What is Heroin?
Heroin is a very addictive drug and heroin addiction is an increasingly serious problem in our area. Heroin is processed from morphine and usually appears as a white or brown powder. Street names include “Smack,” “H,” “Skag” and “Junk.” Other names may refer to types of heroin such as “Mexican Black Tar” or “Brainstorm.” Recent studies suggest a shift from injecting heroin to snorting or smoking because of the increased purity of the drug and the myth that these ingestion methods are safer.

What are Opioids?
Opioids are drugs used to relieve pain: hydrocodone (Vicoden, Percocet), Codeine, Oxycontin and related drugs. They are usually prescribed by health professionals. When abused, even a single dose can cause overdose and death. Regular or long term use can lead to physical dependency and addiction. Prescription opioid addiction can lead to heroin addiction because heroin is often cheaper and easier to obtain.

Be Proactive
You can take proactive measures to prevent your children from using opioids
• Keep all prescription drugs in a secure, locked place.
• Monitor use of prescription drugs. Keep a log of how many pills should be in each prescription bottle.
• Dispose of leftover prescription drugs as quickly and safely as possible.

Unwanted prescription drugs can be brought to the green MEDRETURN BOX at these police stations:

AMHERST: 111 Main Street, MA 01002
BELCHERTOWN: 70 State Street, MA 01007
EASTHAMPTON: 32 Payson Ave., MA 01027
GRANBY: 259A East State Street, MA 01033
HADLEY: 15 East Street, MA 01035
NORTHAMPTON: 29 Center Street, MA 01060
SOUTHAMPTON: 8 East Street, MA 01073
SOUTH HADLEY: 41 Bridge Street, MA 01075
WARE: 22 North Street, MA 01082
WILLIAMSBURG: 16 S. Main Street, MA 01039

NO QUESTIONS ASKED
Constricted, pinpointed pupils
Pawn slips found in the house
Depression
Theft of household valuables
Criminal charges
Loss of interest in activities
Frequent, secret phone calls
Bottles of vinegar, bleach, laxative use
Nodding out
Itching and scratching
Cessation of menstruation
Track marks on arms
Unhealthy appearance
Disappearance of spoons
Purchases/gifts returned for refund
Finding plastic Ziploc bags
Problems in school/work
Time away from home

Opioid Abuse:

Do not cover for them. If they are in trouble, let them experience the consequences. If they become angry, do not take it personally. Their reaction is intended to alienate them further. Be clear you are concerned, not contempt.

“I care,” or “we care.” Your voice should convey concern, not contempt.

Be direct and talk to them. Wait until they are sober and you are calm enough to have a discussion rather than an explosion. Tell the person about the changes you have noticed in their behavior and the reasons you are worried. Use words such as “love,” “I care,” or “we care.”

What should you do if you suspect someone you know is using?

CALL 9-1-1 IF THERE ARE SYMPTOMS OF AN OVERDOSE
DO RESCUE BREATHING IF BREATHING IS SLOWED OR STOPPED

Resources

Outpatient Programs

Clinical & Support Options (CSO):
Northampton, MA; (413) 582-0471; www.csoinc.org

Center for Human Development (CHD):
Easthampton, MA; (413) 243-4357; www.chd.org

ServiceNet, Inc.:
Northampton, MA; (413) 585-1300; www.servicenet.org

Griswold Behavioral Health Center:
40 Wright Street, Palmer, MA 01069;
(413) 283-1178; www.baystaterh.org

The Carson Center:
96 South St., Ware, MA 01082;
(413) 967-6241; www.carsoncenter.org

Detox Programs

Franklin Recovery Center:
(Opening in May 2016)
Greenfield, MA; (413) 773-1423

Providence Detox:
Holyoke, MA
(800) 274-7724; www.mercycares.com

Carlson Recovery Center:
Springfield, MA;
(413) 733-1423; www.bhlinnc.org

McGee of Berkshire Medical Center:
Pittsfield, MA;
(413) 442-1400; berkshirehealthsystems.org/mcgee

Adcare Detox:
Worcester, MA
(800) 345-3552; www.adcare.com

Spectrum Detox:
Westborough, MA;
(800) 366-7732; www.spectrumhealthsystems.org

Brattleboro Retreat:
Brattleboro, VT;
(802) 258-3700; www.brattlebororetreat.org

NARCAN Training and Distribution

Tapestry Health:
16 Center St., Northampton, MA;
(413) 586-0310; www.tapestryhealth.org

Learn to Cope:
Western MA meetings;
mjulian@learn2cope.org

Nasal Narcan is available at Walgreens and CVS pharmacies without prescription.

Medication Assisted Treatment

OnCall Urgent Care Center:
Northampton, MA;
(877) 489-0915; www.oncallemergencymedicine.com

Community Substance Abuse Center:
Northampton, MA; (413) 584-2404;
www.csacmethadone.com

Clean Slate:
Northampton & Ware, MA; (413) 376-4343;
(877) 218-2340; www.cleanslatecenters.com

Prevention & Treatment Resources

Hampshire HOPE:
www.hampshirehope.org
www.hampshirehope@northamptonma.gov

MA Health Promotion Clearinghouse:
(800) 952-6637, TTY (617) 536-5872;
www.massclearinghouse.ehs.state.ma.us

Office of Northwestern District Attorney:
Northampton, MA; www.northwesternmasda.org

Crisis Services

Clinical & Support Options (CSO):
Florence, MA; (413) 586-5555; (800) 322-0424; www.csoinc.org

Help Lines

Institute for Health & Recovery Helpline:
(866) 705-2807

Western MA Peer Support Line:
(888) 407-4515

SAMSHA Helpline:
(800) 662-HELP (4357); Friday-Monday: BPM—Midnight

Youth Services

Dept. of Public Health Substance Abuse Central Intake & Care:
(877) 661-3991;
(888) 705-2807; mass.gov

Motivating Youth Recovery (MYR):
(508) 860-1244;
TTY: (508) 860-5641; communityhealthlink.org

The CASTLE (Clean & Sober Teens Living Empowered):
(508) 638-6000; www.castlekids.org

Springfield Recovery High School:
Springfield, MA; (413) 750-2484; sps.springframework.ma.us/schoolsites/recovery