



**THE WELL  
CHURCH  
INITIATIVE**



# Opioid Misuse



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# Opioids /ōpē,oids/

are highly addictive pain relievers that interact with the opioid receptors of your brain, spinal cord, gut, and other parts of your body.

## Addiction

occurs when your brain and body believe it is necessary



# Fentanyl [synthetic opioid]

- 50 - 150 times more potent than morphine
- Prescribed to treat advance pain
- Can be made illegally
- Leading cause of drug overdose deaths in Texas

Texas Border Patrol reported a

2017

4000% increase in fentanyl confiscation

2021



Taking a medication  
other than prescribed

Taking another  
person's medication



Taking a medication or  
substance for reasons  
beyond medicinal purposes



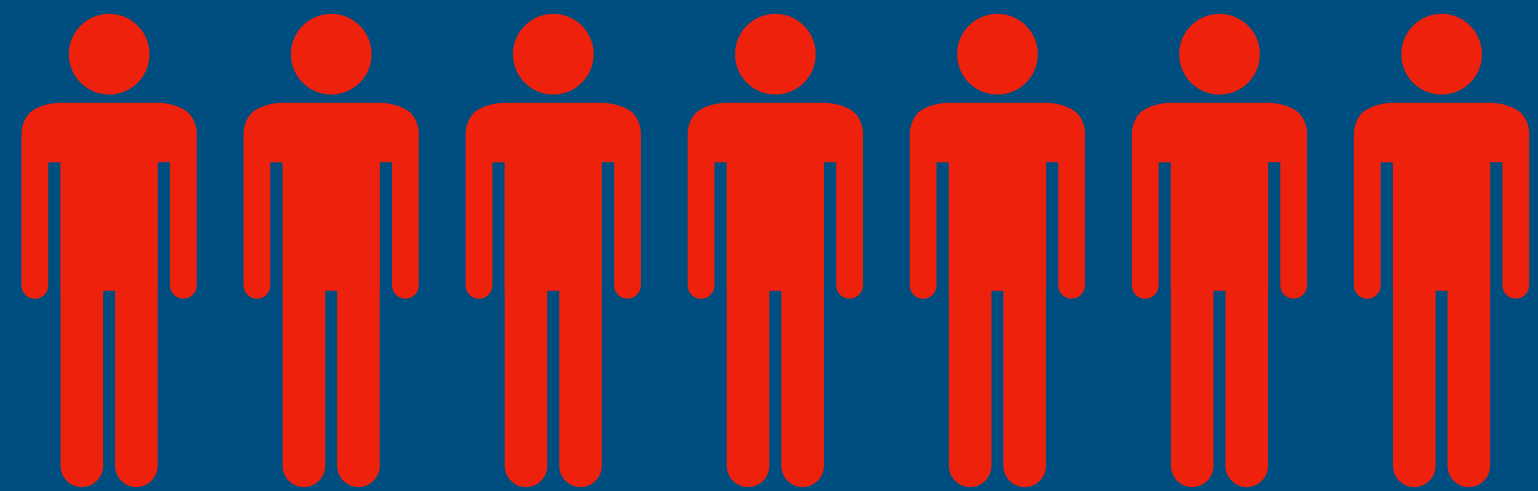
# Prescription Opioids

Scientific Names	Brand Names
Oxycodone	OxyContin and Percocet
Hydrocodone	Vicodin
Oxymorphone	Opana
Morphine	Kadian and Avinza
Codeine	— — —
Fentanyl	— — —

