

Medication Assisted Treatment and Syringe Service Programs

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- Nurse

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Agenda

- Substance Use Disorder
- Medication Assisted Treatment
- Safe Syringe Programs
- Reducing Stigma and Honoring Those we Serve

Substance Use Disorder

What is it?

- “Substance use disorders occur when the recurrent use of alcohol and/or drugs causes clinically significant impairment, including health problems, disability, and failure to meet major responsibilities at work, school, or home.”
(SAMHSA, 2020)
- “Substance-use disorders are patterns of symptoms resulting from the use of a substance that you continue to take, despite experiencing problems as a result.”.(DSM-5, 2013)

OPIOID ADDICTION IS A DISEASE

Opioid addiction, also called opioid use disorder, is a serious medical condition. It is a chronic, relapsing brain disease with symptoms that include compulsive seeking and use of the drug, despite harmful consequences.

It is considered a brain disease because drugs change the brain; they change its structure and how it works. These brain changes can be long lasting and can lead to many harmful, often self-destructive, behaviors.

Opioid addiction, like other medical conditions, can be treated.



STOP THE STIGMA

“Substance”

- alcohol;
- caffeine;
- cannabis;
- hallucinogens (phencyclidine or similarly acting arylcyclohexylamines, and other hallucinogens, such as LSD);
- inhalants;
- **opioids**;
- sedatives, hypnotics, or anxiolytics;
- stimulants (including amphetamine-type substances, cocaine, and other stimulants);
- tobacco;
- and other or unknown substances.



The Truth About Opioids

What are Opioids?

Opioids are drugs that block pain signals from reaching our brain. They can also change our mental state making us feel happy, relaxed, sleepy, or confused.

Doctors prescribe opioid medications to help people cope with pain, whether the pain is from something like surgery or a medical condition, like cancer.

Although prescription opioids may be useful for a short time, opioids can be addictive.

Opioid medications that doctors prescribe include:

- Morphine
- Codeine
- Buprenorphine
- Hydrocodone (Vicodin)
- Oxycodone (OxyContin and Percocet)
- Fentanyl

Some opioids, like heroin, are illegal and are not used to treat medical conditions.



How Do People Become Addicted to Opioids?

Opioid addiction is a brain disease. Opioids change the way our brain works and the way we think. One of the first brain changes that occurs is that opioids hijack the part of our brain that controls our cravings.

People often start to misuse prescription opioids by taking them:

- more often
- in larger amounts
- for reasons they were not prescribed for



Opioid Use Disorder

When someone's opioid misuse causes them to have health issues or problems at work, school, or home, they have an opioid use disorder.

Opioid use disorder is a common medical condition that people can recover from.

Signs Someone May Have an Opioid Use Disorder

- Taking opioids in larger amounts than the doctor prescribed
- Taking opioids more often than the doctor prescribed
- Not able to control opioid use
- Not able to quit using opioids
- Having cravings to take opioids
- Not able to participate in normal work, home, or school responsibilities
- Spending a lot of time trying to get, use, or recover from taking opioids
- Needing more opioids to experience the same relief as before
- Experiencing opioid withdrawal symptoms (like diarrhea, sweating, shakiness, and moodiness) when the opioid wears off

Getting Help

If you are worried that you or someone you love might have a problem, you are not alone. Fortunately there are many treatment options and people that can help.

1 Step 1: Make an appointment at your local clinic or IHS facility, because the only person who can diagnose you with having an opioid use disorder is a health care provider.

2 Step 2: Work with your health care provider to determine which treatments are right for you.

Talking with a behavioral health counselor can help you change behaviors related to opioid use.

Taking certain medications can decrease cravings, stop withdrawal symptoms, and help restore balance to your brain and allow it to heal.

Research shows that taking medications and seeing a behavioral health counselor at the same time is best for people with opioid use disorder.

3 Step 3: Let friends and family know. Recovering from an opioid use disorder can be a life long journey. Walking the road to recovery can be a bumpy path with many ups and downs, but having a strong support system can help.

There is Hope

We can heal our communities through educating ourselves and others, supporting each other, and seeking help when we need it.



Text 'OPIOIDS' to 97779 to receive videos, quizzes, facts, and more to grow your knowledge about opioids.



Visit the Northwest Portland Area Indian Health Board's website at www.npaihb.org/opioid to learn more about treatments, reversing an overdose, and other important topics.



Criteria for Substance Abuse Disorders



Cravings to use the substance



Wanting to cut down or stop but not managing to



Taking the substance in larger amounts or for longer than you're meant to



Neglecting other parts of your life because of substance use



Continuing to use, even when it causes problems in relationships



Using substances even when it puts you in danger

Criteria for Substance Use Disorders

- Taking the substance in larger amounts or for longer than you're meant to.
- Wanting to cut down or stop using the substance but not managing to.
- Spending a lot of time getting, using, or recovering from use of the substance.
- Cravings and urges to use the substance.
- Not managing to do what you should at work, home, or school because of substance use.
- Continuing to use, even when it causes problems in relationships.
- Giving up important social, occupational, or recreational activities because of substance use.
- Using substances again and again, even when it puts you in danger.
- Continuing to use, even when you know you have a physical or psychological problem that could have been caused or made worse by the substance.
- Needing more of the substance to get the effect you want (tolerance).
- Development of withdrawal symptoms, which can be relieved by taking more of the substance.

