

## Partners In Prevention

### Learn More About the Opioid Epidemic

Prescription medications can be very helpful when used correctly and under the supervision of a medical professional. Unfortunately, misuse of painkillers and narcotics is linked to addiction and the current opioid epidemic involving increased overdoses and deaths, and heroin use. Help is available, and everyone can do something to prevent opioid problems in our community.

## Prevention Tips

### Knowledge is Important

- Talk to your healthcare provider about all your medications. Ask which medications could be addictive. Consider non-narcotic pain medications for pain control such as ibuprofen or acetaminophen.
- Talk to the young people in your life about medicine safety and decision making. Visit [www.talksooner.org](http://www.talksooner.org) for more information.
- Properly dispose of your unused, unwanted and expired medications at area pharmacies and law enforcement agencies. Go to [www.barrycountysatf.com/disposal](http://www.barrycountysatf.com/disposal) for a complete listing of sites.
- Secure your medications at all times.
- Families Against Narcotics of Southwest Michigan offers monthly support meetings and overdose training; call 269-580-8290.
- For more information, call Barry County Community Mental Health Authority at 269-948-8041.
- **If you think you or a loved one may have a problem, seek help.**



## Seeking Help



Here are some tips when seeking substance use disorder treatment:

- Find out if your employer offers an Employee Assistance Program Benefit, and if offered, how to use the services.
- If you have private insurance, call your provider. Ask about coverage, in-network providers, and any pre-authorization requirements.
- If you are on Medicaid or have no health insurance, and live in Barry County, simply call Barry County Community Mental Health Authority at 269-948-8041 and a staff member will assist you.
- The person who needs and wants help must be the one calling to request services. Parents of minor children can act on their child's behalf.
- Be PERSISTENT.
- Be SUPPORTIVE of friends and family members in their recovery.