

NNCN

Northern Nevada's COSSUP News

May is Mental Health Awareness Month!

How is your program marking the occasion?

Our culture stigmatizes mental illness and mental health issues. Unfortunately, many people hide their issues from friends, family, and supportive others when support is what they need most! May is Mental Health Awareness Month, when many organizations work to promote awareness about mental health, and acceptance and understanding of mental illness and other mental health concerns.

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MENTAL HEALTH IN THE UNITED STATES

57.8 million

U.S. Adults



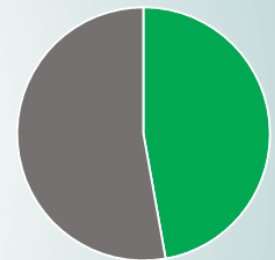
More than 1 in 5 adults in the U.S. are living with mental illness



- In 2021, 22.8% of U.S. Adults were living with **Any Mental Illness (AMI)**.
- In 2021, 5.5% of U.S. were living with **Serious Mental Illness (SMI)**.

47.2%

of adults with AMI Received treatment



65.4%

of adults with SMI Received treatment



Source: National Institute of Mental Health
<https://www.nimh.nih.gov/health/statistics/mental-illness>

COSSAP to COSSUP

A Change in Language for a Change in Attitudes

In early 2023, the Comprehensive Opioid, Stimulant, and Substance Abuse Program (COSSAP) was rebranded as the Comprehensive Opioid, Stimulant, and Substance Use Program (COSSUP). According to COSSAPResources.org, "This change in title for the program is indicative of efforts to reduce the stigma related to substance use and to support impacted people in their recovery."

Stigmatizing attitudes toward people who use opioids and other drugs can lead to the belief that a person is blameworthy for their situation while discounting trauma, genetics, and other factors, and can be a significant barrier for obtaining treatment.

Werder and colleagues (2022) recently outlined four themes pertinent to opioid related stigma in the research literature: Interpersonal and structural stigma, stigma related to opioid use for the treatment of chronic pain, stigma in healthcare settings, and self-stigma. Each of these types of stigma can impact treatment and recovery in different ways.

- **Structural Stigma**: Confusion and disparities in what is covered under insurance; Treatment often requires considerable paperwork.
- **Chronic Pain Stigma**: Doctors, family, and friends attribute complaints of chronic pain as drug-seeking behavior, affecting how they treat the person.
- **Stigma in Healthcare Settings**: Patients might not disclose substance use to their doctor for fear that they will be judged or receive lower quality care; Nondisclosure can impact the quality and efficacy of care.
- **Self-stigma**: Person might believe they deserve the negative outcomes associated with substance use; Believe they are incapable of change, substance use defines their worth; Reduce likelihood they will seek treatment.

Language Matters

The language we use impacts the way we think about our world and others in it. The word abuse conveys the idea of moral failure and personal choice. Abuse is something people choose to do, and abuse is inherently a *bad thing*, and the terminology carries the implicit assumption that people who abuse (someone or something) are *bad people*.

Kelly & Westerhoff (2010) found that clinicians who read a vignette using the phrase "substance abuser" were more likely to agree that the person should be punished, while clinicians who read the same vignette using the phrase "person having a substance use disorder" agreed the person should receive treatment. Research has consistently demonstrated that changing the language of how we talk about substance use and substance use disorders has the ability to change how we think about the people we are trying to help and how people with a substance use disorder perceive themselves and their ability to change.

