

Montana Medicaid and Healthy Montana Kids *Plus* MESSENGER

Opioid Abuse and Naloxone in Montana

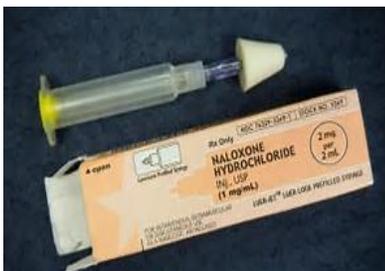
A national conversation on substance abuse—particularly on prescription opioids—has been gaining attention in the past few years as drug-related deaths across the country continue to rise. From 2000-2015, the Montana Department of Public Health and Human Services (DPHHS) recorded over 700 deaths from drug overdoses. Over 40% of these deaths involved opioids. Opioids include prescription painkillers such as oxycontin, hydrocodone, and morphine, as well as illegal drugs like heroin.

Anyone can overdose on opioids, especially if they mix opioids with alcohol and/or benzodiazepines (Xanax, Klonopin, or Valium). If someone takes more opioids than their body can handle, they may pass out, stop breathing and die. An opioid overdose can take minutes or even hours to occur. To prevent a fatal overdose, teach your family and friends how to recognize and respond to an overdose. Here are some other symptoms of a possible opioid overdose:

- Slow or no breathing (less than 1 breath every 5 seconds);
- Vomiting, face is pale and clammy;
- Blue lips, fingernails or toenails;
- Slow, erratic, or no pulse; or
- Snoring or gurgling noises while asleep or nodding out.

In October of 2017, the opioid ‘overdose reversal’ drug, naloxone, was made available for purchase to all Montanans without a prescription from their local participating pharmacies. When used in time, naloxone, also known as ‘Narcan,’ can reverse the effects of an opioid overdose and save someone’s life. Naloxone can be administered as an injection into a muscle or as a nasal spray. The people who receive naloxone may start breathing normally again, wake up, and begin experiencing the uncomfortable feelings of an opioid withdrawal. It is important for anyone who experiences an overdose, whether that overdose is reversed or not, to seek proper professional medical care.

Naloxone will also be distributed to police officers, EMTs, and other first responders around the state to combat opioid overdoses.



In This Issue

Opioid Abuse and Naloxone in Montana1-2

Safe Sleep for Baby 1

Strengthening Protections Against Elder Abuse.....2-3

Will My Services Be Covered?....2-3

Key Contacts.....3

Announcement.....3

Safe Sleep for Baby



- In Montana, from 2013 – 2015, a quarter of all infant deaths (47) occurred from [sleep-related causes](#).
- In 2015, only [29% of Montana parents practiced all 9 safe sleep recommendations](#).
- Caregivers can [reduce the risk](#) of infant deaths by practicing the [safe sleep ABC's](#): baby sleeps alone, on their back, and in a crib.

As a drug, naloxone is not addictive and cannot be abused. Naloxone is also harmless if given to someone who is not experiencing an opioid overdose. If someone is experiencing and overdose from non-opioid drugs, naloxone will have no effect.

Substance use disorder is a treatable disease. If you or someone you know needs help with substance abuse/use, there are options available for help and treatment. The organizations below are resources for finding education on addiction and addiction services:

[DPHHS Addictive and Mental Disorders Division \(AMDD\) Chemical Dependency Bureau](#)

406-444-3964

[Substance Abuse and Mental Health Services Association \(SAMHSA\)](#)

1-800-662-4357 or TTY at 1-800-487-4889

To review the “**Addressing Substance Use Disorder (SUD) in Montana – Strategic Plan: Interim Draft Report 2017-2019,**” and other educational materials on Opioids and Substance Use Disorder issues, please visit [Addressing Substance Use Disorder](#)
1-844-684-5848

Strengthening Protections Against Elder Abuse

Did you know that every day 10,000 people turn 65 in the United States alone? According to U.S. Department of Health and Human Services, that trend is going to continue for the next 20 years. The 2010 U.S. Census showed 12.1% of the nation’s population was age 65 and older while in Montana it was 13.4%. Over the next 18 years, 12,775 Montanans will turn 65 years of age each year.

In Montana, abuse, neglect or exploitation generally refers to: **any physical, sexual, or psychological abuse, neglect, abandonment, or financial exploitation of an older or disabled person.** This may happen within a trusting relationship. According to the National Center on Elder Abuse, 90% of the abuse is carried out by a person assumed to be trustworthy. The abuser is often a relative; most often an adult child, spouse, or partner. Caregivers or others in authority positions, like guardians, lawyers, or interpreters may also abuse, neglect or exploit. In some instances, abusers are strangers who target older adults and commit sexual assault, stalking, or financial exploitation. However, most abusers are very well known by the victim.

