



2018

BROWARD COUNTY

# OPIOID PREVENTION

INFORMATION & RESOURCE GUIDE



## Drug Use and Addiction

People initiate drug use for a variety of reasons, including the alleviation of emotional or physical pain/trauma. This includes sexual and domestic abuse and post-traumatic distress disorder. Approximately 60% – 70% of alcohol and drug users have a history of pain, abuse and PTSD.

**Alternatively, people may use drugs or alcohol in social settings for a variety of reasons including:**

**To feel good:** The euphoria caused by opiates is followed by feelings of relaxation and satisfaction.

**To feel better:** Stress, anxiety, depression and PTSD can play a major role in abusing drugs.

**To do better:** Stimulants and steroids can chemically produce a false perception of enhanced cognitive and athletic abilities.

**Curiosity or peer pressure:** Teens are influenced by thoughts that “everyone is doing it.”

**Many factors contribute to the likelihood of addiction. These can include:**

**Biology/Genes:** Scientists estimate that genetic factors account for 40-60% of a person’s vulnerability to addiction.

**Environment:** Chaotic home and abuse, family use and attitudes, peer and community may influence addiction.

**Early Use:** The earlier a person begins to use drugs the more likely he or she will develop a problem.

**Methods of Administration:** Smoking, intranasal snorting, or injecting a drug increases its addictive potential.

## Heroin use is part of a larger substance abuse problem.

**Heroin is a highly addictive opioid drug with a high risk of overdose and death for users.**

- Nearly all people who used heroin also used at least 1 other drug.
- Most used at least 3 other drugs.

SOURCE: National Survey on Drug Use and Health

### People who are addicted to ...



ALCOHOL  
are

**2X**



MARIJUANA  
are

**3X**



COCAINE  
are

**15X**



Rx OPIOID PAINKILLERS  
are

**40X**

**... more likely to be addicted to heroin.**

## Cycle of Addiction: Risk and Protective Factors

Research has shown that the key risk periods for drug abuse occur during major transitions in people's lives. Key transition times include:

### Elementary school to middle school:

Due to a wider peer group and pressure for greater academic performance, students may encounter cigarettes, alcohol, and drugs for the first time.

**Entering high school:** Because of additional social, psychological, and educational challenges, students may be exposed to greater availability of cigarettes, alcohol and drugs and attendance at social engagements involving alcohol and drugs.

**Late adolescence:** Moving away from home and away from parental supervision (for example, to attend college) may introduce substance abuse, particularly alcohol, as a problem during this time.

**Young adulthood:** Newly entering the workforce or getting married and greater responsibility can cause people to confront

new challenges and stressors that may place them at risk for alcohol and drug abuse in an adult environment.

Strengthening protective factors including positive attitudes, beliefs, and social norms can help youth successfully navigate these transition periods.

## Prescription Medications

Some medications have psychoactive (mind-altering) properties and, because of that, are sometimes abused. Abuse happens when medicines are taken for reasons or in ways not intended by a doctor, or in greater amounts than directed, or taken by someone other than the person for whom they are prescribed. Prescription and over the counter drugs are, after marijuana and alcohol, the most commonly abused substances by Americans fourteen and older.

It is SO important to either dispose of or lock up unused meds. If you are going to lock them up, get a safe!



## PRESCRIPTION DRUG TAKE BACK

The prescription drug take back program, operating under the name **Operation Medicine Cabinet**, allows participants to turn in unused or expired prescription medication to receive a \$5 gift card provided by the Sheriff's Foundation of Broward County (while supplies last, limit one per family).

**For more information about the Shred-A-Thon or the Prescription Drug Take Back event, please call (954) 831-8902.**

## BROWARD SHERIFF'S OFFICE



Join Sheriff Scott Israel and help prevent prescription drug abuse and identity theft.

