

SUBSTANCE ABUSE IN OLDER MAINERS: WHAT ARE WE SEEING?



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RATES OF ALCOHOL USE

○ Use Rates, Past 30 Days

- 58.6% of 55-64 year olds and 46.4% of people 65 years old or older reported having at least 1 drink of alcohol in the past 30 days. Maine's rate is 4.5-5% higher than the national rate¹
- 5.9% and 5.1% of 55-64 and 65 or older reported drinking heavily during the 30 days prior to the survey²
- 8.2% of 55-64 year olds, and 3.5% of people 65 or older reported binge drinking (defined as males having 5 or more and females having 4 or more drinks on one occasion).³
- Binge drinking and Heavy drinking are considered risk factors for alcohol related illnesses and injury.

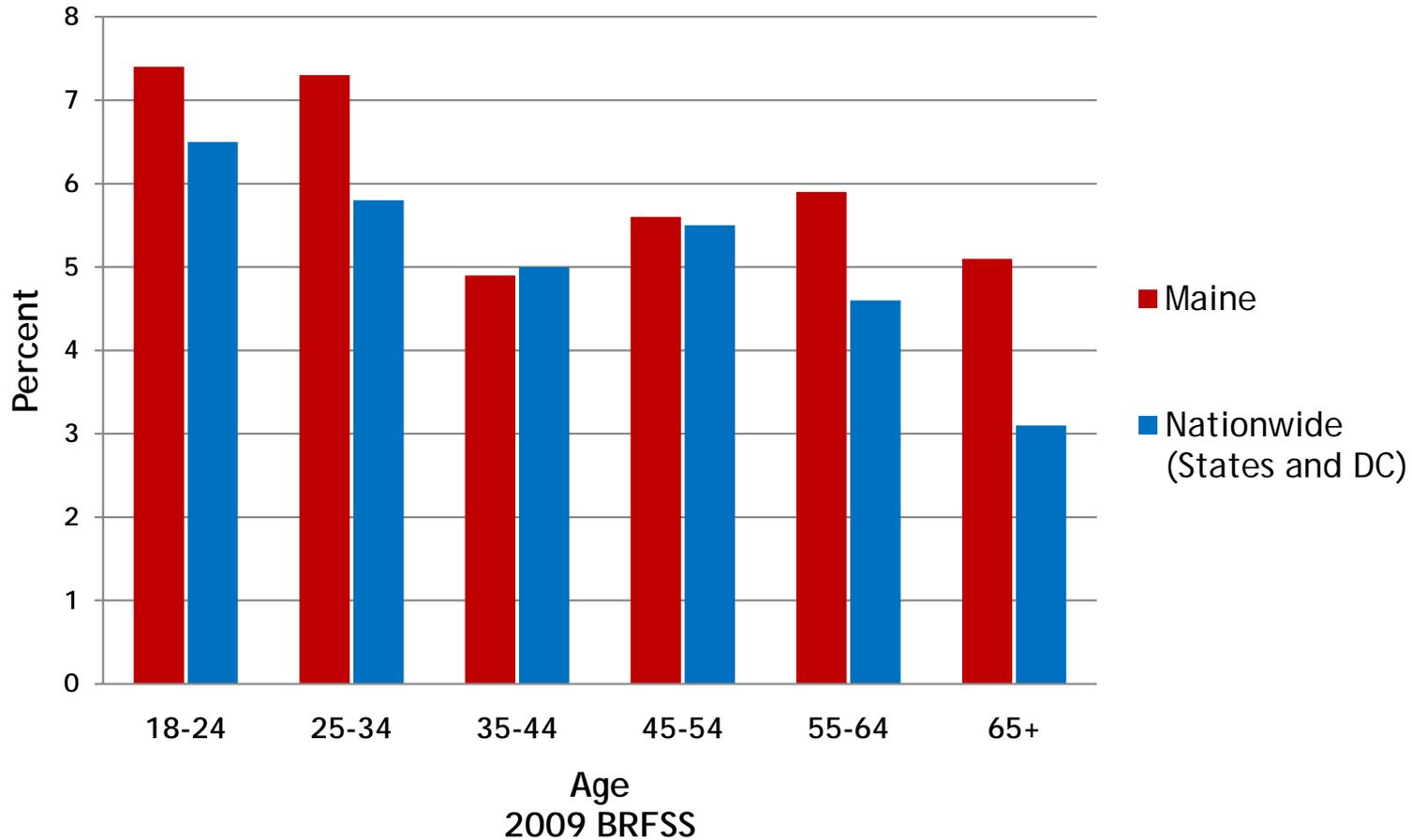
1. BRFSS 2009

2. BRFSS defines heavy drinking as men who drink more than 2 drinks per day and women who drink more than one per day.

3. BRFSS, 2009

HEAVY DRINKING

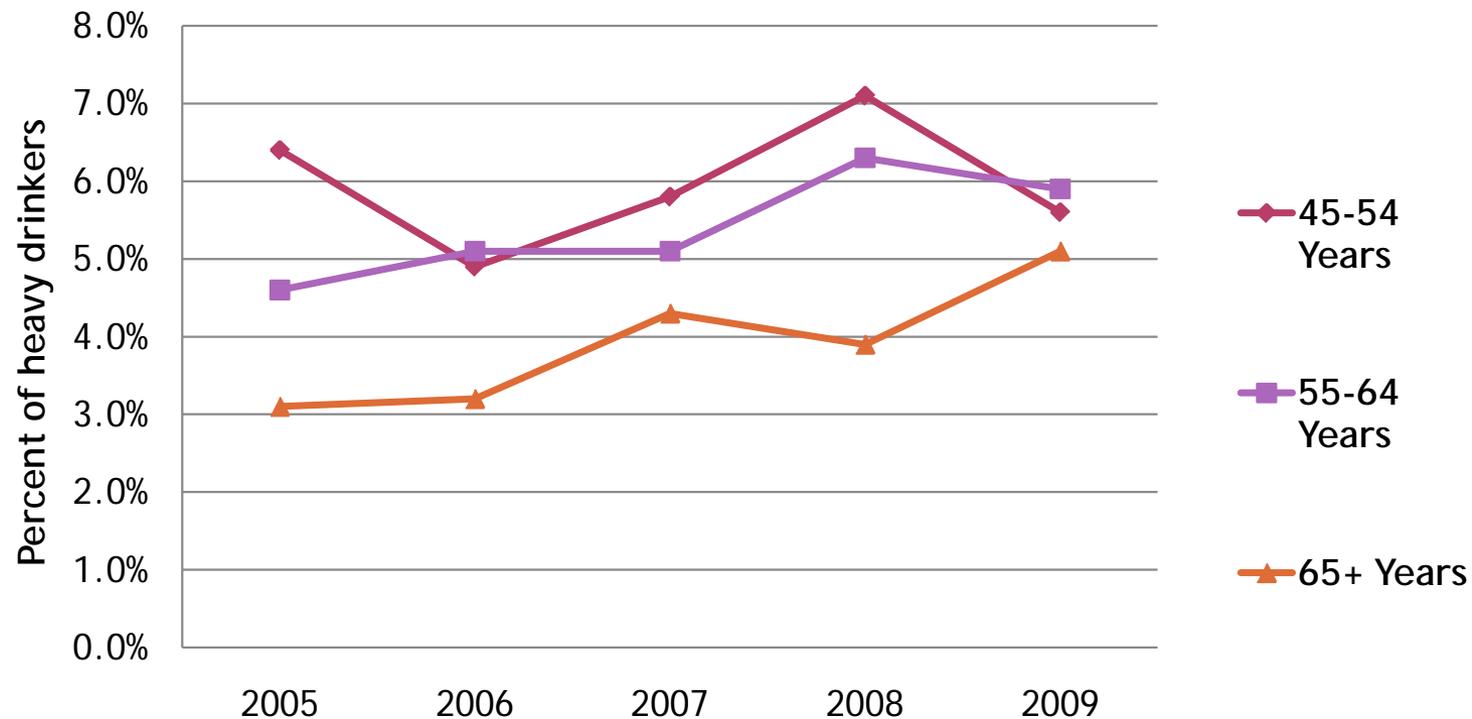
Maine vs Nationwide



Heavy Drinking is adult men who drink more than 2 drinks per day and adult women who drink more than 1 per day

