

Dear Friend,

Today is a good day. It's always a good day when we have an extra chance to take a deep breath and move toward new possibilities.

Everyone deserves new chances to change. Your community knows it is difficult to move towards success alone. We are here to help you. Together we can help you have a life of opportunity, laughter, and love. It's your choice.

You will find resources in this envelope, each a step towards that new life. Use these resources and your community will work with you to move towards a good, positive life with unlimited possibilities.

The first step is to LOOK AT THE INFORMATION IN THIS PACKAGE...then LOOK INSIDE YOURSELF!

One small step can go a long way!

Sincerely and hopefully,

The Surry County Board of Commissioners

Van Tucker



Eddie Harris



Larry Johnson



Bill Goins



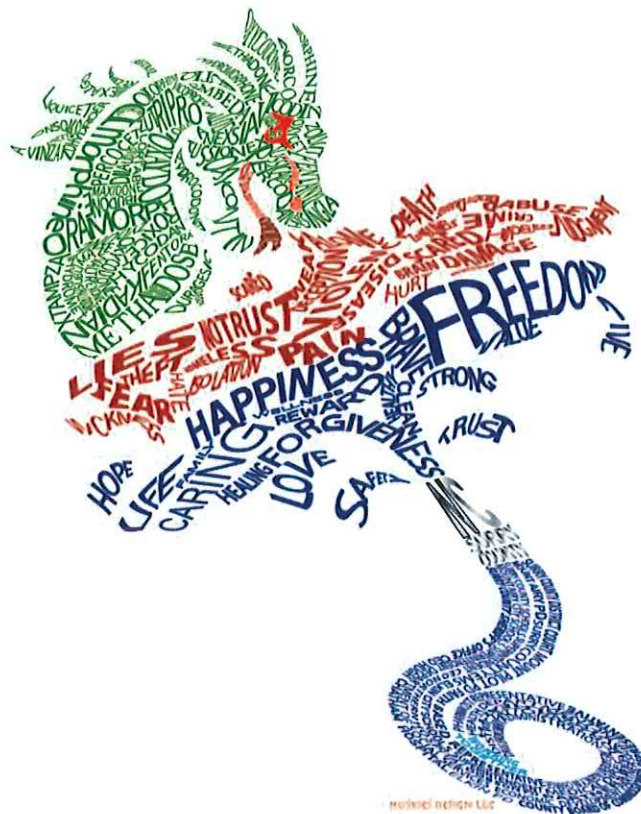
Mark Marion





Created by Surry County Opioid Response in partnership with Surry County Health and Nutrition Center.

Graphic design services provided by Huskies Design LLC



Opioids, Addiction, and Overdose

What are Opioids?

Most opioids are legal drugs that help ease pain. They are very powerful. They are also very addictive. A person can become addicted after as few as 3 days of using opioid drugs. Opioids are meant for severe pain caused by cancer or the pains of dying. Some common opioid drugs are:



- Morphine
- Codeine
- Hydrocodone (Vicodin)

- Oxycodone (OxyContin)
- Fentanyl
- Methadone

• Heroin is also an opioid. It is the only illegal opioid drug.

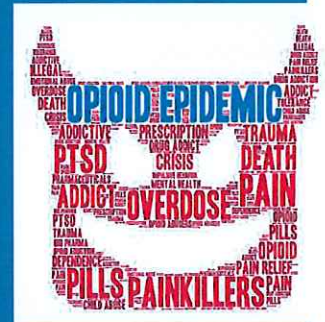
It is dangerous to take opioids with benzodiazepine drugs like Xanax, Valium or Ativan because the two powerful drugs can interact and cause an overdose or other poor health effects.

What are signs of opioid abuse or addiction?

- Taking opioids in a different way than the doctor advised
- Taking opioids “just in case” even when not in pain
- Changes in mood or emotion
- Blurry vision
- Problems at work, school or with other responsibilities
- Often feeling very sleepy
- Opioid prescriptions from more than one doctor
- Problems with memory, focus and decision making
- Sleeping more or less than normal
- Constipation

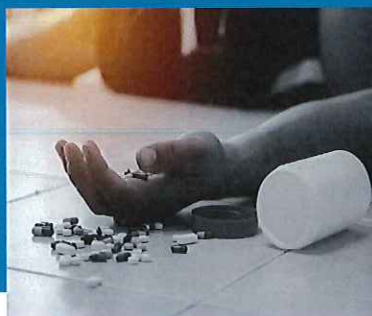
Who is at risk for an opioid overdose?