Please bring your unused, unwanted or expired medications for safe disposal. Come early and receive a \$5 gift card while supplies last.\*

*\*Needles or sharps will NOT be collected. Gift cards will only be given when turning in prescription medication.*

Broward Sheriff's Office

## SHRED-A-THON

*\*\*There is a 5 box maximum per car. Boxes can be no larger than 15"L x 12"W x 10"H*

Broward County residents can shred away identity theft by safely disposing of their personal documents, check stubs, credit card offers, receipts and any other material that might contain sensitive data. This service is free of charge.



Follow us @browardsheriff



FREE SERVICE TO THE COMMUNITY

### Pill Identification Tool

Visit [www.webmd.com/pill-identification/](http://www.webmd.com/pill-identification/) to view images and to look up the identification of unknown prescriptions or over-the-counter pills.

**Includes:** pill identifier, drug look-up, pictures of commonly abused pills, common pill imprints, and information about prescription drug abuse.

### Suspicion of Use

Parents or friends may struggle with what actions to take if they fear their loved one is using or abusing substances. There are signs to look for, but several of the signs and symptoms of substance abuse are also, at times, typical adolescent behavior. Many are also symptoms of mental health issues, including anxiety or depression disorders.

### Suspicion of Use



**For more specific signs, visit:**

[www.drugfree.org/resources/is-your-teen-using-signs-and-symptoms-of-substance-abuse/](http://www.drugfree.org/resources/is-your-teen-using-signs-and-symptoms-of-substance-abuse/)

### When Someone You Love is Addicted

- Educate yourself about addiction, searching reliable government (.gov), university (.edu), medical and research-based (.org) websites.
- Be aware of “Doctor Shopping”—the practice of requesting prescriptions from multiple locations.
- Attend family support groups such as Al-Anon, Ala-Teen, or Narc-Anon.
- Set boundaries and limits, making sure to support but not enable.
- Focus conversations toward recovery, not blame, and be a part of the recovering process.
- Reinforce that addiction is an illness.
- Take care of yourself!

**For more information:**

[www.drugabuse.gov/related-topics/treatment/what-to-do-if-your-adult-friend-or-loved-one-has-problem-drugs](http://www.drugabuse.gov/related-topics/treatment/what-to-do-if-your-adult-friend-or-loved-one-has-problem-drugs)

## Overdose / Crisis

### Marchman Act

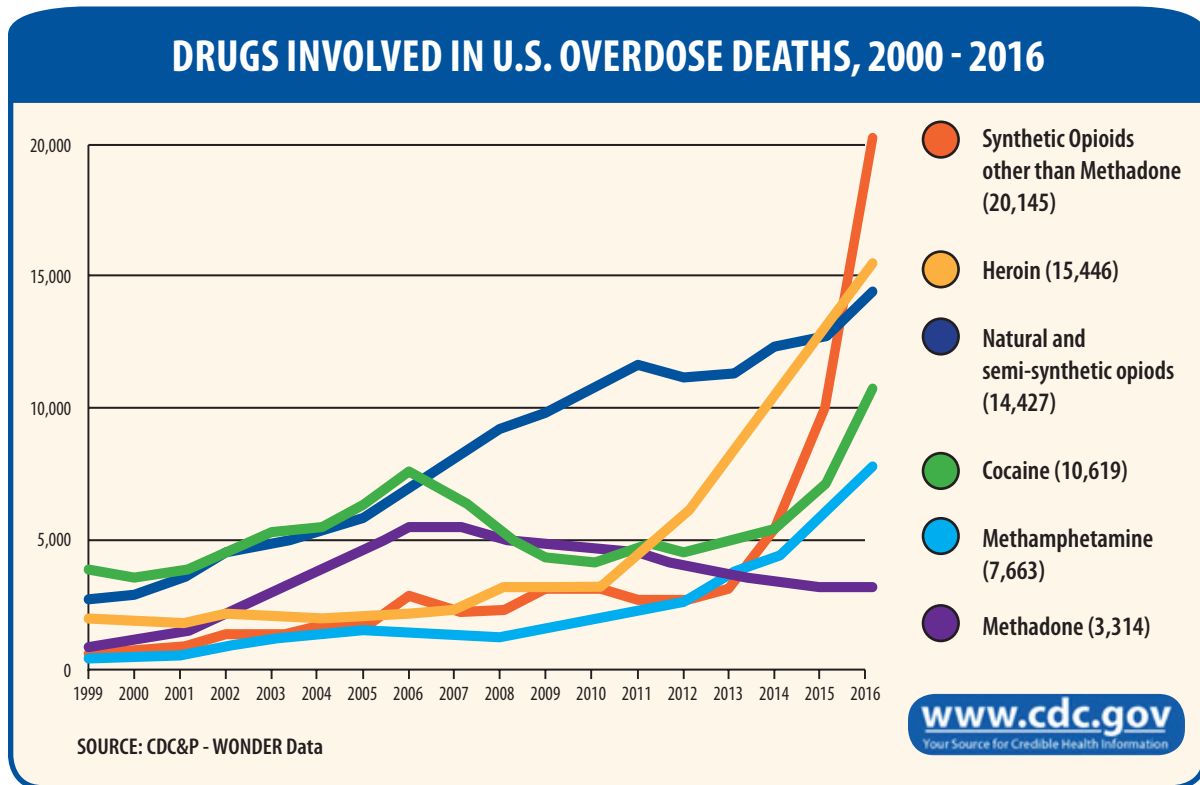
Chapter 397 of the Florida Statutes is known as the “Hal S. Marchman Alcohol and Other Drug Services Act of 1993”. It provides for the involuntary or voluntary assessment and stabilization of a person allegedly abusing substances like drugs or alcohol, and provides for treatment of substance abuse.

