Opioid Education and Misuse Prevention Toolkit

Information and resources to combat the opioid epidemic in Davis County
“As Attorney General, I have seen far too much devastation to Utah families and communities from opioids. In our fight against this epidemic we have learned that all too often addiction starts with prescription medication.”

-Utah Attorney General
Sean Reyes

Six Utahns die every week from opioid overdose.

Source: opioidic.org
| Addiction can happen to anyone. |
| Most first-time abusers of painkillers obtain them from a friend or relative. |
| The majority of prescription drug deaths occur in the home. |
| Most first-time abusers of painkillers obtain them from a friend or relative. |

Addiction can happen in less than a week.

**Source:** [www.opidemic.org](http://www.opidemic.org)

Prescription opioids can help manage pain, but have a serious risk of abuse and overdose.

80% of heroin users started with legal prescription opioids.

**Source:** [www.opidemic.org](http://www.opidemic.org)
LETTER FROM THE DIRECTOR

Davis County, along with many other communities across the nation, is experiencing an alarming rise in prescription opioid misuse and abuse, causing devastation for many individuals and families.

Every city in our county is impacted by the opioid epidemic, and it will take all of us working together to reverse this troubling trend.

I am proud to present this first-ever Opioid Education and Misuse Prevention Toolkit, developed by health department staff in partnership with individuals and agencies throughout the county. This toolkit is designed to be used by educators, public safety personnel, healthcare professionals, parents, and all residents to help others understand the opioid epidemic and steps everyone can take to make a difference.

Brian Hatch
Director
Davis County Health Department
OPIOIDS IN UTAH

Rate of Drug Poisoning Deaths per 100,000 Population Utah 1999-2016

Source: Utah Department of Health
STOP THE OPIOID EPIDEMIC

DO YOUR PART TO END UTAH’S OPIOID EPIDEMIC

1. STEER CLEAR OF OPIOIDS
   While opioid pain killers are commonly prescribed, the CDC recommends talking to your doctor about safer, less addictive alternatives.

2. AVOID TAKING MORE
   Opioids aren’t like antibiotics. You do not need to finish your prescription. As soon as you don’t need them, stop, or you could be at risk of dependency, addiction, or overdose.

3. NEVER SHARE PAIN KILLERS
   By sharing your prescription, you may think you are helping, but you could be leading someone down a dangerous path. Besides, sharing prescriptions is illegal.

4. GET RID OF UNUSED MEDS
   Don’t keep leftover pills you don’t need. Dispose of them properly at a secure drop box location in your area. Find one near you at useonlyasdirected.org.

5. REACH OUT
   Addiction is a disease that needs treatment. Talk to your kids about the dangers. Talk to friends who may be struggling. Talk to a loved one if YOU need help.

6. CARRY NALOXONE
   Naloxone is a safe antidote that reverses an overdose. If you or someone you know is taking opioids, their life is at risk. Keep naloxone close and know the signs of an overdose.

Learn more at OPIEDMIC.ORG
Opioids: The term “opioid” includes legally prescribed pain relievers such as oxycodone (OxyContin®), synthetic opioids such as fentanyl, and illegal drugs such as heroin. These drugs depress the part of the brain that controls breathing and alertness. Prescription opioids are often perceived as safe because they are prescribed by a doctor. However, opioid use is risky and can lead to opioid drug tolerance, dependence, misuse, use disorder, and even death.

Synthetics: Fentanyl and carfentanil are powerful synthetic (man-made) opioids. Fentanyl is 80-100 times stronger than morphine and 50 times stronger than heroin according to the Drug Enforcement Agency (DEA). Carfentanil is 100 times stronger than fentanyl. These synthetic opioids are being produced in illegal labs and are used to create counterfeit opioids being bought and sold on the dark web (see page 20). Fentanyl is also being added to heroin and cocaine, contributing to many drug overdoses.

Heroin: A drug made from opium. Heroin comes in a white or brownish powder, or a black sticky substance known as black tar heroin. It is often cut (mixed) with other drugs or substances such as sugar or powdered milk. Users are often unaware how much actual heroin is being used, increasing the likelihood of an overdose.

Source: DEA

Deaths from fentanyl and other synthetic opioids rose a staggering 72% in just one year from 2014 to 2015.

Source: Center for Disease Control
Opioid Basics (2017)
<table>
<thead>
<tr>
<th>Opioid Generic Name</th>
<th>Brand Names</th>
<th>Street/Slang Names</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oxycodone</td>
<td>OxyContin®, Percocet®, Percodan®, and others</td>
<td>Hillbilly Heroin, O.C., Oxycet, Oxycotton, Oxy, Percs</td>
</tr>
<tr>
<td>Hydrocodone or Dihydrocodeine (typically combined with acetaminophen)</td>
<td>Norco®, Vicodin®, Lortab®, Lorcet®, and others</td>
<td>Vike, Watson-387</td>
</tr>
<tr>
<td>Morphine</td>
<td>MS Contin®, Roxanol®, Kadian®, Avinza®, Duramorph®</td>
<td>M, Miss Emma, Monkey, White Stuff</td>
</tr>
<tr>
<td>Codeine</td>
<td>Various brand names, often combined with acetaminophen and aspirin</td>
<td>Captain Cody, Cody, Lean, Schoolboy, Sizzurp, Purple Drank, With glutethimide: Doors &amp; Fours, Loads, Pancakes and Syrup</td>
</tr>
<tr>
<td>Fentanyl</td>
<td>Duragesic®, Actiq®, Sublimaze®</td>
<td>Apache, China Girl, China White, Dance Fever, Friend, Goodfella, Jackpot, Murder 8, Tango and Cash, TNT</td>
</tr>
<tr>
<td>Hydromorphone</td>
<td>Dilaudid®</td>
<td>D, Dillies, Footballs, Juice, Smack</td>
</tr>
<tr>
<td>Meperidine</td>
<td>Demerol®</td>
<td>Demmies</td>
</tr>
<tr>
<td>Oxymorphone</td>
<td>Opana®</td>
<td>Biscuits, Blue Heaven, Blues, Mrs. O, O Bomb, Octagons, Stop Signs</td>
</tr>
</tbody>
</table>

Source: National Institutes of Health (NIH)
QUESTIONS TO ASK YOUR DOCTOR BEFORE TAKING OPIOIDS

Why are you prescribing me an opioid?

