

APPENDIX: RESOURCES

The information in this guide was compiled from the following reliable and science-based resources. Rather than providing direct links to individual pieces of information, the documentation below includes the home page and a short description of the websites, organizations, and data portals most likely to provide you with the additional information you need to protect your family. We recommend searching each page for the specific information you need.

CT Talk It Out*

Any parent who wishes to access supports are invited to call **833-258-5011** and engage with trained professionals who will listen and speak with them about their concerns. If additional help is needed, they will be referred to community-based services.

Línea directa para madres y padres*

You can connect with the Partnership for Drug Free Kids (now Center on Addiction) Helpline specialists to help you find answers and make an action plan in the following ways:

Call 1-855-378-4373

Send a Text Message to 5573

Center for Disease Control (CDC) works 24/7 to protect America from health, safety, and security threats, both foreign and in the U.S. Whether diseases start at home or abroad, are chronic or acute, curable or preventable, human error or deliberate attack, CDC fights disease and supports communities and citizens to do the same.

Change the Script is a statewide public awareness campaign to help communities deal with the prescription drug and opioids misuse crisis. It connects town leaders, healthcare professionals, treatment professionals and everyday people with the resources they need to face prescription opioid misuse - and write a new story about what we can accomplish when we all work toward a shared goal. Materials also available in Spanish.

Community Coalitions

Communities throughout Connecticut have substance prevention coalitions that you can join as a community member. As a member of your local prevention council and coalition, you become an active participant in the prevention and reduction of youth substance misuse efforts. Many of these coalitions also have a youth committee for middle and high school students who can also join and lend their voice to this work. Through the delivery of evidence-based strategies, our community coalitions in Connecticut are a part of the critical infrastructure for healthy communities, youth, and families.

Connecticut Opioid Overdose Prevention/Naloxone (Narcan) Initiative

Naloxone, also known as Narcan, is a prescription medication that reverses opioid overdoses. It is a safe and easy-to-use medication that you can get from your doctor or a certified pharmacist.

El Departamento de servicios de salud mental y adicciones de CT is designed to promote the overall health and wellness of individuals and communities by preventing or delaying substance use. Prevention services comprise six key strategies including information dissemination, education, alternative activities, strengthening communities, promoting positive values, and problem identification & referral to services.

CT Office of the Chief Medical Examiner aims to provide accurate certification of the cause of death and to identify, document and interpret relevant forensic

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scientific information for use in criminal and civil legal proceedings necessary in the investigation of violent, suspicious, and sudden unexpected deaths by properly trained physicians. Providing such information may prevent unnecessary litigation, protect those who may have been falsely accused, and lead to proper adjudication in criminal matters.

CT 211. 2-1-1 is a free, confidential information and referral service that connects people to essential health and human services 24 hours a day, seven days a week, online and over the phone.

Crisis Text Line

- **Text 7417741**

KidsHealth aims to give families the tools and confidence to make the best health choices. It provides doctor-reviewed advice, sections for parents and children, easy-to-follow information, and free lesson plans for educators.

MedlinePlus is a service of the National Library of Medicine (NLM), the world's largest medical library, which is part of the National Institutes of Health (NIH). Our mission is to present high quality, relevant health and wellness information that is trusted, easy to understand, and free of advertising, in both English and Spanish. Anywhere, anytime, on any device for free.

Naloxone + Overdose App (NORA)

NORA is a free app from the Connecticut Department of Public Health. Use NORA to prevent, treat, and report opioid overdose.

Narcotics Anonymous

Narcotics Anonymous is a global, community-based organization with a multilingual and multicultural membership. NA was founded in 1953, and members hold nearly 76,000 meetings weekly in 143 countries today.

A Parent's Guide to Opioid Use Prevention

National Institute on Drug Abuse (NIDA) is one of the National Institutes of Health and works to advance science on the causes and consequences of drug use and addiction and to apply that knowledge to improve individual and public health.

National Suicide Lifeline:

- **Call 800-274-TALK**
- **En Español: 888-628-9454**

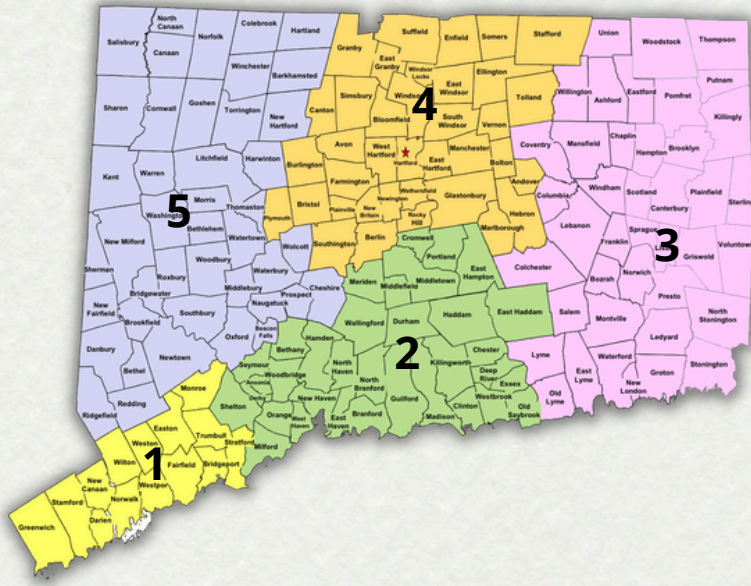
Partnership to End Addiction is the joining of two organizations, the Center on Addiction and Partnership for Drug-Free Kids. Their mission is to transform how our nation addresses addiction by empowering families, advancing effective care, shaping public policy and changing culture.

Substance Abuse and Mental Health Services

Association (SAMHSA) is the agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation. SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities.

For further resources and information, you may visit the **REGIONAL BEHAVIORAL HEALTH ACTION ORGANIZATION in your area:**





- Region 1: Southwest - The Hub**
- Region 2: South Central - Alliance for Prevention & Wellness**
- Region 3: East - SERAC**
- Region 4: Central North - Amplify**
- Region 5: North West - Western CT Coalition**