

Opioids are a highly addictive, dangerous group of drugs that includes heroin and pain relievers such as Morphine, Vicodin, Codeine, Oxycontin, Fentanyl and others. Opioid use has increased greatly in our region, and it can be fatal. Working together to educate our neighbors, prevent initial use, and treat those in need, we can reverse the damage opioids have inflicted on our communities.

Why the sudden rise in opioid use?

The mass use of prescribed opiate-based painkillers caused a dramatic increase in opioid addiction. As prevention efforts decreased the availability of these prescription drugs, heroin became a cheap and readily available replacement. Approximately 80% of people currently addicted to heroin and other opioids started with painkillers prescribed to them or someone they know. According to the Cincinnati Police Department, the street value of an 80 mg Oxycontin tablet can range from \$65 - \$80, versus a street dose of heroin that can cost \$10 - \$20. Opioid use has been found equally among men and women, across all age ranges and backgrounds, and in all neighborhoods in Southwest Ohio.

What is heroin?

Heroin is a white/brown powder or a black, sticky “tar” that can be injected, smoked, or snorted. These three methods of ingestion deliver the potent drug quickly to the brain, contributing to the significant health risk with even just one dose. It can also be known as “smack,” “junk,” “H,” “black tar,” “ska,” “horse”, and other names. Heroin or an “opiate” is naturally derived from a certain poppy plant. “Opioids” are synthetic or man-made drugs with similar or even more powerful effects. Continued use changes the brain’s chemistry causing addiction – uncontrollable desire to use despite negative consequences.

What makes heroin different from other drugs?

Extreme Tolerance

Individuals using heroin quickly build a high tolerance to the drug, which results in the need to use more to achieve a high. However, this high tolerance diminishes quickly when a person stops using. If that person then returns to using at the same level as before, that dose may be lethal.

Severe Withdrawal

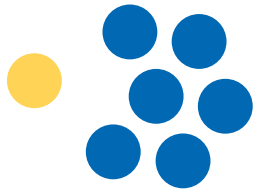
Continuous use of heroin causes the body to become physically addicted. Once addicted, reducing or stopping use causes the person to become nauseous, sweaty, and have extreme physical pain. Using again causes those symptoms to stop. The initial use that started with feeling high becomes use to keep from feeling awful. The tremendous need of the user to stop the symptoms of withdrawal drives continued use and can lead to them taking a higher amount which may cause overdose.

Other Dangers

Other toxic substances are often added to heroin to increase the effects and make it more potent. These added substances can increase the risk of overdose – for example, Fentanyl. There is no safe dose of an unregulated substance. One never really knows what they might be using.

Signs and Symptoms

Someone under the influence of opioids may appear high, nauseous, itchy, sleepy, nodding off, or have slowed breathing. Signs of an overdose include bluish lips and fingertips, clammy skin, small pupils, slowed or stopped breathing, and general non-responsiveness.



Prevention & Treatment

OPIOIDS AND HEROIN

What if you suspect an overdose?

If someone appears to be overdosing, call 911 immediately. Report you suspect heroin involvement. Naloxone (Narcan®) can reverse a heroin overdose. Work is being done to expand the availability of Narcan® beyond first responders, and the general public can receive training for its use

Prevention Efforts

One of the most basic and effective prevention measures is being involved. Have conversations with your children, friends and neighbors. Be active with local workgroups, law enforcement, schools and churches – anywhere that people can be reached for education and assistance if they have a problem. In addition, individuals need to be cautious if prescribed prescription painkillers so to not exceed doctor's recommendations and dispose of unused pills properly.

Treatment Works!

Medication Assisted Therapy (MAT) and Cognitive Behavioral Therapy (CBT) have proven to be an effective combination in a comprehensive addiction treatment plan. Medications can help control the intense cravings and physical withdrawal associated with heroin addiction. CBT works to change thought patterns and behaviors that develop during usage. Talbert House uses Suboxone and Vivitrol under the direction of a board certified addiction physician and treatment team to implement MAT services, and provides CBT treatment by trained counselors.

Appointment Availability

Anyone can call for an appointment or visit a Talbert House site during regular hours to register and receive an assessment. This assessment helps treatment professionals understand your needs and provide you with the best treatment options. Same day appointments are available.

Hamilton County

Walk-in: Monday through Friday (except holidays),
8:00am-3:30pm

Walnut Hills - 513-221-4673

2621 Victory Parkway, Cincinnati, OH 45206

Western Hills - 513-853-6570

4968 Glenway Avenue, Cincinnati, OH 45238

Brown County

Walk-in: Tuesdays & Fridays (except holidays), 1pm,
other times by appointment

Georgetown - 937-378-4811

75 Banting Drive, Georgetown, OH 45121

Mt. Orab - 937-444-6127

709 N. High Street, Mt. Orab, OH 45154

Clinton County

Walk-in: Monday through Friday (except holidays),
1pm, other times by appointment

Wilmington - 937-414-2016

602 S. South Street, Wilmington, OH 45177

Warren County

Walk-in: Monday through Friday (except holidays),
1pm, other times by appointment

Franklin - 937-723-0883

126 E. Fourth Street, Franklin, OH 45005

Lebanon - 513-932-4337

204 Cook Road, Lebanon, OH 45036

Help Starts Here

Should you have any questions or want to schedule an assessment, please call us in
Hamilton County at (513) 221-HELP -or- **Brown County** at (937) 378-4811.

Visit us online at www.talberthouse.org.