The Opioid Addiction – Incarceration Pipeline: A National Health Crisis Compounded in Rural Areas

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Disclaimer

The views, opinions, and content expressed in this presentation do not necessarily reflect the views, opinions, or policies of Montana State University (MSU), MSU Extension, MSU College of Nursing, or any of the professional groups or non-professional groups of which I am a member.
Opioids At-A-Glance

• Prescription pain relievers
  – OxyContin
  – Vicodin
  – Codeine, Morphine & many others
• Synthetic Opioids such as fentanyl
• Illegal Opioids such as heroin

Dedication
Dedication (con’t)

Victoria “Tori” Herr, 18, was arrested for the first time on March 27, 2015. She told intake staff at booking that she used 10 bags of heroin a day. After four days of severe bouts of vomiting and diarrhea, she died in a hospital on April 5, 2015. Her family settled a lawsuit with the Lebanon County Jail in Pennsylvania for $4.75 million.


Connecting the Dots
Major Dots to Connect

- Adverse Childhood Experiences (ACEs) and Outcomes
- US Criminal Justice System
- Health Disparities of the Justice-Involved
- Three Pilot Projects Working with Inmates
- Collateral Damage of COVID-19
- Prevention of Trauma-to-Incarceration Pipeline
- Good News

PC Terms & Definitions

- Justice-involved – anyone who is currently, or has been involved, with the criminal justice system – jail, prison, pre-release, community supervision – pretrial, probation or parole.
- Incarcerated – serving a term in prison or jail.
- Inmate – an individual in custody in a public institution who is held involuntarily through operation of law enforcement authorities.
- Returning citizens – removing the stigma of labels like ex-con, ex-offender, criminal, thug.
Three Types of ACEs

- **ABUSE**
  - Physical
  - Emotional
  - Sexual

- **NEGLECT**
  - Physical
  - Emotional

- **HOUSEHOLD DYSFUNCTION**
  - Mental Illness
  - Incarcerated Relative
  - Mother treated violently
  - Substance Abuse
  - Divorce

ACEs Increase Health Risk

- **BEHAVIOR**
  - Lack of physical activity
  - Smoking
  - Alcoholism
  - Drug use
  - Missed work

- **PHYSICAL & MENTAL HEALTH**
  - High blood pressure
  - Diabetes
  - Depression
  - Suicide attempt
  - Stroke
  - Heart disease
  - Cancer
  - Stroke
  - COPD
  - Broken bones
Nadine Burke Harris, MD


Dr. Nadine Burke Harris

California Launches ACEs Aware

https://www.acesaware.org/

4 ACEs or Higher
Outcomes of 4 ACEs or Higher

- 2 times more likely to smoke
- 2.3 times more likely to have cancer
- 3 times more likely to have chronic lower respiratory disease
- 7 times more likely to misuse alcohol
- 10 times more likely to inject illicit drugs
- 11.2 times more likely to develop Alzheimer’s Disease
- 12 times more likely to attempt suicide
- **20 times more likely to have been incarcerated** at some point in their lives
- 30.1 times more likely to die by suicide
- 32 times more likely to experience learning and behavioral problems

## Adverse Childhood Experiences and Crime

Impacts of Childhood Trauma

- Brain development
- The immune system
- The endocrine (hormonal) system
- How DNA is read and transcribed
- Frequency of SUDs & incarceration
- Frequency of mental illness & suicide
- Incidence of cancer & heart disease
- Life expectancy (20 year deficit)

ACE Scores Predict Opioid Relapses

- Relapses occurred in 54% of rural patients
- Nearly half of all patients reported 4 or more ACEs
- ACE scores associated with increase in odds of relapse
- Each treatment visit reduced the odds of relapse
- The highest relapse rate was on the first clinic visit


Recommended Reading

Quotes About ACEs

• “Adverse childhood experiences are the single greatest unaddressed public health threat facing our nation today.” Dr. Robert Block, former president of the American Academy of Pediatrics.

• “Trauma is now our most urgent public health issue, and we have the knowledge necessary to respond effectively.” Dr. Bessel Van Der Kolk, author of *The Body Keeps the Score – Brain, Mind and Body in the Healing of Trauma*
American Criminal Justice System*

- 2.3 million in secure confinement:
  - 1,719 state prisons
  - 109 federal prisons
  - 1,772 juvenile correctional facilities
  - **3,163 local jails**
  - 80 Indian Country jails

- 4.7 million in community corrections

*Does not include military prisons or immigration detention facilities

11.6 Million Cycle Through Jails/Year
Jail Fact

Local jails in the United States serve an estimated 2 million people with serious mental illnesses each year.

