

# PrEvention News

## Naloxone for First Responders Program

*Information Courtesy of*

*The Pennsylvania Commission on Crime and Delinquency*



In November 2017, the Pennsylvania Commission on Crime and Delinquency launched the Naloxone for First Responders Program. The program is designed to provide naloxone to first responders Commonwealth-wide at no cost. In order to facilitate the program, PCCD selected Centralized Coordinating Entities (CCEs) in each county or region who would serve as a centralized local hub for the proliferation of naloxone to eligible first responders.

Eligible first responders include: Emergency Medical Services, Advanced Life Support, Basic Life Support and Emergency Medical Technicians, Law Enforcement – including Municipal Police, Transit Police, Sheriff's Offices, Campus Police, Campus Security, School Resource Officers and Park Rangers, Fire Fighters to include both volunteer and paid fire fighters, Adult Probation and Parole Officers Juvenile Probation Officers, County Correctional Facilities, Constables, Afterschool Program Personnel, School Personnel, Public Transit Drivers, Domestic Violence Shelter Personnel, Homeless Shelter Personnel, Public Defenders Offices, Court Personnel, Library Personnel, Drug Treatment Providers, Children and Youth Workers, Red Cross Emergency Shelter Personnel, Any other community group legally organized and trained to respond to overdose emergencies and administer Intranasal naloxone.

There are currently 49 CCEs covering all 67 counties across Pennsylvania who stand ready to ensure that first responders have access to naloxone. If you are a first responder in need of naloxone please reach out to your CCE directly.

PCCD and its partners are committed to building upon the successes of the first three fiscal years of the Naloxone for First Responders Program and aligning the next phase of the program's operations with the strategic priorities and goals adopted by the Pennsylvania Opioid Command Center (OCC) in 2020.

The Westmoreland Drug and Alcohol Commission Inc., serves as the CCE for Westmoreland County. If you want to get a free Narcan kit, please contact either [724-243-2220](tel:724-243-2220) or [1-800-220-1810](tel:1-800-220-1810) for more information.

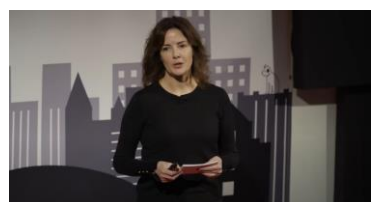
**THE ONLY THING  
NARCAN ENABLES IS  
BREATHING**

## Videos

### Walter: Saved by Naloxone



### My Introduction to Narcan Tedx Talk



Webinars Brought to you by  
The Westmoreland Drug and Alcohol  
Commission, Inc.  
AND



**CSAY**

COUNCIL ON SUBSTANCE ABUSE AND YOUTH

## Gov. Wolf: Mental Health Support is Vital and Available Amid Strain of COVID-19 Pandemic

Governor Tom Wolf has made mental health access a priority during his tenure, in January introducing Reach Out PA: Your Mental Health Matters, an initiative to remove barriers to mental health care and reduce stigma. Today at a daily briefing on the commonwealth's work to combat the COVID-19 pandemic, the governor highlighted that the need for accessible mental health services is greater than ever. "We're all in this fight against COVID-19 together and, as I've said many times, we all have a part to play," Gov. Wolf said. "To be the strongest we can be in our efforts to ward off COVID-19, we need to ensure we are taking care of our mental health. So, please, if you need assistance, reach out." It's not unusual for people to feel anxious, alone and frightened, and for some, those feelings may be surfacing for the first time during this pandemic. The Wolf Administration today conveyed that it's imperative for people to know where to turn for mental health needs.

A 2017 study from the University of Southern California indicated that approximately 1 million adult Pennsylvanians struggled with serious psychological distress at least once in 2015. Of those adults, more than 27 percent had an unmet need for mental health care. That population includes 42 percent who did not receive mental health care because they could not afford it. According to a recent study by the Kaiser Family Foundation, nearly half (45%) of adults in the United States reported that their mental health has been negatively impacted due to worry and stress over COVID-19 with the burden likely to continue even as the pandemic's threat diminishes. Mitigation efforts are necessary to save lives, but are accompanied by difficulties that strain mental health, among them, job loss, social isolation, and a general sense of uncertainty.

