

# PATIENT HANDOUT: HOW TO USE NALOXONE

## What are opioids?

Opioids are generally used to **treat pain** and include both prescription painkillers and heroin.

## What is an opioid emergency or overdose?

Opioids can cause a person's **breathing to slow or even stop**—this is considered an overdose. **All opioids put people at risk.**

## What is naloxone?

Naloxone temporarily **blocks the effects** of opioids, and can reverse overdose. Naloxone only works if **opioids** are in the body and has no effects on alcohol or other drugs. It takes **2-5 minutes** to start working, and may require more than one dose. The effects of naloxone last for between **30-90 minutes**.

Naloxone may cause an opioid dependent person to go into **withdrawal** (e.g. *nausea, vomiting, agitation, muscle aches*). These symptoms **will go away** as the naloxone wears off.

## Signs of an opioid emergency or overdose:

- A person is **unresponsive** and won't wake up even if you shake them or say their name loudly  
*Try to wake the person by vigorously rubbing knuckles up and down the front of their rib cage (sternal rub)*
- Breathing slows or even stops
- Lips and/or fingernails turn blue, pale or gray

## IN CASE OF OVERDOSE:

### 1 Call 911

Follow dispatcher instructions.

### 2 Give naloxone.

See reverse for instructions. If no reaction in 3 minutes, give second dose.

### 3 After naloxone

Stay with the person for 3 hours (as long as you can) or until help arrives. Make sure the person **does not take more opioids** even if they don't feel well. **If the person is still unresponsive**, lay them on their side, wait for help.

### 4 If you know how, do rescue breathing and/or CPR

See reverse for instructions or follow 911 dispatcher instructions.



## Opioids include:

GENERIC	BRAND NAME
Hydrocodone	Vicodin, Lorcet, Lortab, Norco, Zohydro
Oxycodone	Percocet, OxyContin, Roxicodone, Percodan
Morphine	MSContin, Kadian, Embeda, Avinza
Codeine	Tylenol with Codeine, TyCo, Tylenol #3
Fentanyl	Duragesic
Hydromorphone	Dilaudid
Oxymorphone	Opana
Meperidine	Demerol
Methadone	Dolophine, Methadose
Buprenorphine	Suboxone, Subutex, Zubsolv, Bunavail,
Heroin	


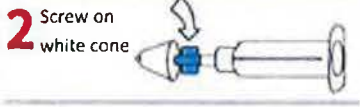
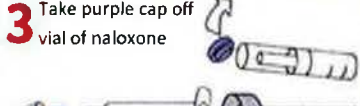
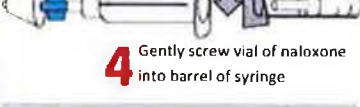
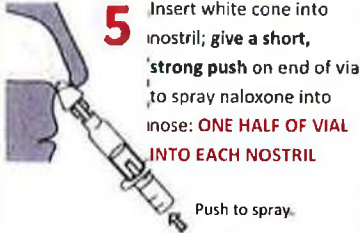
It is important to **share this information** with family and friends. Create a plan of action so others are prepared to respond in case of emergency. Tell people **where your naloxone is** so it is easily accessible in case of emergency.

**NOTE:** The New York State 911 Good Samaritan Law provides substantial protection to anyone calling 911 to save a life, even if drugs are present.

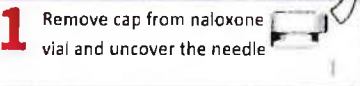
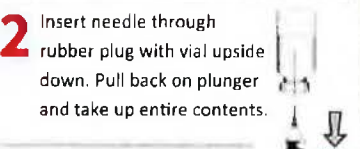
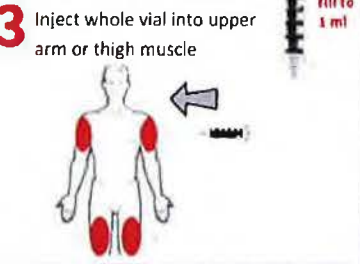
# Administering naloxone:

## 4 mg Narcan nasal spray (from Adapt Pharma)

### Nasal spray naloxone

- 1** Take off yellow caps. 
- 2** Screw on white cone 
- 3** Take purple cap off vial of naloxone 
- 4** Gently screw vial of naloxone into barrel of syringe 
- 5** Insert white cone into nostril; give a short, strong push on end of vial to spray naloxone into nose: **ONE HALF OF VIAL INTO EACH NOSTRIL**  Push to spray.
- 6** If no reaction in 3 minutes, give 2nd dose

### Injectable naloxone

- 1** Remove cap from naloxone vial and uncover the needle 
- 2** Insert needle through rubber plug with vial upside down. Pull back on plunger and take up entire contents. 
- 3** Inject whole vial into upper arm or thigh muscle  Fill to 1 ml
- 4** If no reaction in 3 minutes, give 2nd dose

### Auto-Injector

The naloxone auto-injector is FDA approved for use by anyone in the community. It contains a speaker that provides instructions to inject naloxone into the outer thigh, through clothing if needed.

### 1 PEEL



Peel back the package to remove the device. Hold the device with your thumb on the bottom of the plunger and 2 fingers on the nozzle.

### 2 PLACE



Place and hold the tip of the nozzle in either nostril until your fingers touch the bottom of the patient's nose.

### 3 PRESS



Press the plunger firmly to release the dose into the patient's nose.

### 4 REPEAT

If there is no reaction in 2 to 3 minutes, give another dose with a new device. Repeat process until emergency assistance arrives.

