

Heroin + Other Opioids

From understanding to action



Heroin + Other Opioids

From Understanding to Action

- What is the scope of this problem?
- What are opioids? How are they abused, and how do they affect the human brain and body?
- What is being done, and what more can we do?

America's opioid epidemic

Understanding

What are Heroin + Other Opioids?

What are opioids?

Opioids are made from the opium poppy plant or artificially produced to have similar effects



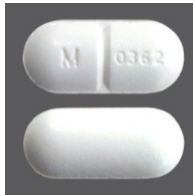
Opioids refer to synthetic and organic drugs. Opiates are organic only.



Codeine



Oxycontin



Vicodin



Fentanyl



Powder Heroin



Black Tar Heroin

From pills to heroin ...

- A transition from marijuana and alcohol to heroin (and other drugs) was once less common.
- Pills provide additional “rungs in the ladder” that make progression toward more addictive drugs more common.
- ***Four out of five heroin users started by misusing opioid pills.***



Mixing opioids with other substances

Opioids become even more dangerous when:

- Consumed with alcohol, stimulants or sedatives.
- Combined with other substances.
 - Some add bulk or “cut” heroin.
 - Others, such as illicit fentanyl, change the potency of the drug.

Users never know what they'll get.

Lethal doses of Heroin and Fentanyl

A lethal dose of heroin, equivalent to about 30 milligrams, enough to kill an average-sized adult male.



A lethal dose of fentanyl, about 3 milligrams

www.statnews.com/2016/09/29/fentanyl-heroin-photo-fatal-doses, Photo: NH State Police

Understanding

Why do people abuse opioids?

Why do people start abusing opioids?

A person may ...

- have been prescribed medications for pain and begin to misuse the medication for reasons other than pain
- develop tolerance to pain pills they are prescribed and begin to increase the dose on their own or snort or use a needle to increase the effect
- experiment with recreational use due to sensation-seeking or coping with emotional stress or pain
- use opioids to counteract the effects of another drug
- like that opioids can give a high without alcohol's hangover or marijuana's smell

Why do people keep using opioids?

- The body adapts to opioids – use no longer results in euphoria
- Stopping use can result in withdrawal:
 - First 24 hours: muscle aches; restlessness; anxiety; teary eyes; runny nose; excessive sweating; inability to sleep; yawning
 - Next 48 hours: diarrhea; abdominal cramping; goose bumps on the skin; nausea and vomiting; dilated pupils and possibly blurry vision; rapid heartbeat; high blood pressure
- Relapse – using opioids after a period of abstinence – is especially risky

Nacho





Opioid Overdose

Call
911!

- Pinpoint pupils always present
- Awake, but unable to talk
- Fingernails and lips turn blue or purplish black
- For lighter-skinned people, the skin tone turns bluish purple; for darker-skinned people, it turns grayish or ashen
- Breathing is very slow (less than six breaths / minute) and shallow, erratic, or has stopped
- Pulse (heartbeat) is slow, erratic or not there at all
- Choking sounds, or a snore-like gurgling noise (sometimes called the “death rattle”)
- Unresponsive to outside stimulus
- ***Naloxone / Narcan can reverse an overdose***

<http://harmreduction.org/issues/overdose-prevention/overview/overdose-basics/recognizing-opioid-overdose/>

