



Be the OP on Opioids: Understanding Drugs, Managing Stress, & Being the Original You

**WA Prevention Summit
November 2019**

Facilitated By: Garrett Hebel, MSW, LSWAIC, SUDP

Trending today

Simone Biles
Simone Biles' ceremonial first pitch for game 2 of the World Series

r/sports and more

PROMOTED

Toyota Family
Redditors showcase the power and fun of their Toyotas

u/toyotausa and more

Origi
Liverpool FC condemn fans who hung up a racist banner that

r/soccer and more

Bethesda
The only appropriate community response after

r/gaming and more

RPAN - REDDIT PUBLIC ACCESS NETWORK

RPAN is a public network made up of live broadcasts created by and for redditors like you.

TUNE IN

Popular posts

r/AskReddit · Posted by u/VeiledVirtuosa 6 hours ago 2

37.2k

Without saying the title, what's your favorite video game?

47.2k Comments Share Save

+ JOIN

r/PublicFreakout · Posted by u/cmoskal 12 hours ago

29.2k

She had already hit two other cars while speeding down a highway before being blocked into a parking spot by the guy recording when she pulled into a gas station Mod's Choice



Today's Top Growing Communities

- r/tifu
- r/facepalm
- r/trashy
- r/books
- r/Wellthatsucks

VIEW ALL

Sports News Gaming Aww

ADVERTISEMENT



Who am I?

- Grew up (mostly) in Wisconsin on the Mississippi River
- Went to college 4 years in Iowa-Bachelor's in Social Work, Bachelor's in Spanish
- Went to graduate school for 1.5 years in Chicago, IL-Masters in Social Work
- Spent ~2 years working with 16-22 year olds from tough backgrounds in Chicago
- Moved to Seattle in 2016 with wife and dog
- Work in a hospital providing counseling for adults who struggle with mental health and substance use
- Geography/maps nerd
- I've dislocated 3 fingers on the same hand
- I will do anything I can to avoid taking two trips to take things in from the car
- First time doing workshop



Who are you?

- Eastern WA?
- Central WA?
- Western WA?
- Middle School?
- High School?
- Got out of school?
- I know a lot about this topic
- I know some about this topic
- I don't know much about this topic

Expectations

- No question is a dumb question
- No judgment
- Have fun
- Volunteer/interact
- PROPS
- Cell phones
- Allergies?-dealing with candy bribes
- 2 F Bombs-feedback and flexibility

Choose your ball

Main objectives: to provide education and empowerment to help you make healthy decisions and be happy, healthy individuals/adults

01

NEUROBIOLOGY OF DRUG USE
30 min

Types of Drugs
Opioids and the Brain
How Dependency Happens
Withdrawal
Overdose/Narcan
General Addiction

02

STRESS RELIEF
20 min

Causes of Stress
Emotions are Important
Stress and Trauma Reactions
How Drugs Harm Capacity
Diversifying Stress Relief
Seeking Balance

03

DEVELOPING IDENTITY
10 min

Be Different-It's Healthy!
Identity and Stress Relief
Accepting Others/Yourself
Importance of Balance
4 Bees

How you ask? Tapping the senses: See, do, listen, speak, (not really smelling today)

Why do people use drugs?

