**YOUTH AND THE OPIOID CRISIS:**

**STRATEGIES FOR INTERVENTION AND THE BRITISH COLUMBIAN EXPERIENCE**

**ABSTRACT**

The opioid crisis is a growing public health concern in Canada, and especially in British Columbia, which has declared it a public health emergency. In response to the rising number of youth overdose deaths, BC has implemented a number of harm reduction and prevention strategies. Areas for continued improvement include naloxone kit training, encouraging users to not use alone and for bystanders to call 911 in the event of an overdose, and minimizing risk factors for addiction while maximizing protective factors. As the opioid crisis continues it spread east, other jurisdictions have much to learn from the BC experience.

WORD COUNT: 99

The opioid crisis is a growing public health concern in Canada, especially in British Columbia, which has declared it a public health emergency.1 Continuing the increasing trend in the rate of fatal overdoses in BC since 2012, the rate for the first nine months of 2017 has already surpassed 2016 by 49% (Table 1).2

Nationwide, young people age 15-24 had the fastest growing rates of hospitalization for opioid poisoning in the last decade.3,4 In BC, overdose deaths amongst youth and young adults continue to rise in 2017 (Table 1). While BC has implemented a number of strategies, there is an unmet need for understanding factors contributing to drug use and overdose in youth, and for effective prevention and harm reduction programs.

Delay in seeking medical treatment is a major contributor to overdose fatalities.5 Using in the presence of others who can recognize the signs of overdose, call for help, and provide medical interventions (e.g. naloxone) reduces fatalities, and is a strength of INSITE, Vancouver’s supervised injection site for adults.6 There has never been a death at a supervised consumption site anywhere in the world.7 A review of overdose deaths in BC from 2009-2013 found that 77% of youth age 13-18 were with other people when they overdosed.5 While not using drugs alone is an important step in reducing the risk of fatal overdose, in 15% of youth overdose deaths, someone had placed them in the recovery position or performed a welfare check, but did not call 911.5 Educating people likely to witness an overdose and reducing barriers to seeking medical assistance are of utmost importance. The BC Coroners Service has recommended the physical education curriculum in schools address the issue of calling 911 when witnessing someone in medical distress, including overdose.5 drug users bycalling 911 for an overdose, 8,9seekingis importantto encourage calling 91110

Of youth who died of overdose in BC, 50% lived with family, and none lived on the street exclusively.5 People living with them knew about their drug use, in 62% of youth who lived with family and 100% who did not.5 Most fatal youth overdoses occurred at a residential address.5 Educating those living with drug users about the signs of overdose and how to respond is an important measure in preventing fatalities, and could be provided through pharmacies or by the Ministry of Child and Family Development, who had contact with 77% of youth who died of overdose.5 31% of youth who died had previous hospitalizations for overdose, an opportunity for education for youth and their families.5 Families can be referred to campaigns providing resources and tools, such as Moms Stop the Harm11 Medications prescribed to someone else were involved in 31% of youth overdose deaths, usually from a family member (23%).5 This highlights the need for patient education when prescribing opioids on their risk to others, the importance of securing medications, and safe disposal.12

Educating front-line staff involved with high-risk youth (e.g. group home workers, police, school outreach programs) about naloxone kits (a lifesaving tool that can reverse opioid overdose), increasing knowledge about signs of overdose and where youth and their families can access free kits (e.g. through towardtheheart.com), and furthering awareness of resources for prevention and addiction treatment could reduce the impact of opioids.9,13–18 Several school districts in BC and higher education institutions, including the University of British Columbia, have already implemented or are planning make naloxone kits available.19,20 Naloxone training was viewed positively by participants of the Vancouver Inner City Youth program, suggesting this could be beneficial elsewhere.21

The recent epidemic of drug overdose deaths has been attributed to the increased prevalence of illicit fentanyl, a potent opioid detected in 83% of overdose deaths in 2017 (January – September), up from 5% in 2012.1,2 The number of illicit drug overdose deaths not including fentanyl has remained relatively stable since 2011 at an average of 300 deaths per year.2 Of BC youth who died of overdose from 2009-2013, 23% had consumed a drug other than what they thought they were, or that had been adulterated with another substance (e.g. MDMA adulterated with fentanyl).5 Increasing the availability of drug-testing kits could reduce the number of these accidental deaths. Free, non-judgemental drug testing has been provided by ANKORS at festivals in BC, and can reduce the risks of drug use where it is already occurring.22,23 This is a critical opportunity for drug education in a trusting environment, the “hook” that engages users in conversations about harm reduction.22,23

Youth engagement in harm reduction approaches is essential in preventing opioid-related harm and overdoses.24 Peer-to-peer programs involving peers with lived experience of drug use are an effective method of engaging and empowering youth, and have been effective in reducing mortality amongst Vancouver’s Downtown Eastside adult drug users.25–27 developmental assetsincluding28–30

BC has implemented many effective strategies for prevention and harm reduction in youth, which could be effective in other regions as the opioid crisis spreads east.31,32 While increasing the availability of naloxone kits, encouraging bystanders to call 911, and minimizing risk factors for addiction are areas for further improvement in BC, a bolder approach would be decriminalization of all illegal drugs, which would improve the safety of drug consumption and allow policing costs to be re-directed towards treatment and prevention programs. While a controversial strategy, it has been highly successful in Portugal, which in the midst of a heroin epidemic decriminalized drugs in 2001, and now has one of the lowest fatal overdose rates in the world.33 What is clear is that the opioid crisis is a complex issue, that will require a multi-pronged approach to overcome.

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**Table 1. Overdose deaths in Canada and BC, 2016-2017**

|  |  |  |
| --- | --- | --- |
|  | Deaths | Deaths per 100,000 population |
| 2016(year-end) | 2017(to Sep 30) | 2016(year-end) | 2017(to Sep 30) |
| Opioid-related deaths in Canada34 | All | 2,458 |  | 8.8 |  |
| Illicit drug overdose deaths in BC2 | All | 981 | 1,103 | 20.6 | 30.6 |
| Youth(age 10-18) | 12 | 16 | 2.7 | 4.8 |
| Young adults (age 19-29) | 206 | 205 | 29.2 | 38.7 |

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