

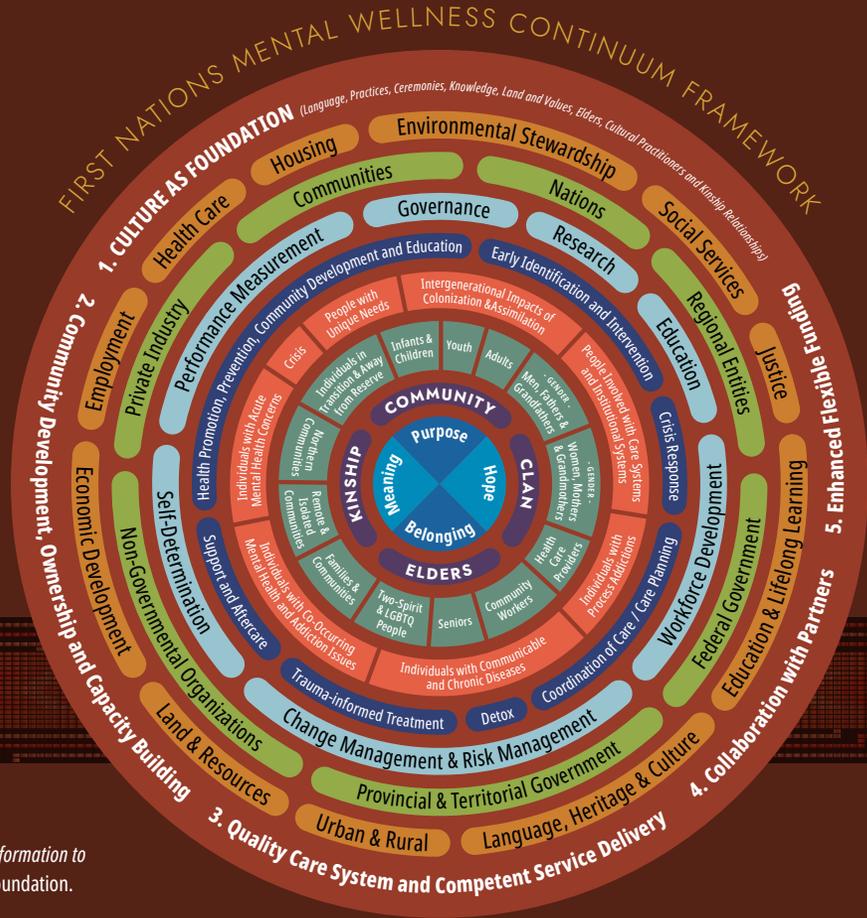
Opioids Identification

Information to Support a Return to Wellness



Despite higher rates of substance use, many find resiliency for their wellness grounded in culture, language, ceremony and Indigenous knowledge, supported by nurturing relationships with land, family and community.

(Thunderbird, 2015a)



