

TUSCOLA COUNTY COMMUNITY DRUG TASK FORCE

OPIATE & HEROIN AWARENESS TOOLKIT : A Prevention Guideline for our Community

Mission of Tuscola County Community Drug Task Force

Special points of interest:

- Commonly Abused Prescription Medications
- Signs to Look For
- Michigan Statutes
- Narcan
- Treatment Options
- Resources

We are concerned with the uprising opioid and heroin addictions present in our community. We seek out information for ways to address our concerns with opioid and heroin drug abuse. The Tuscola County Community Drug Task Force realizes the need for a local resource available to our community to assist community members who are seeking education and resources to address their concerns. Our mission is to protect the safety and dignity of our citizens.



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Commonly Abused Prescription Medications

PAIN MEDICATIONS - Prescription drugs are misused and abused more often than any other drug, except marijuana and alcohol (1). Prescription opiates are most often taken in pill form but can also be crushed in order to sniff, snort, or inject. Some commonly abused medications include:

- * Codeine (Promethazine Syrup with Codeine; Tylenol w/ Codeine)
- * Hydrocodone (Vicodin, Lorcet, Lortab, Norco)
- * Hydromorphone (Dilaudid)
- * Meperidine (Demerol)
- * Methadone
- * Morphine (MS Contin)
- * Oxycodone (Oxycontin, Roxicodone, Percocet, Endocet, Percodan)
- * Buprenorphine (Suboxone/Subutex)
- * Fentanyl (Sublimaze)



Norco
10/325mg



OxyContin
10mg

Sedatives - most commonly refer to anti-anxiety medications, and some sleeping pills, the most abused include:

- * Alprazolam (Xanax)
- * Klonopin (Valium, Diazepam)
- * Lorazepam (Ativan)
- * Zolpidem (Ambien)
- * Temazepam (Restoril)

Stimulants - abused medications to treat ADHD/ADD include:

- * Amphetamine (Adderall)
- * Methylphenidate (Ritalin, Concerta)

Steroids - are prescribed and also abused:

- * Anabolic steroids (Anadrol, Durabolin, Depo-Testosterone)

“A recent study indicated that more than 54 million people aged 12 and older had abused prescription drugs at some point in their lives and nearly 15 million people had done so in 2014 (2).”

COMMONLY ABUSED STREET DRUGS

- * Marijuana
 - * Cocaine
 - * Solvents/Aerosols
 - * Bath Salts
 - * Heroin
- * LSD



THINGS TO KNOW



Opiate/Heroin Paraphernalia Heroin can be:

- * *Snorted, Injected, Swallowed and Inhaled*
- * *Crushed pills are snorted and inhaled using short straws, rolled dollar bills and other small tubing*
- * *Mirrors, razors or credit cards might be used in preparing the drug*
- * *Syringes, rubber tubes, syringe caps, droppers and spoons are used when preparing or injecting the drug*
- * *To inhale the drug, pipes or pieces of rectangular aluminum foil (3x17cm) are used.*
- * *Empty packaging such as corner ties and tin foil squares.*

COMMON SLANG

Heroin: *Dope, Smack, Junk, Skag, Snow, Horse, China White, Brown, Beast, Hero, White Girl, Scat, Snowball*

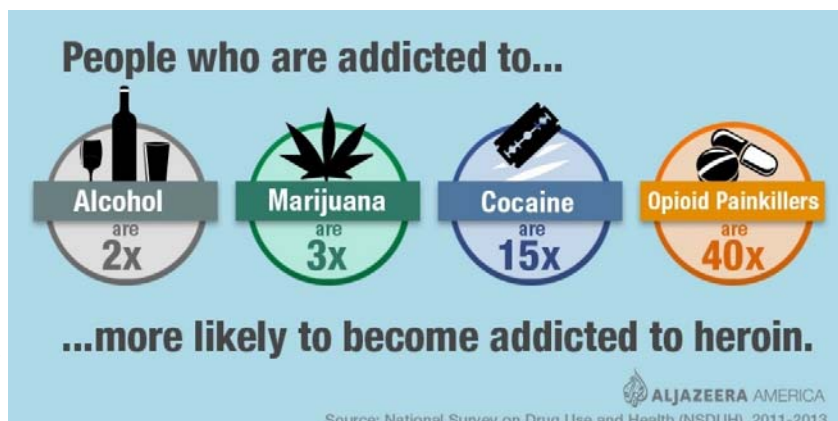
Using Heroin: *Channel swimmer, chasing the dragon, dip and dab, the Ack Ack Gun, Give Wings, Jolly Pop and Paper Boy*

