

**THE TRIBUNE**

**HALTING THE**

# Opioid Crisis

The Nation is in the midst of an unprecedented opioid epidemic.  
More than 136 people a day die from opioid-related drug overdoses.



Help is available to successfully overcome  
addiction in our community.

For a list of recovery groups in Jackson County, visit: [www.jacsy.org/treatment-recovery-resources](http://www.jacsy.org/treatment-recovery-resources)

# What are Opioids?

Opioids are a class of drugs that include the illegal drug heroin, synthetic opioids such as fentanyl, and pain relievers available legally by prescription, such as oxycodone (OxyContin®), hydrocodone (Vicodin®), codeine, morphine, and many others.

When used correctly under a health care provider's direction, prescription pain medicines are helpful. However, misusing prescription opioids risks dependence and addiction.

## Understanding Drug Use and Addiction

The initial decision to take drugs is voluntary for most people, but can lead to brain changes that challenge an addicted person's self-control and interfere with their ability to resist intense urges to take drugs.

HHS.GOV/OPIOIDS

### Prescription Opioids

In addition to the serious risks of addiction, abuse, and overdose, the use of prescription opioids can have many side effects, even when taken as directed.

### Fentanyl and Other Synthetic Opioids

Fentanyl and similar compounds like carfentanil are powerful synthetic opioids -- 50 to 100 times more potent than morphine. High doses of opioids, especially potent opioids such as fentanyl, can cause breathing to stop completely, which can lead to death.

### Heroin

Heroin is a highly addictive drug made from morphine, which comes from opium poppy plants. Some prescription opioid pain medicines have effects similar to heroin. Research suggests that misuse of these drugs may open the door to heroin use.

# Side Effects

In addition to the serious risks of addiction, abuse, and overdose, the use of prescription opioids can have a number of side effects, even when taken as directed:

**Tolerance**—meaning you might need to take more of the medication for the same pain relief

**Physical dependence**—meaning you have symptoms of withdrawal when the medication is stopped

**Increased sensitivity to pain**

**Constipation**

**Nausea, vomiting, and dry mouth**

**Sleepiness and dizziness**

**Confusion**

**Depression**

**Low levels of testosterone** that can result in lower sex drive, energy, and strength

**Itching and sweating**



# Prevent Opioid Use Disorder

There are a variety of ways to help reduce exposure to opioids and prevent opioid use disorder, such as:

- Prescription drug monitoring programs
- State prescription drug laws
- Formulary management strategies in insurance programs, such as prior authorization, quantity limits, and drug utilization review
- Academic detailing to educate providers about opioid prescribing guidelines and facilitating conversations with patients about the risks and benefits of pain treatment options
- Quality improvement programs in health care systems to increase implementation of recommended prescribing practices
- Patient education on the safe storage and disposal of prescription opioids
- Improve awareness and share resources about the risks of prescription opioids, and the cost of overdose on patients and families.

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# Understanding *the* Epidemic

The number of drug overdose deaths increased by nearly 5% from 2018 to 2019 and has quadrupled since 1999. Over 70% of the 70,630 deaths in 2019 involved an opioid. From 2018 to 2019, there were significant changes in opioid-involved death rates:

- Opioid-involved death rates **increased by 6%**.
- Prescription opioid-involved death rates **decreased by nearly 7%**.
- Heroin-involved death rates **decreased by over 6%**.
- Synthetic opioid-involved death rates (excluding methadone) **increased by over 15%**.

[WWW.CDC.GOV/OPIOIDS/BASICS/EPIDEMIC.HTML](http://WWW.CDC.GOV/OPIOIDS/BASICS/EPIDEMIC.HTML)



# Improving Opioid Prescribing

Improving the way opioids are prescribed through clinical practice guidelines can ensure patients have access to safer, more effective pain treatment while reducing the number of people who potentially misuse or overdose from these drugs. Reducing exposure to prescription opioids, for situations where the risks of opioids outweigh the benefits, is a crucial part of prevention.