CITATION INFORMATION

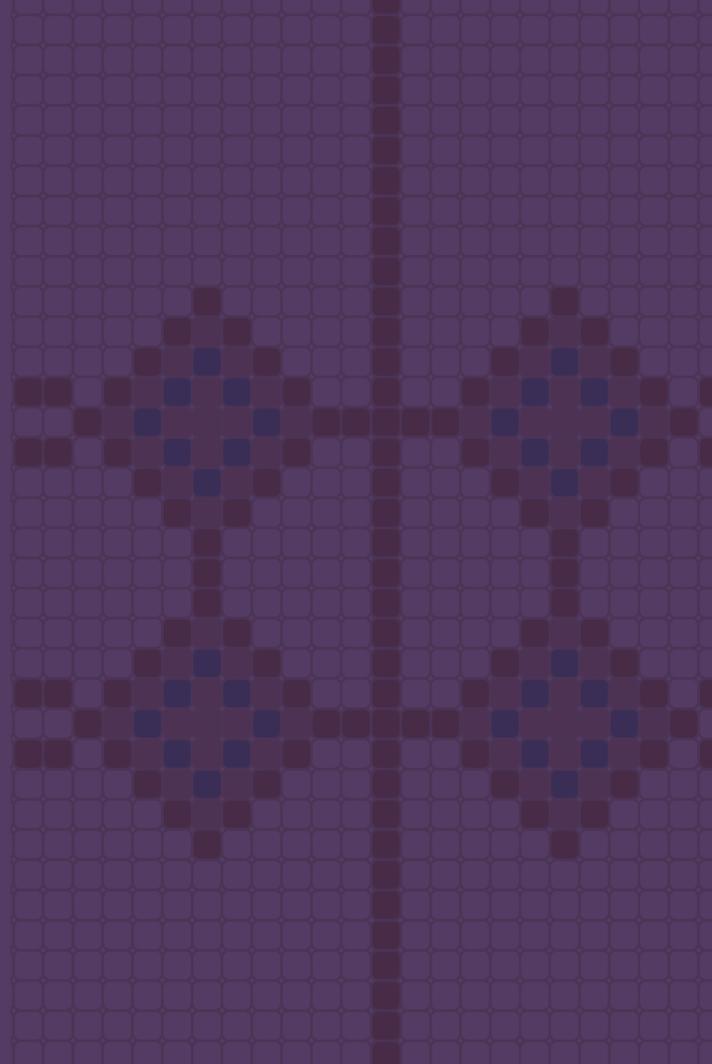
Thunderbird Partnership Foundation. (2020). *Opioids identification: information to support a return to wellness*. National Native Addictions Partnership Foundation.

Withdrawal management and stabilization services are important first steps in a long-term recovery process in which timely access to culturally appropriate services is necessary. Services may include non-medical or minimally medical approaches, such as cultural, social, mobile, or home detoxification, which can be offered within communities, on the land, or within the home. (Thunderbird, 2015a, p. 18)

What we know about First Nations People and Substance Use

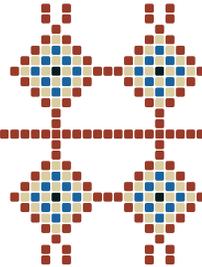
Trauma experienced over multiple generations coupled with limited access to health care has resulted in higher rates of mental health issues and substance use for First Nations Peoples in Canada.

Trauma has resulted from: the loss of cultural practices and languages, the disruption of family structures, the elimination of a chance to observe and acquire healthy emotional self-regulation, parenting, and the destruction of individual, family, and community support networks.



*Health and well-being must be pursued in the context of the community in which
First Nations People live and remain connected throughout their lives.*

*First Nations communities, with services and supports that are responsive to
their needs and culture, are the primary means for promoting healthy connections between
individuals, families, and communities.* (National Native Addictions Partnership Foundation [NNAPF], 2011, p. 19)



This booklet provides a brief description of different types of opioids and how they are used, their effects, common street names, and steps to take in the event of an overdose. This booklet includes information about how a strengths based, culturally grounded approach to substance use can reduce stigma and support a return to wellness for individuals, families and communities.



First Nations People who use opioids are often looking for a way to regain a sense of control and power to cope with issues resulting from intergenerational trauma (residential schools) and personal traumatic experiences in their life (family violence, sexual abuse, neglect or racism). (Thunderbird, 2015a)

What are Opioids?

Opioids are powerful drugs that are prescribed to treat severe pain. If opioids are used in a risky way (i.e. without a prescription or not following the prescription), they can affect your mind, mood, and mental processes and can also cause euphoria, or the feeling of being high. This creates the potential for opioids to be used improperly which can result in a fatal overdose. (CCSA, 2020)



THE FOLLOWING TYPES OF OPIOIDS ARE DISCUSSED IN THIS BOOKLET:

- **Buprenorphine/Naloxone**
- **Codeine**
- **Carfentanil**
- **Fentanyl**
- **Heroin**
- **Hydromorphone**
- **Kratom**
- **Methadone**
- **Morphine**
- **Oxycodone**
- **Tramadol**

Buprenorphine / Naloxone

Buprenorphine/naloxone is an oral medication used to treat opioid addiction. Buprenorphine is a long-acting opioid that can prevent withdrawal and reduce cravings. Naloxone is a stand-alone drug to reverse the effects of opioids/opiates when taken by injection or intranasally. When buprenorphine/naloxone is taken orally as directed, naloxone has no effect. The fail-safe kicks in when the medication is injected, since naloxone will reverse the effect of the opioid.

