

OPIOIDS

A COMMUNITY GUIDE

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FUNDING PROVIDED BY



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LANCASTER COUNTY
JOINING FORCES

Coordinating efforts to reduce deaths from opioids and heroin

A DOCTOR'S MESSAGE

By Dr. Celeste Heckman
Penn Medicine Lancaster General Health

The opioid epidemic has widespread impacts. It touches people of many ages, genders, environments, races, and socioeconomic factors. We often express the depth of this devastation in terms of numbers.

However, these numbers do not show the total impact that opioids have on families and communities. When someone dies of an opioid overdose, each number represents a person, family or community who lost someone close to them. The mental, emotional, and social impact of this loss has a generational affect. This will impact the future of our society.

We know that people with an opioid use disorder are at higher risk for overdose and other negative effects. Opioid use disorder is a term that includes opioid misuse and addiction. The impact of opioid use disorder extends to families and our youngest, most vulnerable community members. About 1 in 5 children in the United States live in a home in which someone has an opioid or other substance use disorder. These children face higher risk of trauma and adverse childhood experiences (ACEs), such as abuse and neglect. Children with multiple ACEs are more likely to have difficulty in school and may develop their own substance use issues in the future.

Opioid use disorders can have a devastating impact on families. This is

clear by the rising number of:

- ◆ Infants born with Neonatal Abstinence Syndrome
- ◆ Children who enter foster care
- ◆ Families who lose a child, sibling, or parent to opioid overdose
- ◆ Grandparents who are caregivers to their grandchildren

The impacts of the opioid epidemic go far beyond a single person. They go deep into the person's family and community. Children affected by a parent's opioid use disorder can face serious trauma. The trauma impacts their growth into productive, mentally healthy adults. Their own future and the future of our society is impacted. The effects of trauma are part of this national epidemic. It is vital that we invest in programs to battle the opioid epidemic.

In Lancaster County, we are battling the opioid epidemic in healthcare and across the whole community. Together, we are working to prevent opioid use disorders, provide effective treatment, and ensure long-term recovery with strong recovery supports. We must treat the opioid epidemic as a public health issue. By doing this, we can help people overcome opioid use disorder and support all families and communities impacted by the opioid epidemic.

Opioids are a type of drug used to reduce pain. Prescription opioids can treat moderate to severe pain. Common types of prescription opioids include oxycodone, hydrocodone, and morphine. Heroin is an illegal opioid. Some synthetic opioids, such as fentanyl, can also be made illegally.

THE ISSUE

Opioids can be safe when taken as prescribed by a doctor. There are also serious risks and side effects. We know that opioids can be addictive and can be used in ways not prescribed by a doctor. When someone takes more opioids than their body can handle, an overdose can happen. An overdose causes breathing and heartrate to slow down and even stop.

The number of drug overdose deaths in the United States has never been higher. More than 2 out of 3 overdose deaths involve an opioid. This includes prescription opioids, synthetic opioids, and heroin.



HELP IS HERE

Opioid and other substance use disorders are chronic medical conditions. They change the way the brain functions. This change affects the ability to make decisions. Also, it creates an intense craving. Combined, this leads to serious problems in daily activities. Like other medical conditions, treatment can help.

Treatment is an effective way to begin recovery, and there are many types of treatment. Recovery support programs are also available to help maintain long-term recovery.

Help is available for substance use disorders in Lancaster County. Here's how you can find help for yourself or a loved one:

- ◆ In case of overdose or another emergency, always call **911**
- ◆ If someone is threatening suicide or threatening to harm themselves or others, call Crisis Intervention at **717-394-2631**
- ◆ For information and referrals for treatment and recovery support services (including family support groups), call Compass Mark at **717-299-2831** from 9:00am to 5:00pm Monday through Friday, or visit their website anytime at compassmark.org/find-help
- ◆ For 24/7 help in English and Spanish to find treatment for mental health and substance use disorders in Lancaster County or nearby areas, you can call the Pennsylvania helpline at **1-800-662-4957** or visit apps.ddap.pa.gov/gethelpnow
- ◆ To receive recovery support or get connected to treatment, you can contact the RASE Project to speak with individuals who are already in recovery. Call them at **717-295-3080** or visit their office at 131 E. Orange St., Lancaster, PA 17602.
- ◆ If you would like to enter inpatient rehab and/or you believe you are in withdrawal and need detox services, you can also call one of Lancaster County's treatment call centers:

Pennsylvania Adult & Teen Challenge

844-888-8085

White Deer Run

866-769-6822

HOW TO PREVENT & RESPOND TO AN OPIOID OVERDOSE

An overdose occurs when the body cannot handle the amount of opioids in the system. It can lead to death. Opioids slow down breathing and heartbeat, and they can eventually stop. Anyone who uses opioids can have an overdose.

Certain factors may increase the risk, such as:

- ◆ Combining opioids with alcohol or other drugs
- ◆ Taking large daily doses of opioids
- ◆ Taking more opioids than prescribed
- ◆ Taking illegal opioids
- ◆ Certain medical conditions (For example: sleep apnea, reduced kidney or liver function)

Here are some tips for opioid safety to prevent an overdose:

- ◆ Talk to your doctor about the risks of opioids and non-opioid pain treatment options.
- ◆ Never take opioids in larger amounts or more often than prescribed.
- ◆ Never use someone else's opioid medications or give your medication to someone else.
- ◆ Do not drink alcohol, and talk to your doctor before using other medications while taking opioids.
- ◆ Tell your doctor about any side effects or if you see a change in your mood or decision making.
- ◆ Tell your doctor if you think you need to take more than prescribed, or if you're concerned about your opioid use.

- ◆ Know the signs of an overdose and how to use naloxone (For example: NARCAN®) in case of emergency

Some of the signs and symptoms of an opioid overdose are:

- ◆ Unresponsiveness or unconsciousness (The person will not wake up or respond to voice or touch)
- ◆ Pupils in the center of the eye are very small, pinpoint-sized
- ◆ Breathing is slow, shallow, stopped, or sounds like choking or gurgling
- ◆ Pale, blue/purple, gray/ashen, or clammy/cold skin

What to do if you suspect an overdose:

- ◆ Call 911 right away
- ◆ If you have NARCAN® or another form of naloxone, use it. Follow the instructions on the packaging.
- ◆ Do CPR to the level of your training. The 911 operator may give instructions
- ◆ Do not leave the person alone. Stay with them until emergency medical help arrives
- ◆ Encourage the person to go to the hospital to receive follow-up care

For training videos and more information, visit:

[GetNaloxoneNow.org](https://www.getnaloxone.org) or [Health.PA.gov](https://www.health.pa.gov)

How to get NARCAN® in Lancaster County:

You can get NARCAN® at most pharmacies with or without a prescription from your doctor. In Pennsylvania, there is a public standing order. This order allows pharmacies to give NARCAN® to anyone. It is covered by most insurances and there is usually a low copay.

If you do not have insurance or cannot pay your copay, we can help! Visit

LancasterJoiningForces.org for a list of pharmacy locations offering free NARCAN® in Lancaster County.

If you have any questions, or to request training and/or NARCAN® on behalf of an organization, contact Julia Ressler at Julia.Ressler@pennmedicine.upenn.edu.

WANT TO GET INVOLVED?

