




# Opiate Education


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Student Health Services



**On average, 130 Americans  
die each day from an opioid  
overdose**

cdc.gov December 2018




In NY State, In 2016, there was a total of 11,243 ER visits for any opioid overdose

- NYS Opioid Annual Report 2018



OD's have become the #1 cause  
of death between the ages of 16  
and 24

(used to be motor vehicle deaths)



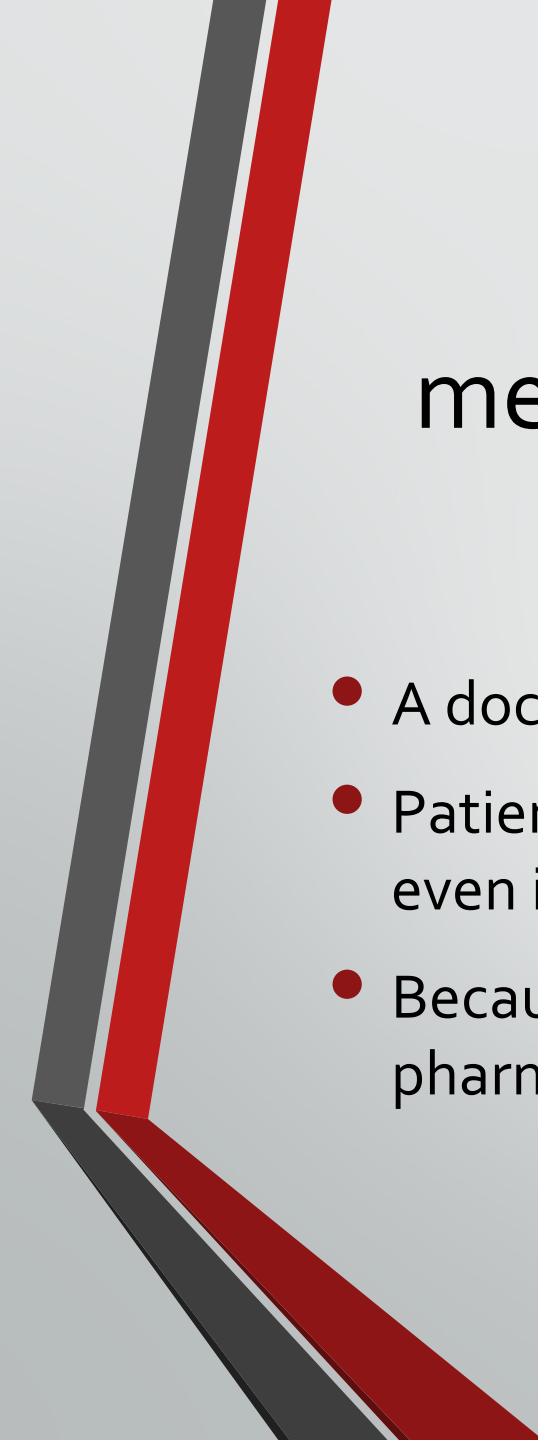
To combat this deadly epidemic,  
Governor Cuomo requires all NYS colleges  
to educate their students about opiate  
use, misuse and abuse

# Opiates/Opioids are pain killers which are related to Opium

- Heroin
- Oxycodone (Oxy)
- Hydrocodone (Vicodin)
- Morphine
- Fentanyl (Sublimaze)
- Codeine
- Hydromorphone (Dilaudid)

# Many abusers get their fix from prescription medications

- Using pills from someone else's bottle
- Falsifying symptoms to get a doctor to prescribe desired meds
- Buying them "off the street"



# Some people don't realize that these medications are just as addictive as heroine

- A doctor prescribed it for an accident/injury or surgery
- Patients feel withdrawal symptoms when they stop using the medication, even if they have been taking the medicine at prescribed
- Because of this, there is an opioid registry to track health care providers, pharmacies and patient use/misuse/abuse



# What happens when prescription run out?

- So people suffer through the withdrawal and some...
  - Start purchasing pills on the street... (\$40/pill)
  - Heroin is \$5 to \$12 a bag (a cheaper AND faster high)

# Addiction

is when someone won't stop using a substance despite harmful consequences.

- Starts out as:
  - **Feels good**
  - Others are doing it
  - curiosity

# Opiates can be ingested by:

- Mouth
- Insertion (in the rectum or vagina)
- Patch (on the skin)
- Snorting
- Smoking
- Injecting

# What do they look like when they use?

- Blank stare
- Lack of coordination
- Red eyes
- Constricted pupils
- Clammy skin
- Drowsiness
- Slowed breathing
- Euphoria



How do you spot someone who is using?

**You look for CHANGES**

- In hygiene
- Weight gain or loss
- Sickly pale skin
- Track marks

# Behavior changes

- Depressed
- Moody
- Anxious
- Restless
- Irritable

- Hyperactive
- Poor memory
- Poor concentration
- Apathetic

# User's priorities may change...

- Caring less about their favorite things
- Losing friendships
- Gaining a new group of friends
- Criminal behavior
- New commitment to partying

## Other things to look for...

- Wearing long sleeved shirts or other clothes inconsistent with the weather/occasion
- Asking for money/loans
- Jittery or nervous or sneaky behaviors
- Items of value missing from frequented areas
- Financial or legal difficulties



# May have paraphernalia...

- Pills (not in an Rx container) or powder
- The “works” – lighter, spoon, cotton balls, syringe
- Glass or metal pipes
- Belts or rubber tubing
- Small mirrors
- Rolled up dollar bills and/or straws
- Squares of tin foil

# If an opiate addict hasn't had their fix in a while, they will have withdrawal symptoms:

- Abdominal cramping
- Nausea
- Vomiting
- Diarrhea
- Dilated pupils
- Goose bumps
- Muscle aches
- Watery eyes
- Insomnia
- Runny nose
- Sweating
- Yawning

# They call it, being “sick”

- They need to “get well”
- They say it’s like the Flu times 100
- Motivates them to use again
- Feels like it’s life-threatening, but it’s not

# When talking with someone you are concerned about...

- Wait until they are not high
- Tell them about how concerned you are
- Use “I” statements: “I see that your grades are dropping” or  
“I am worried about you” or “I will go to a meeting with you”
- Expect denial
- Expect them to tell you the only time they feel normal is when they are using
- Refer to Student Health Services or Canton-Potsdam Hospital ER
- Call Reachout 315-265-2420

# Symptoms of an overdose

- Unresponsive
- “pin point” pupils
- Cold/clammy skin
- Slow or no breathing
- Slow or no heartbeat
- Blue lips or fingernails
- Confusion
- Muscle spasms/Seizures
- Tells you they are just “want to sleep”



How to deal with an overdose...

Call University Police

315-267-2222

# Medical Amnesty (“Good Samaritan Law”)

Except in unusual cases, the victim and friends will not be criminally charged if the incident involves protecting the health and well-being of those involved

We don't want “getting into trouble” be the reason someone avoids getting medical care!!!!

# Thank you

- Canton-Potsdam Hospital Behavioral Health (315) 353-2572 (select option 1)
- St. Lawrence County Community Services (315) 386-2176
- St. Lawrence Addiction Treatment Center (315) 393-1180
- 39 Serenity Place (315)-250-7410
- ReachOut (315)-265-2422