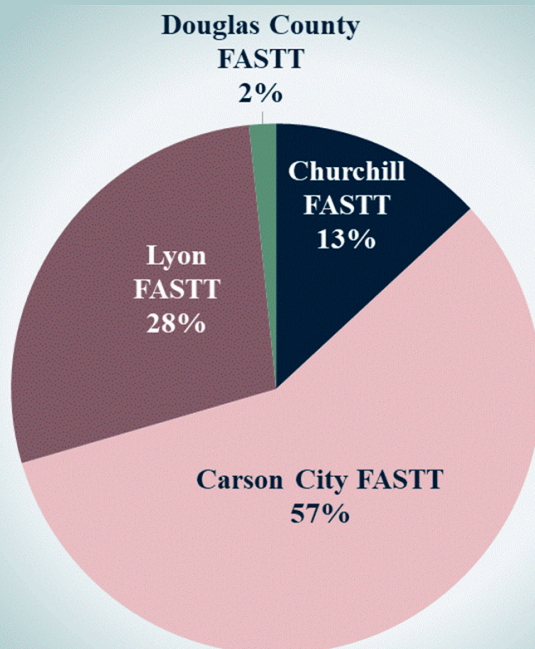
Use of Risk Assessment Tools

FASTT data is sourced through the CMIS database. Teams enter data for each of their enrolled clients, including information about their risk to recidivate based on the Ohio Risk Assessment System (ORAS) Community Supervision Screening Tool (CSST) and Community Supervision Tool (CST). These tools operate on the Risk Principle, described in the Risk-Needs-Responsivity (RNR) model.

In the RNR model, “risk” refers specifically to the risk of recidivism – any type of recidivism – rather than other types of “risk” that offenders might either pose to society (e.g., escalation or aggression) or encounter themselves (e.g., health issues, self-harm). Low-risk offenders often show worse outcomes when they receive high-intensity intervention (Lowenkamp & Latessa, 2004).



Carson FASTT Enrolled the largest number of new FASTT Clients in April



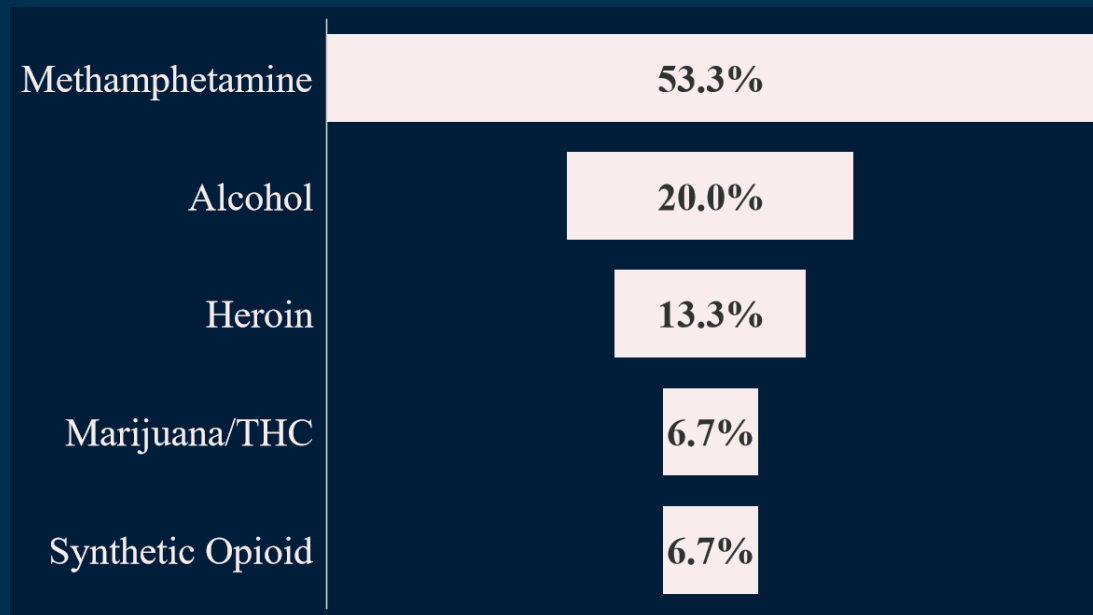
In April, FASTT teams in Carson City, Churchill County, Douglas County, and Lyon County enrolled a total of 59 clients. Of these enrollments, 32 had completed CSST assessments, and of these, 30 scored moderate-high. Teams conducted 12 CST risk assessments, with 5 clients (42%) scoring high to very high. The majority of enrolled clients completed a CAGE-AID screening for substance use, with 90% of assessed clients screening positive.

