



ARCADIA TRAIL
INTEGRIS

Center for Addiction Recovery

INTEGRIS

HEALTH

Kratom

What to Know



Kratom

What to Know

Travis Ernst, MS LMFT-supervisor, LADC, Clinical Director

Jalynn Kirby BSN, RN, Nursing Manager

Courtney Hays, MA, CMII, Operations Supervisor



ARCADIA TRAIL
INTEGRIS

Center for Addiction Recovery

INTEGRIS

HEALTH



Kraton

What is Kratom?

- A tropical evergreen tree native to Southeast Asia
 - *Mitragyna speciosa* in the family Rubiaceae and tribe Naucleaeae
 - Mainly Malaysia and Thailand
 - Grow to 4-9m average
- Medicinal benefits used for centuries
 - Control pain
 - Manage diarrhea
 - Control fatigue
- Traditionally a recreational drink(tea) as a mild narcotic
 - Has been chewed, smoked and ingested



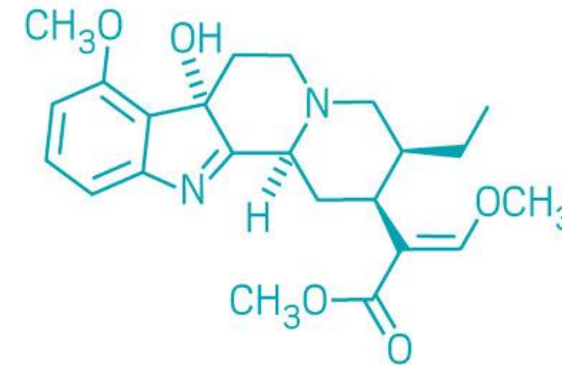
What's in it?

40 alkaloids but 2 main ingredients

- Mitragynine
- 7-hydroxymitragynin
 - Can be significantly more potent than morphine
 - Creating semi-synthetic versions to be stronger



(-)-Mitragynine



7-Hydroxymitragynine

How Kratom is marketed

Natural supplement - Organic
Herbal pain relief
Energy booster
Mood enhancer
Opioid withdrawal or to cut back



What We Actually See

Opioid use/addiction
Chronic pain
Anxiety/depression
Fatigue
Self medicating
Mixing with other substances



Side Effects

Nausea, constipation
Sweating
Dry Mouth
Loss of appetite
Seizures
Liver toxicity
Cardia issues
Respiratory depression
Death



Kratom Use Disorder

Withdrawal symptoms

- Muscle aches
- Insomnia
- Irritability
- Anxiety
- Depression
- Restlessness
- Sweating
- GI distress

Extended PAWS

4-PHASE KRATOM WITHDRAWAL TIMELINE



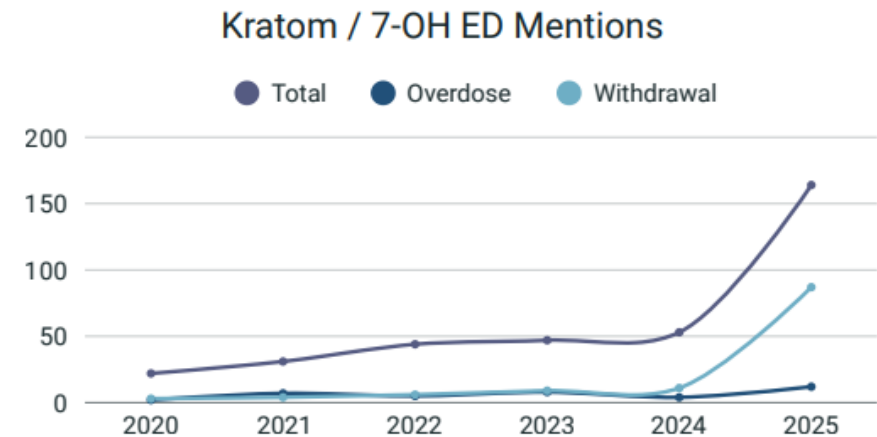
Current Trends

Rapidly increasing use

- Poison center calls up 1200%
- 7 oh products higher concentration
- Increased overdoses
- Increased hospitalizations
- Increased patients seeking treatment