- * *Heroin + Xanax = Bars*
- * *Heroin + Cocaine = Belushi, Boy-Girl, He-She, Dynamite, Goofball, H&C, Primo Snowball*
- * *Heroin + Cold Medicine = Cheese*
- * *Heroin + Crack = Chocolate Rock, Dragon Rock, Moonrock*
- * *Heroin + Ecstasy = Chocolate Chip Cookies, H Bomb*
- * *Heroin + LSD = Beast, LBJ*
- * *Heroin + Marijuana (THC) = Atom Bomb, Canade, Woola, Wookie, Woo-Woo*

OxyContin, Percocet, Vicodin and other painkillers: *Big Boys, Cotton, Kicker, Morph, Tuss, Vike, Watson-387*

Using Prescription Drug Use and Abuse: *Pharming, Pharm Parties, Recipe (mixing with alcohol), and Trail Mix*

***Check out this great resource: www.casapalmera.com/nicknames-street-names-and-slang-for-heroin/*



SIGNS TO LOOK FOR...

Knowing signs and symptoms of heroin and opiate users could save a life. It could even keep a family together. Here are some physical and environmental signs to be on the look out for:

ENVIRONMENTAL SIGNS OF HEROIN/OPIATE ADDICTION

- * **Missing vent screws** -An addict will keep drugs close, so consider this when searching the personal space for drugs
- * **Burned carpet**-Black spots or areas where carpet has been burned, usually from cooked heroin spilling
- * **Torn corners of plastic baggies** - Often used to distribute heroin
- * **Burnt foil/spoons/tea candle tins** - Used to cook heroin. They accumulate soot from open flames.
- * **Blackened fingers/smudges**- Soot from handling burnt foil, spoons
- * **Pen parts/straws** - Used to snort heroin or crush opiate pills
- * **Crushed pills/white powder** - Crushing opiates to snort results in intense high. Risk of overdose or death is elevated.
- * **Torn Q-tip buds, cut cigarette filters** - Used to filter heroin liquid when filling needle
- * **Plastic bottle caps** - Used to mix heroin powder with water prior to injecting
- * **Folded receipts, lottery tickets** - Innocent looking packaging used to carry heroin powder
- * **Sunglasses case** - Or any other obvious object used to disguise contents of a heroin "kit"
- * **Blood spots in sink/bedding/clothes** - Injecting veins causes bleeding

PHYSICAL SIGNS OF HEROIN/OPIATE ADDICTION

- * **Pill bottles** - Addiction requires regular dosage and often. Pill bottles will often travel with addicts where they go.
- * **Shoplifting/stealing** - Money is needed to support habit
- * **Losses of appetite/weight** - Opiates suppress appetite. Frequent vomiting makes food unappealing.
- * **Doctor shopping** - Finding new physicians to fill prescriptions
- * **Itchy arms/neck/legs** - Frequent injections cause skin irritation
- * **Wearing long sleeves** - To cover needle marks. Suspect when long sleeves seem inappropriate.
- * **Constricted/pinpoint pupils** - Heroin causes this involuntary effect unlike other drugs that dilate (enlarge) pupils.
- * **Anxiety** - Looking at phone compulsively, usually when trying to find drugs
- * **Behavior change** - A sudden change in routine and mood, suppressed emotions
- * **Isolation** - Social needs are secondary to heroin
- * **Nodding off** - Addiction saps body of energy. Heroin causes a sleep-like effect
- * **Sudden change in hygiene** - Sudden hair loss, bad complexion, cold sweaty skin, no interest in appearance



NARCAN and OVERDOSES

Narcan (Naloxone) is a prescription medicine which blocks the effects of opioids on the brain and can reverse an overdose. It cannot be used to get a person high. If a person who has not taken opioids is given Narcan, it will not have any effect on him or her, since there is no opioid overdose to reverse (15).

