

OPIOID ADDICTION resources

Opioid Fact Sheet: Understanding the Opioid Epidemic

What is an opioid?

Opioids are pain relieving drugs such as oxycodone, codeine, fentanyl, or morphine. When used as directed by a doctor, prescription opioids can safely control pain. Illegal opioids include drugs like heroin or synthetic fentanyl.

How do opioids work?

Opioids work by acting on certain receptors in the brain to help block pain. They also produce a chemical in your brain called dopamine, which can lead to feelings of calmness and pleasure. This increase in dopamine can cause people to seek those feelings of pleasure over and over. Many people may begin abusing prescription opioids without even realizing it.

Opioids can be habit forming and taking too much over a long period of time can lead to both tolerance (needing more of a substance over time) and dependence (needing the substance to avoid withdrawal).

Possible signs of addiction:

Physical Signs: noticeable elation or euphoria, sedation or drowsiness, confusion, very small or “pin point” pupils

Behavioral Signs: shifting or dramatically changing moods, social withdrawal or isolation, financial problems, anxiety

What is an opioid overdose?

An overdose is when a person has taken too much of an opioid for their body to handle. Their breathing and heart rate slows, leading to unconsciousness. If medical attention is not received, in most cases, it can be fatal.

Signs of Overdose: unconsciousness or inability to speak; pale and/or clammy skin; limp body; slow or stopped breathing; slow or stopped heartbeat; blue or purple hue to fingernails; vomiting or gurgling noises.

Opioid overdose requires immediate medical attention!

**IF YOU SUSPECT SOMEONE IS IN ACTIVE OVERDOSE,
CALL 911 IMMEDIATELY AND ADMINISTER
NALOXONE/NARCAN IF POSSIBLE**

What is Naloxone?

Naloxone, or known by its brand name Narcan, is an immediate antidote to someone in active opioid overdose. If administered during active opioid overdose, it can save a life.

Anyone can administer Naloxone and it is encouraged that you keep it on hand if your loved one is using any type of opioid. Narcan is available at most pharmacies without a prescription and costs between \$30-\$60. You can also request Narcan for free through the North Carolina Harm Reduction Coalition. <http://www.nchrc.org/programs-and-services/getting-naloxone-from-nchrc>

I think my loved one may be addicted. How can I help them?

The first step is often the most difficult one. If you have a loved one that you believe is having difficulty with opioid use, let them know that above all you love and support them.

For 24/7 crisis or referrals, call Cardinal Innovations at 1.800.939.5911

- In addition to resources listed on the following page(s), there are several national resources available to help:
 - National Helpline (SAMHSA) 1.800.662.4357
 - North Carolina Harm Reduction Coalition
 - Find food, housing, transportation, and other healthcare resources in your area at localresources.cardinalinnovations.org.

FOR MENTAL HEALTH HELP FAST:

Call ****ASK (2-7-5)** from your cell phone or **1.800.939.5911**.

Or visit us online: cardinalinnovations.org.

Person County: Opioid Resources

Access to Care Line 24/7

Cardinal Innovations Healthcare	1-800-939-5911
---------------------------------	----------------

Mobile Crisis

Provider	Site Address	Contact Number	State Funding (Y/N)

Comprehensive Community Clinics

Provider	Site Address	Facility Phone Number	Suboxone Prescriber (Y/N)	State Funding (Y/N)
Freedom House Recovery Center, Inc - Person Counseling Center of Freedom House Recovery	355 S Madison Blvd, Ste C1 Roxboro, NC, 27573-5485	336-599-8366	N	Y

Facility Based Crisis / Non-Hospital Detox / Inpatient with SUD Beds (Adults)

Provider	Site Address	Facility Phone Number	State Funding (Y/N)
N/A			

Inpatient without SUD Beds

Provider	Site Address	Facility Phone Number	State Funding (Y/N)
N/A			

Prevention Providers (Substance Abuse Block Grant)

Provider	Site Address	Facility Phone Number	State Funding (Y/N)
Insight Human Services	665 W 4th St, Winston-Salem, NC, 27101-2701	336-725-8389	Federal funding

Opioid Treatment Program (Methadone/Suboxone) (OMT)

Provider	Site Address	Facility Phone Number	State Funding (Y/N)
N/A			

Revised: 10/30/2020

Disclaimer: The information contained in this document pertains only to the Cardinal Innovations Healthcare coverage area and is updated quarterly from sources that are readily available to Cardinal Innovations Healthcare. It is important to note that the content may not be all encompassing; nor always accurate since the information is dynamic in nature and may change in between review cycles.

FOR MENTAL HEALTH HELP FAST:

Call ****ASK (2-7-5)** from your cell phone
or **1.800.939.5911**.

Or visit us online: cardinalinnovations.org.

