

## IS IT OPIOID ADDICTION?

If you have health insurance call the number on the back of your insurance card to find out about available chemical/behavioral health services covered by your insurance plan.

Check to see if your employer has an employee assistance program which provides free and confidential counseling services.

For resources and possible funding options look in the government section of your local phone book for the health and human services department for the county you live in.

Suggestions made in this brochure do not endorse or recommend any commercial products, processes, or services. It is recommended that a person discuss specific medical or treatment advice with their primary care physician.

Opioid Coalition

[www.opioidcoalition.org](http://www.opioidcoalition.org)



Find us on Face book

### Heroin

### Oxycodone

(OxyContin®, Percodan®, Percocet®)

### Hydrocodone

(Vicodin®, Lortab®, Lorcet®)

### Diphenoxylate

(Lomotil)

### Morphine

(Kadian®, Avinza®, MS Contin®)

### Codeine

### Fentanyl

(Duragesic®)

### Hydromorphone

(Dilaudid®)

### Meperidine

(Demerol)

### Methadone

(Dolophine)

### Oxymorphone

(Opana)

### Buprenorphine

(Subutex®)

### Suboxone®

(Buprenorphine/Naloxone)

## What are Opioids?

Opioids are medications prescribed by doctors to treat pain. Heroin is an illegal form of opioid that is smoked, snorted or injected. Methadone and Buprenorphine are two forms of opioid medications to treat opiate addictions.

Opioid medications are sometimes misused to self-medicate or to get a good feeling, called a "rush" or "high." People misuse these strong medications by taking their own medical prescriptions improperly, stealing medications, going to multiple doctors to get extra, or buying them from drug dealers.

There has been a significant increase in the non-medical use of prescription narcotics and according to the Office of National Drug Control Policy prescription drug abuse is in the forefront of our nation's drug problems. Teens and young adults are at greatest risk as they are obtaining prescription narcotics from friends and uninformed relatives. Abuse of prescription narcotics may then lead to heroin abuse.

Drug Abuse Trends in Minneapolis/St. Paul, Minnesota: 2010 indicated an increase in heroin and other opiate abuse over the past decade. In 2010, in the Twin Cities, more people than ever sought help for their addiction to heroin and opioid medications.

(2)

United Way 2-1-1

A 24 hour/7 day a week free and confidential community helpline  
Dial 2-1-1 or 1-800-543-7709

NAMI Minnesota

National Alliance of Mental Illness

Supports adults, children and their families who are struggling with mental illness via support, education and advocacy

651-645-2948

Toll free 1-888-nami-helps

[www.namihelps.org](http://www.namihelps.org)

Dual Recovery Anonymous™ is an independent, nonprofessional, Twelve Step, self-help membership organization for people with a [dual diagnosis](#).

[www.draonline.org](http://www.draonline.org)

National Suicide Prevention Life Line

1-800-273-TALK (8255)

[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

Minnesota Aids Project

612-341-2060

Toll free 1-800-243-7321

[www.mnaidsproject.org](http://www.mnaidsproject.org)

Harm reduction Coalition

Overdose prevention/protection tips

[www.harmreduction.org](http://www.harmreduction.org)

National 24 hour/7day Poison Control Hotline :1-800-222-1222

National Institute on Drug Abuse

<http://teens.drugabuse.gov/peerx/peer-into-your-path>

[www.nida.nih.gov](http://www.nida.nih.gov)

University of Minnesota, Fairview Behavioral Emergency Center (BEC)

2450 Riverside Ave

Minneapolis, Minnesota 55454

612-672-6600

[www.uofmmedicalcenter.org](http://www.uofmmedicalcenter.org) keyword search/specialty: behavioral health

Information regarding safe disposal of drugs

[www.awarerx.org](http://www.awarerx.org)

[www.smarxtdisposal.net/index.html](http://www.smarxtdisposal.net/index.html)

(7)

Narcotics Anonymous

[www.naminnnesota.org](http://www.naminnnesota.org)

24 hour Minnesota Regional Helpline

1-877-767-7676

Greater Minneapolis Alcoholic Anonymous Intergroup

24 hour phone line

952-922-0880

[www.aaminneapolis.org](http://www.aaminneapolis.org)

Saint Paul and Suburban Area Alcoholic Anonymous Intergroup

651-227-5502

[www.aastpaul.org](http://www.aastpaul.org)

Alanon/Alateen in the greater Minneapolis and St. Paul area

952-920-3961 Minneapolis

651-771-2208 St. Paul

[www.al-anon-alateen-msp.org](http://www.al-anon-alateen-msp.org)

Minnesota Recovery Connection (MRC)

MRC connects people seeking recovery to resources that help foster and sustain long-term recovery. Whether you are seeking resources for treatment, transportation, housing, job training, education, health or other pathways to recovery, MRC is a great place to start.

