

# NEWS LETTER

*August 2023*



*Be your best self!*

**WOMAN'S EQUALITY DAY-8/26**

**WOMEN'S EQUALITY  
DAY**



**NATIONAL GRIEF AWARENESS**



**INTERNATIONAL OVERDOSE  
AWARENESS DAY 8/31**



**International  
Overdose  
Awareness  
Day**

**31th August**



# WHAT'S GOING ON THIS MONTH



New Group Oppurtunity for Children 8-13  
RANDI'S KIDZ CLUB

By: Toni Shearer Owner/Director, LPC, CCTP, CATP, CJSOTS

Randi's Kidz Club is an ten-week therapeutic interactive group for children ages 8-13 years who have experienced or witnessed family violence. The sessions are an interactive group focused on helping children express feelings and emotions through games, art therapy, and relaxation techniques. The first class will be August 7th 7-8:30pm. This time of class will change and time will be shared in class!

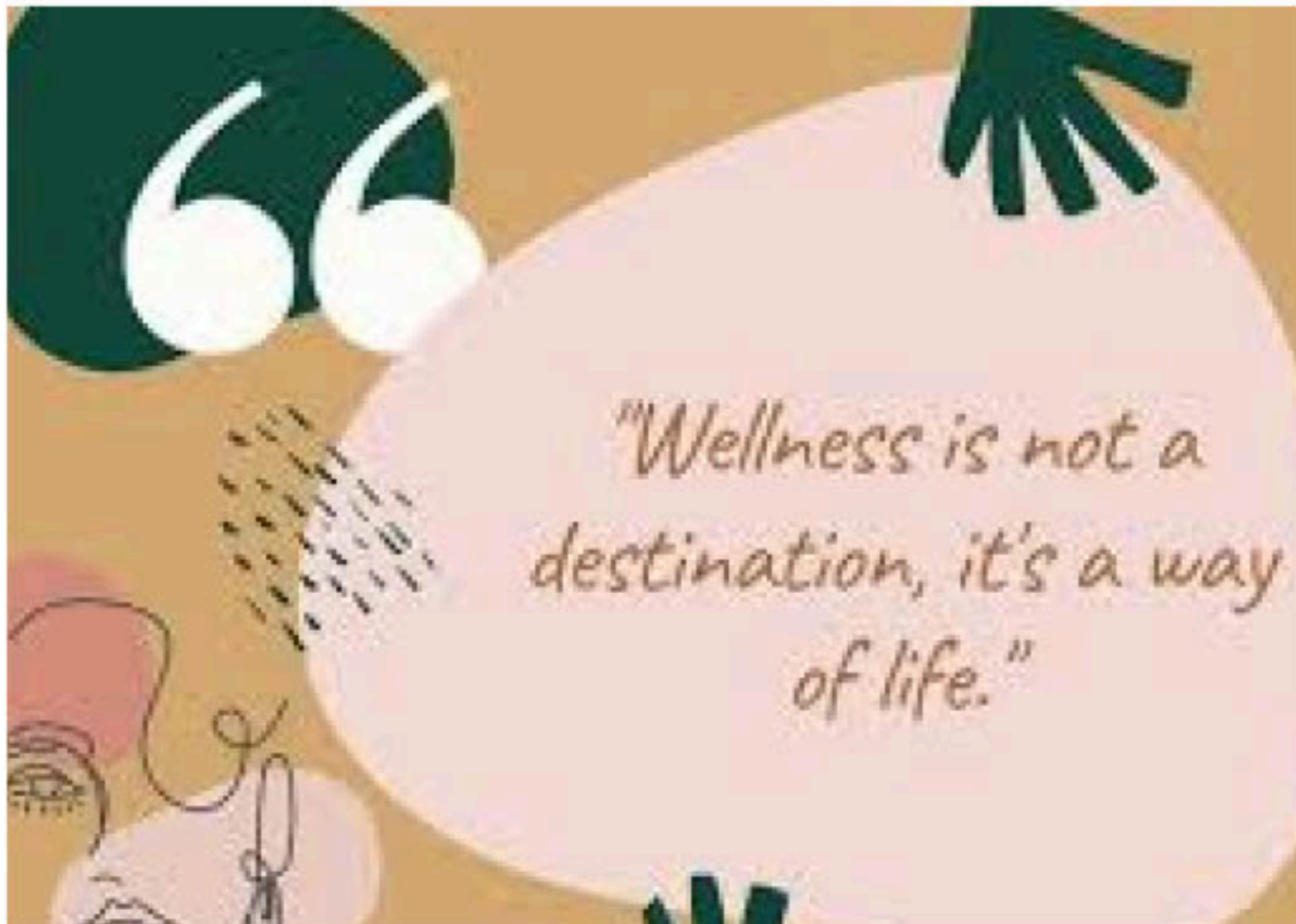
## "EXTRA BOOST" MONTHLY THERAPEUTIC SUPPORT GROUP

Rebecca Singer LPC, CCTP, CAIMHP,  
CGCS, CAADC, CCPG

This therapy group is available on the third Monday of every month at 6pm to provide support outside of individual therapy in a group setting. Each month will be focusing on a different topic. August's topic is about continuing "focusing on family dynamics and boundaries." This group is available via telehealth and in person. Please email Rebecca Singer if interested at [Rsinger@c4hh.com](mailto:Rsinger@c4hh.com)