OVERDOSE? CALL 911 IMMEDIATELY, EVEN IF YOU HAVE ADMINISTERED NARCAN!!

DOS AND DON'TS WHEN RESPONDING TO AN OPIOID OVERDOSE

DO - support the person's breathing by administering oxygen or performing rescue breathing

DO - administer Narcan (Naloxone)

DO - stay with the person and keep him/her warm

DO - call 911 and/or seek emergency medical attention

DON'T - slap or try to forcefully stimulate the person—it will only cause further injury. If you are unable to wake the person by shouting, rubbing your knuckles on the sternum, or light pinching, he or she may be unconscious.

DON'T - put the person in a cold bath or shower. This increases the risk of falling, drowning or going into shock.

DON'T - inject the person with any substance (salt water, milk, "speed", heroin, etc). The only safe and appropriate treatment is Narcan (Naloxone).

DON'T - try to make the person vomit the drugs that he or she may have swallowed. Chocking or inhaling vomit into the lungs can cause a fatal injury.

*Check out more details at www.samhsa.org

NARCAN IS AVAILABLE IN TUSCOLA COUNTY FOR FREE!

Obtain your Narcan Nasal Spray Kit (2 doses) and learn how to administer the kit if needed.

You can contact Tuscola County Behavioral Health at 1332 Prospect Avenue, Caro, MI 48723. (989).673.6191 or 1.800.462.6814

In just April of 2017, Tuscola county had 4 overdoses and 1 death (16).



MICHIGAN POSSESSION LAWS



Possession of Schedule I or II Substances Michigan Compiled Law (MCL) Section 333.7403

Between 25 and 50 grams (felony) - Fines of up to \$25,000 and 4 years in prison.

Between 50 and 450 grams (felony) - Fines of up to \$250,000 and a maximum of 20 years in prison.

Between 450 and 1,000 grams (felony) - Fines of up to \$500,000 and a maximum of 30 years in prison.

More than 1,000 grams (felony) - Fines of up to \$1,000,000 and up to life in prison.

***Schedule I drugs include marijuana, LSD, ecstasy, peyote, GHB, Heroin*

***Schedule II drugs include Oxycodone, methadone, morphine, cocaine, hydrocodone, methamphetamines*

Schedule I or II Possession with Intent to Deliver Michigan Compiled Law (MCL) Section 333.7401

Less than 50 grams - Fine of up to \$25,000 and up to 20 years in prison, or both.

50 grams to 449 grams - Fine of up to \$250,000 and up to 20 years in prison, or both.

450 grams to 999 grams - Fine of up to \$500,000 and up to 30 years in prison, or both.

1,000 grams or more - Fine of up to \$1,000,000 and possible life in prison, or both.

Possession of Drug Paraphernalia - Michigan Compiled Law (MCL) Section 333.7451 & 333.7455(1)

While considered a misdemeanor offense, those convicted are subject to punishment which includes incarceration of up to 90 days, a fine of up to \$5,000, or both. You can be charged with possession of drug paraphernalia if found with materials or equipment intended for use with a controlled substance, but it does not have to be physically on your person for you to be arrested. When paraphernalia is in a location you have control over, you may be charged. This may be your vehicle, your home, even your workplace or office.

***Increased penalties can occur if you are caught in a public park or school zone, or have previous drug charges.*

LEGAL CONSEQUENCES OF PRESCRIPTION DRUG ABUSE

Michigan Penalties

In Michigan, simple possession of Heroin or a Schedule I or II Substance (prescription pills) is a 4 years FELONY. Deliver or Possession with Intent to Deliver starts at up to a 20 year felony and \$250,000 fine and increases depending on the number of grams in possession.

WHAT HAPPENS WHEN YOU'RE A CONVICTED FELON IN MICHIGAN?