CDC published the CDC Guideline for Prescribing Opioids for Chronic Pain to provide recommendations for prescribing opioid pain medication for patients 18 and older in primary care settings. Recommendations focus on the use of opioids in treating chronic pain (pain lasting longer than 3 months or past the time of normal tissue healing) outside of active cancer treatment, palliative care, and end-of-life care.



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**SEE SOMETHING?  
SAY SOMETHING.  
SAVE A LIFE.**



**Sheriff Rick Meyer**

**24 HOURS CRIME TIPS HOTLINE  
(812) 358-2141**

**JAIL (24 HOURS): (812) 358-1982**

**EMERGENCY: DIAL 911**

**150 East SR 250 Brownstown, Indiana 47220 Administrative Office Hours: M-F 8:00am - 4:00pm**

# COMMONLY USED TERMS

CDC.GOV

## Acute Pain

Pain that usually starts suddenly and has a known cause, like an injury or surgery. It normally gets better as your body heals and lasts less than three months.

## Benzodiazepines

Sometimes called “benzos,” these are sedatives often used to treat anxiety, insomnia, and other conditions. Combining benzodiazepines with opioids increases a person’s risk of overdose and death.

## Chronic Pain

Pain that lasts 3 months or more and can be caused by a disease or condition, injury, medical treatment, inflammation, or even an unknown reason.

## Drug Misuse

The use of prescription drugs without a prescription or in a manner other than as directed by a doctor, including use without a prescription of one’s own; use in greater amounts, more often, or longer than told to take a drug; or use in any other way not directed by a doctor.

## Drug Abuse or Addiction

Dependence on a legal or illegal drug or medication.  
See Opioid use disorder.

## Extended-Release/ Long-Acting (ER/LA)

Slower-acting medication with a longer duration of pain-relieving action.

## Fentanyl

Pharmaceutical fentanyl is a synthetic opioid pain medication, approved for treating severe pain, typically advanced cancer pain. It is 50 to 100 times more potent than morphine. However, illegally made fentanyl is sold through illegal drug markets for its heroin-like effect, and it is often mixed with heroin and/or cocaine as a combination product.

## Heroin

An illegal, highly addictive opioid drug processed from morphine.

## Illicit Drugs

The non-medical use of a variety of drugs that are prohibited by law. These drugs can include: amphetamine-type stimulants, marijuana/cannabis, cocaine, heroin and other opioids, synthetic drugs, and MDMA (ecstasy).

## Immediate-Release Opioids

Faster-acting medication with a shorter duration of pain-relieving action.

## Medication-Assisted Treatment (MAT)

Treatment for opioid use disorder combining the use of medications (methadone, buprenorphine, or naltrexone) with counseling and behavioral therapies.

## Morphine milligram equivalents (MME)

The amount of milligrams of morphine an opioid dose is equal to when prescribed. This is how to calculate the total amount of opioids, accounting for differences in opioid drug type and strength.

## Naloxone

A prescription drug that can reverse the effects of opioid overdose and can be life-saving if administered in time. The drug is sold under the brand name Narcan or Evzio.

## Nonmedical Use

Taking drugs, whether obtained by prescription or otherwise, not in the way, for the reasons, or during the time period prescribed. Or the use of prescription drugs by a person for whom the drug was not prescribed.

## Non-Opioid Therapy

Methods of managing chronic pain that do not involve opioids. These methods can include, but are not limited to, acetaminophen (Tylenol®) or ibuprofen (Advil®), cognitive behavioral therapy, physical therapy and exercise, medications for depression or for seizures, or interventional therapies (injections).

## Non-Pharmacologic Therapy

Treatments that do not involve medications, including physical treatments (e.g., exercise therapy, weight loss) and behavioral treatments (e.g., cognitive behavioral therapy).

