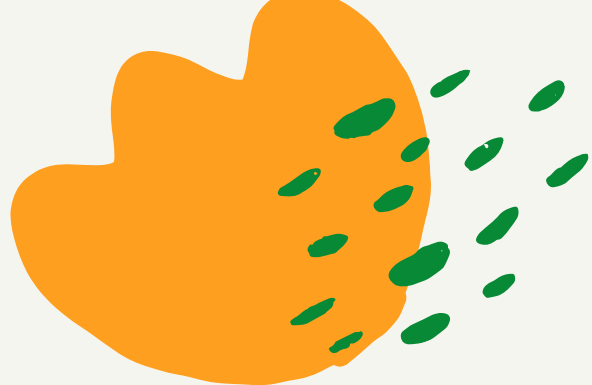




CONNECT

COMMUNITY INFORMATION AND RESOURCES PACKET
JULY 2021 (1ST EDITION)





**“You yourself, as much as anybody
in the entire universe, deserve
your love and affection.” - Buddha**



Artwork: Annie Parkinson

Welcome

Greetings ~

We understand that you or a loved one recently experienced or witnessed an opioid overdose. This may have been a scary experience. After something like this happens, it is not unusual to have lots of feelings or a desire to figure out why this happened and what could be done to prevent an overdose in the future.

Since you are a valued member of our community, we are here for you. If you need someone to talk to or help you or a loved one learn more about available community resources, a member of the CONNECT Team can offer free and confidential assistance, support, and referrals.

This Community Information and Resources Packet gives you more information about CONNECT and how we can help. We look forward to working with you!

Our best wishes,

~ Members of the CONNECT Team



Post-opioid overdose follow up services

"Social connection is such a basic feature of human experience that when we are deprived of it, we suffer."

~ Leonard Mlodinow

What is **CONNECT**?

CONNECT provides free, confidential resources and referrals for those who have experienced or witnessed an opioid overdose in the Franklin County and North Quabbin Region of Western Massachusetts.

It puts you in the driver's seat as you work with a CONNECT Team member to talk about what you or your loved one needs to get more support or services to improve the quality of your life.



CONNECT



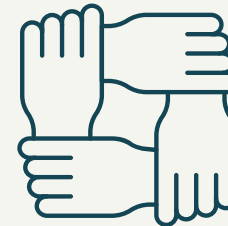
Community Resources

Access information about available resources and services after an opioid overdose



Peer Support

Peer Recovery Coaches can walk beside you on your pathway of recovery and connect you to desired resources



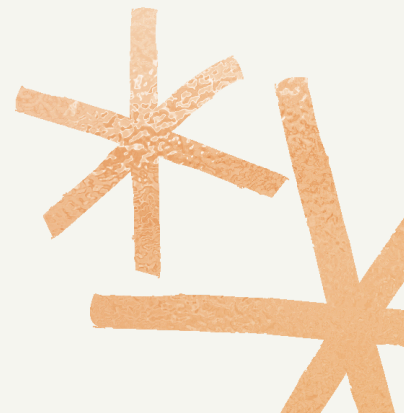
Narcan

Learn how to use Narcan safely and get other harm reduction supplies



Service Referrals

Get customized help for the services you need



Thoughts, Feelings or Questions

You can use this section to jot down any thoughts, feelings, or questions that you may have for a CONNECT Team member when you have a chance to talk.



Artwork: Annie Parkinson




Information & Resources

"I learned that courage was not the absence of fear, but the triumph over it."

~ Nelson Mandela

What You'll Find

In this section, you'll discover information and resources that we hope you'll find useful such as:

- 
- Recognizing the signs of an overdose
 - Responding to an overdose
 - Using and obtaining Narcan
 - Accessing harm reduction supplies like sterile needles and fentanyl testing strips
 - Learning about available treatment, recovery, grief, and legal resources
 - Discovering other community resources

If we missed something, let us know! Email us at CONNECT@opioidtaskforce.org.



