

# 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](http://localresources.cardinalinnovations.org).

# Chatham 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) |
|--------------------------|--------------|----------------|---------------------|
| Therapeutic Alternatives |              | 877-626-1772   | Y                   |

## Comprehensive Community Clinics

| Provider  | Site Address                                    | Facility Phone Number | Suboxone Prescriber (Y/N) | State Funding (Y/N) |
|---|---|-----------------------|---------------------------|---------------------|
| DAYMARK Recovery Services, Inc. (Cabarrus Center)-<br>Daymark Recovery Services, Inc. - Chatham County Clinic | 1105 E Cardinal St<br>Siler City, NC 27344-3300 | 704-939-1133          | Y                         | 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<br>Winston-Salem, NC 27101-2701 | 336-725-8389          | Federal funding     |

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## Opioid Treatment Program (Methadone/Suboxone) (OMT)

| Provider              | Site Address                                       | Facility Phone Number | State Funding (Y/N) |
|-----------------------|--|-----------------------|---------------------|
| Chatham Recovery, LLC | 1758 E 11th St, Ste E<br>Siler City, NC 27344-2845 | 919-663-3303          | Y                   |

## 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) |
|---|---|-----------------------|---------------------|
| DAYMARK Recovery Services, Inc.<br>(Cabarrus Center)- Daymark Recovery Services, Inc. - Chatham County Clinic | 1105 E Cardinal St<br>Siler City, NC 27344-3300 | 704-939-1133          | Y                   |
| Renaissance Wellness Services, LLC  | 288 E St, Ste 1004<br>Pittsboro, NC 27312-9759  | 919-602-5438          | N                   |

## Substance Abuse Comprehensive Outpatient Treatment (SACOT)

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

## Office Based Opioid Therapy (Suboxone)

| Provider  | Site Address                                       | Facility Phone Number | State Funding (Y/N) |
|---|--|-----------------------|---------------------|
| DAYMARK Recovery Services, Inc.<br>(Cabarrus Center)- Daymark Recovery Services, Inc. - Chatham County Clinic | 1105 E Cardinal St<br>Siler City, NC 27344-3300    | 704-939-1133          | Y                   |
| Chatham Recovery, LLC   | 1758 E 11th St, Ste E<br>Siler City, NC 27344-2845 | 919-663-3303          | Y                   |

## 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      |                            |              |                       |                     |

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## Outpatient SUD Therapy (individual, group, family)

| Provider   | Outpatient SUD Therapy Types (Individual, Group, Family) | Site Address                                      | Facility Phone Number | State Funding (Y/N) |
|--|--|---|-----------------------|---------------------|
| DAYMARK Recovery Services, Inc. (Cabarrus Center)- Daymark Recovery Services, Inc. - Chatham County Clinic |  | 1105 E Cardinal St<br>Siler City, NC, 27344-3300  | 704-939-1133          | Y                   |
| New Beginnings Counseling Services, PLLC   |  | 288 East St, Ste 1007<br>Pittsboro, NC 27312-9759 | 919-542-0047          | N                   |
| Renaissance Wellness Services, LLC   |  | 288 E St, Ste 1004<br>Pittsboro, NC 27312-9759    | 919-602-5438          | N                   |

## 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             | Daybreak residential program for pregnant/parenting females | 1105 W NC Highway 54 Byp<br>APT P8<br>Chapel Hill, NC 27516-2851 | Orange                   | 919-966-9803          | Y                   |
| Freedom House Recovery Center, Inc | Facility based crisis - adults                              | 104 New Stateside Dr<br>Chapel Hill, NC 27516-1165               | Orange                   | 919-942-2803          | Y                   |
| Morse Clinic of Hillsborough, PC   | OBOT/OMT (Suboxone/Methadone)                               | 129 Mayo St<br>Hillsborough, NC<br>27278-2573                    | Orange                   | 919-643-1739          | Y                   |

## Community and Stakeholder / SUD Initiatives

Sheriff's SUD Workgroup

## Community and Stakeholder / SUD Specific and Supported Trainings

Peer Support Specialist Training

Prime for Life

Whole Health Action Management (WHAM)

Crisis Intervention Training (CIT)

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## Other

## Cardinal Innovations Points of Contact

| Title                                 | Name                     | Contact Number |
|---------------------------------------|--------------------------|----------------|
| Regional Medical Director             | Position Vacant          |                |
| Medical Director of SUD Services      | Dr. Tedra Anderson-Brown |                |
| Senior Community Executive            | Ric Bruton               |                |
| Regional CURES Committee Chair        | Christine Beck           |                |
| Regional Network Manager              | Kelly Watkins            |                |
| Quality Management Manager            | Michael Norton           |                |
| I/DD Care Coordination Manager        | Tom Wilson               |                |
| MH/SUD Care Coordination Manager      | Jennifer Jennings        |                |
| Regional Community Engagement Manager | Lynn Inman               |                |
| Regional Member Engagement Manager    | Deborah Hendren          |                |

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