

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.

Davidson 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) |
|--------------------------------------------------------------------|-----------------------------------------------|-----------------------|---------------------------|---------------------|
| Daymark Recovery Services, Inc.(Cabarrus Center) - Davidson Center | 1104A S Main St. Lexington, NC, 27292-3134 | 336-242-2450 | N | Y |

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

| Provider | Site Address | Facility Phone Number | State Funding (Y/N) |
|----------------------------------|-----------------------------------------------|-----------------------|---------------------|
| Daymark - Davidson Crisis Center | 1104B S Main St. Lexington, NC, 27292-3134 | 336-242-2450 | Y |

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) |
|--------------------------------|----------------------------------------------------------------|-----------------------|---------------------|
| Center For Prevention Services | 1117 East Morehead St., Suite 200 Charlotte, NC, 28204-2870 | 704-375-3784 | Federal Funding |

Opioid Treatment Program (Methadone/Suboxone) (OMT)

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

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SUD Residential (Low/Medium/High)

| Provider | SUD Residential Level (Low/Medium/High) | Site Address | Facility Phone Number | State Funding (Y/N) |
|------------------------------------------|-----------------------------------------|-----------------------------------------------------|-----------------------|---------------------|
| Path of Hope, Inc. - Halfway House-Women | Low, Mid, & High | 1675 E. Center Street Ext. Lexington, NC 27292-1308 | 336-248-8914 | Y |
| Path of Hope, Inc. | Low & High | 1675 E Center Street Ext Lexington, NC, 27292-1308 | 336-248-8914 | Y |

Substance Abuse Intensive Outpatient (SAIOP)

| Provider | Site Address | Facility Phone Number | State Funding (Y/N) |
|--------------------------------------------------------------------|--------------------------------------------|-----------------------|---------------------|
| Nazareth Children's Home, Inc - Lexington Site | 16 E Center St. Lexington, NC, 27292-3310 | 336-300-7614 | N |
| RHA Health Services and Hilltop | 310 N. Main St. Lexington NC 27292 | 336-422-1100 | Y |
| Daymark Recovery Services, Inc.(Cabarrus Center) - Davidson Center | 1104B S Main St. Lexington, NC, 27292-3134 | 336-242-2450 | Y |

Substance Abuse Comprehensive Outpatient Treatment (SACOT)

| Provider | Site Address | Facility Phone Number | State Funding (Y/N) |
|---------------------------------|-----------------------------------|-----------------------|---------------------|
| RHA Health Services and Hilltop | 310 N.Main St. Lexington NC 27292 | 336-422-1100 | 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) |
|-------------------------------------------|----------------------------|--------------------------------------|-----------------------|---------------------|
| Nazareth Children's Home – Lexington Site | | 16 E. Center St. Lexington, NC 27292 | 704-279-5556 | Y |

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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) - Davidson Center | | 1104B S Main St. Lexington, NC, 27292-3134 | 336-242-2450 | Y |
| RHA Health Services and Hilltop | | 310 N. Main St. Lexington, NC 27292 | 336-422-1100 | Y |
| Nazareth Children's Home, Inc - Lexington Site | | 16 E Center St. Lexington, NC, 27292-3310 | 336-300-7614 | 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) |
|-------------------------------------------------------------|---------------------------------------------------------------------------|------------------------------------------------------------------|--------------------------|-----------------------|---------------------|
| Novant Medical Group, Inc. dba Rowan Psychiatric Associates | Opioid Treatment Program Methadone/Suboxone | 310 Statesville Blvd. Suite 1 Salisbury, NC, 28144-2368 | Rowan | 803-788-5916 | N |
| Hope Haven, Inc. | SUD Residential | 172 Spring Street, SW Concord, NC, 28025-5035 | Cabarrus | 704-372-8809 | Y |
| Rising Hope Clinical Assistance, LLC | SAIOP | 510 Northgate Park Dr. Winston-Salem, NC | Forsyth | 704-661-3327 | N |
| NSC Behavioral Concepts, LLC | SAIOP | 507 W Innes St. Ste 105, Salisbury, NC, 28144-4267 | Rowan | 704-603-6156 | N |
| S&H Youth and Adult Services, Inc. | SAIOP | 714 S Main St. Salisbury, NC, 28144-5412 | Rowan | 704-492-9638 | N |
| RHA Health Services, Inc. - Cabarrus Treatment Team | CCC (Cabarrus and Union) and SAIOP | 219 Le Phillip Ct NE Concord, NC, 28025-2900 | Cabarrus | 704-933-3505 | Y |
| McLeod Addictive Disease Center, Inc. | Opioid Treatment Program Methadone/Suboxone (Cabarrus, Mecklenburg) | 515 Clanton Rd. Charlotte, NC, 28217-1309 | Mecklenburg | 704-332-9001 | Y |
| Addictions Recovery Care Association (ARCA) | SUD Residential Group Living High | 1931 Union Cross Rd. Winston-Salem, NC, 27101-6448 | FORSYTH | 336-784-9470 | Y |
| Monarch | FBC-Child | 1810 Back Creek Drive Charlotte, NC | Mecklenburg | 704-986-1500 | Y |

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Community and Stakeholder / SUD Initiatives

DC Recovery Team

Community and Stakeholder / SUD Specific and Supported Trainings

Peer Support Specialist Training

Prime for Life

Whole Health Action Management (WHAM)

Crisis Intervention Training (CIT)

Other

Cardinal Innovations Points of Contact

| Title | Name | Contact Information |
|---------------------------------------|----------------|--------------------------------------------------------------------------------------------------------------------|
| Regional Executive | Reid Thornburg | 704-305-0957 Reid.Thornburg@cardinalinnovations.org |
| Regional Network Manager | Lynn Widener | 336-341-1780 Lynn.Widener@cardinalinnovations.org |
| Quality Assurance Manager | Michael.Norton | Michael.Norton@cardinalinnovations.org |
| I/DD Care Coordination Manager | Melissa Baran | 336-703-7696 Melissa.baran@cardinalinnovations.org |
| MH/SUD Care Coordination Manager | Katy Eads | 336-972-1758 Katherine.Eads@cardinalinnovations.org |
| Regional Community Operations Manager | Stacey Inman | 336-528-3590 Stacey.Inman@cardinalinnovations.org |

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