- Anyone who takes opioid drugs, especially high doses
- Anyone who uses alcohol, anti-depressants, or benzodiazepine drugs with opioid drugs
- Anyone who abuses legal opioids or heroin
- Anyone who has recently detoxed from opioids or who is recently recovered from opioid addiction (their tolerance is lower so a relapse could be fatal)



How to recognize an opioid overdose:

- Unable to wake the person up
- Slow or shallow breathing
- Breathing or heartbeat slows or stops
- If they are awake but not able to talk
- Blue or gray lips and fingernails
- Pale and/or moist skin
- Pinpoint pupils
- Vomiting/throwing up
- Floppy arms and legs/limp body



IMPORTANT INFORMATION

Heartsaver[®] **Adult CPR AED**

American Heart
Association 
Learn and Live

- Tap & Shout
- Send someone to call
9-1-1
- Get an AED if available
- Look for no breathing or gasping for air
- Push hard & fast, at a rate
of 100-200 compressions/
minute
- (push to the beat of a song
like "Sweet Home Alabama,"
"I Will Survive," or "Uptown
Funk.")
- Open the airway & give 2
breaths
- Repeat sets of 30 compressions & 2
breaths
- When the AED arrives, turn on and follow the
instructions
- When EMT's arrive, follow their instructions



IMPORTANT INFORMATION

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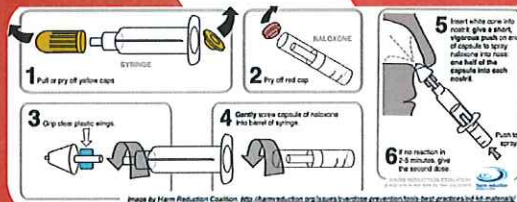
How to use Naloxone.

1. Call 911 and follow their instructions
2. Give Naloxone
3. Perform rescue breathing if you can
4. Give a second dose of Naloxone after 5 minutes if they do not respond to the first dose

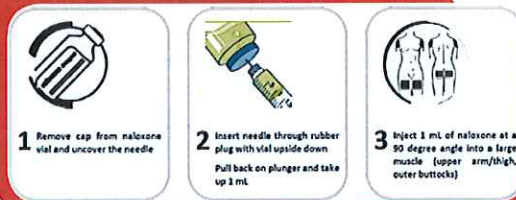
RESCUE BREATHING

1. Make sure nothing is in their mouth
2. Tilt the head back, lift the chin, and pinch nose shut
3. Give one slow breath every 5 seconds. You should see their chest rise.

NASALLY



INTRAMUSCULARLY



For more information about Naloxone visit:
www.naloxonesaves.org

Naloxone

What is it?

Naloxone (sold with the name Narcan) is a medication that stops overdoses caused by opioid prescription pain pills and heroin.

How is Naloxone given?

Naloxone can be given nasally (through the nose) or intramuscularly (through a large muscle in the arm or leg).

How long does it take to work?

Naloxone starts working in 2 or 3 minutes, and it stays in the body for about 1 hour.

Does Naloxone have side effects?

Naloxone is a very safe medicine. It can cause symptoms of opioid withdrawal when used to stop an overdose.

Opioid ***withdrawal symptoms*** may be painful but are not life-threatening. Withdrawal symptoms include sweating, shaking, anxiety and throwing up.

Where can I get Naloxone?

North Carolina has a standing order for Naloxone. This means you do not need a prescription to get it. You can get Naloxone at any of the pharmacies listed in this packet."

How much does Naloxone cost?

Naloxone is covered by most private insurance providers. If you do not have insurance, the cost can be anywhere from \$50 to \$120. There are cost assistance programs to help you get Naloxone if you cannot afford it.