Recognizing the Signs of an Opioid Overdose

Know the Signs



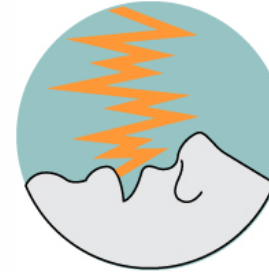
Not Responding

Doesn't move and can't be woken.



Slow or Not Breathing

A breath every 5 seconds is normal.



Making Sounds

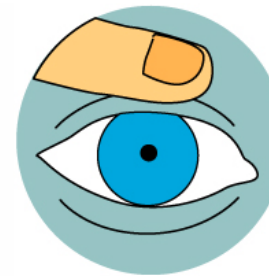
Choking, gurgling sounds or snoring



Blue Lips & Nails



Cold or Clammy Skin



Tiny Pupils

Source: www.foundrybc.ca/

Responding to an Opioid Overdose

1 Identify Opioid Overdose and Check for Response

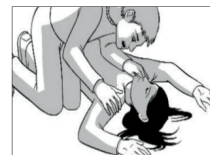
Ask person if he or she is okay and shout name.

Shake shoulders and firmly rub the middle of their chest.

Check for signs of opioid overdose:

- Will not wake up or respond to your voice or touch
- Breathing is very slow, irregular, or has stopped
- Center part of their eye is very small, sometimes called “pinpoint pupils”

Lay the person on their back to receive a dose of NARCAN Nasal Spray.



2 Give NARCAN Nasal Spray

Remove NARCAN Nasal Spray from the box.

Peel back the tab with the circle to open the NARCAN Nasal Spray.



Hold the NARCAN nasal spray with your thumb on the bottom of the plunger and your first and middle fingers on either side of the nozzle.

Gently insert the tip of the nozzle into either nostril.

- Tilt the person's head back and provide support under the neck with your hand. Gently insert the tip of the nozzle into **one nostril**, until your fingers on either side of the nozzle are against the bottom of the person's nose.

Press the plunger firmly to give the dose of NARCAN Nasal Spray.

- Remove the NARCAN Nasal Spray from the nostril after giving the dose.



3 Call for emergency medical help, Evaluate, and Support

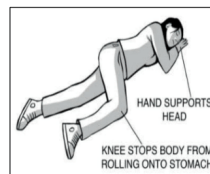
Get emergency medical help right away.

Move the person on their side (recovery position) after giving NARCAN Nasal Spray.

Watch the person closely.

If the person does not respond by waking up, to voice or touch, or breathing normally another dose may be given. NARCAN Nasal Spray may be dosed every 2 to 3 minutes, if available.

Repeat Step 2 using a new NARCAN Nasal Spray to give another dose in the other nostril. If additional NARCAN Nasal Sprays are available, repeat step 2 every 2 to 3 minutes until the person responds or emergency medical help is received.



Source: [Naloxone Exchange](#)

Finding Narcan

Physical Office: St. James & Andrews Church, 8 Church Street, Greenfield, MA, 413.475.3377,
between the hours of 8:30 AM - 4:30 PM
Mobile Outreach: Call or text 413.221.7722 between the hours of 10 AM - 2 PM.

Learn To Cope

Email lrc@learntocope.org to obtain Narcan.

Pharmacies

The Massachusetts Department of Public Health (DPH) has issued a statewide standing order that allows retail pharmacies to dispense naloxone without a prescription.

