

Suffolk County can

HELP!

Heroin **E**ducation **L**eads to **P**revention



Your Resource Guide to Combat Heroin

Includes how to detect warning signs, who to contact for help, law enforcement options and support networks.

Brought to you by
Suffolk County Executive Steve Levy

Message from Suffolk County Executive Steve Levy

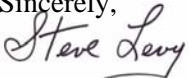
Heroin has emerged as a scourge of suburbia – threatening our schools, our communities, our families and our children. This resource guide has been produced as part of Suffolk’s comprehensive 10-point plan to combat the heroin problem within our county. We believe that HELP is on the way with our Heroin Education Leads to Prevention program.

This guide contains information on how to recognize signs of drug use in children, what treatment and support options are available and how and when to contact law enforcement.

Suffolk County is creating a new Heroin Task Force in our Police Department that will be dedicated to combating this challenging problem. In addition, we are expanding our PoliceSmart education program into participating high schools to make the program available to students in grades K -12. We will be hosting Prescription Drug Drop Off Days where residents can safely deposit their unused prescription drugs. The county also has drug test kits available for parents to home-test their kids for drug use.

The Suffolk County Division of Community Mental Hygiene in the Department of Health Services oversees a network of community based substance abuse prevention and treatment programs that are available to assist you and your family. They can be reached at 853-8500 or <http://www.co.suffolk.ny.us/departments/healthservices/mentalhygiene.aspx> I also encourage you to visit the Suffolk County Prevention Resource Center at www.liprc.org, a site that promotes prevention, treatment, and community mobilization.

We believe that by working together – elected officials, law enforcement personnel, school and community leaders, and parents – we can HELP counter the tide of heroin abuse in our county.

Sincerely,


Steve Levy, Suffolk County Executive

Heroin Education Leads to Prevention (HELP) Program

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The County of Suffolk, the S.C. Police Department, their agents, officers, employees, elected officials, do not attest to the effectiveness of the programs, persons, or treatments listed and described in this Guide. They have been obtained through research and not independently tested or reviewed by Suffolk County or the S.C. Police Department. The County does not warrant or guarantee the effectiveness or result of any of these programs, persons, or treatments. The information contained in this Guide is not all inclusive, and no definitive conclusions should be drawn from the information contained in this Guide. **Professional assistance, medical attention, drug treatment guidance, and emergency assistance should be sought as needed under the circumstances presented in each case**

How To Keep Your Kids Safe

The first step in keeping your kids safe from drugs is to begin talking to them about the risks of drugs and alcohol. In order to be prepared, we recommend visiting the Partnership for a Drug Free America's TimeToTalk™ website at www.TimeToTalk.org. The tips below are adapted in part from that site. Educating yourself and maintaining communication with your children is the best way to keep them safe.

1. Make sure your child knows that you are there for them and they can talk to you about anything.
2. Emphasize the importance of staying healthy in all they do.
3. Talk about ways they can slow down, relieve stress and blow off steam in healthy ways.
4. Use “teachable moments” to bring up the subject of drugs. Make reference to a fictional character, movie star, professional athlete, classmate or relative who has received attention recently for drug use. Ask whether or not your child thinks the drug use was cool, or recognizes that the person has a drug problem.
5. Be very clear about the consequences of drinking, drunk driving and drug use. Explain how addiction can wreak havoc on a person's life.
6. Discuss and role play how to turn down drugs from friends. Practicing is crucial to standing up to peer pressure.
7. Be prepared to answer the question “Did you do drugs?” Visit the website for various ways to handle this question.
8. As a parent, continue to educate yourself about the drug scene in order to know what to look for and continue to keep your kids safe.
9. Remember, if you have a conversation with your child and it doesn't go well, it's not the end of the world. Don't give up. Try again later.
10. Be aware that often underage alcohol use can be a pre-cursor to other substance abuse. Respond and monitor accordingly.

What To Do If You Suspect Drug Use

Some of the best resources can be found at www.drugfree.org, a website with age-specific guides, informative videos on how to talk to your children about drug use, and what steps to take if they are using illicit substances. The steps below are adapted from the Parent Toolkit found at www.drugfree.org

What to do if your child is using drugs – how to step in and help:

1. Determine a course of action for your child's substance abuse treatment with your spouse or other family member.
2. Speak to your child when he/she is sober and preferably not angry or upset.
3. Clearly express that you love your child and that your discussing substance abuse treatment with him or her is out of concern for his/her safety and well-being.
4. Explain that it is your obligation as a parent to make sure your child reaches adulthood as safely as possible.
5. Describe the warning signs of drug use you've observed in your child's behavior and explain that these signs warrant serious attention, family support and professional help.
6. Actively LISTEN to what your child says. Convey empathy and remain focused on the drug abuse issue at the moment.
7. To get your child thinking about substance abuse differently, ask what he/she wants out of life and how things are going in school, with friends etc...
8. Prompt your child to consider the link between substance abuse and his/her dreams or wishes.

