

Support Groups for Families & Friends

- Clifford Beers “Creating Community” Group (16+) Meets every Wednesday from 5:30-7:00PM at 93 Edwards Street, New Haven. Register at (203)-772-1270 x1200 or oesupport@cliffordbeers.org
- Nar-Anon– Courage to Change- A 12 Step Support Group meets Thursdays at Harborside Health/Arden House 850 Mix Avenue, Hamden at 7PM. Contact: Maxine (203)-215-6961 or www.nar-anon.org
- SMART Recovery has both a teen group & a family/friends group that are held at the same time in different rooms every Monday 6:30-7:30PM at The Children’s Center of Hamden 1400 Whitney Ave. Building #1 www.smartrecovery.org

Narcotic Anonymous Groups— via CTNA.ORG

- **Sundays:** No Excuses, 10:30AM-11:45AM Yale Health Center, 55 Lock Street New Haven
- **Mondays:** Living Clean, 7:30-8:45PM Church of the Redeemer, 185 Cold Spring Street, New Haven
 - **Tuesdays:** The Masks Have to Go, 6:30PM Montowese Baptist Church, 201 Quinnipiac Avenue North Haven
- Hope Without Dope, 7:30-8:30PM Grace & St. Peter’s Episcopal Church, 2927 Dixwell Ave Hamden
 - **Wednesdays:** Miracles Happen, 6:30PM Montowese Baptist Church, 201 Quinnipiac Ave, North Haven
- **Thursdays:** Living the Steps, Christian Love Center, 154 Derby Ave, New Haven
- **Fridays:** Right Step into the Weekend, 12PM Episcopal Church of St Paul & St. James, 57 Olive Street, New Haven
- **Saturdays:** Second Time Around, 12-1:30PM, 400 Dixwell Avenue New Haven St Matthews U.F.W.B. Church Room, Robert J Gray Building, rear, lower level entrance

Treatment Providers for Adults

- **APT Foundation**– Patient Access Center 1 Long Wharf Drive, New Haven. Medication Assisted Treatment (MAT), Intensive Outpatient Care, Residential Services & Therapy. Walk In Hours M-F 8:30-11AM (203)-781-4600
- **Cornell Scott Hill Health Center** Inpatient & Outpatient Services, Methadone Maintenance (MAT), Inpatient Detox, Individual & Group Therapy. Central Intake: 232 Cedar Street, New Haven Open daily from 7AM-11PM Call (203)-503-3300
- **Turnbridge** has multiple Residential Programs located throughout New Haven for men & women ages 18-28, Outpatient Services are available to all ages through their clinic located at 189 Orange Street, New Haven (203)-937-2309
- **New Era Rehabilitation Center (NERC)** Provides MAT, Intensive Outpatient Treatment & Counseling. No Appointment Necessary, 311 East Street New Haven (203)-562-2101
- **MCCA** Outpatient Services 419 Whalley Avenue Suite 300, Walk In Hours Tuesdays from 9AM-1:30PM. (203)-285-6475
- **Chemical Abuse Services Agency (CASA)** 426 East Street, New Haven. Provides MAT & other behavioral health services. Walk In Hours: M-F 8am-2pm (203)-495-7710

Quinnipiac Valley Treatment Guide for Opioid Use Disorder



A Part of the Connecticut Opioid Response Initiative



The Path To Recovery Is Different For Everyone
Find What Works For You

Created by:



Visit www.qvhd.org/opioids for more information

The Opioid Crisis

Opioids are a type of drug a doctor may prescribe to relieve pain—Oxycontin, Codeine, Morphine, Vicodin, Demerol & Percocet are all legal medications. Illegal opiates include street drugs like Heroin, and synthetic opiates—Fentanyl and Carfentanil.

Opiates are also highly addictive. Substance Use Disorder is recognized as a chronic disease caused by a combination of behavioral, environmental & biological factors. According to the 2016 Surgeon General Report, in 2015, 12.5 million persons age 12 and older reported misusing prescription pain relievers, and over 300,000 reported using heroin in the past year. Of the 2.2 million Americans with an opioid use disorder, only one in five have received addiction treatment.

The CDC reported that more than 63,600 Americans lost their life in 2016 to a drug overdose, averaging to about 174 people per day. In October of 2017, the opioid epidemic was declared a national public health emergency.

Much like cancer and diabetes, substance use disorder is a chronic disease that can be maintained with proper treatment and support.

Treatment Options

- **Medication Assisted Treatment (MAT)** uses medications in combination with counseling and other support services to help individuals return to a healthy, normal lifestyle. When used correctly, MAT has proven to be highly effective in reducing or eliminating drug use and overdose death. Medications help eliminate drug cravings and withdrawal symptoms, without getting the patient high.
There are 3 FDA approved medications for MAT:
 - ⇒ **Buprenorphine (Suboxone):** an oral pill or dissolvable tablet that is taken at home daily
 - ⇒ **Methadone:** is received daily at a clinic, in a tablet or liquid form
 - ⇒ **Naltrexone (Vivitrol):** is a monthly shot that blocks the effects of an opioid
- **Intensive Outpatient Programs (IOP):** a part time, minimum of 3 days, 9 hours/week program where participants learn about their disorder and receive group, individual or psychiatric consult. Length of program is based on treatment needs & is generally only indicated for several weeks.
- **Residential or Inpatient Program:** are short term (30 days or less) or long term (more than 30 days), 24 hour monitoring & care facilities. Programs often monitor detox, help individuals develop personal accountability, and teach residents how to change their behaviors through therapy and other self-help groups
- **Medically Managed Withdrawal (Detox):** appropriate for some, the goal of detox is to stop all substance use within 30 days or less in a supervised medical setting

Treatment Providers for Adolescents

- The Children's Center of Hamden Wakeman Hall's Substance Abuse Treatment Program for teens 12-18, 1400 Whitney Avenue, Hamden Open M-F 8:30-5:00PM (Flexible based on family need)
(203)-248-2116

24 Hour Help Lines

- Substance Abuse & Mental Health Services Administrations (SAMSHA) National Helpline 1-800-662-4357 for free and confidential information available in both English & Spanish.
- Department of Mental Health & Addiction Services (DMHAS) Helpline, provides screening & referrals to appropriate care to clients who are uninsured or on state insurance. Call 1-800-563-4086 for more information.
- 2-1-1 connects callers to a range of critical health & human services within their community. Call 2-1-1 or visit www.211ct.org for more information

Online Resources

- Bed availability, updated daily, for Detox Programs, Residential Treatment & Recovery Homes can be found at www.ctaddictionservices.com
- Opioid Treatment Program Directory www.dpt2.samsha.gov/treatment
- Medication-Assisted Treatment (MAT) Locator via www.samhsa.gov/medication-assisted-treatment/physician-program-data/treatment-physician-locator
- Additional Information & Resources on Substance Abuse via www.drugfreect.org