

## COMMON OPIOIDS

These can be mixed, crushed, smoked, injected, abused, sold illegally, AND CAN KILL A PERSON.

\*Morphine \*Heroin \*Fentanyl \*Carfentanil  
\*Iso, or Isotonitazene \*Codeine (Tylenol#3)  
\*Oxycodone (Percocet, Oxycontin)  
\*Hydrocodone (Vicodin) \*Meperidine (Demerol)  
\*Buprenorphine (Suboxone, Subutex) - can be used under doctor's supervision to treat opioid use disorder.

## COMMON MISUSED PRESCRIPTION DRUGS

### Stimulants

\*Concerta \*Adderall \*Ritalin \*Focalin ( for ADHD)

### Pain Medications

\*Percocet \*Vicodin \*Codeine cough syrup  
\*Tylenol #3 with codeine

### Depressants

\*Xanax \*Valium \*Ativan \*Ambien

## WHO TO CALL - HOW TO START

### **GET HELP NOW**

Free drug & alcohol treatment line in Pennsylvania 24/7:  
1-800-662-HELP (4357)

**Montgomery County Mobile Crisis Center**  
1-855-634-HOPE (4673) 24/7

**Peer Support/Teen Talk Line/non-emergency:**  
866-825-5856; 215-703-8411 (text), 1-9pm, 7 days a week  
Email: teentalkline@accessservices.org (email)  
Adults: 855-715-8255; 267-225-7785 (text)

**Montgomery County Drug & Alcohol Department**  
610-278-3642, information and referrals.

**Aldersgate Youth Service Bureau**  
215-657-4545 (Willow Grove)

Counseling, substance abuse prevention, intervention.

### **Gaudenzia**

215-433-1634 (Dresher)

All ages, assessment, intervention, treatment services.

### **WARM HAND OFF Program**

- Assists person with substance use disorder into treatment with appropriate provider.

- Initiated in many hospitals/ER's/medical facilities.

**SPEAK UP AND ASK FOR HELP**

**National Suicide Prevention Line**  
**1-800-273-TALK (8255)**

stoac2019@gmail.com

@stoac2019



# stoAc

Springfield Township Opioid  
**ACTION**  
Committee

Montgomery County, PA

@STOAC2019



STOAC2019@GMAIL.COM

Email or message us anytime.  
We will help in any way we can.



SUBSTANCE USE DISORDER IS A DISEASE.  
ADDICTION IS NOT A MORAL FAIL.  
IT HAPPENS TO ANYONE.

SPRINGFIELD TOWNSHIP  
Montgomery County, PA

Is your...

Brother, Sister,  
Mom, Dad,  
or Friend

...affected by  
**ADDICTION?**



Here's what you  
need to know.

Here's what  
you can do.

## RECOGNIZE THE SIGNS OF ADDICTION

- Stealing.
- Lying.
- Sleeping all the time.
- Up all night.
- Barely able to hold a job.
- Blaming things on everyone else.
- Failing grades at school, truancy.
- Increasing contact with police.
- Locked bedroom door all the time, isolation.
- Simply doesn't look well/normal: bloodshot eyes, weight gain or loss, bad hygiene, slurred speech.

**THESE BEHAVIORS ARE NOT NORMAL,  
EVEN THOUGH YOU MAY THINK  
THEY ARE OKAY.**

## RECOGNIZE AN OPIOID OVERDOSE

- Loss of consciousness.
- No response to outside stimulus, such as pinch, slap, or sternum rub.
- Won't respond to name.
- Breathing is very slow, shallow, erratic.
- 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 no pulse.

**CALL 911 Immediately.**  
**This could make a difference between  
life and death.**



**"IF YOU THINK SOMEONE IS  
STRUGGLING WITH A DRUG OR  
ALCOHOL PROBLEM,  
YOU ARE PROBABLY RIGHT."  
DO LISTEN, UNDERSTAND, CARE.**

*DO* understand that addiction is a disease, and should be treated as one.  
*It is not a moral failing or character flaw.*

*DO* tell someone: parent, teacher, neighbor, school counselor, firefighter, therapist.  
*It's okay, they want to help.*

*DO* tell the person affected that you are concerned and afraid for them. Tell them when you are both calm, not angry, and not high.  
*Let them know that help is available.*

*DO* request Warm Hand Off or any kind of professional help at the hospital for person who overdosed and is over 18.  
*- even if the victim is your parent.*

*DO* challenge doctors if they try to prescribe opioids and you think it isn't necessary.

*DO* learn to use and carry Nalaxone (Narcan spray) with you to possibly reverse an overdose.

*DO NOT* believe a person when they say that you will lose them as a friend if you tell someone about their problem. Don't let this stop you.  
*If you don't tell, you can lose them anyway.*

*DO NOT* shame, bully, laugh, ignore, dismiss.

*DO NOT* give up. You can make a difference.

**DO NOT DO NOTHING!!!!**

## DO YOU KNOW?

- A person's brain (be it parent or teen) is severely affected by opioids and can't process thoughts normally or rationally. Keep this in mind when trying to help someone impaired.
- If someone tries to detox, or claims to have detoxed, the next time they do opioids (just as they used to) they will very likely overdose and die.
- Fentanyl is a synthetic opioid, 50-100X more powerful than morphine. Over half of opioid overdose deaths are related to fentanyl.
- Fentanyl is being mixed with many street drugs and street "prescription" pills causing an even larger rate of overdoses and deaths. Users are unaware of what they are really buying.
- If a person is resuscitated after an overdose, (with or without Nalaxone), they need PROFESSIONAL HELP. This needs to happen as soon as possible after the person is revived. SPEAK UP, GET HELP.

## DO YOU KNOW ABOUT PRESCRIPTION DRUGS?

- Misuse of prescribed drugs can be just as dangerous as illegal drugs, and now causes more deaths than heroin and cocaine combined.
- Taking too many pills (prescribed by your doctor) or taking someone else's pills can result in injury, overdose, or death.
- Abusing prescription pain medicine can suppress breathing and can be fatal.
- Prescription drugs are highly addictive, especially in teens - their brains are still developing.
- In teens and young adults, misuse of depressants for reasons such as sleep and anxiety can cause confusion, slow breathing and dangerously low heart rates, especially if combined with alcohol and over-the-counter medications.
- Stimulants, such as cocaine, amphetamines, and meth, can cause an irregular heartbeat, dangerously high body temperatures, and increased anxiety.