### REDUCE RISK

#### Certain factors can increase risk of opioid emergency or overdose:

- **Changes in tolerance** (*how much of the drug your body can handle*) Resuming opioid use after a period of abstinence and changing medicines can increase risk.
- **Mixing other drugs or medications** —such as alcohol, benzodiazepines (e.g. Xanax® or Vallium®), or cocaine—with opioids can increase risk of overdose.
- **Taking opioids by yourself** increases the chance that if anything happens, you will not get help.

#### Resuscitation

- If you are trained in CPR you may do this.
- If you only know rescue breathing or chest compressions do one of those
- Follow the instructions of the 911 dispatcher

#### When to get a refill:

Please get a refill if:

- One or more doses of naloxone are used
- Naloxone or any piece of the applicator is lost or damaged
- Naloxone is nearing expiration date or is expired

If possible, store naloxone at room temperature, away from direct light.

**For a list of New York State registered Opioid Overdose Prevention Programs where you can access free naloxone, please visit:**

<http://www.health.ny.gov/overdose>

**For information on treatment options call the OASAS HOPEline:**

1-877-8-HOPENY (877-846-7369) or visit

<http://www.oasas.ny.gov/>



[www.harmreduction.org](http://www.harmreduction.org)



[www.erie.gov/health](http://www.erie.gov/health)

# N-CAP

## Naloxone Co-payment Assistance Program

### N-CAP Pharmacist Instructions

The N-CAP co-payment reimbursement process is open to any valid prescription or standing order for anyone with prescription coverage. There are no enrollment requirements for individuals.

To participate in N-CAP, pharmacies must use the payer information below and bill each claim as an NCPDP D.0 co-payment only claim, (308-C8=8):

ID:	N10001
Rx BIN:	610490
Rx PCN:	NCAP
Rx Group:	UCPNCAP
NDCs:	76329-3369-01 69547-0353-02 00409-1215-01 67457-0292-02 00641-6132-25



For questions regarding participating pharmacies or claim processing, please call 800-542-2437.

**Reverse an overdose.**

**Carry Naloxone.**



Department  
of Health

# the POINT →

Syringe Access; Drug and Syringe Disposal Locater

Scan  
this  
Code



GO TO

[WWW.THEPOINTNY.ORG](http://WWW.THEPOINTNY.ORG)

TO FIND A LOCATION NEAR YOU

- ◆ OBTAIN HYPODERMIC NEEDLES AND SYRINGES WITHOUT A PRESCRIPTION
- ◆ SAFELY DISPOSE OF SYRINGES AND NEEDLES IN SECURE, ANONYMOUS KIOSKS
- ◆ SAFELY DISPOSE OF UNWANTED PRESCRIPTION AND OVER-THE-COUNTER MEDI-



DRUG/MEDICATION SIDE

NEEDLES/SYRINGES/SHARPS

REV 02/15/2018



Erie County  
Department of  
Health



## Erie County Community Disposal Kiosk Sites Accept BOTH Unwanted Drugs & Used Needles/Sharps

<b>Alkon</b> Erie County Sheriff 5 Clarence Center Rd Newstead Town Hall Lobby 14001 716-542-4573	<b>Alden</b> Erie County Sheriff 3311 Wende Rd Alden Town Hall 14004 716-937-9286	<b>Amherst</b> Daemen College Wick Center 4380 Main St Amherst 14226 716-839-7233	<b>Boston</b> Boston Town Hall 8500 Boston State Rd 14025 716-941-6113	<b>Brant</b> Brant Town Hall 1272 Brant- North Collins Rd 14027 716-549-0282
<b>Buffalo</b> Buffalo & Erie County Central Library 1 Lafayette Square 14203 716-858-8900	<b>Buffalo</b> Canisius College 2001 Main St. Bosch Hall 14208 716-888-3197	<b>Buffalo</b> Erie City Medical Center 462 Grider St 14215 Emergency Room & Lobby 716-858-3506	<b>Buffalo</b> Erie County Rath Building Lobby 95 Franklin St 14202 716-858-7690	<b>Buffalo</b> Erie County Sheriff's Office 10 Delaware Ave 14202 716-858-6305
<b>Buffalo Police</b> A District 1847 South Park Ave 14220 716-851-4415	<b>Buffalo Police</b> B District 695 Main St 14203 716-851-4444	<b>Buffalo Police</b> C District 693 E. Ferry 14211 716-851-4412	<b>Buffalo Police</b> D District 669 Hertel Ave 14213 716-851-4413	<b>Buffalo Police</b> E District 2767 Bailey Ave 14215 716-851-4416
<b>Buffalo</b> ECC City Campus 121 Ellicott Street 14203 716-858-2903	<b>Buffalo</b> ECDOH Jesse Nash Health Center 608 William St 14206 716-858-2779	<b>Buffalo</b> Medaille College 18 Agassiz Circle Public Safety Building 14214 716-880-2237	<b>Cheektowaga</b> Police Department 3223 Union Rd 14227 716-686-3510	<b>Clarence</b> Erie County Sheriff 6185 Goodrich Rd 14031 716-858-2903
<b>Colden</b> Colden Town Hall 8812 State Rd 14033 716-941-5012	<b>Depew</b> Police Department 85 Manitou St 14043 716-681-0287	<b>East Aurora</b> Village/Town Offices 571 Main St 14052 716-652-1111	<b>Elma</b> Erie County Sheriff Elma Town Hall 1600 Bowen Rd 14059 716-652-3260	<b>Evans</b> Town of Evans Police 8787 Erie Rd-Lobby Angola Town Hall 14006 716-549-3600
<b>Grand Island</b> Police Department Town Hall Lobby 2255 Baseline Rd 14072 716-773-9600	<b>Hamburg</b> Town Police Station 6100 South Park Ave 14075 716-648-5111	<b>Holland</b> Holland Town Hall 47 Pearl St 14080 716-537-9443	<b>Lackawanna</b> Police Department 714 Ridge Rd. 1st Fr 14218 716-822-4900	
<b>Marilla</b> Town Hall 1740 Two Rod Rd 14102 716-652-5350	<b>Orchard Park</b> ECC South Campus 4041 Southwestern Blvd Student Loans Lobby 14127 716-858-2903	<b>Orchard Park</b> Orchard Park Police 4295 South Buffalo St 14127 716-662-6444	<b>Springville</b> Erie County Sheriff Springville Town Hall 65 Franklin St 14141 716-592-4936	
<b>Tonawanda</b> Town Police Dept. 1835 Sheridan Dr 14223 716-876-5300	<b>University at Buffalo</b> North Campus (Amherst) Bissell Hall 14260 716-645-2229	<b>Wales</b> Wales Town Hall 12345 Big Tree Rd Wales Center 14169 716-652-4141	<b>Williamsville</b> ECC North Campus 6205 Main St Public Safety Building 14221 716-858-2903	