Community groups, organizations, and coalitions:

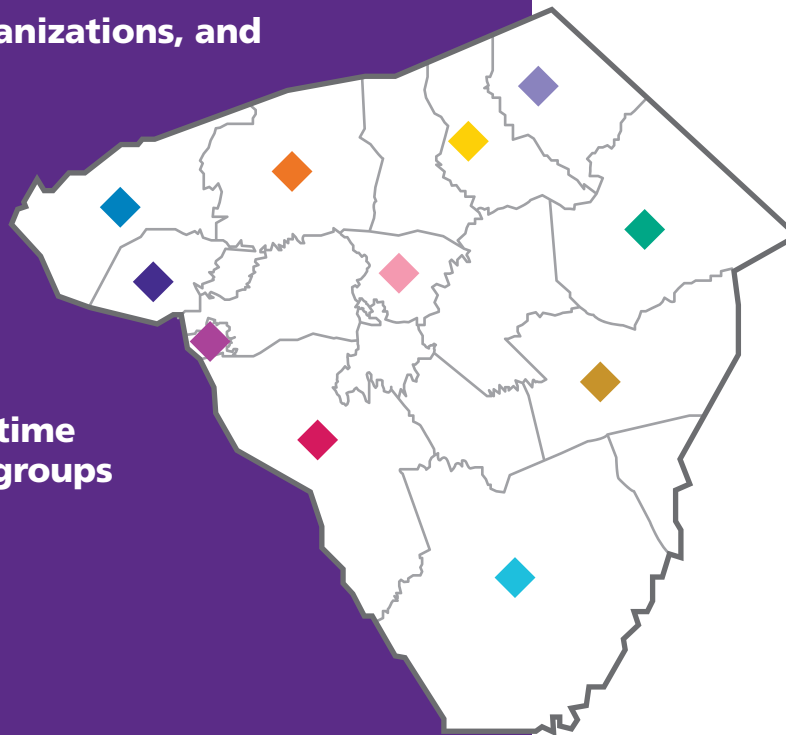
- ◆ Provide education
- ◆ Prevent drug and alcohol problems
- ◆ Promote long-term health and wellness

You can get involved all across Lancaster County!

You can volunteer your time and skills to help these groups with:

- ◆ Social media
- ◆ Web design
- ◆ Marketing/communications
- ◆ Fundraising
- ◆ Grant writing
- ◆ Press releases/letters to the editor
- ◆ Networking
- ◆ Be part of a committee

Find and follow these groups on social media. Attend their events, meetings, and educational sessions. Share your ideas. Show your appreciation for all the work these groups do. Encourage your friends to get involved. Email us at **contact@LancasterJoiningForces.org**



Regional

- ◆ **Bridges Poverty Task Force**
millersvillebic.org/the-loft
- ◆ **Columbia Life Network**
columbialifenetwork.org
- ◆ **DSAA**
dsasquared.org
- ◆ **Elizabethtown Area Communities That Care**
eactc.org
- ◆ **CrossNet Ministries**
elancocross.org
- ◆ **Ephrata Cares**
ephratacares.com
- ◆ **The Factory Ministries**
thefactoryministries.com
- ◆ **Manheim Community Cares**
[Facebook.com](https://www.facebook.com/manheimcommunitycares)
- ◆ **Manheim Township Community Life Task Force**
manheimtownship.org
- ◆ **Northern Lancaster Hub**
northernlancasterhub.org
- ◆ **Solanco Family Life Network**
solancofamily.com

County Wide

- DUI Council of Lancaster County**
duicouncil.org
- GOAL**
goalproject.org
- Lancaster County Recovery Alliance**
lancastercountyrecovery.com
- Lancaster Harm Reduction Project, Inc.**
lancasterharmreduction.com
- Lancaster County Recovery House Coalition**
[Facebook.com](https://www.facebook.com/lancastercountyrecoveryhouse)
- Project Lazarus Lancaster County**
projectlazaruslanco.org

DISPOSE OF YOUR PRESCRIPTION DRUGS SAFELY

In Lancaster County, there are many places where you can get rid of unused prescription drugs. Throwing your prescription drugs in the trash or flushing them down the toilet can harm the water supply, rivers, and wildlife.

You can make your home and our environment safer and healthier by using these **drop-off locations**:

Columbia Borough Police Dept.

308 Locust Street, Columbia, PA 17512
717-684-7735

East Earl Township Police Dept.

