

■ Something's Happening in Natick

This September 7 people overdosed

**We can make
a difference.
Together.**

Natick responding to the **OPIOID CRISIS**

Natick's Opioid Task Force is committed to assisting community members who are addicted to opioids. While we hope that those who struggle with a substance use disorder will find a path to recovery, recent increases in the number of overdoses in our community means we must take steps now to help our friends and neighbors who are not yet ready for treatment or who are in early recovery.



We can make a difference. Together.



WHAT ARE OPIOIDS?

It generally refers to a family of substances that include natural opiates (like Morphine and Codeine), as well as synthetic and semi-synthetic opioids like Heroin, Oxycodone, and Fentanyl.

Some people make the transition from legal to illegal opioid use, driven by the disease of addiction.

Massachusetts is currently experiencing an epidemic of opioid-related overdose and death.

Opioid-related deaths in the state were more than four times higher in 2015 than in 2000. This recent rate of increase is unprecedented. In 2013 – 2014 alone, opioid-related deaths occurred in two-thirds of the cities and towns in Massachusetts.

The opioid-related death rate in Massachusetts has surpassed the national average, with an especially sharp rise in the last two years.

WHO'S ADDICTED?

Opioid addiction doesn't discriminate. The crisis in Massachusetts affects people from all backgrounds, ages and ethnicities. The widespread nature of the epidemic makes addressing it an especially challenging task, because the path to opioid addiction has different starting points from person to person.

Many victims are young, often in their 20s or 30s. Increasingly, many are white.

This epidemic touches all demographics: farmers and musicians, lawyers and construction workers, stay-at-home moms and the homeless.

Young people of Massachusetts are especially at risk.

In 2015, roughly two out of every three people who died from opioids were younger than 45.

THE CRISIS

Today, many street drugs contain some amount of Fentanyl which is a synthetic opioid. Fentanyl has been found in cocaine, marijuana, edibles and heroin. **Fentanyl is a powerful opioid that can be lethal in very small amounts.**

REDUCING THE RISK

If you or someone you know is struggling with substance misuse please consider the following:

Assume that all street drugs contain Fentanyl, a powerful opioid that can be lethal in very small amounts.

Never use alone. Make a plan with a friend about what each of you will do if the other person overdoses.

Make sure to have Narcan (aka Naloxone) handy. This nasal spray can reverse an opioid overdose and is free to anyone at high risk of witnessing or experiencing an overdose.

Do not mix substances. Mixing opioids with alcohol or benzodiazepines (Xanax, Klonopin, Valium) is particularly dangerous.

Use less after any period of abstinence or decreased use. Those leaving treatment, hospitalization or incarceration are at particularly high risk of overdose. Even a few days away can lower your tolerance.

If you are going to use, do not lock doors behind you. Locked doors can prevent help from getting to you quickly.

If you care about someone who has struggled with an opioid use disorder, check in on them by phone or text. Share information with them about how to keep themselves safe and let them know you care about them.

The best way to prevent an overdose is to avoid misusing opioids at all.

KNOW THE SIGNS OF OVERDOSE | SAVE A LIFE | CALL 911

Signs of opioid overdose may include:

- Breathing that is slow and shallow – or no breathing at all
- Blue or grayish skin color, with dark lips and fingernails
- Snoring or gurgling sounds

If there are symptoms of an overdose:

- Tap, shake, and shout at the person to get a response
- If there is still no response, rub knuckles on the breast bone
- If no or little response, call 911

Opioids include: heroin, codeine, fentanyl, hydrocodone (i.e. Vicodin), hydromorphone, morphine, oxycodone (i.e. OxyContin, Percocet), etc.

When you call 911:

- Give the address
- Tell them it's an overdose so they can bring naloxone (Narcan). Or say, "My friend is not breathing."
- Stay with the person. The 911 Good Samaritan law provides protection from arrest and prosecution for drug possession.

While you wait for the ambulance:

- Do rescue breathing.
- Give naloxone (Narcan) if you have it.
- If you have to leave the person for any amount of time, place the person on their side.

Tell the ambulance staff anything you can about any alcohol or drugs the person has taken. If you cannot stay, leave a note with the information.

Do Rescue Breathing if Breathing is Slowed or Stopped.

1. Make sure nothing is in the mouth.
2. Tilt head back, lift chin, pinch nose.
Breathe in mouth once every 5 seconds.

COMMUNITY CALENDAR



NATICK ADDICTION RESOURCE CENTER

Monthly workshops on topics related to addiction and recovery. Narcan training, treatment navigation, and resource info available following each presentation.

October 16, 6:30-8:30 PM

November 20, 6:30-8:30 PM

December 18, 6:30-8:30 PM

Natick Community Senior Center, 117 E. Central Street, Natick

FAMILY SUPPORT GROUP: SOAR NATICK

A local support group for Natick parents who have children who have experienced substance use disorders.

Every other Tuesday, 7:00-8:30 PM

October 3, 17, 31

November 14, 28

December 12, 26

Morse Institute Library, 14 E. Central Street, Natick
www.SOARNatick.org

LEARN TO COPE

Support group for parents and family members of a person addicted to opioids or other drugs. Narcan distribution and education available at meetings.