<http://myflfamilies.com/service-programs/substance-abuse/marchman-act>

### Marchman Act Filing Location:

Broward County Clerk of Court  
201 S.E. 6th St.  
Fort Lauderdale, FL 33301  
Phone number: 954-831-6565

<https://www.browardclerk.org/Divisions/MentalHealth>



According to the Broward County Office of Medical Examiner and Trauma Services in Fort Lauderdale, opiates claimed 582 lives in 2016. The number is more than double the amount in 2014 and up by 260 deaths from 2015.

The latest trend among drug dealers is to lace or replace heroin with fentanyl analogues and other cheaply made synthetic drugs. Fentanyl is many times more potent than heroin. Carfentanyl can be up to 1,000 times more potent than heroin.

“If you’re buying heroin or cocaine, or any drug on the streets for that matter, it could be laced with carfentanyl or other deadly opiates, and if it is, there’s a very high chance you will die,” said Dr. Craig Mallak, chief medical examiner. (Sun Sentinel, April 5, 2017).

## Policies in Place for Opioids

Broward County Commissioners adopted a resolution supporting federal and state **efforts to reduce the overprescribing of opioid medications and measures to strengthen prescription drug monitoring systems.**

The resolution supported the efforts of the Centers for Disease Control, the Department of Justice and the National City-County Task Force on the Opioid Epidemic and the Governor’s order directing a Public Health Emergency across the state.

## IF YOU SUSPECT AN OVERDOSE, CALL 911 IMMEDIATELY

### Responding to an Opioid Overdose

1. Call for Help—Dial 911: All you have to say is: **“Someone is not breathing.”**
2. Give a clear address or description of your location.

Signs of <b>OVERMEDICATION</b> , which may progress to overdose, include:	Signs of an <b>OVERDOSE</b> , which is a life-threatening emergency, include:
<ul style="list-style-type: none"> <li>• Unusual sleepiness or drowsiness</li> <li>• Slow or shallow breathing</li> <li>• Pinpoint pupils</li> <li>• Slow heartbeat, low blood pressure</li> </ul>	<ul style="list-style-type: none"> <li>• Extremely pale face and/or clammy to the touch</li> <li>• Limp body</li> <li>• Blue or purple cast fingernails or lips</li> <li>• Vomiting/gurgling noises</li> <li>• Cannot be awakened from sleep or is unable to speak</li> <li>• Very slow or stopped breathing</li> <li>• Very slow or stopped heartbeat</li> </ul>
<p>For more information, call the Poison Information Center at 1-800-222-1222 or visit <a href="http://www.samhsa.org">www.samhsa.org</a></p>	

