



NATIONAL DRUG & ALCOHOL FACTS WEEK®

Marking its 10th year anniversary, the week of **March 30th to April 5** is recognized as National Drug and Alcohol Facts Week® (NDAFW).

As part of NDAFW, CHCC would like to introduce the newly-started Overdose Data to Action program under the Division of Hospital Services.



OVERDOSE DATA TO ACTION (OD2A)

WHAT IS OD2A?

Overdose Data to Action (OD2A) is a program born out of a 3-year cooperative agreement between the Centers for Disease Control and Prevention (CDC) and the Commonwealth Healthcare Corporation (CHCC), focusing on the complex and changing nature of the drug overdose epidemic and highlighting the need for an integrative and extensive public health approach.

The OD2A program aims to gather more thorough and timelier data on overdose morbidity and mortality through a number of surveillance activities, as well as using that data to inform prevention and response efforts. Additional goals of the program include implementing a Prescription Drug Monitoring Program (PDMP) system on the islands of Saipan, Tinian and Rota and preventing opioid-related harm and overdose by increasing public awareness and facilitating linkages to care for individuals seeking treatment services.

OD2A Program Contact Info: OD2A@chcc.health | (670) 322-0061 / 62 | PO Box 500409 Saipan, MP 96950



Currently on Staff are:

Jesse M. Tudela, Ed. D., RRT, OD2A Project Director, CHCC Chief of Ancillary Services

Monica C. Camacho, BA, OD2A Manager

Jose Tudela, MIS, IT Analyst

Yohei Iwashita, BS, PDMP Data Systems Analyst/Coordinator

Retim Billy, BS, Surveillance Coordinator

Marchie Fernandez, BS, Prevention Coordinator

Philvina Atalig, Administrative Specialist

Current Vacancy:

- Statistical Assistant



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WHAT ARE OPIOIDS?

PRESCRIPTION OPIOIDS

Prescription opioids are a class of drugs used to treat moderate to severe pain. When taken correctly under the supervision of a doctor, prescription opioids can help reduce/relieve the pain. If misused, however, these medications can have serious risks and side effects.

Examples of prescription opioid medication are:

- oxycodone (OxyContin®, Percocet®),
- hydrocodone (Vicodin®),
- morphine, and
- codeine.

ILLEGAL OPIOIDS

Heroin is an illegal opioid that people use, often with a needle, to get high. It can be a white or brown powder, or a black, sticky substance called black tar heroin.

Fentanyl is a synthetic opioid pain reliever. It is many times more powerful than other opioids and can be approved by a doctor for treating severe pain, typically advanced cancer pain. Illegally made and distributed fentanyl has been on the rise in several states.

Both prescription and illegal opioids can cause addiction, overdose, or even death.

HOW DO OPIOIDS WORK?

Opioids attach to opioid receptors on cells located in areas of the brain, spinal cord, and other organs in the body, especially those involved in feelings of pain and pleasure. When this happens, the opioids block pain signals and release large amounts of dopamine throughout the body. This, however, can strongly reinforce the act of taking the drug, making the user want to repeat the experience.

Repeated misuse of prescription opioids can lead to addiction and/or overdose.

WHAT ARE OPIOIDS' RISKY EFFECTS?

SHORT-TERM EFFECTS

- Feeling relaxed and/or happy
- Nausea, vomiting, dizziness
- Drowsiness, confusion
- Slowed or shallow breathing

LONG-TERM EFFECTS

- Addiction
- Irregular heartbeat
- Increased pain
- Life-threatening symptoms or death





