



**Southern Providence County
Regional Coalition**

Communities. Prevention. Collaboration.



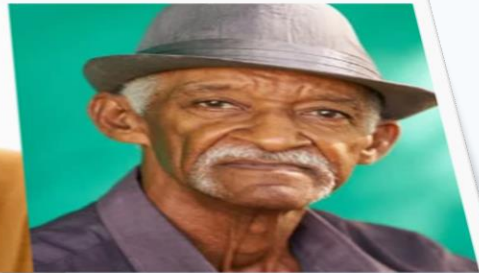
CARING FOR YOURSELF

A Wellness Roadmap

Medications, Mental Health & Substance Use



The Faces of Addiction





Shifting Stigma of Addiction

THEN

How we saw a person with a substance use disorder

- A person without housing, visibly withdrawing and panhandling to fund their next fix
- Strung-out and desperate teen
- The young adult from an urban area that we avoid on the street for fear of our safety and personal possessions
- The emaciated and nervous 20-something with track marks on their arms
- Someone who relapsed was thought of as a failure

NOW

What a substance use disorder really looks like

- A lonesome teen who was bullied
- A grandmother who was depressed and didn't want to tell anyone
- A doctor who was injured and in pain
- A mother who felt isolated and didn't know where to turn to help
- An emergency responder who has access and stress
- Someone with a reoccurrence of symptoms needs more support

Who Is Most at Risk for Opioid Misuse and Overdose?



What Are Opioids?

OPIOIDS



Most Opioids are
Made Synthetically



53 Million People Use
Opioids Worldwide

Prescription
opioids can be
addictive and
dangerous.



It only takes a
little to
lose a lot.

OPIATES



Opiates are Made from
Poppy Flowers



Anywhere Between 26
and 36 Million People Use
Opiates Worldwide

Common Opioids



OPIUM



HEROIN



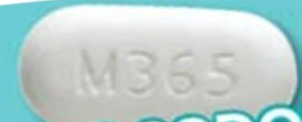
MORPHINE



OXYCODONE



METHADONE



HYDROCODONE



CODEINE



Prescriptions Misuse



If your medication contains one of the following **generic medications**, it contains an opioid, which requires caution and vigilance in use, storage, and disposal.

Buprenorphine
Codeine
Diphenoxylate
Pethidine
Fentanyl

Hydrocodone
Hydromorphone
Tramadol
Propoxyphene
Oxycodone

Misuse: taking a prescription in higher amounts or longer than recommended by a physician, using someone else's prescription, using opioids to get high.

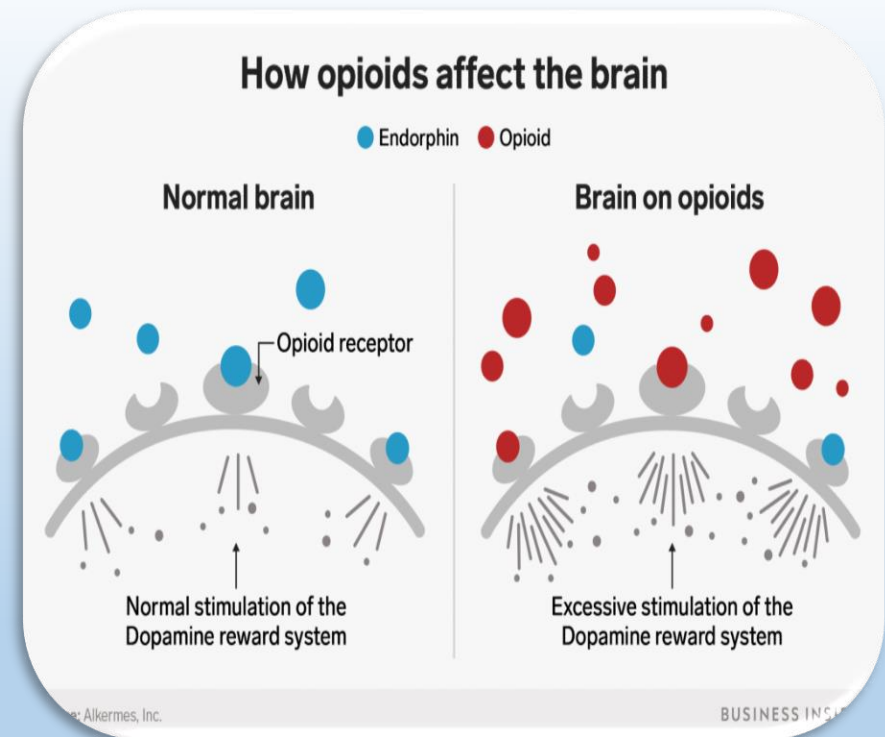
Behaviors That May Increase Overdose Risk

