

KNOW **MORE**

ABOUT ADDICTION

Genesee County Substance Use Prevention Project



Community Resource Guide

for Opioid Abuse



GREATER FLINT HEALTH COALITION



KnowMoreGenesee.org

OPIOIDS: WHAT YOU NEED TO KNOW

If you have recently been prescribed an opioid, are concerned about or struggling with opioid addiction or know somebody that is, this resource will help you better understand opioids. Know more about opioids and get help if needed.

Opioid Epidemic

The opioid epidemic, a growing nationwide public emergency, does not discriminate the individuals and communities that it impacts. Genesee County is no exception. According to the Michigan Department of Health and Human Services, 131 Genesee County residents died of an opioid overdose in 2017, up from 120 in 2016¹. Many more are treated for an opioid overdose. As community members, parents, neighbors, and friends, there is an opportunity to become better informed and help those struggling with addiction.

What are Opioids?

Opioids are a class of drugs that include the illegal drug heroin, synthetic opioids such as fentanyl, and pain relievers available legally by prescription, such as oxycodone (OxyContin®), hydrocodone (Vicodin®), codeine, morphine, and many others.² While many people benefit from using prescription opioid pain medications to manage pain under a health care provider's



direction, there is a risk of dependence and addiction. There is also a risk to the community when prescription drugs are diverted for improper use by others.

Know the Risks and Side Effects of Opioid Use

Prescription opioids have a serious risk of addiction and overdose, especially with long term use. The use of prescription opioids can have a number of side effects even when taken as directed. They include:

- Tolerance – meaning you might need to take more of a medication for the same pain relief
- Physical dependence – meaning you have symptoms of withdrawal when a medication is stopped
- Increased sensitivity to pain
- Constipation
- Nausea, vomiting, and dry mouth
- Sleepiness and dizziness
- Confusion
- Depression
- Low levels of testosterone that can result in lower sex drive, energy, and strength
- Itching and sweating³

Know the Signs and Symptoms of Opioid Addiction or Overdose

Opioid addiction is a disease that affects your brain and your behavior. At first you have control over your choice to start using drugs, however over time your brain actually changes in certain ways creating an urge to use the drug. There are many signs and symptoms of opioid misuse and addiction. They can include: poor coordination, drowsiness, shallow or slow breathing rate, nausea, vomiting, constipation, physical agitation, poor decision making, abandoning responsibilities, slurred speech, sleeping more or less than normal, mood swings, euphoria (feeling high), irritability, depression, lowered motivation, and anxiety attacks.⁴

¹ "The Opioid Epidemic in Michigan." Michigan Substance Use Disorder Data Repository, mi-suddr.com/opioids/.

² "What Are Opioids?" HHS.gov, www.hhs.gov/opioids/prevention/index.html.

³ "Prescription Opioids: What You Need to Know." CDC, www.cdc.gov/drugoverdose/pdf/AHA-Patient-Opioid-Factsheet-a.pdf

⁴ "Opioid Addiction - Pain Relief - Signs of Addiction." Familydoctor.org, www.familydoctor.org/condition/opioid-addiction/.

It is important to recognize the signs and symptoms of an opioid overdose and act fast to help save a life. Signs of an overdose include:

- Small, constricted "pinpoint pupils"
- Falling asleep or loss of consciousness
- Slow, shallow breathing
- Choking or gurgling sounds
- Limp body
- Pale, blue, or cold skin

An opioid overdose requires immediate medical attention. If you think someone is experiencing an overdose, even if you aren't sure, it is best to treat it like an overdose. Follow these steps:

- Call 911 immediately
- Administer naloxone, if available
- Try to keep the person awake and breathing
- Lay the person on their side to prevent choking
- Stay with him or her until emergency workers arrive⁵

Know Naloxone and the Law

Naloxone is a medicine that rapidly reverses an opioid overdose. It can quickly restore normal breathing to a person if their breathing has slowed or stopped due to an opioid overdose. Naloxone has no effect on someone who does not have opioids in their system, and it is not a treatment for opioid use disorder. Naloxone should be given to any person who shows signs of an opioid overdose or when an overdose is suspected. If you or a loved one is at risk for an opioid overdose, it is important that you have naloxone on hand. Talk to your physician or pharmacist about naloxone when receiving a prescription for opioids.⁶

During a drug overdose, a quick response can save a life. However, people illegally using drugs sometimes do not seek medical attention during an overdose for fear of alerting police of their illegal drug use. In order to prioritize saving lives, Michigan passed a Good Samaritan law in 2016. Michigan's Good Samaritan law prevents drug possession charges against those that seek medical assistance for an overdose in certain circumstances. This law makes saving lives the priority during a drug overdose, not criminal prosecutions of illegal drug users.⁷

Know that You Have Treatment Options for Managing Pain

Although prescription pain medications can be effective at treating certain types of pain, there are different treatment options and



therapies available. Opioids are not the first-line treatment for chronic pain, with the exception of cancer treatment, palliative care, and end-of-life care. Nonopioid treatments can provide relief to those suffering from chronic pain and are safer. Talk to your doctor about your options to best manage your pain. Alternative treatments may include:

- Acupuncture
- Chiropractic care
- Cognitive behavioral therapy
- Massage therapy
- Meditation and relaxation
- Physical therapy
- Yoga⁸

Know How to Practice Responsible Use of Opioids

Whether you are currently taking opioids or considering opioids to treat (acute) pain after surgery or for chronic pain, it is important that you take steps to protect yourself, your loved ones, and your community.

