

# Leveraging Social Environment in the Prevention of Opioid Use Disorder



# Today's Presenters



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**Psychiatry & Behavioral Health  
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Resources – You can find a PDF of the presentation and additional resources under the headshot image located on the left of your screen.

Help – for assistance, please e-mail Melissa Pangaro at [mpangaro@naccme.com](mailto:mpangaro@naccme.com)





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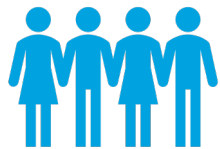
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In 2019, among 16- to 25-year-olds

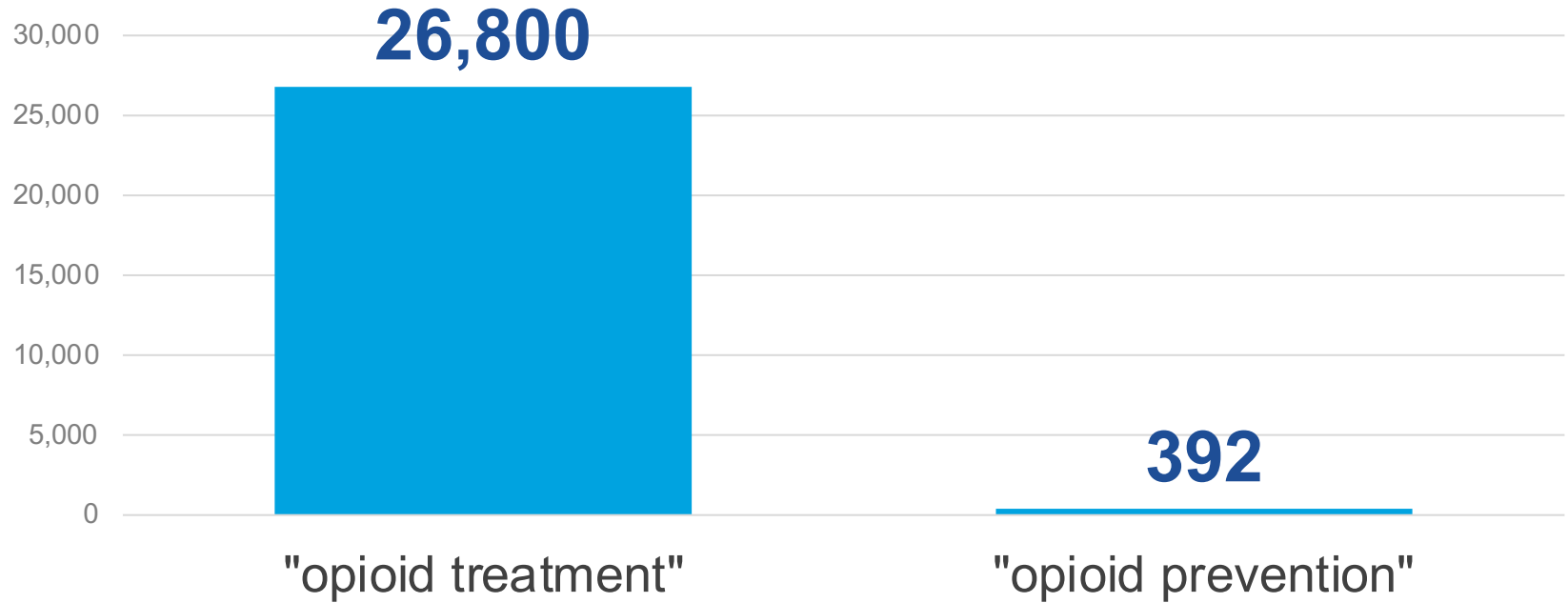
More than  
**half a  
million**  
misused pain  
relievers in the  
past month

More than  
**2 million**  
misused pain  
relievers  
in the past year

*Source: NSDUH 2019 Detailed Table 1.19A*



## Hits in Google Scholar (10/16/2020)





# Context and Prevention Matter

**Treatment**

**Harm Reduction**

**Preventing Misuse**

# Webinar Objectives

01



Recognize links between  
opioid misuse and  
social connections.

02



Share examples of opioid  
prevention research  
projects that leverage social  
environment and systems.

03



Recognize unique  
challenges and related  
adaptations for COVID-19.



# What Do We Know So Far?

A review of the current literature on social connection and opioid misuse

Jessica Duncan Cance, PhD, MPH



# What Is Social Connection?

- Social engagement
- Social network
- Social support
- Loneliness/isolation
- Social disorganization



# A Theoretical Framework for Social Connection



Source: McLeroy, K. R., Bibeau, D., Steckler, A., & Glanz, K. (1988). An ecological perspective on health promotion programs. *Health Education & Behavior*, 15(4), 351-377.



