



OPIOID ADDICTION – Treatment Options and Community Resources

NORTHEASTERN CONNECTICUT

DO YOU, OR SOMEONE YOU KNOW, SUFFER FROM AN OPIOID ADDICTION?

If you or a loved one is experiencing a life-threatening emergency, [call 911](#) or report to the nearest emergency room.

The Connecticut Department of Mental Health and Addiction Services (DMHAS) hotline for prescription opioids or heroin addiction treatment: **(800) 563-4086**

Day Kimball Healthcare Crisis Services are available 24/7 at the Townsend Emergency Room to assist you or your loved one with access to treatment for an opioid use disorder, including abuse of heroin or prescription pain pills such as Percocet, Oxycontin, Vicodin, Morphine, or other highly addictive narcotic medication.
(860) 963.6386 - www.daykimball.org

Harrington Healthcare offers psychiatric emergency services (PES) for the Massachusetts community, as well as a full range of behavioral health and substance abuse services, including Suboxone, Partial Hospital Program (PHP), Co-occurring Disorders Unit (CDU), and Community Assistance Recovery for Everyone (CARE) program.
(508) 765.2222 - harringtonhospital.org

Naloxone rescue – caregivers should have readily available the reversal agent naloxone in case of an overdose emergency. Contact your local pharmacist for availability and insurance coverage.

FOR TEENS/ADOLESCENTS:

**Joshua Center – Northeast
Dayville – (860) 779.2101**

This brochure is made possible by the OPIOID ACTION GROUP

UNDERSTANDING OPIOID ADDICTION: Accessing treatment

Substance abuse walk-in centers are available to provide assessment and referral to treatment at the following locations:

Community Health Resources – (877) 884.3571

37 Commerce Ave., Danielson – Tues. 8:30am-5pm

Perception Programs – (860) 779.5852

13 Water St., Danielson – M-Th. 9am-7:30pm, F. 9am-2pm

United Services – (860) 774.2020

1007 N. Main St., Dayville – M-Th. 9am-8pm, F. 9am-5pm

132 Mansfield Ave., Willimantic – M. 9am-5pm, T-Th. 9am-8pm, F. 9am-5pm

Intensive Outpatient (IOP) and Partial Hospital Program (PHP) For individuals who need highly structured treatment, who experience a co-occurring psychiatric condition, and/or require a combination of therapy and medication in an intensive, supportive community-based setting, IOP and PHP provide a step-up from traditional outpatient services, or step-down from an inpatient hospital, detox, or residential setting, and may be an appropriate intermediate treatment option. *To schedule an assessment for IOP/PHP level of care, please contact:*

IOP: Perception Programs, Inc.

13 Water St., Danielson, CT 06239 - (860) 779.55852

Community Health Resources (CHR) – (877) 884.3571

PHP/IOP: Quinebaug Treatment Services

11 Dog Hill Road, Dayville - (860) 779.0321

WHAT IS MEDICATION-ASSISTED TREATMENT?

Buprenorphine and Naloxone: Suboxone (Subutex) Film (www.suboxone.com) is a prescription medicine that contains the active ingredients buprenorphine and naloxone. It is used to treat adults who are dependent on (addicted to) opioids (either prescription or illegal). *Suboxone Providers:*

Dr. Wesler (860) 779.0867

Dr. Ruiz (860) 774.1255

Perception Programs (860) 450-0151

Quinebaug Treatment Services (860) 779-0321

Methadone: Methadone has been used for decades to treat people who are addicted to heroin and narcotic pain medicines. When taken as prescribed, it is safe and effective. (<https://www.samhsa.gov/medication-assisted-treatment/treatment/methadone>)

Pathways – Putnam

(860) 963.4971

6:30am-5pm Monday-Friday

<http://www.chrhealth.org>

Hartford Dispensary

Willimantic - (860) 456.7990, New London (860) 447.2233

Norwich (860) 886.0446

<http://hartforddispensary.org>

Naltrexone (Vivitrol.com): A once-monthly medication that blocks opioid receptors in the brain, proven to prevent relapse. *Call Dr. Raja Fattaleh (860) 928.1111 for more information. Also available at:*

Harrington Hospital, Southbridge – (508) 765-2725





OPIOID ADDICTION

DEFINITIONS:

Abstain or Abstinence - To not use any mood-altering substance, including alcohol and drugs.