RELIEVE STRESS/PAIN

FEEL GOOD/HIGH

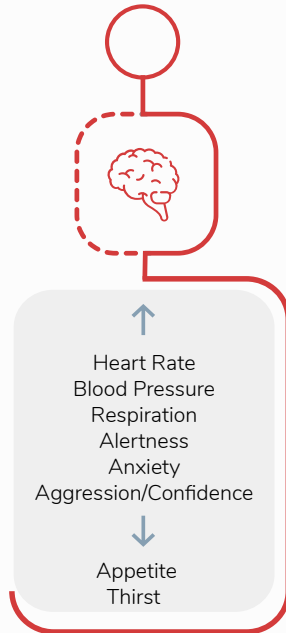
BOREDOM

SOCIAL

FAMILY/ENVIRONMENT

MEDICAL-TO FUNCTION PHYS/MENT

Stimulants

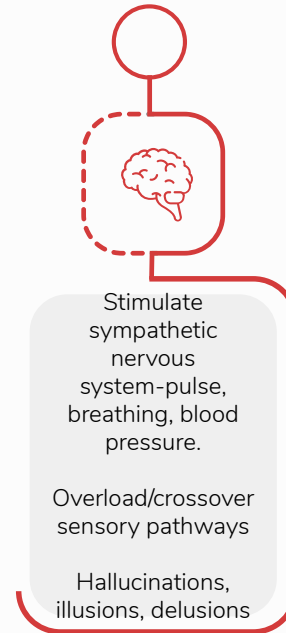


Function of Central
Nervous System
Inhibition

Accomplished
through variety of
biochemical
processes



Hallucinogens



ALCOHOL

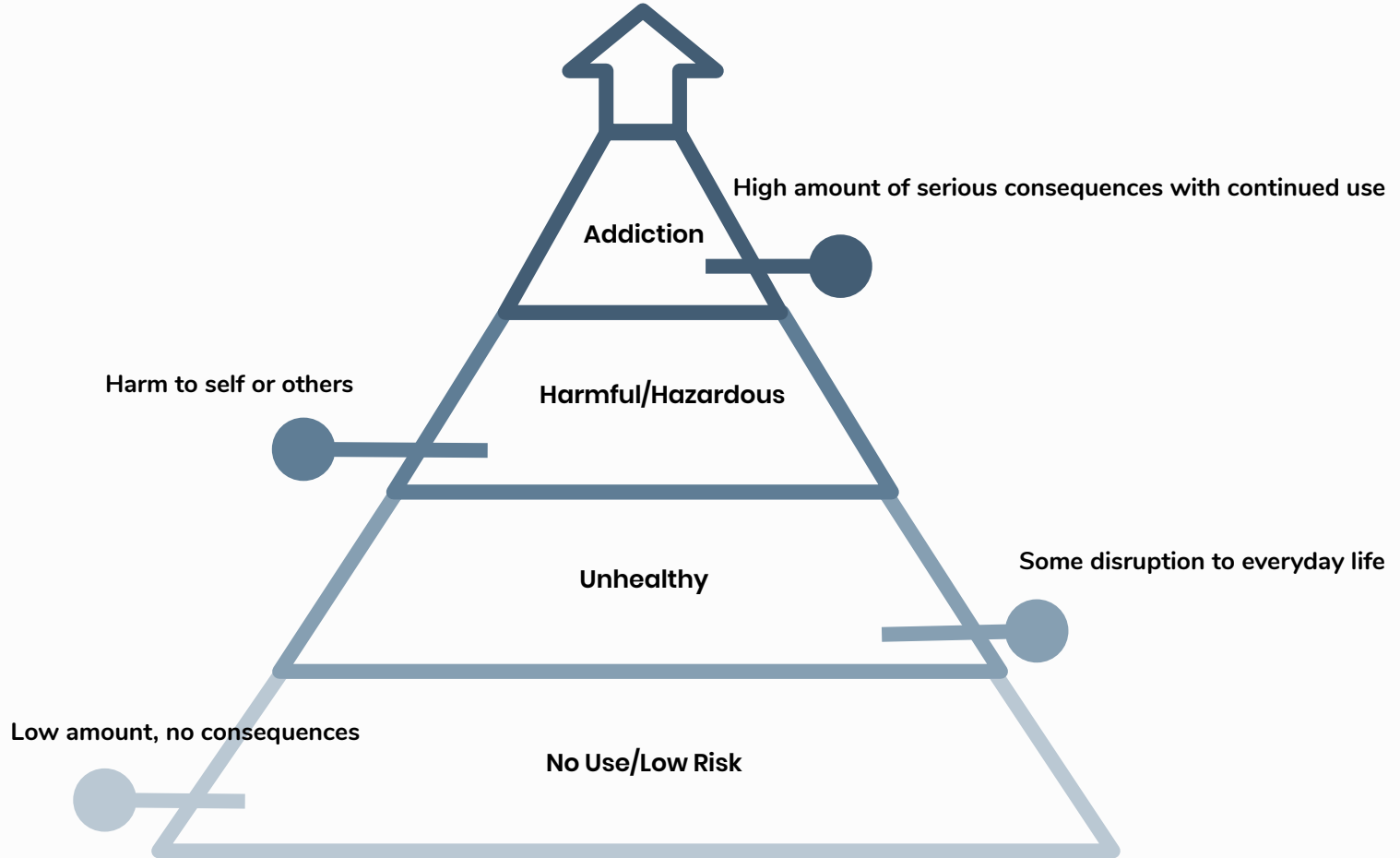


OPIATES/OPIOIDS



BENZODIAZEPINES

Many of the most commonly prescribed benzos are those which are most readily abused, including:	ALPRAZOLAM (Xanax)	CLONAZEPAM (Klonopin)	CHLORDIAZEPOXIDE (Librium)
	DIAZEPAM (Valium)	TEMAZEPAM (Restoril)	TRIAZOLAM (Halcion)



Endogenous Morphine (Endorphins)



Heroin (diacetylmorphine)

Dope, smack, tar,
China white



Hydrocodone

Vicodin, Norco, "Vike"



Oxycodone

OxyContin, Percodan,
Percoset, "Percs",
"Oxy"



Hydromorphone

Dilaudid, Hydral,
Sophidone, "Dillies",
hospital heroin



Fentanyl

Sublimaze, Duragesic,
Sufenta, Actiq, "Fent"
"TNT"



Codeine

Cough syrups,
Number 4s, Number
3s,



Buprenorphine

Suboxone, Subutex,
"subs", "bupe"



Methadone

Dolophine, "juice"

