



THE OPIOID EPIDEMIC: THE CRISIS CONTINUES

A WEBINAR FOR EMPLOYEES FROM YOUR
EMPLOYEE ASSISTANCE PROGRAM

August 9, 2023

INTRODUCTION



OBJECTIVES

- Define opioids and review the various types
- Understand opioid prevalence and societal implications
- Examine opioid addiction and its effects
- Review pain management options
- Gain insight into treatment, recovery, and helping a loved one

SECTION 1

OPIOID BASICS

DEFINITIONS

Opiate

- Naturally derived narcotic analgesic from the opium poppy plant (morphine, heroin, codeine)

Opioid

- An inclusive term to describe all forms
 - Natural
 - Semisynthetic (oxycodone)
 - Synthetic (methadone, fentanyl)



TYPES OF OPIOIDS

There are various types of opioids, some of which may be familiar to you:

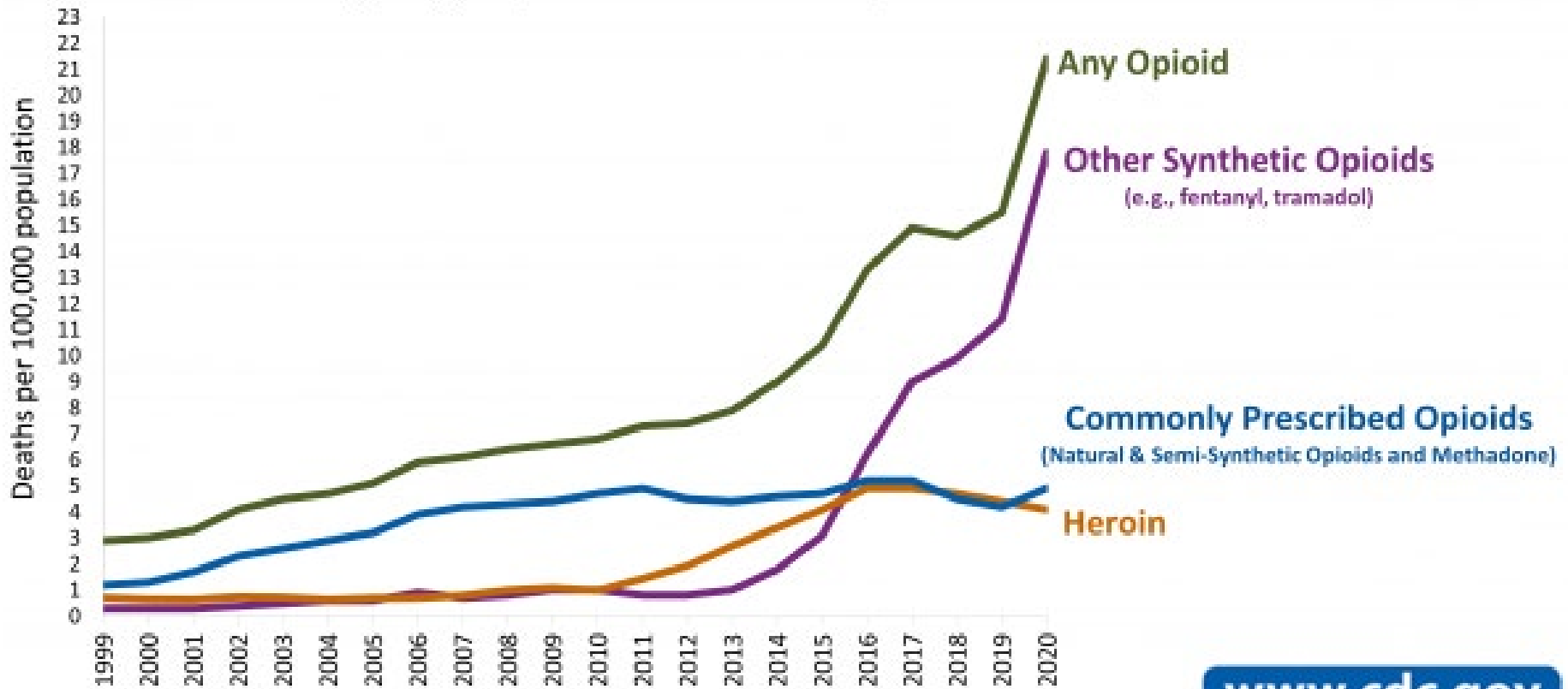
- Buprenorphine (Suboxone®)
- Carfentanyl (veterinary use)
- Codeine
- Endorphins
- Fentanyl
- Heroin
- Hydrocodone (Vicodin®)
- Hydromorphone
- Methadone
- Morphine (Kadian®, Avinza®, Demerol®)
- Oxycodone (OxyContin®, Percocet®)
- Oxymorphone (Opana®)
- Tramadol