Ask your child about the effect of substance abuse on his/her life. Establish steps to gather information on drug addiction, recovery and resources and discuss treatment.

Potential Signs of Illicit Drug Use

Physical Symptoms

- Fatigue, dramatic changes in sleeping patterns
- Persistent cough, frequent illnesses, flu or allergy like symptoms, chest pains
- Red and glassy eyes
- Decrease in short-term memory
- Change in health, personal hygiene, grooming

Physical Symptoms (Heroin Use)

- Constricted, pinpoint pupils
- Nausea, vomiting
- Constipation, cessation of menstruation
- Itching and scratching
- Weight loss
- Needle marks on arms and/or legs
- Dry mouth, runny nose, constant sniffing
- Droopy appearance, as if extremities are “heavy”

Emotional

- Personality change, mood swings
- Irritability, anger, hostility
- Irresponsible behavior, poor judgment, carelessness
- Diminished self-esteem
- Loneliness, paranoia, or depression
- Uncharacteristic lack of interest, change in interests

Family Relationships

- Decreased interest in the family and family activities
- Uncharacteristically argumentative
- Negative attitude
- Mistreatment of younger siblings
- Breaking rules, skipping curfew
- Secretiveness, withdrawal
- Evasive when accounting for time
- Lying, dishonesty, stealing
- Unexplained disappearance of money or household valuables

School Activities

- Decreased interest in schoolwork and activities
- Negative attitude, discipline problems
- Poor performance
- Irregular school attendance
- Absences, lateness

Relationships with Friends

- Distancing oneself from old friends
- New group of friends/acquaintances
- Changes in conversations with friends, using “codes” and whispering
- Not bringing friends home
- Friends of a markedly lower character
- Changes to style in clothing, music or activities

Evidence of Heroin Use:

- Burnt gum wrappers, foil
- Burnt spoons, disappearing spoons
- Missing shoelaces (used to tie off arms to inject heroin)
- Pipes, rolling papers, etc.
- Bottles of eye drops used to mask bloodshot, glassy eyes

A few slang terms for heroin:

- Alquitran , Anti-freeze, Aries, Beast, Big H, Brown Sugar, Brown, Black Tar (type), China White (type), Dope, Dr. Feelgood, H, Junk, Smack, Tigre de Blanco

What To Do If Your Child Is In Crisis

You have just discovered your child is using illicit substances. Your first step should be to breathe. Now, keep reading. It may be a scary time, but you are not alone and you have options, seek out support. The following, provided in part by www.drugfree.org, will help you get focused, get talking, and get help.

1. Talk with your spouse/partner and get on the same page. Nobody is to blame, come to an agreement with each other and present a unified front.
2. Have a conversation not a confrontation. Preparing yourself first will help you stay calm, loving, and direct.
3. Show your concern; let your teen know you value honesty. Be prepared to listen.
4. Create a safe environment for your child to share the truth. Eliminate interruptions such as cell phones. Consider immunity as a reward for honesty.
5. Set limits. Lay out rules to help your kids understand what you expect. Don't assume they "know" what you expect.
6. Set consequences. This helps a teenager by making clear what they are to do and not to do. For example set a 'no-use policy.'
7. Monitor your child. Weigh your concerns for your child's health against concerns for their privacy. Don't be afraid to ask questions.
8. Seek help. "Outside help" is not rehab. Outside help includes school counselors, your family doctors, maybe even a sports team coach.
9. Seek treatment. Find out the extent of the problem. Contact the nearest community based outpatient chemical dependency treatment program for a drug and alcohol assessment.
10. Make contact. For information on treatment providers call S.C. Division of Mental Hygiene at 853-8533. Referrals can also be obtained by calling 1-877-8-HOPENY.

What To Do If Your Family Is In Crisis

It is important to recognize that heroin usage, or any other form of substance abuse, can affect more people than just the addict. The following offers advice on how to assist other members of the family in crisis.

Parents

For guidance and understanding on what it means to be a parent dealing with young adult addiction and substance abuse consider visiting INTERVENE: A Community of Parents Concerned About Their Teens Alcohol and Drug Use at <http://intervene.drugfree.org/> This may provide you an understanding of how other parents live with, cope, and find treatment for their young-adult dealing with substance abuse. Also, Families Anonymous is available at 516-221-0303.

