

Mental Health Strategies and Where to Find Help

There is an overwhelming connection between mental health and addiction. According to the National Institute of Health (NIH), 40% of people with SUD also have an additional co-occurring mental health disorder.

In many instances, using substances is a tool to self-medicate and cope with underlying mental health symptoms. But there are better ways to relieve anxiety and depression.



It's not uncommon to experience periods of anxiety or depression.

Happiness chemicals and how to get them:

Dopamine

The reward chemical that creates a sense of pleasure from things like movement, memory and motivation.

- Completing a task
- Engaging in self-care
- Eating food
- Celebrating little wins
- Getting enough sleep

Serotonin

The mood stabilizer that helps regulate feelings of happiness, emotional stability and focus.

- Meditating
- Running
- Relaxing in the sun
- Swimming
- Journaling
- Putting your phone down

Oxytocin

The love hormone that plays a role in recognition, trust and romantic attachment.

- Snuggling with a pet
- Holding hands
- Hugs
- Socializing
- Giving a compliment

Endorphin

The natural painkiller that helps reduce stress, relieve pain and improve your sense of wellbeing.

- Laughing
- Exercising
- Music
- Essential oils
- Watching comedies
- Dark chocolate

Resources and Support Services

Need immediate help?

Text or call 988

to reach the CRISIS LIFELINE. It provides 24/7 free and confidential support for people in distress, and prevention and crisis resources for you or your loved ones.

Need someone to talk to?

Text "Support" to 85511

to speak to someone with personal experience living with mental health concerns or SUD.

Want to learn more?
MN Resources for SUD
and Mental Health



Naloxone Finder
bit.ly/LocateNaloxone



YOU CAN SAVE A LIFE

All it takes is a little learning. Understanding the risks of opioids and the disease of substance use disorder (SUD) is crucial for keeping yourself and others safe. That's why we made you this handout.

This handout covers the basics of opioids — what you need to know about SUDs, how to recognize and reverse an overdose and some strategies to cope with mental health concerns.

107,543

people died of opioid overdoses last year*

That's enough to fill Target Center

2.5 times

*based on CDC data

What are opioids?

Opioids are drugs that block pain signals to the brain. They slow down your breathing and heart rate. Common opioids include: Dilaudid, Percocet, OxyContin, Vicodin, morphine, fentanyl, heroin and methadone.

Fentanyl

Fentanyl is a synthetic opioid that is 50x stronger than heroin and 100x stronger than morphine. It's the #1 cause of death for people between the ages of 18 and 45 in the U.S.

Fentanyl can be used safely in medical settings but is also made illegally and found in lots of other substances, like cocaine, meth, MDMA (e.g., molly, ecstasy) and pressed pills.

It is cheap, very addictive and extremely powerful. When mixed with Xylazine or "Tranq," a sedative

increasingly found in Minnesota, it creates an even higher risk of overdose death.

Pressed Pills

Pressed pills, also known as counterfeit pills, look exactly like real prescription pills but are made illegally in kitchens, garages or backyards. They almost always contain fentanyl.

The most common pressed pills are OxyContin, Xanax, Percocet and Adderall. Pills you get from anyone



of teen overdoses involve fentanyl

other than a pharmacist or doctor are quite likely pressed and very risky to take.

When fentanyl is combined with other drugs, it is never distributed evenly. In the case of pressed pills, there may be no fentanyl in one pill but a lethal amount in another.

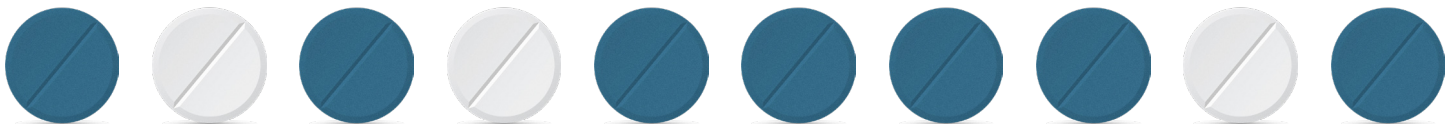
Think of it like a batch of chocolate chip cookies. One cookie may have many chocolate chips while another may have only a few. You can never know how much fentanyl is in a pressed pill.