128 Toddy Drive, East Earl, PA 17519
717-355-5302

Northwest Regional Police Dept.

155 Merts Drive, Elizabethtown, PA 17022
717-367-8481

Sloan's Norlanco Pharmacy

428 Cloverleaf Road,
Elizabethtown, PA 17022
717-653-6888

CVS Pharmacy, L.L.C. #05721

440 N. Reading Road, Ephrata, PA 17522
717-733-1818

Ephrata Police Dept.

124 South State Street, Ephrata, PA 17522
717-738-9265

WellSpan Pharmacy

183 N. Reading Road, Suite 9,
Ephrata, PA 17522
717-464-2421

West Lampeter Twp. Police Dept.

852 Village Road, Lampeter, PA 17537
717-464-2421

CVS Pharmacy, L.L.C. #01671

1507 Lititz Pike, Lancaster, PA 17601
717-397-0369

East Lampeter Twp. Police Dept.

2250 Old Phila. Pike, Lancaster, PA 17602
717-291-4676

Lancaster County Adult Probation

40 East King Street, Lancaster, PA 17602
717-299-8181

Lancaster County Sheriff's Dept.

50 North Duke Street, Lancaster, PA 17603
717-299-8200

**LG Health Convenience Pharmacy
Duke Street**

555 North Duke Street, Lancaster, PA 17603
717-544-5929

Manheim Twp. Police Dept.

1825 Municipal Drive, Lancaster, PA 17601
717-569-6401

State Police - Troop J/Lancaster

2099 Lincoln Highway, Lancaster, PA 17602
717-299-7650

**West Hempfield Township Police
Dept.**

3401 Marietta Avenue, Lancaster, PA 17601
717-285-5191

**East Hempfield Township Police
Dept.**

1700 Nissley Road, Landisville, PA 17538
717-898-3103

Lititz Borough Police

7 South Broad Street, Lititz, PA 17543-1401
717-626-6393

Manheim Boro Police Department

211 N. Charlotte Street,
Manheim, PA 17543-1401
717-665-2481

Sloan's Manheim Pharmacy

73 S. Main Street, Manheim, PA 17545
717-665-2223

Millersville University Police Dept.

237 N. George Street, Millersville, PA 17551
717-872-3434

**Mount Joy Borough Police
Department**

21 E Main Street, Mount Joy, PA 17552
717-653-1650

Sloan's Mount Joy Pharmacy

61 E. Main Street, Mount Joy, PA 17552
717-653-4001

Sloan's Mountville Pharmacy

2 College Avenue, Mountville, PA 17554
717-285-7442

New Holland Police Dept.

436 East Main St, New Holland, PA 17557
717-354-4647

Quarryville Police Dept.

300 St. Catherine Street,
Quarryville, PA 17566
717-786-3121

**Northern Lancaster Co. Regional
Police Dept.**

860 Durlach Road, Stevens, PA 17578
717-733-0965

Strasburg Borough Police Dept.

145 Precision Avenue, Strasburg, PA 17579
717-687-7732

Pequea Township Municipal Office

1028 Millwood Road,
Willow Street, PA 17584
717-464-2322

Drop-Off Tips:

- ◆ All drugs should be in a sealed container, like the original bottle or a zip-lock bag
- ◆ Keep liquids in the original container
- ◆ Remove all personal information. You can use a permanent marker to blot it out

These locations accept:

- ◆ Prescription and over-the-counter solid medications
- ◆ Tablets and capsules
- ◆ Pet medications

These locations do not accept:

- ◆ Intravenous (IV) solutions
- ◆ Syringes and needles
- ◆ Hydrogen peroxide
- ◆ Compressed cylinders or aerosols (For example, asthma inhalers)
- ◆ Medications that contain iodine
- ◆ Thermometers
- ◆ Alcohol & illegal drugs (For example, marijuana and heroin)

Contact Lancaster County Solid Waste Management Authority with questions about proper disposal of these items at **717-397-9968**.