Support for opioid overdose survivors and family members

Opioid overdose creates trauma for the survivor. Survivors deal with a lot of emotions.

The emotions include:
- Embarrassment
- Anger
- Discomfort
- Guilt
- Gratitude

All survivors need support and treatment. This will help. Support can come from a family member. Support can come from a friend. Survivors should talk with others. They should talk about their feelings. They should talk with those they trust. This will help their recovery.

An overdose is also traumatic for others. This includes people close to you. Family members often feel sad. Family members think they should do more. They wonder what they could have done. They question things. One question is if they could have prevented the overdose.

Family members and survivors should work together. It is important to look to the future. Everyone involved should focus on getting help.

It is OK to ask for help. You should not feel bad about this. It takes real courage to ask for support. Survivors and family members should get advice. Resources are available. They could be local or national. They are also online.

Many things cause overdose. Usually it is an accident. The initial problem could be pain. It is often addiction. The problem is still there after an overdose.

The survivor should get an assessment. Magellan can help with this. See the contact listings on page one. You can call one of these assessors. A provider network is also available.

Local supports are available

**Bucks County**
- Aldie Counseling Center: 215-345-8530 (Doylestown), 215-642-3230 (Langhorne)
- Gaudenzia Lower Bucks: 267-405-6530 (24/7 assessments)
- Penn Foundation Recovery Center: 215-257-9999
- Pyramid Healthcare: 215-244-7607
- Family Service Assoc.: 215-757-6916, ext. 150
- Bucks County D&A Commission: 215-773-9313

**Delaware County**
- Single County Authority: 610-713-2365
- Community Hospital: 610-494-7700

**Lehigh & Northampton Counties**
- Single County Authority, Lehigh: 610-782-3555
- Single County Authority, Northampton: 610-829-4725
- Treatment Trends: 610-432-7693
- Bethlehem Recovery Center: 610-849-2209
- Change on 3rd Street: 610-829-2770

**Montgomery County**
- Single County Authority: 610-278-3642
- Community Health & Dental Care: 610-326-9460
- Resources for Human Development/Montgomery County Recovery Center: 610-272-3710

View the Member Newsletter and Member Handbook at www.MagellanofPA.com under Benefits & Services. Sign up to have the newsletter emailed to you!
Upcoming MY LIFE meetings by county
Call to confirm meeting dates and locations. Or visit www.MagellanofPA.com and click on MY LIFE.


Delaware: July 11, Aug. 8, Sept. 12, 6:30 – 8 p.m., YMCA, Lansdowne. Contact Shawn Carroll: 215-504-3934.

Lehigh/Northampton: July 8, Aug. 12, Sept. 9, 5 – 7 p.m., St. Paul’s United Church of Christ, Allentown. Contact Michele Davis: 610-814-8006.

Montgomery: July 12, Aug. 9, Sept. 13, 5:30 – 7:30 p.m., Norristown Public Library, Norristown. Contact Kim Renninger: 215-504-3972

Navigating the Road to Recovery: Pain Management, Drug Trends, MATs
Sept. 20, 2017: 9 a.m. – 3:30 p.m. Valley Forge Casino Resort 1160 1st Ave. King of Prussia, PA 19406 For more information, SLRubin@magellanhealth.com


How to report fraud, waste and abuse of the system:
Special Investigations Unit Hotline: 1-800-755-0850
Corporate Compliance Hotline: 1-800-915-2108

Mental health awareness

JULY
National Minority Mental Health Awareness Month www.nami.org

SEPTEMBER
National Recovery Month www.recoverymonth.gov

A family member can attend the office visit. This happens when the survivor gives permission. The assessor will talk to the survivor. He or she will suggest treatment. He or she will also suggest level of care.

The survivor should then meet with a provider. The provider will create a treatment plan. The plan should limit opioids. This will help to reduce the risk of future overdose. Each provider can also be part of the support team.

It is helpful to talk with other experts. This includes going to counseling. Survivors should think about this. Family members should think about this. Counselors offer healthy ways to reach recovery. Counselors are often a great support choice.

It can be hard to get started on your journey to recovery. Things will get tough at times. Survivors will face many hurdles. Staying in treatment helps. Here are some national resources.

National resources
Information on opioid overdose. Here are some helpful points of contact:

• Substance Abuse and Mental Health Services Administration (SAMHSA): National Helpline 1-800-662-HELP (4357) or 1-800-487-4889 (TDD for hearing impaired) or www.samhsa.gov
• Centers for Disease Control and Prevention (CDC): www.cdc.gov/drugoverdose/epidemic
• National Institutes of Health (NIH), National Center for Biotechnical Information: www.ncbi.nlm.nih.gov
• Partnership for Drug-Free Kids: www.drugfree.org
• Project Lazarus: www.projectlazarus.org
• Harm Reduction Coalition: www.harmreduction.org
• Overdose Prevention Alliance: www.overdosepreventionalliance.org
• Toward the Heart: www.towardtheheart.com
• NAMI: www.nami.org

Drugs, Alcohol and Teen Dating Abuse

Teens may feel peer pressure to drink alcohol or try drugs. Some teens take alcohol or drugs to cope with emotional pain. Emotional pain may be caused by one or more traumatic events.

