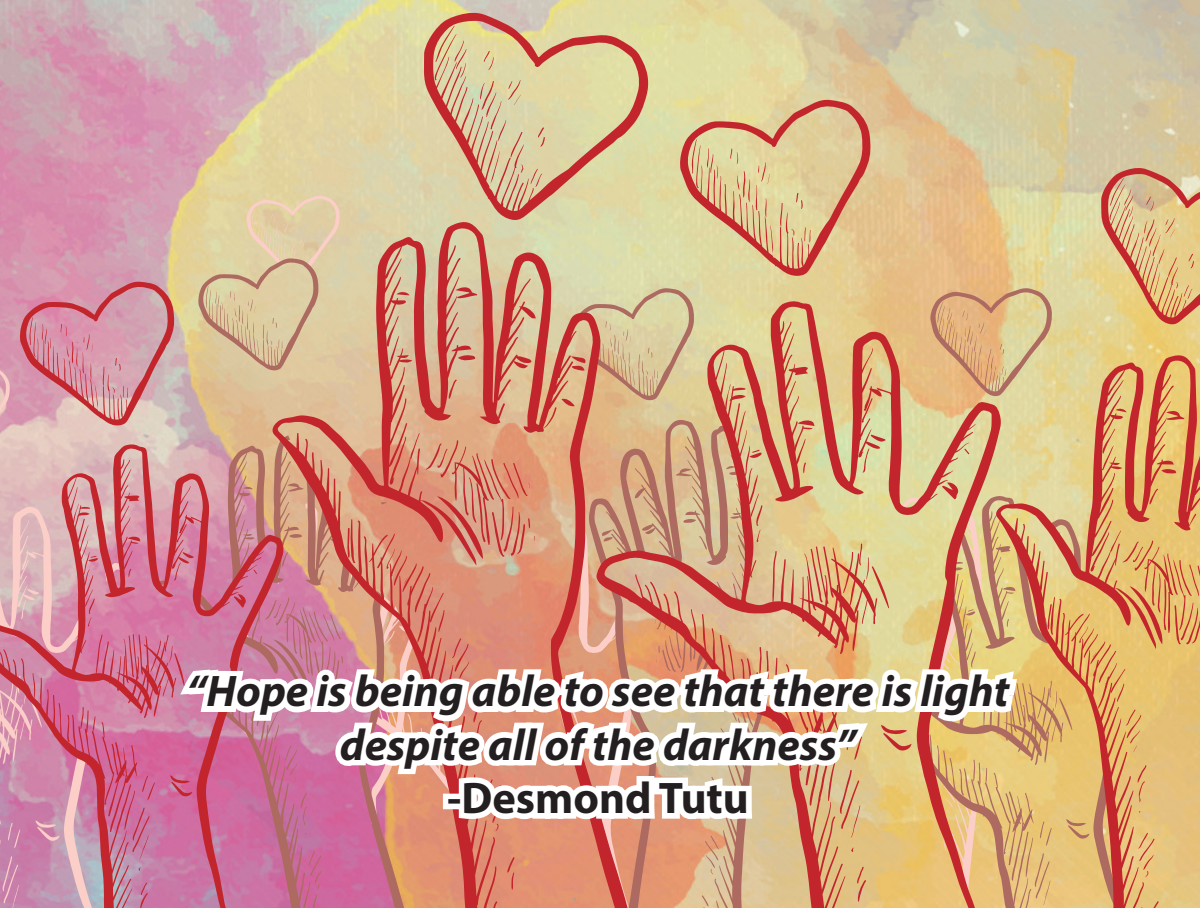
OD

OVERDOSE PREVENTION

mobile county health department

THERE IS HOPE



"Hope is being able to see that there is light despite all of the darkness"

-Desmond Tutu

HOPE

The aim of this resource booklet is to provide opioid overdose victims, family members, loved ones and bystanders with information on local resources for treatment, recovery and help reduce future risk.

Most importantly we want to give you ***hope****.*

"This disease of addiction does not discriminate. I've done interventions in the inner city and in very affluent communities. Families lose hope because their loved one has been to multiple treatment centers or has had multiple arrests. I offer hope by telling my own story of addiction and recovery"

John Richardson
Alcohol and Drug Counselor
Peer Recovery Specialist (PRS)

"I have had my struggles with addiction and was able to overcome through the help of a 12-step fellowship, my faith in God, my pastor, and church family. My heart is in looking at addiction as a family problem with the need to heal the entire family. We do recover. "

Deidre Johnson
Alcohol and Drug Counselor
Peer Support Specialist

TREATMENT RESOURCES

ALTA POINTE HEALTH SYSTEMS
Executive Director: J. Tuerk Schlesinger
ADMH Medicaid
5741 Southland Drive
Mobile, Alabama 36693
(251) 450-2211 or (888) 335-3044

Services Offered

- Behavioral and Mental Health

ALTA POINTE HEALTH SYSTEMS
2400 Gordon Smith Drive
Mobile, Alabama 36695
(251) 473-4423

