

Tuesday April 24th, 2018 7:00pm

Valley View Chapel

Thank you for attending our first opioid awareness conference. This is the first step towards better community awareness of the ongoing opioid epidemic that is occurring around us. At the end of the presentations, we will have a question and answer period.

The program will start promptly at 7:00pm.

Welcome and Introduction: Chief Jeffrey Almer, Washington Township Police Department
wtpdmorris.org

**Morris County Prosecutor Fred Knapp,
Morris County Sheriff James Gannon,
and a presentation by Morris County Chief Assistant Prosecutor Brad Seabury
regarding the ongoing opiate problem in Morris County**

<https://prosecutor.morriscountynj.gov/>

<https://sheriff.morriscountynj.gov/>

Alton Robinson, CARES- Morris County Center for Addiction Recovery Education & Success
<http://morris.caresnj.org/>

**Question and Answer session with the above speakers as well as
our panel of local representatives.**

Thank you, again, for attending.

Your time and attention to this important topic is appreciated.

Special Thanks ...

To Valley View Chapel for hosting the event,

Morris County Sheriff's Office for the Hope One Van and

Washington Township Municipal Alliance Committee for their financial support

RESOURCES and Partners in Prevention

Addictions Hotline of New Jersey:

1-800-238-2333

CARES- Center for Addiction Recovery Education & Success

Speaker: Alton Robinson

25 West Main Street, Rockaway, N.J. 07866

Web: www.caresnj.org

Email: www.cares@mcpik.org

Tel: **1-973-625-1143**

Community Coalition- *For a Safe & Healthy Morris*

25 West Main Street #7, Rockaway, N.J.
07866

Web: www.mcpik.org or

www.safehealthymorris.org

Email: bkauffman@mcpik.org

Tel: **1-973-625-1998**

Division of Mental Health and Addiction Services (DMHAS)

Web: DMHAS@dhs.state.nj.us

NEW JERSEY HOPELINE

Tel: **1-855-NJ-Hopeline** or **1-855-654-6735**

GCADA- Governor's Council on Alcoholism & Drug Abuse

Web: www.KnowAddiction.NJ.gov

Morris County's Sheriff Department

Speaker: Sheriff James Gannon

PO Box 900, Morristown, N.J. 07963

Web: www.sheriff.morriscountynj.gov

Tel: **1-973-285-6600**

Morris County Prevention is Key

*Helping Others, Changing Lives, Making a
Difference*

Morris County Office of Health Management

PO Box 900, Morristown, N.J. 07963

Web: www.health.morriscountynj.gov

Tel: **1-973-631-5484**

Morris County Municipal Alliance

Morris County Dept. Of Human Services Addiction Services

Web: www.morrishumanservices.gov

Tel: **1-973-285-6867**

Morris County Dept. of Human Services Mental Health Services

Web: www.morrishumanservices.gov

Tel: **1-973-285-6852**

Breaking Through- *Get the help you deserve*

Lynn Warfield- Senior Addiction Specialist

Email: Lynn@Btplacement.com

Tel: **1-908-507-3429**

Web: www.btplacement.com

Tel: **1-323-389-7413**

Prosecutor's Office of Morris County **Speakers: Prosecutor Fred Knapp and Asst. Prosecutor Erin Callahan**

10 Court St. Morristown, N.J. 07960

Web: www.prosecutor@co.morris.nj.us

Tel: **1-973-285-6200**

Washington Twp. Police Department **Speaker: Chief Jeff Almer**

1 East Springtown Rd, Long Valley, N.J.
07853

Web: wtpdmorris.org

Tel: **1-908-876-3232** or **911 emergency**

NJ NAR-ANON Family Groups- *The Heart of Family Recovery*

Web: www.naranonofnj.org

Hotline: 1-877-424-4491

NJ CONNECT for recovery

Web: www.njconnectforrecovery.org

A free, confidential call line

Tel: 1-855-652-3737

Partnership for a Drug Free New Jersey

155 Millburn Ave, Millburn N.J. 07041

Web: www.DrugFreeNJ.org

Tel: 1-973-467-2100

State of NJ Governor Christie's, Facing Addiction Taskforce

Web: www.ReachNJ.gov

Tel: 1-844-732-2465

SAMHSA-Substance Abuse and Mental Health Services Administration

Web: www.samhsa.gov

Tel: 1-877-SAMHSA-7 (1-877-726-4727)

