

## Opiate Addiction And The Family

By Nancy Davis, Executive Director



The theme of this Newsletter is mainly about Opiates and the practice of prescribing opioids. We encourage you to be sure the dentist in your office receives this Newsletter and it doesn't bypass him or her in the trash.

Recently at least one phone call a month received by the NCCDP asks how to get help for a loved one, family member, friend or colleague who is addicted to heroin or opioid prescription medications. By the time the call is received the addict is usually in the most difficult stage of addiction. The addict has moved from experimentation, social and or regular use, problem use, and is in the last stage of full blown addiction. As I speak with the caller I can sense the love and how this love usually blinds them. The traditional forms of compassion, care and concern

become liabilities. Many family members and friends continue to provide shelter, food and money to an active addict. These behaviors enable the addict to continue the path of self-destruction.

Few addicts get sober without consequences. If an addict is provided with shelter, money, meals there is little incentive to change. The caller often identifies how fear for the addict causes them continued negative enabling. With a steady supply of money, shelter, meals the addict is more likely to abuse their drug of choice in greater frequency and quantity.

Opiate addiction progresses at a heightened pace. As tolerance to opiates increases, the addict requires more of the drug to sustain the same effect. More opiates are usually sought. This progression increases the risk of overdose and death. At some point money from family and friends will not support the habit. The addict may turn to theft as a way to feed addiction.

Family and friends who contribute to the pursuit of an active addict engage in negative enabling, meaning some form of contribution that allows the addict to continue progression in addiction.

A few tips for family, friends, or colleague to change from enabling include:

- Do not engage in negative enabling.
- Seek out support from qualified professionals, such a therapists or support groups.
- Offer the addict the opportunity to change by letting them know you cannot contribute to their addiction.
- Do not handle this on your own, reach out to others they will be your "guiding light".
- Most important – **Take Care of Yourself**

The hardest part of caring for someone with addiction is remembering to care for yourself. We must remember where there is life there is hope. Under the addict's addiction is a beautiful loving person who struggles every day to surface. The addict is suffering as much as you.

Remember you can always give us a call. **Because we care.....**

VISIT THE UPDATED NCCDP WEBSITE  
[www.nccaringdental.com](http://www.nccaringdental.com)

### PEARLS OF WISDOM

*"When everything seems to be going against you, remember that the airplane takes off against the wind, not with it."*

– Henry Ford

- IN THIS ISSUE
- New State Law Requirement for Opioid Prescribing
  - Our Responsibility as Practitioners
  - Schedule of Courses And Locations & Registration Form
  - Opiate Addiction And The Family

CEU REGISTRATION FORM ENCLOSED



North Carolina Caring Dental Professionals  
PO Box 1258 Southern Pines, NC 28388

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## When You Need Someone to Care



North Carolina  
Caring Dental Professionals

Published three times yearly in Southern Pines, North Carolina by the North Carolina Caring Dental Professionals, a nonprofit organization. Our goals are to disseminate information about the Caring Dental Professionals, and to provide helpful and informative materials about chemical dependence and mental health issues.

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### HELPING DENTISTS, DENTAL HYGIENISTS, AND THEIR FAMILIES

For More Information Call...  
(910) 944-1150

# CARING Connections

JUST REACH OUT

Volume 17, Issue 2

NORTH CAROLINA CARING DENTAL PROFESSIONALS

To All North Carolina Dentists:  
**NO NOT DISCARD THIS NEWSETTER!**  
**REGISTRATION FORM ENCLOSED**

New State Law Requirement  
for an Opioid Prescribing Course



America is in the midst of a prescription opioid misuse and abuse epidemic. In 2014, over 47,000 people died from drug overdoses, and 40 percent of those involved opioid analgesics. Nearly 2 million Americans reported abusing or being dependent on prescription pain relievers. It is estimated that 6.5 million Americans and 2.5% of the population age 12 years and older are current nonmedical users of psychotherapeutic drugs. Of these, 4.3 million, or 66.2%, reported the use of pain relievers for nonmedical purposes.

Beginning in 2017, as a condition of North Carolina dental license renewal for 2018, all licensees who prescribe controlled substances **MUST** complete an annual CE course of at least one hour on the abuse of controlled substances. Courses may be taken in-person or online.

*(NOTE: In those instances where the CE course awards more than one hour credit, licensees may apply the additional credit toward the general requirement of patient care and count all hours toward the 15 hour requirement necessary for license renewal).*

Please see the NC State Board of Dental Examiners' webpage at [www.ncdentalboard.org](http://www.ncdentalboard.org) for more information under "What's New".

In response to the North Carolina State Board of Dental Examiner's new requirement for license renewal in 2018, the North Carolina Caring Dental Professionals (NCCDP), your state Well-Being organization, is pleased to announce a 2-hour continuing education course.

SEE INFORMATION AND REGISTRATION INSIDE



North Carolina Caring  
Dental Professionals



## “Proper Opioid Prescription Writing: Our Responsibility As Practitioners”

**Instructor:**  
Bill Claytor, Jr., D.D.S., M.A.G.D.

**\$75 tuition for 2 hrs. CE**  
\*Pre-registration required\*  
Check In 6:00-6:30  
Instruction 6:30-8:30

This course will fulfill the NEW State Law for dental license renewal in 2018 requiring all dentists that prescribe opioids to take a course on the abuse of controlled substances.