Substance Use
Disorder is a Chronic
Disease

Medication Assisted Treatment (MAT)

MAT programs provide a safe and controlled level of medication to overcome symptoms from problematic drug use. MAT programs typically use medication in combination with counseling and behavioral therapies for treatment of substance use disorders (SAMHSA, 2018)

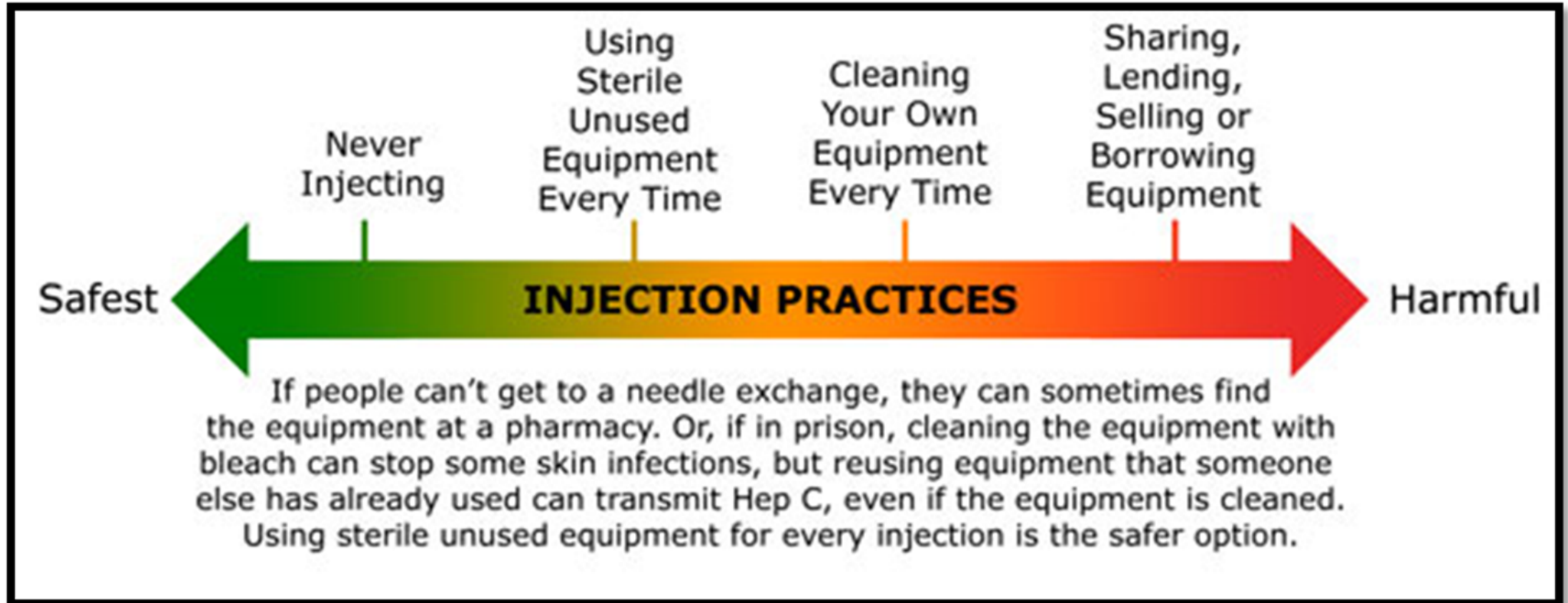
There are several different medications to treat alcohol and opioid use disorders MAT medications relieve the withdrawal symptoms and psychological cravings that cause chemical imbalances in the body. Medications used for MAT are evidence-based treatment options and do not just substitute one drug for another.

Buprenorphine, methadone, and naltrexone are used to treat opioid use disorders to short-acting opioids such as heroin, morphine, and codeine, as well as semi-synthetic opioids like oxycodone and hydrocodone. These MAT medications are safe to use for months, years, or even a lifetime. As with any medication, consult your doctor before discontinuing use.

