10,000 Beds
PO Box 351, Cedar City Utah 84721
Email: jean@10000beds.org
Website: 10000beds.org
Provides substance use disorder treatment expense assistance.

Southern Utah Area Narcotics Anonymous
PO Box 457, Washington, Utah 84780
Phone: (435) 467-4403
Website: nasouthernutah.org
Meets regularly to help participants stay completely abstinence from all drugs.

FourPoints Community Health Center - Cedar
440 North Palute Drive, Cedar City, Utah 84721
Phone: (435) 867-1520
Website: fourpointshealth.org
Provides general medical care and mental health services.

FourPoints Community Health Center - Shivwits
6109 West 3700 North, Ivins, Utah 84738
Phone: (435) 688-8198
Website: fourpointshealth.org
Provides general medical care and mental health services.

Southwest Behavioral Health Center - Beaver County
75 West 1175 North, Beaver, Utah 84713
Phone: (435) 438-5537
Website: sbhc.us
Assists clients and families in preventing and recovering from severe and persistent mental illness and addiction.

Southwest Behavioral Health Center - Iron County
245 East 680 South, Iron, Utah 84720
Phone: (435) 867-7654
Website: sbhc.us
Assists clients and families in preventing and recovering from severe and persistent mental illness and addiction.

Southwest Behavioral Health Center - Kane County
75 West 1175 North, Beaver, Utah 84713
Phone: (435) 438-5537
Website: sbhc.us
Provides outpatient and residential treatment for substance use disorders, assessment and counseling for substance use disorders, and suicide prevention hotlines / programs.

Southwest Behavioral Health Center - Washington County
474 West 200 North, St George, Utah 84770
Phone: (435) 634-5600
Website: sbhc.us
Assists clients and families in preventing and recovering from severe and persistent mental illness and addiction.

Steps Recovery Center - St George
1085 South Bluff Street, St George, Utah 84770
Phone: (435) 658-5505
Website: stepsrc.com
Offers addiction recovery treatment including inpatient and outpatient services, detoxification and aftercare programs.

St George Metro Treatment Center
620 South 400 East, Ste 404, St George, Utah 84740
Phone: (435) 656-8918
Website: newseason.com
Provide patients with methadone or buprenorphine to address withdrawal symptoms and cravings, as well as some medical services and counseling.

Utah Support Advocates for Recovery Awareness
113 East 200 North, Suite 1, St George, Utah 84770
Phone: (435) 319-8800
Website: myusara.com/st-george
Offers support services for long-term recovery from addiction to drugs and alcohol for individuals and their families.

Visit swuhealth.org/opioids-misuse.
Call 435-986-2552 with any questions or comments regarding this resource guide.
What is Opioid Misuse?

Opioids are substances that produce morphine-like effects.\(^1\) Medically they are primarily used for pain relief, including Anesthesia.\(^2\) Opioid misuse occurs when prescribed or non-prescribed opioids are used for non-medical purposes to feel good or to avoid withdrawals.

The rise of opioid misuse started in 1999. From 1999-2017, almost 400,000 people in the United States died from an overdose involving any opioid, including prescription and illicit opioids. On average, 130 Americans die every day from an opioid overdose.\(^3\)

Risks of misusing opioids include dependence and addiction. Dependence means feeling withdrawal symptoms when not taking the drug. Addiction is a chronic brain disease that causes a person to compulsively seek out drugs, even though they cause harm. Misuse can include taking too much medicine, taking someone else’s medicine, taking it in a different way than you are supposed to, or taking the medicine to get high. Opioid misuse may sometimes also lead to heroin use, because some people switch from prescription opioids to heroin. Opioid misuse, addiction, and overdoses are serious public health problems in the United States.

Another problem is that more women are misusing opioids during pregnancy. This can lead to babies being addicted and going through withdrawal, known as neonatal abstinence syndrome (NAS).\(^4\)

How can I prevent opioid misuse?

To prevent opioid misuse you should follow your doctor’s instructions when taking them. Do not share your medicines with anyone else. Contact your doctor if you have any concerns about taking the medicines.\(^4\) Another option is to request non-opioid pain medication from your healthcare provider and/or explore non-drug treatments for pain management.

How can I treat opioid misuse?

The good news is you can recover from opioid misuse or abuse. Recovery is real. Some people recover on their own, but many people need additional help through peer coaching, support groups, counseling, and/or specialized treatment. The main treatment for prescription opioid abuse is medication-assisted treatment (MAT). It includes medicines, counseling, and support from family and friends. MAT can help you stop using the drug, get through withdrawal, and cope with cravings.

There is also a medicine called naloxone which can reverse the effects of an opioid overdose and prevent death, if it is given in time.\(^4\) Naloxone kits can be obtained through first responders and at some pharmacies. If you suspect someone is suffering from a drug overdose call 911 immediately.

References


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