- Athol Pharmacy - 290 Main Street, Athol, MA, 978.830.0427
- Baker Pharmacy, 52 Bridge Street, Shelburne, MA, 413.625.6324
- CVS - 137 Federal Street, Greenfield, MA, 413.774.7201
- CVS - 1653 Main Street, Athol, MA, 978.249.7928
- Deerfield Pharmacy - 45 South Main Street, South Deerfield, 413.665.8143
- Rite Aid - 107 Main Street, Greenfield, MA, 413.774.2201
- Stop & Shop Pharmacy - 89 French King Highway, Greenfield, MA, 413.774.6006
- Walgreens - 5 Pierce Street, Greenfield, MA, 413.773.3801
- Walgreens - 329 Conway Street, Greenfield, MA, 413.774.5468
- Walgreens - 1640 S. Main Street, Athol, MA, 978.249.9132
- Walgreens - 240 Avenue A, Turners Falls, MA, 413.863.3107
- Walmart Pharmacy - 555 East Main Street, Orange, MA, 978.544.6405



Artwork: Annie Parkinson

Accessing Harm Reduction Supplies



What is Harm Reduction?

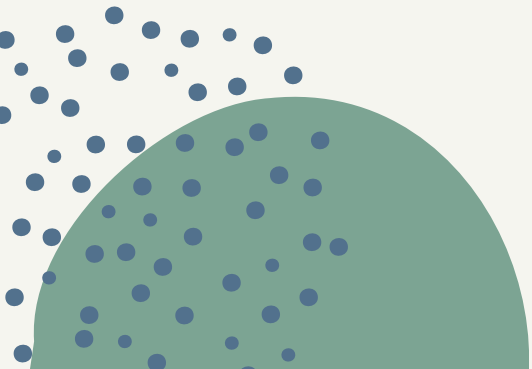

Harm reduction is a set of practical strategies and ideas aimed at reducing negative consequences associated with drug use. (National Harm Reduction Coalition)

Why is it important?

Harm reduction principles respect the dignity of one's choices while using evidence-based public health strategies to keep individuals safe, alive, and well as they are contemplating lifestyle changes that work best for themselves and their families.

Where can you find Harm Reduction supplies?

Tapestry Health provides free harm reduction supplies and services such as Narcan, safer injection and sex supplies, HIV, STD, Hepatitis C testing, support, and referrals. They are located at St. James/Andrews Church, 8 Church Street, Greenfield, MA. You can reach them in their office at 413.475.3377 between 8:30 AM - 4:30 PM or call or text them at 413.221.7722 for their mobile outreach services between 10 AM - 2 PM Monday through Friday.



Thoughts, Feelings or Questions

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Artwork: Annie Parkinson



Local Treatment Resources



Franklin Recovery Center

21 Kenwood Street
Greenfield, MA 01301
413.773.1423
Acute treatment beds

The Northern Hope Center

21 Kenwood Street
Greenfield, MA 01301
413.773.1423
Next level of residential
services after acute
treatment

McLean Naukeag at Prescott

Quabbin Retreat
211 North Main Street
Petersham, MA 01366
877.361.2024

Dana Day Treatment Center

Quabbin Retreat
211 North Main Street
Petersham, MA 01366
978.724.0010
Day treatment program

Beacon House

53-37 Beacon Street
Greenfield, MA 01301
413.773.1705
Co-ed residential treatment

Two Rivers

148 Montague City Road
Greenfield, MA 01301
413.512.5019
Resident treatment for
women and with infants up
to 1 year





Local Treatment Resources

CleanSlate

1 Arch Place
Greenfield, MA 01301
413.376.4343
Medication-assisted
Treatment

Health Care Resource Center

50 Miles Street
Greenfield, MA 01301
413.774.3321
Methadone Clinic

Center for Human Development

102 Main Street
Greenfield, MA
413.774.6252
Outpatient services &
recovery coaching

Bridge Team

164 High Street
Greenfield, MA 01301
800.562.0012
Ask for a referral to Bridge
Team; offering help to those
18 + affected by opioid use
disorder