Addiction - A physical dependence on a drug (alcohol, drugs, nicotine, and caffeine) that is marked by an increased intake, continued use despite consequences, and in many cases, physical withdrawal when use of the drug is discontinued

Co-occurring - The coexistence of both a mental health and a substance use disorder

Detoxification - The process of safely stopping all alcohol and drug use when a person is physically addicted. This may be done by using other drugs and/or by helping the person through social support

Medication-assisted treatment (MAT) - including opioid treatment programs (OTPs), combines behavioral therapy and medications to treat substance use disorders

Narcan (Naloxone) - Naloxone is a medicine that blocks the effects of opioids and reverses an overdose

Narcotic's Anonymous (NA) - An organization of recovering drug addicts who work together to help themselves and others recover from addiction

Recovery - The process of rehabilitation that begins with abstaining from alcohol and drugs and continues with changing thoughts, feelings, and actions, which results in major lifestyle and value changes.

Relapse Prevention - The counseling process that helps a person to identify and change thoughts, feelings, and actions that lead him or her back to active chemical dependency

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ACUTE INPATIENT DETOXIFICATION

In severe cases, withdrawal may require inpatient detoxification at a licensed facility, lasting anywhere from 3-7 days. Although not everyone who uses opioids meets criteria for inpatient detox, screening might be a consideration. Inpatient can result in fast, safe and effective withdrawal, which can reduce cravings, prevent overdose, and prepare the individual to start the necessary stages of aftercare counseling. Inpatient opioid detoxification services are available at the following locations:

Stonington Institute - (860) 535.1010
75 Swantown Hill Rd, Stonington

Southeastern Council for Alcohol and Drug Dependence (SCADD)
(860) 447.1717
45 Colt Street, New London

Blue Hills Hospital – (860) 293.6400
500 Vine Street, Hartford

Rushford - (860) 346.0300
1250 Silver Street, Middletown

Connecticut Valley Hospital (Merritt Hall) – (860) 262.6321
1000 Silver Street, Middletown

RESIDENTIAL ADDICTION TREATMENT

When outpatient treatment has been unsuccessful, or when complications interfere with the possibility of treatment being successful for an individual in a community setting, residential treatment may become a consideration. Since this treatment requires removing the individual from their community, often requires significant costs, and usually detoxification before admission to a residential facility, discussion should be had with the individual *and a representative from the health insurance provider* prior to arrangements for admission. Most facilities will help you with this process. Residential substance abuse treatment is available at: **Merritt Hall (CVH) – (860) 263.6321**
Rushford – (877) 577.3233

Individuals who may not qualify for residential treatment, or who cannot afford this option, due to high insurance co-pays or deductibles may consider intensive outpatient programming (IOP) with on-site housing, to remove themselves from their community to focus on their recovery. This option is available at: **Stonington Institute – (860) 535.1010**

OTHER COMMUNITY RESOURCES

Connecticut Region of Narcotics Anonymous Statewide phone line
1 (800) 627-3543 24 hours a day, 7 days a week to find a meeting

Connecticut Department of Mental Health and Addiction Services (DMHAS) –
(860) 418.7000

National Institute for Drug Abuse (NIDA) – www.drugabuse.gov

Substance Abuse and Mental Health Service Administration (SAMHSA)
www.samhsa.gov

National Alliance on Mental Illness (NAMI) – www.nami.org

Northeast Communities Against Substance Abuse (NECASA)
www.necasonline.org

Connecticut Community for Addiction Recovery (CCAR) – (203) 332-3303

