

small seeds of
GRATITUDE
will produce a
HARVEST of HOPE

PDO FOCUS NEWS

Prevention Prescription Drug/Overdose Related Death

State of Michigan Resources

**PDO
RESOURCES**

**OPIOID
DASHBOARD**

**OPIOID
INFORMATION**

**STATE OF
MICHIGAN
OPIOID
WEBSITE**



PDO Subrecipient Highlight The Empowerment Zone Coalition

The Empowerment Zone Coalition, Inc.

is a unique 501(c)(3) community-based non-profit that focuses on comprehensive substance abuse prevention. EZC is a broad-based coalition with agency collaborations that improves collective advocacy and service delivery to the community with a strong focus on the youth and families.

Each year, EZC planned and implemented the largest substance abuse summit in the City of Detroit in an effort to raise public awareness regarding drug-related issues and to celebrate the success of the coalition.

Check out their website. <https://ezcoalition.org/>

NEWS

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What are Opioids?

Opioids (also sometimes called narcotics) are powerful substances related to chemicals found in the opium poppy plant. Some opioids are used medically for pain relief. **Heroin** (aka Black Tar, Dope, Junk, or Smack) is not used medically but can be bought on the street and is injected, smoked, or snorted. Heroin is also sometimes contaminated with fentanyl, carfentanil, and other very potent drugs, increasing the risk of accidental overdose and death.

- **Oxycodone** (aka OxyContin, Oxy, Percocet, Percodan, Roxicet, and Endocet),
- **Hydrocodone** (aka Vicodin, Norco, Lortab, Lorcet, and Vicoprofen),
- **Codeine** (found in combination medicines such as Tylenol #3 or Robitussin AC),
- **Hydromorphone** (aka Dilaudid), and
- **Morphine** (aka MS Contin and Roxanol) are all strong prescription pain medications, sometimes found in combination pills with acetaminophen (Tylenol) or other medicines.
- **Fentanyl** (aka Sublimaze, Subsys, Duragesic, and China White) is a very potent prescription pain medication that is increasingly abused. *Fentanyl is*

100 times more potent than morphine and 50 times more potent than heroin. Only a tiny amount can cause a fatal overdose.

- **Methadone** (aka Dolphin) is a long-acting prescription opioid that is sometimes used as part of the medical treatment of opioid addiction.

All of these drugs can be deadly, but [help is available](#) to treat people struggling with addiction.

SAMHSA National Helpline

Confidential free help from public health agencies to find substance use treatment and information. [Learn more](#)

1-800-662-4357

LOOK

[PlanningJelly.com](#)

Substance Misuse Prevention Holiday Tips for November



10 Tips to Combat Substance Use during the Holidays

1. **Limit triggers**
2. **Set boundaries**
3. **Be intentional about the invitations you accept**
4. **Create a plan**
5. **Engage in healthy self-care**
6. **Seek a support system**
7. **Marathon Meetings**
8. **Try something new!**
9. **Connect with sober contacts**
10. **Practice mindfulness or other meditation**



5 ways to support kids with substance use issues during the holidays.

1. **Discuss triggers with your child.**
2. **Make sure basic needs are being met.**
3. **Seek out support.**
4. **Try something new.**
5. **Model good behavior yourself.**



3 Holiday Tips for Supporting People with Substance Use Disorders

1. **Don't Talk About "Choices."**
2. **Adapt Family Traditions.**
3. **Remember that Words Matter.**

If the holidays begin to feel too overwhelming,

remember that help is just a phone call away.

We Support



**Stigma
Reduction**

SAFE
OPIOID
DISPOSAL



**Safe Storage
and Disposal**



**SUD
Care/Services**



**Opioid
Prescribing**



**Opioid Story
Video**

RESOURCES

1. Centers for Disease Control and Prevention. [Vital Statistics Rapid Release - Provisional Drug Overdose Data.](#)
2. Centers for Disease Control and Prevention. [Drug Overdose: Death Rate Maps & Graphs.](#)
3. AMA Alliance. [Prescription Opioid Epidemic: Know the Facts.](#)
4. U.S. Department of Veterans Affairs. [Facilitation of the Stepped Care Model and Medication Treatment for Opioid Use Disorder.](#)
5. Mental Health Services Administration. [Medication-Assisted Treatment](#)

(MAT).

6. National Institute on Drug Abuse. **Naloxone Drug Facts.**
7. Centers for Disease Control and Prevention. **Syringe Services Programs Factsheet.**



CME TRAINING OPPORTUNITY

THE MICHIGAN PROJECT TO PREVENT PRESCRIPTION DRUG/OPIOID OVERDOSE-RELATED DEATHS (MI-PDO) INVITES COMMUNITY PARTNERS IN MICHIGAN TO PARTICIPATE IN A PEER PRESCRIBING EDUCATION PROGRAM AT NO COST. THE MI-PDO TEAM IS WORKING WITH BEAUMONT TO UTILIZE THEIR ON-DEMAND TRAINING. PLEASE SEE NEXT PAGE FOR REGISTRATION INFORMATION.

THIS TRAINING QUALIFIES FOR 1.5 CME CREDIT HOURS TOWARD THE REQUIRED 8 HOURS TO RENEW A DEA LICENSE.

Beaumont Pain Management on Demand: Awareness Training for Prescribers and Dispensers of Controlled Substances As a result of this activity, learners will:

- Review state and federal laws regarding prescribing and dispensing controlled substances and how to utilize the Michigan Automated Prescription System (MAPS).
- Discuss how to counsel patients on the effects and risks of using opioids and other controlled substances.
- Review integration of treatments, alternative treatments for pain management, and security features and proper disposal requirements for prescriptions

[MI-PDO Prescribers Training](#)



If you want to be featured in next month's newsletter, please contact me for more information.

Ieshia Dawson

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Today's inspirational message includes:

1. "Every worthy act is difficult. Ascent is always difficult. Descent is easy and often slippery." – Mahatma Gandhi

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