

Outpatient Substance Abuse Provider and Suboxone Clinic

Garrett County Center for Behavioral Health
Garrett County Health Department
1025 Memorial drive
Oakland, MD 21550
Phone: 301-334-7670

Grantsville Outreach Center
28 Hershberger Ln.
Grantsville, MD 21536
Phone: 301-895-3111

Garrett Treatment Center
233 E. Alder Street
Oakland, MD 21550
Phone: 301-334-2888

P. Daniel Miller
69 Wolf Acres Drive
Oakland, MD 21550
301-334-4400

Methadone/Suboxone Clinics in Allegany County

Cumberland Treatment Center
14701 National Highway
LaVale, MD 21502
Phone: 301-387-0940
Prescribe: Methadone and Burprenorphine

Western MD Health Systems—Behavior Health Program
12500 Willowbrook Road
Cumberland, MD 21502
Phone: 240-964-7000
Outpatient Behavioral Health Services

Meetings

Narcotic Anonymous (NA)
<http://meetings.intherooms.com/meetings>

Liberty Club
125 East Liberty Street
Oakland, MD 21550-1201
Saturday 10:00 AM, 8:00 PM
Wednesday 8:00 PM

Celebrate Recovery
Faith Evangelical Free Church
1009 Maryland Highway
Mt. Lake Park, MD 21550
Contact Person: Linda
Contact Number: 724-681-5378
Day Group Meets: Friday
Time Group Starts: 6:30 PM
Email: dkimib@yahoo.com

The long-term goal of the Maryland Opioid Misuse Prevention Program is to reduce the number of overdose fatalities in each participating jurisdiction. The goal will be reached through the following objectives:

- Reduce opioid misuse
- Reduce opioid overdoses
- Prevent fatalities due to overdose

The community working together creates an atmosphere where positive results are possible. Goals can be reached more readily because of preventative awareness and education.

Substance Abuse Prevention Office

Health Education & Outreach
Garrett County Health Department
1025 Memorial Drive
Oakland, MD 21550
Phone: 301-334-7730

For more detailed information, call the Garrett County Health Department at (301) 334-7670 or visit the website at AddictionHappens.org.

Printed Opioid Misuse Prevention Toolkits are available.

Partially funded through the BHA and SAMHSA



Revised: 7-16-2018



Choose adrenaline,
Choose fresh air,
Choose family,
Choose anything but drugs.



"Determine that the thing can and shall be done, and then we shall find the way."

Overcoming Addiction Quote by Abraham Lincoln

What is Prescription Drug Misuse and Abuse?

Prescription drug abuse refers to many things. It could mean using a medication not prescribed for you, using a medication in a manner other than prescribed (such as using more than the amount prescribed) or using a medication for the experience or feeling the drug can cause.

Common Behavioral Signs of Prescription Drug Abuse

- Taking higher doses than prescribed
- Seeking prescription from more than one doctor
- Excessive mood swings
- Increase or decrease in sleep
- Stealing, forging, or selling prescriptions
- Appearing to be high, unusually energetic or revved up, or sedated
- Continually "losing" prescription, so more prescriptions must be written

3.2% of Garrett County high school students have injected an illegal drug. **4%** have used heroin.

Maryland Youth Risk Behavior Survey 2016

15 The total number of drug and alcohol related intoxication deaths in Garrett County during 2016-18

Maryland Department of Health and Mental Hygiene, May 2018

Signs & Symptoms of a Possible Problem with Painkillers

Examples: Vicodin, Oxycodone (Oxycontin), Darvon, Dilaudid, Tramadol, Demerol, Morphine, Fentanyl, Codeine, etc.

Physiological/Psychological Effects of Abuse

- Smaller (constricted) pupils
- Drowsiness
- Weakness/dizziness
- Impaired coordination
- Nausea
- Confusion
- Dry mouth
- Itching
- Sweating
- Flushed, clammy skin

Potential Health Consequences

- Slowed or arrested breathing
- Lowered pulse and blood pressure
- Tolerance
- Addiction
- Unconsciousness
- Coma
- Death (Risk of death increases when combined with alcohol or other depressants)

Emergency Numbers:

Fire, Police & Medical Emergencies, call **911**
Maryland Poison Center Emergency Hotline, call **1-800-222-1222**

For information about treatment and recovery options, call **211** or **1-866-411-6803**

For treatment services go to:

<https://www.findtreatment.samhsa.gov/>

To inquire about Overdose Response training, go to AddictionHappens.org.

More than **75%** of people addicted to pain medication will eventually switch to heroin because it is cheaper
(American Society of Addiction Medicine 2015)

What Can I Do as a Community Member?

Safeguard your medications

- ⇒ Keep track of your meds. Count how many pills you have at any given time to check for missing pills.
- ⇒ Store your meds in a secure and dry place (not the bathroom).
- ⇒ Keep your meds out of sight. Consider using a lock box or hide medications in a discreet location in your home so they are not easy for others to find.

Prescription Drug Drop Off Sites

Garrett County Sheriff's Department
311 E. Alder Street
Oakland, MD 21550
301-334-1911
sheriff@garrettcounty.org
Hours: 24/7

Maryland State Police
67 Friendsville Road
McHenry, MD 21541
301-387-1101
mshp.mchenry@maryland.gov
Hours: 24/7

Oakland City Hall
15 South Third Street
Oakland, MD 21550
301-334-2691
townfoak@gmail.com
Hours: Monday-Friday 8:30 am - 4:30 pm