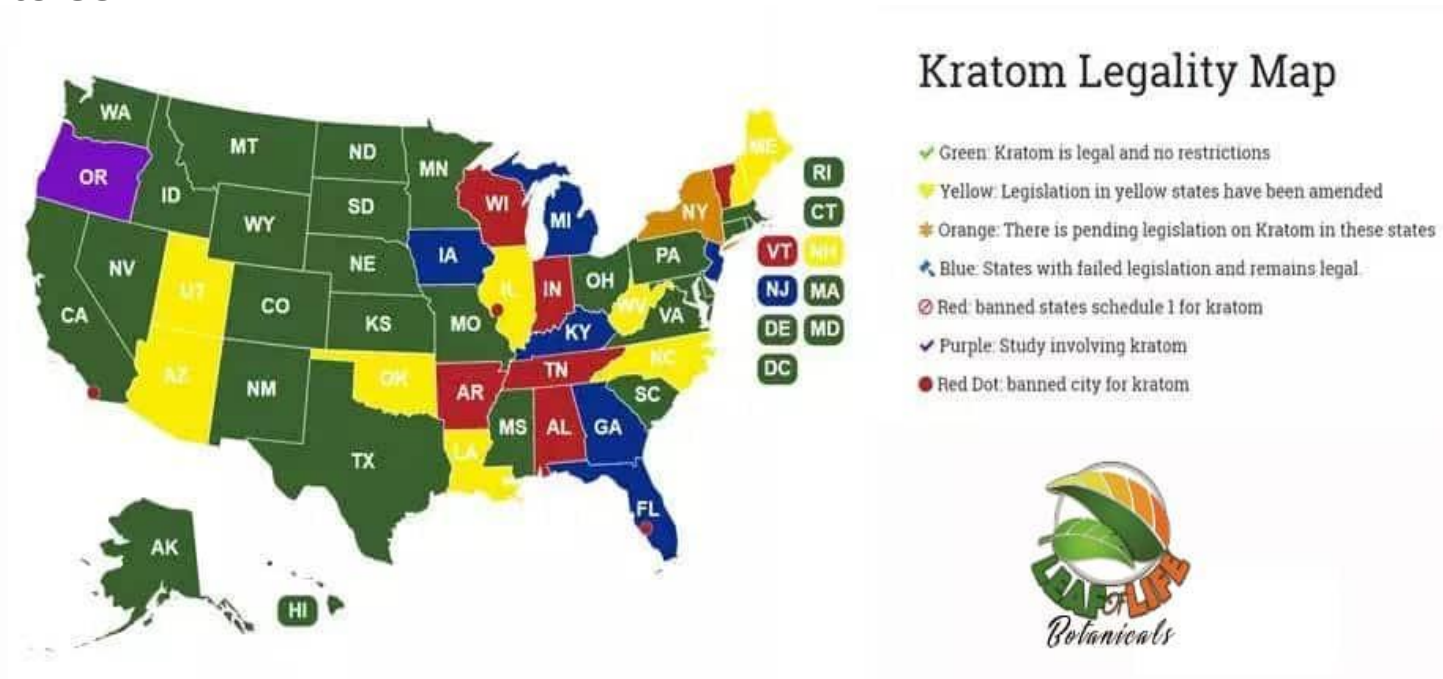
Not always tested

Kansas Kratom Fact Sheet
ED visits mentions of Kratom



Regulation?

- Not regulated by Federal Government
- Some states have banned, some have some regulations and some have no regulations – Tennessee just recently total ban
- Oklahoma has some regulations but Kratom is legal in every variation
- Illegal in Indonesia, Malaysia, Myanmar, and Vietnam but Indonesia allows export to US



Impressions/Concerns

Not being recognized by everyone
Treat like any other opioid
Denial is a barrier
Going to increase
Regulations will change



INTEGRIS Arcadia Trails

Sources

Ramanathan, S., León, F., Chear, N. J. Y., Yusof, S. R., Murugaiyah, V., McMahon, L. R., & McCurdy, C. R. (2021). Kratom (*Mitragyna speciosa* Korth.): A description on the ethnobotany, alkaloid chemistry, and neuropharmacology. In *Studies in Natural Products Chemistry* (Vol. 69, pp. 195–225). Elsevier.

<https://doi.org/10.1016/b978-0-12-819487-4.00003-3>

Johns Hopkins Medicine. (2025, February). Emerging use of kratom in US: Kratom use disorder experts propose decision-making algorithm for clinicians.

<https://www.hopkinsmedicine.org/news/articles/2025/02/emerging-use-of-kratom-in-us-making-algorithm-for-clinicians>.

Towers EB, Thomas YT, Holstege CP, Farah R. Increases in Kratom-Related Reports to Poison Centers- National Poison Data System, United States, 2015-2025. *MMWR Morb Mortal Wkly Rep* 2026;75:139-145

Mayo Clinic. (2024, June 18). *Kratom: Unsafe and ineffective*. <https://www.mayoclinic.org/diseases-conditions/prescription-drug-abuse/in-depth/kratom/art-20402171>.

Fenno, Lief. "American Psychiatric Association," October 22, 2025, *What is kratom and why is it raising concerns?* <https://www.psychiatry.org/news-room/apa-blogs/what-is-kratom-and-why-is-raising-concerns>

McCurdy CR, Sharma A, Smith KE, Veltri CA, Weiss ST, White CM, Grundmann O. An update on the clinical pharmacology of kratom: uses, abuse potential, and future considerations. *Expert Rev Clin Pharmacol*. 2024 Jan-Jun;17(2):131-142. doi: 10.1080/17512433.2024.2305798. Epub 2024 Jan 29. Erratum in: *Expert Rev Clin Pharmacol*. 2025 Dec;18(12):1107. doi: 10.1080/17512433.2025.2587541. PMID: 38217374; PMCID: PMC10846393.