## Opioid Use Disorder

A problematic pattern of opioid use that causes significant impairment or distress. A diagnosis is based on specific criteria such as unsuccessful efforts to cut down or control use, or use resulting in social problems and a failure to fulfill obligations at work, school, or home, among other criteria. Opioid use disorder has also been referred to as “opioid abuse or dependence” or “opioid addiction.”

## Overdose

Injury to the body (poisoning) that happens when a drug is taken in excessive amounts. An overdose can be fatal or nonfatal.

## Physical Dependence

Adaptation to a drug that produces symptoms of withdrawal when the drug is stopped.

## Prescription Drug Monitoring Programs (PDMPs)

State-run electronic databases that track controlled substance prescriptions. PDMPs help providers identify patients at risk of opioid misuse, abuse and/or overdose due to overlapping prescriptions, high dosages, or co-prescribing of opioids with benzodiazepines.

# Addiction & Overdose



Anyone who takes prescription opioids can become addicted to them. In fact, as many as one in four patients receiving long-term opioid therapy in a primary care setting struggles with opioid addiction. Once addicted, it can be hard to stop. In 2016, more than 11.5 million Americans reported misusing prescription opioids in the past year.

Taking too many prescription opioids can stop a person's breathing—leading to death.

Prescription opioid overdose deaths also often involve benzodiazepines. Benzodiazepines are central nervous system depressants used to sedate, induce sleep, prevent seizures, and relieve anxiety. Examples include alprazolam (Xanax®), diazepam (Valium®), and lorazepam (Ativan®). Avoid taking benzodiazepines while taking prescription opioids whenever possible.



## Recognizing an Opioid Overdose

Recognizing an opioid overdose can be difficult. If you aren't sure, it is best to treat the situation like an overdose—you could save a life. It is important that you don't leave the person alone and make sure you call 911 or seek medical care for the individual. Signs may include any of the following:

- Small, constricted "pinpoint pupils"
- Falling asleep or loss of consciousness
- Slow, shallow breathing
- Choking or gurgling sounds
- Limp body
- Pale, blue, or cold skin

## Help prevent opioid-related overdose



### Do you know what you can do to help?

Learn more about opioids so you can help people who are most at risk for opioid use disorder and overdose in your community.

Provide tools and information for health care professionals working on overdose prevention and treatment.

Help those struggling with opioid use disorder find the right care and treatment.

Increase awareness and share best practices with providers and patients in your community.

As a patient, a health care provider, or a member of a community you can ensure that the best information is being shared and understood to prevent overdose deaths.

Drug addiction is a chronic illness. It can destroy families, end careers and ultimately ruin lives. But there is hope.

There are comprehensive, effective treatments available at Centerstone.

Centerstone is a nationally recognized, not-for-profit health care organization dedicated to delivering care that changes people's lives. We provide mental health and substance use treatment, related crisis care, education, and support to people of all ages. We also serve specialized populations including service members, veterans and their loved ones, and at-risk children. Our Substance Use Disorder services include residential and outpatient options, with individual, group, and peer support programs. We accept many insurance plans, including commercial insurance, Medicaid, Medicare, and Healthy Indiana Plan (HIP).

Centerstone provides services throughout southern, central, and eastern Indiana, with a local office right here in Seymour:  
1443 Corporate Way, Seymour, IN. 47274



1-877-HOPE123  
(1-877-467-3123)

centerstone.org

CENTERSTONE

IN-35097029

# CELEBRATE RECOVERY

CELEBRATE RECOVERY

THE ALLEY KITCHEN

FBC SEYMOUR

505 COMMUNITY DR

Wednesdays  
at 6:30pm

# Opioids Epidemic 2022

The impact of the opioid crisis is far reaching in all communities. It is putting a bigger than normal burden on first responders, hospitals, insurance companies, families and friends of a person who is an addict or a person who overdoses. The opioid epidemic reaches all areas of all states.

