

RESOURCE GUIDE

Supporting your
loved one with a
Substance Use
Disorder



Call the Resource Hotline for 24/7 Support

1-800-920-4343

Visit AvoidOpioidSD.com
or Text 'opioid' to **898211**



ACKNOWLEDGMENTS

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This publication may be ordered or downloaded by visiting www.avoidopioidsd.com/find-help/searchable-database.





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INTRODUCTION

This guide is for you, the family member, friend, or loved one of an individual living with a substance use disorder, to assist in the path towards recovery. Whether you are concerned about yourself or a loved one, trained specialists are able to answer questions and can help get you and your family on the path towards recovery. Call the Resource Hotline 24/7 at 1-800-920-4343 for help and guidance.

Addiction is a **Chronic Disease**

ADDICTION, INCLUDING OPIOID USE DISORDER,

is a chronic disease characterized by substance use that is compulsive or difficult to control despite the risk of harmful consequences.

ADDICTION IS A COMPLEX DISEASE. Many people mistakenly think that those who use substances lack moral principles or willpower and that they could stop their substance use simply by choosing to. In reality, quitting usually takes more than good intentions or strong will.

NO SINGLE FACTOR CAN PREDICT WHETHER A PERSON WILL BECOME ADDICTED TO SUBSTANCES.

A combination of genetic, environmental, and developmental factors influences risk for addiction. The more risk factors a person has, the greater the chance that using substances can lead to addiction.

IT IS COMMON FOR A PERSON TO RETURN TO USE, also referred to as relapse, but this doesn't mean that treatment isn't working. As with other chronic health conditions, treatment should be ongoing and should be adjusted based on how the patient responds.

PREVENTION EFFORTS MAKE A HUGE DIFFERENCE.

Teachers, parents, and healthcare providers have crucial roles in educating young people and preventing substance use and addiction.

Source: National Institute on Drug Abuse

What are the Warning Signs

SIGNS THAT A PERSON MAY BE MISUSING SUBSTANCES



**Having multiple prescriptions
or extra pill bottles turning
up in the trash**



**Dramatic changes in mood, or noticeable
shifts in elation & euphoria**



Social withdrawal or isolation



Sudden financial problems



Noticeable drowsiness or sedation

When to seek help for substance use

IT CAN SOMETIMES BE DIFFICULT TO RECOGNIZE WHEN SUBSTANCE USE BECOMES A DISORDER.

SIGNS OF A SUBSTANCE USE DISORDER MAY INCLUDE:



Reliance on substances (drugs or alcohol) to get through the day



Needing to use substances to avoid symptoms of withdrawal



Needing more of the substance to experience the same effect



Continuing to use even when it's causing problems in a person's life



Spending more than a person can afford to maintain a supply of substances



Seeking treatment? Where to Start.

Treatment begins with an **assessment** in which the nature and extent of the substance use will be evaluated. This will determine which treatment options are best. Call the Resource Hotline to get information on where you or your loved one can get an assessment.


WHAT ARE THE TREATMENT OPTIONS FOR SUBSTANCE USE?

Effective treatment for a Substance Use Disorder (SUD) will vary from person-to-person. Treatment options include medical and behavioral health services which are often used in combination.

DETOXIFICATION - process of eliminating drugs or alcohol from the body. Consists of three steps - evaluation, stabilization, and transition into treatment. Offered in a wide variety of settings and at varying intensity levels depending on the needs of the individual.

INDIVIDUAL AND GROUP COUNSELING - assessment, treatment planning, and counseling services offered by trained professionals. Focuses on reducing or stopping substance use. Sessions can take place in a private one-on-one setting as part of an outpatient treatment plan, or through an inpatient stay at a residential treatment program.

INPATIENT AND RESIDENTIAL TREATMENT - address more severe SUDs requiring round-the-clock attention. Individuals are placed in 24-hour care and may receive both medical and behavioral health services.



OUTPATIENT TREATMENT – typically addresses less severe SUDs. Treatment may include counseling and drug education.

MEDICATION-ASSISTED TREATMENT (MAT) – MAT is the use of Food and Drug Administration (FDA) approved medications in combination with behavioral health therapies that provide a whole-patient approach to treatment. MAT is tailored specifically to each individual. Patients and providers determine whether MAT best fits an individual’s needs.

