



Alcohol & Drug
Treatment

HEROIN:

DEVASTATING RISKS & DETOURED DREAMS

As consumption of heroin continues to escalate, Gateway Foundation Alcohol & Drug Treatment is examining the issue and the devastating consequences of abuse.

- Heroin use has increased 75% in the past 5 years.*
- The Illinois State Crime Commission says heroin use is an epidemic.
- Illinois is one of 16 states in which more people die of drug overdoses than car accidents.**

We hope you are interested in learning more about this public health concern. To support your efforts, we developed this timely newsletter packed with information.

Make yourself part of the solution. Create greater awareness to reverse the disconcerting heroin trends impacting our communities. Learn more at RecoverGateway.org/Heroin.

* Source: SAMHSA

** Source: Centers for Disease Control

WHAT'S INSIDE?

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A black and white close-up portrait of a man's face, looking directly at the camera with a serious expression. The lighting is dramatic, highlighting his features.

Do you know someone who needs help getting their life back on track? Call today and learn about our free and confidential consultation.

24-Hour Helpline
877-505-HOPE (4673)
RecoverGateway.org

WHAT IS HEROIN?

Heroin is the most abused and rapidly acting of the opioids. It has been classified by the federal government as a Schedule I narcotic with no legal use. Users most often consume heroin by snorting, smoking or needle injection. Fast acting, once a person uses heroin, it enters the brain quickly and affects the regions responsible for producing physical dependence. One of the most serious issues with use is that heroin is highly addictive.

SIGNS AND SYMPTOMS OF HEROIN USE

- Shallow breathing and shortness of breath.
- Clouded mental functioning, uncontrollable feelings of itching, constricted pupils.
- Increase in slurred or incoherent speech.
- Withdrawal from friends and family; spends more time with new friends.
- Wearing long pants or long sleeves to hide needle marks, even in very warm weather.
- Stealing or borrowing money; unexplained absence of valuables.
- Decreasing attention to hygiene and appearance.

HOOKED AT A YOUNG AGE

Today's portrait of a typical heroin user probably isn't what most people imagine. The growth in heroin use is primarily among white, middle and upper class 18-22 year olds, living in America's suburbs and rural areas.

The heroin concern is an unfortunate outcome of another sweeping drug abuse trend among affluent teens: abuse of prescription pain medications, such as Vicodin and Oxycontin.

Why Heroin Is Tempting Teens

As prescription opioids have become harder to obtain, the cost has risen considerably. As a result, users of prescription pain pills are migrating to a cheaper, stronger alternative: heroin.

Illinois is one of 16 states in which more people die of drug overdoses than car accidents.*

ADDRESSING THE OVERDOSE EPIDEMIC

Legislation passed in 2009 made Illinois one of 16 states that allow distribution without requiring a doctor to prescribe every dose of naloxone, an opiate antagonist that reverses the effect of overdose from opioids like heroin. The law's implementation in 2010 ended what had been a legal conundrum of how to distribute a drug to someone to give to someone else, or to a user who might not need to take a dose for months.

Every Minute Counts

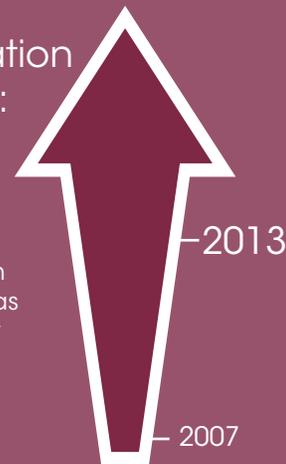
Naloxone gives concerned loved ones and care givers a window of opportunity to save a life until emergency medical help arrives. To ensure the safety of opioid dependent individuals in treatment, all Gateway Foundation treatment centers have naloxone available and trained professionals to administer it.

"The increase in heroin overdose deaths is troubling. That is why we do everything we can to ensure the health, comfort and safety of the teens and adults we treat for opiate dependency," says Sally Thoren, Executive Director, Gateway Foundation Chicago West. "Before the law was enacted, in the event of an overdose treatment centers would have to call 911 and lose precious minutes waiting for the help to arrive."

* Source: <http://www.stopoverdoseil.org/home.html> 8/21/2013

Gateway Foundation Adult Admissions: Opioids

At Gateway Foundation, adult admissions for Heroin and other opioid abuse has nearly doubled in the past 5 years.



24%

of high school students have abused addictive prescription drugs, **a 33% increase in 5 years.**

Source: Partnership for Drug Free America

Nearly **1** in **4**^{**}

people who use heroin **become dependent on it.**

**Highly addictive, about 23% who use heroin become dependent on it.

"Even after a brief period of sobriety, one's tolerance to heroin can lower significantly. In the event of a relapse, if one takes the dose used prior to abstinence, it can result in overdose and death."



Dr. Phil Welches
Clinical Director
Gateway Foundation Alcohol & Drug Treatment

WHY IS QUITTING HEROIN SO HARD?

Fast acting, heroin quickly enters the brain, affecting the region responsible for physical dependence. Highly addictive, about **1 out of 4 people who use heroin become dependent on it.**

After repeated exposure, heroin users develop tolerance and increase their dose to achieve the desired high. Thus, the vicious cycle of heroin addiction begins.

To make matters worse, people who want to quit heroin often find themselves using again to manage withdrawal symptoms.

"Heroin users describe physical withdrawal like the worse flu one can ever imagine, multiplied by 10. They don't sleep for days. Major anxiety in addition to horribly aching bones and muscles also are common," explains Sally Thoren, Executive Director, Gateway Foundation Chicago West.

