



BROUGHT TO YOU BY:

Hampshire HOPE Coalition

Northwestern Rx Drug Abuse Task Force

Office of Northwestern District Attorney

Coolley Dickinson Hospital

HAMPSHIRE HOPE IS FUNDED BY THE BUREAU OF SUBSTANCE ABUSE SERVICES, THROUGH THE DEPARTMENT OF PUBLIC HEALTH, AND BY OUR COMMUNITY PARTNERS.



HEROIN & OPIOID

Awareness and Treatment Resources

Hampshire HOPE is a collaboration of individuals, health care organizations, community groups, social service agencies, government agencies, local health departments, Office of Northwestern District Attorney, law enforcement agencies, first responders and others who have joined together to address the rise in prescription opioid misuse, heroin use, addiction, and overdose death in Hampshire County. www.hampshirehope.org

What is Heroin?

Heroin is a very addictive drug and heroin addiction is an increasingly serious problem in our area. Heroin is processed from morphine and usually appears as a white or brown powder. Street names include "Smack," "H," "Skag" and "Junk." Other names may refer to types of heroin such as "Mexican Black Tar" or "Brainstorm." Recent studies suggest a shift from injecting heroin to snorting or smoking because of the increased purity of the drug and the myth that these ingestion methods are safer.

What are Opioids?

Opioids are drugs used to relieve pain: hydrocodone (Vicoden, Percocet), Codeine, Oxycotin and related drugs. They are usually prescribed by health professionals. When abused, even a single dose can cause overdose and death. Regular or long term use can lead to physical dependency and addiction. Prescription opioid addiction can lead to heroin addiction because heroin is often cheaper and easier to obtain.

Be Proactive

You can take proactive measures to prevent your children from using opioids

- Keep all prescription drugs in a secure, locked place.
- Monitor use of prescription drugs. Keep a log of how many pills should be in each prescription bottle.
- Dispose of leftover prescription drugs as quickly and safely as possible.

Unwanted
prescription drugs
can be brought
to the green
MEDRETURN BOX
at these
police stations:



- AMHERST: 111 Main Street, MA 01002
- BELCHERTOWN: 70 State Street, MA 01007
- EASTHAMPTON: 32 Payson Ave., MA 01027
- GRANBY: 259A East State Street, MA 01033
- HADLEY: 15 East Street, MA 01035
- NORTHAMPTON: 29 Center Street, MA 01060
- SOUTHAMPTON: 8 East Street, MA 01073
- SOUTH HADLEY: 41 Bridge Street, MA 01075
- WARE: 22 North Street, MA 01082
- WILLIAMSBURG: 16 S. Main Street, MA 01039

NO QUESTIONS ASKED

Signs of Heroin and/or Opioid Abuse:

- Constricted, pinpointed pupils
- Vomiting
- Constipation
- Nodding out
- Laxative use
- Itching and scratching
- Weight loss
- Cessation of menstruation
- Track marks on arms
- Unhealthy appearance
- Sudden behavior changes
- Depression
- Loss of interest in activities
- Problems in school/work
- Time away from home
- Frequent, secret phone calls
- Finding plastic Ziploc bags
- Finding burned spoons/aluminum foil
- Disappearance of spoons
- Missing credit cards, checks and cash
- Pawn slips found in the house
- Purchases/gifts returned for refund
- Theft of household valuables
- Bottles of vinegar, bleach, and cotton balls
- Criminal charges

What should you do if you suspect someone you know is using?

Be direct and talk to them. Wait until they are sober and you are calm enough to have a discussion rather than an explosion. Tell the person about the changes you have noticed in their behavior and the reasons you are worried. Use words such as “love,” “I care,” or “we care.” Your voice should convey concern, not contempt. Do not tell the person they are a loser, a waste or a disgrace. This language will only alienate them further. Be clear you are unwilling to drop the issue until the problem has been addressed. If they become angry, do not take it personally. Their reaction is intended to minimize the significance of the problem. Do not cover for them. If they are in trouble, let them experience the consequences.

