

KRATOM

Alcohol and Drug Program
County of Santa Barbara



SANTA BARBARA COUNTY
DEPARTMENT OF
Behavioral Wellness
A System of Care and Recovery

A little history....



A part of the coffee family.

Used as a traditional medicine in Southeast Asia, particularly in Thailand, Malaysia, and Indonesia, for centuries. Chewed or brewed into tea.

Recreationally used in the early 19th century when it was used for fatigue, pain and to enhance productivity.

Used as a social drug, consumed during ceremonies and social gatherings.

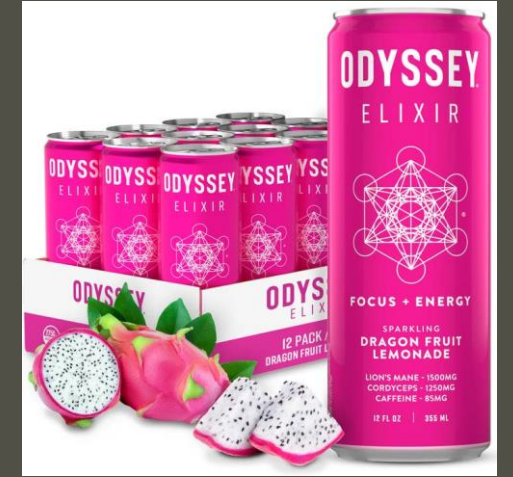
- “Kratom” is commonly known as an unregulated herbal substance – growing in popularity
 - Produces an Opioid-and stimulant-like effect depending on dosage used.
 - Currently legal and accessible in many areas (i.e. gas stations, small retailers, smoke-shops)
 - Many Kratom products have harmful chemicals in the product.
- ✓ Although the FDA has not approved kratom for sale in the U.S., the herb operates in a grey area of the law and is often sold online or at convenience stores and gas stations, usually in the form of capsules or loose powder.

NOT JUST AN HERBAL SUPPLEMENT





**SOLD AT GAS STATIONS
NEAR YOU (AND YOUR FAMILY)**



WHY DO PEOPLE USE?

- The main compounds include mitragynine and 7-hydroxymitragynine – these activate the opioid receptors producing analgesia (pain relief) and a sense of euphoria.
- Marketed as an herb, an all-natural supplement and “wellness” related without warning of the health hazards.
- But no dosage recommendations are required.
- Some use it to address mental health conditions like anxiety and depression
- To manage withdrawal symptoms related to opioids and other drugs without understanding the addictive properties.

IS KRATOM SAFE?

- Some users have reported nausea, constipation, dizziness and drowsiness.
- In case reports, some patients have serious adverse effects including:
 - a. mental and neurological symptoms (confusion, tremors and seizures)
 - b. Heart and lung problems (high blood pressure and slow breathing)
 - c. Gastrointestinal problems (nausea and vomiting) and
 - d. Liver problems.
 - e. Death (extremely rare)
- Drug interactions may influence effects, some severe including liver problems and death (extremely rare).
- Long-term health and safety effects are not well researched.
- **Kratom use can be addictive and cause adverse side effects such as seizures, hallucinations and coma.**

TREATMENT

Kratom addiction can be managed medically, similarly to opioid addiction.

Medication for Addiction Treatment (MAT) is available to those who are dependent on Kratom. Doses of buprenorphine/naloxone alleviates withdrawal symptoms and is recommended for treatment of Kratom addiction.

TREATMENT (CONT.)

Substance Use Disorder (SUD) treatment includes **behavioral treatment** and **medications for addiction treatment**. Behavioral treatment may be provided in either a **residential** or **outpatient** setting and includes individual counseling, group counseling, patient education and support services. Medications for addiction treatment are available through primary care physicians and treatment providers including Opioid Treatment Programs.

TREATMENT (CONT.)

- Individuals with Medi-Cal or who may be eligible for Medi-Cal can receive a **screening and referral for treatment** by calling the Behavioral Wellness Access Line: **(888) 868-1649**. or by calling their insurance provider.
- If you do not have insurance or are wondering about your eligibility for Medi-Cal, you can call the Department of Social Services: (844) 289-4682 or the Access Line for more information.
- Individuals with private insurance should call their insurance provider for screening and referral for treatment.

QUESTIONS?

For questions or for more information, please email:
bwelladpteam@sbcbswell.org



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REFERENCES

National Institute on Drug Abuse – (NIDA) (March 25, 2022) Kratom
<https://nida.nih.gov>

Arhin M, Mobley J, Hamad H, et al. (June 29, 2023) Successful Management of Kratom Use Disorder With Buprenorphine and Naloxone. *Cureus* 15(6): e41146. DOI 10.7759/cureus.41146