Linda Hathaway, C.F.C.S.
Addiction is a chronic disease characterized by drug seeking and use that is compulsive, or difficult to control, despite harmful consequences.

National Institute of Drug Abuse

www.drugabuse.gov/publications/drugfacts/understanding-drug-use-addiction
Who can be affected?

Anyone
Big Pharma’s Message
What Really Happened?

- Up to 40% of people with legitimate prescriptions for opioids become addicted.
- A person can become addicted in as little as 5 days.
Opiates VS Opioids

Opiates are drugs derived from opium. Opium comes from the poppy plant.

At one time "opioids" referred to synthetic opiates only.

Now the term Opioid is used for the entire family of opiates including natural, synthetic and semi-synthetic.
Opioids

Created to treat pain
Come in many forms - liquid, pills, powder, tar like substance

Legal with prescription - Codeine, Vicodin, Morphine, Oxycotin, Oxytocin, Percocet, Fentanyl, Methadone

Illegal - Heroin, Fentanyl (from China)
Addiction

Jim Ryser, Program Manager Chronic Pain Clinic
Methodist Hospital, Indianapolis, Indiana
http://www.in.gov/bitterpill/video-gallery.html
Who can impact this?

- Parents & Family members
- Mentors
- Churches & Religious Organizations
- Police
- School Staff
- Medical Community
- All of us – building community

What are expectations around drug use?
What are consequences that will be enforced?
Advertising, Verbal Comments, Clear Expectations
What can we do?

Search Institute
Research based assets that help youth attain success
Mission: Discovering what kids need to succeed
20 Internal and 20 External
www.search-institute.org

Mentoring Programs
Big Brothers/Big Sisters   www.bbbs.org/
Boys & Girls Club         https://www.bgca.org/
Boy Scouts                www.scouting.org
Girl Scouts               https://www.girlscouts.org
4 H                      https://4-h.org/
What can we do?

- Policy changes to prescribing
- Educate children and youth
- Increase treatment options
- Increase recovery expectations
- Reduce stigma for getting treatment
- Increase access to mental health services
- Establish relationships with youth
- Manage prescriptions safely

Find Rx disposal locations at www.BitterPill.in.gov
Parental Information Matters

BitterPill.IN.gov
http://www.in.gov/bitterpill/video-gallery.html
Parental Information Matters

BitterPill.IN.gov
http://www.in.gov/bitterpill/video-gallery.html
What can we do?

Pay attention to those around us especially our students.

Be aware that there is often a period of time between when people start to have symptoms of mental illness and when they are diagnosed.

Often people self medicate potentially leading to addiction.
Mental Illness

Dr. Deborah McMahan
Allen County Health Commissioner
Mental Illness

Dr. Deborah McMahan
Allen County Health Commissioner
Car Crashes

Mike Brown District Chief of EMS, Fort Wayne Fire Department
Andy McCanna, MD, Emergency Medicine
Not just poisonings (overdoses)
Car Crashes

Mike Brown District Chief of EMS, Fort Wayne Fire Department
Andy McCanna, MD, Emergency Medicine
Naloxone sold as Narcan and other generic names

Reverses the effects of an opioid

Short acting-It does not always last longer than the opioid so someone can still be in danger.

Sometimes it takes multiple doses to revive a person

Comes in nasal spray and injection forms

Can cause the person to go into sudden withdraw
True Story – Amy P.
True Story – Amy P.
Needle Exchange Programs

Controversial

Cost saving

Harm reduction

(decrease Hep C and HIV transmission)
Needle Exchange Program

Todd Ramsey, MD, Vice President, Allen County Board of Health
Dr. William Pond, President, Allen County Board of Health
Needle Exchange Program

Todd Ramsey, MD, Vice President, Allen County Board of Health
Dr. William Pond, President, Allen County Board of Health
Adults Need to Know & Share

• Lock up drugs
• Americans are 5% of world population & use about 80% of world’s opioids
• Heroin overdose (poisoning) happens easily
• Depressed & stressed kids more at risk
• Inform youth about myths
• Addicts will do anything or trade anything including sex for drugs
Chris G.

A TRUE STORY
Physical changes to the brain which influence behavior—
not poor morals, willpower, nor cured by good advice.

Addiction continues use despite negative consequences,
and actively tries to get more and more of the drug.

Many people take prescription opioids for pain become
dependent, not addicted. Dependence means the body will
hurt and feel uncomfortable if the drug suddenly stops.

People addicted to opioids are sometimes called
opioid dependent
Recovery Works

Jim Ryser, Program Manager Chronic Pain Clinic
Methodist Hospital, Indianapolis, Indiana
http://www.in.gov/bitterpill/video-gallery.html
Recovery Works

Jim Ryser, Program Manager Chronic Pain Clinic
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Medically-Assisted Treatment (MAT)

By law must receive counseling and other services in addition to medications

Methadone, Buprenorphine, and Naltrexone trick brain into thinking it is still getting the abused drug. No high from it and feels normal. Effectively reduces and suppresses cravings. No withdrawal symptoms.

Some people can be tapered off, but some will require them for life due to damage done to the brain.
<table>
<thead>
<tr>
<th>Where to go for more info</th>
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<tbody>
<tr>
<td><strong>Substance Abuse &amp; Mental Health Services Administration</strong> samsha.gov</td>
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<tr>
<td><strong>Bitter Pill</strong> in.gov/bitterpill/</td>
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<tr>
<td><strong>Kidshealth</strong> kidshealth.org</td>
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<tr>
<td><strong>Drug-Free World</strong> drugfreeworld.org</td>
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<tr>
<td><strong>Partnership for Drug-Free Kids</strong> drugfree.org</td>
</tr>
<tr>
<td><strong>National Institute on Drug Abuse</strong> drugabuse.gov/drugs-abuse</td>
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<tr>
<td><strong>Centers for Disease Control</strong> cdc.gov/drugoverdose</td>
</tr>
<tr>
<td><strong>Drug Enforcement Administration</strong> drugabuse.gov/drugs-abuse</td>
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</tbody>
</table>
McMillen Health offers student substance abuse prevention programs
grades K-12 – face to face
OR
distance learning.

Funding may be available.
Call us: 1-888-240-7268