

OPIOID

RESOURCE GUIDE

PREVENTION

TREATMENT

RECOVERY



CORNER

EDITOR'S



The opioid crisis has hit our streets, our medical practices, our emergency services, our law enforcement departments, our schools and most importantly, our families. Through collaborative efforts, we are making inroads.

- As of July 2019, we have distributed 1,680 Naloxone kits, the compound that can reverse the lethal effects of an opioid overdose.
- Families are learning about the risk of opioid prescriptions through outreach materials, billboards and community prevention coalition activities in Concrete, Sedro Woolley and Mount Vernon.
- Those needing access to essential Medication Assisted Treatment (MAT) services, the standard of care for those with Opioid Use Disorder (OUD), now have multiple agencies ready to help them.

The community is much better situated to respond to the crisis than it was when we started our work three years ago. Skagit County Public Health, the Population Health Trust and the Opioid Workgroup Leadership Team have been working since 2016 to create strategies and actions that increase prevention, minimize overdose (OD) deaths, expand treatment and coordination of treatment, and expand MAT.

This guide is one more effort to connect the community with the information and care that you need. We understand that although there is a lot of information about the crisis, there is little information to help navigate the resources and services necessary. You'll find practical advice on the prevention techniques such as safely securing pain medications in the home and safely disposing of prescription drugs that are no longer needed. There is advice on how to talk with those in your life who are at risk, and information about how to obtain Naloxone. In the last section of the guide, you'll find the resources that we hope will make a difference for you, your family and your neighbors: Crisis support hotlines, treatment options, programs and providers, housing, counseling and recovery groups and more.

Please use this guide and share what you learn with everyone in your circle. Substance use disorder/opioid use disorder is a medical condition. We need to treat it as such and support those who need services in the same way we would if the condition were diabetes.

"Knowledge is power. Information is liberating. Education is the premise of progress in every society, in every family." – Kofi Annan

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For more information, visit: <http://inside.skagit.local/Departments/HumanServices/Opioids.htm>

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KNOW

THE

RISKS

Opioids, Risks and Alternatives

News headlines are filled with reports of opioid overdoses and the risks of using these commonly prescribed pain relievers. If opioids are pre-scribed by doctors, aren't they safe? Learn the basics about opioids and pain relief in order to keep yourself and your loved ones safe.

Opioids are medication used to relieve pain and reduce the intensity of pain signals that reach the brain. They can be naturally occurring drugs that are derived directly from the opium poppy plant, but the most common types prescribed by health care providers are semi-synthetic opioids, a combination of these naturally occurring drugs and man-made components. Opioids are a class of drugs that include prescription medications and illicit substances, such as heroin and illegally produced Fentanyl.

Common types of prescription opioids used to treat moderate to severe pain include hydrocodone (Vicodin), oxycodone (OxyContin, Percocet), hydromorphone, and oxymorphone (Opana). All opioids interact with the body in the same way. By attaching to receptors in the brain and other organs, opioids can block pain signals from reaching the brain. That's why these medications often are prescribed for acute pain, including pain associated with cancer or a surgery. Often times, chronic pain may be better addressed with non-opioid treatment options. Along with reducing pain, opioids increase pleasure by releasing the "feel good chemicals" in the brain. The body adjusts to

the pain-blocking properties over time, so that more opioids are needed to get the same level of pain control. The mix of pain reduction, pleasure increase and the need for increasing doses, provides the basis for the risk of physical dependence.

PRESCRIPTION MISUSE AND ABUSE

Because opioids alter the chemistry in the brain by attaching to opioid receptors, those who use them may be susceptible to becoming physically dependent. A 2017 study conducted by the University of Washington's Alcohol & Drug Abuse Institute found that of those drug injectors who had used heroin within the past three months, 57 percent reported being "hooked on" prescription opioids before trying heroin.

Improperly using your own prescription is called "prescription misuse" and when that prescription is for opioids, this practice can be very dangerous. Taking too many pills, taking your medication too frequently, and taking your medication for longer than prescribed all can be considered prescription misuse. Taking pills that are not prescribed to you or seeking prescriptions when no physical condition warrants are examples of

prescription abuse. Misusing and abusing opioid prescriptions can lead to substance use disorder, as well as an increased risk of overdose.

Dr. Howard Leibrand, Public Health Officer for Skagit County encourages patients to consider this advice: "Opioid pain medication for acute pain should be taken at the lowest dose possible and for the shortest time possible to make the pain manageable. A patient who tries to take sufficient medicine to get rid of the pain completely, or continues the medication until the pain is gone completely, puts themselves at risk for prolonged opioid use disorder."

HOW OVERDOSES HAPPEN

Too much of an opioid — which varies based on the individual, length of time using, and what the drug is made out of — overwhelms those brain receptors and depresses the central nervous system. This slows the breathing to the point that vital organs begin to shut down. If an overdose is not reversed in time, a person's body will simply shut down and breathing will stop. It can be difficult to tell if a person is just very high or experiencing an overdose. If you're having a hard time telling the difference, it is best to treat the situation like an overdose — it could save someone's life.

Periods of abstinence can increase the risk of overdose.

DANGEROUS DRUG INTERACTIONS

It is important to know whether the medication you have been prescribed is an opioid. Individuals taking opioids can have negative interactions with other drugs being taken, especially benzodiazepines and alcohol. Benzodiazepines, including Xanax and Valium, often are prescribed for anxiety and insomnia. They slow down body functions. When benzodiazepines are combined with opioids, the risk of overdose drastically increases. Both types of medications suppress breathing. When mixed together, they may cause you to stop breathing entirely. Alcohol acts in a similar way, so be sure to restrict alcohol use while taking prescription opioids.

Another thing to know about your opioid prescription is the proper dosage. Talking to your doctor or pharmacist will help you know exactly when to take your medication and how much you should take.

ALTERNATIVES TO OPIOIDS

For pain that will likely be gone in a week or two, and for some longer-term chronic pain conditions, it is always best to start with non-opioid pain treatments. Opioids may help control pain at first, but they are usually not necessary.

Consider other options that may work just as well but have far fewer risks:

- Over-the-counter pain relievers such as acetaminophen (Tylenol) and ibuprofen
- Heat/cold
- Massage or acupuncture
- Relaxation or mindfulness based training
- Physical therapy
- Exercise
- Professional help coping with the emotional effects of pain

SIGNS and SYMPTOMS of an OVERDOSE

- Loss of consciousness
- Unresponsive to outside stimulus
- Awake, but unable to talk
- Breathing is very slow and shallow, erratic, or has stopped
- Bluish purple skin tone (light skin), or grayish/ashen (darker skin)
- Choking sounds, or a snore-like gurgling noise (sometimes called the “death rattle”)
- Vomiting
- Body is very limp
- Face is very pale or clammy
- Fingernails and lips turn blue or purplish black
- Pulse (heartbeat) is slow, erratic, or not there at all

If someone is making unfamiliar sounds while sleeping, it is worth trying to wake him or her up. Many loved ones of users think a person was snoring, when in fact the person was overdosing. These situations can be a missed opportunity to intervene and save a life.

Where to find

NALOXONE

Family Pharmacy

(Skidmore Pharmacy)
1213 24th St., S-400, Anacortes
360-293-2124 | 360-293-0419

Rite Aid #5234

1517 Commercial Ave.
Anacortes
360-293-2119 | 360-299-0841

Safeway Pharmacy #0593

911 11th St., Anacortes
360-293-5393 | 360-299-9135

Walgreens #07131

909 17th St., Anacortes
360-299-2816 | 360-299-8565

Costco Pharmacy #662

1725 S Burlington Blvd.
Burlington
360-757-5702 | 360-757-5709

Haggen Pharmacy #3436

757 Haggen Dr., Burlington
360-814-1561 | 360-814-1595

Walgreens #11300

623 S. Burlington Blvd.
Burlington
360-707-2741 | 360-707-5928

Sea Mar Community Health Center Pharmacy

7438 S. D Ave., Ste. C
Concrete
360-853-8109 | 360-853-8350

La Conner Drug #1146

708 E Morris St., La Conner
360-466-3124 | 360-466-4775

Hilltop Pharmacy LLC

1223 E Division St.
Mount Vernon
360-428-1710 | 360-428-7847

Sea Mar Community Health Center Pharmacy

1400 N Laventure Rd.
Mount Vernon
360-428-4075 | 360-542-8797

Haggen Pharmacy #3450

2601 E. Division St.
Mount Vernon
360-848-6930
360-848-6948

Rite Aid #5245

412 E. College Way
Mount Vernon
360-424-7958 | 360-424-0255

Safeway Pharmacy #1472

315 E. College Way
Mount Vernon
360-424-0467 | 360-424-0427

Wal Mart Pharmacy 10-2596

2301 Freeway Dr.
Mount Vernon
360-428-3911 | 360-428-3688

Rite Aid #5248

851 Moore St.,
Sedro-Woolley
360-856-2153 | 360-856-0714

Schaffner Pharmacy

1990 Hospital Dr., Ste. 120
Sedro-Woolley
360-853-2003 | 360-854-2765

Walgreens #10994

320 Harrison St.
Sedro-Woolley
360-855-0735 | 360-855-0912



Outpatient medication-assisted addiction treatment clinic in Mount Vernon, WA.



life
friends
Get your *family* back.
job
money
future

Ideal Option is one of the nation's largest providers of evidence-based outpatient addiction treatment. Every patient receives a physician-led, personalized addiction treatment plan that may include FDA-approved medications like Suboxone® or Vivitrol® combined with behavioral health services.



