

Ask Dr. Arwady

September 20, 2022

Guests:

Dr. Wilnise Jasmin, Medical Director, CDPH

Dr. Nicole Gastala, Medical Director, Substance Use Prevention and Recovery Division, IDHS



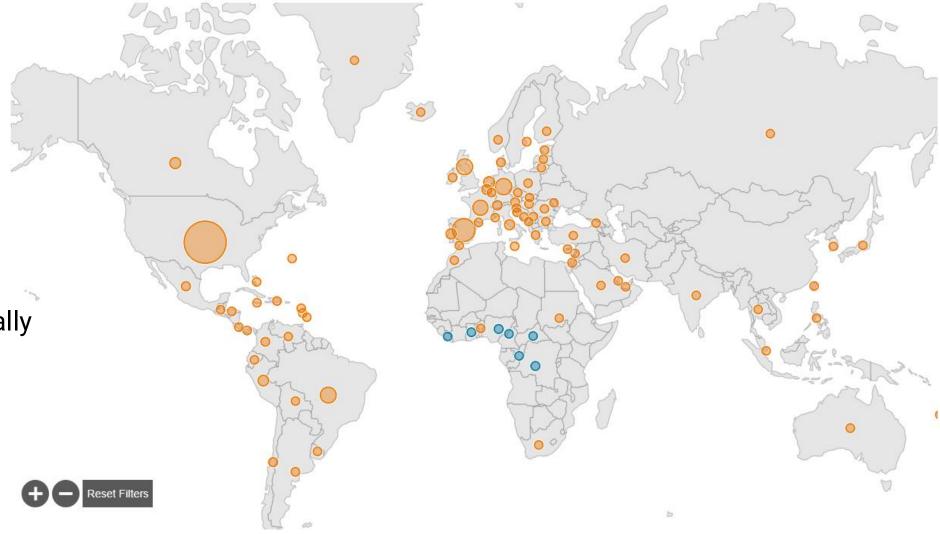
Monkeypox Update

September 20, 2022

2022 MPV global outbreak: 62,406 Total Confirmed Cases identified in 104 countries

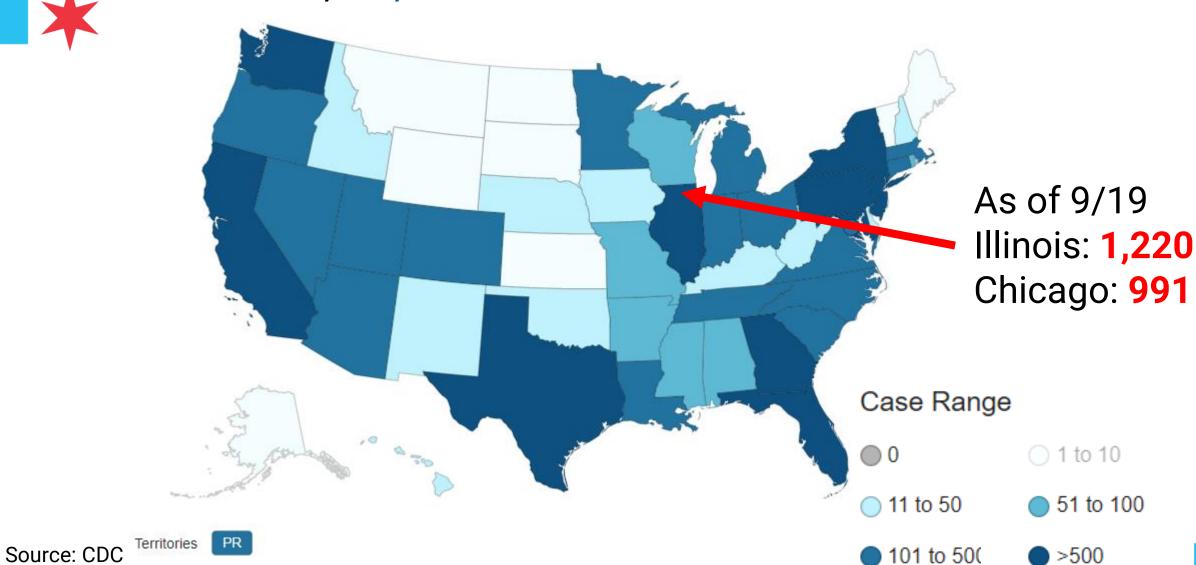
Has not historically reported monkeypox

7 Has historically reported monkeypox



Source: CDC, Data as of 9/19/2022

In the U.S., 23,893 Total Confirmed MPV Cases identified

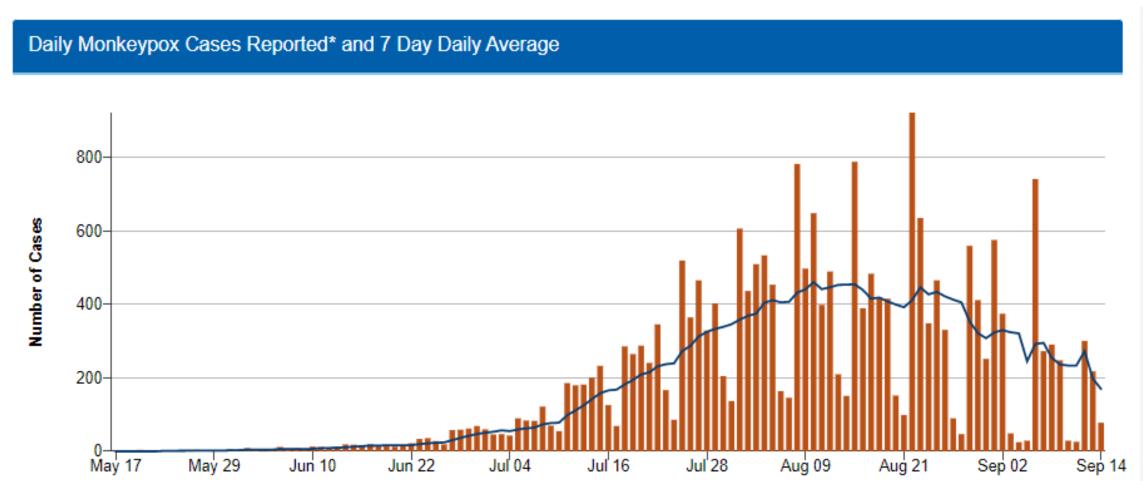


Chicago Data: Chicago.gov/MPV

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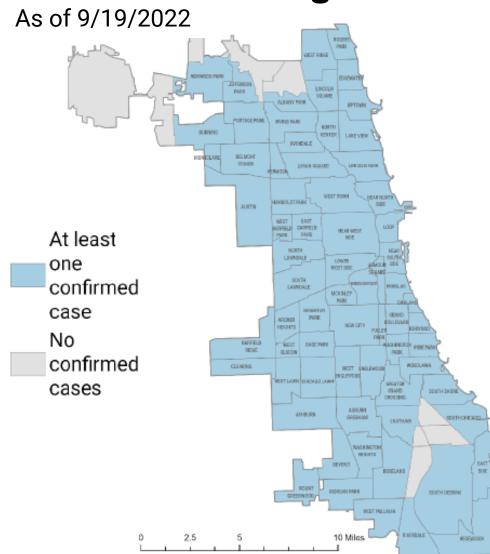
U.S. Monkeypox Case Trends Reported to CDC – 9/19/2022