SECTION 2

OVERDOSE PREVALENCE

Overdose Death Rates Involving Opioids, by Type, United States, 1999-2020

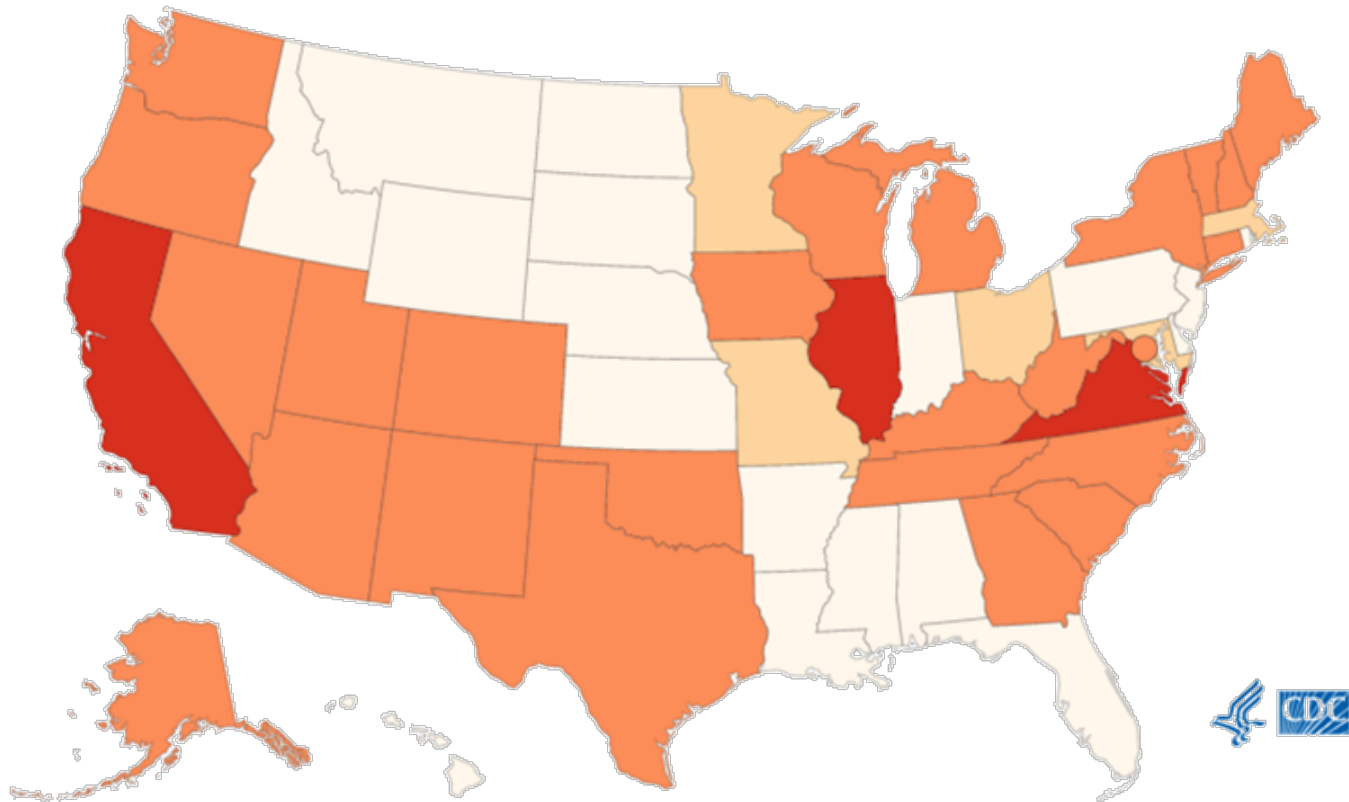


www.cdc.gov
Your Source for Credible Health Information

SOURCE: CDC/NCHS, National Vital Statistics System, Mortality. CDC WONDER, Atlanta, GA: US Department of Health and Human Services, CDC; 2020. <https://wonder.cdc.gov/>.

