

# COVID-19 and Substance Use

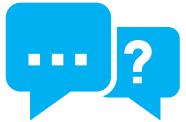
July 23, 2020 | 11:00 AM - 12:00 PM



# Webinar Procedures



All lines will be muted



Please submit all questions using the “Q&A” dialog box



Email Diane Engel at [dengel@nebgh.org](mailto:dengel@nebgh.org) with any issues during this webinar



**The recording and a PDF of the slides will be shared**



Q&A

You have no question.

What h

☐ Send Anonymously Send



## **Timothy Brennan, MD**

Director of the Addiction Institute, *Mount Sinai West &  
Mount Sinai Morningside Hospitals*

Director, Fellowship in Addiction Medicine

Department of Psychiatry

*Icahn School of Medicine at Mount Sinai*



## **Mark Kaplan**

Consultant and Advocate  
*Shatterproof*

# COVID-19 x ADDICTION: A Perfect Storm

**Tim K. Brennan, MD, MPH**

Director, Addiction Institute at Mt. Sinai West &  
Morningside Hospitals

Director, Fellowship in Addiction Medicine  
Department of Psychiatry  
Icahn School of Medicine at Mount Sinai



**Mount  
Sinai**

## Free resource for you

▶ 202-486-7024

▶ Timothy.Brennan@mountsinai.org

## Important Disclosures & My Biases

- ▶ I am a paid faculty member at Mt. Sinai
- ▶ I have no financial relationships with any tobacco, nicotine, cannabis, cannabidiol, alcohol, pharmaceutical or addiction treatment companies (nor do I want any!)
- ▶ I think addiction is a medical disease that should be treated by physicians

## Quick poll

Which of the following is the most important health issue facing America today?

- a) COVID-19
- b) Obesity
- c) Social Media
- d) Addiction
- e) Anxiety and Mental Health
- f) Its Something Else

# Origins of Addiction in Humans

## ▣ Nature

- Genetic imprinting
- Co-occurring psychiatric disease

## ▣ Nurture

- Environment (family, friends, community, era, religion)
- Co-occurring psychiatric disease

## COVID-19: Potential Impacts on Addiction Pathology

- ▶ Mass psychological trauma akin to Sept 11<sup>th</sup>, natural disasters or World Wars
- ▶ Routines disrupted
- ▶ Fewer social cues
- ▶ No need to drive home

