



# EFFECTIVE POLICIES TO SUPPORT AUTONOMOUS ATTEMPTS TO QUIT OPIOID USE - A CROSS-SECTIONAL STUDY ACROSS 14 COUNTRIES

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# OPIOID USE DISORDER (OUD)

## DSM-5

- Opioid use in larger amounts and longer than intended
- Persistent desire or unsuccessful efforts to cut down or control opioid use
- Tolerance & withdrawal

## Treatment of OUD

- Medication-assisted treatment & heroin-assisted treatment – for everyone
- Abstinence-oriented programs – only for early stage
- Psychedelic-assisted psychotherapy – more research needed



# KEY CHALLENGES

- Dose
- Purity
- Stigma
- Political will
- Homelessness
- Polysubstance use
- Access to (preferred) treatment
- Retention in treatment once initiated
- Comorbidity with mental health disorders

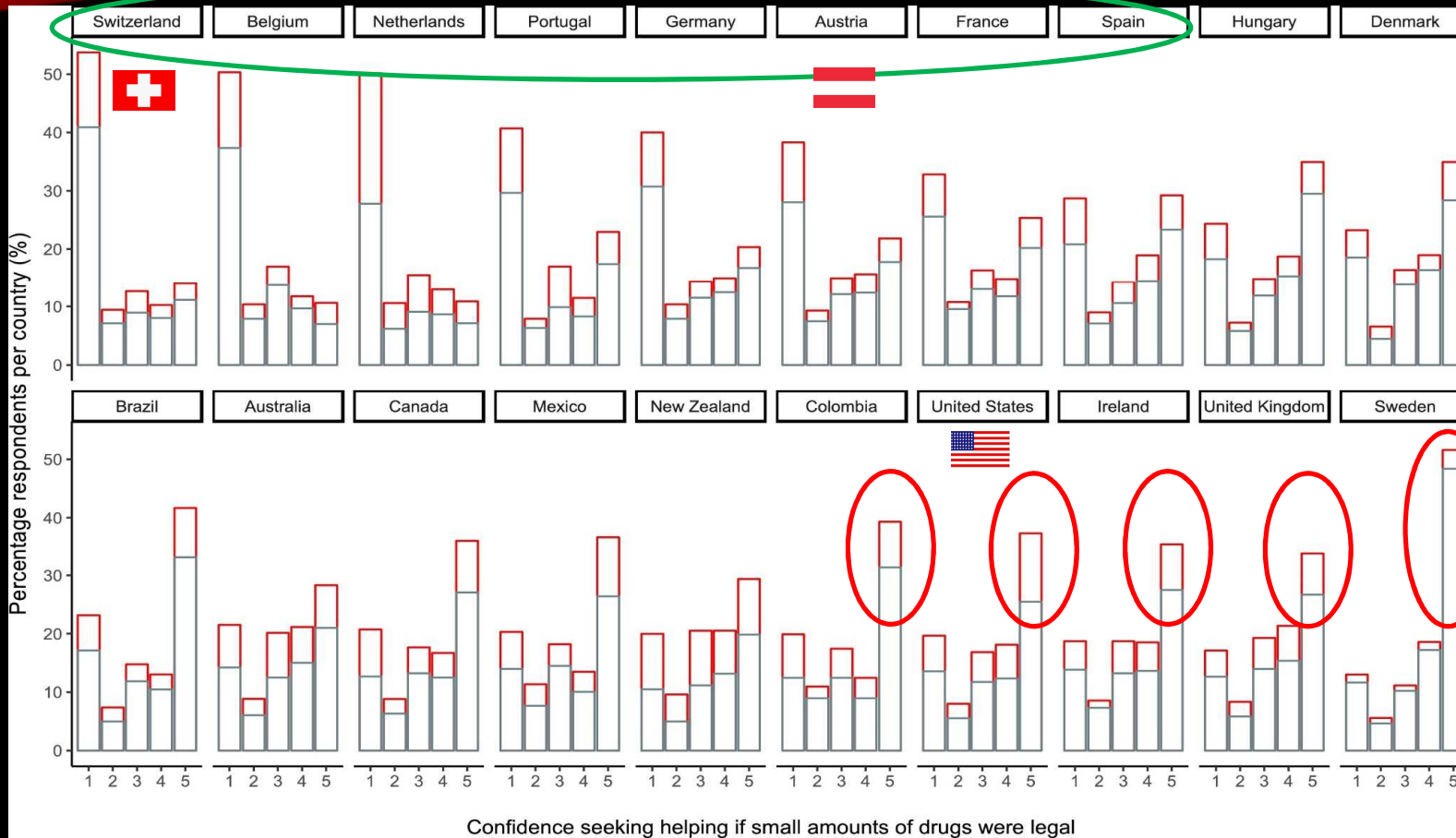
# EFFECTIVE POLICIES



- Syringe Access Programs
  - Supervised drug consumption facilities
  - Access to MAT & HAT
- 
- Switzerland saves \$340 million per year
  - Prevention of HIV/Hep-C new infections
  - Facilitated access to other treatment options