- * CANNOT VOTE WHILE IMPRISONED*
- * CANNOT SERVE ON A JURY*
- * CANNOT POSSESS A FIREARM*

In addition, you must disclose you are a felon on all applications—university and employment. It is then per university or employer policy as to whether you are eligible for admittance or employment. Any future felony sentences will be more severe than if it was your first.



TUSCOLA COUNTY PRESCRIPTION DRUG DISPOSAL

Drop-off Locations

Michigan State Police Post Tuscola County - 1485 Cleaver Rd, Caro, MI 48723 - Monday-Friday from 8am-4pm

Cass City Municipal Building - 6506 Main St, Cass City, MI 48726 - Monday-Friday from 8am-4pm

Mayville Village Police Department - 5950 Fox St, Mayville, MI 48744 - Monday-Friday from 7am-3pm

Reese Police Department - 2073 Gates St, Reese, MI 48757 - Monday-Friday from 8am-2pm

Vassar Police Department - 287 E. Huron Ave, Vassar, MI 48768 - 24/7 Drop Off

Caro Sheriff's Department - 420 Court St, #1, Caro, MI 48723 - 24/7 Drop Off

**The Big Red Barrel Project is in effect at the locations listed above. Please no syringes, no plastics, no inhalers, no liquids, and no patches at disposal sites.*



Treatment Options

DETOX OR DETOXIFICATION IS THE FIRST STEP TOWARD RECOVERY. This is when an individual will stop using heroin and begin to overcome physical dependence on the drug. Often individuals will return to use to stop the pain and adverse effects of the heroin withdrawal. The effects of withdrawal will vary from person to person depending on various factors including the frequency and dose of use as well as the length of time using. Individuals can seek assistance with the withdrawal from a local emergency room, a primary care physician or a detox provider.

RESIDENTIAL TREATMENT is a program in which an individual resides in a facility specific to substance abuse treatment. Individuals are immersed in treatment throughout their day.

OUTPATIENT COUNSELING/THERAPY is individual counseling that is held as often as the individual person needs to address any previous trauma or pain that may have led to and been a result of their drug use. Counseling can also help identify any triggers and assist in preventing relapse.

MEDIATION ASSISTED TREATMENT uses medications; Suboxone, Naltrexone, Methadone or Buprenorphine to alleviate the withdrawal symptoms and physical dependence on heroin. This is a long-term solution that requires years of being on the medication. Medication assisted treatment is combined with counseling and support groups to provide the best chance for a successful recovery.

TRANSITIONAL LIVING OR RECOVERY HOUSES are sober group living environments. There may be support groups or group therapy held in the home. It is a group of individuals living in a structure environment in efforts to maintain sobriety.

SUPPORT GROUPS such as 12 step Narcotics Anonymous are usually peer driven meetings to offer social supports and connections.

**Contact your insurance company to find out what providers and treatments are available to you. If you do not have insurance and are a Tuscola County resident contact Tuscola County Behavioral Health at (989) 673-6191 or 1-800-462-6814 and request help for treatment services.

Additional Community Resources

*A **Chance to Change** is an independently owned company that is working with the community and the court system to help change the face of addiction. They are a growing company, currently with three locations; Howell, Sandusky, and Bad Axe.*

If you are looking for employment testing, personal testing, or simply not sure where to turn to address your, or a family members addiction please contact us. They have a wealth of resources in each community so that we can work together to fight the growing epidemic.

**Learn more at <https://testingatctc.com/>*

Local Resources

EMERGENCY & ACUTE NEEDS - CALL 911

- * Tuscola County Behavioral Health: (989) 673-6191
- * Tuscola County Behavioral Health 24/7 Crisis Line: 1-800-462-6814

