



# RI OPIOIDS CRISIS

## Our Response. Our Recovery.



### 3. TREATMENT: FIND SUPPORT



#### OVERVIEW

- Recovery from opioid dependency is possible.
- You can help minimize harm and give someone you care about a chance at recovery by knowing how to access different kinds of support.
- **Strategies included to:**
  - 1. Understand treatment readiness**
  - 2. Effectively provide support**
  - 3. Know treatment options**
  - 4. Access care**
  - 5. Learn self-care tips for helpers**

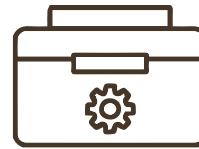
**24/7 confidential support is  
available at BH Link  
Call 401-414-LINK (5465)**

BH Link helps Rhode Islanders experiencing mental health and substance use crises receive needed services

Point your phone's camera on the code to link to a video of this toolbox talk



#### TOOLBOX



#### TALKS



#### Notes for Trainer

1. Review talking points.
2. If there are resources connected to your jobsite, either through member assistance programs or peer recovery specialists, please share how to access those services.



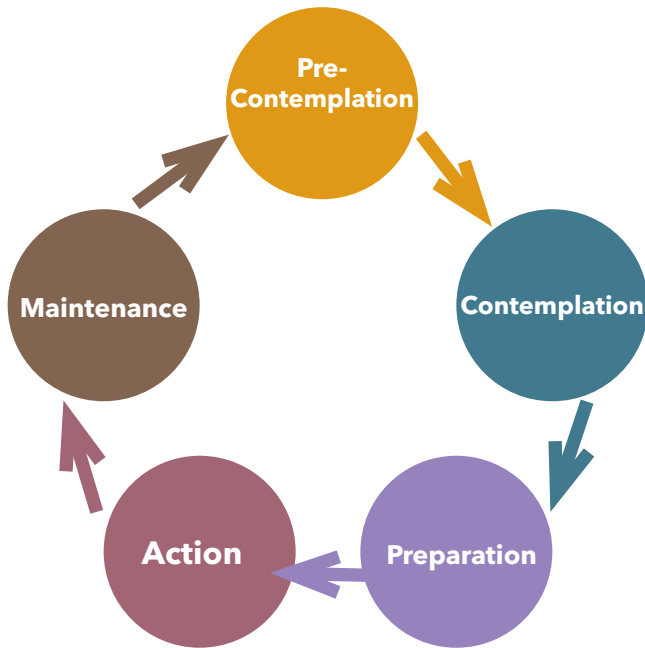
#### RI Opioids Crisis Toolbox Talk Series

1. Stress Defense
2. Address Pain
3. Find Support
4. Support Recovery
5. Rescue Training



## Trainer's Talking Points

- Recovery from opioid dependency is possible.
- Connecting to both professional and informal support may lead to recovery.



### TREATMENT READINESS

- Anyone making a behavior change, including addressing opioid dependency, goes through similar stages of change.
- Understanding these stages can help you guide someone you care about towards treatment.
- The stages include: pre-contemplation, contemplation, preparation, action, and maintenance.
- As a helper, sometimes the best thing to do is to provide support and information until the person is ready to work towards their recovery.

### PROVIDE SUPPORT

Talking to someone you care about to offer support or share that you are worried can be difficult. Here are some tips to have this conversation:

- Practice non-judgmental listening.
- Don't pressure or try to force them towards treatment.
- Talk straight and be honest.
- If they choose not to engage in treatment at this time, remember the stages of change, they may be ready to take action later.
- Prioritize yourself and care for your own wellness.

### TREATMENT OPTIONS

There are many types of treatment options.

- Some people use multiple strategies, some find one that works, and some work on their recovery on their own.
- Knowing the types of treatment available can help you access treatment for yourself or can you help you guide and support someone you care about.
- RI's Recovery & Hope Hotline is staffed 24-7 with chemical dependency counselors, call 401-942-STOP.
- Detox at a short-term care center can help get substances out of the system safely.



## Trainer's Talking Points (cont'd)

### TREATMENT OPTIONS (CONT'D)

- Peer-to-peer support programs include 12-step programs like Alcoholics Anonymous and Narcotics Anonymous and Peer Recovery Coaches.
- Medication Assisted Treatment uses prescription meds together with therapy and counseling to treat addiction.
- Residential Treatment usually means a 30 to 90-day stay to begin working towards long-term recovery.
- Outpatient Treatment means that the person seeking help maintains their normal daily routines but seeks help in a formal treatment program.



Example of LIUNA's MAP

### ACCESSING TREATMENT

- Member Assistance Programs (MAPs) available through your union can be a good option to access care.
- BH LINK's support line can also be the first step to access services. That number again is 401-414-LINK (5465).

### HELP FOR CAREGIVERS

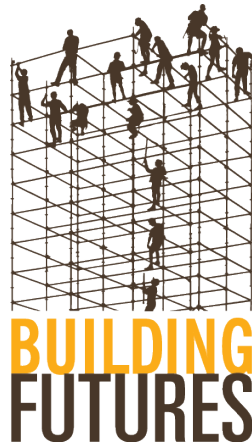
- It is important for helpers & caregivers to take care of their own wellbeing too.
- Support is available. The Parent Support Network of Rhode Island, Al-anon, and Narcotics Anonymous all offer support for those impacted by someone else's substance dependence.

## **TAKE AWAY ACTION: DO YOU KNOW HOW TO ACCESS CARE?**

### **Take a moment to answer these questions for yourself:**

- **Are you concerned about anyone in your life? What do you need to start a conversation?**
- **Do you have any concerns about substance use in your own life?**
- **Do you know a first step you could take to address your concerns?**

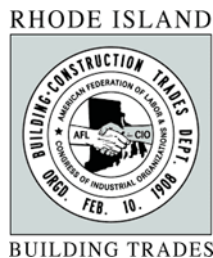
**Support is available: Call BH Link at 401-414-LINK (5465) 24/7 to confidentially access mental health and substance use services.**



More resources available at [www.bfri.org/opioidresponse/](http://www.bfri.org/opioidresponse/)

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Thank you to our partners.



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