# Identifying drug use and taking action

Many families do not recognize the signs of drug use and do not know how to respond when they see the signs.

## Physical signs

- At beginning, sick with vague symptoms 1 – 2 times a week
- Drastic weight changes – up or down
- Changes in eating habits – amounts, items, times
- Inconsistent sleeping habits
- Balance and coordination issues
- Smells – more obvious with marijuana and alcohol and less obvious with pills, cocaine and heroin
- Lack of attention to personal hygiene
- Lethargy – common with downers (Rx painkillers – Oxycontin or Norco, anti-anxiety medications (benzodiazepines – Xanax, Klonopin)

### Items to look for

- Drugs or pills – that are not prescribed by a doctor
- Torn, folded scraps of paper (used to package drugs)
- Bottle caps or spoons (used to cook heroin)
- Tiny cotton balls (used to filter heroin)
- Small pieces of tin foil (used to smoke heroin)



### Mental issues

- Forgetfulness and memory deficits – short term or long term
- Mood swings

### Abnormal pupils

- Enlarged pupils if using ecstasy/MDMA, benzodiazepines
- Tiny/pinprick pupils if using opioids

### Change in speech patterns – words used, rapid or slurred speech

### Clenching jaws or chewing

- Common with stimulants (cocaine, Adderall, ecstasy/MDMA)

### Needle marks/track marks – On arms, hands, legs, neck, in between fingers and toes (or anywhere a vein can be accessed)

### Physical pains and aches – common to develop back and joint pain with opioid use

### Stomach issues: vomiting, nausea, general pain

- Common with opioids as they erode the stomach lining
- Common sign of withdrawal

## Behavioral signs

- Spending money has increased – can be consistent or drastic
- Valuables or money missing from home of friends/family
- New drugs or items show up
- Changes in grades, cutting classes, truancy, missing tests and assignments, missing activities
- Changes in friends, hanging out with new people/group
- Distancing self from old or long-term friends
- Unwillingness to introduce you to new friends
- Lying
- Loss of job or dismissal from other activities (sports team or club)
- Car accidents
- Minor arrests
- Having friends who are in substance abuse treatment
- Complaints of bullying
- Feeling like they do not fit in
- Doctor prescribed medications taken for mental health issues are no longer working

## How to react

- **Do not panic**
- **Avoid over-questioning**
- **Do not yell at them!** Express concern and love from a place of compassion not aggression
- **Keep an open dialogue with your loved one**
- **Do not continually search their room** – it is a waste of time! You will not find what they do not want you to find
- **Do not violate their privacy** by hacking onto their personal online pages – this will result in distrust and disrupt any change of an open dialogue
- **Never question their friends or your friends**

## Actions you can take

### For your loved one

- **Reach out** to an addiction specialist, such as a Licensed Clinical Social Worker
- **Punishment does not work** – they may need professional help and they definitely need your support
- **Never give them cash**—if they need food or clothes, you can choose to buy it for them and remove the tags
- Inform school counselors of your concerns and ask their advice
- Offer unconditional help including **counseling or treatment**
- Understand that **forcing them into treatment will not work**—they need to be ready
- Keep home drug tests available
- **Dispose** of old prescription pain pills
- If it turns out your loved one is not using drugs, do not be afraid to admit you were wrong

### For yourself

- **Take care of yourself** and the rest of your family
- **Get help for yourself** and other family members by attending a local support group
- **Seek support** from a mental health professional if feeling overwhelmed or depressed
- **Remove old prescriptions** from your house
- **Recognize** that no one wants to be an addict and addiction is a disease
- **Do not blame yourself** for their drug use or their refusal to enter treatment
- **Do not care** what other people might think – it is your issue to deal with

## Addictions hotline

(716) 831-7007

24 hour

Support · Link to treatment · Referral







Erie County  
Department of  
Health



Erie County  
Opiate Epidemic  
Task Force

I am seeking naloxone. Please provide me with one of the following products that comply with my insurance coverage. Please advise me on how to use the product and highlight the corresponding directions below:

Thank you for your assistance.

Product	Image	Directions
Narcan Nasal Spray 4mg		Spray 0.1 ml into one nostril. Repeat with second device into other nostril after 2-3 minutes if no or minimal response. NDC# 69547-0353-02
Naloxone HCl 1 mg/ml, with atomizer		Spray 1 ml (1/2 of syringe) into each nostril. Repeat after 2- 3 minutes if no or minimal response.
EVZIO, naloxone auto-injector (with trainer)		Inject into outer thigh as directed by English voice-prompt system. Place black side firmly on outer thigh and depress and hold for 5 seconds. Repeat with second device in 2-3 minutes if no or minimal response.
Naloxone Hydrochloride Injection, USP		Inject 1 ml in shoulder or thigh. Repeat after 2-3 minutes if no or minimal response.