- Be proactive to learn about your options and communicate with your doctor.
- Be honest with your doctor about your health, drug, and alcohol history, as well as your family history.
- Always follow your pain care plan and keep your appointments for follow-up care.
- Never take opioids in higher amounts or more often than prescribed.
- Do not combine opioids with alcohol or other drugs that cause drowsiness, such as: benzodiazepines, muscle relaxants, and sleep aids.
- Never share or sell prescription opioids.⁹

⁵ "Preventing an Opioid Overdose." CDC. www.cdc.gov/drugoverdose/pdf/patients/Preventing-an-Opioid-Overdose-Tip-Card-a.pdf

⁶ National Institute on Drug Abuse. "Naloxone." NIDA, 1 Jan. 2019. www.drugabuse.gov/publications/drugfacts/naloxone.

⁷ "Michigan's Good Samaritan Law." MDHHS. www.michigan.gov/mdhhs/0,5885,7-339-71550_2941_4871_79584_79585_79587_79590-409680--,00.html

⁸ "RX Pain Medications, Know The Options, Get the Facts." SAMHSA. <https://store.samhsa.gov/system/files/sma17-5053-1.pdf>

⁹ "RX Pain Medications, Know The Options, Get the Facts." SAMHSA. <https://store.samhsa.gov/system/files/sma17-5053-1.pdf>

¹⁰ "Proper Disposal: Stop Prescription Abuse." Proper Disposal | Stop Prescription Abuse. www.stopprescriptionabuse.com/proper-disposal.html.

OPIOID ABUSE RESOURCES IN GENESEE COUNTY AND SURROUNDING AREAS

If an individual has **Medicaid, is uninsured, and/or has general questions**, they may call or visit (during business hours) the

Genesee Health System Access Center at

- (810) 257-3740 (Crisis Line and Virtual Behavioral Health Urgent Care available 24/7)
- TTY (810) 232-6310
- Toll-Free (877) 346-3648
- Text FLINT to 741741 (Crisis Text Line available 24/7)
- 420 W. Fifth Avenue, Flint, MI 48503 – Open Monday through Friday 8 a.m. to 5 p.m.

Please have the follow information available when calling to expedite the process:

- Name, date of birth, social security number
- Medical insurance card or numbers, including Medicaid (if applicable)

- Names of current medicines and doctors
- Guardianship of court papers (if applicable)
- Special education or other school records (if applicable)
- Drugs (quantity, frequency)
- Services needed (detox, inpatient, outpatient)

Fees for services are based on a person's ability to pay, therefore, staff will need to know the household income and number of dependents of the person seeking help, a coverage determination will be made at the time of the screening. Staff will let you know if you can expect to have any cost for your services. No one will be denied services based on their inability to pay.

If an **individual has insurance other than Medicaid**, call the insurance plan directly to determine covered services and providers.

Genesee County Prevention and Treatment Directory

Above the Water House

4105 Keyes St, Flint, MI 48504
(810) 877-2907
Women's recovery housing for females with addiction with mild to moderate psychological impairments.

Catholic Charities of Shiawassee and Genesee Counties

901 Chippewa St, Flint, MI 48503
(810) 232-9950

Flint Odyssey House

529 M.L. King Ave, Flint, MI 48502
(810) 238-5888
Residential detox, long-term residential, outpatient, and adolescent substance use disorder services.

Genesee Health System Access Center

420 W. Fifth Ave, Flint, MI 48503
(810) 257-3740
TTY (810) 232-6310
Toll-Free (877) 346-3648
Professional, compassionate and confidential help with questions, referrals for community resources, and routine screenings for adults with mental illness and individuals with substance abuse treatment needs. Screenings available Monday-Friday, 8 a.m. to 5 p.m.

Great Lakes Recovery Mission

504 N. Grand Traverse St, Flint, MI 48503
(586) 491-1057
Substance abuse residential rehab facility and provides treatment to people with drug addiction and other substance abuse problems.

Life Challenge Ministries

Life Challenge of Southeastern Michigan

17667 Pierson St, Detroit, MI 48219
1230 Dupont St, Flint, MI 48504
(844) 355-LIFE
info@lcministries.org
One-year residential program for men and women with drug, alcohol, and other life-controlling addictions. Affiliated with Teen Challenge USA, International, their goal is more than rehabilitation. A faith-based program.

Meridian Health Services

1255 N. Oakland Blvd,
Waterford Twp, MI 48327
(248) 599-8999
Detox/withdrawal management, residential treatment, medication-assisted treatment, and outpatient program.

Narcotics Anonymous – Flint

(800) 230-4085

Nar-Anon Support for Families – United in Hope

(810) 397-7175

New Paths, Inc.

765 E. Hamilton Ave, Flint, MI 48505
(810) 233-5340
newpaths.org

Remedy Exchange, Inc.

8308 Office Park Dr, Suite One,
Grand Blanc, MI 48439
(810) 449-0159
PRIME for Life Program that helps youth and adults learn how to reduce their risk of alcohol and other drug related problems throughout life.

Sacred Heart Rehabilitation Center Flint Outpatient Recovery & Wellness Services

2091 Professional Dr, Flint, MI 48532
(810) 732-1652
Outpatient Recovery and Wellness Center

Sacred Heart Rehabilitation Center Adult Residential & Clearview Campus

400 Stoddard Rd, Richmond, MI 48062
(810) 392-2167
Outpatient Recovery and Wellness Center

Salvation Army Adult Rehabilitation (Men Only)

2200 N. Dort Hwy, Flint, MI 48506
(810) 234-2678
Long-term residential program, spiritual base, work therapy, group and individual counseling, leisure time activities.