- Buprenorphine
- Naltrexone
- Methadone

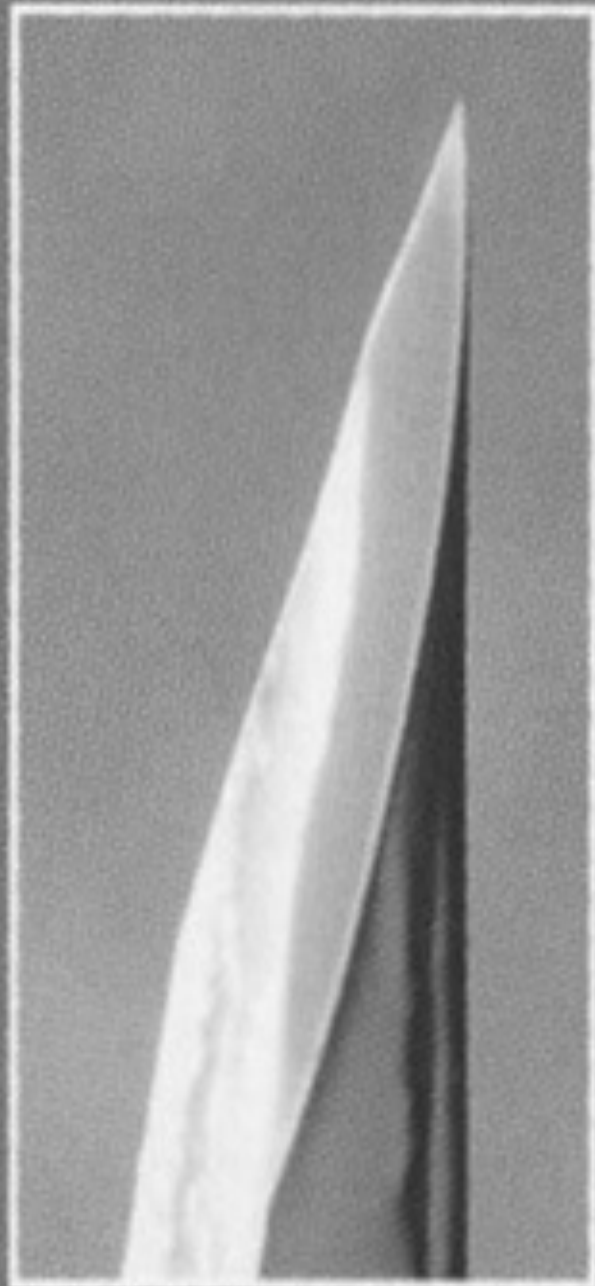
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What if someone isn't ready for Medication Assisted Treatment?

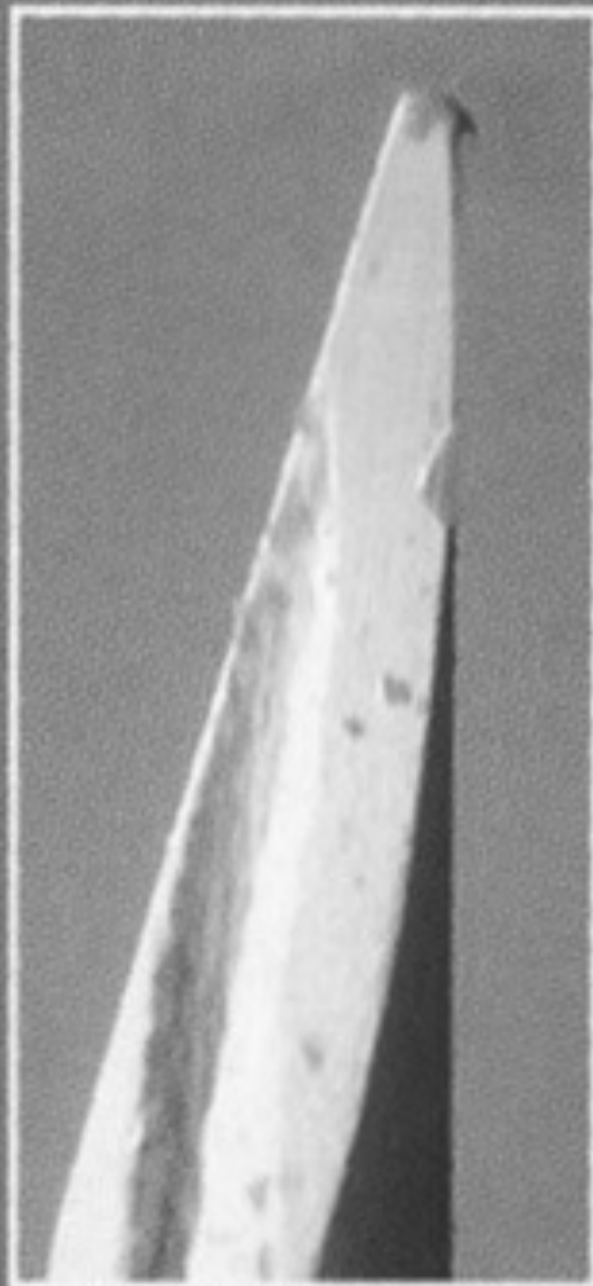


What is an SSP?