## TALK TO YOUR DOCTOR

If your doctor intends to prescribe prescription opioids to you or your child, listen carefully and ask questions. Find out if you really need them. Ask about alternatives – everything from over the counter medications to meditation.

If you decide you need them, keep them secure in your home in a locked medicine cabinet. Consider using a medicine cabinet inventory sheet to keep track of what you have.

## DISPOSE OF RX DRUGS

If you have unneeded or expired prescription drugs, dispose of them properly. In Erie County, you can do this at most police stations. Find more locations at [thepointny.org](http://thepointny.org).

**the POINT** →    
Syringe Access; Drug and Syringe Disposal Locator  
Find Sharps and Medication Disposal Locations  
Identify Places to Obtain Clean Syringes  
IN ORDER TO  
Prevent Disease Transmission  
Keep Our Communities Healthier  
**[thepointny.org](http://thepointny.org)** 

## ADVOCATE

Prevention is the one way we will find a sustainable solution to this crisis. Many Community Coalitions exist across Erie County to unite stakeholders around prevention strategies. Join an existing coalition, or start one in your community. Visit the Western New York Prevention Resource Center at [wnyprc.com](http://wnyprc.com) or call 585-815-1844 to find the coalition nearest you.



## GET NARCAN TRAINED

The Erie County Department of Health conducts regular NARCAN/Naloxone trainings that are free and open to the community, no questions asked. Find the next upcoming training at [www.erie.gov/health](http://www.erie.gov/health).

# EVERYONE CAN DO SOMETHING TO HELP END THE OPIATE EPIDEMIC

- Get Informed
- Take action at home and in community
- Find resources
- Get loved ones, neighbors, and friends the help they need



Call **911** in an emergency  
Call **(716) 831-7007** for services



## WHAT ARE OPIOIDS?

Opioids are a class of drugs used to reduce pain. Opioid alternatives include:

- NSAIDs/Ibuprofen
- Physical Therapy
- Chiropractic Care
- Yoga/Exercise

## WHAT TYPES OF OPIOIDS ARE IN OUR COMMUNITY?

### Prescription opioids

These drugs can be prescribed by doctors to treat moderate to severe pain, but can also have serious risks and side effects.

Common types are oxycodone (OxyContin), hydrocodone (Vicodin), morphine, and methadone.

### Fentanyl

Fentanyl is a synthetic opioid pain reliever. It is many times more powerful than other opioids and is approved for treating severe pain, typically advanced cancer pain. Illegally made and distributed, fentanyl has been combined with or sold as heroin in our region.

### Heroin

Heroin is an illegal opioid. The same effects of prescription opioids and fentanyl can be obtained through use of heroin.

## WHY SHOULD I BE CONCERNED?

These substances are highly addictive. With use, even with a doctor's prescription, everyone has the potential to get addicted.

## CAN YOU OBTAIN THE SAME EFFECT FROM PRESCRIPTION OPIOIDS AS HEROIN?

Yes, the parts of your brain that is affected by opioids are affected by heroin. They can be used interchangeably.

## IS MY CITY, TOWN, VILLAGE, OR SCHOOL DISTRICT AFFECTED BY THIS ISSUE?

Unfortunately, yes. A total of 256 people in Erie County died of a fatal opioid overdose in 2015. These people lived in nearly every local government jurisdiction in the county.

Brochure created in 2016 by the Erie County Opiate Epidemic Task Force.

Information on prescription opioids used in this brochure was obtained from [www.cdc.gov/drugoverdose/opioids](http://www.cdc.gov/drugoverdose/opioids)

## WHO DO I CALL IF I, OR SOMEONE ELSE I KNOW, NEED HELP?

In case of an emergency related to opioid overdose, call 911. In medical emergencies, you are protected by the Good Samaritan Law and will not be prosecuted for possible criminal actions.

## WHAT TYPES OF SERVICES ARE AVAILABLE?

- Treatment
- (Detox, Inpatient Treatment, Outpatient Treatment)
- Maintenance
- (Methadone/Suboxone)
- Relapse Prevention
- Support Groups
- Prevention

### Addictions hotline

**(716) 831-7007**

**24 hour**

**Support · Link to treatment · Referral**

For More information on the Opiate Epidemic Task Force, contact the Erie County Department of Health at [opiatetaskforce@erie.gov](mailto:opiatetaskforce@erie.gov).

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## Web Support Sites:

\*[www.deathteaches.com/resources/](http://www.deathteaches.com/resources/)

\*[thegriefftoolbox.com/whatisgrief](http://thegriefftoolbox.com/whatisgrief)

\*[journeyofhearts.org/grief/accident2.html](http://journeyofhearts.org/grief/accident2.html)

\*[bereavedparentsusa.org/](http://bereavedparentsusa.org/)

\*[www.bpusabuff.org](http://www.bpusabuff.org)

\*[m.wikihow.com/Survive-the-Death-of-Your-Child](http://m.wikihow.com/Survive-the-Death-of-Your-Child)

## Facebook Support Sites

\*[facebook.com/groups/HeroinMemorial/](http://facebook.com/groups/HeroinMemorial/)

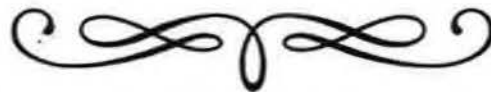
\*[facebook.com/IHateHeroin/?fref=ts](http://facebook.com/IHateHeroin/?fref=ts)

\*[facebook.com/groups/WeHateHeroin/](http://facebook.com/groups/WeHateHeroin/)

\*[heroinsupport.org/grief-support-](http://heroinsupport.org/grief-support-)

“DEATH LEAVES A  
HEARTACHE NO ONE CAN  
HEAL. LOVE LEAVES A  
MEMORY NO ONE CAN  
STEAL.”

