

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

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.

CDC.GOV

Understanding *the* Epidemic

The number of drug overdose deaths increased by nearly 30% from 2019 to 2020 and has quintupled since 1999. Nearly 75% of the 91,799 drug overdose deaths in 2020 involved an opioid. From 2019 to 2020, there were significant changes in opioid-involved death rates:

- Opioid-involved death rates **increased by 38%**.
- Prescription opioid-involved death rates **increased by 17%**.
- Heroin-involved death rates **decreased by 7%**.
- Synthetic opioid-involved death rates (excluding methadone) **increased by 56%**.

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.



CDC.GOV

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. We are working closely with the Indiana State Health Department to achieve the following goals:



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

- 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.

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.

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

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.

Jackson, Jennings counties receiving help for drug crisis from ASAP

The Alliance for Substance Abuse Progress has helped neighboring Jackson and Jennings counties secure grant funding to assess community wide responses in those counties to combat substance use disorder to lay the foundation of future efforts.

The grant, issued by the Indiana Family and Social Services Administration, has provided \$100,000 in funding to each county to do the groundwork for an initial community assessment of what is needed to strengthen their responses to the nation's drug crisis, said ASAP Executive Director Sherri Jewett. Officials are expected to issue a report on their findings by the end of June.

The grant funding comes as officials in Jackson and Jennings counties say in some ways, the crisis is getting worse — and as overdose deaths in Bartholomew County soar to their highest levels on record driven by a more dangerous drug supply and the increasing prevalence of deadly fentanyl.

“As part of our review for grant opportunities here in Bartholomew County, we became aware of the significance of the substance use issue in both of those counties,” Jewett said. “And neither one of those counties has a lot of infrastructure in place to try to address substance use problems within their community. ... Our goal was to really find a home in those communities that could own the task and going forward could help build the community efforts.”

LOCAL ASSESSMENTS

In Jackson County — where officials said the drug crisis “is as big if not bigger” than in Bartholomew County — officials hope to build a program modeled after ASAP, called the Seymour and Jackson County Recovery Program.

Launched in 2017, ASAP is a communitywide response to address substance use disorder in Bartholomew County. ASAP was formed through a partnership between the Columbus and Bartholomew County governments and Columbus Regional Health.

The grant will help Jackson County “figure out what exists, what doesn't exist or what needs to exist and how to get the all the players into the same room to start working toward the solution,” said Seymour Mayor Matt Nicholson, who has been working with ASAP on the issue.

“It's the same (problem) nationwide. We just may not have as many resources dedicated to it as a bigger community,” Nicholson said.

DEEPENING TRAGEDY

The efforts in Jackson and Jennings counties come as U.S. drug overdoses soar to record highs. In 2021 the Centers for Disease Control and Prevention estimated more than 107,000 Americans died of drug overdoses last year, setting another tragic record in the nation's escalating overdose epidemic, according to wire reports.

The provisional 2021 total translates to roughly one U.S. overdose death every 5 minutes. It marked a 15% increase from the previous record, set the year before. The CDC reviews death certificates and then makes an estimate to account for delayed and incomplete reporting.

U.S. overdose deaths have risen most years for more than two decades. The increase began in the 1990s with overdoses involving opioid painkillers, followed by waves of death by other opioids like heroin and — most recently — illicit fentanyl.

In 2021 overdoses involving fentanyl and other synthetic opioids surpassed 71,000, up 23% from the year before. Fentanyl is a synthetic opioid that is more

potent than heroin and has largely been blamed for the historic rise in U.S. overdose deaths.

At least 171 residents of Jackson and Jennings counties died from drug overdoses from January 2016 to this past August, according to the Indiana Department of Health.

In 2021 21 Jackson County residents died from drug overdoses, the highest annual total since at least 2016, according to provisional figures from the Indiana Department of Health.

At least 10 Jennings County residents died from overdoses in 2021, two deaths shy of the highest total on record since 2016.

Based on population, Jackson and Jennings counties both had higher per capita overdose death rates than Bartholomew County in 2021, according to state records.

'A HUGE PROBLEM EVERYWHERE'

At the same time, the deepening drug crisis has kept law enforcement, first responders and the court system busy in the two counties.

Law enforcement officials in Jennings County estimated 80% of crime in the county is related to substance use in one way or another.

Overdoses also have resulted in 1,695 emergency room visits in both counties, according to the Indiana Department of Health.

IN-35127510

CELEBRATE RECOVERY

THE ALLEY KITCHEN

Wednesdays at 6:30pm

FBC SEYMOUR
505 COMMUNITY DR

6

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.



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



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.

Centerstone implementing mobile opioid crisis response team in Jackson County

Drug addiction and overdoses continue to take lives and destroy families. The opioid crisis has taken its toll here and across the state, but communities are not giving up.

Centerstone, a local not-for-profit health care organization providing mental health and substance abuse treatment, education and support in Indiana and several other states, is bringing a new resource to Jackson County.

By developing and implementing a mobile opioid crisis response team here, the agency wants to meet people where they are and help them get where they want and need to be, said Amanda Grella, program manager for the opioid crisis response team at Centerstone of Indiana.

The team is responsible for engaging community members, including law enforcement, health care workers and clergymen, to make referrals for anyone who has experienced a drug overdose and has been administered the opioid overdose reversal medication naloxone, commercially known as Narcan.

Once the referral is made, Centerstone then provides recovery coaches and community-based access to services to support recovery.

Recovery coaches are people who guide and support a person in recovery to help prevent relapses. Oftentimes, they are former drug and alcohol users who are now clean and sober but truly understand how hard recovery can be.

Staff take an active role to provide counseling, coaching, sponsorship and connection to recovering addicts. Recovery coaches can help clients find transportation to treatment and work with them to get proper insurance coverage to help pay for addiction treatment services.

“These recovery coaches talk to the clients to figure out where a person is and where they want to be on their recovery journey and works with them to get there,” Grella said.

Contact is to be made with the clients within 24 to 72 hours of their overdose to reach people when they are most vulnerable and receptive to help.

Once they are willing to accept that help, Centerstone sets up a meeting between the client and

one of its therapists. There also is a nurse practitioner on staff that can help with medication-assisted treatment if appropriate and recommended.

Funded through the 21st Century Cures Act, Centerstone’s opioid crisis response team also serves Bartholomew, Brown, Jennings, Lawrence, Morgan and Monroe counties.

Centerstone provides its communities with materials about substance abuse and recovery and access to its 24-hour hotline and other ways for people to reach out for help.

According to data from Indiana’s NextLevel Recovery initiative, Jackson County had 90 opioid prescriptions per 100 people in 2016, higher than the state average of 84.

Grella said Centerstone is not stepping in to take over for the Jackson County Drug-Free Council and Jackson County United Way’s United Against Drugs initiative but is working with those groups to make an impact and bring more people to recovery.

“Jackson County is poised and ready to take action, so it’s the perfect time for us to partner with local stakeholders and help,” she said.

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

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
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obstetrics + gynecology + internal medicine + surgery + endoscopy + endocrinology*

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