



ConnectCare3[®]
Your Personal Health Care Advocate

Connections Newsletter

Connecting you to better health

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The Opioid Crisis — And You

How serious is the opioid crisis? More than 33,000 people died as a result of an opioid overdose in 2015. It is estimated that more than 500,000 will die in the next decade. For years the medical community underestimated the addictive nature of many prescription opioid pain relievers. Overuse of prescription opioids and the creation of more powerful synthetic opioids like fentanyl have created a crisis of epidemic proportions.

What should you do if a loved one, friend or co-worker is struggling? If there is an immediate risk of overdose, call 911. If there is a risk of suicide, call your local crisis intervention center.

Seeking treatment for drug addiction may be very confusing, and expensive. You will need to know what type(s) of therapy your insurance covers, inpatient or outpatient. If inpatient treatment, you will need to know what length of treatment your insurance covers. Some treatment plans require 60 to 90 days or more. Studies show that treatment plans of 90 days or more have higher success rates. If your insurance company covers a 15 day stay and you are looking at a facility that uses a 30 day treatment plan, you will need to work with a financial counselor to arrange payment for the remaining 15 days of treatment.

There is no cure for addiction. Recovery from addiction is a lifelong process. Some treatment programs have ongoing aftercare programs. Treating addiction is difficult and expensive. The cost of the addiction itself includes the cost of the drug, lost wages, medical problems that occur as a result of the addiction and potential legal consequences.

If you or someone you know is struggling with addiction, please consult this list of drug and alcohol treatment resources available in Pennsylvania: <http://connectcare3.com/wp-content/uploads/2017/08/Drug-and-Alcohol-Treatment-Resources.pdf>.



Are you aware

Of the high cost of substance abuse in the workplace? You can find more information about the prevention and treatment of substance abuse in the work place at <https://www.businessgrouphealth.org/pub/?id=f3151957-2354-d714-5191-c11a80a07294>

Sources:

<http://www.rehabs.com/about/frequently-asked-questions-about-addiction-rehabilitation>

<https://www.statnews.com/2017/06/27/opioid-deaths-forecast/>

<https://www.drugabuse.gov/drugs-abuse/opioids/opioid-crisis>

Patient Testimonial

Laura Tallerico

Lancaster, PA

“I often wonder what kind of treatment, if any, our daughter would have received if we had not called and gotten the support of ConnectCare3. ”

A few days after my daughter's first birthday, she spiked a fever. We called our pediatrician and were told it would likely resolve on its own. Unfortunately the next morning her fever was 105 degrees so we took her to the hospital. She spent three days in the hospital being treated for dehydration but wasn't really improving. My husband and I asked her doctors if there could be an issue with her kidneys as there is a family history of renal tubular acidosis, but we continually felt that the providers were not listening to us or taking this possibility seriously. About ten days after her discharge, she was admitted again with the same symptoms. We were frustrated that the doctors wouldn't listen to us and felt they weren't keeping us up-to-date. We couldn't really help ourselves except for reaching out for a lifeline which for us was ConnectCare3.

From that point on, the whole situation turned around for us. Our Nurse Navigator connected us with the care we needed and made us feel so much better because someone was listening to us. She helped us understand who we could talk to at the hospital to get more information and helped us strategize on how we could actively improve the care our daughter was receiving.

After our hospital stays, it became clear that we needed to see a specialist. Our Nurse Navigator did a lot of work opening doors for us to obtain a fairly quick appointment with a great pediatric specialist. She gave us information about the kidney disorder we suspected our daughter had, gave us questions to ask the specialist and even offered to attend the appointment to support us. She was really committed and it was so evident that she cared.

I often wonder what kind of treatment, if any, our daughter would have received if we had not called and gotten the support of ConnectCare3. Thankfully she is now stable and continues to see a specialist to monitor her condition. I felt much more confident that we had someone who could do research and give us insight into how to get our daughter the care she needed. To have such support in a situation like this is priceless, and I am sure anyone who has been fortunate enough to have ConnectCare3's support will agree wholeheartedly.

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