Is this the right medication for me? If so, how long should I take it?

Are there alternatives, such as natural pain remedies or non-opioids I can take?

Are you prescribing the lowest dose for the shortest amount of time?

I have a history of substance use disorder. Should I still take an opioid?

Addiction runs in my family, should I take this medication?

Is it possible I will get addicted to this medication?

Are there any side effects from this medication? If so, how can I reduce or prevent them?

I am currently taking other prescription drugs. Is it safe to take opioids with my current medications?

Can I get a naloxone kit? (For more information on naloxone, see page 13)

Your doctor should follow Utah Clinical Guidelines on Prescribing Opioids for Treatment of Pain. Make sure you are aware of the guidelines as you communicate with your physician. See guidelines here: https://go.usa.gov/xVBjB
NON-OPIOID THERAPIES FOR PAIN

- Yoga
- Meditation
- Mindfulness
- Nerve blocks
- Physical therapy
- Acupuncture
- Massage
- Chiropractic care
- Cognitive behavioral therapy (CBT)
- Nonsteroidal anti-inflammatory agents (NSAIDs): A non-opioid medication for pain management (e.g., ibuprofen)
- Over-the-counter acetaminophen

Sometimes opioids are not needed. Studies show over-the-counter drugs such as ibuprofen and acetaminophen are just as effective as opioids in most cases.

**OPIOID MISUSE:** Misuse of prescription drugs means taking a medication in a manner or dose other than prescribed; taking someone else’s prescription, even if for a legitimate medical complaint such as pain; or taking a medication to feel euphoria (e.g., to get high).

**MOOD/PSYCHOLOGICAL SYMPTOMS:**
- Increased general anxiety
- Anxiety attacks
- Euphoria
- Psychosis
- Bouts of euphoria
- Improved self-esteem
- Depression
- Irritability
- Decreased motivation
- Extreme mood changes

**PHYSICAL SYMPTOMS:**
- Constricted “pinpoint” pupils
- Flushed, itchy skin
- Poor coordination
- Constipation
- Decreased sex drive
- Changes in energy levels
- Falling asleep at inappropriate times
- Drowsiness
- Weight loss
- Frequent flu-like symptoms

**BEHAVIORAL SYMPTOMS:**
- Irregular sleep habits
- Reappearance of old habits
- Loss of relationships
- Change in work habits
- Opioids used longer or at a greater amount than intended
- Unsuccessful attempts to decrease the amount taken
- Abandonment of important activities

Opioids aren’t like antibiotics. You do not need to finish your prescription. As soon as you feel that you no longer need them, talk to your doctor about discontinuing use to reduce your risk of addiction. **Tip:** Take the lowest possible dose for the shortest period of time.
OPIOID USE DISORDER: when the continual use of an opioid causes clinically and functionally significant impairment, such as health problems, disability and failure to meet major responsibilities at work, school or home. Opioid use disorder is a disease, just like diabetes, arthritis, or cancer. Having opioid use disorder is not a moral failure and can happen to anyone including family members, neighbors, kids/teens, friends, loved ones, and co-workers. Ultimately, many people with opioid use disorder continue to misuse opioids to avoid being sick due to withdrawal. Anyone taking an opioid pain reliever is at risk for opioid use disorder.

WHERE ARE PRESCRIPTION DRUGS OBTAINED?

11.5 million people aged 12 or older in the USA misused prescription pain relievers in 2015

Source: www.samhsa.gov
OPIOID OVERDOSE: An opioid overdose is serious and life-threatening. Seek immediate emergency attention if you observe the following signs and symptoms in a person:

- Unconsciousness or inability to awaken
- Pinpoint pupils
- Slow or shallow breathing
- Heartbeat slows or stops
- Fingernails or lips turn purple/blue
- Body goes limp
- Face is very pale and/or feels clammy to the touch
- Choking or gurgling sounds
- Vomiting

If you suspect you are witnessing an overdose, you should perform the following steps:

1. Call 9-1-1.
2. Try to wake the person. Yell the person’s name and rub hard in the middle of their chest (sternal rub).
3. Check for breathing and pulse.
4. Provide rescue breathing.
5. Administer naloxone.
6. Place person on side to prevent choking.
7. Administer 2nd dose of naloxone after 3 minutes if necessary.
8. Remain with them until Emergency Responders arrive.

Source: naloxone.utah.gov

DID YOU KNOW?

Taking opioids in combination with alcohol, benzodiazepines (Xanax®, Valium®, Klonopin®, Ativan®), or gabapentin (Gralise®, Neurontin®) can be deadly. Both opioids and benzodiazepines, sometimes called benzos or bennies, reduce breathing. Gabapentin can also reduce breathing. Combining opioids with any of these substances can be lethal.
NALOXONE: Naloxone (e.g. Narcan®) is a medication designed to rapidly reverse opioid overdose. Naloxone binds to opioid receptors in the brain which can reverse and block the effects of opioids on those receptors.

Naloxone works very quickly and can restore normal breathing in a person whose breathing has stopped or slowed as a result of overdosing on an opioid. Naloxone is becoming more widely available and can be purchased from pharmacies in Utah without a prescription. Naloxone is a powerful tool for any accidental overdose and does not provide an excuse for continual misuse. If naloxone is administered to someone who is not experiencing an overdose, it will not harm them. Anyone that is prescribed an opioid should have naloxone on hand.

