

Overdose Prevention

Naloxone (Narcan®) is used to reverse the fatal effects of an opioid overdose and can be administered as a nasal spray. Naloxone will not work for a non-opioid drug or stimulant, but it will do no harm if administered.



Under 2006 NYS Public Health Law Section 3309 (1) Part 80 of Title 10 (Health) Section 80.138, it is legal for trained overdose responders (non-medical persons) to carry and administer Naloxone in NY, as it is considered first aid.

Nassau County offers free Naloxone training for anyone 18 and over. For more information, go to www.nassaucountyny.gov/overdose or go to www.health.ny.gov for New York State's Registered Overdose Prevention Programs

Don't leave someone to die. Spread the word to let people know they can help save the life of someone overdosing without worrying about arrest. The **911 Good Samaritan Law** (NYS Penal Law Section 220.78) provides limited immunity from prosecution if someone calls for medical assistance for themselves or someone else. The law DOES NOT protect you from felony possession of a controlled substance, sale of controlled substances, open warrants for your arrest, or violation of probation or parole



This information booklet is dedicated to
Garrett Kassler
(1990 - 2017)



Is My Child at Risk of Misusing or Abusing Drugs?



NASSAU COUNTY OFFICE OF MENTAL HEALTH, CHEMICAL
DEPENDENCY, AND DEVELOPMENTAL DISABILITIES SERVICES
HELPLINE: **(516) 227-TALK (8255)**



NASSAU COUNTY EXECUTIVE
ED MANGANO
www.nassaucountyny.gov



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Facts and Statistics †

- * Many adolescents (12-17 years old) use marijuana to fit in with social groups or as means of coping with anxiety, anger, depression, emotional and/ or physical pain. About 1 in 6 people who start using as teens becomes addicted.
- * After marijuana and alcohol, prescription (Rx) and over the counter drugs (OTC) are the most commonly abused substances by Americans ages 14 and older.
- * People often think that Rx and OTC drugs are safer than illicit drugs, but they can be as addictive and dangerous and put users at risk for other adverse health effects, including overdose. Most teenagers who abuse prescription drugs are either given them free by a friend or relative, or find them in a friend or relative's medicine cabinet.

FAQs

Is my child at a heightened risk of using drugs?

Adolescents tend to turn to alcohol and other drugs as a way to escape their problems when they are under stress from grades, fitting in at school, or a significant life transition like moving or a parents' divorce. Children from ages 11 to 18 are also very impressionable to outside influences including peers, family members, and the media.* Your child may also be drinking alcohol or using other drugs as means of coping with a mental disorder such as anxiety or depression.†

Is it a problem if my child is just experimenting with drugs?

Yes, there can be serious long-term consequences during adolescence because the brain is still developing. While experimenting with drugs may not necessarily lead to a substance use disorder (SUD), drugs can pose serious social and health risks including loss of interest, relationship problems, difficulties in school, mental health problems, and the very real risk of an overdose death.† Many youth and parents believe substances such as marijuana and alcohol are

not overly harmful, but in actuality, these substances have immediate and often long term consequences on adolescent brain functioning. Adolescents under the influence exhibit a higher level of poor decision-making and risk taking behaviors, which can lead to devastating life -changing outcomes.

So, what is substance use disorder (SUD)?

A substance use disorder can range from problematic use to addiction. Addiction is defined as a chronic, relapsing brain disease that is characterized by compulsive drug seeking and use, despite harmful consequences. It is considered a brain disease because drugs change the structure of the brain and how it functions.†

What are the signs of SUD?

The key is change- it is important to watch for any significant changes in your child's appearance, personality, attitude or behavior.

- * Inability to sleep or sleeping all the time
- * Cold sweaty palms and shaky hands
- * Red, watery eyes; change in pupil size
- * Unexplained drop in grades
- * Sudden oversensitivity, temper tantrums, or resentful behavior
- * Items or money gone missing from the home
- * Lying or making excuses
- * Excessive need for privacy; secretive or suspicious behavior
- * Changes in friends ‡

What can I do to prevent SUD?

Parental supervision and education are critical for SUD prevention, including monitoring activities and open family discussions about substances.* You can also remove any alcohol and unnecessary prescription medications from your home (medications can be safely and anonymously dropped off at Nassau County Police Precinct Prescription Drug Disposal Bins). Modeling healthy decisions, coping skills, and behaviors, can have very positive and protective effects on your child.

