

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**.

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Orange 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)
Freedom House Recovery Center	110 New Stateside Dr	1.877.967.8844	Y

Comprehensive Community Clinics

Provider	Site Address	Facility Phone Number	Suboxone Prescriber (Y/N)	State Funding (Y/N)
Freedom House Recovery Center	Freedom House Recovery Center	919-942-2803	Y	Y

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

Provider	Site Address	Facility Phone Number	State Funding (Y/N)
Freedom House Recovery Center	110 New Stateside Dr. Chapel Hill, NC	919-942-2803	Y
UNC Hospitals at Chapel Hill	101 Manning Dr. Chapel Hill, NC	919-966-4131	Y

Inpatient without SUD Beds

Provider	Site Address	Facility Phone Number	State Funding (Y/N)
UNC Hospitals at Chapel Hill	101 Manning Dr. Chapel Hill, NC	919-966-4131	Y

Prevention Providers (Substance Abuse Block Grant)

Provider	Site Address	Facility Phone Number	State Funding (Y/N)
Insight Human Services	665 W. 4 th St. Winston-Salem, NC	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)
Hillsborough Recovery Solutions, PC	129 Mayo St. Hillsborough, NC	919-643-1739	Y

SUD Residential (Low/Medium/High)

Provider	SUD Residential Level (Low/Medium/High)	Site Address	Facility Phone Number	State Funding (Y/N)
Freedom House – Chapel Hill Men’s Halfway House (supervised living moderate)	Low	106 New Stateside Dr. Chapel Hill, NC	919-942-2803	Y
Daybreak at UNC Horizons	Medium	600 S Churton St. Carrboro, NC	919-966-8194	N
Freedom House Maggie Alvis Women’s Halfway House (supervised living moderate)	Low	114 New Stateside Dr. Chapel Hill, NC	919-942-2803	Y

Substance Abuse Intensive Outpatient (SAIOP)

Provider	Site Address	Facility Phone Number	State Funding (Y/N)
Freedom House Recovery Center	New Stateside Dr. Chapel Hill, NC (multiple sites)	919-942-2803	Y
UNC Horizons Outpatient Substance Abuse Treatment	410 North Greensboro St. Carrboro, NC	800.862.4050	Y
Freedom House Recovery Center	110 New Stateside Dr	1.877.967.8844	Y

Substance Abuse Comprehensive Outpatient Treatment (SACOT)

Provider	Site Address	Facility Phone Number	State Funding (Y/N)
Freedom House Recovery Center	104 New Stateside Dr. Chapel Hill, NC	919-942-2803	Y
UNC Horizons Outpatient Substance Abuse Treatment	410 North Greensboro St. Carrboro, NC	800.862.4050	Y

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Office Based Opioid Therapy (Suboxone)

Provider	Site Address	Facility Phone Number	State Funding (Y/N)
Hillsborough Recovery Solutions, PC	129 Mayo St. Hillsborough, NC	919-643-1739	Y
UNC Faculty Physicians	101 Manning Dr. Chapel Hill, NC	919-843-1034	Y
Freedom House Recovery House	110 New Stateside Dr. Chapel Hill, NC	919-942-2803	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)
UNC Horizons – Residential Program	pregnant/parenting females	1105 W. NC Hwy-Bypass Chapel Hill, NC	919-966-9803	Y

Outpatient SUD Therapy (individual, group, family)

Provider	Outpatient SUD Therapy Types (Individual, Group, Family)	Site Address	Facility Phone Number	State Funding (Y/N)
UNC Faculty Physicians		101 Manning Dr. Chapel Hill, NC	919-942-2803	Y
Freedom House Recovery Center		110 New Stateside Dr. Chapel Hill, NC	919-942-2803	Y
Freedom House – Men’s Halfway House		106 New Stateside Dr. Chapel Hill, NC	919-942-2803	Y
UNC Horizons Outpatient Substance Abuse Treatment		410 North Greensboro St. Carrboro, NC	919-966-8194	Y
DeAnna C. Murphy MA, LPC, LCAS-A		180 Providence Rd Chapel Hill, NC	704-726-0681	N
UNC CEC MH/STEP/OASIS (SOM)		200 N Greensboro St. Carrboro, NC	919-966-8194	Y
UNC Hospitals at Chapel Hill		101 Manning Dr. Chapel Hill, NC	919-966-4131	Y
Hillsborough Recovery Solutions, PC		129 Mayo St Hillsborough, NC	828-545-4750	Y

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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)
Residential Treatment Services of Alamance (Low/Medium/High)	SUD Residential	125 Glendale Ave. Burlington, NC	Alamance	336-438-2030	Y
Alamance Regional Medical Center (Low/Medium/High)	SUD Residential	1240 Huffman Mill Rd. Burlington, NC	Alamance	336-663-4002	Y
Residential Treatment Services of Alamance – Hall Ave. Facility (Low/Medium/High)	SUD Residential	136 Hall Avenue Burlington, NC	Alamance	336-227-7417	Y
Durham Recovery Response	Inpatient/Non-Hospital Detox	309 Crutchfield St. Durham, NC	Durham	919-560-7305	N

Community and Stakeholder / SUD Initiatives

Justice Advisory Council

Justice / MH Workgroup

Community and Stakeholder / SUD Specific and Supported Trainings

Opioid 101

Whole Health Action Management (WHAM)

Crisis Intervention Training (CIT)

Other

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Cardinal Innovations Points of Contact

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