LEARN MORE ABOUT US

Visit us at changetheoutcome.org or connect with us on social media for more education and information about upcoming events.



[f @changetheoutcomeorg](https://www.facebook.com/changetheoutcomeorg)
[i @changetheoutcome](https://www.instagram.com/changetheoutcome)
[i @changetheoutcomeminnesota](https://www.instagram.com/changetheoutcomeminnesota)



7 out of 10

pressed pills contain potentially lethal amounts of fentanyl

What is SUD?

Substance use disorder (SUD) is a disease that affects a person’s brain and behavior in a way that makes them unable to control their use of substances. It has physical, psychological and social components and can be chronic and recurring. The good news is it’s treatable and preventable.

What is your personal risk for developing SUD?

Genetics

Does your family have a history of addiction or mental health concerns?

Having family or personal history of substance misuse or mental health struggles increases your risk of developing SUD.

Timing

Are you under the age of 25 and using substances?

The risk of developing SUD increases even more if substance use begins before age 25, because the brain is not fully developed.

1 in 6 people have SUD



Someone with SUD is NOT a bad person, they have a bad disease.

Environment

Do you live with family or friends who use substances?

Your environment plays a role in shaping your behavior. Being around people who regularly use substances can also increase your risk of developing SUD.

What can SUD lead to?

Being aware of the symptoms or effects of SUD can help you keep yourself and the people around you safe.

Dependence

Dependence is the need to take more of a substance to get the same desired effect. Some substances can cause mental or physical dependence in just 3–5 days. Dependence is not the same as addiction, but it frequently leads to it. That’s why it’s crucial that substance use is not taken lightly.

Addiction

Addiction is the result of changes to the brain’s reward system. It’s characterized by an overwhelming need to engage in substances or behaviors despite the harm they cause. Satisfying that need becomes the main priority, without regard for oneself or others. In addition to drugs like alcohol and nicotine, phones, social media and gaming can also be addictive.

Withdrawal

When someone stops using a substance and they experience physical or mental symptoms that cause discomfort, they are going through withdrawal. Symptoms develop over a 3-day period and can last weeks or longer, depending on the substance and the length of time it was used.

Symptoms for opioid withdrawal can include:

- Vomiting
- Sweating
- Shaking
- Increased anxiety
- Inability to sleep
- Irritability
- Sore muscles
- Restless legs
- Itching



There are medically necessary reasons to take prescription medications, but it’s crucial to always self-advocate. Ask your health care provider about exploring alternatives to medications that have addictive properties.

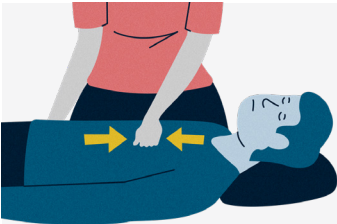
Opioid Overdoses, Narcan and Steve’s Law

Seeing someone overdose is scary. Knowing how to save a life can make all the difference. Here’s how to recognize and respond to an opioid overdose:

Be on the lookout for the following signs:

- Unresponsive or inability to wake up
- Shallow, raspy or delayed breathing
- Slow heart rate
- Pinpoint pupils
- Deep snoring
- Change in skin tone
- Limpness

How to respond if you suspect an overdose:



Perform the sternum rub test

⚠ Don't slap or shake someone to wake them



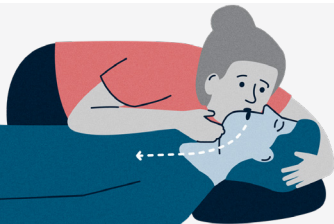
If no response, call 911 and ask for medical help

⚠ Brain death starts in as little as 3-5 minutes



Administer Narcan in one nostril

⚠ Don't try to make the person vomit

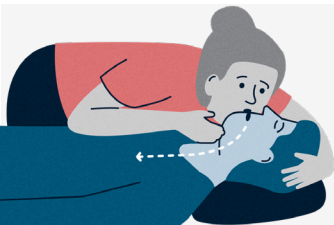


Start rescue breaths and CPR

⚠ Don't put the person in a cold bath or shower



If no response after 2 minutes, use another dose of Narcan in other nostril



Continue rescue breaths and CPR



If victim vomits or starts to breathe, place them on their side



Stay with the victim until help arrives

Narcan

Narcan, also known as naloxone, is a medication that temporarily blocks the effects of opioids during an overdose. It’s only effective when opioids are contributing to an overdose.