Washington Township Health Department

43 Schooley's Mountain Road, Long Valley, N.J. 07853

Web: health@wtmorris.net

Tel: 1-908-876-3650

Washington Township Municipal Alliance

43 Schooley's Mountain Rd, Long Valley, N.J. 07853

Web: www.wtmorris.org

Valley View Chapel *will be starting a Chapter of "Celebrate Recovery" in the fall for those struggling with "hurts, habits and hang-ups" of every kind. Pastors are available for spiritual and practical guidance.*

Address: 115 East Mill Rd. Long Valley, N.J. 07853

Web: www.valleyviewchapel.org

Tel: 1-908-876-5112 for an appointment.

Prescription Drug

Take Back Day



Turn in your unused or expired medication for safe disposal

Where: Washington Township Police Dept. Lobby
1 East Springtown Road

When: EVERY DAY. Lobby is open weekdays
8 am - 4pm. All other times use the phone
inside the front door to request entry.

Bring: Prescription and over-the-counter medications, patches,
creams, ointments, vials, and pet medications

Do Not Bring: Illegal drugs, needles, syringes, aerosol
cans, bio-hazardous material, and thermometers

National Prescription Take Back Day is April 28, 2018



Washington Township is Proud to Be Stigma Free.

The Morris County Stigma-Free Communities Initiative is a county-wide program which aims to eradicate the stigma associated with mental illness and substance use disorders. We are dedicated to raising awareness of these illnesses by creating an environment where affected individuals are supported in their efforts to achieve wellness and recovery.

The Stigma Free Communities Initiative. Stigma-Free Communities aim to inspire public interest and open dialogues about stigma. The County of Morris and several Morris County towns have already passed Stigma-Free resolutions. Establishing Stigma-Free Communities will raise awareness of the local mental health and recovery resources available so that no resident needs to feel hopeless or alone. Stigma-Free Communities will encourage residents to break down barriers and be mindful of their mental health and ask for help when needed. Substance use disorders and mental illness have the potential to worsen if left untreated and complications arise when individuals do not seek help. It is essential that residents engage in care as soon as the need is identified so recovery can begin, hope is inspired and tragedies are avoided.

What is stigma? Stigma is a mark of disgrace which results from the judgment by others. When an individual is labeled by their illness they experience judgment and prejudice. Stigma brings experiences and feelings of shame, embarrassment, distress, hopelessness and reluctance to seek or accept help. As a result, stigma is the primary reason individuals do not seek help when they experience symptoms of mental illness.

Washington Township passed a Resolution in 2017, supporting the County Stigma Free Initiative, and is moving forward in creating a Stigma Free Community Task Force.

Visit the Morris County Stigma Free Website for more information:
morriscountystigmfree.org

RESOLUTION OF THE TOWNSHIP OF WASHINGTON

Morris County, New Jersey

No. R-101-17

Date of Adoption: May 15, 2017

Title or Subject: **RESOLUTION OF THE TOWNSHIP COMMITTEE OF THE TOWNSHIP OF WASHINGTON DESIGNATING THE TOWNSHIP OF WASHINGTON A STIGMA FREE COMMUNITY**

WHEREAS, the Morris County Board of Chosen Freeholders, along with the Morris County Department of Human Services, supports the designation of Stigma-Free Communities in every municipality; and

WHEREAS, at their April 27, 2016 meeting the Morris County Board of Chosen Freeholders unanimously passed a resolution supporting the designation of Morris County as a Stigma-Free Community; and

WHEREAS Morris County recognizes that one in four Americans has experienced mental illness, including substance use disorders, in a given year according to the National Institute of Mental Health; and

WHEREAS, mental health problems are more common than cancer and heart disease combined, affecting children and adults, including more than half of our Iraq and Afghanistan Veterans treated at Veteran's Administration hospitals; and

