

WHAT ARE OPIOIDS?

Opioids include prescription painkillers like oxycodone, hydrocodone, codeine, and morphine, synthetic opioids like fentanyl, methadone, pethidine, and tramadol, and semi-synthetic opioids like heroin. By interacting with receptors in the brain and body, opioids can reduce a person's perception of pain, but may also cause drowsiness, confusion, euphoria, nausea, constipation, and slowed breathing. At high doses, slowed breathing can result in death.

OPIOID USE DISORDER

Opioid use disorder occurs when opioids cause significant impairment and distress. Symptoms include:

- Taking larger amounts or taking drugs over a longer period than intended
- Persistent desire or unsuccessful efforts to cut down or control opioid use
- Spending a great deal of time obtaining or using the opioid or recovering from its effects
- Craving, or a strong desire or urge to use opioids
- Problems fulfilling obligations at work, school or home
- Continued opioid use despite having recurring social or interpersonal problems
- Giving up or reducing activities because of opioid use
- Using opioids in physically hazardous situations such as driving while under the influence of opiates
- Continued opioid use despite ongoing physical or psychological problem likely to have been caused or worsened by opioids
- Tolerance (need for increased amounts or diminished effect with continued use of the same amount)
- Experiencing withdrawal (opioid withdrawal syndrome) or taking opioids (or a closely related substance) to relieve or avoid withdrawal symptoms

OVERDOSE PREVENTION

Naloxone, branded as Narcan, is a medication that can reverse the effects of an opioid overdose, potentially saving a person's life. Overdose prevention with Narcan involves making this medication readily available to those who may be at risk of experiencing an opioid overdose, such as individuals who use opioids recreationally or those who have a history of opioid addiction. It is important for individuals to be trained on how to recognize the signs of an opioid overdose and how to administer Narcan properly. Additionally, it is essential to call emergency services as soon as possible if an overdose is suspected, even if Narcan has been administered. By increasing access to Narcan and providing education on overdose prevention, we can reduce the number of opioid-related deaths and potentially save lives.

CONTACT US
For more information, get in touch!

PARAMUS HEALTH DEPT.

1 W Jockish Square
Paramus, NJ 07652

(201) 265-2100 ext. 2502
HealthSupport@paramusborough.org

FIND US ONLINE

ParamusHealth.org

 facebook.com/ParamusHealth

 @ParamusHealth

 @ParamusHealth

Resources in this brochure are for informational purposes only and are not endorsed by the Paramus Health Department



COMMUNITY RESOURCES

For Opioid Use Prevention,
Treatment, & Support

PREVENT. PROMOTE. PROTECT.

Paramus
Health
Department

SUBSTANCE USE RESOURCES

Access Center for Mental Health & Addiction

Bergen New Bridge Medical Center

230 East Ridgewood Avenue
Paramus, NJ 07652
800-730-2762
NewBridgeHealth.org

The Bergen New Bridge Addiction and Substance Use Disorder Treatment Program offers a full range of services across the entire continuum of care. Programs provide a supportive environment to begin a journey towards recovery. Services offer a safe and controlled withdrawal from alcohol, opiates, and benzodiazepines.

Care Plus NJ

610 Valley Health Plaza
Paramus, NJ 07652
201-265-8200
CarePlusNJ.org

Care Plus NJ's Addiction Recovery Services offers a comprehensive range of services that start with an evaluation to guide individuals to the most appropriate level of care. Services include:

- Outpatient Withdrawal Management
- Medication Assisted Treatment (MAT)
- Intensive Outpatient & Outpatient Programs
- Therapeutic & Support Services

New Pathways

20 Powers Drive
Paramus, NJ 07652
201-730-9713
NewPathway.com

At New Pathway, addiction treatment specialists work with adults, teens, and their families to treat substance abuse. The program integrates 12 step philosophy, mindfulness, physical fitness, holistic wellness and medical treatment when appropriate. Included in the treatment program is family counseling, positive peer mentorship, and a caring, motivating environment which encourages commitment and yields the highest rate of success for long lasting sobriety.

Reach NJ

1-844-REACHNJ (732-2465)
ReachNJ.gov

ReachNJ is a central call-in line for New Jersey residents who are looking for help with a substance use disorder (SUD). Each call to ReachNJ is answered by a live person in the first 30 seconds.

SUBSTANCE USE RESOURCES

Bergen County Department of Health Services

Office of Alcohol & Drug Dependency

One Bergen County Plaza | 4th Floor
Hackensack, NJ 07601
201-634-2600
sklein@co.bergen.nj.us

Offers information and referral to Bergen County residents who are uninsured or underinsured for:

- Assessment
- Detoxification services
- Outpatient services
- Short term residential treatment
- Intensive outpatient services
- Halfway house services

SEXUAL HEALTH RESOURCES

Planned Parenthood

Englewood

46 North Van Brunt Street
Englewood, NJ 07631
201-894-0966

Hackensack

575 Main Street
Hackensack, NJ 07601
201-489-1140

Paterson

680 Broadway
Paterson, NJ 07514
973-345-3883

Spring Valley

25 Perlman Drive
Spring Valley, NY 10977
845-426-7577

Offers high-quality and affordable services and education for uninsured and insured individuals including:

- Abortion
- Birth Control
- HIV Services
- Men's Health Care
- Morning-After Pill (Emergency Contraception)
- Pregnancy Testing and Services
- STD Testing, Treatment, and Vaccines
- Women's Health Care

The Spring Valley location offers **primary care services**

Paramus Health Department

1 W Jockish Square
Paramus, NJ 07652
201-265-2100 ext. 2300
ParamusHealth.org

HealthSupport@paramusborough.org

Offers no-cost rapid HIV tests and referral to community organizations which support at-risk individuals.

PRIMARY CARE RESOURCES

Bergen Volunteer Medical Initiative

75 Essex Street, Suite 100
Hackensack, NJ 07601
201-342-2478
BVMI.org

No-cost healthcare for Bergen County's working uninsured, whose household income is less than 250% of the Federal Poverty Level

North Hudson Community Action Corporation

201-210-0200
NHCAC.org

Garfield

535 Midland Avenue
Garfield, NJ 07026

Hackensack

25 East Salem Street
Hackensack, NJ 07601

Primary care services available with a sliding fee discount for uninsured patients. Additional services include internal medicine, pediatrics, and women's health. Dental services available at Garfield.



CRISIS RESOURCES

In the event of an emergency, please call 911

Suicide Prevention Lifeline

Call or Text 988

National Sexual Assault Hotline

800-656-HOPE (4673)

Trans Lifeline

877-565-8860

Support for trans people in crisis

The Trevor Project

Text "START" to 678-678
or call 866-488-7386

Crisis support services for LGBTQ+ youth