Siblings

Your non-substance-abusing children may seem okay, but they may be harboring resentment towards their sibling and even you. These feelings are natural but can be detrimental to recovery for the user and the family healing process. So, consider getting help to insure your other children are stable emotionally and understand the situation. This will aid everyone's recovery and healing. You may involve:

- A school counselor
- Other caring adults, such as a teacher, coach, aunt or uncle
- Support groups, such as Al-Anon or Ala-Teen

Locally, the Long Island Council on Alcoholism and Drug Dependence (LICADD) offers Family Chemical Dependency Interventions. LICADD also provides follow-up care to families and patients for six months following an intervention and stands ready to assist at every step during the recovery process. LICADD is a non-profit organization. For more information about LICADD's Family Chemical Dependency Interventions, services, or to schedule a free confidential consultation with a professional clinician, please call 631-979-1700.

Help is available in Suffolk County

Programs listed below include both non-profit and for-profit organizations. This is not an all inclusive list and there are many other worthy treatment centers that may be helpful.

Type of Program

Prevention

Suffolk County Prevention Resource Center
400 Sunrise Highway
Amityville, NY 11701
631-608-5037

Human Understanding & Growth Seminars
39 Mill Road
Westhampton Beach, NY 11978
631-288-9505

Long Island Council on Alcoholism & Drug Dependence
2805 Veterans Memorial Highway, Suite 26
Ronkonkoma, NY 11779
631-979-1700

Long Island Gay and Lesbian Youth
34 Park Avenue
Bay Shore, NY 11706-7309
631-665-2300

Retired Senior Volunteer Program
811 W. Jericho Tnpk., Suite 103W
Smithtown, NY 11787
631-979-9490

Outpatient Treatment

Alternatives Counseling Center
291 Hampton Road
Southampton, NY 11968
631-283-4440

Brookhaven Memorial Hospital
365 East Main Street
Patchogue, NY 11772
631-854-1222

Catholic Charities
155 Indian Head Road
Commack, NY 11725
631-543-6200

Family Counseling Services
Beinecke Bldg., Main St.
P.O. Box 1348
Westhampton Beach, NY 11978
631-288-1954

Family Recovery Center
1444 Fifth Ave.
Bay Shore, NY 11706
631-647-3100

Huntington Drug and Alcohol
423 Park Ave.
Huntington, NY 11743
631-271-3591

*Programs listed below include both public and private organizations.
This is not an all inclusive list and there are many other worthy treatment centers that may be helpful.*

J.T. Mather Memorial Outpatient Clinic
208 Route 112
Port Jefferson, NY 11776
631-331-8200

Pederson Krag Center
55 Horizon Drive
Huntington, NY 11743
631-920-8000

Town of Babylon Drug and Alcohol
400 Broadway
Amityville, NY 11701
631-789-3700

Town of Islip - ACCESS
401 Main Street
Islip, NY 11751
631-224-5330

Town of Smithtown - Horizons
124 West Main Street
Smithtown, NY 11787
631-360-7578

YMCA Family Services
2545 Middle Country Road
Centereach, NY 11720
631-580-7777

Impact Counseling Services
2760 Middle Country Road
Lake Grove, NY 11755
631-467-3182

Ken Peters Center for Recovery
300 Motor Parkway, Suite 110
Hauppauge, NY 11788
631-273-2221

Seafield
7 Seafield Lane,
Westhampton Beach, NY 11978
1-800-448-4804

C.A.R.E.
3001 Expressway Drive North, Suite 300
Islandia, NY
631-532-5234

Outpatient Adolescents Treatment

Hope for Youth
275A Dixon Ave.
Amityville, NY 11701
631-842-7900

Daytop Outreach Center
2075 New York Avenue
Huntington Station, NY
631-351-7112

Community Residence - Women and Children

Madonna Heights - Morning Star
151 Burrs Lane
Dix Hills, NY 11746
631-643-8800

School and Community Based Prevention

Riverhead CAP
542 East Main Street, Suite 3
Riverhead, NY 11701
631-727-3722

Brentwood UFSD
52 Third Ave.
Brentwood, NY 11717
631-434-2149

Eastern Suffolk BOCES
1741 D North Ocean Ave.
Medford, NY 11763
631-289-0078

Inpatient Medical Detoxification

Eastern Long Island Hospital
Greenport, NY
631-477-8877

Brookhaven Memorial Hospital
101 Hospital Road
Patchogue, NY 11772
631-687-4000

Mather Memorial Hospital
75 North Country Road, Port Jefferson, NY 11777
631-476-2747

