

Substance Use Disorder Prevention and Treatment Resources



A guide for people living with Substance Use Disorder, their families, and friends



RECOGNIZE SYMPTOMS OF AN OVERDOSE

Take Action

Common overdose situations:

- When tolerance is down due to not using (ex. After being incarcerated or in drug-free treatment)
- When drugs are mixed, especially with alcohol or benzodiazepines
- When using alone

Check for signs of overdose:

- Person is unconscious or not waking up
- No response to shouting or rubbing knuckles on chest
- Person is not breathing or struggling to breathe
- Snoring, choking, or gurgling sounds
- Pinpoint or small pupils

If the person has signs of an overdose:

1. Call 9-1-1
2. Give naloxone
3. Start CPR

Instructions on next page...

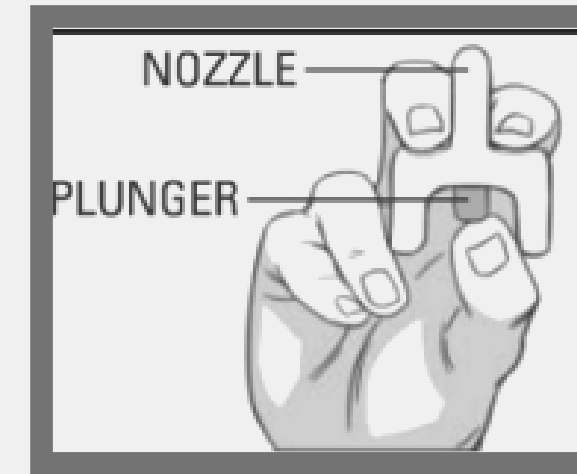
The Good Samaritan Law provides some legal protection to anyone who gives naloxone or calls 9-1-1 in an overdose situation.

HOW TO TAKE ACTION

STEP 1 Call 9-1-1

GIVE NALOXONE

- Lay the person on their back
- Remove the naloxone nasal spray from the box
- Peel back the tab with the circle to open the naloxone
- Hold the naloxone with your thumb on the bottom and your first and middle finger on either side of the nozzle
- Insert the tip of the nozzle in one nostril and firmly press the plunger to administer naloxone



STEP 3 If the person is not breathing, immediately begin **STEP 4**.
If the person is breathing, begin **STEP 5**.

START CPR

- Place the heel of your hand on the center of the person's chest and place your other hand on top
- Start chest compressions
 - Push hard and fast and let their chest rise between each compression
 - Do 30 compressions
- Give 2 breaths
- Squeeze the person's nose
- Place your mouth over theirs and give them 2 breaths
- If the person does not wake up or start breathing on their own after 2-3 minutes, **REPEAT STEP 2**
- If the person wakes up or starts breathing on their own, begin **STEP 5**

STEP 5 Place the person on their left side.
If the patient does not wake up within 2-3 minutes, **REPEAT STEP 2**.

Naloxone FAQs

Q: What is naloxone?

A: Naloxone (or Narcan®) is a lifesaving drug that reverses the effects of an opioid overdose.



Q: Where can I get naloxone?

A: Naloxone is available at Harm Reduction Centers, Opioid Overdose Prevention Programs, and pharmacies. First responders participating in the Naloxone Leave Behind program may leave naloxone with the patient, friend, or family member after an overdose.

Q: What should I do with the naloxone I received from a first responder, healthcare provider, or pharmacy?

A: You should keep the Naloxone in a safe place that is accessible in the event of an overdose. The previous page explains how to use naloxone if you see someone showing the signs of an overdose.

Are you ready to begin treatment?

Are you concerned about your physical or mental health?

Do you want to quit using substances, but feel like it is too hard?

Is substance use interfering with your life?

Are your loved ones worried about you?

If you answered yes to one or more of these questions, consider treatment.

Call **1-844-ReachNJ (1-844-732-2465)** or go to

ReachNJ.gov



HARM REDUCTION

Harm reduction is an evidence-based intervention that minimizes the negative health consequences from using substances. This approach meets patients where they are and can help lead them to recovery over time.

Harm Reduction Resources include...

- Free clean needle exchange
- Peer support specialists
- Condom distribution
- Pre-Exposure Prophylaxis (PrEP)
- Education about Substance Use Disorder (SUD)
- Naloxone distribution
- On-site medical care
- HIV and Hepatitis testing
- Fentanyl test strips
- On-site counseling and referral to social services

There are 7 Harm Reduction Centers in NJ. See next page for contact information.

HARM REDUCTION CENTERS IN NJ

PASSAIC COUNTY

Hyacinth AIDS Foundation
East 18th St.
Paterson, NJ
732-447-3174
Hours: Tues, Fri: 12-3pm

ATLANTIC COUNTY

South Jersey AIDS Alliance
32 S. Tennessee Ave.
Atlantic City, NJ
609-572-1929
Hours: Tues, 10am-2pm

HUDSON COUNTY

Hyacinth AIDS Foundation
48 Fairview Ave.
Jersey City, NJ
201-360-3910
Hours: Mon, Thurs: 12-3pm

MERCER COUNTY

Hyacinth AIDS Foundation
849 West State St.
Trenton, NJ
732-447-3174
Hours: Wed: 12-3pm

ESSEX COUNTY

North Jersey Community Research Initiative
393 Central Ave.
Newark, NJ
973-558-5063
Hours: Mon-Fri: 8am-4pm

MONMOUTH COUNTY

Visiting Nurse Association of Central Jersey
816 Sunset Ave.
Asbury Park, NJ
732-502-5100
Hours: Mon-Fri: 10am-2pm

CAMDEN COUNTY

Camden Area Health Education Center
2600 Mt. Ephraim Ave.
Camden, NJ
856-963-2432, ext. 219
Hours: Mon, Thurs: 8:30-11:30am

For more information about harm reduction and STDs, visit the QR codes below:



Harm Reduction



STD Hotline

The COVID-19 pandemic has affected the hours of some Harm Reduction Centers.
Please call ahead for the most current hours of operation.

Struggling with Addiction? HELP IS AVAILABLE

FIND TREATMENT



ReachNJ connects individuals who need counseling to live, trained addiction experts who answer the 24/7 hotline and get callers help, regardless of insurance status.

1-844-732-2465



GET NALOXONE



Naloxone is a life saving medication that can reverse an opioid overdose. Naloxone is safe and easy to use.

www.nextdistro.org/newjersey

EDUCATION &
RESOURCES



www.njoag.gov/programs/nj-cares/