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my.ideoption.com/mt-vernon

- New Patients Welcome
- Medicaid / Medicare / Private Insurance
- No Overnight Stays
- Confidential & Non-Judgmental



WALK-INS WELCOME

1725 Continental Place, Suite C
Mount Vernon, WA 98273
Mon-Thurs: 7:30am -5:15pm



TALK TO YOUR PROVIDER

Opioid-based medications can be useful for pain management — especially for the severe pain someone may experience directly after surgery. However, opioid medications such as Vicodin, Percocet and OxyContin are powerful and can be deadly if not taken properly. Even if taken as directed, any opioid-based medication can have serious side effects, including addiction and overdose.

CONSIDER OTHER PAIN MANAGEMENT OPTIONS FIRST

While opioids can help to control pain at first, they are usually not necessary. Dr. Caleb Banta-Green, the principal research scientist at the University of Washington’s Alcohol & Drug Abuse Institute, cautions people to consider medications, and opioids in particular, as a part of the treatment toolkit. Opioids should be at the bottom, not the top.

“Adults — and kids — should understand that it’s not a victory to come out of the doctor’s office with opioids,” says Banta-Green. “Your goal is to come out with a plan and tools.”

Instead, consider other options that may work just as well but have far fewer risks. For short-term pain that will likely only last a week or two, it’s always best to start with non-opioid pain treatments. These can include over-the-counter pain relievers, physical therapy, exercise, and professional

help coping with the emotional effects of pain.

BE HONEST ABOUT YOUR SITUATION

It’s important to be upfront about other medications you are taking, or whether you have had a history of substance use disorder. This will help your provider work with you to find the right pain management plan. If you believe you’re struggling with substance use disorder, ask your provider for guidance and referrals for help.

WHEN OPIOIDS ARE PRESCRIBED

If opioids are the best course of treatment, start with the smallest dose and supply available. Prescribing guidelines for adults indicate an initial prescription should be no more than three to seven days of medication. You should take the medicine as indicated; taking more or using opioids more frequently can increase your risk of

dependence or overdose.

If you or a family member are using opioids for chronic pain or struggling with heroin or opioid addiction, ask your provider about keeping naloxone on hand. Naloxone (Narcan) is an overdose reversal drug, and your provider can give you a prescription so that it can go through your insurance. Another option is to purchase naloxone directly from your local pharmacy. See the list on page 4.

FIND A NEW PROVIDER IF NEEDED

The bottom line is that patients should feel comfortable talking with their provider. If you aren’t, or your provider insists on prescribing opioids, you may want to consider looking for a new provider. Ask friends or family members for recommendations, call your insurance company for a list of providers in your area, or visit the Washington State Health Care Authority site at hca.wa.gov.

If you believe your provider has violated a law, or has demonstrated unprofessional conduct or actions that misled or harm you, another avenue is to file a complaint with the Washington State Department of Health.

For more information, visit doh.wa.gov/licensespermitsandcertificates. ■

TALK TO SENIORS



Last year, AARP Bulletin’s special report “America’s Addiction to Pain Pills” put a spotlight on a side of the opioid epidemic that isn’t always mentioned: opioids and older adults. The report highlighted that nearly one-third of all Medicare patients, or close to 12 million people, were prescribed opioid painkillers by their physicians in 2015. That same year, 2.7 million Americans over 50 abused painkillers, meaning they took them for reasons or in amounts beyond what their doctors prescribed.

Prescription monitoring program data in Skagit County shows that among Skagit residents younger than 55, 51.8 out of 1,000 received at least 1 opioid prescription during the second quarter of 2018 (a 3 month period). For individuals over 55, the rate is nearly three times higher, at 144.8 out of every 1,000 receiving at least 1 opioid prescription. This points to the need to talk with seniors about potential risks of opioid prescriptions, and what they can do to prevent misuse and abuse in their home.

UNDERSTAND THE INCREASED RISK OF FALLS AND INJURIES

Falls are the leading cause of death among older adults in Washington, claiming nearly 900 lives each year. Now, evidence suggests that older adults taking opioids are 4-5 times more likely to fall than people taking non-steroidal anti-

inflammatory drugs (NSAIDs) such as aspirin and ibuprofen.

ASK QUESTIONS ABOUT MEDICATIONS

Pharmacists can be particularly helpful. So can the relatives of those who are prescribed prescription pain medications.

Watch what your loved ones are taking and ask questions. Advocacy is an important protective factor.

In addition to taking the prescription as indicated, it’s important to know what other medications seniors are taking. Opioids can have dangerous interactions with muscle relaxers, some antibiotics, benzodiazepines (like Xanax and Valium) and others.

PREVENT MISUSE AND ABUSE IN THE HOME

Many times, older adults are more susceptible to theft in the home due to the number of medications lying around. There is also an increased risk of poisonings, either from patients confusing medications or from young children getting into prescriptions.

These risks can all be reduced by following three simple steps: clearly marking medications; locking them up in cabinets, lock bags or boxes; and safely disposing of them through MED-Project once they are no longer needed. ■



TALK TO YOUR KIDS

Half of the drug overdoses in the United States are a result of opioids. Having conversations about opioids with your kids is one way you can make an impact in the opioid crisis today.

START THE CONVERSATION EARLY

Parents can start as early as preschool when it comes to talking about medication. A great way of introducing the topic is if your child takes vitamins. Explain that vitamins are medicine, too; while they are good for you and help you grow, they can also be harmful if you take too many. The key is helping your children understand that medicine can be useful, but it can also be harmful if taken the wrong way. If you take medication or vitamins yourself, there's a good chance your child watches you take them. Being transparent about your usage reminds children that medications are taken for a specific reason, not for fun.

BE THEIR ADVOCATE

For many youth, their first experience with opioids begins after a dental procedure, a broken bone, or other serious injury. Some healthcare providers prescribe opioids as a standard method for pain management. While opioid medications may be effective for treating pain in the short-term, they have an extremely high tendency for addiction and do nothing to address the underlying cause of pain. Research has shown that opioids are no better than over-the-counter medications. As your child's advo-

cate, you can inform the dentist or health care provider that you prefer an alternative treatment for pain management. If opioids are the best course of treatment, prescribing guidelines from the Bree Collaborative indicate that youth under 20 should not be prescribed more than a three-day supply of opioids (less than 10 pills).

ENCOURAGE CONVERSATIONS OFTEN

Talking about proper use of medication should be on-going as your child gets older. As a parent, your child looks to you for help and guidance in working out problems and in making decisions, including the decision not to use drugs. By engaging them in conversation, you are creating a safe space for them to talk to you about issues they come across throughout their adolescence. It's important to discuss why people misuse drugs and alternative ways to cope with those impending issues. Remind your child that they have a support system in their friends and family.

Be honest about current or past drug use in the family. Deciding whether to tell your child about your past drug use is a personal decision. However, your experiences and the lessons you've learned can better equip you to teach others. Your honesty encourages your children to also

be open and honest about their own curiosities and possible experimentation with drugs. Talking about your experiences can build the foundation for ongoing conversation around this topic.

If there is a family member or close friend who is actively using, it's important to explain this person's struggles to your child in an age-appropriate way. Share what you're doing to support that individual in making healthier choices. Consider reaching out to a counselor, your community church, or a group like Alateen or Al-Anon. This allows your child to find a space to share feelings about a friend or family member's use.

MONITOR OPIOID PRESCRIPTIONS CAREFULLY

It's important to tell children and adolescents that prescribed pain medications are medically appropriate to take under the supervision of a health care provider. If you have agreed for your child to take opioids, it's important to discuss the risks of misuse and be clear they should not be shared with anyone else. Supervise the dispensing of the medication by keeping count of the number of pills in the bottle to ensure they are being taken as prescribed. Monitor your child's level of pain and be sure to look for signs of dependence, such as loss of interest in favorite activities, mood swings, depression symptoms and increased tolerance or preoccupation with the drug.