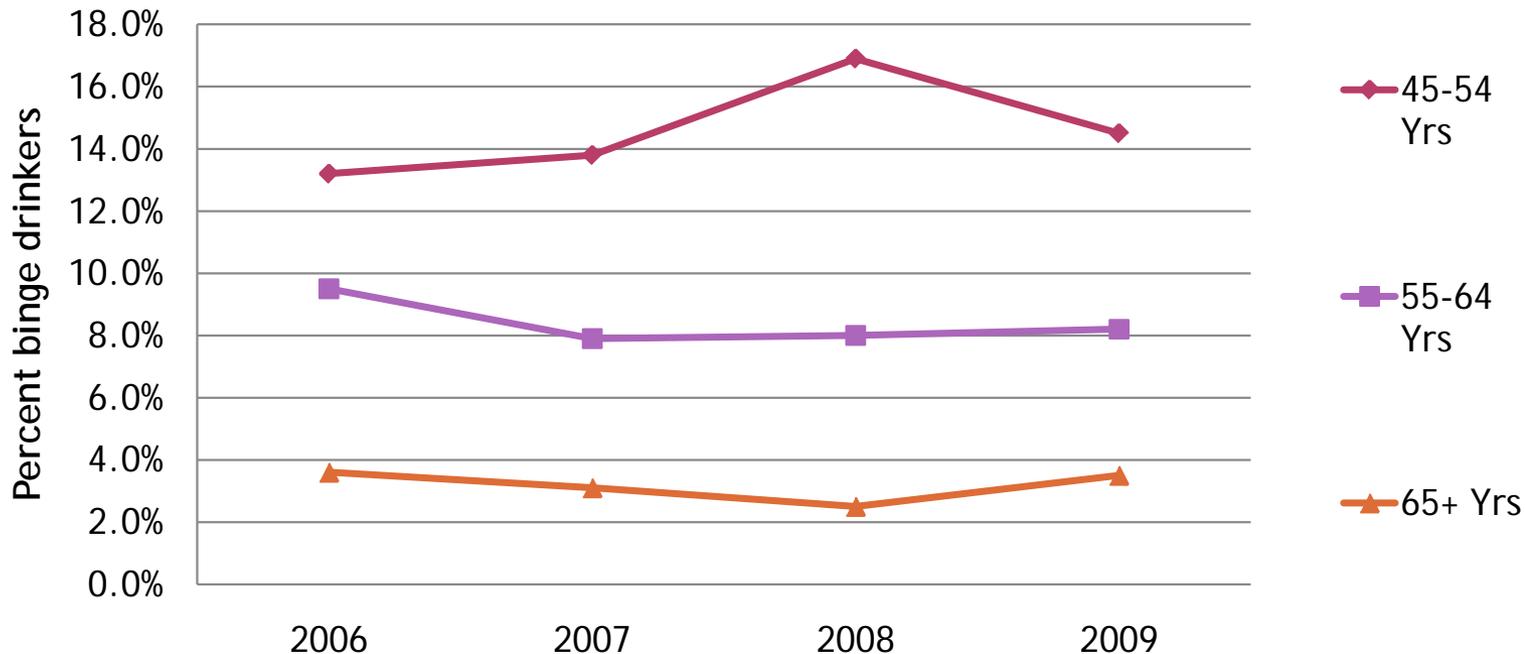
2005-2009 HEAVY DRINKING TREND

- ◉ Heavy Drinking in Mainers 55 or older has increased significantly.
- ◉ Those 65 years of age or older had the largest increase. Increasing by 64.5% (3.1% to 5.1%).

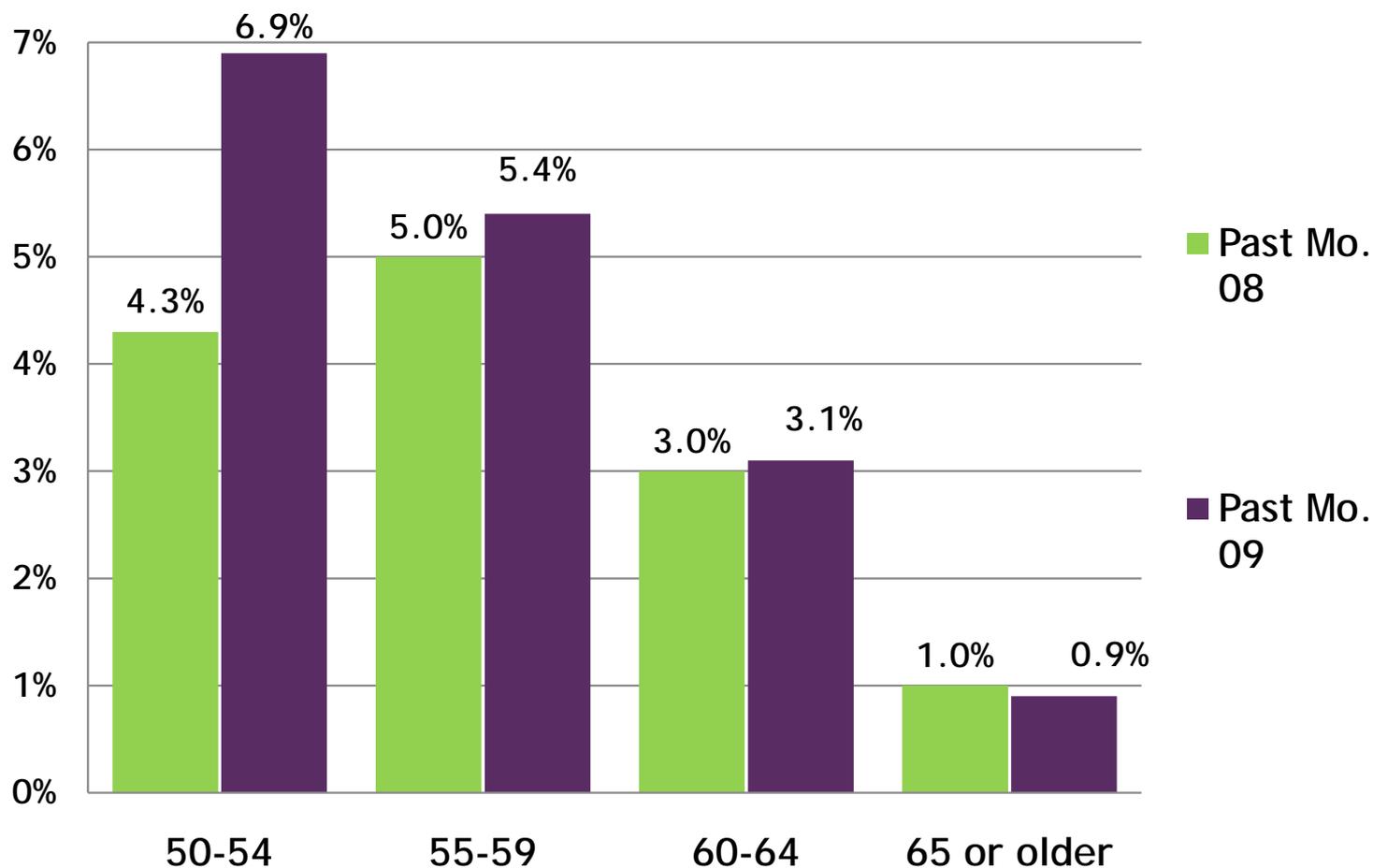


BINGE DRINKING IN ADULTS 45+

- Defined in BRFSS as Males having 5 or more, females having 4 or more drinks on one occasion.
- Binge Drinking rose 10% in 45-54 year olds and declined 14% in 55 to 64 year olds between 2006 and 2009.