ALBERT EINSTEIN



## Local Grief Support Groups

Life Transitions Center (716) 836-6460

\*[www.hospicebuffalo.com/services/grief-support/](http://www.hospicebuffalo.com/services/grief-support/)

Compassionate Friends of WNY

\*[tcfofwny.org/](http://tcfofwny.org/)

Horizon Health – Parent and  
Family Support Programs

\*[www.horizon-health.org/](http://www.horizon-health.org/)

# Loss of a Loved One through Addiction

Grief can take a serious  
toll, even on the most  
resilient people.

**Addictions hotline**

**(716) 831-7007**

**24 hour**

**Support · Link to treatment · Referral**

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## Recovery

Recovery from the death of a loved one is an unpredictable process.

Frequently our mind doesn't realize the loved one is gone and the emotions come in painful waves. Recovery is learning to manage the waves.

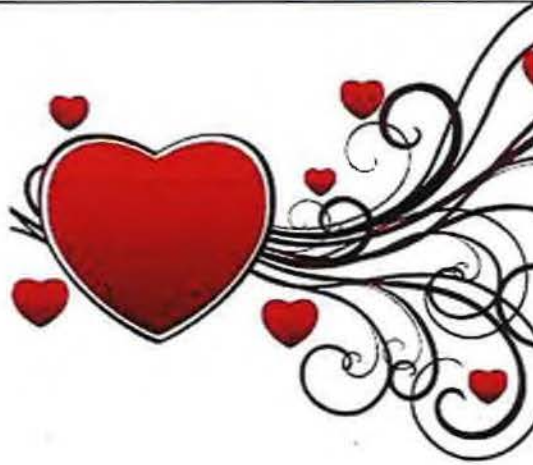
## Emotions

The range of emotions we may feel includes numbness, denial, resentment, regret, anger, fear, confusion, a sense of being lost, and detachment from others.

We have feelings of failure, loneliness, senseless loss and we may be desperate for relief. Support is available...

**You are left with many complicated, isolating feelings.... Please know**

**You are not alone...**



Acceptance is not about being ok with the death of a loved one; it's about accepting our new reality.



Erie County Opiate Epidemic Task Force,  
Family & Consumer Support and Advocacy

## Reconnecting with the World

We can reconnect to the world through interaction, media or music. Available music includes a grief playlist and Facebook has memorial sites which may bring comfort.

We may want to journal our thoughts to capture positive memories.

It helps to have positive memory meditation. Sad or unsettling thoughts will come and we need to be able to have comfort in our mind.

Faith can provide hope and comfort in the personal journey of grief.

## Participating Law Enforcement

- AMHERST
- BUFFALO
- CHEEKTOWAGA
- DEPEW
- EAST AURORA
- ERIE COUNTY SHERIFF'S OFFICE
- EVANS
- GRAND ISLAND
- TOWN OF HAMBURG
- LANCASTER
- NIAGARA FALLS
- NFTA (NIAGARA FRONTIER TRANSPORTATION AUTHORITY)
- ORCHARD PARK
- TOWN OF TONAWANDA

## FAQs

**When can I enter the REAP Program?**

The program is available Monday–Friday from 7am–2pm

**Can I bring someone with me?**

Yes

**What is an “Angel”?**

Angels are trained volunteers who are there to support you

**Why can't I go to any police station?**

Not all police departments are participating in REAP

**Do I need health insurance to enter REAP?**

No – we will work to connect you to treatment even if you have no insurance

**Where will I go for treatment?**

We will look at local treatment agencies first, but if there are no openings, we will look in other areas of NY State

**Can I bring in someone if they do not want treatment?**

No – this is a voluntary program and all clients need to be ready to enter treatment

**What happens after hours (2PM–7AM)?**

The **Addictions Hotline (716) 831-7007** is available 24/7 and can connect you with treatment and support



**RAPID  
EVALUATION  
FOR  
APPROPRIATE  
PLACEMENT**



[OPIATETASKFORCE@ERIE.GOV](mailto:OPIATETASKFORCE@ERIE.GOV)  
[ANGELS@BPDNY.ORG](mailto:ANGELS@BPDNY.ORG)

## What is REAP?

REAP is a revolutionary and collaborative law enforcement approach to the opiate epidemic.

REAP aims to get people with addictions the **help they need**, instead of arresting them and putting them in handcuffs.

