



Get one-on-one help from Ken, our Certified Peer Recovery Specialist

Ken Musgrove offers support, guidance and lived experience to anyone in crisis - whether it's you or a loved one. In coordination with a navigator, he will

help you find the best detox and treatment options, make referrals, and help navigate the insurance process. Call Ken @ 973.876.3378.

Community in Crisis Family Support Group

Do you have a loved one struggling with alcohol or substance use? Offered both in person and virtually at 7:00 pm the 2nd and 4th Mondays of the month, this group provides free support, education and resources for families. Visit <https://communityincrisis.org/programs/> or email kmusgrove@communityincrisis.org for Zoom info.



Bereavement and Beyond Support Group

Parents supporting parents after a loved one's substance passing. Offered the third Wednesday of the month 7:00 - 8:30 pm currently on Zoom.

Contact Dina, Dillon's mom @ dinamidwife@gmail.com or Ken, kmusgrove@communityincrisis.org for sign on and up-to-date meeting information.

Quit Vaping and Smoking Resources

Visit <https://communityincrisis.org/prevention/vaping/> for excellent resources and information.



Partnership to End Addiction

Get one-on-one help to address your child's substance use. Trained and caring specialists are ready to listen to your challenges and difficult emotions that go along with your child's substance use or addiction. Text 55753 for help within 24 hours. Visit <https://drugfree.org> to schedule a phone appointment or get more information.

2ND FLOOR: CALL/ TEXT: (888) 222-2228

A confidential and anonymous helpline for New Jersey's youth and young adults aged 10-24. They help youth find solutions to the problems that they face at home, at school or at play, including substance use or mental health. <https://www.2ndfloor.org/>

MENTAL HEALTH ASSOCIATION OF NJ: (855) 652-3737

A live helpline 8AM-10PM, M-F and weekends 5-10PM offering supportive counseling and peer support. <https://www.mhanj.org/peer-services/>

REACH NJ: (844) 732-2465

24X7 helpline serves as a one-stop shop to simplify the process for those seeking substance use services and their families. <http://reachnj.gov/>

WHAT'S IN YOUR MEDICINE CABINET?

In order to reduce the supply of easily accessible prescription opioids, we educate the community about the importance of safeguarding and properly disposing of medications. The majority of teens and young adults who misuse prescription opioids access them via friends or family. Do your part to keep opioids out of harm's way.

SMART AND SAFE DISPOSAL

1. Clean out your medicine cabinets.
2. Dispose of any unused, unneeded, or expired medications properly at drop boxes.
3. Keep your medications in a Medicine Lock-Box.
4. Know where your medications are at all times.
5. Report any stolen prescriptions to the police.

PRESCRIPTION DRUG DROP OFF SITES

PRESCRIPTION DROP OFF SITES ARE AVAILABLE AT MANY POLICE STATIONS AND PHARMACIES.

VISIT <https://www.njconsumeraffairs.gov/meddrop/Pages/Locations.aspx> FOR THE LOCATION NEAREST YOU.

WHAT CAN YOU DO TO PREVENT OPIOID MISUSE?

TALK ABOUT IT.

Opioids can be addictive and dangerous. We all should have a conversation about preventing drug misuse and overdose.

BE SAFE.

Only take opioid medications as prescribed. Always store in a secure place. Dispose of unused medications properly.

UNDERSTAND PAIN.

Treatments other than opioids are effective in managing pain and may have less risk for harm. Talk with your healthcare provider about an individualized plan that is right for your pain.

KNOW ADDICTION.

Addiction is a chronic disease that changes the brain and alters decision making. With the right treatment and supports, people do recover. There is hope.

BE PREPARED.

Many opioid overdose deaths occur at home. Having a supply of naloxone, an opioid overdose reversal drug, could mean saving a life. Know where to get it and how to use it.

NARCAN NASAL SPRAY KITS: REVERSING OPIOID OVERDOSES

Keeping Narcan (naloxone) nasal spray in your home is a potentially life-saving idea! It is now available with and without a prescription. Talk to your doctor or visit any Walgreens pharmacy department in the US, as well as select CVS and RiteAid stores, for your over-the-counter Narcan kit.

Visit www.communityincrisis.org/programs/virtual-community-hub/ for upcoming free Narcan training dates.