## What We Currently Know

- Study quality is limited
- Small, convenience samples
  - Mostly adults
  - Mostly male
  - Mostly White, non-Hispanic/Latinx
- Typically cross-sectional



# What We Currently Know

- Intrapersonal
  - Limited associations
- Interpersonal
  - Mixed findings
  - Importance of social network versus social support
- Organization/Community
  - Mixed findings
  - Cursory measures



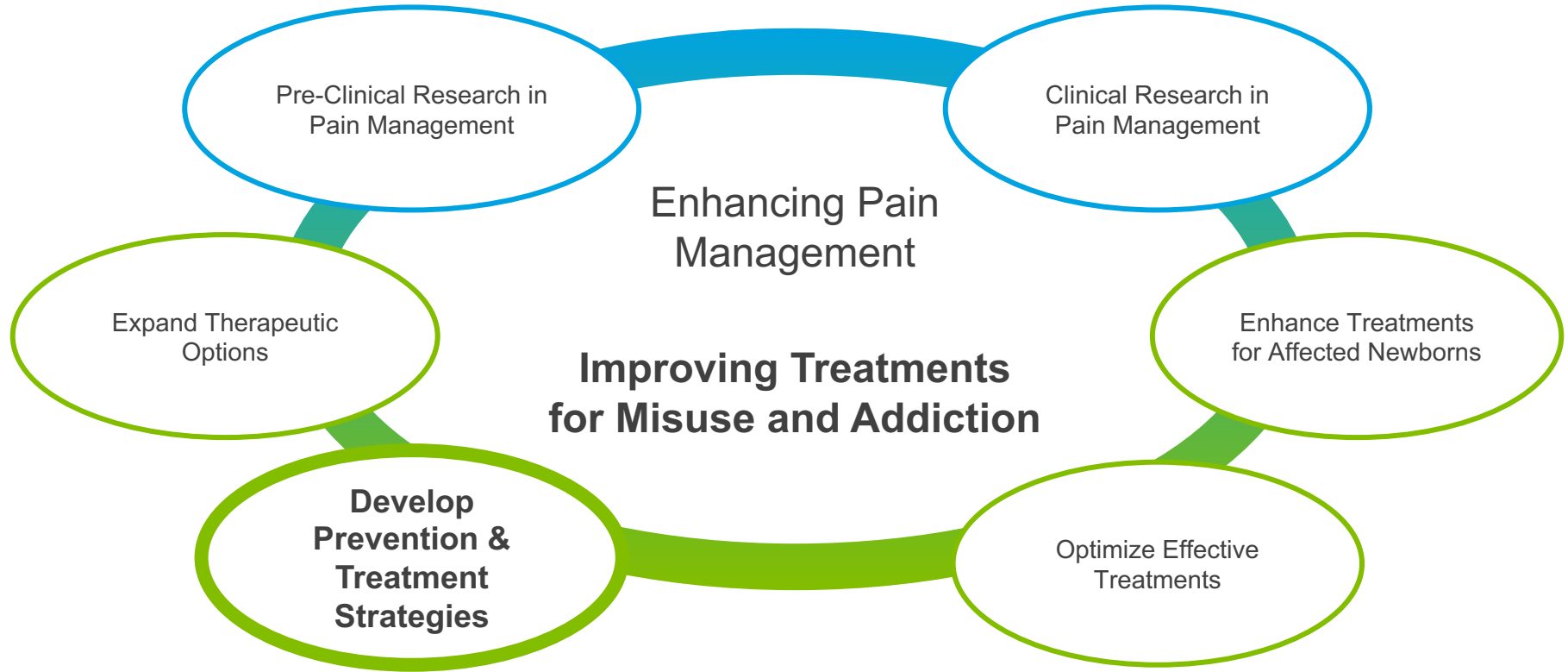


# Social Environment Factors Targeted in the HEAL Prevention Cooperative

Ty A. Ridenour, PhD, MPE



# HEAL Overview and the Prevention Initiative



# HEAL Prevention Initiative

**19**

**Administrative  
Supplements**

**2**

**Pilot Studies**

**Cooperative Agreement to Produce EBIs  
for Immediate Implementation**

**10**

**Research Projects**

**Coordinating  
Center**

# A Theoretical Framework for Social Connection



Source: McLeroy, K. R., Bibeau, D., Steckler, A., & Glanz, K. (1988). An ecological perspective on health promotion programs. *Health Education & Behavior*, 15(4), 351-377.