# Opioid Statistics

## 2015-2019

15-64 year olds

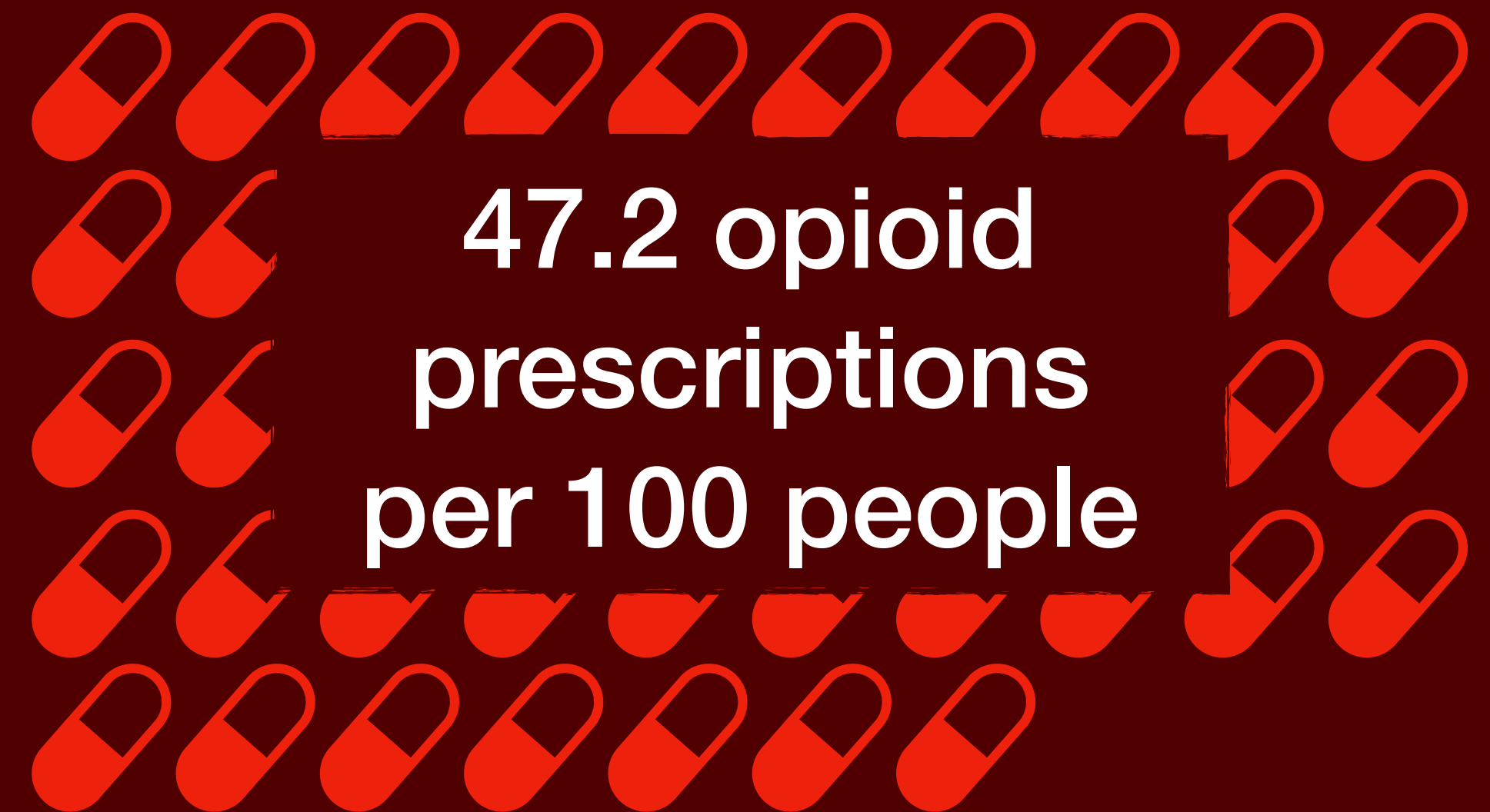


7.1 deaths per 100,000

## 2018

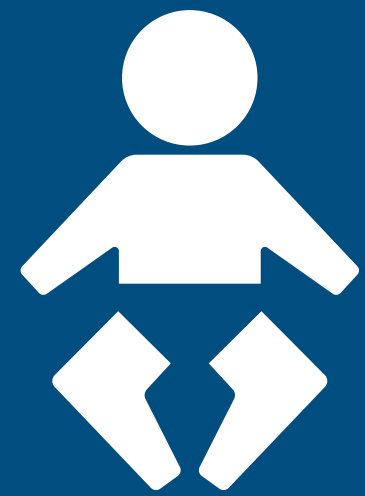


1,402 total deaths



47.2 opioid  
prescriptions  
per 100 people

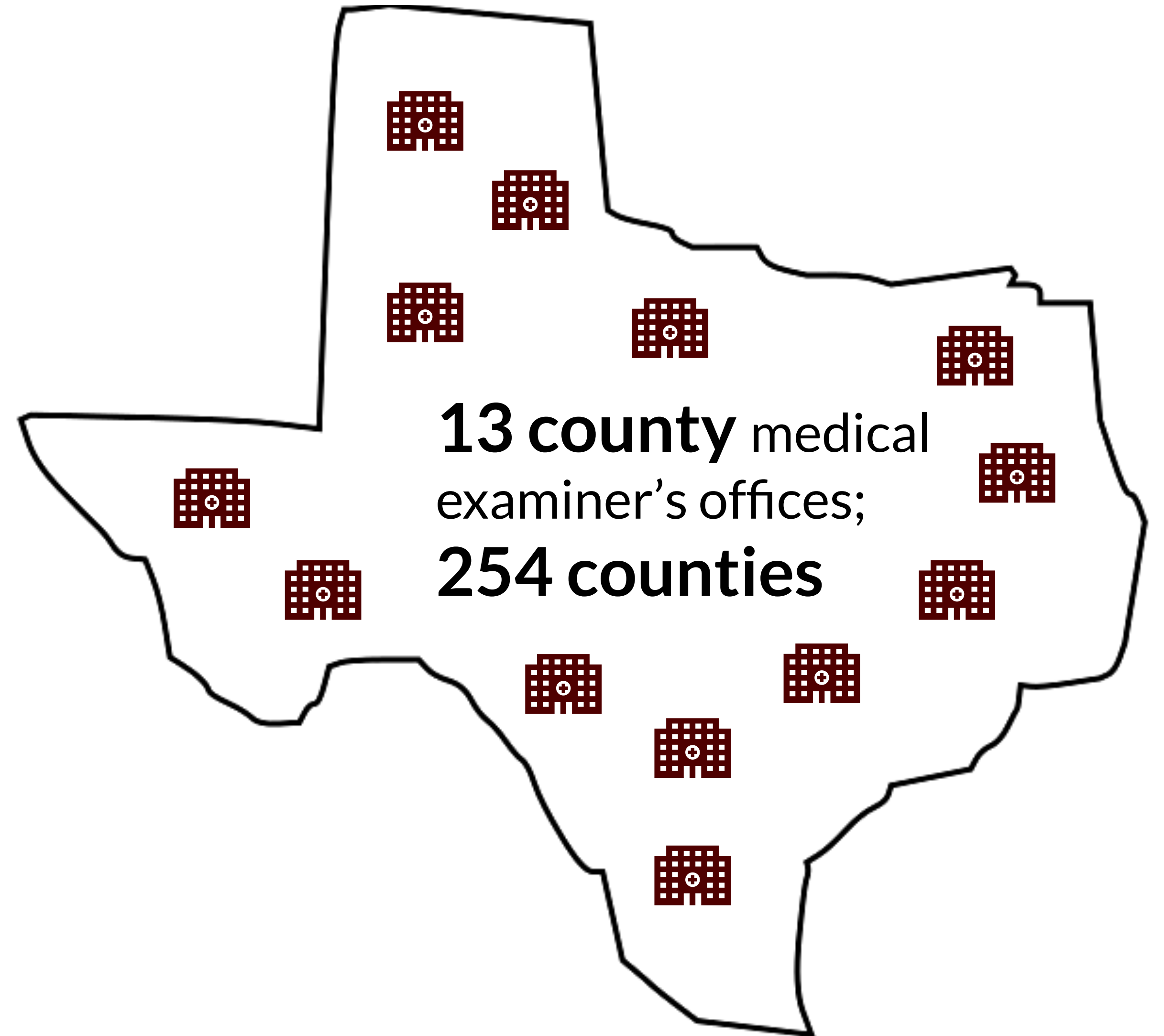
# Opioid Statistics



**Baby** born addicted to **opioids** every **25 minutes**

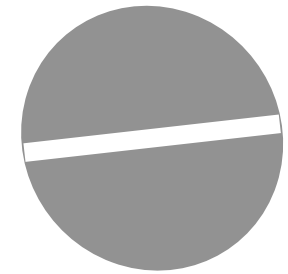


**Drug overdose** leading cause of **maternal mortality**



# Prevention Strategies

Speak with your doctor to create a pain management plan.



Take and store your opioids properly.



Never take your opioid in greater quantities or duration than prescribed.



