

# 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](http://www.stopoverdose.org)

### Massachusetts Substance Abuse Information and Education Hotline

(800) 327-5050



## Resources

American Academy of Family Physicians. (2015). Opioid addiction overview. Retrieved from: [familydoctor.org](http://familydoctor.org)

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](http://www.mayoclinic.org/diseases-conditions/prescription-drug-abuse/basics/symptoms/con-20032471)

Melemis, S. (2015). Help for the family. Retrieved from: [www.addictionsandrecovery.org](http://www.addictionsandrecovery.org)

National Institute on Drug Abuse. (2014). What are opioids. Retrieved from: [www.drugabuse.gov](http://www.drugabuse.gov)

Smith, J. M., & Estefan, A. (2014) Families parenting adolescents with substance abuse—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](http://www.stopoverdose.org)

## Pictures

[www.painkilleroverdoselawyer.com](http://www.painkilleroverdoselawyer.com)

[www.new-hope-recovery.com](http://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](http://www.addictionsandrecovery.org)

## If you need help...

### Nar-Anon

[www.nar-anon.org](http://www.nar-anon.org)  
(310) 534-8188

### Al-Anon

[www.al-anon.alateen.org/](http://www.al-anon.alateen.org/)  
(757) 563-1600

### Learn to Cope

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

### The Recovery Connection

[www.therecoveryconnection.org](http://www.therecoveryconnection.org)  
(508) 485-0298

### The Support Group Project

[www.supportgroupproject.org](http://www.supportgroupproject.org)