

Community Resources

Chatham Drug Free

www.chathamdrugfree.org

Chatham County Mental Health Resources

<http://www.chathamnc.org/mentalhealth>

Cardinal Innovations Healthcare Solutions

24-hour Crisis/Assessment/Referral Line:

1-800-939-5911

www.cardinalinnovations.org

El Futuro Inc.

319 A E 3rd St.

Siler City, NC 27344

P (919)-799-2625, F (919)-663-0264

www.elfuturo-nc.org

Pinnacle Family Services

(Formerly NC Mentor)

Raleigh: P (919) 790-8580

Asheboro: P (336) 672-7500

www.pinnaclefamilyservices.org

Therapeutic Alternatives

Mobile Crisis Management

24 hours per day/7 days per week

Crisis Line: 1-877-626-1772

www.mytahome.com

Peak Professional Group

200 Sanford Road, Suite 2

Pittsboro, NC 27312

P (919) 335-3105, Mobile: (919) 412-5685

Spanish Line: P (919) 412-5285

www.peakprofessionalgroup.com

Laws & Protections

Good Samaritan Law

Prevents a person seeking medical assistance for a a drug overdose victim from being prosecuted for underage drinking or possession of a small amount of drugs or paraphernalia. The law affords the individual who overdosed the same immunity.

Naloxone Access Law

Allows physicians to prescribe Naloxone (opioid overdose reversal drug) to people at risk of an opioid overdose, or to a friend or family member of a person at risk for an opioid overdose. Pharmacists are also allowed to dispense Naloxone without a perscription. Visit www.naloxonesaves.org to locate pharmacies that dispense Naloxone.

Needle and Syringe Law

Legalized the establishment of needle exchange programs in North Carolina and offered limited immunity to people associated with needle exchange programs. The nearest needle exchange programs are located at:

The Orange County Health Department
2501 Homestead Rd. Chapel Hill, NC

Protecting Your Teen From Opioid Misuse



A Guide for Parents in Chatham County



What are opioids?

Opioids include illegal drugs such as heroin, as well as prescription medications used to treat pain such as morphine, codeine, methadone, oxycodone (OxyContin, Percodant, Percocet), hydrocodone (Vicodin, Lortab, Norco), fentanyl (Duragesic, Fentora), hydromorphone (Dilaudid, Exalgo), and buprenorphine (Subutex, Suboxone). Prescription opioid abuse can lead to heroin abuse. Over the last 15 years, opioid overdose deaths involving prescription opioids in the US have increased by more than 300%.

In Chatham County

- In 2016, a total of 43,839 opioid prescriptions were filled in Chatham County; approximately 62 prescriptions per 100 residents.
- In the past 15 years, there have been 31 reported opioid related deaths. This number is likely underreported.

How can opioid misuse affect your child?

Opioids are addictive, and continuous use can have severe negative consequences, including overdose and death.

Chatham County Schools Policy states that students will be suspended for 10 days if they are found to be abusing drugs. This can be reduced to five days if the student completes a drug counseling course. Additionally, student athletes will be barred from participating in sports for 30 days.

Warning Signs

Personal appearance: messy, uncharacteristically poor hygiene, burn or track marks, bloodshot eyes

Behavior: mood shifts or abrupt changes in behavior, becomes secretive or defensive, locks doors, breaking curfew, "I don't care" attitude

School: absenteeism, loss of interest or apathy, complaints from teachers, missing assignments

Health issues: nosebleeds, bloodshot eyes, changes in appetite, mouth sores, depression, vomiting or nausea, headaches, sweating, excessive weight loss or weight gain

Other: missing pills, stashes of alcohol, disappearance of money or valuables

PRESCRIPTION OPIOIDS & HEROIN



THREE OUT OF FOUR HEROIN
USERS START WITH
PRESCRIPTION OPIOIDS

Unused Prescription Pill Disposal

Locations

Pittsboro Police Department:

635 East Street.

M-F 8am-5pm

Siler City Police Department:

312 North Chatham Avenue.

Open 24/7

Check chathamdrugfree.org for additional takeback events

Safe Storage

Two-thirds of teens who report abuse of prescription medicine are getting them from friends, family and acquaintances. Follow these steps to make sure the teens in your life don't have access to opioids.

STEP 1: MONITOR

- Know which prescriptions are commonly abused.
- Take note of how many pills are in each of your prescription bottles. You should always know if some of your pills are missing.

STEP 2: SECURE

- Remind family members, especially grandparents, to secure their medicine as well.
- Do not tell your children where you store prescriptions.

STEP 3: DISPOSE

- Inventory the medicine in your home, and remove all expired or unused medicines.
- The safest way to dispose of medicine is to drop off unused medications at an approved pill take-back program. Pills can be mixed and emptied into plastic Ziploc bags provided on the top of the box.
- Crush pills and combine with an undesirable substance, like coffee grounds or kitty litter, before disposal in your trash.
- Do not flush medicine down the toilet or drain.