- Taking multiple medications
- Mixing opioids with alcohol and other drugs
- Health conditions: HIV, Hep C, Lung disease, heart disease
- Taking medications that are not prescribed to you
- A history of substance use disorder and previous overdoses



Tolerance Changes and Overdose Risk

- Tolerance happens through changes at the cellular level
- It only takes 2-3 doses to start building tolerance
- Other factors can **INCREASE** or **DECREASE** tolerance
- Age or having certain health conditions can affect tolerance levels



Risk Factors for Overdose



- The higher the opioid dose the higher the risk for misuse and overdose death
- Prolonged use is associated with a significant risk of addiction
- Taking pills not prescribed to you

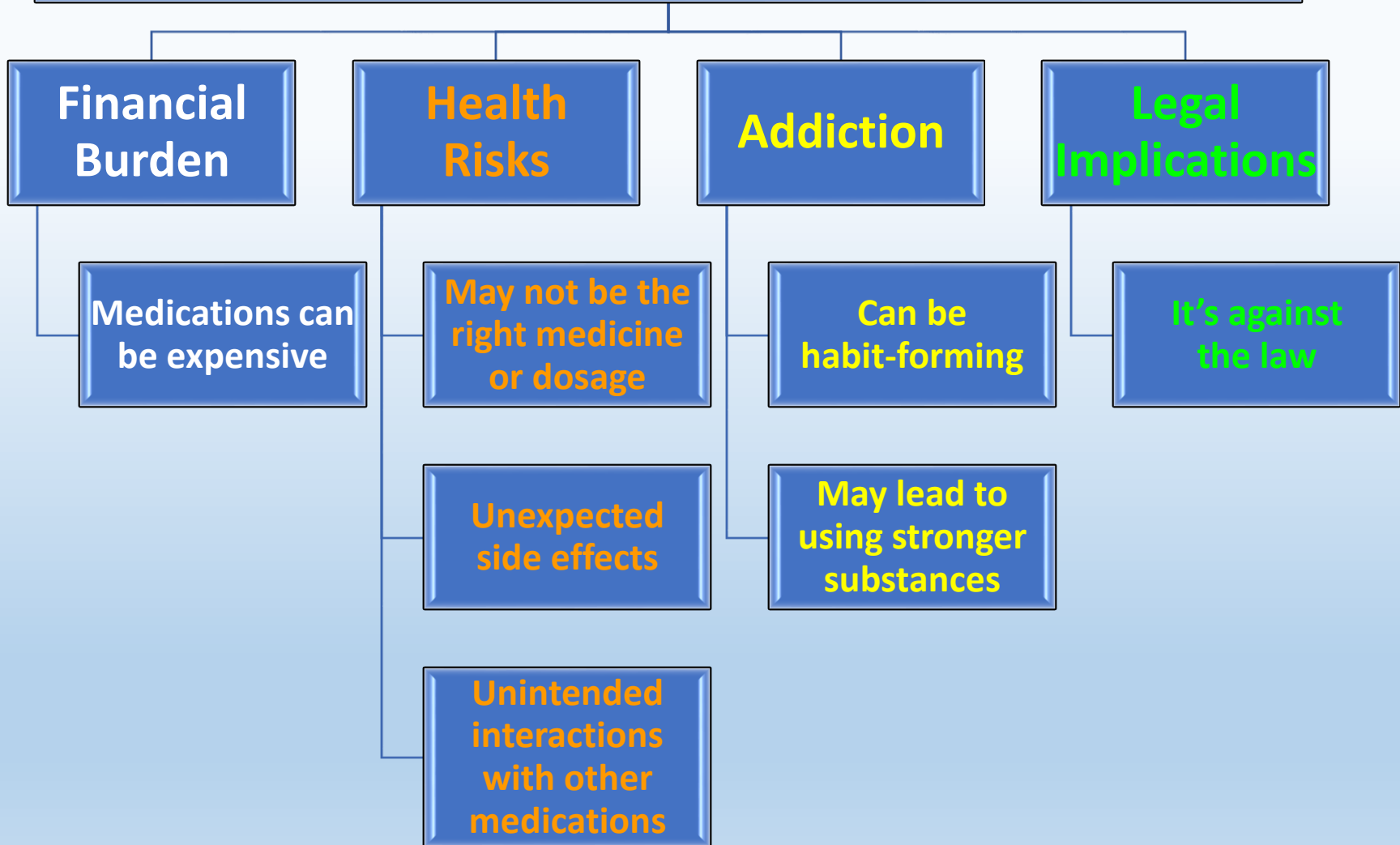
Knowledge Check

What percent of people who misuse prescriptions admit to getting them from a friend, relative, or healthcare provider?

