

# CHANGE the SCRIPT

## PREVENTION, TREATMENT, and RECOVERY for people facing PRESCRIPTION DRUG MISUSE and ADDICTION

### PREVENTION

#### You can stop opioid misuse and addiction before it starts.

- Ask about **non-opioid approaches** to pain relief.
- **Never** change your dosage or stop medication without talking to your health care provider first.
- **Know the hazards of drug interactions**, including alcohol. A pharmacist can help if you have questions.
- **Never** use another patient's prescription.
- **Store all prescription drugs – including opioids – safely and securely.** More than 50% of opioid misuse originates with excess pills being used by others who have access to the prescription drugs.
- **Properly dispose of prescription medications when you are finished using them.**

### TREATMENT

#### Effective methods are available.

- **Medication Assisted Treatment** combines medication with behavioral counseling for a “whole patient” approach.
- **Extended-release medications** eliminate the need for daily dosing and improve treatment.
- **“Pain” can be emotional** or a sign of a mental health condition, and many people with opioid abuse problems suffer from depression or other mental health issues that can be treated.
- **Medication Tapering** involves working with your doctor to decrease your dosage gradually over a period of time.

### RECOVERY

#### Get the support you need.

- **Join with others who are facing the same situation.** 12-step programs such as Narcotics Anonymous are proven to help.
- **Build a support system.** This means asking for help from people you can trust.
- **Avoid high-risk situations.** Avoid people you know who misuse opioids and other drugs. Set boundaries around your recovery and enforce them.
- **Have strategies for avoiding a return to use.** Know the signs. Have someone to call. Know how to distract yourself for 15-30 minutes. Learn how to relax. Do your recovery in small chunks of time. Access resources online.



[www.ct.gov/dmhas](http://www.ct.gov/dmhas)



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Go to **[drugfreet.org](http://drugfreet.org)** to access a range of resources.

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