

**KNOW** **MORE**

**ABOUT ADDICTION**

Genesee County Substance Use Prevention Project



# Community Resource Guide

*for Heroin Abuse*



GREATER FLINT HEALTH COALITION

**MICHIGAN HEALTH  
ENDOWMENT FUND**

**KnowMoreGenesee.org**

## HEROIN: WHAT YOU NEED TO KNOW

If you are concerned about or struggling with heroin addiction or know somebody that is, this resource will help you better understand heroin. Know more about heroin and get help if needed.

### What is Heroin?

Heroin is an illegal, highly addictive opioid drug made from morphine, a natural substance taken from the seed pod of the various opium poppy plants grown in Southeast and Southwest Asia, Mexico, and Colombia. Heroin can be a white or brown powder, or a black sticky substance known as black tar heroin. Other common names for heroin include *big H*, *horse*, *hell dust*, and *smack*.<sup>1</sup>

### Know That Heroin Use is on the Rise

Heroin use has increased sharply across the United States among men and women, most age groups, and all income levels. Some of the greatest increases occurred in demographic groups with historically low rates of heroin use, including women, people who are privately insured, and people with higher incomes. Not only are people using heroin, they are also using multiple other substances, including cocaine and prescription opioids. Nearly all people who use heroin also use at least one other drug.<sup>2</sup>

### Know About Heroin and Opioids

Prescription opioid pain medicines such as OxyContin® and Vicodin® have affects similar to heroin. Research suggests that misuse of these drugs may open the door to heroin use. Recent data also suggests that heroin is frequently the first opioid people use. In a study of those entering treatment for opioid use disorder, approximately one-third reported heroin as the first opioid they used regularly to get high.<sup>4</sup> This suggests that prescription opioid misuse is just one factor leading to heroin use.



**MORE THAN 115,000 AMERICANS**

**DIED FROM OVERDOSES RELATED TO HEROIN FROM 1999 – 2018.**

### Know the Short-Term Health Effects of Heroin Use

- Dry mouth
- Warm flushing of the skin
- Heavy feeling in the arms and legs
- Nausea and vomiting
- Severe itching
- Clouded mental functioning
- Going "on the nod," a back-and-forth state of being conscious and semiconscious

### Know the Long-Term Health Effects of Heroin Use

- Insomnia
- Collapsed veins for people who inject the drug
- Damaged tissue inside the nose for people who sniff or snort it
- Infection of the heart lining and valves
- Abscesses (swollen tissue filled with pus)
- Constipation and stomach cramping
- Liver and kidney disease
- Lung complications, including pneumonia
- Mental disorders such as depression and antisocial personality disorder
- Sexual dysfunction for men
- Irregular menstrual cycles for women

### Know Other Potential Health Effects of Heroin Use

Heroin often contains additives, such as sugar, starch, or powdered milk that can clog blood vessels leading to the lungs, liver, kidneys, or brain, causing permanent damage. Also, sharing drug injection equipment and having impaired judgment from drug use can increase the risk of contracting infectious diseases such as HIV and hepatitis.<sup>3</sup>

# HEROIN OVERDOSE & ADDICTION

## Can a Person Overdose on Heroin?

Yes, a person can overdose on heroin. A heroin overdose occurs when a person uses enough of the drug to produce a life-threatening reaction or death. When people overdose on heroin, their breathing often slows or stops. This can decrease the amount of oxygen that reaches the brain, a condition called *Hypoxia*. Hypoxia can have short- and long-term mental effects and effects on the nervous system, including coma and permanent brain damage.