MPV is across Chicago: Residents of 69 of Chicago's 77 community areas have been diagnosed with MPV to date



MPV cases diagnosed in Chicago residents (updates M-F)

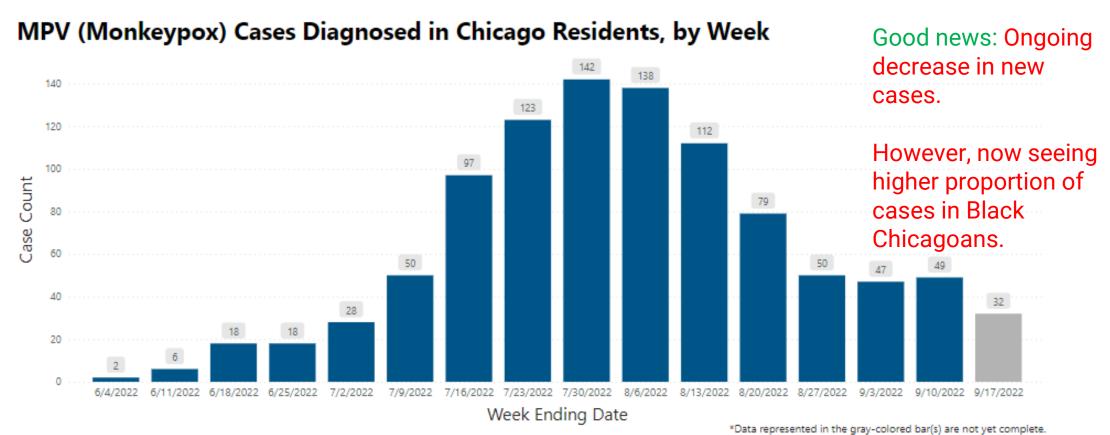


Cumulative Cases
991

Cumulative Hospitalizations
63

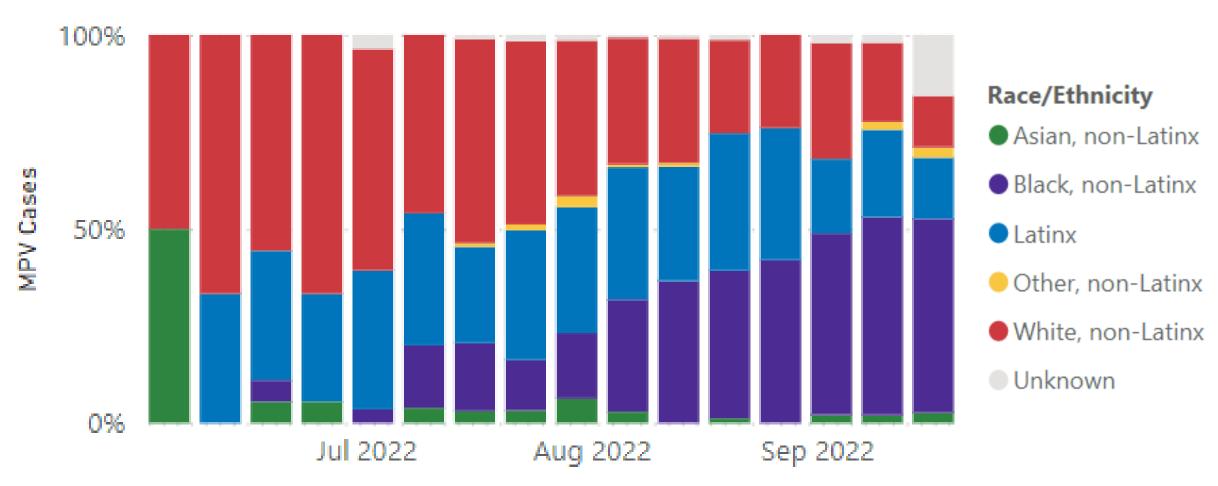
Cumulative Deaths

O





Increasing proportion of Black, non Latinx Chicagoans among local MPV cases





Demographics of Chicagoans diagnosed with MPV

Age Group	Count	(%)
0-17	0	(0%)
18-24	67	(7%)
25-34	437	(44%)
35-44	301	(30%)
45-54	130	(13%)
55-64	53	(5%)
65+	3	(0%)
Unknown	0	(0%)
Race/Ethnicity	Count	(%)
Asian, non-Latinx	29	(3%)
Asian, non-Latinx Black, non-Latinx		(3%) (26%)
	262	
Black, non-Latinx	262 301	(26%)
Black, non-Latinx Latinx	262 301	(26%) (30%)
Black, non-Latinx Latinx White, non-Latinx	262 301 372	(26%) (30%) (38%)
Black, non-Latinx Latinx White, non-Latinx Other, non-Latinx Unknown	262 301 372 11	(26%) (30%) (38%) (1%) (2%)
Black, non-Latinx Latinx White, non-Latinx Other, non-Latinx Unknown	262 301 372 11 16 Count ((26%) (30%) (38%) (1%) (2%)
Black, non-Latinx Latinx White, non-Latinx Other, non-Latinx Unknown Sex	262 301 372 11 16 Count ((26%) (30%) (38%) (1%) (2%)

Unknown

Gender	Count	(%)
Man	899	(91%)
Woman	6	(1%)
Transgender Man	4	(0%)
Transgender Woman	6	(1%)
Other	7	(1%)
Unknown	69	(7%)

Sexual Orientation	Count	(%)
Gay/Lesbian	649	(65%)
Bisexual	58	(6%)
Straight/Heterosexual	38	(4%)
Other	12	(1%)
Unknown	234	(24%)

Chicagoans reporting their sexual orientation have been gay or bisexual

•Sex refers to sex assigned at birth

interview.