What can I do to help my adolescent who is struggling with SUD?

Reaching out for help is critical to combatting this problem. Talk to a professional such as a licensed social worker, counselor, or pediatrician. Nassau County has a vast system of organizations to assist, support, and guide families. Most provide a wide range of interventions and counseling programs. See lists on pgs. 6 & 7.



Tips for Parents of Adolescents

- * Be a good listener
- * Give clear no-use messages about alcohol and other drugs
- * Help your child deal with the peer pressure to use drugs
- * Get to know your child's friends and their parents
- * Supervise your child's activities †

If you are at all concerned about your child - or just have a bad feeling- you can and should:

- * Closely monitor their behavior and activities †
- * Set tighter limits with clear consequences
- * Share your concerns with your child, then remain calm and listen ‡
- * Get outside help and support if necessary



The Nassau County Police Department, (516) 573-8800, will analyze any drugs found in the home, anonymously and for free.

Resources

NIDA	www.drugabuse.gov
NYS Office of Alcoholism and Substance Abuse Services	www.oasas.ny.gov
OASAS Treatment Availability	findaddictiontreatment.ny.gov
Nassau County HELPLINE	(516) 227-TALK
Nassau Alliance for Addiction Services (NAFAS)	nassaualliance.org
Nassau Mental Health and Chemical Dependency	(516) 227-7057
National Suicide Prevention Lifeline	1-(800) 273-TALK
Partnership for Drug-Free Kids	www.drugfree.org
NC Heroin Prevention Task Force	www.heroinprevention.com

Support for Families and Friends of Those Suffering with SUD

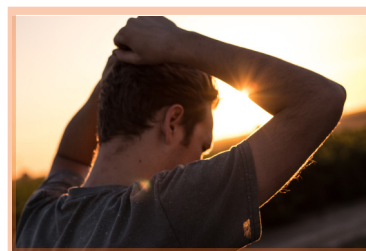
Nar-Anon	(631) 582-6465
Families Anonymous	www.familiesanonymous.org
Al-Anon/ Alateen	(516) 433-8003
National Institute on Drug Abuse	www.teens.drugabuse.gov/parents

Treatment

Inpatient Rehabilitation provides certified 24-hour, structured, short-term, intensive treatment services in a hospital or free-standing facility. It is for those with SUDs who are not in need of medical detoxification or acute care and are unable to participate in, or comply with, treatment outside of a structured treatment setting.

† NIDA

‡ OASAS



Intensive Outpatient is an OASAS-certified treatment service provided by a team of clinical staff for individuals who require a time-limited, multi-faceted array of services, structure, and support to achieve and sustain recovery. The program includes individual, group and family counseling; relapse prevention and cognitive and behavioral interventions;

motivational enhancement; and the development of coping skills to effectively deal with emotions and environmental stressors. Services are provided under the direction of credentialed alcohol and substance abuse counselors, for a minimum of 9 hours per week.

Outpatient treatment includes a wide variety of regularly scheduled programs that offer different forms of behavioral therapy in both individual and group counseling sessions. ‡

Medication Assisted Treatment (MAT), including Suboxone and Methadone are provided by Nassau County's Opiate Treatment Program (516) 572-5801 or 6305

Non-Opiate Supported Treatment

-Nassau County's newest treatment for opioid and alcohol addiction- is a combination of counseling with monthly injections of long-acting Naltrexone (Vivitrol®). The use of naltrexone was first approved for the treatment of opioid dependence in 1984. In 2006, Vivitrol®, a new formulation of this medication was approved for alcohol and in 2010 for opioids. It works by capping the opiate receptors in the brain, blocking any euphoric feelings and reducing or eliminating the craving for opiates and alcohol. To start treatment, the user should be opiate-free for 5-10 days, and the average treatment lasts about 12-18 months.



A Shot at Life

Nassau County offers a Vivitrol Education and Support Group that meets Tuesdays from 7:00 to 9:00 pm at St. Bernard's parish school in Levittown. For more information about A Shot at Life call **(516) 571-6105**

‡ OASAS

**Deadly Facts**

Fentanyl, a powerful synthetic opioid, is increasingly being mixed with heroin, cocaine, xanax, oxycodone, and other illicit drugs- often without the users' knowledge. The number of fentanyl related overdose deaths in Nassau County tripled from 22 to 67 from 2015 to 2016. In the first three months of 2017, at least 9 people in Nassau died from a mix of fentanyl and cocaine.