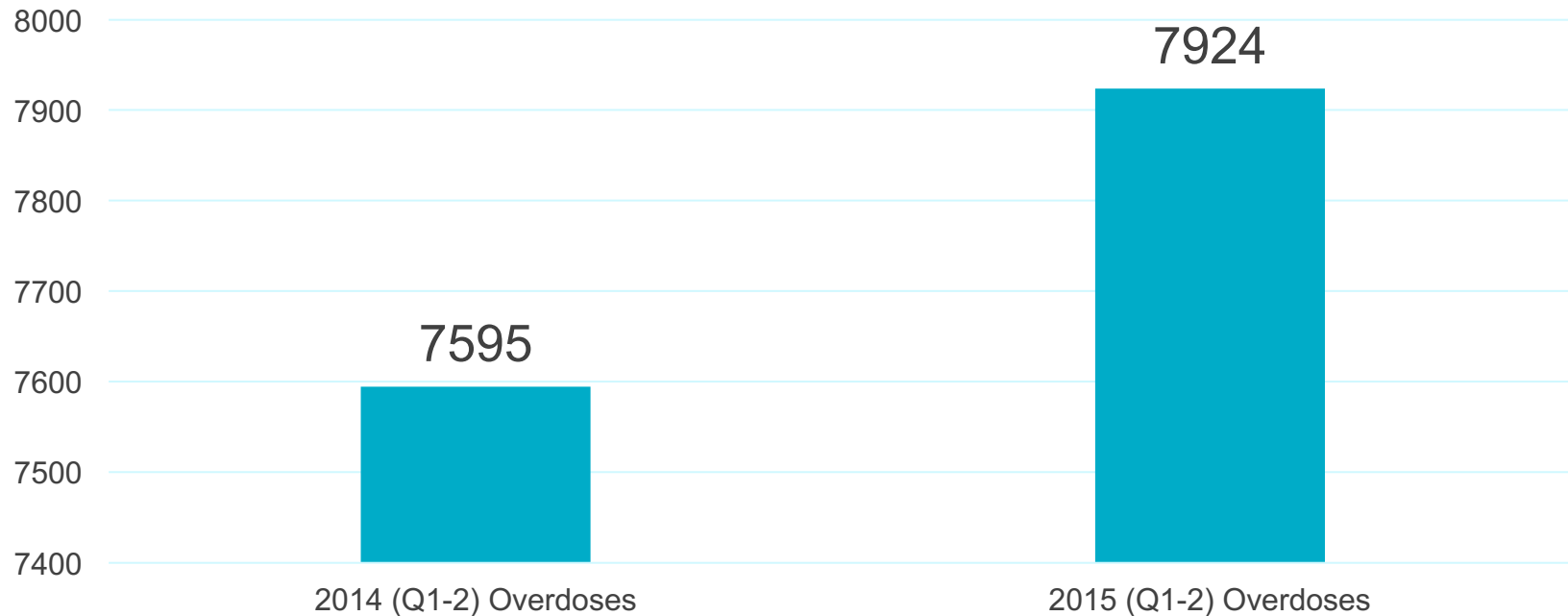
Aaron



The Opioid Crisis at Home

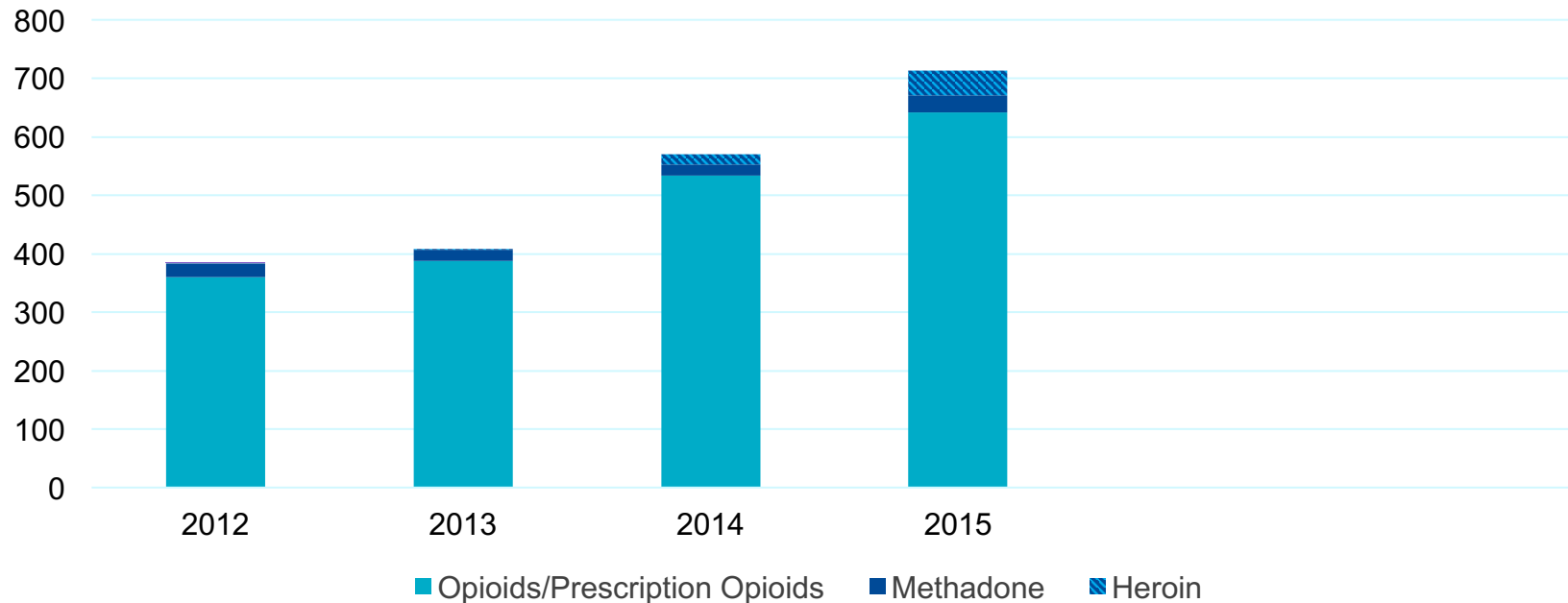
What's Happening in East Tennessee?

