

# ADDICTION

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prescribed painkillers.

“That was the beginning of a 10-year addiction to opioids,” she said.

When she became determined to break free, she couldn’t find a doctor nearby to help her. She regularly traveled more than five hours from her Milton-Freewater home to Marysville, Wash.

“The detox is so bad — so uncomfortable emotionally and physically,” Frizzell said. “I was driven to travel long distances for Suboxone.”

By the end of an hour and a half, most around the table had commented. Walden asked questions and described pending legislation. He distributed a list of a dozen opioid-related bills. The legislation increases access to treatment, reduces overprescribing, seeks best practices, requires more stringent review of opioids and makes opioid reversal drugs more accessible. One bill educates teens and adolescents injured in sports about the dangers of addiction. Another funds the



E.J. Harris/East Oregonian

**Dr. Joel Rice of La Grande holds up an automated Suboxone dispenser that used to treat opioid addicts. Suboxone is a drug that is used to wean addicts off of opioids.**

improvement of electronic prescription drug monitoring to help prescribers know if their patients are already getting prescriptions from other sources.

The Reducing Unused Medications Act would allow pharmacists to fill only part of a prescription. If pain persists, the patient

could go back and get more pills.

Getting a handle on opioid prescriptions is only one aspect of this murky mess. The tendency for opioid users to eventually switch to heroin, which is cheaper and easier to procure, is another.

Holton said he is optimistic about subduing the opioid monster, but he knows heroin will bring additional trials.

“I’m convinced we’re going to fix this,” he said, regarding opioid addiction. “But we’ll have to meet again down the road about the heroin crisis.”

## Supporting Community Wellness



**Wallowa  
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Wellness**

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### Confidential Individualized Services

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- Grief • Family Challenges
- Anger Management

### Addiction Treatment

- Drug & Alcohol Assessment
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- DUII Counseling • Aftercare Program
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- Problem Gambling Treatment Services

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- Program Planning • Resource Development

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- Short-Term Therapeutic Interventions
- Crisis Stabilization