- A. 25%
- B. 48%
- C. 65%
- D. 75%



Consequences of Sharing Medications



Sharing Medications \neq LOVE



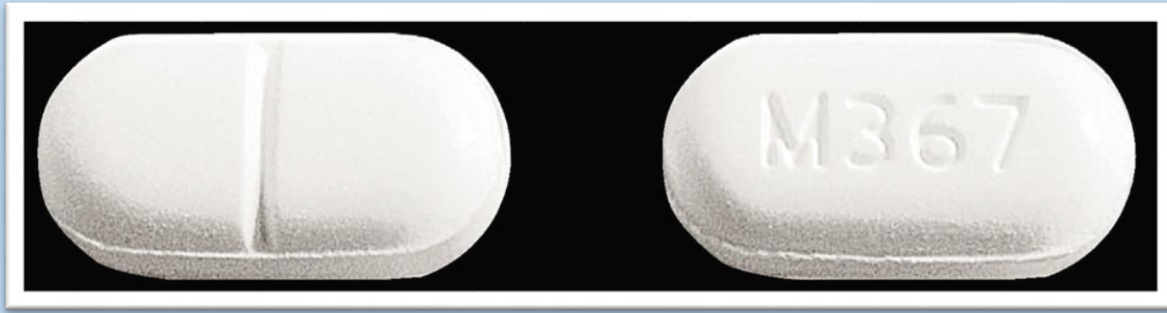
Counterfeit Pills



Vicodin



Oxy



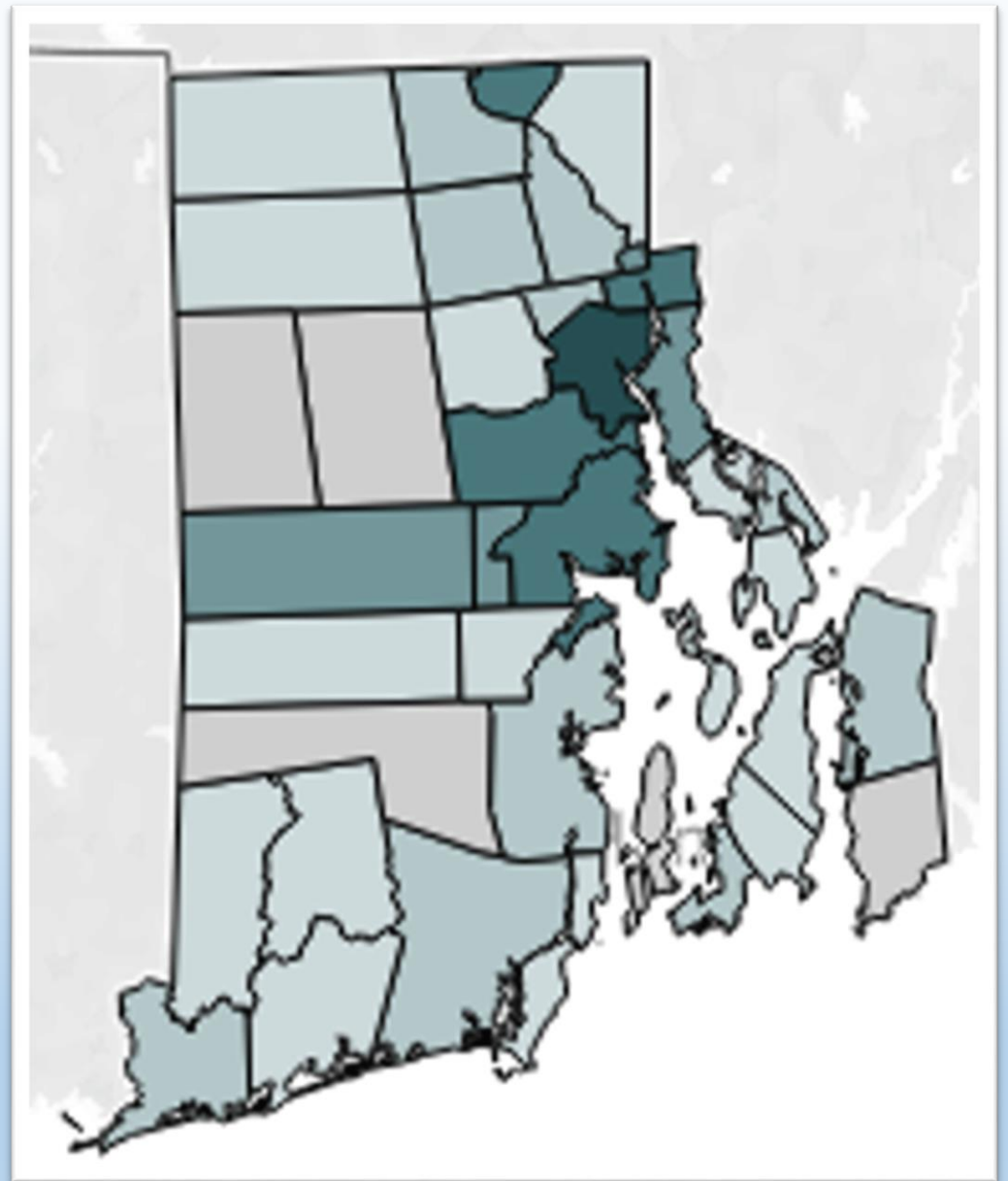




The **only safe medications** are ones that come from **licensed and accredited medical professionals**

DEA warns that pills purchased outside of a licensed pharmacy are illegal, dangerous, and potentially lethal.