Orange Recovery House

35 Congress Street
Orange, MA 01364
978.544.6507
Residential treatment for
men

Center for Human Development

131 West Main Street
Orange, MA 01364
978.544.6507
Outpatient services &
recovery coaching





Local Treatment Resources

Community Health Center of Franklin County

102 Main Street
Greenfield, MA 01301
413.325.8500

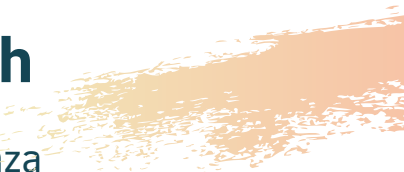
Outpatient addiction treatment

Community Health Center of Franklin County

119 New Athol Road
Orange, MA 01364
978.544.8500

Outpatient addiction treatment

SaVida Health



489 Cherry Rum Plaza
Greenfield, MA 01301
413.259.8175

Outpatient addiction treatment

Clinical & Support Options

1 Arch Place
Greenfield, MA 01301
413. 774.1000

Intensive outpatient
program (IOP)

Clinical & Support Options

2033 Main Street, Level 2
Athol, MA 013310
978.249.9490

Intensive outpatient
program (IOP)

ServiceNet

55 Federal Street
Greenfield, MA 01301
877.984.6855

Addiction counseling
services





State Addiction Treatment Services Locator



The Massachusetts Substance Use HelpLine

A free, confidential statewide public resource
for finding substance use treatment,
recovery, and problem gambling services

1.800.327.5050

Also available in Spanish

www.helpinema.org

Massachusetts Behavioral Health Access

A free resource for providers and
individuals to locate openings in mental
health and substance use disorder services

1.800.495.0086

www.mabhaccess.com

NAMI - Massachusetts

A grassroots organization improving the
quality of life for people diagnosed with
mental health conditions and their families.

1.800.370.9085

www.namimass.org





Local Recovery Resources

The RECOVER Project

68 Federal Street
Greenfield, MA 01301
413.774.5489
www.recoverproject.org

The North Quabbin Recovery Center

416 Main Street
Athol, MA 01331
978.249.4989
www.nqcc.org/nqrc

Wildflower Alliance

20 Chapman Street
Greenfield, MA 01301
413.772.0715
www.wildfloweralliance.org



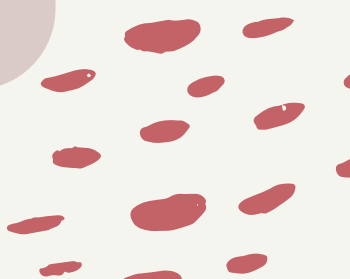
"Recovery is not a race. You don't have to feel guilty if it takes you longer than you thought it would."

- Unknown





Other Recovery Resources

- **AA Directory of Online Meetings**
 - www.aaonlinemeeting.net/
 - **NA Online Meetings**
 - www.na.org/meetingsearch/
 - **Marijuana Anonymous**
 - www.marijuana-anonymous.org/find-a-meeting/
 - **Recovery Dharma**
 - www.recoverydharma.org/meeting-list
 - **SMART Recovery Online Community**
 - www.smartrecovery.org/community/
 - **The Herren Project**
 - www.herrenproject.org/online-support-groups/
- 



Resources for Families and Friends

Children's Advocacy Center of Franklin County & North Quabbin

Helping children who have witnessed
an overdose with clinical services

Irene Woods, Executive Director
info@cacfranklinnq.org
413.475.3401

www.cacfranklinnq.org

Valuing Our Children Grandparents Group

A group addressing the needs and
concerns of grandparents raising
their grandchildren

Bette Jenks, Coordinator
bettejenks@valuingourchildren.org
978.249.5070 x 3

[www.valuingourchildren.org/
grandparent](http://www.valuingourchildren.org/grandparent)

Learn to Cope

A peer-led support network for
families dealing with addiction
and recovery

Peter Babineau
Western MA Regional Manager
pbabineau@learntocope.org
508.245.8005

www.learn2cope.org





Resources for Families and Friends

Al-Anon Groups of the Pioneer Valley

A fellowship of relatives and friends of alcoholics sharing their strengths

DistrictRepPaul@gmail.com
413.782.3406

www.valleyalanon.org

Dr. Ruth Potee

Expert Addiction Medicine physician who lectures widely about the impact of substances on the brain