SUPPORT GROUPS AND 12-STEP PROGRAMS – mutual support groups whose members are individuals who have or are at risk of a SUD. The groups meet in-person, by telephone or via the internet; provide emotional support, information and resources to help participants overcome their disorder; and may include faith-based and secular 12-step groups as well as non-12 step groups.

SPECIALIZED LIVING – provides safe and supportive living environments for those recovering from a SUD who want to maintain abstinence from alcohol and drugs (i.e. halfway houses, recovery homes, sober living homes).

To access a directory of treatment providers across South Dakota, visit avoidopioidsd.com/searchable-database utilizing the keyword search “Substance Use Disorder Counseling.”



Finding the Right Fit for Counseling

THINGS TO CONSIDER WHILE SEARCHING FOR TREATMENT

COST OF SERVICES

- Is there health insurance? If so, what behavioral health services does it cover?
- Will services be needed at a reduced cost? Some professionals offer a sliding fee scale that allows payment for services based on income.
- Location: distance from home, family, and loved ones.
- Scheduling: What times or days is treatment available?
- What amenities—rooming, meals, or recreational times—are offered?
- Family support: What kind of support is available for families?
Is there family programming?

PAYMENT FOR SUBSTANCE USE TREATMENT

- Insurance companies are required to cover behavioral health conditions in the same way that they cover medical conditions. If there is insurance, check with the provider to see what they cover.
- Is there an Employee Assistance Program (EAP) through an employer? Some EAP's will cover the cost of the initial assessment and/or a number of counseling sessions. Legal spouses and children under the age of 26 often fall under the employee's benefit.
- Many people may avoid treatment for their SUD due to the cost. Individuals who meet programmatic and financial eligibility guidelines or who have considerable personal circumstances may qualify for state funded services.

For more information, go to avoidopioids.com/searchable-database utilizing the keyword search "General Assessment for Substance Use Disorders," "Substance Use Disorder Counseling" and "Substance Use Disorder Treatment Expense Assistance."

Additional steps to keep my **Loved One Safe**

If you believe someone you know is in an immediate danger to themselves or others, or is experiencing a drug overdose, call 911.

SAVING SOMEONE FROM AN OPIOID OVERDOSE REQUIRES QUICK RESPONSE. SIGNS OF AN OPIOID OVERDOSE INCLUDE:

- Slow or shallow breathing
- Small, constricted pinpoint pupils
- Gaspings noises while sleeping or snoring in an unusual way
- Skin that is pale, blue, or cold
- A slow heartbeat
- Limp body
- Loss of consciousness

OPIOID OVERDOSE CAN HAPPEN:

- When a patient misunderstands the directions for use, accidentally takes an extra dose, or deliberately misuses a prescription opioid or an illicit drug like heroin
- If a person takes opioid medications prescribed for someone else
- If a person mixes opioids with other medications, alcohol, or over-the-counter drugs



Safely Dispose of unused **Medications**

DRUG TAKE BACK SITES

Unused prescription medications can find their way into the wrong hands which can be dangerous and tragic. Misused medications can lead to accidental overdose or addiction. Keep your loved ones safe – get rid of unused or expired medications. The best way to dispose of most types of unused or expired medications (both prescription and over the counter) is to drop them off at a drug take back site.

IF YOU CANNOT GET TO A DRUG TAKE BACK LOCATION OR THERE ISN'T ONE NEAR YOU, YOU CAN...

- Store prescriptions in a secure location, such as a lock box.
- Use DisposeRx packets for safe at-home disposal.

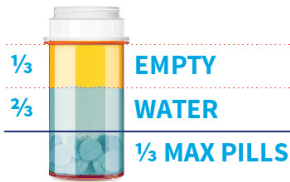
To request a free DisposeRx packet or a lock box for medications to be shipped directly to you, contact the Resource Hotline at 1-800-929-4343.

To find a take-back location in your area, visit:

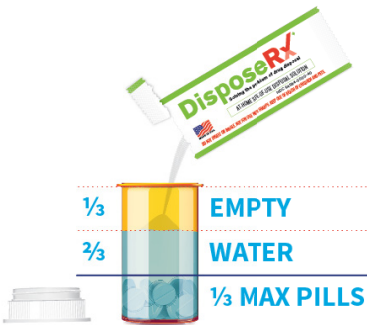
AvoidOpioidSD.com/take-back-sites.

