

Post Overdose Follow Up Packet-

Elle Simoni- Community Addiction Coordinator

35 Central St

Stoneham, MA 02180

esimoni@stoneham-ma.gov

(781) 507-2405

Overdose Follow up Information-

The town of Stoneham, MA realizes that this is a critical time of need for the person who has overdosed and also the family. Once a person overdoses their probability of overdosing again increases. Also one of the most crucial time of overdosing is when a person has had “clean time” and relapses.

First things first- with any sort of opiate overdose get Narcan immediately and do not wait

Learn to cope carries it www.learntocope.org

Pharmacies carry it-

Almost every pharmacy carries it with or without a prescription. CVS and Walgreens carries it. Narcan has instructions of how to use is. It also cannot harm someone if you are not sure if they are truly overdosing. It is more expensive without a prescription. If an overdose occurs in the future call 911 immediately. Use CPR when necessary. Good Samaritan Law protects you from getting in any trouble with an overdose in any form. It also protects you if you perform CPR incorrectly. Police want you to call and will not arrest you, friends or family. Take action immediately.

IN CASE OF AN EMERGENCY- PSYCHIATRIC OF SELF HARM OR HARM TO OTHERS:

Call 911 immediately

If you or anyone in your family is in psychiatric distress Elliot Emergency Services are available at (800) 988-1111. These services will conduct a diagnostic evaluation to determine if you need higher level of care. They will come to your house to evaluate you. You can also go to your local hospital.

But what if my loved one will not get help?

If anyone is resistant to any form of substance abuse treatment under 18 and over 18 and refuses to get help you can section 35 them. This is mandated treatment. You go to the local court house and ask for a section 35. You will appear in front of a judge. You want to state the number of overdoses, any behavior changes, criminal activity related to substance abuse, any substance abuse hospital admissions and what their drug use looks like. You want to prove to the judge that it is necessary for them to go to treatment. Please feel free to contact Elle Simoni at town hall to discuss further about what a section 35 process is.

Referrals 101: now what? What do I even ask when I need help?

When calling a place ask:

Do you have any open beds? If not call the next place- don't waste your time waiting.

What gender?

How long are you holding a bed for?

What am I permitted to bring?

What is your medical clearance policy? For example: if you are a diabetic is there a certain blood sugar level? Do you need a non-clean urine?

What insurance do you take? What don't you take?

How to get admitted? Do I need to go to a hospital first?

What medications do you take? Even mental health medications ask like Zoloft?

Do you prescribe medications?

Do you have a Crisis Stabilization Service (CSS) or a Transition Support Service (TSS, Holding)? This is if you want to go to a Halfway House

Do you meet with someone daily?

Do you prescribe Methadone, Suboxone or Vivitrol on site? Do you refer out?

What is your average stay?

Will my insurance get an extension if needed?

Will you set up aftercare services? Do you have an aftercare coordinator?

Places to go locally: It is highly recommended to go to an inpatient service. There always is an option to go to a local hospital however this is not a great long term plan. As soon as withdrawal symptoms stop occurring a hospital will discharge.

Try not to detox yourself- you get extremely sick and this might be a huge trigger. It is recommended to go to a longer term facility instead of your local hospital. Remember with any benzo or alcohol addiction along with heroin you have to be medically detoxed because of a possible seizure problem. You can die from a seizure withdrawal. Hospitals mostly only cover a couple of days of detoxification. This is not ideal. Outpatient services are usually recommended after long term care.

In-Patient Substance Abuse and Mental Health Services

Children's Hospital Adolescent Substance Abuse Program- 617-355-2727,
www.childrenshospital.org

Whidden Hospital- Everett, 617-591-4227 www.challiance.org/whidden

McLean Hospital- Belmont, 617-855-2000 www.mclean.harvard.edu

Bournewood- Brookline, 800-468-4358 www.bournewood.com

Baldpate- Georgetown, 978-352-2131 (requires crisis team evaluation prior to admission)

Adcare Health System- 1-800-ALCOHOL, www.adcare.com

Substance Abuse & Mental Health Treatment

The following 2 sites allow you to search by city, state and region for treatment programs.

- Substance Abuse Treatment Locator www.findtreatment.samhsa.gov/ or call SAMHSA's 24-Hour Toll-Free Treatment Referral Helpline at 1-800-662-HELP (1-800-662-4357).
- Mental Health Services Locator www.mentalhealth.samhsa.gov/databases
- Dept. of Health and Human Services/info and treatment finder: www.mentalhealth.gov every insurance card a number on the back of it

Insurance 101: Most state insurance are taken at larger places such as High Point Treatment Center, Spectrum Health Systems, Arbour Health System, and Riverside Community Care, Vinfen, Salvation Army etc. They are also easier to take at hospitals. State insurances are easier to work with in terms of extensions. Blue Cross/Blue Shield and Harvard Pilgrim can be trickier but can get a person into private facilities. There always is an option of self-pay. Remember some private programs can be **EXTREMELY** expensive. It is advised that you to do research on any self- pay facilities and their success rate. In terms of long term recovery homes for adolescent some health insurances will not pay out. Voluntarily calling DCF on yourself will pay out for long term care for programing(s).

Resources

Below is a list of resources. There are many resources out there. Please feel free to contact Elle Simoni to help guide you or find other resources.