# HEAL Prevention Initiative

PRINCIPAL INVESTIGATOR	SETTING	SOCIAL INTERVENTION
AHRENS & HAGGERTY	Justice residential unit or group home	<u>Organizational</u> : Connecting participants to social services and prevention
D'AMICO & DICKERSON	Urban American Indians who are disconnected from communities	<u>Interpersonal</u> : Engage American Indians / Alaskan Natives in Tribal communities and activities
FIELLIN	At-risk students via school health centers	<u>Intrapersonal</u> : Simulated social decision-making and refusal skills
KNIGHT	Youths “aging out” of juvenile justice facilities	<u>Interpersonal</u> , <u>Organizational</u> : Relationship building for attachment with “safe adult”
KOMRO & KOMINSKY	Cherokee Nation school 10th graders	<u>Organizational</u> , <u>Community</u> : Community-level social changes; refer at-risk youths
SALDANA	Parents in child welfare who misused opioids or meth	<u>Interpersonal</u> , <u>Organizational</u> : Improving family relationships; connect to services
SLESNICK & KELLEHER	Urban “homeless” young adults	<u>Organizational</u> : Provide housing and connections to needed services
LEVE & STORMSHAK	Rural parents in Healthy Start who used opioids	<u>Interpersonal</u> , <u>Organizational</u> : Improving family relationships; connect to services
WALTON & BONAR	Emergency department patients prescribed an opioid	N/A
YULE & WILENS	Patients getting psychiatric or substance use disorder treatment	N/A



# RAND/UCLA: Interpersonal and Culturally Centered

- Strategy: Reconnect individuals to Native community and traditions
- Group-based motivational interviewing, social network visualizations
- Cultural connectedness
  - Wellness gatherings
  - Celebrate Native traditions related to wellness
- Expected outcomes for recipients
  - Social networks with fewer risks
  - Protective cultural values and linkages
  - Improved well-being

# TCU: Safe Adult Attachment

- Strategy: Strengthen trust and attachment with a “safe adult”
- Intervene with the adult while a youth is in custody:
  - Improved parenting skills
  - Connecting youths with others in pro-social ways
- Continued assistance and training after a youth is released
- Expected outcomes for youths
  - Emotion regulation
  - Social support system
  - Supportive and nurturing family

# Yale: Intrapersonal Management of Interpersonal Risks

- Strategy: Strengthen protective interpersonal skills via serious games
- Video games that involve an avatar integrating into new school
  - “Points” and rewards for healthy decisions
  - Real-life scenarios
- Games develop and reinforce social protective skills
- Expected outcomes for students
  - Refusal skills
  - Social decision-making
  - Perceived harm of opioids

# HEAL Prevention Initiative: Social Environment Targets

- Improving social conditions and connections is key to preventing opioid misuse and disorder.
- Social connections and factors are targeted at all ecological levels.
- Anticipate that HEAL research will yield evidence-based programs.
- Plan to standardize measures of opioid use and social exposures
- Planned analyses of mediators/moderators will yield insights to role(s) of social connections.