Inform your doctor of any side effects or concerns

Avoid consuming alcohol and substances that can cause drowsiness

Do not share or sell your prescription drugs

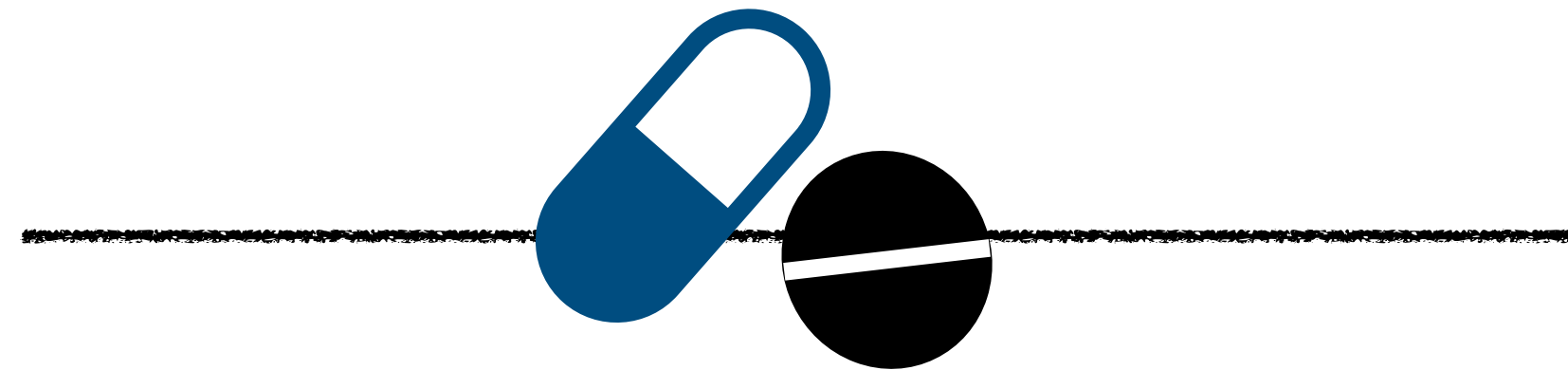




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# What Can I Do to Address Opioid Misuse?



Andrew B. Crocker  
Senior Extension Program Specialist  
Texas A&M AgriLife Extension Service

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# Individual Response

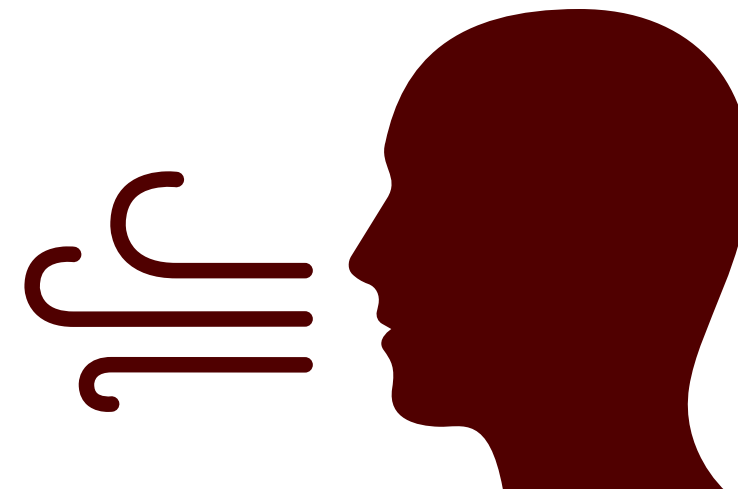
## Non-Opioid & Non-Prescription Pain Management Options:



PHYSICAL OR  
OCCUPATIONAL  
THERAPY



MINDFULNESS  
TECHNIQUES



BREATHING  
EXERCISES



TALK OR  
BEHAVIORAL  
THERAPY

# Individual Response

**Discuss With a Pharmacist About Safe Medication Practices**



*Safe packing methods such as blister pack or medication pack*



# SAFE DISPOSAL

## OF UNUSED OR EXPIRED MEDICATIONS

Discuss with pharmacist, law enforcement, or use disposal locator tool on [WELLCHURCH.TAMU.EDU](http://WELLCHURCH.TAMU.EDU) resource page to learn where to dispose of medications safely.