Overdoses in East Tennessee



Source: Tennessee Department of Health: Non-Fatal Drug Overdose in Tennessee, 2012 -2015. Office of Informatics and Analytics 6/7/2017

Overdose Deaths in East Tennessee



Source : Tennessee Department of Health: Drug Overdose Deaths in Tennessee, 2012 -2015. Office of Informatics and Analytics 6/7/2017

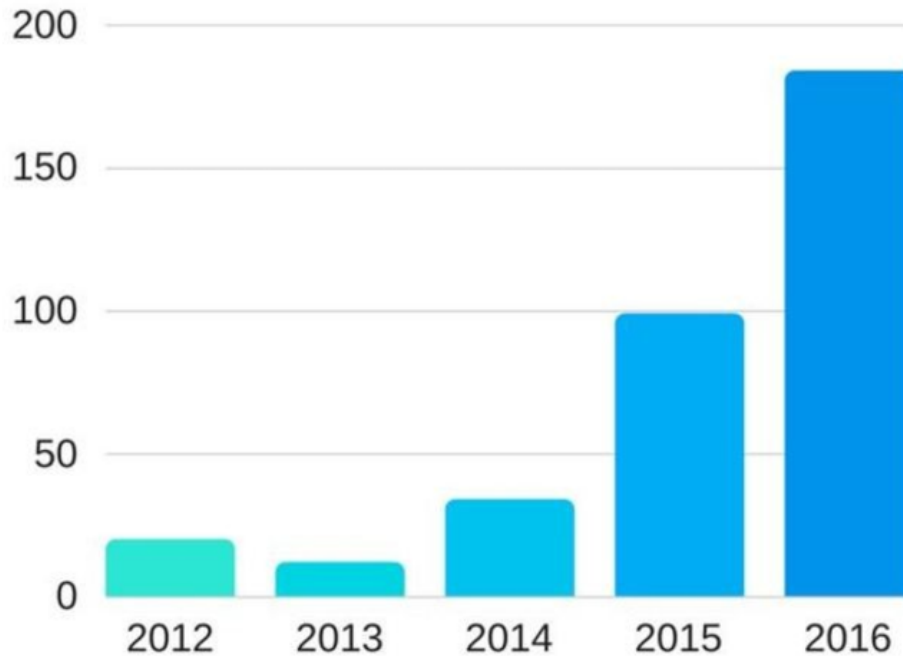
Opioid-Related Deaths in East Tennessee, 2015

	Heroin	Methadone	Prescriptions/ opioids Combined	Total
Shelby	68	3	135	188
Knox	20	15	122	153
Davidson	40	1	127	157
Hamilton	0	8	37	59
Rutherford	10	1	44	56

In 2015, there were 1,451 drug overdose deaths in Tennessee. Since 2012, the drug overdose death rate in Knox County, Tenn. increased by 70%, whereas the rate for Tennessee increased by 29%.

Source: Tennessee Department of Health: Drug Overdose deaths in Tennessee, 2012 -2015. Office of Informatics and Analytics 6/7/2017