# WELLNESS CLASSES



Zumba(w/ Amanda)-Mondays at 7:10AM

Flow Yoga(w/Carrie)- Tuesdays at 5:30PM

Zumba 101(w/Amanda)-Tuesdays at 6:30PM

Zumba(w/Amanda)- Tuesday 7pm

Trauma Yoga(w/Maurie)- Wednesday at 6PM

Zumba(w/Amanda)-Wednesday at 7PM

Zumba(w/Amanda)- Saturdays at 8:30AM



# CREATIVE HEALING, ART GROUP



## **Calling all Adult Clients!**

Offered by John Davis Local artist and Art Director at Milton Hershey School and Sarah Mathes, ATRP

Art background is not required, this group is focused on the therapeutic element of using creative expression for healing. We do not focus on the final product as a "masterpiece" but rather, we are coming together, supporting one another in the process of personal growth and healing art.

Please come join us!!!!!!!

Sign up preferred, please see  
Nia, Areana, or Hannah for sign ups

THEME FOR  
AUGUST ART  
THERAPY  
GROUP

August means:  
Inspiring  
reverence or  
admiration;  
of Supreme  
dignity or  
grandeur,  
majestic



# COME JOIN IN SUPPORTING GIVING BACK TO THE COMMUNITY



## Conrad's Catering and BBQ Pit is Back!!!

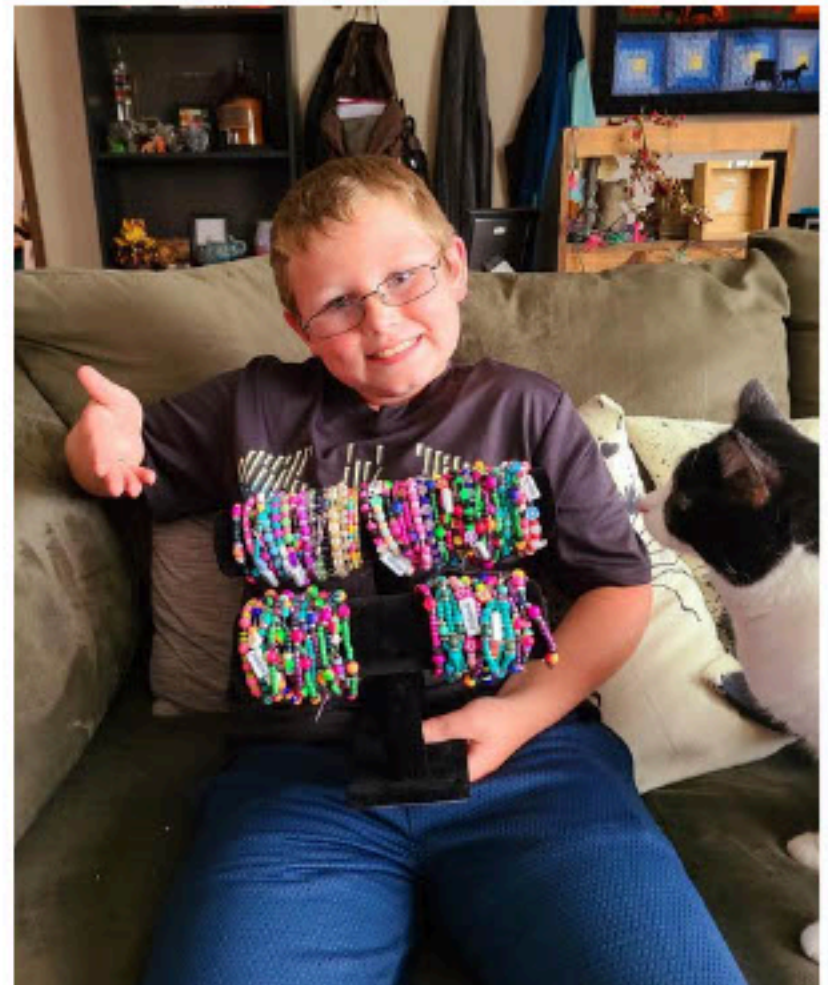
Conrad's Catering is a great way to bring home an already made dinner. A chicken dinner contains 1/2 chicken, baked potato, baked beans, coleslaw, a dinner roll, and a drink for \$15.00. You can preorder at the front desk with Nia or Areana.

