



Jackson County Department of Public Health

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Recovery Is Possible

According to the CDC, Opioid use disorder is medical condition that can affect any race, gender, income level, or social class. Some people begin taking prescription opioids to manage pain after a surgery or injury, and some people begin taking them to manage chronic pain. No matter what the circumstance is, prescription opioids can be addictive and dangerous, but recovery is possible.

A major warning sign of addiction is if a person keeps using opioids even though taking them has caused problems before, like trouble keeping a job, relationship turmoil, or run-ins with law enforcement. Other signs include trying to stop or cut down on use but not being able to, using substances because of being angry or upset with people, taking one substance to get over the effects of another, making mistakes at school or on the job because of using substances, use hurting relationships with family and friends, being scared at the thought of running out of opioids, stealing to pay for substances, being arrested or hospitalized for use, developing a tolerance and needing larger amounts to get the same effect, overdosing on drugs. Everyone can play a role and take action to help end the opioid overdose epidemic in the United States.

- Reach out, if you think you or someone you know has a problem. Talk to family members, friends, or a healthcare professional.
- Be supportive (not judgmental) if a loved one has a problem. Recognize that substance use disorder is a medical condition, not a moral failing.
- Show support towards people in recovery. Acknowledge and celebrate their achievements. Encourage them to maintain their recovery program and supports.

There are medications for opioid use disorder. Treatment can help people get their lives back before it's too late. No single treatment method is right for everyone, but research shows that combining behavioral therapy with medication for opioid use disorder is the most effective approach for overcoming opioid addiction. When people make a recovery plan that includes medication for opioid use disorder, their chances of success increased. These medications can be effective for treatment of addiction to prescription opioids such as oxycodone, hydrocodone, morphine, and codeine. Medications used in the treatment of opioid use disorder can help normalize brain chemistry, relieve cravings, and in some cases prevent withdrawal symptoms, thereby supporting a person's recovery. Medications for opioid use disorder include methadone, buprenorphine and naltrexone.



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Many people are able to make significant changes in their lives and maintain remission by finding or creating social networks and environments supportive of recovery efforts. Seek out recovery supports, including mutual aid groups, recovery coaches, and peer recovery services. For more information, visit <https://www.cdc.gov/opioids/>. To get involved, contact Janelle Messer at (828) 587-8238 or janellemesser@jacksonnc.org.

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