Medications should be kept in a safe and secure place where they cannot be accessed by other family members or friends. And it's always important to dispose of any unused medication at your local MED-Project disposal kiosk. Find your nearest kiosk here: med-project.org/locations/skagit. ■

PREVENTION

Safely Storing and Disposing your Medication - a prevention priority



How many times have you looked at a leftover bottle of prescription medication and thought, “I’ll keep these just in case I get sick again later?” Perhaps you felt like getting rid of medications was more of a hassle, and just stuck the expired or unused bottle back on the shelf?

The enormity of the opioid crisis can feel overwhelming, especially with headlines warning of increased overdoses and deaths. However, as simple as it sounds, keeping current medication stored securely and quickly disposing of unused medication is a way for you to help fight the opioid epidemic.

SAFELY STORING YOUR MEDICATIONS

Because prescription opioids are commonly abused, safely storing your medications can prevent them from falling into the wrong hands. A great way to ensure that your prescriptions are secure is by placing them in locking medicine cabinets, small lock boxes, and portable lock bags. These can be purchased at some local pharmacies, large retailers including Amazon and Walmart, as well as independent online businesses such as Safer Lock Rx, Lock-Med and Cardinal Bag Supplies. You can also check with Skagit County Public Health (360-416-1521) or United General Hospital District 304 (360-854-7168).

RISKS OF IMPROPER STORAGE AND DISPOSAL

About one-third of medicines sold to

consumers go unused. Storing unwanted or expired medicines in our homes contributes to the epidemic of medicine abuse and preventable poisonings in our community. Improper disposal of medicines down the drain or in the household trash adds to pharmaceutical pollution in the environment. Taking unused, unwanted, or expired medications to a secure medicine return kiosk ensures they will not fall in to others’ hands or end up polluting local waters.

In Washington, 26 percent of poisonings and deaths were caused by someone else’s over-the-counter medications. Another 32 percent were caused by someone else’s prescription medications. In Skagit County, overdoses are the leading cause of unintentional injury deaths, and on average, 14 people die every year from a fatal opioid overdose in our county.

SECURE MEDICINE RETURN

To provide residents with secure and convenient disposal options for medications, Skagit County passed a Secure Medicine Return ordinance in 2018. This law requires pharmaceutical companies to provide the community with free, accessible and well-publicized options for medicine return. Disposing of unwanted medication is as simple as entering a zip code on the MED-Project website (MED-Project.org) to locate a kiosk. These new kiosks are located in pharmacies and police stations throughout the county.

Don’t have a location nearby or can’t drive? You can call a hotline at 1-844-MED-PROJ or visit the mail-back page of the MED-Project website to request a pre-paid envelope to return your un-wanted or expired medicine. Skagit County Public Health is also working with community locations such as libraries, city offices, senior centers and fire stations to host medicine return mailer bags for residents. Locations for picking up the pre-paid mailers can be found on the MED-Project website. Home healthcare professionals providing services to differentially-abled or home-bound residents may request an envelope on behalf of their client(s).



THE DO'S AND DON'TS OF SECURE MEDICINE RETURN

Before disposing of your medicines, be sure to remove all personal identification from the bottle such as your name and prescription number. Medications can be disposed of in their original packaging or in a sealed bag. If you transfer your medications to a sealed bag, recycle all remaining packaging.

MED-Project kiosks do not accept herbal remedies, vitamins, supplements, cosmetics, other personal care products, medical devices, pet pesticide products, or illicit drugs. Needles or “sharps” are also not accepted and should be properly disposed of in a sharps container. ■

MED-PROJECT LOCATIONS

*As of July 2019, MED-Project Locations were as follows.
For a current list visit MED-Project.org.*

Anacortes Police Department
1218 24th St.
Anacortes, WA 98221

Burlington Police Department
311 Cedar Street, Suite B
Burlington, WA 98233

Hometown Pharmacy
640 State Route 20
Ste A
Sedro-Woolley, WA 98284

Mount Vernon Police Department
1805 Continental Place
Mount Vernon, WA 98273

Schaffner Pharmacy
1990 Hospital Dr. Ste 120
Sedro-Woolley, WA 98284-9315

Sedro-Woolley Police Department
325 Metcalf Street
Sedro Woolley, WA 98284

Skidmore Pharmacy
1213 24th St Ste 400
Anacortes, WA 98221-2595

Sea Mar Community Health Center Pharmacy
7438 S D Ave Ste C
Concrete, WA 98237

Sea Mar Community Health Center Pharmacy
1400 LaVenture Road
Mount Vernon, WA 98273

Skagit County Sheriff's Office
600 S Third Street
Mount Vernon, WA 98273

Skagit Valley Hospital
1415 E Kincaid Street
Mount Vernon, WA 98273

**Talk to your doctor.
Get the help you need.**



ISLAND HOSPITAL
1211 24th Street, Anacortes

360-299-1300

www.islandhospital.org

Urgent Care

**NO APPOINTMENT NECESSARY
OPEN 7-DAYS A WEEK**

Monday to Friday Weekends/Holidays

7:30a - 7:30p 8:00a - 4:00p

(Closed Christmas Day)

3 LOCATIONS

Smokey Point 3823 172nd St. NE Arlington 360-657-8700	Mount Vernon 1400 E. Kincaid St. Mount Vernon 360-428-6434	Riverbend 2320 Freeway Dr. Mount Vernon 360-814-6850
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Skagit Regional Health

Check wait times online at
SkagitRegionalHealth.org



TREATMENT

Learn About Opioid Use Disorder

What is it about opioids? Why do they pose such a risk for misuse and addiction? To answer these questions, we reached out to Dr. Caleb Banta-Green, principal research scientist with the University of Washington’s Alcohol and Drug Abuse Institute to help us unpack a little more about the science of addiction.

OPIOIDS AND YOUR BRAIN

It took several decades before researchers learned that opioids caused permanent changes to the brain’s opioid receptors. Your brain becomes hard-wired to seek opioids to maintain its new normal. For some people, this happens in a matter of days.

“Opioid use disorder causes measurable changes in the brain. It’s a real thing that you can see,” says Banta-Green. “It’s a biological condition that’s driving behavior. While it looks like a person making bad choices over and over, it’s really about the brain being hijacked by the drug.”

Prescription opioids release much higher levels of the chemicals than what our bodies naturally produce, so they can overwhelm our system and bind to places they shouldn’t. Binding to some of these other receptors can completely eliminate the sensation of pain, creating drowsiness, mental confusion, and nausea, as well as euphoria.

DEPENDENCE VS. ADDICTION

A person who uses opioids on a regular basis can develop a tolerance, feeling like they need to take more in order to feel “normal.” Dependence is when a person’s body has begun to develop a tolerance to

a drug, and more and more of that drug is needed to get the same effect. If the drug were to be stopped, the body would begin to go through withdrawal. This can happen even if the drug is taken as directed by a doctor.

Addiction, however, is when an individual becomes physically unable to stop taking a drug even though the drug use is causing negative consequences. It is important to note that opioid addiction is not a moral failing, but a chronic disease, which is why once the body is dependent on the substance, it becomes a substance use disorder (SUD). Just as you would do for a heart condition or cancer, finding the right mix of treatment options and services is crucial.

Another similarity to heart conditions or cancer is the random nature of how addiction can happen. For some, there were adverse experiences in childhood or adulthood that caused emotional or physical trauma. These events can lead to an increased risk of substance use disorder. For others, there may be a genetically predisposition to develop an addiction. Some individuals report that from the first time they try an opioid they seem geared to either like opioids or feel “normal” on them. The tricky part is that you won’t know how your body will

respond until you are prescribed an opioid for the first time. Some individuals may develop substance use disorders involving multiple substances with increased levels of harmful consequences.

TREATING OPIOID USE DISORDER

Opioid use disorder isn’t 100 percent preventable, but it is treatable. The first and most effective is medication assisted treatment (MAT) with buprenorphine and methadone. People can be on those medications and in recovery, with an added bonus of reducing death by 50 percent.

“With illicit opioids, you don’t know what you’re getting and they’re short-acting. Your brain and body have been hijacked, and you are in a life that is a physical, mental and emotional roller coaster,” says Banta-Green. “MAT gets you to a steady ground to help get you through the day, rather than looking for a fix every few hours. Medications don’t fix everything, but they’re a big start.”

Along with MAT, substance use disorder treatment might include brief inpatient or residential treatment, or longer-term outpatient counseling to help better understand the issues that might have contributed to the development of a SUD. Peer support groups can also be helpful in building relapse prevention skills and developing a supportive social support system. Recovery from opioid use disorder is a process with many pathways. ■



KNOW HOW TO HELP

When someone you care about is struggling with a substance use disorder, it can be difficult to know how to help. Here are some tips and information to help you know how to start.