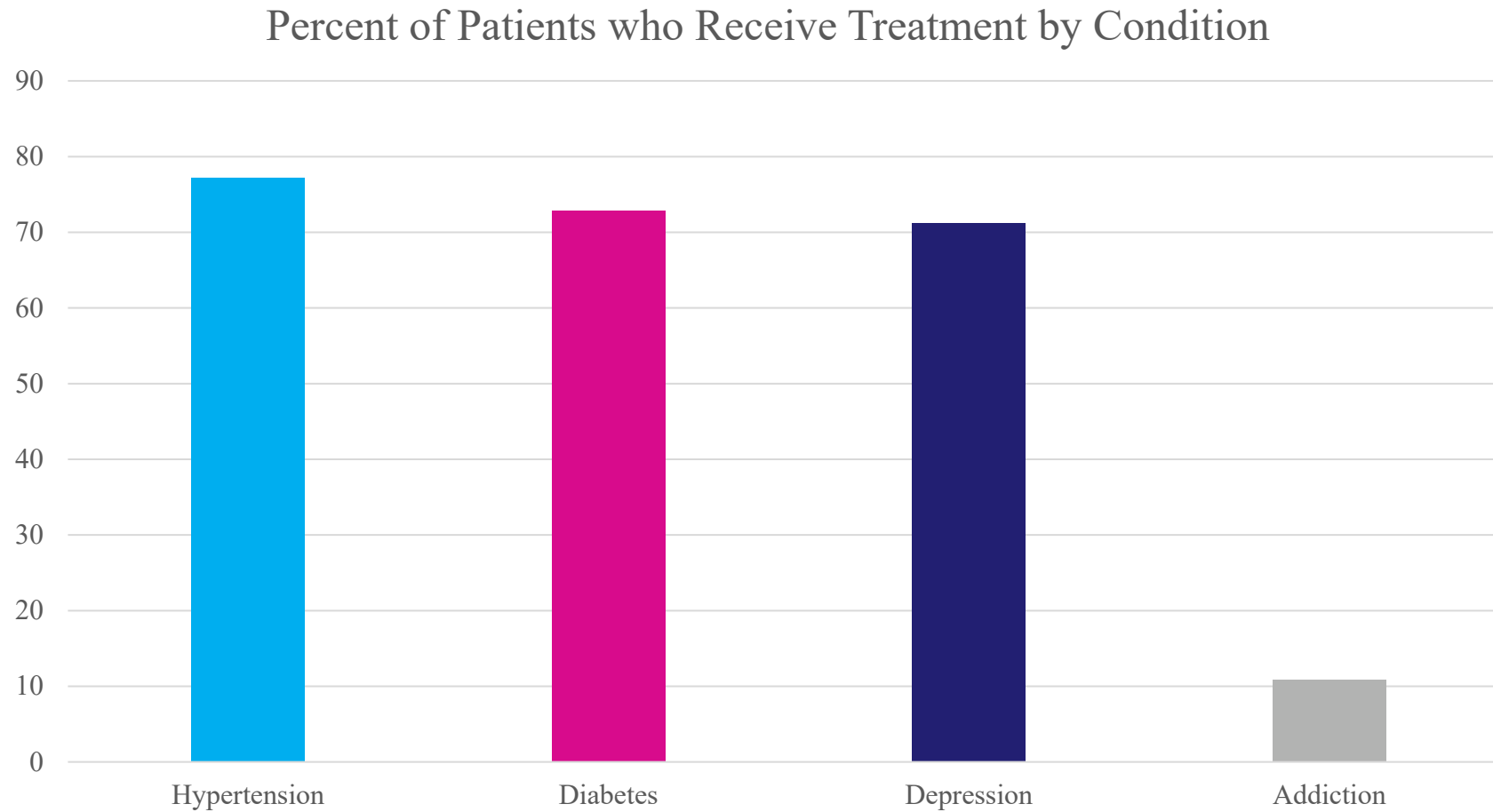
## COVID-19: Known Impacts on Addiction Treatment

- ▶ Self-Help meetings shuttered and resumed online
- ▶ Addiction treatment facilities closed or severely limited admissions
- ▶ Outpatient counseling / physician visits mostly online
- ▶ Hard/scary to get to opioid agonist treatment programs

## Signs of Addiction in an Employee

- ▶ Acting totally normal
- ▶ Working too much
- ▶ Working too little
- ▶ Missed deadlines
- ▶ Irritable
- ▶ Disheveled appearance
- ▶ Repeated questions (“I already told you this”)
- ▶ Odd hours (challenging during quarantine)

## Sad Reality of Accessing Addiction Care in America



## Questions to Ponder Moving Forward

- ▶ Will we see an increase in patients seeking care for addiction post COVID?
- ▶ Will household alcohol sales decrease as restaurants/bars open up?
- ▶ Will smoking rates demonstrably change in 2021?
- ▶ Will prescriptions for sedatives change post COVID?

