



**YORK/ADAMS  
DRUG & ALCOHOL COMMISSION**  
*Recovery on the Horizon*

**Our mission is to serve, with respect, those individuals in our community with substance abuse problems; in order to enhance their quality of life and to provide them an opportunity to reach their fullest potential in York and Adams Counties, PA.**

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**York/Adams Drug & Alcohol Commission**  
**100 West Market St., Suite B04 | York, PA 17401-1332**  
**Phone: 717.771.9222 | Fax: 717.771.9709**

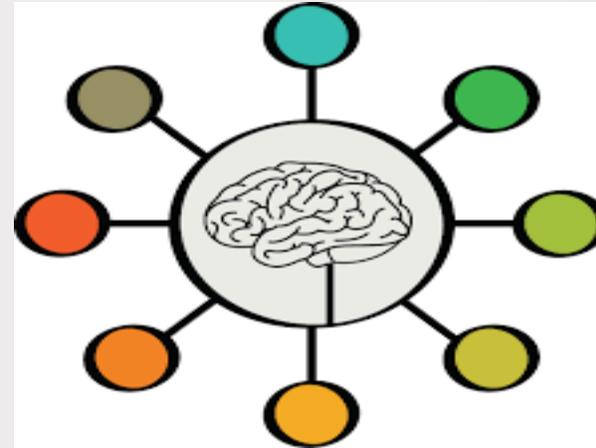
# Expectations for Today's Presentation

## Purpose for Today

- How to Prevent Substance Abuse
- Information on Opioids
- Learn Why, When, and How to Use Narcan
- How to Support an Individual with a Substance Use Disorder

# Oversee the Administration of:

- Prevention
- Intervention
- Treatment
- Treatment Related Services
- Centralized Coordinating Entity for Narcan



# Staggering Statistics

- Nationally: 1 person dies every 19 minutes from an Overdose
- More Americans died from drug overdose in 2016 than in entire Vietnam War
- Pennsylvania: More adults age 20-44 are dying from Overdose than motor vehicle accidents
- York County in 2017: Averaged 39 deaths per 100,000 persons

# Substance Addiction is a disease

2011 ASAM defined substance addiction as a  
PRIMARY CHRONIC BRAIN DISORDER

- Primary = stand alone, like Cancer
- Chronic = needing to be treated for a lifetime, like Diabetes
- Brain Disorder = not a choice! Brain neurology is different individually
- HEALTH CRISIS, not a BEHAVIORAL or MORAL CRISIS

*Source: American Society of Addiction Medicine 2011*

# Prevention

- Proactive process that helps to keep healthy people healthy and to bolster the strengths of those at risk
- Determines Risk/Protective factors of the community
- Utilizes sustainable evidenced based programs
- Focus on reducing the possibility of alcohol and substance abuse before it occurs



**PREVENTION  
WORKS!**

# Risk/Protective Factors

- Risk Factor: Greater the chance taking drugs will lead to addiction
- Protective Factor: Reduces the risk addiction will develop

## **Risk Factors**

Aggressive behavior in childhood

Lack of parental supervision

Poor social skills

Drug experimentation

Availability of drugs at school

Community poverty

## **Protective Factors**

Good self-control

Parental monitoring and support

Positive relationships

Academic Competence

School anti-drug policies

Neighborhood pride

# What do Prevention Services Look Like?

- Can be delivered through schools, media, family, community agencies and groups.
- **Direct services:** Programming to schools, gambling programs in Sr. Centers, etc.
- **Presentations:** Schools, community organizations, etc.
- **Community events:** Medication Take Back, Drug Free Workplace
- **Awareness:** PSAs and town hall meetings geared to educate community
- **Collaboration with alliances and coalitions:** Partnering with others to build a stronger movement.

