



WHAT'S UP WITH OPIOIDS? SPEAKER NOTES



October 3, 2017 | WhatsUpWithOpioids.org

SLIDE 1

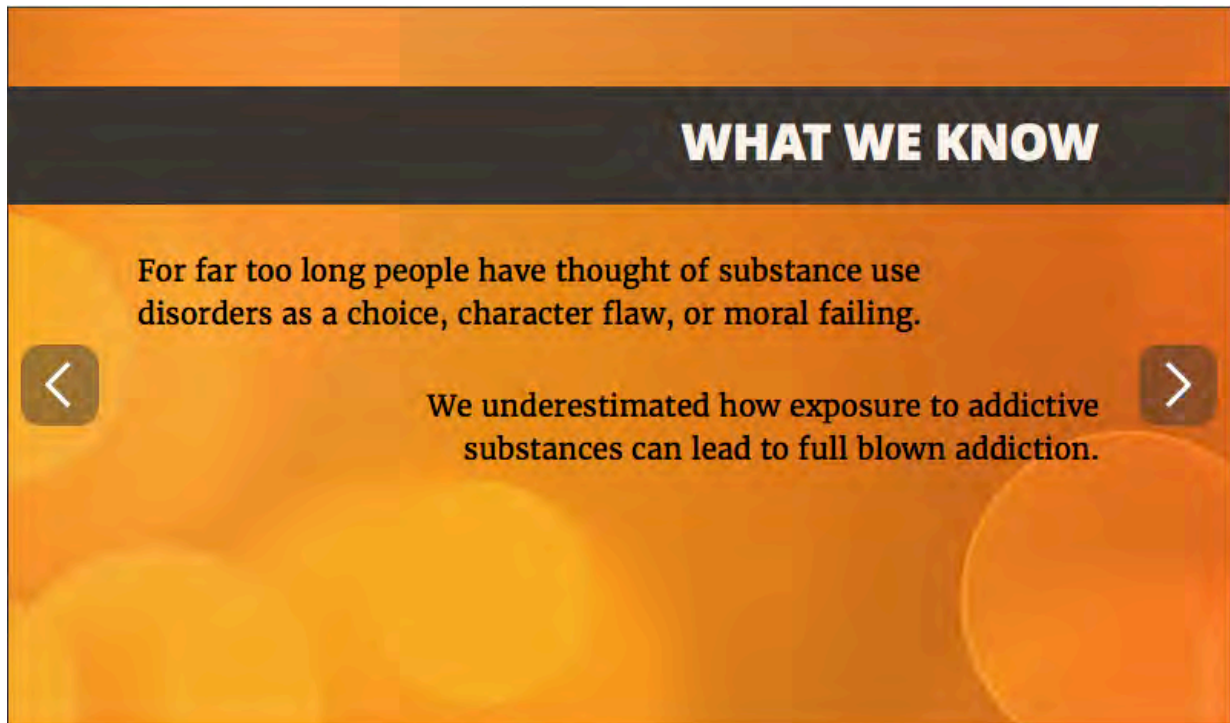


Begin slide show after you've:

- (i) introduced yourself and welcomed your guests, and
- (ii) watched the animation together

So, what else can we learn about opioid addiction that we may not already know?

SLIDE 2



[Read slide]

Many people believe that addiction can be avoided with the right attitude, and that only people from a certain walk of life or engaged in illegal activities get addicted.

This is a misconception.

Anyone can develop a substance use disorder—regardless of their background or circumstances.

When it comes to opioids, one’s use of the drug can start out harmlessly. For example, you may start off using pain medication to treat common back pain. But over time, many people will need more and more of opioids to feel OK.

This is where things can go terribly wrong and the cycle of addiction can begin.

SLIDE 3

A presentation slide with an orange background and a dark grey header. The header contains the text "OPIOID FAST FACTS" in white. Below the header, there is a white pill icon, the number "125" in large blue font, and the text "125 people die from overdoses involving opioids every single day." in black. There are also left and right navigation arrows in dark grey boxes.

OPIOID FAST FACTS

125

125 people die from overdoses involving opioids every single day.

1

So how impactful is this opioid problem?