## Know the Signs of Heroin Overdose

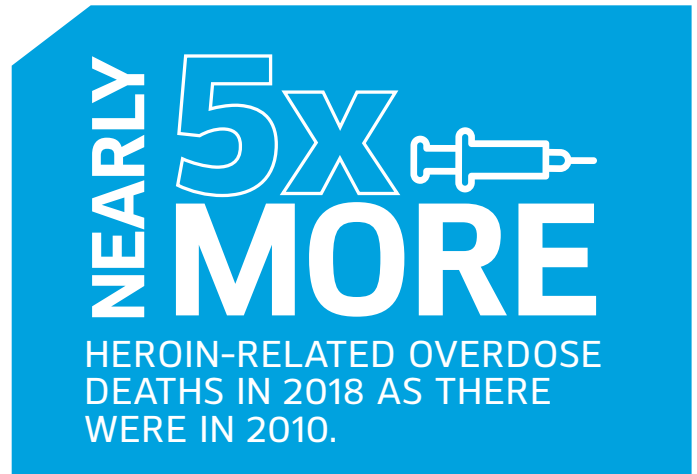
- Unresponsive (can't wake)
- Slow, erratic (irregular) breathing, or no breathing at all
- Slow, erratic pulse, or no pulse
- Vomiting
- Loss of consciousness (passing out)
- Constricted (small) pupils

## Know Naloxone and the Law

Naloxone is a medicine that rapidly reverses an opioid overdose. It can quickly restore normal breathing to a person if their breathing has slowed or stopped because of an opioid overdose. Naloxone has no effect on someone who does not have opioids in their system, and it is not a treatment for opioid use disorder. Since heroin is classified as an opioid, naloxone should be given to any person who shows sign of a heroin overdose or when an overdose is suspected. If you or a loved one is at risk for heroin overdose, it is important to have naloxone on hand.<sup>4</sup>

## Know Michigan's Good Samaritan Law

During an overdose, a quick response can save a life. However, people illegally using drugs sometimes do not seek medical attention during an overdose for fear of alerting police of their illegal drug use. In order to prioritize saving lives, Michigan passed a Good Samaritan law in 2016. Michigan's Good Samaritan law prevents drug possession charges against those that seek medical assistance for an overdose in certain circumstances. This law makes saving lives the priority during a drug overdose, not criminal prosecutions of illegal drug users.<sup>5</sup>



## Know Heroin Use Can Lead to Addiction

Heroin is highly addictive. People who regularly use heroin often develop a tolerance, which means that they need higher and/or more frequent doses of the drug to get the desired effects. Those who are addicted to heroin and stop using the drug abruptly may have severe withdrawal. Withdrawal symptoms, which can begin as early as a few hours after the drug was last taken, include:

- restlessness
- severe muscle and bone pain
- sleep problems
- diarrhea and vomiting
- cold flashes with goose bumps
- uncontrollable leg movements
- severe heroin cravings

## Know That Support is Available

Remember that addiction is a disease and those suffering should be treated with care and compassion as with any other disease. It is a chronic brain disease that can be managed with medical treatment. Talk to your doctor and considering finding a support group to come together with others facing addiction and the road to recovery. It may be helpful to learn from the experience of others and receive emotional and social support.

Visit [www.michigan-na.org/flint-area/meetings/](http://www.michigan-na.org/flint-area/meetings/) to find a support group today!

<sup>1</sup> NIDA. "What is heroin and how is it used?" National Institute on Drug Abuse, 28 May, 2020. <https://www.drugabuse.gov/publications/research-reports/heroin/what-heroin>

<sup>2</sup> CDC. "Opioid Overdose, Heroin." Centers for Disease Control and Prevention, National Center for Injury Prevention and Control, 19 Mar. 2020. [www.cdc.gov/drugoverdose/opioids/heroin.html](http://www.cdc.gov/drugoverdose/opioids/heroin.html).

<sup>3</sup> NIDA. "Heroin Drug Facts." National Institute on Drug Abuse, 21 Nov. 2019. <https://www.drugabuse.gov/publications/drugfacts/heroin>

<sup>4</sup> NIDA. "Naloxone." National Institute on Drug Abuse, 11 Sep. 2019. <https://www.drugabuse.gov/publications/drugfacts/naloxone>

<sup>5</sup> "Michigan's Good Samaritan Law." MDHHS. [www.michigan.gov/mdhhs/0,5885,7-339-71550\\_2941\\_4871\\_79584\\_79585\\_79587\\_79590-409680--,00.html](http://www.michigan.gov/mdhhs/0,5885,7-339-71550_2941_4871_79584_79585_79587_79590-409680--,00.html)

## HEROIN ABUSE RESOURCES IN GENESEE COUNTY AND SURROUNDING AREAS

If an individual has **Medicaid, is uninsured, and/or has general questions**, they may call or visit (during business hours) the **Genesee Health System Access Center** at

- (810) 257-3740 (Crisis Line and Virtual Behavioral Health Urgent Care available 24/7)
- TTY (810) 232-6310
- Toll-Free (877) 346-3648
- Text FLINT to 741741 (Crisis Text Line available 24/7)
- 420 W. Fifth Avenue, Flint, MI 48503 – Open Monday through Friday 8 a.m. to 5 p.m.

