



# RI OPIOIDS CRISIS

## Our Response. Our Recovery.



### 1. PREVENTION: STRESS DEFENSE OVERVIEW



- The simplest way to prevent opioid dependency is to never have opioids enter your system in the first place.
- Physical and mental stress are linked to injury. Injury puts you at risk for prescription opioids.
- **Strategies included for:**
  - 1. Injury Prevention on the Job**
  - 2. Strain Prevention at Home**
  - 3. Building Stress Resilience**

**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. Add any injury prevention strategies in use at your jobsite.
3. If you choose, adapt the "evaluate your habits" take away example to an activity from your experience.



### 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

- The simplest way to prevent opioid dependency is to never have opioids enter your system in the first place.
- Physical & mental stress are linked to injury. Injury puts you at risk of prescription opioids. Prescription opioids put you at risk of dependency.
- Consistent prevention helps prevent physical & mental stress.
- Taking prevention seriously both on the job and at home can play a large role in injury, strain, and stress prevention.

### INJURY PREVENTION ON THE JOB



- Participate in Stretch & Flex and safety trainings.
- Be aware of tasks that are uncomfortable or painful, and learn about ergonomic alignment.
- Ask for ideas and share your ideas for repetitive strain prevention.



### PREVENTION AT HOME

- Prevention begins at home with consistent habits like good sleep, good nutrition, and exercise to increase strength and stamina.



### MENTAL WELLNESS

- Mental health and wellness impact physical health. Just like pain can impact how we feel mentally, how we feel mentally can impact pain and injury.
- Being aware and taking care of your mental wellness is an injury prevention strategy.

### BUILD STRESS RESILIENCE

- Coping strategies can help people adjust to stress and stressful events while maintaining their mental well-being.
- Using a coping strategy at the right time can help mental stress the way applying a Band-Aid can stop bleeding.



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

### MENTAL STRESS COPING STRATEGIES

Not all opioid use is linked to injury. Sometimes opioids are abused to cope with mental stress. There are other coping strategies. Mental stress coping strategies can help you both prevent physical injury and find a healthy substance-free way to become resilient to mental stress.



Here are some effective coping strategies:

**Support:** Talk about a stressful event with a supportive person.

**Relaxation:** Find a relaxing activity that you enjoy, like listening to music, meditation, spending time in nature, spending time with family, friends, pets, dancing, stretching, yoga, laughter, and humor.



**Problem Solving:** Identify the problem, develop a plan, put the plan in motion. Breaking big problems into smaller pieces can help you make a plan and take action.

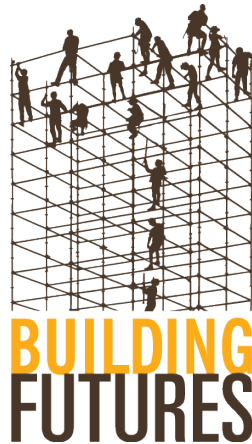
**Physical Activity:** Exercise is natural stress release.

### TAKE AWAY ACTION: EVALUATE YOUR HABITS

**Take a quick self-assessment: how effective are your coping skills? How do you feel after you engage in your regular time off activities?**

- **For example, someone might play video games to de-stress but realize that after playing, they feel more stressed rather than relieved Or someone might watch T.V. when they are stressed, but realize that they feel worse afterwards.**
- **You can find simple activities that leave you feeling better than when you started.**
- **Making those changes builds your resilience to stress and protects your physical and mental health.**

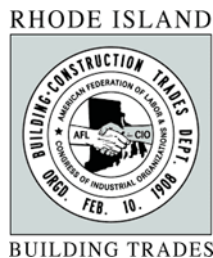
**Support is available: Call BH Link at 401-414-LINK (5465) 24/7 to confidentially access mental health and substance use services.**



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

Building Futures  
1 Acorn Street, Providence, RI 02903  
[info@bfri.org](mailto:info@bfri.org) | (401) 919-5919

Thank you to our partners.



#### REFERENCES

- Manzo, F. (2018). Addressing the Opioid Epidemic among Midwest Construction Workers. <https://midwestepi.files.wordpress.com/2018/02/opioids-and-construction-final2.pdf>
- CPWR (2018). The Construction Chart Book, 6th edition. <https://www.cpwr.com/chart-book-6th-edition-hazards-and-exposures-exposure-risks-work-related-musculoskeletal-disorders>
- CPWR (2018). Hazard Alert: Opioid Deaths in Construction. <https://www.cpwr.com/sites/default/files/publications/Opioids-Hazard-Alert.pdf>
- Good Therapy. (2018, Sept. 26). Coping Mechanisms. [www.goodtherapy.org/blog/psychpedia/coping-mechanisms](http://www.goodtherapy.org/blog/psychpedia/coping-mechanisms)
- [Icons Vectors by Vecteezy](https://www.vecteezy.com/free-vector/icons)