STREET NAMES

- Suboxone
- Bup
- Sub

COMMON NAMES

- Suboxone

SIDE EFFECTS

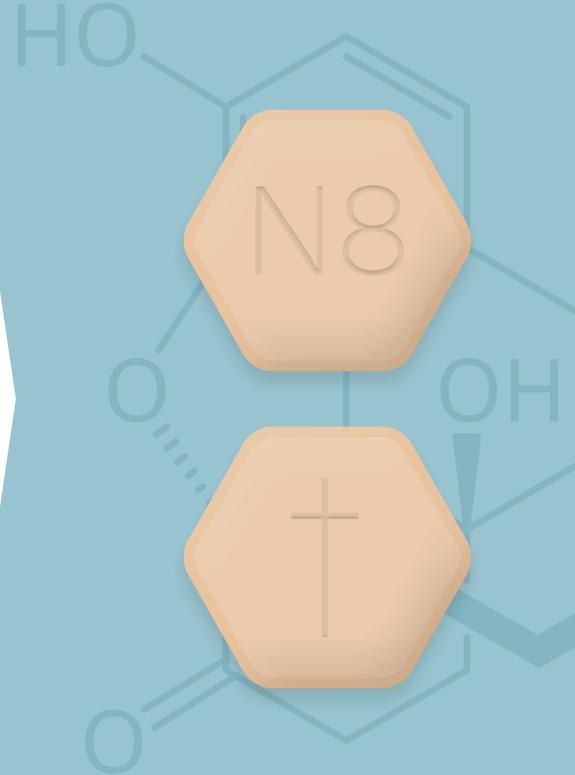
- Sedation
- Headache
- Insomnia
- Pain
- Dizziness/vertigo
- Nausea
- Constipation
- Diarrhea

SEVERE REACTIONS

- Slow, shallow breathing
- Breathing stops or is ineffective
- Low blood pressure
- Difficulty breathing
- Angioedema
- Severe allergic reaction

Buprenorphine has a lower risk of overdose than methadone, and when combined with naloxone is commonly known as Suboxone.

(Canadian Addiction and Mental Health [CAMH], 2020a).



Codeine

A naturally occurring opioid prescribed as a pill for mild to moderate pain. Also found in cough medication. Can be reversed with repeated doses of naloxone every five minutes until stable and admitted to hospital.

SIDE EFFECTS

- Lightheadness
- Dizziness
- Sedation
- Nausea
- Constipation

SEVERE REACTIONS

- Slow, shallow breathing
- Breathing stops while sleeping
- Low blood pressure
- Seizures
- Decreased heart rate
- Loss of consciousness

STREET NAMES

- T3s
- T1s
- Cody

COMMON NAMES

- Tylenol#3
- Tylenol#1
- Contin





Carfentanil

A lethal synthetic opioid used by veterinarians for large animal sedation. IT IS NOT FOR HUMAN USE. It is 100 times stronger than fentanyl and is lethal in small amounts. Unclear how many doses of naloxone are needed to reverse effects in people: some report as many as nine doses followed by naloxone administered intravenously.

