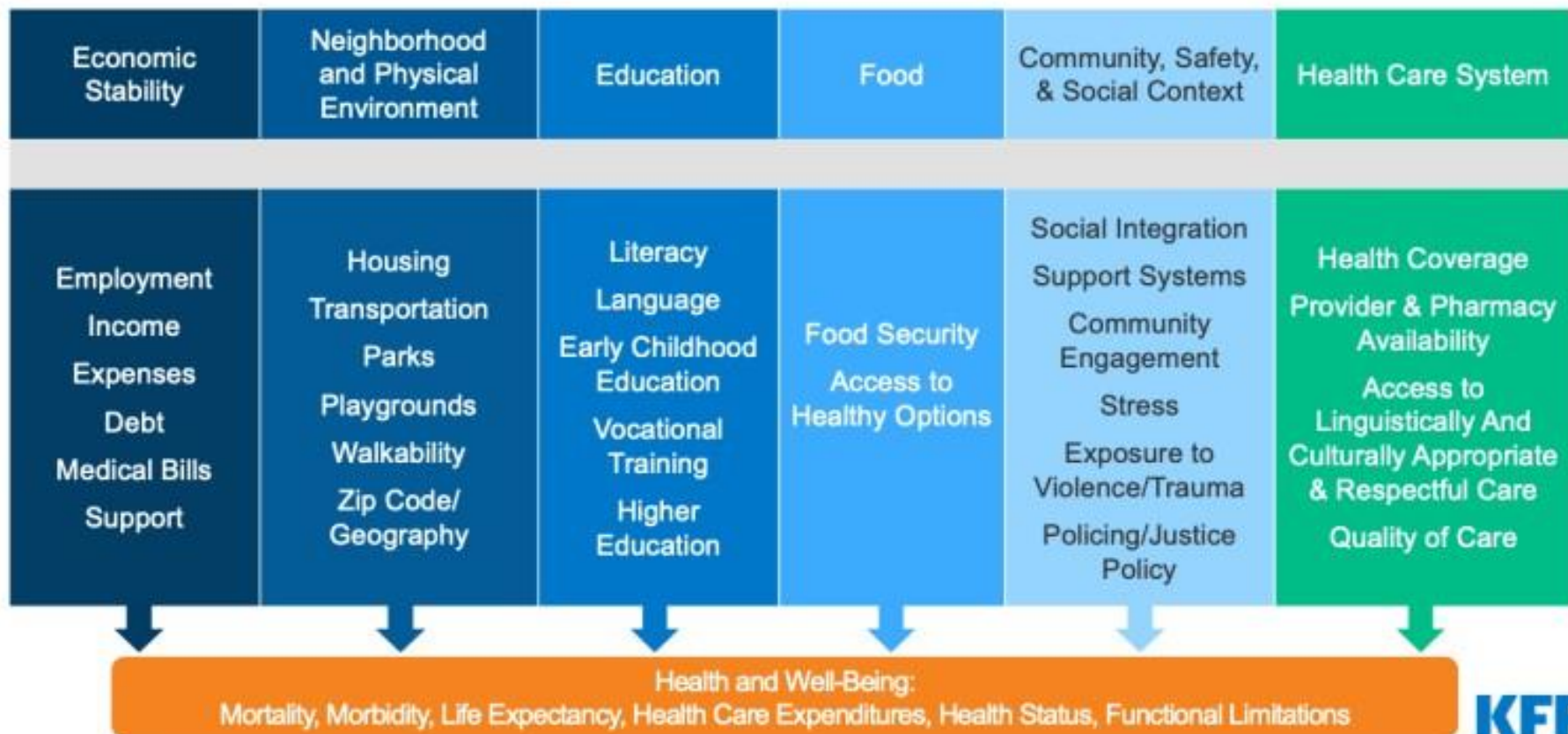


Figure 1

Social Determinants of Health



Statistics on Co-Occurring Disorders

- According to the Substance Abuse and Mental Health Services Administration (SAMHSA), approximately **9.2 million adults** in the United States had co-occurring mental health and substance use disorders in 2018.
- About **50% of individuals** with severe mental health disorders are affected by substance use disorders.
- Similarly, around **37% of alcoholics** and **53% of drug addicts** have at least one serious mental illness.
- People with mood or anxiety disorders are about **twice as likely** to also suffer from a substance use disorder compared to the general population.