Fentanyl in Tennessee



**FENTANYL
SUBMISSIONS**



Opioid Prescriptions in Tennessee

Opioid prescriptions written per capita - 2015

Source: IMS Health via Associated Press

The most

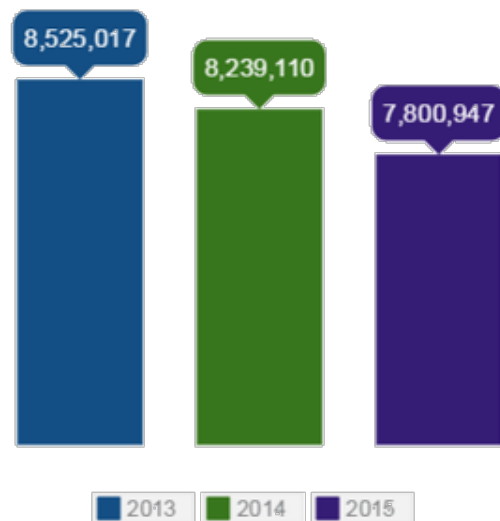
1. Alabama: 1.2 per person
2. Tennessee: 1.18 per person
3. West Virginia: 1.13 per person
4. Arkansas: 1.11 per person
5. Mississippi: 1.07 per person

The fewest

1. Hawaii: 0.45 per person
2. California: 0.48 per person
3. New York: 0.51 per person
4. Minnesota: 0.54 per person
5. New Jersey: 0.55 per person

Number of opioid prescriptions in Tennessee - 2013-2015

Source: IMS Health via Associated Press



Making Headlines In Tennessee

TN Sections Opioid Overdose Response and Lay Naloxone Administration Training



TENNESSEE OVERDOSE PREVENTION

*Educating, Implementing and Developing
Resources for TN's Good Samaritan and
Naloxone Laws*

WBIR

Pharmacies Work to Make Naloxone
Available

August 12, 2017

Report: Tennessee Opioid Overdose Deaths Mostly White, Male

A new report on drug overdose deaths as of 2015 in Tennessee says that the fatalities are primarily white, mostly male and increasingly less likely to have prescriptions for the drugs.

HEALTH-CARE

Opioid abuse has death grip on Tennessee



Clear 86°F

Tenn. Department of Health: Drug overdose death toll hits record high



What individuals and communities can do Actions

Actions

What's Happening ...

Prescriber Education

- Many medical professionals lack training in prescribing and substance use disorders
- More than 540,000 health care providers will complete opioid prescriber training in the next two years
- Federal health officials will be trained

More work to be done ...

- Make training in addiction and pain management standard practice for new and existing doctors



Medication-Assisted Treatment (MAT)

Medication Assisted Treatment (MAT) supports recovery from a substance use disorder

- Medications, such as methadone, buprenorphine, suboxone and Naltrexone/Vivitrol can reduce suffering from withdrawal and cravings for opioids
- Some medications can be delivered in doctor's offices

More work to be done ...

- Expand coverage and awareness
- Share knowledge about Medication Assisted Treatment at drugfree.org



Prescription Drug Monitoring Programs (PDMPs)

- PDMPs can identify people who may be seeking opiate drugs inappropriately, or medical professionals who overprescribe
- Currently, 49 states, the District of Columbia and one U.S. territory (Guam) have legislation authorizing the creation and operation of PDMPs

More work to be done ...

- Support efforts to share information between states
- Encourage prescribers to use existing programs
- Fully fund existing programs

Good Samaritan Laws

- Previously, companions of a person suffering a drug overdose would “dump” their “friend” at an emergency room
- Good Samaritan laws provide legal immunity to a user if they act to save the life of another person



More work to be done ...

- Adopt National Alliance for Model State Drug Laws standards

Naloxone

- Naloxone, also known by the brand name Narcan, can save the life of a person experiencing an overdose
- Naloxone counteracts opioids and can restore breathing and heart rate



What you can do ...

- If you are the loved one of a person who uses opioids, get a kit and get trained to use it
- Advocate for affordable availability