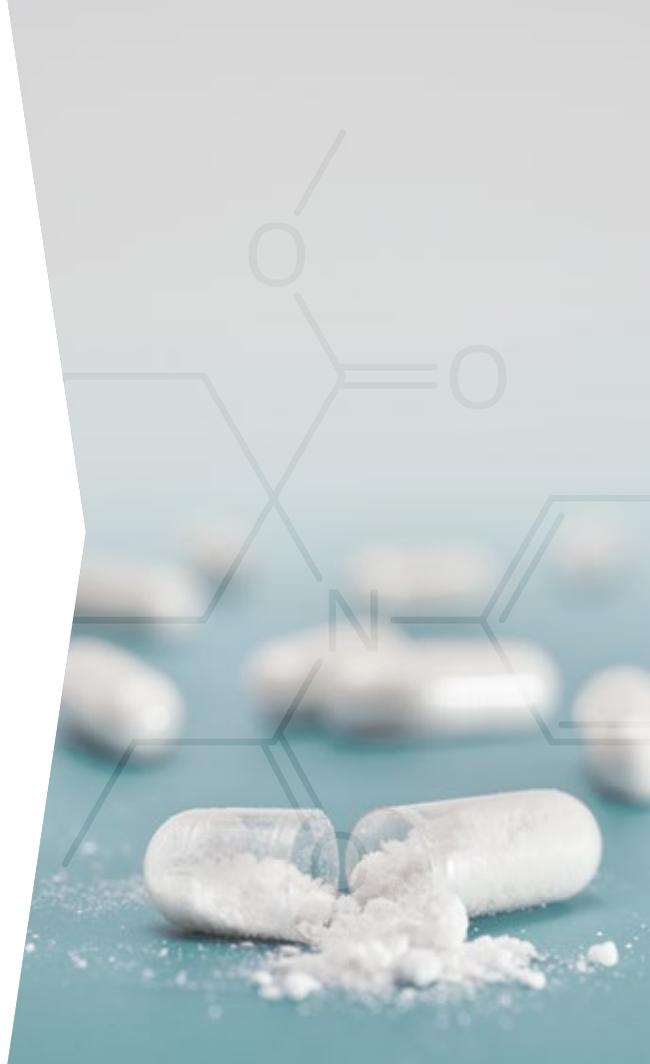
STREET NAMES

- Drop Dead
- C.50
- Serial Killer
- Grey Death

SEVERE REACTIONS

- Overdose
- Death
- Fast onset

(Ottawa Public Health, 2020)



DURAGESIC™
25µg/h (II)
(FENTANYL
TRANSDERMAL
SYSTEM)



Fentanyl

A lethal synthetic opioid, 100 times stronger than morphine, prescribed as a patch for severe chronic pain. Higher likelihood for risky use. A liquid form is used by anesthesiologists for general anesthesia. Can be reversed with repeated doses of naloxone every five minutes until stable and admitted to hospital.

SIDE EFFECTS

- Sleepiness
- Nausea
- Vomiting
- Confusion
- Constipation
- Dizziness
- Hallucinations

SEVERE REACTIONS

- Slow, shallow breathing
- Breathing stops or is ineffective
- Cardiac arrest
- Paralysis of intestinal muscles
- Coughing, wheezing, shortness of breath

(National Institute on Drug Abuse, 2016)

STREET NAMES

- China White
- TNT

COMMON NAMES

- Duragesic patches

Heroin

An opioid that is currently illegal, however harm reduction advocates recommend a safe supply of heroin, also known by its chemical name of diacetylmorphine*, that can address fatal overdose risks associated with carfentanil and fentanyl. Can be reversed with repeated doses of naloxone every five minutes until stable and admitted to hospital.