Common Co-Occurring Disorders

Depression and Substance Use Disorders

Anxiety Disorders and Substance Use

Bipolar Disorder and Substance Use

Post-Traumatic Stress Disorder (PTSD) and Substance Use

Schizophrenia and Substance Use



Treatment of Co-Occurring Disorders

Integrated Treatment

Psychotherapy

- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavior Therapy (DBT)
- Motivational Interviewing

Medication Management

- Prescription management

Support Services

- Case Management
- Peer Support



Integration at Open Health Care Clinic

Universal Screening Process

- Depression (PHQ/9)
- Anxiety (GAD-7)
- DAST (Drug Abuse Screening)
- AUDIT (Alcohol Use Disorder)



Screening, Brief Intervention, and Referral to Treatment (SBIRT)

- Identify patients who use alcohol and drugs at severe levels
- Refer to treatment

Addressing Disparities

Policy and Legislative Reforms

- Implementing policies that improve access to healthcare, reduce stigma, and promote mental health and substance use education can help address these disparities.

Increasing Community-Based Programs

- Tailoring interventions to specific communities and involving local leaders can increase the effectiveness of prevention and treatment programs.

Education and Awareness

- Community Education

Access to Quality Healthcare

- Community Health Centers
- Affordable Care
- Telehealth Services

Social Support Service

- Mental Health Services
- Substance Use Treatment



Reducing The Gaps

- Open Health Care Clinic plans to expand behavioral health resources to
- address the gaps in treatment for substance and mental health.

- Grant Expansion
 - Substance Use Counselor
 - Community Health Worker

- Medicated Assisted Treatment
 - Vivitrol



Resources

- **Individual Counseling** One size DOES NOT fit all
- **Support Groups**
- **Consumer Advisory Boards**
- **Primary Care Provider**
- **Psychiatry**
- **Emergency/Crisis Interventions**
 - National Suicide Prevention Line (988)
 - 911
- **Nearest Emergency Department**
- **Intensive Outpatient Services**
- **Detox and Rehabilitation Centers**
- **Medication-Assisted Treatment (MAT)**





Thank You

Contact Information:

Jamie Barney, DSW, LCSW-BACS

(P) 225-424-1767

Jemiela Castleberry, DBH, LCSW-BACS

(P) 225-424-1812



Presentation with Open Discussion: Effective Strategies for Addressing Drug Misuse among Youth and Young Adults - Dr. Shayla Polk, LCSW Director, Office of Drug Policy and Cortalya Muse, M.S., B.S. - Prevention Systems Manager

Effective Strategies for Addressing Drug Misuse among Youth and Young Adults

Prevention and Intervention Approaches

**Dr. Shayla Polk, LCSW
Cortalya Muse, M.S., B.S.**

Definition and Scope

Drug Misuse: Refers to the use of legal or illegal substances in ways that are harmful to the individual or others. This includes using prescription medications beyond their prescribed dosage, using illicit drugs, or using legal substances like alcohol and tobacco excessively.

DRUG



Drug Misuse and Abuse

- **Drug misuse** may lead to drug abuse
- **Drug abuse** is the intentional use of a drug when no medical or health reasons exist.
 - People may use OTC and Rx drugs, as well as illegal drugs.
 - **Illegal drugs** are drugs whose use, sale, or purchase is outlawed by the government.
Examples: cocaine, marijuana, heroin, etc.
Alcohol and tobacco are illegal for minors.
 - Drug use refers to drug misuse and abuse



Drug Misuse in Youth and Adults

Drug misuse is a significant public health issue affecting individuals of all ages. While the specific challenges and consequences vary between youth and adults, both populations face serious risks.



Trends in Adolescent Substance Use (2022)

Data Source

Monitoring the Future Survey. This data comes from the Monitoring the Future survey, which examines substance use behaviors and attitudes among eighth, 10th, and 12th graders in the United States.

Nicotine Vaping

Stability Across Grades: 12% of eighth graders, 20.5% of 10th graders, and 27.3% of 12th graders reported vaping nicotine in the past year.

Cannabis Use

Consistent Usage: 8.3% of eighth graders, 19.5% of 10th graders, and 30.7% of 12th graders reported using cannabis in the past year.
Vaping Cannabis: 6% of eighth graders, 15% of 10th graders, and 20.6% of 12th graders reported vaping cannabis, with stable trends among eighth and 12th graders and a slight increase among 10th graders.