Wednesdays, 7:00-8:30 PM

Kennedy Community Health Center
354 Waverly St., Framingham
www.Learn2Cope.org

AL-ANON

12-step groups for family members of a person experiencing a substance use disorder. Check website for daily meeting schedule in and around Natick.
www.ma-al-anon-alateen.org

BEREAVEMENT SUPPORT: THE JOURNEY

The Journey is a group of individuals who have been impacted by the loss of a loved one who misused substances. Parent, sibling, spouse, child, for friend.

Every other Wednesday, 7:00-8:30 PM

October 4, 18

November 1, 15, 29

December 13, 27

Natick Community Senior Center, 117 E. Central Street, Natick

BREAKING POINTS: A COMMUNITY CONVERSATION ABOUT TEEN STRESS

For students in middle and high school and their parents and caregivers.

Breaking Points is a 30-minute film with candid perspectives from teens, college students, and leading health experts. A panel discussion with teen and adult community members will follow the film.

Wednesday October 11, 7:00-9:00 PM

Natick High School, 15 West Street, Natick

INTERFAITH VIGIL REMEMBERING THOSE WHO LOST THEIR LIVES TO ADDICTION

This event provides community members an opportunity to come together in solidarity to remember the individuals who lost their battles with addiction, to support their families and friends and to remember that addiction does not discriminate.

December 17, 7:00-8:30 PM

First Congregational Church of Natick, 2 E. Central Street, Natick

CHRIS HERREN

Former Boston Celtics player Chris Herren will return to Natick to share his story of addiction and recovery from heroin and other substances. Chris is the founder of The Herren Project, a nonprofit organization dedicated to providing treatment navigation, educational and mentoring programs for those touched by addiction as well as education for people of all ages on the dangers of substance use. Recommended for middle school and high school students, their parents, and adult community members.

February 1, 2018, 7:00-9:00 PM

Natick High School, 15 West Street, Natick

ARE YOU EXPERIENCING DIFFICULTIES DUE TO YOUR SUBSTANCE USE? HERE ARE SOME PEOPLE AND ORGANIZATIONS THAT ARE **HERE TO HELP:**



Psychiatric Emergency Services

800-640-5432 • Available 24/7

Available to help during a crisis. Provided by Advocates, Inc.

Call2Talk Suicide Prevention Hotline and Crisis Text Line

Available 24/7

Locally: 508-532-CALL (2255) or dial 2-1-1 then press x25

Nationally: 1-800-273-8255

Text C2T to 741741

Free, confidential conversation with a trained counselor via phone or text.

MA Bureau of Substance Use Services Helpline

800-327-5050 • M-F 8 AM-10 PM; Sat-Sun 9 AM-5 PM

www.helpline-online.com

Free, confidential information and referrals for alcohol and drug problems. Phone services available in any language. Provided by the MA Dept. of Public Health.

SMOC Recovery Coaches

508-535-8371 • Mon.-Fri., 9 AM-5 PM

Free, confidential support from experienced Recovery Coaches for individuals in or wanting to be in recovery from an opioid use disorder. Provided by South Middlesex Opportunity Council (SMOC).

Program RISE Opioid Overdose Prevention Program

508-935-2960 • M-F 9 AM-5 PM

1 Grant Street, Suite 100, Framingham

Free, confidential information on how to prevent opioid overdose and access treatment services. Narcan distribution, harm reduction kits, counseling and testing for sexually transmitted infections available. Provided by Justice Resource Institute (JRI).

Town of Natick Human Services Department

508-647-6623 • Mon.-Fri., 9 AM-4 PM

Contact Katie Sugarman, Prevention & Outreach Program Manager, for confidential assistance with treatment navigation and support.

MY LOVED ONE'S SUBSTANCE USE HAS BECOME PROBLEMATIC.

WHAT CAN I DO?

Your loved one's substance use disorder is not your fault, and you cannot control their substance use or its impacts. One of the best things you can do to help your loved one become more open to making changes is to learn how to set boundaries and care for yourself. Here are some resources that can help.

SOAR NATICK (SUPPORTING OUR ADDICTS' RECOVERY)

www.SOARNatick.org

Every other Tuesday, 7:00-8:30 PM (Check website for schedule)

Morse Institute Library, Natick

A local support group of Natick parents who have children who have experienced substance use disorders.

LEARN TO COPE

www.Learn2Cope.org

Wednesdays, 7:00-8:30 PM

Kennedy Community Health Center

354 Waverly St., Framingham

Support group for parents and family members of a person addicted to opioids or other drugs. Narcan distribution and education available at meetings. Website includes resources and meetings schedules throughout MA.

AL-ANON

www.ma-al-anon-alateen.org

12-step groups for family members of a person experiencing a substance use disorder. Check website for daily meeting schedule in and around Natick.

PARTNERSHIP FOR DRUG FREE KIDS

www.DrugFree.org

An online resource where parents can find answers about how to help a child who is misusing substances.

MASSACHUSETTS ORGANIZATION FOR ADDICTION RECOVERY (MOAR)

www.moar-recovery.org/resources

Centralized resource list for treatment and recovery services throughout Massachusetts

TOWN OF NATICK HUMAN SERVICES DEPARTMENT

508-647-6623

Mon.-Fri., 9 AM-4 PM

Contact Katie Sugarman, Prevention & Outreach Program Manager, for confidential assistance with treatment navigation and support.

We can make a difference. Together.