## Client Made Items for Sale!

Chocolate covered pretzels are only \$2.00 per pretzel and made by a client from the Center!

Beautiful homemade bracelets are only \$3.00 to support a 11 year old kid!

Leather key chains are \$3-\$5.00. Leather hair clips, and coasters all made by a client!





# BACK TO SCHOOL

## BACK TO SCHOOL, BACK TO BASICS

### **CREATE A ROUTINE FOR EACH IMPORTANT PART OF THE DAY!**

**\*\*TIPS FOR CREATING SUCCESSFUL ROUTINES:**

- LAY OUT CLOTHES FOR THE NEXT DAY. MAKE SURE THEY ARE COMFORTABLE AND MAKE THE WEARER FEEL GOOD.
- SET ASIDE ENOUGH TIME IN ROUTINES TO AVOID FEELING RUSHED. RUSHING ONLY ADDS TO THE STRESS AND MAKES THE ENTIRE DAY MORE DIFFICULT.
- MAKE A LIST OF THE THINGS YOU NEED TO DO AND TRY TO STICK TO IT AS CLOSELY AS POSSIBLE. THIS WILL HELP ELIMINATE GUESSWORK AND HELPS KEEP THINGS RUNNING MORE SMOOTHLY.
- ONE IMPORTANT ROUTINE TO ESTABLISH IS SNACK TIME. MOST KIDS ARE HUNGRY AND NEED A PICK-ME-UP BEFORE STARTING HOMEWORK. GRAB-AND-GO SNACKS MAKE THIS EVEN EASIER.
- HAVING A SET ROUTINE FOR PACKING YOUR BAG THE DAY/NIGHT AHEAD TO HELP STAY ON SCHEDULE AND AVOID FORGETTING IMPORTANT ITEMS.

### **BEDTIME ROUTINES ARE CRITICAL!**

- TURN BLUE LIGHT OMITTING DEVICES (ELECTRONICS) OFF ABOUT AN HOUR BEFORE BED.
  - DO SOMETHING CALMING, LIKE READING OR SINGING.
  - TAKE A BATH OR SHOWER TO RELAX THE BODY AND MIND.
  - DO SOME RELAXATION EXERCISES (DEEP BREATHING OR YOGA).
  - MAKE SURE THERE IS ENOUGH TIME, SO NO ONE FEELS RUSHED.
  - **BE CONSISTENT SO YOUR CHILD KNOWS WHAT TO EXPECT!**
- FOCUS ON BEING WITH YOUR KIDS!** CHECK IN WITH YOUR KIDS, SEE HOW THEIR DAY WAS, EVEN 15 MINUTES A DAY CAN SHOW YOUR INTEREST AND ENTHUSIASM FOR WHAT THEY HAVE GOING ON. IT MAY ALSO HELP YOU FIGURE OUT WHERE PROBLEMS ARE ARISING AND WHY. **REMEMBER:** KIDS SPELL **LOVE, T...I...M...E!**



