

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



412-687-ACHD (2243)

achd.net/overdoseprevention



412-350-3328

www.alleghenycounty.us/human-services

008-PH-1117

Opioid Misuse or Addiction:

You Are Not Alone



Resources For Drug and Alcohol Help In Allegheny County

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?

GENERIC	BRAND NAME
HEROIN	N/A
HYDROCODONE	Vicodin, Lorcet, Lortab, Norco, Zohydro
OXYCODONE	Percocet, OxyContin, Roxicodone, Percodan
MORPHINE	MSContin, Kadian, Embeda, Avinza
CODEINE	Tylenol with Codeine, TyCo, Tylenol #3
FENTANYL	Duragesic
HYDROMORPHONE	Dilaudid
OXYMORPHONE	Opana
MEPERIDINE	Demerol
METHADONE	Dolophine, Methadose
BUPRENORPHINE	Suboxone, Subutex, Zubsolv, Bunavail, Butrans

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 that are prescribed

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:

Any resident of PA can **legally** purchase naloxone at any pharmacy. A list of pharmacies that carry naloxone is available here:

www.achd.net/overdoseprevention.

Call **412-687-ACHD** if a pharmacy near you doesn't carry it.

Naloxone is covered by most insurers, including medical assistance.

Free injectable naloxone is available via PreventionPoint Pittsburgh.

Find more info here: www.pppgh.org or call **412-247-3404**.

You can also ask your doctor for a naloxone prescription.

Other Things You Can Do

Get rid of unused prescription drugs by calling Project D.U.M.P.

(Disposal of Unused Medications Properly) **412-459-5000**

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**.

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/gethelpnow>

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.

5907 Penn Ave., Suite 215

Pittsburgh, PA 15206

412-361-0142

After hours Telephone Recovery Support Helpline

412-463-7006 / 5 p.m.-12 a.m.

Recovery Meetings are often listed in the community section of your newspaper, in print or online.

If There Is A Crisis

In the event of an overdose, ALWAYS call 911.

re:solve 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)

re:solve 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.