FOR AN OPIOID OVERDOSE	
DO	DON'T
<b>DO</b> support the person’s breathing by administering oxygen or performing rescue breathing.	<b>DON'T</b> slap or try to forcefully stimulate the person – it will only cause further injury.
<b>DO</b> try and wake the person by shouting, rubbing your knuckles on the sternum, or light pinching.	<b>DON'T</b> put the person in a cold bath or shower – this increases the risk of falling, drowning, or going into shock.
<b>DO</b> administer Naloxone.	<b>DON'T</b> inject the person with any substance (salt water, milk, “speed”, heroin, etc.).
<b>DO</b> stay with the person and keep him/her warm.	<b>DON'T</b> try to make the person vomit drugs that he or she may have swallowed.

## Legal Issues: Opioid Use and Abuse

Good Samaritan Protections safeguard those who may attempt to rescue a person who is overdosing, including administering Naloxone.

- **Taking medication not prescribed for you is illegal.**
- It is illegal to alter, change or manufacture a prescription to obtain any medicine.
- It is illegal to order prescription medication over the Internet or from outside the United States without a legal prescription.
- It is illegal to transfer any prescribed medication to any other individual. **Even giving a friend or family member one pill is an illegal act.**
- It is illegal to intentionally take a higher than prescribed dose of your own medicine.
- It is illegal to obtain a prescription for a controlled substance for any medical issue from a second physician, without advising the second physician that you have already received a similar prescription.

## GOOD SAMARITAN LAWS

- Good Samaritan laws in the United States are laws protecting from blame those who choose to aid others who are injured or ill. They are intended to reduce bystander hesitation to help for fear of being prosecuted for unintentional injury or wrongful death.
- No person is required to give aid of any sort to a victim unless a caretaker relationship exists (parent-child or doctor-patient).
- First aid provided cannot be in exchange for reward or money. Thus, medical professionals are not protected by Good Samaritan laws when performing first aid during employment.
- The responder is not legally liable for the death, disfigurement or disability of the victim as long as he acted rationally, in good faith, and at their level of training.
- Good Samaritan Laws are very specific to states.



## Naloxone

**Naloxone** is a medication known as an opioid antagonist. It is available as an injectable or nasal spray. Because opioids depress the central nervous and respiratory systems, taking too much of one may stop a person from breathing, resulting in death. If given soon enough, naloxone can counter the overdose effects, usually within minutes, allowing an overdose victim to breathe normally.

**Naloxone** is not a substitute for Emergency Medical Care. When administering Naloxone, always be sure to call 911 right away, even if the person wakes up. Keep the patient under surveillance or close watch. If breathing does not return to normal or if breathing difficulty resumes, give additional doses every 2-3 minutes until help arrives. Naloxone can wear off quickly, necessitating additional medical assistance.

## RESOURCES & SERVICES

### Access Treatment Options at any Stage

#### Emergency & Acute- CALL 911

**Detox and Withdrawal:** An individual stops using prescription drugs and begins to overcome the physical dependence of the drugs. The effects of withdrawal will vary from person to person depending on frequency, dose, and length of time using.

Individuals can seek help with withdrawal from a local emergency room, primary care physician or on a behavioral health unit.

**Medical Intervention (Medication Assisted Treatment):** Medication (Suboxone, Methadone, Naltrexone [Vivitrol]) alleviates withdrawal symptoms and physical dependence of opiates. This can be a long-term solution that may require an extended time period on the medication.

**Inpatient Care:** Behavioral health unit or psychiatric hospital with a length of stay from a couple of days to a couple of weeks. This involves detox and limited individual and group therapy.

**Residential Treatment:** Individuals reside for 28-90 days in a facility specific to substance abuse treatment. Individuals are immersed in treatment throughout the day.

**Partial Hospitalization and Day Treatment:** Individual attends daily treatment but stays home at night.

**Intensive Outpatient:** Individual attends group therapy that meets 2-4 times a week for more than an hour at a time.

**Outpatient Counseling/Therapy:** Individual therapy 1-2 times a week to address any previous trauma or pain that may have led to drug use. Counseling can also help identify any triggers and assist in preventing relapse.

