



The City of Raleigh
www.raleighnc.gov

SUBSTANCE ABUSE ADVISORY COMMISSION

2016 SUBSTANCE ABUSE ADVISORY COMMISSION MEMBERS

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The Commission meets from noon to 1 p.m. on the 2nd Wednesday of each month in Room 305 of the Municipal Building, 222 West Hargett Street.

The Substance Abuse Advisory Commission serves as an advisory board to the Raleigh City Council. The Commission advocates for a healthy community by promoting best practices in the prevention, intervention and treatment of the abuse of alcohol, drugs and tobacco.

If you would like to serve on the Substance Abuse Advisory Commission, please contact a member or Cathey J. Ector, SAAC staff liaison, at 919-996-5730.

We Need Your Help

The City of Raleigh Substance Abuse Advisory Commission advocates for a healthy community to promoting best practices for the prevention, intervention and treatment of alcohol, tobacco and other drug abuse.

The Substance Abuse Advisory Commission invites the community to participate in creating a list of recommendations that can be presented to the Raleigh City

Council which are related to:

- Helping more people initiate recovery;
- Helping more people sustain recovery; and,
- Reducing economic, public health, criminal justice and other social consequences resulting from substance abuse disorders.

Instead of this being a report submitted only by the Commission, we want organizations, groups and individuals from Raleigh to have the opportunity to add their name to the report. By involving the broader community, we believe we will do a better job reflecting the needs of those impacted by substance use disorders in Raleigh. In addition, this will show the City Council members that the Commission is organized and working together to address substance use disorder prevention, treatment and recovery.

If you are interested, please contact **Chris Budnick**, Substance Abuse Advisory Commission member at chrisbudnick@Healing-transitions.org.

The New War on Drugs

For many years the war on drugs was concentrated on the efforts of law enforcement. But the war has moved from predominantly low-income urban neighborhoods to the suburbs and more affluent communities. Last year, the U.S. Government announced a major policy shift from an emphasis on law enforcement to treatment. After Vermont Governor Peter Shumlin declared in his State of the State address that the greatest problem in his state was the heroin epidemic, more attention is moving to the problem of deaths from overdoses of painkillers (opioids) and heroin.

OPIOIDS

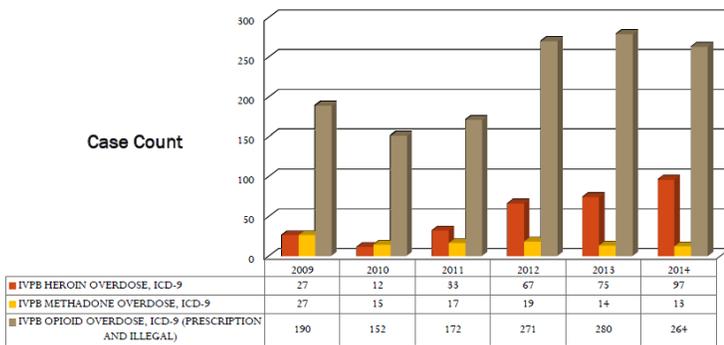
- Prescription painkillers used to treat moderate-to-severe pain and are often prescribed following a surgery, injury or for health conditions such as cancer.

The most common drugs involved in prescription overdose deaths include:

- Methadone
- Hydrocodone (e.g., Vicodin),
- Oxycodone (e.g., OxyContin, Percocet),
- Morphine (e.g., Kadian, Avinza), codeine, related drugs.
- Oxymorphone (e.g., Opana)

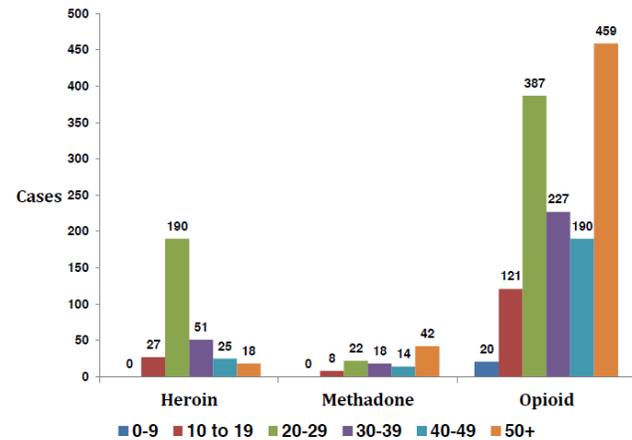
Overdoses by Drug Type Wake County, 2009-2014

Although deaths from heroin overdoses are alarming, the 459 deaths by age group 50+ resulting from opioids is reason for concern.