Overdose Deaths by Rhode Island City/Town of Incident, 2022



1 to 5

5 to 10

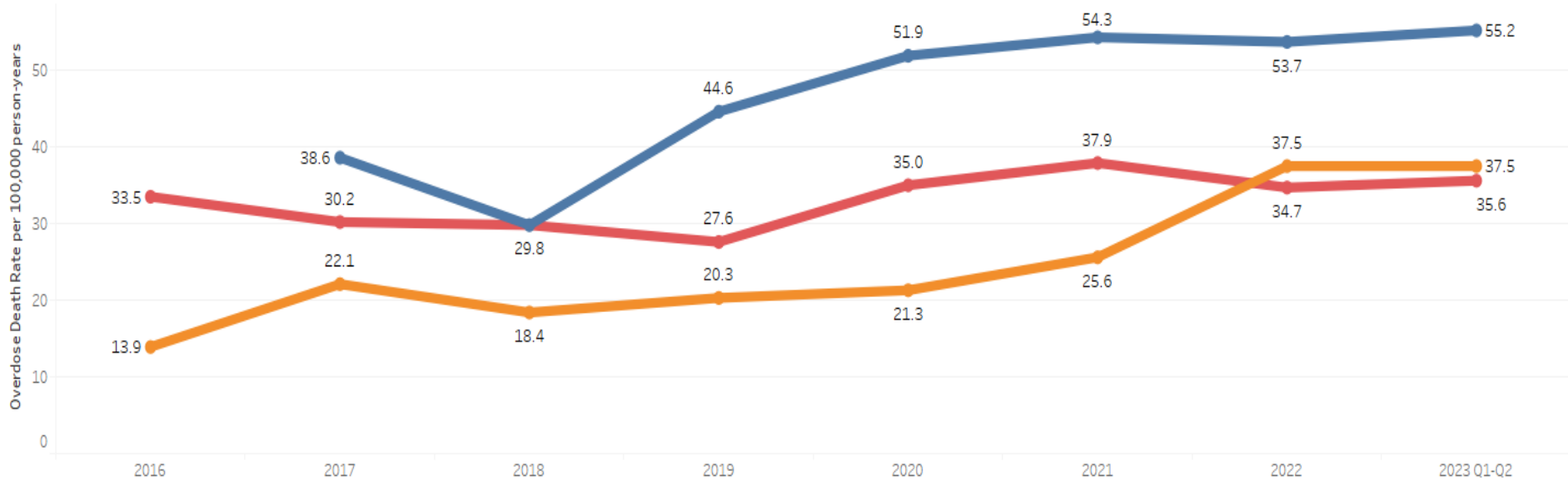
11 to 20

21 to 40

81 or more

None

Overdose Death Rate per 100,000 person-years by Race and Ethnicity, 2016 to Q2 2023



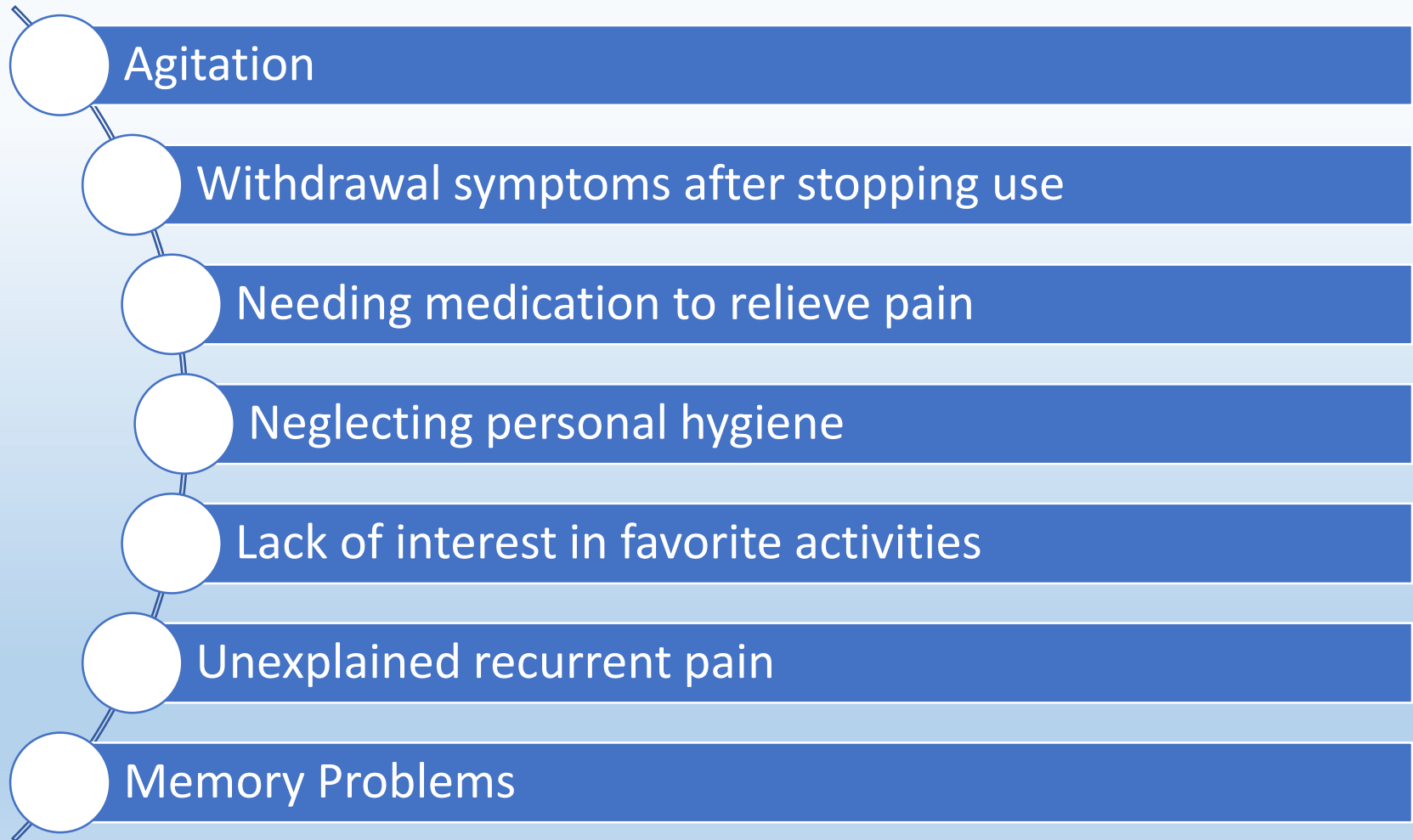
Note: Data are limited to accidental drug overdose deaths pronounced in Rhode Island among Rhode Island residents. Rates are calculated using CDC WONDER single-race population estimates for each year. 2019 estimates applied for 2020 rates. The rate is the number of deaths, divided by the total population for each category, multiplied by 100,000.

