

Support Groups for Families & Friends

- **Addiction & Mental Health Support Group.**
Meets the first Tuesday of every month
6:30-8:30PM at Mildred A. Wakeley
Community & Recreation Center, 7 Linsley
Street, North Haven. Contact: Shalyn Rose,
LCSW 203-376-0220
- **Nar-Anon– Courage to Change- A 12 Step
Support Group** meets Thursdays at Harborside
Health/Arden House 850 Mix Avenue,
Hamden at 7PM. Contact: Maxine
(203)-215-6961 or www.nar-anon.org
- **SMART Recovery** has both a teen group & a
family/friends group that are held at the same
time in different rooms every Monday
6:30- 7:30PM at The Children’s Center of
Hamden 1400 Whitney Ave. Building #1
www.smartrecovery.org

Narcotics Anonymous Groups– via CTNA.org

Sundays: No Excuses, 10:30AM-11:45AM

Yale Health Center, 55 Lock Street New Haven

Mondays: Living Clean, 7:30-8:45PM Church of
the Redeemer, 185 Cold Spring Street, New
Haven

Tuesdays: Hope Without Dope, 7:30-8:30PM
Grace & St. Peter’s Episcopal Church, 2927
Dixwell Avenue, Hamden

Wednesdays: Miracles Happen, 6:30PM
Montowese Baptist Church, 201 Quinnipiac Ave,
North Haven

Thursdays: New Generation, 7:30PM United
Church Parish House, 323 Temple St.
New Haven

Narcotics Anonymous Groups (continued)

Fridays: Right Step into the Weekend, 12PM
Episcopal Church of St Paul & St. James, 57
Olive Street, New Haven

Saturdays: Southern Exposure, 10:30AM-
11:45AM Our Lady of the Assumption, 1700
Litchfield Turnpike Rt. 69, Woodbridge

Treatment Providers for Adults

- **APT Foundation**– Patient Access Center
1 Long Wharf Drive, New Haven.
Medication Assisted Treatment (MAT),
Intensive Outpatient Care, Residential
Services & Therapy. Walk In Hours:
M-F 8:30-11AM (203)-781-4600
- **Cornell Scott Hill Health Center**–
Inpatient & Outpatient services, Methadone
Maintenance (MAT), Inpatient Detox,
Individual and Group Therapy. Central
Intake: 232 Cedar Street, New Haven.
Open Daily from 7AM-11PM.
Call (203)-503-3300
- **Community Health Care Van / New
Haven Syringe Exchange** — Mobile
medical clinic providing primary care, clean
needles, substance abuse treatment &
mental health services to uninsured/
underinsured individuals. 270 Congress
Avenue New Haven (203)-996-0162 or
www.chcv.org for more information
- **Shalyn Rose, LCSW– Supportive
Solutions Behavioral Health & Wellness
LLC.** Mental Health & Substance Abuse
Treatment 2911 Dixwell Avenue Suite 302
Hamden, CT 06518 (203)-376-0220 or
srose.ssolutions@gmail.com

Quinnipiack Valley Treatment Guide for Opioid Use Disorder

A Part of the Connecticut Opioid Response Initiative



The Path To Recovery Is Different For Everyone

Find What Works For You

Created By:



Visit www.qvhd.org/opioids

for more information

Updated: November 2018

The Opioid Crisis

Opioids are a type of drug a doctor may prescribe to relieve pain—Oxycontin, Codeine, Morphine, Vicodin, Demerol & Percocet are all legal medications. Illegal opiates include street drugs like Heroin, and synthetic opiates-Fentanyl and Carfentanil.

Opiates are also highly addictive. Substance Use Disorder is recognized as a chronic disease caused by a combination of behavioral, environmental & biological factors. According to the 2016 Surgeon General Report, in 2015, 12.5 million persons age 12 and older reported misusing prescription pain relievers, and over 300,000 reported using heroin in the past year. Of the 2.2 million Americans with an opioid use disorder, only one in five have received addiction treatment.

The CDC reported that more than 70,000 Americans lost their life in 2017 to a drug overdose, averaging to about 174 people per day. In October of 2017, the opioid epidemic was declared a national public health emergency.

Much like cancer and diabetes, substance use disorder is a chronic disease that can be maintained with proper treatment and support.

TIP: Clean out your medicine cabinets! Dispose of any unwanted, expired or leftover medications at your local police stations. Medication Drop Boxes are located in the lobbies— accessible 24/7.

Free, Confidential, No questions asked!

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views of the CDC

Treatment Options

Medication Assisted Treatment (MAT): uses medications in combination with counseling and other support services to help individuals return to a healthy, normal lifestyle. When used correctly, MAT has proven to be highly effective in reducing or eliminating drug use and overdose death. Medications help eliminate drug cravings and withdrawal symptoms, without getting the patient high. **There are 3 FDA approved medications for MAT:** Buprenorphine (Suboxone), Methadone and Naltrexone (Vivitrol).

Intensive Outpatient Programs (IOP): a part time, minimum of 3 days, 9 hours/week program where participants learn about their disorder and receive group, individual or psychiatric consult. Length of program is based on treatment needs and is generally only indicated for several weeks.

Residential or Inpatient Program: short term (30 days or less) or long term (more than 30 days), 24 hour monitoring & care facilities. Programs often monitor detox, help individuals develop personal accountability & teach residents how to change their behaviors through therapy & other self help groups.

Medically Managed Withdrawal (Detox): appropriate for some, the goal of detox is to stop all substance use within 30 days or less in a supervised medical setting.

Treatment Providers for Adolescents

The Children's Center of Hamden- Wakeman Hall's Substance Abuse Treatment Program for teens 12-18, 8:30-5:00PM (flexible based on family need) Tel: (203)-248-2116

24 Hour Help Lines & Online Resources

- Substance Abuse & Mental Health Services Administrations (SAMSHA) National Helpline 1-800-662-4357 for free and confidential information available in both English & Spanish.
- Department of Mental Health & Addiction Services (DMHAS) Helpline, provides screening & referrals to appropriate care to clients who are uninsured or on state insurance. Call 1-800-563-4086 for more information.
- 2-1-1 connects callers to a range of critical health & human services within their community. Call 2-1-1 or visit www.211ct.org for more information
 - drugfreeCT.org
- Bed availability, updated daily, for Detox Programs, Residential Treatment & Recovery Homes can be found at www.ctaddictionservices.com

Save a life with Naloxone!

Naloxone, also known as Narcan, is the **Opioid Overdose Reversal Medication**. The medication comes as a nasal spray and is now available to anyone without a prescription.

Ask your local pharmacist for more information! Narcan is completely harmless if administered in error.

Local pharmacies with Naloxone:
APEX, CVS, Rite Aid, People's Medical, Visels, Walgreens