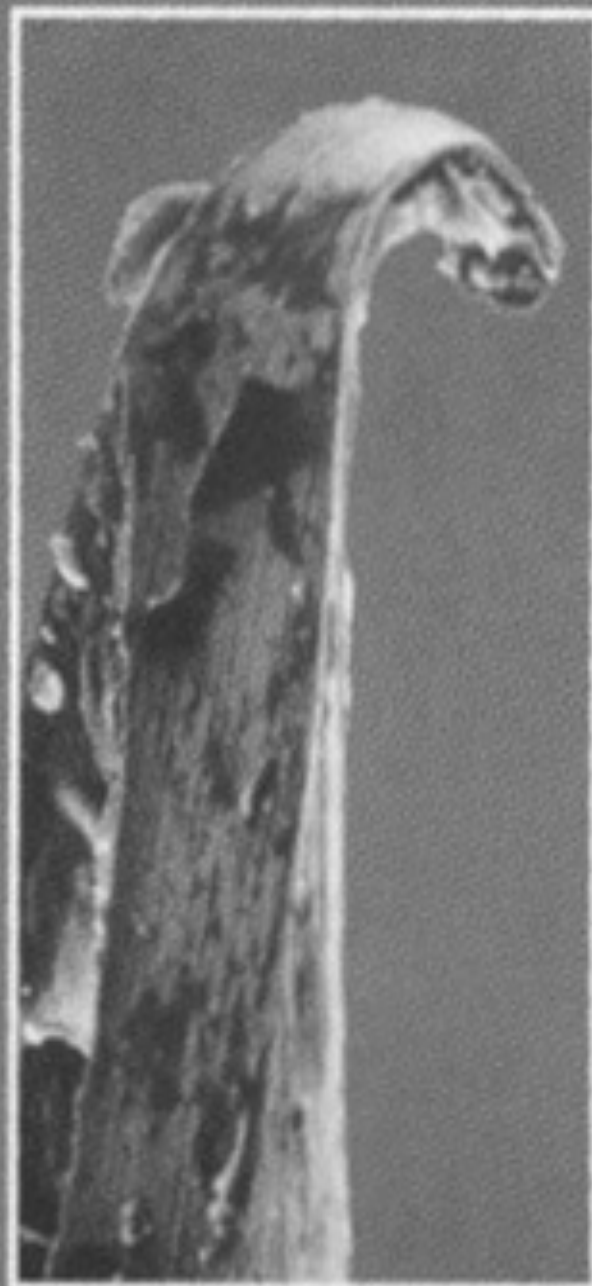
- Syringe services programs (SSPs) are also referred to as syringe exchange programs (SEPs) and needle exchange programs (NEPs). Although the services they provide may vary, SSPs are community-based programs that provide access to sterile needles and syringes, facilitate safe disposal of used syringes, and provide and link to other important services and programs such as
 - Referral to substance use disorder treatment programs.
 - Screening, care, and treatment for viral hepatitis and HIV.
 - Education about overdose prevention and safer injection practices.
 - Vaccinations, including those for hepatitis A and hepatitis B.
 - Screening for sexually transmitted diseases.
 - Abscess and wound care.
 - Naloxone distribution and education.
 - Referral to social, mental health, and other medical services.



BEFORE USE



AFTER 1 USE



AFTER 6 USES

Supplies:

These may include but are not limited to the following prevention items:

- Sterile syringes 1 mL (generally with 27 g 1/2in needles)
- Alcohol prep pads
- Cookers
- Cotton filters
- Sterile water
- Bandages
- Condoms
- Tourniquet



Do SSPs help people to stop using drugs?

Yes!

When people who inject drugs use an SSP, they are more likely to enter treatment for substance use disorder and stop injecting than those who don't use an SSP.

New users of SSPs are five times as likely to enter drug treatment as those who don't use the programs.

People who inject drugs and who have used an SSP regularly are nearly three times as likely to report a reduction in injection frequency as those who have never used an SSP.

SSPs reduce infections

Nonsterile injections can lead to transmission of HIV, viral hepatitis, bacterial, and fungal infections and other complications. By providing access to sterile syringes and other injection equipment, SSPs help people prevent transmitting blood borne and other infections when they inject drugs. In addition to being at risk for HIV, viral hepatitis, and other blood-borne and sexually transmitted diseases, people who inject drugs can get other serious, life-threatening, and costly health problems, such as infections of the heart valves (endocarditis), serious skin infections, and deep tissue abscesses. Access to sterile injection equipment can help prevent these infections, and health care provided at SSPs can catch these problems early and provide easy-to-access treatment to a population that may be reluctant to go to a hospital or seek other medical care.

Do SSPs cause more needles in public places?

No! Studies show that SSPs protect the public and first responders by providing safe needle disposal and reducing the presence of needles in the community.

Syringe Services Programs (SSPs) FAQs | CDC. (2020, December 7).
<https://www.cdc.gov/ssp/syringe-services-programs-faq.html>