**AUGUST 30TH IS NATIONAL GRIEF AWARENESS DAY, ALSO CALLED NATIONAL BEREAVEMENT DAY.** IT WAS FOUNDED BY ANGIE CARTWRIGHT IN 2014 SINCE SHE HAD EXPERIENCED SO MANY DEATHS OF LOVED ONES. THIS DAY IS CELEBRATED EACH YEAR TO HELP BRING AWARENESS TO PEOPLE ABOUT THE MANY WAYS THAT GRIEF AND CAN BE PRESENT IN OUR LIVES. I AM SO HAPPY THAT WE HAVE A NATIONAL GRIEF AWARENESS DAY YET ONE DAY A YEAR IS NOT ENOUGH TO HELP EXPLAIN AND GAIN AN UNDERSTANDING OF GRIEF AND THE COMPLEXITIES OF IT! GRIEVING IS NOT SOMETHING THAT MANY OF US ARE COMFORTABLE TALKING ABOUT. PERHAPS, TALKING ABOUT GRIEF MAKES US THINK ABOUT OUR OWN MORTALITY AND MOST DON'T WANT TO THINK ABOUT THAT; AT LEAST NOT UNTIL WE REACH A CERTAIN AGE. ALSO, OFTEN PEOPLE DO NOT KNOW WHAT TO SAY TO THOSE WHO ARE GRIEVING. YET, GRIEF IS SOMETHING THAT EACH OF US EXPERIENCE AND WILL CONTINUE TO EXPERIENCE THROUGHOUT OUR LIVES. I HOPE BY READING THIS YOU WILL GAIN A SENSE OF COMFORT AND UNDERSTANDING ABOUT THE COMPLEXITY OF GRIEF.

WE ARE APPROACHING THE 22ND ANNIVERSARY OF 9/11. AMAZING HOW IT SEEMS SO LONG AGO YET OUR MEMORIES OF IT SEEM LIKE IT HAPPENED JUST YESTERDAY.

WE MOST LIKELY REMEMBER EXACTLY WHAT WE WERE DOING WHEN THE FIRST PLANE HIT THE NORTH WORLD TRADE CENTER TOWER. WE REMEMBER WHAT WE WERE FEELING AT THAT MOMENT AND LIKELY CONTINUE TO FEEL IT TODAY. WE NOT ONLY GRIEVED AND ARE GRIEVING THE MASS LOSS OF LIFE DURING THE ATTACKS, BUT WE ALSO HAVE BEEN GRIEVING THE SENSE OF LOSS OF SECURITY THAT MOST OF US ONCE FELT IN THE UNITED STATES. IN THE DAYS, MONTHS, AND YEARS FOLLOWING 9/11, WE REACHED OUT TO EACH OTHER AND PROVIDED COMFORTING WORDS AND EMBRACES AND CONTINUE TO DO TO THIS DAY.

GRIEF AND LOSS IS MOST OFTEN ASSOCIATED WITH DEATH. HOWEVER, GRIEF AND LOSS INCLUDE SO MUCH MORE, SUCH AS LOSS OF A JOB, LOSS OF RELATIONSHIPS, LOSS OF COGNITIVE AND PHYSICAL ABILITIES, AND LOSS OF TANGIBLE ITEMS SUCH A WEDDING RING BELONGING TO ONE'S GREAT GRANDMOTHER. THERE IS NO SET TIME FRAME FOR HOW LONG GRIEVING LASTS AND THERE IS NO ONE SET WAY TO GRIEVE "NORMALLY".

GRIEVING IS VERY INDIVIDUALIZED AND NEEDS TO BE TREATED AND RESPECTED AS SUCH! PEOPLE GRIEVE DIFFERENTLY. SOME WILL BLOCK IT OUT AND MOVE ON AS IF NOTHING HAS HAPPENED AND WILL NOT WANT OR NEED ADDITIONAL SUPPORT. OTHERS WILL EXPERIENCE AND EXPRESS DEEP EMOTION FOR MAYBE 6 MONTHS TO A YEAR; WHEREAS OTHERS WILL HAVE DEBILITATING GRIEF THAT LASTS LONGER THAN A YEAR AND GREATLY LIMITS THEIR LIVES AND THIS IS REFERRED TO AS COMPLICATED GRIEF.

