

BROUGHT TO YOU BY:

OPIOID EDUCATION AND AWARENESS TASK FORCE

Leadership from across the region have developed a Task Force to address the very serious and growing problem of abuse of heroin and other opioids in our community. The Task Force includes doctors, judges, law enforcement, prevention experts, educational leaders, community leaders and many more. It is the mission of the Task Force to ensure that our region works together to help prevent opioid and heroin addiction and overdose deaths, and to improve the quality of life in our community.

HEROIN AND OPIOID AWARENESS AND TREATMENT

FRANKLIN
HAMPSHIRE
NORTH QUABBIN

WHAT IS HEROIN?

Heroin is a very addictive drug and it is an increasingly serious problem in this area. Heroin is processed from morphine, which comes from the Asian poppy plant. Heroin usually appears as a white or brown powder. Street names include “Smack,” “H,” “Skag,” and “Junk.” Other names may refer to types of heroin produced in a specific area or brands 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 medications that relieve pain, including hydrocodone (e.g., Vicodin and Percocet), Codeine, Oxycontin and related drugs. When abused, even a single large dose can cause overdose and death. Regular or longer term use of opioids can lead to physical dependence and, in some cases, addiction. Prescription opioid addiction can also lead to Heroin addiction since 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 as possible and in a safe way.

Bring your pill bottles to one of the **MEDRETURN BOXES** at these police stations:



Athol
Deerfield
Erving
Greenfield
Montague
Orange
Sunderland

SIGNS OF HEROIN AND/OR OPIOID ABUSE

- Constricted, pinpoint pupils
- Vomiting
- Constipation
- Nodding out
- Use of laxatives
- Itching and scratching
- Weight loss
- Cessation of menstruation
- Track marks on arms
- Unhealthy appearance
- Sudden changes in behavior
- Depression
- Loss of old friendships
- Problems in school
- Loss of interest in activities
- Time away from home
- Frequent, secret phone calls
- Finding plastic Ziploc bags
- Finding spoons with burn marks
- Disappearance of spoons
- Stolen credit cards and checks
- Aluminum foil with burn marks
- Pawn slips found in the house
- Purchases returned for refund
- Theft of household valuables
- Bottles of vinegar and bleach
- Cotton balls
- Missing money
- 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 them about the changes you have noticed in their behavior and the reasons you are worried. Use words such as “love” and “I care” or “we care”. Your initial overture should be based on concern, not contempt.

Do not tell them that they are a loser, a waste, or a disgrace. This will only alienate them further. Make it clear that you are not prepared to drop the issue until it is addressed. If they get angry and defensive, 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.

With or without their consent, go on the next step and get help.

TREATMENT AND REFERRAL OPTIONS

HOTLINES

- CSO Intensive Outpatient Therapy for Substance Abuse; (413)582-0471
- MA Institute for Health and Recovery; (866)705-2807
- MA Substance Abuse Information and Education Helpline; (800)327-5050, Helpline-online.com
- Crisis Services of Franklin County; (413)774-5411, (800)562-0112

DETOX PROGRAMS

- Adcare Detox, Worcester, MA; (800)345-3552
- Brattleboro Retreat, Brattleboro, VT; (802)258-3700
- Carlson Recovery Center, Springfield, MA; (413)733-1431
- McGee Unit, Pittsfield, MA; (413)442-1400
- Providence Detox, Pittsfield, MA; (800)274-7724
- Spectrum Detox, Westborough, MA; (800)366-7732

MEDICALLY ASSISTED TREATMENT

- Clean Slate (Suboxone Treatment), Greenfield, MA; (413)376-4343, (877)218-2340, www.cleanslatecenters.com
- Community Substance Abuse Center (Methadone Clinic), Greenfield, MA; (413)774-3321, www.csahelp.com

PEER RECOVERY AND SUPPORT SERVICES

- RECOVER Project, Greenfield, MA; (413)774-5489
- The Salasin Project, Greenfield, MA; (413)774-4307

EMERGENCY AND POLICE

- Emergency; 911
- Franklin County Police Chief's Assoc. c/o Greenfield Police Chief Rob Haigh; (413)773-5411, extension 1304