

Opioid Overdose and Naloxone

Take A.C.T.I.O.N. and Save a Life

(includes list of Substance Abuse Programs in Michigan)

Opioid overdose deaths are preventable.

If you suspect someone is experiencing an opioid overdose, have your naloxone accessible and take immediate A-C-T-I-O-N

What are opioids?

Opioids are a class of drugs that attach to opioid receptors in our brain and body to reduce pain, stop cough, and promote feelings of pleasure and relaxation. Taking too much opioids can slow your breathing and your heart rate. This leads to lack of oxygen in your brain, coma, heart stopping, and death. This process can occur in minutes or hours, so time is critical to saving a life.

Common prescription opioids include:

- hydrocodone (Vicodin[®], Lortab[®], Norco[®])
- methadone
- codeine
- oxycodone (OxyContin[®], Percodan[®], Percocet[®])
- morphine
- fentanyl (Duragesic[®])
- buprenorphine (Subutex[®], Suboxone[®])
- **Heroin, an illegal drug, is also an opioid.**

What are the signs of an overdose?

- Blue lips/fingernails (ashen if you are darker hue)
- Breathing that is infrequent, uneven or has stopped
- Deep snoring or gurgling noises

- Unresponsive to pain stimulus
- Clammy skin
- Pinpoint pupils

What is Naloxone?

Naloxone (Narcan, ®Evzio®) is a drug that temporarily reverses the dangerous effects of an opioid overdose. It helps a person to breathe again and wakes them up. Naloxone can be given every 3 minutes, and only works if you have opioids in your body.

A person cannot get high on it or become addicted to it. It is effective for **only** about 2 hours.

What steps should I take during an opioid overdose?

Follow these **A.C.T.I.O.N** steps:



Arouse (3 “S”):

- **S**hout their name
- **S**hake shoulders vigorously in attempts to arouse
- **S**ternal rub



Check for signs of overdose:

- Slowed or no breathing
- Blue and gray lips or fingernails
- Deep snoring and gurgling noises
- Unresponsive to pain



Telephone 911:

- Call 911 and stay with the person until help arrives



Intranasal Naloxone:

- Spray intranasal Narcan into one nostril



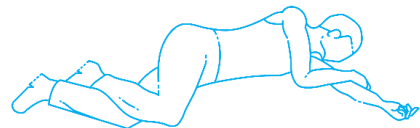
Oxygen:

- Do rescue breaths: 1 breath every 5-6 seconds
- Start CPR if you know how **or** follow dispatch instructions



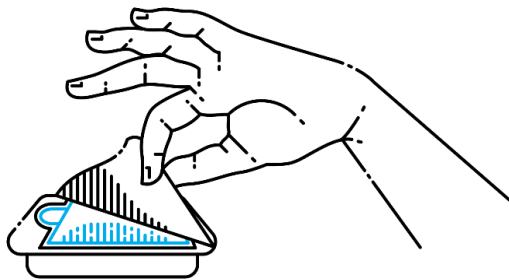
Naloxone Again:

- Repeat naloxone in 3 minutes if the person does not respond after first dose
- Place the person in recovery position (side lying), **if breathing is okay**
- Stay with the person until help arrives



Instructions for Narcan® intranasal Spray

(Narcan does not require assembly)



Step 1: Remove from packaging



Step 2: Place the tip in the person's nostril



Step 3: Push on the plunger to spray and hold for 2-3 seconds

Be Careful not to Push the plunger until the nozzle is all the way into the nostril

What **not** to do in an Overdose?

- Do not **delay** calling 911
- Do not put the person in a bath or in shower
- Do not give the person anything to drink
- Do not inject the person with anything
- Do not pour water over the person's face or slap too hard
- Do not leave the person till help arrives

How can I prevent an accidental overdose?

- Do not mix with other drugs especially depressants such as alcohol, benzodiazepines, or anything that makes you sleepy
- Take your medication as prescribed
- Store your medication in a safe and secure place out of reach of children or pets
- Dispose of unused medications properly:
<http://www.med.umich.edu/1libr/Pharmacy/MedicationDisposal.pdf>

Where can I find training resources on giving Naloxone?

- **Overdose Action Naloxone Training:**
<http://www.overdoseaction.org>
To schedule a training near you.
- **Whi: Opioid Project**
<http://www.whiopioidproject.org>
For residents in Washtenaw County
- **Prescribe To Prevent**
<http://www.Prescribetoprevent.org>
For prescribers and additional naloxone materials

Substance Abuse Treatment Programs by County in Michigan

Jackson/Albion County:

Henry Ford Allegiance Substance Abuse Services

2424 W. Washington Ave. Jackson, MI 49203

(517) 205-2732

<https://www.allegiancehealth.org/locations/henry-ford-allegiance-substance-abuse-services>

Services include: outpatient treatment of substance abuse and chemical dependency through individual, group, and family therapies.

Narconon Freedom Center

505 Keefer Drive Albion, MI 49224

(877) 779-8110

<http://www.narcononfreedomcenter.org/>

Services include: drug-free withdrawal with 24-hour personal care and supervision. Eight-week minimum inpatient treatment.

Victory Clinic

3300 Lansing Ave, Jackson, MI 4920

(517) 784-2929

<http://www.victoryclinic.com>

Services include: medication assisted treatment (buprenorphine and methadone)

Livingston:

Brighton Center for Recovery

12851 Grand River Road Brighton, MI 48116

(877) 976-2371

<http://www.brightonrecovery.org/>

Services include: hospital inpatient detoxification and treatment, residential recovery housing, intensive outpatient treatment, outpatient short-term residential, short-term residential and extensive aftercare.