# How can I help prevent substance abuse?

- Educate yourself and others on the disease
- Attend town hall and community events
- Recognize risk factors
- Support recovery & Reduce stigma
- Monitor, secure and dispose of medication



# Intervention Services

- Crisis Intervention
- Injection Drug Use Outreach
- Student Assistance Program
- Services are FREE



# Student Assistance Program (SAP)

- FREE service to students experiencing “barriers to learning”
- Assists students, parents and schools in removing these barriers
- In ALL school districts (including public, private, and cyber schools)
- YADAC provides a designated Drug & Alcohol SAP liaison to schools
  - 1: Referral – Anyone can refer!
  - 2: Team Planning –SAP/liaison, student, parent to develop plan
  - 3: Intervention & Recommendation – Plan put into action
  - 4: Support & Follow-Up – Team continues to work with and support student and family to ensure success

# What Are Opioids?

- Opioids are the class of drugs that are morphine derivatives
- Morphine is made from opium extracted from poppy plants
- These chemicals are especially addictive and potentially lethal

# What Are Opioids?

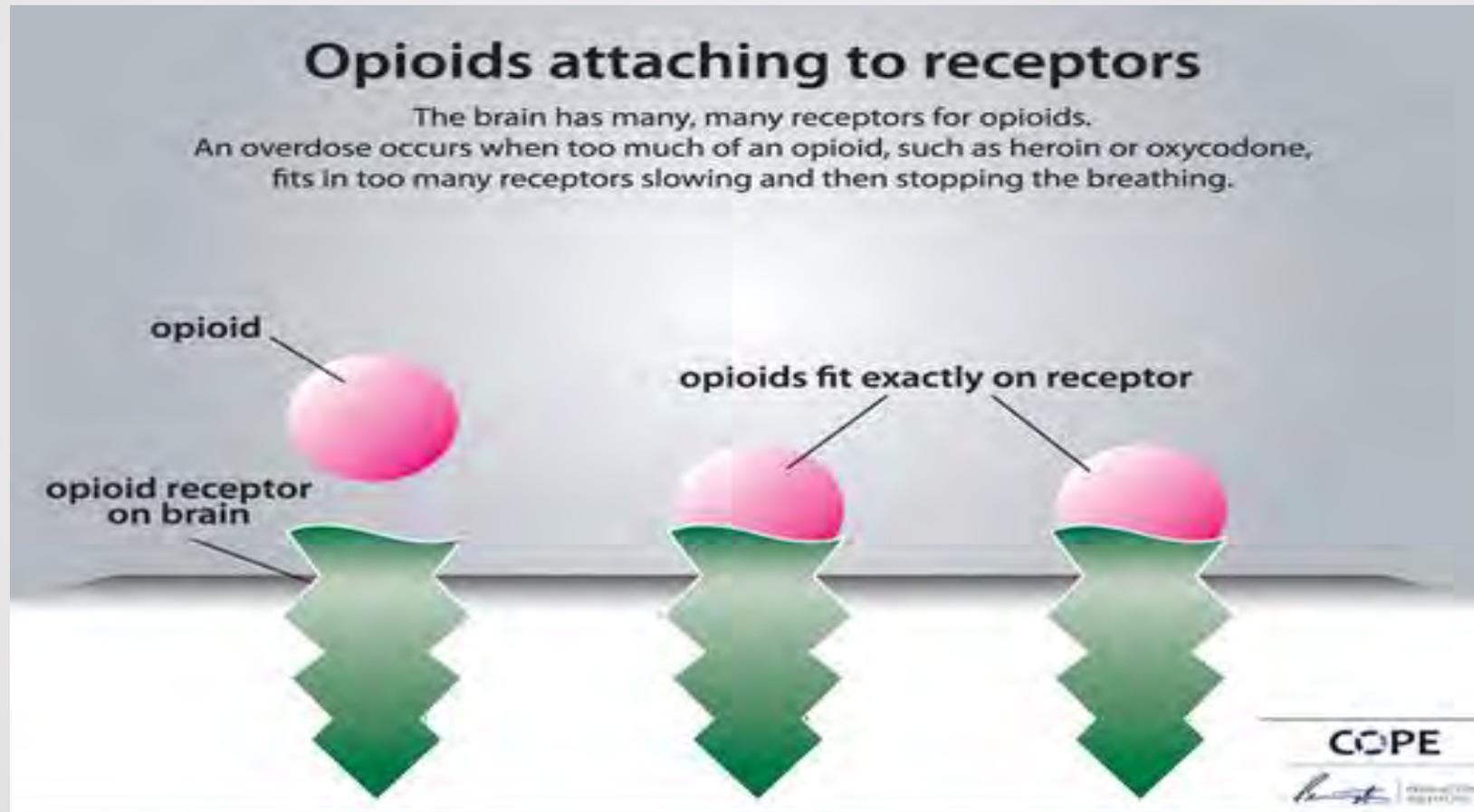
Oxycodone	(Oxycontin)
Oxycodone/Acetaminophen	(Percocet)
Hydrocodone/Acetaminophen	(Vicodin)
Hydromorphone	(Dilaudid)
Meperidine	(Demerol)
Codeine	
Morphine	
Methadone	
Heroin	
Fentanyl	
Carfentanyl	



