

SEATAC MUNICIPAL COURT

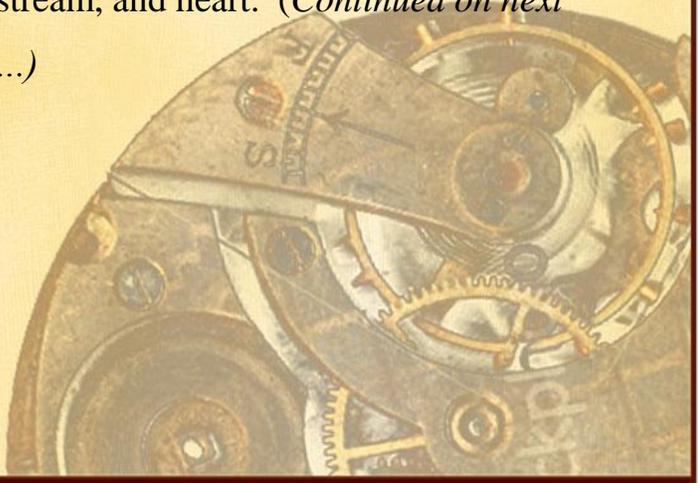


“Opioid Addiction”

Did you know.....?

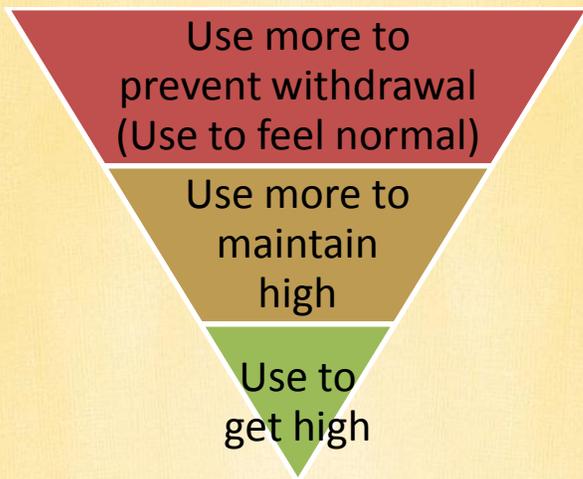
- **Opioids**, such as heroin, are powerful drugs that slow down the actions of the body, such as breathing and heartbeat. They also affect the brain to increase pleasant feelings.
- **Opioids** can be in the form of a pill, a liquid, a wafer, or as a patch that is worn on the skin.
- **Why take opioids?** Doctors prescribe opioid medication to treat pain, or other health problems such as severe coughing.
- **Examples of Opioids:**
 - **Codeine** – Found in some cough syrups
 - **Hydrocodone** – Vicodin, Lortab, Lorcet
 - **Oxycodone** – Percocet, OxyContin, Percodan
 - **Hydromorphone** - Dilaudid
 - **Morphine** – MSContin, Avinza
 - **Fentanyl** - Duragesic
 - **Methadone**

Many have heard lately of the “Heroin Epidemic” in our country. The Department of Justice, the World Health Organization, and the Centers for Disease Control have all declared heroin use to be epidemic. Heroin is an illegal, highly addictive opioid drug. Perhaps not surprisingly, people often use heroin along with other drugs or alcohol, which increases the risk of overdose. A heroin overdose can lead to coma and even death. Heroin is typically injected, which puts users at risk for HIV, Hepatitis C, Hepatitis B, and bacterial infections of the skin, bloodstream, and heart. *(Continued on next page....)*



Medication-assisted treatment (MAT) is very helpful to help people recover from an Opioid addiction. The treatment is made up of three equally important parts:

- Medication (Methadone, Buprenorphine, Naltrexone)
- Counseling
- Support from family and friends



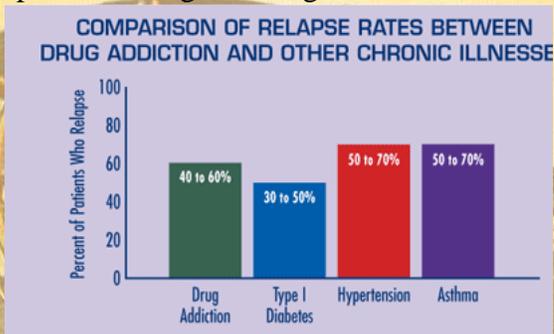
When someone uses an opioid, the drug enters the brain and attaches to brain receptors, giving a euphoric feeling. Heroin’s active metabolites bind to and activate more opioid receptors than any naturally occurring event. Dependence occurs after a constant supply of the opiate results in adaptation, or a change in the brain’s circuitry. When the drug is taken away, the imbalance of chemicals in the brain interacts with the nervous system to produce classic opiate withdrawal symptoms: Nausea, muscle spasms, cramps, anxiety, fever, and diarrhea. To avoid experiencing withdrawal symptoms, and to just feel “normal” (rather than euphoric), a person will continue to use opioids at a higher dosage.

“Opioid Addiction”

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The Department of Justice recently noted that opioid overdose deaths rose by 45% between 2006 and 2010, constituting an “urgent and growing public health crisis.” According to the Center for Disease Control, between 2002 and 2013, the rate of heroin-related overdose deaths nearly quadrupled. The problem is greatly due to the nature of opioids and how they affect the brain. Repeated use of opioids often result in changes in brain functioning. That has led to the recognition of opioid use disorders as a brain disease. Medical and scientific communities consider an opioid use disorder to be a chronic disease, like heart disease and diabetes. Just like heart disease and diabetes, opioid use disorder is considered a medical condition for life. It cannot be cured, but it can be managed. Many patients require long term medical treatment in order to be successful in recovery.

