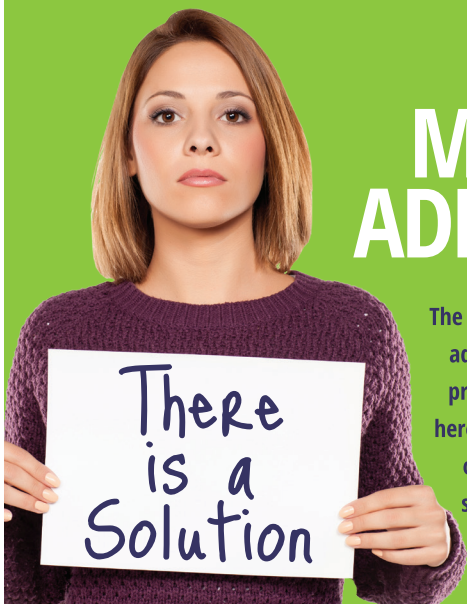


# OPIOID MISUSE & ADDICTION

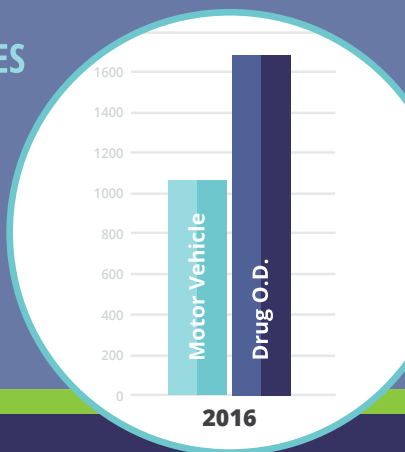


The problem of opioid misuse and addiction has grown to extreme proportions nationally and right here in northern Michigan. Abuse of prescription and illicit drugs such as heroin is claiming lives at an unprecedented rate.

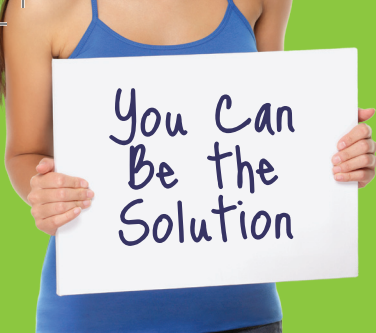
In 2015, prescription opioid pain reliever and heroin related deaths totaled 33,000 in the U.S., more than any other year on record. Over 1,900 of those fatalities occurred in Michigan, and 37 people were lost in the 21-county NMRE region.

## ACCIDENTAL FATALITIES IN MICHIGAN

Prescription opioid pain reliever and heroin related deaths were the number one cause of injury related deaths in 2016, outpacing motor vehicle fatalities.



Northern Michigan Regional Entity



You Can  
Be the  
Solution

## PREVENTION

Everyone can help prevent opioid drug misuse & addiction by:

- Understanding opioid medications and how to use them without harming yourself
- Awareness of yourself and others using prescriptions
- Keeping prescription drugs in a secure place and monitoring them
- Practicing a simple rule: if it wasn't prescribed to you, don't take it
- Properly disposing of expired and/or unused prescription drugs

Prevention and disposal information is available at

[DrugFreeNorthernMichigan.net](http://DrugFreeNorthernMichigan.net)

## GET HELP

If you or someone you know needs help with a substance use disorder call:

800-834-3393

Help is available 24 hours, every day.

Opioid drug misuse and addiction is not a moral failure, it is a disease that is both preventable and treatable. There is no shame in seeking help, just as there is no shame in seeking help for other health problems. Help is available. There are over 23 million Americans living in recovery.



Northern  
Michigan  
Regional  
Entity

One call to the Northern Michigan Regional Entity (NMRE) can change your life. You will be treated with compassion, care and respect.

### ABOUT NMRE

NMRE is one of ten Prepaid Inpatient Health Plans (PIHPs) in the state of Michigan to manage the behavioral health (mental health, intellectual disability and substance use disorder) services for people enrolled in Medicaid. The NMRE is the PIHP for 21 counties in northern Lower Michigan. NMRE also manages and coordinates prevention, treatment, and recovery support services for individuals with a substance use disorder.

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