

# Help Prevent Future Overdoses and Street Drug Trading

Bristol Anonymous Tips Line:

## 860-585-TIPS (8477)

If you see any suspicious activity in town or in your neighborhood, call the anonymous tips line to report it. Remove unwanted opioids and prescription drugs from your household by disposing of them at the Bristol Police Department Drug Disposal Box in front lobby.

This is an anonymous service, and the lobby is open 24/7.

### RECOGNIZE THE SIGNS OF AN OPIOID OVERDOSE:

- Unresponsive or minimally responsive
- Blue or gray, especially fingernails & lips
- Shallow breathing with rate less than 10 breaths per minute or not breathing at all
- Pinpoint pupils
- Loud, uneven snoring or gurgling noises
- Other Evidence: known opioid user, track marks, syringes, pills or pill bottles, information from bystanders

### LEARN WHAT TO DO:

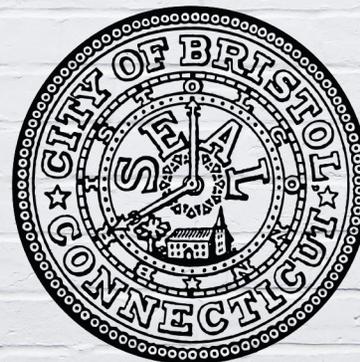
- **CALL 911 IMMEDIATELY!** Tell the operator the person isn't breathing or is having trouble breathing and explain your exact location. In Connecticut, you are protected from arrest for drug possession if you act as a Good Samaritan by seeking medical assistance for a person who you believe is overdosing.
- **Wait for first responders to arrive or give the person Narcan.** If you have access to Narcan and don't know how to use it, tell the 911 operator and they will give you instructions. **Sometimes it takes more than one dose.**
- **If you just leave, place the person on their side.**



# Bristol's OPIOID COMMUNITY CRISIS

## What Can We Do Now?

This packet contains information about opioids, overdose emergencies and resources to help people into recovery.



Provided by:

The City of Bristol, Connecticut  
Mayor's Opioid Task Force

[www.BristolCT.gov](http://www.BristolCT.gov)

# For Prescription Opioids or Heroin Addiction Treatment Access Line:

# 1-800-563-4086

## What Are Opioids?

Opioids are a class of drugs that include heroin as well as powerful pain relievers available legally by prescription, such as oxycodone (OxyContin®), hydrocodone (Vicodin®), codeine, morphine, fentanyl, and many others. These drugs are chemically related and interact with opioid receptors on nerve cells in the body and brain. Opioid pain relievers are generally safe when taken for a short time and as prescribed by a doctor, but they are frequently misused (taken in a different way or in a greater quantity than prescribed or taken without a doctor's prescription) because they produce euphoria in addition to pain relief. Regular use – even as prescribed by a doctor – can produce dependence, and when misused or abused, opioid pain relievers can lead to a fatal overdose.



## What is an Opioid Overdose?

Opioid overdose is an acute condition due to excessive opioids in the body. An opioid overdose can occur for a variety of reasons, including:

- When a person overdoses on an illicit opioid drug such as heroin or fentanyl, another narcotic analgesic and sedative pain reliever at high risk for addiction.
- When someone overdoses accidentally or, deliberately misuses a prescription opioid, or mixes opioids with other medications, alcohol, or over-the-counter medications.
- An overdose can be fatal when mixing an opioid and anxiety treatment medications, including derivatives of Benzodiazepine, such as Xanax or Valium.
- When a person takes an opioid medication prescribed for someone else. Children are particularly vulnerable to accidental overdoses if they take medication not intended for them.



## What is Naloxone (Narcan®)?

- Naloxone (also called Narcan® by its tradename) is a prescription medicine used for the treatment of an opioid emergency such as an overdose or a possible overdose that shows signs of breathing problems and severe sleepiness or not being able to respond.
- Naloxone works by interrupting the opioid and the receptor in the brain. It begins to work almost immediately.
- Naloxone has no effect on a person who has not taken opioids.
- Dial 911 immediately then start to administer Narcan.
- Naloxone is safe and effective in children for known or suspected opioid overdose.



## Pharmacies in Bristol that Carry & Dispense Narcan®

No prescription required. Some fees may apply.

### Walgreens Pharmacy

(860) 585-7426 | 25 Main St.

### Beacon Prescriptions

(860) 583-1006 | 57 South St.

### CVS Pharmacy

(860) 585-0122 | 60 Middle St.

### Walgreens Pharmacy

(860) 583-3638 | 525 Farmington Ave.

### CVS Pharmacy

(860) 584-8998 | 81 North St.

### Price Chopper Pharmacy

(860) 582-3702 | 121 Farmington Ave.

### CVS Pharmacy

(860) 582-8167 | 839 Farmington Ave.

### Walmart Pharmacy

(860) 585-1103 | 1400 Farmington Ave.

### Stop & Shop Pharmacy

(860) 583-9213 | 747 Pine St.

### Stop & Shop Pharmacy

(860) 582-4080 | 597 Farmington Ave.

### Beacon Prescriptions

(860) 589-5587 | 25 Collins Rd.

## Local Substance Recovery Resources

### NAR-ANON

#### Bridge Community Church

(860) 302-4894 | 43 School St. | Thurs: 7:30pm

### Bristol Hospital Counseling Center

(860) 583-5858 | 420 N. Main St.

### CT Community for Addiction Recovery (CCAR)

CCAR.us

1-866-205-9770 or 860-244-CCAR (2227)

### Wheeler Family Health & Wellness Center

(888) 793-3500 | 10 N. Main St.

Free opioid education & family support group. Wed: 6-7pm  
Medication-assisted treatment, recovery supports  
Outpatient addiction treatment, complete health care

### Community Health Center

(860) 585-5000 | 395 N. Main St.

### Root Center for Advanced Recovery

(860) 589-6433 | 1098 Farmington Ave.  
Outpatient Medication Assisted Treatment for Opioid  
Dependence Methadone Maintenance. Intakes 6:30-9:30am  
\*Need picture ID, Social Security Card, Proof of Mail\*  
Intensive Outpatient Groups for MAT Patients and any  
Substance Abuse issue. Intakes 10:30am.

### Connecticut Harm Reduction Alliance (CT HRA)

(860) 250-4146 | 1229 Albany Ave., Hartford, CT  
Weekly support groups, health screenings, counseling and  
navigation, overdose prevention trainings, Naloxone  
distribution, harm reduction counseling, care coordination,  
syringe exchange (including safe disposal) and education  
about drug treatment.

### United Way

Dial 2-1-1 for social service assistance.

## Alternative Pain Management Methods & Recreation Options

### SoVita Chiropractic Center

Chiropractic Adjustments  
281 N Main Street | (860) 582-6111

### Bristol Chiropractic & Acupuncture

Dr. Glen Palmisano  
162 South Street | (860) 585-9797

### Recovery Club

BristolRecoveryClub.com  
(860) 589-1066 | 67 West St.  
A sober, safe, supportive, and positive environment  
for persons desiring to remain free of alcohol & drugs.

### Bristol Parks & Recreation

www.BristolRec.com  
Enjoy walking trails, an indoor pool  
or a wide range of fitness classes.