One of the strongest risk factors for heroin addiction is addiction to prescription opioid painkillers. Some of the greatest increases of heroin use have occurred in demographic groups with historically low use of heroin: women, the privately insured, and people with higher incomes. (Continued on next page....)



As seen above, relapse rates for people treated for substance use disorders are common and similar to those for people with diabetes, hypertension, and asthma. Source: Journal of the American Medical Association, 284:1689-1695, 2000

- Heroin use more than doubled among young adults ages 18-25 in the past decade.
- More than 9 in 10 people who use heroin also used at least one other drug.
- 45% of people who used heroin were also addicted to prescription opioid painkillers.

“Opioid Addiction”

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People misuse medications by taking their own prescriptions improperly, stealing medications, going to multiple doctors to get extra medication, or buying from drug dealers. Opioid users develop a tolerance to the drug, so they need more of the drug to get the same effects. That may lead to dependence on opioids, that is, the need to continue to ingest the drugs to prevent withdrawal symptoms.

Most heroin overdoses or opioid overdoses occur when there is an interruption in use. Examples of interruptions that may occur include the user getting arrested and going to jail, the opioid provider getting arrested and going to jail, the opioid provider going on vacation, etc.

The reason for the increased risk for overdose is that the person may be taking a high dosage of the opioid

before the interruption in use. The abstinence from use of an opioid such as heroin reduces their tolerance to opioids. Overdoses can occur when after a period of abstinence, the person takes the opioid at the same dosage they last used prior to the period of abstinence. Most deaths from an opioid overdose occur in people who have a reduced tolerance to opioids at the time of their death. Education and MAT structured treatment are critical to reducing overdose related deaths and combating the Heroin epidemic.

Responding to the Heroin Epidemic

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PREVENT People From Starting Heroin

Reduce prescription opioid painkiller abuse.
Improve opioid painkiller prescribing practices and identify high-risk individuals early.
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REDUCE Heroin Addiction

Ensure access to Medication-Assisted Treatment (MAT).
Treat people addicted to heroin or prescription opioid painkillers with MAT which combines the use of medications (methadone, buprenorphine, or naltrexone) with counseling and behavioral therapies.
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REVERSE Heroin Overdose

Expand the use of naloxone.
Use naloxone, a life-saving drug that can reverse the effects of an opioid overdose when administered in time.

SOURCE: CDC VitalSigns, July 2015

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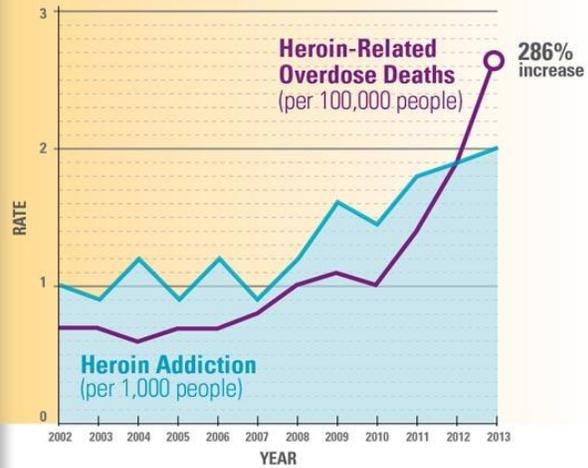
Addiction is **NOT** a sign of weakness. It is **NOT** true that all anybody needs to do to overcome addiction is to be “strong.” Opioid addiction requires medication-assisted treatment for recovery.

MAT is **NOT** replacing one addictive drug with another. It provides a safe, controlled level of medication to overcome the use of a problem opioid. For help locating a substance abuse treatment facility call 1-800-662-4357, or visit www.findtreatment.samhsa.gov/

Heroin Use Has INCREASED Among Most Demographic Groups

	2002-2004*	2011-2013*	% CHANGE
SEX			
Male	2.4	3.6	50%
Female	0.8	1.6	100%
AGE, YEARS			
12-17	1.8	1.6	--
18-25	3.5	7.3	109%
26 or older	1.2	1.9	58%
RACE/ETHNICITY			
Non-Hispanic white	1.4	3	114%
Other	2	1.7	--
ANNUAL HOUSEHOLD INCOME			
Less than \$20,000	3.4	5.5	62%
\$20,000-\$49,999	1.3	2.3	77%
\$50,000 or more	1	1.6	60%
HEALTH INSURANCE COVERAGE			
None	4.2	6.7	60%
Medicaid	4.3	4.7	--
Private or other	0.8	1.3	63%

Heroin Addiction and Overdose Deaths are Climbing



SOURCES: National Survey on Drug Use and Health (NSDUH), 2002-2013. National Vital Statistics System, 2002-2013.

Courtesy of Center for Disease Control

Heroin use is part of a larger substance abuse problem.

Nearly all people who used heroin also used at least 1 other drug.

Most used at least 3 other drugs.

Heroin is a highly addictive opioid drug with a high risk of overdose and death for users.

People who are addicted to...

ALCOHOL	MARIJUANA	COCAINE	Rx OPIOID PAINKILLERS
are	are	are	are
2x	3x	15x	40x

...more likely to be addicted to heroin.

SOURCE: National Survey on Drug Use and Health (NSDUH), 2011-2013.

Source: National Survey on Drug Use and Health (NSDUH), 2011-2013, Courtesy Center for Disease Control



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