BE SUPPORTIVE, WITH BOUNDARIES

Behavioral health conditions affect families, not just the individuals. Many people struggle with knowing what they can do to help. It's difficult to know the line between helping and enabling, and sorting through any feelings of fear, shame and guilt can make the process more difficult.

The most important thing to know is that behavioral health issues are diagnosable and treatable conditions. Like other diagnosable conditions, struggling with a behavioral health issue is not a moral failing or sign of weakness.

Here are some positive helpful behaviors:

- Encourage recovery and treatment
- Acknowledge the disorder causes out of character behavior and address it without judgment

- Talking with professionals and support systems who can help
- Set clear boundaries for your willingness to help and keep those boundaries
- Learn about resources that can be a help to the person who is struggling

HELP YOURSELF

Self-care is an important aspect of helping someone with a substance use disorder. Don't forget to do the things you like to do: read, take a walk, have coffee with a friend, or get a massage. Perhaps attending Al-Anon, Alateen, or Nar-Anon, or attending some counseling for yourself would be beneficial. If we don't take care of ourselves and allow our needs to go unmet, it is difficult to help someone else.

REACH OUT TO OTHERS

Stigma around substance use disorder exists and keeps individuals from seeking the support they need. Families and friends who are helping a loved one struggling with opioid use disorder can often feel guilty, isolated and ashamed, and it is difficult to address the topic. As part of a support system, you don't need to be trained to help, you just need to be there.

In a recent article, The Partnership for Drug-Free Kids' President and CEO Fred Muench shared what he hoped others had done for his family while he was actively using. "When I was in the grips of active heroin addiction, I wish people who knew would have reached out to my family. It would have meant the world to them. They wouldn't have felt so alone." Dr. Muench goes on to suggest that "if you know a family touched by active addiction, reach out and offer them the support you would for any family with a chronic medical condition."

CONNECT WITH TREATMENT OPTIONS

Another way to help is to support the person in your life with navigating the treatment options. There is evidence that people with an opioid use disorder are more successful in recovery if they have treatment combined with medication assisted treatment (MAT), like Suboxone, Vivitrol or Methadone. Being supportive of the person's treatment needs is important and can improve the chance of their success. Read further for advice on how to connect with treatment options.



BE PREPARED TO STOP AN OVERDOSE

It is helpful to learn the signs and symptoms of an overdose and be prepared to stop an overdose with naloxone. Naloxone, also known as Narcan, is an opioid overdose reversal drug that can be purchased at many pharmacies in the county. It can be administered through a nasal spray or injection, and improves the chance for the person overdosing to

breathe until emergency services arrive. As important as Narcan is, rescue breathing is critical to help a patient maintain brain function. See chart on page 24 for a reminder on the rescue breathing technique.

Narcan is not addictive, nor can it cause harm if administered in a situation that turns out not to be an overdose. Some skeptics believe that naloxone is a crutch that just enables users to keep using. Not so, says Dr. Caleb Banta-Green, "Naloxone puts them in sudden, acute withdrawal. This is the last thing they want, and precisely why they use opioids... to avoid withdrawal." Banta-Green also points to a recent study done at Harborview that showed "no evidence that providing naloxone increases overdose or opioid use risk behaviors."

Having Narcan in the house is similar to having a fire extinguisher; you hope to never use it but it is important to be prepared for an emergency. ■

GOOD SAMARITAN LAW

In WA State, anyone trying to help in a medical emergency is generally protected from civil liabilities by RCW 4.24.300. WA State's 911 Good Samaritan Overdose Law RCW 69.50.315 gives additional, specific protections against drug possession charges:

- If you seek medical assistance in a drug-related overdose, you cannot be prosecuted for drug possession.
- The overdose victim is also protected from drug possession charges.
- Anyone in WA State who might have or witness an opioid overdose is allowed to carry and administer naloxone. (RCW 69.41.095)

For further information and frequently asked questions, see - <http://stopoverdose.org/section/good-samaritan-law>.



TODAY IS A NEW DAY

Our mission is to improve outcomes with quality health care solutions by removing barriers to treatment.



Free group informational classes monthly. SUD and mental health outpatient treatment, gambling, DUI, medication assisted therapies, acupuncture, and primary medical care available.

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Anacortes, WA 98221

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"If you believe in something, you can do anything."



LANGUAGE MATTERS

How to reduce stigma and why that's important

When discussing substance use and the current overdose crisis, does language matter? Yes!

“The person living with Opioid Use Disorder and homelessness is one of the most unloved in our society, truly an “untouchable.” You may be the last person standing between that person and death. Any interaction you have with that individual can be either healing (contribute to their long journey back to health) or harmful (adding to the compounded trauma that has been their life up to that point.) Ultimately, you decide which it is,” explains Howard Leibrand, Health Officer for Skagit County and an addiction physician with Ideal Option. Being treated with dignity and respect makes it possible for patients to seek treatment and to get on a path to recovery. So the language we use matters greatly.

Respectful, non-stigmatizing language when describing substance use disorders, addiction and people who use drugs is important for the possibility of health and healing. Whether used in a healthcare setting or in the news media, negative and

stigmatizing language discredits people who use drugs and can result in discrimination.

“Stigma isolates people, discourages people from coming forward for treatment, and leads some clinicians, knowingly or unknowingly, to resist delivering evidence-based treatment services,” Michael Botticelli, Director of National Drug Control Policy.

How can we change the conversation around overdose and opioid misuse?

USE PEOPLE-FIRST LANGUAGE

Refer to a person before describing his or her behavior or condition – important because it acknowledges that a person’s condition, illness or behavior is not that person’s defining characteristic. For example, use “person with an opioid use disorder” instead of “opioid user” or “addict.”

USE LANGUAGE THAT REFLECTS THE MEDICAL NATURE OF SUBSTANCE USE DISORDERS

Avoid terms that reinforce a belief

that addiction is a failure of morals or personal-ity, rather than a medical issue. Numerous factors contribute to drug addiction, from personal factors to social, environmental and political ones. Use “addictive disease” and “substance use disorder” instead of “drug abuser” or “junkie.”

USE LANGUAGE THAT PROMOTES RECOVERY

Use language that conveys optimism and supports recovery, as well as respects a person’s autonomy, such as “opted not to” and “not in agreement with the treatment plan” instead of “unmotivated” or “non-compliant.”

AVOID SLANG AND IDIOMS

Slang terms and idioms have negative connotations and a significant level of stigma attached to them – for example, use “positive” or “negative” when referring to drug tests instead of “dirty” or “clean.” ■

Harm reduction includes principles, policies, and practices that aim to reduce the harms associated with substance use and related social conditions. Grounded in public health, social justice, human rights and experiential knowledge or “lived experience,” harm reduction strategies are utilized by many people who use substances, members of their support networks, and service providers.

The idea of harm reduction strategies is to keep us as safe as possible when we encounter the various risks present in our lives. For example, car seats and bike helmets can be considered harm reduction tools to reduce the risk of serious injury when navigating roadways.

In the context of substance use,

HARM REDUCTION

examples of some commonly used harm reduction strategies include the provision of sterile needles, needle collection boxes and naloxone kits. Harm reduction supports individuals being as safe as possible, making incremental changes if desired, and working towards the longer-term goals they set for themselves. Harm reduc-

“Without your (Phoenix Needle Exchange) support I would not have had the courage to get help. Thank you for always being so nice to me. I find this type of kindness rare in my world.”

–Anonymous



What it is, How it Works

tion honors each person as a valuable human being, where they are and where they might like to be.

At its heart, harm reduction goes beyond the individual level and has positive impacts on community health. The Needle Exchange Program offers 1:1 needle exchange, education and referral, and no-cost

Narcan kits in multiple locations throughout Skagit County. Needle exchange programs are critical in preventing the spread of HIV and Hepatitis C while engaging people in health intervention and referral to treatment services. The program also helps reduce the number of contaminated needles in the public waste system. ■

▼ QUICK REFERENCE TREATMENT PROGRAMS ▼

TREATMENT PROGRAM	MH	SUD	MAT	UNDER 18	PPW	MEDICAID /APPLE HEALTH
Catholic Community Services	■	■	■		■	■
Compass Health	■			■		■
didg*alic Wellness Center	■	■	■		■	■
Evergreen Recovery Center	■	■		■		
Follman Agency	■	■				
Ideal Option			■	■	■	■
Island Hospital Behavioral Health	■					■
Lifeline Connections		■	■		■	■
Phoenix Recovery Services	■	■			■	■
Pioneer Center North	■	■	■			■

TREATMENT PROGRAM	MH	SUD	MAT	UNDER 18	PPW	MEDICAID \APPLE HEALTH
Sea Mar Behavioral Health Center	■	■	■	■		■
Skagit Community Detox	■	■	■			■
Sunrise Services Inc.	■	■				■
Swinomish Wellness Program (tribal members only)		■	■	■		
Upper Skagit Tribe	■	■	■	■		■
N. Sound Eval/Treatment Center	■					

ABBREVIATIONS:

MH = Mental Health • **SUD** = Substance Use Disorder

MAT = Medication Assisted Treatment • **PPW** = Pregnant & Parenting Women

Sunrise Recovery Services
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Is it time for a change?
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Contact Us
 (360) 544-3838 or 4change@sunriseemail.com
 Mental Health Treatment Services also available
www.sunriseservicesinc.com

STRUGGLING WITH ADDICTION? PIONEER CAN HELP.