[Read slide]

¹ Centers for Disease Control and Prevention. Rudd, R. A., Aleshire, N., Zibbell, J. E., & Gladden, M. (2016, January 01). Increases in Drug and Opioid Overdose Deaths — United States, 2000–2014. Retrieved September 27, 2017, from <https://www.cdc.gov/mmwr/preview/mmwrhtml/mm6450a3.htm>

SLIDE 4

A presentation slide with an orange background and a dark grey header. The header contains the text "OPIOID FAST FACTS" in white. The main content area features a large white arrow pointing up and to the right, followed by the text "44 PEOPLE" in large blue letters. Below this, it says "Die in the US everyday from overdose of prescription painkillers... and many more become addicted." There are navigation arrows on the left and right sides of the slide.

OPIOID FAST FACTS

44 PEOPLE

Die in the US everyday from overdose of prescription painkillers... and many more become addicted.


2

[Read slide]

² Centers for Disease Control and Prevention. (2017, August 29). Opioid Overdose. Retrieved September 27, 2017, from <https://www.cdc.gov/drugoverdose/opioids/prescribed.html>

SLIDE 5

OPIOID FAST FACTS

 **2.5 MILLION**
2.5 million emergency department visits per year.

The slide features a dark orange header with the text "OPIOID FAST FACTS" in white. Below the header, the background is a lighter orange with a pattern of overlapping circles. On the left, there is a white ambulance icon with a red cross. To the right of the icon, the number "2.5 MILLION" is displayed in large, bold, blue letters. Below this number, the text "2.5 million emergency department visits per year." is written in a smaller, dark font. Navigation arrows (left and right) are located on either side of the ambulance icon.

3

[Read slide]

³ SAMHSA, Center for Behavioral Health Statistics and Quality. (n.d.). Highlights of the 2011 Drug Abuse Warning Network (DAWN) Findings on Drug-Related Emergency Department Visits. Retrieved September 27, 2017, from <http://www.samhsa.gov/data/2k13/DAWN127/sr127-DAWN-highlights.htm>

SLIDE 6

OPIOID FAST FACTS

\$

55.7 BILLION

\$55.7 billion spent on prescription opioid misuse in the workplace, healthcare and criminal justice.

The slide features a dark orange header with the title 'OPIOID FAST FACTS' in white. Below the header, a large white circle with an orange dollar sign is positioned to the left of the main text. The text '55.7 BILLION' is in large, bold, blue letters. Below this, the text '\$55.7 billion spent on prescription opioid misuse in the workplace, healthcare and criminal justice.' is in a smaller, dark grey font. Navigation arrows are visible on the left and right sides of the slide content area.

4


[Read slide]

⁴ Birnbaum, H. G., White, A. G., Schiller, M., Waldman, T., Cleveland, J. M., & Roland, C. L. (2011). Societal Costs of Prescription Opioid Abuse, Dependence, and Misuse in the United States. *Pain Medicine*, 12(4), 657-667. doi:10.1111/j.1526-4637.2011.01075.

SLIDE 7

RISK TO YOUNG PEOPLE

Young adults are particularly at risk for opioid misuse because:



- Peer pressure
- Ease of access
- Lack of knowledge about risks
- Vulnerability due to incomplete brain development.

5

[Read slide]

⁵ U.S. Department of Health and Human Services (HHS), Office of the Surgeon General. (2016, November). Facing Addiction in America: The Surgeon General's Report on Alcohol, Drugs, and Health. Retrieved September 27, 2017, from <https://addiction.surgeongeneral.gov/>

SLIDE 8

EVERYONE IS AT RISK

Young adults are not the only at-risk group...

“We now know that substance abuse disorders don't discriminate. They affect the rich and the poor, all socioeconomic groups and ethnic groups. They affect people in urban areas and rural ones. Far more people than we realize are affected.”

—U.S. Surgeon General Vivek Murthy

6

Young adults are not the only group at risk.

According to the US Surgeon General...

[Read quote.]