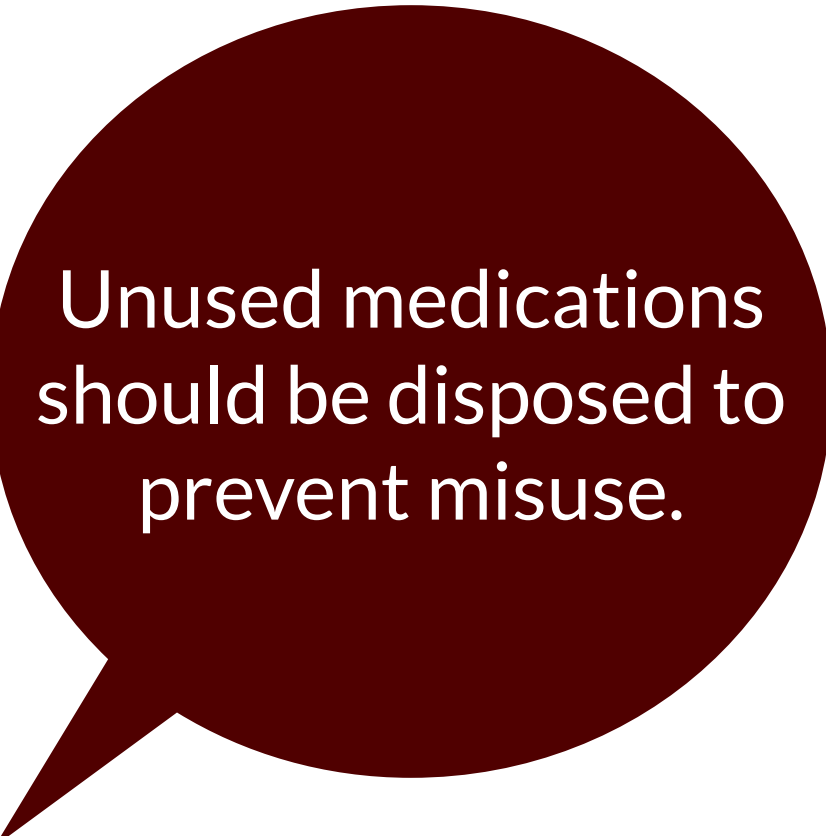


# “The Tongue Also Is A Fire”

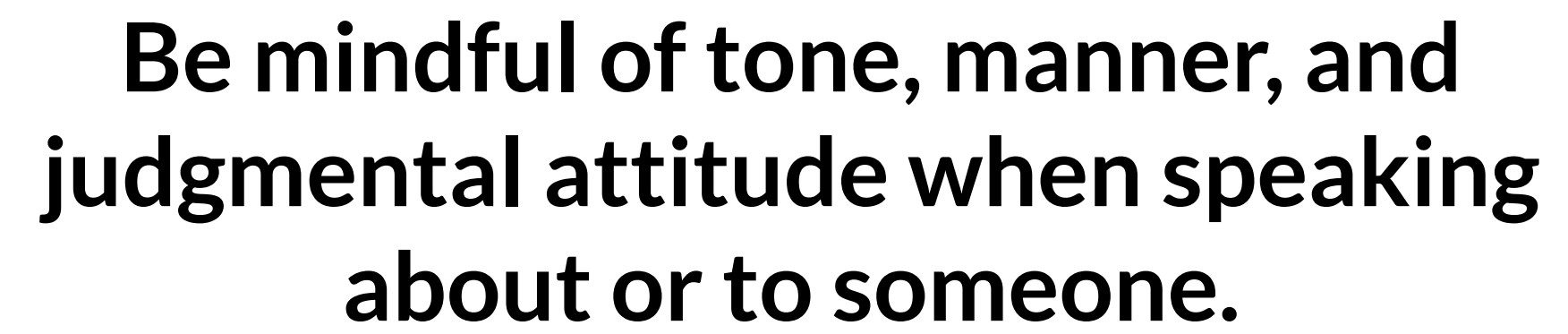


The language we use may bring out negative attitudes and individual blame

*A substance use disorder is a medical condition, not a personal failing*

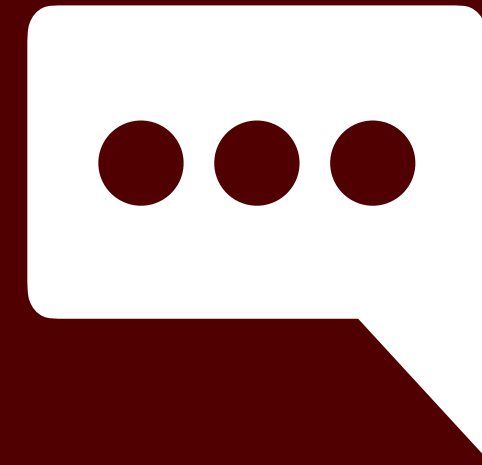


Unused medications  
should be disposed to  
prevent misuse.