Alcohol Use

Stable for Younger Grades: 15.2% of eighth graders and 31.3% of 10th graders reported alcohol use.
Return to Pre-Pandemic Levels: 51.9% of 12th graders reported alcohol use, similar to pre-pandemic levels.

Illicit Drug Use (Excluding Marijuana)

Low and Steady Rates: 4.9% of eighth graders, 5.7% of 10th graders, and 8% of 12th graders reported using illicit drugs other than marijuana.
Specific Substances: Use of cocaine, heroin, amphetamines, and nonmedical prescription drugs remained low and steady.

Narcotics Use

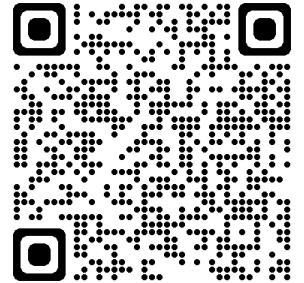
Slight Increase in 12th Graders: 1.7% of 12th graders reported using narcotics other than heroin, consistent with pre-pandemic levels.

This summary provides a comprehensive comparison between national data and specific statistics for Louisiana, highlighting key differences and trends in youth substance use.

National Statistics on Youth Drug Use Among Youth and Young Adults

Statistics/Key Findings (National Center for Drug Abuse Statistics, 2023)

- **61%:** Increase in drug use among 8th graders between 2016
- **62%:** Of 12th graders have abused alcohol.
- **50%:** Of teenagers have misused a drug at least once.



This summary provides a comprehensive comparison between national data and specific statistics for Louisiana, highlighting key differences and trends in youth substance use.

Comparative Analysis with National Data

Teenagers in Louisiana are 23.76% less likely to have used drugs in the last month than the average American teen.

Detailed Findings for Louisiana

- **6.35%:** Of 12- to 17-year-olds report using drugs in the last month (approx. 23,000 individuals).
- **78.26%:** Of those report using marijuana in the last month.
- **8.56%:** Of 12- to 17-year-olds report using marijuana in the last year.
- **0.28%:** Reported using cocaine in the last year.
- **0.28%:** Report using methamphetamines.
- **0.14%:** Used heroin (data is limited).
- **2.49%:** Report misusing pain relievers.
- **9.94%:** Of 12- to 17-year-olds used alcohol in the last month, 8.64% more likely than the national average for their age group.

This summary provides a comprehensive comparison between national data and specific statistics for Louisiana, highlighting key differences and trends in youth substance use.

Comparative Analysis with National Data

Louisiana Young Adult Drug Use Statistics

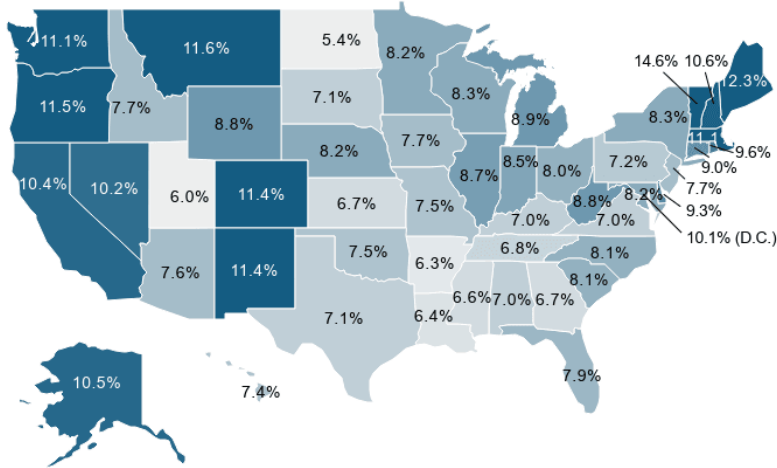
- **18- to 25-Year-Olds in Louisiana**
- **129,000:** Adults aged 18- to 25-years-old used drugs in the last month.
- Young adults in Louisiana (18-25) are 22.27% less likely to use drugs than the national average for their age group.

Substance Use Disorders in Louisiana Teens

- **2.49%:** Of 12- to 17-year-olds met the criteria for illicit drug use disorder (IDUD) in the last year.
- **1.38%:** Of 12- to 17-year-olds met the criteria for alcohol use disorder (AUD) in the last year.