#### When to Consider a More Intensive Level of Care

##### If the person:

- Has been attending treatment consistently and following recommendations of the treatment but still uses
- Is struggling with medical complications
- Shows a decrease in level of functioning



#### Finding Support

As with any disease, it is not a sign of weakness to admit that a person or a family cannot deal with the trauma of drug use, abuse or an overdose without help.

**It takes real courage to reach out to others for support and to connect with members of the community to get help.**

Health care providers, including those who specialize in treating substance use disorders, can provide structured, therapeutic support and feedback.



## RESOURCES & SERVICES

### Where to Find Help

#### **SAMHSA's National Helpline**

**1-800-662-HELP (4357) TTY: 1-800-487-4889**

[www.samhsa.gov/find-help/national-helpline](http://www.samhsa.gov/find-help/national-helpline)

Also known as, the Treatment Referral Routing Service, this Helpline provides 24-hour free and confidential treatment referral and information about mental and/or substance use disorders, prevention, and recovery in English and Spanish.

#### **Behavioral Health Treatment Services Locator**

Find alcohol, drug, or mental health treatment facilities and programs around the country at [findtreatment.samhsa.gov](http://findtreatment.samhsa.gov).

#### **Buprenorphine Physician & Treatment Program Locator**

Find information on locating physicians and treatment programs authorized to treat opioids, such as heroin or prescription pain relievers, at [www.samhsa.gov/medication-assisted-treatment/physician-program-data/treatment-physician-locator](http://www.samhsa.gov/medication-assisted-treatment/physician-program-data/treatment-physician-locator).

#### **Opioid Treatment Program Directory**

Find treatment programs in your state that treat addiction and dependence on opioids, such as heroin or prescription pain relievers, at [dpt2.samhsa.gov/treatment/](http://dpt2.samhsa.gov/treatment/).

#### **Suicide Prevention Lifeline**

**1-800-273-TALK (8255) TTY: 1-800-799-4889**

[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

24-hour, toll-free, confidential suicide prevention hotline available to anyone in suicidal crisis or emotional distress. Your call is routed to the nearest crisis center in the national network of more than 150 crisis centers.

#### **Disaster Distress Helpline**

**1-800-985-5990**

[www.samhsa.gov/find-help/disaster-distress-helpline](http://www.samhsa.gov/find-help/disaster-distress-helpline)

Stress, anxiety, and other depression-like symptoms are common reactions after any natural or human-caused disaster. Call this toll-free number to be connected to the nearest crisis center for information, support, and counseling.

#### **Veteran's Crisis Line**

**1-800-273-TALK (8255) TTY: 1-800-799-4889**

[www.veteranscrisisline.net](http://www.veteranscrisisline.net) (link is external)

Connects veterans in crisis (and their families and friends) with qualified, caring Department of Veterans Affairs responders through a confidential, toll-free hotline, online chat, or text.

#### **Drug-Free Workplace**

**1-800-WORKPLACE (967-5752)**

[www.samhsa.gov/workplace/resources/drug-free-helpline](http://www.samhsa.gov/workplace/resources/drug-free-helpline)

Assists employers and union representatives with policy development, drug testing, employee assistance, employee education, supervisor training, and program implementation.

#### **Florida's Poison Control Centers**

**1-800-222-1222**

Text POISON to 797979 to add poison control as a contact in your phone.

#### **Henderson Behavioral Health**

**YOUTH EMERGENCY SERVICES: 954.677.3113**

**ADULT MOBILE CRISIS AND WALK IN: 954.463.0911**

**Crisis Services:** Walk-In Evaluation and Treatment. Psychiatric Evaluations. Medication Management. Crisis Counseling and Intervention. Short-term Psychotherapy. Co-Occurring Disorders Assessment. Community Linkage and Referral. Evaluation and Arrangement for Inpatient Treatment. Aftercare Services. First Episode Psychosis Program. **24 Hour Mobile Crisis Response Teams.** 24 Hour Inpatient Crisis Stabilization Unit.

