



I took back my life

Fighting Opioid Addiction in Frederick County

I experienced childhood trauma and at a young age, I started selling drugs. Later I became addicted to opioids and spent time in prison. I realized that I had to get help from somewhere other than myself. My treatment showed me that

I can still be a hustler, but what I'm dealing now is hope and help for others. Visit takebackmylife.org

to hear the rest of my story. And call **2-1-1** for guidance and treatment options to start taking back your life.



Public Health
Prevent. Promote. Protect.

Frederick County Health Department

take back my life

We're Taking Back Lives in Frederick County

Too many people, families, careers, and promising futures are being destroyed by prescription opioid (painkillers) and heroin misuse across the country. The Frederick County Opioid Misuse Prevention Program is helping individuals and parents get the facts, support, and treatment they need to overcome this crisis in our area.

Opioid Facts

- Opioids are drugs that are commonly prescribed by physicians after surgery or to help relieve chronic pain.
- When taken exactly as directed by a medical professional, opioids are safe and can manage pain effectively.
- Opioids work by attaching to proteins called opioid receptors in our brain, spinal cord, and other areas of the body. When attached to receptors in certain parts of the brain, they dull the sensation of pain and also cause feelings of relaxation and euphoria.
- While they usually come in pill form, opioids are often crushed into powder and then snorted or injected to enter the bloodstream and brain more quickly. This increases the risk of both addiction and overdose.

Hear real stories of opioid and heroin abuse at www.takebackmylife.org

IN 2014, 35 PEOPLE
DIED FROM AN OPIOID
OVERDOSE IN FREDERICK
COUNTY.

IN ONE YEAR, CALLS
FOR HELP WITH HEROIN
ADDICTION ROSE 300%
IN FREDERICK COUNTY.

Help and Support

Hear real stories of prescription opioid and heroin addiction at www.takebackmylife.org and learn more about prevention on Twitter: [@FCHealthDept](https://twitter.com/FCHealthDept) and Facebook: facebook.com/FCHealthDept

OR

Call 211 for help and treatment options
24 hours a day, 7 days a week

Airtime and other charges may apply for cell phone users.
Mobile users may also call 1-866-411-6803.



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I grew up in a loving and caring family. But my addiction wanted me to believe that my life was a disaster. After losing my marriage and nearly losing my relationship with my son, treatment saved my life. And today, I'm the best possible version of me that I can be, thanks to my support network.

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Types of Prescription Opioids

- Oxycodone (OxyContin, Percocet)
- Hydrocodone (Vicodin, Lortab)
- Diphenoxylate (Lomotil)
- Morphine (Kadian, Avinza)
- Codeine
- Fentanyl
- Propoxyphene (Darvon)
- Hydromorphone (Dilaudid)
- Meperidine (Demerol)
- Methadone

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When I was younger, I just wanted to fit in. So I started experimenting. Before long, that became a heroin addiction—and using every day. I knew I had to get help to stop hurting people I cared about. Before I got clean, I was a liar and a cheater. Today, I'm a leader and have people who can count on me. Visit takebackmylife.org to hear the rest of my story. And call **2-1-1** for guidance and treatment options to start taking back your life.



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Heroin

Heroin is an opioid form that is derived from morphine, which is extracted from poppy plants. Research suggests that abuse of other types of opioid painkillers, such as OxyContin and Vicodin, can often lead to heroin addiction.

- Nearly half of young people who inject heroin reported abusing prescription opioids before moving on to heroin.
- Many individuals take heroin because it is actually cheaper and easier to purchase than prescription opioids.
- In 2011, 4.2 million Americans, aged 12 and older, had reported using heroin at least once in their lives.

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