As unemployment compensation claims surpass 1.6 million, the commonwealth has taken steps to help to improve customer service and push out nearly \$2.5 billion in claim payments to date. Additional staff from other agencies, new hires and the help of an automated virtual phone assistant have all been deployed to get people answers more quickly, process claims, and work to lessen one significant contributor to stress.

Where lack of access to food is also a major stress point, Pennsylvanians can apply for SNAP and other helpful programs online at [www.compass.state.pa.us](http://www.compass.state.pa.us) or for immediate food assistance, Feeding Pennsylvania at [www.feedingpa.org](http://www.feedingpa.org) and Hunger-Free Pennsylvania at [www.hungerfreepa.org](http://www.hungerfreepa.org) are hubs of information for where people can get assistance in their communities. Also, Pennsylvanians who have found themselves food insecure as a result of COVID-19 can apply for state and federal food assistance programs. With plans for statewide, regional Reach Out PA roundtables on hold due to social distancing and stay-at-home orders, the governor is reminding people that there are myriad resources, many free, and some focused specifically on COVID-related mental health needs.

[Access Information Here](#)

## Webinar Opportunities

### Helping Veterans Get the Help They Need Webinar

Carla Colello from Valor Health Care

**Friday May 1, 2020 10:00 AM**

[Register Here](#)

### Valley Youth House Webinar: Bridge2Home Resources

Carol Dunlap from Valley Youth House

**Wednesday May 6, 2020 10:00 AM**

[Register Here](#)

**DO YOU NEED HELP WITH A  
SUBSTANCE ABUSE OR  
DEPENDENCY PROBLEM?**

For Treatment access:

Westmoreland Drug and Alcohol Case Management

**1-800-220-1810**

**Westmoreland**  
Drug & Alcohol Commission, Inc.

## Available Online Resources

Pennsylvania's  
comprehensive mental  
health resources

<https://www.dhs.pa.gov/Services/Mental-Health-In-PA/Pages/default.aspx>

Mental Health America

<https://mhanational.org/covid19>

## Helpful phone numbers:



National Suicide Prevention  
Lifeline: 1-800-273-TALK (8255)

The Crisis Text Line:  
Text "PA" to 741-741

Veteran Crisis Line:  
1-800-273-TALK (8255)

Disaster Distress Helpline:  
1-800-985-5990

Get Help Now for substance  
use disorder and alcohol  
treatment: 1-800-662-HELP  
(4357)

**Westmoreland Drug and Alcohol Case Management Unit**

Access Treatment Resources and Services 24/7 365 days a year

**[1-800-220-1810](tel:1-800-220-1810)**



**Westmoreland**  
Drug & Alcohol Commission, Inc.  
[www.wedacinc.org](http://www.wedacinc.org)



## PA PREVENTION WEEK May 11 - 15, 2020

Information Courtesy of Commonwealth Prevention Alliance

Prevention Week is a campaign dedicated to increasing the prevention of substance use and promotion of mental health by advancing prevention year-round. The weeklong PA Prevention Week observance brings individuals, organizations, coalitions, states, and communities together to celebrate the events and activities that communities have held all year to raise awareness about the importance of preventing substance use and mental disorders.

The Objectives of prevention week are to: Highlight the importance of Primary Prevention, Showcase the usefulness of the PAYS Survey and data-driven decision-making, Discuss the impacts of prevention efforts in our communities by Single County Authorities and Coalitions across the commonwealth.

Who Gets Involved in Prevention Week? Community-based organizations, schools, community leaders, and behavioral health coalitions are the primary hosts of local Prevention Week Virtual Events. However, everyone can take part in and plan events tailored towards your community.

Remember, as a Single County Authority or Prevention Coalition it's beneficial to include anyone that touches prevention in your planning and promotion for virtual events, such as those involved in law enforcement, the medical community, faith-based institutions and organizations, and the military community. We all have a role to play in prevention, and a powerful perspective to bring to the table. The NEED for Prevention is NOW!