WHEREAS, given the serious nature of this public health problem, we must continue to reach the millions who need help; and

WHEREAS, the stigma associated with the disease of mental illness is identified as the primary reason individuals fail to seek the help they need to recover from the disease; and

WHEREAS, Stigma-Free Communities aim to inspire public interest and open dialogues about stigma, raise awareness of the disease of mental illness and create a culture wherein residents who have the disease of mental illness feel supported by their community and neighbors and feel free to seek treatment for the disease without fear of stigma; and

WHEREAS, promoting awareness that there can be no "health" without mental health will break down barriers and encourage residents of all ages to be mindful of their mental health and ask for help when needed; and

WHEREAS, local resources are available to treat the disease of mental illness so no one resident needs to suffer alone or feel hopeless; and

WHEREAS, establishing Stigma-Free Communities will raise awareness of resources and encourage residents to engage in care as soon as the need is identified so recovery can begin, hope is inspired and tragedies are avoided.

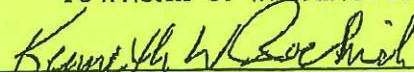
NOW, THEREFORE, BE IT RESOLVED, that the Township Committee of the Township of Washington in the County of Morris and State of New Jersey recognizes the community needs, supports the efforts of the County of Morris, and hereby designates the Township of Washington a Stigma-Free Community.

ATTEST:



Nina DiGregorio, Township Clerk

TOWNSHIP COMMITTEE OF THE
TOWNSHIP OF WASHINGTON



Kenneth W. Roehrich, Mayor

I, Nina DiGregorio, Township Clerk, do hereby certify that the foregoing resolution was adopted at a meeting of the Township Committee, held on May 15, 2017.

Nina DiGregorio, Township Clerk

Date

Resources

Addictions Hotline of New Jersey: 800-238-2333

Dial 211 or 1-800-238-2333 which provides trained clinically supervised telephone specialists who are available 24 hours a day, 7 days a week to educate, assist, interview and/or refer individuals and families battling addictions. Calls are free and information shared is confidential.

- Partnership at Drugfree.org
- Governor's Council on Alcoholism and Drug Abuse
- NJ Division of Mental Health and Addiction Services (DMHAS)
- New Jersey Department of Health and Senior Services
- Addiction Treatment Providers of New Jersey
- New Jersey's Comprehensive Tobacco Control Program
- ONDCP Media Campaign
- National Drug Strategy Network
- Substance Abuse & Mental Health Services Administration
- The National Council on Alcoholism & Drug Dependence New Jersey
- The New Jersey Prevention Network
- Signs of Sobriety, Inc.
- The Toni Donato-Bolis and Baby RJ Foundation
- KnowAddiction.nj.com
- MyOldMeds.com
- The NJ Hopeline: 855-654-6735
- 2nd Floor (Youth Helpline): 888-222-2228
- NJ Connect for Recovery (njconnectforrecovery.org) - 855-652-3737
- PickAwareness.com - A parent resource for substance abuse
- www.generationrx.org - provides educational resources to help prevent the misuse of prescription medications and is provided through a partnership between The Ohio State University College of Pharmacy and the Cardinal Health Foundation
- ReachNJ.gov: 844-REACH-NJ
- www.CampusDrugPrevention.gov - The Drug Enforcement Administration (DEA) is pleased to provide institutions of higher education and their surrounding communities with these resources to prevent drug abuse among college students.

Opioid Addiction Symptoms and Effects

What Are the Signs and Symptoms of Opiate Abuse?

Opiates blocks the brain's ability to perceive pain and produce a "downer" effect that rapidly induces a state of relaxation and euphoria.