Morphine

Hydrocodone

Oxycodone 1.5x

Demerol 8x

Methadone 3x

Tramadol 10x

Heroin 5x

Codeine 10x

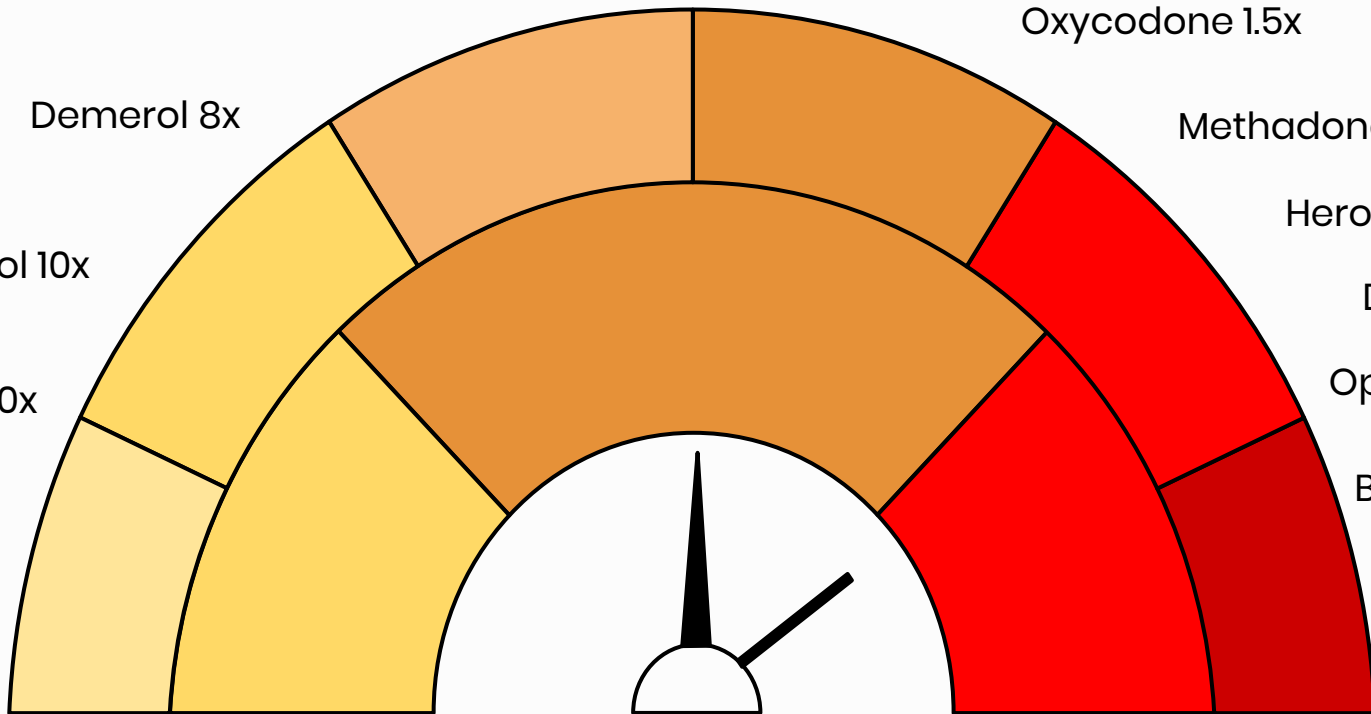
Dilaudid 5x

Opana/Oxymorphone 10x

Buprenorphine 25x

Fentanyl 50-100x

Carfentanil 1000x



OPIOIDS AND THE BODY

Neurotransmission Demonstration (disclaimer-video after)

Volunteers?

Joker = Actor x1

Ace = Dopamine Release Neuron x2 (signs)

King = Dopamine Neurotransmitter x4 (candy)

Queen = Opioid Molecule x4

Jack = Endorphin Molecule x2

10 = Blocker Neuron x2

9 = Pain Signalist x1

8 = Pleasure Signalist x1

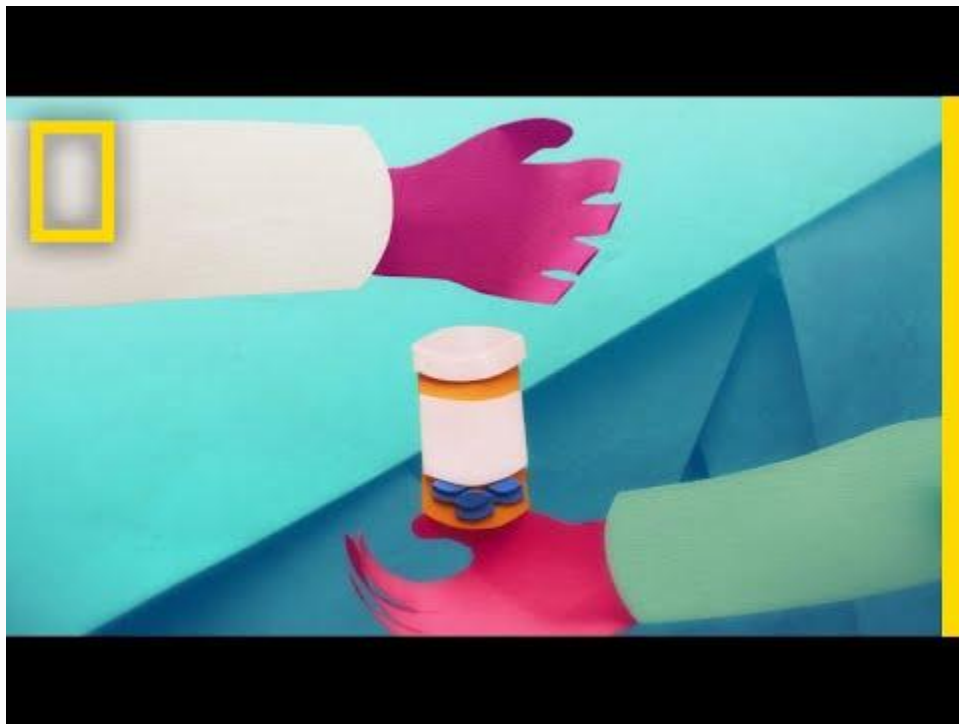
Scenarios:

Normal pain response

**Normal pleasure
response**

**Pain response on
opioids**

**Pleasure response on
opioids**



Other resources: <https://www.youtube.com/watch?v=AqDo4LiKz-c>
<https://www.youtube.com/watch?v=VldsyyybBRw>



3:55-6:00

SYMPTOMS of WITHDRAWAL

INCREASED HEART RATE & BLOOD PRESSURE

VOMITING

ANXIETY

DIARRHEA

SHIVERING

ABDOMINAL
CRAMPS

TREMORS

RUNNY
NOSE

YAWNING

SNEEZING

BODY ACHES

SWEATING



OVERDOSE (depressants)



WHAT IS GOING ON?

**LOSS OF
CONSCIOUSNESS**

**SLOW, SHALLOW
BREATHING**

**CHOKING/GURGLING
SOUNDS**

LIMP BODY

**PALE/BLUE/COLD
SKIN**

**SMALL,
CONSTRICTED,
“PINPOINT”
PUPILS**

WHAT TO DO



CALL 911



**GIVE
NALOXONE
(IF AVAILABLE)**



**TRY TO
KEEP
PERSON
AWAKE/
BREATHING**



**LAY PERSON
ON SIDE
(PREVENT
CHOKING)**



**STAY WITH
UNTIL
EMERGENCY
WORKERS
ARRIVE**

WHAT IS NARCAN/NALOXONE? (1:09-3:15)





OPIOIDS USED FOR TREATMENT

BUPRENORPHINE (Suboxone/Subutex)

METHADONE

Used to therapeutically help alleviate the physical and psychological stress on the body, so the person can participate in recovery.

WARNING: TAKING MORE THAN PRESCRIBED DOSE OF ANY MED-HIGH RISK



RELIEVE STRESS/PAIN

FEEL GOOD/HIGH

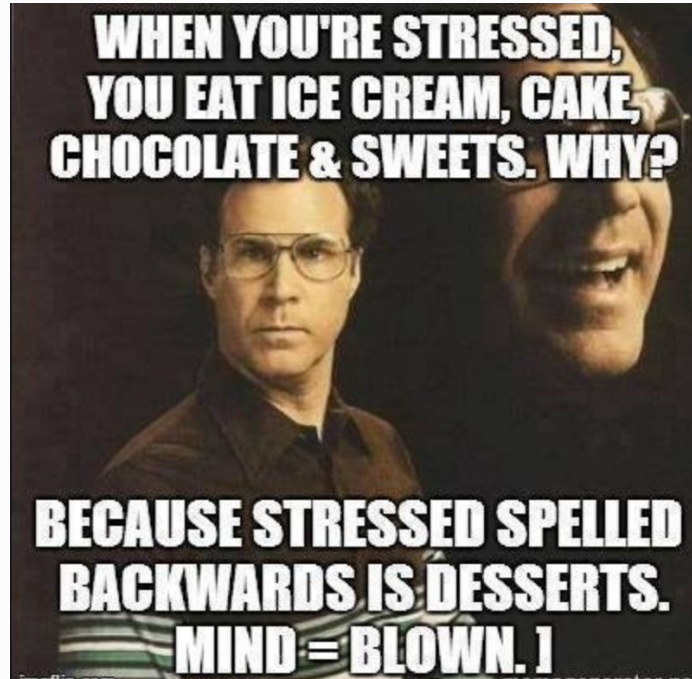
BOREDOM

SOCIAL

FAMILY/ENVIRONMENT

MEDICAL-TO FUNCTION PHYS/MENT

WHAT IS STRESS? WHY DO WE HAVE IT?



Stress: Physical, emotional, mental pressure, strain from inside (internal) or outside (external) sources (stimuli)



WHEN DO YOU FEEL STRESS?

Home

School

Work

Peers

HOW DO YOU FEEL STRESS?

Physical

Mental

Emotional

CAN YOU AVOID STRESS?

Show of hands

**Life/Interaction with world = stimulus/event →
emotion → thought → behavior/action → effect**

CLOSE EYES-IMAGINE ACTIVITY

Imagine walking out your front door and never feeling emotions ever again. The people you encounter are emotionless. The animals or pets you have are expressionless. What is your purpose in life? What do you do? Why are you doing it?

Open your eyes.

Emotion is the source of meaning. It is also the source of stress. Therefore, stress is an essential part of life, so we need to know how to identify it and manage it.

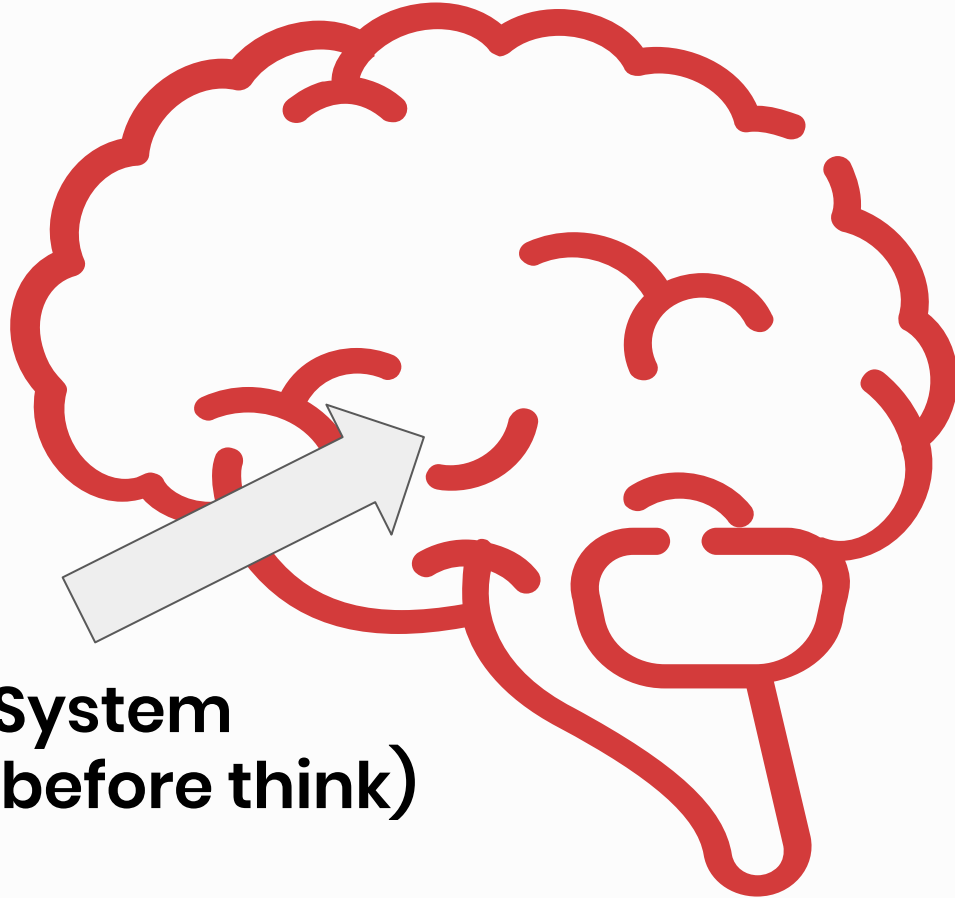
CAN YOU AVOID STRESS?

**Nope! Can only learn how to
manage or prevent what is in
your control.**

Stress CAN be a good thing-Why?

High highs

Low lows



**Limbic System
(learn to feel before think)**

Male:

25



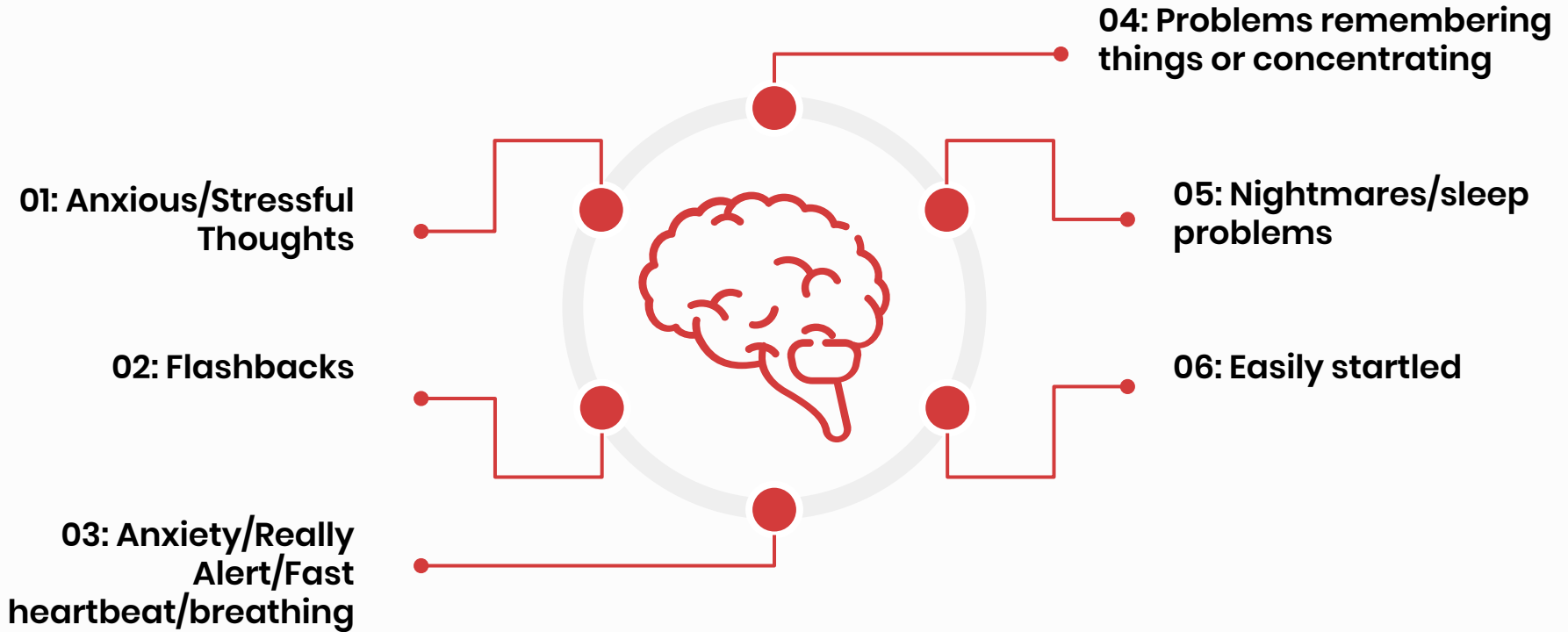
Female:

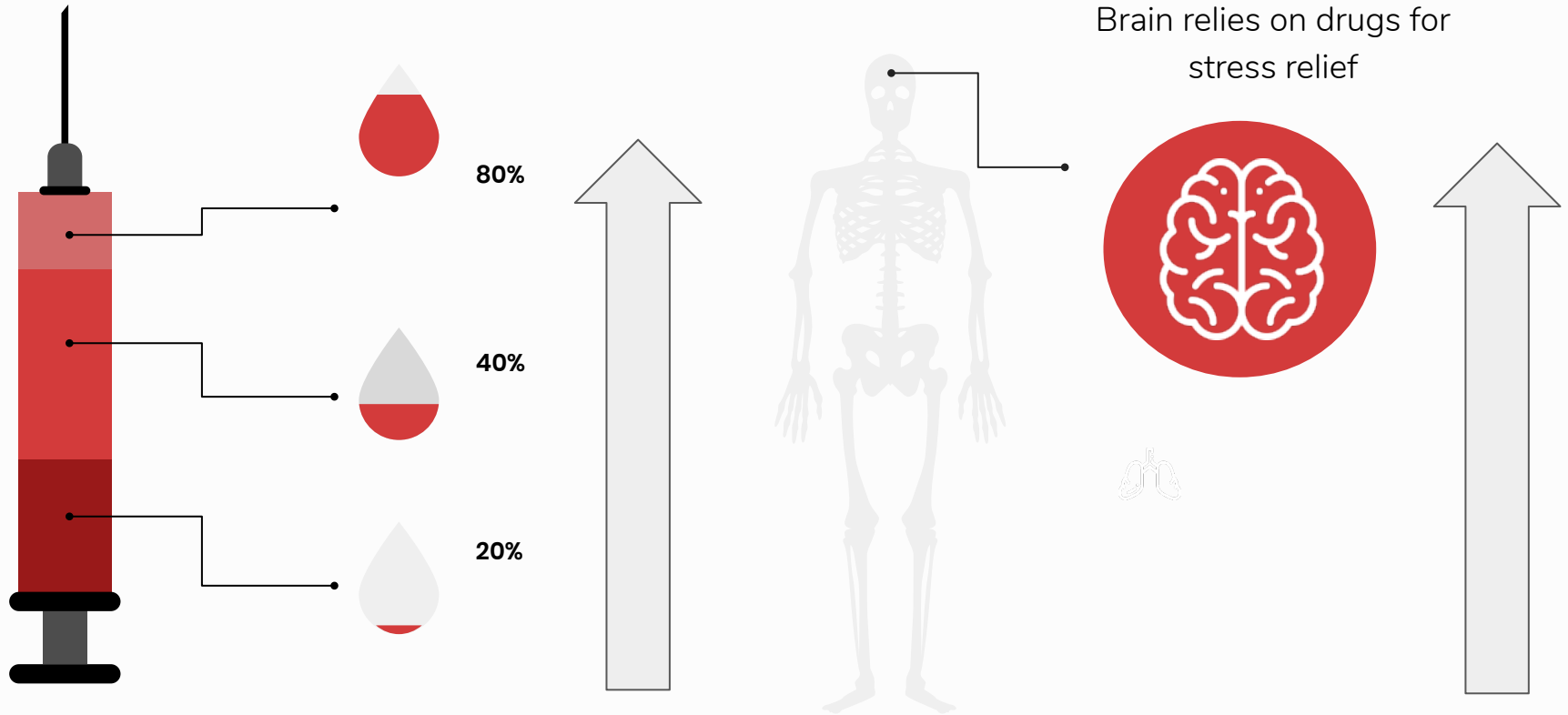
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Too much stress on brain/body = trauma

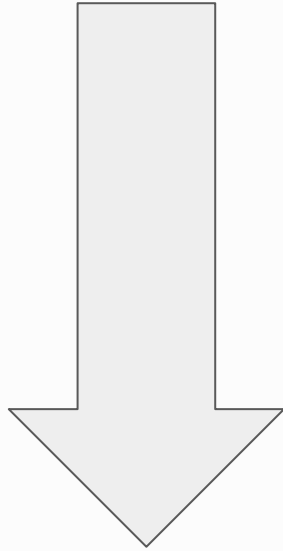
What is trauma?

“event, series of events, or set of circumstances experienced by an individual as physically or emotionally harmful or life-threatening with lasting adverse effects on the individual’s functioning and mental, physical, social, emotional, or spiritual well-being.”

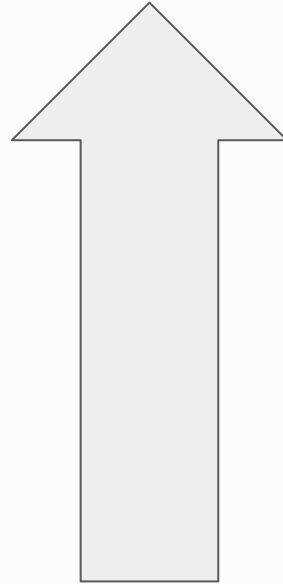




In a substance dependent brain and/or body



Drugs



Stress

HOW DO YOU RELIEVE STRESS?

Hungry?

Angry?



Lonely?

Tired?

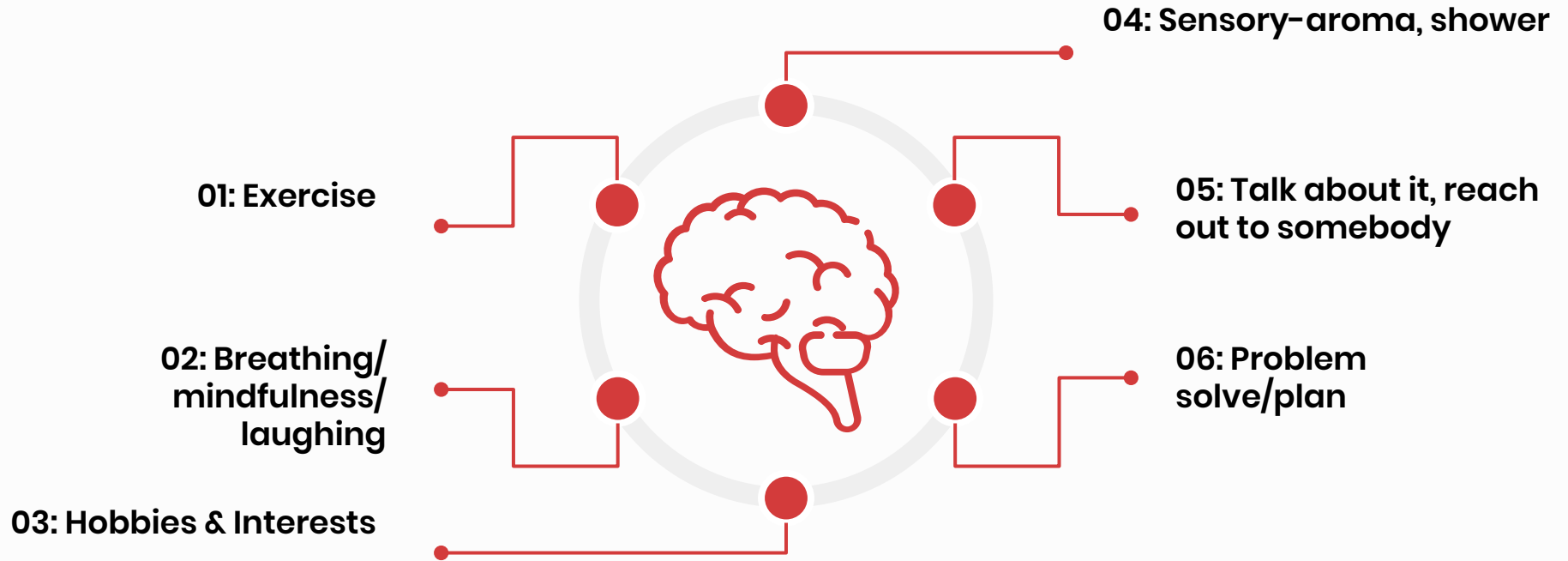
[r/stress_halt](#)



IN N' OUT METHOD



If basic needs aren't the issue....





HEART
HEALTH

MIND &
MOOD

PAIN

STAYING
HEALTHY

CANCER

DISEASES &
CONDITIONS

Harvard Health Letter

Exercise is an all-natural treatment to fight depression

Exercise is as effective as drugs in some cases.

Updated: April 30, 2018 Published: August, 2013

One in 10 adults in the United States struggles with depression, and antidepressant medications are a common way to treat the condition. However, pills aren't the only solution. Research shows that exercise is also an effective treatment. "For some people it works as well as antidepressants, although exercise alone isn't enough for someone with severe depression," says Dr. -Michael Craig Miller, assistant professor of psychiatry at Harvard Medical School.