Spotlight on Lyon County

Lyon County MOST collects considerable data through internal tracking sheets and E-Logic. This team enters data for each of their cases, including follow-up calls and new incident reports. In the first quarter of 2023, Lyon County MOST received 40 consumer referrals. The majority of MOST consumers (88%) were referred by Law Enforcement. The majority of consumers were referred for suicidal behavior including ideation, threats, and attempts (35%), while nearly 1 in 4 were referred for psychotic behavior (22.5%).

For Q1, Lyon County MOST responded to 16 Calls with observed or reported substance use.

Opioids or Stimulants were identified for 73.3% of substance-involved calls.



For 24 of the calls that Lyon County responded to in this time period (53%), the substance use status of the call was unknown.

Lyon County MOST was very successful in reaching referrals during Q1:

- Lyon County MOST attempted contact on 39 of 40 calls for service
- They made successful phone contact with 5 consumers (13%)
- They made successful in-person contact with 27 consumers (68%)
- They were unable to contact 6 consumers (15%)
- Two consumers refused service (5%)

Lyon MOST provided a wide range of services to referred consumers. The most commonly reported interventions during the quarter were:

- Crisis Intervention (27% of calls for service)
- Psychoeducation (24% of calls for service)
- Therapeutic Interventions (23% of calls for service)
- Referral to MOST Case Manager (7% of calls for service)

Lyon County is Going Green for Mental Health Awareness Month!



HUMAN SERVICES
ADULT SERVICES



Go Green for the Month of May

In honor of Mental Health Awareness Month

Join the movement by:

- Displaying green at place of work and or home
- Change lights, reader boards etc. to green
- Promote going green on social media, local news media, etc.
- Wear green on Fridays
- Host a mental health awareness walk
- Schedule or attend a local training or awareness event
- Promote self-care activities
- Learn about local mental health resources and how to access them

Purpose is to...

- Promote community awareness
- Reduce stigma
- Promote community inclusion
- Show community care

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Like us on Facebook: Lyon County Human Services

Suspected Overdoses Reported in ODMAP Trending Upward from 2022

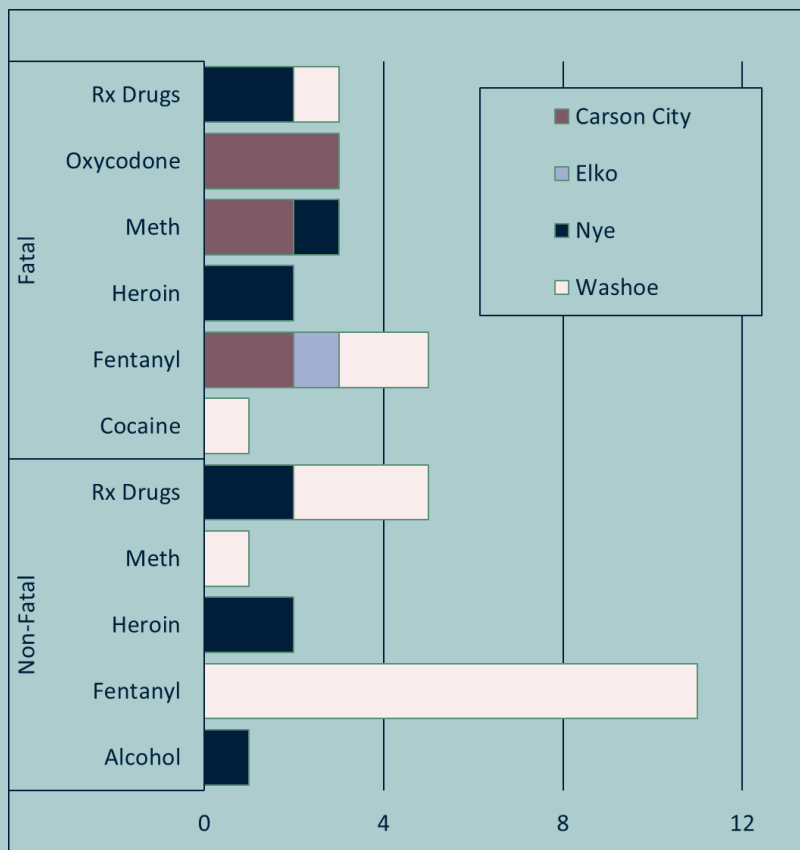
ODMAP Data is approximate, and subject to reporting errors. See January 2023 Newsletter for details.

