



# *Opioid Abuse in Rural Missouri*

County Farm Bureau Resource Guide

Compiled by:



# A Message From President Hurst

Dear Farm Bureau Leader:

There is a silent crisis affecting our rural communities. This time, I am not talking about the drought we've experienced in large parts of our state or another year of low prices. I am talking about the growing number of our rural citizens whose lives are impacted by opioid abuse.

You might be wondering, "Why is Missouri Farm Bureau interested in bringing awareness to opioid abuse?". Missouri's rural communities are impacted as much or more than our urban neighbors by this silent epidemic. A study found that only one in three rural adults say it would be easy to access treatment for addiction to prescription drugs or heroin in their local community. As leaders in our communities, counties, and state, it is our responsibility to speak up when these issues are affecting those we know and love.

The American Farm Bureau Federation and the National Farmers Union, two organizations who are historically on opposite sides of many agricultural issues, have united to form the FARM TOWN STRONG campaign, which is designed to utilize the agriculture network to bring awareness to this grave issue. According to a study conducted by the organizations, one in three rural adults say there is a great deal of stigma associated with opioid abuse in their local community.

We have compiled this resource guide in hopes that you can start having these conversations in your communities. While these discussions are not always easy, they are important. I encourage you and your fellow county leaders to talk about this issue with your family, friends, and others in your hometown.

Sincerely,



Blake Hurst, President  
Missouri Farm Bureau

Three in four farmers (77%), as well as those who work in agriculture generally (76%), say it would be easy for someone in their community to access a large amount of prescription opioids or painkillers without a prescription.



Join the conversation:  
**#FarmTownStrong**

# About the OPIOID CRISIS

## What Are Opioids?

Opioids are a category of drugs that include heroin and other pain relievers that are generally available by prescription, including oxycodone, hydrocodone, morphine, codeine, and many others. All of these drugs share a closely-related chemical makeup that makes them highly addictive and potentially dangerous. These drugs give the person who takes them a sense of euphoria coupled with pain relief. If taken for short periods of time, opioids can be effective in treating pain but when misused, they can lead to addiction, incidences of overdose, and death.

## The Opioid Epidemic

In October 2017, the Centers for Disease Control (CDC) reported that opioid overdose rates in rural areas had surpassed rates recorded in urban areas. Drug overdose has been the leading cause of accidental death in the United States since 2010.

In 2016, there were 908 opioid or heroin-related deaths in the state of Missouri. That figure increased nearly 35% from the statistics from 2015. Nationwide, of the approximately 64,000 drug-related deaths last year, 42,249 were from prescription drugs alone, according to the Missouri State Highway Patrol (MSHP). The Missouri State Highway Patrol estimates that for every 100 prescriptions written, 80 of those are for opioids.

## About the FARM TOWN STRONG Initiative

In late 2017, the American Farm Bureau Federation joined with the National Farmers Union to bring awareness to this growing issue. The partnership is known as “FARM TOWN STRONG” and seeks to utilize the agriculture network to help address the opioid crisis with local resources. These two organizations have a vast network of members all across the nation, and members are encouraged to get involved in helping shape their community’s response to this crisis. You can read more about the initiative by visiting [www.farmtownstrong.org](http://www.farmtownstrong.org). In addition, you can use #FARMTOWNSTRONG on social media to join the conversation online.

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**Fact:** 50% of farmers and farm workers say addiction to opioids is a disease, rather than due to a lack of willpower.

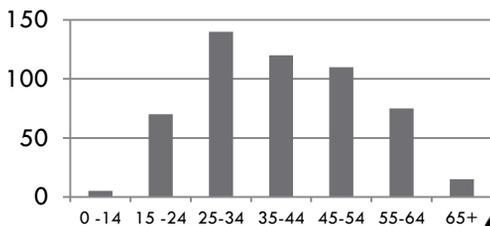
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# MISSOURI **STATS**

**1 in 66** MO deaths in 2016 were due to heroin or opioid overdose.



Age Distribution of Opioid-Related Deaths in MO (2016)



**1/3**

Missouri families are impacted by opioids.