SAFE MEDICATION DISPOSAL:

There are 23 drop-off locations at local law enforcement agencies and medical clinics throughout Davis County where residents can dispose of unused prescription drugs year-round. For a list of locations, please see Prescription Drop-off Locations on pages 22-25.

In addition, two medication take back events occur in Davis County each year in April and October. Visit http://utahtakeback.org for more information on these events.
Prescription opioids provide many benefits when used correctly under a prescriber’s care. However, if they are misused or abused, they can be just as dangerous as illicit drugs, especially when taken with alcohol or other drugs. Heroin and prescription opioids have the exact same addictive properties and some prescription opioids can even be more addictive.

Taking prescription drugs that are not prescribed to you, or taking them in any way other than directed by your doctor, can be harmful. Using another person’s medication or sharing your medication is not only dangerous but also illegal. (Utah Controlled Substances Act: Code 58-37-8 and 58-37-1)
It is not always easy to tell if someone is misusing an opioid. While some people may exhibit clear signs of misuse, not every symptom is obvious. Some people become skilled at hiding their misuse from loved ones. Drugs affect people from all walks of life. Drugs do not discriminate between race, ethnicity, gender, or socioeconomic status.

Most first-time abusers of painkillers obtain them from a friend or relative. (SAMHSA, 2013 NSDUH)

Prescription drug overdoses outnumber deaths caused by heroin and cocaine combined. This does not in any way lessen the danger of heroin or other illegal drugs, but it does demonstrate the scale of the problem with prescription drug misuse.
WHAT CAN I DO?

People with substance use disorder can sometimes be driven to do things they wouldn’t normally do to obtain more pills. Individuals can help with prevention by limiting access to prescription opioids by taking the following steps:

- Store all opioids in a lockbox and out of reach of children, family members, guests, and pets.
- Keep track of your prescription opioids. Know the number of pills in your prescription bottle so you know if any pills are missing.
- Never share your prescription opioids with anyone, and never take someone else's prescribed opioids.
- Properly dispose of all opioids no longer being used, or that have expired. Prescription drug disposal locations in Davis County can be found on pages 22-25.
- If there are prescription opioids in your home, make sure to have a naloxone kit on hand. In Utah, naloxone can be purchased at a local pharmacy without a prescription. Call 9-1-1 immediately if you suspect an opioid overdose.

DID YOU KNOW?

2 out of 3 people misusing prescription opioids got it from a friend or relative.

Source: www.helphappenshere.org
WHAT CAN PARENTS DO?

To decrease the risk of children misusing and/or abusing drugs, parents can take the following steps:

- Have frank conversations with your child’s doctor. For example, when your child is prescribed opioids for wisdom teeth removal, sports injuries, tonsillectomies, or other common childhood surgeries. See page 8 for examples of questions to ask your doctor.
- Educate children on the dangers of opioids, and that they are not harmless just because a doctor prescribed them.

- Set clear rules concerning substance use and enforce them.
- Be aware of what your children are doing on the internet on all devices.
- Be involved in your children’s lives. When they are talking to you, give them your full attention and avoid distractions.
- Spend time together as a family.
- Know where your children are and what they are doing.
- Know your children’s friends and their parents.
- Teach your children refusal skills. Practice scenarios can be a great way to help them develop these skills and be ready to use them.
MAKING A DIFFERENCE

WHAT CAN SCHOOLS DO?

- Provide opioid awareness information to parents.
- Implement substance use prevention curriculum in your school.
- Have naloxone kits in your school as a safety precaution.
- Help students develop strong coping and stress management skills. Consider implementing programs such as Botvin’s Life Skills.
- Promote dialogue between coaches and parents of student athletes taking prescription opioids for sports injuries to monitor and enforce correct use. Watch for changes in students’ behavior.
- School counselors can provide messages of hope. Assure students and parents who may be personally impacted by substance use they are not at fault and they are not alone.

DID YOU KNOW?

Nationwide 103,000 adolescents had an opioid use disorder in 2017.

Source: opioids.thetruth.com
WHAT CAN HEALTHCARE PROVIDERS DO?

(Physicians, pharmacies, hospitals, veterinarians, dentists, oral surgeons, and emergency departments, etc.)

- Utilize the Controlled Substance Database before prescribing an opioid.
- Screen all patients for substance use disorder, following CDC guidelines: https://go.usa.gov/xEyYr.
- Prescribe the lowest dose possible for the shortest amount of time.
- Discuss a plan to taper off of opioids with each patient.
- Dispense or prescribe naloxone to patients receiving opioids, especially patients taking benzodiazepines or gabapentin with opioids.
- Provide safe storage and disposal education to all patients who are prescribed opioids.
- Offer treatment and recovery support services in the emergency department to patients who have overdosed.
- Provide a comprehensive discharge plan to patients leaving the emergency department and/or hospital with an opioid prescription.
- Follow Utah Clinical Guidelines on Prescribing Opioids for Treatment of Pain. See guidelines here: https://go.usa.gov/xVBjB
WHAT CAN THE COMMUNITY DO?

- Administer naloxone to people believed to be having an opioid related overdose (Utah Good Samaritan Law covers this action). Signs and symptoms of an opioid-related drug overdose can be found on page 12.
- Provide permanent prescription drug disposal locations in the community.
- Promote the importance of keeping prescription opioids locked up.
- Emphasize the importance of properly disposing of all expired and leftover medications in your community.
- Advertise National Drug Take Back Days which are held in April and October. For more information, visit: https://takebackday.dea.gov/
- Work with local leaders to share information about opioid misuse and overdose prevention through city newsletters, newspapers, and social media.
- Encourage people to have naloxone as part of a first aid kit.
- Advocate for and refer people to Syringe Service Programs. Learn more from the Utah Syringe Exchange Network: https://sites.google.com/utah.gov/usen/home
- Educate that addiction is a disease and not a crime.
The “dark web” is a part of the Internet that is not visible through regular search engines, hiding a person’s identity. It is a tool regularly utilized by military and law enforcement. The dark web requires the use of special browsers called The Onion Router (TOR) or I2P.

