

# Racial/ethnic differences in use of peer recovery services for substance use disorders in New Jersey

Aayush Visaria<sup>1</sup>, Payal Dave<sup>1</sup>, Reyna Maybloom<sup>2</sup>, Ranita Sharma<sup>1</sup>

<sup>1</sup>Robert Wood Johnson Medical School, New Brunswick, NJ

<sup>2</sup>Institute for Prevention and Recovery, RWJBarnabas Health

## BACKGROUND

- Substance use disorders led to more than 90,000 hospitalizations in NJ in 2019. Nearly 77% of patients discharged in 2019 were readmitted within 30 days.
- To combat this, RWJBarnabas established a Peer Recovery Program (PRP) aimed at providing multi-disciplinary care and support services after discharge.
- We sought to describe the racial/ethnic differences in the characteristics of patients offered these services, with particular attention to SAs, a fast-growing but understudied group.

## METHODS

- **Study Design:** Cross-sectional, descriptive study
- **Participants:** English-speaking, ED or hospitalized patients
- **Setting:** RWJBarnabas – 21 NJ hospitals from 2019-2021
- **Exposure:** non-Hispanic White [NHW], non-Hispanic Black [NHB], Hispanic, South Asian [SA], Other Asian (Chinese, Filipino, Japanese, Korean, Native Hawaiian, and Pacific Islanders)
- **Outcome:** Refusal of Peer Recovery Program (PRP) services
- **Statistical Analysis:** Multivariable logistic regression, adjusting for age, gender, education, substance type, referral year, county, history of prior overdose, and psychotropic medication use

## RESULTS

- Among 56,546 patients (average age 45y [SD, 14], 31% women, 51% non-Hispanic White, 1.1% SA, 26% in Essex County) referred to PRP services, 89% accepted PRP services
- **South Asians had increased odds of refusing PRP services compared to non-Hispanic Whites** (OR [95% CI], unadjusted: 1.34 [1.04, 1.74], adjusted: 1.42 [1.09, 1.86])
- Non-Hispanic Blacks (unadjusted: 1.84 [1.73, 1.95], adjusted: 1.29 [1.20, 1.39]), Hispanics (unadjusted: 1.45 [1.33, 1.57], adjusted: 1.22 [1.12, 1.34]), and Other Asians (unadjusted: 1.59 [1.08, 2.34], adjusted: 1.82 [1.21, 2.72]) also had increased odds of refusing PRP services compared to non-Hispanic Whites.

**Minority races/ethnicities had 20-82% increased likelihood of refusing peer recovery services compared to non-Hispanic White patients**

