

S A M H S A
Opioid Overdose
TOOLKIT:

Recovering from Opioid Overdose—
*Resources for Overdose Survivors
& Family Members*



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Also see the other components of this Toolkit:

- ★ Facts for Community Members
- ★ Five Essential Steps for First Responders
- ★ Information for Prescribers
- ★ Safety Advice for Patients

RECOVERING FROM OPIOID OVERDOSE

RESOURCES FOR OVERDOSE SURVIVORS AND FAMILY MEMBERS

Survivors of opioid overdose have experienced a life-changing and traumatic event. They have had to deal with the emotional consequences of overdosing, which can involve embarrassment, guilt, anger, and gratitude, all accompanied by the discomfort of opioid withdrawal. Most need the support of family and friends to take the next steps toward recovery.

While many factors can contribute to opioid overdose, it is almost always an accident. Moreover, the underlying problem that led to opioid use — most often pain or substance use disorder — still exists and continues to require attention [1].

Moreover, the individual who has experienced an overdose is not the only one who has endured a traumatic event. Family members often feel judged or inadequate because they could not prevent the overdose. It is important for families to work together to help the overdose survivor obtain the help that he or she needs.

FINDING A NETWORK OF SUPPORT

As with any disease, it is not a sign of weakness to admit that a person or a family cannot deal with the trauma of overdose without help. It takes real courage to reach out to others for support and to connect with members of the community to get help. Health care providers, including those who specialize in treating substance use disorders, can provide structured, therapeutic support and feedback.

If the survivor's underlying problem is pain, referral to a pain specialist may be in order. If it is addiction, the patient should be referred to an addiction specialist for assessment and treatment, either by a physician specializing in the treatment of opioid addiction, in a residential treatment program, or in a federally certified Opioid Treatment Program (OTP). In each case, counseling can help the individual manage his or her problems in a healthier way. Choosing the path to recovery can be a dynamic and challenging process, but there are ways to help.

In addition to receiving support from family and friends, overdose survivors can access a variety of community-based organizations and institutions, such as:

- Health care and behavioral health providers
- Peer-to-peer recovery support groups such as Narcotics Anonymous
- Faith-based organizations
- Educational institutions
- Neighborhood groups
- Government agencies
- Family and community support programs

RECOVERING FROM OPIOID OVERDOSE

RESOURCES

Information on opioid overdose and helpful advice for overdose survivors and their families can be found at the following websites:

Substance Abuse and Mental Health Services Administration (SAMHSA)

- National Treatment Referral Helpline 1-800-662-HELP (4357) or 1-800-487-4889 (TDD — for hearing impaired)
- National Substance Abuse Treatment Facility Locator: www.findtreatment.samhsa.gov/TreatmentLocator to search by state, city, county, and zip code
- Buprenorphine Physician & Treatment Program Locator: www.buprenorphine.samhsa.gov/bwns_locator
- State Substance Abuse Agencies: <http://findtreatment.samhsa.gov/TreatmentLocator/faces/abuseAgencies.jspx>

Centers for Disease Control and Prevention (CDC):

www.cdc.gov/Features/VitalSigns/PainkillerOverdoses

National Institutes of Health (NIH), National Center for

Biotechnical Information: www.ncbi.nlm.nih.gov

The Partnership at Drug-Free.org: www.drugfree.org/uncategorized/opioid-overdose-antidote

Project Lazarus: <http://projectlazarus.org>

Harm Reduction Coalition: <http://harmreduction.org>

Overdose Prevention Alliance: <http://overdosepreventionalliance.org>

Toward the Heart: <http://towardtheheart.com/naloxone>

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3. Coffin PO, Sullivan SD. Cost-effectiveness of distributing naloxone to heroin users for lay overdose reversal. *Ann Int Med*. 2013; 158:1–9.

Acknowledgments

This publication was prepared for the Substance Abuse and Mental Health Services Administration (SAMHSA) by the Association of State and Territorial Health Officials, in cooperation with Public Health Research Solutions, under contract number 10-233-00100 with SAMHSA, U.S. Department of Health and Human Services (HHS). LCDR Brandon Johnson, M.B.A., served as the Government Project Officer.

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Recommended Citation

Substance Abuse and Mental Health Services Administration. SAMHSA Opioid Overdose Prevention Toolkit: Recovering from Opioid Overdose — Resources for Overdose Survivors and Family Members. HHS Publication No. (SMA) 14-4742. Rockville, MD Substance Abuse and Mental Health Services Administration, 2014.

Originating Office

Division of Pharmacologic Therapies, Center for Substance Abuse Treatment, Substance Abuse and Mental Health Services Administration, 1 Choke Cherry Road, Rockville, MD 20857. HHS Publication No. (SMA) 14-4742. First Printed 2013. Revised 2014



HHS Publication No. (SMA) 14-4742
First Printed 2013. Revised 2014