

IS IT OPIOID USE DISORDER?

Opioids

Heroin (illegal substance)

<u>Generic</u>	<u>Brand Name</u>
Hydrocodone	Vicodin ®, Lorce®, Lortab ®, Norco ®, Zohydro ®
Oxycodone	Percocet ®, OxyContin ®, Roxicodone ®, Percodan ®
Morphine	MS Contin ®, Kadian ®, Embeda ®, Avinza ®
Codeine	Tylenol with Codeine ®, TyCo ®, Tylenol #3 ®
Fentanyl	Duragesic ®
Hydromorphone	Dilaudid ®
Oxymorphone	Opana ®
Meperidine	Demerol ®
Methadone	Dolophine ®, Methadone
Buprenorphine	Suboxone ®, Subutex ®, Zubsolv ®, Bunavail ®, Butrans ®

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 medications by taking their own 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. Use of prescription narcotics may then lead to heroin abuse. Accidental Opioid Overdose deaths have surpassed deaths from motor vehicle crashes.

Drug Abuse Trends in Minneapolis/St. Paul, Minnesota: 2015 indicated an increase in heroin and other opiate abuse over the past decade. This report by Carol Falkowski (Drug Abuse Dialogues, April 2015) shows total treatment admissions for heroin abuse at a record- high in 2014.

Is it Opioid use Disorder?

According to the Diagnostic and Statistical Manual of Mental Disorders (DSM-5) criteria for opioid use disorder 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.

Risk of Opioid use:

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, loss of job, loss family and friends support, lowered self-esteem, overdose and death

Signs of Opioid use:

Noticeable elation/euphoria, marked sedation/drowsiness, confusion, constricted pupils, slowed breathing, intermittent nodding off, or loss of consciousness, constipation, frequent ER/doctor visits, drug paraphernalia (needles, tinfoil, lighter, cotton, vial of water, spoon), Intravenous (IV) track marks commonly found on inner aspect of forearms or on hands. IV marks can look like a non-healed puncture wound, thin lines of bruising or scarring. Using narcotics more often than prescribed.

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. Give naloxone if available to treat an opioid overdose emergency. Repeat in 3 minutes if no response. 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. Minnesota does have a "Good Samaritan Law called Steve's Law."
(www.prescribetoprevent.org)

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 and treatment provided by qualified medical and substance use disorder treatment providers. 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. Treatment that includes medication is often the best choice for opioid addiction. Buprenorphine, Methadone and Naltrexone are medications that can be prescribed and managed by authorized doctors.

You are not alone and there is help available. A person with opioid use disorder/addiction can regain a healthy, productive life. **There is hope!**

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

SAMHSA's 24 HOUR National Helpline toll-free and confidential

1-800-662-HELP (4357)

1-800-487-4889 (TDD)

Free and confidential information in English and Spanish for individuals and family members facing substance abuse and mental health issues. 24 hours a day, 7 days a week.

SAMHSA Buprenorphine medicated assisted treatment provider locator
www.buprenorphine.samhsa.gov

SAMHSA treatment facility locator
<https://findtreatment.samhsa.gov/>

Brochure: The facts about buprenorphine for treatment of opioid addiction
<http://store.samhsa.gov/shin/content//SMA14-4442/SMA14-4442.pdf>

Brochure: Medication-Assisted Treatment for Opioid Addiction-Facts for families and friends
<http://store.samhsa.gov/shin/content//SMA14-4443/SMA14-4443.pdf>

(The above two brochures were used as references for this brochure and are available at www.SAMHSA.gov U.S. Department of Health and Human Services)

Narcotics Anonymous
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

Saint Paul and Suburban Area Alcoholic Anonymous Intergroup
651-227-5502
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
www.nar-anon.org

Minneapolis VA Health Care System
1-866-687-7382 612-467-1100
<http://www.minneapolis.va.gov/>

Veterans Crisis Line
1-800-273-8255 Press 1
Confidential Chat @VeteransCrisisLine.net or
text to 838255

Book: Living In the Wake of Addiction: Lessons for Courageous Caregiving by
Gloria Englund.

*This book demystifies addiction, defies stigma, offers hope for recovery, and serves as a
guide for professionals, families and individuals seeking support on the journey of recovery.*

Gloria also offers Recovery Coaching/Grief Support
www.recoveringu.com

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

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)

The mission of the Steve Rummler Hope Foundation is to heighten
awareness of the dilemma of chronic pain and the disease of addiction and
to improve the associated care process
www.steverummlerhopefoundation.org

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

Pharmaceutical site of Reckitt Benckiser medication producers of suboxone®

Here to Help Program

Call 1-866-973-HERE (4373)

www.heretohelpprogram.com

www.suboxone.com

Poison Control

1-800-222-1222

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

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

www.draonline.org

National Suicide Prevention Life Line

1-800-273-TALK (8255)

www.suicidepreventionlifeline.org

Minnesota Aids Project

612-341-2060

Toll free 1-800-243-7321

www.mnaimsproject.org

Harm reduction Coalition

Overdose prevention/protection tips

www.harmreduction.org

National Institute on Drug Abuse

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

www.nida.nih.gov

Partnership for Drug-Free Kids
Helpline: 1-855-DRUGFREE
www.drugfree.org

Handbook of the streets Minneapolis
<http://ststephensmpls.org/assets/pdfs/handbookmpls2015.pdf>

University of Minnesota, Fairview Behavioral Emergency Center (BEC)
2450 Riverside Ave
Minneapolis, Minnesota 55454
612-672-6600
www.uofmmedicalcenter.org keyword search/specialty: behavioral health

Educational opioid videos by Dr. Gregory Amer- University of Minnesota,
Health available on www.youtube.com

Rule 25 Chemical Health Assessments in Minnesota
<https://edocs.dhs.state.mn.us/lfserver/Public/DHS-5685-ENG>

SMART Recovery is the leading self-empowering addiction recovery support group. Our participants learn tools for addiction recovery based on the latest scientific research and participate in a world-wide community which includes free, self-empowering, science-based mutual help groups
www.smartrecovery.org

Information regarding safe disposal of drugs
www.fda.gov
<http://www.fda.gov/Drugs/ResourcesForYou/Consumers/BuyingUsingMedicineSafely/EnsuringSafeUseofMedicine/SafeDisposalofMedicines/UCM186187>
www.smarxtdisposal.net

Domestic Abuse Resources
http://users.soc.umn.edu/~uggen/4111_resources.htm

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.

Rule 25 Chemical Health Assessments in Minnesota

<https://edocs.dhs.state.mn.us/lfservlet/Public/DHS-5685-ENG>

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 Prevention Coalition

www.opioidcoalition.org



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