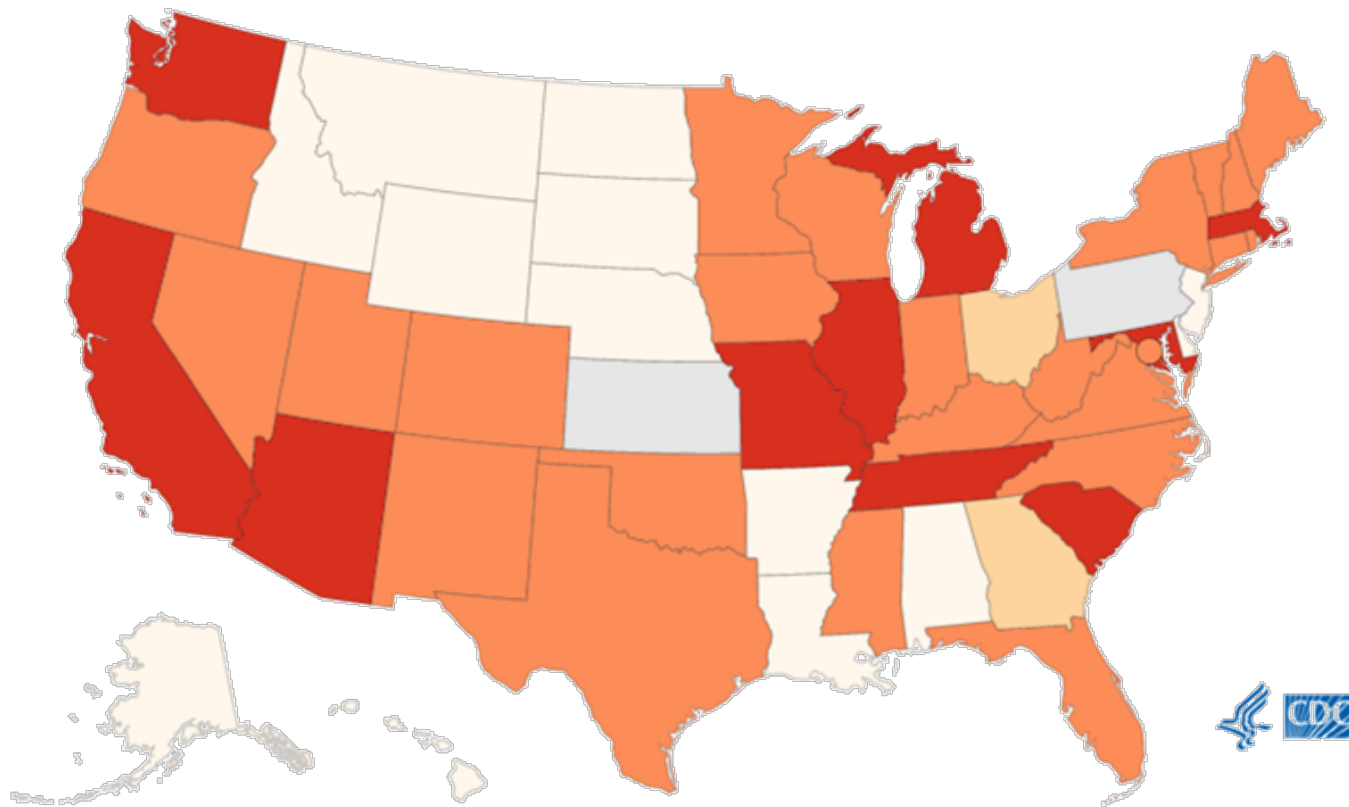
RATES OF INCREASE IN DRUG OVERDOSE BY STATE

2016-2017



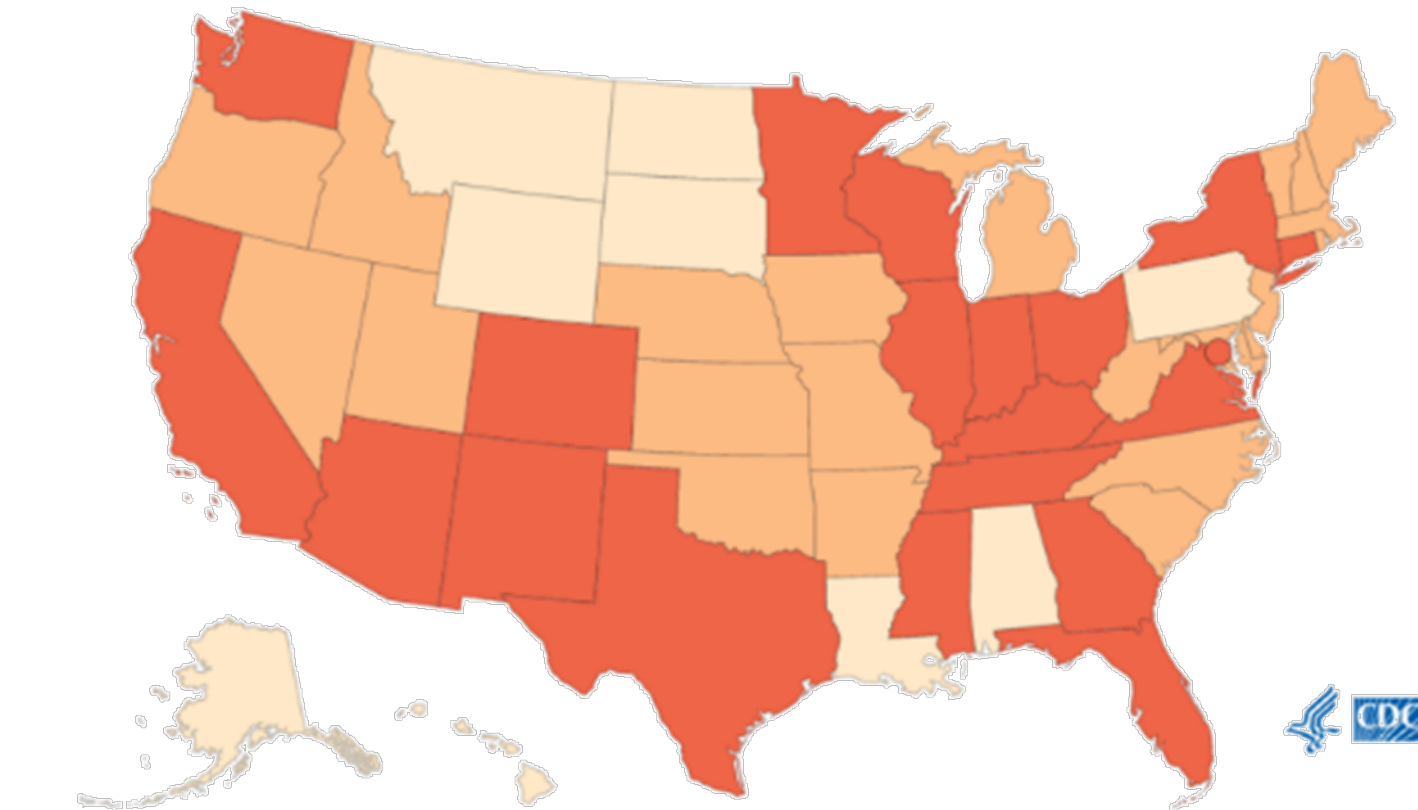
RATES OF INCREASE IN DRUG OVERDOSE BY STATE

2017-2018



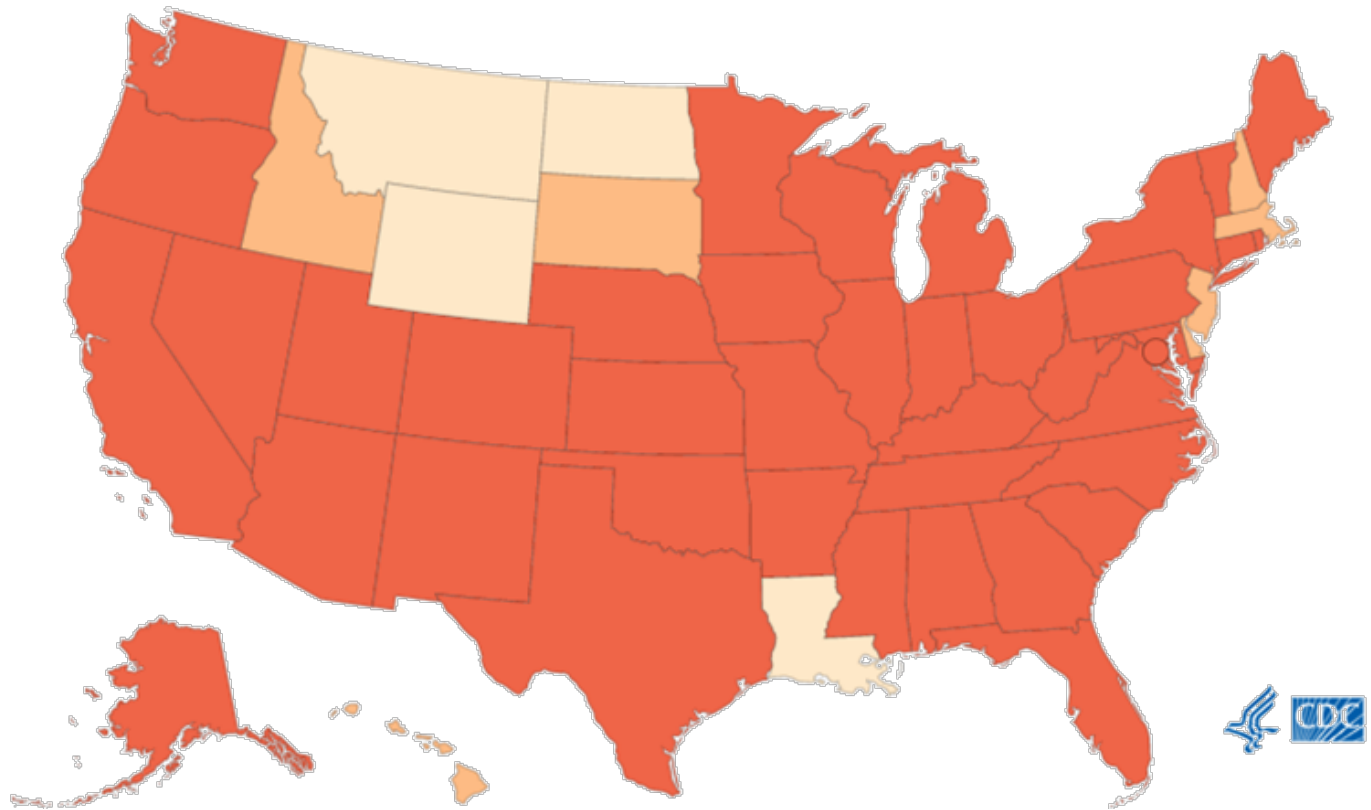
RATES OF INCREASE IN DRUG OVERDOSE BY STATE

2018-2019



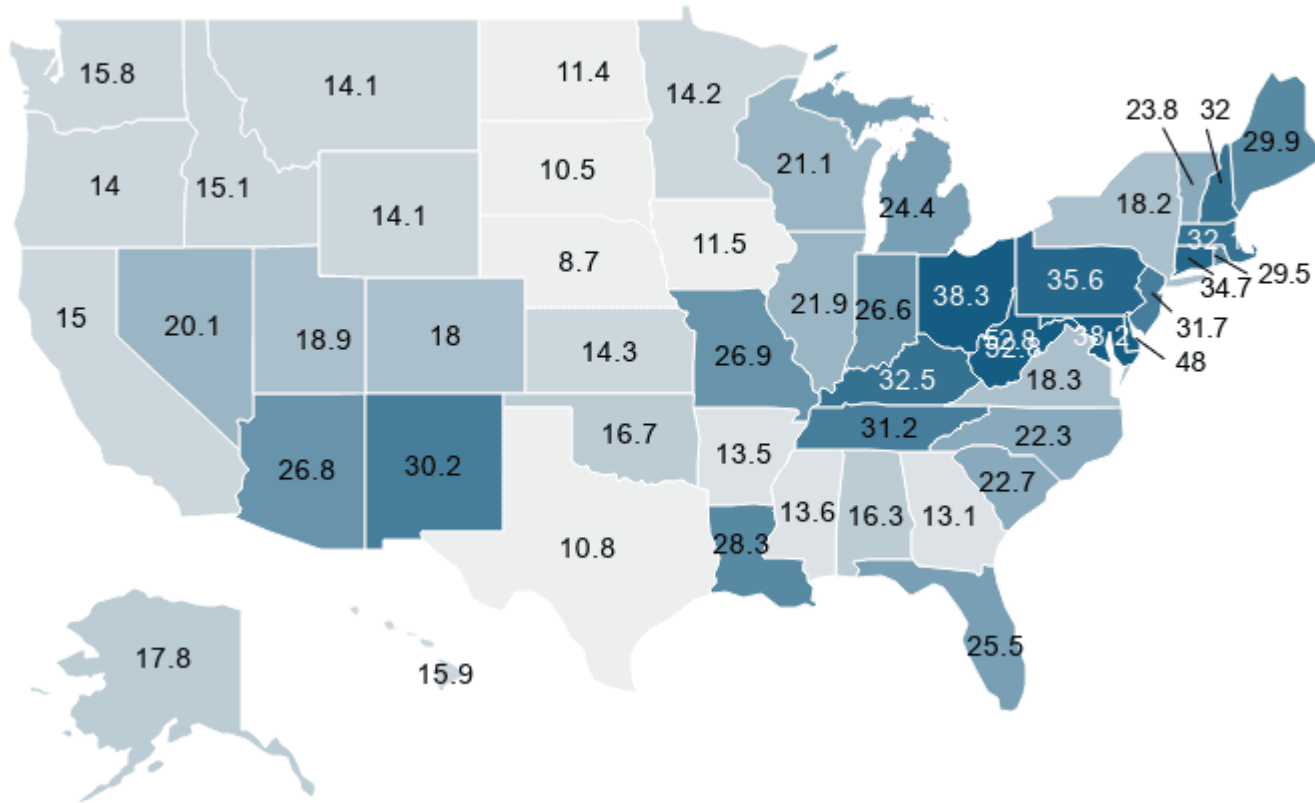
RATES OF INCREASE IN DRUG OVERDOSE BY STATE

2019-2020



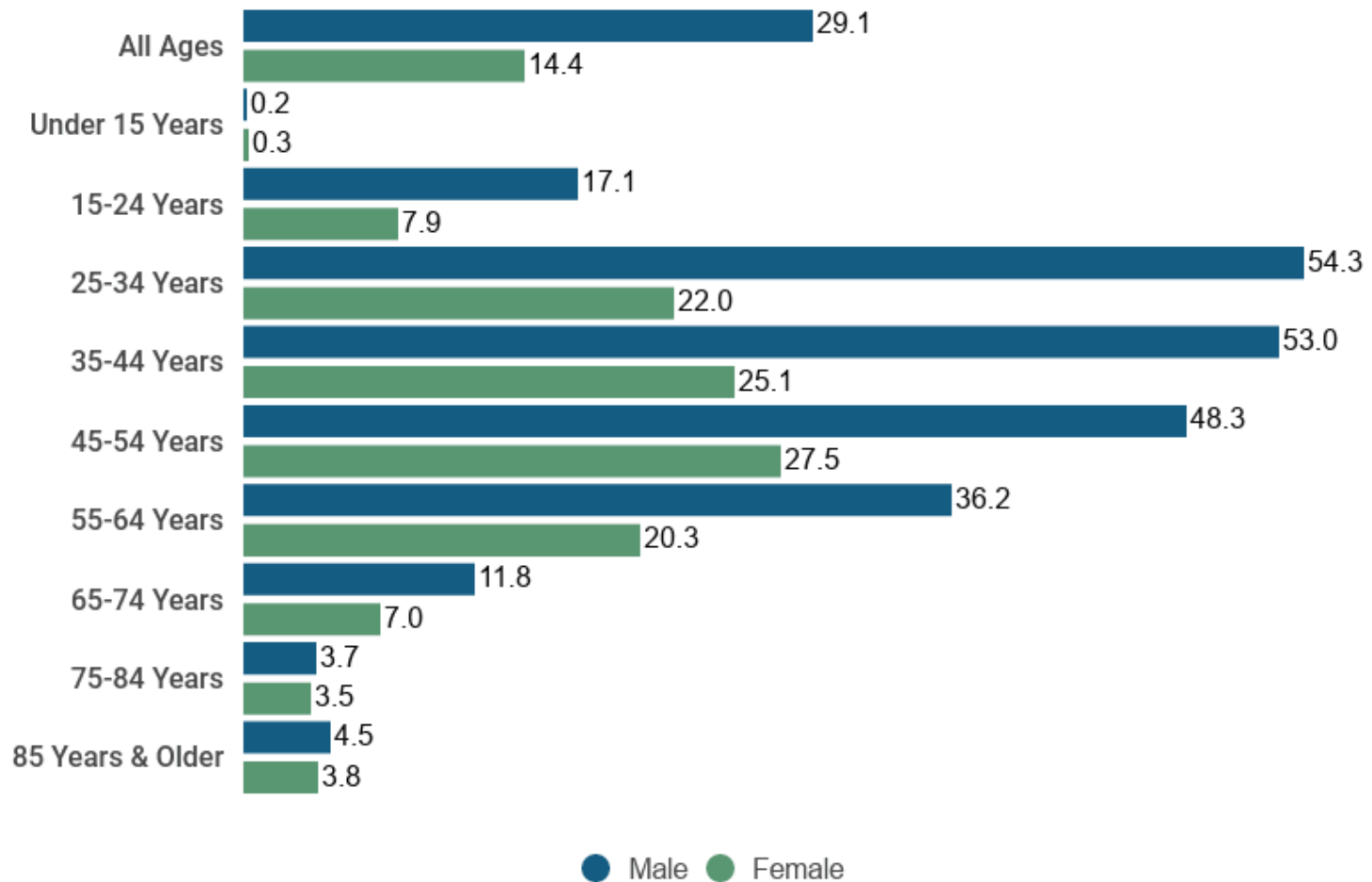
STATES MOST/LEAST AFFECTED

