WHAT’S UP WITH OPIOIDS?
SPEAKER NOTES
Begin slide show after you’ve:

(i) introduced yourself and welcomed your guests, and
(ii) watched the animation together

So, what else can we learn about opioid addiction that we may not already know?
Many people believe that addiction can be avoided with the right attitude, and that only people from a certain walk of life or engaged in illegal activities get addicted.

This is a misconception.

Anyone can develop a substance use disorder—regardless of their background or circumstances.

When it comes to opioids, one’s use of the drug can start out harmlessly. For example, you may start off using pain medication to treat common back pain. But over time, many people will need more and more of opioids to feel OK.

This is where things can go terribly wrong and the cycle of addiction can begin.
So how impactful is this opioid problem?

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44 PEOPLE

Die in the US everyday from overdose of prescription painkillers... and many more become addicted.

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OPIOID FAST FACTS

2.5 MILLION

2.5 million emergency department visits per year.

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“We now know that substance abuse disorders don't discriminate. They affect the rich and the poor, all socioeconomic groups and ethnic groups. They affect people in urban areas and rural ones. Far more people than we realize are affected.”

—U.S. Surgeon General Vivek Murthy

According to the US Surgeon General...

[Read quote.]

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RISK TO YOUNG PEOPLE

Young adults are particularly at risk for opioid misuse because:

- Peer pressure
- Ease of access
- Lack of knowledge about risks
- Vulnerability due to incomplete brain development.

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The opioid epidemic has largely been portrayed as a problem affecting young Whites in suburban and rural areas. In much of the United States, this is a wholly inaccurate depiction. This narrative neglects how people of color have been profoundly impacted.

According to the Centers for Disease Control and Prevention, drug death rate is rising most steeply among Blacks, with those between the ages of 45 and 65 among the hardest hit.

In urban counties, drug deaths among Blacks rose by 41% in 2016, far outpacing any other racial or ethnic group. In those same counties, the drug death rate among Whites rose by 19%.6

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6 Source: National Center for Health Statistics, Centers for Disease Control and Prevention
If you know someone that may be overusing opioids such as a family member or friend, please be aware that they are at risk of an overdose. This can be fatal. Here are some warning signs to look out for: [Read list of warning signs.] If you see any of these warning signs, take action!

- First, call 911. The sooner professional help arrives, the better.
- Next, if the person appears to be unconscious or unresponsive, try to wake them up.
- If the person has a prescription for naloxone, administer it promptly if you know how to do so.

Never ignore signs of an overdose.

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Protect yourself, your family and friends from opioid misuse and addiction by understanding:

- the risk factors
- protective factors, and
- steps one can take to stay safe.
The U.S. Department of Health and Human Services has identified these 6 factors that INCREASE the likelihood a person will use and/or misuse opioids.

[Read slide.]

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The U.S. Department of Health and Human Services has also identified these 4 factors that REDUCE the likelihood a person will use and/or misuse opioids.

[Read slide.]

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Together, risk and protective factors influence the likelihood that a person may use a substance and develop an addiction.

- Know you’re at greater risk in times of change
- Support the development of protective factors.
- Learn how to manage stress in health ways.

Together, risk and protective factors influence the likelihood that a person may use a substance and develop a substance use disorder.

It’s also important to bear in mind that people are at higher risk of developing an addiction during times of change and stress.

So, it’s important to develop strong interpersonal and stress-management skills that support our wellbeing and the wellbeing of our community.

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[Read slide.]

[After #6] 1 in 5 adults report that they had shared their opioid medication with a friend. This can be very dangerous.

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If you believe your use of prescription opioids is becoming a problem, talk to your doctor or substance use disorder professional.
At some point, everyone needs a little extra support.

To find help dealing with addiction and substance misuse, access the Community Connector on WhatsUpWithOpioids.org. You’ll find links to helpful services, local resources, and more information on substance abuse.
And finally, it’s up to us to keep our community safe.

Let’s share what we’ve learned about this deadly epidemic and the danger it poses to our community.

[Read slide.]
GO SOCIAL

Use social media, text messaging and email. Your message can be as simple as:

"Take action to prevent opioid misuse and addiction.
Learn how @WhatsUpWithOpioids.org."
Community groups can also be helpful.

Nonprofits, schools, faith-based organizations and workplaces all have a unique opportunity to bring people together to discuss opioid misuse and addiction.
Even the smallest action can make a difference.

Take action today to keep yourself, your family and friends safe.
Now I would like to introduce our expert panel to offer their expertise and perspective and to answer your questions.

Please check out the website What’s Up with Opioids website for more information.