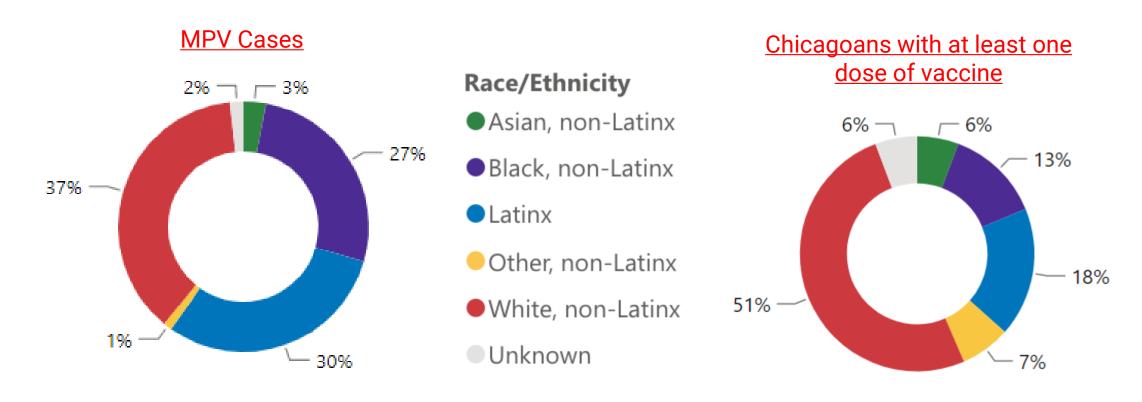
•Gender and sexual orientation are self-reported at the time of care or during interview with CDPH staff •Some information about cases may be classified as unknown because the case did not provide it or because the case has not yet been reached for

Chicago.gov/monkeypox Data as of 9/19/2022



Continued focus on increasing testing and vaccination among Latinx and Black Chicagoans at increased risk:

30% of MPV cases in Latinx Chicagoans, 18% of MPV vaccines to Latinx Chicagoans. 27% of MPV cases in Black Chicagoans, 13% of MPV vaccines to Black Chicagoans.



Chicago MPV (Monkeypox) Vaccination Summary



Cumulative Doses

35,260

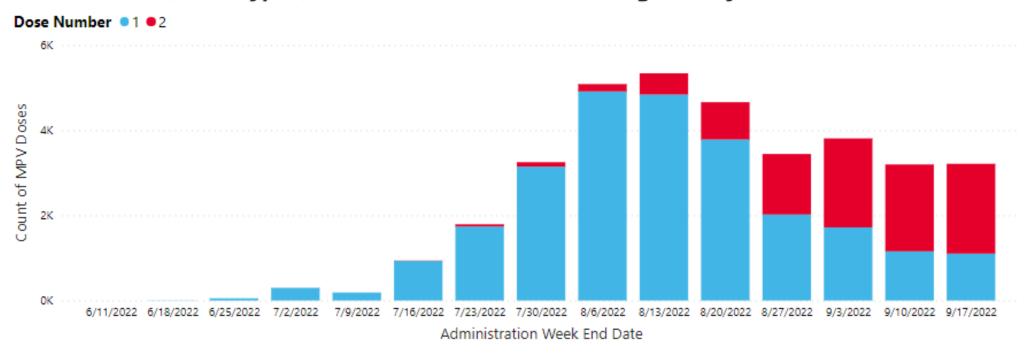
Cumulative First Doses

25,885

Cumulative Second Doses

9,375

Doses of MPV (Monkeypox) Vaccine Administered to Chicagoans, by Week



Data last updated: 9/19/2022. Counts include doses administered through 9/17/2022.

Data are updated on Monday at 2:00 p.m., except for City holidays when data will be updated on Tuesday. All data are provisional and subject to change.

Data presented do not include doses of vaccine given in Chicago to non-Chicago residents.

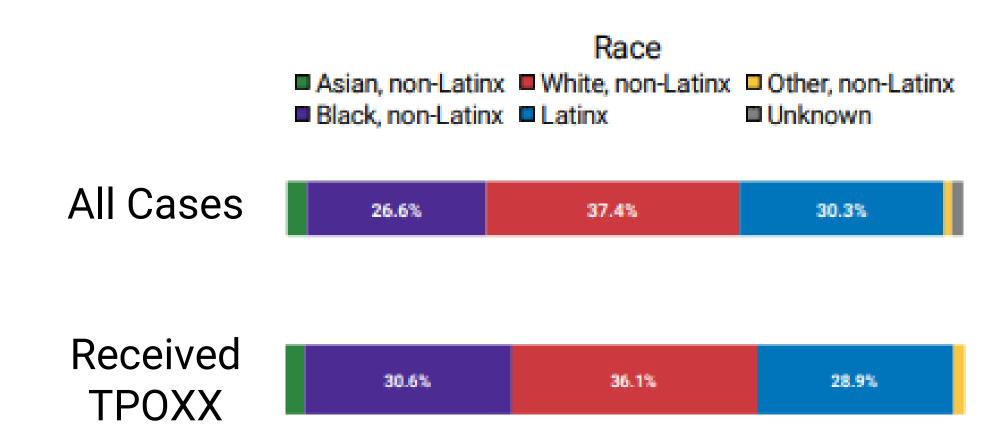
Chicago MPV (Monkeypox) Vaccination Details



	Received a	1 st Dose	Received	a 2 nd Dose
Age Group	Count	(%)	Count	(%)
0-17 yrs	2	(0%)		(0%)
18-24 yrs	1,893	(7%)	406	(4%)
25-34 yrs	10,095	(39%)	3,576	(38%)
35-44 yrs	6,574	(25%)	2,657	(28%)
45-54 yrs	3,610	(14%)	1,426	(15%)
55-64 yrs	2,785	(11%)	1,037	(11%)
65+ yrs	899	(3%)	270	(3%)
Unknown	27	(0%)	3	(0%)
Race/Ethnicity	Count	(%)	Count	(%)
Asian, non-Latinx	1,509	(6%)	538	(6%)
Black, non-Latinx	3,393	(13%)	1,119	(12%)
Latinx	4,563	(18%)	1,443	(15%)
White, non-Latinx	13,236	(51%)	5,382	(57%)
Other, non-Latinx	1,710	(7%)	512	(5%)
Unknown	1,474	(6%)	381	(4%)
Sex	Count	(%)	Count	(%)
Male	23,727	(92%)	8,936	(95%)
Female	1,483	(6%)	230	(2%)
Other	55	(0%)	12	(0%)
Unknown	620	(2%)	197	(2%)
Total	25,885	(100%)	9,375	(100%)



Excellent match on race/ethnicity of MPV cases and Chicagoans who received TREATMENT (TPOXX) for MPV







- Eligibility for the monkeypox vaccine has expanded in Chicago to:
 - * ALL sexually active Gay, Bi and other men who have sex with men
 - * ALL sexually active transgender persons
- Second dose registration is open!
- Plenty of appointments available!