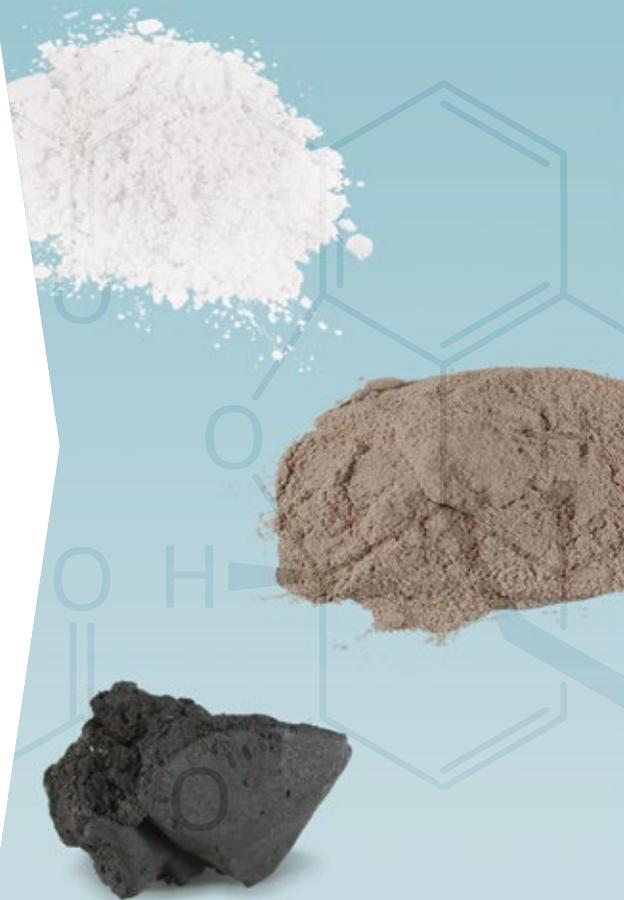
STREET NAMES

- Smack
- China White
- Junk
- Skag
- Horse

SIDE EFFECTS

- *Short term rush, depending on amount taken
- *Flushing of the skin
- *Dry mouth
- *Heavy feeling in arms/legs
- *Nausea/vomiting
- *Severe itching
- *Drowsiness
- *Slowed heart rate
- *Shallow, slow breathing can be life threatening

* *Diacetylmorphine is heroin that is described as a supervised opiate agonist treatment. Prescribed for patients who have failed buprenorphine or methadone medication-assisted opioid addiction treatment. Because of a risk of overdoses and seizures, diacetylmorphine maintenance therapy should be delivered in settings where prompt medical intervention is available. (CAMH, 2020b)*



Hydromorphone

A semisynthetic opioid. Prescribed for moderate to severe chronic pain as a tablet, oral solution or in a prefilled syringe for injection. Has high risk potential. Can be reversed with repeated doses of naloxone every five minutes until stable and admitted to hospital.

SIDE EFFECTS

- Dizziness
- Sleepiness
- Nausea
- Vomiting
- Flushing
- Uneasy feeling
- Itching

SEVERE REACTIONS

- Slow, shallow breathing
- Breathing stops
- Hypotension
- Low blood pressure
- Seizures

STREET NAMES

- Dilos
- Hydro
- Smack

COMMON NAMES

- Dilaudid



Kratom

Taken as a pill, capsule or extract. Multiple reports of death, usually involved with other substances such as diphenhydramine (an antihistamine), alcohol, caffeine, benzodiazepines, fentanyl, and cocaine. Kratom is not an illegal substance but has opioid and stimulant properties.

STREET NAMES

- Biak
- Ketum
- Kakuam
- Ithang
- Thom

SIDE EFFECTS

- Nausea
- Sweating
- Seizures
- Psychotic symptoms

(National Institute on Drug Abuse, 2019)



Methadone

A synthetic long acting opioid that is prescribed as a short-term pain medication or used for opioid withdrawal and maintenance therapy. Can be reversed with repeated doses of naloxone every five minutes until stable and admitted to hospital.

SIDE EFFECTS

- Lightheadedness
- Dizziness
- Sedation
- Nausea and vomiting
- Constipation

SEVERE REACTIONS

- Slow, shallow breathing
- Breathing stops or is ineffective
- Low blood pressure
- Shock
- Cardiac arrest
- Rapid/irregular heartbeat
- Irregular heartbeat