**For more information about Naloxone visit,
www.naloxonesaves.org**

Naloxone

Where to get Naloxone (Narcan) in Surry County

Mount Airy

Gates Pharmacy:
364 N. South Street,
Mount Airy
336-789-5050

Mount Airy Drug:
725 W. Independence Blvd,
Mount Airy
336-786-5506

Northern Family Medicine:
280 N. Pointe Blvd,
Mount Airy
336-786-4133

Northern Hospital:
830 Rockford Street,
Mount Airy
336-719-7119

Rite Aid:
114 East Lebanon Street,
Mount Airy
336-786-2177

Walgreen Drug Store #10086:
2069 Rockford Street,
Mount Airy
336-789-2060

Walgreen Drug Store #16112:
722 W. Independence Blvd,
Mount Airy
336-789-9006

Wally's Pharmacy:
933 Rockford Street, Mount
Airy
336-789-9089



Dobson

Surry County Health &
Nutrition Center: 118 Hamby
Road, Dobson
336-401-8400

Surry Drug Company:
105 Business Park Lane,
Dobson
336-356-4912

Walgreen Drug Store #16123:
101 E. Atkins Street, Dobson
336-386-4168

Pilot Mountain

CVS Pharmacy #7325:
204 W. Main Street,
Pilot Mountain
336-368-4747

Mount Pilot Drug, Inc.:
119 W. Main Street,
Pilot Mountain
336-368-3500

Elkin

Bridge Street Pharmacy: 817
N. Bridge Street, Elkin
336-835-3131

CVS Pharmacy #3828
1127 N. Bridge Street, Elkin
336-835-3529

Elk Pharmacy Inc.
116 E. Main Street, Elkin
336-835-2621

Walgreen Drug Store #11201
1209 N. Bridge Street, Elkin
336-526-0011

NALOXONE

SAVES LIVES



THE GOOD SAMARITAN LAW

What is it? How does it work?

The Good Samaritan Law is a North Carolina law that protects people who call 911 to get help from the police or EMS. It also protects anyone who gives Naloxone (Narcan) to people during a drug overdose.



Photo by Robert Coleson

This law protects you, even if you are on probation or parole!

How are you protected?

Because of The Good Samaritan Law, you will not be arrested or charged with any crimes if you call 911 to get help for a person who is overdosing.

You are protected even if you have drugs or paraphernalia with you.

You also will not be held responsible if the person is hurt. This law also protects you if you use Naloxone (Narcan) to save someone who is overdosing.

The goal of The Good Samaritan Law is to save lives by encouraging people to call 911 for help if a person overdoses!

The goal of The Good Samaritan Law is to save lives by encouraging people to call 911 for help if a person overdoses!

Photo by Robert Coleson



GOOD SAMARITAN

SAVES



LIVES

DON'T BE AFRAID TO CALL

10 STRATEGIES TO HELP YOU COPE

1 Come face-to-face with reality. Addiction is an illness. It can happen to anyone. Addiction is treatable. Learning how to deal with reality is the first step to help an addicted person. It may seem easier to continue to believe things will magically get better somehow. Sadly, things will not get better just because you wish they would. Accept that parts of your life may be out of control as a result of loving someone who is addicted to drugs.



2 Learn about addiction. There are lots of online resources that can help you learn. You can also find books and use local resources like the Surry County Health and Nutrition Center. What you learn can help you have more hope and confidence that the addiction can be treated. Learning how addiction works can also help you escape "the blame game" and focus on healing.

3 MYTHS OF OPIOID ADDICTION

Opioid addiction in the United States has been increasing at an alarming rate. According to the CDC, opioid use has:

- Increased five-fold since 1999
- Doubled since 2010
- Soared by 25% since last year

To make real progress on the issue, eliminating these common myths goes a long way in helping those who affected by addiction.

You Can Self Detox

Allowing the body to naturally detoxify itself is good in theory, but without both proper physical nutrition and trained counseling the result may be a state worse than before.

More Is Better

When low to moderate dosages work, it is tempting to increase them. But doing so can reduce effectiveness, increase side effects, and overwork the body's ability to detox.