MANY PEOPLE BELIEVE THAT THERE ARE STAGES OF GRIEF AND THAT ONE GOES THROUGH PHASES ENDING WITH ACCEPTANCE OF THE LOSS AND "BEING OK AGAIN." HOWEVER, THE REALITY OF GRIEF IS LIKE A BALL OF YARN THAT A CAT HAS GOTTEN A HOLD OF....NO ORDER WITH LOTS OF TWISTS AND TURNS WITH NO IDENTIFIED START OR END POINT. I WOULD ALSO LIKE TO EXPLAIN IT AS AN ICEBERG. YOU SEE THE VERY TIP OF THE ICEBERG ONLY-LIKE THE DEATH OF A FAMILY MEMBER. HOWEVER, BELOW THE SURFACE, THERE IS MUCH MORE THAT IS NOT IMMEDIATELY SEEN, RECOGNIZED, OR ACKNOWLEDGED SUCH AS THE LOSS OF A MENTOR, LOSS OF FINANCIAL STABILITY, FAMILY GET TOGETHERS, CHANGE IN FAMILY DYNAMICS, AND SO MANY MORE. FURTHERMORE, NOT ONLY DO YOU GRIEVE THE LOSS THAT YOU ARE CURRENTLY EXPERIENCING, BUT YOU AGAIN ACTIVELY GRIEVE LOSSES YOU HAVE EXPERIENCED PREVIOUSLY.

FOR EXAMPLE, 20 YEARS AGO YOUR BROTHER DIED, 5 YEARS AGO YOUR BELOVED DOG DIED, 2 YEARS AGO YOU LOST YOUR "DREAM JOB", AND NOW YOUR BEST FRIEND DIED. YOU NOT ONLY ARE GRIEVING THE DEATH OF YOUR BEST FRIEND, BUT AGAIN GRIEVING THE DEATHS OF YOUR BROTHER, AND DOG, AND THE LOSS OF YOUR DREAM JOB. THUS, EACH LOSS OFTEN FEELS SO MUCH MORE PAINFUL BECAUSE YOU ARE GRIEVING AGAIN THE OTHER LOSSES, NOT THAT YOU EVER STOP GRIEVING ENTIRELY. MOST TEND TO FEEL THE LOSS LESS INTENSELY ON A CONTINUOUS BASIS AS TIME PROGRESSES, BUT THE GRIEVING WILL INTENSIFY AT TIMES SUCH AS HOLIDAYS, ANNIVERSARIES, NEW LIFE EVENTS SUCH AS MARRIAGE, AND A FAVORITE SONG OF THE PERSON COMES ON THE RADIO. MANY PEOPLE WILL EXPERIENCE WHAT IS TERMED ANTICIPATORY GRIEF WHICH IS GRIEVING A LOSS THAT HAS NOT YET OCCURRED. FOR EXAMPLE, ONE'S MOTHER IS GETTING OLDER AND ONE'S FATHER JUST DIED, THIS PERSON WILL LIKELY BEGIN FEELING GRIEF FOR THE PARENT THAT IS STILL ALIVE FOR THEY KNOW THAT EVENTUALLY THE MOTHER WILL DIE WHICH COULD ALSO LEAD TO THE PERSON FEELING LIKE AN ORPHAN. ANOTHER TYPE OF LOSS THAT IS NOT ALWAYS EXPRESSED OR UNDERSTOOD IS WHEN SOMEONE YOU KNOW, AND LOVE HAS ALZHEIMER'S DISEASE AND NO LONGER KNOWS YOU. THIS IS A LOSS OF A RELATIONSHIP AND IN A SENSE, YOU LOSE THAT PERSON FOR THE FIRST TIME. WHEN THEY ACTUALLY DIE, YOU LOSE THE PERSON ENTIRELY WHICH FEELS LIKE LOSING THEM ALL OVER AGAIN.

MOST PEOPLE ARE UNCERTAIN ABOUT WHAT TO DO OR SAY TO SOMEONE WHO IS GRIEVING.



**HERE ARE SOME STRATEGIES THAT CAN HELP WITH WHAT TO SAY AND DO FOR  
SOMEONE WHO IS GRIEVING:**

1. AVOID SAYING PLATITUDES: FOR EXAMPLE, INSTEAD OF SAYING, "THEY ARE IN A BETTER PLACE AND NO LONGER SUFFERING", EXPRESS "I AM SORRY FOR YOUR LOSS". ALTHOUGH ONE MAY SAY PLATITUDES WITH GOOD INTENTIONS, THE REALITY IS EVEN IF THE DEATH OF A LOVED ONE ENDS SUFFERING, THE PERSON GRIEVING IS STILL SUFFERING AND GREATLY MISSES AND WANTS THEIR LOVED ONE BACK.

PLATITUDES CAN MINIMIZE THEIR GRIEF.

