

Opioid Care Resource Guide

Southwest Utah

10,000 Beds

PO Box 351, Cedar City Utah 84721

Email: jean@10000beds.org Website: 10000beds.org

Provides substance use disorder treatment expense assistance.

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.

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 abstinent from all drugs.

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.

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.

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.

True North Recovery & Wellness Center

640 E 700 S, Bldg 3, St George, Utah 84770

Phone: (435) 673-1004 Website: truenorthutah.com

Offers a range of services and treatment approaches. Provides licensed and accredited Medication-Assisted Treatment (MAT) with individual and group therapy.

Utah Support Advocates for Recovery Awareness

113 East 200 North, Suite 1, St George, Utah 84770

Phone: (435) 319-8800 Website: myusara.com

Offers support services for long-term recovery from addiction to drugs and alcohol for individuals and their family.

Opioid Care Resource Guide

Southwest Utah

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

1. *Hemmings, Hugh C.; Egan, Talmage D. (2013).*
2. *Stromgaard, Kristian; Krosggaard-Larsen, Povl; Madsen, Ulf (2009).*
3. *Centers for Disease Control and Prevention (2020).*
4. *National Institute of Health, US National Library - Medline Plus (2020).*

Visit swuhealth.org/opioid-misuse.

Call 435-986-2552 with any questions or comments regarding this resource guide.