Marzel et al. (2018)

European countries with partial/full decriminalization



# HELP-SEEKING BEHAVIOR VS. DRUG POLICY

Prohibition

1 = would not change  
 5 = would be **much more likely to seek help** for substance use issues

Benfer et al. (2018)



#GDS2019 #KNOWYOURDRUGS

# GLOBAL DRUG SURVEY 2019

PROMOTING HONEST CONVERSATIONS ABOUT DRUG USE

LAUNCH SURVEY



109.107

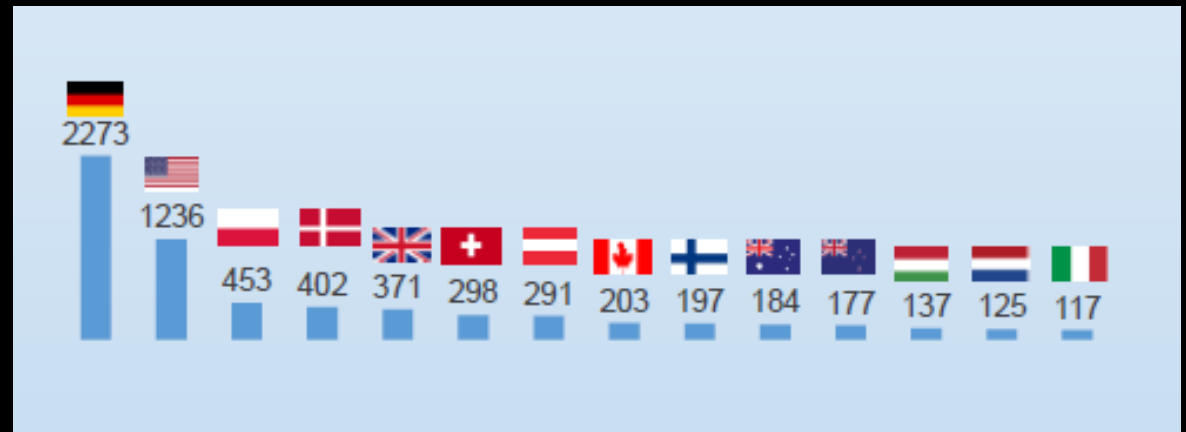


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# HEROIN VS. KRATOM IN GDS2018

**6,464** people in the Global Drug Survey 2018

- Reported experience with heroin, kratom, and/or any injection drug use
- 33,4% female, 1,0% non-binary
- Mean age: 29 ( $SD=11,5$ )
- < 5% fentanyl
- < 1% novel opioids



# NON-DAILY HEROIN USE EXISTS

Used heroin **ø13 days** in the last 30 days (n=471)

- **22,9%** reported injecting a drug; 69,9% cannabis, 29,1% prescription opioids, 28,0% benzodiazepines, **25,7%** methamphetamine, 20,8% crack, 12,7% buprenorphine, 8,9% methadone, **7,9%** kratom

Used heroin but not in the last 30 days (n=2,159):

- **3,3%** reported injecting a drug; **7,9%** methamphetamine, **3,7%** kratom, 3,7% buprenorphine, 2,3% crack, 2,1% methadone




Never used heroin (n=3,834)