Stimulant Abuse

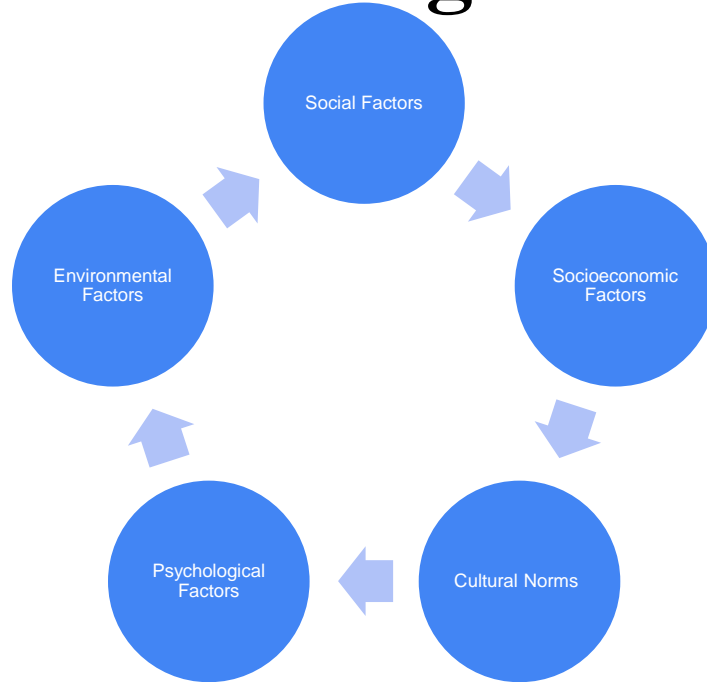
Illicit Drug Use in the Last Month Among 12- to 17-year-olds



- Youth are more likely to abuse [prescription](#) stimulants than they are to abuse cocaine or amphetamines.
- 5.0% of 12- to 17-year-olds report using cocaine in the last year.
- 8.9% of 8th graders have tried amphetamines in their lifetime.
- 1.1% have tried methamphetamine.
- 8th graders in 2020 are 56.1% more likely than 2017's 8th graders to have tried amphetamines.
- 1.6% of 12th graders have used crack cocaine at least once.
- In the past year, 4.4% of 12th graders have used Adderall while 4.3% have used amphetamine.
- 1.7% have used Ritalin while 1.4% used methamphetamine.

<https://drugabusestatistics.org/teen-drug-use/>

Factors Contributing to Drug Misuse



Social Factors

Peer Pressure and Influence

Peer pressure can significantly impact individuals, especially adolescents and young adults. Friends or social groups may encourage experimentation with drugs as a way to fit in, seek approval, or bond over shared experiences. The desire to conform can lead to risky behaviors, including drug misuse.

Socioeconomic factors (poverty, unemployment)

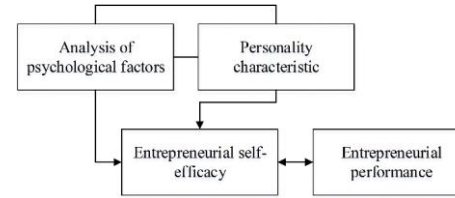
Poverty and unemployment often correlate with higher rates of drug misuse. Individuals in economically disadvantaged situations may use drugs as an escape from their struggles or to cope with feelings of hopelessness and frustration. Limited access to resources and support systems can exacerbate these issues, leading to substance abuse.

Cultural norms and societal acceptance of drug use

Cultural attitudes toward drug use can influence individual behavior. In societies where drug use is normalized or glamorized, individuals may feel more inclined to engage in such behaviors. Cultural acceptance can diminish the perceived risks associated with drug misuse, making it more likely for individuals to partake.