**80 of every 100** prescriptions nationwide are written for an opiate.

**908**

Number of opioid-related deaths in MO in 2016.



41,558



22,074

Number of men vs. women overdose deaths in 2016 nationwide.



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# Did You **KNOW?**

***“The opioid epidemic is a pivotal challenge for many rural places. More than a health concern, the opioid crisis is an issue of rural prosperity and will take the commitment, collaboration and creativity of a wide range of partners to address.”***

*- Anne Hazlett, USDA Assistant to the Secretary for Rural Development*

- Rural adults overwhelmingly recognize that opioid abuse can begin accidentally with the use of what are deemed safe painkillers, or opioids (75%). American Farm Bureau Federation
- Opioid-involved overdose deaths doubled in the past ten years and quadrupled in the past 16 years. White House Council of Economic Advisors
- The number of opioid-involved overdose deaths has risen by nearly one-third since 2013. White House Council of Economic Advisors
- Evidence suggests that drug overdoses related to opioids are underreported by as much as 24 percent, which would raise the estimated 2015 opioid overdose death toll to over 40,000. White House Council of Economic Advisors
- Since 2000, over 300,000 Americans have died from overdoses involving opioids. White House Council of Economic Advisors
- People often share their unused pain relievers, unaware of the dangers of nonmedical opioid use. Most adolescents who misuse prescription pain relievers are given them for free by a friend or relative. American Society of Addiction Medicine
- More than 115 people per day overdose on opioids in the U.S. National Institute on Drug Abuse

**Join the conversation:**

**#FarmTownStrong**



# What Can **MY County** **Farm Bureau** Do to Help?

- Invite a local expert to discuss this issue with your county board.
- Have a keynote speaker at your county's annual meeting that can talk about the issue in your local community.
- Partner with local organizations and law enforcement to host a Prescription Drug Take-Back Day.
- Discuss potential policy recommendations to submit to the State Resolutions Committee.

**Visit the next page to  
find ways to access  
local resources.**



## **Fact:**

A strong majority of rural Americans believe increasing public education surrounding resources (68%) and reducing the shame or stigma around opioid addiction (57%) are effective means for solving the opioid crisis.

Join the conversation:  
*#FarmTownStrong*

# FIND RESOURCES

If you or someone you know is struggling with addiction, you can contact the Missouri Department of Mental Health at  
**(573) 751-4942 or (800) 575-7480**  
to access resources.

You can also find help or additional information at the following links:

- Missouri Permanent Medication Drop Box Locations  
<https://dmh.mo.gov/docs/ada/take-back-programs-in-Missouri.pdf>
- Missouri Department of Mental Health Directory of Opioid Treatment Facilities  
[https://dmh.mo.gov/ada/documents/directory-opioidtreatment\\_000.pdf](https://dmh.mo.gov/ada/documents/directory-opioidtreatment_000.pdf)
- Directory of Missouri Local Public Health Agencies  
<https://health.mo.gov/living/lpha/lphas.php>
- Overdose Risks and Background on Naloxone (NARCAN)  
<http://mohopeproject.org/category/education/community-members/>
- Substance Abuse Service Areas Regional Map - Missouri  
[https://dmh.mo.gov/documents/substanceuseservareacontact\\_001.pdf](https://dmh.mo.gov/documents/substanceuseservareacontact_001.pdf)
- Missouri Treatment Facilities for Individuals Without Insurance  
[https://static1.squarespace.com/static/594939ba197aea24a334ef60/t/5ae89cd70a6ad1a8701f78a/1525193952337/STR+Treatment+Resource+Flyer\\_May2018.pdf](https://static1.squarespace.com/static/594939ba197aea24a334ef60/t/5ae89cd70a6ad1a8701f78a/1525193952337/STR+Treatment+Resource+Flyer_May2018.pdf)
- Host a Prescription Drug Takeback Day  
<https://apps.deadiversion.usdoj.gov/pubdispsearch/spring/main?execution=e1s1>

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