

STARTS WITH **One**

Washington State
Health Care Authority

Starts with One is the Washington State Health Care Authority's (HCA) opioid misuse prevention campaign. The campaign is designed to inform and educate Washingtonians about the dangers of prescription drug misuse, promote safe storage and safe disposal practices, and inform about how to respond in the case of an overdose.

Articles Share these articles in newsletters, blog posts or on websites.

Article for Young Adult Audience

What is An Opioid and Why Are They Addictive?

If you're wondering what an opioid is, you're not alone. They can be a confusing class of drugs. Opioids are most commonly used to reduce pain. Heroin, a commonly known illegal drug, is considered an opioid, as are many of the legal prescription pain relievers prescribed by doctors such as oxycodone (OxyContin®), hydrocodone (Vicodin®), codeine, morphine, and many others. Opioid pain relievers are generally safe when taken for a short time and as prescribed by a doctor. However, they can be misused.

Opioids can negatively affect the reward center in the brain and over time, a user needs more and more. This makes opioids highly addictive.

When it comes to preventing opioid misuse, you can make a difference.

- If you are prescribed an opioid, talk with your doctor about other options.
- Never share an opioid prescription with someone else.
- Treatment works. If you think you need help, call Washington Recovery Help Line at 1 (866) 789-1511.
- Dispose of unused medications safely at a take-back program near you. Find one at MedTakeBackWashington.org.

Your choices matter. Stop opioid misuse.

GetTheFactsRx.com

** Sources: Substance Abuse and Mental Health Services Administration, National Institute on Drug Abuse, National Institute on Drug Abuse for Teens*

Article for Young Adult Audience

One Act of Courage.

When it comes to the opioid epidemic, we are all part of the solution. It begins with just one step. One act of courage. One honest conversation.

Your choices matter. Some of the steps you can take to stop opioid misuse include:

- Have a conversation with a friend about the dangers of opioids. Talking with your friends about drugs can be awkward, but it could be one of the most important things you do. You can start by sharing the facts about opioid misuse.
- If a friend has asked for help, encourage them to see a doctor for an evaluation or call the Washington Recovery Help Line at 1 (866) 789-1511. You can also consider locating an appropriate physician or health professional and give their information to your friend.
- Offer your support and remind them it takes courage to seek help. Remind them that treatment works.
- Visit GetTheFactsRx.com for more information.
- Never share an opioid prescription with someone else.
- If you are prescribed an opioid, talk with your doctor about other options for managing pain.
- Dispose of unused medications safely at a take-back program near you. Find one at MedTakeBackWashington.org.

Your choices matter. When it comes to preventing opioid misuse, you can make a difference.

GetTheFactsRx.com

**Sources: starttalkingnow.org, Washington State Department of Health*

Article for Parent / Older Adult Audience

What is An Opioid and How Can You Prevent Misuse?

If you're wondering what an opioid is, you're not alone. They can be a confusing class of drugs. Opioids are most commonly used to reduce pain. Heroin, a commonly known illegal drug, is considered an opioid, as are many of the legal prescription pain relievers prescribed by doctors. Opioid pain relievers are generally safe when taken for a short time and as prescribed by a doctor.

However, nearly half of people misusing pain relievers, including prescription opioids, get them from a friend or family member. That's why it's important for everyone to take a few simple steps to keep your loved ones safe.

Locking up medications can stop them from being misused. Safely dispose of unused medications at a take-back program near you. You can find one at MedTakeBackWashington.org.

Your influence matters. Be the one to help keep your family safe.

GetTheFactsRx.com

**Sources: Substance Abuse and Mental Health Services Administration, National Institute on Drug Abuse, Washington State Department of Health*

Article for Parent / Older Adult Audience

One Honest Conversation.

While it can be difficult to talk to your kids about opioid misuse, it could change their life. One honest conversation can help make a difference.

- A conversation with loved ones.
 - Young people in Washington say that their parents are one of the biggest influences on their decision to use or not use drugs. Talk with your kids and share the facts.
 - You can also encourage your loved ones to talk with their doctor about other ways to treat pain.
- A conversation with your doctor.
 - Prescription pain medication can be highly addictive. Talk with your doctor about other ways to manage pain.
 - Try a milder option first, such as Tylenol or Advil.
 - Talk with a behavioral health provider about strategies that can help manage stress.
 - Try physical therapy or other therapies such as acupuncture or massage.

When it comes to preventing opioid misuse, you can be the one to help keep your family safe. Talk with your loved ones and share the facts. It begins with one step. One act of courage. One honest conversation.

GetTheFactsRx.com

** Sources: 2021 Healthy Youth Survey, Center for Disease Control and Prevention, Substance Abuse and Mental Health Services Administration, Washington State Department of Health*