- Shortness of breath
- Dry mouth
- Constricted (small) pupils
- Sudden changes in behavior or actions
- Disorientation
- Cycles of hyper alertness followed by suddenly nodding off
- Droopy appearance, as if extremities are heavy

Behavioral signs of Abuse include:

- Lying or other deceptive behavior
- Avoiding eye contact
- Sleeping
- Increase in slurred, garbled or incoherent speech
- Sudden worsening of performance in school or work, including expulsion or loss of jobs
- Poor hygiene and lacking physical appearance
- Loss of motivation
- Withdrawal from friends and family
- Lack of interest in hobbies and favorite activities
- Repeatedly stealing or borrowing money from loved ones
- Unexplained absence of valuables
- Hostile behaviors toward loved ones
- Regular comments indicating a decline in self esteem or worsening body image

Paraphernalia used to prepare, inject or consume heroin:

- Needles or syringes not used for other medical purposes
- Burned silver spoons
- Aluminum foil or gum wrappers with burn marks
- Missing shoelaces (used as a tie off for injection sites)
- Straws with burn marks
- Small plastic bags, with white powdery residue
- Water pipes or other pipe

- Wearing long pants or long sleeves to hide needle marks, even in very warm weather

Users build tolerance to heroin, leading to increases in the frequency and quantity of heroin consumption. With growing tolerance, more definitive physical symptoms of heroin abuse and addiction emerge:

HOW ABUSE STARTS

what you need to know about prescription drug addiction

The opioid abuse epidemic is at an all-time high in New Jersey. Opioids are a variety of pain medication such as morphine, oxycodone and codeine. They are often prescribed in result of an injury and are perceived as harmless. Because of this, they are also easy to access and pass along to a friend. However, the effects of these medications are very powerful and often change the way the body and brain process. This can lead to abuse and addiction. The addiction to legal opioids can lead to use of heroin, a cheap and illegal opioid. It is important to secure your child at the first step of use during this epidemic.

DID YOU KNOW?

Most high school students start abuse from medications obtained from friends or family. 73% of teens feel it is easy to obtain medications from family

- "street drugs" and prescription drugs have the same addictive property. However, if Rx drugs are taken as directed, abuse and addiction may be avoided.
- Drugs do not discriminate! They affect people from all races, ethnicities and socioeconomic classes.
- Prescription drug overdose related deaths outnumber that of heroin.



After marijuana and alcohol, **prescription drugs** are the **most commonly abused substances** by Americans age **14 and older.**



COMMON SIGNS OF DRUG ABUSE

- a change in peer group or dropping longtime friends
- carelessness with grooming or change in appearance
- negative decline in academic performance
- missing classes or skipping school
- loss of interest in usual activities
- trouble in school or with the law
- changes in eating or sleeping habits
- deteriorating relationships with family members and friends



WHAT YOU CAN DO RIGHT NOW

HAVE AN OPEN DISCUSSION

- 1** Keep an open mind by engaging in one-on-one about the use of opioid in your child's school. You may not always get the response you would like but be patient and have a continuing conversation. Teens who have a better communication and bond with family are less likely to abuse drugs.
- 2** Provide your children with escape routes. Discuss with them what is the best approach for them to say no and refuse the situation.
- 3** Monitor your children for any changes in behavior. Growing up is a critical time and they will go through natural changes socially. However, if there are any extraordinary changes, it is important to note them.

MANAGE YOUR CHILDREN'S MEDICATION

- Prevention is key in opioid abuse. Make sure to check your medication cabinet for outdated and unfinished medication to properly dispose.
- Alert nurses and coaches if your child is on prescription painkillers

NEXT STEPS: WHERE TO GET HELP

SAMHSA's National Helpline

1-800-662-HELP (4357)

1-800-487-4889 (TDD)

CALL

Free and confidential information in English and Spanish for individuals and family members facing substance abuse and mental health issues. 24 hours a day, 7 days a week.

PARENT SUPPORT GROUPS

Narc-Anon of NJ: fellowship of those who are affected by the disease of addiction in a relative or friend.

SAFETY ADVICE FOR PATIENTS & FAMILY MEMBERS

WHAT ARE OPIOIDS

Opioids include illicit drugs such as heroin and prescription medications used to treat pain such as morphine, codeine, methadone, oxycodone, hydrocodone, fentanyl, hydromorphone, and buprenorphine.

Opioids work by binding to specific receptors in the brain, spinal cord, and gastrointestinal tract. In doing so, they minimize the body's perception of pain. However, stimulating the opioid receptors or "reward centers" in the brain can also trigger other systems of the body, such as those responsible for regulating mood, breathing, and blood pressure.