Safely Dispose of unused **Medications**

HOW TO USE A DISPOSERX PACKET AT HOME



1. Remove cap from the medication bottle. Add water to medication until the bottle is 2/3 full.



2. Empty DisposeRx powder from one packet into the bottle. Replace cap on the bottle. Shake bottle to inactivate the medication for 30 seconds.



3. Safely discard in trash.



What is Naloxone?

Naloxone is a medication approved by the FDA to prevent overdose by opioids such as heroin, morphine, and oxycodone. Naloxone is a medication that acts by blocking opioid receptor sites, reversing the toxic effects of the overdose. Naloxone is administered when a patient is showing signs of opioid overdose.

WHEN IS NALOXONE EFFECTIVE?

- Naloxone is effective if opioids are misused in combination with other sedatives or stimulants.
- It is not effective in treating overdoses of benzodiazepines or stimulant overdoses involving cocaine or amphetamines.
- If administered to an individual who was experiencing a medical emergency due to some other issue not related to opioid use, naloxone will not cause harm to the individual.

HOW CAN I ACCESS NALOXONE?

- The medication can be prescribed to family, friends, or others in a position to assist someone at risk for an opioid overdose. The medication given by most first responders across South Dakota is referred to as NARCAN® (naloxone HCl) and is delivered by intranasal spray.

WHAT DO I DO IN AN EMERGENCY?

If you believe someone you know is in immediate danger, call 911. When trying to help, it is important to call for emergency services, monitor your loved one closely, give CPR if needed, and administer naloxone effectively.

Source: <https://www.samhsa.gov/medication-assisted-treatment/treatment/naloxone>



Substance Use Disorder

Involuntary Commitment

(also referred to as Civil Commitments)

Voluntary treatment for substance use is encouraged whenever possible. However, if your loved one is not able or willing to seek treatment, protective custody and emergency commitment through an involuntary commitment (IVC) may be necessary to get them the help they need. An IVC for substance use is when someone with a SUD can be legally obligated to obtain treatment. For an individual to be appropriate for an involuntary commitment to substance use treatment, you will need to provide information that supports that your loved one is using substances and continually lacks self-control, AND

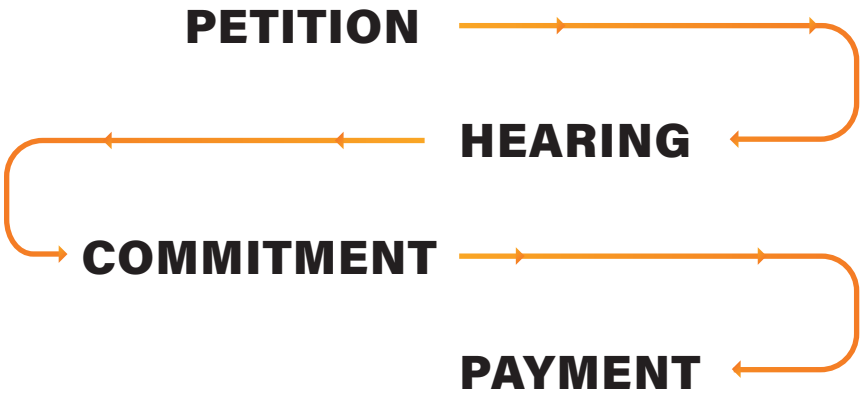
- Has threatened, attempted, or inflicted physical harm to themselves or to another or is likely to cause harm to self or another
- Is incapacitated by the effects of alcohol or drugs
- Is using drugs or alcohol while pregnant

HOW DO I PETITION FOR AN IVC FOR MY LOVED ONE?

Any person such as a spouse, relative, friend, or physician, for example – may request an IVC by contacting the Clerk of Courts in the county where the person has residence or is currently located.

Steps in the Commitment Process

IF YOU ARE CONSIDERING IVC, HERE ARE A FEW STEPS TO ASSIST YOU IN STARTING THE PROCESS.



STEP 1: PETITION

Start by contacting the Clerk of Courts in the county where the person has residence or is currently located to complete an application. The Clerk of Courts gives it to a judge, who appoints an attorney to represent you (as the person making the petition).

An addiction counselor will complete an assessment and make treatment recommendations based on the individual's needs.