ANNOUNCEMENT

MPV VACCINATIONS AVAILABLE 6 DAYS A WEEK

AT THREE CDPH STI SPECIALTY CLINICS

BY APPOINTMENT ONLY!

Lakeview • 2849 N Clark St, 1st Floor

Austin • 4909 W Division St, Suite 411

Roseland • 200 E 115th St, Floor 1.5

Register at: getvaxchi.chicago.gov

ELIGIBILITY REQUIREMENTS AT:



CHICAGO.GOV/MPV



HAVE QUESTIONS ABOUT MONKEYPOX

visit

CHICAGO.GOV/MONKEYPOX

or call

312-746-4835

HIV/STI Resource Hub: 844-482-4040

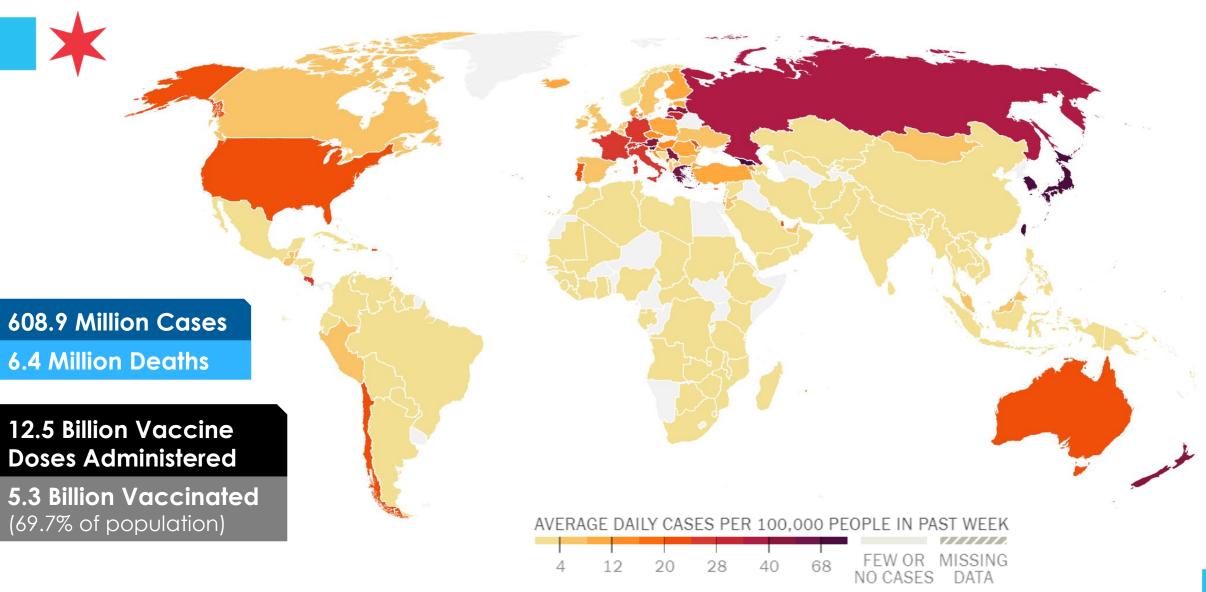




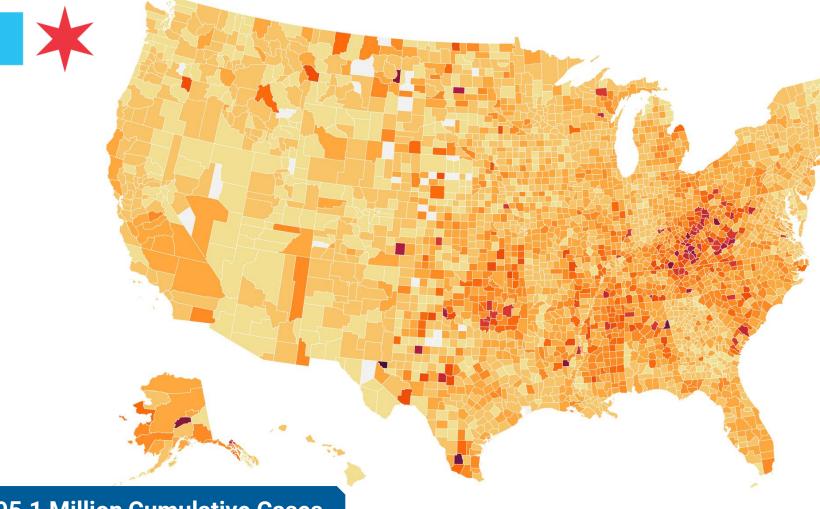
COVID-19 Update

September 20, 2022

Average daily COVID-19 cases per 100,000 population



Average daily COVID-19 cases per 100,000 population



95.1 Million Cumulative Cases

1.04 Million Cumulative Deaths

AVERAGI	E DAILY (CASES P	ER 100,	000 PEO	PLE IN I	PAST WEEK
10	30	50	70	100	250	FEW OR NO CASES

Vaccinations

	Fully Vaccinated	With a Booster
All ages	68%	33%
65 and up	92%	65%

National currently:

21 diagnosed daily cases per 100,000 people

Illinois currently:

21 diagnosed daily cases per 100,000 people

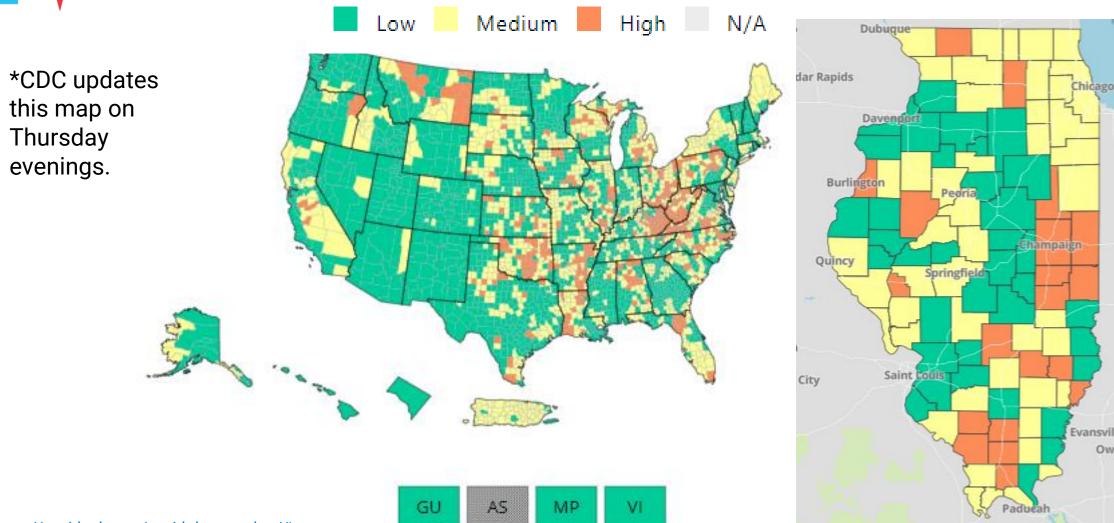
Chicago currently:

15 diagnosed daily cases per 100,000 people



*

COVID: In last week's CDC update, 49% of U.S. Counties reported High or Medium COVID Community Level (57% one week ago).