Services Offered

- Adult and Children Outpatient

ALTA POINTE HEALTH SYSTEMS
421 Government Street
Mobile, Alabama 36693
(251) 666-2569

Services Offered

- Methadone Clinic
- Adult Outpatient

BHG MOBILE (ECD PROGRAM, INC.)
808 Downtowner Loop West
Mobile, Alabama 36609
(251) 341-9504

Services Offered

- Level I: Opioid Maintenance Therapy

ADDICTION & MH SERVICES, INC.
DBA BRADFORD HEALTH SERVICES
Executive Director: James Michael Rickman, II
1000 Hillcrest Road, Suite 304
Mobile, Alabama 36695
(251) 633-0900

Services Offered

- Level II.1 Intensive Outpatient (Adolescent & Adult)

BHG GRAND BAY TREATMENT CENTER
12271 Interchange Drive / P.O. Box 1149
Grand Bay, Alabama 36541
(251) 865-0123

Services Offered

- Level I: Opioid Maintenance Therapy (Adult)

FRANKLIN PRIMARY HEALTH CENTER, INC.
Executive Director: Kendra Jones
510 South Wilson Avenue
Prichard, Alabama 36610
(251) 432-4117

Services Offered

- Level I: Outpatient Treatment (Adult)

ADDITIONAL RESOURCES FOR TREATMENT

THE WINGS OF LIFE
3401 Newman Road
Mobile, Alabama 36695
(251) 333-4800
wings-of-life.com

Services Offered

- Faith Based Treatment

MISSION OF HOPE
14970 Mission Road
Mobile, Alabama 36608
(251) 649-0830
missionofhopeministries.net

Services Offered

- Faith Based Treatment

HOME OF GRACE
394 Aldock Road
Eight Mile, Alabama 36613
(251) 456-7807
homeofgraceforwomen.com

Services Offered

- Faith Based Treatment

THE SHOULDER OF CENTRAL GULF COAST, INC. (MEN'S FACILITY)
31214 Coleman Lane
Spanish Fort, Alabama 36527
(251) 626-2199

Services Offered

- Assessment
- Level III.1 Residential
- Level III.0.1 Residential

THE SHOULDER OF CENTRAL GULF COAST, INC. (WOMEN'S FACILITY)
6801 Three Notch Road
Mobile, Alabama 36619
(251) 626-2199

ROSS (RECOVERY OF SUPPORT SPECIALIST) HELPLINE
1-844-307-1760

Services Offered

- Treatment Support
- Peer Support

HELPLINE ALABAMA
Statewide comprehensive resource database for everyday needs as well as in times of disaster.
uw211@lifelinesmobile.org
Lifelines Counseling Services
P.O. Box 91068
Mobile, Alabama 36691-1068
Helpline/211, 1-888-421-1266

ALCOHOLICS ANONYMOUS – CENTRAL OFFICE
600 Bel Air Boulevard
Mobile, Alabama 36606
(251) 479-9994

Services Offered

- AA Information
- Literature

DRUG EDUCATION COUNCIL
3000 Television Avenue
Mobile, Alabama 36606
(251) 478-7855
drugeducation.org

Services Offered

- Prevention
- Recovery Counseling
- Intervention
- Recovery Support
- Juvenile Drug Testing

GREATER MOBILE AREA
OF NARCOTICS ANONYMOUS
(256) 500-8889
mobilena.org

SYBIL H. SMITH
111 Mobile Street
Mobile, Alabama 36607
(251) 473-5526
shelterlistings.org/details/31552

Services Offered

- Shelter & Assistance
- Transitional Housing
- Day Shelter etc.

CATHOLIC SOCIAL SERVICES
188 S. Florida Street
Mobile, Alabama 36606
(251) 434-1501
catholicsocialservicesmobile.com

Services Offered

- Counseling
- Emergency Assistance
- 2 B Choices for Women

MOBILE FOOD PANTRY PROGRAM
feedingamerica.org

A REFRESHING WAY RECOVERY COMMUNITY CENTER
322 S. Wilson Ave.
Prichard, AL 36610
(251) 680-3153, arefreshingway@gmail.com
12 steps (NA) meetings 7 days a week
Sun.- Sat. 11am, Mon. - Thur. 7 pm, Fri. 8 pm; Sat. 7 pm

FREEDOM FOUNDATION
3133 Pleasant Valley Road
Mobile, AL 36606
Recovery Meetings:
Sun. 6:30 pm / 8:00 pm; Mon. 6:30 pm
Tue. 8 pm; Wed. 6:30 pm, Thur. 6:30 pm; Fri. 8 pm

SALVATION ARMY
1009 Dauphin St,
Mobile, AL 36604
(251) 438-1625
salvationarmyalm.org

Services Offered

- Adult Male Treatment
- Displaced Men's Shelter & Daily Meals
- Level 111.0, 111.0.1, 11.5

THE BRIDGE CENTER
328 S. Sage Avenue, Suite 100
Mobile, Alabama 36606
(251) 586-8255
ralexander@thebridgecenterinc.org

