

**essentials of  
preventing  
opioid misuse**



# introduction

addressing the opioid  
overdose crisis

## training focus

- understanding prevention of opioid misuse and overdose
- equipping you with knowledge, skills, and alternatives
- empowering you to combat the epidemic

900K+ Americans  
since 1999

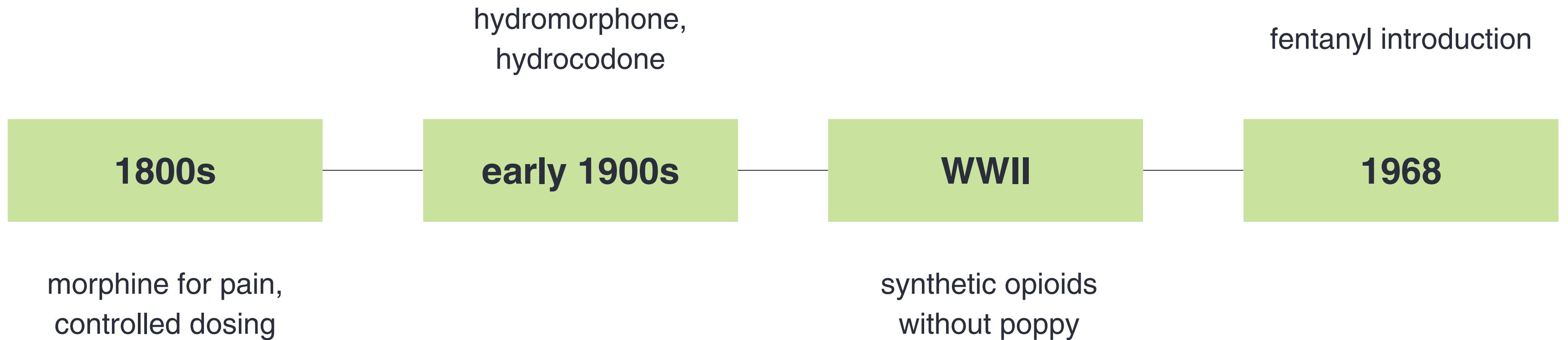
500+ annually  
in Arkansas

90K+ in the  
last year

## key statistics

# history of opioids

# timeline



# opioid types

- **natural opioids** come from the opium poppy plant, including morphine and codeine
- **semi-synthetic opioids** are derived from natural opioids but go through chemical modifications, such as both oxycodone and hydrocodone
- **synthetic opioids** are entirely man made through chemical synthesis, fentanyl being an example

## natural

morphine  
codeine

## semi-synthetic:

oxycodone  
hydrocodone


## synthetic

fentanyl




**pain relief**

**alleviating pain by  
reducing pain signals**



**Inducing a sense of intense  
pleasure and relaxation**

**euphoria**



**effects of  
opioids on  
the body**



**respiratory  
depression**

**slowing the respiratory system  
leading to shallow breathing**



**sedation and a reduced  
level of consciousness**

**drowsiness**




**constipation**

slowing down the movement  
of the gastrointestinal tract



intense nausea leading  
to vomiting

**vomiting**




**effects of  
opioids on  
the body**



**addiction**

physical dependence when the body  
adapts to the presence of the drug



discontinued use leading to  
muscle aches, anxiety,  
insomnia, and flu like symptoms

**withdrawal**

# boundaries and refusal skills

physical

emotional

social

“ I appreciate the offer, but I’m choosing not to use drugs because I prioritize my health and well-being ”

“ no thank you, I have an important day at work tomorrow and don’t want drugs to get in the way of my job ”

# influences

personal risk factors

**what makes us more prone to drug use?**

personal history  
of addiction

chronic pain

peer influence

lack of education  
and awareness

genetic  
predisposition

mental health  
concerns

stress and  
anxiety



# prescription opioids

- **hydrocodone** known as vicodin
- **oxycodone** known as oxycontin and percocet
- **oxymorphone** known as opana
- **hydromorphone** known as dilaudid
- **morphine** known as kadian or avinza
- **codeine** known as codeine

opioids you might receive from a  
doctor or pharmacy

**individual level**

**prevention**

**store opioids in a  
locked container**

**keep opioids in their  
original packaging**

## **safe storage and disposal of opioid prescriptions**

**keep opioids out of  
the reach of children**

**never share an opioid  
prescription with others**

**safely dispose of  
unused pills**

# safe disposal

- **find a “take-back” program** in your community for your unused pills, your pharmacist or local law enforcement should be able to tell you more
- **find a community “drop box”** which are usually located near law enforcement offices
- **use a “deterra” bag**, a specially designed package that neutralize the prescription drugs and allows them to be thrown away in the regular garbage