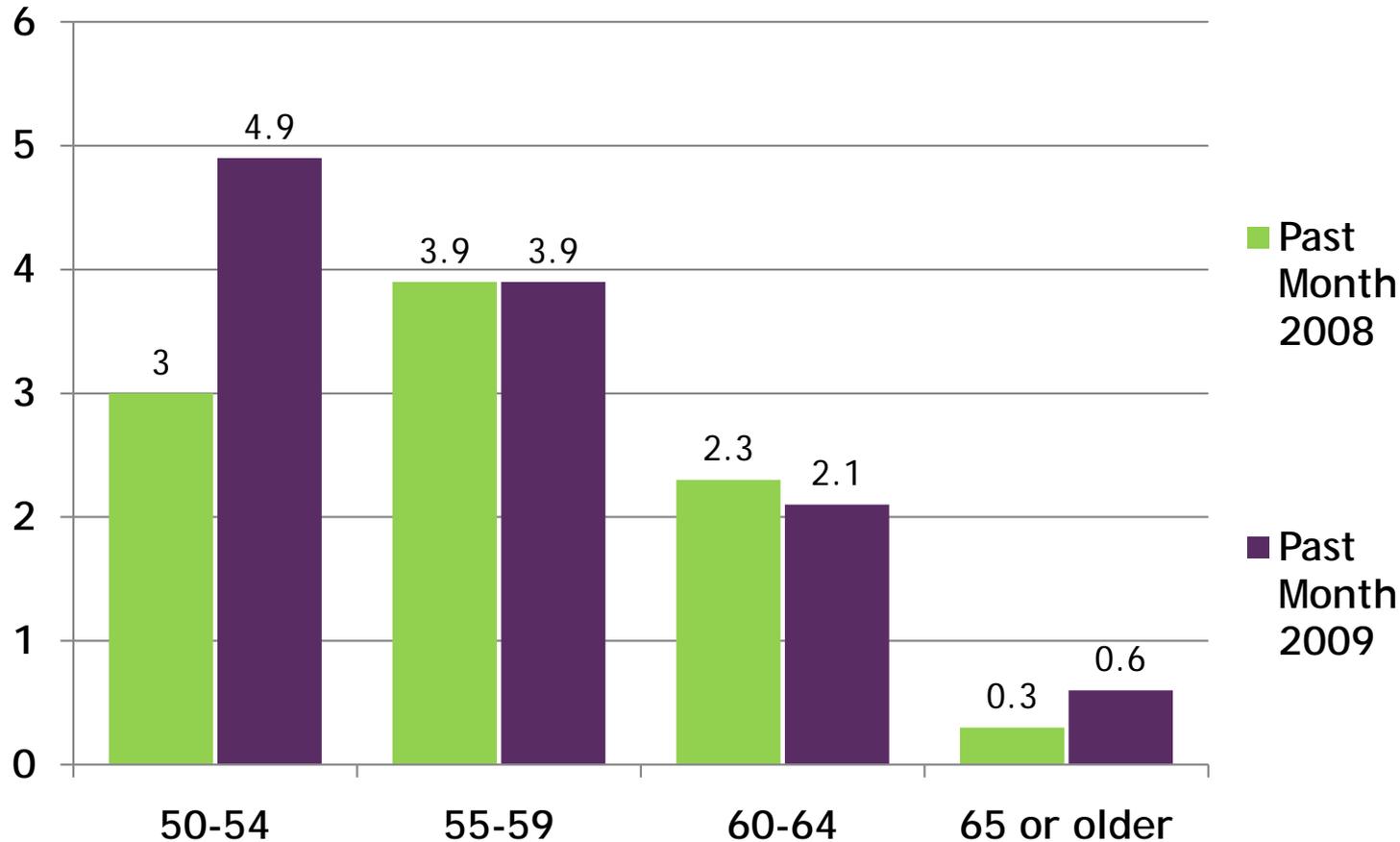


NATIONAL ILLICIT DRUG USE



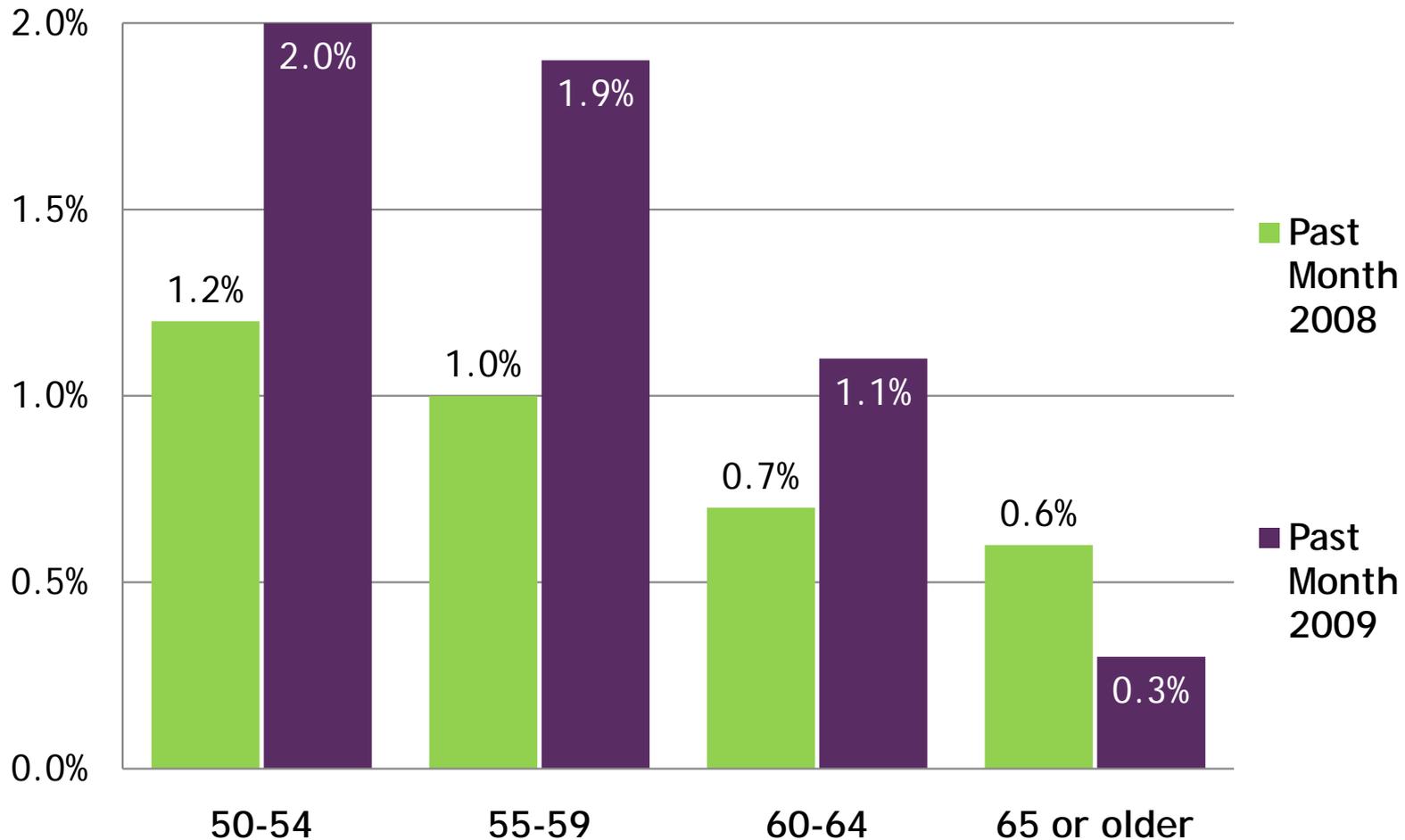
Percentage of 50-54 year olds who used illicit drugs went from 4.3% to 6.9% between 2008 and 2009. All illicit drug use (Marijuana, Cocaine, heroin, hallucinogens, inhalants, Rx psychotherapeutics used non medically). NSDUH 2008, 2009.

NATIONAL MARIJUANA USE RATE



Marijuana typically makes up 50 to 80% of illicit drug use. NSDUH 2008 & 2009. There was an increase in past month marijuana use in people 50-54 years old, from 3% to 4.9%