- When a person addicted to opiates comes to a police department in REAP they will be assessed and **connected to treatment and services**
- Clients will be assessed for appropriateness for both in-patient and out-patient treatment
- Transportation to local facilities will be provided (if available)

## Get Connected to Treatment

- Come to a REAP police department  
**Monday—Friday**  
**7AM—2PM**

- Call—

**ADDICTIONS HOTLINE**

**(716) 831-7007**

**24 HOUR**

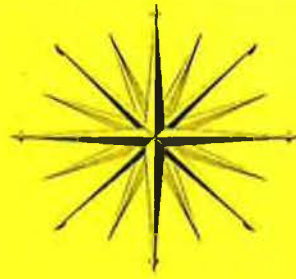
**SUPPORT • LINK TO TREATMENT • REFERRAL**



## At the Police Station

- When you are ready for treatment and support, come to a REAP police department
- Police will search you and confiscate drugs and drug paraphernalia — **you will not be charged or interrogated**
- If you have an outstanding warrant, you will be arrested
- People with prior convictions can participate in REAP
- You will talk to a counselor to be assessed for treatment
- An Angel volunteer will be assigned to support you while you wait to be linked to treatment
- You may be transported to another location for an in person assessment if needed

**You will be connected to treatment and support**




# YOU ARE NEVER ALONE

**We are here to help.**

If you are thinking of suicide or  
having a mental health crisis  
call our 24 hour hotline  
**716-834-3131**

If you are struggling with addiction call  
24 hours a day to get help  
**716-831-7007**



 University at Buffalo  
School of Pharmacy and  
Pharmaceutical Sciences



of Medicine First Code  
The Book, The Drug, The Science





Erie County  
Department of  
Health



Public Health  
Prevent. Promote. Protect.

**SUBSTANCE USE  
DISORDER  
TREATMENT  
PROVIDERS  
IN  
ERIE AND NIAGARA  
COUNTIES**



**Erie County**  
Opiate Epidemic  
*Task Force*

**NIAGARA COUNTY**

**DETOXIFICATION PROGRAM**

**First Step (Northpointe Council)**

- ◆ 2470 Allen Avenue, Niagara Falls 14303  
716-285-3421

**INPATIENT TREATMENT**

**Clearview Treatment Services**

- ◆ 5300 Military Road, Lewiston 14092  
716-298-2117

**Eastern Niagara Hospital, Inc.—  
Reflections Recovery**

- ◆ 521 East Avenue, Lockport 14094  
716-514-5561

**RESIDENTIAL TREATMENT**

**Fellowship House**

- ◆ **Somerset House**  
7397 Lake Road, Appleton 14008  
716-795-3719
- ◆ **Madonna House**  
5586 Niagara Street Ext, Lockport 14094  
716-438-9131
- ◆ **Sundram Manor**  
431 Memorial Parkway, Niagara Falls  
14303  
716-284-6228

**Horizon Village**

- ◆ 6301 Inducon Drive East, Sanborn 14132  
716-731-2030

**Freedom Village**

- ◆ 6331 Inducon Drive East, Sanborn 14132  
716-731-2030

**OUTPATIENT TREATMENT**

**Beacon Center**

- ◆ 473 Third Street, Niagara Falls 14301  
716-282-4480
- ◆ 36 East Avenue, Lockport 14094  
716-439-6815

**Horizon Health Services, Inc.**

- ◆ **Pine Avenue Recovery Center**  
2400 Pine Avenue, Niagara Falls 14301  
716-505-1060
- ◆ **Lockport Recovery**  
637 Davison Road, Lockport 14094  
716-433-2484
- ◆ **Niagara Falls Recovery**  
6520 Niagara Falls Blvd, Niagara Falls  
14304  
716-283-2000

**Northpointe Council Inc.**

- ◆ 41 Main Street, Lockport 14094  
716-433-3846
- ◆ 1001 11th Street, Niagara Falls 14301  
716-278-8110

**Niagara County Adult Mental Health and  
Substance Abuse Services**

- ◆ Trott Access Center, 1001 11th St, 2nd fl,  
Niagara Falls, NY 14301  
716-278-1940
- ◆ Shaw Building, 5467 Upper Mountain  
Road, Lockport, NY 14094  
716-439-7400

**METHADONE CLINIC**

**Northpointe Council, Inc.**

- ◆ 1001 11th Street, Niagara Falls 14301  
716-278-8110

**ADDICTIONS HOTLINE**

**(716) 831-7007**

**24 hour**

**Support · Link to treatment · Referral**

## **RESIDENTIAL TREATMENT**

### **Casa DiVita (women)**

- ◆ 200 Albany Street, Buffalo, NY 14213  
716-882-2108

### **Cazenovia Manor (men)**

- ◆ 486 North Legion Drive, Buffalo, NY 14210  
716-822-8932

### **Promise House (men)**

- ◆ 920 Harlem Road, West Seneca, NY 14224  
716-332-3991

### **Renaissance House (15-18 year old men)**

- ◆ 920 Harlem Road, West Seneca, NY 14224  
716-821-0391

### **Stepping Stones (women)**

- ◆ 920 Harlem Road, West Seneca, NY 14224  
716-821-9220

### **The Lighthouse (women)**

- ◆ 244 Hempstead Avenue, Buffalo, NY 14215  
716-831-7877

### **Turning Point House (men)**

- ◆ 9136 Sandrock Road, Eden, NY 14057  
716-992-4972

### **Unity House**

- ◆ 605 Fillmore Ave., Buffalo, NY 14212  
716-884-4952

## **OUTPATIENT TREATMENT**

### **Baker Victory Services**

- ◆ 125 Martin Road, Lackawanna, NY 14218  
716-828-9777

### **Beacon Center**

- ◆ 3354 Sheridan Drive, Amherst, NY 14226  
716-831-1937
- ◆ 295 Main Street, Buffalo, NY 14203  
716-853-0243

### **Brylin Hospitals, Inc.**

- ◆ 531 Farber Lakes Drive, Williamsville, NY  
14221  
716-633-1927

### **Erie County Medical Center**

- ◆ 1285 Main Street, Buffalo, NY 14209  
716-883-4517
- ◆ 5087 Broadway, Depew, NY 14043  
716-898-4930
- ◆ 2282 Elmwood Ave, Kenmore, NY 14217  
716-874-5536