ODMAP reports of suspected overdoses, suspected fatalities, and Naloxone involved overdose cases have all increased over 2022.

Looking only at data reported for January 1st through April 30th for both years:

- Washoe County and Clark County were responsible for the largest changes in suspected overdose cases. Washoe County's reported cases increased from 355 cases in 2022 to 865 for the same time period this year. Clark County's reported cases decreased from 2,007 cases in 2022 to 1,837 for the same time period this year. Both counties reported proportionate increases in the number of suspected fatal overdose cases, but Washoe County reported an increase in the percent of cases where Naloxone was involved, from 17% of cases in 2022 to 30% of cases year to date.
- Within the Northern Behavioral Health Region, Lyon County saw the greatest reduction in the overall number of suspected overdose cases reported, from 25 cases in 2022 to just 4 cases year to date in 2023. Lyon also reported zero fatalities for either year during this period. Carson City also saw a drop in cases, from 15 cases in 2022 to 9 cases year to date in 2023.

Fentanyl was the Most Commonly Identified Overdosed Substance, followed by Prescription Drugs



In addition to the data that comes from the EMS-connected API, 4 county agencies also entered overdose data into ODMAP.

These agencies reported substances for 37 total cases, 17 of which were suspected fatal overdose cases.

Fentanyl was the most common substance indicated substance in suspected fatal overdose cases, and was especially prevalent in Washoe County.

Opioids comprised the majority of reported substances (62%), while stimulants represented just 14%.

Upcoming Training, Events, and Conferences

- MAY 8-9, Las Vegas: Nevada Health Conference
- MAY 12: Nami Western Nevada UNMASKED Gala ([click for Reservation Form](#))
 - For questions, contact [Laura Yanez](#).
- MAY/JUNE TBD: ORAS Training, location TBD.
- SEPTEMBER 13-14: Nevada Public Health Conference, Reno.
- OCTOBER 3-6, Denver, CO: 2023 National Deflection & Pre-Arrest Diversion Summit
 - Scholarship Application Open now ([click here](#))

Resources

Bureau of Justice Assistance. (2023). Comprehensive Opioid, Stimulant, and Substance Abuse Program is transitioning to Comprehensive Opioid, Stimulant, and Substance Use Program. [COSSAPResources.org/BrandStory](https://www.cossapresources.org/BrandStory)

Kelly, J. F., & Westerhoff, C. M. (2010). Does it matter how we refer to individuals with substance-related conditions? A randomized study of two commonly used terms. *International Journal of Drug Policy*, 21(3), 202-207. <https://www.sciencedirect.com/science/article/abs/pii/S0955395909001546>

Lowenkamp, C. T., & Latessa, E. J. (2004). Understanding the risk principle: How and why correctional interventions can harm low-risk offenders. *Topics in Community Corrections*, 2004, 3-8. <https://www.researchgate.net/publication/309457017>

National Institute of Mental Health (2023). *Mental Illness*. <https://www.nimh.nih.gov/health/statistics/mental-illness>

Werder, K., Curtis, A., Reynolds, S., & Satterfield, J. (2022). Addressing bias and stigma in the language we use with persons with opioid use disorder: A narrative review. *Journal of the American Psychiatric Nurses Association*, 28(1), 9-22. <https://journals.sagepub.com/doi/pdf/10.1177/10783903211050121>