NATIONALLY, NONMEDICAL USE RX PSYCHOTHERAPEUTICS



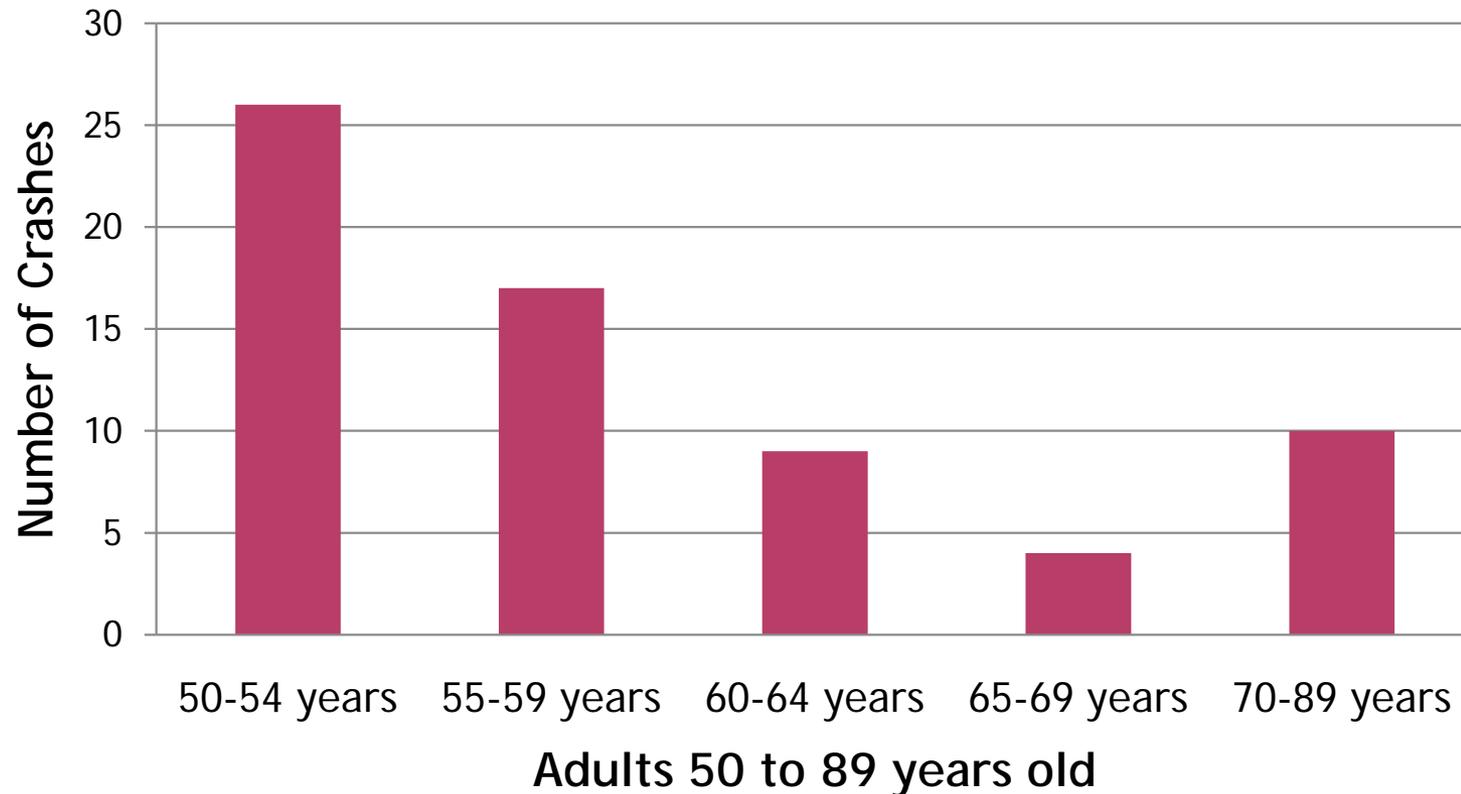
A possible trend to pay attention to- will this eventually increase in adults 65 years old or older too? (NSDUH 2008-2009)

SUBSTANCE USE CONSEQUENCES

- Driving Under the Influence
 - Alcohol
 - Drugs
- Poisonings

ALCOHOL RELATED CAR CRASHES

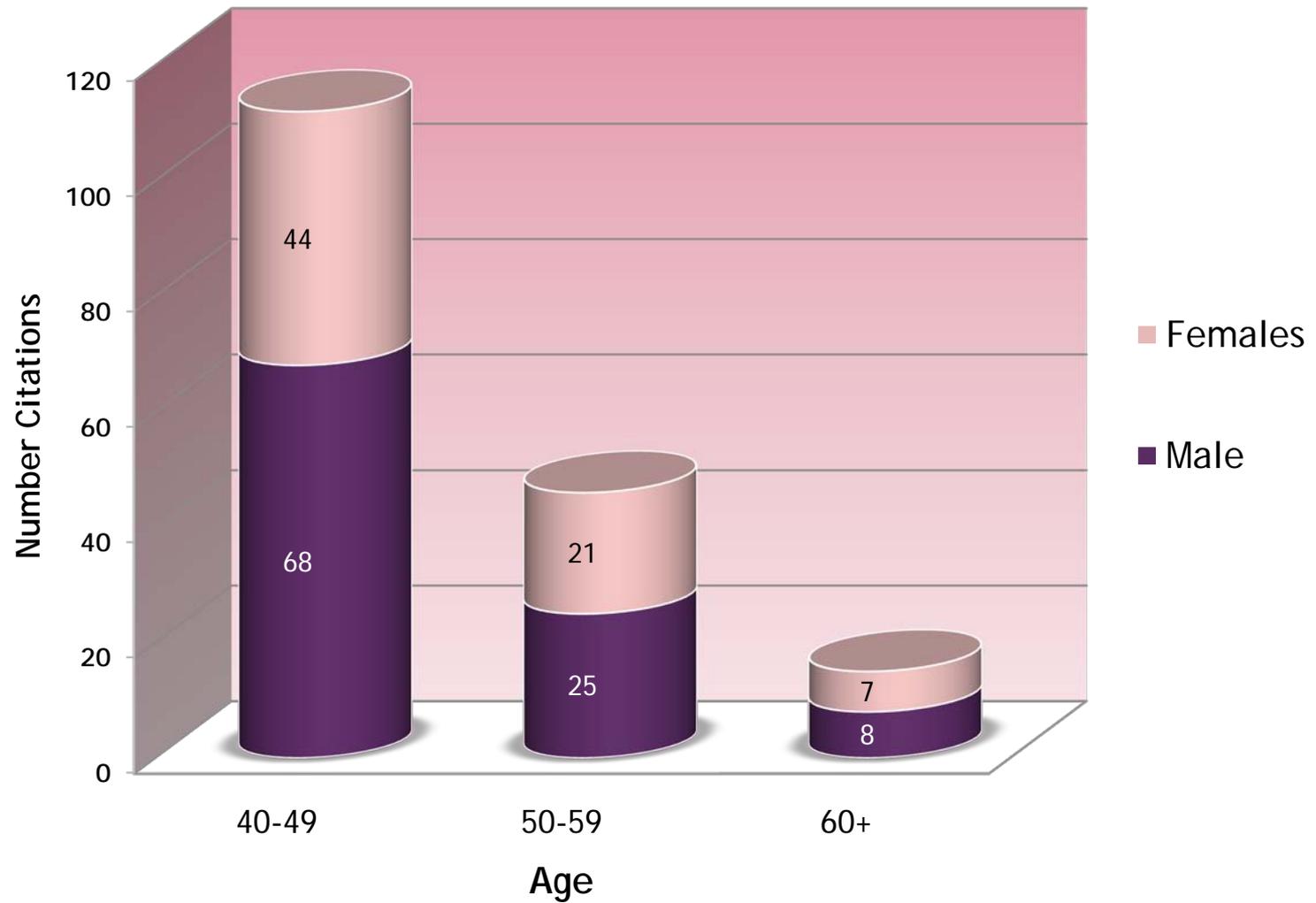
Alcohol Related Car Crashes in Maine 2000-2009



- Only 66 Alcohol related car crashes occurred from 2000 to 2009 in adults 50 or older.
- The lower rate in older adults may partly be due to older adults being less likely to drink and then drive afterwards; as well as having lower rates of binge and heavy drinking than young and middle aged adults.



DRUG RECOGNITION TEST CITATIONS



Drivers in Maine Cited for Operating Under the Influence of Drugs, January 2009-August 2010.

DRIVING UNDER THE INFLUENCE

NATIONAL RATES

50-64 Years Old

- 10.3% drove Under the Influence of Alc. & Ill drugs.
- 9.7% drove Under the Influence of Alcohol Only.
- 2.1% drove Under the Influence of Drugs Only.

65 Years or Older

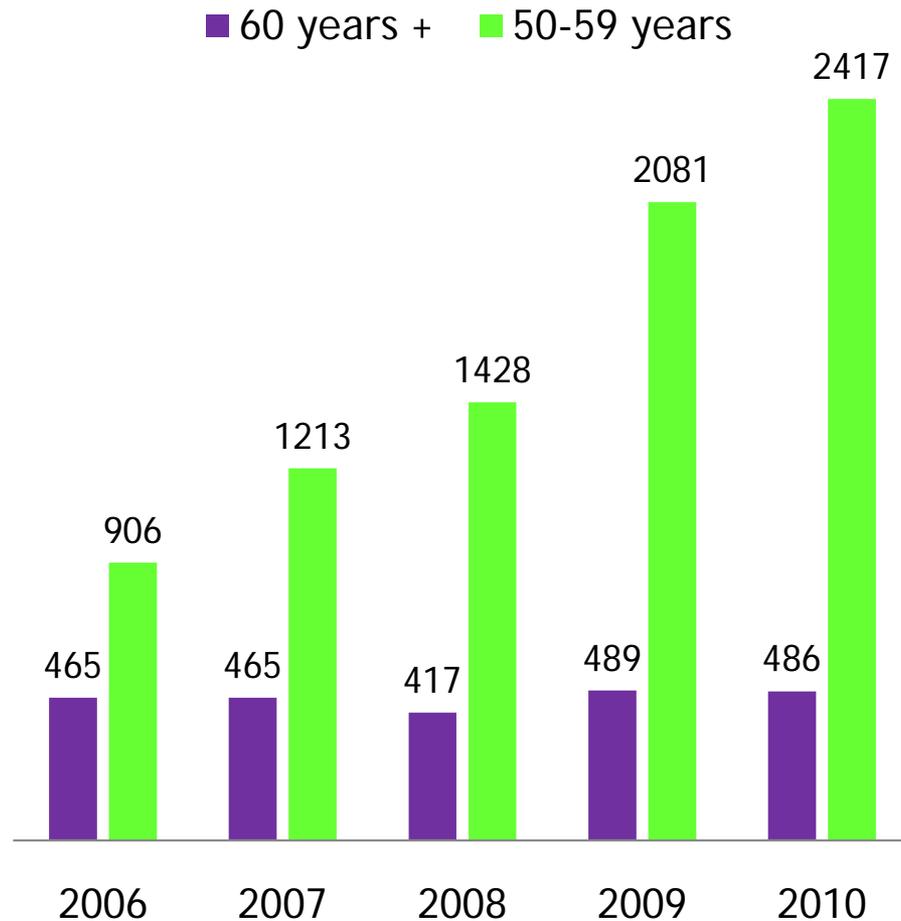
- 3.4% drove Under the Influence of Alc. & Ill drugs.
- 3.4% drove Under the Influence of Alcohol Only.
- .1% drove Under the Influence of Drugs Only.

