

Choose Life, Not Drugs

Opioid and Stimulant Drug Use
Awareness and Prevention

Supported by:



Why it matters?

BREAKING HEADLINES

Overdose deaths surged over the years in San Diego

did you know?



220 PEOPLE

died each day from an opioid overdose in 2021.

www.cdc.gov

Opioid Overdose Surveillance and Prevention in San Diego County

Opioid overdose deaths in San Diego County have been increasing since 1999. According to the California Overdose Dashboard, in 2020, there were 528 deaths related to any opioid overdose in San Diego County,¹ which is approximately 115% increase from 2016. According to the Centers for Disease Control and Prevention (CDC), "synthetic opioid-involved death rates increased by over 56% from 2019 to 2020 and accounted for over 82% of all opioid-involved deaths in 2020."²



The San Diego Union-Tribune

Hundreds died of drug overdoses last year in San Diego County — and the number keeps rising, authorities say



DEL MAR TIMES

SOLANA BEACH SUN • CARMEL VALLEY NEWS

Overdose deaths surged 33% in San Diego County last year; local authorities warn of 'fentanyl nightmare'



2020



528 Deaths

2021



970 Deaths

2022



1,303 Deaths

Deaths from **Opioid** use, such as **Fentanyl** and its "counterfeit" pills made to look like oxycodone or alprazolam, **suffered** from **drug addiction and its effects**, fell as sleep and **never woke up**


The age-adjusted rates for opioid overdose **ED visits and deaths** is **highest** amongst those **aged 25-59 years**


References:


1. <https://www.sandiegocounty.gov/content/sdc/hhsa/programs/phs/od2a.html>
2. www.sandiegouniontribune.com/news/public-safety/story/2021-08-31/overdose-deaths
3. <https://www.delmartimes.net/news/story/2022-09-02/overdose-deaths-surged-33-in-san-diego-county-last-year>
4. County of San Diego Health and Human Services Agency: Epidemiology and Immunization Services Branch; Overdose Quarterly Report April 2023
5. Centers for Disease Control and Prevention, National Center for Injury Prevention and Control


What are OPIOIDS and STIMULANTS?

OPIOIDS


 Opioids, a type of **narcotic**, are a class of drugs (synthetic or semi-synthetic substances) prescribed as PAINKILLERS for injury, after surgery, and for health conditions such as cancer. This includes street drugs like Heroin and illegally manufactured Fentanyl.

 Can be **Addictive** as it can produce a sense of **“Euphoria”**


 Can lead to **tolerance**, which is when increased amounts of the drugs are needed to produce the same effect, which leads to **Dependence**


 Can lead to **addiction, overdose, depression, hallucinations, worsening mental health, respiratory problems, risk to criminal offense or even death**


STIMULANTS


 Mostly prescribed to treat attention-deficit hyperactivity disorder (**ADHD**) and **sleep disorders**. These drugs are effective when taken as prescribed. They tend to reduce interruptive behavior, fidgeting, hyperactivity, and impulsiveness.

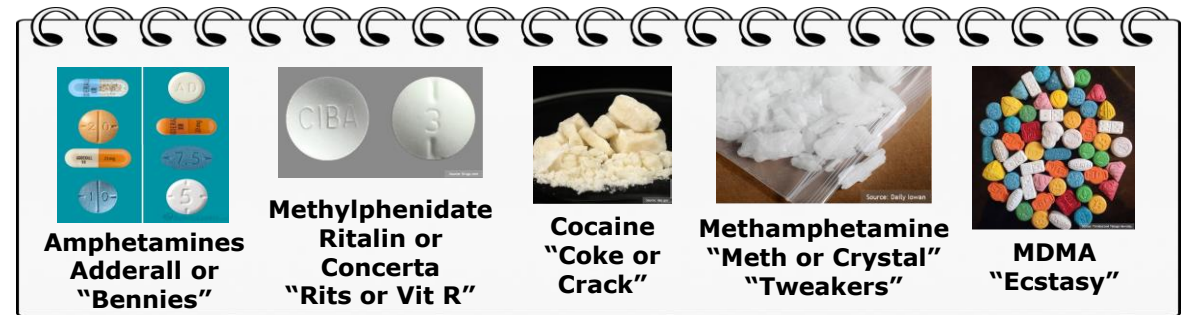
Affects the brain in two ways:

 **Neurotoxic**- affects memory, learning & other **mental functions** when abused or taken for prolonged period

 **Triggers Addiction** - misused and abused for purposes of enhancing performance, to increase energy, alertness and concentration

 When abused it produce a sudden sensation of **“RUSH”** or **increased energy** that can lead to **Dependence**

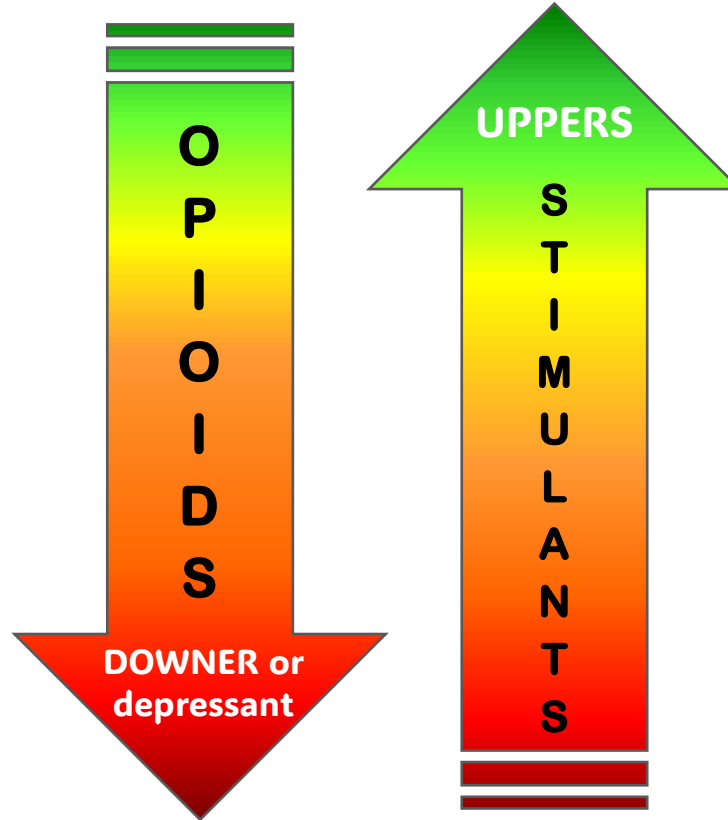
 Can cause **panic attacks, heart attack, coma, severe psychological issues (paranoia, schizophrenia, depression) or even death**



References:

1. Centers for Disease Control and Prevention. <https://www.cdc.gov/opioids/index.html>
2. Treatment Improvement Protocol (TIP) Series, No. 33. <https://www.ncbi.nlm.nih.gov/books/NBK576548/>
3. Cleveland Clinic. <https://my.clevelandclinic.org/health/drugs/21127-opioids>
4. National Institutes of Health. <https://www.nihlibrary.nih.gov/resources/subject-guides/opioids/street-commercial-names>
5. American Addiction Centers. DrugAbuse.com

What are the Effects?



- Feeling of “High”, Pleasure
- Loss or increase in appetite
- Weight loss or weight gain
- Itchy Skin, Scabs, Cold clammy skin
- Quick, involuntary muscle jerks
- Intense flu-like symptoms (nausea, vomiting, sweating, shaky hands,/feet/head, large pupils)
- Dilated or constricted pupils
- Irregular sleep patterns
- Drowsiness, sleepiness, nodding off
- Non responsiveness, Deep Sleep
- Slowed breathing, Loud Snoring Sound, Hypoxia
- Respiratory depression leading to coma, heart attack
- Drug overdose death

- Feeling of “RUSH”, Alert, Energetic
- Dilated pupils
- Loss of appetite, weight loss
- Twitches or jitteriness
- Hyperactivity/ Hyper-focus
- Pressured speech, talking too fast
- Rocking, can’t stand still
- Sweating, itching of skin, hair loss
- Rapid heartbeat, raised blood pressure
- Anxiety, nervousness, panic
- Aggressive or angry outburst
- Mood swings
- Confusion, paranoia, hallucinations