Our local risk based on CDC COVID-19 Community Levels is:

Medium

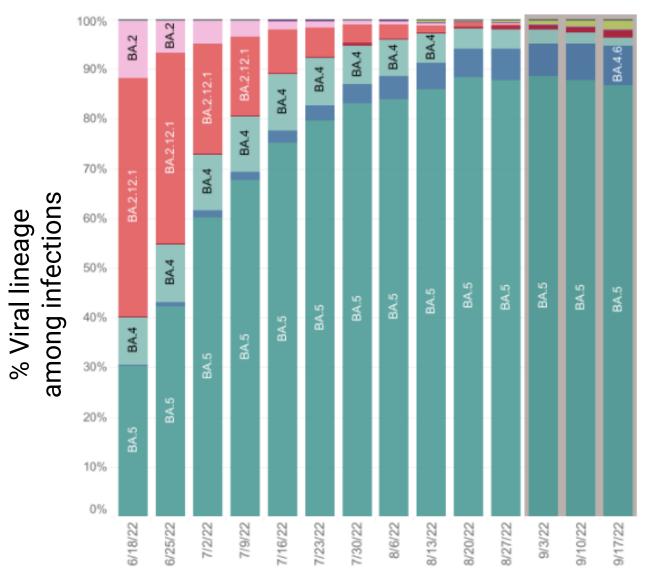
	New cases per 100,000 population (last 7 days) [Goal is <200]	New admissions per 100,000 population (last 7 days) [Goal is <10]	Percent of staffed inpatient beds occupied by COVID-19 patients (last 7 days) [Goal is <10%]
City of Chicago	106	8.3	4.2%
Cook County (including City of Chicago)	137	10.7	4.3%

Chicago metrics are calculated based on Chicago-level data.

Cook County metrics are calculated by the CDC and posted on the <u>CDC Community Levels website</u>. Data current as of 9/16/2022.

Variant Surveillance, Midwest Region Continued evolution of more infectious Omicron subvariants; increased BA4/5





Good News:

It's STILL ALL OMICRON

(and now nearly all BA4/5)

BF.7 (2.0%)

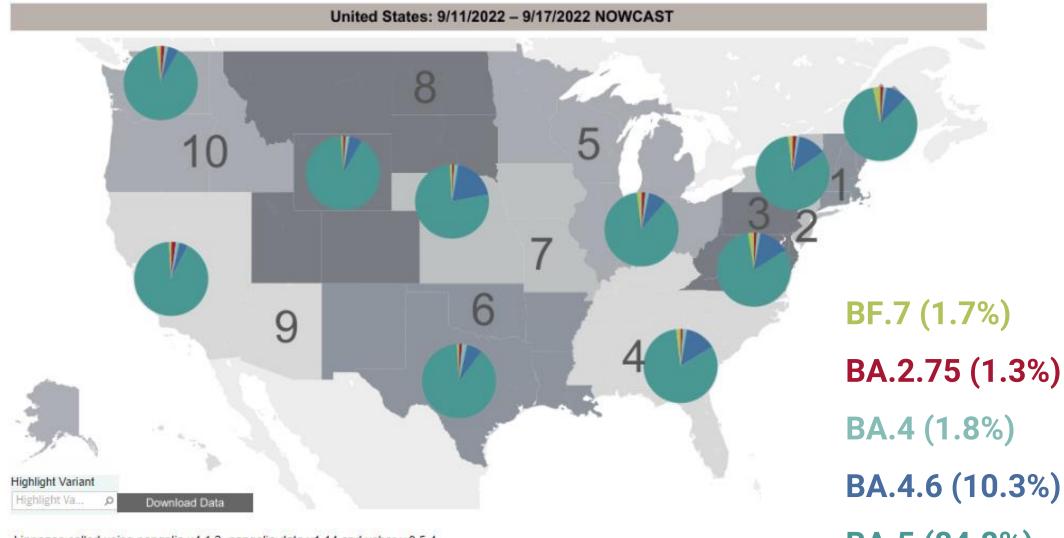
BA.2.75 (1.6%)

BA.4 (1.7%)

BA.4.6 (7.9%)

BA.5 (86.8%)

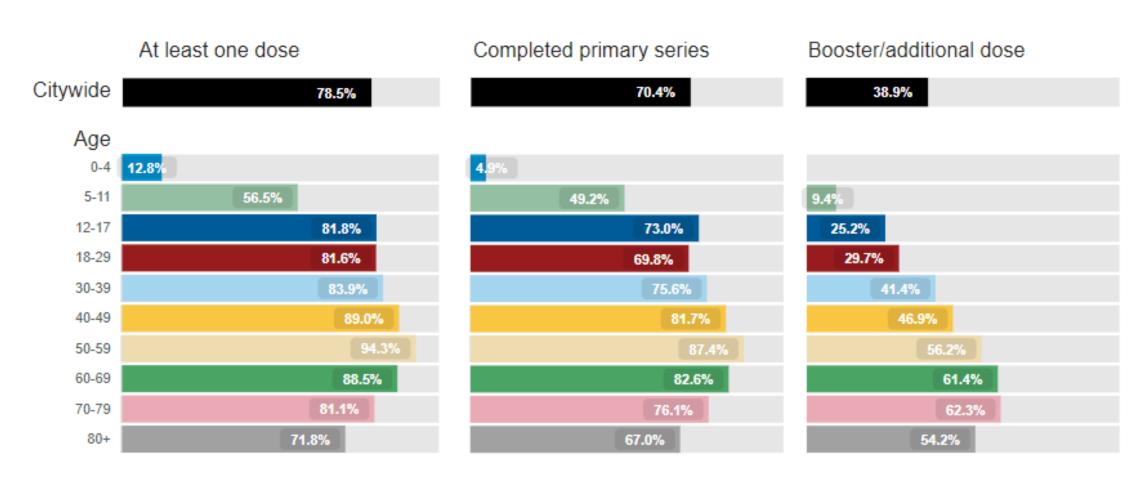
SARS-CoV-2 Variant Surveillance, United States



Lineages called using pangolin v4.1.2, pangolin-data v1.14 and usher v.0.5.4.



