

## HARM REDUCTION

### SAFE INJECTION / OVERDOSE REDUCTION

#### Safe Injection Techniques cont.

- If you are unable to exchange your needle before reusing, clean it with bleach. This reduces, but does not eliminate, the risk of HIV transmission.

#### Opioid Overdose Prevention

- Never use drugs alone.
- Don't mix alcohol, benzodiazepines or cocaine with opioids.
- Create an "overdose plan" that informs friends about signs of an overdose and next steps.
- Obtain naloxone from your local pharmacy. Pharmacies have a standing order for all those wanting Naloxone – You do not need a prescription for it.
- Advise your friends to obtain Naloxone.
- Keep Naloxone on hand when using drugs.

#### What to do if you witness an overdose:

- **Recognize the signs of an overdose:** Nonresponsive, awake but unable to talk, body is limp, shallow or slow breathing, pale skin, clammy or ashen, loss of consciousness, blue fingernails.
- **Call 911 and remain with the person in distress.**
- **Try to arouse the person.**
- **Naloxone:** If you have it on hand and you know how to use it, administer Naloxone

#### Drug Disposal

- Box at 9600 Dexter Ave, Detroit, MI 48206
- Box at 9740 Conant St, Hamtramck, MI 48212

## HARM REDUCTION

### NEEDLE EXCHANGE / SAFE INJECTION

#### Syringe/Needle Exchange Programs

- **Goal:** Reduce syringe and needle sharing.
- **Why:** To decrease rates of infection and transmission of blood-borne diseases, such as HIV and Hepatitis C through sharing used needles.
- **How:** Consider going to a needle exchange site to exchange used syringes and needles for sterile ones.

#### Needle Exchange Locations

Run by C-HAG Life Points Harm Reduction Outreach Program  
Contact: Barbara Jones, 313-963-3434

1300 W. Fort St. Detroit, MI 48226	Monday-Friday - by appointment, 8:30am-4pm
Warren and Beechwood	Monday, 1-2pm
Dexter and Lawrence	Monday, 2-3pm
3rd and Charlotte	Monday, 3-5pm
10 Peterboro, across from COTS	1st, 3rd and 5th Wednesday, 12-1pm
Michigan and Tarnow	Thursday, 11:45am-12:45pm
Fort and Calvary	Friday, 11am-12pm
Woodward and Seward	Friday, 12-1pm
Mack and Bewick	Friday, 1-3pm

#### Safe Injection Techniques

- Clean injection site with alcohol swabs before injecting.
- Safer injection sites: arm and back of hand.
- Dispose of needle safely after one use.

# Substance Use Treatment and Harm Reduction Techniques

Produced by:



## INTERESTED IN TREATMENT FOR SUBSTANCE USE?

### COUNSELING and EDUCATION

#### Why Counseling and Education?

Counseling can help you understand the root causes of your substance use and develop healthier coping behaviors. Below are locations that offer counseling and education services:

#### Mariner's Inn

- Where: 45 Ledyard Street, Detroit, MI 48201
- Contact: 313-962-9446 x222
- Services: Counseling, Substance Use Education, Case Management, 12-step programs.
- Male only.

#### Central City Integrated Health

- Where: 10 Peterboro Street, 5th Floor, Detroit, MI 48201
- Contact: 313-831-3160
- Services: Counseling, Substance Use Education, Case Management, 12-step programs.

#### Wellplace Michigan

- Access point for mental health and substance abuse information and services in Detroit-Wayne County
- Call 800-241-4949 for confidential help 24/7

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### DETOX

#### Why Detox?

Detox is a beginning stage of addiction treatment. It manages withdrawal symptoms that result from stopping drug use and will empower you to take the next step in your treatment. Below are locations that offer detoxification services:

#### Veteran Affairs Medical Center – Chemical Dependency Treatment Services

- Where: 4646 John R Road, 11-MH, Detroit, MI 48201
- Contact: 313-576-1000
- Veterans only.

#### Salvation Army Harbor Light System

- Where: 3737 Lawton Street, Detroit, MI 48208
- Contact: 313-556-5555
- Also offers medication assisted treatment including Suboxone, residential or outpatient treatment

#### Quality Behavioral Health Inc

- Where: 6821 Medbury Street, Detroit, MI 48211
- Contact: 313-922-2222

#### Self Help Addiction Rehab (SHAR) Main

- Where: 1852 West Grand Boulevard, Detroit, MI 48208
- Contact: 313-894-8444

## INTERESTED IN TREATMENT FOR SUBSTANCE USE?

### MEDICATION ASSISTED TREATMENT

#### Why Medication Assisted Treatment?

Medication Assisted Treatment involves the use of medication alongside counseling and behavioral therapy options to treat substance use and maintain abstinence. Below are locations that offer medication assisted treatment services:

#### Tolan Park Research Program - WSU Physicians Group

- Where: 3901 Chrysler Drive, Detroit, MI 48202
- Contact: 313-993-3964

#### Veteran Affairs Medical Center – Chemical Dependency Treatment Services

- Where: 4646 John R Road, 11-MH, Detroit, MI 48201
- Contact: 313-576-4343
- Veterans only.

#### Henry Ford Health System Behavioral Health Services

- Where: 1 Ford Place, Suite 1-C, Detroit, MI 48202
- Contact: 313-874-6677

#### How to pay for these options:

- Government funding for substance use treatment
- Medicare, Medicaid, Military insurance, or other state-financed health insurance plan
- Private health insurance
- Cash or self-payment
- Payment assistance - check with facility.