# Why Just Opioid Overdoses?

- Because they're the leading cause of overdose deaths
- They can be reversed, preventing deaths
- There is currently no reversal protocol available to the public for stimulant overdose or benzodiazepine overdose

# What Is An Opioid Overdose?



# Who is at Risk for an Overdose?

- Anyone who uses drugs or medications can overdose. Opioid overdose can cause death because you can stop breathing.
- Individuals who recently stopped taking drug/medication and then resume use (Detox/Inpatient, Prison, Hospital, etc.)
- First Time Users
- Mix opiates with “downers” (depressants) such as alcohol/Xanax/Sleeping pills, etc. or unsure of the potency or cutting agent

# Signs of an Overdose:

- ARE THEY BLUE, ASHEN OR GREY? PASSED OUT? SLEEPING?
- Not breathing, slow breathing? Check for gurgling noise.
- Lips or skin look blue, ashen or grey? Caucasians will have blue colored lips and skin while Non-Caucasians will have ashen/gray colored lips and skin.
- Eyes rolled back?
- Limp, unresponsive?
- Slow pulse, no pulse
- Paraphernalia present (needles, spoons, cotton, baggies)

# What to Do?

- DON'T LEAVE THEM ALONE TO SLEEP IT OFF.
- Try to wake them. Shake them. Call their name. Rub your knuckles up and down their breast bone (Sternum Rub)
- Are they breathing? Put your ear close to their mouth. Can you hear or feel them breathing?
- CALL 911 – you will be protected under the PA Good Samaritan Provision of Act 139
- If they have Narcan and you know how to use it, use the nasal spray.
- BREATHE FOR THEM (rescue breathing).

# CALL 911

## It Can Save a Life.

- Paramedics have oxygen and Narcan and can take them to the hospital.
- When you call 911, the police may come too. Sometimes people are afraid to call 911 for fear of getting in trouble, but if you don't call, the person could die.
- Tell the operator that the person is unconscious, non-responsive and may have overdosed
- Tell them that you are going to administer Narcan
- Give clear directions to your location
- Put on speaker if you need to
- Don't hang up!

# ADMINISTER NARCAN

## It Can Save a Life.

- If you have Narcan and you know how to use it, you can save a life.
- Available in nasal spray and injection.
- Administer Narcan by sticking the nozzle up ONE nostril and pushing the pump once -- like you're making an "air quote"
- It is important that even if Narcan is administered, and the person appears to have "bounced back," emergency medical care is still sought.



# BREATHE FOR THEM

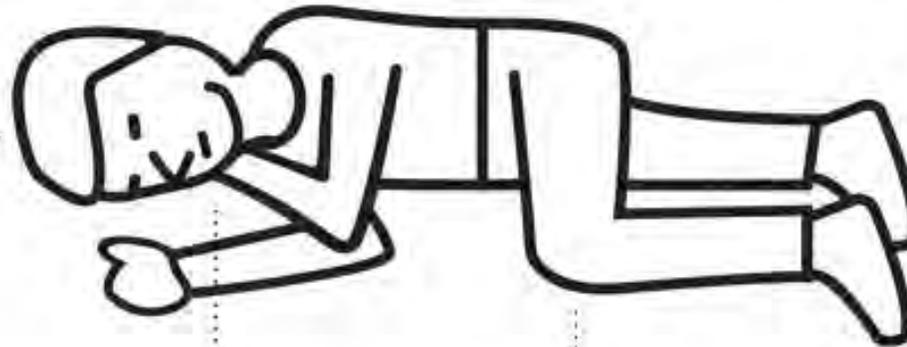
## It Can Save a Life.