Narcan lasts approximately 30-45 minutes. As it wears off, an overdose can reoccur. This is why it’s so

important for a person to receive medical attention after an overdose. In Minnesota, anyone can administer Narcan to respond to an overdose.

Narcan WILL NOT harm someone if administered in the event of a medical emergency that doesn’t involve opioids.

Don’t run! Call 911!

If you’re at a party and someone overdoses, don’t run, call 911.

Steve’s Law protects you and everyone else there from many legal consequences.

There can be serious consequences if no one calls for help and someone dies from an overdose.



EDUCATION. AWARENESS. PREVENTION. EDUCATION. AWARENESS. PREVENTION.

LET'S END THE OPIOID EPIDEMIC

In 2022, the Centers for Disease Control (CDC) reported the most overdose deaths ever recorded in a single year in the U.S. — 109,680 people, according to preliminary numbers. Fentanyl has made its way into our communities and has become the #1 cause of death for people between 18 and 45. Mental health concerns are on the rise and some young people are using substances to cope. It's never been more important to be aware of the dangers of opioids, understand the risks that come with them and know how to save a life.

Who we are

Established in 2017, Change the Outcome (CTO) is a 501(c)3 non-profit working to raise awareness and understanding of substance use disorders and the opioid epidemic to reduce stigma, shame and judgment. We do this by equipping people with practical knowledge that can save a life, prevent substance use disorders and actively address the epidemic in simple but meaningful ways. Change the Outcome is funded by grants from federal and state organizations, healthcare providers and other parties determined to end the opioid epidemic.

"Change the Outcome has become an essential part of our health curriculum over the past 6 years. Their program is one of the best we offer our students and we appreciate the in-depth education this organization provides."

Health Teacher,
Eden Prairie High School



90,000+

We surveyed nearly all of the 90,000+ students, teachers, parents and neighbors we've spoken with. They tell us our program really works. See for yourself below:

33%

personally know someone who has experienced a drug overdose.

Students who knew what "pressed" or counterfeit pills were

before 47% after 90%

49%

personally know someone who has struggled with a substance use disorder.

Students who knew what naloxone (Narcan) is used for

before 30% after 87%

93%

thought others their age would benefit from our program.

Students who knew where to get naloxone (Narcan)

before 18% after 81%

95%

would be more careful when deciding to take a pill or substance with the information learned from CTO.

Students familiar with Steve's Law ("The Good Samaritan Law")

before 29% after 86%

OUR CURRICULUM COVERS THREE MAIN AREAS:

AWARENESS OF RISKS:

Current drug trends, risks associated with legitimate prescribed medications, substance use disorder predisposition.

PREVENTING LOSS OF LIFE:

Warning signs of substance misuse, recognizing an overdose, Steve's Law, getting and using Narcan, alternatives to opioids for pain relief.

ACCESS TO RESOURCES:

Crisis lifeline, self-advocacy, tools for safe disposal of unused medications, how to support those struggling with substance use disorders.

Learning, not lecturing

Our goal is to reach young adults and communities in the most impactful and informative way possible. That does not mean lecturing. It means having an honest exchange of truthful information. Our program includes a pre-program survey, documentary, panel discussion and a post-program survey. Throughout, we rely on personal anecdotes and current data from the MN Department of Health, DEA, BCA, CDC, SAMHSA and other relevant agencies.



DOCUMENTARY

Our 40-minute documentary about the opioid epidemic features Minnesotan health professionals, young people and families personally affected by the opioid epidemic.



PANEL DISCUSSION

Our panelists include young people in recovery and loved ones affected by addiction. Their experiences are real and, because of their age, they resonate with our audiences. They're professional, articulate and relatable.