[Click for more About PA Prevention Week](#)



### HELPLINE

724-863-LIFE

### Grief without the Stigma

Join Zoom Meeting:

<https://zoom.us/j/193687515>

Meeting ID: 193-687-515

Call in number: +646-558-8656

Meeting ID: 193687515# US

When: Every other Wednesday Starting 4/8/2020 6:30-8PM

### Family Group

Join Zoom Meeting:

<https://zoom.us/j/8969097174>

Meeting ID: 896 909 7174

Call in number: +16465588656

Meeting ID: 8969097174# US

When: Every Thursday of the month 6:30 PM to 8:00 PM

### Coffee Break

Join Zoom Meeting:

<https://zoom.us/j/946202392>

Meeting ID: 946 202 392

When: The 1<sup>st</sup> Friday of every month from 4:00-6:00 PM

### Waking up with

### Willingness

Zoom Meeting ID: 896-909-7174

When: Every Monday-Friday at 8AM

With Adam Daykon from Sage's Army

### ONLINE RECOVERY MEETINGS

Many organizations are offering online meetings while social distancing is being recommended.

- List of online recovery meetings from Pro-A: <http://pro-a.org/wp-content/uploads/2020/03/PROA-Online-Support-Resource-list-31720.pdf>

- Eight daily meetings from Unity Recovery: [bit.ly/UnityRCOmtgs](http://bit.ly/UnityRCOmtgs)

- Alcoholics Anonymous online intergroup: [bit.ly/AAintergroup](http://bit.ly/AAintergroup)

- Narcotics Anonymous online meetings: [bit.ly/2IWqVd4](http://bit.ly/2IWqVd4)

### OTHER ONLINE RESOURCES

- [RecoveryLink](#): Daily recovery meetings, physical activities, meditations, and more via your smartphone or computer.

- [Connections Mobile App](#): Addiction Policy Forum's app will help connect you with trained counselors and peers, access e-therapy, & more.

- [WEconnect app](#): Helps with scheduling routines to stay active in recovery.

- This [Shatterproof blog](#) provides helpful suggestions to keep your recovery a priority during social distancing

### FAVOR of Western PA

FAVOR of Western PA invites you to their weekly Family Support Groups on Tuesday evenings at 6:30 PM, via Zoom.

[Click Here to Register.](#)



[Get Help Now](#) Click link for DDAP Treatment Providers





# Addressing the Stigma that Surrounds Addiction

Information Courtesy of National Institute on Drug Abuse

Untreated drug and alcohol use contribute to tens of thousands of deaths every year and impact the lives of many more. Healthcare already has effective tools including medications for opioid and alcohol use disorder that could prevent many of these deaths, but they are not being utilized widely enough, and many people who could benefit do not even seek them out. One important reason is the stigma that surrounds people with addiction.

Stigma is a problem with health conditions ranging from cancer and HIV to many mental illnesses. Some gains have been made in reducing stigma around certain conditions; public education and widespread use of effective medications has demystified depression, for instance, making it somewhat less taboo now than it was in past generations. But little progress has been made in removing the stigma around substance use disorders. People with addiction continue to be blamed for their disease. Even though medicine long ago reached a consensus that addiction is a complex brain disorder with behavioral components, the public and even many in healthcare and the justice system continue to view it as a result of moral weakness and flawed character.

Stigma on the part of healthcare providers who tacitly see a patient’s drug or alcohol problem as their own fault leads to substandard care or even to rejecting individuals seeking treatment. People showing signs of acute intoxication or withdrawal symptoms are sometimes expelled from emergency rooms by staff fearful of their behavior or assuming they are only seeking drugs. People with addiction internalize this stigma, feeling shame and refusing to seek treatment as a result.

The stigmatization of people with substance use disorders may be even more problematic in the current COVID-19 crisis. In addition to their greater risk through homelessness and drug use itself, the legitimate fear around contagion may mean that bystanders or even first responders will be reluctant to administer naloxone to people who have overdosed. And there is a danger that overtaxed hospitals will preferentially pass over those with obvious drug problems when making difficult decisions about where to direct lifesaving personnel and resources.

Alleviating stigma is not easy, in part because the rejection of people with addiction or mental illness arises from violations of social norms. Even people in healthcare, if they do not have training in caring for people with substance use disorders, may be at a loss as to how to interact with someone acting threateningly because of withdrawal or some drugs’ effects (e.g., PCP). It is crucial that people across healthcare, from staff in emergency departments to physicians, nurses, and physician assistants, be trained in caring compassionately and competently for people with substance use disorders. Treating patients with dignity and compassion is the first step.

