URI COLLEGE OF PHARMACY
RX for ADDICTION and MEDICATION SAFETY (RAMS):
EVALUATION of TEEN EDUCATION for OPIOID MISUSE
RHODE ISLAND STATISTICS

• Fatal overdoses are on the rise, with a 7% increase since last year, of which RI ranks 5th, nationally.
• 13.1% of all Rhode Island students report having used a prescription medication non-medically in their lifetime, data notably higher than national trends.
  • When asked where they obtained their last prescription drug without a doctor’s prescription, 9.7% of Rhode Island students reported they bought it at school.

Brown University. 2013 Epidemiological Data
## RHODE ISLAND 9th GRADE STATISTICS

<table>
<thead>
<tr>
<th>Statistic</th>
<th>YRBS 2015 Rhode Island Results</th>
</tr>
</thead>
<tbody>
<tr>
<td>EVER took prescription drugs without a doctor’s prescription</td>
<td>10.1%</td>
</tr>
<tr>
<td>(such as OxyContin, Percocet, Vicodin, codeine, Adderall,</td>
<td></td>
</tr>
<tr>
<td>Ritalin, or Xanax, one or more times during their life)</td>
<td></td>
</tr>
<tr>
<td>Currently took a prescription drug without a doctor’s</td>
<td>6.1%</td>
</tr>
<tr>
<td>prescription (one or more times during the 30 days before the survey)</td>
<td></td>
</tr>
<tr>
<td>Last got their prescription drug without a doctor’s</td>
<td>12.8%</td>
</tr>
<tr>
<td>prescription from buying it at school (among students who have ever</td>
<td></td>
</tr>
<tr>
<td>taken a prescription drug without a doctor’s prescription) - 15 years</td>
<td></td>
</tr>
<tr>
<td>old or younger</td>
<td></td>
</tr>
<tr>
<td>Ever used heroin (one or more times during their life)</td>
<td>3.8%</td>
</tr>
</tbody>
</table>

CDC. 2015 Youth Risk Behavior Survey Data
BEHAVIORAL RISKS FOR YOUTH

- Increases in non-medical prescription opioid use have been associated with risk for transition to heroin use
- Predictors of heroin transition in opioid-naïve youth
  - Early age (BEFORE AGE OF 15) of initiation of non-medical opioid use
  - Using non-medical prescription opioids to get “high”
  - Lifetime use of non-medical prescription opioid use

Carlson et al. Drug and Alcohol Dependence 2016
RI MANDATED HEALTH INSTRUCTIONAL OUTCOMES

• Alcohol, Tobacco and Other Substance Abuse: the causes, effects, treatment and prevention of the use of tobacco and abuse of alcohol and other drugs pursuant to RIGL §§ 16-22-3, 16-22-12, 35-4-18
  • School committees shall support:
    • Instruction of the effects of alcoholic liquors, stimulants, and narcotics upon the human system
    • Incorporation of mandatory instruction of students in grades 1-12 on the effects of alcohol and substance abuse upon the human system in existing health education or other courses
  • Secondary education is charged with administration of a health education, alcohol and substance abuse prevention program
URI RAMS PROGRAM

• URI College of Pharmacy student-delivered program
  • Pharmacy students will regularly meet with 9th grade students to discuss health-related dangers of misuse of prescription opioids
  • 3-hour interactive curriculum for small groups
  • Based on school and community needs, pharmacy students may also facilitate additional outreach sessions, such as parent/athlete information meetings, family/community forums, and peer group activities
## URI RAMS PROGRAM

<table>
<thead>
<tr>
<th>Week</th>
<th>Curriculum</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 1</td>
<td>Safe Storage/Use/Disposal of Medications</td>
</tr>
<tr>
<td>Week 2</td>
<td>Signs and Symptoms/Risk Factors of Opioid Misuse and Withdrawal</td>
</tr>
<tr>
<td>Week 3</td>
<td>Overdose Identification/Response</td>
</tr>
<tr>
<td>Week 4</td>
<td>Treatment and Recovery Resources</td>
</tr>
</tbody>
</table>
Study Overview

- The goal of this study is to measure the impact of the educational and interactive components of the URI Opioid Misuse Education (RAMS) program has on student awareness and perceptions related to prescription drug abuse.
- Primary objective: Examine the effects on student substance misuse and high school students’ recall of knowledge and skills.
Surveys