The stories of addiction and recovery heard in both the documentary and the panel discussion help us empower young people to make healthier choices, reduce stigma and normalize asking for help and support. Because the more we talk about and understand the epidemic, the more we can address its underlying issues and save lives.

"It is very educational and makes everyone aware of things going on in the community. It helped me better understand the severity of substance misuse. All of you were really well spoken and had way more impact coming from you than a teacher."

Student,
Bemidji High School

LEARN MORE ABOUT US

Visit us at changetheoutcome.org or connect with us on social media for more education and information about upcoming events.



 @changetheoutcomeorg
 @changetheoutcome
 @changetheoutcomeminnesota

It's hard to imagine a friend dying.



It's even harder to watch.

Offer support today. They may be one pill away.
change.theoutcome.org



Scan QR code for
life-saving resources



 @changetheoutcome
 @changetheoutcomeorg
 @changetheoutcomeminnesota



MENTAL HEALTH LIFELINE **Dial 988**

If you're having mental health distress,
call the Mental Health Lifeline for
immediate professional support.

Available 24/7

MN FAST TRACKER www.fasttrackermn.org

Statewide database for
mental health and substance
use services availability.

For additional resources visit us at
changetheoutcome.org

RESPONDING TO AN OVERDOSE:

- Perform sternum rub test
- If no response, call 911 and ask for medical help
- Administer Narcan in one nostril
- Start rescue breaths and CPR
- If no response after 2 minutes, provide an additional dose of Narcan in other nostril
- Continue rescue breaths and CPR
- If victim vomits or starts to breathe, place them on their side and stay until help arrives



Narcan Finder
bit.ly/LocateNaloxone



You're never in too deep.



**Reach out.
Someone you trust is ready to help.**

changetheoutcome.org



Scan QR code for
life-saving resources



 @changetheoutcome
 @changetheoutcomeorg
 @changetheoutcomeminnesota

Sobrellevar enfermedades mentales y dónde encontrar ayuda

Hay una relación abrumadora entre salud mental y adicción. De acuerdo con el Instituto Nacional de salud (NIH), el 40% de las personas con TUS tienen al mismo tiempo un desorden de salud mental.

En muchas ocasiones, el uso de estas sustancias es una herramienta para medicarse y tratar síntomas de salud mental.

Químicos de la felicidad y cómo obtenerlas:

Dopamina

El químico de la felicidad ayuda a controlar funciones esenciales como el movimiento, la memoria y la motivación.

- Terminar una tarea
- Cuidarse a si mismo
- Comer
- Celebrar las pequeñas cosas
- Dormir bien

Serotonina

El estabilizador del estado de ánimo que ayuda a regular los sentimientos de felicidad, estabilidad emocional y concentración.

- Meditar
- Correr
- Relajarse bajo el sol
- Nadar
- Escribir en un diario
- Dejar el teléfono a un lado

Oxitocina

La hormona de amor que está asociada con validación, confianza y cariño.

- Jugar o acariciar a una mascota
- Darse la mano
- Abrazarse
- Socializar
- Felicitar a alguien por algo

Endorfina

El analgésico natural que ayuda a reducir el estrés, aliviar el dolor y mejorar su sensación de bienestar.

- Reirse
- Hacer ejercicio
- Música
- Aceites esenciales
- Ver programas de comedia
- Comer chocolate



No es raro experimentar períodos de ansiedad o depresión.

Recursos y Servicios de Apoyo

¿Necesitas ayuda inmediata?

Envía un mensaje de texto o llama al 988

para comunicarse con CRISIS LIFELINE. Proporciona apoyo gratuito y confidencial las 24 horas del día, los 7 días de la semana para personas en dificultades, y recursos de prevención y crisis para usted o sus seres queridos.

¿Necesita alguien con quien hablar?

Envíe un mensaje de texto con la palabra “Support” a 85511

Para hablar con alguien sobre sus preocupaciones de su salud mental o TUS.

¿Quiere saber más?

