

## Opioid Withdrawal Forum Posts

Since Visionists' success at the [HHS Opioid Code-a-Thon](#) in December, we have been committed to continuing the fight against this dangerous epidemic. We continue to support and develop our prevention tool, [Takeback America](#), which allows the general public to easily locate sites where they can safely dispose of leftover medication, reducing opportunities for theft or abuse. In the same way this solution utilized open-source data to create a prevention solution, we feel that opportunities exist to better understand opioid use and reduction.

Bluelight ([www.bluelight.org](http://www.bluelight.org)) is an international message board that educates the public about responsible drug use by promoting free discussion. Bluelight does not condone or condemn the use of illegal drugs, rather provides a place for people to ask questions and educate themselves about drugs so they can make more informed decisions regarding their personal use. The site also advocates harm reduction, a practice of taking reasonable measures to minimize the risks from drug use. Common harm reduction activities include encouraging people to exercise moderation in their drug consumption and to understand the purity, dose and effects of the drug they are consuming. Bluelight believes that there is no such thing as safe drug use, but if someone is educated in the general principles of harm reduction, they increase the odds that their drug use will not lead to short-term disasters or long-term negative consequences.

We identified the Bluelight forum as potentially being a unique window into the behaviors and attitudes of those struggling with opioid addiction. We scraped a long-running thread on the forum focused on [opioid withdrawal](#) in April 2018. This discussion contains information about opioid recovery from real users. Mining these unstructured text posts could provide valuable insight into the strategies, barriers, and challenges of opioid withdrawal. The following information is contained in JSON format:

Field Name	Type	Description
comment	String	Text of forum post.
date	String	Date posted in DD-MM-YYYY format.
time	String	Time of post in 24-hour clock HH:MM format.
datetime	Integer	Corresponding Unix timestamp value, assuming an epoch of 1970

Ultimately, a technology solution that makes insights from this data available to users and/or practitioners could increase the effectiveness of opioid withdrawal attempts, decreasing misuse and overdose deaths in our communities.