- **9,2%** reported injecting a drug; **15,1%** kratom, **3,1%** methamphetamine

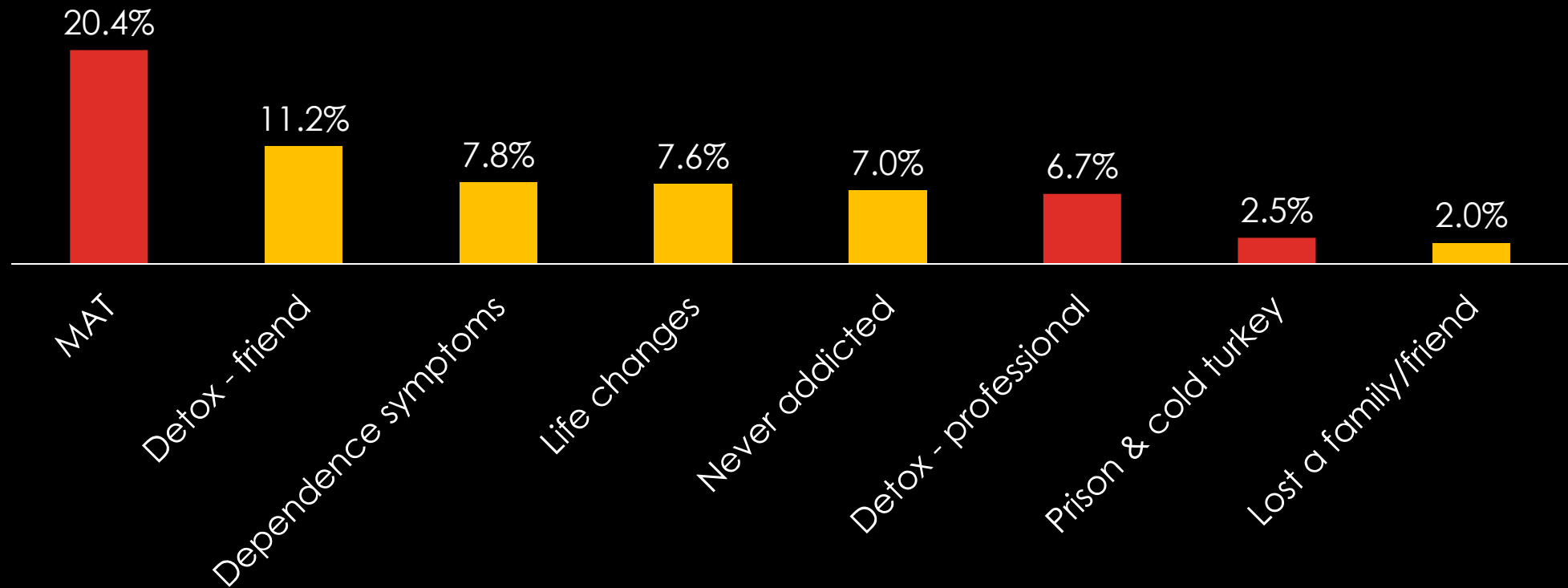


# QUITTING HEROIN USE GDS2019

**642** people in the Global Drug Survey

- Reported having used heroin but not in the last 30 days
- 37,2% female, 1,6% non-binary
- Mean age: 28 ( $SD=9,5$ ; 47,2% <25)
- 41,9% from Lithuania , 24,1% from the U.S. , 6,1% from Germany 
- **78,6%** previously used 1 gram of heroin or less
- Value for money **6,4** (scale 1-10)
- Main source of supply = dealer they know

# DIVERSE STRATEGIES TO QUIT

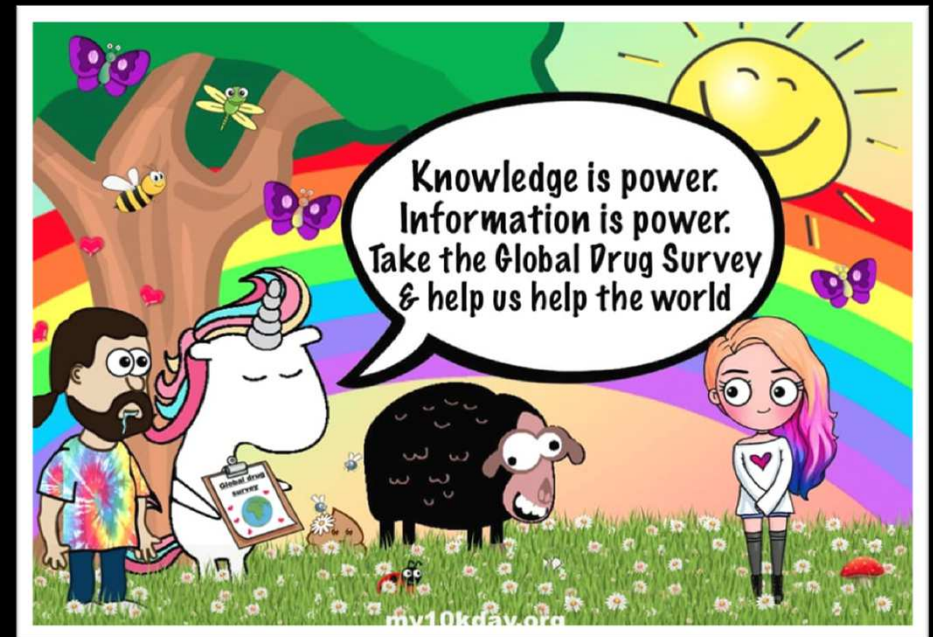


# EMERGENCY & HELP-SEEKING

- **12,0%** had sought emergency medical treatment in the last 12 months which was usually related to concurrent use of other substances
- **11,5%** had overdosed in the last 12 months (> half 2 or more times)
- Only **5,8%** were given Naloxone
- Of those who still used in the last 12 months, **71,8%** (n=245) want to reduce use, but less than half would like help to use less.

# MOVING FORWARD

- Diversity
- Ensuring access to MAT
- Reducing stigma related to OUD
- Early detection and treatment of OUD
- **Overdose Prevention**
- **Build trust to encourage help seeking**



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