CALL 9-1-1 IF THERE ARE SYMPTOMS OF AN OVERDOSE

DO RESCUE BREATHING IF BREATHING IS SLOWED OR STOPPED

Resources

If you're worried about a child, friend, or family member who may be abusing substances, call the Massachusetts Substance Abuse Information and Education Helpline at 1-800-327-5050 for referrals or visit www.helpine-online.com. Confidential help is available in multiple languages, 7 days a week.

Outpatient Programs

- **Clinical & Support Options (CSO)**: Northampton, MA; (413) 582-0471; www.csoinc.org
- **Center for Human Development (CHD)**: Easthampton, MA; (844) 243-4357; www.chd.org
- **ServiceNet, Inc.:** Northampton, MA; (413) 585-1300; www.servicenet.org
- **Griswold Behavioral Health Center**: 40 Wright Street, Palmer, MA 01069; (413) 283-1178; www.daystatewinhospital.org
- **The Carson Center**: 96 South St. Ware, MA 01082; (413) 967-6241; www.carsoncenter.org

Detox Programs

- **Franklin Recovery Center**: (Opening in May 2016) Greenfield, MA; (413) 773-1423
- **Providence Detox**: Holyoke, MA (800) 274-7724; www.mercycares.com
- **Carlson Recovery Center**: Springfield, MA (413) 733-1423; www.bhinc.org
- **McGehee of Berkshire Medical Center**: Pittsfield, MA; (413) 442-1400; berkshirehealthsystems.org/mcgehee
- **Adcare Detox**: Worcester, MA (800) 345-3552; www.adcare.com
- **Spectrum Detox**: Westborough, MA; (800) 366-7732; www.spectrumhealthsystems.org
- **Brattleboro Retreat**: Brattleboro, VT; (802) 258-3700; www.brattlebororetreat.org

NARCAN Training and Distribution

Tapstry Health: 16 Center St., Northampton, MA; (413) 586-0310; www.tapstryhealth.org
Learn to Cope: Western MA meetings: mjullian@learn2cope.org
Nasal Narcan is available at Walgreens and CVS pharmacies without prescription.

Medication Assisted Treatment

OnCall Urgent Care Center: Northampton, MA; (877) 489-0915; www.oncallemergencymedicine.com
Community Substance Abuse Center: Northampton, MA; (413) 584-2404; www.csaacmethadone.com

Clean Slate: Northampton & Ware, MA; (413) 376-4343; (877) 218-2340; www.cleanslatecenters.com

Prevention & Treatment Resources

Hampshire HOPE: www.hampshirehope.org
hampshirehope@northamptonma.gov
MA Health Promotion Clearinghouse: (800) 952-6637, TTY (617) 536-5872; massclearinghouse.ehs.state.ma.us

Office of Northwestern District Attorney: Northampton, MA; www.northwesternda.org

alliasinrecovery.net: Online support for loved ones turntohelp.com. Treatment option information

Crisis Services

Clinical & Support Options (CSO): Florence, MA; (413) 586-5555; (800) 322-0424; www.csoinc.org

Help Lines

Institute for Health & Recovery Helpline:

(866) 705-2807

Western MA Peer Support Line: (888) 407-4515

SAMHSA Helpline: (800) 662-HELP (4357); Friday-

Monday; 8PM—Midnight

Youth Services

Dept. of Public Health Substance Abuse Central

Intake & Care: (617) 661-3991;

(866) 705-2807; mass.gov

Motivating Youth Recovery (MYR): (508) 860-1244; TTY: (508) 860-5641; communityhealthlink.org

The CASTLE (Clean & Sober Teens Living

Empowered): (508) 638-6000; www.castlekids.org

Springfield Recovery High School: Springfield,

MA; (413) 750-2484; sps.springfield.ma.us/schoolsites/recovery