

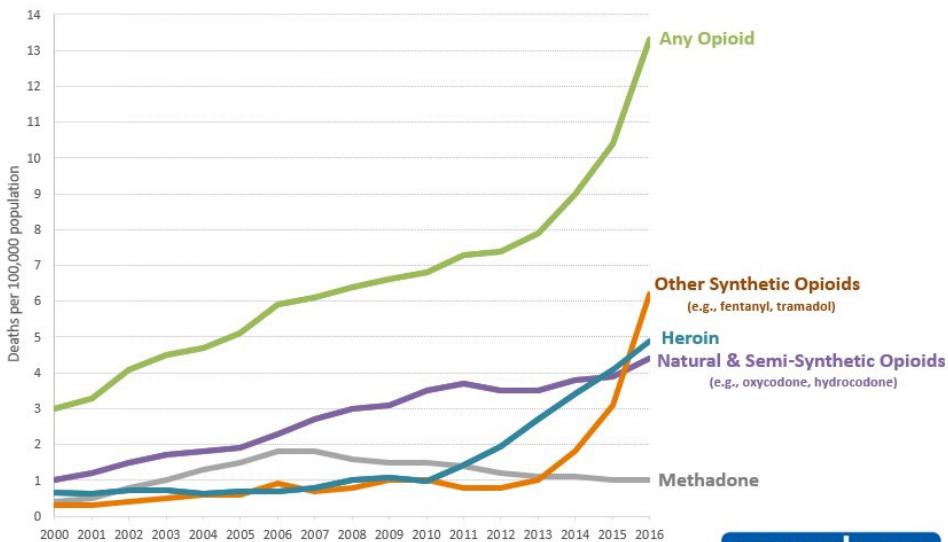
Mental Health Matters

The Opioid Crisis: Overview of an epidemic

Drug overdose deaths and opioid-involved deaths continue to increase in the United States. Deaths from drug overdose are up among both men and women, all races, and adults of nearly all ages.

More than three out of five drug overdose deaths involve an opioid. Opioids are substances that work on the nervous system in the body or specific receptors in the brain to reduce the intensity of pain. Overdose deaths from opioids, including prescription opioids and heroin, have increased by more than five times since 1999. Overdoses involving opioids killed more than 42,000 people in 2016. 40% of those deaths were from prescription opioids. (1)

Overdose Deaths Involving Opioids, by Type of Opioid, United States, 2000-2016



SOURCE: CDC/NCHS, National Vital Statistics System, Mortality, CDC WONDER, Atlanta, GA; US Department of Health and Human Services, CDC; 2017. <https://wonder.cdc.gov/>.

www.cdc.gov
Your Source for Credible Health Information

Prescription Opioids

Opioid analgesics (commonly referred to as prescription opioids) have been used to treat moderate to severe pain in some patients. Natural opioids, semi-synthetic opioids, methadone (a synthetic opioid), and some other synthetic opioids are commonly available by prescription.

Fentanyl

Fentanyl is a synthetic opioid that is legally made as a pharmaceutical drug to treat pain, or illegally made as a non-prescription drug and is increasingly used to intensify the effects (or "high") of other drugs, such as heroin.

Psychologists are trained to address Substance Abuse Disorders in numerous ways:

- **Psychotherapy** is an in-depth tool to help patients understand and identify irrational beliefs, negative thoughts and self-sabotaging behavioral patterns along with a toolkit of strategies for change.
- **Trauma treatment** is a model that focuses on addressing the connection between trauma and dysfunctional behaviors. The plan is to repair past trauma to allow adaptive solutions.
- **Motivational Interviewing** is a type of therapy where psychologists use nonjudgmental, nonconfrontational interviews to create comfort discussing drug use behaviors and inspire change.



116 people died every day from opioid-related drug overdoses (1)



11.5 million people misused prescription opioids (1)



948,00 people used heroin (1)



2.1 million people misused prescription opioids for the first time. (1)



19,413 deaths attributed to overdosing on commonly prescribed opioids. (2)

Sources: (1) 2016 National Survey on Drug Use and Health. (2) Mortality in the United States, 2016 NCHS Data Brief No. 293, December 2017.

References

(1) Hedegaard H, Warner M, Miniño AM. Drug overdose deaths in the United States, 1999–2016. NCHS Data Brief, no 294. Hyattsville, MD: National Center for Health Statistics. 2017/ CDC. Wide-ranging online data for epidemiologic research (WONDER). Atlanta, GA: CDC, National Center for Health Statistics; 2016. Available at <http://wonder.cdc.gov>



Contact NJPA to locate a psychologist in your area:



Phone: 973-243-9800



Website: www.psychologynj.org

Connect with us!