Psychological Factors



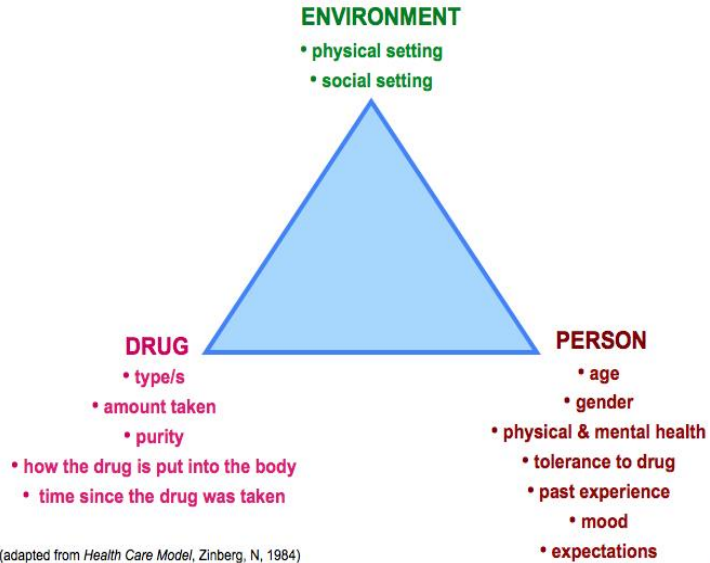
Stress, Anxiety, and Mental Health Disorders:

Many individuals misuse drugs as a way to alleviate psychological distress. Conditions such as depression, anxiety, or post-traumatic stress disorder (PTSD) can lead to self-medication, where individuals turn to substances to manage symptoms or escape from their mental health challenges. This often creates a cycle of dependency.

Coping Mechanisms for Trauma:

Experiencing trauma or adverse life events can trigger substance misuse as a maladaptive coping mechanism. Individuals may use drugs to numb emotional pain, distract from memories, or cope with feelings of loss or helplessness. Without healthy coping strategies, the risk of developing substance use disorders increases.

Environmental Factors



(adapted from *Health Care Model*, Zinberg, N, 1984)

Availability of Drugs in the Community:

The accessibility of drugs plays a critical role in misuse. In communities where drugs are readily available, individuals may be more likely to experiment. Local drug culture, availability of dealers, and social settings that promote use can contribute to higher rates of substance misuse.

Media Portrayal of Drug Use:

Media representations of drug use can influence public perception and individual behaviors. Positive portrayals of drug use in films, music, and social media can glamorize substance use, leading to increased experimentation and normalization of misuse among audiences, especially youth.

Lack of Parental Supervision or Support:

A supportive family environment can act as a protective factor against drug misuse. Conversely, a lack of supervision, emotional support, or communication within the family can increase vulnerability. Adolescents with less parental guidance may seek validation or support from peers, increasing the likelihood of engaging in substance use.

Drug Misuse in Youth

Prevalence: While overall drug use among adolescents has been declining, certain substances, such as vaping products and prescription opioids, remain a concern.

Impact: Drug misuse in youth can have long-term consequences, including:

- Impaired brain development
- Academic difficulties
- Increased risk of mental health disorders
- Involvement in criminal activities
- Overdose

Risk Factors: Factors contributing to drug misuse in youth include:

- Peer pressure
- Easy access to drugs
- Mental health issues
- Family history of substance abuse
- Poverty and trauma

Drug Misuse in Young Adults

Prevalence: Drug misuse is prevalent among young adults, with varying rates depending on the substance and demographic factors.

Impact: Drug misuse can lead to:

- Physical health problems (e.g., liver disease, heart disease)
- Mental health disorders
- Job loss
- Financial difficulties
- Relationship problems
- Overdose

Risk Factors: Factors contributing to drug misuse include:

- Stress
- Mental health conditions
- Peer pressure
- Availability of drugs
- Genetics



Overlapping Challenges

While there are distinct differences between youth and adult drug misuse, there are also overlapping challenges:

Opioid Crisis: Both youth and adults are affected by the opioid epidemic, with prescription opioid misuse often serving as a gateway to heroin and synthetic opioids like fentanyl.

Mental Health Connection: Drug misuse often co-occurs with mental health disorders, making it essential to address both issues simultaneously.

Treatment and Recovery: Access to effective treatment and support services is crucial for both youth and adults struggling with drug misuse.

Prevention and Intervention

Education and Awareness

- **Accurate Information:** Provide youth and adults with reliable information about the risks of drug misuse.
- **Prevention Programs:** Implement school-based prevention programs.
- **Public Campaigns:** Conduct public awareness campaigns highlighting the dangers of drug misuse.

Mental Health Support

- **Awareness:** Promote mental health awareness to help individuals understand the importance of mental well-being.
- **Access to Treatment:** Ensure easy access to mental health treatment and support services.