**USING A SHARPS CONTAINER
CAN HELP PREVENT AN INJURY**

BROKEN GLASS



INSULIN SYRINGES



SEWING NEEDLES



EPI PENS

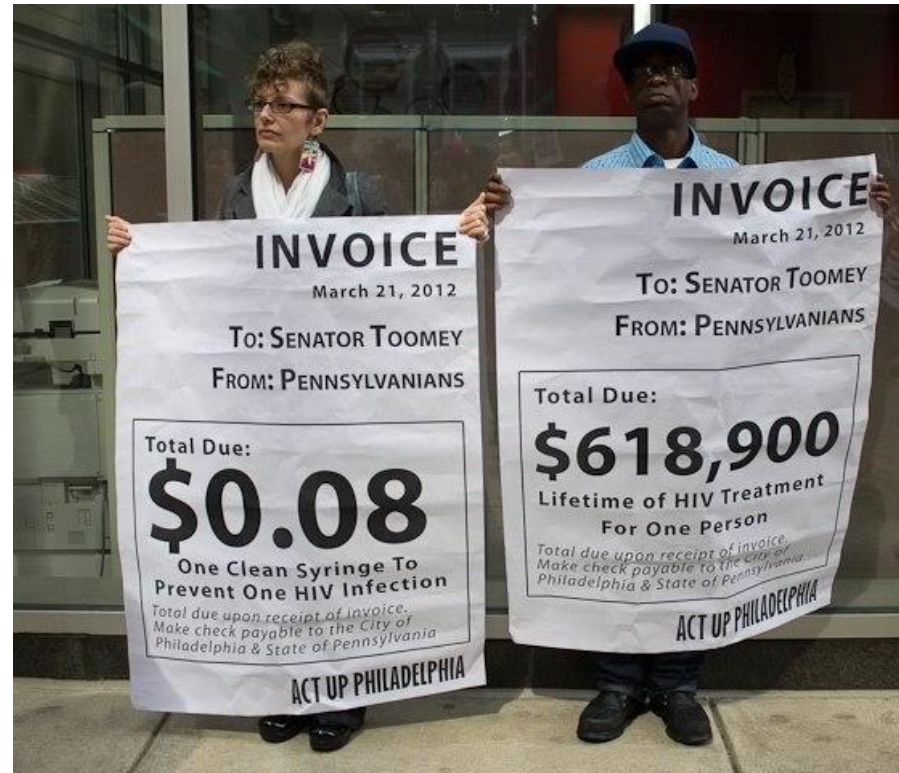


**THANK YOU FOR KEEPING
THIS COMMUNITY SAFE!**

IF FULL OR DAMAGED PLEASE CALL - LTAC @ 360-384-0464

Harm Reduction is Cost Effective

Every dollar invested in
SSPs results in
\$7 in savings
just by preventing new HIV
infections.



SSPs help people overcome substance use disorders.

If people who inject drugs use an SSP, they are more likely to enter treatment for substance use disorder and reduce or stop injecting.

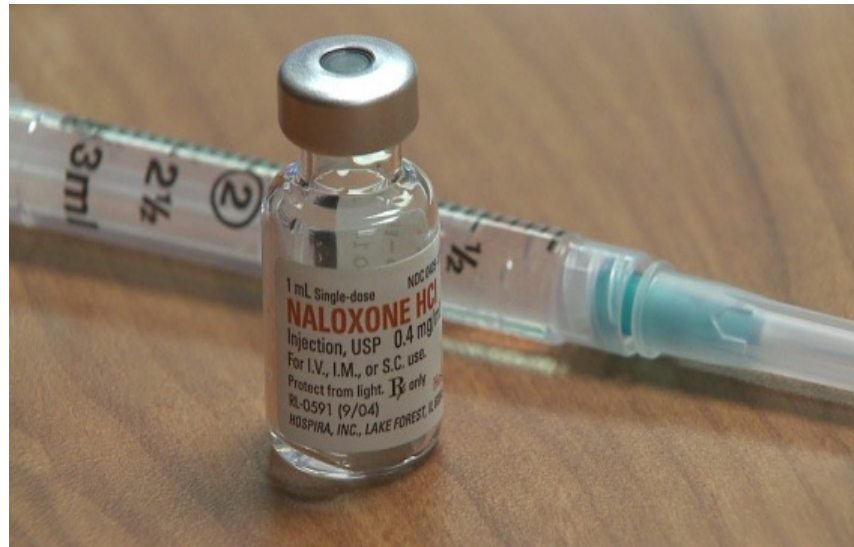
Studies have found that new users of SSPs were five times as likely to enter drug treatment as those who didn't use the programs.

People who inject drugs and who have used an SSP regularly are nearly three times as likely to report reducing or stopping illicit drug injection as those who have never used an SSP.

SSPs play a key role in preventing overdose deaths by training people who inject drugs how to prevent, rapidly recognize, and reverse opioid overdoses. Specifically, many SSPs give clients and community members “overdose rescue kits” and teach them how to identify an overdose, give rescue breathing, and administer naloxone, a medication used to reverse overdose.

Easy and SAFE access to Narcan

https://youtu.be/zWe_IPniEq4



HARM REDUCTION

- ✓ Is a practical strategy that attempts to reduce negative consequences of drug use and other activities.
- ✓ Accepts that some will engage in dangerous activities, but does not attempt to minimize the harm or dangers involved.
- ✓ Focuses on the individual and their health and wellness needs.
- ✓ Places individuals in the greater social context.
- ✓ Places a value on drug users having a voice in the creation of programs and policies designed to serve them.