#### **2-1-1 Broward**

**Dial 2-1-1 or (954) 537-0211**

<http://211-broward.org/>

2-1-1 Broward is the live, 24-hour comprehensive helpline, providing all people with crisis, health and human services support and connecting them to resources in our community.

#### **Dial 2-1-1 or 954-567-TEEN**

[www.teenspace211.org](http://www.teenspace211.org)

TeenSpace understands that it's not easy being a teen today. At TeenSpace every teen is treated with respect, and every issue is important. TeenSpace211 assists individuals by providing accurate information on a variety of teen issues .

## Broward County Medication-Assisted Treatment (MAT) Programs

The **Medication Assisted Treatment (MAT) Program** includes a comprehensive care model to treat persons with opioid use disorders that features phased treatment utilizing the following medications:

**Subutex** (Buprenorphine)

**Suboxone** (Buprenorphine/Naloxone)

**Vivitrol** (Naltrexone) extended-release injection to prevent opioid dependence, after opioid detox.

### FIND A MAT PROVIDER NEAR YOU

Network Provider	Location	Phone Number	Highlights
Banyan Health Systems	Oakland Park	(954) 792-9242 Ext. 1405	Mon-Friday 9:00-5:00 p.m. Accept referrals 24 hours per day. Same day appointments. Peer Recovery Specialists
Broward Addiction Recovery Centers (BARC)	Fort Lauderdale	(954) 357-4851	Same day access. 24/7 triage. Peer Recovery Specialists
Memorial Healthcare System	Hollywood, Pembroke Pines & Miramar	(954) 265-4632	Mon-Friday 8:00-5:00 p.m. 24/7 access through ER. Peer Recovery Specialists

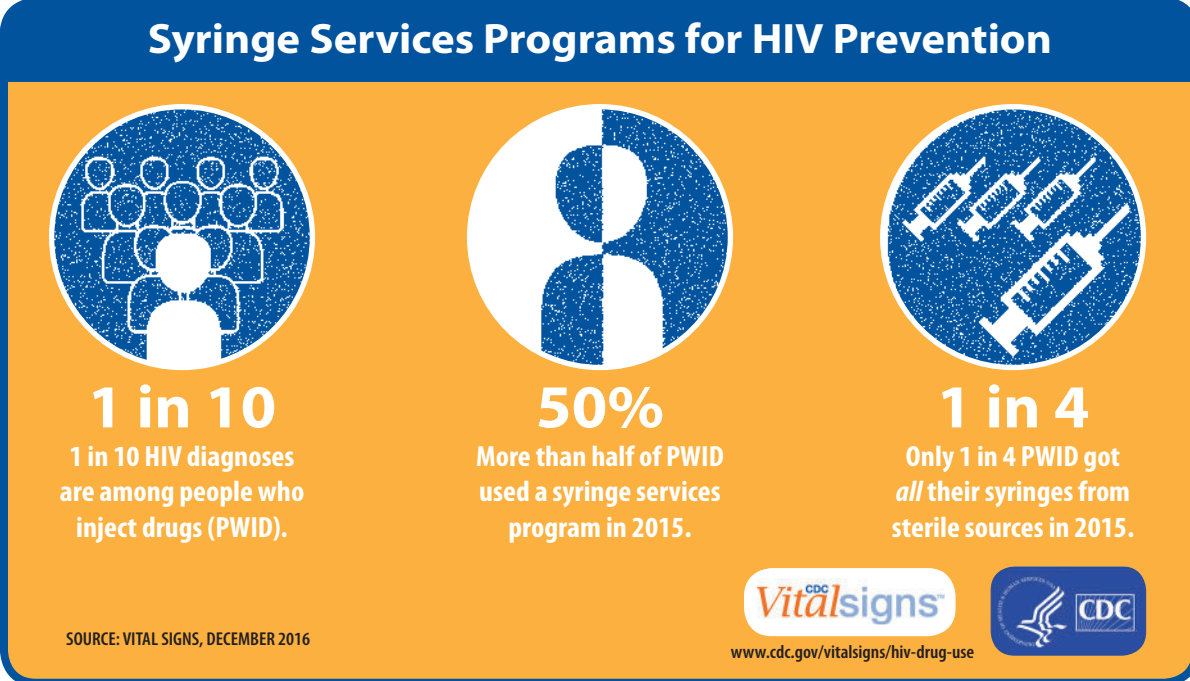
*Disclaimer: Services and products listed do not constitute an endorsement, promotion or approval by United Way of Broward County Commission on Behavioral Health & Drug Prevention. Errors and omissions excepted. Updated 1/23/2018.*