**individual level**

**prevention**

**chiropractic  
treatment**

**acupuncture**

**yoga or exercise**

**mind-body  
therapies**

**alternatives to pain management**

**massage and  
therapeutic touch**

**diet, nutritional supplements,  
herbal remedies**

**cognitive behavioral  
therapy like counseling**

# survey results

55% didn't drink in the past month

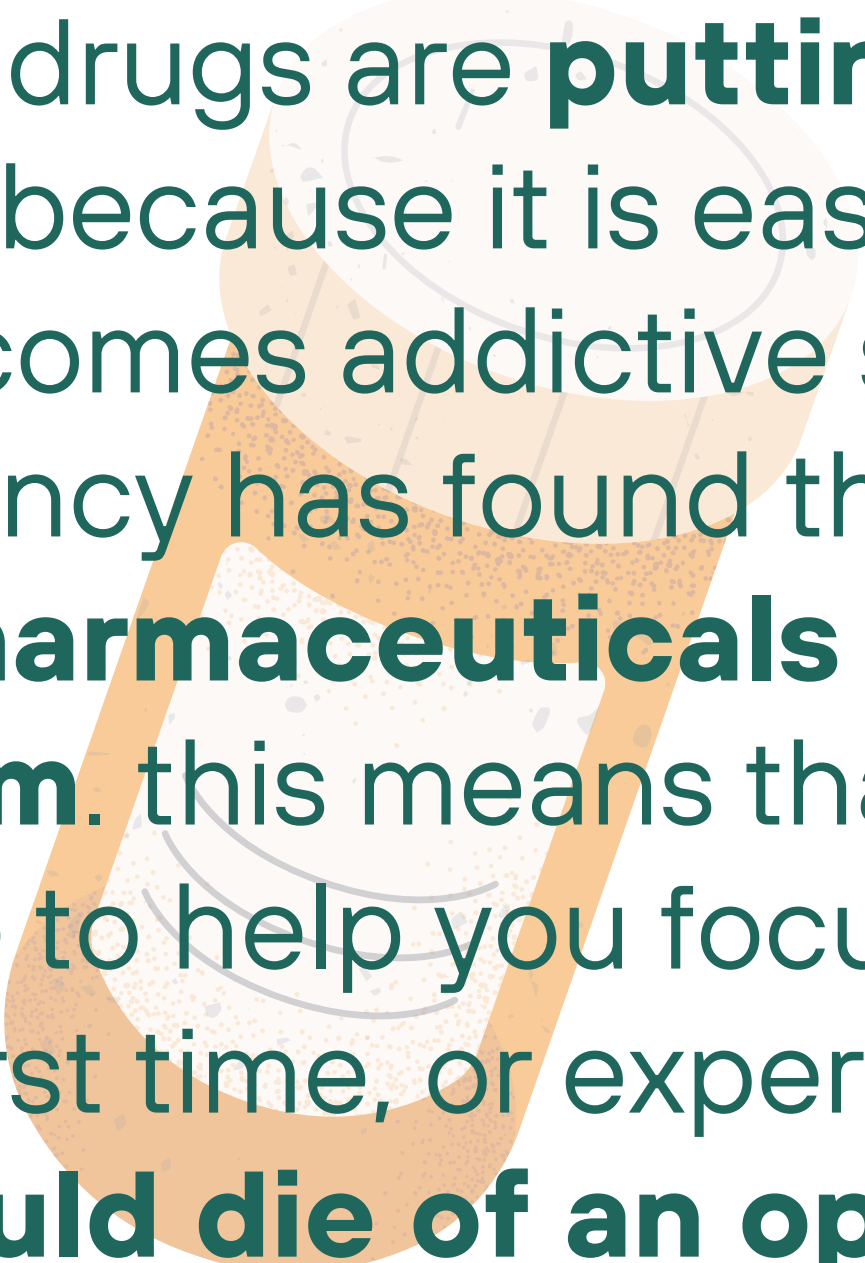
95% didn't vape or use e-cigarettes in the past month

21% didn't use marijuana in the past year

97% did not misuse an opioid of any kind in the past year

99% have never in their life used heroin

**misperceptions and norms**



the makers of illicit drugs are **putting fentanyl in many of their products** because it is easy to produce, easy to smuggle, and becomes addictive so quickly. the drug enforcement agency has found that **four out of ten illegally made pharmaceuticals have a lethal dose of fentanyl in them.** this means that if you think you are getting pills online to help you focus, or you are vaping marijuana for the first time, or experimenting with a party drug, **you could die of an opioid overdose**

conclusion

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