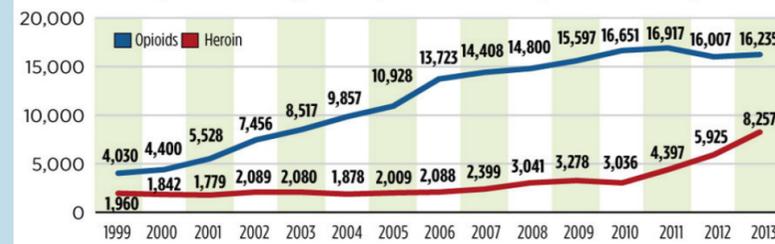
Topics discussed in the course will include:

1. Responsible opioid writing for all patients plus specific protocols for safe prescribing practices, including patients with alcoholism and drug addiction.
2. Discuss the correlation between federal opioid regulations and the rise of heroin amongst our patients in North Carolina.
3. Present facts and statistics about the national prescription opioid drug epidemic and the dentist’s role in reversing the problem.
4. List specific details of ethical prescription writing to help lessen the availability of excess opioids.
5. Explore specific clinical dental situations that may alter dental care due to drug-seeking behavior and substance abuse.
6. List specific questions to ask in the initial patient interview that may alert a dentist to suspect opioid-seeking behavior.
7. Recognize constructive steps the dentist can take to set boundaries on when to prescribe opioids.
8. List specific pre-operative and chairside procedures that can lessen the need for post-op opioids.

See the schedule of different venues for this course in the middle of this newsletter. Please consider attending one of these courses to fulfil the NC State Board of Dental Examiners’ new license requirement. The format for the course will be informal and will encourage questions and audience participation.

### Opioid and heroin fatal overdoses

This chart shows the relationship between fatal opioid and heroin overdoses. As more people began transitioning from prescription drugs to heroin, the number of heroin deaths spiked nationally, while opioid deaths have plateaued through 2013.\*



\*2013 is the latest year available for national statistics. In Maine, heroin overdose deaths increased from 34 in 2013 to 57 in 2014. Through June 30 of this year, Maine has had 37 heroin overdose deaths.  
SOURCE: U.S. CDC  
STAFF GRAPHIC | MICHAEL FISHER

## Schedule of Courses and Locations

Reservation Code	Date	Location	Address
4.6 HIBC	April 6, 2017	Hampton Inn - Brier Creek	8021 Arco Corporate Drive Raleigh, NC
4.27 HIHM	April 27, 2017	Hampton Inn - Hanes Mall	1990 Hampton Inn Court Winston/Salem, NC
5.4 HISP	May 4, 2017	Hampton Inn - South Park	6700 Phillips Place Court Charlotte, NC
5.11 HIJ	May 11, 2017	Hampton Inn - Jacksonville	1032 Hampton Inn Way Jacksonville, NC
6.15 HIH	June 15, 2017	Hampton Inn - Hickory	1956 13th Avenue Drive SE Hickory, NC
8.24 HIAA	August 24, 2017	Hampton Inn - Asheville Airport	18 Rockwood Road Fletcher, NC
9.28 HIBC	September 28, 2017	Hampton Inn - Brier Creek	8021 Arco Corporate Drive Raleigh, NC
10.5 HISP	October 5, 2017	Hampton Inn - South Park	6700 Phillips Place Court Charlotte, NC
10.12 HIJ	October 12, 2017	Hampton Inn - Jacksonville	1032 Hampton Inn Way Jacksonville, NC
10.19 HIH	October 19, 2017	Hampton Inn - Hickory	1956 13th Avenue Drive SE Hickory, NC
11.2 HIHM	November 2, 2017	Hampton Inn - Hanes Mall	1990 Hampton Inn Court Winston/Salem, NC

### Registration Form - Opioid Prescription Writing

First  Last

Address

Email  Phone

Reservation Code

Enclosed is my check in the amount of \$75 - Payable to NCCDP

Please return to NCCDP, PO Box 1258, Southern Pines, NC 28388



Representatives of the NCCDP are always available to share the history and mission of the NCCDP with various groups, including hygiene schools, dental schools and any other professional dental organization.

Please call us to schedule a presentation: 1-800-230-3934

PLEASE VISIT THE NCCDP  
DISPLAY BOOTH AT THE  
**NORTH CAROLINA**  
DENTAL SOCIETY

**161<sup>st</sup> ANNUAL SESSION**

**MAY 18 – 21, 2017**

**Shaping the Future Together**

### PLEASE CONSIDER

Please consider making a tax deductible donation to the NC Caring Dental Professionals Endowment Fund or the Jake Thorpe Fund. This money is used to provide interest free loans to assist impaired dental professionals. The NCCDP was created for the dental team and their families with the intention of promoting a healthy recovery and lifestyle. You can be a part of this health and wellness effort by making a tax deductible donation TODAY!!!

Dr. Mark Johnson, DDS – Chairman, Fundraising Committee