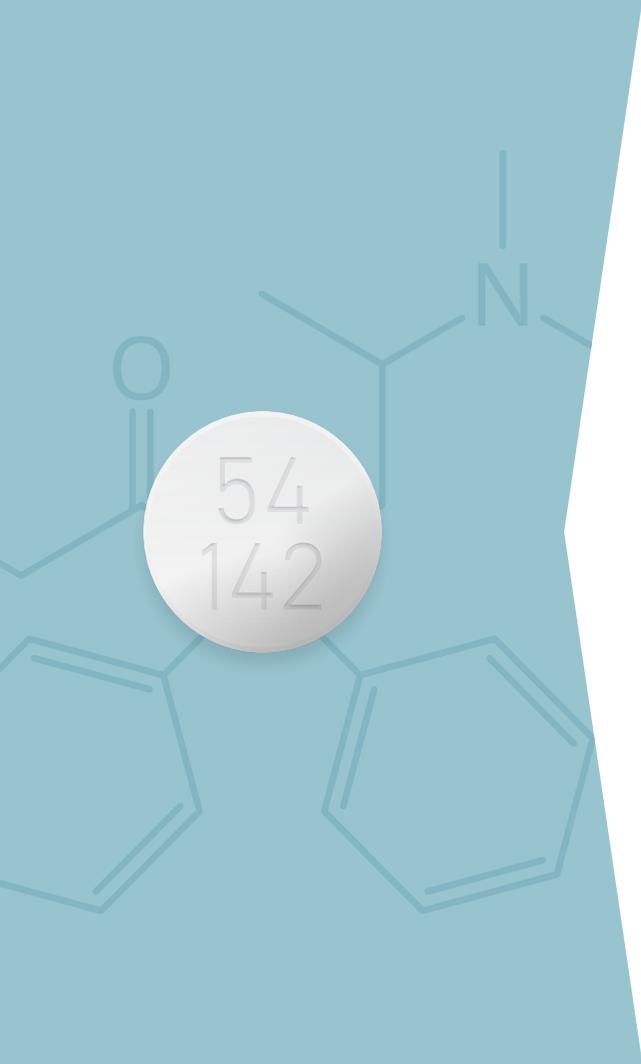
STREET NAMES

- Meth
- Wafer
- Juice

COMMON NAMES

- Methadose

Methadone has been used to treat opioid dependence since the 1950s, but has a high risk of overdose if it is not used with caution, (CAMH, 2020c).



Morphine

A naturally occurring opioid for moderate to severe pain. (The base standard to which other opioid/opiates are measured in MME-morphine milligram equivalents). Prescribed as a tablet or liquid...short acting or long acting variation. Can be reversed with repeated doses of naloxone every five minutes until stable and admitted to hospital.

STREET NAMES

- Morph
- M
- Red

COMMON NAMES

- MS Contin
- Stalex

SIDE EFFECTS

- Drowsiness
- Sweating (can be heavy)
- Constipation
- Nausea
- Vomiting
- Dizziness
- Euphoria
- Headache
- Swelling
- Abdominal pain

SEVERE REACTIONS

- Slow, shallow breathing
- Breathing stops
- Cardiac arrest
- Low blood pressure
- Irregular heartbeat
- Seizures

(WebMD, 2020)

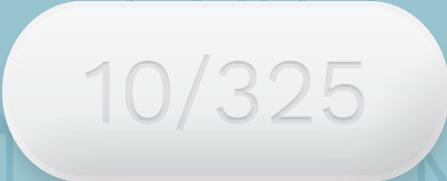


Oxycodone / Hydrocodone

Prescribed as a tablet, frequently combined with acetaminophen (Percocet and Norco) for moderate to severe pain relief. Oxycodone is a long acting opiate for chronic severe pain and has a high risk of being used in harmful ways. Can be reversed with repeated doses of naloxone every five minutes until stable and admitted to hospital.



M523



10/325

SIDE EFFECTS

- Constipation
- Sexual problems
- Bloating
- Nausea
- Vomiting
- Sweating
- Itching
- Drowsiness

STREET NAMES

- Percs
- Oxys
- OC
- Hillbilly Heroin
- 80s

COMMON NAMES

- Percocet
- Oxycontin
- Oxyneo

Tramadol

A synthetic opioid-like drug prescribed as an oral tablet for moderate to severe pain. Can only be partially reversed with naloxone. Seek medical attention as soon as possible in case of overdose.

