Narcan

(Naloxone)

- Drug used to reverse the effects of opioid overdose
- May be given as a nasal spray or injection
- Has no potential for addiction
- Gives family members extra time to carry out CPR until help arrives
- Available in pharmacies with or without a prescription
- For more information visit www.stopoverdose.org

Massachusetts Substance
Abuse Information and Education Hotline

(800) 327-5050



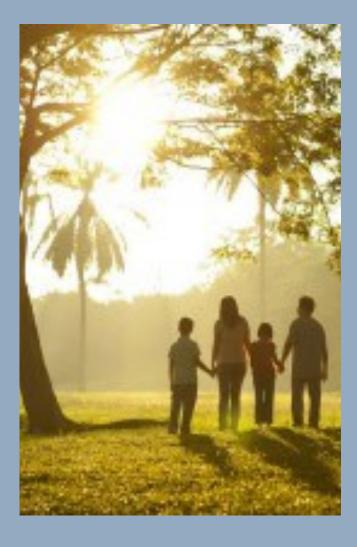
Resources

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- Mass.gov Blog. (2015). Opioid abuse in Massachusetts: What parents need to know. Retrieved from http://blog.mass.gov/blog/government/opioid-abuse-in-massachusetts-what-parents-need-to-know/
- Mayo Clinic. (2015). Diseases and conditions: Prescription drug abuse. Retrieved from: www.mayoclinic.org/diseases-conditions/prescription-drug-abuse/basics/symptoms/con-20032471
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- National Institute on Drug Abuse. (2014). What are opioids. Retrieved from: www.drugabuse.gov
- Smith, J. M., & Estefan, A. (2014) Families parenting adolescents with substanceabuse—recovering the mother's voice: a narrative literature review. *Journal of Family Nursing*, 20(4), 415-441. doi: 10.1177/1074840714554397
- UW Alcohol and Drug Abuse Institute. (2015). Opioid overdose prevention education. Retrieved from: www.stopoverdose.org

Pictures

www.painkilleroverdoselawyer.com

www.new-hope-recovery.com



OPIOID EDUCATION FOR FAMILIES

MCPHS University
School of Nursing





What are Opioids?

- Prescribed drugs used to treat moderate to severe pain by blocking pain signals in the brain
- Common types: Oxycontin, Percocet, Vicodin, Codeine, Morphine, Methadone, Dilaudid, Fentanyl, and Tramadol
- Heroin is an illegal opioid and is not prescribed
- Opioids can cause overdose and death if not taken correctly

Statistics

- An estimated 2.1 million people in the United States suffer from substance use disorders related to prescription opioid pain relievers
- Approximately 467,000 people in the U.S are addicted to heroin
- Families with addiction experience psychological symptoms such as trauma, anxiety, depression, and feelings of isolation.

Behavioral Signs of Abuse

Medications Disappearing from your Home

- Empty bottles in the trash
- Missing pills

Missing Valuables or Cash

- Changes in finances
- Expensive objects missing

Change in Personality

- Loss of interest in activities
- Social withdrawal
- Increased irritability
- · Increasingly defensive

Shifts in Behavior

- Sleeping more or less
- Changes in appetite
- Deterioration of personal grooming habits
- Secretive behavior

Physical Signs of Abuse

- Pupils smaller than usual
- Slurred speech
- Slowed breathing rate
- Drowsiness/sedation
- Confusion
- Development of tolerance

What to Do Next

- Understand and accept the problem. Search out resources. Ask for help.
- Do not enable their behavior. Do not make excuses or prevent consequences of their addiction.
- Do not argue or try to control their behavior. Avoid blaming the addict.
- Behave as if your loved one has a serious illness.

For more information visit www.addictionsandrecovery.org

If you need help...

Nar-Anon

www.nar-anon.org (310) 534-8188

Al-Anon

www.al-anon.alateen.org/ (757) 563-1600

Learn to Cope

http://learn2cope.org/ (508)738-5148

The Recovery Connection

www.therecoveryconnection.org (508) 485-0298

The Support Group Project

www.supportgroupproject.org