

C.A.R.E.S

Community Addiction Resource Engagement Services



In response to the Public Health Epidemic of opiate abuse and overdose, Mayor Stephen N. Zanni and Police Chief Joseph E. Solomon are prepared to address the multidimensional effects that substance abuse has on families and the community.

Methuen Police Department's C.A.R.E.S Initiative began in October of 2015. Our Community Engagement Specialists are trained to work with multiple populations as addiction does not discriminate.

What We Provide

- Resources for Recovery
- Educational Workshops and Trainings
- Outreach to at Risk Population Family
- Support and Referrals
- Pre-Booking Diversion

OUR MISSION

C.A.R.E.S Initiative integrates Public Health and Public Safety practices to address the addiction epidemic in the community. We are dedicated to reduce recidivism rates of substance use and crime by raising awareness, providing recovery resources and outreach to the larger community.

OUR VISION

C.A.R.E.S Initiative envisions a collaborative society that eliminates stigma associated with sub-stance abuse and crime while creating a cohesive community that values health and well-being for all.

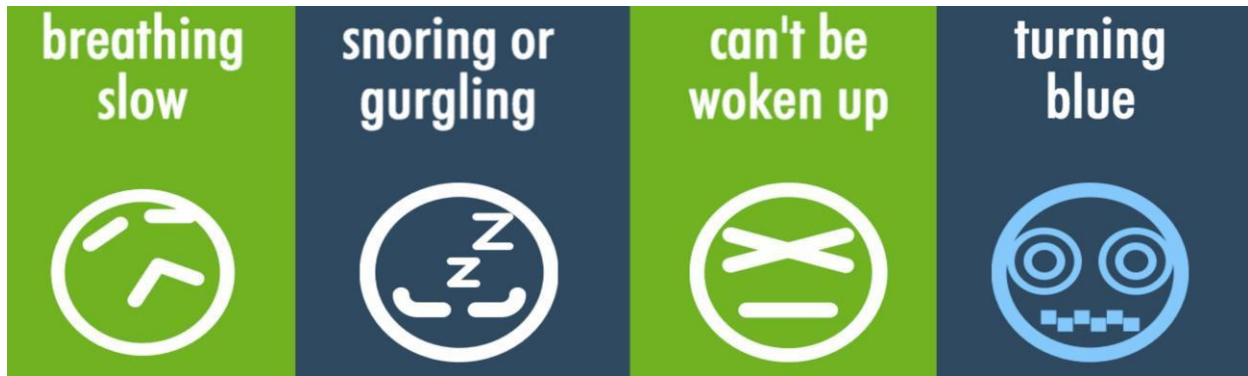
OUR MESSAGE

Recovery Happens, in our families, communities and society. Embracing recovery principles and expanding recovery capital will generate a societal belief system and value system that “Where there is breath, there is **HOPE.**”

Help Other People Evolve.

Signs and Symptoms of an Opiate Overdose

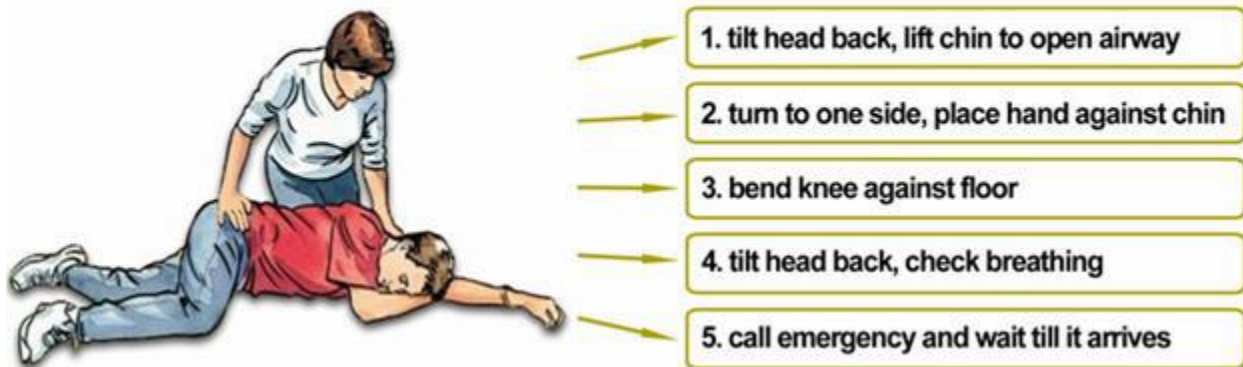
- Loss of consciousness
- Unresponsive to outside stimulus
- Body is very limp
- Face is very pale or clammy
- Fingernails and lips turn blue or purplish black
- For lighter skinned people, the skin tone turns bluish purple, for darker skinned people, it turns grayish or ashen.
- Breathing is very slow and shallow, erratic, or has stopped
- Pulse (heartbeat) is slow, erratic, or not there at all
- Choking sounds, or a snore-like gurgling noise (sometimes called the “death rattle”)
- Vomiting



How to Respond

- Call 911, An Overdose is a Medical Emergency
- Administer Narcan, if you have it
- Perform Rescue Breathing 1 breathe every 5 seconds

Overdose Recovery Position



Alcohol Poisoning Signs and Symptoms

- **Confusion**
- **Vomiting**
- **Seizures**
- **Slow breathing (less than eight breaths a minute)**
- **Irregular breathing (a gap of more than 10 seconds between breaths)**
- **Blue-tinged skin or pale skin**
- **Low body temperature (hypothermia)**
- **Passing out (unconsciousness) and can't be awakened**

Alcohol Poisoning is an Emergency

- **Call 911**
- **Be prepared to provide information.**
- **Don't leave an unconscious person alone.**
- **Help a person who is vomiting.**

Stimulant Overdose

- **Extreme agitation or anxiety**
- **Foaming at the mouth**
- **Extreme Paranoia**
- **Hallucinations/Delusions**
- **Very rapid heartbeat, pulse**
- **Elevated body temperature**
- **Quick shallow breathing**
- **Chocking or gurgling sounds**
- **Chest pain, pressure**
- **Teeth grinding**
- **Throwing up**
- **Suddenly collapsing or passing out**
- **Seizure/Convulsions/Tremors**
- **Heart attack**
- **Stroke**
- **Insomnia**

Helpful Links

Our Facebook Page

<https://www.facebook.com/MethuenCARES/>

Bureau of Substance Abuse Services Massachusetts

<http://helpline-online.com/>

Substance Abuse and Mental Health Services Administration (SAMHSA)

<http://www.samhsa.gov/>

Faces and Voices of Recovery

<http://www.facesandvoicesofrecovery.org/who/regions/new-england>

Massachusetts Organization for Addiction Recovery (MOAR)

<http://www.moar-recovery.org/>

Section 35 Information

<http://www.mass.gov/eohhs/docs/dph/substance-abuse/sec35-faq-brochure-revised-11-16.pdf>

Circle of Hope

<http://methuenhope.com/>

Alcoholic Anonymous

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

Learn 2 Cope

<http://learn2cope.org/>

Narcotics Anonymous

<http://na.org/>

C.A.R.E.S Community Engagement Specialists

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