2. TALK ABOUT THE PERSON: DON'T BE AFRAID TO TALK ABOUT THE PERSON. PEOPLE WANT TO HEAR ABOUT THEIR LOVED ONES; PEOPLE WANT TO KNOW THAT THEIR LOVED ONES WERE IMPORTANT TO OTHERS. I KNOW THAT IT MEANS SO MUCH TO ME WHEN I GET A MESSAGE FROM A FORMER STUDENT OF MY MOM'S.

3. REACH OUT TO THE PERSON WHO IS GRIEVING: EVEN IF THE PERSON WHO IS GRIEVING DOES NOT WANT VISITORS, STILL MAKE THE OFFER AND DO SO WITHOUT ASKING IF THEY NEED A MEAL OR ERRAND RUN, TRY SAYING I'D LIKE TO BRING YOU A MEAL OR TAKE CARE OF TAKING THE KIDS TO PRACTICES. REACH OUT IN 6 MONTHS, A YEAR, AND 5 YEARS. THOSE WHO ARE GRIEVING OFTEN FEEL THAT ONCE A CERTAIN AMOUNT OF TIME HAS PASSED THAT EVERYONE ELSE HAS FORGOTTEN THE LOSS AND THIS IS WHEN THOSE WHO ARE GRIEVING NEED MORE CONTACT AND SUPPORT.

THE LOSS LIKELY HAS FADED FROM OTHERS' MIND AND MEMORIES BUT NOT FOR THOSE WHO HAS LOST THE PERSON OR EXPERIENCED ANOTHER LOSS LIKE A JOB.

4. OFFER TO HELP IN PRACTICAL WAYS: FOR EXAMPLE, OFFER TO DO LAWN CARE, PICK UP CHILDREN FROM SCHOOL AND BABYSIT, MAKE A MEAL. THESE ARE JUST FEW OF THE THINGS THAT GREATLY HELP THOSE WHO ARE GRIEVING SINCE SO OFTEN THOSE WHO HAVE JUST HAD A LOSS SUCH AS DEATH OF A LOVED ONE WILL BE IN A SOMEWHAT OF A STATE OF SHOCK AND MAKING FUNERAL ARRANGEMENTS AND PLANS AND WILL HAVE LITTLE TIME FOR MEAL PREP, LAWN CARE, AND COULD REALLY USE SOME HELP WITH CHILDCARE. I KNOW THAT AFTER MOM'S DEATH WE HAD LITTLE INTEREST IN EATING LET ALONE COOKING SO WE WERE IN A SENSE "FORCED" TO EAT SINCE WE DID NOT WANT TO WASTE FOOD OR IGNORE THE KIND GESTURES OF PEOPLE WHO CARE.

5. JUST BE THERE: OFTEN WORDS ARE NOT NEEDED NOR WANTED BUT A SHOULDER TO CRY ON AND A HUG WILL BE SO MUCH MORE OF WHAT THE PERSON GRIEVING WILL NEED AND CRAVE YET OFTEN IS HESITANT TO ASK FOR.