### **Evergreen Health Services**

- ◆ 206 S. Elmwood Street, Buffalo, NY 14201  
716-847-0315

### **Gateway-Longview Inc.**

- ◆ 6350 Main Street, Williamsville, NY 14221  
716-633-7266

### **BestSelf Behavioral Health**

- ◆ **Abbott Corners Addictions Services**  
3176 Abbott Road, Orchard Park, NY 14127  
716-883-7117
- ◆ 951-955 Niagara Street, Buffalo, NY 14213  
716-883-5344

### **Monsignor Carr Institute**

- ◆ 76 W. Humboldt Parkway, Buffalo, NY  
14214 716-835-9745

### **Horizon Health Services, Inc.**

- ◆ **Bailey LaSalle Recovery Center**  
3297 Bailey Avenue, Buffalo, NY 14215  
716-833-3622
- ◆ **East Amherst Family Recovery Center**  
6495 Transit Road, East Amherst, NY  
14051  
716-418-8531
- ◆ **Hertel Elmwood Recovery Center**  
699 Hertel Avenue, Buffalo, NY 14207  
716-831-1977
- ◆ 1370 Niagara Falls Boulevard, Tonawanda,  
NY 14150  
716-831-1850
- ◆ 2563 Union Road, Cheektowaga, NY  
14227  
716-668-7622
- ◆ **Orchard Park Family Recovery Center**  
3345 Southwestern Blvd,  
Orchard Park, NY 14127  
716-662-6802
- ◆ **Summer Street Recovery Center**  
11 Summer Street, Buffalo 14209  
716-834-6401

### **Endeavor Health Services**

- ◆ 1131 Broadway Street, Buffalo, NY 14212  
716-896-7350
- ◆ 1526 Walden Ave, Cheektowaga, NY  
14225  
716-895-6700
- ◆ 463 William Street, Buffalo, NY 14204  
716-895-6700



## HELLO Peer Family Support Groups

### WNY Independent Living Inc:

3108 Main St. Buffalo 14214

1<sup>st</sup> Saturday of Month 12-3pm

### C. Dee Wright Community Center

11 Church St. Akron 14001

2<sup>nd</sup> Saturday of Month 2-4pm

### ◆ Hamburg Community Center

107 Prospect St. Hamburg 14075

2<sup>nd</sup> Monday of Month 6:30-8:30pm

### ◆ Cheektowaga Senior Center

3349 Broadway

Cheektowaga 14227

4<sup>th</sup> Wednesday of Month 6:30-8:30pm

## Resources

New York State Office of Alcohol & Substance Abuse (OASAS)

[www.oasas.ny.gov](http://www.oasas.ny.gov)

### ◆ Patient Advocacy Brochure

### ◆ Opioid Overdose Prevention Facts

### ◆ Different Treatment Options

Substance Abuse & Mental Health Services Administration (SAMHSA)

[store.samhsa.gov](http://store.samhsa.gov)

### ◆ Addiction Happens in the

Best of Families

### ◆ Medication Assisted Treatment

for Opiate Addiction

## Addiction Family Support & Education Groups

### ● BryLin Behavioral Health Center

531 Farber Lakes Dr.

Williamsville 14221

Monday 6-7pm: Open to All

716-633-1927

### ● Because I Love You (BILY)

North Buffalo Community Center

203 Sanders Rd. Buffalo 14216

Monday 7:30pm: Open to All

Mandatory; confirm attendance with Rick by 3pm Monday 716-990-2452

### ◆ Horizon Health Services

1370 Niagara Falls Blvd.

Tonawanda 14150

2<sup>nd</sup> & 4<sup>th</sup> Tuesday: 6:30-8:30pm

Open to those who have lost a child to substance abuse

Avi Israel 716-984-8375

### ◆ First Trinity Lutheran Church

1570 Niagara Falls Blvd.

Tonawanda 14150

2<sup>nd</sup> Tuesday of Month 6:30-8:00pm

Colleen Babcock 716-907-2985

### ◆ Horizon Village Campus Wellness Ctr.

6301 Inducon Dr. E., Sanborn 14132

3<sup>rd</sup> Tuesday of Month 6:30-8:00pm

Colleen Babcock 716-907-2985

### ◆ Holy Mother of the Rosary Cathedral

6298 Broadway, Lancaster 14086

1<sup>st</sup> Wednesday of Month 6:30-8:00pm

Colleen Babcock 716-907-2985



Erie County  
Department of  
Health



Public Health  
Prevent. Promote. Protect.

REV 02/03/2017



Erie County  
Opiate Epidemic  
Task Force

## Things to Know

When a Loved One  
Has an Addiction

hope

Addiction Hotline 716-831-7007

[www.oasas.ny.gov](http://www.oasas.ny.gov)

[www.combatheroin.ny.gov](http://www.combatheroin.ny.gov)

## Addiction is a Disease

→ It is NOT a moral failing or personality defect.

Addiction is a lifelong, chronic DISEASE of the brain.

Addiction often involves cycles of relapse & remission. Without treatment or recovery efforts, it is often progressive & can lead to disability or premature death.

There are treatment options available for you & your loved one. Just as each person is unique, it may take patience & persistence to determine which treatment option(s) will be most effective in your situation.

*Examples include:*

- ◆ Self-Help Meetings:
  - ◆ Alcoholics Anonymous (AA)
  - ◆ Narcotics Anonymous (NA)
- ◆ Treatment by a medical professional
- ◆ Medication Assisted Treatment (MAT)
  - ◆ Buprenorphine/Suboxone/ Zubsolv (daily strip)
  - ◆ Campral (daily pill)
  - ◆ Methadone (daily dose)
  - ◆ Naltrexone (daily pill)
  - ◆ Vivitrol (monthly injection)

## Support for Family & Friends

→ You are not alone.

