WHAT ARE OPIOIDS?

- Opioids are a class of drugs typically used to manage pain.
- Opioids can cause tolerance and dependence, leading to misuse.
- Misuse of opioids increases the risk of overdose.
- Prescription opioid examples:
  - Morphine / Codeine
  - OxyContin (Oxycodone)
  - Vicodin (Hydrocodone)
  - Ultram (Tramadol)
- Illicit opioid examples:
  - Heroin
  - Non-medical Fentanyl

TEXAS ASSOCIATION FOR CHARITABLE CLINICS

"the voice of Texas charitable clinics"

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health | wellness | support for patients

OPIOID RESOURCE GUIDE

Texas Association for Charitable Clinics

WHAT IS AN OPIOID USE DISORDER?

- Opioid Use Disorder is a chronic relapsing disease state.

- Opioid Use Disorder is associated with a loss of relationships and jobs as well as physical harm.

- In 2016, 48.5 million Americans used illicit drugs or misused prescription drugs (Center for Disease Control and Prevention).

- Opioid Use Disorder is treatable and can be managed. Seek care from health professionals.

COMMUNITY RESOURCES

Reach out to your doctor or clinician if you or a loved one misuse opioids.

SAMHSA

Call the Substance Abuse & Mental Health Services Administration (SAMHSA) 24/7 toll-free hotline: **1-800-662-HELP (4357).**

Treatment Locator: **https://www.samhsa.gov/find-treatment**

Search the **Texas State Prevention Resource Centers** website for regional resource centers.

Texas Health and Human Services: **Local Mental Health & Behavioral Health Finder**

Services Search Form: **https://apps.hhs.texas.gov/contact/search.cfm**

SIGNS & SYMPTOMS

Opioid overdose can be detected by:

- Unconsciousness
- Slow breathing or no breathing
- Choking or gurgling sounds
- Limp body
- Pale, blue, or cold skin

Opioid Overdose Action Plan

1. Call 911.
2. If available, administer Naloxone (Narcan).
3. Initiate rescue breathing (1 breath every 5 seconds).
4. Stay with person; Give 2nd dose of naloxone if needed.
5. Continue rescue breathing if necessary.
6. Place person on side in recovery position when breathing; Wait for emergency medical services.