Overdose Deaths per 100,000 Residents



WHO'S AFFECTED

Drug Overdose Deaths Among Age Groups per 100,000 Residents



SECTION 3

SOCIETAL IMPACT AND RESPONSE

SOCIETAL IMPACT

Criminal Justice System

- Increase in court cases and incarcerations

Healthcare System

- Upsurge in patients

Foster Care System

- Growing number of children in foster care

Disease

- Uptick in diagnoses of hepatitis C, HIV, and other drug-related illnesses
- Babies of pregnant users get neonatal abstinence syndrome

Economy

- Rise in workplace absence/accidents
- Decrease in performance
- Withdrawal from workforce altogether

Life Expectancy

- Decline in overall life expectancy in the U.S.

NATIONAL RESPONSE

To mitigate this multi-faceted crisis, government health agencies have implemented multi-faceted strategies



- FDA
 - 2018 Strategic Policy Roadmap
 - Online medication guide for physicians and patients



- CDC
 - Online portal for physicians and patients offering basic education and statistics
 - Opioid Rapid Response Program (ORRP)



- National Association of Attorneys General
 - Non-partisan, non-profit organization that works with the attorney general to distribute drug manufacturer lawsuit settlement funds

SECTION 4

OPIOID THERAPY, SIDE EFFECTS, AND ADDICTION

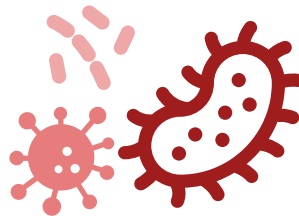
OPIOID THERAPY

Opioids serve a useful purpose when legally prescribed by a doctor and used as directed.