Rate of Incarceration of Women

[Link](https://www.sentencingproject.org/publications/incarcerated-women-and-girls/)

<table>
<thead>
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<th>Year</th>
<th>Federal</th>
<th>State</th>
<th>Jail</th>
<th>Total</th>
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<tbody>
<tr>
<td>1980</td>
<td>1,399</td>
<td>11,859</td>
<td>13,120</td>
<td>26,378</td>
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<tr>
<td>1985</td>
<td>2,404</td>
<td>20,695</td>
<td>19,077</td>
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<td>1990</td>
<td>5,011</td>
<td>38,834</td>
<td>37,178</td>
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<td>1995</td>
<td>7,398</td>
<td>61,070</td>
<td>51,318</td>
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<td>2000</td>
<td>10,245</td>
<td>82,989</td>
<td>70,987</td>
<td>164,221</td>
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<tr>
<td>2005</td>
<td>12,422</td>
<td>95,096</td>
<td>94,571</td>
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<tr>
<td>2010</td>
<td>13,549</td>
<td>99,273</td>
<td>92,368</td>
<td></td>
</tr>
<tr>
<td>2015</td>
<td>12,953</td>
<td>98,538</td>
<td>98,800</td>
<td></td>
</tr>
<tr>
<td>2017</td>
<td>12,533</td>
<td>98,827</td>
<td>113,700</td>
<td>225,060</td>
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</table>
Adverse Childhood Experiences (ACEs)

Health Disparities Abound
## Health-Related Disparities

<table>
<thead>
<tr>
<th>Parameter</th>
<th>Justice-Involved Population (JIP)</th>
<th>General Population (GP)</th>
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</thead>
<tbody>
<tr>
<td>Chronic Health Conditions</td>
<td>80-90%</td>
<td>50%</td>
</tr>
<tr>
<td>Substance Use Disorder (SUD)</td>
<td>65-85%</td>
<td>8%</td>
</tr>
<tr>
<td>Major Mental Health Illness</td>
<td>64%</td>
<td>20%</td>
</tr>
<tr>
<td>Traumatic Brain Injury (TBI)</td>
<td>25-87%</td>
<td>6-8.5%</td>
</tr>
<tr>
<td>Co-occurring Mental Illness &amp; SUD</td>
<td>49%</td>
<td>4%</td>
</tr>
<tr>
<td>History of Past Trauma (ACEs)</td>
<td>70-95%</td>
<td>12%</td>
</tr>
<tr>
<td>Educational Attainment (HSD/GED)</td>
<td>40%</td>
<td>84%</td>
</tr>
<tr>
<td>Health Insurance Coverage</td>
<td>10-20%</td>
<td>80-90%</td>
</tr>
<tr>
<td>Risk of Death from Suicide/DO</td>
<td>10-40xs GP</td>
<td></td>
</tr>
</tbody>
</table>

## Individuals Leaving Prisons

- 40 x’s more likely to die from opioid overdose
- 12.7 x’s more likely to die within 2 weeks after release (overdose or suicide)
- 4 x’s the rate of active tuberculosis
- 9-10 x’s the rate of hepatitis C
- 8-9 x’s the rate of HIV infection
- 12 x’s more likely to suffer from SUD and/or serious mental health condition
Criminal Justice Watchdogs

- Community Oriented Correctional Health Services (COCHS)
- Justice Action Network
- Justice Policy Center, Urban Institute
- Prison Policy Initiative (PPI)
- The Marshall Project
- Vera Institute of Justice

Rural Jails Research Project
#1 Predictor of Health Outcomes

- Age
- Race
- Income
- Education
- Employment
- Level of health literacy

NASEM Workshops
First Pilot Study

Health Education Modules

<table>
<thead>
<tr>
<th>Health Topic</th>
<th>Health Topic</th>
</tr>
</thead>
<tbody>
<tr>
<td>Advocacy &amp; Self-Care</td>
<td>Nutrition &amp; Physical Activity</td>
</tr>
<tr>
<td>Preventive Care</td>
<td>Anxiety &amp; Depression</td>
</tr>
<tr>
<td>Addiction &amp; Substance Use</td>
<td>Dental Health</td>
</tr>
<tr>
<td>Pain Management</td>
<td>Smoking Cessation</td>
</tr>
<tr>
<td>Sexual/Reproductive Health</td>
<td>Medications &amp; Lab Results</td>
</tr>
<tr>
<td>Mental Health</td>
<td>Health Insurance</td>
</tr>
</tbody>
</table>
Second Pilot Study

Promoting Health Insurance and Enrollment Literacy With Jail Inmates

Third Pilot Study

**Promoting Health Literacy & Improved Self-Care Management of Incarcerated Populations Using Secure Tablet Technology**

- To conduct a health needs assessment
- To deliver comprehensive health information curricula and training modules
- To measure the impact of health information training
- To follow a sample for 6 months post-release to collect outcomes data
Participants in Third Pilot Study

Participants

- Augusta University, Augusta, GA
- Montana State University Extension
- Edovo – tablet technology company
  http://www.edovo.com/

Funding Source

- National Library of Medicine (NLM), National Institutes of Health (NIH)

Edovo – Secure Tablet Technology

Education Built for Corrections  https://vimeo.com/168415499
Why Work Upstream?

Six Pillars of ACE Prevention

- Healthy nutrition
- Physical exercise
- Mindfulness
- Mental health
- Supportive nurturing adult relationships
- Good sleep hygiene
Educating Corrections Officials

Looking Ahead
Good News

- States are Working on Prevention and Treatment of ACEs & Jail Diversion Programs
- **Healthy People 2030** launched 08/18/20
- SAMHSA GAINS Center Offers Trauma-Informed Training for Correctional Officers
- 125 National Organizations Have Signed a Letter to Congress to include the *Medicaid Reentry Act* in the next COVID-19 Funding

Q & A