**AGAIN, SINCE WE WILL ALL EXPERIENCE LOSS THROUGHOUT OUR LIVES,  
HERE ARE SOME TIPS TO HELP YOU WITH YOUR OWN GRIEF:**

1. TALK ABOUT THE LOSS: BE OPEN AND HONEST ABOUT HOW YOU ARE FEELING AND WHAT YOU NEED FROM OTHERS. PLEASE DON'T SIMPLY SAY "IT'S OK OR I'M OK" TO PROTECT THE OTHERS OR TO SAY WHAT YOU THINK THEY WANT TO HEAR. BE REAL....SAY "IT'S STINKS AND I AM STRUGGLING".
2. MAINTAIN SOME TRADITIONS AND START SOME NEW TRADITIONS: FOR EXAMPLE, IF YOU AND YOUR LOVED ONE THAT HAS DIED USED TO GET THE CHRISTMAS TREE THE FIRST SATURDAY OF DECEMBER, CONTINUE DO SO AND THEN TAKE A BRANCH OR SO FROM THE TREE AND TURN IT INTO A SWAG AND TAKE IT TO THE CEMETERY. I LOVE DOING THIS AND HAVE DONE SO SINCE MY MOM DIED. I NOW MAKE SWAGS FOR PEOPLE IN HER MEMORY.
3. HONOR THE PERSON'S MEMORY: THERE ARE MANY WAYS TO DO THIS. PERHAPS, THE PERSON THAT DIED WAS A SCHOOLTEACHER- WHAT BETTER WAY TO HONOR THE PERSON BY ESTABLISHING A SCHOLARSHIP IN THEIR MEMORY FOR STUDENTS PURSUING EDUCATION ON COLLEGE. THIS WAY THEIR LOVE AND MEMORY CONTINUES ON AND HELPS THOSE IN NEED.
4. ALLOW YOURSELF TIME TO GRIEF AND TO DO SO IN YOUR OWN WAY: MANY PEOPLE TRY TO TELL OTHERS HOW TO GRIEVE AND FOR HOW LONG BUT DO IT YOUR WAY SUCH AS IF YOU DON'T WANT TO DATE AGAIN OR GET MARRIED AGAIN AFTER THE DEATH OF YOUR SPOUSE, DON'T. CONTINUE TO WEAR YOUR WEDDING BAND IF THAT IS WHAT YOU FEEL YOU WANT TO DO. IF YOU WANT TO TAKE A MONTH OFF WORK, DO SO.
5. SEEK THERAPY AND/OR JOIN A SUPPORT GROUP: THERE ARE OTHERS WHO UNDERSTAND AND CARE WHO ARE NOT DIRECTLY RELATED TO OR IMPACTED BY THE DEATH SUCH AS COMPASSIONATE FRIENDS. THERE ARE EXCELLENT BOOKS FOR ALL AGES ON GRIEVING. THERAPY IS VERY HELPFUL AND BENEFICIAL FOR EVERYONE AT LEAST AT SOME TIME IN THEIR LIFE AND CAN BE SIMPLY TALKING WITHOUT THE NEED TO FILTER YOUR WORDS. THERE ARE THERAPISTS THAT "SPECIALIZE" IN GRIEF AND LOSS, SUCH AS I DO. I HOPE THAT THIS PROVIDES SOME NEW UNDERSTANDING ABOUT GRIEVING. IT CERTAINLY ISN'T EASY TO LEARN ABOUT AND DEAL WITH, BUT IT IS INEVITABLE THAT WE WILL ALL HAVE LOSSES IN OUR LIVES. THE LOSSES THAT I HAVE PERSONALLY EXPERIENCED ARE SO MANY AND HEAVY, BUT I LIKE TO TAKE THESE EXPERIENCES TO HELP OTHERS IN NEED. ALTHOUGH I HAVE EXPERIENCED GREAT LOSSES IN MY LIFE THAT MAY BE LIKE THOSE YOU HAVE EXPERIENCED, KNOW THAT YOUR EXPERIENCES ARE UNIQUE TO YOU AND THAT THERE IS NO RIGHT OR WRONG WAY TO GRIEVE NOR A TIMELINE FOR DOING SO. PLEASE ALWAYS TAKE CARE OF YOU AND EMBRACE YOURSELF.



## **UNDERSTANDING DRUG OVERDOSE**

DRUG OVERDOSE IS AN EPIDEMIC IN THE UNITED STATES THAT CONTINUES TO WORSEN EACH YEAR. OVERDOSE IS THE LEADING CAUSE OF INJURY-RELATED DEATHS IN THE UNITED STATES WITH THE MAJORITY OF THOSE INVOLVING OPIOIDS. MORE THAN 106,000 PEOPLE DIED IN 2021 FROM A DRUG INVOLVED OVERDOSE WITH OVER 80,000 OF THOSE DUE TO OPIOIDS. STAGGERINGLY, THESE NUMBERS DO NOT INCLUDE THE NUMBER OF NONFATAL OVERDOSES. THIS EPIDEMIC DOES NOT DISCRIMINATE BETWEEN AGE, SEX, STATE, OR SOCIOECONOMIC LINES.

WITH A CONCERN SO BIG AND OVERWHELMING THE SOLUTION CAN ALSO FEEL THE SAME WAY. HOWEVER, WE CAN EACH DO OUR PART. THE MOST IMPORTANT OF WHICH IS TO EDUCATE OURSELVES. SINCE OPIOIDS ARE MOST PREVALENT, WE WILL FOCUS OUR ATTENTION THERE.

### **OPIOIDS**

WHAT ARE THEY? THEY INCLUDE PRESCRIPTION MEDICATIONS FOR PAIN AS WELL AS ILLICIT DRUGS TO INCLUDE MORPHINE, CODEINE, METHADONE, OXYCODONE, HYDROCODONE, FENTANYL, HYDROMORPHONE, AND BUPRENORPHINE AND HEROIN.