Although it feels like you are the only one going through this, many other families are also dealing with the disease of addiction.

→ Participate In Support Group

Al-Anon and Nar-Anon are self-help groups for people affected by addiction.

Al-Anon 716-856-2320 [www.aismny.org](http://www.aismny.org)

Nar-Anon [www.nar-anon.org](http://www.nar-anon.org)

→ Counseling

Friends & families can receive counseling to deal with feelings caused by caring about an individual with an addiction. Focus will often be on developing coping skills & setting appropriate boundaries.

→ Naloxone/Narcan®

Get trained and carry naloxone—a nasal spray that temporarily reverses opioid overdoses. Naloxone has saved thousands of lives & is available at drug stores without a prescription. Minutes count when an individual is overdosing—be prepared.

Free training—including a free nasal naloxone kit is available from the Erie County Department of Health.

## Narcotics Anonymous Meetings

**Monday 6:30pm**

St. Andrew's Church-Loyola Room  
1525 Sheridan Dr. Tonawanda 14217

**Monday 6:30pm**

St. Mary's School

6919 Transit Rd. E. Amherst 14061

*Park behind school, use red door on right*

**Monday 6:45pm**

Lord of Life Lutheran Church

1025 Borden Rd. Depew 14043

**Wednesday 6:30-8:00pm**

St. John's Outreach

160 Chestnut St. Lockport 14094

**Wednesday 7:00pm**

St. John's Grace Episcopal Church

496 Lafayette Ave. Buffalo 14222

*Use Courtyard door on Lafayette  
to Walter Lord Room downstairs*

**Thursday 6:30pm**

Central Park United Methodist Church

216 Beard Ave. Buffalo 14214

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## STIGMA HURTS

- **Stigma** is defined as a mark of shame or discredit.
- **Stigma** promotes a culture of denial rather than acceptance.
- **Stigma** attaches a label that creates a roadblock to recovery.
- **Stigma** deters people with substance use disorders from seeking treatment.
- **Stigma** is based on assumptions and preconceptions, not facts.
- **Stigma** delays progress.
- **Stigma** from addiction affects everyone.

## STIGMA HURTS

## RESOURCES

If someone you know is in need of help, reach out to them. Your support can improve their recovery process.

- ECCPASA - [www.eccpasa.org](http://www.eccpasa.org)
- Erie County Addiction Hotline - 716-831-7007
- Erie County Department of Health - [www2.erie.gov/health](http://www2.erie.gov/health)
- OASAS - [www.oasas.ny.gov](http://www.oasas.ny.gov)



FOR THE PREVENTION OF ALCOHOL  
AND SUBSTANCE ABUSE

1625 Hertel Ave. Buffalo, NY 14216  
Phone: 716.831.2298 | Fax: 716.831.9580  
Email: [eccpasa@eccpasa.org](mailto:eccpasa@eccpasa.org)



Erie County  
Department of  
Health



Public Health  
Prev. nt. Promote. Protect.



Erie County  
Opiate Epidemic  
Task Force



[www.cadca.org](http://www.cadca.org)

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## Stigma and Medication-Assisted Treatment (MAT)

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**ADDICTION IS A  
TREATABLE DISEASE  
THAT DOES NOT  
DISCRIMINATE!**

## OPIOID ADDICTION



Opioids are a class of drugs used to reduce pain. For many people, they are highly addictive. Opioid addiction includes addiction to prescription opiate painkillers as well as heroin. Opioids are becoming much more potent, leading to steady increases in overdose deaths. This addiction is seen everywhere, across all walks of life.

## OPIOID ABUSE RESULTED IN-

296 deaths in Erie County in 2016 (4 investigations are still pending).

- ⇒ 44% lived in the City of Buffalo
- ⇒ 40% lived in the suburbs
- ⇒ 59% were ages 20-39

Source: Erie County Department of Health

## OPIOID ADDICTION IS TREATABLE!

**Medication-Assisted Treatment (MAT)** is the most effective option available to those seeking help for an Opioid Use Disorder. Combined with counseling and behavioral therapy, it can be very effective at helping achieve and maintain recovery.

### MAT Medication Options:

- **Buprenorphine (Subutex)**
- **Buprenorphine + Naloxone (Suboxone)**
- **Methadone**
- **Naltrexone (Vivitrol)**



## WHERE TO ACCESS MAT

Doctors, nurse practitioners and physician assistants can take a special training to be waived to prescribe buprenorphine. Ask a medical provider or call the Erie County Addiction Hotline about treatment options.

For more information on where to access MAT, visit [www2.erie.gov/health](http://www2.erie.gov/health), [www.eccpasa.org](http://www.eccpasa.org) or call the Erie County Addiction Hotline at 716.831.7007.

## PRIMARY BENEFITS OF MAT

- Provides relief from withdrawal and drug cravings so that life changes needed for recovery can take place.
- Can avoid painful detox.
- Minimizes the effects of further opioid use.
- Improves the well-being and social functioning of those with substance use disorders.
- Helps heal broken relationships in the family and community.
- For every \$1 spent on addiction treatment, \$4 to \$7 are saved in crime-related costs. (NIDA, 2016)
- Reduces daily overdose deaths.
- Improves employment rates and productivity.
- Reduces risk of spreading HIV/AIDS, Hepatitis and other infections.
- Those who seek addiction treatment are more likely to continue treatment for additional problems such as mental health.