Data\(^1\) says that boys who report dating abuse are more likely to use marijuana or be antisocial. Girls who report dating abuse are more likely to:

- Smoke
- Have suicidal thoughts
- Be depressed
- Binge drink

Teens also may be coerced into using drugs or alcohol by an abusive partner to:

- Control them through drug or alcohol addiction
- Make them do things they would not normally agree to
- Keep them from reporting the abuse

A teen may feel afraid to report abuse if they were high or drunk. This may be because the teen is afraid of getting into trouble. They may feel ashamed or at fault. They may be afraid the person who did it will plan revenge. A local domestic abuse advocate can talk about ways to stay safer if more abuse is a risk.

No one deserves to be abused. It does not matter if they use drugs or alcohol. It does not matter what they say or do. It does not matter if they change their mind about what they agree to. Drugs and alcohol do not make a person abuse their partner. Blaming abuse on drugs or alcohol is an excuse. There are people who can help teens who have been abused even if they were drunk or high at the time.

To find the domestic abuse program nearest you, visit http://www.pcadv.org and click on Find Help or use the Find Help map on the home page.

To reach the National Dating Abuse hotline, call 1-866-331-9474 or text loveis to 22522. Or visit the websites: www.loveisrespect.org, www.thatssnotcool.com

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Contact and resource information

The following phone lines are staffed 24 hours a day, seven days a week, or go to www.MagellanofPA.com.

**Bucks County**
Member: 1-877-769-9784
TTY: 1-877-769-9785 (8:30 a.m. – 6 p.m.)
TTY: 1-800-787-1730 (6 p.m. – 8:30 a.m.)

*Emergency & Crisis Information:*
- Lenape Valley Foundation, Bristol: 215-785-9765
- Lenape Valley Foundation, Doylestown: 215-345-2273
- Lenape Valley Adult Mobile Crisis: 215-785-9765
- Penn Foundation, Sellersville: 215-257-6551
  (crisis services 7 a.m. – 11 p.m. daily)
- Access Child/Adolescent Mobile Crisis Services:
  1-877-435-7709

**Delaware County**
Member: 1-888-207-2911
TTY: 1-888-207-2910 (8:30 a.m. – 6 p.m.)
TTY: 1-800-787-1730 (6 p.m. – 8:30 a.m.)

*Emergency & Crisis Information:*
- Crisis Connections Team: 855-889-7827
- Crozer-Chester Medical Center, Upland: 610-447-7600
- Mercy Fitzgerald Hospital, Darby: 610-237-4000

**Lehigh County**
Member: 1-866-238-2311
TTY: 1-866-238-2313

*Emergency & Crisis Information:*
- Access Crisis Services: 1-855-634-HOPE (4673)
  Peer Support Talk Line: 1-855-715-8255
- Teen Talk Line: 1-866-825-5856 (talk) or 1-215-703-8411 (text)
- Montgomery County Emergency Services:
  610-279-6100 or 1-800-452-4189

**Northampton County**
Member: 1-866-238-2312
TTY: 1-866-780-3367

*Emergency & Crisis Information:*

PA HealthChoices managed care physical health care plan contact information

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<tr>
<th>Bucks, Delaware &amp; Montgomery Counties</th>
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<th>Special Needs Unit</th>
<th>Website</th>
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<tr>
<td>Keystone First</td>
<td>1-800-521-6860</td>
<td>1-800-684-5505</td>
<td>1-800-573-4100</td>
<td><a href="http://www.keystonefirstpa.com">www.keystonefirstpa.com</a></td>
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<tr>
<td>UnitedHealthcare Community Plan</td>
<td>1-800-414-9025</td>
<td>1-800-654-5984</td>
<td>1-877-844-8844</td>
<td><a href="http://www.uhccommunityplan.com">www.uhccommunityplan.com</a></td>
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<tr>
<td>UnitedHealthcare Community Plan</td>
<td>1-800-414-9025</td>
<td>1-888-616-0021</td>
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<td><a href="http://www.uhccommunityplan.com">www.uhccommunityplan.com</a></td>
</tr>
<tr>
<td>Gateway</td>
<td>1-800-392-1147</td>
<td>1-800-654-5984</td>
<td>1-800-392-1146</td>
<td><a href="http://www.gatewayhealthplan.com">www.gatewayhealthplan.com</a></td>
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<tr>
<td>Aetna Better Health</td>
<td>1-866-638-1232</td>
<td>PA Relay 7-1-1</td>
<td>1-855-346-9828</td>
<td><a href="http://www.aetnabetterhealth.com">www.aetnabetterhealth.com</a></td>
</tr>
<tr>
<td>UPMC for You</td>
<td>1-800-286-4242</td>
<td>1-800-361-2629</td>
<td>1-866-463-1462</td>
<td><a href="http://www.upmchealthplan.com">www.upmchealthplan.com</a></td>
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HealthChoices Help Line: 1-800-440-3989 or www.enrollnow.net; Medicare primary information: www.benefitscheckup.org