Key Development Center

2060 Grand River Annex Brighton, MI 48114

(810) 220-8192

<https://www.keycenters.org/>

Services include: treatment of substance abuse and co-occurring mental health diagnosis for ages 11 years and older in outpatient settings, groups, and aftercare.

The Brighton Center, Inc.

2512 Harte Drive Brighton, MI 48114

(810) 229-9220

<http://www.thebrightoncenterforaddictiontreatmentservices.com/>

Services include: medication assisted treatment options for opioid addiction. All services are outpatient and include methadone, buprenorphine, vivitrol, individual counseling and group counseling.

Macomb:

Sacred Heart Rehabilitation Services

1400 East 12 Mile Road Madison Heights, MI 48071

(248) 658-1116

<http://www.sacredheartcenter.com/index.html>

Services include: detoxification, residential inpatient, medication assisted treatment, HIV/AIDS care, supportive independent living, women's specialty care.

Harbor Oaks Hospital

35031 23 Mile Road New Baltimore, MI 48047

(586) 725-5522

<http://www.harboroaks.com/>

Services include: inpatient treatment in acute care setting, medication-monitored detox services, medication management, individual, group, and family education and therapeutic support, aftercare.

Oakland:**Henry Ford Maplegrove Center**

6773 W. Maple Road West Bloomfield, MI 48322

(248) 661-6100

<https://www.henryford.com/locations/maplegrove>

Services include: medically assisted detoxification, inpatient treatment facility, sober-living and after-care.

Milford Counseling

120 S Main St C Milford, MI 48381

(248) 529-6383

<http://www.milfordcounseling.com/>

Services include: outpatient, sober living

Meridian Health Services

1255 N. Oakland Blvd. Waterford, MI 48327

(248) 599-8999

<http://meridian-hs.org/>

Services include: detox, residential, outpatient

Turning Point Recovery Center

54 Seneca Road Pontiac, MI 48342.

(248) 334-7760 (Ext. 1 for admissions & general information.)

<http://www.turningpointrecovery.org/>

Services include: short and long-term residential treatment, medicine assisted recovery (vivitrol), three-quarter housing for men, trauma informed care, recovery coaching

Washtenaw:

Get Help Now – Washtenaw Health Initiative Opioid Project

<http://www.whiopioidproject.org/get-help-now>

Chelsea Community Hospital Older Adult Recovery Center

775 S. Main Street Chelsea, MI 48118

(734) 475-4029

<http://www.stjoeschelsea.org/olderadultrecoverycenter>

Services include: intensive outpatient, and standard outpatient treatment for adults, 50 years of age and older. Assistance with detoxification services can be arranged.

Saint Joseph Mercy Greenbrook Chemical Dependency Services

2008 Hogback Rd Suite 8 Ann Arbor, MI 48105

(734) 786-4900

<http://www.stjoesann Arbor.org/outpatientchemicaldependencyprogram>

Services include: outpatient (individual and groups)

Home of New Vision

3115 Professional Dr Ann Arbor, MI 48104

(734) 975-1602

<https://homeofnewvision.org/>

Services include: inpatient detoxification, outpatient, residential, sober-living homes, aftercare.

Dawn Farms

6633 Stony Creek Road Ypsilanti, MI 48198

(734) 485-8725

<http://www.dawnfarm.org/>

Services include: inpatient detoxification, outpatient, residential, sober-living homes, aftercare. Call intake line to initiate services.

Dawn Farms locations are divided:

- **Residential treatment**

502 West Huron Ann Arbor, MI 48104

734-669-8265

- **Spera Detox**

502 West Huron Street, Ann Arbor MI 48104

734-669-8265

- **Outpatient Services**

320 Miller Avenue Suite 100 Ann Arbor, MI 48104

(734) 821-0216

University of Michigan Addiction Treatment Services (UMATS)

Rachel Upjohn Building

4250 Plymouth Road Ann Arbor, MI 48109

(734)764-0231

<https://medicine.umich.edu/dept/psychiatry/programs/addiction-center/treatment>

Services include: assessments, and a full range of evidence-based therapy options for individuals, groups, couples, and families.

Wayne:

Oakdale Recovery Center

43825 Michigan Ave. Canton, MI 48188

(734) 397-3088

<https://www.oakdalerecoverycenter.net/>

Services include: individual comprehensive assessment, individualized treatment planning, individual, group and family counseling, urine drug screening, psychiatric assessment (as needed), medication management (as needed), aftercare planning and referrals.

Detroit Wayne Mental Health Authority

707 W. Milwaukee Ave Detroit, MI 48202
(888) 241-4949

Services include: point of entry for Medicaid and uninsured Wayne County patients. Assessment and referral to inpatient, outpatient, and medication assisted treatment.

Personalized Nursing Lighthouse

575 S. Main, Suite #6 Plymouth, MI 48170
(734) 451-7800

Services include: detox, partial program, sober living, outpatient.

Community Social Services of Wayne County

9851 Hamilton Avenue Detroit, MI 48202
(313) 883-2100

<http://www.csswayne.org/>

Services include: individual, group, and family counseling, direct support and skill training, and case management to assist with accessing resources.

What if my county isn't listed?

Get Help Now -Behavioral Health at: <http://www.michigan.gov/mentalhealth-addiction-help>. Click your county on the map of Michigan, or scroll down until you reach your county to find resources.

Michigan 2-1-1 at <http://www.referweb.net/211michigan/> connects people with information and resources including mental health and substance abuse programs.

MI Bridges at: <https://www.mibridges.michigan.gov>

Search for and connect with local resources or agencies. (Substance abuse programs will be available starting in April 2018.)

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