Adjusted Odds of Refusing Peer Recovery Services

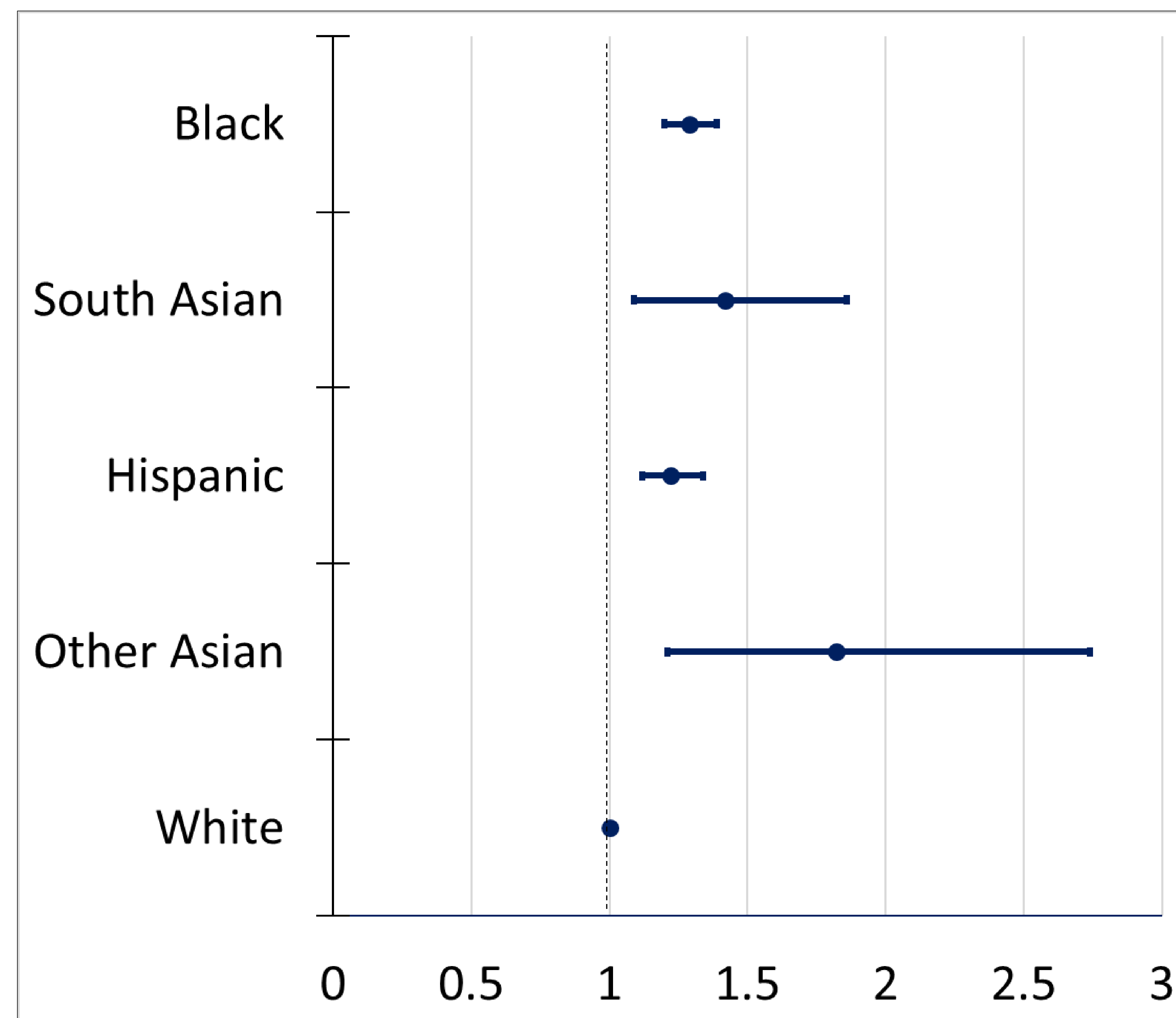


TABLE 1

Table. Baseline Characteristics

|                          | White      | Black      | South Asian | Other Asian | Hispanic  |
|--------------------------|------------|------------|-------------|-------------|-----------|
| <b>Demographics</b>      | N = 29,903 | N = 14,936 | N = 600     | N = 228     | N = 6,745 |
| Age, mean (SD)           | 45 (14)    | 47 (13)    | 62 (12)     | 39 (14)     | 41 (13)   |
| Sex, % Female            | 33%        | 34%        | 13%         | 29%         | 21%       |
| % College Education      | 12%        | 6.7%       | 17%         | 19%         | 7.7%      |
| Transportation Access    | 46%        | 16%        | 48%         | 53%         | 30%       |
| Facility County Location |            |            |             |             |           |
| Essex                    | 13%        | 50%        | 17%         | 27%         | 33%       |
| Hudson                   | 5.1%       | 20%        | 27%         | 14%         | 18%       |
| Middlesex                | 13%        | 12%        | 34%         | 36%         | 18%       |
| Monmouth                 | 13%        | 5.5%       | 3%          | 6.6%        | 7.7%      |
| Ocean                    | 39%        | 4.9%       | 4.7%        | 5.7%        | 12%       |
| Somerset                 | 13%        | 4.2%       | 10%         | 9.2%        | 8.8%      |
| Union                    | 4.0%       | 3.3%       | 4.2%        | 2.2%        | 3.7%      |
| % First Overdose         | 55%        | 52%        | 63%         | 58%         | 59%       |
| Year of Admission        |            |            |             |             |           |
| 2019                     | 37%        | 34%        | 38%         | 34%         | 33%       |
| 2020                     | 31%        | 30%        | 33%         | 26%         | 31%       |
| 2021                     | 33%        | 36%        | 29%         | 40%         | 35%       |
| Alcohol Use Disorder     | 17%        | 9.2%       | 15%         | 10%         | 15%       |
| % Administered Naloxone  | 8.9%       | 11%        | 4.2%        | 3.1%        | 10%       |

## DISCUSSION

- South Asian patients with substance use disorders were younger, male, and of higher education level than other races/ethnicities. NJ non-Hispanic Black, Hispanic, South Asian, and other Asian patients have increased likelihood of refusing PRP services and may benefit from targeted, region-specific culturally aware interventions.
- Further longitudinal studies assessing clinical outcomes are necessary

## DISCLOSURE INFORMATION

Authors report no disclosures.