- Roll them on their back
- Wear Gloves; DO NOT TOUCH the drugs or paraphernalia
- Tilt their head back
- Remove anything in their mouth
- Use a barrier (Face shield, t-shirt, paper cup, handkerchief)
- Pinch their nose shut
- Take a deep breath and breathe into their mouth, 2 breaths to start, then 1 breath every 4 seconds

# Recovery Position

**RECOVERY POSITION** If the person begins breathing on their own, or if you have to leave them alone, put them in the recovery position.

head should be tilted back slightly ..... to open airway



hand supports head .....

knee stops body from rolling onto stomach

# Re-cap

C all 911

A dminister Narcan

R escue Breathing

E valuate

MORE Narcan / MORE Rescue Breathing

RECOVERY Position

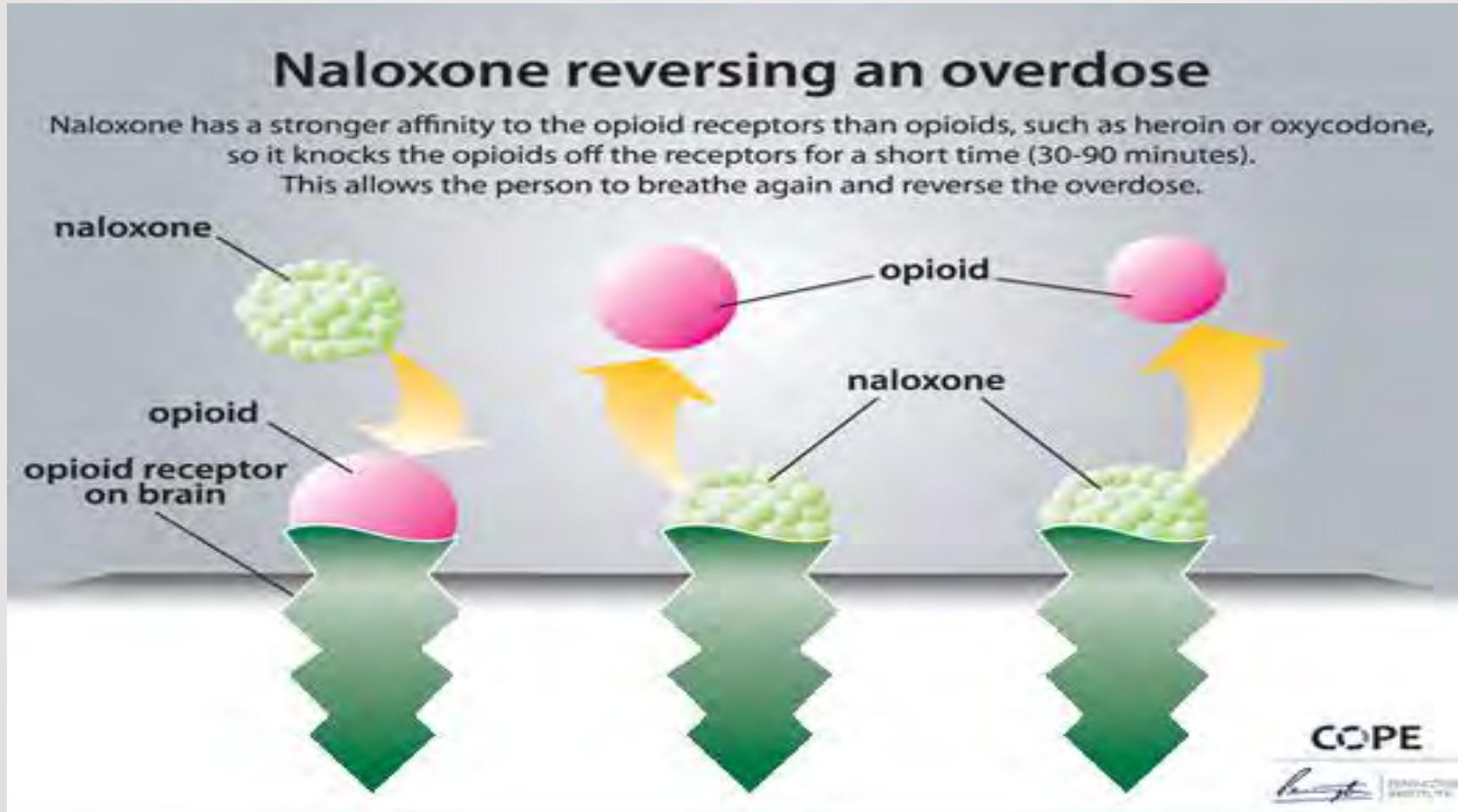
# What is Narcan?