Counterfeit opioids, heroin, and other illegal substances are all available on the dark web. A major concern with counterfeit opioids, heroin, and cocaine is they are often cut with deadly forms of synthetic fentanyl and carfentanil.

It is important for all parents to be aware of the dangers of the dark web. Routinely check your child’s phone, tablet, and computer for a TOR app, purple onion, or I2P app.

“In a growing number of arrests and overdoses, law enforcement officials say the drugs are being bought online. Internet sales have allowed powerful synthetic opioids such as fentanyl — the fastest-growing cause of overdoses nationwide — to reach living rooms in nearly every region of the country, as they arrive in small packages in the mail.”

Source: https://nyti.ms/2t6DHLW
<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
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<tbody>
<tr>
<td>Bowman’s Pharmacy</td>
<td>326 Main Street Kaysville, UT 84037</td>
</tr>
<tr>
<td>Bountiful Police Station</td>
<td>805 S Main Street Bountiful, UT 84010</td>
</tr>
<tr>
<td>Centerville Police Station</td>
<td>250 N Main Street Centerville, UT 84014</td>
</tr>
<tr>
<td>Clearfield Police Station</td>
<td>55 S State Street Clearfield, UT 84015</td>
</tr>
<tr>
<td>Clinton Police Station</td>
<td>2209 N 1500 W Clinton, UT 84015</td>
</tr>
<tr>
<td>Davis County Sheriff’s Office</td>
<td>800 W State Street Farmington, UT 8425</td>
</tr>
<tr>
<td>Farmington Police Station</td>
<td>800 W State Street Farmington, UT 84025</td>
</tr>
<tr>
<td>Hill Air Force Base 75th Medical Group Pharmacy</td>
<td>7321 Balmer Ave. Hill AFB, UT 84056</td>
</tr>
<tr>
<td>Intermountain Healthcare Community Pharmacy- Bountiful Clinic</td>
<td>390 N Main Street Bountiful, UT 84010</td>
</tr>
<tr>
<td>Intermountain Healthcare Community Pharmacy- Layton Clinic</td>
<td>2075 N 1200 W Layton, UT 84041</td>
</tr>
<tr>
<td>Intermountain Layton Parkway Pharmacy</td>
<td>201 W Layton Pkwy Layton, UT 84041</td>
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</table>
Always dispose of unused medication safely and responsibly.

<table>
<thead>
<tr>
<th>Phone Number</th>
<th>Hours of Accessibility</th>
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<tbody>
<tr>
<td>801-544-4215</td>
<td>Monday-Saturday 6:00am-11:00pm</td>
</tr>
<tr>
<td>801-298-6000</td>
<td>24/7</td>
</tr>
<tr>
<td>801-292-8441</td>
<td>Monday-Friday 8:00am-5:00pm</td>
</tr>
<tr>
<td>801-525-2800</td>
<td>24/7</td>
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<tr>
<td>801-614-0800</td>
<td>Monday-Friday 8:00am-5:00pm</td>
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<td>801-541-4200</td>
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<td>801-451-4100</td>
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<tr>
<td>801-728-2600</td>
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<td>2nd &amp; 4th Friday of the month 1:00pm-4:30pm</td>
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<tr>
<td>801-294-1004</td>
<td>Monday-Friday 9:00am-9:00pm</td>
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<td></td>
<td>Saturday 9:00am-12:00pm</td>
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<tr>
<td>801-779-6210</td>
<td>Monday-Friday 8:30am-8:00pm</td>
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<tr>
<td></td>
<td>Saturday 9:00am-5:00pm</td>
</tr>
<tr>
<td>801-543-6450</td>
<td>Monday-Friday 9:00am-5:00pm</td>
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### Davis County Prescription Drug Drop-off Locations

<table>
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<th>Location</th>
<th>Address</th>
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</thead>
<tbody>
<tr>
<td>Kaysville Police Station</td>
<td>58 E 100 N</td>
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<tr>
<td></td>
<td>Kaysville, UT 84037</td>
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<tr>
<td>Layton Police Station</td>
<td>429 N Wasatch Drive</td>
</tr>
<tr>
<td></td>
<td>Layton, UT 84041</td>
</tr>
<tr>
<td>North Salt Lake Police Station</td>
<td>17 S Main Street</td>
</tr>
<tr>
<td></td>
<td>North Salt Lake, UT 84054</td>
</tr>
<tr>
<td>Sunset Police Station</td>
<td>200 W 1300 N</td>
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<tr>
<td></td>
<td>Sunset, UT 84015</td>
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<tr>
<td>Syracuse Police Station</td>
<td>1751 S 2000 W</td>
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<td>Walgreens- Bountiful</td>
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<td></td>
<td>Bountiful, UT 84010</td>
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<tr>
<td>Walgreens- Layton</td>
<td>1171 W 2000 N, Antelope Drive</td>
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<td></td>
<td>Layton, UT 84041</td>
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<tr>
<td>Wee Care Pharmacy, Inc.</td>
<td>1580 Antelope Drive</td>
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<tr>
<td></td>
<td>Layton, UT 84041</td>
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<tr>
<td>University of Utah Farmington</td>
<td>165 N University Avenue</td>
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<tr>
<td>Health Center Pharmacy</td>
<td>Farmington, UT 84025</td>
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<tr>
<td>West Bountiful Police Station</td>
<td>550 N 800 W</td>
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<tr>
<td>Woods Cross Police Station</td>
<td>1555 S 800 W</td>
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<tr>
<td></td>
<td>Woods Cross, UT 84087</td>
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Always dispose of unused medication safely and responsibly.