In total, there were 190 opioid related deaths in Nassau County last year and about 330 in Suffolk County. That's an average of at least one Long Islander a day. **

Substance Use Disorder Treatment Referral List for Adolescents

Nassau and Suffolk counties contract with various addiction services that accept clients under the age of 18. For more information about Nassau agencies visit www.nassaualliance.org. For additional treatment programs in other NY counties go to www.oasas.ny.gov

Residential

Outreach House	(631) 231-3232	Brentwood	12-17
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Inpatient

Seafeld Treatment Center	(631) 288-1122	Westhampton	16+
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Outpatient- Nassau County

Community Counseling	(516) 505-1717	Franklin Square	8+
H.E.L.P. Services, Inc.	(516) 546-2822	Freeport	16+
COPAY, Inc.	(516) 466-2509	Great Neck	5+
Family & Children's Assn	(516) 486-7200	Hempstead	15+
EDNY	(516) 481-0052	Hempstead	16+
Hispanic Counseling Center	(516) 538-2613	Hempstead	15+
Family & Children's Assn	(516) 935-6858	Hicksville	13+
Five Towns Community Center	(516) 239-6244	Lawrence	16+
Southeast Nassau Guidance	(516) 605-1510	Levittown	15+
YES Community Counseling Center	(516) 799-3203	Levittown	8+
		& Massapequa	
Long Beach Reach	(516) 889-2332	Long Beach	5+
LINK Counseling Div. of LB Reach	(516) 887-4848	Lynbrook	12+
Garden City Treatment Center	(516) 742-4015	Mineola	12+
TEMPO (North Merrick, & Syosset	(516) 374-3671	Woodmere	14+
Oceanside Counseling Center	(516) 766-6283	Oceanside	14+
Youth and Family Counseling	(516) 922-6867	Oyster Bay	15+

** Nassau County Medical Examiners Office

Port Counseling Div. of LB Reach	(516) 767-1133	Port Washington	13+
Confide Counseling Center	(516) 764-5522	Rockville Centre	15+
Friends of Bridge	(516) 825-4242	Valley Stream	15+
New Horizon Counseling Center	(516) 872-9698	Valley Stream	12+
Southeast Nassau Guidance	(516) 781-1911	Wantagh	15+
North Shore Family Guidance Ctr	(516) 997-2926	Westbury	13-25

Outpatient- Suffolk County

Family Service League	(631) 647-3113	Amityville	13+
Hope for Youth	(631) 691-5100	Amityville	12+
South Oaks	(631) 608-5610	Amityville	13+
Family Service League	(631) 647-3100	Bay Shore	13+
Outreach	(631) 286-0700	Bellport	13+
*Institute for Rational Counseling	(631) 567-7760	Bohemia	13+
Sanctuary East, Ltd.	(631) 224-7700	East Islip	13+
Well Life Network	(631) 920-8324	Hauppauge	15+
YMCA Family Services	(631) 580-7777	Holtsville	16+
Samaritan Daytop Village	(631) 351-7112	Huntington	13+
Huntington Drug & Alcohol	(631) 271-3591	Huntington	13+
Family Service League	(631) 924-3741	Mastic	13+
Town of Babylon	(631) 422-7676	North Babylon	12+
John T. Mather Memorial Hospital	(631) 331-8200	Pt. Jefferson Sta.	13+
Alternative Counseling Services	(631) 369-1200	Riverhead	14+
Family Service League	(631) 369-0104	Riverhead	13+
Maryhaven Center of Hope, Inc.	(631) 727-0710	Riverhead	12+
Community Counseling Services	(631) 471-3122	Ronkonkoma	17+
Town of Smithtown Horizons	(631) 360-7578	Smithtown	12+
Alternative Counseling Services	(631) 283-4440	Southampton	13+

*Does not accept Medicaid

PINS Diversion Program

Nassau County offers a PINS (Persons in Need of Supervision) Diversion Program for at risk teens in order to keep them out of the juvenile justice system.

The program offers families help from trained professionals to develop a plan that will improve their relationship and reduce conflicts.

You must reside in Nassau County, be referred by the Nassau County Department of Social Services, and you must agree to follow-up with services in order to ensure your plan is successful. §

For more information call (516) 741-0604 x 4390

§ NY Courts