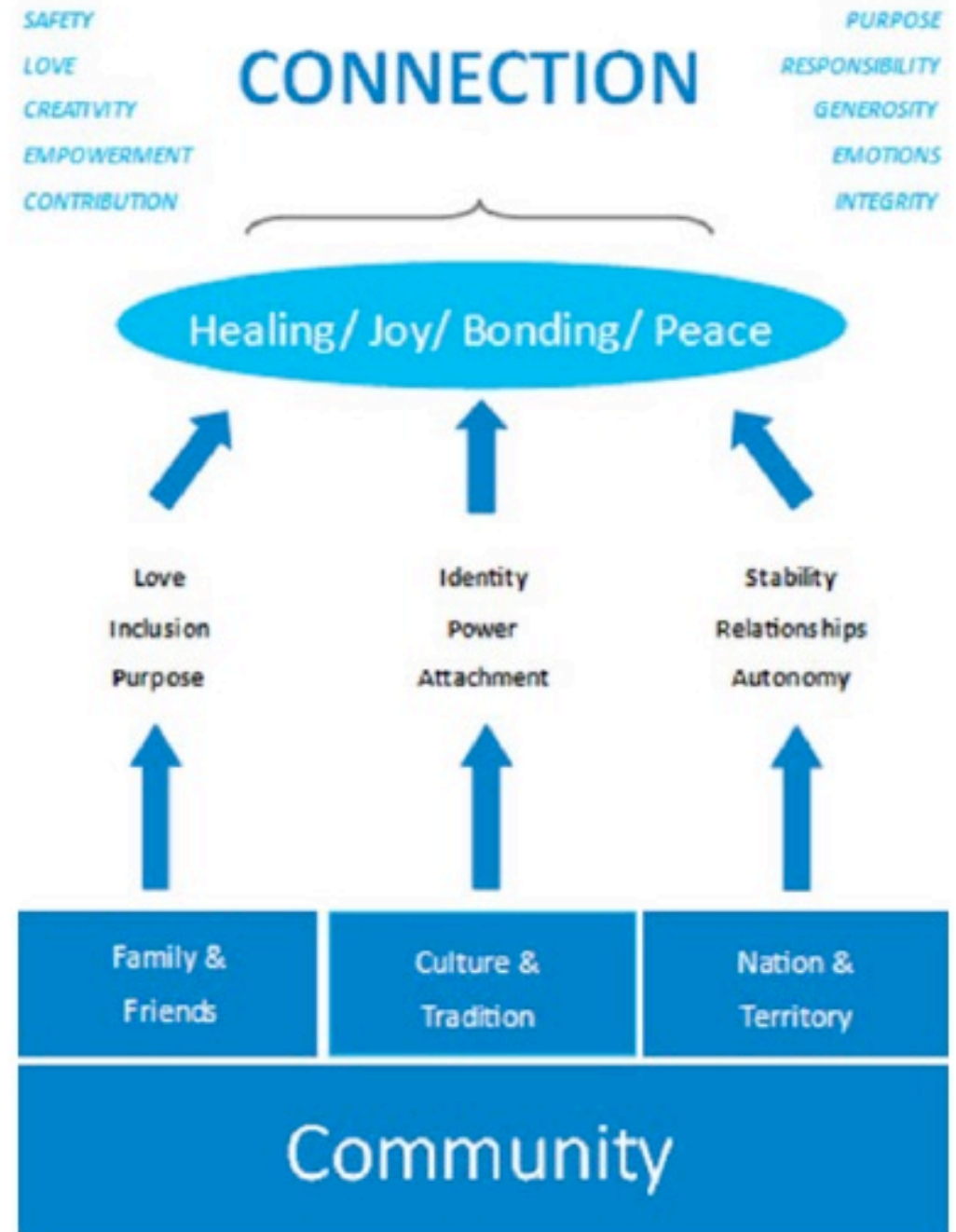
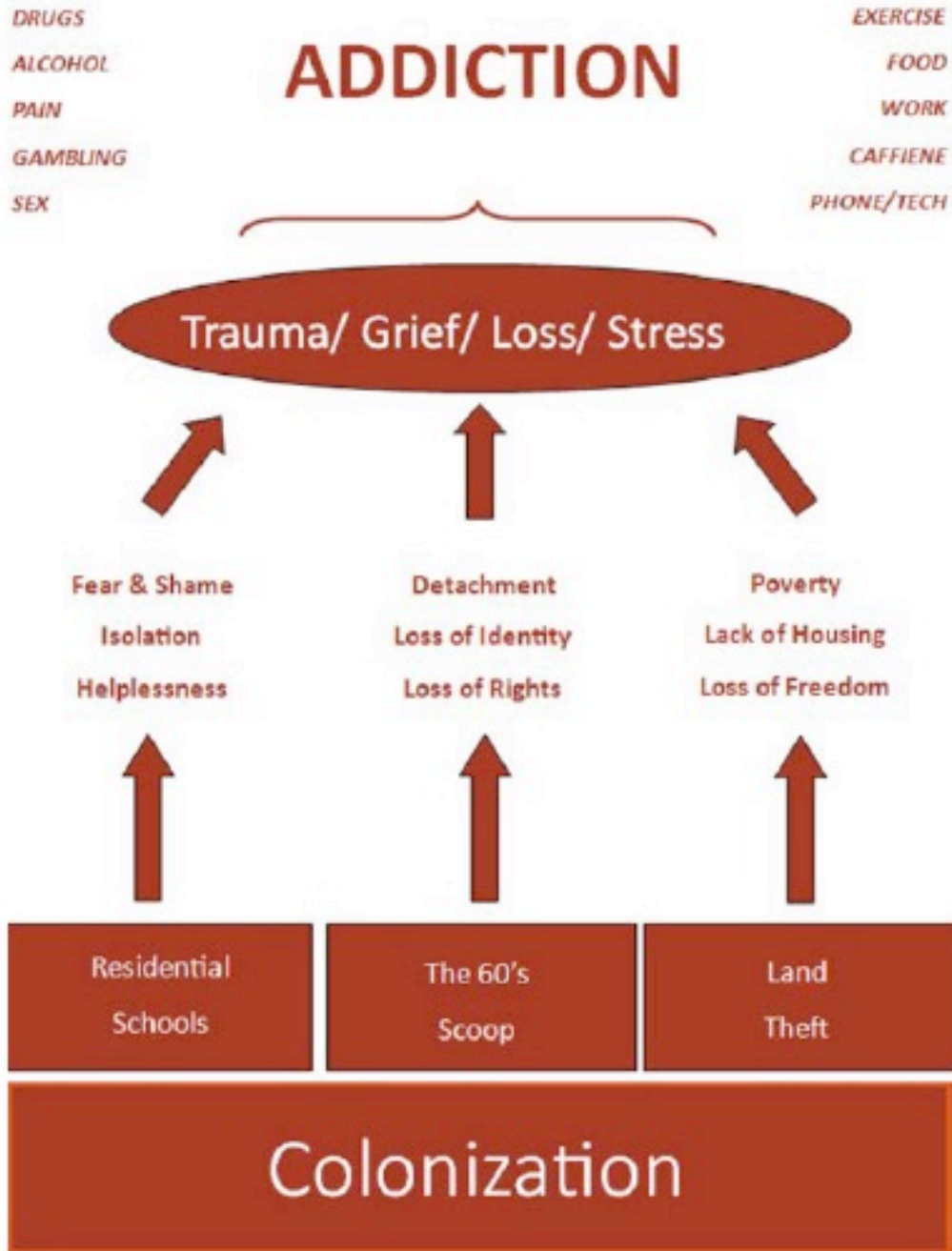
Harm Reduction

