

TEENS, OPIOIDS, AND THE  
PATH TO ABUSE AND  
ADDICTION PART 3

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# Prescription Opioids in Adolescence

According to Miech et al. (2015) in *Pediatrics*:

- Teens who received a prescription for opioid pain medication by Grade 12 were at 33 percent increased risk of misusing an opioid between ages 19 and 25.
- Among those with low predicted risk of future opioid use in 12th grade, having an opioid prescription increased their risk of post-high-school opioid misuse three-fold<sup>47</sup>

Predictors of persistent opioid use in adolescence include:

- Marijuana use prior to receiving opioids<sup>92</sup>
- Higher pain scores prior to receiving opioids<sup>92</sup>
- Emotional abuse prior to receiving opioids<sup>93</sup>
- If the surgery is cholecystectomy or Colectomy<sup>94</sup>

# DID YOU KNOW drug abuse starts early?

More than 90% of adults with substance use disorders started using before age 18<sup>45</sup>

Encourage Caregivers to talk to their children

Children who learn about the dangers of drugs at home are up to 50 percent **less likely** to use drugs<sup>46</sup>



# Opioids are powerful (temporary) mental health medications

Opioids have very powerful calming and antidepressant properties.

- That effect decreases with continued exposure to opioids
- Ultimately, opioids may cause an increase in anxiety and depression
- For that reason, you should be very cautious using opioids in those with:
  - Mood disorders (depression or bipolar)
  - Anxiety disorders
  - PTSD

A recent study concluded that: “the 16% of Americans who have mental health disorders receive **over half** of all opioids prescribed in the United States.”<sup>48</sup>

# Treatment of Opioid Use Disorder

OUD is a life-threatening illness. Make sure you help your patient receive care.

- Abstinence-based programs are the least effective treatment.
- MAT with buprenorphine or methadone are the most effective.
- Naltrexone injection may be helpful in highly motivated individuals.

# TREATMENT OF OPIOID USE DISORDER<sup>68</sup>

- Detox and abstinence: Success rate ≈ 10%
- Methadone: Success rate ≈ 60%
- Buprenorphine: Success rate ≈ 60%
- Naltrexone injection: Success rate ≈ 10-50%

# Why MAT

- The use of the opioid agonists methadone
- and buprenorphine reduces:
  - Overdose
  - Illicit drug use
  - Crime
  - Transmission of infectious diseases.



# SUMMARY

## SO I HOPE YOU CAN...

- ✓ Describe the impact of the opioid crisis
- ✓ Describe addiction
- ✓ Describe opioids impact on teens
- ✓ Describe preventative measures
- ✓ Describe treatment options

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