Apoyo para TUS y Salud Mental en Minnesota



Se encuentra Naloxone
bit.ly/LocateNaloxone



USTED PUEDE SALVAR UNA VIDA

Solo necesita un poco de aprendizaje. Comprender los riesgos de los opioides y la enfermedad del trastorno por uso de sustancias (TUS) es fundamental para mantenerse a usted mismo y a los demás a salvo. Por eso hemos hecho este folleto.

Este folleto cubre los conceptos básicos sobre los opioides: lo que necesita saber sobre los TUS, cómo reconocer y tratar una sobredosis y algunas estrategias para afrontar los problemas de salud mental.

¿Qué son los opioides?

Los opioides son drogas que bloquean las señales de dolor al cerebro. Ralentizan la respiración y frecuencia cardíaca. Los más comunes incluyen: Dilaudid, Percocet, Oxycontin, Vicodin, Morfina, Fentanilo, Heroína y Metadona.

Fentanilo

El fentanilo es un opioide sintético que es 50 veces más potente que la heroína y 100 veces más potente que la morfina. Es la principal causa de mortalidad en adultos entre 18 y 45 años de edad en los Estados Unidos

El fentanilo puede usarse de manera segura en entornos médicos, pero también se fabrica ilegalmente y se encuentra en muchas otras sustancias, como cocaína, metanfetamina, MDMA (por ejemplo, molly, éxtasis) y pastillas prensadas.

Es barato, muy adictivo y extremadamente potente. Cuando se mezcla con xilazina o “Tranq”, un sedante que se encuentra cada vez más en Minnesota, se crea un riesgo aún mayor de muerte por sobredosis.

Pastillas Prensadas

Las pastillas prensadas, también conocidas como pastillas falsificadas, se ven exactamente como las pastillas recetadas reales, pero se fabrican ilegalmente en cocinas, garajes o patios traseros. Casi siempre contienen fentanilo.

Las pastillas prensadas más comunes son opioides, como OxyContin, Xanax y Adderall. Las pastillas que obtiene de cualquier persona que no sea un farmacéutico o doctor son muy probablemente prensadas y muy arriesgadas de tomar.

Cuando se combina fentanilo con otras drogas, la distribución no es homogénea. En el caso de las pastillas prensadas, puede ser que no haya fentanilo en una pastilla pero en

107,543

personas fallecieron por sobredosis de opioides en el año pasado

Este número es suficiente para llenar el Target Center

2.5 veces

*basado en datos de los CDC



de las sobredosis en los adolescentes se deben al fentanilo

otra se encuentre una Cuando se combina fentanilo con otras drogas, la distribución no es homogénea. En el caso de las pastillas prensadas, puede ser que no haya fentanilo en una pastilla pero en otra se encuentre una cantidad letal.

Piensa en unas galletas con trocitos de chocolate. Una galleta podría tener muchos trocitos de chocolate mientras que otra galleta podría contener sólo dos trocitos. Nunca se sabe cuánto fentanilo hay en un puñado de pastillas prensadas.

SEPA MÁS SOBRE QUIENES SOMOS

Visítenos en changetheoutcome.org o conecte con nosotros en redes sociales para saber más u obtener información sobre los próximos eventos.



@changetheoutcomeorg



@changetheoutcome



@changetheoutcomeminnesota



7 de cada 10

pastillas prensadas contienen una cantidad letal de fentanilo.

¿Qué es TUS?

El trastorno por uso de sustancias (TUS) es una enfermedad caracterizada por el uso incontrolable de sustancias. Tiene componentes físicos, psicológicos y sociales y puede ser crónico y recurrente. La buena noticia es que es tratable y prevenible.

¿Cuál es tú propio riesgo de desarrollar TUS?

Genética

¿Tiene su familia antecedentes de adicción o enfermedades mentales?

Tener antecedentes familiares o personales de abuso de sustancias o problemas de salud mental aumenta el riesgo de desarrollar un trastorno por uso de sustancias (TUS).

Momento

¿Es menor de 25 años y está tomando sustancias?

El riesgo de desarrollar un TUS aumenta aún más si el uso de sustancias comienza antes de los 25 años, porque el cerebro no está completamente desarrollado.

1 de cada 6 personas padece TUS



Una persona con TUS no es una mala persona. Es una persona enferma.