Dr. Ruth Potee

www.ruthpotee.com

Allies in Recovery

An entity offering online resources helping family members of loved ones impacted by addiction

Membership is free for Massachusetts residents

www.alliesinrecovery.net



Local Crisis Hotlines



Artwork: Annie Parkinson

Crisis & Respite Services

- Crisis Text Line: Text 741741
- Local Crisis Helplines:
 - Clinical & Support Options (CSO) 413.774.5411 (Greenfield)
 - Clinical & Support Options (CSO) 978.249.3141 (North Quabbin)

Center for Community Resilience After Trauma (CCRT)

One Arch Place
Greenfield, MA 01301
413.773.5010
www.csoinc.org/news-events

NELCWIT

413.772.0806, open 24/7 or call
1.888.249.0806 (toll-free)
Sexual and domestic violence crisis center
www.nelcwit.org





Legal Resources

Community Legal Aid

55 Federal Street
Greenfield, MA 01301
1.855.CLA.LEGAL
(1.855.252.5342)

www.communitylegalaid.org

Greenfield Court Service Center

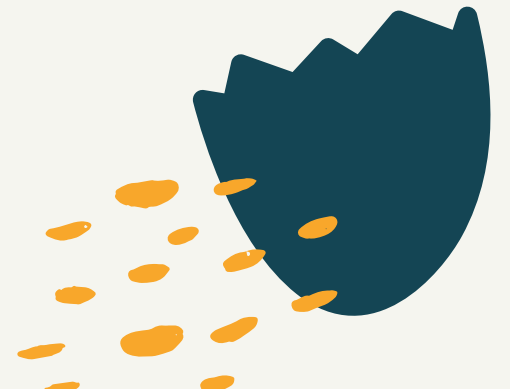
Franklin County Justice Center
43 Hope Street, 1st Floor
Greenfield, MA 01301

Live Zoom contact by telephone or computer:
M-F 9am - 12pm <https://www.zoomgov.com/j/16068272771>
CALL: 1-646-828-7666 meeting ID: 160 6827 2771

Look4Help

A searchable, free online database
available 24/7 managed by Community
Action Pioneer Valley

www.look4help.org/guided-search/legal/





Grief Resources

Peer Grief Support
After Overdose Death
2nd Thursday of the
month via Zoom,
5:30 PM - 7 PM

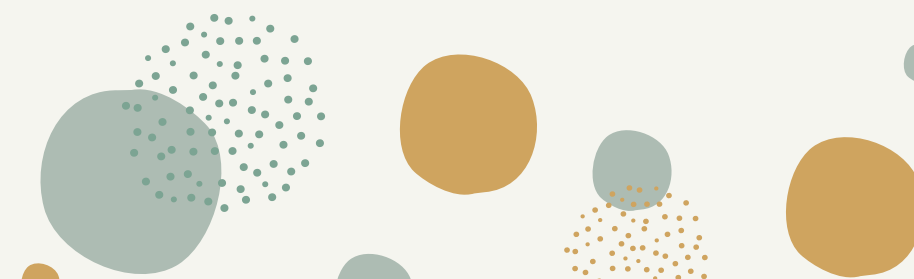
Learn more:
[www.northampton
recoverycenter.org](http://www.northamptonrecoverycenter.org)

Support After Death
By Overdose

Learn more:
www.sadod.org

The Garden: A Center
for Grieving Children
and Teens

Learn more:
[www.facebook.com/
Gardennoho](https://www.facebook.com/Gardennoho)





Community Resources

North Quabbin Community Coalition

Working to improve the quality of
life within the North Quabbin
region since 1984

251 Exchange Street
Athol, MA 01331
978.249.3703
www.nqcc.org

Look4Help

A searchable, free online database of
community resources available
24/7, managed by
Community Action Pioneer Valley

www.look4help.org

413Cares

A community portal that provides
online access for residents of
Western Massachusetts

www.413cares.org



Thoughts, Feelings or Questions

You can use this section to jot down any thoughts, feelings, or questions that you may have for a CONNECT Team member when you have a chance to talk.