A variety of effects can occur after a person takes opioids, ranging from pleasure to nausea and vomiting, from severe allergic reactions (anaphylaxis) to overdose, in which breathing and heartbeat slow or even stop.

Opioid overdose can occur when a patient misunderstands the directions for use, accidentally takes an extra dose, or deliberately misuses a prescription opioid or an illicit drug such as heroin.

Also at risk is the person who takes opioid medications pre-scribed for someone else, as is the individual who combines opioids—prescribed or illicit—with alcohol, certain other medications, and even some over-the-counter products that depress breathing, heart rate, and other functions of the central nervous system.¹

PREVENTING OVERDOSE

If you are concerned about your own use of opioids, don't wait! Talk with the health care professional(s) who prescribed the medications for you. If you are concerned about a family member or friend, urge him or her to talk to whoever prescribed the medication.

Effective treatment of opioid use disorder can reduce the risk of overdose and help a person who is misusing or addicted to opioid medications attain a healthier life. An evidence-based practice

for treating opioid addiction is the use of United States Food and Drug Administration (FDA)-approved medications, along with counseling and other supportive services. These services are available at SAMHSA-certified and DEA-registered opioid treatment programs (OTPs).^{2,3} In addition, physicians who are trained to provide treatment for opioid addiction in office-based and other settings with medications such as buprenorphine/naloxone and naltrexone may be available in your community.⁴

IF YOU SUSPECT AN OVERDOSE

An opioid overdose requires immediate medical attention. An essential first step is to get help from someone with medical expertise as soon as possible. *Call 911 immediately* if you or someone you know exhibits any of the symptoms listed below. All you have to say: "Someone is unresponsive and not breathing." Give a clear address and/or description of your location.

Signs of **OVERDOSE**, which is a life-threatening emergency, include the following:

- The face is extremely pale and/or clammy to the touch.
- The body is limp.
- Fingernails or lips have a blue or purple cast.
- The person is vomiting or making gurgling noises.
- He or she cannot be awakened from sleep or is unable to speak.
- Breathing is very slow or stopped.
- The heartbeat is very slow or stopped.

Signs of **OVERMEDICATION**, which may progress to overdose, include:

- Unusual sleepiness or drowsiness.
- Mental confusion, slurred speech, or intoxicated behavior.
- Slow or shallow breathing.
- Extremely small "pinpoint" pupils.
- Slow heartbeat or low blood pressure.
- Difficulty in being awakened from sleep.

SAFETY ADVICE FOR PATIENTS & FAMILY MEMBERS

WHAT IS NALOXONE?

Naloxone is an antidote to opioid overdose. It is an opioid antagonist that is used to reverse the effects of opioids. Naloxone works by blocking opiate receptor sites. It is not effective in treating overdoses of benzodiazepines (such as Valium®, Xanax®, or Klonopin®), barbiturates (Seconal® or Fiorinal®), clonidine, Elavil®, GHB, or ketamine. It is also not effective in treating overdoses of stimulants such as cocaine and amphetamines (including methamphetamine and Ecstasy). However, if opioids are taken in combination with other sedatives or stimulants, naloxone may be helpful.

IMPORTANT SAFETY INFORMATION. Naloxone may cause dizziness, drowsiness, or fainting.

These effects may be worse if it is taken with alcohol or certain medicines. For more information, see <http://www.fda.gov/drugs/drugsafety/postmarketdrugsafetyinformationforpatientsandproviders/ucm472923.htm>.

REPORT ANY SIDE EFFECTS

Get emergency medical help if you or someone has any signs of an allergic reaction after taking naloxone, such as hives,

difficulty breathing, or swelling of your face, lips, tongue, or throat.

Call your doctor or 911 at once if you have a serious side effect such as:

- Chest pain, or fast or irregular heartbeats.
- Dry cough, wheezing, or feeling short of breath.
- Sweating, severe nausea, or vomiting.
- Severe headache, agitation, anxiety, confusion, or ringing in your ears.
- Seizures (convulsions).
- Feeling that you might pass out.
- Slow heart rate, weak pulse, fainting, or slowed breathing.