From 2009 NSDUH Survey. Self reported data.

MEDICATION VERIFICATION (MV) CALLS

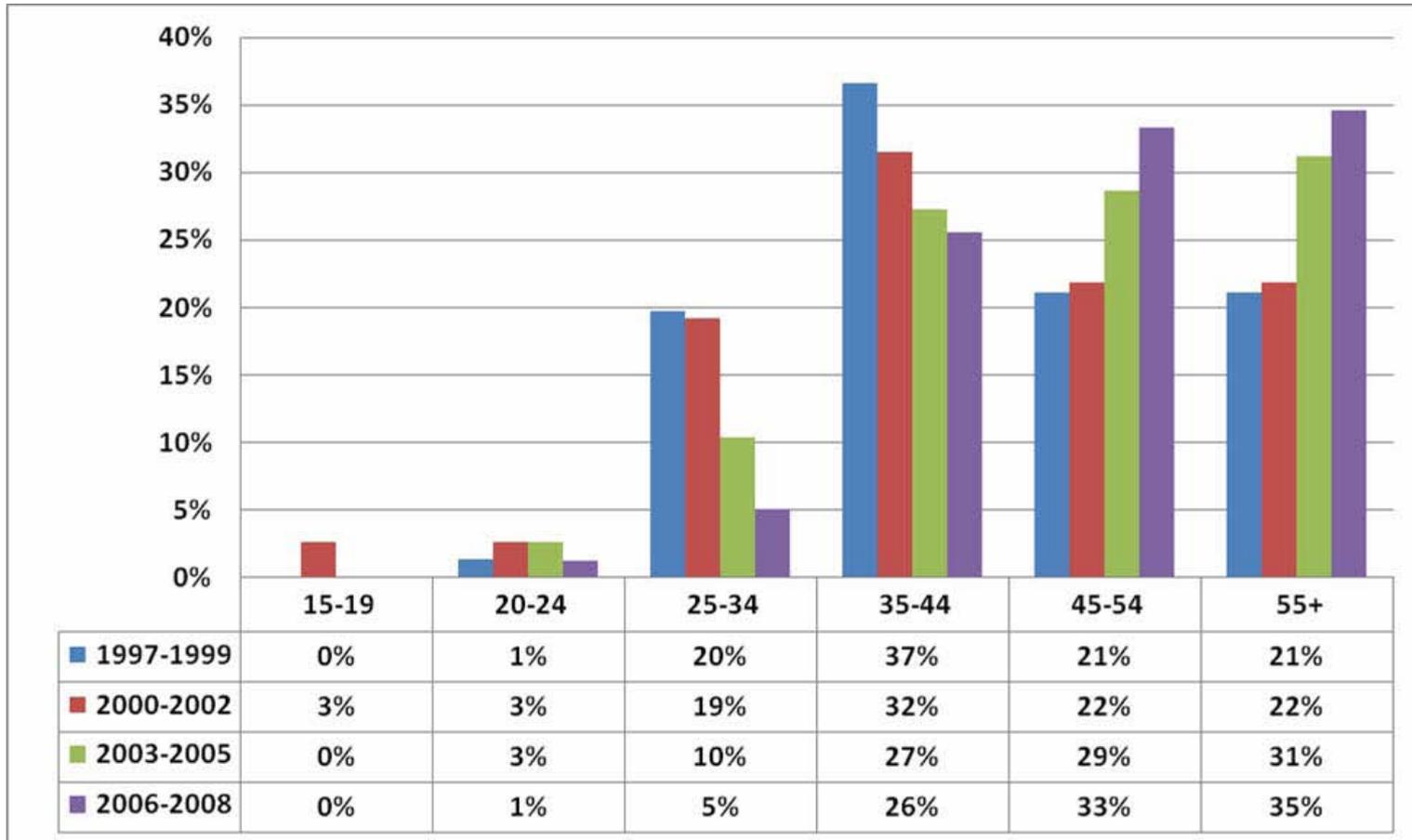
Between 2006 & 2010, the Northern New England Poison Center experienced:

- 5% increase in MV calls in people 60 years or older.
- 167% increase in MV calls in people 50-59 years of age.
- Medication Verification calls are usually substance abuse related.



From Northern New England Poison Center.

MAINE DRUG RELATED SUICIDES



Drug related suicides increased by 67% in persons 55 or older between 1997 and 2008.

Chart from Sorg, M. H. (2010) Drug-Induced deaths in Maine 1997-2008 with estimates for 2009.

<http://mcspolicycenter.umaine.edu/?q=node/2353>

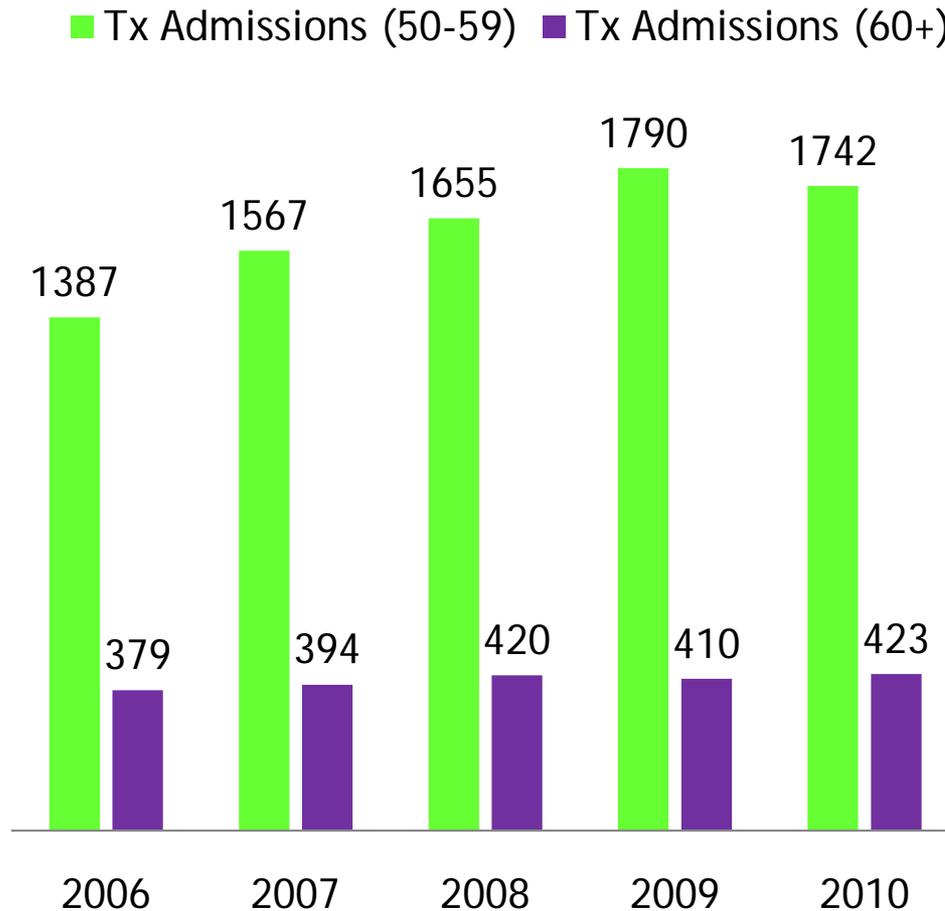
TREATMENT

- Those in Treatment
 - Trends
 - What are the Primary Substances?
 - Which Counties have the most admissions?
- Those using Medication Assisted Treatment (MAT)

ADMISSIONS TO TREATMENT

Between SFY 2006 and 2010 treatment admissions:

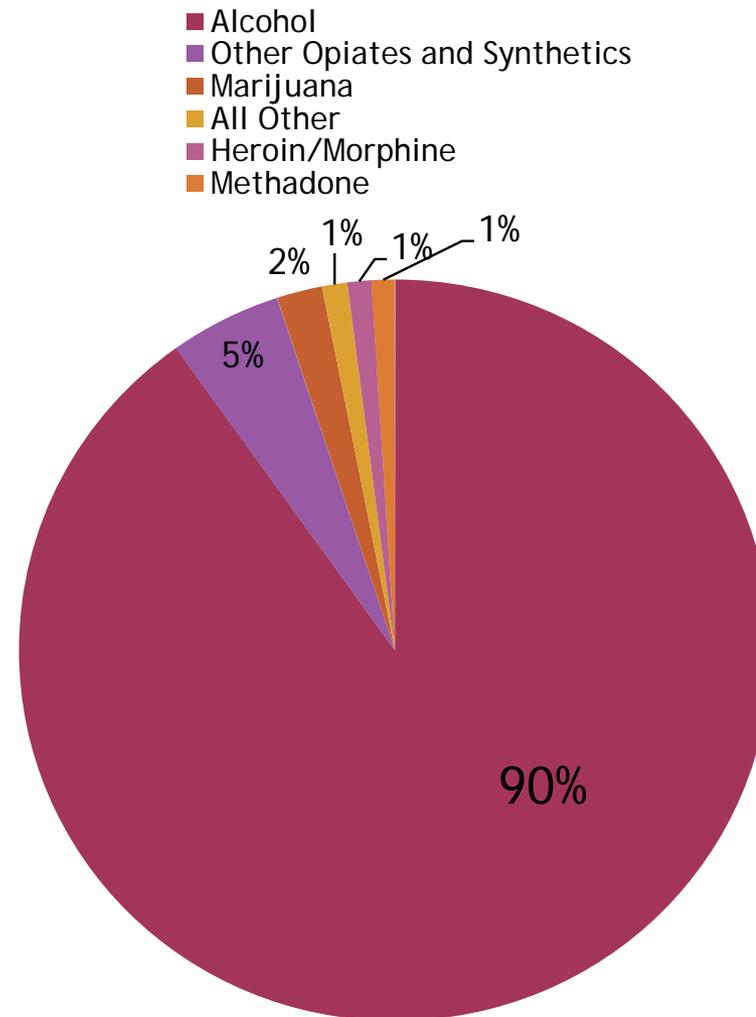
- Increased in Maine adults 50-59 by 26%; and
- Increased in Maine adults 60 years or older by 12%.



From Maine's Treatment Data System: number of clients admitted to treatment who were 50-59 year olds and 60 years or older. SFY=State Fiscal Year

PRIMARY DRUG OF TREATMENT ADULTS 50 YEARS OR OLDER

	Count	Percent
Alcohol	3077	90.13
Opiates and Synthetics	164	4.8
Marijuana	67	1.96
All Other	37	1.09
Heroin and Morphine	35	1.03
Methadone	34	1
TOTAL:	3414	100



SECONDARY DRUG OF TX ADULTS 50 YEARS OR OLDER

	Count	Percent
No Secondary Drug Reported	2713	79.4
Marijuana	353	10.3
Alcohol	64	1.9
Cocaine/Crack	55	1.6
Heroin & Morphine	33	1
Methadone	19	.6
Opiates & Synthetics	123	3.6
Benzodiazepines	43	1.3
Other sedatives	12	.4

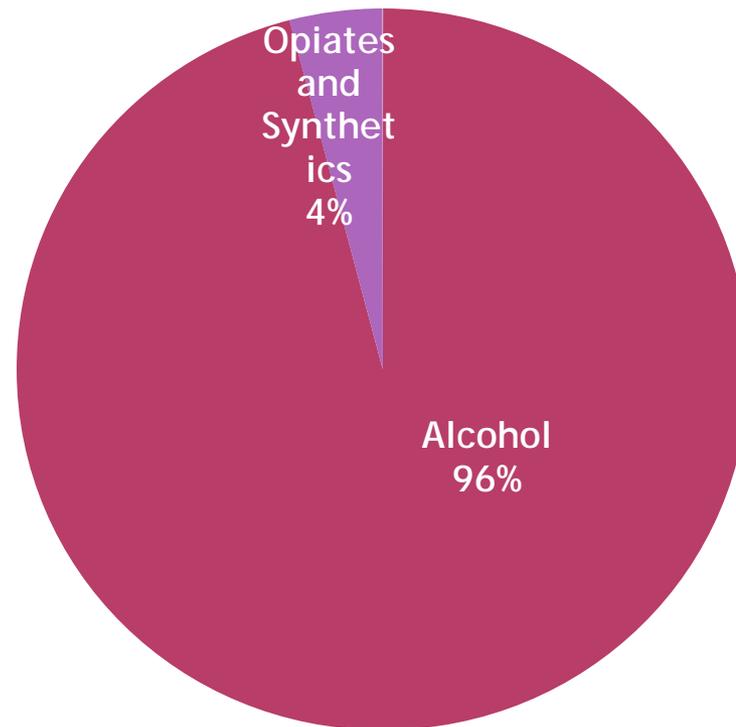
ALCOHOL & DRUG TREATMENT ADULTS 65 YEARS OR OLDER

Primary Drug	Count	Percent
Alcohol	257	95.9
Opiates and Synthetics	11	4.1

Secondary Drug	Count	Percent
None Reported	256	95.2
Marijuana	8	3
Opiates and Synthetics	5	1.8

Primary Drug Treated

65+ year olds, Calendar Year 2010



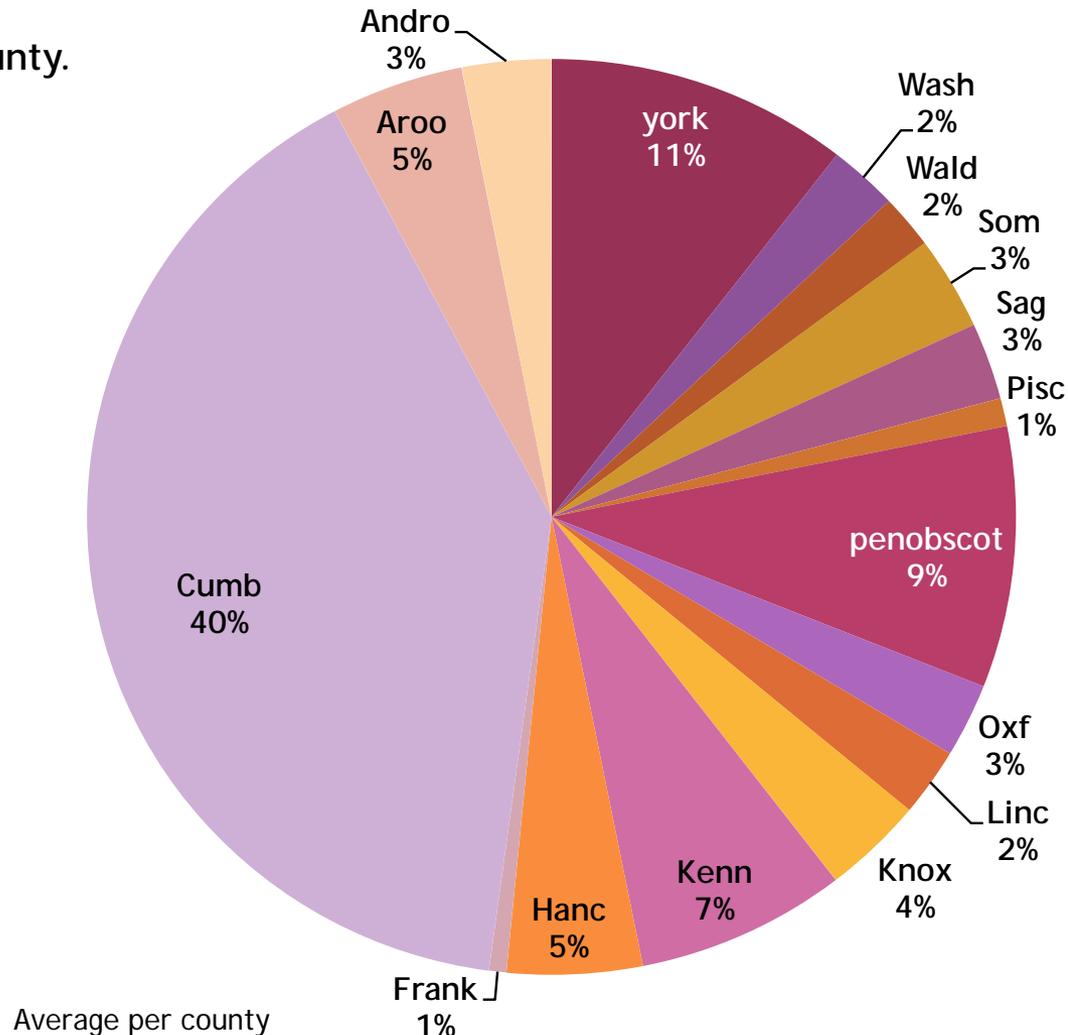
By the time adults reach 65 years of age, alcohol is overwhelmingly the reason for treatment. In 2008, alcohol was identified 100% of the time as the primary reason for treatment; in 2009 alcohol was 98% and opiates were 2% of the primary reason for treatment; in 2010 alcohol was 96% and opiates 4% as the primary reason for treatment in this age group.

