Need Treatment or Additional Help?

Uninsured?
Allegheny County Office of Behavioral Health
Bureau of Drug and Alcohol Services
One Smithfield Street, Pittsburgh, PA 15222
412-350-3328
Weekdays, 8:30 a.m.–4:30 p.m.
Residents of Allegheny County who are uninsured or underinsured can contact this office for information to get help for loved ones with drug or alcohol problems.
Or: Community Care Behavioral Health at 1-800-553-7499

On Medical Assistance?
Community Care Behavioral Health
339 Sixth Ave, Suite 1300, Pittsburgh, PA 15222
1-800-553-7499
www.ccbh.com
Community Care will help with mental health and substance abuse problems.

Other Insurance?
Call the number on the back of your insurance card first. The card may say, “For Behavioral Health Services” or “For Drug and Alcohol Services” or “For Substance Abuse Services,” call the number provided.

Looking for medication assisted treatment?
Visit: www.ahci.org/mat

Or call the Pennsylvania Department of Drug and Alcohol Programs’ (DDAP) Get Help Now hotline:
1-800-662-HELP (4357)
This hotline provides Pennsylvanians with assistance finding a treatment provider or funding for addiction treatment 24 hours a day, 7 days a week, 365 days a year.
https://apps.ddap.pa.gov/gethelpnow

Not sure?
You can always call DDAP 1-800-662-HELP (4357), Allegheny County Office of Behavioral Health (412-350-3328), or Community Care Behavioral Health (1-800-553-7499).

Allegheny County Centers of Excellence

The State of Pennsylvania has identified the following drug and alcohol treatment providers as “Centers of Excellence.” For the most up-to-date contact information, please visit: http://www.dhs.pa.gov/citizens/substanceabuseservices/centersofexcellence/index.htm

You can call them directly:
Gateway Rehabilitation Center
412-604-8900 ext. 1191
311 Rouser Road, Moon Township, PA 15108

Tadiso Incorporated
412-322-8415
1425 Beaver Avenue, Pittsburgh, PA 15233

Magee-Womens Hospital of UPMC
412-641-1211
300 Halket Street, Pittsburgh, PA 15213

UPMC General Internal Medicine Center For Opioid Recovery
412-737-7871
200 Lothrop Street, Pittsburgh, PA 15213

West Penn Allegheny Health System
412-485-9900
1307 Federal Street, Floor 1, Suite B110
Pittsburgh, PA 15212

The Addiction Medicine Center at Western Psychiatric Institute and Clinic of UPMC
412-692-CARE (2273)
3501 Forbes Avenue, Suite 860, Pittsburgh, PA 15213

Resources For Drug and Alcohol Help
In Allegheny County

Opioid Misuse or Addiction:
You Are Not Alone

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**What Is An Opioid?**

Opioids are medications that doctors prescribe to treat pain, and drugs like heroin which are illegally obtained on the street.

**What are the names of the more common opioids?**

<table>
<thead>
<tr>
<th>GENERIC</th>
<th>BRAND NAME</th>
</tr>
</thead>
<tbody>
<tr>
<td>HEROIN</td>
<td>N/A</td>
</tr>
<tr>
<td>HYDROCODONE</td>
<td>Vicon, Lorco, Lortab, Norco, Zohydro</td>
</tr>
<tr>
<td>OXYCODONE</td>
<td>Percocet, OxyContin, Roxicodone, Percodan</td>
</tr>
<tr>
<td>MORPHINE</td>
<td>MSContin, Kadian, Embeda, Avinza</td>
</tr>
<tr>
<td>CODEINE</td>
<td>Tylenol with Codeine, TyCo, Tylenol #3</td>
</tr>
<tr>
<td>FENTANYL</td>
<td>Duragesic</td>
</tr>
<tr>
<td>HYDROMORPHONE</td>
<td>Dilaudid</td>
</tr>
<tr>
<td>OXYMORPHONE</td>
<td>Opana</td>
</tr>
<tr>
<td>MEPERIDINE</td>
<td>Demerol</td>
</tr>
<tr>
<td>METHADONE</td>
<td>Dolophine, Methadose</td>
</tr>
<tr>
<td>BUPRENORPHINE</td>
<td>Suboxone, Subutex, Zubolv, Bunavail, Butrans</td>
</tr>
</tbody>
</table>

