

# 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).

**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](http://cardinalinnovations.org).

# Chatham County: Opioid Resources

## Access to Care Line 24/7

Cardinal Innovations Healthcare	1-800-939-5911
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## 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)- Daymark Recovery Services, Inc. - Chatham County Clinic	1105 E Cardinal St 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 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)
Chatham Recovery, LLC	1758 E 11th St, Ste E Siler City, NC, 27344-2845	919-663-3303	Y

Revised: 10/30/2020

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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)
N/A				

### Substance Abuse Intensive Outpatient (SAIOP)

Provider	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. Siler City, NC, 27344-3300	704-939-1133	Y
Renaissance Wellness Services, LLC	288 E St, Ste 1004 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. (Cabarrus Center)- Daymark Recovery Services, Inc. - Chatham County Clinic	1105 E Cardinal St Siler City, NC, 27344-3300	704-939-1133	Y
Chatham Recovery, LLC	1758 E 11th St, Ste E 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. Siler City, NC, 27344-3300	704-939-1133	Y
UNC Physicians Netowrk, LLC		75 Freedom Parkway Pittsboro, NC 27312	984-974-5217	N
Chatham Recovery, LLC		1758 E 11 <sup>th</sup> Street Siler City, NC 27344	919-663-3303	Y
Renaissance Wellness Services, LLC		288 E St, Ste 1004 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 Apt P8 Chapel Hill, NC, 27516-2851	Orange	919-966-9803	Y
Freedom House Recovery Center, Inc	Facility based crisis - adults	104 New Stateside Dr. Chapel Hill, NC, 27516-1165	Orange	919-942-2803	Y
Hillsborough Recovery Solutions, PC	OBOT/OMT (Suboxone/ Methadone)	129 Mayo St. Hillsborough, NC, 27278-2573	Orange	919-643-1739	Y

## Community and Stakeholder / SUD Initiatives

Sheriff's SUD Workgroup

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## 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 Information
Regional Executive	Ric Bruton	704-785-4621 <a href="mailto:Ric.Bruton@cardinalinnovations.org">Ric.Bruton@cardinalinnovations.org</a>
Regional Network Manager	Kelly Watkins	336-341-1780 <a href="mailto:Kelly.Watkins@cardinalinnovations.org">Kelly.Watkins@cardinalinnovations.org</a>
Quality Assurance Manager	Michael Norton	919-904-0524 <a href="mailto:Michael.Norton@cardinalinnovations.org">Michael.Norton@cardinalinnovations.org</a>
I/DD Care Coordination Manager	Tom Wilson	919-904-0519 <a href="mailto:Tom.Wilson@cardinalinnovations.org">Tom.Wilson@cardinalinnovations.org</a>
MH/SUD Care Coordination Manager	Ronnie Wilkes	336-403-3523 <a href="mailto:Ronnie.Wilkes@cardinalinnovations.org">Ronnie.Wilkes@cardinalinnovations.org</a>
Community Operations Regional Manager	Lynn Inman	336-514-1546 <a href="mailto:Lynn.Inman@cardinalinnovations.org">Lynn.Inman@cardinalinnovations.org</a>

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