Better Together

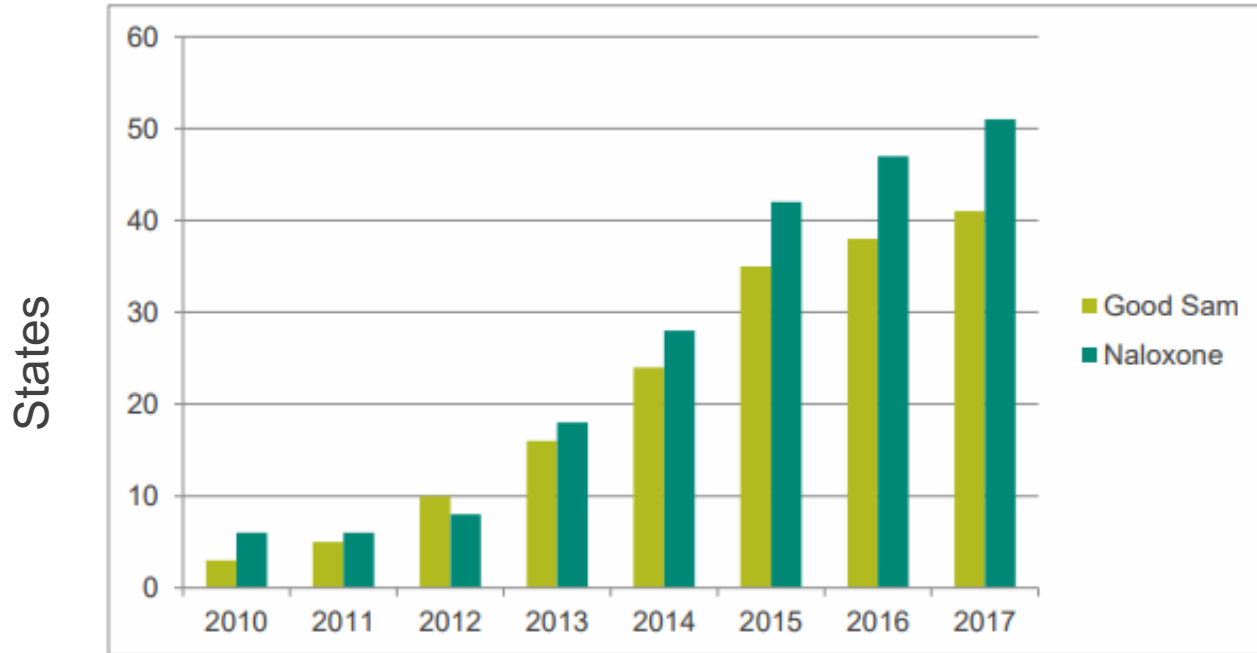


Figure 2: Adoption of naloxone access and overdose Good Samaritan laws over time

Actions

What you can do

Protect Your Family – Get Serious

- A person who starts using alcohol or other drugs before the age of 15 is five times as likely to develop a substance use disorder as a person who starts at 21
- Self-medication can start with alcohol and other drugs and lead to opioids



Protect Your Family – Know the Risks

Heroin use is part of a larger substance abuse problem.

Nearly all people who used heroin also used at least 1 other drug.

Most used at least 3 other drugs.

Heroin is a highly addictive opioid drug with a high risk of overdose and **death** for users.

People who are addicted to...



ALCOHOL

are

2x



MARIJUANA

are

3x



COCAINE

are

15x



Rx OPIOID PAINKILLERS

are

40x

...more likely to be addicted to heroin.

SOURCE: National Survey on Drug Use and Health (NSDUH), 2011-2013.

Protect Your Family – Talk



- Kids who learn about the risks of drugs at home are significantly less likely to use as those who don't
- *Offer* advice and guidance
- Show concern rather than anger
- Ask open-ended questions
- Work to understand your teen's point of view
- **Keep talking, no matter what**

Protect Your Family – Monitor

- Prescription drug misuse can start with sports injuries or dental work
- If your teen has been prescribed a medicine, be sure **you control the medicine, and monitor dosages**
- **Take note** of how many pills are in each of your prescription bottles or pill packets
- **Keep track** of your refills



Protect Your Family – Safeguard Medications

- **Keep medications hidden and locked up** in your home – and out of easily accessible places like the medicine cabinet.
- **Ask your health care provider** if any medications prescribed for your family have a potential for abuse.
- **If your child needs medications during school hours**, speak with school officials about policies for safely distributing medications to students.



Protect Your Family – Look for Signs of Use

- Constriction of the pupils for a few hours or up to a day after use depending on which drug they are using
- Shallow breathing and signs of disorientation
- Drift into and out of consciousness, sometimes with excessive yawning, also referred to as “nodding off”



<https://www.thefix.com/content/how-do-i-know-if-someone-addicted-heroin>

Protect Your Family – Look for Signs of Use


- Emotional / physical signs of use
 - Behavioral changes
 - Track marks / long sleeves
- Missing and/or burnt spoons or foil
- Missing money or valuables
- Trust your instincts and learn more at [drugfree.org/heroin](https://www.drugfree.org/heroin)



Actions

Find Answers

Find answers at drugfree.org



Partnership[™]
for Drug-Free Kids
Where families find answers

[Get Help & Support](#)

[Learn](#)

[Get Involved](#)


[Read Our Blog](#)

[About Us](#)

[Medicine Abuse Project](#)

[JOIN US](#)


[DONATE](#)




We are a nonprofit that supports families, like yours, struggling with their son or daughter's substance use.