**Be mindful of tone, manner, and  
judgmental attitude when speaking  
about or to someone.**





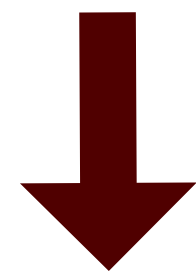
# Alternative Language

<i>Instead of...</i>	<i>Try using...</i>
<i>Drug</i>	<ul style="list-style-type: none"><li>- Medication</li><li>- Prescription</li><li>- Substance</li></ul>
<i>Addiction, Habit</i>	<ul style="list-style-type: none"><li>- Substance use disorder</li></ul>
<i>Abuser, Addict, Junkie</i>	<ul style="list-style-type: none"><li>- Patient</li><li>- Person who misuses...</li><li>- Person with a substance use disorder</li></ul>
<i>Abuse</i>	<ul style="list-style-type: none"><li>- Misuse</li><li>- Use</li><li>- Used other than prescribed</li></ul>
<i>Rehab</i>	<ul style="list-style-type: none"><li>- Receiving care</li><li>- Treatment</li></ul>

# Socio-Ecological Model



# Creating Meaningful Connections



Reduce Isolation  
& Loneliness





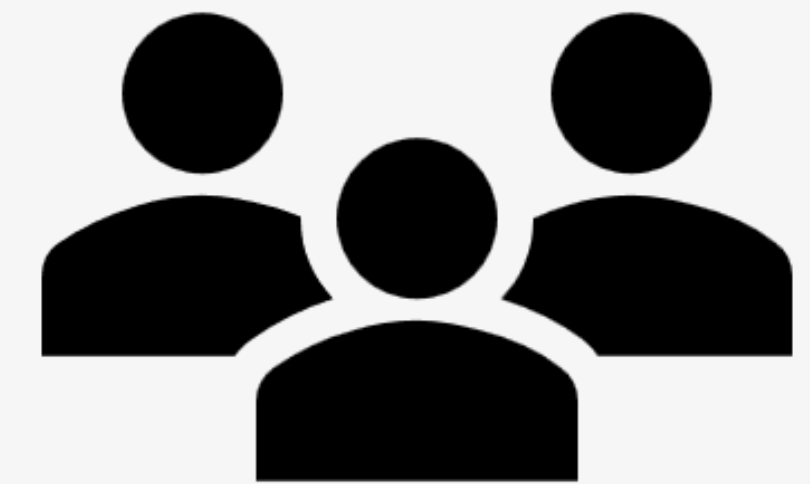
# Church as a Communal Space



Drug Take-Back  
Day Events

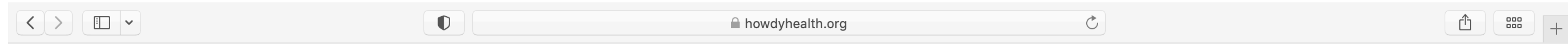


Educational  
Programming



Support Group  
Meetings

# Resources on WELLCHURCH.TAMU.EDU



## STATE SERVICES



### OPIOID AWARENESS:

Prevention, Treatment, Recovery, Action, and Data

<https://txopioidresponse.org/>



### MEDICATION FOR OPIOID USE DISORDER

Opioid Use Disorder Treatment

[www.txmoud.org](http://www.txmoud.org)



### FIND TREATMENT IN YOUR AREA

Click here to find your treatment location:

[www.findtreatment.gov/results/](http://www.findtreatment.gov/results/)



### OPIOID AWARENESS:

FAQs, Risks, Disposal, Overdose, and Reporting

[www.texasattorneygeneral.gov/initiatives/opioid-crisis](http://www.texasattorneygeneral.gov/initiatives/opioid-crisis)



### THE CENTER FOR HEALTH CARE SERVICES

210-223-7233 (24-hour crisis and substance use helpline)

[www.chcsbc.org](http://www.chcsbc.org)

## DISPOSAL SERVICES AND INFORMATION



### PRESCRIPTION DRUG TAKE BACK DAY

Click here to find your disposal location: [Disposal Locations](#)

Take back data and information: [www.takebackday.dea.gov](http://www.takebackday.dea.gov)



### DRUG DISPOSAL LOCATOR TOOL

Click here to find your disposal location: [Disposal Locations](#)



### SAFE DISPOSAL OF MEDICINES

Use the following link for information on safe disposal of your medications: [Safe Disposal of Medicines](#)

# Resources on [WELLCHURCH.TAMU.EDU](http://WELLCHURCH.TAMU.EDU)

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## PAIN MANAGEMENT INFORMATION

### CHRONIC PAIN RESOURCES



Use the following link for information on self-management resources:  
[Living a Healthy Life with Chronic Pain](#)

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