STREET NAMES

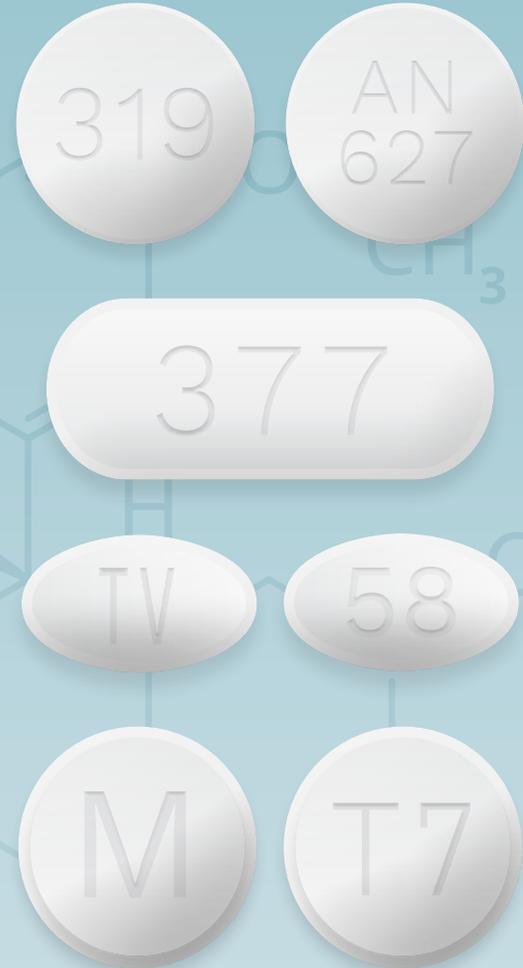
- ConZip
- Ryzolt

COMMON NAMES

- Ultram
- Tramacet

SEVERE REACTIONS

- Seizures



Poly Drug Use

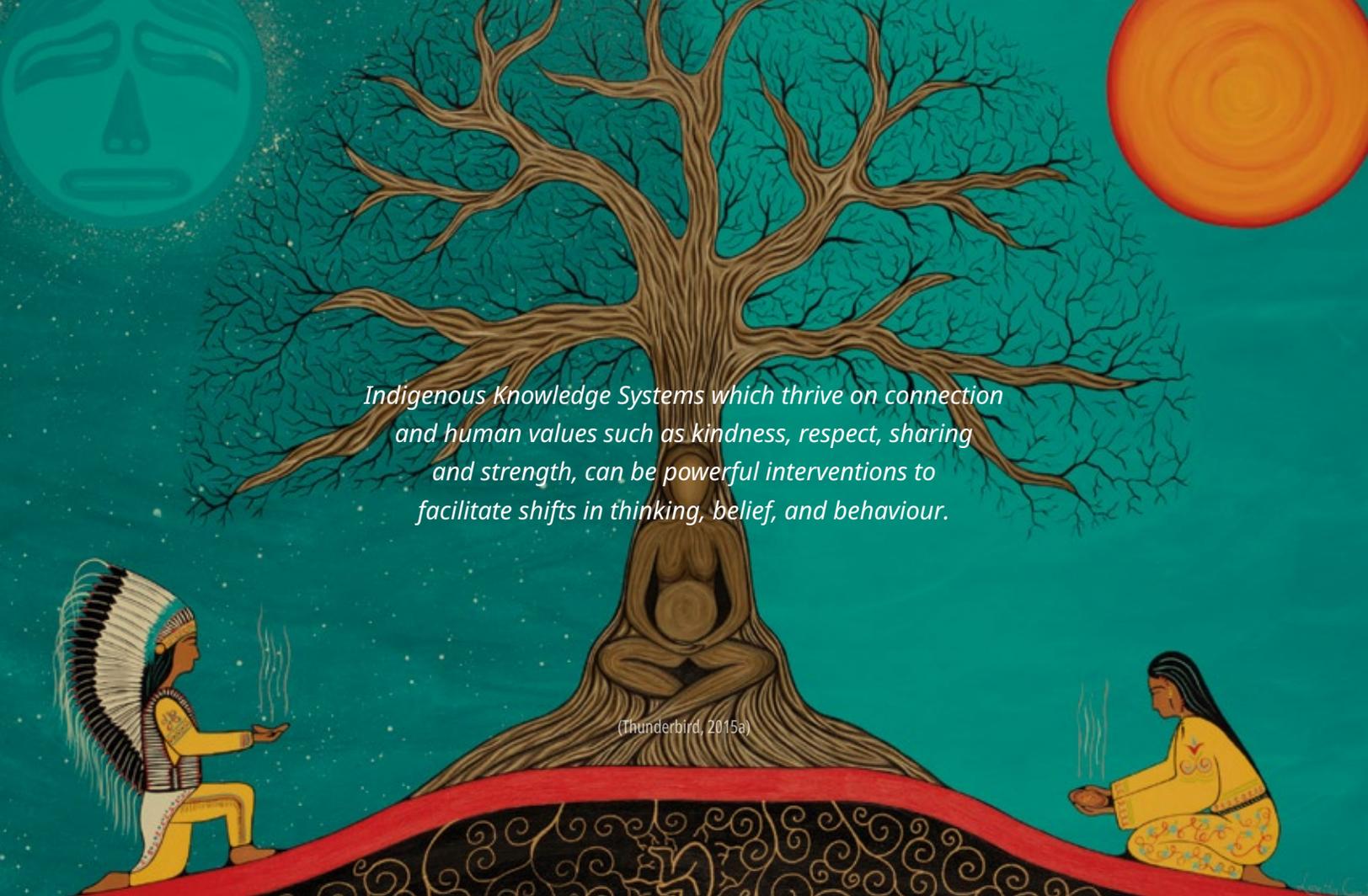
The use of two or more psychoactive drugs together to achieve a particular effect, for example if someone is on an oral tablet opiate such as Percocet and also drinks alcohol.