All Seymour Police officers are trained on the use and deployment of Naloxone/Narcan. Seymour Police officers have been deploying Naloxone/ Narcan to overdose victims for the last several years and have contributed to saving many lives in our community. Naloxone/Narcan is a drug that is sprayed into the nostrils and will only reverse or block the effects of an opioid overdose for a short period of time. Once the Naloxone/Narcan wears off, the subject may again show the signs of an overdose. Because of this, overdose victims need to be transported to the hospital for further treatment.

I'm not sure of any specific trends that are common to this area but the drug trade is ever evolving. As soon as law enforcement figures out how illegal narcotics are being transported into our community, the dealers change the way it's brought in or transported. It's really a cat and mouse game with law enforcement normally staying one step behind. What law enforcement is starting to see in our area as well as the surrounding areas is powdered fentanyl being pressed into a pill form that resembles a different type of pill. This can be especially dangerous to anyone who may ingest the pills believing they are something else.

Yes, the stress levels of officers have risen due to the opioid epidemic. Not only are the officers trying to save individuals that are overdosing, the officers also have to be aware of the safety concerns for themselves as well as any other people in the direct vicinity. Fentanyl is extremely dangerous to anyone who comes in contact with it. Police, first responders and innocent individuals have overdosed from powdered Fentanyl becoming airborne.

Seymour is a tight knit, caring community who comes together in a crisis. Like any caring community they are concerned with the opioid crisis and looking for answers. The Seymour Police Department along with the Jackson County Sheriff's Department have partnered with JACKSON COUNTY DRUG FREE COUNCIL. There are multiple agencies or member groups other than law enforcement participating in the program. The agencies or member groups assist with substance misuse, abuse and prevention as well as recovery, counseling and housing. JACKSON COUNTY DRUG FREE COUNCIL receives grant money from the government and issues it out to the different agencies or member groups. These agencies or member groups are then able to provide assistance to subjects with substance use issues. This grant also allows Naloxone/Narcan to be provided to anyone free of cost.

Law enforcement continues to try and stop the larger dealers from bringing illegal narcotics into our communities. This in turn makes it harder for users to obtain illegal narcotics. Education is another way of attempting to combat the problem. DARE is a program within the school system that is being taught by law enforcement. This program is an attempt to connect with school children at a young age and teach them how to say no to drugs and alcohol and also to make good decisions.

It's a matter of supply and demand. As long as there is a demand for illegal narcotics there will be someone that will supply them.

I think our community is doing what they can. Again I believe the key is getting through to our youth via strong families who communicate with each other and talk about issues, not hide them. The issues with illegal narcotics will always be here, but everyone needs to do their part. Law enforcement always needs and appreciates any help they receive from the community. Law enforcement encourages people to call when they witness illegal acts being committed and these calls can be made anonymously.

I believe that a person suffering from substance abuse issues must first admit that they need and want help for their addiction. Once they truly admit they need and want help for themselves, there is a lot of assistance available to help them in their journey to become healthy, both mentally and physically.

Yes, my family has been affected by the opioid epidemic. I would say that most people in our community can say they have been directly affected or know someone who has been affected by the opioid epidemic.

Detective Corporal Surface  
Seymour Police Department



## How to Find Opioid Treatment Programs

Help is available to successfully overcome opioid addiction.

