



ENDING THE OPIOID EPIDEMIC IN CALIFORNIA

WHY THIS WORK MATTERS

The opioid overdose epidemic — sparked by the overprescribing of prescription medications and the illicit use of heroin and fentanyl — is a public health emergency affecting communities across the country. Nationwide, deaths involving opioids quadrupled from 1999 to 2015. Death rates in certain parts of California are among the highest in the country; each year 2,000 Californians die of an opioid overdose. Reversing these trends is possible. Other states and countries have proven that death rates can drop with coordinated, strategic effort. France reduced overdose deaths by 80% by making addiction treatment widely available on demand for those in need.

OUR GOAL

Every overdose is preventable. CHCF's ultimate goal is zero overdose deaths in California. As a first step, we are working to bring down opioid overdose deaths by at least 20% by 2020.

To achieve this goal, we partner with state and local policymakers, health plans, providers, pharmacists, and clinicians on the following strategies:

- **PREVENT:** Reduce opioid use in treating acute and chronic pain. Avoid new starts. Use lower doses and shorter durations for fewer diagnoses.
- **TREAT:** Streamline access and make medication-assisted treatment available on demand.
- **MANAGE:** Identify chronic pain patients on high-risk regimens and taper to safer doses.
- **STOP overdose deaths:** Ensure the overdose antidote naloxone is widely available.
- **INFORM:** Lower stigma and change norms through public education, events, and communications.

OUR APPROACH

CHCF focuses on increasing the knowledge and capacity of all stakeholders through training, technical assistance, research, and targeted communications. We engage and support local community leaders to take action, and we partner with state and federal leadership and broad-based task forces working to address opioid overuse through collective impact.

PROJECT HIGHLIGHTS

Opioid Safety Coalitions Network

Opioid safety coalitions bring together health care and community leaders, county government, law enforcement, addiction treatment centers, public health leaders, advocates, and consumers to reduce overdose deaths. CHCF works with coalitions in more than 35 California counties (see map), representing 95% of the state's population.

Treating Addiction in Primary Care

CHCF provides training and technical assistance to 25 California community health centers that are working to integrate medication-assisted treatment for addiction into their primary care settings.

Supporting health plans and providers in integrating complex care

CHCF supports 10 teams of health plans, payers, and providers to create sustainable care models for complex patients that integrate addiction, mental health, and primary care in a holistic, person-centered approach. CHCF-commissioned research shows that plans launching comprehensive opioid safety initiatives dropped opioid prescribing by 30%-75%.

Providing education and resources

CHCF publishes reports and commissions research to understand what interventions work and how to spread those models across the state. For clinicians and advocates, CHCF also offers ongoing education, including webinars, conferences, regular newsletters, and more.



FOR MORE INFORMATION, CONTACT DR. KELLY PFEIFER AT KPFEIFER@CHCF.ORG AND VISIT WWW.CHCF.ORG/OPIOID

The California Health Care Foundation (CHCF) is dedicated to advancing meaningful, measurable improvements in the way the health care delivery system provides care to the people of California, particularly those with low incomes and those whose needs are not well served by the status quo. We work to ensure that people have access to the care they need, when they need it, at a price they can afford.

CHCF informs policymakers and industry leaders, invests in ideas and innovations, and connects with changemakers to create a more responsive, patient-centered health care system.