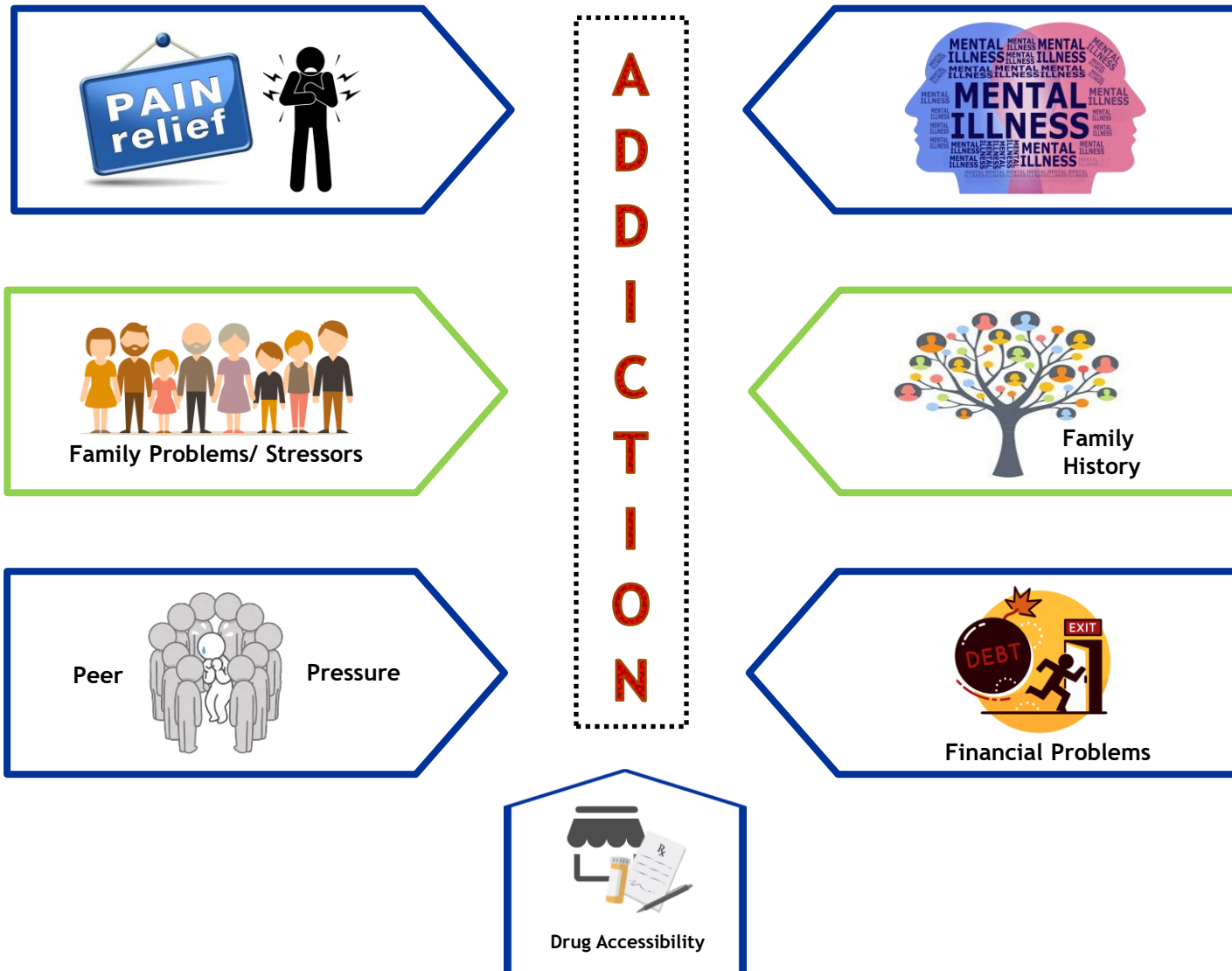
Other Behaviors

- “Doctor shopping” to get more prescriptions
- Using prescriptions more than prescribed
- Using stimulant drugs without a prescription
- Change in attitude and/or personality
- Drops in grades or performance at work
- Isolation and secretive behavior
- Moodiness, irritability, nervousness, giddiness
- Deceptive behavior, lying or stealing

References:

1. Addiction Resource, <https://addictionresource.com> and Addiction Center. <https://www.addictioncenter.com/>
2. Cleveland Clinic. my.clevelandclinic.org
3. New York State Department of Health. www.health.ny.gov/community/opioid_epidemic/signs