- Also called “Naloxone,” Narcan is a safe, effective medication that can save a life by stopping an opioid overdose. Paramedics and ambulances carry Naloxone.
- If you use opioids, or know someone who does, you can also get Narcan from a pharmacy without a prescription to have with you in case of overdose.
- Narcan is an easy-to-use nasal spray.

# Narcan Nasal Spray 4 mg/0.1 mL Two individually wrapped doses per package



# How Naloxone Reverses Overdoses



# ACT 139

- Law that allows first responders acting at the direction of a health care professional authorized to prescribe naloxone, to administer the medication to individuals experiencing an opioid overdose.
- Provides immunity for those responding to an OD from prosecution for responding to and reporting overdose.
- Allow public in a position to assist a person at risk of experiencing an OD to obtain Narcan

# How to Obtain Narcan?

- If you use opioids, or know someone who does, you can secure Narcan from a pharmacy without a prescription to have with you in case of overdose.
- Most insurances will cover, prices and co-pays may vary
- If on Medicaid, it is free and unlimited
- Contact **Not One More ---> Call or Text 717.850.6350 or 717.424.8890**
  - Email ---> [admin@nomyork.org](mailto:admin@nomyork.org)

# Commission Narcan

- Centralized Coordinating Entity
- Oversee all first responder Narcan
- Free to all eligible entities

# Certified Narcan Training

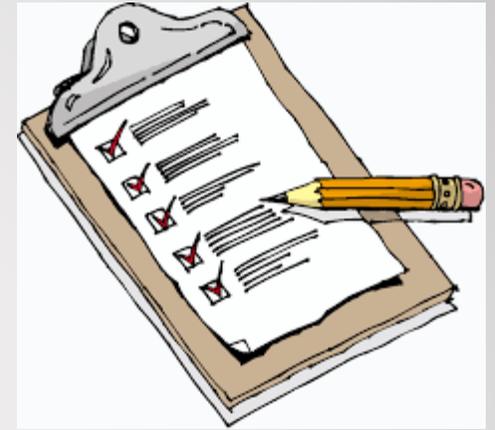
- [www.DDAP.PA.gov](http://www.DDAP.PA.gov)
- PA Virtual Training Network  
[www.pavtn.net/act-139-training](http://www.pavtn.net/act-139-training)

# How to Access Drug & Alcohol Treatment

- Screening
- Level of Care Assessment
- Treatment



# Screening



- FREE service available 24/7
- Qualified staff are available to access your situation
- Staff will make appropriate referrals based upon the individual's situation
- Designed to expedite Detox placement!
- White Deer Run Admissions Support Center ---> 1-866-769-6822

# Level of Care Assessment (LOCA)

- If an individual does not need emergent care, but has a drug/alcohol problem, they shall be scheduled for a LOCA to determine if they require treatment to address their problems.
- Assessments are free of charge for the uninsured with the exception of the sentenced DUI offender
- You may contact

White Deer Run York Assessment Center (adults only)

257 East Market Street; York, PA 17403

717-668-8035

Or

A local Outpatient provider (adolescents)