TREATMENT

- * List Psychological Services, Inc. (Caro) - (989) 673-5700 or (989) 672-2016
 - outpatient counseling, individual and group therapies, recovery supports
- * New Light Consultants Inc. (Caro or Millington) - (989) 672-5700 or (989) 871-6695
 - individual and group therapies, relapse prevention, prevention and education services
- * Anka Behavioral Health, Inc. (Akron) - Ian McCormick, (989) 455-1933 or (989) 691-5143
 - single male veterans, any discharge but “dishonorable” – housing, food, transportation, case management, jobs, substance abuse, etc.
- * Department of Human Services (Caro) - (989) 673-9100
 - Anyone in Tuscola County, Access to numerous housing programs, medical care, food and cash assistance
- * Thumb Area Assault Crisis Center (Caro) - 1-800-292-3666
 - Women and children up to 17 years old – domestic violence and homeless shelter, counseling and case management)
- * Tuscola Peer Center (Caro) - Eric Pinkoski, (989) 673-0273
 - Referrals from community health organizations – provide transitional shelter for up to 30 days limited availability
- * Recovery Pathways (Bay City) - (989) 928-3566
 - Suboxone, Narcan education, outpatient counseling, case management, recovery supports
- * Sacred Heart Rehabilitation Center (Bay City and Saginaw) - Bay City (989) 894-2991 or Saginaw (989) 776-6000
 - outpatient counseling
- * Victory Clinical Services (Saginaw) - (989) 752-7867
 - methadone, outpatient counseling, case management, recovery supports

RECOVERY SUPPORT GROUPS:

- * Peer360 - Arenac, Bay, Midland, Saginaw, Huron, and Tuscola County
- * AA - Alcoholics Anonymous - www.tuac.ws
- * NA—Narcotics/Heroin Anonymous - www.tuac.ws

State-Wide Resources

DETOX

- * Sunrise Center—Alpena County: (877) 205-5217
- * Harbor Hall—Emmet County: (231) 347-551
- * Addiction Treatment Services—Grand Traverse County: Men-(231) 922-4804; Women-(231) 922-4810
- * Ten Sixteen Recovery Network—Isabella County: (989) 775-0604
- * Sacred Heart Rehabilitation Center, Inc.—Macomb County: (810) 392-2167
- * The Recovery Center—Ingham County: (517) 267-7623
- * DOT Caring Center, Inc./Saginaw Valley Centers, Inc.—Saginaw County: (989) 692-2160
- * Kairos Healthcare Family Center (Adolescent, Women only) - Saginaw County: (989) 755-1072

RESIDENTIAL TREATMENT

- * Sunrise Center—Alpena County: (877) 205-5217
- * Harbor Hall—Emmet County: (231) 347-551
- * Kairos Healthcare Corcoran House (Women only—Long term and Short term) - Saginaw County: (810) 687-5100
- * House of Commons (Men only—Long term) - Ingham County: (517) 244-0393
- * Our Hope Association (Women only—Long term) - Kent County: (616) 451-2039
- * Pine Rest Jellema House (Men only—Long term) - Kent County: (616) 281-0061
- * Pine Rest Freedom House (Women only—Long term) - Kent County: (616) 281-0061
- * Wedgwood Christian Services (Adolescents only) - Kent County: (616) 942-2110
- * Skywood Recovery—Kalamazoo County: (855) 317-9055
- * Brighton Center for Recovery—Livingston County: (866) 501-3627
- * Clearview/Sacred Heart Rehabilitation Center, Inc (Short term) - Macomb County: (810) 392-2167
- * Ten Sixteen Recovery Network—Midland County: (989) 835-3466
- * Turning Point Recovery Centers (Short term and Long term) - Oakland County: (248) 334-7760
- * DOT Caring Centers, Inc./Saginaw Valley centers, Inc. (Short term and Long term) - Saginaw County: (989) 790-3366
- * Kairos Healthcare (Men only—Short term and Long term) - Saginaw County: (989) 792-8000
- * Kairos Healthcare Family Center (Adult Short Term, Adolescent Short Term, Women’s Specialty) - Saginaw County: (989) 755-1071