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<th>Phone Number</th>
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<td>801-546-1131</td>
<td>Monday-Friday 8:30am-5:00pm *closed holidays</td>
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<td>801-497-8300</td>
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<td>801-335-8650</td>
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<td>801-825-4400</td>
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<td>801-294-9107</td>
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<td>801-614-1302</td>
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<td>801-525-5277</td>
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<td>------------------------------------------</td>
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<tr>
<td>Bountiful Treatment Center - New Seasons</td>
<td>146 W 300 S, Suite 100</td>
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<tr>
<td></td>
<td>Bountiful, UT 84010</td>
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<tr>
<td>Cold Creek Behavioral Health</td>
<td>845 W 200 N</td>
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<td>Davis Behavioral Health</td>
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<td>Discovery House Treatment Center</td>
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<tr>
<td>GMS Counseling</td>
<td>370 S 500 E, Suite 250</td>
</tr>
<tr>
<td></td>
<td>Clearfield, UT 84015</td>
</tr>
<tr>
<td>Highland Springs</td>
<td>1785 E 1450 S, Suite 300</td>
</tr>
<tr>
<td></td>
<td>Clearfield, UT 84015</td>
</tr>
<tr>
<td>LDS Addiction Recovery Program Counseling</td>
<td>1130 W Center Street</td>
</tr>
<tr>
<td></td>
<td>North Salt Lake, UT 84054</td>
</tr>
<tr>
<td>Lifeline Behavioral Health, LLC</td>
<td>22 S State Street, Room 1007</td>
</tr>
<tr>
<td></td>
<td>Clearfield, UT 84015</td>
</tr>
<tr>
<td>Midtown Community Health Center</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>Opioid Community Collaborative</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>Renaissance Ranch</td>
<td>1466 N Highway 89, Suite 230</td>
</tr>
<tr>
<td></td>
<td>Farmington, UT 84025</td>
</tr>
<tr>
<td>Renaissance Ranch – Syracuse</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>Resolutions Counseling Center, Inc.</td>
<td>70 N Main Street, Suite 104</td>
</tr>
<tr>
<td></td>
<td>Bountiful, UT 84010</td>
</tr>
</tbody>
</table>
Resources change all the time. If you learn of a new resource that should be added to this list or an edit that needs to be made, call us at 801-525-5070.

<table>
<thead>
<tr>
<th>Contact Information</th>
<th>Treatment Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>801-316-3556, <a href="http://www.addictionfree.com">www.addictionfree.com</a></td>
<td>Many treatment options</td>
</tr>
<tr>
<td>385-888-9624, diamondtreerecovery.com</td>
<td>Counseling, Medication Assisted Treatment (MAT): Methadone, Suboxone, Vivitrol, Buprenorphine</td>
</tr>
<tr>
<td>801-825-4876, gmscounselingllc.com</td>
<td>General and Intensive Outpatient</td>
</tr>
<tr>
<td>800-403-0295, highlandspringsclinic.org</td>
<td>Outpatient Counseling</td>
</tr>
<tr>
<td>addictionrecovery.lds.org</td>
<td>Counseling</td>
</tr>
<tr>
<td><a href="http://www.lifelineutah.com">www.lifelineutah.com</a></td>
<td>Outpatient for Youth</td>
</tr>
<tr>
<td>801-393-5355</td>
<td>Vivitrol, Outpatient Counseling, Clinician Visits</td>
</tr>
<tr>
<td>801-773-7060, dbhealth.org/prescription-drug-misuse</td>
<td>Comprehensive Treatment, Medication Assisted Treatment (MAT)</td>
</tr>
<tr>
<td>801-450-3421, renaissanceoutpatient.com/locations/farmington</td>
<td>Outpatient Counseling</td>
</tr>
<tr>
<td>801-298-5221 ext. 1, <a href="http://www.resolutionsutah.com">www.resolutionsutah.com</a></td>
<td>Outpatient Counseling</td>
</tr>
<tr>
<td>Location</td>
<td>Address</td>
</tr>
<tr>
<td>--------------------------------</td>
<td>----------------------------------------------</td>
</tr>
<tr>
<td>Annie’s House</td>
<td>1601 E 13200 S</td>
</tr>
<tr>
<td></td>
<td>Draper, UT 84020</td>
</tr>
<tr>
<td>Daysprings – LDS Hospital</td>
<td>440 “D” Street, Suite 105</td>
</tr>
<tr>
<td>Intermountain Healthcare</td>
<td>SLC, UT 84103</td>
</tr>
<tr>
<td>Deer Hollow</td>
<td>1481 E Pioneer Rd</td>
</tr>
<tr>
<td></td>
<td>Draper, UT 84020</td>
</tr>
<tr>
<td>Discovery House SLC CTC Acadia</td>
<td>449 E 2100 S</td>
</tr>
<tr>
<td>Healthcare</td>
<td>SLC, UT 84115</td>
</tr>
<tr>
<td>Discovery House Taylorsville</td>
<td>5983 S Redwood Rd</td>
</tr>
<tr>
<td></td>
<td>Taylorsville, UT 84123</td>
</tr>
<tr>
<td>First Step House</td>
<td>411 N Grant Street</td>
</tr>
<tr>
<td></td>
<td>SLC, UT 84116</td>
</tr>
<tr>
<td>Highland Springs</td>
<td>4460 S Highland Dr, Suite 100</td>
</tr>
<tr>
<td></td>
<td>SLC, UT 84124</td>
</tr>
<tr>
<td></td>
<td>&amp;</td>
</tr>
<tr>
<td></td>
<td>12427 S Pasture RD, Suite 104</td>
</tr>
<tr>
<td></td>
<td>Riverton, UT 84065</td>
</tr>
</tbody>
</table>
Resources change all the time. If you learn of a new resource that should be added to this list or an edit that needs to be made, call us at 801-525-5070.

