

In Flathead County.

1. Watch these PSAs produced by the STOP Prescription Drug Abuse in the Flathead Coalition:
<https://www.facebook.com/593042374181027/videos/vb.593042374181027/881467602005168/?type=2&theater>
<https://www.facebook.com/593042374181027/videos/vb.593042374181027/598319913653273/?type=2&theater>

2. Contact the Flathead Valley Chemical Dependency Clinic at 756-6453 to learn about in and out-patient addiction services.

3. Contact the NW Montana Drug Task Force at 758-5878.

In Lake County.

1. Contact Autumn Diller with Western Montana Mental Health at 532-9170.
2. Contact a Suboxone treatment provider in St. Ignatius at 249-3198 or in Missoula at 532-9800. (Suboxone treats addiction to narcotic pain relievers)

In Lincoln County.

1. Contact Vel Shaver with FVDC at 293-7731.

In Sanders County

1. Contact Jennifer McPherson with FVDC at 827-4241.



For further information about the Community Action Partnership of NW Montana contact: Jackson Diaz, Community Collaboration Coordinator, 406.752.6565

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LEARN THE FACTS, BREAK THE CONNECTION, STOP THE ABUSE:
REDUCING OPIOID ABUSE IN NW MONTANA

OPIATE ADDICTION: **RESOURCES FOR CLIENTS**

What are prescription painkillers?

Prescription painkillers are opiate pain medications. An opiate is a synthetic version of an opioid, also known as a narcotic. Opiate or opioid painkillers are usually prescribed by doctors to help people with severe, debilitating pain, such as those suffering from advanced stages of cancer, or those with bone disease or neurological illnesses.

Prescription painkillers include:

- Oxycodone (OxyContin, Percocet, Percodan)
- Hydrocodone (Vicodin, Lorcet, Lortab)
- Codeine
- Morphine
- Methadone
- Fentanyl (Duragesic)
- Pethidine (Demerol)
- Hydromorphone (Dilaudid)
- Propoxyphene (Darvocet/Darvon)

According to the National Institute on Drug Abuse, since 1999 there has been a 300% increase in the number of people dependent on prescription painkillers. Opiate addiction is entrenched across the United States; over the last 18 years, overdose deaths involving opiates have nearly quadrupled. According to the U.S. Department of Health and Human Services, 64,000 people died from overdoses in 2016, and the national Centers for Disease Control and Prevention reports that of the 140 Americans who die from drug overdoses every day, 91 are due to opioids.

In Montana, more than 700 people have died from opiate overdose since 2000, according to the Department of Justice.



How do you know if you're addicted to a prescription painkiller?

Prescription painkillers (opiates) are some of the most frequently prescribed drugs in America, making them some of the most available to abuse. High levels of addiction can be credited to the combination of their euphoric effect and how quickly dependence can happen. An estimated 4.7 million people are addicted to prescription painkillers in the U.S.

Many times, someone who becomes addicted to a painkiller like OxyContin or Vicodin didn't

start out abusing it, but rather took it exactly as prescribed. An addiction can develop over time, and as many as 7% of those who receive prescriptions for opiates or analgesic painkillers will become addicted.

Signs and symptoms of prescription painkiller abuse include:

- Euphoria (feeling high)
- Drowsiness, sometimes to the point of nodding off
- Slowed or shallow breathing
- Nausea and vomiting
- Flushed or itchy skin
- Constipation
- Headache
- Dry mouth
- Sweating
- Slurred speech
- Confusion or poor judgment



Those addicted to prescription drugs like these often build up a **tolerance** to them, meaning it takes more and more of the substance over time to get the same effects as the person had at first. Addicts will often also undergo **withdrawal** when they stop taking the drug. For example, people who suddenly stop taking a prescription painkiller to which they've become dependent can experience muscle and bone pain, depression, diarrhea, and insomnia if they

aren't properly tapered off the drug with **medical detox**.

Another sign someone has developed a prescription painkiller drug addiction is "doctor shopping", or switching healthcare providers to get more or higher doses of the substance. They

become obsessed with getting access to the substance, and may falsify prescriptions and/or use multiple pharmacies in an attempt to get more of it.

The National Institute of Health also warns against a common belief that prescription medicines are safer than illegal drugs like crystal meth or cocaine. In reality, when prescription medications like OxyContin or Percocet are abused and not taken as prescribed, they can pose serious and potentially deadly health risks, including drug overdose.

What help and community resources are available for me?

Generally,

1. Join family or friends and watch the FBI & DEA video entitled "Chasing the Dragon" (viewer discretion advised) found on YouTube at <https://www.youtube.com/watch?v=lqdmWRExOkQ>
2. Also view the 2016 Wall Street Journal video entitled "American Epidemic: The Nation's Struggle with Opioid Addiction" at <https://www.youtube.com/watch?v=nNj89ohoYQ0>
3. View the 2017 documentary entitled "Addicted: The Opioid Epidemic" at <https://www.youtube.com/watch?v=p8KuSp9BmXY>