



Community Forum on Opiate Addiction hosted by City of Centerville

What Can Residents Do

1. **Add CrisisCare #937.224.4646 to your cell phone:** CrisisCare, operated by Samaritan Behavioral Health Inc., operates a 24/7 hotline providing information and referral to local substance use and mental health treatment options.
2. **Be knowledgeable about local treatment options** - Montgomery County Alcohol, Drug Addiction, and Mental Health Services maintains a list of local treatment options as well as online screening tools for substance use and mental health at <http://www.mcadamhs.org> under "MyMontgomeryCounty" tab.
3. **Sign up for Know! E-Alerts:** Know!, part of Ohio's Start Talking!: Building a Drug-Free Future campaign, provides parents (or grandparents and other caregivers) with twice monthly, FREE Know! Parent Tips by email that contain current facts about alcohol, tobacco and other drugs, as well as action steps they can take to help children resist peer pressure to <http://starttalking.ohio.gov/Prevention/KNOW.aspx>
4. **Complete a Mental Health First Aid course:** Attend this 8 hour course which will equip you on how to start a conversation with a family member, friend or co-worker when you recognize they may be experiencing a mental health or substance use crisis. To attend a local course, please contact Jennifer Cox at jcox@mcadamhs.org or 937.443.0416, the Director of Training for the Montgomery Co. Alcohol, Drug Addiction, & Mental Health Services.
5. **Be Informed - Ask Your Physician** - If your physician is recommending a pain reliever for you or a family member, ASK if it is an opiate based medication, ASK if there is a non opiate alternative.
6. **Carry Naloxone (Narcan)** - Project Dawn Montgomery County offers FREE weekly naloxone overdose education & distribution every Wednesday at Noon at 601 Edwin C. Moses Blvd, Door F, CrisisCare entrance, Dayton OH 45417. Please arrive 15 minutes early to register. Project Dawn will schedule trainings during evenings and weekends at the request of businesses, faith based organizations, service groups, and other community groups. Please call 937.734.8333 for scheduling a group training.
7. **Remove unwanted or expired pharmaceuticals from your house in the Spring and Fall. 70% of teens report diverting medications from family and friends' medicine cabinets for non prescribed use or abuse.** Unwanted or expired pills or patches can be properly disposed of in the Drug Drop Off box located in the Centerville Police Department lobby 24/7. Citizens are encouraged to package their unwanted medications in a clear plastic baggie.
8. **Use Medication Lock Boxes** - Purchase a lock box for your house and or anyone you are a caregiver for to safely store and secure access to prescribed medications in your house.



937-443-0416



mcadamhs.org



409 E Monument Ave, Suite 102
Dayton, OH 45402