PERCENTAGE OF ADULTS 60 YEARS OR OLDER ADMITTED TO TREATMENT

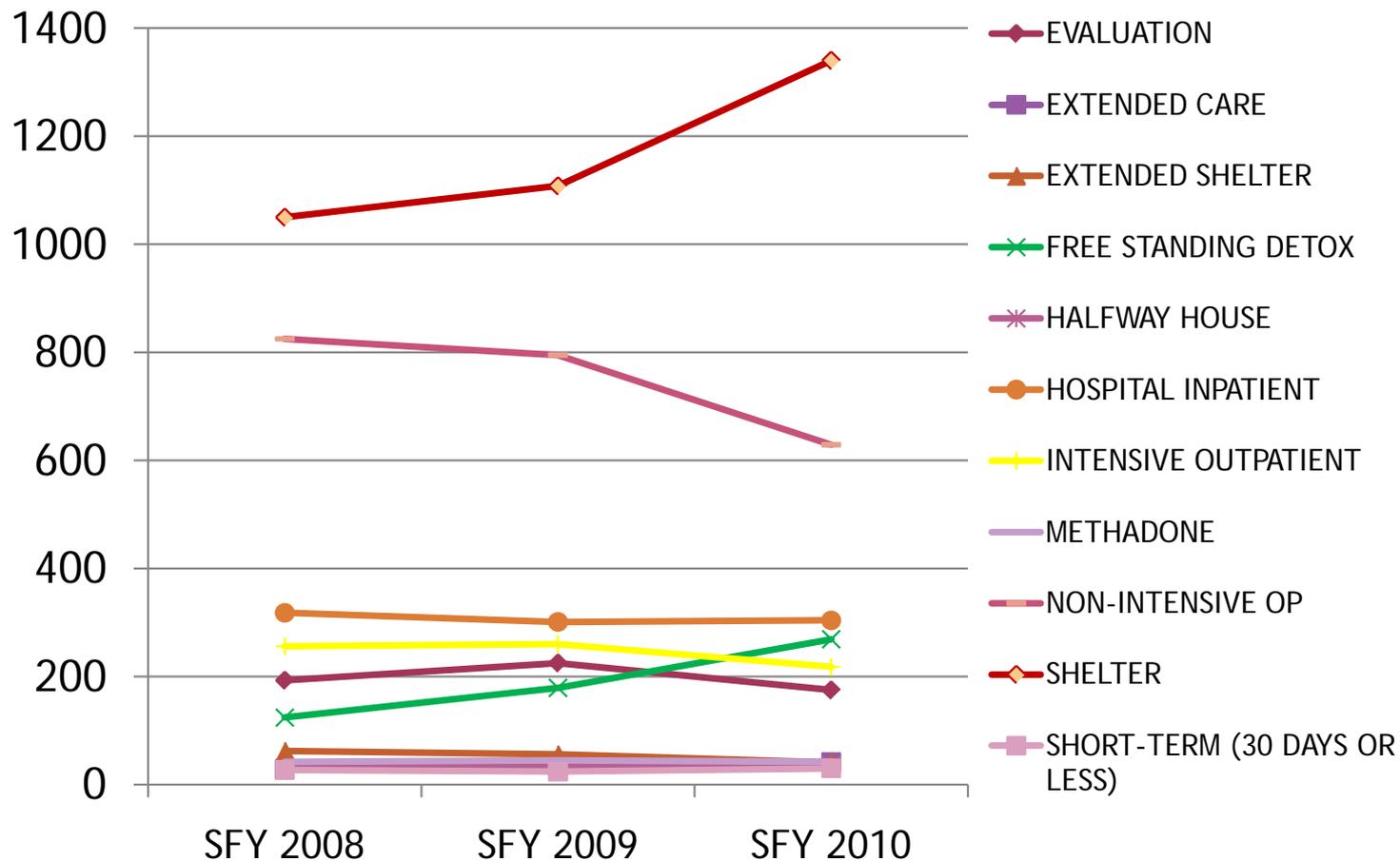
SFY 2008-2010, by County.

While the 2009 census estimate shows that only 19.2% of adults aged 60 or above reside in Cumberland County, Cumberland accounts for 40% of those 60 or older admitted to treatment.

The next slide may help explain.



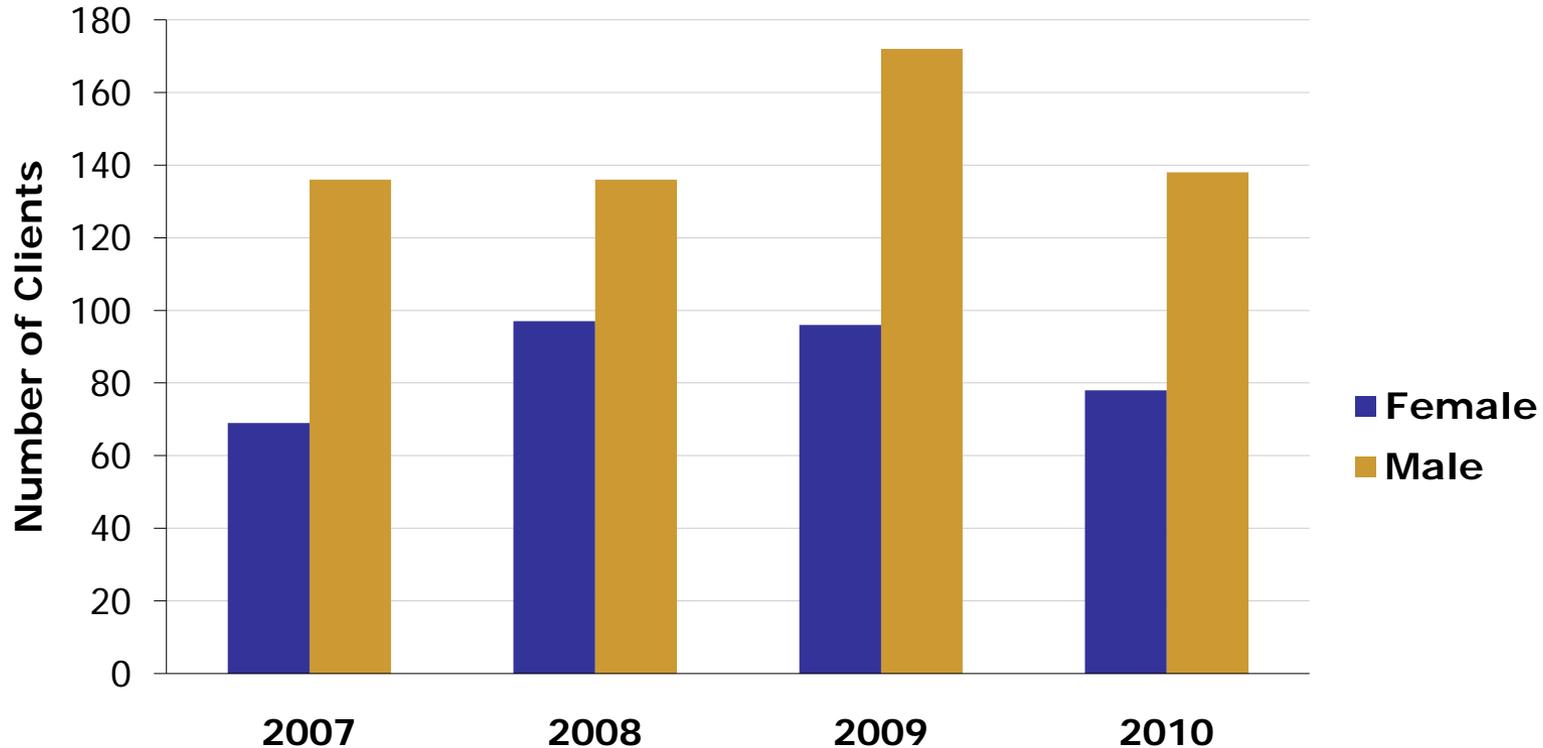
ADMISSION LOCATION



Between SFY 2008 & 2010, shelter and free standing detoxification admissions increased by 28% and 116%, respectively. TDS Discharge data. Adults 50-99 y.o.