Factors affecting the use of Opioids and Stimulants



References:

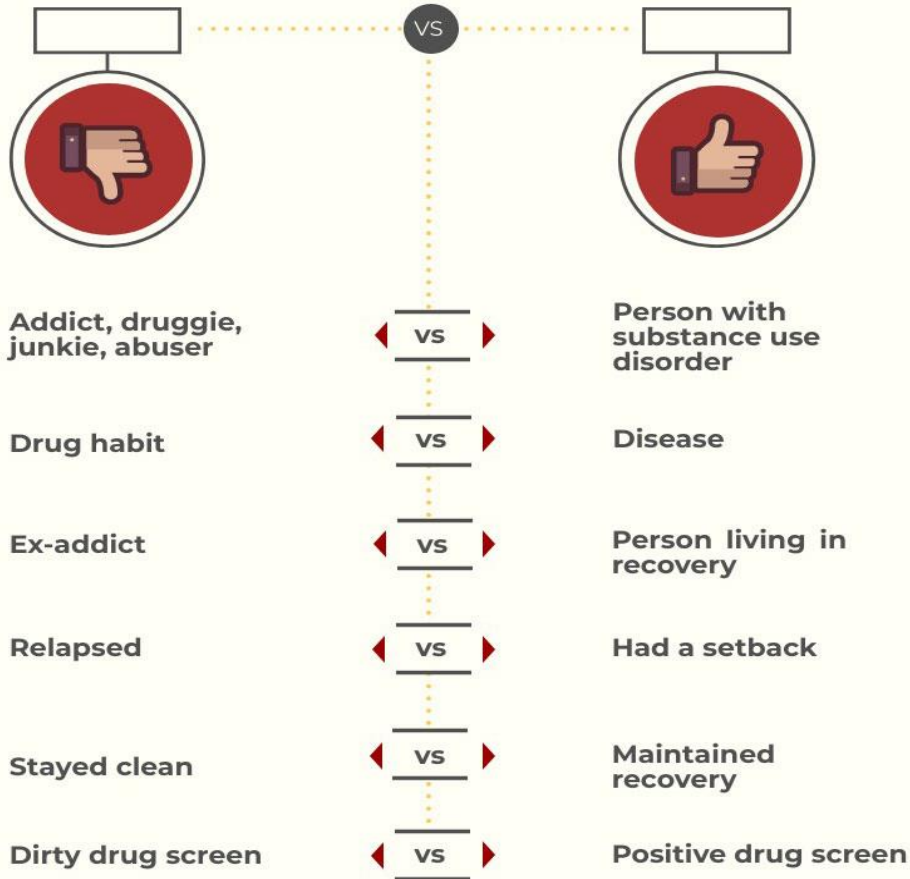
1. WA: Addictions, Drug & Alcohol Institute, University of Washington, April 2021.
2. Centers for Disease Control and Prevention, National Center for Injury Prevention and Control
3. Mayo Foundation for Medical Education and Research (MFMER)

Know the Facts: Understanding Opioids

Nationwide,
4.2 MILLION
PEOPLE 

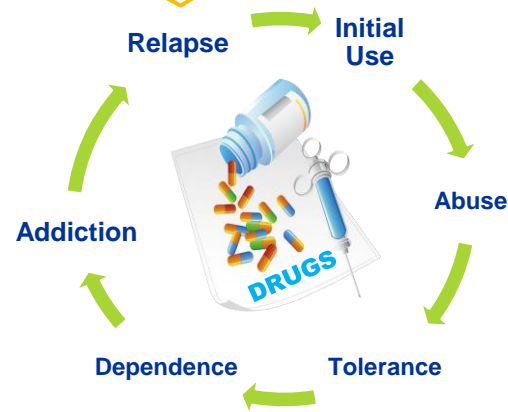
who felt they needed treatment
did not seek it because they
feared negative attitudes
 from their community²

Language Matters



FACT 1: "It's a Disease"

Whether opioids are prescribed by a doctor or acquired illegally, they can **cause serious changes to the brain and body.**



FACT 2: "There is Treatment"

If you need help to stop using opioids, there are different kinds of treatment to work for different people.



FACT 3: "Recovery is possible"

Getting better takes time. Treatment can help you stop using drugs and improve your health and wellness.