Chicago: COVID-19 Vaccine Coverage 12.8% (roughly 20,800) of Chicagoans under 5 have received one dose of COVID vaccine. Compares to about 5% nationally.



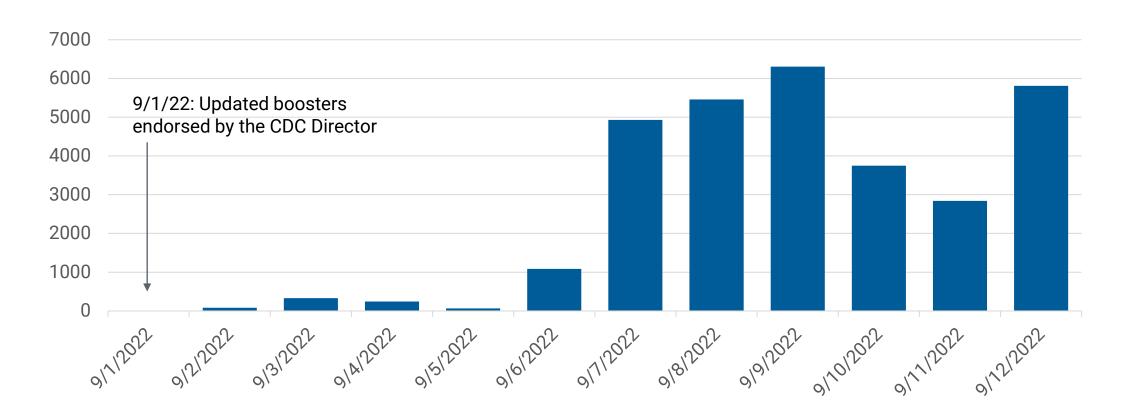






Over 32,000 doses of the updated boosters have been administered to Chicagoans in the first days of the roll out

Vaccine endorsed for use the CDC Director on 9/1, vaccination generally began after Labor Day (9/5)





2.32 million aged 12+ living in Chicago

1.71 million due* for an updated booster

Eligible

Demographics	Count	(%)
Age Group		
12-17 yrs	121,259	7%
18-29 yrs	352,420	20%
30-39 yrs	350,909	20%
40-49 yrs	271,804	16%
50-59 yrs	243,276	14%
60-69 yrs	202,283	12%
70-79 yrs	117,140	7%
80+ yrs	60,602	4%
Race/Ethnicity		
Latinx	468,515	27%
Black, non-Latinx	394,168	23%
White, non-Latinx	596,077	35%
Asian, non-Latinx	131,886	8%
AIAN, non-Latinx	7,363	<1%
NHPI, non-Latinx	3,372	<1%
Other, non-Latinx	64,681	4%
Unknown	53,631	3%

AIAN = American Indian Alaskan Native NHPI = Native Hawaiian Pacific Islander

^{*2} months since completion of a primary series or monovalent booster dose, whichever is latest



Demographics of Chicagoans who received an updated COVID-19 vaccine (N= 32,023)

Race-ethnicity Count

Age Group	Count	(%)
12-17 yrs	766	2%
18-29 yrs	3,011	9%
30-39 yrs	7,224	22%
40-49 yrs	5,542	17%
50-59 yrs	4,085	13%
60-69 yrs	5,302	16%
70-79 yrs	4,563	14%
80+ yrs	1,710	5%

Race-ethnicity	Count	(%)
Latinx	3,712	12%
Black, non-Latinx	3,896	12%
White, non-Latinx	20,966	65%
Asian, non-Latinx	2,528	8%
AIAN, non-Latinx	178	1%
NHPI, non-Latinx	66	0%
Other, non-Latinx	345	1%
Unknown	513	2%
Say	Count	(%)

Sex	Count	(%)
Female	17,228	54%
Male	14,961	46%
Unknown	15	0%





THE COMBO YOU DON'T WANT

GET BOTH VACCINES.
CHI.GOV/FLU



Saturday, September 24 • 9am-2pm

Updated vaccine/bivalent boosters will be available!

Richard J. Daley College - 7500 S. Pulaski Rd. Register at: rebrand.ly/DaleyCollege

Wilbur Wright College • 4300 N. Narragansett Ave. Register at: rebrand.ly/WrightCollege

GET \$50* for 1st, 2nd & booster doses!

*All Chicagoans 5 years and older are eligible to receive one \$50 gift card for each 1st, 2nd, booster (ages 5-11), and bivalent booster doses. Incentives provided while supplies last. Patients must verify they have not received more than \$100 in COVID-19 incentive to qualify. Gift cards will be delivered by mail, not at the time of the appointment.

Type of Vaccine: Flu, COVID-19 primary series from Pfizer and Moderna starting 6 months+, and Pfizer bivalent boosters from 12 years+



WALK-INS WELCOME!





X Plenty of opportunities available





- City Hall Clinics
 - 10/13, 11/8, and 12/6
- City Colleges of Chicago Saturday Clinics
 - 9/24: Richard J. Daley College and Wilbur Wright College
 - 10/1: Kennedy King College
 - 10/8: Arturo Velasquez Westside Technical Institute and Olive Harvey College
 - 10/15: Harry S. Truman College
 - 10/16: Malcolm X College
 - 10/22: Richard J. Daley College and Wilbur Wright College
 - 10/29: Kennedy King College
- Additional sites partnering with alderman and organizations across the city including DFSS locations serving seniors and other congregate settings
- Chicago.gov/VaxCalendar for the most up to date details and additional events







ANYONE AGE 6 MONTHS AND UP CAN GET A COVID-19 VACCINE OR BOOSTER AT HOME!

- Moderna (age 6 months through 5 years) and Pfizer (age 6 months and older) will be offered
- Pfizer booster doses for 5-11 year-olds and updated-Pfizer bivalent boosters for eligible Chicagoans age 12 and up are available
- Up to 10 people can get vaccinated at the same time.
- Appointment Hours: Saturday-Tuesday, 8:00 am to 6:30 pm

THROUGH SEPTEMBER 30, 2022 \$50 GIFT CARDS WILL BE OFFERED FOR:

- Any Chicagoan age 5+ for booster doses-regardless of zip code
- Chicago residents of certain zip codes for each dose of primary vaccine administered

ELIGIBLE CHICAGO ZIP CODES:

60608, 60612, 60617, 60619, 60620, 60621, 60624, 60628, 60633, 60636 60637, 60644, 60649, 60651, 60653, 60707, 60827











ATTN: Chicagoans! Help us understand why some people recover differently from COVID-19.

