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# Resources for Opioid & Other Substance Use in Arizona

Opioids are pain relievers that can lead to addiction and overdose if they are misused. They come in the form of prescription medication, such as OxyContin (or Oxycodone), Percocet, Vicodin, and Fentanyl. They also can be in the form of the illegal drug, heroin.

According to the Centers for Disease Control, more than a half million people in the US died from drug overdoses between 2000 and 2015. In Arizona, there has been a 74% increase in opioid overdoses since 2013.

## Signs of an opioid overdose include:

- Trouble breathing, having short breaths, or very slow breathing,
- Choking or gurgling sounds,
- Small, pinpoint pupils,
- Extreme sleepiness,
- Difficulty talking, or walking normally,
- Feeling faint, dizzy, or confused,
- Limp body,
- Pale, blue, or cold skin.

## What should I do if I'm with someone who might be overdosing?

- Call 9-1-1.

Most first responders (such as paramedics, law enforcement officers, and fire fighters) carry Narcan (also known as naloxone). It is an opioid antidote and can prevent death if given in time.

## If I call the police, won't they arrest me and my friend?

No. Last January, Governor Ducey signed The Arizona Opioid Epidemic Act which includes the Good Samaritan law. This means if you call for help, you won't be prosecuted for drug possession and neither will the person overdosing.

The links below are to services found in the 2-1-1 Arizona database. Select a link and add a location under Custom Search at the top.

**OPIOID OVERDOSE REVERSAL:** Giving an opioid overdose reversal drug, such as Narcan has saved many lives. In fact, 86% of patients who survived an opioid overdose got the reversal drug before they went to the hospital.

This nasal spray is easy to give, does not require special training, and has no side effects. It can be purchased without prescription at most pharmacies, and is available for free at various agencies:

- [Free Narcan Distribution](#)

#### **HOW TO BE SUCCESSFUL IN RECOVERY:**

1. Treat the withdrawal symptoms,
2. Stay in treatment,
3. Prevent relapse, and
4. If relapse happens, try again! More people relapse while being treated for high blood pressure and asthma than they do while being treated for substance use disorders.

#### **TREATMENT FOR SUBSTANCE USE:**

Treatment is available and recovery is possible.

- [Drug Detoxification](#)
- [Substance Use Counseling & Treatment](#)
- [Medication Assisted Maintenance Treatment for Opioid Use Disorders](#)

#### **PEER SUPPORT:**

- [Drug Use Disorder Support Groups](#)
- [Support Groups for Families & Friends of People With a Drug Use Disorder](#)

#### **PREVENTION:**

- [Drug Use Prevention & Education](#)

Sharing needles greatly increases the possibility of getting HIV/AIDS, hepatitis, and other diseases. To reduce this risk, some programs exchange clean, new syringes for used ones:

- [Needle Exchange/Distribution Programs](#)

Getting rid of unused medications can save someone's life. They can be disposed of safely, with no questions asked, and will be destroyed. Find a site:

- [Medication Disposal Sites & Events](#)

#### **Tools for Health Care Providers Who Treat Clients with Chronic Pain:**

- [CDC Guideline for Prescribing Opioids](#): Guidelines can ensure patients have access to safer, more effective chronic pain treatment while reducing the number of people who misuse and overdose from these drugs.

- [Opioid Assistance & Referral Hotline](#): is a toll-free hotline that assists providers with patients with complex pain and opioid use disorders. It's answered 24/7 by medical experts at the Poison and Drug Information Centers in Arizona.
- [PainNET](#) Free website with access to resources to improve the provider's knowledge in treating chronic pain and information about the safe and appropriate use of prescription opioids.
- [Medical Marijuana](#): Cannabis may be an effective substitute for prescription opioids.
- [SAMHSA Opioid Overdose Prevention Toolkit](#): Free information for prescribers, first responders, patients, and family members.

**FOR MORE INFORMATION:**

- The [Arizona Opioid Emergency Response report](#) provides the results of a statewide survey and evaluation of drug prevention programs.
- Governor Ducey's [Arizona Opioid Epidemic Act](#) provides information on Arizona's progress in implementing policies to combat the opioid epidemic.
- [Drugs, Brains, and Behavior: The Science of Addiction](#) provides more information on recovery from substance use.
- The website of the Legislature of the State of Arizona has more information on the [Good Samaritan](#) law.

**SOURCE:** Arizona Department of Health Services; Arizona State Legislature; United States Centers for Disease Control and Prevention (CDC); United States Department of Health and Human Services - National Institute on Drug Abuse (NIDA); United States Department of Health and Human Services - National Library of Medicine; United States Department of Health and Human Services - Substance Abuse and Mental Health Services Administration (SAMHSA); University of Arizona College of Medicine

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