Substance Abuse Treatment

- **Evidence-Based Programs:** Expand access to treatment programs that are proven to be effective.
- **Harm Reduction:** Implement strategies to minimize the negative consequences of drug use, such as overdose prevention and safe use practices.

Prevention and Intervention

Decriminalization

- *Reducing Penalties:* Focus on reducing or eliminating criminal penalties for drug possession.
- *Personal Use:* Emphasis on treating personal use as a public health issue rather than a criminal one.

Legalization

- *Regulation and Taxation:* Regulate and tax certain drugs in a manner similar to alcohol and tobacco.
- *Controlled Access:* Ensure controlled access to minimize misuse and illicit distribution.

Policy Changes: Louisiana

Revamped Hemp Products Proposal (House Bill 952):

- *Potency Reduction:* Lowers recreational hemp edibles from 8 mg to 5 mg THC per serving.
- *Sales Restrictions:* Bans sales in convenience stores that sell fuel.
- *Permits:* Restricts new hemp permits for alcohol establishments, though existing permits remain valid.
- *Compromise:* Aimed at preventing more restrictive proposals that would criminalize all recreational THC products.

Harm Reduction

- *Minimizing Negative Consequences:* Implement policies and programs to reduce the harmful effects of drug use.
- *Needle Exchange Programs:* Provide clean needles to reduce the spread of infectious diseases.
- *Overdose Prevention Sites:* Establish safe spaces where individuals can use drugs under supervision to prevent overdoses and connect them with support services.

Be Alert to Specific Drug Trends

While it's essential to consider drug misuse holistically, understanding specific drug trends can provide valuable insights.

Opioids: The opioid crisis continues to be a major public health concern, affecting both youth and adults. Synthetic opioids like fentanyl have contributed to a surge in overdose deaths.

Stimulants: Misuse of stimulants, including prescription medications and illicit substances like cocaine and methamphetamine, is also prevalent. These drugs can lead to severe health problems, including heart issues and psychosis.

Cannabis: Cannabis use has become more socially accepted, but its impact on developing brains, especially in youth, is still being studied.

Vaping: The rise in vaping use among youth is particularly alarming due to the potential long-term health consequences and the addictive nature of nicotine.

Dabbing: Dabbing involves inhaling a concentrated form of cannabis extracts, which are much more potent and act faster than smoking cannabis flowers. This results in higher THC levels in the bloodstream and a more intense high compared to smoking. Dabbing can come with significant health risks, including potential lung damage, addiction, and mental health issues

Helpful Resources

Helpful Resources: SAMHSA's National Helpline: 1-800-662-HELP (4357)
Substance Abuse and Mental Health Services Administration (SAMHSA):
<https://www.samhsa.gov/>
National Institute on Drug Abuse (NIDA): <https://nida.nih.gov/>

References

McCabe, S. E., Schulenberg, J. E., Schepis, T. S., Evans-Polce, R. J., Wilens, T. E., McCabe, V. V., & Veliz, P. T. (2022). Trajectories of prescription drug misuse among US adults from ages 18 to 50 years. *JAMA Network Open*, 5(1), e2141995-e2141995.

Nath, A., Choudhari, S. G., Dakhode, S. U., Rannaware, A., & Gaidhane, A. M. (2022). Substance Abuse Amongst Adolescents: An Issue of Public Health Significance. *Cureus*, 14(11), e31193. <https://doi.org/10.7759/cureus.31193>
<https://www.therecoveryvillage.com/drug-addiction/affects-age/>



The Governor's Office of Drug Policy

Public Comments





The Governor's Office of Drug Policy

Other Business

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The Governor's Office of Drug Policy

Office of Drug Policy Updates





The Governor's Office of Drug Policy

Member Agency Updates





The Governor's Office of Drug Policy

Public Comments





Upcoming Meetings

- DWI Task Force – August 14, 2024 (10 AM – 12 pm) LA Capitol 4 th Floor Press Room
- **Drug Policy Board – October 24, 2024 (10 AM – 12 pm) LA Capitol 4th Floor Press Room**
- State Epidemiology Workgroup - (TBD)
- Prevention Systems Committee - (TBD)
- Heroin and Opioid Prevention and Education (HOPE) Council October 10, 2024



The Governor's Office of Drug Policy

Adjournment