**Please have the follow information available when calling to expedite the process:**

- Name, date of birth, social security number
- Medical insurance card or numbers, including Medicaid (if applicable)

- Names of current medicines and doctors
- Guardianship of court papers (if applicable)
- Special education or other school records (if applicable)
- Drugs (quantity, frequency)
- Services needed (detox, inpatient, outpatient)

Fees for services are based on a person's ability to pay, therefore, staff will need to know the household income and number of dependents of the person seeking help, a coverage determination will be made at the time of the screening. Staff will let you know if you can expect to have any cost for your services. No one will be denied services based on their inability to pay.

If an **individual has insurance other than Medicaid**, call the insurance plan directly to determine covered services and providers.

### Genesee County Prevention and Treatment Directory

#### **Above the Water House**

4105 Keyes St, Flint, MI 48504  
(810) 877-2907

Women's recovery housing for females with addiction with mild to moderate psychological impairments.

#### **Catholic Charities of Shiawassee and Genesee Counties**

901 Chippewa St, Flint, MI 48503  
(810) 232-9950

#### **Flint Odyssey House**

529 M.L. King Ave, Flint, MI 48502  
(810) 238-5888

Residential detox, long-term residential, outpatient, and adolescent substance use disorder services.

#### **Genesee Health System Access Center**

420 W. Fifth Ave, Flint, MI 48503  
(810) 257-3740

TTY (810) 232-6310

Toll-Free (877) 346-3648

Professional, compassionate and confidential help with questions, referrals for community resources, and routine screenings for adults with mental illness and individuals with substance abuse treatment needs. Screenings available Monday-Friday, 8 a.m. to 5 p.m.

#### **Great Lakes Recovery Mission**

504 N. Grand Traverse St, Flint, MI 48503  
(586) 491-1057

Substance abuse residential rehab facility and provides treatment to people with drug addiction and other substance abuse problems.

#### **Life Challenge Ministries**

##### **Life Challenge of Southeastern Michigan**

17667 Pierson St, Detroit, MI 48219  
1230 Dupont St, Flint, MI 48504

(844) 355-LIFE

info@lcministries.org

One-year residential program for men and women with drug, alcohol, and other life-controlling addictions. Affiliated with Teen Challenge USA, International, their goal is more than rehabilitation. A faith-based program.

#### **Meridian Health Services**

1255 N. Oakland Blvd,  
Waterford Twp, MI 48327  
(248) 599-8999

Detox/withdrawal management, residential treatment, medication-assisted treatment, and outpatient program.

#### **Narcotics Anonymous – Flint**

(800) 230-4085

#### **Nar-Anon Support for Families – United in Hope**

(810) 397-7175

#### **New Paths, Inc.**

765 E. Hamilton Ave, Flint, MI 48505  
(810) 233-5340

newpaths.org

#### **Remedy Exchange, Inc.**

8308 Office Park Dr, Suite One,  
Grand Blanc, MI 48439

(810) 449-0159

PRIME for Life Program that helps youth and adults learn how to reduce their risk of alcohol and other drug related problems throughout life.

#### **Sacred Heart Rehabilitation Center Flint Outpatient Recovery & Wellness Services**

2091 Professional Dr, Flint, MI 48532  
(810) 732-1652

Outpatient Recovery and Wellness Center

#### **Sacred Heart Rehabilitation Center Adult Residential & Clearview Campus**

400 Stoddard Rd, Richmond, MI 48062  
(810) 392-2167

Outpatient Recovery and Wellness Center

#### **Salvation Army Adult Rehabilitation (Men Only)**

2200 N. Dort Hwy, Flint, MI 48506  
(810) 234-2678

Long-term residential program, spiritual base, work therapy, group and individual counseling, leisure time activities.