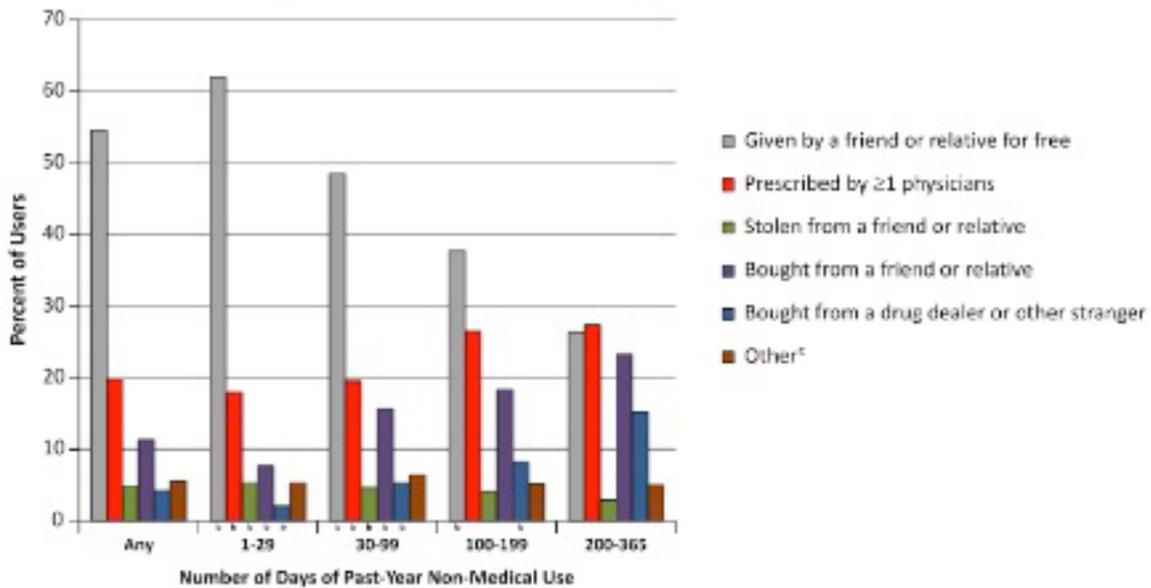


Overdose By Drug Type and Age Group Wake County, 2009-14

Another surprise is the drug type: More die from opioid overdose than from heroin.



Sources of Prescription Painkillers Among Past-Year Non-Medical Users^a



^a Obtained from the US National Survey on Drug Use and Health, 2008 through 2011.⁵

^b Estimate is statistically significantly different from that for highest-frequency users (200-365 days) [P<.05].

^c Includes written fake prescriptions and those opioids stolen from a physician's office, clinic, hospital, or pharmacy; purchases on the Internet; and obtained some other way.

SOURCE: Jones C, Paulsen JJ, Mack K. Sources of prescription opioid pain relievers by frequency of past-year nonmedical use: United States, 2008-2011. JAMA Int Med 2014; 174(5):802-803.

The accompanying tables show that people are obtaining these painkillers more often from friends and relatives rather than a doctor.

The City of Raleigh Substance Abuse Advisory Commission sponsors free Medicine Drop Off events for local citizens throughout the year. Each year, this effort diverts over hundred thousand pills and other medications from potential theft and illegal abuse or sale on the streets. The Medicine Drop Off events also raises awareness about the growing problem of prescription drug abuse and informs the public on safer practices for storing medication at home.

Substance Use Disorder

By Trent Cannady, City of Raleigh Substance Abuse Advisory Commission * Adapted from the University of Melbourne

What Is a Substance Use Disorder?

Using alcohol or drugs does not in itself mean that a person has a substance use disorder. Substance use disorders include any of the following:

- Dependence on alcohol or a drug use of alcohol or a drug which leads to problems at work, school or home, or to legal problems;
- Use of alcohol or a drug at a level which is causing damage to health;
- The damage may be physical (such as hepatitis from self-administration of injected drugs) or mental (such as depression secondary to heavy consumption of alcohol);
- A great deal of time is spent getting the substance, using it, or recovering from its effects;
- The person gives up or reduces important social, occupational or recreational activities because of substance use;
- People with substance use disorders tend to have other mental health problems;
- People with psychotic disorders also have a high rate of substance use disorders. This is often called “dual diagnoses;”
- One reason for this association is that many people use alcohol and drugs as a type of self-medication for anxiety, depression or psychosis; and,
- To get the best outcome, both the substance use disorder and the depressive or anxiety disorder need to be treated at the same time.