References:

1. Indiana University. The Crisis in Indiana: Addiction affects every aspect of Hoosier life
2. SAMHSA. Key Substance Use and Mental Health Indicators in the US: Results from the 2021 National Survey on Drug Use and Health. Dec 2022
3. Know the facts: <https://www.in.gov/recovery/know-the-facts/>









YOU HAVE THE POWER TO SAVE A LIFE

Naloxone rapidly reverses opioid overdose. It blocks the effects of opiates on the brain and restore breathing

- ⚠ Will only work if a person **has opiates** in their system
- ⚠ **Temporary treatment** and its effects doesn't last long

BE PREPARED TO RECOGNIZE AN OPIOID EMERGENCY

Knowing the signs and symptoms of an opioid overdose is essential to responding quickly. They may include:

 <p>UNUSUAL SLEEPINESS OR UNRESPONSIVENESS</p>	 <p>BREATHING WILL BE SLOW OR ABSENT</p>	 <p>SLOW HEARTBEAT OR LOW BLOOD PRESSURE</p>
 <p>SKIN FEELS COLD AND CLAMMY</p>	 <p>PUPILS ARE TINY</p>	 <p>NAILS AND LIPS ARE BLUE</p>

Note: OPSAM HEALTH is not sponsored nor connected to Narcan Distributors. For Prevention Campaign purposes only.

STEP 1: CHECK IF YOU SUSPECT AN OVERDOSE

- WILL NOT WAKE UP
- IS VERY SLEEPY
- IS NOT BREATHING WELL




STEP 2: GIVE THE FIRST DOSE
*ONE SPRAY CONTAINS ONE DOSE

STEP 3: CALL 911



STEP 3: WAIT AND GIVE MORE IF NO RESPONSE



STEP 4: STAY UNTIL AN AMBULANCE ARRIVES



DO NOT TEST THE NASAL SPRAY DEVICE BEFORE USE

- FOR USE IN THE NOSE ONLY
- SAFE, EVEN IF OPIOIDS ARE NOT PRESENT

References:

1. Substance Abuse and Mental Health Services Administration (SAMHSA). www.samhsa.gov
2. Emergent Devices: Narcan Nasal Spray. narcan.com/resources

Good News! Drug Addiction can be PREVENTED



Store Medications Properly

STORE opioids in a locked container.

KEEP IN THEIR ORIGINAL PACKAGE. Check expiration date.

KEEP OUT OF CHILDREN'S REACH. Keep opioids in a secure and safe storage.

DO NOT SHARE OR SELL your medication.

 Check labels for proper storage and monitor usage.




Dispose Unused Medicine

DISPOSE unused medications as soon as you stop using them.

TAKE BACK PROGRAM. Return all unused medicine. Visit or call your local Pharmacy.

THROW PROPERLY IN GARBAGE. Remove the drugs from original containers, mix with coffee ground or cat litter. Put in sealed container or plastic bag, make it unrecognizable. Throw in garbage.

 Not all medications can be disposed in this manner, ask your healthcare provider for more information.




Talk to your Healthcare Provider

KNOW YOUR OPTIONS. Talk to your health care provider about ways to manage your pain with fewer risks and side effects.

ALWAYS LET YOUR DOCTOR KNOW about any side effects and concerns with your medication.

FOLLOW THE PRESCRIBED DOSAGE. Never take opioids in greater amounts or more often than prescribed.


 Get the information you need with your healthcare provider or visit: www.samhsa.gov to learn more on opioid use.



Be Informed, Seek Help

SPREAD THE WORD about opioid and stimulant misuse, you don't know whose life you are going to save.

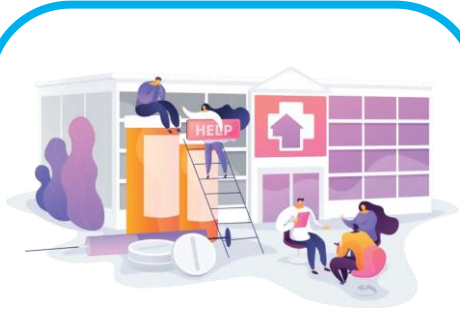
SEEK HELP. If you or someone close to you needs help for a substance use disorder, talk to your doctor, your family and loved ones, seek support from the community or visit **OPSAM HEALTH.**