South Oaks Hospital
400 Sunrise Highway
Amityville, NY 11701
631-608-5610

Inpatient Rehabilitation

C.K. Post Addictions Center
Pilgrim Psychiatric Center, Bldg #1
998 Crooked Hill Road
West Brentwood, NY 11717
631-434-7200

Long Island Center for Recovery
320 West Montauk Highway
Hampton Bays, NY 11946
631-728-3100

Quannacut - Eastern Long Island Hospital
201 Manor Place, 2nd floor
Greenport, NY 11944
631-477-8877

South Oaks Hospital
400 Sunrise Highway
Amityville, NY 11701
631-608-5610

Seafield
7 Seafield Lane
Westhampton Beach, NY 11978
1-800-448-4804

St. Charles Hospital
200 Belle Terre Road
Port Jefferson, NY 11777
631-474-6233

V.A. Medical Center, Bldg 52
Northport, NY 11751
631-261-4400

Bridge Back to Life (serves Suffolk too)
4271 Hempstead Turnpike
Bethpage, NY 11714
516-520-6600

Long Term Residential Care

Phoenix House of Long Island
Pilgrim Psychiatric Center, Bldg #5
998 Crooked Hill Road,
Brentwood, NY 11717
631-306-5700

Outreach House
400 Crooked Hill Road
Brentwood, NY 11717
631-231-3232

Spanish Resources

Acceso
Brentwood, NY 11717
631-436-6065

Hispanic Counseling Center
1322 5th Ave
Bay Shore, NY 11706
631-328-4959

Methadone Treatment

Suffolk County Division of Community Mental Hygiene
Hauppauge MMTP, 200 Wireless Blvd.
Hauppauge, NY 11788
631-853-7373

Suffolk County Division of Community Mental Hygiene
County Center- 300 Center Drive, 2nd Floor.
Riverhead, NY 11901
631-852-2680

Other Support Group Listings

Alcoholics Anonymous
631-654-1150

Alanon/Alateen
1-888-425-2666

Families Anonymous
1-516-221-0303

Narcotics Anonymous
1-800-477-6291

Mental Health Information

In some instances, persons who abuse drugs may also be suffering from mental illness. The following resources may be useful:

Comprehensive Psychiatric Emergency Program at Stony Brook University Hospital (CPEP) Nicolls Road, Stony Brook. Emergency psychiatric care is available 24 hours a day, seven days a week.

Mental Health Association

199 N. Wellwood Ave, Lindenhurst, NY 11757
631-226-3900

Mental Health Information Hotline (Suffolk County locale)

24 hour hotline provides guidance on where to seek assistance
631-952-3333

Mobile Crisis Team (If emergency assistance is needed dial 911)

The Mobile Crisis Team is a group of licensed mental health professionals who provide assistance **to adults** by assessing a mental health crisis situation by telephone or visit. Hours -10 a.m. - 8 p.m. seven days a week.

Sagamore Mobile Crisis Unit (If emergency assistance is needed dial 911) Provides same services as Mobile Crisis Team (above) for children up to age 18. Hours-Monday -Friday 11 a.m. to 7 p.m.

Suffolk County Division of Mental Hygiene Services

631-853-8500

Response Hotline of Suffolk County

Free crisis counseling/referrals

www.responsehotline.org

631-751-7500

Suicide Prevention Hotline

1-800-273-TALK(8255)

In addition to the treatment centers listed in this guide, please visit some of the following websites for additional information.

www.drugs.com

This website is commonly used to identify pills found outside of their normally used containers. The site's "**Pill Identifier Wizard**" allows the user to fill in color, shape and identifying marks and then scans its database to provide a full color photo of the pill. This is most useful in identifying prescription medications that may be being used for the wrong reasons.

What is your child texting?

The following websites contain translations of text messaging abbreviations or language that are commonly used by teens in text and e-mail messages.

www.netlingo.com

On the top of the homepage, open "**Top Acronym & Text Messaging Shorthand**" Also on the left side of the page, you will find **Popular Topics** that includes "**Top 50 Internet Acronym & Text Message Shorthand Every Parent Should Know**".

www.mahalo.com

Once on the site, type; "**How to Understand Your Kids Text Messages**" This provides a thorough resource covering many aspects of text messaging as well as a complete glossary of phrases, terms and abbreviations.

www.knol.google.com

Once on the site, type; "**How to Understand Your Kids Text Messages**"

www.webopedia.com

Browse to right of website; "**Top 15 Items**"