STEP 2: HEARING

- **Right to an attorney:** The individual, referred to as the “respondent” at this point in the process, has the right to his or her own attorney.
- **Time frame:** A hearing will be held within 10 business days of filing the petition.
- **Testimony:** The petitioner and the addiction counselor could be requested to testify at the hearing. The respondent will be present in court, except if his or her presence is likely to cause damage or harm to the person testifying.
- **Decision:** The judge will determine if commitment requirements are met based on the testimony of the petitioner and the addiction counselor who completed the assessment. If the requirements are met, the court will make an order of commitment to an approved treatment facility that is able to provide appropriate and beneficial treatment.

STEP 3: COMMITMENT

- **Treatment services:** The addiction counselor completing the assessment will arrange treatment based on the treatment recommendations for that individual.
- **Time frame:** An individual can be committed for up to 90 days. The length of commitment is individualized for clients’ needs at the treatment agency. If it is found that the likelihood of harm upon self or others no longer exists, or that no further treatment is appropriate, the individual may be discharged.

STEP 4: PAYMENT

Payment for treatment services, under the involuntary commitment, may be assigned to insurance, private pay, other third party payers, a combination of state and federal funding, or Medicaid.

More resources can be found at:

<https://dss.sd.gov/behavioralhealth/community/involuntary.aspx>

Taking care of the **Caregiver**

SELF-CARE

There are many things we can do to take care of ourselves physically, emotionally, and mentally. Sometimes a change in one area can positively impact change in other areas. Here are some ideas to consider:

PHYSICAL HEALTH

- eating nutritious foods
- exercising
- drinking plenty of water
- getting good sleep

EMOTIONAL HEALTH

- establishing safe or healthy boundaries to protect yourself from unhealthy relationships, places and activities
- growing your circle of friends and support system
- improve self-confidence by taking on new hobbies, skills or tasks



**ESTABLISHING
BOUNDARIES**



FIND SUPPORT



**BECOME
CONFIDENT**

MENTAL HEALTH

- **Relaxation techniques** can help us move through disturbing or upsetting feelings. When practiced often, they can become a tool for maintaining a healthy mindset.
 - Focused breathing
 - Muscle relaxation
 - Guided imagery
 - Meditation
 - Repetitive prayer or saying
- **Individual therapy** – Some people may benefit from therapy. Find a therapist that specializes in areas of your concern by visiting www.avoidopioidsd.com/searchable-database and utilizing the keyword search “Individual Counseling.”
- **Medication** – In some cases, individuals may benefit from medications to help them function at their best. Talk to your primary care provider for more information.

NATURAL OR ALTERNATIVE THERAPIES

Please consult with your primary care provider to discuss natural or alternative options to identify the most effective approach to individualized care.

ONLINE RESOURCES OR APPS

There are some great resources to help you learn more about your mood by tracking it, identifying triggers, fluctuations and potential relaxation techniques, many of which are free. You can utilize your preferred internet search engine or phone’s app store to find a the best resource for you.

Referrals and more information can be found at avoidopioidsd.com/searchable-database utilizing the keyword search “Meditation,” “Individual Counseling,” “Mental Health Screening,” or “Psychiatric Medication Services.”

Recovery support strategies for **Loved Ones**

Recovery is a process of change through which individuals improve their health and wellness, live self-directed lives, and strive to reach their full potential. Recovery can have many pathways, and support from families or peers can be instrumental in supporting positive outcomes for your loved one.

THERE ARE FOUR MAJOR DIMENSIONS THAT SUPPORT A LIFE IN RECOVERY:

- **Health:** Learning to overcome, manage, or more successfully live with symptoms and making healthy choices that support one's physical and emotional wellbeing.
- **Home:** A stable and safe place to live.
- **Purpose:** Meaningful daily activities, such as a job, school, volunteer work, or creative endeavors; increased ability to lead a self-directed life; and meaningful engagement in society.
- **Community:** Relationships and social networks that provide support, friendship, love, and hope.

Talking with people who have lived experience with addiction can be helpful in supporting your loved ones recovery. Mutual support groups consist of members who come together because their loved one has or is at risk of a SUD. Specific groups may consist of spouses, partners, children of all ages, or friends of individuals involved in substance use. The groups meet in-person, by telephone or via the internet and allow participants to share their experience, strengths and hopes to solve the problems they have in common and support the recovery of their loved one.