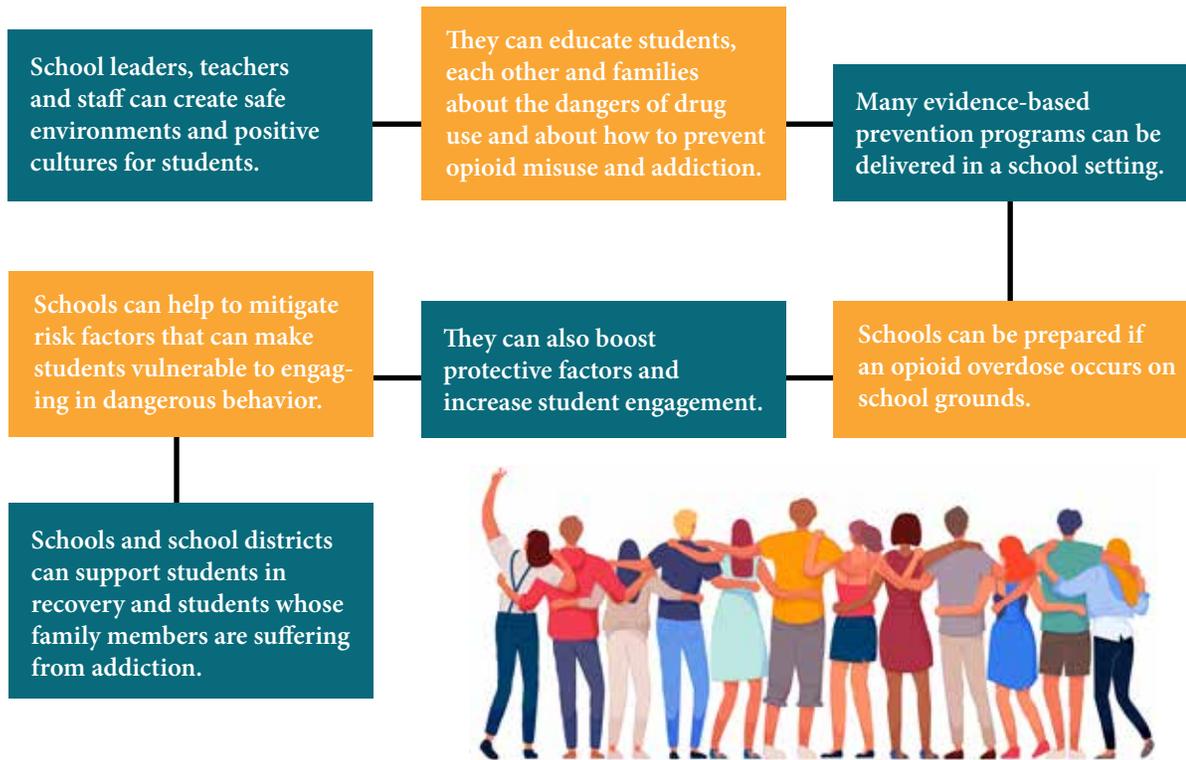
Research shows that, for some people, the integration of both behavioral and pharmacologic (medical) types of treatment is the most effective approach for overcoming opioid addiction.

A common misconception is that medications used in medication-assisted treatment (MAT) substitute one drug for another.

The National Institute of Drug Abuse (NIDA) provides a helpful fact sheet summarizing effective treatment options for opioid addiction.

For a list of  
recovery groups in  
Jackson County, visit:  
[www.jacsy.org/  
treatment-recovery-  
resources](http://www.jacsy.org/treatment-recovery-resources)

# What is the role of schools?



## >> How can parents and guardians of students help?

Educated and empowered parents and guardians are the first line of defense in preventing opioid misuse and illicit drug use by students.

The Department of Education partnered with the Federal Drug Enforcement Administration to release a new version of the popular publication, *Growing Up Drug-Free: A Parent's Guide to Prevention*.

It provides an overview of opioid misuse as a student issue and profiles of youth who have died from overdoses and youth who are actively engaged in preventing drug misuse in their schools and communities. It also contains numerous resources of interest to parents, students and educators.

