



New Street Drug gaining popularity, "Opama" is like Oxycontin according to some of our clients... It can be treated with Suboxone...

We have so much news to tell you in this newsletter..

New street drug, we accept insurance now, new groups, etc. Very exciting!

Hello family, friends, colleagues, and associates. First a big thank you for the outpouring of love and support for the Daily family and the staff at Recovery Happens Counseling Services. The response from the community has been, and continues to be, heartfelt and inspiring; it truly makes a difference. As previously stated the staff at Recovery Happens will continue to offer quality treatment to a cause we care so deeply and personally about. Part of that work is continuing to bring the current trends and information to you so we can work together to battle addiction in our community.

Families of Sacramento and surrounding counties are still devastated by the boom in Oxycontin abuse. We made it a mission to implement the best treatment for opiate addiction and get the information to the community quickly and responsibly via newsletter, media interviews, parent nights and training counselors and providers in our community. Recently the formulation of Oxy was changed in effort to make it "abuse proof." While this has severely disrupted the abuse of Oxycontin it certainly did not cure opiate addiction. One drug that we are starting to hear more about is a pill called "Opana."



Opana, also known as oxymorphone hydrochloride, is in the Opiate family and almost twice as potent as Oxycontin. It is a morphine like opiod agonist and can be abused like other opiod agonists. Opana can be crushed and chewed, snorted, or injected. If the user is not aware of the potency of Opana they are at great risk for overdose or possibly death. Even users with a high tolerance for Oxycontin can easily overdose on this powerful drug.

The DEA classifies Opana as a schedule II narcotic and indicates the potency as two to eight times that of morphine; it produces more sedation than morphine. The Sutter Medical Center indicates that 7.5 mg of hydromorphone is equivalent, in terms of strength, to 30 mg of

morphine. Some of the other side effects of Opana include shallow breathing and slow heart rate, seizures, cold and clammy skin, confusion or disorientation, severe weakness and dizziness, and vomiting. When mixed with other drugs such as alcohol, other pain killers, and muscle relaxers the results can be very dangerous.

There is a vicious cycle that many opiate addicts experience. The high is good, or the pain is relieved, which leads to continued use. After some time the body becomes dependent, once this happens withdrawals begin. The withdrawals drive a person to continue to use to avoid them. They quickly build a tolerance so it takes more of that drug to reach the desired effect, which in turn makes the withdrawals more intense; and the cycle continues.

The reported street price of Opana is \$35 to \$50. The old version of Oxy is now anywhere from \$60 to \$90+ for an 80mg pill.

"Besides being cheaper, Opana is also attractive to Oxy addicts because it does not carry the stigma of heroin, which many users have turned to since the abuse-resistant formulation of Oxy was released."

If you find any prescription medication and are unsure of what it is you can call California Poison Control at 1-800-222-1222.

If you have a child, family member or client and you would seek consultation, evaluation or treatment from our program, don't hesitate to call: 916-276-0626

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Serving youth in the greater
Sacramento/Yolo areas

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Sit Down for This: "WE ARE ACCEPTING INSURANCE !!!"

Finally, we are sooo excited to say this to the community :-) we are now accepting not only Insurance from Aetna, but also MHN and Healthnet. Preauthorization has to occur first, but you can call for details. "We have been a reputable and successful private program for 15 years. Recently we have come to understand that many families and providers have wanted to utilize our services, but were unable to do so because of our insurance contract limitations. Our challenge in the last year of putting together the structure for these insurance company relationships has been about how do we maintain the same program model which has been working for years, not dilute it and if anything add to it. We are adding to it. We have hired a specialist who with 8 years of sobriety, brilliance and zeal for this work is seeing our teen and young adult females individually and running our girls Thursday night recovery group .. Yes recovery group, not education or denial breaking group with a bunch of drug using guys and girls sharing drug-using stories, we get them sober and then we get them in a girls recovery group.. Same for the guys, and we do not do co-ed. We keep them separated. We will be starting a parent recovery group soon! Thanks again for your support and trust in our ability to provide the best care possible. We value our relationship to you and the community. Thank you! Jon Daily, LCSW, CADCI 916-276-0626