- Risk and protective factors for substance use
- Past 30-day non-medical use of opioids and alcohol
- Students’ perception of risk and/or harm from prescription drugs and overdose
- Awareness of resources and treatment for substance use disorders
- Proper disposal and storage of Rx medications
- How to obtain and administer naloxone
- Approximately 10-15 minutes to complete
- Administered by a SurveyMonkey® link

- August 2016: Approved by Rhode Island Department of Education (RIDE) and URI Institutional Review Board (IRB)

Survey questions are modified with permission from the United States Substance Abuse and Mental Health Services Administration (SAMSHA) and Ontario Substance Abuse Curriculum
Cluster 1: Fall 2017

- School Committee Approval and Faculty Presentations

- Letters sent home for parental permission for student survey participation
- Pre-Intervention Student Survey

- URI RAMS Curriculum Delivery
- Post-Intervention Student Survey (1-2 months following intervention) – Jan/Feb 2018
Study Incentives

- $1000 will be given to school for compensation for time and energy spent hosting URI RAMS program; allocation determined by school
- $850 scholarship for two high school students (TBD by school) to attend Youth to Youth International Eastern States Summer Conference in July 2018
- Study results will be provided for schools at end of academic year
ADDITIONAL OPPORTUNITIES
URI RAMS PROGRAM

• We are offering an opt-in opportunity for parents, students and the school community to participate in a text messaging and social media campaign to help sustain and strength the curriculum delivered to adolescents as part of an effective school-based substance misuse prevention strategy
  • Development of school-based resources for teachers and parents
ADDITIONAL OPPORTUNITIES
URI RAMS PROGRAM

• We are working in collaboration with URI Film/Media for video production offerings to high schools for social media video clips
  • URI video crew: Media Supervisor/Adjunct Assistant Professor and 1-2 film students
  • All shooting and editing supervised by Media Supervisor
  • Videos would be 15 seconds to 2 minutes in length
  • Stylistically videos may be commercial, short documentary or dramatic piece
  • School officials could/would act as consultants to content and style
RX for ADDICTION and MEDICATION SAFETY (RAMS): EVALUATION of TEEN EDUCATION for OPIOID MISUSE

This project provides a 4-week educational program on prescription opioid abuse and misuse

I. Program
   a. Introduction of Study/School-Needs Survey at Professional Development Session (1 hour)
   b. URI College of Pharmacy Opioid Misuse Education Program - (3 hours)*
      *curriculum to target students entering 9th grade

<table>
<thead>
<tr>
<th>URI RAMS Program Curriculum</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 1</td>
</tr>
<tr>
<td>Week 2</td>
</tr>
<tr>
<td>Week 3</td>
</tr>
<tr>
<td>Week 4</td>
</tr>
</tbody>
</table>

II. Study Participation
   a. Opt-in participation letters for students and opt-out letters for parents/caregivers permission
   b. Three student surveys completed during programming through SurveyMonkey®
      i. See Summary Handout for timeline

III. Study Incentives
   a. $1000 stipend for each school to support Professional Development Session and Faculty/Staff supervision during URI RAMS Program Curriculum sessions
   b. Food and miscellaneous expenses will be covered during URI RAMS Program Curriculum
   c. $425 stipend will be awarded award 2 high-school student from each school to attend Youth to Youth International Eastern States Summer Conference in July 2017 (TBD by school)

IV. Supplementary Information
   a. Each school must complete a W-9 Form
   b. Pharmacy students will have completed a criminal background check (i.e., BCI) prior to their participation as required by the University of Rhode Island, College of Pharmacy
   c. Karen Barbosa, Director of Education and Youth Development, Riverzedge Arts, will serve as school contact. Email: karen@riverzedgearts.org
URI College of Pharmacy
RAMS: Rx for Addiction & Medication Safety
Project Timeline/Overview

**New Schools CLUSTER 1**
- Summer 2017: School Committee Approval
- Aug/Sept 2017: Faculty Presentation
- Oct 2017: Initial Survey 9th graders
- Oct - Dec 2017: URI RAMS Curriculum
- Jan/Feb 2018: Final Survey 9th graders

**Returning Schools CLUSTER 2**
- Summer 2017: School Committee Approval
- Aug/Sept 2017: Faculty Presentation
- Oct 2017: Initial Survey 9th & 10th
- Oct - Dec 2017: URI RAMS Booster
- Jan/Feb 2018: Post Survey 9th & 10th
- March - May 2018: URI RAMS Curriculum 9th graders

School Schools 1-3

School Schools 1-3

School Schools 1-3

School Schools 4-6

School Schools 4-6

School Schools 4-6

School Schools 4-6