

## 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<sup>®</sup>, Lortab<sup>®</sup>, Norco<sup>®</sup>)
- methadone
- codeine
- oxycodone (OxyContin<sup>®</sup>, Percodan<sup>®</sup>, Percocet<sup>®</sup>)
- morphine
- fentanyl (Duragesic<sup>®</sup>)
- buprenorphine (Subutex<sup>®</sup>, Suboxone<sup>®</sup>)
- **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, <sup>®</sup>Evzio<sup>®</sup>) 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:



### **A**rouse (3 “S”):

- Shout their name
- Shake shoulders vigorously in attempts to arouse
- Sternal rub



### **C**heck 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



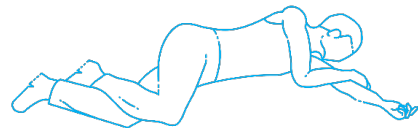
## Oxygen:

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



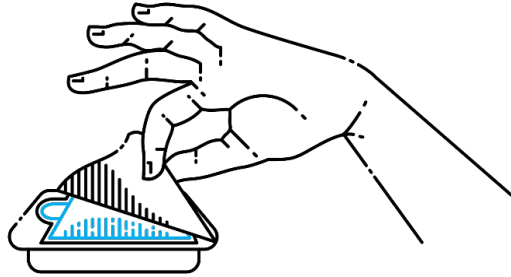
## Naloxone Again:

- 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**

To find additional state-licensed providers who specialize in treating substance use disorders, addiction, and mental illness visit: <https://findtreatment.gov/>

### **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.

Disclaimer: This document contains information and/or instructional materials developed by Michigan Medicine for the typical patient with your condition. It may include links to online content that was not created by Michigan Medicine and for which Michigan Medicine does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

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