Click on "**Text Messaging**", then follow link to abbreviations.

www.noslang.com

This unique site features a translation tool for text phrases, acronyms, abbreviations and drug slang. It allows you to type an entire text sentence and will translate it for you into layman's terms. It also features a drug slang translator for use should you find a suspicious term while reading a text message.

www.stopdrugs.org

This site can be used to identify prescription or illicit drugs.

www.sixwise.com

Drug recognition website complete with color photos of drugs, their street names and the method in which they may be packaged.

www.addictionca.com

Drug rehabilitation and treatment centers are listed in a comprehensive national search directory.

www.heroinabuse.us

Heroin abuse treatment and warning signs. Get help for a heroin addiction, find treatment and prevention info.

www.usdoj.gov

This is the US Department of Justice website. Once inside, scroll on left side of site to **“DEA Homepage”** and follow link to **“Drug Information”** This is a comprehensive site with extensive information about illegal drugs, their use and packaging, slang or street terms, as well as the symptoms one may exhibit while under the influence of a particular drug.

The Quality Consortium of Suffolk County

www.qualityconsortium.org

The quality Consortium of Suffolk County is a partnership of 23 non-profit organizations located throughout the County that may provide comprehensive, affordable and accessible chemical dependency treatment and prevention services.

Community involvement and coordination with law enforcement will greatly help to combat the spread of heroin and may help prevent others from becoming addicted.

COMMUNITY INVOLVEMENT

Involved citizens are the most valuable resource any community can have in preventing crime, including the sale and use of illicit drugs. Recognizing this fact, Suffolk County has implemented a number of initiatives geared toward safely involving our citizens in preventing and reporting suspicious or unlawful activity. These programs include:



Members of the community are encouraged to report information about crimes, including specific information about drug activity, to our Crime Stoppers Hotline at 1-800-220-TIPS. All calls are kept confidential and cash rewards of up to \$5,000 may be available for information leading to an arrest.

Tip Submit: A Completely Anonymous Internet Crime Tip Service

Have information regarding drug dealers or a crime but don't feel comfortable calling the police? Submit the tip utilizing our completely anonymous internet crime information reporting service called "Tip Submit." To use this service, simply fill out the form at www.tipsubmit.com and submit it. Rewards may be provided.

Text-a-Tip

Know a Drug Dealer? Text a tip regarding someone who is selling heroin, cocaine, marijuana, illegal pills, or other drugs, and you may receive up to a \$500 reward. To utilize this completely anonymous service, text "SCPD" and your message to: CRIMES (274637). This texting service can be used to report information regarding other criminal activity as well.



852-COPS, an initiative of County Executive Steve Levy, enables community members to report incidents that, although not emergencies, may still require a police officer to respond. For example, callers can report drug dealing, loud parties, suspicious activity or disturbances by dialing (631)852-COPS (6677) without tying up 911. All residents are strongly encouraged to use this number to report non-emergent suspicious activity in their communities.

Neighborhood Watch



Many of our communities have partnered with the police department in establishing highly-effective Neighborhood Watch Programs. Consider joining your local Neighborhood Watch, or perhaps consider becoming a Neighborhood Watch coordinator if no program exists in your neighborhood. For more information, call 631-852-6108.

Suffolk County Police Department Heroin Arrest Tracking Map

www.suffolkpct.org. This link is the website for the Suffolk County Police Department. Once on the site click on “**Information/Department Policies**” and then onto “**Suffolk County Drug Mapping Index.**” This site provides an overview of where recent drug arrests have occurred within the county.

Heroin Overdose

In even small amounts heroin can prove fatal as the purity and actual quantity ingested is difficult to know. It is especially dangerous when used in combination with alcohol or other so-called depressant drugs, e.g., Xanax (alprazolam) or Ativan (lorazepam) or by inexperienced (non-tolerant) individuals. The risk of overdose is increased when heroin is injected. It is extremely important to obtain emergency medical treatment for anyone who may be overdosing with heroin. The following may be symptoms of heroin overdose:

- Victim appears sleepy, difficult to rouse or unconscious
- If conscious victim may be disorientated and/or delirious.
- Speech is slurred, movements are sluggish, uncoordinated and weak
- Breathing is slow, shallow and/or labored.
- Pupils are very small, "pinpoint"
- Lips and/or fingernails may be tinged blue.
- Vomiting may occur
- Pulse is weak and blood pressure is low.
- The tongue may be discolored and the mouth may be very dry.

Call 911 immediately if someone is exhibiting any of the above symptoms, or if you believe immediate medical attention may be required.