# Treatment

- Levels of Care
  - Outpatient – Up to 9 hours of regularly scheduled sessions per week
  - Intensive Outpatient – 9 to 19 hours of structured programming per week
  - Partial Hospitalization – 20+ hours of clinically intensive programming per week
  - Clinically Managed Low Intensity Residential Services - Halfway House, group home or other Supportive Living Environment w/ 24-hour staff & integration with clinical services
  - Medically Monitored Inpatient Withdrawal Management – Formally known as Detox
  - Medically Monitored Inpatient – Short-term and Long-term inpatient
  - Medically Managed Intensive Inpatient Withdrawal Management – Hospital-based Detox
  - Medically Managed Intensive Inpatient Services - Hospital-based Residential Inpatient
  - Medication-Assisted Treatment – Suboxone, Methadone, and Vivitrol

# How can I help to support a loved one?

## Understand...

- The disease of substance abuse
- Attend open 12 step meetings
- Learn about Overdose/proper storage/disposal of medication
- Obtain Naloxone/get Trained!

## Stay Healthy...

- Support groups for those impacted by addiction
- Attend counseling

## Support...

- Attend family program at treatment facility, if offered
- Family Counseling
- Listen, don't judge!

# How to Seek Help for Drug/Alcohol Treatment

If you are in crisis

Experiencing suicidal or homicidal thoughts

True North Mobile Crisis Unit (24/7)  
1-866-325-0339

Wellspan York Hospital Crisis Unit (24/7)  
1-800-673-2496

If you need detox

Experiencing withdrawal symptoms

White Deer Run (24/7)  
1-866-769-6822

If you do not have insurance

**York County**  
White Deer Run  
York Assessment Center  
717-668-8035

**Adams County**  
Adams County Assessment Center  
717-771-9222 Ext: 1459

If you have insurance

Call the number on the back of your insurance card to find out locations covered by your insurance.

Or call White Deer Run (24/7)  
1-866-769-6822

## For the Substance User

- Alcoholics Anonymous/Narcotics Anonymous
- York AA Helpline 717-854-4617 [www.york-pa-aa.org](http://www.york-pa-aa.org)
- York NA Helpline 717-848-9988 [www.na.org](http://www.na.org)
- Hanover AA Helpline 717-451-3991 [www.hanoverintergroup.org](http://www.hanoverintergroup.org)
- School Aged Children- Contact your School's "Student Assistance Program" (SAP)

## For the Family

- Al-Anon/Nar-Anon
  - [www.pa-al-anon.org](http://www.pa-al-anon.org) 1-888-425-2666
  - [www.nar-anon.org](http://www.nar-anon.org) 1-800-477-6291
- Become trained to use and stock Naloxone, the opioid reversal drug.
  - [http://www.ddap.pa.gov/overdose/Pages/Naloxone\\_Reversal.aspx](http://www.ddap.pa.gov/overdose/Pages/Naloxone_Reversal.aspx)
- York Recovery Alliance 717 340-6100

## Community Resources

- Not One More [www.notonemoreyorkpa.org](http://www.notonemoreyorkpa.org) - Find us on Facebook
- RASE Project [www.raseproject.org](http://www.raseproject.org) - Find us on Facebook
- York Opioid Collaborative, [www.herointaskforce.com](http://www.herointaskforce.com) - Find us on Facebook
- Adams County Overdose Awareness Task Force -Find us on Facebook or go to <https://www.facebook.com/adamscountyheroinawareness/>
- Mason Dixon Anti Drug Coalition [cindyseibel47@gmail.com](mailto:cindyseibel47@gmail.com)

## Things You Can Do to Help

- Check the YADAC website for Current Events [www.yorkcountypa.gov](http://www.yorkcountypa.gov)
- Count & Lock up all medications/Dispose of old medications at Med Take Back Locations:
  - <http://www.cfygettysburg.com/partnership-events/take-back-medication-disposal>
  - <http://ycswa.org/disposal-of-household-waste/medical/>
- Be supportive of families battling substance use disorder, reach out to them.

**Questions?**