651-233-2080

[www.minnesotarecovery.org](http://www.minnesotarecovery.org)

EPIDEMIC: RESPONDING TO AMERICA'S PRESCRIPTION DRUG ABUSE CRISIS

[http://www.whitehouse.gov/sites/default/files/ondcp/issues-content/prescription-drugs/rx\\_abuse\\_plan.pdf](http://www.whitehouse.gov/sites/default/files/ondcp/issues-content/prescription-drugs/rx_abuse_plan.pdf)

National Alliance of Advocates for Buprenorphine Treatment

[www.naabt.org](http://www.naabt.org)

Pharmaceutical site of Reckitt Benckiser medication producers of suboxone®

Here to Help Program

Call 1-866-973-HERE (4373)

[www.heretohelpprogram.com](http://www.heretohelpprogram.com)

[www.suboxone.com](http://www.suboxone.com)

(6)

## Is it addiction/dependence?

According to the Diagnostic and Statistical Manual of Mental Disorders (DSM-IV-TR) criteria for substance dependence may include:

1. Tolerance- the need for more of the drug to achieve the same desired effect
2. Withdrawal- physical and/or psychological symptoms associated with decrease use of a substance
3. Extended use of a drug or substance
4. Inability to decrease or control substance use and persistent desire to use substance.
5. Increase activity and time is spent to obtain drugs
6. Life is negatively impacted due to decrease interest and isolation from social activities, work and family relations.
7. Continued use of a substance despite consequences impacting physical and emotional health.

Some people have what is called Co-Occurring mental health and substance dependence disorder, sometimes referred to as dual diagnosis. This is when a person has a mental health diagnosis and a substance dependence diagnosis.

(3)

### Risk of Opioid abuse:

Some risks that may be associated with Opioid use are: elevated liver function tests, hepatitis, HIV, contracting a sexually transmitted disease, risky behavior associated with obtaining and using drugs, jail time, loss of job, loss of family and friends support, lowered self-esteem, overdose and death.

### Signs of an Opioid Overdose are:

Person does not awaken when roused, depressed, slow or not breathing, does not respond to painful stimulation such as rubbing knuckles across his or her chest, pinpoint pupils, blue/purple colored lips/ face/ hands, dizziness, faintness, vomiting, seems confused or acts irrationally, gurgling or choking sounds, person appears drowsy, Slow or no heartbeat.

**\*If you suspect a person has overdosed call 911 immediately and follow the 911 operator's instructions. Stay with the person until emergency help has arrived. Overdose is a life and death situation and it is important that you seek immediate professional help.**

### Treatment Options:

Opioid addiction is a chronic disease that cannot be cured but it can be managed. Most people are not able to just "quit using" even with the best intentions. Often the first steps may be a medical detoxification, chemical health assessment, treatment provided by qualified medical and substance abuse treatment providers and recovery meetings. A good place to start is to ask for help from family, friends, primary doctor or contact a resource listed in this brochure.

Medication-Assisted Treatment for Opioid Addiction involves the use of medication along with counseling and other support. Treatments that include maintenance medications are often the best choice for opioid addiction. Buprenorphine, Methadone and Naltrexone are medications that can be prescribed and managed by authorized doctors/programs. (4)

When you, your friend, or a loved one needs help do not hesitate to get it. When people get the help they need they can turn their lives around. There is help available.

## Resources to address chemical and behavioral health issues:

### **If there is an emergency situation Call 911**

You can access the internet at your local library for free.

Substance Abuse and Mental Health Services Administration (SAMHSA)

[www.samhsa.gov](http://www.samhsa.gov)

[www.buprenorphine.samhsa.gov](http://www.buprenorphine.samhsa.gov)

SAMHSA treatment facility locator

24 hour helpline

1-800-662-help (4357)

[www.findtreatment.samhsa.gov](http://www.findtreatment.samhsa.gov)

Brochure: The facts about buprenorphine for treatment of opioid addiction

[http://www.kap.samhsa.gov/products/brochures/pdfs/buprenorphine\\_facts.pdf](http://www.kap.samhsa.gov/products/brochures/pdfs/buprenorphine_facts.pdf)

Brochure: Medication-Assisted Treatment for Opioid Addiction-Facts for families and friends

[http://www.kap.samhsa.gov/products/brochures/pdfs/med\\_assisted\\_tx\\_facts.pdf](http://www.kap.samhsa.gov/products/brochures/pdfs/med_assisted_tx_facts.pdf)

(The above two articles were used as references for this brochure and are available at [www.SAMHSA.gov](http://www.SAMHSA.gov) /U.S. Department of Health and Human Services)

[www.drugfree.org](http://www.drugfree.org)

1-855-378-4343 / 24 hr nationwide Parents Hotline

(5)