Poly drug use often carries more risks than single drug use, due to the increased side effects and drug synergy which can lead to unintended harm – seizures, brain damage, coma, respiratory failure, liver/heart damage, bleeding, heatstroke, etc.

Example of poly drug use leading to increased risk of overdose:

- opioids + alcohol
- opioids + methamphetamines (meth/crystal meth)
- opioid + cannabis + benzodiazepine (valium or Xanax)
- or any combination of illicit and/or medically prescribed drugs. (Addiction Center, 2020)





Indigenous Knowledge Systems which thrive on connection and human values such as kindness, respect, sharing and strength, can be powerful interventions to facilitate shifts in thinking, belief, and behaviour.

(Thunderbird, 2015a)

Remember What to Do in an Overdose



**If the person is awake,
try to find out what they
took and how much**

Inject naloxone
(Thunderbird, 2015b)



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About Thunderbird Partnership Foundation

The Thunderbird Partnership Foundation is Canada's leading culturally centred voice on First Nations mental wellness, substance use and addictions. The organization supports an integrated and wholistic approach to healing and wellness serving First Nations and various levels of government, through research, training and education, policy and partnerships, and communications. Thunderbird strives to support culture-based outcomes of Hope, Belonging, Meaning and Purpose for First Nations individuals, families and communities. Thunderbird's mandate is to implement the Honouring Our Strengths: A Renewed Framework to Address Substance Use Issues Among First Nations People in Canada (HOS) and the First Nations Mental Wellness Continuum (FNMWC) framework.

The Thunderbird Partnership Foundation is a division of the National Native Addictions Partnership Foundation Inc.

This resource has been developed as part of Thunderbird Partnership Foundation's Pharmacology (Understanding Opioid Addiction) Training with guidance from the Honouring Our Strengths: A Renewed Framework to Address Substance Use Issues Among First Nations People in Canada (HOS) and the First Nations Mental Wellness Continuum (FNMWC).

Special thanks to artist Loretta Gould, Waycobah First Nation, NS - p.20. snowlg@hotmail.com



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