PREVENTION, TREATMENT, and RECOVERY for people facing PRESCRIPTION DRUG MISUSE and ADDICTION

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 drugfreect.org to access a range of resources.

This publication is funded in whole by grants from the United States Department of Health and Human Services (HHS) through the CT Departments of Public Health (DPH) and Mental Health and Addiction Services (DMHAS). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention, the Substance Abuse and Mental Health Services Administration, or HHS.