Adult Residential Services- Crisis Stabilization Services- average stay- 1 week – two weeks depending on insurance

Gosnold-

200 Ter Heun Dr, Falmouth, MA 02540

(508) 444-0561

Passages Community Health Link-

12 Queen Street, Worcester MA 01610

508-860-1298

Starr Program-

1010 S Main St, Fall River, MA 02724

(508) 675-1054

(508) 324-7763

High Point- Brockton-

30 Meadowbrook Rd

Castle, Matc, Batc (800)734-3444

Or 1233 State Rd, Plymouth, MA 02360

(800)233-4478

Spectrum-

154 Oak Street, Westborough, MA (males & females)

or 861 Main Street, First Floor, Weymouth, MA (males only) (781)331-3709

Lahey Clinic

11 Middleton Road, Danvers, MA 01923 (800) 323-2224

The Hope Center-

35 Heywood Street, Springfield, MA 01104 Springfield (413) 301-9500

Spectrum Residential

154 Oak Street

Westborough, MA

800-366-7732

Detoxification Programs- in general 1-7 days

Faulkner Hospital Addiction Recovery Program - Detox

1153 Centre Street, Jamaica Plain, MA 02130

Phone: (617) 983-7060

St. Elizabeth's Comprehensive Addiction Program - Detox

736 Cambridge Street, Brighton, MA 02135

Phone: (617) 789-2574

New England Center for Addiction in Westminister

9 Village Inn Road, Westminister, MA 01473

Phone: (617) 409-242

The CASTLE - Clean And Sober Teens Living Empowered

Brockton, MA 02301

Phone: (508) 638-6000

www.hptc.org

Harrington Co-occurring Disorders Unit

340 Thompson Road, Webster, MA 01538

Phone: (508) 764-5061

Phoenix House Quincy

43 Old Colony Avenue, Quincy, MA 02171

Phone: (617) 934-1136

Veteran's Center for Addiction Program - Detox

200 Springs Road c/o NE Health Care, Bedford, MA 01730

Phone: (781) 687-2275

Spectrum Primary Detox - Detox

154 Oak Street, Westborough, MA 01581

Phone: (800) 366-7732

Veteran's Center for Addiction Treatment - Detox

940 Belmont Street, Brockton, MA 02302

Phone: (508) 583-4500

Aftercare: When coming home to Stoneham it is important to follow up with various aftercare resources

Outpatient Counseling (local area)

Riverside Outpatient Center (mental health counseling services)- Wakefield, 781-246-2010, www.riversidecc.org

Hallmark Health (Community Counseling Services)- Melrose/Medford/Malden, 781-979-3315, <http://www.hallmarkhealth.org/Behavioral-Health/Psychiatric-Services.html>

Arbour Counseling- Woburn/Malden, 781-322-1503, www.arbourhealth.com/counseling.htm

Lahey Health Behavioral Services- 1-978-968-1700, www.nebhealth.org

South Bay Mental Health- Malden/N. Reading locations, Liz Yoder, 1-978-542-1951, <http://www.southbaymentalhealth.com>

Psychological Care Associates- Stoneham 781-646-0500, www.psychologicalcareassociates.org

Riverway Counseling Associates- Medford, 781-395-1560, www.riverwaycounseling.net

Somerville Mental Health- Somerville, 617-623-3278, www.somervillementalhealth.org

CASPAR- Somerville- 617-628-3850, www.casparinc.org

Team Coordinating Agency, Inc.- Wilmington, 978-694-9997, www.teamca.net

Right-Turn-Arlington, MA, 781-646-3800, www.right-turn.org (including adolescent assessments)

NBCS- 228 Main St Stoneham, MA 02180 (781)438-0038

While you love your addict dearly it is important to make sure you also work on your own recovery as well. Families can be in crisis mode all the time. It is important that you understand how to handle living with an addict too. You cannot do this alone. These are some great family groups. Please seek help as well.

Groups-

Families Anonymous- Medford (800)736-9805 www.familiesanonymous.org

Learn to Cope- for parents and family www.learntocope.org

Parents Helping Parents- (800)632-8188 www.parentshelpingparents.org

Alanon- recovery groups www.alanon.com

People Recovery Center- (978) 688-5767

Tuesday night meeting- council on Aging in Stoneham

Signs of Opiate abuse/dependence- remember you can smoke, snort and I.V opiates

Having the flu often- several times within a month or several months (withdrawals)

Restlessness

Irritability

Nodding off- falling “almost asleep”

Constantly itching their body everywhere

Pinned eyes- small pupils to a pin point

Missing q tips, spoons and cut up tin foil

Spoons and tin foil that has burnt marks on it

Cheap lighters with safety taken off-metal pieces

Cannot control vomit and extreme puking when high- cannot make it to the bathroom or pale, States “couldn’t feel it coming”.

Cut up pens

Plastic sandwich bags- tied in knots or bags seen

Cut up straws

Rolled dollar bills

I.V Marks- arm, elbow, stomach, neck and under the tongue are most common

Fining needles- hidden in odd places like a dvd case

Any powder- white ish, brown or dark brown- heroin is stickier than cocaine

Constantly going to the bathroom-running water for twenty minutes and multiple times a day

Plumbing issues- may be due to flushing needles in the toilet and to hide using

Horse and raspy voice

Rapid speech when talking

Sleeping at odd times- all day and up all night

Desperate to make phone calls at 4 a.m.

Severe mood swings with anger

Running nose- if sniffing with red nostrils