State-Wide Resources

OUTPATIENT

- * Sunrise Center (Long Term) —Alpena County: (877) 205-5217
- * Sterling Area Health Center—Arenac County: (989) 654-3501
- * Bay Psychological (Adult, Adolescent) - Bay County: (989) 686-1990
- * LIST Psychological Services, PLC— Bay County: (989) 684-7977
- * Sacred Heart Rehabilitation Center, Inc.—Bay County: (989) 894-2991
- * Ten Sixteen Recovery Network—Clare County: (989) 802-0742
- * LIST Psychological Services, PLC—Huron County: (989) 453-3051
- * Addiction Solutions Counseling Services—Isabella County: (989) 779-9449
- * Ten Sixteen Recovery Network—Isabella County: (989) 773-9655
- * Catholic Charities of West Michigan—Mecosta County: (231) 796-1583
- * Ten Sixteen Recovery Network—Mecosta County: (231) 527-2000
- * Family & Children Services of Midland—Midland County: (989) 631-5390
- * Ten Sixteen Recovery Network—Midland County: (989) 631-0241
- * North Kent Guidance Services, LLC—Montcalm County: (616) 754-2364
- * Wedgwood Christian Services (Adult, Adolescent) - Montcalm County: (616) 942-2110
- * Catholic Human Services—Ogemaw County: (989) 356-6385
- * Kairos Healthcare (Adults) - Saginaw County: (989) 792-8000
- * Kairos Healthcare Family Center—Saginaw County: (989) 755-1072
- * Catholic Charities of Shiawassee & Genesee Counties (Men, Women, Women’s Specialty) - Shiawassee County: (989) 723-8239
- * DOT Caring Centers, Inc./ Saginaw Valley Centers, Inc. - Shiawassee County: (989) 725-2229
- * Taylor Life Center—Shiawassee County: (989) 723-0330
- * LIST Psychological Services, PLC (Men, Women, Women’s Specialty) - Tuscola County: (989) 672-2016
- * New Light Consultants (Adult and Adolescent) - Tuscola County: (989) 672-0784
- * Catholic Human Services—Wexford County: (231) 775-6581

State-Wide Resources

METHADONE

- * East Side Outpatient Clinic—Kent County: (616) 243-6262
- * Southside Health Center—Kent County: (616) 965-8390
- * Victory Clinical Services—Ingham County: (517) 394-7867
- * Michigan Therapeutic Consultants—Isabella County: (989) 953-4357
- * East Side outpatient Clinic—Muskegon County: (231) 739-4359
- * Victory Clinical Services—Saginaw County: (989) 752-7867

SUBOXONE

- * Recovery Pathways—Bay County: (989) 928-3566
- * DOT Caring Centers, Inc./Saginaw Valley Centers, Inc.—Saginaw County: (989) 790-3366
- * Victory Clinical Services (Medicaid ONLY) - Saginaw County: (989) 752-7867
- * DOT Caring Centers, Inc./Saginaw Valley Centers, Inc.—Shiawassee County: (989) 725-2229

RECOVERY SUPPORTS

- * Sterling Area Health Center—Arenac County: (989) 654-3501
- * Bay Psychological—Bay County: (989) 686-1990
- * LIST Psychological Services, PLC—Bay, Huron, Tuscola Counties: (989) 684-7977; (989) 453-3051; and (989) 672-2016
- * Recovery Pathways—Bay County: (989) 928-3566
- * Sacred Heart Rehabilitation Center, Inc.—Bay County: (989) 894-2991
- * Ten Sixteen Peer 360 Recovery Alliance—Midland County: (989) 513-0103
- * North Kent Guidance Services, LLC—Montcalm County: (616) 754-2364
- * Wedgwood Christian Services—Montcalm County: (616) 942-2110
- * DOT Caring Centers, Inc./Saginaw Valley Centers, Inc.—Saginaw and Shiawassee Counties: (989) 790-3366 and (989) 725-2229
- * Victory Clinical Services—Saginaw County: (989) 752-7867
- * Catholic Charities of Shiawassee & Genesee Counties: (989) 723-8239

A special thanks to the Tuscola County Community Drug Task Force and their individual agency expertise that brought the resources together to provide this toolkit.

The Tuscola County Drug Task Force assumes no liability for damages arising from errors, omissions, or services listed on this toolkit. The Task Force does not recommend or endorse any provider, agency, or resource listed here. The toolkit is solely for the information of individuals impacted by opiates/heroin in Tuscola County and is a collection of publicly listed information assembled here for the benefit of the community at the request of concerned citizens.

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