# Thank You for Listening

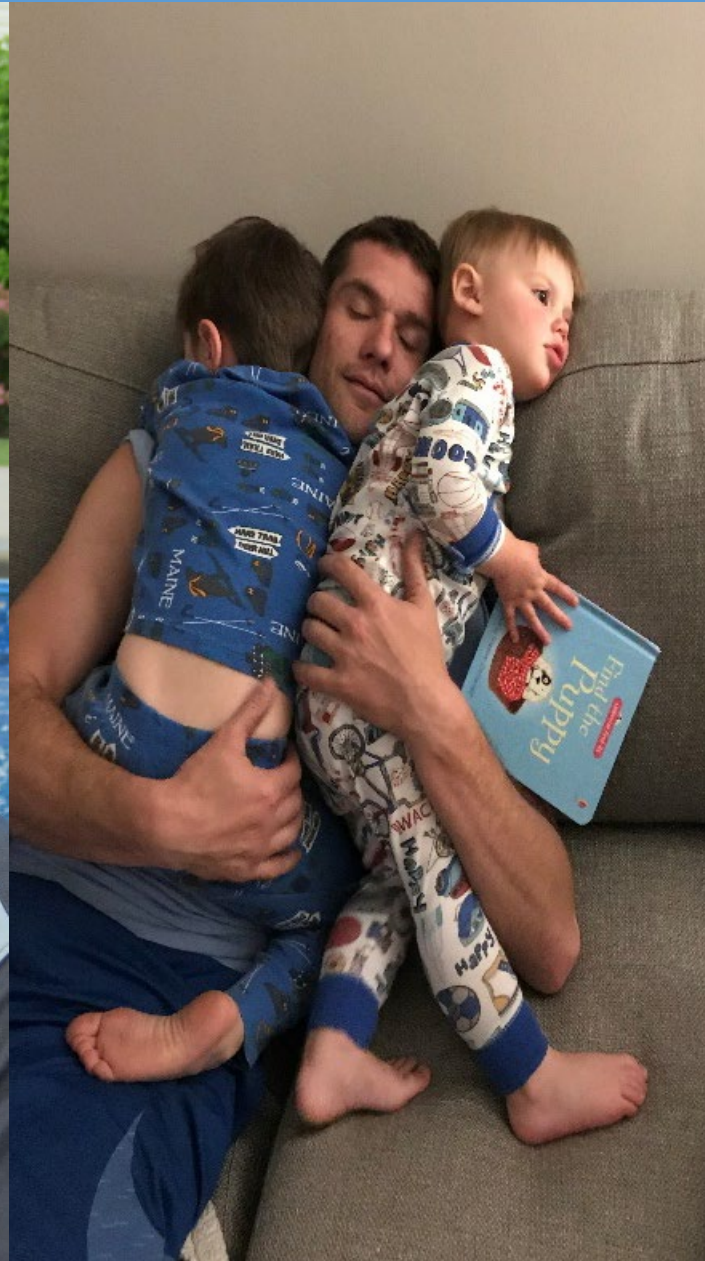


# **Shatterproof's Substance Use Learning Program for Employers**

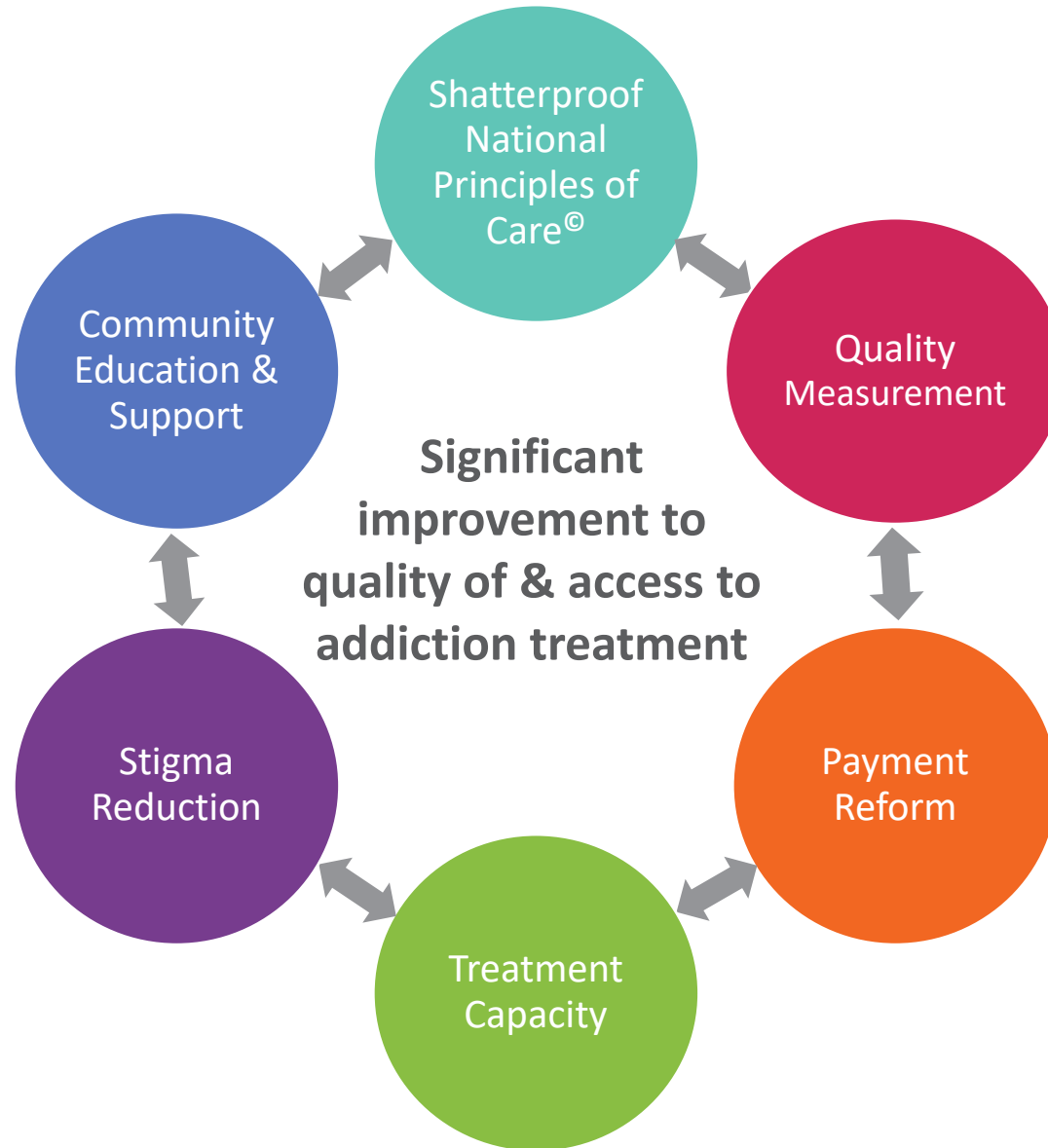
# Shatterproof – “Just Five” Program

- **Who is Shatterproof ?**
  - National non-profit dedicated to reversing the addiction epidemic in this country through the advancement of evidence-based practices for prevention, treatment & recovery
  - Founded by a Businessman and run like a business that is aggressive about big solutions and timelines.
  - Focused on Standardized national set of Principals of Care, Quality Measurement (ATLAS), Payment Reform, Treatment Capacity, Stigma Reduction, & Education (“Just Five”)
- **Who is Mark Kaplan ?**
  - Worked for large Pharmaceutical Company for 37 years
  - Member of NEBGH for 14+ years
  - Board Member of Capital District Recovery Center (Albany, NY)
  - Personal Experience with SUD

# My Son, Marcus



# How do we change the addiction treatment sector?



# Shatterproof Just Five Program



**Just Five** is an online, self-paced, mobile-enabled employee educational program focused on increasing awareness, reducing stigma, and sharing information

<https://justfive.org/demo/>

## Topics Covered Include:



The Science  
of Addiction



Are You  
at Risk?



How You  
Can Help



The Gift  
of Recovery



The Dangers  
of Opioids



Signs, Symptoms,  
and Treatment

# Why Now, Why You ?

Roughly 22 MM people suffer from SUD/ODU in US, but only 1 in 10 seek treatment

COVID-19 has created a perfect storm that is compounding an already severe public health crisis

- Physical distancing, closure of public spaces, lack of direct social support groups, economic indicators, amid an already more vulnerable group of individuals (smoking, vaping, opioid/methamphetamines negative effects on respiratory & pulmonary systems)
- 40% of people with SUD have a co-occurring mental health disorder.
- 70% of the 14.8 MM Americans using illegal drugs are employed.
- “Just Five” compliments the “Path Forward” initiative. Employers play an important role with their workforce & communities. The general public is both undereducated and often misinformed about addiction.

# More Information

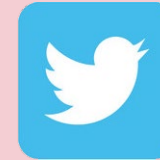
**[www.shatterproof.org](http://www.shatterproof.org)**

**Contact: Mark Kaplan**  
**[kaplanmark20@gmail.com](mailto:kaplanmark20@gmail.com)**



**Have a question? Use the Q&A box!**

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- **July 29:** COVID-19 and Mental Health: IBM, Novo Nordisk and More
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