

The DPH Bulletin

From the Delaware Division of Public Health

Addiction Issue - February 2017

Pro Reg issues new regulations for the safe prescribing of opiates

New regulations for the safe prescribing of opiates go into effect on April 1, 2017, the Division of Professional Regulation recently announced.

The Uniform Controlled Substances Act Regulations establish standards for prescribing opiates safely and provide new requirements on prescribing them for acute episodes and for chronic, long term pain management. Read the full text at: <http://dpr.delaware.gov/boards/controlledsubstance/documents/20%20DE%20Reg%20564%2001-01-17.pdf>

Prescription opioid fact sheets

Download two prescription opioid fact sheets from the Division of Professional Regulation's website:

- For the provider:
http://dpr.delaware.gov/boards/controlledsubstances/documents/Prescription_Opioid_Fact_Sheet-Providers.pdf
- For the public:
http://dpr.delaware.gov/boards/controlledsubstances/documents/Prescription_Opioid_Fact_Sheet-Patients.pdf

Recognize the signs of addiction

The nation's drug epidemic is discussed in the U.S. *Surgeon General's Report on Alcohol, Drugs, and Health* of 2016. The report explains how drugs affect the brain; lists the signs of drug use and their long-term effects; and includes resources. Visit: <https://addiction.surgeongeneral.gov/surgeon-generals-report.pdf>.

Drug overdoses in Delaware have risen sharply over the past few years. Users are increasingly turning to synthetic opioids such as fentanyl, a painkiller that is up to 50 times more potent than heroin. Drug dealers sell pure fentanyl in white powder form to users who assume they are buying heroin. In Delaware in 2016, there were 120 fentanyl-related fatal overdoses, compared to 42 fentanyl-related deaths in 2015 – a 186 percent increase.



Free Resources

Delaware's Help is Here website

To learn how to access treatment resources in Delaware, visit the Help is Here website: www.helpishere.de.com. Go to the "I am Here" tab and click on 'Resources.' There you will find treatment resources and education. Persons without computers can call the 24/7 Crisis Hotline at:

- New Castle County: 800-652-2929
- Kent and Sussex counties: 800-345-6785.

Recovery:

Where there's help...
there is hope.



SAMHSA website contains resources for opioid users

The U.S. Substance Abuse and Mental Health Services Administration (SAMHSA) offers several tools for opioid users seeking treatment. Its "Decisions in Recovery: Treatment for Opioid Use Disorder" support tool includes medication-assisted treatment (MAT) options, inspiring videos, and a glossary (<http://archive.samhsa.gov/MAT-Decisions-in-Recovery/>). Locate providers with SAMHSA's confidential and anonymous Behavioral Health Treatment Services locator tool: <https://findtreatment.samhsa.gov/>. A free app, MATx, is designed for health care practitioners. Get it on GooglePlay or download it on the App Store.