



PDO FOCUS NEWS

Prevention Prescription Drug/Overdose Related Death

We are Officially at the end of the year. what are you willing to do to help spread awareness about Opioid drug overdoses in your community? And help reduce the stigma of addiction.



Michigan, like many other states, is suffering the consequences of an opioid epidemic. The Michigan Opioid Task Force focuses on statewide prevention activities to build a coordinated approach to fight addiction, reduce deaths from overdose and evaluate state and local programs. Efforts include:

- Identifying and sharing data between agencies and affected communities
- Developing training for healthcare providers on addiction, pain management, and treatment
- Making the prescription drug monitoring program easier for providers to access and use.
- Providing resources to assist communities in combating the opioid epidemic at the local level
- Coordinating statewide and community programs to improve the effectiveness of opioid prevention efforts.

As a result of these efforts, Michigan has restrictions on opioid and other controlled substance prescriptions. Also, MI established educational programs for healthcare providers on safe prescribing practices. The state has expanded the availability of the overdose prevention drug naloxone, and buprenorphine, a type of Medication Assisted Treatment.

Sharing:

Prevention

- SAMHSA Opioid Prevention Toolkit
 - This toolkit is designed to help healthcare providers, families and other community members prevent overdose deaths related to opioid use.
- Center for Disease Control (CDC) Opioid Overdose

- Michigan State University Opioid Prevention and Education Network (OPEN)
 - The goal of OPEN-MSU is to build the capacity of local efforts to create or expand opioid prevention, intervention, and treatment opportunities in low-income Michigan communities.
- American Farm Bureau's Farm Town Strong
 - Provide resources and information to help farm communities and encourage farmer-to-farmer support to overcome the crisis



Families and Addiction — Surviving the Season of Stress

Families of active substance abusers and people in recovery may need extra support managing festive but stressful holiday celebrations. Read below four ways on helping families handle potential problems.

- **Managing Expectations**

“If you get excited because Susie is coming for the holidays and you think it’s going to be so exciting and that she’ll be so happy, you’re setting yourself up for disaster because Susie may be feeling really crappy,” Katz says. “You need to be sensitive and compassionate and understanding about that.”

- **Handling Actively Using Addicts**

“It’s a great way to get somebody’s attention when his or her family is willing to do this during the holidays,”

- **Supporting the Recovering Addict**

“Hovering around the recovered person is going to put everyone under tremendous stress,”

- **Learning to Let Go**

“Nobody will ever get sober without some sort of trouble—legal, financial, marital—that promotes the opportunity for recovery,” he says. “Being able to release with love without feeling guilt is important. You have to accept that you’re not responsible for whatever happens. Their solution is going to be up to them eventually.”

Individuals and Addiction — Surviving the Season of Stress

Below are many four strategies people in recovery can use to stay clean and sober amid the merriment of the season.

Prepare ahead of time. Recovering addicts should assemble a “recovery kit” they can take with them before joining their families for holiday celebrations.

- **Arrive early, leave early.** People in recovery who are attending holiday parties should consider arriving and leaving early since alcohol and drug use typically becomes more prevalent as the party wears on. Recovering addicts should not worry that an early departure will offend the host, Mooney says.

- **Bring beverages.** Mooney encourages recovering addicts, especially recovering alcoholics, to bring their own beverages to holiday parties. That will allow the person in recovery to have more control over what he or she drinks and not fall victim to other attendees’ attempts to spike beverages with alcohol or drugs as a joke.

“Many people don’t take [the importance of recovery] seriously. For them, it’s no big deal,” Mooney says. “For [the recovering person], it can be a matter of life or death.”

- **Have an escape plan.** If a situation arises at a family gathering, such as an argument or pressure from relatives to drink alcohol, the recovering person may feel tempted to relapse, and he or she needs to take corrective action as quickly as possible.

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RESOURCE, TRAINING, NEWS This December

***MI-PDO CME TRAINING OPPORTUNITY**

We need your help in marketing the MI-PDO CME TRAINING OPPORTUNITY by sharing out this email and attachments with medical professionals in your county. Any questions or concerns can be directed to loughrigan1@michigan.gov. Thank you for your partnership in this valuable work!

Flyer Link–[PDO CME Training Flyer.pdf](#)



***SAMHSA's Prevention Day** is on Jan. 30, 2023, <https://www.samhsa.gov/prevention-day>

***The DEA is alerting the public of a sharp nationwide increase in the lethality of fentanyl-laced prescription pills.** The DEA Laboratory has found that, of the fentanyl-laced fake prescription pills analyzed in 2022, 6 out of 10 now contain a potentially lethal dose of fentanyl. This is an increase from the DEA's previous announcement in 2021 that 4 out of 10 fentanyl-laced fake prescription pills were found to contain a potentially lethal dose. You can view the public safety alert here: <https://www.dea.gov/alert/dea-laboratory-testing-reveals-6-out-10-fentanyl-laced-fake-prescription-pills-now-contain>

Today's inspirational message includes:

“Addiction begins with the hope that something ‘out there can instantly fill up the emptiness inside.”

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