

OTHER HELPFUL AND INFORMATIVE RESOURCES FOR FAMILY SUPPORT

Be a Part of the Conversation

www.conversation.zone
267-629-2214
kim@conversation.zone

Montgomery County Drug & Alcohol Program

www.montcopa.org/1347/Links-Resources

Aldersgate Youth Services Bureau

Willow Grove, PA 215-657-4545

Carson Valley Children's Aid

Flourtown, PA 215-233-1960

DARA (Drug Addiction Resource Alliance)

www.DaraSavesLives.com

Partnership to End Addiction

drug.free.org
text: CONNECT to 55753
for free and confidential support

Pennsylvania Recovery Organization
- **Achieving Community Together (PRO-ACT)**,
Family Education Program 1-800-221-6333
www.councilsepa.org/programs/pro-act

Al-Anon

<http://pa-al-anon.org> 1-800-344-2666
Local meeting on Saturdays, 1PM at:
Flourtown Clubhouse
14 East Mill Road, Flourtown, PA 19031

Nar-Anon

www.nar-anon.org
Local meeting on Mondays, 7:30 PM at:
Grace Presbyterian Church
444 York Rd. (at Vista Rd.),
Jenkintown, PA 19046

Families Anonymous

Local meeting on Mondays, 7:30 PM at:
St. Jude & Nativity Episcopal Church
203 Germantown Pike,
Lafayette Hill, PA 19444

LIFE SAVING INFORMATION FOR AN OPIOID OVERDOSE

• How to Recognize an Opioid Overdose:

Loss of consciousness, unresponsive to outside stimulus and won't respond to their name, breathing is very slow and shallow, erratic, or has stopped, lips and fingernails turn bluish purple, choking sounds, or a snore-like gurgling noise, vomiting, body is limp, skin is pale and clammy, pulse is slow, erratic or not there at all. Always call 911 if an overdose is suspected.

• Some common opioids include:

Morphine, codeine (Tylenol #3), oxycodone, (Percocet, Oxycontin), hydrocodone (Vicodin), meperidine (Demerol), buprenorphine (Suboxone, Subutex), heroin, and fentanyl.

Be Prepared at Home for an Opioid Overdose by Purchasing Naloxone (Narcan).

- Naloxone (brand names Narcan and Evzio) is used to reverse the effects of opioid overdose. It is administered by nasal spray or injection.
- Because of PA Naloxone Standing Order DOH-002-2018, **no prescription** is required. Naloxone is covered by most insurance plans. Training on use and first aid for an overdose is provided by the pharmacist. Naloxone is available at local pharmacy counters, or can be requested at no cost by messaging Springfield Township Opioid ACTION Committee on FB or emailing to stoAc2019@gmail.com.
- For more detailed information about overdose and Naloxone, visit this website:
www.health.pa.gov/topics/disease/opioids
- Naloxone administration is covered by the "Good Samaritan" Provision of Act 139 (35 P.S. section 780-113.8) stating that any person who renders emergency care shall not be liable for any civil damages.

IS YOUR FAMILY AFFECTED BY ADDICTION?



THINGS YOU NEED TO KNOW

A MESSAGE FROM PARENTS WHOSE CHILDREN STRUGGLE WITH ADDICTION

If you suspect your child or loved one is struggling with a drug or alcohol problem they probably are. We denied the classic signs of addiction, the stealing (hiding purse/wallet and car keys), the lying about just about everything, the sleeping all day and out all night, barely able to hold a job, failing grades in school, and increasing contact with law enforcement. We grew to accept these behaviors as "normal." We thought we were being good parents by picking up the pieces of our child's life and trying to control their behavior and choices.

The cost to us over time included overwhelming feelings of anger, frustration, shame, guilt, and isolation from other family members and friends. Peace and joy had left our lives, replaced with constant worry about our child and guilt about being judged as bad parents.

If you can identify with any of these feelings, please read on, there is help and hope in our community for parents of children struggling with addiction. Don't let fear, stigma and isolation be barriers to seeking the help and support needed for everyone touched by addiction. All resources mentioned below are FREE. Make a call and start on the road to your own recovery. It is possible to get joy back in your life.



stoAc

Springfield Township Opioid
ACTION
Committee

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@stoac2019



PARENT SUPPORT GROUPS

Why Seek Out a Support Group?

- Support groups allow you to realize that you are not alone in coping with the whirlwind of chaos and negative feelings created by a child struggling with addiction.
- You will meet parents who have first hand experience in dealing with all phases of addiction and become connected with creditable recovery resources. Learn about detoxification (the process of safely weaning someone off of a substance), experiences with different rehabilitation centers/programs, and transitioning from a rehab setting to a sober living environment.
- You will learn how to get some peace and happiness back into your life, whether or not your loved one is using drugs/alcohol.

WHAT IS ADDICTION?

• **Addiction is defined as a chronic relapsing brain disease that is characterized by compulsive drug/alcohol seeking and use despite harmful consequences. It is considered a brain disease because drugs/alcohol change the structure and function of the brain. These changes can be long lasting, and can lead to the harmful behaviors seen in people who abuse drugs/alcohol.**

(Reference: National Institute on Drug Abuse, NIDA)

• **Addiction is a primary, chronic, neurological disease with genetic, psychosocial, and environmental factors influencing its development and manifestations.**

• **Scientific evidence has determined that addiction is NOT the moral failing or a character flaw in a person, it is a chronic disease. Although the mechanisms may be different, addiction has many features in common with disorders such as diabetes, asthma, and hypertension.**
(Reference: Surgeon General's Report, Chapter 2, page 2-1).


ADDICTION IS A FAMILY DISEASE

Whether you realize it or not, addiction affects everyone in the family. It is important for family members to seek professional help: first for yourself so that you are better equipped to provide appropriate and meaningful support, then for the loved one in order to halt the progression of addiction through assessment and, possibly, treatment.



Local Parent Support Groups

all are welcome to attend these FREE peer-led meetings

 For a comprehensive and interactive list of support groups visit:

www.conversation.zone/meetings

Plymouth Meeting

Monday and Thursday from 7-8:30 PM
Caron Philadelphia Regional Recovery Center
401 Plymouth Road, Suite 325 (3rd Floor)
Plymouth Meeting, PA 19462

Group Contact: Marijayne M. 610-608-8528
teamwen@aol.com

Hatboro Parent Partnership

Wednesday, Thursday from 7-8:30 PM
Hatboro Federal Savings Administration Bldg.
212 S. York Road (entrance in rear of bldg.)
Hatboro, PA 19040

Group Contact: Kim Porter 215-416-5604
kim@conversation.zone

Center for Families

(excellent for adolescent/teen support, too)
Monday, Wednesday and Thursday at 6:30 PM
Center for Families
101 Phoenixville Pike
Malvern, PA 19322

Contact: 610-228-0670
www.centerforfamilies.com

Chestnut Hill

Wednesday from 6:30-7:30
St. Martin in the Field Church
8000 Seminoe Street, Philadelphia, PA 19118
Group Contact: Lori lwq224@aol.com
267-808-1716