<table>
<thead>
<tr>
<th>Contact Information</th>
<th>Treatment</th>
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<tbody>
<tr>
<td>385-255-9117</td>
<td>Women’s Residential Recovery</td>
</tr>
<tr>
<td><a href="https://www.annieshouse.com">https://www.annieshouse.com</a></td>
<td></td>
</tr>
<tr>
<td>801-408-1525</td>
<td>Outpatient, Aftercare</td>
</tr>
<tr>
<td>intermountainhealthcare.org/locations/lds-hospital/medical-services/behavioral-health/dayspring-substance-abuse-treatment</td>
<td></td>
</tr>
<tr>
<td>801-679-6669</td>
<td>Inpatient, Outpatient, Aftercare</td>
</tr>
<tr>
<td><a href="http://www.deerhollowrecovery.com">www.deerhollowrecovery.com</a></td>
<td></td>
</tr>
<tr>
<td>801-322-1185</td>
<td>Medication Assisted Treatment (MAT): Methadone, Buprenorphine, Suboxone, Vivitrol Outpatient Counseling, Aftercare</td>
</tr>
<tr>
<td><a href="http://www.discoveryhouse.com">www.discoveryhouse.com</a></td>
<td></td>
</tr>
<tr>
<td>801-293-9999</td>
<td>Medication Assisted Treatment (MAT): Methadone, Buprenorphine, Suboxone, Vivitrol Outpatient Counseling, Aftercare</td>
</tr>
<tr>
<td><a href="http://www.discoveryhouse.com">www.discoveryhouse.com</a></td>
<td></td>
</tr>
<tr>
<td>801-359-8862 X2114</td>
<td>Outpatient, Veteran’s Outpatient</td>
</tr>
<tr>
<td><a href="http://www.firststephouse.org">www.firststephouse.org</a></td>
<td></td>
</tr>
<tr>
<td>800-403-0295</td>
<td>Outpatient Counseling</td>
</tr>
<tr>
<td>highlandspringsclinic.org/substance-abuse-treatment-utah</td>
<td></td>
</tr>
<tr>
<td>Location</td>
<td>Address</td>
</tr>
<tr>
<td>----------------------------------</td>
<td>----------------------------------------------</td>
</tr>
<tr>
<td>House of Hope</td>
<td>857 E 200 S SLC, UT 84102</td>
</tr>
<tr>
<td>Helping Hand Association DBA</td>
<td>974 E South Temple SLC, UT 84102</td>
</tr>
<tr>
<td>The Haven</td>
<td></td>
</tr>
<tr>
<td>James Mason Centers for Recovery</td>
<td>986 S Atherton Dr #207 Taylorsville, UT 84123</td>
</tr>
<tr>
<td>Metamorphis, SLC</td>
<td>164 E 5900 S SLC, UT 84107</td>
</tr>
<tr>
<td>New Pathways Recovery</td>
<td>435 W 400 S #11 SLC, UT 84101</td>
</tr>
<tr>
<td>Odyssey House</td>
<td>344 E 100 S SLC, UT 84111</td>
</tr>
<tr>
<td>Project Reality</td>
<td>150 E 700 S SLC, UT 84111</td>
</tr>
<tr>
<td>Renaissance Ranch</td>
<td><strong>Men’s Outpatient:</strong> 9160 S 300 W, Suite 13</td>
</tr>
<tr>
<td></td>
<td>Sandy, UT 84070</td>
</tr>
<tr>
<td></td>
<td><strong>Women’s Outpatient:</strong> 2356 W Thunderhead Way</td>
</tr>
<tr>
<td></td>
<td>Bluffdale, UT 84065</td>
</tr>
</tbody>
</table>
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<table>
<thead>
<tr>
<th>Contact Information</th>
<th>Treatment Options</th>
</tr>
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<tbody>
<tr>
<td>801-487-3276</td>
<td>Women Treatment Center</td>
</tr>
<tr>
<td><a href="http://www.houseofhopeut.org">www.houseofhopeut.org</a></td>
<td>Residential, Outpatient, Aftercare</td>
</tr>
<tr>
<td>801-533-0070 X104</td>
<td>Residential Treatment</td>
</tr>
<tr>
<td><a href="https://havenhelps.com/">https://havenhelps.com/</a></td>
<td></td>
</tr>
<tr>
<td>801-693-1192</td>
<td>Day Treatment/Intensive Outpatient</td>
</tr>
<tr>
<td><a href="http://www.jmcrecovery.com">www.jmcrecovery.com</a></td>
<td>*For teens and their families</td>
</tr>
<tr>
<td>801-261-5790</td>
<td>Medication Assisted Treatment (MAT):</td>
</tr>
<tr>
<td><a href="http://www.breakaddiction.org/">http://www.breakaddiction.org/</a></td>
<td>Methadone, Suboxone</td>
</tr>
<tr>
<td></td>
<td>Group and Individual Counseling</td>
</tr>
<tr>
<td>801-901-0435</td>
<td>Medication Assisted Treatment (MAT):</td>
</tr>
<tr>
<td><a href="http://www.newpathwaysrecovery.com">www.newpathwaysrecovery.com</a></td>
<td>Suboxone, Vivitrol</td>
</tr>
<tr>
<td></td>
<td>Intensive Outpatient, Counseling</td>
</tr>
<tr>
<td>801-322-3222</td>
<td>Medication Assisted Treatment (MAT):</td>
</tr>
<tr>
<td><a href="https://www.odysseyhouse.org/">https://www.odysseyhouse.org/</a></td>
<td>Vivatrol</td>
</tr>
<tr>
<td></td>
<td>Adult and Teen Residential, Mothers with Children, Fathers with Children, General and Intensive Outpatient</td>
</tr>
<tr>
<td>801-364-8098</td>
<td>Medication Assisted Treatment (MAT)</td>
</tr>
<tr>
<td><a href="http://www.projectreality.net/program.html">http://www.projectreality.net/program.html</a></td>
<td>Counseling</td>
</tr>
<tr>
<td>855-736-7262 (Men’s Outpatient)</td>
<td>Men’s Intensive Outpatient</td>
</tr>
<tr>
<td>855-736-7595 (Women’s Outpatient)</td>
<td>Women’s Intensive Outpatient</td>
</tr>
<tr>
<td><a href="https://renaissanceoutpatient.com/outpatient-programs/residential-treatment-program">https://renaissanceoutpatient.com/outpatient-programs/residential-treatment-program</a></td>
<td></td>
</tr>
<tr>
<td>Location</td>
<td>Address</td>
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<tr>
<td>----------------------------------------------</td>
<td>----------------------------------------------</td>
</tr>
<tr>
<td>Salt Lake County Behavioral Health</td>
<td>2001 S State St, #S2-300 SLC, UT 84115</td>
</tr>
<tr>
<td>Turning Point Centers</td>
<td>2961 E Turning Point Circle</td>
</tr>
<tr>
<td></td>
<td>Sandy, UT 84092</td>
</tr>
<tr>
<td>University of Utah</td>
<td>501 Chipeta Way</td>
</tr>
<tr>
<td></td>
<td>SLC, UT 84108</td>
</tr>
<tr>
<td>Utah Support Advocates for Recovery</td>
<td>180 E 2100 S, Suite 100 SLC, UT 84115</td>
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<tr>
<td>Awareness (USARA)</td>
<td></td>
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<tr>
<td>Utah Addiction Centers</td>
<td>2590 Prairie View Dr</td>
</tr>
<tr>
<td></td>
<td>Eagle Mountain, UT 84005</td>
</tr>
<tr>
<td>Valley Mental Health</td>
<td>Locations throughout Salt Lake County</td>
</tr>
<tr>
<td>Volunteers of America</td>
<td>447 W Bearcat Dr</td>
</tr>
<tr>
<td>(Through Cornerstone Counseling)</td>
<td>SLC, UT 84115</td>
</tr>
<tr>
<td>Volunteers of America Detox</td>
<td>252 W Brooklyn Ave (1025 S)</td>
</tr>
<tr>
<td></td>
<td>SLC, UT 84101</td>
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</tbody>
</table>
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<thead>
<tr>
<th>Contact Information</th>
<th>Treatment Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>385-468-4707 slco.org/behavioral-health</td>
<td>Resources</td>
</tr>
<tr>
<td>888-576-4325 turningpointcenters.com</td>
<td>Inpatient and Intensive Outpatient</td>
</tr>
<tr>
<td>801-583-2500 healthcare.utah.edu/uni/conditions-treatments/detoxification-treatment.php</td>
<td>Intensive Outpatient Individual and Group Counseling</td>
</tr>
<tr>
<td>385-210-0320 myusara.com</td>
<td>Resources</td>
</tr>
<tr>
<td>801-766-2233 <a href="https://utahaddictioncenters.com">https://utahaddictioncenters.com</a></td>
<td>Outpatient Residential</td>
</tr>
<tr>
<td>888-949-4864 valleycares.com/programs-services/substance-use-treatment</td>
<td>General and Intensive Outpatient Prenatal Support, Adolescent Program</td>
</tr>
<tr>
<td>801-355-2846 voaut.org/adult-substance-abuse-treatment</td>
<td>General and Intensive Outpatient Individual, Group, and Women only therapy</td>
</tr>
<tr>
<td>801-363-9400 voaut.org/detox</td>
<td>Residential</td>
</tr>
<tr>
<td>Location</td>
<td>Address</td>
</tr>
<tr>
<td>----------------------------------</td>
<td>----------------------------------------------</td>
</tr>
<tr>
<td>Action Recovery Group</td>
<td>1708 E 5550 S, Suite 23 Ogden, UT 84403</td>
</tr>
<tr>
<td>Aloha behavioral Consultants</td>
<td>811 N Harrisville Rd Harrisville, UT 84044</td>
</tr>
<tr>
<td>Brighton Outpatient</td>
<td>5677 S 1475 E, Suite 101 S. Ogden, UT 84403</td>
</tr>
<tr>
<td>Clinical Consultants LLC</td>
<td>2661 Washington Blvd., Suite 102 Ogden, UT 84401</td>
</tr>
<tr>
<td>GMS Counseling</td>
<td>3505 Grant Avenue Ogden, UT 84401</td>
</tr>
<tr>
<td>LDS Addiction Recovery Program</td>
<td></td>
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</tbody>
</table>
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<table>
<thead>
<tr>
<th>Contact Information</th>
<th>Treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td>801-475-4673</td>
<td>Medication Assisted Treatment (MAT): Suboxone, Vivitrol</td>
</tr>
<tr>
<td><a href="http://www.actiontreatment.com">www.actiontreatment.com</a></td>
<td>Outpatient/Long Term Continuing Care</td>
</tr>
<tr>
<td></td>
<td>Medication Assisted Treatment (MAT)</td>
</tr>
<tr>
<td>801-399-1818</td>
<td>Outpatient Counseling</td>
</tr>
<tr>
<td><a href="http://www.alohabehavioral.com">www.alohabehavioral.com</a></td>
<td></td>
</tr>
<tr>
<td>801-689-3546</td>
<td>Residential Inpatient</td>
</tr>
<tr>
<td><a href="http://www.brightonrecoverycenter.com">www.brightonrecoverycenter.com</a></td>
<td>Intensive Outpatient</td>
</tr>
<tr>
<td>801-621-8670</td>
<td>Medication Assisted Treatment (MAT): Suboxone, Subutex, Vivitrol</td>
</tr>
<tr>
<td><a href="http://www.clinicalconsultants.org/">http://www.clinicalconsultants.org/</a></td>
<td>Outpatient Counseling</td>
</tr>
<tr>
<td>801-621-1901</td>
<td>General and Intensive Outpatient</td>
</tr>
<tr>
<td><a href="http://www.gmscounselingllc.com/services">www.gmscounselingllc.com/services</a></td>
<td></td>
</tr>
<tr>
<td><a href="https://addictionrecovery.lds.org">https://addictionrecovery.lds.org</a></td>
<td>Counseling</td>
</tr>
<tr>
<td>Location</td>
<td>Address</td>
</tr>
<tr>
<td>----------------------------------------</td>
<td>--------------------------------------------------------------</td>
</tr>
</tbody>
</table>
| Metamorphosis                          | 2557 Lincoln Avenue  
Ogden, UT 84401                                                |
| North Wasatch Recovery                  | 2740 Pennsylvania Avenue  
Ogden, UT 84401                                                  |
| Ogden Regional Medical Center ACT       | 5475 S 500 E  
Ogden, UT 84405                                                  |
| Renaissance Ranch - Ogden               | 5677 S 1475 E, Suite 5-A  
Ogden, UT 84403                                                   |
| Renaissance Ranch - Roy                 |                                                               |
| Spirit Mountain Recovery                | 3181 E 3350 N  
Eden, UT 84310                                                   |
| Weber Human Services                    | 237 26th Street  
Ogden, UT 84401                                                  |

*must be a Weber/Morgan County resident
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<tr>
<td>801-621-1901</td>
<td>Medication Assisted Treatment (MAT):</td>
</tr>
<tr>
<td><a href="http://www.gmscounselingllc.com/services">www.gmscounselingllc.com/services</a></td>
<td>Methadone/Suboxone</td>
</tr>
<tr>
<td></td>
<td>Group and Individual Counseling</td>
</tr>
<tr>
<td>855-957-3422</td>
<td></td>
</tr>
<tr>
<td>801-479-2250</td>
<td>Inpatient</td>
</tr>
<tr>
<td><a href="http://www.ogdenregional.com/service/addiction-treatment">www.ogdenregional.com/service/addiction-treatment</a></td>
<td>Intensive Outpatient</td>
</tr>
<tr>
<td></td>
<td>Residential Program</td>
</tr>
<tr>
<td>385-222-3737</td>
<td>General and Intensive Outpatient</td>
</tr>
<tr>
<td><a href="http://www.renaissanceranchogden.com">www.renaissanceranchogden.com</a></td>
<td>Continuing Care</td>
</tr>
<tr>
<td>385-222-3737</td>
<td>General and Intensive outpatient</td>
</tr>
<tr>
<td><a href="http://www.renaissanceranchogden.com/drug-alcohol-rehab-ray-utah/">www.renaissanceranchogden.com/drug-alcohol-rehab-ray-utah/</a></td>
<td>Continuing Care</td>
</tr>
<tr>
<td>801-336-0658 or 800-403-5433</td>
<td>Residential</td>
</tr>
<tr>
<td><a href="http://www.spiritmountianrecovery.com">www.spiritmountianrecovery.com</a></td>
<td>Intensive Outpatient</td>
</tr>
<tr>
<td>801-625-3700</td>
<td>Comprehensive</td>
</tr>
<tr>
<td><a href="http://www.weberhs.net">www.weberhs.net</a></td>
<td></td>
</tr>
</tbody>
</table>
SCHOOL RESOURCES:

Botvin’s Life Skills:
https://www.lifeskillstraining.com/

Brain Power - K-12:
https://www.drugabuse.gov/brain-power

Generation RX - K-College:
https://www.generationrx.org/

Help Teens Make Healthy Choices - National Institute on Drug Abuse Toolkit For Counselors and Educators:
https://teens.drugabuse.gov/teachers/nida-toolkit

Operations Prevention - K-12:
https://www.operationprevention.com/classroom

Project Success:
https://curriculum.projectsuccess.org/

COMMUNITY RESOURCE:

Utah Poison Control Center:
https://poisoncontrol.utah.edu/
1-800-222-1222
ADDITIONAL PREVENTION RESOURCES:

**Davis County**

**Davis County Health Department**
Community Health Services Division
22 South State Street
Clearfield, UT 84015
(801) 525-5070

**Davis Behavioral Health**
934 South Main Street #6
Kaysville, UT 84037
(801) 773-7060

**State**

**Utah Department of Health**
Violence and Injury Prevention Program
288 North 1460 West
Salt Lake City, UT 84116
801-538-6864
vipp@utah.gov

**Utah Division of Substance Abuse and Mental Health**
195 North 1950 West
Salt Lake City, UT 84116
(801) 538-3939
https://dsamh.utah.gov/

**National**

**Centers for Disease Control and Prevention (CDC)**
https://www.cdc.gov/drugoverdose/index.html

**Substance Abuse and Mental Health Services Administration (SAMSHA)**
https://www.samhsa.gov/

**Partnership for Drug-Free Kids**
https://drugfree.org/

**State Educational Campaigns**

**Stop the Opiidemic**
https://www.opidemic.org/

**Use Only As Directed**
http://useonlyasdirected.org/

**Other Resources**

https://www.drugabuse.gov/
https://teens.drugabuse.gov/
https://opioids.thetruth.com/o/home
UTAH LAWS
passed to help reduce drug overdose deaths

The Good Samaritan Law
Allows bystanders to report an overdose without fear of criminal prosecution for illegal possession of a controlled substance or illicit drug

Naloxone Law
Permits individuals to administer naloxone without legal liability

Naloxone Standing Order
Allows pharmacists to distribute naloxone to a third-party without a prescription
Vision Statement
Healthy Choices. Healthy People.
Healthy Communities.

Mission Statement
Promote and protect the health and well being of Davis County residents and their environment.

Values
Public Health Excellence.