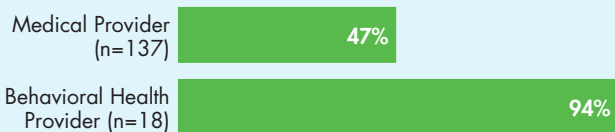


# OPIOIDS AND ADOLESCENTS: SURVEY FINDINGS WITH HEALTH CARE PROVIDERS IN CALIFORNIA

## Medical providers treating adolescents are not aware of minor rights to services.

- Only **47%** of medical providers know that minors in California can consent for substance use treatment without parental consent.
- Only **24%** of medical providers know about the Minor Consent Medi-Cal program, which will cover treatment costs for sensitive services without parental consent.

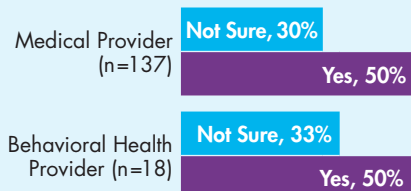
### Knowledge of Minor Consent for Substance Use Treatment by Provider Type:



## Providers miss opportunities to address opioid misuse among adolescents.

- Even though **20%** of youth report opioid misuse<sup>1</sup>, only **60%** of medical providers ask about prior or current substance misuse before prescribing opioids.
- Only **58%** of medical providers ask about use at follow-up visits, missing a potential opportunity for intervention.

### Providers underestimate the prevalence of opioid misuse among adolescents. Percentage of providers who think opioid misuse is an issue among adolescents:



This service is supported by a federal grant under the State Opioid Response program, with funding provided by the California Department of Health Care Services.

<sup>1</sup>Voepel-Lewis T, Boyd CJ, McCabe SE, et al. Deliberative Prescription Opioid Misuse Among Adolescents and Emerging Adults: Opportunities for Targeted Interventions. J Adolesc Health. 2018;63(5):594-600. doi:10.1016/j.jadohealth.2018.07.007



Stock images. Posed by models.

## Most medical providers feel uncomfortable referring adolescent patients to substance use services.

- **40%** of physicians, nurse practitioners, and physician assistants (compared to **77%** of behavioral health providers) feel comfortable referring adolescent patients to substance use treatment services.
- Only **1 in 5** medical and behavioral health providers feel comfortable referring adolescent patients to medication-assisted treatment services.



For more information please visit  
[CHLA.org/SubstanceUseResources](http://CHLA.org/SubstanceUseResources).



## Medical providers are not consistently using reporting systems designed to reduce opioid misuse.

- California law (Health and Safety Code Section 11165.1) requires that all prescribers of any Schedule II through Schedule V controlled substances must register and check the Controlled Substance Utilization Review and Evaluation System (CURES). Only **50%** of respondents that prescribe opioids use CURES every time they prescribe.

## Most medical providers who prescribe opioids do not provide instructions on opioid use or disposal.

- Access to unused prescriptions have fueled the opioid crisis<sup>2</sup>, yet only **31%** of medical providers reported providing instructions on opioid use or disposal of unused pills when prescribing opioids.

## Survey design and respondents

To measure provider knowledge and assess needs, CHLA distributed a survey link to health care providers throughout California. Data were collected between February and April of 2020. 168 providers responded to the survey (70% physicians, 16% nurse practitioners or physician assistants, and 14% behavioral health providers). 36% of survey respondents prescribe opioids. 65% of those who prescribe reported writing between 1 to 5 opioids per month. The majority of the survey respondents were pediatricians who practiced in the 90027 zip code.

## Project overview

Youth Opioid Response is a California-based project funded by the California Institute for Behavioral Health Solutions. It is designed to improve and expand youth access to a continuum of opioid disorder prevention, intervention and recovery services and is guided by the values of the Division of Adolescent and Young Adult Medicine (DAYAM) at Children's Hospital Los Angeles. One of the major goals of this project is to improve health care provider knowledge about youth access to confidential substance use treatment services and skills in making timely and effective referrals to treatment. The project was conducted in collaboration with The Los Angeles Trust for Children's Health and the National Center for Youth Law.



## Children's Hospital Los Angeles

Founded in 1901, Children's Hospital Los Angeles is the highest-ranked children's hospital in California and fifth in the nation on the prestigious U.S. News & World Report Honor Roll of best children's hospitals. The hospital's Division of Adolescent and Young Adult Medicine, the organizational home for this project, was established in 1963 and is known for its innovative service models, leadership in community collaboration, training programs and adolescent research. The Division has provided outpatient, developmentally appropriate substance use treatment for 30 years and is a recognized leader in addressing the needs of adolescents and young adults in our community.

For more information please visit [CHLA.org/SubstanceUseResources](https://CHLA.org/SubstanceUseResources).

<sup>2</sup>Daniulaityte R, Falck R, Carlson RG. Sources of pharmaceutical opioids for non-medical use among young adults. J Psychoactive Drugs. 2014;46(3):198-207. doi:10.1080/02791072.2014.916833