Join a study and get paid to help us learn about Long COVID.

Who can join the study?



YOU CAN JOIN IF:

- You currently have COVID
- You tested positive for COVID in the last 30 days
- You've never had COVID

We need adults and children from all races, ethnicities, and backgrounds to join.

What will happen if I join?

YOU'LL GET PAID FOR YOUR TIME, AND WE MAY ASK YOU TO:

- Answer survey questions
- Have checkups and tests
- Take part for up to 4 years

The study will not give anyone treatment or medicine for COVID. If you join, you can still take treatments and medicines your doctor gives you.



Scan the QR code to find a study near you.

Learn more about RECOVER and Long COVID at RECOVERCOVID.

Illinois is one of 30 study centers nationwide that will develop best practices for people with difficulty recovering from COVID. Visit illinet.org to learn more about ILLInet RECOVER.

For Additional Questions:

Chicago Study Site: 855-461-8185 • Peoria Study Site: 309-233-0299 • Email: info@illinet.org



Need a vaccine or a booster? Have questions?

visit

CHI.GOV/COVIDVAX

or call

312-746-4835



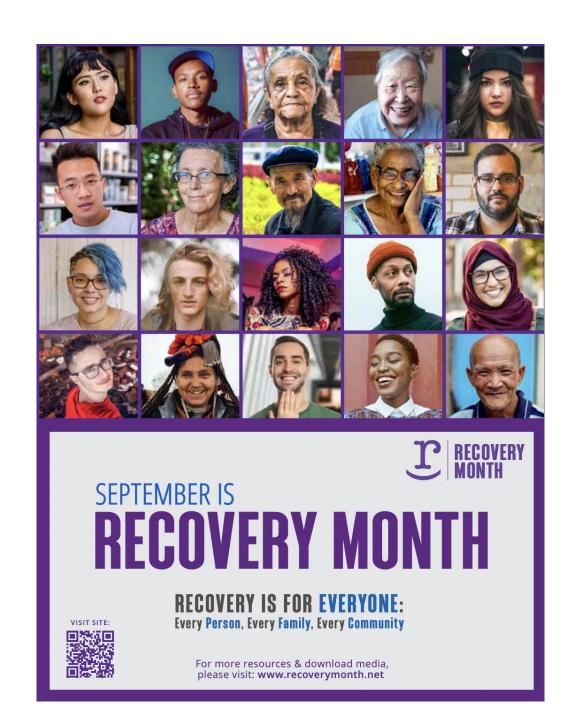


National Recovery Month



More than **20 million Americans** are recovering from substance use disorder.

Recovery Month celebrates the gains made by those in recovery from substance use and mental health, just as we celebrate improvements made by those who are managing other health conditions.

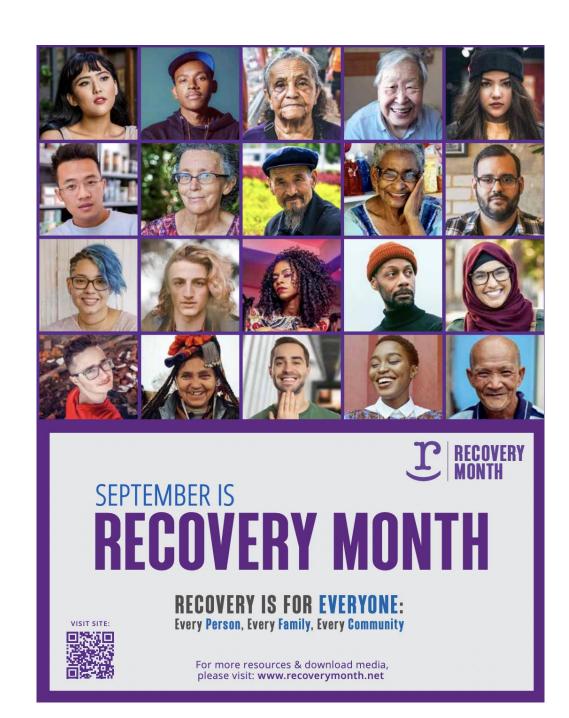


National Recovery Month



Recovery Month was first observed in 1989 and is a national observance held every September to promote and support new evidence-based treatment and recovery practices for substance use disorder.

Recovery is defined as a process of change where individuals improve their health and wellness, live self-directed lives, and strive to reach their full potential.



Substance Use Disorder (SUD)

What a substance use disorder IS:	 The recurrent use of alcohol and/or drugs that causes clinically significant impairment, including health problems, disability, and failure to meet major responsibilities at work, school, or home.
	 SUDs are common, chronic, and treatable with medication and behavioral therapies.
	SUDs affect a person's brain, body, and behavior.
	SUDs are diagnosed by medical professionals.
	SUDs can often co-occur with a mental health condition.
	 SUDs can result from or be tied to an individual's attempt to cope with trauma.
What a substance use disorder IS NOT:	A personal or moral failing
	A character flaw
	A choice

Language Matters

▼	

Instead of	Use
Abuse	Use, misuse
Addict, junkie, abuser, user	Person with substance use disorder, Person in active use ('person first language')
Alcoholic	Person with alcohol use disorder
Drunk	Person who misuses alcohol/engages in unhealthy/hazardous alcohol use
Clean	New, sterile, (screen) positive/negative, person in recovery
Dirty	Used, (screen) positive/negative
Habit, drug habit, drug problem	Substance use disorder, substance use
Replacement or substitution therapy	Medication assisted recovery, treatment
Detox	Withdrawal management
Sober	In Recovery

People with lived experience may identify with language that public health find stigmatizing.

Medication Assisted Recovery (MAR)

Buprenorphine, methadone, or naltrexone to treat opioid use disorder, in some cases in combination with behavioral therapies like counseling or group therapy.

MAR is the standard of care for opioid use disorder, but an estimated 87% of people nationwide with an opioid use disorder do not receive MAR.



Evidence clearly indicates MAR is an effective treatment and harm reduction intervention

Compared to behavioral therapy alone, MAR:

- 1. Decreases illicit opioid use
- 2. Retains patients in treatment
- 3. Reduces mortality: patients on buprenorphine have a 40-80% lowered risk of fatal overdose compared to those not receiving buprenorphine treatment

NOTE: "detox" or supervised withdrawal is <u>NOT</u> an effective treatment and <u>INCREASES</u> the risk of overdose if no linkage to next level of care



Evidence clearly indicates MAR is an effective treatment and harm reduction intervention

Treatment type	Retention in treatment at 12 months with reduced illicit drug use
Behavioral therapy without medication	6%
XR Naltrexone*#	10-31%
Buprenorphine*	60–90%
Methadone*	74–80%

Based on meta-analysis of research studies; rates of success lower in real-world settings.

