PREVENTION

You can stop opioid misuse and addiction before it starts.

• Ask about non-opioid approaches to pain relief.
• Never change your dosage or stop medication without talking to your health care provider first.
• Know the hazards of drug interactions, including alcohol. A pharmacist can help if you have questions.
• Never use another patient’s prescription.
• Store all prescription drugs — including opioids — safely and securely. More than 50% of opioid misuse originates with excess pills being used by others who have access to the prescription drugs.
• Properly dispose of prescription medications when you are finished using them.

TREATMENT

Effective methods are available.

• Medication Assisted Treatment combines medication with behavioral counseling for a “whole patient” approach.
• Extended-release medications eliminate the need for daily dosing and improve treatment.
• For addiction treatment 24/7 call 1-800-563-4086
• “Pain” can be emotional or a sign of a mental health condition, and many people with opioid abuse problems suffer from depression or other mental health issues that can be treated.
• Medication Tapering involves working with your doctor to decrease your dosage gradually over a period of time.

RECOVERY

Get the support you need.

• Join with others who are facing the same situation. 12-step programs such as Narcotics Anonymous are proven to help.
• Build a support system. This means asking for help from people you can trust.
• Avoid high-risk situations. Avoid people you know who misuse opioids and other drugs. Set boundaries around your recovery and enforce them.
• Have strategies for avoiding a return to use. Know the signs. Have someone to call. Know how to distract yourself for 15-30 minutes. Learn how to relax. Do your recovery in small chunks of time. Access resources online.

Go to drugfreetct.org to access a range of resources.

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