

NC STATE UNIVERSITY

OPIOID AND STIMULANT USE IN COLLEGE AGE STUDENTS

Carolyn Garrett-Piggott, MD
Catherine Vinzani, FNP-BC
NCSU Student Health Services
May 9, 2018

NC STATE UNIVERSITY

ACHA TASK FORCE RECOMMENDATIONS

Guidelines 2016:

- Further an understanding of the issues surrounding opioid prescribing
- Review the major concepts designed to maximize the safety and reduce the potential for abuse
- Identify possible avenues to assist addicted students with rehabilitation, recovery and return to college environment

ACHA Guidelines Opioid Prescribing in College Health Oct 2016

NC STATE UNIVERSITY

Acute Prescriptions

- Avoid opioids when possible. NSAIDs and acetaminophen are preferred
- Prescribe opioids for time limited use only
- Discuss the risks and dangers of the opioid medications in detail w/ patients
- Prescribe in low or small quantities
- Screen for substance abuse, poorly controlled depression, major psychiatric disorders, FH substance abuse, concomitant use of benzodiazepines.

ACHA Guidelines Opioid Prescribing in College Health Oct 2016

NC STATE UNIVERSITY

Overdose

- *Individuals who have recently stopped using opioids and return to use have the highest risk of overdose*
- Recommendations for College Health Centers:
 - Add naloxone to emergency box or cart
 - Ensuring health center staff have ability to manage airway emergencies and provide IV support
 - Ensure EMS system is active, and staff are appropriately trained

ACHA Guidelines Opioid Prescribing in College Health Oct 2016

NC STATE UNIVERSITY

Recovery From Addiction

- *The prevalence of non medicinal opioid use in college age population is 7-12 %*
- *Conversion from prescription opioid use disorder to heroin use is 2-3 %*

College health professionals should stay alert for signs of addiction and have a plan in place for intervention and treatment

ACHA Guidelines Opioid Prescribing in College Health Oct 2016

NC STATE UNIVERSITY

ADHD SERVICES AT NCSU

- STUDENT HEALTH SERVICES
- DISABILITY SERVICES
- COUNSELING CENTER

NC STATE UNIVERSITY

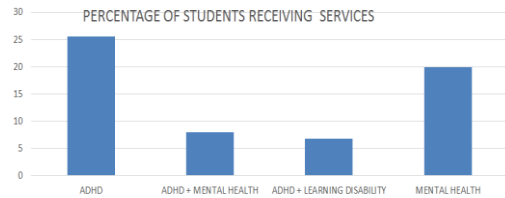
ADHD SHS PROCEDURE

- Prior to first appointment, student will provide a copy of medical record containing results of diagnostic testing by ADD/ADHD specialist, psychiatrist, or psychologist within the last 5 years and ADD/ADHD diagnosis to Student Health Services .
- Diagnosis made by a primary care provider will not be acceptable evidence of an ADD/ADHD diagnosis.
- Student will sign contract agreeing to adhere to prescribed use, to not obtain this medication from other providers, and to not divert medication.
- Students are required to meet with the same provider monthly as no advance prescriptions are given* for medication management, and to help monitor the effectiveness of the medication and possible side effects.
- *

* There may be special conditions such as study abroad or summer vacation which would necessitate advance prescriptions.

NC STATE UNIVERSITY

DISABILITY SERVICES



NC STATE UNIVERSITY

COUNSELING CENTER

- The University Counseling Center offers initial screenings to students who are concerned they may have ADHD, referrals for testing to obtain formal diagnosis, and treatment of ADHD through short-term therapy and short term individual coaching
- Due to the volume of students served, these services are brief in nature, and students seeking/ requiring more regular meeting and sessions will be referred to an off-campus clinician.

NC STATE UNIVERSITY

ACADEMIC COACHING FOR EDUCATIONAL SUCCESS

- ACES is a program to support adolescents and young adults whose grades do not reflect their potential due to ineffective time management, study strategies, or organizational skills. The program is individualized to the needs of each student and begins with an initial individual student/ parent/ therapist diagnostic and goal – setting session. Once initial goals are developed, students learn relevant strategies to meet those goals. Student progress toward their goals is monitored, and regular feedback is given to parents. For college students in ACES, the presence of parents at initial session is not required, and regular feedback to parents is on an as-needed basis.

NC STATE UNIVERSITY

ACES

The Psychoeducational Clinic at NCSU

- ACES can be scheduled by signing up for individual sessions with an advanced doctoral graduate student
- A deposit of \$100 is required upon registration. The initial ACES intake meeting is \$100. Each ACES session thereafter is \$75.
- To register: If parent seeking ACES for middle school or high school aged child, complete Registration Form-MS/HS. If college student seeking ACES for self, complete Registration Form-College.
- Every student, regardless of age, should complete the Strengths and Needs form.
- Mail both forms along with a deposit of \$100 payable to NCSU to the following address:
- **NCSU Psychoeducational Clinic, ACES Campus Box 7650, Raleigh, NC 27695-7650**