If you are being treated for opioid use disorder (either an illicit drug like heroin or a medication prescribed for pain), you may experience the following symptoms of opioid withdrawal after taking naloxone:

- Feeling nervous, restless, or irritable.
- Body aches.
- Dizziness or weakness.
- Diarrhea, stomach pain, or mild nausea.
- Fever, chills, or goosebumps.
- Sneezing or runny nose in the absence of a cold.

This is not a complete list of side effects, and others may occur. Talk to your doctor about side effects and how to deal with them.

STORE NALOXONE IN A SAFE PLACE

Naloxone is usually handled and stored by a health care provider.

If you are using naloxone at home, store it in a locked cabinet or other space that is out of the reach of children or pets.

SUMMARY: HOW TO AVOID OPIOID OVERDOSE

1. Take medicine only if it has been prescribed to you by your doctor.
2. Do not take more medicine or take it more often than instructed.
3. Call a doctor if your pain gets worse.
4. Never mix pain medicines with alcohol, sleeping pills, or any illicit substance.
5. Store your medicine in a safe place where children or pets can- not reach it.
6. Learn the signs of overdose and how to use naloxone to keep it from becoming fatal.
7. Teach your family and friends how to respond to an overdose.
8. Dispose of unused medication properly.

READ MORE

AT <http://www.fda.gov/drugs/drugsafety/postmarketdrugsafetyinformationforpatientsandproviders/ucm472923.htm>.

SUNDAYS

Hunterdon County	Flemington 7:00pm O, S, D	Hunterdon Medical Center -Auditorium 2100 Westcott Dr and Rt.31
Morris County	Dover 12 noon C, Ta, Nc	Hope House (No Children) 19-21 Belmont Ave
	Rockaway 7:30 pm O, S, D	Assembly of God 113 East Main St.
Warren County	Hackettstown 7:30 pm O, BK, D	Skyland Unitarian Church 1811 Route 57
	Phillipsburg 7:30 pm O,S, St, BK, D	Warren Hospital 185 Roseberry St. basement café

MONDAYS

Hunterdon County	Flemington 7:00 pm O	Hunterdon Med. Center- Auditorium 2100 Wescott Drive
Morris County	Denville 8:00 pm O, BK, D	Our Savior Episcopal Church 155 Morris Ave
	Morristown 6:00 pm O, B, S, St, D	Church of the Redeemer 36 South St.
	Succasunna 7:30 pm C, SWG, Td	Succasunna United methodist Church 91 Main St. (upstairs thru the back)
Warren County	Phillipsburg 7:00pm O, Cn, S, P, Ro	Wesley United Methodist Church 35 Miller St. (candlelight)
	Washington 7:30pm O, Tp	Faith Discovery Church 33 Brass Castle Rd

TUESDAYS

Hunterdon County	Milford 7:30pm O,B, Ro, Md, S	First United Church of Christ 48 Church Street
Morris County	Boonton 6:30pm O, D	St. Clare's Riverside Hospital 130 Powerville Rd.
	Dover 8:00pm O, S	Hope House 19-21 Belmont Ave.
Warren County	Hackettstown 7:30pm O, S	First Presbyterian Church 291 Main Street

WEDNESDAYS

Hunterdon County	Readington 7:30 pm O, BK, P/ 1st wk S	Readington Reformed Church 124 Readington Rd. (Whitehouse Station)
Morris County	Dover 12 noon O, BK,H+W, D	St. John's Episcopal Church 11 South Bergen St.

WEDNESDAYS

Morris County

Dover 7:15pm
C, M, V, Lc< NC

Hope House (men, No children)
19-21 Belmont Ave

Morristown 7:30 pm
O, S, Tp, D

Church of the Redeemer
36 South Street

Rockaway 7:30 pm
C, W, Md, RR

Saints Peter & Paul Orthodox Church
64 Beach Street (women)

THURSDAYS

Morris County

Dover 7:30pm
O,S,D,BK,St/
last wk. 90 days S

St. John's Episcopal Church
Blackwell St. and Bergen St.