No Other Alternatives

Perhaps the most common opioid addiction myth is that they are the most effective chronic pain drug. There are many less expensive, but just as effective non-opioid medications on the market today. And beyond pills, increased exercise, a healthy diet, and even alternative treatments like acupuncture have proven successful.

www.surrycountycare.com
336-401-8400
118 Hamby Road,
Dobson

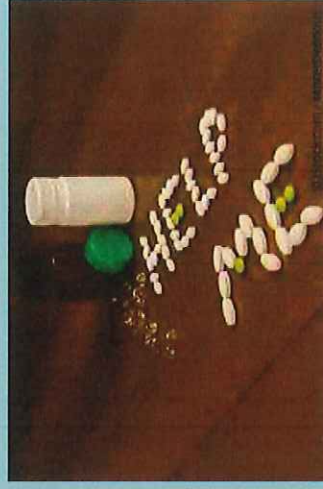


**SURRY COUNTY
 HEALTH &
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 CENTER**



Caring for Yourself While Loving an Addict

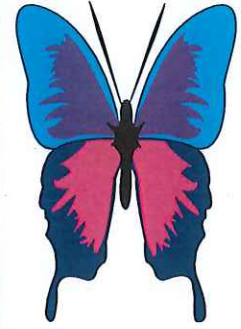
Loving an addict can be one of the most difficult experiences. It's normal to feel hopeless, scared, angry, and overwhelmed by the situation. Many people think they can use force to end the drug use, and think things like "if I cry enough," "if I yell enough," or "if I threaten enough," they will stop. The drug using person may make lots of promises, too. The lesson to be learned is that you cannot stop the addiction. But, you can take steps to help yourself and help the person you love.







You Are Important!


1. I have the right to speak up.
2. I have the right to get help.
3. I have the right to be loved.
4. I have the right to be safe.





What Can I Do?

 **Recognize the Problem** - Secrets are part of the disease of addiction. Don't make excuses or cover up your parent's behavior. It could put you in danger. If you feel uncomfortable, call 911 or an adult you trust. Find a safe place where you can go if things get too bad at home.

 **It is Okay to Talk About the Problem** - Talking to an adult you trust (like a friend's parent, a teacher, counselor, neighbor, or family member) is a good start. You can build a support group of people who care about you. **Stay close to your friends who make you feel good about yourself.**

 **Be Informed** - Know how your parent's drug use affects you and your family. When we grow up around people who use drugs as a way to deal with problems, they become our example. Finding new role models can help you learn to deal with stress and find ways to make good decisions.

 **Be Aware of How You Feel** - When you feel things like anger or embarrassment, try to identify those feelings. These feelings are powerful and can give you the courage to do the right thing.

 **DON'T GIVE UP!** Spend time doing activities that make you feel good about yourself. Are you a fast runner? A music lover? Do you like to write? Doing things you enjoy are important for your health and happiness.

Emergency numbers are very important to have!

Cut out the cards below and keep them with you all the time. One card has space for you to write your own emergency contact numbers. They could be teachers, neighbors, family members, or any trusted adult you can turn to if things get really bad.

If you need help, you can call (day or night)

- Suicide & Crisis Prevention Line: 1-800-273-8255
- National Runaway Safe Line: 1-800-786-2929
- Substance Abuse & Mental Health Services Help Line: 1-800-662-4357
- National Domestic Violence Hot line: 800-799-7233
- If you prefer texting, you can text the word HOME to 741741 and you will be able to talk with a crisis counselor.



Emergency Contacts

Name: _____
 Phone: _____

Name: _____
 Phone: _____

Name: _____
 Phone: _____




Are you alone, sad, embarrassed, ashamed of a parent who is using drugs?


If you live with a parent who uses drugs, you may feel sad, hurt, angry, scared, or lots of other emotions. Drugs are a problem that nobody likes to talk about. About 8.3 million kids in the USA live with an addict.

You are not alone. Help is available.

Things to Remember



► It is **NOT** your fault if a parent uses drugs. You did not make them start and you cannot make them stop. 

► Sometimes, parents do not believe they have a problem and may try to blame others instead of taking responsibility. 

► You cannot control what your parent does about their problem, but you **CAN** get help for yourself. 

Addiction is a Disease.

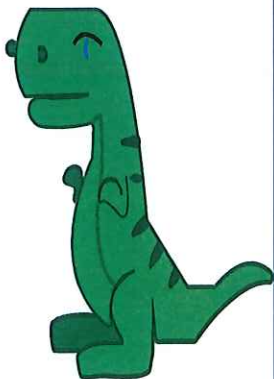
Your parent is not bad, they are sick. The disease of addiction affects their brain. It can cause them to do things that are mean, or don't make sense. Problems can be helped by a doctor or counselor. One person's addiction can affect lots of people.

► You can still love your parent even if they use drugs. You can be loved too. Many children of addicts go on to lead happy, healthy lives.