⁶ U.S. Department of Health and Human Services (HHS), Office of the Surgeon General. (2016, November). Facing Addiction in America: The Surgeon General's Report on Alcohol, Drugs, and Health. Retrieved September 27, 2017, from <https://addiction.surgeongeneral.gov/>

WARNINGS

WARNING SIGNS

- Slow breathing
- Pale appearance
- Limpness
- Unresponsiveness
- Extreme sedation
- Seizures

WHAT TO DO

- **CALL 911**
- Try to wake the person up
- Use naloxone, the opioid overdose reversal drug, if available

7

If you know someone that may be overusing opioids such as a family member or friend, please be aware that they are at risk of an overdose. This can be fatal. Here are some warning signs to look out for: [Read list of warning signs.] If you see any of these warning signs, take action!

- **First, call 911. The sooner professional help arrives, the better.**
- **Next, if the person appears to be unconscious or unresponsive, try to wake them up.**
- **If the person has a prescription for naloxone, administer it promptly if you know how to do so.**

Never ignore signs of an overdose.

⁷ Substance Abuse and Mental Health Services Administration (SAMHSA). (2016, March 10). Opioid Overdose. Retrieved September 27, 2017, from <https://www.samhsa.gov/medication-assisted-treatment/treatment/opioid-overdose>



Protect yourself, your family and friends from opioid misuse and addiction by understanding:

- **the risk factors**
- **protective factors, and**
- **steps one can take to stay safe.**

SLIDE 11

RISK FACTORS

- Early initiation of substance abuse
- Early and persistent problem behavior
- Rebelliousness
- Favorable attitudes towards substance use
- Peer substance use
- Genetic Predictors

The slide features a teal background with a dark teal header bar containing the title 'RISK FACTORS' in white. Below the header, a list of six risk factors is presented in white text. To the right of the list is a large white exclamation mark inside a white circle. Navigation arrows (left and right) are visible on the left and right sides of the slide content area.

8

The U.S. Department of Health and Human Services has identified these 6 factors that INCREASE the likelihood a person will use and/or misuse opioids.

[Read slide.]

⁸ U.S. Department of Health and Human Services (HHS), Office of the Surgeon General. (2016, November). Facing Addiction in America: The Surgeon General's Report on Alcohol, Drugs, and Health. Retrieved September 27, 2017, from <https://addiction.surgeongeneral.gov/>

SLIDE 12



9

The U.S. Department of Health and Human Services has also identified these 4 factors that REDUCE the likelihood a person will use and/or misuse opioids.

[Read slide.]

⁹ U.S. Department of Health and Human Services (HHS), Office of the Surgeon General. (2016, November). Facing Addiction in America: The Surgeon General's Report on Alcohol, Drugs, and Health. Retrieved September 27, 2017, from <https://addiction.surgeongeneral.gov/>

PREVENT MISUSE & ADDICTION

Together, risk and protective factors influence the likelihood that a person may use a substance and develop an addiction.

- Know you're at greater risk in times of change
- Support the development of protective factors.
- Learn how to manage stress in health ways.

10

Together, risk and protective factors influence the likelihood that a person may use a substance and develop a substance use disorder.

It's also important to bear in mind that people are at higher risk of developing an addiction during times of change and stress.

So, it's important to develop strong interpersonal and stress-management skills that support our wellbeing and the wellbeing of our community.

¹⁰ U.S. Department of Health and Human Services (HHS), Office of the Surgeon General. (2016, November). Facing Addiction in America: The Surgeon General's Report on Alcohol, Drugs, and Health. Retrieved September 27, 2017, from <https://addiction.surgeongeneral.gov/>

STEPS TO TAKE IF YOU'RE CONSIDERING OPIOIDS

Before taking opioids, try alternative pain-management therapies like physical therapy or cognitive behavioral therapy first. If you and your doctor do decide you should be on opioid medication:

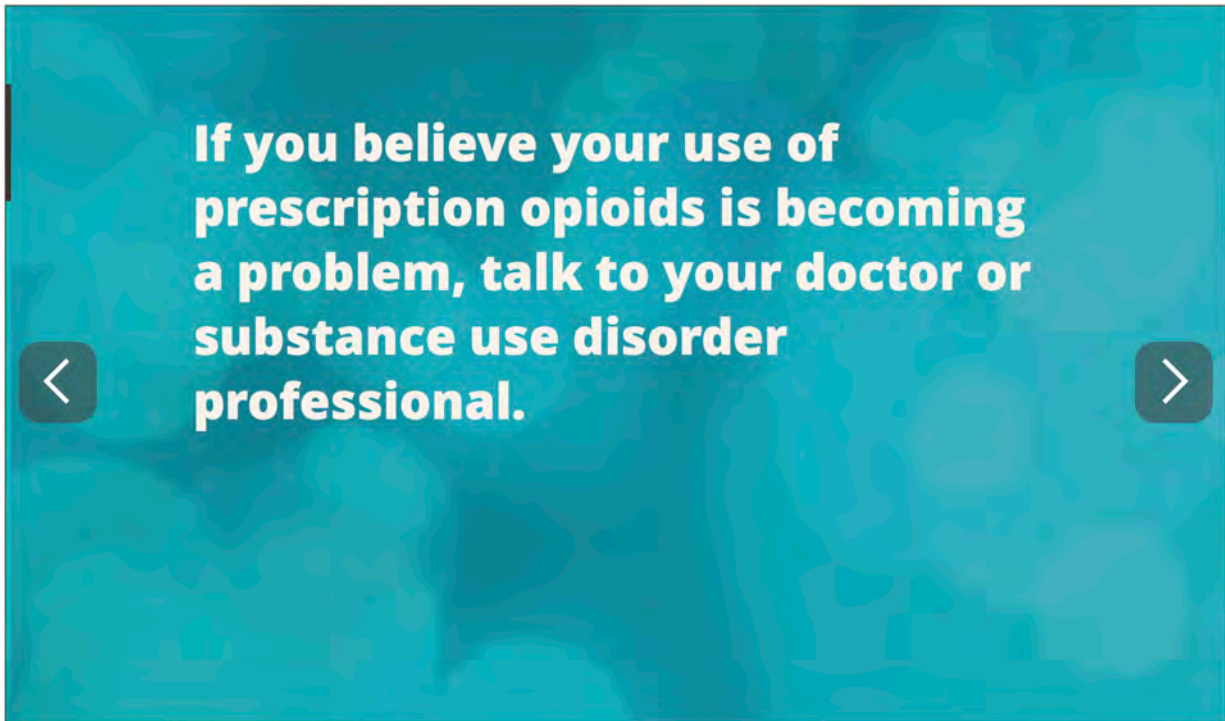
- 1.** Take opioids only as directed by your doctor.
- 2.** Ask your doctor about a prescription for naloxone.
- 3.** Don't mix opioids with alcohol or sedatives.
- 4.** Keep track of medications.
- 5.** Get rid of unused opioid medications.
- 6.** Never share prescription medications.

11

[Read slide.]

[After #6] 1 in 5 adults report that they had shared their opioid medication with a friend. This can be very dangerous.

¹¹ Substance Abuse and Mental Health Services Administration (SAMHSA). (2016, January 01). Opioid Overdose Prevention Toolkit. Retrieved September 27, 2017, from <https://store.samhsa.gov/product/Opioid-Overdose-Prevention-Toolkit/SMA16-4742>



[Read slide.]



At some point, everyone needs a little extra support.

To find help dealing with addiction and substance misuse, access the Community Connector on WhatsUpWithOpioids.org. You'll find links to helpful services, local resources, and more information on substance abuse.



And finally, it's up to us to keep our community safe.

Let's share what we've learned about this deadly epidemic and the danger it poses to our community.

[Read slide.]

SHARE

GO SOCIAL

Use social media, text messaging and email. Your message can be as simple as:

"Take action to prevent opioid misuse and addiction. Learn how @WhatsUpWithOpioids.org."

[Read slide.]

SHARE

COMMUNITY

Community groups—nonprofits, schools, faith-based organizations, and workplaces—can bring people together to discuss opioid misuse and addiction.

Community groups can also be helpful.

Nonprofits, schools, faith-based organizations and workplaces all have a unique opportunity to bring people together to discuss opioid misuse and addiction.



[Read slide.]

SLIDE 21



Now I would like to introduce our expert panel to offer their expertise and perspective and to answer your questions.

Please check out the website *What's Up with Opioids* website for more information.