Entorno

¿Vive con personas o amigos que toman drogas?

Su entorno juega un papel en la formación de su propio comportamiento. Estar constantemente rodeado de sustancias también puede aumentar su riesgo de desarrollar TUS.

¿A qué puede llevar un TUS?

Ser consciente de los síntomas o efectos de un TUS puede ayudarte a mantenerte a usted y a las personas a tu alrededor a salvo.

Dependencia

Dependencia es la necesidad de usar más cantidad de sustancia para obtener el efecto deseado. Las personas pueden volverse mental o físicamente dependientes de algunas sustancias en tan solo 3-5 días.

Ser dependiente no es lo mismo que ser adicto, pero frecuentemente es el primer paso que lleva a la adicción. Por eso es crucial que el uso de sustancias no se tome a la ligera.

Adicción

La adicción es una necesidad incontrolable de usar una sustancia o participar en un comportamiento a pesar del daño que está causando. Satisfacer esa necesidad se convierte en la principal prioridad, sin tener en cuenta a sí mismos ni a los demás. La adicción no se limita solo a las drogas; el alcohol, la cafeína, la nicotina y el azúcar también pueden ser adictivos.

Abstinencia

Cuando alguien deja de usar una sustancia y experimenta síntomas físicos o mentales que causan malestar, está pasando por la abstinencia.

Los síntomas se desarrollan durante un período de 3 días y pueden durar semanas o más, dependiendo de la sustancia y del tiempo que se haya usado.

Síntomas de la abstinencia por opioides pueden incluir:

- Vómitos
- Sudoración
- Temblor
- Aumento de la ansiedad
- Incapacidad para dormir
- Irritabilidad
- Dolores musculares
- Piernas inquietas
- Picazón



Hay razones médicamente necesarias para tomar medicamentos recetados, pero recuerde abogar por sí mismo. Pregúntele a su doctor acerca de explorar alternativas a los medicamentos que tienen propiedades adictivas.

Sobredosis de opioides, Narcan y la ley de Steve

Ver a alguien sufrir una sobredosis es aterrador. Saber cómo salvar una vida puede marcar toda la diferencia continuación se explica cómo reconocer y responder ante una sobredosis de opioides:

Preste atención a los síntomas de sobredosis:

- No responde o incapacidad para despertarse
- Respiración superficial, áspera o retrasada
- Ritmo cardíaco lento
- Pupilas puntiformes
- Ronquidos profundos
- Cambio en el tono de la piel
- Flacidez

Cómo responder si sospecha que está ante una sobredosis:

Realice prueba de frotamiento del esternón

No le pegue ni sacude a alguien para despertarlo

Si no hay respuesta, llame al 911 y pida ayuda médica

La muerte cerebral comienza en tan solo 3 a 5 minutos

Administre narcan en un agujero de la nariz

No intente hacer que la persona vomite

Comience respiraciones boca a boca

No coloque a la persona en un baño o ducha fría

Si tras dos minutos no obtiene respuesta, proceda a aplicar otra dosis de narcan en el otro agujero de la nariz

Continúe con la respiración boca a boca

Si la víctima vomita o comienza a respirar, colóquela de costado

Quédese con la víctima hasta llegue la ayuda

Narcan

Narcan (también conocido como naloxona) es un medicamento que temporalmente bloquea los efectos de opioides durante una sobredosis. Narcan es solo efectivo cuando los opioides son los contribuidores de una sobredosis.

Narcan tiene una duración de aproximadamente 30-45 minutos. Cuando los efectos del narcan empiezan a desaparecer, la sobredosis puede

reaparecer. Por eso es tan importante que la persona reciba atención médica después de una sobredosis. En Minnesota, cualquiera puede administrar Narcan para tratar una sobredosis.

Narcan no es dañino en caso de ser administrado en una emergencia médica donde no se involucran opioides.

¡No huya! ¡Llame al 911!
Si está en una fiesta y alguien sufre una sobredosis, no huya. Llame al 911.

La ley de Steve le protege a usted y a todos los demás de las consecuencias legales.

Puede haber consecuencias graves si nadie llama para pedir ayuda y alguien muere por una sobredosis.