

Old Saybrook  
Youth & Family Services

**International Overdose  
Awareness Day August 31, 2020**



## Information and Resource Guide

### Overdose Awareness Worldwide

International Overdose Awareness Day is a global event held on 31 August each year and aims to raise awareness of overdose and reduce the stigma of a drug-related death. It also acknowledges the grief felt by families and friends remembering those who have died or had a permanent injury as a result of drug overdose.

International Overdose Awareness Day spreads the message that overdose death is preventable.

Thousands of people die each year from drug overdose. They come from all walks of life.

Do you recognize the signs and symptoms of overdose? What is the impact of drug use and overdose on family, friends and those experiencing it?

[More Details](#)



**E3 students send important reminder to their community.**

### Spotlight

E3 is a local peer-facilitated youth group sponsored by OSYFS and supported by the Governor's Prevention Partnership, the State Department of Transportation and our Public Health Nursing Board. The group meets weekly to address prevention issues in our community.

Questions or comments? Email us at [yfs@oldsaybrookct.gov](mailto:yfs@oldsaybrookct.gov) or call 860-395-3190

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## Resource Guide

### American Addiction Centers

#### Overdose Symptoms: Understanding the Risk of Overdose.

Individuals struggling with drug addiction often do not intend to overdose on their drug of choice. Overdose might happen accidentally for a variety of reasons, such as taking a regular dose after tolerance has lowered, taking a stronger dose than the body is accustomed to, or combining substances of abuse. While some...

[More Details](#)



### Healthgrades

#### Know the Warning Signs of Medication Overdose in Kids.

Sometimes, you know beyond a doubt that your child has taken too much medicine. For instance, you find an empty bottle, or you watch your child swallow extra pills before you can intervene. But other times, your little one may take medications when you're not looking. Or you may accidentally give too high a dose, or ...

[More Details](#)

### AgingCare

**Two Surprising Types of Medication Cause the Majority of Senior Overdoses.** Older adults have a high prevalence of multiple chronic medical conditions and therefore tend to take more prescription drugs than younger individuals. While these medications are intended to treat health issues and ...

[More Details](#)



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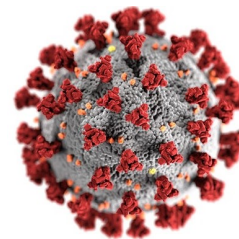


## Resource Guide

### American Medical Association

**Issue brief: Reports of increases in opioid related overdose and other concerns during COVID pandemic.** As the COVID-19 global pandemic continues, so does the nation's opioid epidemic. The AMA is greatly concerned by an increasing number of reports from national, state and local media suggesting increases in opioid-related mortality—particularly from illicitly manufactured...

[More Details](#)



### National Institute on Drug Abuse

**Opioid Facts for Teens.** You have probably heard a lot about the "opioid overdose crisis" in the news lately. But what are opioids? And why are they such a problem? You might not realize this, but if you have had a sports injury, dental work, or surgery, it is possible your doctor gave you a pain reliever that was actually an opioid medication. While opioids can be very effective at treating...

[More Details](#)

### Substance Abuse & Mental Health Services Admin.

**Rise in Prescription Drug Misuse and Abuse Affecting Teens.** The fastest-growing drug problem in the United States isn't cocaine, heroin, or methamphetamines. It is prescription drugs, and it is profoundly affecting the lives of teenagers. According to National Institute on Drug Abuse...

[More Details](#)



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## Resource Guide

### Center for Disease Control

**Not all overdoses have to end in death. Everyone has a role to play:**

- Learn about the [risks](#) of opioids.
- Learn about [naloxone](#), its availability, and how to use it.
- Help people struggling with opioid use disorder to find the right care and [treatment](#).
- Learn more about recognizing and reversing overdoses on [CDC's Overdose Prevention webpage](#).



### US Food & Drug Administration

**Drug Disposal: Drug Take Back Locations**—Medicine take back options are the best way to safely dispose of most types of unneeded or expired prescription and over the counter medicines.

**Local Drop-off box available at:**  
**CT State Police, Troop F (lobby)**  
**315 Spencer Plain Road**  
**Westbrook, CT**

[More Details](#)



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## Resource Guide

*Help is  
here*

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### Support Is Available

**If you or a loved one is struggling with the effects of addiction, help is available.** Contact your health provider or any of the free hotlines listed below:

- [Al-Anon](#) and [Ala-teen](#) hotline line: 800-356-9996 – Counselors provide support to teens and adults who are negatively impacted by alcohol addiction and provide resources to group therapy nearby for ongoing support.
- [Substance Abuse and Mental Health Services Administration](#) (SAMHSA): 1-800-662-4357 – English/Spanish speaking counselors provide referrals to treatment facilities, support groups, and community-based services.
- [National Suicide Prevention](#): 1-800-273-8255 – Support to help those in crisis process their emotional distress and prevent suicide.
- [Boys Town](#): 1-800-448-3000 – Over 140 languages can be translated; they also provide a telecommunications device for the deaf (TDD) line for the speech and hearing impaired (1-800-448-1833).
- [Drugfree.org](#): call 855-378-4373 or text 55753 – Counselors provide support and education and guide you to the best course of action.

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