We provide a range of treatment options:

- Residential
- Outpatient
- Detox
- Medication Assistance

PIONEER HUMAN SERVICES
 A CHANCE FOR CHANGE

Details at PioneerHumanServices.org



NAVIGATING THE TREATMENT SYSTEM

Assessment? Detox? Inpatient or outpatient? It can be hard to navigate the various services and treatment options available and to figure out an individual's exact needs. Every person has a different set of circumstances and needs, so it is critical to find an individualized path to recovery.

For those with Opioid Use Disorder (OUD) Dr. Caleb Banta-Green at the University of Washington promotes the Buprenorphine (Suboxone) First model. Buprenorphine has such a stabilizing influence on OUD that it makes it much easier to complete all of the other aspects of treatment. Priority should be given to starting it as soon as possible, optimally within two days of identifying the underlying OUD.

Here's some information on Medication Assisted Treatment as well as some basics on the treatment system to help you make sense of the services and resources available in Skagit County.

MEDICATION ASSISTED TREATMENT

Medication Assisted Treatment or MAT is the standard of care for individuals with Opioid Use Disorder. Providers who offer these services have been specially trained and certified ("waivered"). These providers and clinics use medication, such as buprenorphine (Suboxone and others), methadone or naltrexone (Revia, Vivitrol) to help with cravings. Additionally, they provide counseling and other services to complement the medical treatment. Buprenorphine is very good at treating withdrawal, preventing cravings, stabilizing life in general, and blocking illicit drugs. Methadone is good at treating with-

drawal, preventing cravings, and helping individuals stay in treatment. Naltrexone is especially good at reducing cravings in the long-term stable individual.

Below are some other options that might suit your needs, especially if opioids are not the primary substance(s) concerned. "What is Substance Abuse Treatment? A Booklet for Families" by the Substance Abuse and Mental Health Services Association (SAMHSA) is another resource.

SUBSTANCE USE DISORDER TREATMENT PROFESSIONALS

Many different kinds of professionals provide treatment for substance use disor-

ders. In most treatment programs, staff are certified and/or licensed chemical dependency professionals (CDPs). Programs also make use of a team of professionals including social workers, counselors, doctors, nurses, psychologists, psychiatrists, or other professionals who support you with the right mix of services and supports.

CLINICAL ASSESSMENT

If you are an individual entering treatment, a complete assessment is needed to help treatment professionals determine if you have a problem, the severity of any problem and the best course of action that fits with your lifestyle and needs. The assessment also helps counselors work with the person to design an effective treatment plan. Although clinical assessment continues throughout a person's treatment, it starts at or just before a person's admission to a treatment program.

WITHDRAWAL MANAGEMENT OR "DETOX"

Withdrawal Management or "Detox" is an important step in transitioning to treatment. Withdrawal Management facilities provide services for those suffering from the physical and psychological effects of not using the substance a person is dependent

upon. Withdrawing from opioids, benzodiazepines and alcohol without medical assistance is not only uncomfortable, but it can be dangerous. There are different levels of Withdrawal Management depending on medical needs. Most detox programs provide 24-hour monitoring by professionals who are trained to identify and treat the signs and symptoms of drug or alcohol withdrawal. Successful withdrawal management is not the end goal, but rather the start of successful long-term treatment. In Skagit County, the Crisis Center in Burlington provides sub-acute medically monitored care and in Everett there is Evergreen Recovery, which provides a full acute medical level of care.

INPATIENT TREATMENT

Patients utilizing MAT can often be successful starting outpatient services. However, inpatient treatment provided in special units of hospitals or medical clinics offers both detoxification and treatment services for those who might need the

stabilizing support of an inpatient facility. Because of changes in insurance coverage, inpatient treatment is no longer as common as it used to be.

RESIDENTIAL PROGRAMS

Residential programs provide a living environment with treatment services. Several models of residential treatment (such as the therapeutic community) exist, and treatment in these programs lasts from several weeks to several months with a few lasting six months or more. Residential programs can be helpful in allowing individuals to step away from familiar settings and gain fresh perspectives on their substance use. Families are often encouraged to participate as able. There are two residential treatment programs in Skagit County: Pioneer Center North in Sedro-Woolley and Evergreen Treatment Services Legacy Lodge in Mount Vernon. Female youth ages 13-17 can receive residential treatment services at the Sea Mar Visions program in Bellingham. There are other residential programs throughout the state,

and it is not unusual to travel outside one's community to attend a residential program.

OUTPATIENT PROGRAMS

Outpatient treatment is offered in a variety of places: Substance use disorder programs such as Catholic Community Services, didgwalic Wellness Center, Ideal Option, Sea Mar Services, Lifeline Connections, and Pioneer's Phoenix Recovery, health clinics, community mental health clinics, counselors' offices, or residential programs with outpatient clinics. Some offer services in the evenings and on weekends so participants can go to school or work. Programs can range from several months to one year depending on the individual's treatment plan.

WHERE DO I START?

If you are new to these services and don't know where to start, the Washington Recovery Help Line: 1-866-789-1511 will help you understand the variety of options and what your first step should be. ■



NEW EARTH RECOVERY

Community ~ Connection ~ Healing

NEW EARTH RECOVERY provides quality recovery housing for men and women in the Skagit Valley. Recovery is physical, spiritual, emotional, social, and financial and requires the right supportive environment. Our homes are certified by the Washington Alliance for Quality Recovery Residences and we're proud to be a vital part of the full continuum of care in our community.

www.nerecovery.org

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www.follmanagency.com

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910 S. Anacortes Street
Burlington WA 98233



RECOVERY



"There are many pathways of long-term recovery, and all are cause for celebration."

-William White

RECOVERY DEFINED

The Substance Abuse Mental Health Service Administration (SAMHSA) of the federal government defined behavioral recovery as, "A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential." When individuals with a history of mental health or substance use disorders begin to address their challenges, they might describe themselves as being in recovery. It is important to note that recovery from a mental health or substance use disorder is not the same as recovery from a physical illness or injury--when the symptoms are gone or the flesh has healed your recovery is complete. Behavioral health recovery is not an event with a defined end date, but is instead, an ongoing process.

MANY PATHWAYS TO RECOVERY

With physical illness or injury, there

is usually one preferred or prescribe method of recovery as determined by medical professionals. In contrast, there are many pathways to behavioral health recovery which may begin with clinical treatment (i.e. medication and/or therapy), but then requires on-going support. Twelve step programs, faith-based programs, talk therapy, or medication assisted treatment (MAT) are a few of the many pathways to recovery. While behavioral health professionals or peer support specialists may assist in developing a recovery strategy, best results are achieved when individuals are in full charge of their treatment and recovery plan.

FAMILY, FRIENDS, AND COMMUNITY SUPPORT

One similarity between physical and behavioral health recovery, is that wellness is not always a straight line. Setbacks and relapses are to be expected. During those times, the best medicine is often the love and support of family,

friends, and the community at large.

Several community-based organizations promote ongoing recovery through peer-based support groups. Alcoholics Anonymous (AA), Narcotics Anonymous (NA) and other 12-Step programs meet regularly, in many places within the community. Oxford Houses provide safe and sober housing for people in recovery. Peer run organizations like the REACH center in Mount Vernon provide services that extend the reach of treatment beyond the clinical setting into the individual's daily environment to empower and rebuild lives. Recovery Cafes are places where individuals can socialize in spaces that are drug and alcohol free, embrace healing, and where participants contribute to the organization's ongoing development, management, and structure. These are all examples of how the process of recovery can happen within a supportive community.

OUTPATIENT TREATMENT

Catholic Community Services Recovery Center

614 Peterson Rd, Burlington
(360) 757-0131

<https://ccsww.org>

CCS-RC is an Adult/Youth Outpatient facility. We offer all outpatient services including but not limited to assessments, youth services, adult services medication assistance therapy, co-occurring, inpatient/detox placement, and PPW programs. *Insurance: Sliding Fee/Income Scale, Medicaid/Apple Health, Private Insurance.*

Compass Health

1100 South 2nd Street, Mount Vernon
(360) 419-3500

<http://www.compasshealth.org>

Compass integrates a wide range of behavioral health and medical care services to support clients and communities when and where they need us. These include inpatient and outpatient services for adults, children and families. Additional Services: Youth services, offender re-entry, older adult outpatient, homelessness transition, recovery centers, psychiatric services, substance use disorder treatment.

didgʷáliḥ Wellness Center

8212 S March Point Rd, Anacortes

<http://www.didgwalic.com>

Provides the community with quality health care solutions to today's substance abuse disorder and mental health challenges. Services include MAT, mental health counseling, groups, transportation and childcare in an integrated setting.