Medical uses for pain:



Post-surgical



Cancer



Trauma

OPIOID SIDE EFFECTS

Even when used as prescribed, opioids can cause adverse reactions and potentially put you at risk.

- Tolerance
- Physical dependence
- Increased sensitivity to pain
- Lethargy
- Constipation
- Nausea/vomiting
- Euphoria
- Dry mouth
- Non-restorative sleep
- Dizziness/confusion
- Waning testosterone levels
- Itching and sweating
- Shallow or slowed breathing possibly leading to death
- Aspiration due to inability to clear airway
- Premature birth and infant drug withdrawal
- If breastfeeding, adverse effects on the baby

SIGNS OF ADDICTION AND ABUSE

- Cravings
- Small pupils
- Drowsiness
- Shallow or slow breathing rate
- Constipation
- Poor decision making
- Abandoning responsibilities
- Slurred speech
- Mood swings
- Euphoria or general discontent
- Depression
- Lowered motivation
- Anxiety, agitation, irritability
- Decreased libido
- Weight loss
- Lack of hygiene
- Isolation
- New financial difficulties, stealing

WITHDRAWAL SYMPTOMS



**Muscle and
bone pain**



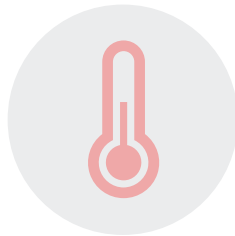
**Severe
cravings**



**Sleep
problems**



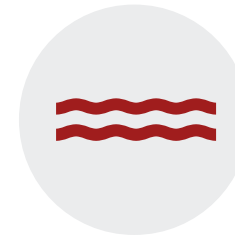
**Diarrhea,
vomiting**



**Cold flashes
and/or
sweating**



**Uncontrollable
leg
movements**



Goosebumps

RECOGNIZING AN OVERDOSE

Serious symptoms

Unresponsiveness (inability to wake up or speak)

Slow, irregular breaths, or not breathing at all (begin CPR or rescue breathing in this case)

Slow, erratic, or no pulse

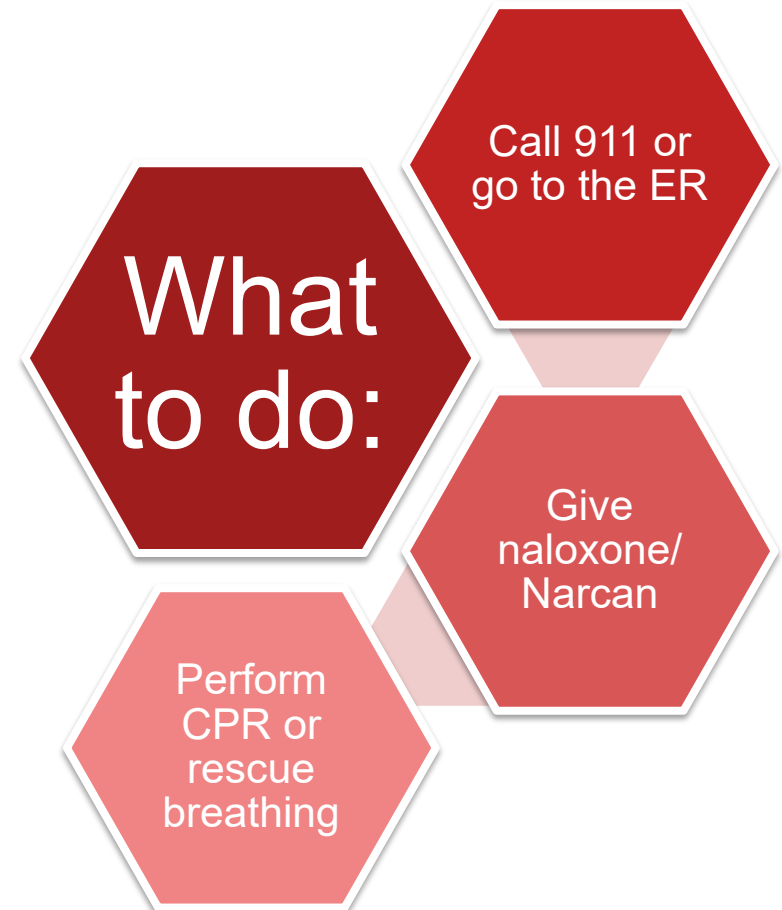
Vomiting or gurgling noises

Small pupils

Extremely pale and/or clammy face

Limp body

Purple or blue fingernails or lips



SECTION 5

TREATMENT AND PAIN MANAGEMENT

TREATMENT



Emergency room care

- For overdoses and detox-related medical issues, not detox itself
- Staff can offer guidance on where to go for help



