

Enhancing the Safe Prescribing of Medications

We can beat the overdose epidemic in Connecticut, and help from health care professionals is key.

Even if you do not actively prescribe opioids or other psychoactive medications, individuals in your care may still face risks. It's important to know the resources available if someone needs help.



We all share the same goals to keep individuals in our state healthy and safe.


Assess all patients for overdose risk factors, such as previous substance use or family history of substance use.^{1,2}


- No matter your specialty, your practice may include individuals who are at a higher risk for substance use, or in recovery.


Use the Connecticut Prescription Monitoring and Reporting System (CPMRS) to identify individuals who may be at risk of overdosing.


- The CPMRS provides a complete picture of controlled substance prescriptions from all health care providers in Connecticut and the nation.


Share local and national resources with individuals who need treatment for substance use disorders or access to social supports.

 **2-1-1** (health and social services)
Dial 2-1-1

 **Connecticut Department of Mental Health and Addiction Services**
(800) 563-4086

 **National Suicide Prevention Lifeline**
(800) 273-TALK (8255)

 **National Alliance on Mental Illness HelpLine**
(800) 950-NAMI (6264)

 **SAMHSA's National Helpline**
(800) 662-HELP (4357)



Inform individuals at risk for opioid-related overdoses about naloxone.

- It is approved by the Food and Drug Administration (FDA).
- It rapidly reverses opioid overdose.
- Anyone can easily administer naloxone without medical training.
- Provide education about naloxone.
- Organizations that provide naloxone include: Regional Behavioral Health Action Organizations and pharmacies.

Utilize educational materials on overdose risk and action steps to stay safe.

- Change the Script toolkit
- Centers for Disease Control and Prevention

Use person-centered language to reduce stigma.

- This helps ensure that you refer to individuals who have substance use disorders - first and foremost - as people.
- Addictionary®
- Words Matter - Terms to Use and Avoid When Talking About Addiction



Encourage safe disposal of expired or unused medications.

- National Prescription Drug Take Back Day
- Local medication drop boxes
- Medication disposal pouches

Advocate for the integration of behavioral and physical health services.³

- This ensures that individuals receive care that considers all of their health needs, including resources to find and maintain recovery.
- It helps reduce stigma when all these issues are treated equally in terms of their importance to overall health.

Additional Resources

- Centers for Disease Control and Prevention
- Substance Abuse and Mental Health Services Administration
- U.S. Department of Health and Human Services

For more
information
scan now



Sources:
 1. NIDA. What role can medical professionals play in addressing substance abuse (including abuse of prescription drugs) among adolescents? National Institute on Drug Abuse website. <https://nida.nih.gov/publications/principles-adolescent-substance-use-disorder-treatment-research-based-guide/frequently-asked-questions/what-role-can-medical-professionals-play-in-addressing-substance-abuse-including-abuse-prescription>. May 25, 2020 Accessed May 2, 2022.
 2. US Preventive Services Task Force. Screening for Unhealthy Drug Use: US Preventive Services Task Force Recommendation Statement. JAMA. 2020;323(22):2301-2309. doi:10.1001/jama.2020.8020
 3. Substance Abuse and Mental Health Services Administration (US); Office of the Surgeon General (US). Facing Addiction in America: The Surgeon General's Report on Alcohol, Drugs, and Health [Internet]. Washington (DC): US Department of Health and Human Services; 2016 Nov. Chapter 6, Health Care Systems and Substance Use Disorders. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK424848/>