Note: "Hispanic or Latino" includes people who identify as any race. All other racial and ethnic groups include people who identify as non-Hispanic ethnicity or have unknown ethnicity. People whose race was "Unknown" or "Asian" have been excluded. Due to approximately 7% of accidental overdose deaths missing ethnicity from 2016 to 2021 the number of overdose deaths for Hispanic persons may be undercounted. Independent of Hispanic ethnicity status, health disparities remain when comparing overdose death rates for White individuals and Black individuals. The 2016 rate for *Black or African American* is suppressed. The 2016 rate for *Black or African American* is suppressed.

Note: Some data have been suppressed due to unstable rates.

- Black or African American
- Hispanic or Latino
- White

Know the Signs of *Opioid Addiction*

- 
- Agitation
 - Withdrawal symptoms after stopping use
 - Needing medication to relieve pain
 - Neglecting personal hygiene
 - Lack of interest in favorite activities
 - Unexplained recurrent pain
 - Memory Problems

***Non-Opioid* Treatment Options for Pain**

Before taking an opioid prescription pain medication, talk with your healthcare provider about these effective, non-opioid alternatives and what treatment methods are right for you.

- Exercise
- Acupuncture
- Chiropractic Care
- Physical Therapy
- Ice Therapy
- Massage
- Non-prescription and non-habit-forming acetaminophen (Tylenol) or ibuprofen (Motrin, Advil, Naproxen, Aspirin)
- Cognitive Behavioral Therapy



**Partnership to End Addiction
– Alternatives to Opioids**



Take Care of Your Medications

- Read specific instructions that come with medications
- Heat, air, light and moisture may damage your medicine
- Store your medicines in a cool, dry place
- Do NOT keep medicine in the medicine cabinet
- Always keep medicine in its original container
- Take the cotton ball out of the medicine bottle. The cotton ball pulls moisture into the bottle.



Monitor all your prescription medications

Store your prescription medications in a safe place

Safely dispose of unused, unwanted, or expired medications

Visit spcprevention.org/RI-drug-disposal sites for a list of drop boxes



preventoverdoseri.org

You warned him about the
monsters in his closet,
not the ones in the
medicine cabinet.

60% of teens who abuse
prescription drugs get them
from friends and relatives.
Protect your family.

Ask your pharmacist about naloxone today.

Photo by Viktor Hanacek, viktorhanacek.com

92% of pediatric
opioid poisonings
happen at home.



Accidents happen. Just in case, get naloxone.
Ask your pharmacist today.



preventoverdoseri.org

LOCK YOUR MEDICATIONS

For extra Medication Safe Storage Lock Bags, visit spcprevention.org/opioids to order by mail.