#Most XR Naltrexone studies were only 3–6 months; 12-month registry study only had % discontinued due to meeting goals; numbers presented here are different than report referenced because they were updated based on Jarvis study.

Permission for Use by Dr. Elizabeth Salisbury-Afshar, Elitzer, 2017, Jarvis, Holtyn, et al., 2018

Elitzer, J. (2017). Why health plans should go to the "MAT" in the fight against opioid addiction. California Health Care Foundation.

https://www.chcf.org/wp-content/uploads/2017/12/PDF-Why-Health-Plans-Should-Go-to-the-MAT.pdf



IS OPIOID USE CAUSING PROBLEMS FOR YOU?

Buprenorphine and methadone stop withdrawal symptoms and cravings, and effectively reduce illicit opioid use.

	BUPRENORPHINE	METHADONE
WHEN CAN I START?	12-24 Hours after last opioid use	Immediately
HOW DO I TAKE IT?	Dissolve a film or pill in your mouth once/day. You can receive a prescription to start at home without going to a clinic first.	Take one dose/day at approved programs. Usualy you have to go in person to receive the dose, but some take-home dose may be permitted.
HOW DO I LONG TAKE IT?	Most effective when used for 9+ months.	Most effective when used for at least 1 year.
HOW DO I GET IT?	CALL 833-234-6343 and ask for MAR NOW (medication assisted recovery now). Everyone in Illinois is eligible.	
DO I NEED INSURANCE?	No. Through the MAR NOW program, anyone call access these medications with or without insurance. Just CALL 833-234-6343 to get started.	





HELP STARTS HERE.





MAR restrictions have been waived under COVID to allow for low-barrier prescription

- 1. Buprenorphine may be prescribed via audio-only telemedicine
- 2. Initial in-person examination with provider before first buprenorphine prescription is waived
- 3. Buprenorphine providers may use non-HIPAA-compliant platforms to reach patients

These changes have allowed states and cities to implement "buprenorphine hotlines" or "telebuprenorphine clinics" where buprenorphine initiation is conducted over phone/video



ASSISTED RECOVERY

is a safe and effective treatment for opioid use disorder.

With the MAR NOW Program, MAR is available to anyone in Chicago, regardless of insurance status, income, or ability to pay.

Call 833-234-6343 and ask for MAR NOW

to receive immediate treatment 7 days/week.



To request fentanyl test strips, email OSU.CDPH@cityofchicago.org



LEARN WHAT YOU CAN DO TO END OVERDOSE:

CARRY NARCAN



Narcan is a safe and effective medication that reverses an opioid overdose

You can find Narcan for free at 51 Chicago Public Libraries

To request fentanyl test strips, email OSU.CDPH@CITYOFCHICAGO.ORG





Can you recognize the signs of opioid overdose?

Signs: slow, shallow breathing, choking, limp body, pale/blue/cold skin, falling asleep or lack of consciousness, very small pupils







If you think someone is overdosing, call 911 and use naloxone if you have it

Overdose affects every community in Chicago.

Visit the Health Atlas to view overdose data: chicagohealthatlas.org





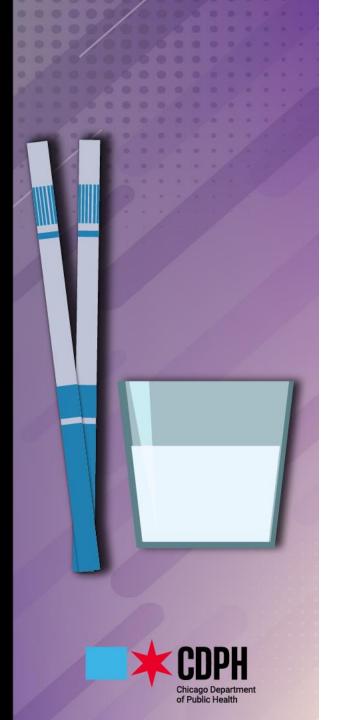
LEARN WHAT YOU CAN DO TO END OVERDOSE

TEST YOUR DRUGS FOR FENTANYL

Fentanyl is increasingly found in substances like pills and cocaine. To be safer, use fentanyl test strips to test for fentanyl before using.

To access free fentanyl test strips, email: OSU.CDPH@CITYOFCHICAGO.ORG

#EndOverdose #iOAD2022







LEARN WHAT YOU CAN DO TO END OVERDOSE: ACCESS TREATMENT



Medication assisted recovery (MAR) involves the use of medications to treat opioid use disorder.

MAR reduces the risk of overdose, reduces illicit drug use, and retains patients in treatment.



If you want help with opioid use, call 833-234-6343
7 days/week and ask for MAR NOW. This program will connect you immediately to a treatment provider, and help with transportation and insurance enrollment.



MAR NOW is available to all Chicagoans, regardless of insurance status or ability to pay.



LEARN WHAT YOU CAN DO TO END OVERDOSE: REDUCE STIGMA



Stigma around opioid use and overdose can prevent people from accessing the help that they need.



Opioid use disorder is a medical condition, not a character flaw.

Treatment is effective, and relapse is not failure.



Use destigmatizing language.



Avoid words like "abuse, abuser, addict, clean."

Instead, use "use, person with an opioid use disorder, person in recovery"



Medications to treat opioid use are available to all Chicagoans, regardless of insurance status, income, or ability to pay. **Call 833-234-6343 for immediate help.**







WARNING SIGNS OF SUICIDE				
Talking about wanting to die	Acting anxious, agitated or recklessly			
Looking for a way to kill oneself	Displaying extreme mood swings			
Increasing the use of alcohol or drugs	Talking about feeling hopeless or having no purpose			
Talking about feeling trapped or unbearable pain	Showing rage or talking about seeking revenge			
Withdrawing or feeling isolated	Talking about being a burden to others			
Showing rage or talking about seeking revenge	Sleeping too little or too much			







5

Action Steps for Helping Someone in Emotional Pain



ASK

"Are you thinking about killing yourself?"



KEEP THEM SAFE

Reduce access to lethal items or places.



BE THERE

Listen carefully and acknowledge their feelings.



HELP THEM CONNECT

Call or text the 988 Suicide & Crisis Lifeline number (988).



STAY CONNECTED

Follow up and stay in touch after a crisis.