

TADISO TIMES

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IMPORTANT NEWS.....

International Overdose Awareness Day is August 31. Tadiso will be having a remembrance board to acknowledge those lost to overdose.



ARE YOU MISSING OUT ON TAKE HOMES?

Have you been at Tadiso for 90 days?

Have you been free of illicit substances for 60 days?

You probably qualify for take home medication for every Sunday. See your counselor as soon as possible.

If you qualify for Sunday take home privileges, you will also get a take home bottle for Thanksgiving Day and Christmas Day.

Plan ahead. Reward your hard work with this privilege !

News from neighbors—

- Patients have been seen urinating and defecating on the neighbor's property. This is a crime and per confidentiality guidelines, TADISO MAY REPORT A CRIME, INCLUDING YOUR IDENTIFYING INFORMATION, TO THE POLICE, FOR PROSECUTION.

Tadiso has a bathroom available for your use. Please stop using the neighbor's parking lot as a bathroom. We see you on camera. They see you on camera. We have already identified 3 people.

You will be discharged from the program for this disgusting action.

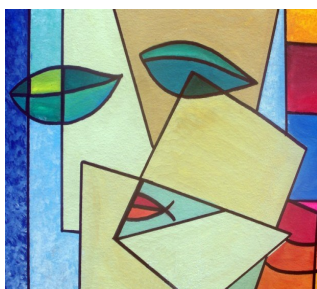
In recognition of National Recovery Month (September) Allegheny County Department of Human Services Office of Behavioral Health Bureau of Drug and Alcohol Services will be hosting their Annual Art Showcase. If you are interested in having a piece of your art work displayed at the Department of Human Services, please contact Allyson Alexander at extension 241. The artwork should be tangible and reflective of your recovery journey regardless of whether you are in recovery or active addiction. We believe everyone has a story to tell. The artwork can be in the form of poetry, a letter, drawing, painting, etc.



Tadiso staff will be participating in the Recovery Walk on September 14, 2019.

In addition, Tadiso will be having a fall festival on Friday, September 20. Meet our Recovery Support Specialists, learn about activities for those in recovery, enjoy some apple cider and other healthy snacks.

More information will be available in the September newsletter.



The deadline for submission to Allyson, is Wednesday, August 28, 2019. As of now the tentative day for the display of the art will be Friday, September 27, 2019 at the Human Services Building, downtown.



International Overdose Awareness Day

International Overdose Awareness Day is a global event held on August 31st, each year and aims to raise awareness of overdose and reduce the stigma of a drug-related deaths.

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 the tragedy of 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?

WHAT ARE OPIOIDS? “Opioids” is an umbrella term for natural or synthetic drugs that are derived from – or related to – the opium poppy. Opioids attach to receptors in the central nervous system, reducing pain signals to the brain. Commonly used opioids include oxycodone, morphine, codeine, heroin, fentanyl, methadone and opium.

SIGNS OF OVERDOSE Opioids dull the senses, induce relaxation and euphoria. They depress (slow down) breathing and the heart rate. In high doses, opioids depress the body’s natural urge to breathe. When someone is having an overdose they can stop breathing and may die. Even if a person does not die from overdose, they can sustain brain damage. Signs of overdose can include: • No response to stimuli • Shallow/stopped breathing • Can’t be woken up • Unusual snoring/gurgling sounds • Blue/grey lips or finger tips • Floppy arms and legs

If you cannot get a response from someone, do not assume they are asleep. Unusual or deep snoring is a common sign of overdose. Do not let people at risk “sleep it off”.

OVERDOSE RESPONSE Sometimes it can take hours for someone to die from an opioid overdose. Action taken as soon as possible could save a life. If you think someone has overdosed, knowing how to respond is crucial. Check for vital signs:

A Alert: Not responding to voice?

B Breathing: Noisy? Shallow? Slow? Stopped? Strange snoring?

C Color: For fair-skinned people, blue or pale lips or fingertips? For darker skinned people, grayish or ashen lips and skin color.

If you see any of these signs, you should immediately move to activate the response plan for opioid overdose. Before you act, check for dangers such as needles.

Call an ambulance, tell the operator your location, and stay on the line.

Try to get a response from the person by calling their name and/or giving a sternal rub (rub your knuckles firmly across their sternum).

If you can’t get a response, put them in the recovery position allowing their airways to remain open.

If you have Narcan, administer it.