Follman Agency

910 S. Anacortes St.,
Burlington

(360) 755-1125

<https://www.follmanagency.com>

We are here to help you on your way to recovery. We offer expert, intensive alcohol and drug outpatient treatment programs. Our mental health programs address issues of domestic violence, anger management, problem gambling, and more. *Insurance: private insurance and personal pay options.*

Island Hospital Behavioral Health

2511 M Ave., Suite G, Anacortes
(360) 299-4297

<https://www.islandhospital.org>

We offer a wide variety of services and programs that aid in recovery from psychiatric and behavioral conditions including anxiety and depression, OCD, PTSD, bipolar, attention deficit, phobias, and panic disorders. *Insurance: Medicaid/Medicare and Private Insurances.*

Lifeline Connections

2105 Continental Place, Suite A, Mount Vernon
(360) 399-6900

www.LifelineConnections.org

As a comprehensive behavioral health organization, Lifeline Connections provides substance use, mental health treatment and problem gambling counseling in a safe, comfortable, structured, professional and compassionate environment. We are here to provide hope, help, and healing as you define your goals and begin your journey to wellness.

Pioneer Counseling – Phoenix Recovery Services

1601 East College Way, Mount Vernon
(360) 848-8437

<http://www.phoenixrecoveryervicesllc.com>

Phoenix Recovery Services provides substance use disorder treatment and mental health counseling to individuals in need in the community. Additional Services: Therapeutic courts, problem gambling, intervention services, mobil needle exchange, domestic violence and DUI counseling.

Sea Mar Behavioral Health Center

(Mount Vernon and Anacortes)

1010 East College Way, Mount Vernon
(360) 542-8920

<https://www.seamar.org>

Our Anacortes and Mount Vernon teams offer a number of services including medication assisted treatment for opioids, adult outpatient substance use disorder (SUD) counseling, youth (SUD) counseling, mental health services, child and family therapy. Many of our staff speak more than one language helping us to better serve diverse communities. Additional Services: Inpatient treatment, case management, outpatient treatment, child / family counseling, veterans services, medication assisted treatment, dual-diagnosis. *Insurance: Sliding Fee/Income Scale, Medicaid/Apple Health.*

Sea Mar Behavioral Health Center – Outpatient Mental Health

2203 Old Highway 99 South, Mount Vernon
(360) 542-8810

<https://seamar.org/skagit-bh-mountvernon-hwy99.html>

Individualized outpatient substance use disorder treatment and assessments including DUI and intensive outpatient services. Additional Services: Outpatient treatment, support groups, case management, veterans services, dual diagnosis care. *Insurance: Sliding Fee/Income Scale, Medicaid/Apple health, Private Insurance.*

Sunrise Services Inc.

(Mount Vernon, Sedro-Woolley, Concrete)

2500 E. College Way, Mount Vernon
(360) 336-3762

<http://www.sunrisecommunityliving.com>

We offer a variety of quality services with a common goal to improve quality of life through individualized outpatient substance use disorder treatment and assessments, including DUI and intensive outpatient services. Additional Services: Outpatient treatment, support groups, case management, dual diagnosis care. *Insurance: Sliding Fee/Income Scale, Medicaid/Apple Health*

Swinomish Wellness Program

(Tribal members only)

17337 Reservation Road, La Conner
(360) 466-7256

<http://www.swinomish-nsn.gov>

We offer a wrap-around approach in our services and care focusing on the individuals needs to include chemical dependency assessments, individual and outpatient group sessions, youth services, medication assisted treatment, and gambling education and counseling for tribal members.

Upper Skagit Tribe Chemical Dependency Treatment Program

(Nationally recognized tribal members only)

25959 Community Plaza Way, Sedro-Woolley
(360) 854-7132

<https://www.rehab.com/upper-skagit-tribal-clinic/6888302-r>

We offer treatment programs for alcoholism, opioid addiction and mental health and substance abuse through outpatient and intensive outpatient treatment, individualized treatment and aftercare support. Therapy programs are offered for couples, family, group, and individuals. *Insurance: Self-pay Options, Medicaid, and private insurance.*

MEDICATION ASSISTED TREATMENT (MAT)

Catholic Community Services

614 Peterson Rd, Burlington
(360) 757-0131
<https://ccsww.org>

Catholic Community Services provides a full continuum of outpatient chemical dependency treatment services at the Recovery Center in Burlington. Services are available to youth, adults, and their families where they will be treated with dignity and respect while dealing with issues of alcoholism and other drug dependencies.

didg'wálic Wellness Center

8212 S March Point Rd, Anacortes
(360) 588-2800
<http://www.didgwalic.com>

Provides the community with quality health care solutions to today's substance abuse disorder and mental health challenges.

Ideal Option

1725 Continental Place Suite C, Mount Vernon
(877) 522-1275
<https://idealooption.net/mt-vernon>

Our office in Mount Vernon, Washington, offers a comprehensive Medication Assisted Treatment Program and behavioral health services.

Island Crossing Counseling Services

21123 Smokey Point Boulevard, Arlington, WA
(360) 652-9640
<https://www.rehab.com/island-crossing-counseling-services/5694601-r>

ICCS specializes in the treatment of substance abuse, alcoholism, opioid addiction and dual diagnosis. Medication assisted treatment, outpatient treatment, and therapy groups available. Additional Services: Programs for men, women, and adolescence. *Insurance: Self-Pay Options, Medicaid, Private Insurance.*

Lifeline Connections

2105 Continental Place, Suite A, Mount Vernon
(360) 399-6900
www.LifelineConnections.org

As a comprehensive behavioral health organization, Lifeline Connections provides substance use, mental health treatment and problem gambling counseling in a safe, comfortable, structured, professional and compassionate environment. We are here to provide hope, help, and healing as you define your goals and begin your journey to wellness.

Sea Mar Behavioral Health Center (Mount Vernon)

1010 East College Way, Mount Vernon
(360) 542-8920
<https://www.seamar.org>

Mental health therapists, chemical dependency counselors, psychiatric advanced registered nurse practitioners, psychiatrists and MAT.

INPATIENT TREATMENT

Legacy Lodge

Men's Residential Facility
1905 Continental Place, Mount Vernon
(360) 755-6400
<https://www.evergreenrc.org>

24 bed residential treatment program for individuals with behavioral health needs such as detox and opioid treatment.

RESOURCE

GUIDE

Pioneer Center North

1960 Thompson Drive, Sedro-Woolley
(360) 856-3186
<http://www.pioneerhumanservices.org>

We specialize in treating people with criminal justice involvement and those struggling with co-occurring disorders at our 141-bed facility that provides adult residential treatment for mental health and substance abuse disorders, opiate treatment program, living skills class and group therapy. Additional Services: Detox, vocational workshops, pain management and coping skills.

North Sound Eval and Treatment Center

7825 N Sound Dr, Sedro-Woolley
(360) 854-7400
<http://www.telecarecorp.com>

We provide intensive mental health and psychiatric treatment services in a safe, welcoming environment for adults experiencing a mental health emergency at our 16 bed facility.

YOUTH SERVICES

Visions Youth Treatment Center

1603 E. Illinois, Bellingham, WA
(360) 647-4266
<https://www.seamar.org/whatcom-bh-vytcc.html>

Intensive chemical dependency services for female youth ages 14 to 17.

Catholic Community Services Recovery Center

614 Peterson Rd, Burlington
(360) 757-0131
<https://ccsww.org>

Catholic Community Services provides a full continuum of outpatient chemical dependency treatment services at the Recovery Center in Burlington. Services are available to youth, adults, and their families where they will be treated with dignity and respect while dealing with issues of alcoholism and other drug dependencies.

DayBreak Youth Services

Brush Prairie or Spokane, WA
(888) 454-5506
<https://daybreakyouthservices.org>

We help teens and their families move beyond substance use and mental health challenges to embrace a life of promise, in treatment and beyond through our outpatient and inpatient counseling programs and psychiatric evaluation and treatment.

Sea Mar Behavioral Health Center – Outpatient Mental Health

2203 Old Highway 99 South, Mount Vernon
(360) 542-8810
<https://seamar.org/skagit-bh-mountvernon-hwy99.html>

Case Management, family and group therapy, individual treatment, less restrictive alternative (LRA) support and psychiatric medication.

