

SUBSTANCE USE DISORDER RESOURCES

Addiction, also known as Substance Use Disorder, is a **chronic disease** characterized by drug seeking and use that is compulsive or difficult to control, despite harmful consequences. Repeated drug use leads to brain changes that impact self-control and interfere with a person's ability to resist intense urges to take drugs. A person with substance use disorder will feel intense physical withdrawal symptoms when they do not use. Often times, individuals with severe substance use disorders reach a point where their use no longer produces the beneficial feelings it once did, and they are simply using to avoid withdrawals. Addiction is preventable, and like other diseases, it is also treatable.

For more information about addiction, please visit www.drugabuse.gov/

OPIOIDS

What are Opioids?

Opioids are narcotic painkillers. Opioids can be legally prescribed by a doctor (*Oxycodone, Percocet, Vicodin*) or obtained illegally (*Heroin, Fentanyl*). Whether legal or illegal, all opioids work the same way in the body. Opioids travel through the bloodstream where they attach to, and activate, opioid receptors in the body. This process blocks pain, induces euphoria and slows down breathing.

What is an overdose?

An overdose occurs when the body has more drugs in its system than it can handle. If too many opioids are present in the body, **breathing shuts down**. Lack of oxygen in the body will eventually lead to the heart stopping. Opioid overdose deaths are preventable by the use of Naloxone.

ACCESS TO NALOXONE (NARCAN)

Naloxone (*sold under the brand name of Narcan*) is a safe medication that can rapidly reverse an opioid overdose by restoring breathing. Narcan comes in an easy to use nasal spray and anyone in Massachusetts can obtain this medicine without a prescription.

You can get Naloxone locally at the following places:

Framingham Department of Public Health

150 Concord Street

Room 205

Framingham, MA

<https://www.framinghamma.gov/>

(508) 532-5470

- Call to schedule an appointment
- Narcan is free and anonymous to anyone working or living in Framingham
- Funded by the MetroWest Health Foundation

Justice Resource Institute Program Rise

Opioid Overdose Prevention Program

1 Grant Street, Suite 100

Framingham, MA

<https://jri.org/services/health-and-housing/health/rise>

(508) 935-2960

- Call to schedule an appointment
- Narcan is free and anonymous for individuals with a history of opioid misuse and their families
- Funded by the MA Department of Public Health

SUPPORT FOR INDIVIDUALS WHO NEED HELP NOW

Advocates Psychiatric Emergency Services

(800) 640-5432; available 24/7

Behavioral Health Partners of MetroWest

(844) 528-6800; <https://www.bhpmw.info/>

Massachusetts Substance Use Helpline

(800) 327-5050; <http://helpline-online.com/>

SUPPORT FOR FAMILY AND FRIENDS

Learn to Cope

Education, resources, peer support meetings and hope for parents and family members coping with a loved one addicted to opioids or other drugs.

(508) 738-2027

www.learn2cope.org

Wednesdays @7pm

*Edward M. Kennedy Community Health Center
354 Waverly Street, 3rd floor Conference Room C
Framingham, MA*

Allies in Recovery

<https://alliesinrecovery.net/>

Your online home when a loved one is struggling with drugs and/or alcohol, Allies in Recovery offers free membership for MA residents. Enter your ZIP code as the promotional code when registering online.

SMART Recovery for Family and Friends

<https://www.smartrecovery.org/family/>

Meetings — available both in-person and online — provide concerned significant others the tools they need to effectively support their loved one, without supporting the addictive behavior.

MOAR

MOAR's mission is to organize recovering individuals, families, and friends into a collective voice to educate the public about the value of recovery from alcohol and other addictions

<http://www.moar-recovery.org/>

Families Anonymous

800-736-9805

<https://www.familiesanonymous.org/>

For a list of meetings: <https://www.familiesanonymous.org/meetings/meeting-directories/>

SELF HELP / SUPPORT GROUPS

Narcotics Anonymous

866-624-3578

To find a meeting:

<https://www.na.org/meetingsearch/>

Alcoholics Anonymous

617-426-9444

To find a meeting: <https://aaboston.org/>

**FOR MORE INFORMATION PLEASE CONTACT:
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