HOW DO THEY WORK? THEY BIND TO RECEPTORS IN THE BRAIN, SPINAL CORD, AND GASTROINTESTINAL TRACT. THEY DECREASE PAIN.

HOWEVER, THEY ALSO HAVE AN IMPACT ON OTHER BODY SYSTEMS. THEY CAN ALTER MOOD, SLOW BREATHING, AND CAUSE CONSTIPATION. WHAT HAPPENS? A VARIETY OF THINGS CAN OCCUR WHEN AN OPIOID IS TAKEN, RANGING FROM PLEASURE TO VOMITING, ALLERGIC REACTION, AND OVERDOSE. OVERDOSE CAN BE DUE TO MANY FACTORS, NOT ALL OF WHICH ARE INTENTIONAL. OVERDOSE CAN OCCUR WHEN DELIBERATE MISUSE OF A PRESCRIPTION OCCURS, AN ILLICIT OPIOID SUCH AS HEROIN IS TAKEN, USING AN OPIOID CONTAMINATE WITH A MORE POTENT ONE SUCH AS FENTANYL – NOT FOLLOWING/UNDERSTANDING DIRECTIONS ON A PRESCRIPTION – OR TAKING OPIOIDS WITH OTHER MEDICATIONS SUCH AS BENZODIAZEPINES OR OTHER PSYCHOTROPIC MEDICATION FOR TREATING MENTAL DISORDERS – OR WITH ILLICIT DRUGS OR ALCOHOL THAT MAY HAVE ADVERSE INTERACTIONS.



### **SIGNS OF AN OVERDOSE:**

- CALL 911 IMMEDIATELY IF YOU OR SOMEONE YOU EXHIBIT ANY OF THE SIGNS LISTED BELOW:
  - PALE FACE/CLAMMY TO THE TOUCH
  - A PERSON'S BODY IS LIMP.
  - FINGERNAILS OR LIPS HAVE BLUE OR PURPLE TINT.
  - A PERSON IS VOMITING OR MAKING GURGLING NOISES.
- A PERSON CANNOT BE AWAKENED FROM SLEEP OR CANNOT SPEAK.
  - BREATHING IS VERY SLOW OR STOPPED.
  - HEARTBEAT IS VERY SLOW OR STOPPED.

WHAT'S NEXT? SURVIVORS OF OVERDOSE HAVE EXPERIENCED A TRAUMATIC EVENT. IT IS IMPORTANT TO DEAL WITH AND ADDRESS THE EMOTIONAL CONSEQUENCES AND TAKE STEPS TOWARDS RECOVERY. THIS CAN OFTEN BE A LONG AND ARDUOUS PROCESS THAT REQUIRES CONTINUED SUPPORT.

- HEALTH CARE AND BEHAVIORAL HEALTH PROVIDERS
- PEER-TO-PEER RECOVERY SUPPORT GROUPS SUCH AS NARCOTICS ANONYMOUS
  - FAITH-BASED ORGANIZATIONS
  - EDUCATIONAL INSTITUTIONS
  - GOVERNMENT AGENCIES
- FAMILY AND COMMUNITY SUPPORT PROGRAMS

### **RESOURCES:**

- NATIONAL HELPLINE: 1-800-662-HELP (4357) OR 1-800-487-4889 (TDD, FOR HEARING IMPAIRED)
- BEHAVIORAL HEALTH TREATMENT SERVICES LOCATOR:  
[HTTPS://FINDTREATMENT.SAMHSA.GOV/](https://findtreatment.samhsa.gov/)
- UNDERSTANDING THE EPIDEMIC:  
[HTTPS://WWW.CDC.GOV/DRUGOVERDOSE/EPIDEMIC](https://www.cdc.gov/drugoverdose/epidemic)
- LEARN 2 COPE (FOR FAMILIES WITH LOVED ONES WHO HAVE A SUBSTANCE USE DISORDER): [HTTPS://WWW.LEARN2COPE.ORG/](https://www.learn2cope.org/)
- THE INTERNATIONAL OVERDOSE AWARENESS DAY WEBSITE:  
[HTTPS://WWW.OVERDOSEDAY.COM](https://www.overdoseday.com)

### **REFERENCES:**

SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION  
WEBSITE  
CENTERS FOR DISEASE CONTROL AND PREVENTION WEBSITE