## DEA Fentanyl Roll Call Video (2017)

[www.dea.gov/druginfo/fentanyl.shtml](http://www.dea.gov/druginfo/fentanyl.shtml)

## People Who Inject Drugs



### Syringe Services Programs for HIV Prevention



The infographic features three circular icons on a blue background. The first icon shows a group of people, with one person highlighted in white. The second icon shows a single person silhouette, with the right side highlighted in white. The third icon shows several syringes, with one highlighted in white. Below each icon is a statistic and a brief explanation.

- 1 in 10**  
1 in 10 HIV diagnoses are among people who inject drugs (PWID).
- 50%**  
More than half of PWID used a syringe services program in 2015.
- 1 in 4**  
Only 1 in 4 PWID got all their syringes from sterile sources in 2015.

SOURCE: VITAL SIGNS, DECEMBER 2016

   
[www.cdc.gov/vitalsigns/hiv-drug-use](http://www.cdc.gov/vitalsigns/hiv-drug-use)

**Occupational exposures to Blood borne pathogens** is available on CDC's Hospital Infections Program's website at [www.cdc.gov/hai/](http://www.cdc.gov/hai/) or on CDC's National Institute of Occupational Safety and Health's website at [www.cdc.gov/niosh](http://www.cdc.gov/niosh) or call **1-800-35 NIOSH (1-800-356-4674)**.

### Florida Department of Health in Broward County

The Florida Department of Health in Broward County provides STD clinical services through a contract with the AIDS Healthcare Foundation (AHF). Free walk-in STD clinical services including diagnosis and treatment are provided at The Broward Wellness Center.  
700 S.E. 3rd Ave., Suite 200  
Fort Lauderdale, FL 33316  
**(954) STD-TEST (954) 783-8378**  
**Monday - Friday: 10:00 a.m. - 7:00 p.m.**

### Out of the Closet Testing Program

Tests are performed by certified testing counselors, using the most advanced testing technology and test results are ready in 20 minutes or less. There is no more paperwork to fill out, and you can use our Touch Screens or iPads to complete your test!

**Sunrise: (877) 259-8728**  
1785 E. Sunrise Blvd., Fort Lauderdale, FL 33304  
**Wilton Manors: (877) 259-8728**  
2097 Wilton Dr., Wilton Manors, FL 33305

### Broward House

Client Services Center  
2800 N. Andrews Ave., Wilton Manors.  
**FREE HIV, STD & HEP C TESTING:**  
**Monday - Friday 9:00 a.m. - 4:00 p.m.**  
To speak to someone about our Prevention - Education - Testing programs, please call **(954) 568-7373 ext. 2200.**

# YOU CAN SAVE A LIFE!

## Free Training and Free Take-Home Intranasal Naloxone

**Naloxone reverses Drug Overdose**  
**Learn about how to administer Naloxone**  
**Get it. Carry it. Use it.**

For more information, please contact Angela Ventura  
(954) 453-3758 • [Aventura@UnitedWayBroward.org](mailto:Aventura@UnitedWayBroward.org)



*To request a presentation about the dangers of heroin or other illicit and synthetic drugs, contact the chairman of Broward County's Community Response Team, BSO Executive Director David Scharf, at (954) 375-6180.*

*If you know someone struggling with opioid abuse, call 2-1-1 Broward (Dial 2-1-1) for help.*

*To anonymously report a dealer, call 954-493- 8477 (TIPS).*

**Know the Facts. Take Action. Share the Information!**