Remember the seven C's.

- I didn't **CAUSE** it.
- I can't **CURE** it.
- I can't **CONTROL** it.
- I can **CARE** for myself by **COMMUNICATING** my feelings, make better, healthy **CHOICES**, and by **CELEBRATING** myself.





PARENTS OF
ADDICTED
LOVED ONES

YOU ARE NOT ALONE

NEW PARENT SUPPORT GROUP

For families of adult children
dealing with substance addiction

Parents of Addicted Loved Ones (PAL) PROVIDES HOPE

through education and support

*"PAL
brought back
hope, sanity and
purpose in our lives.
We have learned
to live again."*

- PAL parent

THURSDAY 6:30 PM

Meeting held in the conference room. Room 202.

LH JONES FAMILY RESOURCE CENTER

215 Jones School Rd Mt Airy NC

CONTACT: BRISTOL MITCHEM

336-415-4256 bmitchem@yveddi.com

FREE weekly meetings feature:

- Education
- Peer-to-peer support

Participants must be 18 or older.

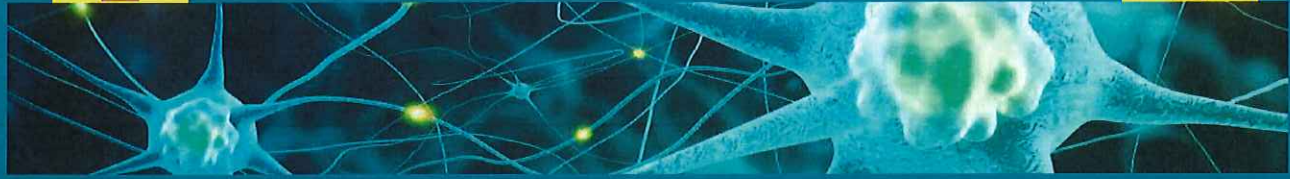
TOPICS INCLUDE:

The addiction cycle • Enabling behaviors • Delayed emotional growth
Role of the family • Setting realistic boundaries • Emotional detachment
Financial strings • Steps of recovery • Recognizing relapse

FOR MORE ABOUT PAL, VISIT THE WEBSITE AT
www.palgroup.org



MENTAL HEALTH FIRST AID



It's easy to tell when someone is choking or having a heart attack. But what does an anxiety attack or depression look like?

Do you know how to help someone having a panic attack, suicidal thoughts, or another mental health crisis?

A person's drug abuse can be a sign of mental illness.

Mental Health First Aid is the help offered to a person experiencing a mental health crisis. First Aid is given until appropriate treatment and support are received, or until the crisis is resolved.

To deliver Mental Health First Aid, remember *ALGEE!*

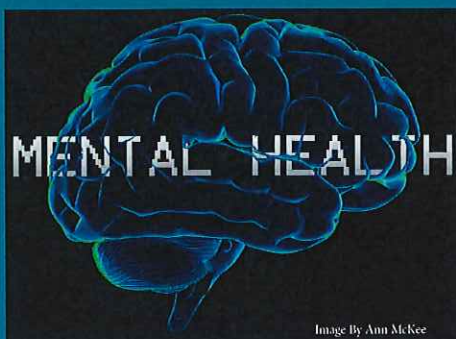
Assess for risk of suicide or harm. Talk to them when they are sober. Talk when you are in a calm mindset and in a private place. Be open and honest.

Listen non judgmentally. Do not interrupt them. Ask questions to show your concern. Help them feel understood. This makes it easier for them to ask for help.

Give reassurance and information. Know that quitting drugs is hard. **DO NOT** bribe, nag, or threaten them. Do not join them in using drugs. Do not make excuses for their behavior.

Encourage appropriate professional help. Encourage them to see a counselor, psychiatrist, doctor, social worker, etc. Many people don't seek help because they are afraid of what others think.

Encourage self-help and other support strategies. Encourage them to try a support group like Narcotics Anonymous. Encourage them to avoid friends and social settings that involve drug use.



Mental Health First Aid training is offered in an 8-hour course. If you want to learn more, find or host a course at your church or other community group visit www.mentalhealthfirstaid.org

Hepatitis C & Injection Drug Use

What is Hepatitis C? What are the symptoms?