Needle Distribution,
Condoms, Outreach,
Relationships, Support,
Education, Dignity
Human Rights

Culture & Tradition

Fishing, Hunting,
Storytelling, Language,
Gathering, Artwork,
Canoeing, Singing,
Dancing, Ceremony,
Spending Time With
Each Other

Compassion,
Mindful Judgmental,
Relationships, Inclusion,
Patience, Care, Positive
Communication,
Meeting People Where
They Are At



SHATTER STIGMA

- What are some thoughts and feelings that you have towards people who use illicit substances?
- How do you think substance use should be addressed in your community?
- <https://www.youtube.com/watch?v=8LFMXPrtE8>

SHATTER STIGMA

Stigma Is Shame

Shame Causes
Silence

Silence Hurts Us All



Sponsored by: Lummi Behavior Health, Lummi Counseling Services, Lummi Tribal Health Center



Words Matter When We Talk About Addiction

Why is it Important to Use Healing Words?

Research studies show that language matters when we talk about opioids. When doctors use stigmatizing language, they are less likely to give good care to people addicted to opioids. Plus, their patients do not recover as well.

People with opioid addiction benefit from community support, non-judgemental healthcare providers, and a strong circle of relatives and relations who can walk the path to recovery with them. In order to be a good support for people with opioid addiction, it is important to use kind and respectful language.



Whole Person Language

Kind and respectful language honors people with opioid addiction as whole people. It does not define them only by their opioid use.

How to Use Whole Person Language

Instead of saying "drug user," "addict," or "junkie," it is better to say "person who uses drugs," "person with an opioid use disorder," or "person with a substance use disorder."

Why?

Words like "drug user," "addict," and "junkie" are stigmatizing. They label a person by only one activity they do in life. The truth is that people who use drugs have families, hobbies, interests, histories and futures outside of their drug use. Honor them as whole people.



Avoiding Stigmatizing Language

Below are stigmatizing words and phrases you should avoid, as well as terms you should consider using instead.

Stigmatizing Language:
Clean, dirty
(when referring to drug test results)

These words associate a positive drug test with filth. Anyone can become addicted to opioids, and having a problem with opioids does not make a person (or their test results) dirty.

Recommended Language:
Negative, positive, or substance-free test result.


Stigmatizing Language:
Drug Habit


This term suggests that a person with opioid addiction simply needs more willpower to stop using opioids. The problem: opioid use disorder is a medical condition that impacts the brain. Recovery often requires medical treatment to help with cravings and behavior change.

Recommended Language:
Substance use disorder, opioid use disorder.

There is Hope

We can heal our communities through educating ourselves and others, supporting each other, and seeking help when we need it.

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 Also visit the Northwest Portland Area Indian Health Board's website at www.npaihb.org/opioid to learn more about treatments, reversing an overdose, and other important topics.

This fact sheet was adapted based on materials by The National Alliance of Advocates for Buprenorphine Treatment.