Smokey Point Behavioral Hospital

3955 156th Street Northeast, Marysville, WA
(844) 2022-5555
<https://smokeypointbehavioralhospital.com>

Adolescent mental health inpatient treatment for teens. Smokey Point Behavioral Hospital provides specialized mental health and substance abuse treatment. Additional Services include: Both inpatient care & outpatient services for a multitude of mental health disorders such as depression, anxiety disorder, PTSD, and postpartum depression, as well as substance abuse disorders such as abusing alcohol, prescription drugs, and recreational drugs.

The Healing Lodge of the Seven Nations

5600 East Eight Avenue, Spokane Valley, WA 99212
(509) 533-6910
<http://www.healinglodge.org>

The Healing Lodge is a 45-bed adolescent residential ASAM Level III.5 intensive inpatient chemical dependency treatment center in Spokane Valley, Washington. We serve males and females ages 13-17 through our 90 to 120 day intensive inpatient treatment programs that are designed around individual youth’s needs. Although our primary focus is on the Native American population, our services are open to all adolescents and provides a safe and caring healing environment for all adolescents, and their families. Additional Services: Therapy groups, educational activities, life skills instruction, family counseling, after-care planning, arts activities, rites of passage ceremony, social justice curriculum.

PREGNANT & PARENTING WOMEN

Catholic Community Services Recovery Center

614 Peterson Rd, Burlington
(360) 757-0131
<https://ccsww.org>

CCS-RC is an Adult/Youth Outpatient facility. We offer an intensive outpatient program for pregnant and parenting women. *Insurance: Sliding Fee/Income Scale, Medicaid/Apple Health, Private Insurance.*

Evergreen Recovery Centers

2601 Summit Ave., Bldg. A , Everett, WA 98201
(425) 259-2407
<https://www.evergreenrc.org/pregnant-and-parenting-women-s-residential-program>

Long-term Residential daycare and addiction treatment center includes alcohol and drug education, parenting skills training, counseling, relapse prevention planning, DBT, and groups.

Nurse-Family Partnership

700 South 2nd Street, Room 301, Mount Vernon WA 98273
(360) 416-1523

Support for first-time moms to transform their lives and create better futures for themselves and their babies.

SUPPORT GROUPS

Alanon

(800) 344-2666
<https://al-anon.org>

Support for family members who are worried about someone with a drinking problem.

Celebrate Recovery

805 Township St, Sedro-Woolley
(360) 840-5581
2111 Riverside Drive, Mount Vernon
360-943-9646
<https://www.celebraterecovery.com/index.php>

Support in recovery for alcohol, substance, and gambling addictions or eating disorders. Mental Health for veterans.

Alcoholics Anonymous

(360) 428-7155
www.aa.org

International fellowship of men and women who have had a drinking problem.

Cocaine Anonymous

425-244-1150
<https://caofwa.org>

Fellowship of, by and for individuals seeking recovery.

Narcotics Anonymous

(360) 647-3234
<http://www.na.org>

Nonprofit fellowship of men and women for whom drugs had become a major problem.

OHANA

1413 E College WA, Mount Vernon and
45821 Railroad Ave, Concrete
<https://ohanaskagit.wixsite.com/ohana>

Support for parents of children with substance use disorder.

RECOVERY SERVICES

Catholic Community Services

614 Peterson Rd, Burlington
(360) 757-0131
<https://ccsww.org>

Breaking the chains of addiction is hard enough! But often people are unaware of the level of vulnerability of someone in early recovery. During this acute window of vulnerability the State Opioid Response Program offers support to minimize the barriers that prevent recovery efforts from getting established for the long term.

Skagit Valley REACH Center

1413 E College Way, Mount Vernon
(360)873-8635

Peer support specialists are available to help support people wanting to experience healing, recovery, and wellness. The REACH Center also offers self-directed participation in groups, classes, and activities.

Northwest Regional Council

301 Valley Mall Way, Suite 100, Mount Vernon
(360) 428-1301
<https://www.nwrcwa.org>

Recovery care coordination is a set of services to support you if you have substance use or mental health disorders and experience difficulty navigating the services needed on your path to recovery.

Compass Career Solutions

No local address yet
(213) 458-6560

<http://www.careersbycompass.com/fcs>

Supported housing and employment for individuals who face barriers for employment and safe stable housing. Services include housing assessments, support obtaining a lease, landlord relations, vocational assessment, planning for employment and job placement.

EMERGENCY HOUSING

Friendship House (Men’s Shelter)

(360) 336-2135
<http://www.skagitfriendshiphouse.org/emergency-shelter.html>
Emergency shelter, transitional housing, Friendship House Café.

Friendship House (Women’s Shelter)

(360) 336-2418
<http://www.skagitfriendshiphouse.org>
Emergency shelter, transitional housing, Friendship House Café.

HEN (Housing and Essential Needs)

Provides access to essential needs items and potential rental assistance for low-income individuals.
900 E. College Way, Mount Vernon
(877) 501-2233
<https://tinyurl.com/y8z6kj2u>

Northwest Youth Services

2021 E College Way Suite 216,
Mount Vernon, WA
(360) 336-1988
<https://www.nwys.org>

Northwest Youth Services offers housing, street outreach, help finding a job or enrolling in school, connection to mental health services, support for LGBTQ youth, restorative justice for juvenile offenders, and referrals to other services in the community.

Oasis YMCA Teen Shelter

125 N. 5th St., Mount Vernon
(360) 419-9058
<https://www.skagitymca.org/ymca-oasis>

Serves youth ages 13-17 who are in need of a safe environment, support, advice, or basic needs.

Pioneer Transitions House

1011 Digby Road, Mount Vernon, WA
(360) 336-0116
<https://pioneerhumanservices.org/housing/list#0>

Pioneer Transition House is a 10-bed transitional housing program that is co-ed. Housing is approved on a month-to-month basis with a maximum stay of six months. The housing program provides supportive services through intensive case management that is holistic in approach.

Skagit Domestic Violence Shelter

(888) 336-9591
Provides temporary shelter through a confidential emergency shelter program for victims who cannot safely remain in their homes due to violence.

HOUSING RESOURCES**Anacortes Housing Authority**

719 Q Avenue, Anacortes
(360) 293-7831
<http://www.anacorteshousing.com>

To assist qualified families and individuals achieve greater stability and self-reliance by providing safe, affordable, quality housing.

Habitat for Humanity

1022 Riverside Dr, Mount Vernon, WA
(360) 428-9402
<https://www.skagithabitat.com>

Skagit Habitat for Humanity is dedicated to creating affordable housing solutions for low-income families and eliminating substandard housing in Skagit County. Habitat Helpers Projects helps with repairs and restores livability to the home, allowing the families to stay in their home.

Home Trust of Skagit

612 South First St, Mount Vernon
(360) 428-0014
<http://www.hometrustedskagit.org>

Assistance to lower the principle amount of the home buyer's mortgage.

Housing Authority of Skagit County

1650 Port Drive, Burlington
(360) 428-1959
<http://skagitcountyha.org>

Provides and facilitates housing for low-income and medium-income residents.

Housing Justice Project

205 W Kincaid St, 3rd floor, Mount Vernon
(360) 416-7585
<https://www.communityactionskagit.org/menus/legal-aid.html>

Free legal help for low-income renters facing eviction or other problems with their housing.

Housing Resource Center

330 Pacific Place, Mount Vernon
(360) 416-7585

<https://tinyurl.com/ycesyces2>

Housing and supportive services in Skagit County. This is the main entry point for shelter and rental assistance programs in Skagit County.

New Earth Recovery

PO Box 1473, Mount Vernon
(360) 848-9281
<https://www.nerecovery.org/contact.html>

A nonprofit ministry operating a residential recovery program.

Oxford House River Side Hill

214 East Spruce Street, Mount Vernon
(360) 873-8584
http://wa.oxfordhouse.us/?page_id=274
Clean and sober group housing, for women only.

Oxford House Sandalwood Court

2017 Sandalwood Ct. Mount Vernon
(360) 982-2544
http://wa.oxfordhouse.us/?page_id=274
Clean and sober group housing, for men only.

Oxford House Sedro-Woolley

417 Warner St. Sedro-Woolley
(360) 755-3271
http://wa.oxfordhouse.us/?page_id=274
Clean and sober group housing, for men only.

Oxford House Skagit Valley

201 E Sharon Ave. Burlington
(360) 982-2420
http://wa.oxfordhouse.us/?page_id=274
Clean and sober group housing, for men only.

HOSPITALS/URGENT CARE**Fidalgo Island Walk-in Clinic**

1500 Commercial Ave., Anacortes
(360) 299-2650
A full range of comprehensive medical and support services.

Island Hospital (Anacortes)

1211 24th Street, Anacortes
(360) 299-1300
<https://www.islandhospital.org>
A full range of comprehensive medical and support services.