Warren County

Washington 8:00pm
O, S, D

Faith Discovery Church
33 Brass Castle Rd

FRIDAYS

Morris County

Budd Lake 8:00 pm
O, JFT, D

Abiding Peace Lutheran Church
305-311 Route 46 East

Dover 7:30 pm
O, Tp, D

Hope House
19-21 Belmont Ave
Park- rear entrance

Morristown 6:00pm
O, S, D

Market Street Mission
9 Market Street

Hunterdon County

Lebanon 7:00 pm
O, St, S,D

Church of the Holy Spirit
3 Haytown Road

Warren County

Belvidere 7:00 pm
O, S,D,RR, Ro

St. Mary's Episcopal Church
408 3rd Street

SATURDAYS

Morris County

Budd Lake 8:00 pm
O,S, D,

Abiding Peace Lutheran Church
305-311 Route 46 East

Butler 10:00am
O, V, Gr

Butler United Methodist Church
5 Bartholdi Ave.

Parsippany 7:30pm
O, B, St 1-3/
last wk. S, St

St. Andrew's Lutheran Church
335 Reynolds Ave.

Warren County

Phillipsburg 7:30 pm
O, Cn, S, Ta, Lc

Wesley United Methodist Church
35 Miller St. (candlelight)

Washington 6:00pm
O, JFT,D

CARES@ Star Plaza
20 West Washington Ave
Suite 17

Legend for Meetings

B- Beginners
Bk- Basic Text
C- Closed Meetings (Addicts Only)
Cn- Candlelight
Ct- Concepts
D- Discussion
G- Gay/ Lesbian
H+W- It Works How and Why?
JFT- Just for Today

L- Literature
Lc- Living Clean
M- Men
Md- Meditation
NC- No Children
O- Open Meeting
P- Pamphlet
Ro- Rotating Format
S- Speaker

Sp- Sponsorship
St- Step
St 1-3 - Steps 1,2+3
St 1-4 - Steps 1-4
Ta- Tag
Td - Tradition
Tp- topic
V- Varied
W- Women
Y-Youth

RECOVERING FROM OPIOID OVERDOSE

RESOURCES FOR OVERDOSE SURVIVORS AND FAMILY MEMBERS

Survivors of opioid overdose have experienced a life-changing and traumatic event. They have had to deal with the emotional consequences of overdosing, which can involve embarrassment, guilt, anger, and gratitude, all accompanied by the discomfort of opioid withdrawal. Most need the support of family and friends to take the next steps toward recovery.

While many factors can contribute to opioid overdose, it is almost always an accident. Moreover, the underlying problem that led to opioid use—most often pain or substance use disorder—still exists and continues to require attention.¹

Moreover, the individual who has experienced an overdose is not the only one who has endured a traumatic event. Family members often feel judged or inadequate because they could not prevent the overdose. It is important for family members to work together to help the overdose survivor obtain the help that he or she needs.

FINDING A NETWORK OF SUPPORT

As with any disease, it is not a sign of weakness to admit that a person or a family cannot deal with the trauma of overdose without help. It takes real courage to reach out to others for support and to connect with members of the community to get help.

Health care providers, including those who specialize in treating substance use disorders, can provide structured, therapeutic support and feedback.

If the survivor's underlying problem is pain, referral to a pain specialist may be in order. If it is addiction, the patient should be referred to an addiction specialist for assessment and treatment, either by a physician specializing in the treatment of opioid addiction, in a residential treatment program, or in a federally certified Opioid Treatment Program (OTP). In each case, counseling can help the individual manage his or her problems in a healthier way. Choosing the path to recovery can be a dynamic and challenging process, but there are ways to help.

In addition to receiving support from family and friends, overdose survivors can access a variety of community-based organizations and institutions, such as:

- Health care and behavioral health providers.
- Peer-to-peer recovery support groups such as Narcotics Anonymous.
- Faith-based organizations.
- Educational institutions.
- Neighborhood groups.
- Government agencies.
- Family and community support programs.

