

What are Opiates/Opioids?

The term *opioid* is largely used to describe both opiates and opioids. Both are highly addictive and can make an individual susceptible to dependence and addiction.

The term *opiates* refers to any drug derived from the opium poppy plant. While some opiates are used in medical practices for pain relief, others are considered Schedule I drugs, or drugs with no acceptable safety use. Opiates include: **Opium, Morphine, Codeine, Heroin.**

In contrast, the term opioids refers to any drug that produces a similar effect to an opiate. These drugs are often synthetic or partially synthetic. Sometimes, addiction treatment centers use synthetic opioids to treat opiate addiction. Much like opiates, opioid use runs the gamut from medically acceptable to illicit. Opioid drugs include: **Methadone, Percocet, Vicodin, Demerol, Oxycodone.**

Over time, more of the drug is needed for the same effect. This is called tolerance. How long it takes to become physically dependent varies with each person.

Withdrawal

If you stop or cut back on substances after use of a few weeks or more, you may have a number of symptoms which is referred to as withdrawal.

Early symptoms of withdrawal include: agitation, anxiety, abdominal cramping, disorientation, goose bumps, muscle aches, dilated pupils, diarrhea, insomnia, nausea, racing thoughts, runny nose, sweating and vomiting.

Overdose can occur when people take high doses of opioids.



Prevention Works. Recovery is Possible.
Addiction is a Disease. Treatment is Available.

How to Prevent an Overdose

Here are some steps you can take to help prevent an overdose:

- Take your medicine exactly as prescribed by your health care provider.
- Never mix pain medicines with alcohol, sleeping pills, or illegal substances.
- Check your tolerance: when you do not use a substance for a while, it lowers your tolerance level. If you must restart, start with a low dose and go slow to avoid overdosing.
- Consider using a medicine lockbox where children or pets can't access your medication.
- Fentanyl is undetectable to the naked eye and significantly more potent than heroin. If you are using any drugs, use Fentanyl test strips to test for the drug.
- Dispose of unused, unwanted or expired Rx drugs. Secure drop boxes available at Local Police Departments and 24/7 CVS Pharmacies.
- If you take an opioid, it is also important to teach your family and friends how to respond to an overdose. If you are at high risk for an overdose, ask your health care provider about naloxone.

***Naloxone treats the symptoms.
Recovery treats the problem.***



OPIOID PREVENTION & RESPONSE GUIDE



Tri-County Community Action Agency
Southern Providence County
Regional Coalition

Cranston • Johnston • North Providence • Scituate • Smithfield



www.spcregionalpreventioncoalition.org

How to Respond to an Overdose

Opioid overdose requires immediate medical attention. Get help from someone with medical expertise: Call 911!!

Signs of an overdose include:

- Can't be awakened from sleep or can't speak
- Breathing is very slow, or stopped
- Heartbeat is very slow, or stopped
- Fingernails or lips are turning blue
- Face is extremely pale or clammy to the touch
- Vomiting or making gurgling noises

If you suspect overdose:

1. Call 911

- Tell them someone isn't breathing
- Give an accurate description of your location

2. Give Naloxone

- If a person is unresponsive after the first dose, a second dose of naloxone may be needed

3. Perform Rescue Breathing

- Tilt head back, pinch nose
- Seal your mouth over theirs
- Give 1 breath every 5 seconds
- Keep going until help arrives, or they start breathing on their own

4. Comfort/Support

- Once the person is breathing on their own, place them in the recovery position until paramedics arrive.
- Comfort the person as he or she may be confused, upset and going through withdrawal (feeling sick from a lack of opioids if their body is dependent on them) when revived.

How to Give Naloxone

To use the Naloxone Nasal Spray:

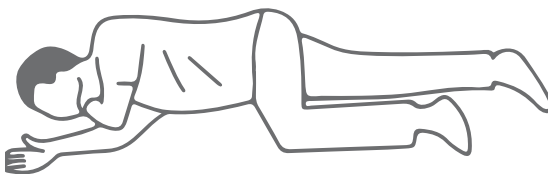
1. Remove the device from the package.
2. Hold with thumb on the bottom of the plunger with your first and middle fingers on either side of the nozzle.
3. Tilt head back and provide support to the neck then insert the tip of the nozzle into nostril until your fingers are against the person's nose.
4. Press the plunger firmly to give the dose.

Don't be afraid to call 911!

Rhode Island has the Good Samaritan Law.

Persons calling 911 and overdose victims themselves are protected from prosecution if drugs are found on the scene.

If you must leave the scene, leave the person in the recovery position (pictured below).



Regional Treatment Resources

RI BH LINK (Crisis Center) 401-414-LINK (5465)
Call to connect with a licensed counselor, 24/7

Tri-County Community Action Agency 401-351-2750

Providing services to support and promote self-sufficiency including mental health, substance use and medication assisted treatment.

Comprehensive Community Action Agency 401-467-9610

Providing services to support and promote self-sufficiency including mental health, substance use and medication assisted treatment.

CODAC 401-490-0716
Medication Assisted Treatment, and Recovery Support

The Journey to Hope and Healing 401-946-0650
Medication Assisted Treatment, and Recovery Support

Our Lady of Fatima Hospital 401-456-3034
Medication Assisted Treatment, and Recovery Support

ADCARE 401-949-2200
Medication Assisted Treatment, and Recovery Support

Prevent Overdose RI
www.preventoverdoseri.org

Partnership for Drug-free kids
Concerned about your child or loved one? Text a message to : 55753 to receive personalized help.

Statewide Detoxification Services

ADCARE	401-294-0419
Butler Hospital	401-455-6214
Phoenix House	401-294-0960
Roger Williams Hospital	401-456-2000

For Additional Resources, please go to:
<https://www.bhlink.org>