The table below shows the risk of dependence from various substances:

Substances	Pleasure Giving Problems	Physical Withdrawal	Psychological Withdrawals
*ALCOHOL	Moderate	Strong	Moderate
*TOBACCO	Strong	Slight	Strong
*CANNABIS	Slight	Slight	Slight
*AMPHETAMINE:	Moderate	Slight	Moderate
*ECSTASY	Moderate	Slight	None
*HEROIN	Strong	Strong	Strong

If You Need Help

The Substance Abuse and Mental Health Services Administration (SAMHSA); www.samhsa.gov provides a national directory of drug and treatment programs	UNC Health Care Addiction Treatment Center at WakeBrook Recovery Center – 919-250-1579 Crisis Stabilization Center – 919-250-1260 107 Sunnybrook Road Raleigh 27610
Wake County Alliance Behavioral Healthcare www.alliancebhc.org 1-800-510-9132	First Step Services LLC 919-835-8899 211 Six Forks Road, Suite 111 Building B, Raleigh 27609
Healing Transitions of Wake County (formerly the Healing Place); www.healing-transitions.org ; 919-838-9800 1251 Goode Street Raleigh 27603	Holly Hill Hospital 919-250-7000 3019 Falstaff Road Raleigh 27610
Call 1-855-DRUGFREE (1-855-378-4373)	

Through the Human Relations Commission, the City of Raleigh provides the additional funds to the following human service agencies that specifically target substance abuse prevention, intervention and treatment.

SouthLight Healthcare

The mission of SouthLight Healthcare is to provide integrated behavioral and medical healthcare and promote sustained recovery for adults and adolescents facing addiction, mental illness and other chronic health challenges.

SouthLight Healthcare provides integrated behavioral and medical healthcare and promotes sustained recovery for adults, adolescents, and families facing addiction, mental illness, and other chronic health challenges. We also expanded outreach to indigent/medically vulnerable individuals in Raleigh through the addition of a Community Intervention & Crisis Services Program, which includes a Community Support Team (CST). This team of seasoned professionals works tirelessly to engage with low-income, marginally-housed, and homeless individuals to ensure that they receive the right combination of the following supports: 1) integrated healthcare services that address substance abuse and mental health disorders and other chronic health issues, 2) residential treatment through our Supervised Independent Living (SIL) program, 3) life skills and job training, 4) housing linkages, 5) other vital community supports, etc. The addition of this team to the SouthLight continuum of services has proven invaluable in helping individuals move from the streets of Raleigh into comprehensive treatment and stable housing.
SouthLight Healthcare | 3125 Poplar wood Court, Suite 203 Raleigh NC 27604 | (919) 787-6131

The Healing Place of Wake County

The mission of The Healing Place of Wake County is to provide rescue, recovery and rehabilitation services to the alcohol and drug addicted homeless population of Raleigh and Wake County. Operate 34 beds detoxification unit as part of the program at the Men's and Women's Facilities.

The Detox Center at The Healing Place of Wake County provides safe and effective detoxification from alcohol and other drugs. The Overnight Emergency Shelters are to provide shelter, food and basic human needs to the homeless men and women of Raleigh and Wake County. These services also benefit the community by freeing up the Raleigh City Police to focus their attention on other job duties rather than spend an excessive amount of time dealing with the inebriated population; and to also enhance the experience of citizens utilizing the Downtown Raleigh area by giving the homeless men and women a place to reside other than our streets and parks.

The Healing Place of Wake County Men's Facility is located at 1251 Goode Street, Raleigh, NC 27603. The Healing Place of Wake County Women's Facility is located at 3304 Glen Royal Road, Raleigh, NC 27617. The detox centers operate 24 hours daily 365 days per year and the overnight emergency shelters operate 365 days a year from 4pm to 7am. Phone Number: (919) 838-9800

The targeted group served by The Healing Place of Wake County is homeless citizens of Raleigh and Wake County who are addicted to alcohol and other drugs.

Community Alternative Supportive Abodes (CASA)

CASA's mission is to develop and manage affordable housing, providing opportunities for successful living.

CASA is a non-profit housing developer dedicated to providing safe, decent, and affordable housing to persons who are very low-income, and live with disabilities such as mental illness, substance abuse, developmental disability, and/or HIV/AIDS. \$89,000 of funding is being requested for the Supportive Housing Program, and apartments located in scattered sites around the City of Raleigh. Permanent supportive housing will be provided to 140 Raleigh citizens who have a disability and receive a limited income of \$0-\$16,000 annually. A large portion of these individuals may be homeless or have experienced homelessness. Tenants either pay no more than thirty percent of their income towards rent or have a flat rent of \$275. Most individuals who move into housing owned by CASA will have a case management plan.

CASA | 624 W. Jones St. Raleigh, NC. 27603 | (919) 754-9960

Fellowship Home of Raleigh (FHR)

The mission of Fellowship Home of Raleigh is to help men recover from an alcohol/or substance use disorder and return to a responsible life in our community by providing a home environment with structure, resources, support and encouragement. Raleigh residents served by FHR benefit from having a safe, structured home environment during a critical phase of their early recovery from an alcohol and/or substance use disorder. FHR also provides clients with three meals a day, assistance in finding a job, access to AA or NA meetings, and classes in Anger Management, Life Skills and money management.

FHR | 506 Cutler Street, Raleigh, NC 27603 | (919) 833-6030