- ▲ A virus spread by blood-to-blood contact.
- ▲ Hepatitis C is the most common blood-borne disease in the USA.
- ▲ Damages the liver and can lead to cancer and liver failure.
- ▲ Symptoms include: fever, upset stomach, throwing up, grey-colored poop, dark-colored urine, yellow eyes and skin, and joint pain.

How do you get Hepatitis C?

- ▲ Injection drug use and needle sharing
- ▲ Contact with infected surfaces (Hep C virus can live on dry surfaces for 6 weeks)
- ▲ Babies born to infected mothers

Can Hep C be cured?

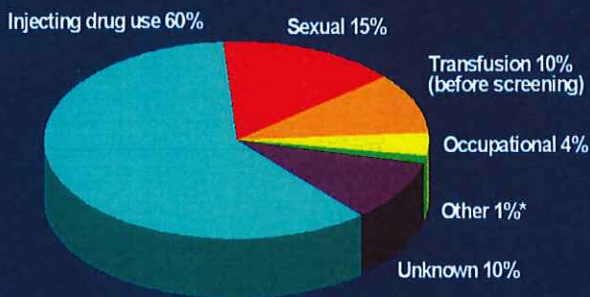
- ▲ There is no vaccine for Hepatitis C.
- ▲ Treatment usually involves a combination of 2 or 3 medications over a period of time.



How do you avoid Hep C?

- ▲ Do not share needles or other drug equipment.
- ▲ Set up a clean surface before setting up injection equipment.
- ▲ Wash your hands before and after injecting.
- ▲ Only handle your own injection equipment. If you inject with other people, keep your equipment separate

Routes of Transmission



Source: Centers for Disease Control and Prevention

If you have ever injected drugs, you are at risk for Hepatitis C! You can get tested at the Surry County Health & Nutrition Center in Dobson.

336-401-8400

**118 Hamby Road,
Dobson**



**SURRY COUNTY
HEALTH &
NUTRITION
CENTER**

HIV/AIDS & Injection Drug Use



What is HIV/AIDS? What are the symptoms?

- ▲ A virus spread by blood-to-blood contact.
- ▲ HIV stands for Human Immunodeficiency Virus, and can lead to AIDS (Acquired Immunodeficiency Syndrome) if not treated.
- ▲ Attacks the immune system and makes it hard for the body to fight off disease and illness.
- ▲ There may be no symptoms at first. Symptoms can include fever, cough, runny nose, and tired feeling.

How do you get HIV/AIDS?

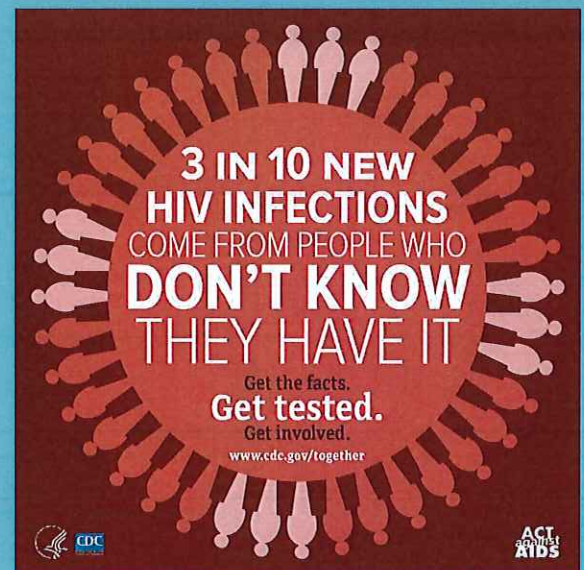
- ▲ Injection drug use and needle sharing (injection drug users are 22 times more likely to get HIV than the regular population).
- ▲ Contact with infected surfaces.
- ▲ Babies born to infected mothers.

Can HIV/AIDS be cured?

- ▲ There is no cure for HIV/AIDS. Once you get it, you have it for life.

How do you avoid HIV/AIDS?

- ▲ Do not share needles or other drug equipment.
- ▲ Set up a clean surface before setting up injection equipment.
- ▲ Wash your hands before and after injecting.
- ▲ Only handle your own injection equipment. If you inject with other people, keep your equipment separate.



If you have ever injected drugs, you are at risk for HIV/AIDS! You can get tested at the Surry County Health & Nutrition Center in Dobson.

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