**Cardinal
Innovations
HEALTHCARE.**

SUD Residential (Low/Medium/High)

Provider	SUD Residential Level (Low/Medium/High)	Site Address	Facility Phone Number	State Funding (Y/N)
N/A				

Substance Abuse Intensive Outpatient (SAIOP)

Provider	Site Address	Facility Phone Number	State Funding (Y/N)
Freedom House Recovery Center, Inc - Person Counseling Center of Freedom House Recovery	355 S Madison Blvd, Ste C1 Roxboro, NC, 27573-5485	336-599-8366	Y
Community Counseling Services, PC	737 Durham Rd. Roxboro	336-330-0702	N

Substance Abuse Comprehensive Outpatient Treatment (SACOT)

Provider	Site Address	Facility Phone Number	State Funding (Y/N)
Freedom House Recovery Center, Inc - Person Counseling Center of Freedom House Recovery	355 S Madison Blvd, Ste C1 Roxboro, NC, 27573-5485	336-599-8366	Y

Office Based Opioid Therapy (Suboxone)

Provider	Site Address	Facility Phone Number	State Funding (Y/N)
N/A			

Specialty Providers (provider of an SUD Service to a specific population)

Provider	Specific Population Served	Site Address	Facility Phone Number	State Funding (Y/N)
N/A				

Outpatient SUD Therapy (individual, group, family)

Provider	Outpatient SUD Therapy Types (Individual, Group, Family)	Site Address	Facility Phone Number	State Funding (Y/N)
Freedom House Recovery Center, Inc - Person Counseling		355 S Madison Blvd, Ste C1 Roxboro, NC, 27573-5485	336-599-8366	Y
Rehabilitated Support Services, PLLC		210 N Main St. Roxboro, NC, 27573-5325	336-330-8000	N
Community Counseling Services, PC		737 Durham Rd. Roxboro, NC, 27573-5607	336-330-0702	N

Revised: 10/30/2020

Disclaimer: The information contained in this document pertains only to the Cardinal Innovations Healthcare coverage area and is updated quarterly from sources that are readily available to Cardinal Innovations Healthcare. It is important to note that the content may not be all encompassing; nor always accurate since the information is dynamic in nature and may change in between review cycles.

FOR MENTAL HEALTH HELP FAST:

Call ****ASK (2-7-5)** from your cell phone
or **1.800.939.5911**.

Or visit us online: cardinalinnovations.org.

**Cardinal
Innovations
HEALTHCARE.**

Regional Resources*

*Services not provided in the designated county but members that reside in the designated county are eligible

Provider	Service Category	Site Address	Facility Location County	Facility Phone Number	State Funding (Y/N)
UNC Faculty Physicians - UNC Horizons Daybreak Residential Program	Residential Program for pregnant/parenting females	1105 W NC Highway 54 Byp Apt P8 Chapel Hill, NC, 27516-2851	Orange	919-966-9803	Y
Hillsborough Recovery Solutions, PC	Opioid Maintenance	129 Mayo St. Hillsborough, NC	Orange	919-643-1739	Y
Freedom House Recovery Center, Inc	Facility Based Crisis adults	110 New Stateside Dr, , Chapel Hill, NC, 27516-1165	Orange	919-942-2803	Y

Community and Stakeholder / SUD Initiatives

Substance Use Disorder Strategic Plan Development

Community and Stakeholder / SUD Specific and Supported Trainings

Opioid 101

Whole Health Action Management (WHAM)

Crisis Intervention Training (CIT)

Other

Cardinal Innovations Points of Contact

Title	Name	Contact Number
Regional Executive	Ric Bruton	704-785-4621 Ric.Bruton@cardinalinnovations.org
Regional Network Manager	Kelly Watkins	252-432-2582 Kelly.Watkins@cardinalinnovations.org
Quality Assurance Manager	Michael Norton	919-904-0524 Michael.Norton@cardinalinnovations.org
I/DD Care Coordination Manager	Tom Wilson	919-904-0519 Tom.Wilson@cardinalinnovations.org
MH/SUD Care Coordination Manager	Ronnie Wilkes	336-403-3523 Ronnie.Wilkes@cardinalinnovations.org
Regional Community Operations Manager	Lynn Inman	336-514-1546 Lynn.Inman@cardinalinnovations.org

Revised: 10/30/2020

Disclaimer: The information contained in this document pertains only to the Cardinal Innovations Healthcare coverage area and is updated quarterly from sources that are readily available to Cardinal Innovations Healthcare. It is important to note that the content may not be all encompassing; nor always accurate since the information is dynamic in nature and may change in between review cycles.

FOR MENTAL HEALTH HELP FAST:

Call ****ASK (2-7-5)** from your cell phone
or **1.800.939.5911**.

Or visit us online: cardinalinnovations.org.

**Cardinal
Innovations**
HEALTHCARE.