**How can we
help you?**

Email

CONNECT@opioidtaskforce.org

Website

www.opioidtaskforce.org/CONNECT

Phone

1.833.519.2735 (toll-free)

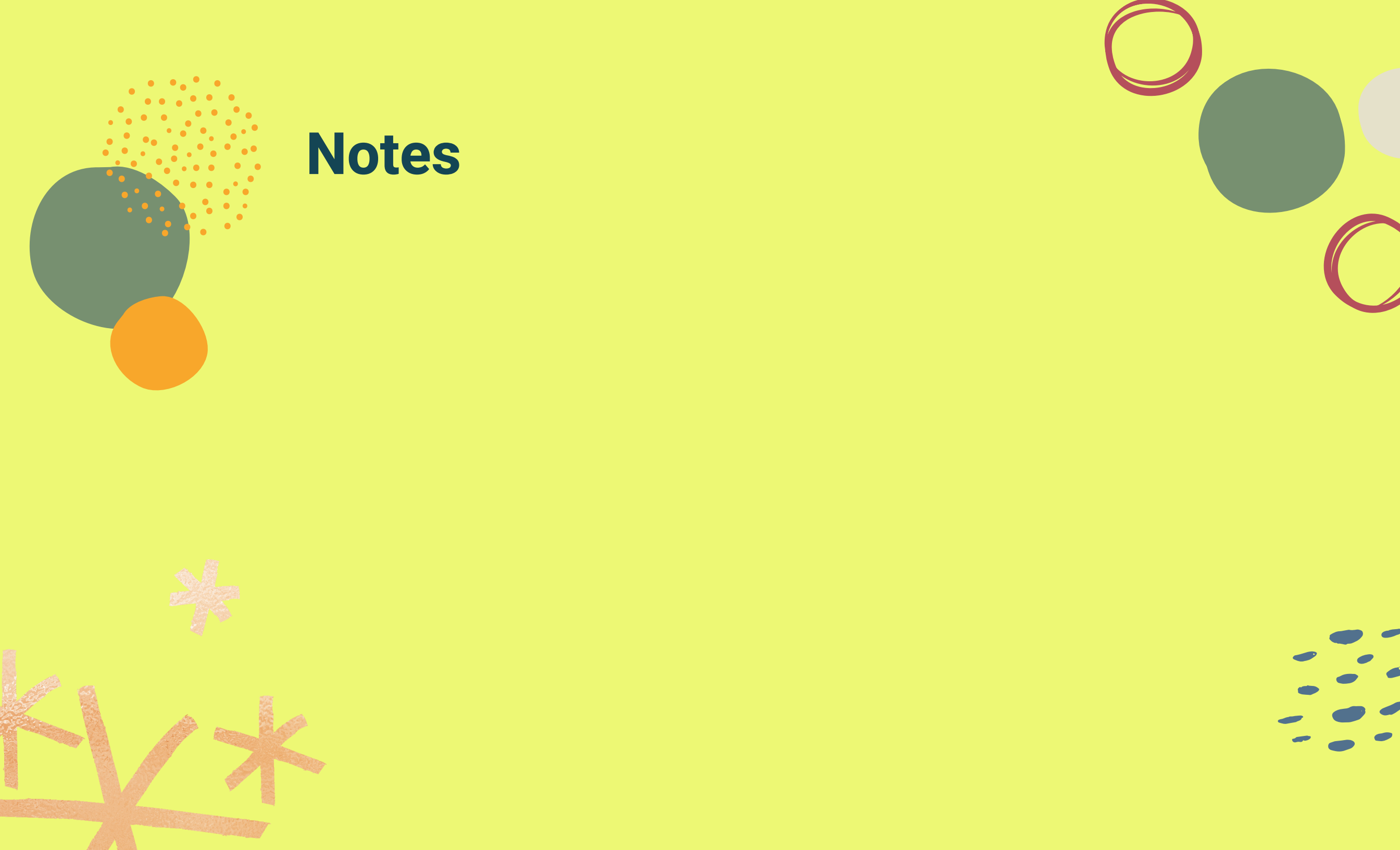
Notes



Artwork: Annie Parkinson



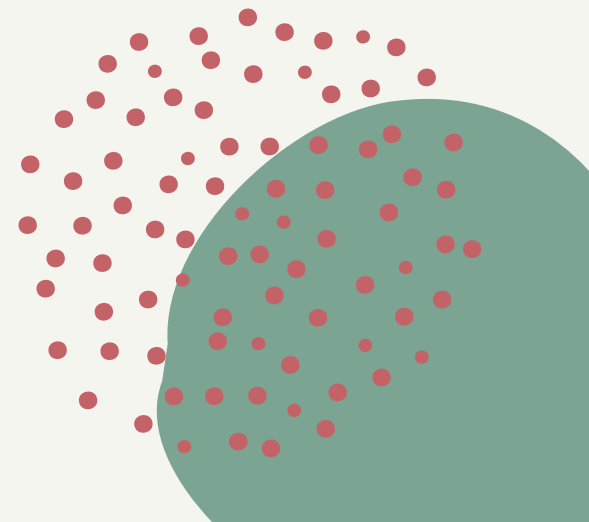
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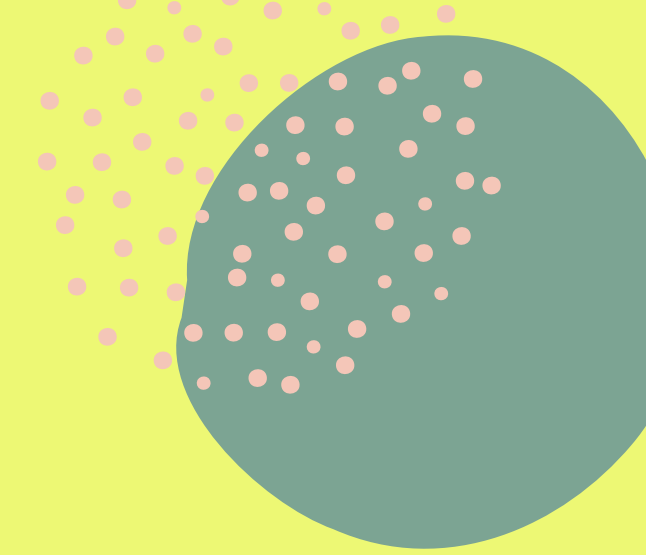
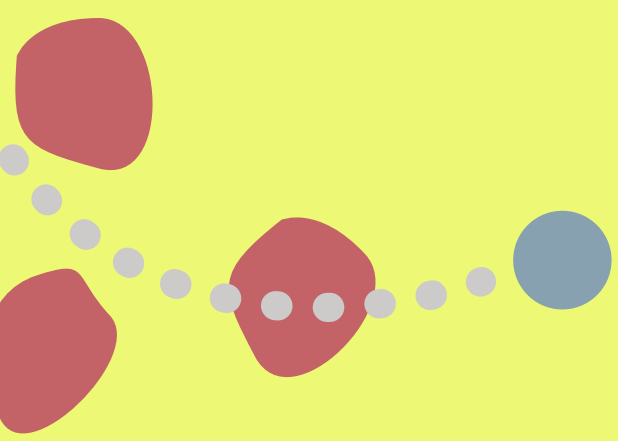


Notes



Artwork: Annie Parkinson





Original Artwork

Annie Parkinson, Miz Annie Creations

Copy Editing & Design

Dottie Arnold, Sharon Lincoln, and Debra McLaughlin, Opioid Task Force of Franklin County and the North Quabbin Region

Revisions

This packet will be regularly revised. Have a suggestion? Email us at CONNECT@opoidtaskforce.org!

Acknowledgements





Artwork: Annie Parkinson