As the U.S. population grows, we know that a startling number of elders will face abusive conditions. Every year, an estimated five million older Americans are victims of abuse, neglect, or exploitation. Elder abuse affects all races, cultures, genders, sexual orientations, social classes, geographic areas, faith communities, mental capacities, and physical abilities. Unfortunately, for every case of elder abuse or neglect reported, about 24 cases are unreported. In Montana, the reports of elder abuse, neglect, and exploitation are rising. Last year Montana Adult Protective Services reported a 5% increase in calls involving abuse, neglect or exploitation.



Will My Services Be Covered?

For Medicaid and HMK *Plus* to pay for a healthcare service, the service must be:

- 1) Medically necessary;
- 2) Provided by a healthcare provider who is enrolled with Montana Medicaid or HMK *Plus*; and
- 3) A Montana Medicaid or HMK *Plus* covered service.

(Covered services can be found in Section 4 in the Member Guide.

As a Montana Medicaid or HMK *Plus* member, it’s your responsibility to make sure the provider is enrolled as a Montana Medicaid or HMK *Plus* provider. Montana Medicaid/HMK *Plus* does not pay you back for medical services you already paid for yourself. Be sure your provider is enrolled **before** you receive a medical service (this also applies to out of state providers and specialists, even if you have a referral). It is also your responsibility to carry your Montana Access to Health/HMK *Plus* ID card and show it at every appointment. If you are a covered member, but haven’t received your card at the time of service, it is your responsibility to let the providers know of your

Montana's Adult Protective Services (APS) has teamed up with the Montana Elder abuse task force. Our goal is to increase and strengthen training for police and the courts to recognize, investigate, and prosecute instances of abuse, neglect, exploitation, domestic violence and sexual assault against older and disabled persons. The project will provide and enhance services for older and disabled victims and conduct cross-training for organizations and government agencies serving these victims.

It is critical that all Montanans come together and address these very important issues affecting our aging and disabled population. If this is not taken seriously many more of our aging population will be at risk. There is no single pattern of elder abuse. Sometimes elder abuse is a continuation of a long-standing history of physical, emotional or financial abuse within the family. Victims often experience shame, pain, economic loss, spiritual and physical anguish, institutionalization, and poor quality of life.

Aging is natural, abuse is not. Together, we can end abuse in later life. For more information about red flags of abuse, safety planning, making a report and more, visit: [MT APS](#) or to make a report to Adult Protective Services (APS) by phone call at 1-844-277-9300.

ANNOUNCEMENT



2018 Senior Farmer's Market Coupons

The USDA **Senior Farmers Market Nutrition Program (SFMNP)** serves seniors 60 years of age and over. Seniors must meet income requirements – average monthly income at or below 185% of federal poverty level (2017) \$1,860 for one person or \$2,504 for a couple. Eligible clients receive free coupons used to purchase fresh fruits and vegetables that are grown in Montana. Applications become available in mid-May or early June of each year and can only be redeemed at the participating summer farmers' markets.

There are currently several markets that are participating in the program: Bozeman, Helena, Hamilton, Butte, Darby, Stevensville, Polson/Ronan, Livingston, Manhattan, Miles City, and Missoula. Other markets in the western and north central part of the state have requested consideration and may be added to the list if funding allows. Local coalitions operate the programs in the participating areas. These include: senior centers, County Councils on Aging, Area Agencies on Aging, food banks and local farmer's market managers. Seniors interested in applying for the SFMNP program coupons are encouraged to contact the local agencies in their area.

Farmers interested in accepting senior coupons during the Farmer's Markets in the participating areas are required to take part in a brief training. For more information on this program and Farmer training, contact **Jackie Stoeckel at the State Office on Aging at 1-800-332-2272** during normal business hours.

Medicaid/HMK Plus coverage when you receive it.

When you have a surgery, emergency room visit, or a hospital visit, it is common to receive several different bills from different providers. These bills may be from the facility, surgeon, anesthesiologist, cardiologist, lab, etc. The admitting facility doesn't always share your insurance information with other providers. If you receive a bill from a provider, **please don't ignore it.** Call the provider and make sure they have your correct insurance and I.D. information. Providers have one year from the date of service to bill Medicaid/HMK Plus and be paid. It is much easier to resolve a problem before that year has passed. If you have questions about a bill from your provider and you have attempted to resolve it with your provider, you may call the Medicaid/HMK Plus Member Help Line at 1-800-362-8312 for additional help.

Key Contacts

Medicaid/HMK Plus Member Help Line

For questions regarding benefits copayments, or Passport to Health:
1-800-362-8312

[MT Healthcare Programs](#)

Nurse First Advice Line

For questions when you are sick, hurt, or have health questions.

1-800-330-7847

[MT NurseFirst](#)

Montana Relay Service

For the deaf or hard of hearing.

1-800-253-4091 or 711

Montana Public Assistance Help Line

For eligibility questions.

1-888-706-1535

[MT Public Assistance](#)

Transportation Center

For questions regarding travel or approval. **Call before you travel or you may not be reimbursed.**

1-800-292-7114