Don't be an accidental drug dealer!



RESOURCES

spcprevention.org

tricountyri.org

Hojas informativas de drogas |
Get Smart About Drugs

Find us on Facebook and
Instagram @spcprevention





World Health
Organization

SIGNS OF OPIOID OVERDOSE



Pinpoint pupils



Unconsciousness



Shallow/slow Breathing



Pale skin



Blue lips



Snoring/rasping breath

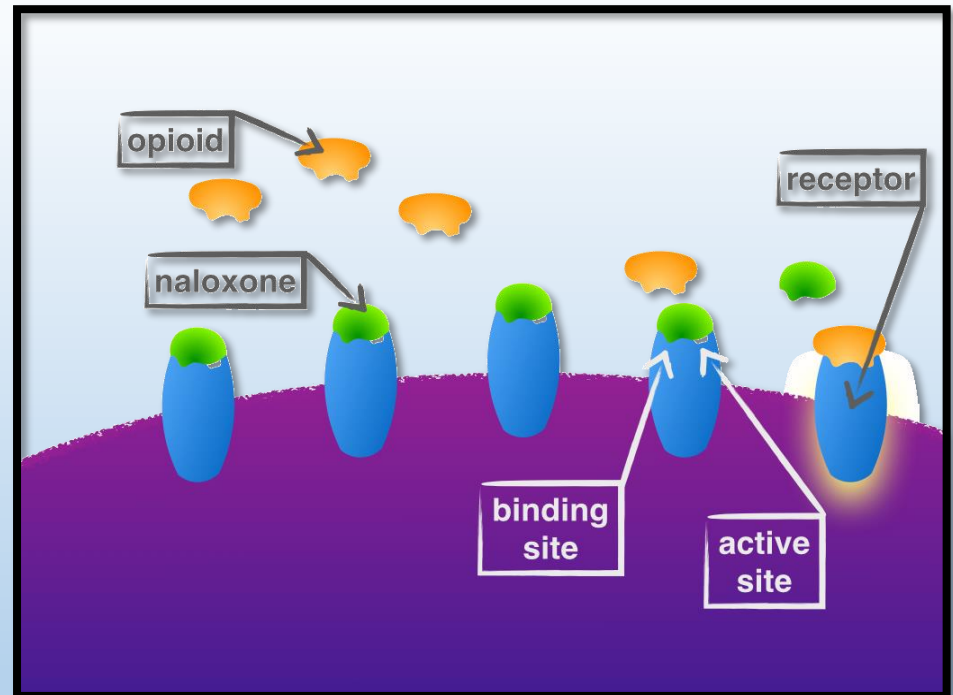
What is Naloxone?

- A life-saving medication that comes in two forms that **ANYONE** can use
- A non-addictive, very safe, prescription drug that only works on opioids
- Be prepared to administer multiple doses
- Ask your doctor about providing Narcan with any prescribed opioid



How Narcan Works

- Narcan knocks the opioid off the receptor in the brain, blocking receptors from the opiate
- Narcan is easy to use and small to carry



www.Preventoverdoseri.org

How to Administer Narcan

- Remove the device from the package. Hold with thumb on the bottom of the plunger with your first and middle fingers on either side of the nozzle
- Tilt the person's 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
- Press the plunger firmly to give the dose



What To Do if an Overdose Occurs

Evaluate
Recognize
Signs of
an
Overdose

Call
9-1-1

Administer
Narcan, if
available

Conduct
rescue
breathing

Comfort
and
support

If two
people are
available,
one **calls**
911, one
does
Narcan

If no
response
after 2-3
minutes,
give 2nd
dose of
Narcan

Recovery Position



The recovery position is used if a person is unconscious, vomiting, or in danger of choking on vomit or saliva. The recovery position lets fluid drain from the person's mouth so they do not choke.

1. Place the person on their side
2. Bend knee against floor
3. Place head resting on the arm on the floor
4. Call for emergency help

THANK YOU

Jennifer Wall
Community Health Coordinator
jwall@tricountyri.org
401-515-2480



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