

Funding for this Aging Opioid Project has been provided by the Bureau of Aging, Community Living, and Supports, MDHHS.



Opioid Resources

With the help of the providers and agencies, Region 9 AAA will continue the efforts to reduce and end this serious crisis affecting our region and beyond.

Other Substances that Cause Dependence

Substance use disorder (SUD) is the medical term used to describe a pattern of using a substance (drug) that causes significant problems or distress.

- Alcohol
- Cocaine
- Opiates
- Hallucinogens
- Methamphetamine
- Nicotine
- Inhalants

Catholic Human Services (CHS)

CHS provides comprehensive outpatient Alcohol and Drug Recovery services. With 15 locations throughout northern Michigan.

- (231) 947-8110
- www.catholichumanservices.org

What are Opioids?

Opioids are narcotics used for pain relief that produce morphine-like effects on the body. These drugs have significant side effects and can even lead to death when misused.

Common Names:

- Hydrocodone (Vicodin, Noroco)
- Oxycodone (Percocet, OxyContin)
- Morphine
- Codeine (Tylenol #3, Tylenol #4)
- Fentanyl
- Methadone
- Tramadol (Ultram)
- Heroin

How You Can Help Fight the Opioid Crisis

Here are steps you can take to help prevent medication misuse:

- Keep the medications in the container you received them in.
- Keep medications in a lockbox.
- Store in a cool, dry place.
- Keep track of the number of pills you have left.
- Dispose medications safely.
- Keep out of public spaces.
- Never take anyone else medication.

69 percent of people nationally who misuse pain medication get it from a friend or relative.

Since 2000, opioid overdose deaths have grown ten-fold in Michigan.

Michigan State Police (MSO) Angel Program

Allows individuals struggling with SUD to walk into an MSP post during regular business hours to ask for assistance. MSP Angel Program participants are guided through a professional substance abuse assessment and intake process to ensure proper placement into treatment.

Alternative Care

Here are some nonpharmacological treatments for pain:

- Non-opioid medications:
 - Acetaminophen
 - Ibuprofen.
- Non-medication therapies:
 - Ice/Heat
 - Elevation
 - Physical therapy
 - Splinting
 - Electromyographic (EMG) biofeedback
 - Massage
- Acupuncture
- Mindful practices
 - Relaxation Techniques
 - Yoga
 - Guided Imagery

Substances Dependence

Is the medical term used to describe the use of drugs that continues even when significant problems related to their use have developed.

- Need for increased amounts of the drug to get an effect.
- Withdrawal symptoms.
- Spending a lot of time to get, use, and recover from the effects of using drugs.
- Withdrawal from social and recreational activities.
- Problems occur due to the drugs.

Opioid Treatment

Muson Medical Center has in-patient and out-patient services available. Accepts most insurance.

- (231) 935-5000

Chronic Pain

Is a long standing pain that persists beyond the usual recovery period or occurs along with a chronic health condition, such as arthritis.

Warning Signs of Opioid Overdose

Recognizing the signs of opioid overdose is essential to saving lives. Call 911 immediately if a person exhibits ANY of the following symptoms:

- Their face is extremely pale and/or feels clammy.
- Their body goes limp.
- Their fingernails or lips have a purple or blue color.
- They start vomiting or making gurgling noises.
- They cannot be awakened or are unable to speak.
- Their breathing or heartbeat slows or stops.

SAMHSA National Helpline: 1-800-662-4357

Iosco Substance Free Coalition (ISFC)

Last Wednesday at 9:00 AM
Catholic Human Services - East Tawas office
1691 E. US 23 Highway Suite 4, East Tawas, MI 48730

Virtual - <https://us06web.zoom.us/j/4139471422>
ID: 413 947 1422

Sunrise Centre

To guide those suffering from a substance use disorder from active addiction to quality recovery that encompasses social, emotional, physical and spiritual wellbeing.

- Withdrawal Management
- Residential Treatment
- Outpatient Treatment Services
- Early Intervention
- Training and Education
- Consultations

- 989.356.6649
- www.sunrisectr.org

Drug Free Northern Michigan

Increase public awareness of the risks and potential harm associated with the misuse of substances in Northern Michigan. Covering 21 counties.

- (800) 834-3393
- www.drugfreenorthernmichigan.net

Northern Michigan Regional Entity

NMRE is one of ten Prepaid Inpatient Health Plans in the state of Michigan to manage the behavioral health services for people enrolled in Medicaid.

- (231) 487-9144
- www.nmre.org

Up North Prevention

Advancing substance misuse prevention efforts across northern Michigan. Services include:

- Adolescent and Parent Education
- Coalitions
- Outreach and Awareness
- Community Trainings

- 989.356.6385
- www.upnorthprevention.org

OVERDOSE PREVENTION

Understanding the risk factors involved in overdose can help prevent them.

- Consider your personal risk for overdose.
- Gather information.
- Understand the medications you are taking.
- Obtain an opioid overdose reversal medication (Narcan).

Michigan is ranked eleventh in the country for opioid drug overdose deaths.

7 people die every day from an opioid overdose.

To lower the risk of prescription drug misuse follow these easy steps:

- Never give your prescription to others.
- Never use another person's prescription.
- Never change or stop the dosage without consulting with your doctor.
- Follow directions on your medication.

Chronic Pain Personal Action Towards Health (PATH)

Six-week self-management program that gives you the skills to coordinate all the things needed to manage your health and pain. Participants will learn how to:

- Self-manage chronic pain.
- Deal with challenges of not feeling well.
- Talk to healthcare workers and family members.
- Overcome stress and relax.
- Make informed treatment decisions.
- Explore nutrition and exercise.
- Increase energy level.

The upcoming workshop series is via Zoom on Tuesdays, April 30-June 4, 2024 from 1:30pm-3:30pm.

- 989.358.4616
- mainvilleb@nemcsa.org

One in five Americans say they personally know someone who has been addicted to opioids.

Keeping Track of your Medications

- Make a list.
- Get familiar with your medicines.
- Secure your medicines.
- Check expiration dates on bottles.
- Dispose of your medicines safely.

OVERDOSE RESPONSE STEPS

- Check for a response.
- Give naloxone or other reversal medication.
- Call 911 and support the person's breathing.
- Wait for EMS to arrive.
- If still not breathing administer a second dose after 2-3 minutes.

Stigma

Do not let stigma stop you from saving a life. There is no "type" of person who experiences Opioid use Disorder or opioid overdose.

Research has shown that women, older people, and those without obvious signs of OUD are undertreated with naloxone.

988 Suicide and Crisis Lifeline: 988