We're here to help.


I want to...



Help my child

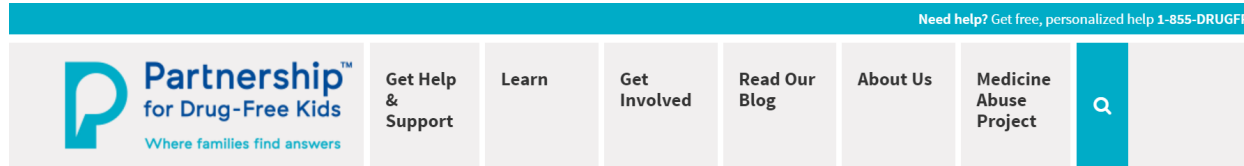


Connect with others



Give back

Learn more about opioids at drugfree.org/heroin



[Home](#) > [Learn](#) > Heroin & Other Opioids: From Understanding to Action

Heroin & Other Opioids: From Understanding to Action



Heroin and other opioids are ravaging communities across America. **Deaths from heroin increased 248%** between 2010 and 2014. More Americans die from drug overdoses than in car crashes, and this increasing trend is driven by Rx painkillers.

The time to take action against this epidemic is now.

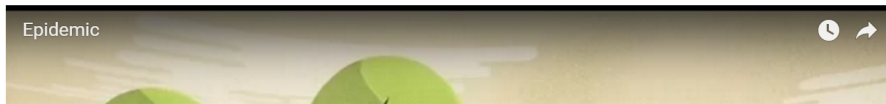
Jump to:

[Understand the Risks](#)

[Protect Your Family & Community](#)

[Access Community Presentations](#)

[Connect with Additional Resources](#)



One-on-One Support – www.drugfree.org/helpline

Get One-on-One Help



We have trained and caring master's-level counselors ready to help any parent struggling with a child's drug or alcohol use. They are here to listen, share information and help you find answers. Call the [Helpline](#), connect via [live chat](#) or [email us](#) to get help. All communications are free and confidential. Our services are made possible thanks to the generous support of donors.

Jump to:

[Call the Helpline](#)
[Live Chat](#)
[About Parent Coaching](#)



Call 1-855-DRUGFREE (1-855-378-4373)

Our counselors will listen to your story — the challenges, setbacks, obstacles and myriad emotions that often go along with a child's substance use. Given that there is no one-size-fits-all approach and each family is unique, they'll propose a personalized course of action, offering the best tools and resources to help you help your child, yourself and your family.

- Available Monday-Friday, 9am – 5pm ET
- Closed weekends and holidays
- English and Spanish
- Calls are free and confidential

Parent Coaching

- Trained, volunteer Parent Coaches who have personal experience with a child's substance use disorder provide coaching to parents now in that situation
- Coaching happens by phone – usually about five times over a period of six weeks
- Parent Coaches listen to the parent seeking support and help the parent find ways to help their family and themselves

Parent Coaching

Parent Coach trainings are scheduled for:

- **September 8-10 in Memphis, TN**
- **September 15-17 in Nashville, TN**
- **September 22-24 in Knoxville, TN**

Resources in Your Community

- ***Treatment:*** **The Tennessee REDLINE** (1-800-889-9789) is a toll-free information and referral line coordinated by TAADAS and funded by the Tennessee Department of Mental Health Substance Abuse Services.
- ***Prevention:*** **Prevention Alliance of Tennessee** - an alliance of coalitions across Tennessee who have come together to join forces on substance abuse prevention. The mission of PAT is to inform and advocate for alcohol safety, substance abuse prevention, and public health policy concerns to Tennesseans (www.tncoalition.org).

Also visit <https://www.tn.gov/behavioral-health/topic/prevention> to find a prevention program in your area.

Resources in Your Community

- **Community Involvement:** Contact your local anti-drug coalition. Find their info at www.tncoalition.org
- **Advocacy:** Prevention Alliance of Tennessee and the Tennessee Association of Alcohol, Drug & other Addiction Services (www.taadas.org)

This is a moment for *understanding* and *action*



Questions, Comments?

- Thank you!
- Name