Photo:
Thinkstock

The exercise effect

Exercising starts a biological cascade of events that results in many health benefits, such as protecting against heart disease and diabetes, improving sleep, and lowering blood pressure. High-intensity exercise releases the body's feel-good chemicals called endorphins, resulting in the "runner's high" that joggers report. But for most of us, the real

**DIVERSIFYING YOUR BRAIN SETS YOU UP FOR SUCCESS TO
DEAL WITH STRESS**

**KNOWING WHAT IS IN YOUR CONTROL VERSUS NOT IN
YOUR CONTROL**

IN N' OUT Practice

Parents giving you a curfew

Mount Rainier having a volcanic eruption

Getting a F on a test

The person you like saying no to you asking them out

Your coach keeps the team for 45 minutes late at practice

A friend posts gossip about you on social media

What you eat/ate for lunch today

Getting into a car accident texting while driving to a friends house

**DIVERSIFYING YOUR BRAIN ALSO CONTRIBUTES TO
BUILDING PERSONAL IDENTITY THROUGH BRAVING NEW
EXPERIENCES—STIMULATES GROWTH/LEARNING**

**BEING COMFORTABLE WITH YOUR IDENTITY REDUCES
OVERALL STRESS**

Get to know your strengths

Get to know your weaknesses

**Accept others for who they are—strengths + weaknesses
(emotions matter)**

Start in and work out

Confused?—Pros vs Cons, seek advice

**Have an opinion
(based on fact and personal experience)**

Try new things (safely), and learn from mistakes—we all make 'em

Seek balance

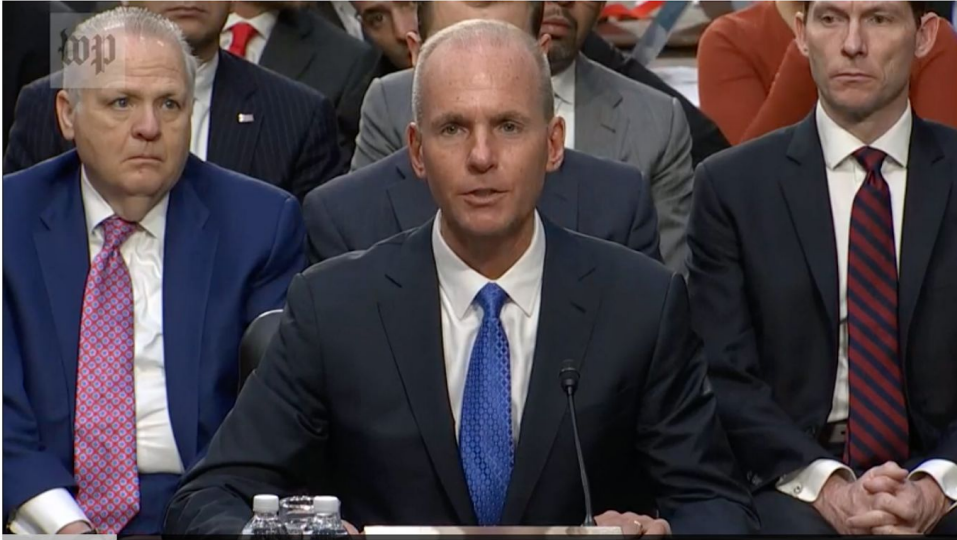
Allow yourself to feel all the feels

**Set boundaries, you're only human
(can't hold all the stuff)**

- 1. Notecards**
- 2. One Strength**
- 3. One Weakness**

Pass to the person next to you

Boeing CEO to acknowledge mistakes in testimony on deadly 737 Max crashes



Boeing Chief Executive Officer Dennis Muilenburg testified Oct. 29 before a Senate committee and acknowledged that his company made mistakes. (Reuters)

A vertical advertisement with a dark blue background. At the top right, there are two small icons: a play button and a close button. The text 'TO EXPERT GUIDANCE ALONG THE WAY' is centered in white and yellow. At the bottom, there is a white line-art illustration of three people sitting at a table, with one person pointing at a document on a stand.

home

share

199

Brain-only have one

Balance

Boundaries

Bravery

Blue Towels (story)

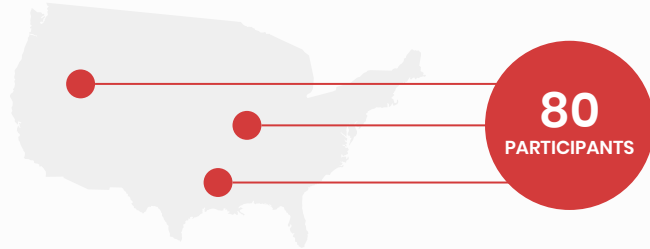
THANKS!

ghebel@uw.edu

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SAMPLE

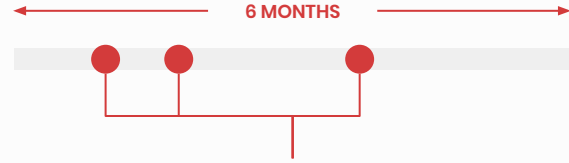


45%



55%

RESULTS



SECONDARY EFFECTS

Mercury is the closest planet to the Sun and the smallest one in the Solar System—it's only a bit larger than our Moon

