



For Help, Call Today

The Campus Assistance Program

The Campus Assistance Program can help. A counselor will be available to assist you in finding the answers and resources that can help. CAP is a free service provided to you by the university. The CAP counseling services are short term. However, if long-term services are required and a referral to an outside agency is appropriate, the CAP counselor will work with you to find the services that would best help you. Any contact that you have with the Campus Assistance Program is **Confidential**.

How Do I Contact the CAP?

For more information or for an appointment with a counselor, please call: **(504) 568-8888**.

A counselor is on call and available to you 24 hours a day, seven days a week.

The CAP is located in the Human Development Center at 411 S. Prieur St. New Orleans, LA 70112.

LSUHSC Campus Assistance Program

About Us

The mission of the LSUHSC Campus Assistance Program (CAP) is to support the mental, emotional, and physical well-being of students, faculty, staff, and immediate family members in order to promote the overall health and effectiveness of the LSUHSC-NO community.

Contact Us

Phone: (504) 568-8888

Email: cap@lsuhsc.edu

Web:

<https://www.lsuhs.edu/orgs/campushealth/cap.aspx>



Campus Assistance Program
411 S. Prieur St.
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Campus Assistance Program



Facts About Drugs: Opioids

*Prepared by The LSUHSC Campus Assistance Program.
(504) 568-8888*

What are Opioids?

Opioids (sometimes called narcotics) are a class of drugs that are chemicals- natural or synthetic- that interact with nerve cells that have the potential to reduce pain. Healthcare providers typically prescribe opioids to manage moderate to severe pain. However, opioids can become addictive because they not only dull pain but produce a sense of euphoria. This, combined with tolerance build (needing to increase doses to produce the same effect) can lead to opioid use disorder.

What is the difference between opiates and opioids?

Opiates are derived from the naturally occurring poppy plant *Papaver somniferum* that creates the active ingredient in the drugs. Common opiates include opium, heroin, morphine, and codeine. An opioid can be derived from the poppy plant, be synthetic or semi-synthetic, meaning the active ingredients are created chemically in a lab. Common opioids include morphine, oxycodone, hydrocodone, fentanyl, and others. Both opioids and opiates have high addiction potential.

How do opioids work?

“Opioid” is an umbrella term that represents all compounds that bind to opioid receptors. These receptors regulate many body functions, including pain, mood, stress, GI functions, breathing, etc. Opioids cause neurons that produce dopamine, the neurotransmitter that plays a role in how we feel pleasure, to fire more frequently.

Why are opioids addictive?

People who use opioids regularly soon develop tolerance to these effects. They may then use more of the drug to get the original intensity of pain relief and euphoria. Chronic use or misuse of opioids can lead to psychological and physical dependence. People are psychologically dependent when a drug is so central to their thoughts, emotions and activities that the need to continue its use becomes a craving or compulsion despite negative consequences.

What are opioid withdrawals?

With physical dependence, your body has adapted to the presence of the drug, and withdrawal symptoms happen if you suddenly stop taking the drug or take a reduced dosage. These symptoms are often unpleasant, including hyperventilation, hyperthermia, muscle aches, vomiting, anxiety, etc.

What are the long-term effects of opioids?

Long-term side effects from chronic opioid use include chronic constipation, sleep-disordered breathing, increased risk of bone fractures, or increased risk of overdose.

What are the dangers of opioid-dependent pregnant women?

Approximately 50% of babies develop neonatal abstinence syndrome when exposed to opioids while in the uterus. Babies can go through drug withdrawal after birth.

What treatment is available for opioid addiction?

The four main approaches to substance use treatment are: detoxification (supervised withdrawal from drug dependence, either with or without medication) in a hospital or as an outpatient, therapeutic communities where patients live in a highly structured drug-free environment and are encouraged to help themselves, outpatient drug-free programs which emphasize various forms of counseling as the main treatment, and methadone maintenance which uses methadone, a substitute for heroin, on a daily basis to help people lead productive lives while still in treatment.

Resources

The National Institute on Drug Abuse
<https://nida.nih.gov/research-topics/opioids>

Cleveland Clinic Review of Opioids
<https://my.clevelandclinic.org/health/drugs/21127-opioids>

Substance Abuse and Mental Health Services Administration
<https://www.samhsa.gov/medications-substance-use-disorders/medications-counseling-related-conditions/opioid-overdose>

Partnership to End Addiction
<https://drugfree.org/>

If you, a family member, or anyone you know has a problem with opioids or any other drug, please contact the **LSUHSC Campus Assistance Program** at (504) 568-8888 for a **free and confidential** evaluation.