Supporting Someone with Opioid Addiction

Opioid Use Disorder

Opioid addiction is a brain disease. Opioids- like morphine and heroin- change the way our brain works and how we think. One of the first brain changes that occurs is that these drugs hijack the part of our brain that controls our cravings.

People often start to misuse prescription opioids by taking them:

- more often
- in larger amounts
- for reasons they were not prescribed for

When someone's opioid misuse causes them to have health issues or problems at work, school, or home, they have an opioid use disorder.

Opioid use disorder is a common medical condition that people can recover from.



Supporting Someone with an Opioid Use Disorder

Recovering from opioid use disorder is often a life long journey. Walking the road to recovery can be a bumpy path with many ups and downs, but having a strong support system can help. Below are some ways you can support someone with an opioid use disorder.

Remember opioid use disorder is not a choice or moral failing. It is a brain disease.

Learn about opioid use disorder. Reading this fact sheet is a good start!

Talk to a counselor or another medical professional.

Use kind and respectful language.

Keep in mind that not everyone is able to recognize how much opioid use is impacting their life, so be gentle and share how you see opioids impacting them.

Stay positive encourage your loved one to get help...but try to not focus too much on detox and rehab.

Keep in mind some people are not ready to stop taking opioids completely. Helping someone develop strategies to protect their safety while they continue to take opioids may be where they are at now.



Definition:

Kind and respectful language includes using what is called person-first language to describe people with opioid use disorder. For example, saying "people who use drugs," instead of saying "drug users." Also try to avoid using stigmatizing language like "drug addict," "clean," or other terms that reduce a person to just one behavior.



Encourage your loved one to take part in healing practices and traditions. Culture is medicine.

Make sure to invite the person to join in on activities, just like you would anyone else. Feeling supported and loved is important for everyone during tough times.

Recognize that relapse is not a sign of failure. It is often part of the overall recovery process.

Get training on using naloxone - a safe drug that you can use to quickly reverse an opioid overdose.

Carry naloxone in case of an opioid overdose emergency. Acting quickly is important. It can save lives.

Embrace Self-care

Supporting someone with opioid use disorder can be difficult. It is important to care for yourself as well. Below are some ways you can embrace self-care while supporting someone with an opioid use disorder.

Talk it out

Loved ones of those with opioid use disorder need support too. Try finding a counselor who specializes in substance use counseling and get help.

Be supportive, but have realistic expectations

Recognize that opioid use disorder is a long-term condition that the person must learn to manage. No one can "make" someone with opioid use disorder change their behaviors.

Try a mind-body practice

Yoga, tai chi, meditation, beading, weaving and other cultural activities can help you decrease stress and re-energize.

Make eating well and getting quality sleep priorities

It's easy to forget about your own needs when trying to help others, but getting enough sleep and eating well are important.

Get Connected

Join a local support group for loved ones of people with opioid use disorder. Realizing that you're not alone and that others are going through similar experiences is healing. Your health care provider can tell you about groups in your community.

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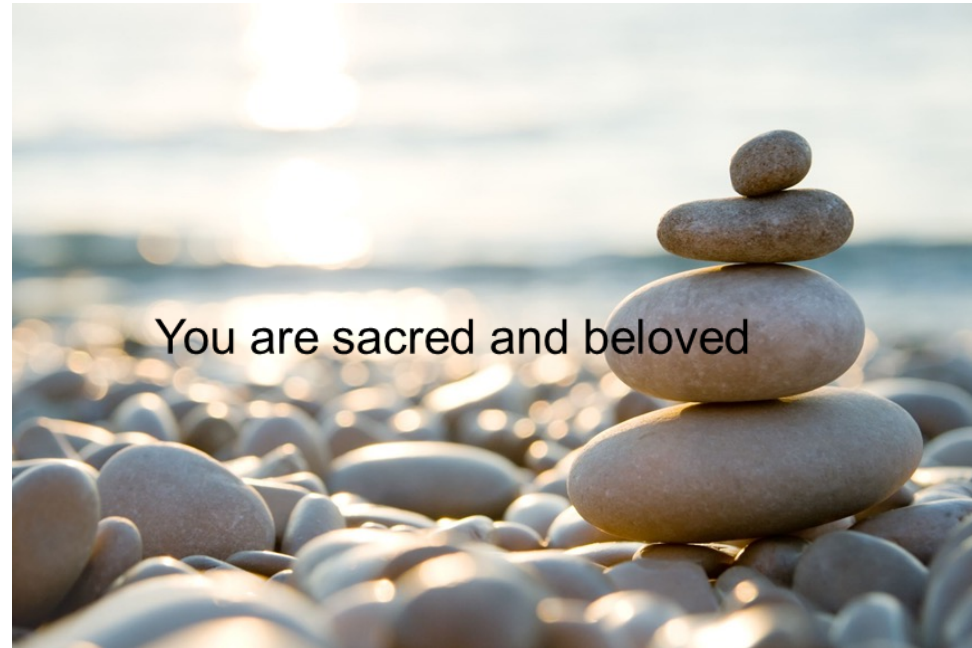
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THANK YOU!

Please reach out with any questions

Jrienstra@npaihb.org



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