WWW.ED.GOV/OPIOIDS/

## Seymour Police Department

*Is in Partnership with the Drug Free Council*

# REPORT A DRUG DEALER!



**SPD Anonymous Drug Tip Line**  
812-523-7629  
812-522-1234

**DOES SOMEONE YOU LOVE SUFFER  
FROM DRUG ADDICTION?  
IF SO, PLEASE CONTACT CENTERSTONE**  
812-522-4341

IN-35096643

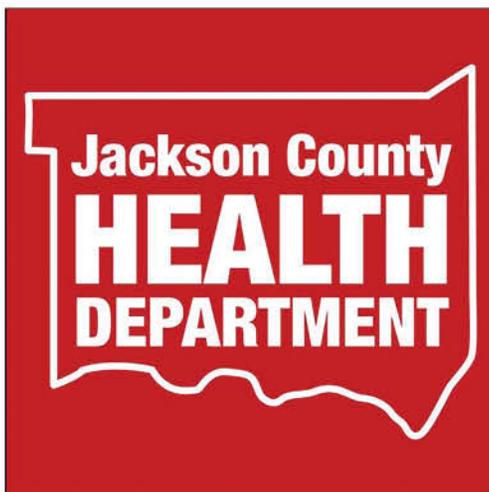


## DON'T LET THIS HAPPEN TO YOU!

200 W Walnut St, Brownstown, IN  
812-358-2345

Chief: Tom Hanner  
Assistant Chief: Joe Kelly

IN-35096722



## **JACKSON COUNTY HEALTH DEPARTMENT MISSION STATEMENT**

**THE MISSION OF THE JACKSON COUNTY HEALTH DEPARTMENT IS TO PROTECT PUBLIC HEALTH AND THE ENVIRONMENT IN WHICH WE LIVE, RECOGNIZING THAT THE PRACTICE OF PUBLIC HEALTH IS VITAL TO ALL INDIVIDUALS AND THEIR COLLECTIVE WELL-BEING. WE WILL PROMOTE THE BEST ACHIEVABLE SCOPE AND QUALITY OF HEALTH SERVICES FOR THE CITIZENS OF JACKSON COUNTY VIA PROVISION OF SERVICES, EDUCATION AND THE EXPLANATION OF HEALTH CARE REGULATIONS. WE WILL STRIVE TO ACHIEVE SATISFACTORY COMPLIANCE WITH STATE AND LOCAL LAWS.**



### ***To the Citizens of Jackson County:***

The drug and opioid crisis has inflicted immeasurable damage and suffering to affected individuals, their families, and whole communities in Indiana and throughout the U.S. The Jackson County Health Department, as part of its commitment to the health and well-being of the people of our county, started the C.A.R.E.S. clinic, dedicated to confronting the opioid use problem in our area through the introduction of harm reduction measures. We are working closely with the Indiana State Health Department to achieve the following goals:

- Prevention of death from opioid overdose through naloxone distribution and training.
- Prevention of disease transmission associated with drug use through education and counseling safe use practices.
- Screening for communicable diseases such as HIV, Hepatitis C, and sexually transmitted diseases.
- Provide individuals with referrals to health care providers as needed for treatment of infectious diseases. Treatment of disease saves lives and prevents the spread of disease.
- Provide an important point of contact and encouragement for those suffering from opioid use disorder so that appropriate referrals can be made for medically assisted addiction therapy, addiction counseling, and other mental health services.
- Informing and educating our county's leadership and the general public toward a better understanding of opioid use disorder. Opioid addiction must be seen as a medical and mental health problem, not just a problem of criminality.

### **What is Harm Reduction?**

- The application of scientifically informed and evidence-based practical strategies aimed at reducing the negative consequences associated with drug use (Overdose, Disease Transmission, Death)

### **Key Harm Reduction Assumptions**

- Drug addiction is a complex mental health problem, not simply a matter of criminal behavior.
- Individuals suffering from addiction are community members and family members worthy of our efforts.
- Drug addiction recovery is a long process with frequent relapses. Reducing negative consequences during that process is worthwhile.

Christopher P. Bunce, M. D.  
**JACKSON COUNTY HEALTH OFFICER**



**801 W 2nd Street, Seymour, IN 47274**  
**Monday thru Friday, 8:00-4:30**

**Vital Records/Environmental: 812-522-6474 | Nursing Division : 812-522-6667**