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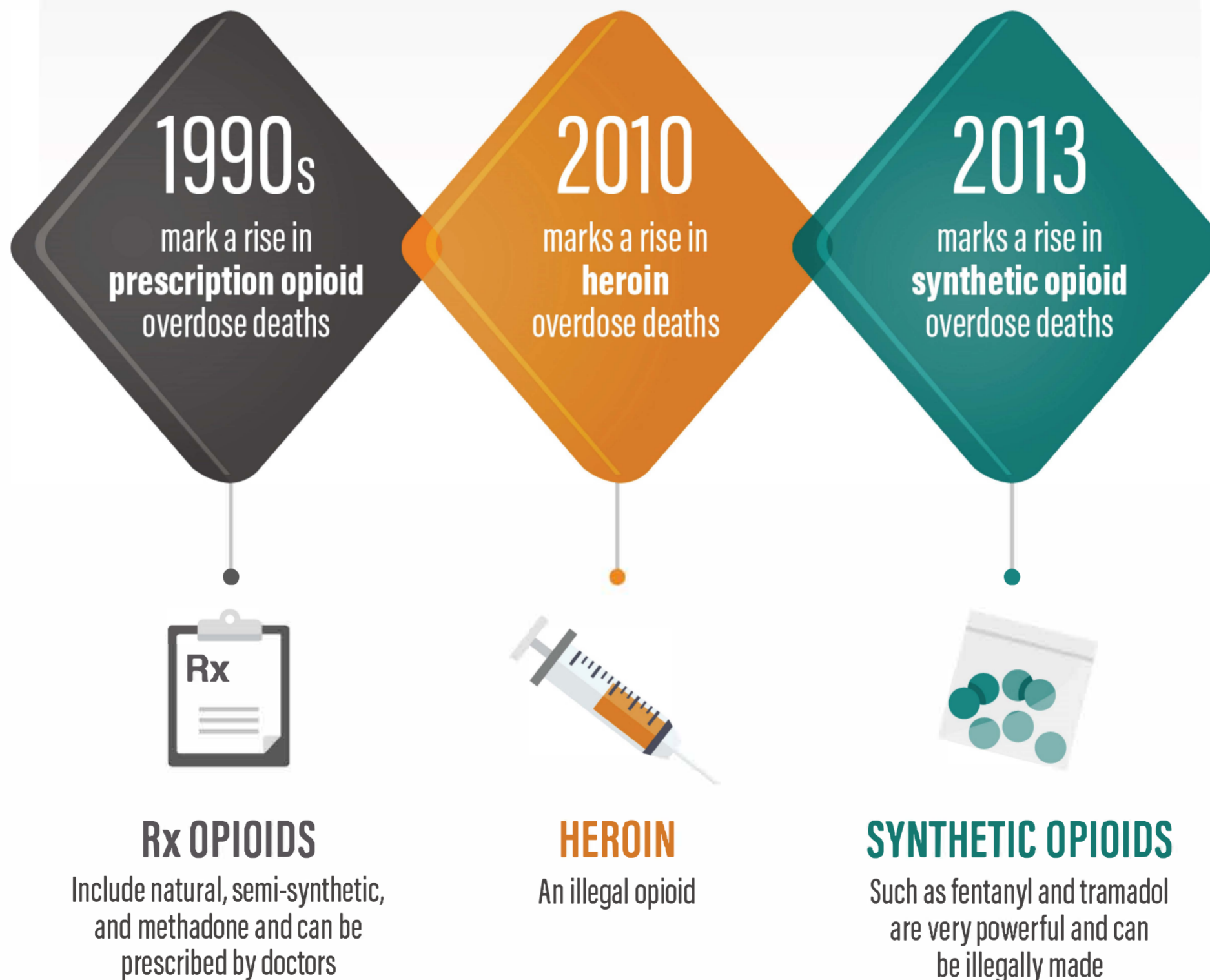
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RISE IN OPIOID OVERDOSE DEATHS IN AMERICA

A Multi-Layered Problem in Three Distinct Waves

399,000 people died from an opioid overdose (1999–2017)



Learn more about the evolving opioid overdose crisis: www.cdc.gov/drugoverdose





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OPIOID-USE DISORDER (OUD)

Opioid-Use Disorder (OUD) is defined as a problematic pattern of opioid use leading to clinically significant impairment or distress¹.