RECOVERING FROM OPIOID OVERDOSE

RESOURCES

Information on opioid overdose and helpful advice for overdose survivors and their families can be found at:

Substance Abuse and Mental Health Services Administration (SAMHSA)

- National Helpline 1-800-662-HELP (4357) or 1-800-487-4889 (TDD—for hearing impaired)
- Behavioral Health Treatment Services Locator: <https://findtreatment.samhsa.gov> to search by address, city, or zip code
- Buprenorphine Treatment Physician Locator: <http://www.samhsa.gov/medication-assisted-treatment/physician-program-data/treatment-physician-locator>
- State Substance Abuse Agencies: <https://findtreatment.samhsa.gov/TreatmentLocator/faces/about.jsp>

Centers for Disease Control and Prevention (CDC):

<http://www.cdc.gov/drugoverdose/epidemic>

National Institutes of Health (NIH), National Center for Biotechnical Information:

<http://www.ncbi.nlm.nih.gov>

Partnership for Drug-Free Kids:

<http://www.drugfree.org/join-together/opioid-overdose-antidote-being-more-widely-distributed-to-those-who-use-drugs>

Project Lazarus:

<http://www.projectlazarus.org>

Harm Reduction Coalition:

<http://www.harmreduction.org>

Overdose Prevention Alliance:

<http://www.overdosepreventionalliance.org>

Toward the Heart:

<http://www.towardtheheart.com/naloxne>

FINDING QUALITY TREATMENT FOR SUBSTANCE USE DISORDERS

FOR A DRUG OR ALCOHOL USE EMERGENCY, CALL 911 OR GO TO THE NEAREST EMERGENCY ROOM

THREE STEPS TO ACCESSING CARE

1. **If you have insurance:** Contact your insurer. Ask about your coverage and whether they have a network of preferred providers for you to use.
If you don't have insurance: Each state has funding to provide treatment for people without insurance coverage. Find where to call for information about payment for services at: <https://www.samhsa.gov/sites/default/files/ssa-directory.pdf>
2. Review the websites of the providers and see if they have the [five signs of quality treatment](#) detailed below.
3. Call for an appointment. If they can't see you or your family member **within 48 hours**, find another provider. One indicator of quality is the ability to get an appointment quickly. Many programs offer walk-in services. Look for programs that can get you or a family member into treatment quickly.

Treatment Locators

Substance Use and Mental Health Treatment Locator:

<https://findtreatment.samhsa.gov/>
1-800-662-HELP (4357)
1-800-487-4899 (TTY)

Alcohol Treatment Navigator:

<https://alcoholtreatment.niaaa.nih.gov/>

FIVE SIGNS OF QUALITY TREATMENT

You can use these questions to help decide about the quality of a treatment provider and the types of services offered. Quality programs should offer a full range of services accepted as effective in treatment and recovery from substance use disorders and should be matched to a person's needs.

1. **Accreditation:** Has the program been licensed or certified by the state? Is the program currently in good standing in the state? Are the staff qualified? Good quality programs will have a good inspection record and both the program and the staff should have received training in treatment of substance use and mental disorders and be licensed or registered in the state. Does the program conduct satisfaction surveys? Can they show you how people using their services have rated them?
2. **Medication:** Does the program offer FDA approved medication for recovery from alcohol and opioid use disorders? At this point in time, there are no FDA approved medications to help to prevent relapse from other problem substances.
3. **Evidence-Based Practices:** Does the program offer treatments that have been proven to be effective in treating substance use disorders including medication management therapies, such as motivational therapy, cognitive behavioral therapy, drug and alcohol counseling, education about the risks of drug and alcohol use, and peer support? Does the program either provide or help to obtain medical care for physical health issues?
4. **Families:** Does the program include family members in the treatment process? Family members have an important role in understanding the impact of addiction on families and providing support.
5. **Supports:** Does the program provide ongoing treatment and supports beyond just treating the substance issues? For many people addiction is a chronic condition and requires ongoing medication and supports. Quality programs provide treatment for the long term which may include ongoing counseling or recovery coaching and support, and helps in meeting other basic needs like sober housing, employment supports, and continued family involvement.



SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities.
1-877-SAMHSA-7 (1-877-726-4727) • 1-800-487-4889 (TDD) • www.samhsa.gov

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