

Who Are We?

We are a group of first responders, outreach workers, peer advocates and harm reduction specialists.

We are working together in Swampscott to address the opioid crisis, prevent overdoses and help those struggling access care.

We believe everyone is an individual and deserves access to support, education, treatment and resources.

We are providing you with this Resource Guide to make sure you know we care.

Opioid Overdose Information

Overdose risks:

- Not using for a while
- Using alone
- Mixing drugs
- If you have overdosed before

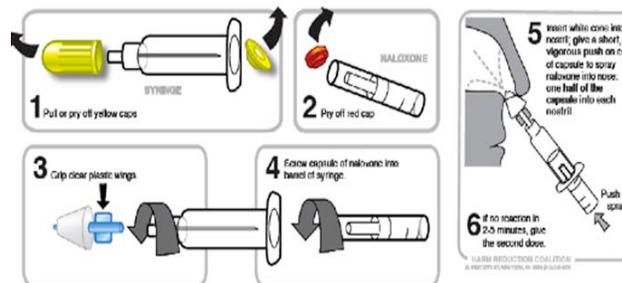
Overdose prevention:

- Don't use alone
- Access treatment
- Try not to mix drugs

Overdose response:

- See someone turning blue, not breathing or unresponsive to your voice or touch
- Give sternal rub (rub knuckles on their breastbone)
- If no response call 9-1-1
- "Someone with me isn't breathing, it may be an overdose."
- Start rescue breathing – tilt head back, pinch nose, open mouth and gently breathe in their mouth 1 time every 5 seconds
- Give 1st dose of Narcan
- Keep breathing and wait for first responders
- If no response after 2-3 minutes administer the second dose of Narcan and continue rescue breathing

HOW TO GIVE NASAL SPRAY NARCAN



Swampscott Overdose Response Team

Reaching out to those in need of support and services.



Phone: (781)-595-1111

The Swampscott Police department is open 24 hours to provide support, resources and referrals.



*If you're struggling tonight,
please know you're not alone.
You matter very much.
Don't give up.*

Harm Reduction Services:

Healthy Streets Outreach Program

Mary Wheeler – Program Director

100 Willow Street 2nd Floor Lynn, MA

Phone: (339) 440-5633

- Safe injection and safe sex supplies
- Narcan training and Narcan Kits
- HIV, Hep C, STI Testing
- Substance use treatment referrals
- Syringe disposal and disposal kits
- All services free and anonymous

Substance Use Treatment:

Massachusetts Helpline

Phone: (800) 327-5050

- Numbers for ALL treatment programs in Massachusetts

Project COPE/Bridgewell:

Phone: (781) 581-9270

- Inpatient and outpatient treatment programs in Lynn, MA
- Mental health and substance use services

Veteran's Service Officer

Detective Jim Schultz: (781)-596-8853

- Services for veterans dealing with substance use disorder and/or PTSD

Detox Programs closest to you (there are more, call the helpline or Healthy Streets for more numbers):

Danvers Detox: (978) 777-2121

Boston Detox: (800) 763-5363

Tewksbury Detox: (978) 259-7000

Dimock Detox - Roxbury: (617) 442-8800

Phoenix House – Quincy: (617) 607-6365

Dual Diagnosis* Programs closest to you:

*You must get evaluated at an emergency room to access care at a dual program unless you are suicidal. If you are feeling suicidal please head to your nearest emergency room or call 9-1-1.

Baldpate Hospital – Georgetown: (978) 352-2131

Bayridge Hospital – Lynn: (781) 599-9200

Salem Hospital – 7East

Eliot Community Human Services

Mobile Crisis Unit : (781) 581-4493

Family Resources

Learn to Cope: support network that offers education, resources, peer support and hope for parents and family members coping with a loved one addicted to opiates or other drugs.

www.learntocope.org

Al-anon Family Groups: 12-step meetings for families who have someone in their life who has an alcohol or substance use issue.

<http://ma-al-anon-alateen.org/>

GRASP: Grief Recovery After a Substance Passing, a support group for people who have lost a loved one to substance use or addiction.

<http://grasphelp.org/>

Swampscott Food Pantry: (781) 593-2544

St. John's Church – 174 Humphrey Street

*St. John's also hosts 12-step meetings

Swampscott 12-Step Meetings

AA Central Service: (617)-426-9444

NA Helpline: 1-866-624-3578

Swampscott Outreach Team:

Rose Cheever: (781)-595-1111

RCheever@SwampscottPolice.com

Brendan Reen: (781)-595-1111

BReen@SwampscottPolice.com

Catherine See – Family peer support: (781)-799-9116

Mary Wheeler: (339)-440-5633

Mwheeler@healthinnovationsinc.com