Inpatient/residential treatment

- Typically entail a multidisciplinary team comprised of psychiatry, counseling, and group therapy
- Involves staying at the facility for phased treatment



Outpatient treatment programs

- Consist of group and individual counseling sessions offered in a variety of settings
 - Most occur during evenings and weekends to allow for work or school during the day

MEDICATION AND THERAPY

Medications play a major role in managing opioid addiction

- Buprenorphine
 - Suboxone®, Subutex, Sublocade, Probuphine®
- Methadone
- Naltrexone
 - Vivitrol

Patients are guided to combine medications with counseling and therapy

- Behavioral therapy
- Support groups
 - 12-step, SMART, Narcotics Anonymous

PAIN MANAGEMENT



Talk with your doctor

Follow the plan
Set realistic goals
Choose low-risk options



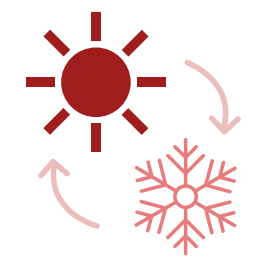
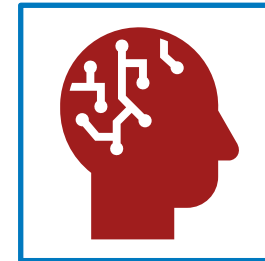
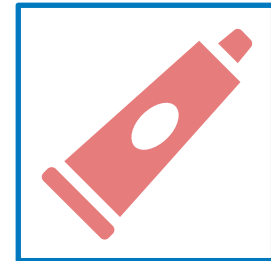
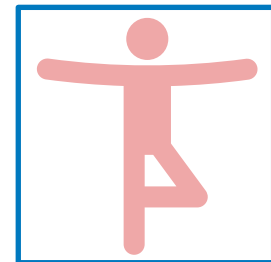
Know the different types of pain

Acute: Up to 1 month
Subacute: 2-3 months
Chronic: Longer than 3 months

PAIN MANAGEMENT ALTERNATIVES

- Acupuncture
- Behavioral therapy
- Electrodes
- Exercise, yoga, physical therapy
- Heat/cold therapy
- Injections
- Massage
- Medications

- Peripheral and sympathetic nerve blocks
- Radiofrequency denervation procedure
- Topicals
- Weight loss



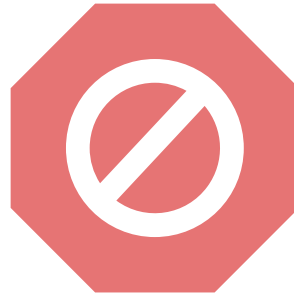
SECTION 6

HELPING A LOVED ONE

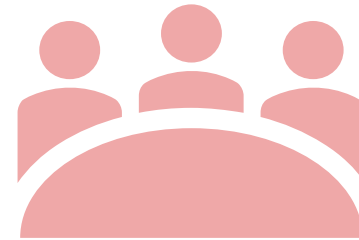
HELPING A LOVED ONE



Educate
yourself



Don't enable



Plan an
intervention



Get support



Take care of
yourself

CALL THE EAP: 800-222-0364

The EAP can provide employees, their dependents, and members living in their home with:



Consultation and assessment



Referrals to resources



Support for supervisors



Exploration of treatment options



Education about addiction



Legal and financial consultation

SUMMARY



Be aware of warning signs that you or a loved one may have an opioid addiction

Seek help from a medical doctor, a mental health professional, or the EAP

For loved ones, express concern and help them find treatment

Treatment for your loved one and support for yourself can work in tandem in the recovery process

Primary prevention and addressing the social drivers will be key in gaining control of the crisis

RESOURCES

Support

- Celebrate Recovery
 - celebraterecovery.com
- Grief Recovery After a Substance Passing (GRASP)
 - grasphelp.org
- Learn to Cope (for families/friends)
 - learn2cope.org
- Nar-anon (for families/friends)
 - nar-anon.org
- Narcotics Anonymous
 - na.org
- Smart Finder Support Meetings (for anyone)
 - meetings.smartrecovery.org/meetings

Prevention

- SAMHSA's Digital Opioid Overdose Prevention Toolkit
 - store.samhsa.gov/product/SMA-18-4742
- What to Ask Your Doctor Before Taking Opioids
 - fda.gov/consumers/consumer-updates/what-ask-your-doctor-taking-opioids

Apps

- I Am Sober
Sobriety, progress, goal, and savings tracker
- Loosid: Sober Recovery
Virtual sobriety mentor, tracker, and tips

THANK YOU



Behavioral Health Services Employee Assistance and WorkLife Programs

24 HOURS A DAY

800-222-0364

foh4you.com



CERTIFICATE OF WEBINAR PARTICIPATION

is hereby granted to



for the completion of the following one-hour presentation offered by your Employee Assistance Program

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Date:

