

Resource List

I offer the following resources with the hope that you may find them useful.

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Overdose Prevention, Recognition & Response, Naloxone

NeverUseAlone

<https://neverusealone.com/>

(800)484-3731

backup line (931)304-9452

Meeting people where they are, on the other end of the line, one human connection at a time. If you have no choice but to use alone, call us! You will be asked for your first name, exact location, county, and the number you're calling from. An operator will then stay on the line with you while you use. If you do not respond after a set amount of time after you've used, the operator will notify emergency services of an "unresponsive person" at your location.

StopOverdose.org

<http://stopoverdose.org/>

Helping individuals and communities in Washington State respond to prevent opioid overdose. The Center for Opioid Safety Education (COSE) at the University of Washington Addictions, Drug & Alcohol Institute offers education and technical assistance for individuals, professionals, and communities in Washington State who want to learn how to prevent and intervene in opioid addiction and overdose.

- [Resources to prevent and respond to overdose](#), including information on [fentanyl](#)
- [Know the difference between heroin and fentanyl](#)
- [Download training materials, how-to toolkits, posters, brochures and other media](#)
- [Watch a training video](#)

Clark County Public Health

- [Overdose Prevention & Response](#)
- [Harm Reduction-Syringe Services](#)
- [Clark County Public Health Provider Advisory: Increased concern of drug overdose deaths in Washington, February 12, 2021](#)

Washington State Department of Health

- [Overdose Education & Naloxone Distribution](#)
- [Opioid Overdose Prevention](#)
- [Recursos para la prevención de sobredosis de opioides](#)

Evidence-Based Strategies for Preventing Opioid Overdose: What's Working in the United States.

Centers for Disease Control and Prevention, 2018.

<https://www.cdc.gov/drugoverdose/pdf/pubs/2018-evidence-based-strategies.pdf>

An introduction for public health, law enforcement, local organizations, and others striving to serve their community.

National Harm Reduction Coalition: DOPE Project How to Use Narcan video

<https://youtu.be/bUtYpbdUSus>

In this video, Frances Fu and Kristen Marshall from the Drug Overdose Prevention and Education (DOPE) Project share how to recognize an overdose, and how to use Narcan to reverse the overdose and save a person's life.

Fentanyl

StopOverdose.org

<http://stopoverdose.org/>

- Information on [fentanyl](#)
- [Know the difference between heroin and fentanyl](#)

Laced & Lethal

<https://lacedandlethal.com/>

Laced & Lethal is your source for information on pills and powders laced with fentanyl. Overdoses caused by fentanyl-laced substances are on the rise in King County. Learn why and how to keep yourself and your friends safe.

Washington State Department of Health (2021, July 20): Overdose rates on pace to break another record in 2021. <https://www.doh.wa.gov/Newsroom/Articles/ID/2870/Overdose-rates-on-pace-to-break-another-record-in-2021>

To help save lives, health officials urge people to carry Naloxone and know overdose signs. Fentanyl-related overdoses are increasing across the state. Now, state health officials are asking that people carry naloxone if they plan on consuming any drug not purchased at a pharmacy or cannabis dispensary or have friends and family that do.

Centers for Disease Control and Prevention National Center for Health Statistics. (2021, July): Provisional Drug Overdose Death Counts. <https://www.cdc.gov/nchs/nvss/vsrr/drug-overdose-data.htm>

Centers for Disease Control and Prevention (2021, March 25): Opioid Overdose: Synthetic Opioid Overdose Data. <https://www.cdc.gov/drugoverdose/data/synthetic/index.html>

Washington State Department of Health (2021, February 19): Overdose deaths show alarming trend in 2020; Fentanyl partly to blame. <https://www.doh.wa.gov/Newsroom/Articles/ID/2634/Overdose-deaths-show-alarming-trend-in-2020-fentanyl-partly-to-blame>

Centers for Disease Control and Prevention (2021, February 16): Opioid Overdose: Fentanyl. <https://www.cdc.gov/drugoverdose/opioids/fentanyl.html>

[February 5, 2021 Q&A with Dr. Caleb Banta-Green: Fentanyl's Growth Among Overdoses "Stunning"](#)

[Watch: Illicit Fentanyl in Washington State - Trends in Law Enforcement, Treatment, and Overdose](#)

Presenter: Caleb Banta-Green, PhD, MPH, MSW. This December 11, 2020 presentation covers many aspects of illicit fentanyl products, including the different forms they can appear in. The rise in use and overdoses are described, as well as reasons for these changes. Implications for overdose prevention and initiating treatment with medications for opioid use disorder are described.

DanceSafe.org

Information about the limitations of **fentanyl test strips** for synthetic opioids:

<https://dancesafe.org/product/fentanyl-test-strips-pack-of-10-free-shipping/>

Substance Use, Addiction, Recovery

University of Washington Addictions, Drug & Alcohol Institute (ADAI)

<http://adai.uw.edu/training/>

The Addictions, Drug & Alcohol Institute is a multidisciplinary research center at the University of Washington. Its mission is to advance research, policy, and practice in order to improve the lives of individuals, families, and communities affected by alcohol and drug use and abuse.

Learn About Treatment

[LearnAboutTreatment.org](#) is the companion to [StopOverdose.org](#), with a focus on education on the treatments for opioid use disorder and stimulant use disorder. People with substance use disorders can recover and thrive. This page is a resource for the community, people with a substance use disorder and their friends and family, and healthcare providers to learn more about treatment. The goal of the page is to provide education so more people can find the treatment that will work best for them.

- **Treatment for Stimulant Use Disorder:** This page covers the basics of stimulants, stimulant use disorder, and treatments.
<https://www.learnabouttreatment.org/treatment/treatment-for-stimulant-use-disorder/>
- [Training Videos for Providers](#)
- [Treatment-focused info-briefs](#)

Northwest Addiction Technology Transfer Center (ATTC)

<https://attcnetwork.org/centers/northwest-attc/home>

Located at the University of Washington's Alcohol & Drug Abuse Institute, the NWATTC seeks to accelerate community-based implementation of evidence-based practices (EBPs) for treatment and recovery by: Sponsoring training online and in-person to enhance clinical knowledge and skills, and adoption of EBPs; providing intensive technical assistance to support systems change and organizational efforts to implement EBPs; offering consultation for systems-level change in the emerging new landscape for behavioral health care; disseminating science-based information on EBPs, cultural competence, and more.

Washington State Department of Health Drug User Health

<https://www.doh.wa.gov/YouandYourFamily/DrugUserHealth>

Drug user health programs work to improve the health and quality of life for people who use drugs. Drug user health includes efforts to reduce harm and improve access to care they need. Washington State faces increases in fatal overdose, infectious diseases like HIV and viral hepatitis, as well as life threatening bacterial infections like endocarditis and abscesses.

Women and Alcohol

National Institute on Alcohol Abuse and Alcoholism

https://www.niaaa.nih.gov/sites/default/files/publications/Women_and_Alcohol.pdf

Exploring Myths about Drug Abuse

<https://archives.drugabuse.gov/exploring-myths-about-drug-abuse>

Myths About Substance Use Disorders

<https://www.ihs.gov/asap/patients/myths/>

Understanding Drug Use and Addiction

<https://www.drugabuse.gov/publications/drugfacts/understanding-drug-use-addiction>

National Institute on Drug Abuse

Health Professions Education

<https://www.drugabuse.gov/nidamed-medical-health-professionals/health-professions-education>

Find CME/CE and other resources to enhance your practice and teach others about addiction.

Washington Recovery Helpline

1-866-789-1511

<http://www.warecoveryhelpline.org/>

The Washington Recovery Help Line is a program of Crisis Connections. We offer an anonymous, confidential 24-hour help line for Washington State residents. This help line is for those experiencing substance use disorder, problem gambling, and/or a mental health challenge. Our professionally trained volunteers and staff provide emotional support. They can also connect callers with local treatment resources or more community services. Let us help.

Recovery Support Line

360-607-0164

Recovery is a process. Learn to take it one day at a time. Need support navigating your recovery? If you are looking for support, call the Recovery Support Line 7pm -7am daily. Call 360-607-0164 and talk with someone from SW Washington. After hours recovery support, recovery resources, and trained Recovery Coaches on all calls.

Recovery Café of Clark County

<http://www.recoverycafeccl.org/>

360-984-6163

A welcoming place to continue your recovery journey from addictions and related mental health challenges. A community resource working to build up the local recovery community.

Starts with One

<https://getthefactorsrx.com/>

Opioids are now one of the leading causes of injury-related deaths in Washington State. More people die from overdose than from car crashes. The Starts with One campaign is designed to inform and educate young adults, their parents, and older adults about the dangers of prescription drug misuse and the importance of safe storage, use, and disposal. This campaign is funded by the Washington State Health Care Authority (HCA).

Parents & Educators

<https://www.drugabuse.gov/drug-topics/parents-educators>

Find the latest science-based information about the health effects and consequences of drug use and addiction and resources for talking with kids about the impact of drug use on health.

Harm Reduction

What is Harm Reduction?

<https://www.opensocietyfoundations.org/explainers/what-harm-reduction>

Harm reduction refers to an approach to services and policy that protects the life, health, and dignity of people who use illegal drugs and their communities. Unlike approaches that insist that people stop using drugs, harm reduction recognizes that many people are not willing or able to abstain, and that withholding assistance and otherwise punishing people and communities for using illegal drugs only worsens health, racial and economic inequities, and other harms. This page includes examples of harm reduction approaches.

What is Harm Reduction?

<https://www.hri.global/what-is-harm-reduction>

Understanding Harm Reduction: Substance Use

<https://www.healthlinkbc.ca/healthlinkbc-files/substance-use-harm-reduction>

Principles of Harm Reduction

<https://harmreduction.org/about-us/principles-of-harm-reduction/>

Harm Reduction Coalition

<https://harmreduction.org/>

Harm Reduction Coalition was founded in 1993 and incorporated in 1994 by a working group of needle exchange providers, advocates and drug users. Today, we are strengthened by an extensive and diverse network of allies who challenge the persistent stigma faced by people who use drugs and advocate for policy and public health reform.

Principles of Harm Reduction for Young People Who Use Drugs

PEDIATRICS Volume 147, number s2, January 2021

https://pediatrics.aappublications.org/content/147/Supplement_2/S240

University of Washington Harm Reduction Research and Treatment (HaRRT) Center

<https://depts.washington.edu/harrtlab/>

The Harm Reduction Research and Treatment (HaRRT) Center is located in the Department of Psychiatry and Behavioral Sciences at the University of Washington – Harborview Medical Center. Mission: To work collaboratively with substance users, community members and organizations to develop, conduct, evaluate and disseminate evidence-based interventions that help to reduce substance-related harm, improve quality of life, and promote social justice and racial equity for affected individuals and their communities.

Syringe Service Programs (SSPs)

Syringe Services Programs Information

<https://www.cdc.gov/ssp/index.html>

CDC information about Syringe services programs (SSPs) – community-based prevention programs that provide a range of services, including linkage to substance use disorder treatment; access to and disposal of sterile syringes and injection equipment; and vaccination, testing, and linkage to care and treatment for infectious diseases.

Syringe Services Programs (SSPs) FAQs

<https://www.cdc.gov/ssp/syringe-services-programs-faq.html>

Needs-Based Distribution at Syringe Services Programs: CDC supports a needs-based approach to syringe distribution.

<https://www.cdc.gov/ssp/docs/CDC-SSP-Fact-Sheet-508.pdf>

State Department of Health Supports Syringe Services Programs: SSPs Benefit Communities and Public Health

<https://www.doh.wa.gov/Portals/1/Documents/Pubs/150-123-SSPcommunity.pdf>

Peer Reviewed Research About Syringe Service Programs

A compilation of peer-reviewed research about the public health impact of Syringe Service Programs (SSPs) since 2007. SSPs have an extensive evidence base that goes back nearly three decades. Meta-analyses reviewing this body of research are included on this list.

<https://www.doh.wa.gov/AboutUs/ProgramsandServices/DiseaseControlandHealthStatistics/InfectiousDisease/DrugUserHealthStaff/SSPResearch>

Person-First Language & Stigma

Stigma Resources

<https://www.drugabuse.gov/nidamed-medical-health-professionals/health-professionals-education/words-matter-terms-to-use-avoid-when-talking-about-addiction/stigma-resources>

Reducing Stigmatizing Language and Behaviors in the Health Care Setting

Words Matter - Terms to Use and Avoid When Talking About Addiction

<https://www.drugabuse.gov/nidamed-medical-health-professionals/health-professionals-education/words-matter-terms-to-use-avoid-when-talking-about-addiction>

This page offers background information and tips for providers to keep in mind while using person-first language, as well as terms to avoid to reduce stigma and negative bias when discussing addiction. Although some language that may be considered stigmatizing is commonly used within social communities of people who struggle with substance use disorder (SUD), clinicians can show leadership in how language can destigmatize the disease of addiction.

Is having a sense of belonging important?

<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/is-having-a-sense-of-belonging-important>

Jennifer Wickham, Mayo Clinic Health System. March 8, 2019

Using Person-Centered Language

https://www.resourcesforintegratedcare.com/sites/default/files/Using_Person_Centered_Language_Tip_Sheet.pdf

Person-centered language acknowledges the person first and foremost and places any diagnosis, condition, or disability in the context of the whole person. The person-centered model focuses on supporting and communicating with people by emphasizing their strengths, capabilities, and opportunities to reach their chosen goals.

Person-first language: are we practicing what we preach?

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6371927/>

Crocker, A. F., & Smith, S. N. (2019). Person-first language: are we practicing what we preach?. *Journal of multidisciplinary healthcare*, 12, 125–129.

<https://doi.org/10.2147/JMDH.S140067>

Your Words Matter – Language Showing Compassion and Care for Women, Infants, Families, and Communities Impacted by Substance Use Disorder

https://www.drugabuse.gov/sites/default/files/nidamed_words_matter_women_infants_families.pdf

The Use of Language in Diabetes Care and Education

Dickinson, J., Guzman, S., Maryniuk, M., O'Brian, C., Kadohiro, J., Jackson, R., D'Hondt, N., Montgomery, B., Close, K., & Funnell, M. (2017). *Diabetes Care*, 40(12) 1790-1799.

<https://doi.org/10.2337/dci17-0041> “There are effective ways of communicating about diabetes.

This article provides recommendations for language used by health care professionals and others when discussing diabetes through spoken or written words.”

'Stop Boring Patients': Tips for Engaging Diabetes Education

William H. Polonsky, PhD, CDE; Mark Harmel, MPH. July 24, 2020

https://www.medscape.com/viewarticle/933624#vp_2

Coping & Mental Health

24-hour National Suicide Prevention Lifeline

<https://suicidepreventionlifeline.org/>

If you are in crisis, don't hesitate to call the 24-hour National Suicide Prevention Lifeline. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals. Call **800-273-8255**. Press 1 for Veterans. Non-emergency calls are welcomed. For free and confidential help via text messaging, text **MHFA to 741741** to talk to a Crisis Text Line counselor.

Ayuda En Español

<https://suicidepreventionlifeline.org/help-yourself/en-espanol/>

Lifeline ofrece 24/7, gratuito servicios en español, no es necesario hablar ingles si usted necesita ayuda. Cuando usted llama al número **1-888-628-9454**, su llamada se dirige al centro de ayuda de nuestra red disponible más cercano. Tenemos actualmente 170 centros en la red y usted hablará probablemente con uno situado en su zona. Cada centro funciona en forma independiente y tiene su propio personal calificado. Cuando el centro contesta su llamada, usted estará hablando con una persona que le escuchará, le hará preguntas y hará todo lo que esté a su alcance para ayudarlo.

Crisis Chat

<https://suicidepreventionlifeline.org/chat/>

Lifeline Crisis Chat is a service of the National Suicide Prevention Lifeline in partnership with CONTACT USA. It is the first service of its kind where crisis centers across the United States have joined together to form one national chat network that can provide online emotional support, crisis intervention, and suicide prevention services. Chat specialists are available to listen and support you through whatever difficult times you may be facing.

Resources for Veterans

<https://suicidepreventionlifeline.org/help-yourself/veterans/>

If you are a Veteran or service member with hearing loss, or any person concerned about someone who is, there are several ways to contact the Veterans Crisis Line:

- Send a text message to **838255**
- Online chat with a Veterans Crisis Line responder

Resources for People Who Are Deaf, Hard of Hearing, or Have Hearing Loss

<https://suicidepreventionlifeline.org/help-yourself/for-deaf-hard-of-hearing/>

Our network of crisis centers offers many services for people who are deaf and hard of hearing.

If you are hard of hearing, you can chat with a Lifeline counselor 24/7 by:

- Online chat – Click the Chat button
- Video relay Service – Dial 800-273-8255
- TTY – Dial 800-799-4889
- Voice/Caption Phone – Dial 800-273-8255

The Trevor Project

<https://www.thetrevorproject.org/>

The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25. Their trained counselors are there to support you 24/7. If you are a young person in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk, you can:

- Call **1-866-488-7386**
- Text **START to 678678**
- Online chat

Trans Lifeline

<https://translifeline.org/> **1-877-565-8860**

Trans Lifeline's Hotline is a peer support phone service run by trans people for our trans and questioning peers. We believe that some of the best support that trans people can receive is from trans community members with shared lived experience. Call us if you need someone trans to talk to, even if you're not in crisis or if you're not sure you're trans.

The Dougy Center: The National Center for Grieving Children and Families

<https://www.dougy.org/>

The Dougy Center provides support in a safe place where children, teens, young adults, and their families grieving a death can share their experiences. They provide support and training locally, nationally, and internationally to individuals and organizations seeking to assist children in grief. Through their *Pathways* Program, they provide a safe place for families living with an advanced serious illness.

Suicide Prevention Training for Nurses

<https://www.uwcne.org/conferences/SuicidePrevention>

The training is on the model list and meets the requirement for the State of Washington mandatory suicide prevention training for nurses (RCW 43.70.442) and approved by the Washington Department of Health. Teaching methods include didactic presentations, discussion and interactive practice with suicide prevention tools. Although this training is specific to nurses, individuals in other disciplines are welcome to sign up.

NW Center for Public Health Practice Suicide Prevention Training Series (Free)

<https://www.nwcphp.org/training/suicide-prevention-training-series>

This series introduces learners to upstream suicide prevention efforts from around our region, with an emphasis on community engagement and data-informed decision making. Through videos and comics, learners follow the story of a small, rural public health department struggling to address a recent increase in suicides in their community. Pulling from work by public health leaders in Idaho and Washington, at the state and local levels, the series both humanizes the struggles of losing a community member to suicide and provides context to the interrelated challenges public health professionals face in developing broad-based prevention efforts.

Other Local Resources

Unwanted Medication Take-Back Events

<https://clarkgreenneighbors.org/en/take-back-events>

Twice yearly, free medication take-back events are held in Clark County. Citizens may drop off any unwanted medications free of charge and no questions asked. Let's work together to keep these substances out of the hands of children and away from our waterways. Events are a partnership of multiple Clark County agencies and the US DEA.

MED-Project - Medication Collection and Disposal Program in Washington

<https://clarkgreenneighbors.org/en/unwanted-medication-disposal>

Clark County Public Health has teamed up with the nonprofit MED-Project LLC to provide free disposal of expired, unwanted, or unused medicine safely and conveniently. In Clark County, there are many drop-off sites residents can visit during business hours to disposed of unwanted medicine. If driving is not an option, medications can be mailed in after filling out the online form.

CVAB

<https://www.cvabonline.org/>

Warm Line: Phone peer support 4AM-12AM 360-903-2853

CVAB is Values-Driven, Peer-Run and Trauma-Informed people supporting diverse pathways to recovery using strength-based process over prescribed outcomes, so each person is empowered to achieve their best possible life. A Peer-Run organization is one that is controlled by individuals who have their own lived experiences with mental health or psychiatric diagnoses, addiction or substance use, trauma, and most importantly recovery.

YWCA Clark County

<https://ywcaclarkcounty.org/>

Today we serve more than 12,000 people each year who are escaping domestic violence, sexual assault, child abuse and neglect, as well as youth in foster care.

Call our 24-hour domestic violence hotline (we accept collect calls) 360-695-0501

Toll-free: **800-695-0167** For life threatening situations **call 911**

Council for the Homeless Clark County Resource Guide

<https://www.councilforthehomeless.org/clark-county-resource-guide/>

The Clark County Resource Guide provides access to important connections in the community related to housing and homelessness. It is updated frequently when new information becomes available. The most recent version can always be found on this website, available in English, Spanish, Russian, and Chuukese.