Skagit Valley Hospital

1415 E. Kincaid, Mount Vernon
(360) 424-4111
<https://www.skagitregionalhealth.org/home>
A full range of comprehensive medical and support services.

Skagit Regional Clinics Urgent Care

1400 E. Kincaid Street, Mount Vernon
2320 Freeway Drive, Mount Vernon
(360) 428-6434
<https://www.srclinics.org/specialties-and-services/urgent-care>
No appointment required. No insurance needed.

The Walk-In Clinic at Island Hospital

2511 M Ave Suite B, Anacortes | (360) 299-4211
<https://www.islandhospital.org/walkinclinic>
Provides high-quality medical care for non-emergency medical.

RESOURCE

GUIDE

Peace Health United General Medical Center

2000 Hospital Drive, Sedro-Woolley
(360) 856-6021

<http://www.unitedgeneral.org>

A full range of comprehensive medical and support services.

LEGAL SERVICES

Volunteers of America – Dispute Resolution Center

117 North 1st Street Ste 30, Mount Vernon
(360) 542-8487

<https://www.voawww.org/skagit>

Conflict resolution assistance for family issues, neighborhood disputes, Business/Consumer issues, workplace disputes and landlord/tenant issues.

Legal Services Hotline

(888) 201-1014

Non-criminal legal services for low income individuals of any age.

Protection Order Assistance Office

(425) 388-3638

Assist individuals in obtaining court ordered domestic violence anti-harassment, vulnerable adult or sexual assault protection orders.

Skagit County Legal Aid (Community Action)

330 Pacific Place, Mount Vernon
(360) 416-7585

<https://www.communityactionskagit.org/menus/legal-aid.html>

Non-criminal legal services for low income individuals of any age.

SENIOR SERVICES

Anacortes Senior Center

1701 22nd St., Anacortes

(360) 293-7473

<https://www.anacorteswa.gov/556/Senior-Activity-Center>

Noontime Meals and Programs for Seniors.

Burlington Senior Center

1011 Greenleaf Avenue, Burlington

(360) 755-0102

<https://tinyurl.com/y9uk4mvd>

Noontime Meals and Programs for Seniors.

East County Resource Center

45821 Railroad St. Concrete

(360) 416-1376

<https://www.communityactionskagit.org/menus/concrete-community-center.html>

The East County Resource Center is the home of the East County satellite offices of Community Action of Skagit County. The Center is a welcoming place that provides programs and services for people of all ages and backgrounds in the East County area with a goal of strengthening community relationships.

Meal on Wheels

700 S. 2nd St. Mount Vernon, 3rd Floor

(360) 419-3401

Home Delivered Meals to Seniors over 60.

Mount Vernon Senior Center

1401 Cleveland Ave., Mount Vernon

(360) 416-1585

<https://tinyurl.com/yap5heo2>

Noontime Meals and Programs for Seniors.

Sedro-Woolley Senior Center

715 Pacific, Sedro-Woolley

(360) 855-1531

<https://tinyurl.com/y83zpz5k>

Noontime Meals and Programs for Seniors.

VETERANS SERVICES

Community Action of Skagit County (Mount Vernon)

330 Pacific Pl, Mount Vernon

(360) 416-7585

<https://www.communityactionskagit.org>

Supportive services for veteran families, Veteran Affairs supportive housing and veteran assistance funds.

Community Based Outpatient Clinic

307 S 13th St, Mount Vernon

(360) 848-8500

<https://www.pugetsound.va.gov/locations/MountVernon.asp>

Services, information, support and advocacy for veterans and their families.

Department of Veterans Affairs

1420 Roosevelt Ave, Mount Vernon

(360) 424-5470

<https://www.va.gov>

Programs benefiting veterans and members of their families.

Skagit County Community Action (Concrete Office)

45770 Main St, Concrete

(360) 853-8767

<https://www.communityactionskagit.org>

Supportive services for veteran families, Veteran Affairs supportive housing and veteran assistance funds.

OTHER RESOURCES

Here are a few websites with additional information:

- **Partnership for Drug-Free Kids** - drugfree.org
- **Operation Prevention** - operationprevention.com
- **National Institute of Drug Abuse** - drugabuse.gov
- **Get the factsrx.com**

HOW TO RESPOND TO AN OPIOID OVERDOSE

INSTRUCTIONS

START

Check for 1 or more of these signs of an overdose.



LIPS AND NAILS are blue or gray



BREATHING IS STOPPED OR SLOWER THAN EVERY 5 SECONDS



STRANGE SNORING SOUNDS or coughing, gurgling or choking sounds



CANNOT BE WOKEN UP after you call their name or nudge their foot

CALL 9-1-1 RIGHT AWAY!

Overdoses are a medical emergency & need medical care

1. Tell them your location
2. Explain how the person is not breathing and not responsive



RUB YOUR KNUCKLES HARD AGAINST THEIR UPPER CHEST To wake the person up. Call their name. Still unresponsive? CALL 9-1-1 NOW!

GIVE A BREATH



SNAP OFF THE TOP OF THE AMPOLLE It will break in two pieces with little pressure.

GIVE A BREATH



SWIRL AMPOLLE IN CIRCLES TO GET ALL LIQUID TO BOTTOM

GIVE A BREATH



TAKE 1 AMPOLLE OUT FROM THE MEDICINE BOTTLE

GIVE A BREATH

Giving breath is critical. Give one breath every 5 seconds whether you have naloxone or not.

GIVE A BREATH



PERSON STILL UNRESPONSIVE? CONTINUE TO NEXT STEP Person breathing normally? Stop here.

GIVE A BREATH



PINCH NOSE. GIVE 2 BIG BREATHS USING FACE SHIELD FROM KIT OR OTHER BARRIER IF NEEDED. Check to make sure the chest rises when you give air.

GIVE A BREATH



TILT HEAD BACK, CHECK AIRWAY Remove anything blocking the mouth's airway.



UNWRAP SYRINGE, PUT NEEDLE IN LIQUID, PULL UP PLUNGER Try to draw up all of the ampoule's liquid into the syringe.



PUSH AIR OUT OF SYRINGE Turn the needle facing tip-up, gently push the plunger until most of the air is pushed out.



FIRMLY PUSH NEEDLE IN THIGH, BUTT, OR UPPER ARM MUSCLE Needle can go through clothes. Never put it in the heart.



PUSH PLUNGER DOWN HARD It will click and needle will retract



PERSON STILL UNRESPONSIVE AFTER 3-5 MINUTES? GIVE ANOTHER INJECTION Continue to give 1 breath every 5 seconds



WHEN THEY WAKE UP:
 1. Explain what happened because they may have forgotten overdosing
 2. Discourage more substance use for now. The sick feeling will go away when the naloxone wears off (30-75 minutes).
 3. Wait for the ambulance and encourage the person to go to the hospital.
 4. Stay calm, now is not a good time to get upset with the person who overdosed.

TIPS ON HOW TO GIVE BREATHS: Give 1 breath every 5-6 seconds (or 10-12 times per minute)

- Check airway, remove anything blocking the airway.
- You can breathe through the protective face shield from the kit.
- Keep an eye on the chest to see if it is rising while you give breaths, and falling as the person exhales.
- Pinch nose firmly so the air you give goes into the lungs and doesn't escape through the nose.
- Tilt the head back to open the throat for better airflow.
- If person becomes ill, put person in recovery position.

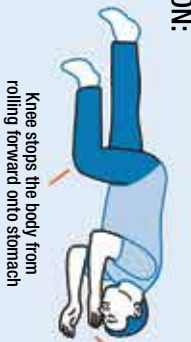


Are you by yourself?
 Prepare the naloxone between giving breaths.

Is someone else with you?
 Have that person give breaths while you prepare the naloxone.

RECOVERY POSITION:

If you need to leave, or if the person becomes ill, put them in this position.



Hand supports the head.
 Knee stops the body from rolling forward onto stomach

one

simple
step

lock up your meds

Opioids are now one of the leading causes of injury-related deaths in Washington State.¹

75 percent of opioid misuse starts with people using medication that wasn't prescribed for them—usually taken from a friend or family member.²

Simple steps, like locking up medications, can stop them from being misused.

Learn more at
[GetTheFactsRx.com](https://www.getthefactsrx.com)

STOP OPIOID ABUSE Your choices matter

- ✓ Prescription pain medication is highly addictive. Talk with your doctor about other ways to manage pain.
- ✓ Lock up your medications.
- ✓ Safely dispose of unused medications at a take-back program near you. Find one at [TakeBackYourMeds.org](https://www.TakeBackYourMeds.org).

¹Source: Washington State Department of Health

²Source: Substance Abuse and Mental Health Services Administration



Washington State
Health Care Authority