# Opioid Misuse Prevention Challenges and Adaptations Related to COVID-19

HEAL Prevention Cooperative research project adaptations

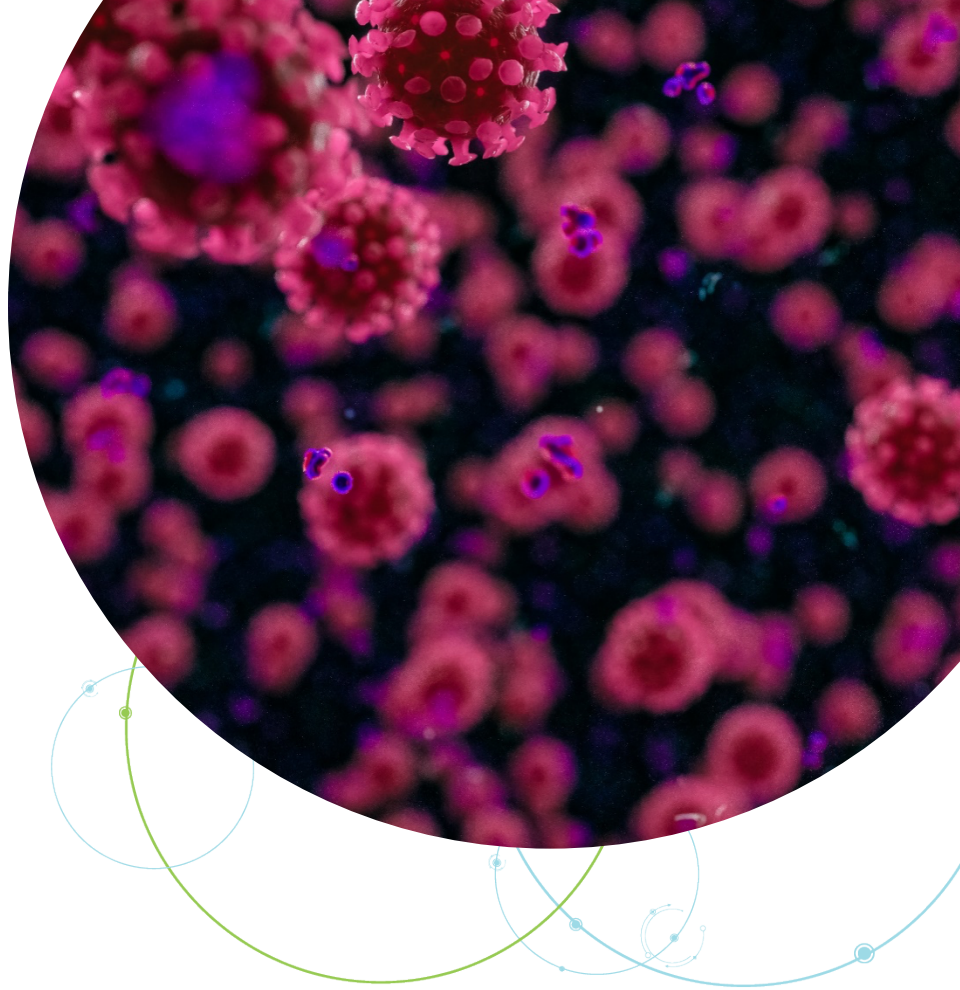
Elvira Elek, PhD





# COVID-19 Challenges for Prevention

- Competing priorities
- Loss of in-person interactions—  
recruitment, data collection,  
implementation
- Lack of access to virtual environments
- COVID-19 consequences





## HEAL Prevention Cooperative Adaptations

- Rely on on-site partners
- Maintain communication
- Collect data virtually
- Provide virtual intervention
- Look for alternatives
- Hold virtual community events

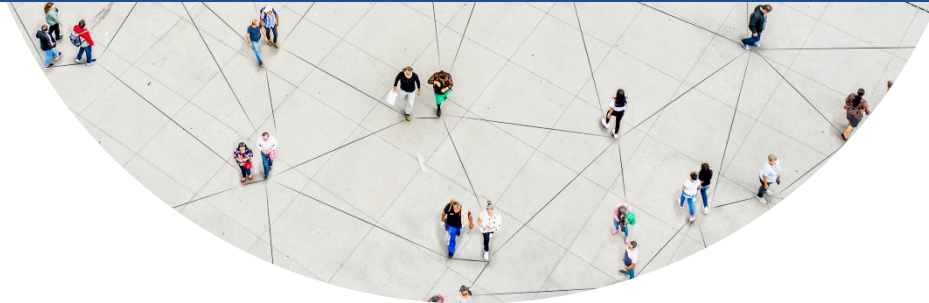


## COVID-19 Silver Linings

- Filling partner needs
- Comfort with virtual environments
- Convenience
- Geographic intervention spread
- Addressing COVID-19 concerns



Can we make and keep the social connections we need for successful opioid misuse prevention intervention in a physically distanced world?



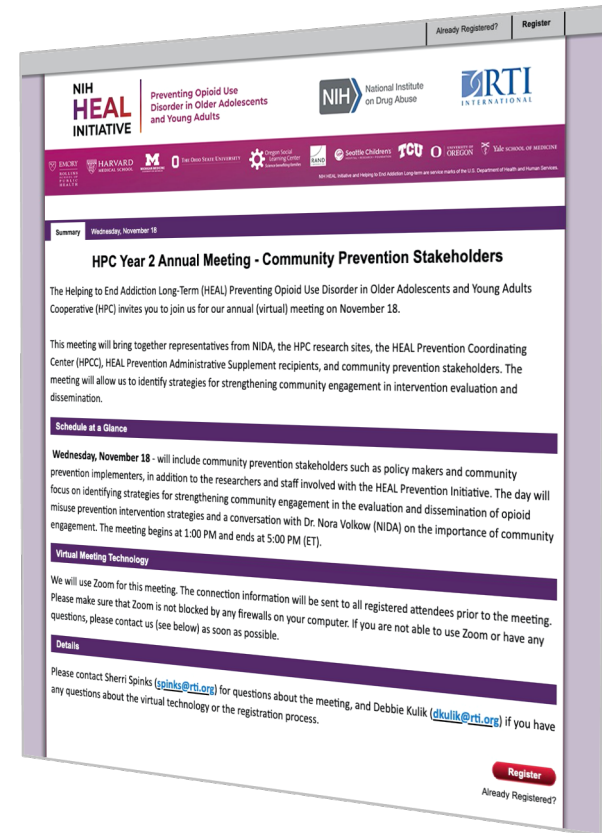
# HEAL Preventing Opioid Use Disorder in Older Adolescents and Young Adults Cooperative (HPC)

**Wednesday, November 18th, 1pm-5pm (EST)**

Collaborations Between Researchers and Community Stakeholders on Evaluating and Disseminating Interventions to Prevent Opioid Misuse

**Registration:**

**<https://www.cvent.com/d/j7qvyyf>**





# Questions?



**Q&A Moderator:**  
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## Q & A

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