

TREATMENT CENTERS & RESOURCES



Capital Area Human Services

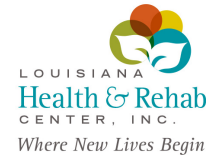
Addiction Recovery, Mental Health and Developmental Disability Services
www.realhelpBR.com | 225-925-1906 or 800-768-8824
Screening, Treatment, and Referral
Medication Assisted Treatment (Vivitrol)



Baton Rouge

Comprehensive Treatment Center
Opioid Use Disorder Programs

Medication Assisted Treatment
11445 Reiger Road, Baton Rouge
www.batonrougectc.com | 866-824-3717



Services available for women
with opioid use disorders
who may be pregnant or
have infants with Neonatal
Abstinence Syndrome

Louisiana Health and Rehab Center

Residential Addiction Treatment Services for
Women and Minor Dependent Children
Reality House | 225-343-3438
www.lahealthandrehab.org



Parents of Addicted Loved Ones

Support Groups
Gwen Knox | 225-266-5603
www.palgroup.org

Opioid use may cause slowed breathing, which can lead to overdose death. If someone has signs of an overdose such as pale, clammy skin, limp body, blue lips or fingernails, vomiting or making gurgling noises, cannot be awakened or unable to speak, breathing or heartbeat slows or stops, call 9-1-1 immediately. Give Naloxone (Narcan) to reverse an overdose and prevent death.



CONTACT US

4615 Government Street
Baton Rouge, LA 70806

(225) 925-1906 or 800-768-8824

www.cahsd.org

Recognize the Risk OF OPIOID ABUSE

THE ROAD FROM
Risk to Recovery



Every 3 minutes, a woman goes to the Emergency Department for prescription painkiller misuse or abuse. More women die from drug overdoses than from motor vehicle crashes.

Understanding the Risks of Opioid Use:

OXYCODONE/OXYCONTIN • TRAMADOL • HYDROCODONE/VICODIN

- **OPIOID ABUSE** can include taking too much medicine, taking someone else's medicine, taking it in a different way than you are supposed to, or taking the medicine to get high.
- **OPIOID DEPENDENCE** means feeling withdrawal symptoms when not taking the drugs – such as: nausea and vomiting, diarrhea, muscle cramping, sweating, depression, anxiety, agitation, and opiate cravings.
- **OPIOID ADDICTION** is a chronic brain disease that causes a person to compulsively seek out drugs, even though they can cause harm.
- **1 IN 4 PEOPLE** who receive prescription opioids long term in primary care settings struggle with addiction.

When used correctly under a healthcare provider's direction, prescription narcotic pain medicines (opioids) are helpful. However, abusing prescription opioids risk dependence and addiction.

Recognizing the risks of opioid abuse and understanding how best to manage opioid dependence and addiction is the first step to getting the help you or a loved one needs.

SIGNS THERE MAY BE AN OPIOID PROBLEM: REMEMBER THE 3 C's

1. Loss of Control

- Report lost or stolen meds
- Doctor shopping
- Seeking opioids from others
- Engages in risky behavior

2. Cravings

- Requests increased amount of opioids
- Preoccupation with use
- Shifting moods
- Dismisses non-opioid treatments

3. Despite Negative Consequences Continues to Abuse

- Over-sedation
- Social withdrawal
- Strained family relationships
- Getting in trouble with the police
- Falling into debt



PREGNANT WOMEN

Opioid use during pregnancy can be risky to the woman's health and that of her unborn child. There is an increased risk of miscarriage, preterm labor, and other obstetric complications that can affect the baby.

Treatment is available for opioid dependence during pregnancy. It is better for the baby for the mother to take treatment medicine during pregnancy than if she continues to use opioids. Seeking treatment is the best choice for you and your baby.

Women should always talk with their medical provider about taking any prescription or over-the-counter medications, alcohol, tobacco or other drugs during pregnancy.

Women's Pathway to Opioid Use

Women have unique differences related to hormones, menstrual cycle, fertility, pregnancy, breastfeeding, and menopause that can impact women's struggles with opioid and other drug use.

Factors that put women at greater risk of opioid abuse:

- High rates of depression, anxiety and chronic pain
- Influence of intimate partners starting drug use
- High opioid prescription rates for women 45 and older
- Domestic violence or experience of other traumas

Some women may turn to heroin when opioid prescriptions cannot be obtained. 7 out of 10 women who used heroin in the past year also abused opioids in the past year.

KNOW YOUR OPTIONS

Discuss with your doctor various treatment options to manage pain—carefully considering all the risks and benefits.

- Question your medical provider about safe use of opioid medicine and ask about non-narcotic alternative pain medicine.
- Seek counseling to better cope with stress
- Try meditation or yoga
- Pursue physical therapy
- Consider massage therapy
- Engage in healthy habits such as regular exercise, eating balanced meals, drinking plenty of water, and getting adequate sleep
- Keep busy with hobbies

EFFECTIVE OPIOID ADDICTION TREATMENT

There are a variety of treatment options for opioid use disorders that can be tailored to the needs of the person. Research shows that the most effective treatment for opioid addiction is medication-assisted treatment (MAT) – that includes medicines, counseling, and support. MAT can help to stop use of the drug, manage withdrawal symptoms, and cope with cravings.

HOW YOU CAN HELP FRIENDS & FAMILY MEMBERS

- If your loved one is struggling with an opioid addiction – provide support, but set reasonable boundaries and do not help them to obtain or use drugs.
- Seek support from qualified professionals, such as therapists or support groups. Call Capital Area Human Services at 1-800-768-8824 if you or a loved one needs treatment services. We can quickly connect you to quality services to get help today.
- Inform other family members and friends about the situation. The encouragement of family and friends is critical to the success of opioid addiction recovery.
- Keep all medications in a secure place and discard all unused, not-needed and expired medications properly.
- Teach your family and friends how to respond to an overdose using Naloxone, which is now available through local pharmacies without a prescription.

TREATMENT NEEDS FOR WOMEN

Many women in care-giving roles often face challenges in seeking treatment due to possible legal or social fears and lack of childcare while in treatment. Effective treatment for women recognizes the special needs of women and can provide the extra support for managing family and work responsibilities and connecting with other women for recovery.