



Relias Spotlight Series

October 2020

Greetings Providers,

Welcome to the Optum Idaho **October Relias Spotlight Series**— a series devoted to providing you with access to **free, easily accessible, and CEU-eligible** online education about topics that are of most importance to behavioral health providers across the state.

October's Relias Spotlight Series Topic is **Pain and Opioids**.



It is evident that we continue to be in the midst of a national opioid crisis as the death rates across the United States increase at alarming rates. According to the National Institute on Drug Abuse, in 2018, 128 people died every day from overdosing on opioids, including prescription pain relievers, heroin, and synthetic opioids such as fentanyl.

In addition to the 128 Americans dying daily (or 47,000 dying annually) from opioid use, 1.7 million individuals were diagnosed in 2017 with substance

use disorders related to opioid pain relievers (NIH, 2020). As if the loss of life is not enough, the estimated cost to our communities is \$78.5 billion a year (NIH, 2020). Our family, friends, colleagues, and communities—which are all represented in these figures— need our support like never before.

The need for awareness is crucial!

Addiction has a number of origins that often include trauma, attachment injury, undiagnosed psychiatric conditions, and genetic predispositions. One approach to mitigating the effects of opioid abuse on our families and communities is to perform better, more comprehensive, and effective assessments of patients by assessing opioid abuse in families, thereby more easily identifying and applying early interventions to those that fall within the high-risk categories.



As providers, it helps us to be skillful in understanding factors that contribute to abuse, in assessing the problem, and in being willing to discuss the subject when necessary. Techniques such as motivational interviewing and other brief interventions are great tools to engage clients in appropriate levels of care and determine readiness for change.

Let's talk solutions

Here is list of courses that will assist you in identifying the needs of individuals, youth and adults, who may be at risk for opioid abuse. These courses highlight the principles of effective medication-assisted addiction treatment, with special emphasis on assessing the opioid-addicted individual who seeks care.



- [Assessing Opioid Abuse in Families](#)
- [Core Competencies for Opioid Use Disorder](#)
- [From Prescription Opioid Abuse to Heroin Use in Youth and Young Adults](#)
- [History and Evolution of Pain Management and opioid Use in America](#)
- [Marijuana and Cannabinoids, Pain and The Brain](#)
- [Opioid Abuse in Adults](#)
- [Pain Assessment and Management](#)
- [Screening, Brief Intervention, and Referral to Treatment of Older Adults With Opioid](#)
- [Treatment of Opioid Dependence Among Adolescents and Young Adults](#)

These courses are free and available for you to take at your leisure, as you continue to do what you do best— continue to make a big difference in the lives of Idahoans.

Thank you on behalf of the team at Optum Idaho for the very important work that you do for our members.

Have an incredible October!

The Optum Idaho Education and Training Team