 For screening, referrals or more information about substance use disorders treatment services, call the **Access and Crisis Line at 888-724-7240 (TTY: 711)**

References:

1. US Food and Drug Administration. <https://www.fda.gov/consumers/consumer-updates/>
2. Centers for Disease Control and Prevention. https://www.cdc.gov/wtc/pdfs/WTC_Factsheet_Prescription_Medicine_WEB_0319-P.pdf
3. American Medical Association. <https://www.ama-assn.org/delivering-care/overdose-epidemic/5-tips-safely-storing-opioids-home>

We are here to HELP



Residential Treatment Inpatient Treatment

Residential Treatment

Live-in facility, communal home-like environment, where you have intensive therapeutic programs to help achieve and maintain recovery from addiction

Inpatient Treatment

Short-term, acute care, done in a hospital or specialized treatment facility, with 24/7 medically monitored or managed care that focuses on stabilizing a person



Medically Assisted Treatment MAT

- Offer **medication-assisted outpatient treatment**, use **medication best suited** for people who are dependent on opioid drugs and help them to sustain recovery
- The FDA has approved three medications for treating OUD: **methadone, buprenorphine and naltrexone**. Methadone and buprenorphine work by reducing cravings and preventing withdrawal. Naltrexone works by blocking the effects of opioids in the body



Outpatient Treatment Program

- Offers **treatment flexibility** to patient to live at home while still working or going to school. **Programs offered:** individual, family and group counseling, educational programs, case managements, evidence-based substance abuse treatment modalities

Medical Detox Centers

Seek to **medically stabilize patients**, minimize withdrawal symptoms, and help them transition to rehabilitation program or other form of continued care.



Substance Abuse Counseling

- **Individual or Group Counseling** that focuses on motivating and helping the person change their behavior & create a **recovery lifestyle**
- **Behavioral health assessment** is done. You and your counselor will talk on goals of your therapy depending on mental health, social needs, aspirations, threats to your ability to remain sober & others

Finding help for addiction doesn't need to be challenging.
To find a **Low to No Cost treatment center** near you **CALL 211 HHSA of San Diego**

References:

1. <https://medlineplus.gov/druguseandaddiction.html>
2. <https://www.sutterhealth.org/services/behavioral-health/addiction>
3. <https://americanaddictioncenters.org>
4. SAMHSA. Key Substance Use and Mental Health Indicators in the United States. <https://store.samhsa.gov/sites/default/files/d7/priv/sma14-4126.pdf>
5. U.S. Food and Drug Administration. Information about Medication-Assisted Treatment (MAT)

SUBSTANCE ABUSE COUNSELING

OPSAM HEALTH at **(844)200-2426**

for more details

AVAILABLE



Feel Free to Reach Out



SAMHSA Helpline

24/7 FREE Confidential Help
English and Spanish

Call: [1-800-662-4357](tel:1-800-662-4357)

TTY: [1-800-487-4889](tel:1-800-487-4889)

Text your ZIP code to: [435748](tel:435748)



Visit [samhsa.gov](https://www.samhsa.gov)

County of San Diego

Health and Human Services Agency
Access and Crisis Line at
888-724-7240 (TTY: 711)

CALL 211 (select 3 for Health Needs)



SCAN TO CHAT

Monday to Friday
4pm to 10pm

Note: Client fees are waived for Medi-Cal eligible individuals participating in Medi-Cal certified services (except required share of cost). No services will be refused due to a client's inability to pay

OPSAM Health

1428 Highland Avenue
National City, CA 91950

Monday to Friday
8:00 am to 5:00 pm

Direct Line: [\(209\) 683 5853](tel:2096835853)

Main Hotline: [\(844\) 200 2426](tel:8442002426)



Visit [opsam.org](https://www.opsam.org)

Key Takeaways



Opioid and stimulant drug related overdose and deaths continues to increase and affect our whole nation - *either you or someone you know*



These drugs are **highly addictive** substance that can affect your brain and behavior making it hard for you to control, leading to addiction



Addiction is a real disease, but through prevention, we can radically reduce addiction. There are **treatments and recovery is possible**



Fight the stigma around substance use disorder by educating yourself, raising awareness, and showing support to those suffering from addiction



AWARENESS is our first step, spread the word..

Together, we can make a difference, we can **SAVE LIVES**



Questions and Answers