Symptoms:

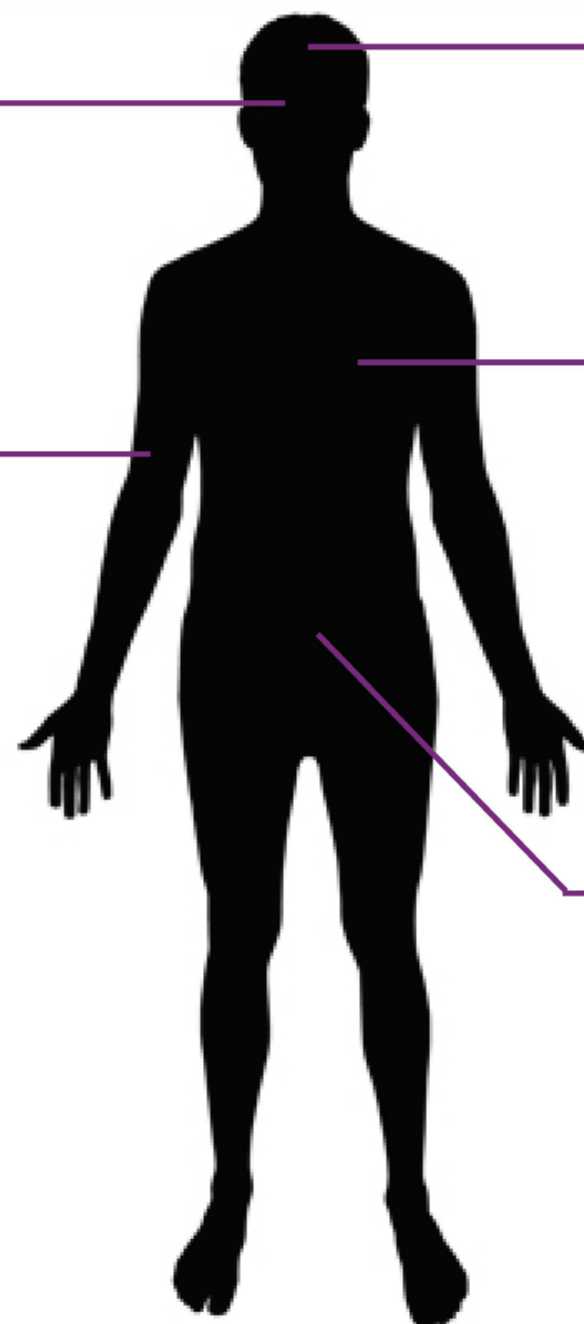
Eyes

- Constricted pupils
- Blurred vision



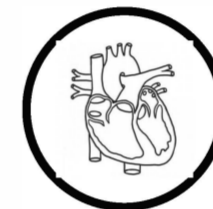
Skin

- Flushed, itchy skin
- "Track marks," or scars from injected use



Brain

- Euphoria
- Drowsiness, dizziness
- Confusion
- Depression



Heart

- Low blood pressure
- Bradycardia (slowed heart rate)



Intestines

- Nausea
- Vomiting
- Constipation

Criteria:

Within a 12-month period, the user...

- Has cravings, or a strong desire/urge to use opioids
- Fails to fulfill responsibilities at work, school or home
- Exhibits tolerance
- Exhibits withdrawal

Treatment:

- Detoxification
- Therapy
- Medication
 - Methadone
 - Buprenorphine
 - Naltrexone
- Medication-Assisted

Responding to an Overdose:

- Call 911
- Administer Naloxone
- Perform mouth-to-mouth rescue breathing
- Perform CPR
- Place the person in recovery

¹ American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders* (5th ed.).





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PREVENT OPIOID MISUSE

S **STICK** to the dosage prescribed by your doctor.

T **TELL** your doctor if you are concerned about addiction.

A **ALWAYS** follow your doctor's instructions.

Y **YOU** can ask your doctor for another option.

S **STORE** medicine where children, teens, and visitors cannot access it.

A **AVOID** mixing with other medications or with alcohol.

F **FOLLOW** disposal instructions for unused pills.

E **ELIMINATE** opportunities for others to find unused pills.