Referrals and more information on the below strategies available in South Dakota can be found at <https://www.avoidopioidsd.com/find-help/peer-group-support/>.



PEER COACHING

Peer support workers are people who have been successful in the recovery process who help others experiencing similar situations. Through shared understanding, respect, and mutual empowerment, peer support workers, or coaches, help people become and stay engaged in the recovery process and reduce the likelihood of the return to use of substances. Peer support services can effectively extend the reach of treatment beyond the clinical setting into the everyday environment of those seeking a successful, sustained recovery process.

In South Dakota, recovery support services are available for both individuals impacted by addiction as well as their loved ones.

Loved ones play a central role in treatment for any health problem, and SUD are no exception. Having a network of support from family members and other loved ones is crucial to the recovery process.

WHAT CAN LOVED ONES DO TO HELP:

- Attend family or marriage counseling sessions recommended by the counselor.
- Attend support groups for families or friends of individuals with a SUD.
- Seek out education about substance misuse, addiction, treatment, and recovery for a better understanding.
- Be encouraging and supportive of the loved one in treatment.
- Create an atmosphere that promotes recovery, such as, removing substances from the house including alcohol and unused prescription medications.

Source: www.samhsa.gov/brss-tacs/recovery-support-tools-resources



Care Coordination

Opioid Care Coordination is a free, confidential service available for all South Dakotans. Call the Resource Hotline at 1-800-920-4343.

WHAT IS A CARE COORDINATOR?

Care Coordinators are trained specialists with additional training for substance use disorders. They understand the challenges with addiction, identify stumbling blocks to recovery, and lay the groundwork as individuals transition into treatment.

WHO CAN PARTICIPATE IN CARE COORDINATION?

This service is available for anyone struggling that doesn't know where to turn, including:

- Individuals struggling with SUD
- Family members or friends that need extra support and guidance

IF I CHOOSE TO PARTICIPATE, WHAT IS THE COMMITMENT?

- It's extremely flexible and totally up to you
- Care Coordination is available for as long as support is needed (often through the first year)
- Calls can be scheduled with a Care Coordinator in whatever way best fits individual needs and schedule
- You can opt out of Care Coordination at any time

EXPERIENCING OVERDOSE LOSS

Sometimes, despite our best efforts, we lose a loved one to overdose. Help is here for you during that difficult time whether it be connecting to local resources or by providing listening and support.

Call the Resource Hotline at 1-800-920-4343.

For more information, visit: www.avoidopioidsd.com/care-coordination.

Sources:

Information adapted from the Helpline Center's HelpSheets which can be found at [helplinecenter.org/helpsheets](https://www.helplinecenter.org/helpsheets).

Addiction Resource Center:

<https://www.addictionresourcecenter.org/American>

American Psychological Association:

<https://www.apa.org/helpcenter/controlling-anger.aspx>

[AvoidopioidSD.com](https://www.avoidopioid.com)

Center for Disease Control and Prevention (CDC) <https://www.cdc.gov/drugoverdose/pdf/patients/Preventing-an-Opioid-Overdose-Tip-Card-a.pdf>; <https://www.cdc.gov/drugoverdose/index.html>

Drugs.com <https://www.drugs.com/mtm/narcan-nasal.html>

DSS Involuntary Commitments:

<https://dss.sd.gov/behavioralhealth/community/involuntary.aspx>

Harvard Medical School: <https://www.health.harvard.edu/mind-and-mood/six-relaxation-techniques-to-reduce-stress>

Mayo Clinic: <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/anger-management/art-20045434>

National Alliance on Mental Illness: <https://www.nami.org>

National Institute on Alcohol Abuse and Alcoholism (NIAAA): www.niaaa.nih.gov

National Institute on Drug Abuse: [drugabuse.gov](https://www.drugabuse.gov)

[OnMeth.com](https://www.onmeth.com)

Psychology Today: <https://www.psychologytoday.com/us>

South Dakota Codified Laws: http://sdlegislature.gov/Statutes/Codified_Laws/DisplayStatute.aspx?Type=Statute&Statute=34-20A-63

Substance Abuse and Mental Health Services Administration:

<https://www.samhsa.gov/>

The Helpline Center: www.helplinecenter.org/211database

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