



OPIOID USE DISORDER (OUD)

WHAT IS AN OPIOID

Opioids bind to specific receptors in the brain that reduce the transmission of pain signals throughout the body and are recruited in response to rewarding stimuli. Opioids include: heroin, fentanyl, and prescription pain meds.

OPIOIDS & OVERDOSE



28 people died from a opioid overdose in Lewis County in 2022 (DOH 2022).



70% of drug overdose deaths among Lewis County residents involved an opioid in 2022 (DOH 2022).



People **without health insurance**, or who were **incarcerated**, or who are **living in poverty** are at increased risk of fatal opioid overdose (MDAC Study 2020).

TEENS AND OPIOIDS



Most teens do not misuse opioids.

98.2% of Lewis County 10th graders and **97.3%** of 8th graders report NOT using pain killers to get high. (HYS Survey 2023)

94% of Centralia High School parents say it is "wrong" or "very wrong" for their child to misuse prescription medications.



(Centralia Community Survey 2023)



Between 2012-2022 Lewis County had the **9th highest opioid prescribing rate** in Washington State (95.3 prescriptions per 1,000 people) (DOH 2012-2022).

WHAT IS OPIOID USE DISORDER?

The brain's reward system can be quickly disrupted by misusing prescription pain medications or using other opioids such as heroin. This can lead to opioid use disorder. The good news is that the brain's reward system can be restored with treatment, including medication and strong support.

WHAT ARE SYMPTOMS OF AN OUD?

The formal diagnosis of OUD involves these behaviors of individuals:

- Keeps using opioids even though they know it is hurting them,
- Can't quit even when they try repeatedly,
- Spends lots of time using opioids, or recovering from using,
- Uses opioids in dangerous situations

HOW IS OUD TREATED?

- Interventions for OUD include ongoing substance use disorder treatment with medications such as methadone, buprenorphine, or naltrexone.
- In addition to medications, many people will also benefit from professional support services including counseling, drug screening , and medical monitoring.

HOW CAN I HELP PREVENT OVERDOSE & OPIOID ADDICTION?

- Lead with empathy; Set aside fear, confusion, frustration, or anger toward a person who is experiencing substance use disorder. Empathy can encourage people to carry naloxone, seek resources for support, and connect with loved ones and peers to aid in their recovery.
- Talk with your kids about substance use and communicate your desire for them not to use drugs even if you don't think they would use drugs.
- Lock up your medications and safely dispose of unneeded or expired medications. Most opioid misuse starts with people using medication that wasn't prescribed for them — usually taken from a friend or family member. Find a safe disposal location at medtakebackwashington.org/.

WHAT IS FENTANYL?

- Fentanyl is a very strong, fast-acting opioid. It is 80-100 times stronger than morphine.
- Fentanyl comes in many forms, including pill, powder, and rock.
- A fentanyl overdose can be reversed using Naloxone (aka Narcan)

CAN I OVERDOSE FROM TOUCHING IT?

- No, you can't overdose on fentanyl by touching it. There have been no confirmed cases of overdose among bystanders or professional first responders who responded to a fentanyl overdose. Fentanyl is unlikely to become aerosolized and cause overdose.
- Avoid touching fentanyl if you have open wounds.
- If you do touch fentanyl, avoid touching your face, especially the eyes, nose, or mouth.

Sources: Washington Department of Health (DOH), Prescription Monitoring Program 2012-2022, <https://doh.wa.gov/data-statistical-reports/washington-tracking-network-wtn/opioids/county-prescriptions-dashboard>
Washington Department of Health (DOH), Opioid and Drug Data Dashboard 2022, <https://doh.wa.gov/data-and-statistical-reports/washington-tracking-network-wtn/opioids/overdose-dashboard>
Washington Healthy Youth Survey (HYS) 2023, <https://www.askhys.net/SurveyResults/DataDashboard>
MDAC Study 2020, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6968850/>
UW Addictions, Drug & Alcohol Institute (DAI) 2022, <https://stopoverdose.org/getting-help/opioid-use-disorder/>
Centralia Community Survey 2023