MEDICATED ASSISTED TREATMENT

MAT in 50-99 year olds

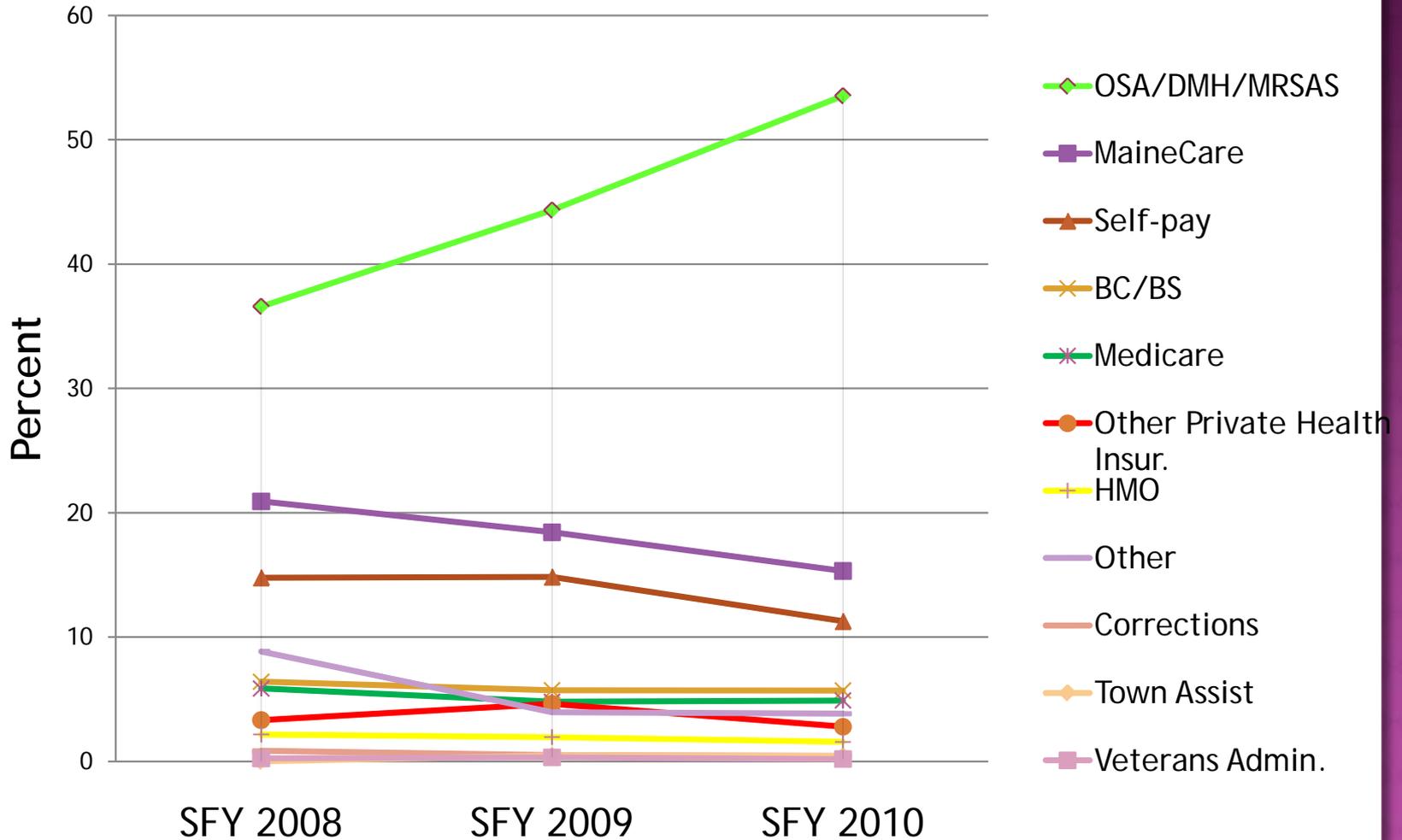


Number of Mainers, 50-99 in MAT per calendar year

Of those providers reporting in TDS. Does not include Shelter or detox.

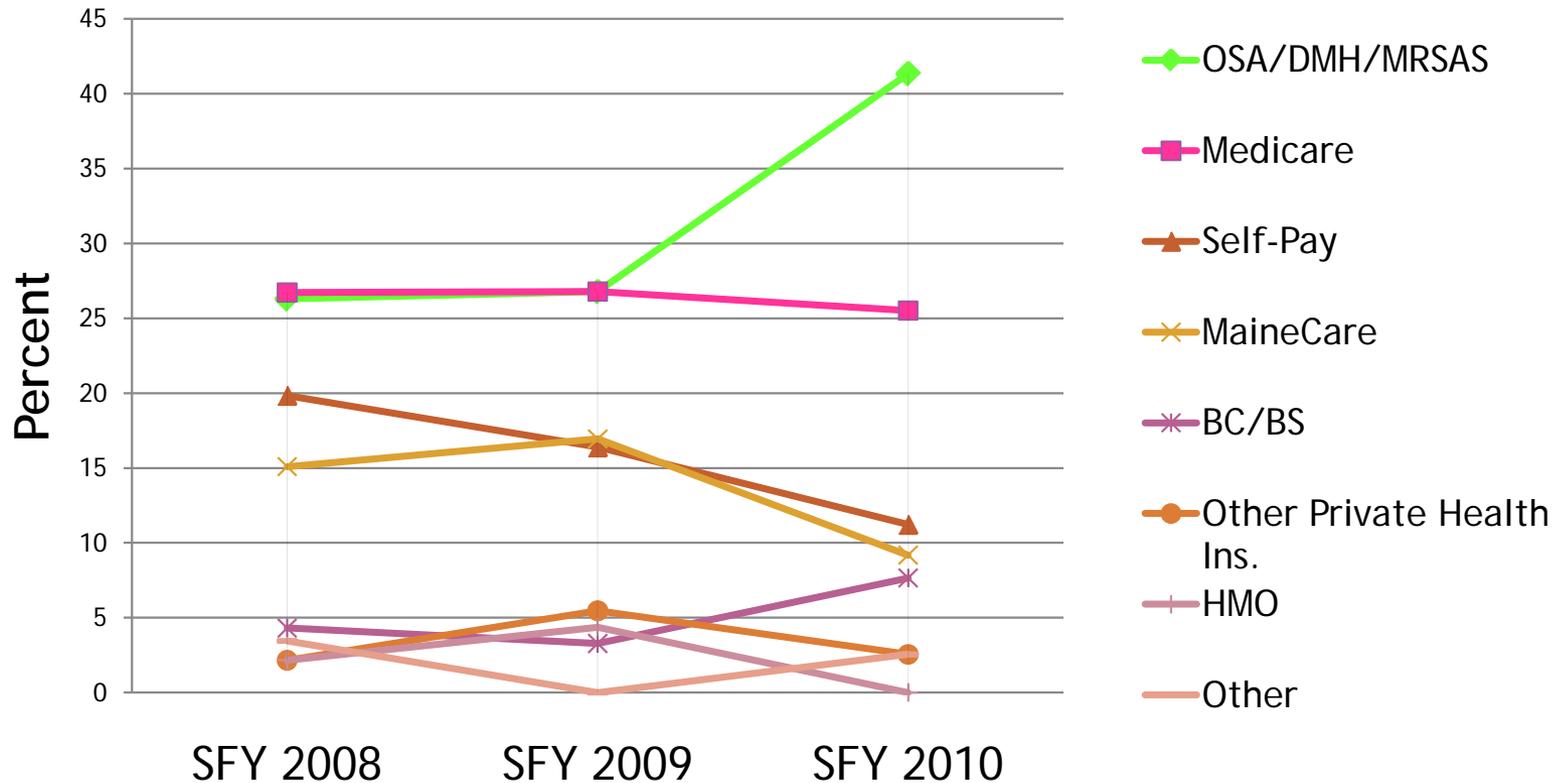
63% of those on MAT were male and 37% female, 2007-2010. There were on average 221, 50 to 64 year old MAT clients each year. During this same time, there were only 9 each year who were 65 years or older.

SOURCE OF PAYMENT FOR ADULTS 50 OR OLDER



Annual percent by payor of those 50-99 years old receiving substance abuse treatment
 TDS Discharge data, including shelter and detox

SOURCE OF SA TREATMENT PAYMENT FOR ADULTS 65 OR OLDER



Annual percent by payor code of those 65-99 years old receiving treatment

Of those agencies reporting in the TDS, during SFY 2010, 41.3% of payments came from OSA/DMH/MRSAS; 34.9% from MaineCare or Medicare (most were Medicare); 11.2% from self-pay; 10.2% from Private Insurance; and the remaining 2.4% from all other.

QUESTIONS?

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