**What should I do if my doctor prescribes an opioid?**
- Talk with your doctor about the safest way to use your medication
- Make sure you understand the signs of an overdose or a bad reaction to the medication
- Have a plan for what to do in case of an overdose or bad reaction
- Ask your doctor about a prescription for naloxone

**Who is at risk for an opioid overdose?**
- Anyone using an opioid, including those who take medications or illicit substances.

**Are You Witnessing An Overdose?**

**Symptoms Include:**
- Person won’t wake even if you shake them or say their name
- Breathing slows or even stops
- Lips and fingernails turn blue or gray
- Skin gets pale, clammy

**What Should You Do If You Witness An Overdose?**
- Immediately administer naloxone if you have it available
- Call 911
- If needed, do rescue breathing or chest compressions
- If no response to the first dose of naloxone within 3 minutes, give a second dose
- Follow 911 dispatcher instructions
- Stay with the person until on-scene help arrives

**What Is Naloxone (Narcan)?**

**What is naloxone?**
- Naloxone is a drug that reverses opioid overdoses by interacting with the opioid receptor itself
- It cannot harm a person overdosing from another kind of drug

**Who should carry naloxone?**
- Anyone who uses opioids for any reason, even prescription drugs, can misuse them or become addicted. Talk with your doctor about naloxone (generic name)/Narcan (brand name); naloxone should be prescribed to carry with you in case of overdose.

**Where to get naloxone:**
- Call 911 if you witness an overdose.
- Stay with the person until on-scene help arrives.
- If no response to the first dose of naloxone within 3 minutes, follow the 911 dispatcher instructions.
- If needed, do rescue breathing or chest compressions.
- Call 911 if you have a second dose.
- Follow 911 dispatcher instructions.
- Stay with the person until on-scene help arrives.

**Other Things You Can Do**


Residents of Allegheny County can call this hotline 24 hours a day to schedule a pick up, anywhere, of their unwanted prescription medications or illicit substances.

Needle exchange and harm reduction.
- If you or someone you know is injecting drugs illegally, make sure they are protecting themselves and others with a clean needle. Visit Prevention Point Pittsburgh for more info about time and location of needle exchanges in Allegheny County. www.pppgh.org or call 412-247-3404.
- You can also ask your doctor for a naloxone prescription.

**Where to get help?**
- Visit Prevention Point Pittsburgh for more info about time and location of needle exchanges in Allegheny County.

**Other information and resources available here:**
- Allegheny County Department of Human Services: http://www.alleghenycounty.us/Human-Services/Programs-Services/Disabilities/Drugs-and-Alcohol.aspx
- Pennsylvania Department of Drug and Alcohol Programs: https://apps.ddap.pa.gov/gethelppnow

**Need Family Support?**

**ONALA Recovery Support Services**
1625 West Carson Street
Pittsburgh, PA 15219
412-471-8797

**Overdose-Free PA**
www.overdosefreepa.pitt.edu
Overdose Free PA features many resources for individuals struggling with addiction and their families. Check overdoseFree PA for information on programs that work and data on overdoses.

**Message Carriers of PA, Inc.**
www.messagecarriersofpennsylvania.org
Message Carriers provides advocacy and recovery-related services to individuals and family members impacted by addiction and/or mental health disorders.

**If There Is A Crisis**

In the event of an overdose, ALWAYS call 911.

**resolve Crisis Network**
24/7/365 day-a-year telephone, walk-in and mobile crisis services for individuals at risk for harm to self or others.

Call any time and speak with a trained counselor at: 1-888-7-YOU-CAN (1-888-796-8226)

resolve services are available to all Allegheny County residents regardless of age, ability to pay, and/or whether or not you have previously used behavioral health or other supportive services.

Call 911 any time someone is threatening to harm themselves or someone else.