DOOR TO SERENITY
PO Box 11265
Mobile, Alabama 36671
(251) 610-3389
lisa@doortoserenity.org

PEOPLE ENGAGED IN RECOVERY MOBILE (P.E.I.R.)
2534 Government Blvd.
Mobile, Alabama 3606
(251) 219-7811
Sun. - Thur. 9 am - 9pm, Fri. & Sat. 10 am - 10 pm

HOTLINES ACROSS ALABAMA

ADMH ADVOCACY OFFICE
800-367-0955

ADPH DEVELOPMENTAL DISABILITIES CALL CENTER
800-361-4491

ADPH PEER PROGRAMS
800-832-0952

ADMH SUBSTANCE USE DISORDER HELPLINE
844-307-1760

ALABAMA DISABILITIES ADVOCACY PROGRAM
800-826-1675

HELP/HOT LINES

CARESS
334-356-2890

COUNCIL ON SUBSTANCE ABUSE
877-HELP-4AL

RECOVERY ORGANIZATION OF SUPPORT SPECIALISTS
205-848-2112

WINGS ACROSS ALABAMA
844-999-4647

QUITNOWALABAMA.COM
800-784-8669

NATIONAL SUICIDE PREVENTION LIFELINE
800-273-TALK

NATIONAL DRUG HELPLINE
888-633-3239

DISASTER DISTRESS HELPLINE
800-985-5990
TEXT "TALKWITHUS" TO 66746
DISASTERDISTRESS.SAMHSA.GOV

LIVE ANOTHER DAY
866-720-1044
https://liveanotherday.org/

REDUCING HARM

There is no universal definition for harm reduction. It is best to think about harm reduction as a set of principles and practices that focus on improving public health and decreasing mortality with evidence-based methods. Harm reduction can be a theory, describe a public policy, or manifest itself as a course of action or program. Harm reduction does not promote harmful behaviors or ignore the risks of engaging in dangerous activities. Rather, it accepts that people will engage in dangerous, risky, or otherwise socially ostracized activities. Thus, it focuses on evidence and methods that reduce the dangers to people who choose to engage in certain activities.

Harm reduction outreach requires practitioners to be empathetic, understanding, and non-judgmental when approaching populations who need and deserve harm reduction practices. Along with the required demeanor of advocates, harm reduction meets clients/patients/citizens where they are in life rather than requiring that they adapt to receive the information and aid they deserve. In this way, harm reduction is a non-coercive and contingency-free way of helping members of our community. The philosophy contends that all people are deserving of the best care and evidence possible regardless of their life choices of actions. In order to effectively practice harm reduction, one must be aware of systems of oppression that encompass class, gender, race, nationality, poverty, homelessness, incarceration, among other systems.

RECOGNIZING

The following are signs 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
- For lighter skinned people, the skin tone turns bluish purple, for darker skinned people, it turns grayish or ashen.
- 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 are a missed opportunity to intervene and save a life.
- It is rare for someone to die immediately from an overdose. When people survive, it's because someone was there to respond.

UNDERSTANDING NALOXONE

Naloxone (also known as Narcan®) is a medication called an "opioid antagonist" used to counter the effects of opioid overdose, for example morphine and heroin overdose. Specifically, naloxone is used in opioid overdoses to counteract life-threatening depression of the central nervous system and respiratory system, allowing an overdose victim to breathe normally. Naloxone is a nonscheduled (i.e., non-addictive), prescription medication. Naloxone only works if a person has opioids in their system; the medication has no effect if opioids are absent.

Although traditionally administered by emergency response personnel, naloxone can be administered by minimally trained laypeople, which makes it ideal for treating overdose in people who have been prescribed opioid pain medication and in people who use heroin and other opioids. Naloxone has no potential for abuse. Naloxone may be injected in the muscle, vein or under the skin or sprayed into the nose. Naloxone that is injected comes in a lower concentration (0.4mg/1mL) than Naloxone that is sprayed up the nose (2mg/2mL). It is a temporary drug that wears off in 20-90 minutes.

THERE IS HOPE

Jefferson County Department of Health naloxone distribution program.

Scan the QR code with your mobile phone to learn more.

Danielle Simpson, BS, MPA
MCHD Overdose Program Manager
(251) 690-8155
CELL (251) 288-2383
dsimpson@mchd.org

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John Richardson, BS, ADC
Peer Recovery Specialist I
MCHD Overdose Prevention Program
(251) 544-2134
CELL (251) 295-0716
jrichardson@mchd.org

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Deirdre Y. Johnson, AAS, BS, MGC
Peer Support Specialist
MCHD Overdose Prevention Program
(251) 690-7508
CELL (251) 295-1872
djohnson@mchd.org

OD

OVERDOSE PREVENTION

mobile county health department

MCHD
251 N. BAYOU STREET
MOBILE, AL 36603
FAX (251) 690-8122
(251) 410-6322
mchd.org

MC
HD

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