There must be wider recognition that susceptibility to the brain changes in addiction are substantially influenced by factors outside an individual’s control, such as genetics or the environment in which one is born and raised, and that medical care is often necessary to facilitate recovery as well as avert the worst outcomes like overdose. When people with addiction are stigmatized and rejected, especially by those within healthcare, it only contributes to the vicious cycle that entrenches their disease.

[Click for Full Article & Information](#)

## WHERE CAN YOU GET NARCAN IN WESTMORELAND COUNTY DURING THE STAY AT HOME ORDER?

CALL FOR  
NARCAN

**Westmoreland Drug and Alcohol Commission**  
1200 Maronda Way, Suite 300  
Monessen, PA  
724-243-2220

**Westmoreland Drug & Alcohol Case Mgt**  
203 South Maple Avenue  
Greensburg, PA  
1-800-220-1810

### ASK YOUR PROVIDER FOR NARCAN

<b>SPHS Behavioral Health, Latrobe</b> 1100 Ligonier Street Latrobe PA 15650 <a href="tel:724-532-1700">724-532-1700</a>	<b>Greenbriar New Kensington</b> 701 Fourth Avenue New Kensington PA 15068 <a href="tel:724-339-7180">724-339-7180</a>	<b>Gateway Greensburg</b> 212 Outlet Way, Ste 1 Greensburg PA 15601 <a href="tel:724-853-7300">724-853-7300</a>
<b>SPHS Behavioral Health, New Kensington</b> 408 8th Street, Ste 1 New Kensington PA 15068 <a href="tel:724-339-6860">724-339-6860</a>	<b>Axiom Family Counseling Services New Kensington</b> 3 Kensington Square New Kensington PA 15068 <a href="tel:878-847-7179">878-847-7179</a>	<b>RHJ Medical Center, Inc., Hunker</b> 1005 Old State, Rt. 119 Hunker PA 15639 <a href="tel:724-696-9600">724-696-9600</a>
<b>SPHS Behavioral Health, Greensburg</b> 203 South Maple Avenue Greensburg PA 15601 <a href="tel:724-834-0420">724-834-0420</a>	<b>Axiom Family Counseling Services Jeannette</b> 225 Margaret Avenue, Ste 3Jeannette PA 15644 <a href="tel:724-522-5456">724-522-5456</a>	<b>RHJ Medical Center, Inc., Vandergrift</b> 2994 River Road Vandergrift PA 15690 <a href="tel:724-696-9600">724-696-9600</a>
<b>SPHS Behavioral Health, Mon Valley</b> 2 Eastgate Avenue Monessen PA 15062 <a href="tel:724-684-6489">724-684-6489</a>	<b>Allied Addiction Recovery – Westmoreland</b> 766 E. Pittsburgh Street, Ste 101Greensburg PA 15601 <a href="tel:412-246-8965">412-246-8965</a>	<b>New Freedom Recovery Center</b> 2000 Commerce Loop, Ste 2200 North Huntingdon PA 15642 <a href="tel:724-382-4628">724-382-4628</a>
<b>MedMark</b> 1037 Compass Circle Greensburg PA 15601 <a href="tel:724-834-1144">724-834-1144</a>	<b>Outside In</b> 580 Feightner Road Greensburg PA 15601 <a href="tel:724-837-1518">724-837-1518</a>	<b>Strive Health of Greensburg</b> 101 N. Main Street, Ste 200Greensburg PA 15601 <a href="tel:724-302-0804">724-302-0804</a>



### YOU CAN ALSO GET NARCAN AT ANY WESTMORELAND COUNTY RECOVERY COMMUNITY ORGANIZATION:

**FAVOR OF WESTERN PA**  
736 LINCOLN STREET  
BOLIVAR, PA 15923  
[724-676-2111](tel:724-676-2111)

**SAGE’S ARMY**  
6044 Rt 30 Ste 400  
GREENSBURG, PA 15601  
[724-863-LIFE](tel:724-863-LIFE)

**LOST DREAMS AWAKENING**  
408 8<sup>TH</sup> STREET, REAR  
NEW KENSINGTON, PA  
[724-212-7899](tel:724-212-7899)