## OVERCOMING OPIOID ADDICTION IN RURAL AMERICA

**CRYSTAL S. GRAENING** 

UNIVERSITY OF MARY



# "Every 12 minutes, another person in this country dies of an opioid overdose."

Leia Raphaelidis, MS, FNP-BC

Photo credit: Norbert Eder

## COMBATING THE #OPIOIDCRISIS



### NEED FOR INTERVENTION

More than 115 people die every day in the United States from overdosing on opioids (NIDA, 2018)

In the state of North Dakota, opioid overdose deaths have tripled in the span of 3 years (Harris, 2017)

## LIMITED RESOURCES IN RURAL AMERICA

- Medically Assisted Treatment (MAT)
  - Evidence-based practice of using one of three medications to overcome opioid addiction (Moore, 2019)
  - Over 71% of rural populations within the US lack access to a provider (Haffajee, Lin, Bohnert, & Goldstick, 2019)
  - Clinics and prescribers concentrated within urban areas



Image Credit : Stonebraker's

## LIMITED RESOURCES IN RURAL AMERICA

- Access to behavioral health services
  - 18.7 percent of those in rural areas had a diagnosable mental health disorder in 2016 (APA, 2019)
  - Those in need must travel great distances, resulting in less treatment (Lin & Knudsen, 2019)
- The stigma of the disease

#### HEALTH PLAN GOAL AND OBJECTIVES

- I. Provide education to the rural population regarding opioid addiction
- 2. Support of the rural community and those facing opioid addiction
- 3. Advocate for the rural population for better programs, resources, and funding



People need to get educated on addiction, so we can change the stigma surrounding the social label of "JUNKIE"

www.HeroinSupport.org

#### DESTIGMATIZING ADDICTION

- Addiction is a disease
- Labeling people who suffer from it
- Negative connotations
  - Increases the stigma
  - Decreases the provision of care

(Walsh, 2017)

#### UNDERSTANDING OPIOID ADDICTION

- Making wrong choices?
- Addiction defined
- Opioids alter receptors within the brain
- People want to quit but cannot without help



#### **ADVANCED PRACTICE NURSES**

Education for rural communities

Overcome the stigma

- Allows for care to those with an addiction
- Support from the community

Local clinicals with MAT availability

#### ACCESS TO TREATMENT AND RESOURCES

#### Consistent, ongoing care

- Support through periods of relapse and non-adherence to treatment
- Nurse practitioners provide holistic, patient-centered care

(Moore, 2019)

Mental Health Services

#### PROVIDING A VOICE FOR RURAL AMERICA

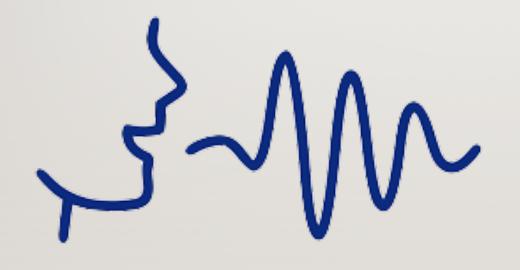


Image Credit: Google Images

- Legislative level
  - Expand programs and resources within rural populations
  - Advanced practice nurses having more waiver availability for MAT
- Funding
- Pivotal to sustainability of support and services to rural communities



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