TREATMENT FOR HEROIN DEPENDENCY AT GATEWAY FOUNDATION

UNITING MEDICINE AND THERAPY

"Once I started using heroin, there was no stopping it. Within six months, my heroin dosage multiplied by three times," explains Mike, a former heroin addict now in recovery.

According to the Centers of Disease Control, 100 people die from drug overdoses every day in the United States. Lucky for Mike, he grew tired of living the way he was before becoming a statistic.

Today, Mike sees things much differently. He turned to Gateway Foundation to help him put the use of heroin and other drugs behind him. At the age of 20, Mike is now in recovery.

Easing Withdrawal

Mike chose Gateway Foundation to help him with his drug addiction because of its integrated treatment approach, which includes medication assisted therapy. To manage the intense cravings and withdrawal symptoms that occur when heroin use stops, Mike was prescribed a medication called Suboxone® along with the substance abuse counseling, therapy and education.

Reducing the Odds of Relapse

When medication assisted treatment is part of an integrated drug treatment program, the likelihood of a person staying in treatment and remaining drug free is increased. Treatment for dependency on opioids, alcohol or other substances can include the use of a few medications, including Vivitrol® and Suboxone®. Gateway Foundation physicians and clinicians work closely with individuals to help determine the most appropriate drug treatment plan for them.

In addition to prescribed medications, counseling helps individuals increase one's motivation for recovery and enhance overall quality of life. It also helps people develop the skills needed to recognize events that may trigger their use of drugs or alcohol and how to cope with those situations in a healthy way.

To learn more how medications can ease the transition to a sober lifestyle, please visit: RecoverGateway.org/medication-assisted-treatment

"Using Suboxone® was a tremendous help. My mind wasn't focused on getting heroin, and it helped me through the symptoms of physical withdrawal. Getting the medicine, therapy and counseling at one place was both reassuring and convenient," says Mike.

CALLING 911 CAN SAVE LIVES

Many residents may not be aware but Illinois is one of 14 states that have passed the Emergency Medical Services Access Act/The Good Samaritan Overdose Law (Illinois Public Act 097-0678), which went into effect on June 1, 2012.

To help reverse the trend of deaths attributed to opioid overdoses, The Good Samaritan Law is meant to encourage bystanders witnessing a drug overdose to seek medical help for the victim. The bystander who calls 911 or seeks medical help will receive immunity from criminal charges for drug possession (except for marijuana). The overdose victim is protected, too.

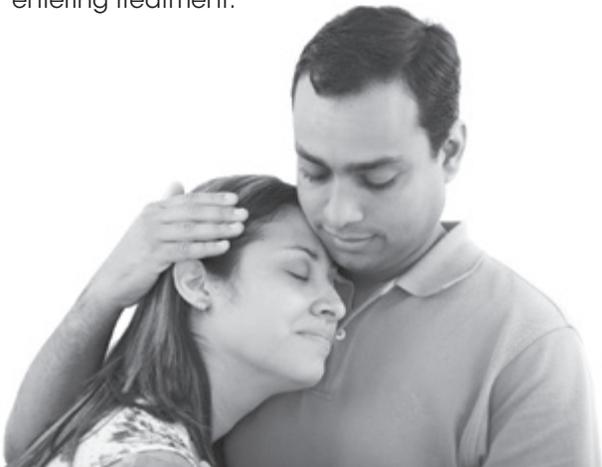
Before the law, too many victims were dropped off alone and unconscious outside the doors of hospitals or even abandoned by friends to die for fear of criminal prosecution.

TIPS FOR TALKING TO SOMEONE ABOUT SUBSTANCE ABUSE

In approaching a loved one about substance abuse, the key is to choose your words and moment carefully when telling him or her how you feel. Ideally, pick a time when he or she is sober and when both of you are feeling calm.

- Begin the dialog in an open, caring and supportive frame of mind. Anything less and the dialog may not go as planned.
- Avoid a moralistic tone about substance abuse. It is better to focus on the consequences that you have observed for the person and for his or her family.
- Plan what you are going to say. This can be an emotionally charged conversation. Script out what you'd like to say, and go over it - it will help keep you on track.

This is not the time to demand your loved one stop abusing alcohol or drugs. The goal is simply to acknowledge that you believe your loved one needs treatment and that you can help with entering treatment.



For tips about talking to someone about substance abuse visit RecoverGateway.org/Tips

HELPING PEOPLE GET THEIR LIVES BACK

Gateway Foundation specializes in providing personalized treatment plans to help you or someone you love get life back on track. Our integrated treatment programs go beyond treating addictive behaviors to address the underlying reasons one's addictive behavior began in the first place.

ILLINOIS' LARGEST PROVIDER OF SUBSTANCE ABUSE TREATMENT

With centers located throughout Illinois and the St. Louis Metro area, comprehensive care and on-going support are close by.

Aurora
630-966-7400

Carbondale
618-529-1151

Caseyville
618-345-3970

Chicago Northwest
773-862-2279

Chicago River North
312-464-9451

Chicago West
773-826-1916

Lake Villa
847-356-8205

Pekin
309-346-7800

Springfield
217-529-9266

Swansea
618-234-9002



INSURANCE WELCOMED

The costs associated with treating substance abuse, including medication assisted treatment, are covered by most health insurance plans.



JOINT COMMISSION ACCREDITED

All Gateway Foundation Alcohol & Drug Treatment Centers are licensed by the state of Illinois and accredited by The Joint Commission.

Call to learn about our free and confidential consultation.

24-Hour Helpline
877-505-HOPE (4673)
RecoverGateway.org

MORE WAYS TO STAY INFORMED



Gateway Foundation also provides treatment to individuals who may be eligible for services funded in whole, or in part, by the Illinois Department of Human Services.