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It is to show you where to cut.

## effects

## Effects of opioid abuse

The effects of opioid abuse can be far-reaching and devastating to all involved. Some of the most common effects of opioid abuse include:

- Damage to brain structure and functioning
- Job loss
- Incarceration
- Divorce
- Bleeding ulcers
- Child abuse
- Homelessness
- Financial ruin
- Liver damage
- Kidney damage
- Overdose
- Seizures
- Death

**Overdose rates in Indian Country are nearly triple the rate of any other community in Washington.<sup>1</sup>**

**Opioids are a leading cause of injury-related deaths in our state.<sup>1</sup>**

**75 percent of opioid misuse starts with people using medication that was not prescribed for them - usually obtained from a friend or family member.<sup>2</sup>**

## Are you having any of the following symptoms?

While not all individuals who have an opioid-use disorder will display all of the symptoms, the most common symptoms that someone is struggling with an opioid addiction are:

### Mood symptoms

- Mood swings
- Depression
- Anxiety
- Euphoric mood for a few hours
- Irritability

### Behavioral symptoms

- Forging prescriptions for opioids
- Stealing narcotics from friends and family
- Robbing pharmacies and other medication dispensaries
- Not fulfilling familial and other responsibilities
- Decreased performance at job or school
- Preoccupation with obtaining, using, and recovering from usage of opioids
- Lying to others to cover the amount of drug taken
- Withdrawing from once-pleasurable activities
- Social isolation
- Restlessness



## What are the long-term effects of opioid use?

Repeated opioid use changes the physical structure and physiology of the brain, creating long-term imbalances in neuronal and hormonal systems that are not easily reversed. Studies have shown some deterioration of the brain's white matter due to opioid use, which may affect decision-making abilities, the ability to regulate behavior, and responses to stressful situations. Opioids also produce profound degrees of tolerance and physical dependence.

With physical dependence, the body adapts to the presence of the drug and withdrawal symptoms occur if use is reduced abruptly. Withdrawal may occur within a few hours after the last time the drug is taken.

<sup>1</sup>Source: Washington State Department of Health

<sup>2</sup>Source: Substance Abuse and Mental Health Services Administration

treatment

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## Stop opioid abuse

- ✓ If you are prescribed an opioid, talk with your doctor about other options.
- ✓ Never share an opioid prescription with someone else.
- ✓ Dispose of unused medications safely.
- ✓ Talk to your kids about the risks of opioid abuse.
- ✓ Kids are 50 percent less likely to use drugs when parents tell them about the risks.
- ✓ Lock up your medications.

Learn more at  
[WATribalOpioidSolutions.com](http://WATribalOpioidSolutions.com)

## What treatment options are available?

No single treatment is right for everyone.

- Abstinence-based treatment can be an option that works well for some people.
- Medication Assisted Treatment is another treatment option on your journey to recovery.

## Types of Medication Assisted Treatment

### Methadone

Methadone tricks the brain into thinking it is still getting the abused drug. In fact, the person is not getting high from it and feels

normal, so withdrawal does not occur. Pregnant or breastfeeding women must inform their treatment provider before taking methadone.

- Effective for people who suffer from severe and chronic pain.
- More readily available in urban areas.
- Available to pregnant and postpartum women.

### Buprenorphine/Suboxone®

Like methadone, buprenorphine suppresses and reduces cravings for the abused drug. It comes in a pill form or tablet that is placed under the tongue.

- Does not require full detoxification from opioids.
- Available in urban and rural areas.
- Available to pregnant and postpartum women.

### Naltrexone/Vivitrol®/ReVia®

Naltrexone works differently than methadone and buprenorphine to treat opioid dependency. If a person using naltrexone relapses and uses the abused drug, naltrexone blocks the euphoric and sedative effects of the abused drug and prevents feelings of euphoria.

- Must be detoxed from opioids.
- Works for both opioids and alcohol.
- Person must be motivated to stop using opioids altogether.



opioid  
addiction

journey  
to recovery

