

There is Hope



Where to go from here: a drug overdose resource guide





“ *Hope is being able to
see that there is light
despite all of the darkness.* ”

– Desmond Tutu

The aim of this resource booklet is to provide opioid overdose victims, family members, loved ones and bystanders with information on local resources for treatment, recovery and to help reduce future risk.

Most importantly we want to give you *hope*.



“ I fell in love with my twelve step program and it fell in love with me. I worked the program and learned from some of the greatest ‘old timers’ in Memphis! ”

– Betsy, recovering alcoholic and addict



“ I would tell a person who is struggling with addiction to get help. It’s okay. I promise you at the end of the day you’re gonna thank yourself. You can be six feet under or you can be behind bars but that’s your choice. Definitely ask for help. ”

– Amber, advocate

Crisis services information/hotlines:



www.taadas.org/Redline.htm

*A resource for addiction treatment referrals.
Callers can connect with treatment providers in
their area*

- **Alcoholics Anonymous (AA)**
901-454-1414
www.memphis-aa.org
*24-hour hotline and information
about meetings*
- **Narcotics Anonymous**
901-276-5483
www.na-wt.org
*24-hour helpline and
information on local meetings*
- **Mobile Crisis/Crisis Stabilization**
901-274-7477
Mental health emergencies only

- **Lifeline Peer Project**

901-289-9706

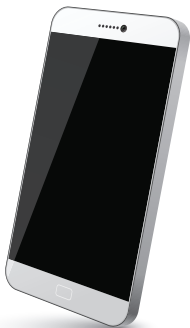
Provides referrals to treatment services, sober living housing and Alcoholics Anonymous and Narcotics Anonymous meetings

- **Tennessee Tobacco QuitLine**

800-QUIT-NOW

www.tnquitline.org

Support for Tennesseans who want to quit smoking or chewing tobacco



REDUCING HARM

The concept of ***harm reduction*** acknowledges that completely abstaining from drugs or alcohol isn't a realistic solution for everyone, but harm reduction efforts attempt to decrease the health, social and economic consequences of drug and alcohol abuse.

Harm reduction strategies include:

- Realize an individual may not be ready to stop using today, but with continued engagement (such as Alcoholics Anonymous or Narcotics Anonymous) he or she may be willing to try treatment eventually.
- Seek out Syringe Services Programs to provide clean needles and get used needles off the street.
- Get trained on administering naloxone and keep a supply of this life-saving medication (CPR training is also recommended). Note that "Good Samaritan" laws grant civil immunity for administering the medicine to someone they reasonably believe is overdosing on an opioid.
- Use fentanyl testing strips to test the presence of fentanyl or related drugs in the street supply of opioids. Search the web for suppliers.

For more information on harm reduction, visit www.harmreduction.org.

REDUCING HARM

REDUCING HARM

Naloxone is a proven tool in the battle against drug abuse and overdose death. When too much of an opioid medication is taken, it can slow breathing to a dangerously low rate. When breathing slows too much, overdose death can occur. Naloxone can reverse this potentially fatal situation by allowing the person to breathe normally again.

Naloxone is not a dangerous medicine. However, proper training is required by law. Any time an overdose is suspected, first responders should be notified by calling 911 immediately and stay with the patient until first responders arrive. It is important to know that some patients may wake disoriented or agitated after receiving naloxone. This is a good sign, but calling 911 is still very important to help the person survive.

Naloxone only works on opioids and is only a temporary reversal. It's extremely important to seek medical care following an overdose.

REDUCING HARM

For information on obtaining naloxone and training on administering naloxone, please contact:

- **David Fuller, Regional Overdose Prevention Specialist**
901-484-2852
- **Tony Hampton, Regional Overdose Prevention Specialist**
901-949-9314
- **Memphis Area Prevention Coalition**
901-249-2828

www.memphisprevention.org

For online resources about naloxone and other prevention programs, see <http://bit.ly/tnprevent>.

NOTES

Recognizing the signs of an overdose is critical for loved ones of an opioid user. Often families or friends have seen their loved one over-medicated in the past, so their current reaction has been to let them “sleep it off.” This complacency could mean death.

SIGNS OF AN OVERDOSE:

- Unresponsive to shouting
- Unresponsive to pain stimulation such as rubbing the chest with knuckles
- Unconsciousness
- Slow and shallow breathing or *not* breathing
- Pale, clammy skin, loss of color
- Blue, purple or gray skin, especially around lips and fingernails
- Faint or NO pulse
- Extremely small “pinpoint” pupils

In the event of a known or suspected overdose:

1. Administer naloxone (an extremely effective medication that stops opioid overdoses and saves lives!)
2. Call 911
3. Watch the person closely. If breathing does not resume within one minute, administer naloxone again
4. Wait with the person for Emergency Services to arrive

RECOGNIZING

For information on obtaining naloxone and training on administering naloxone, please contact:

- **David Fuller, Regional Overdose Prevention Specialist**
901-484-2852
- **Tony Hampton, Regional Overdose Prevention Specialist**
901-949-9314
- **Memphis Area Prevention Coalition**
901-249-2828
www.memphisprevention.org

RECOGNIZING

Anti-Drug Coalition

For more information about local prevention efforts to address the opioid crisis or if you are looking for volunteer opportunities, please contact:

- **Memphis Area Prevention Coalition**

901-249-2828

www.memphisprevention.org

Jack Wyatt, Executive Director
901-484-1132

Alex Williams, Community Organizer
901-249-2828

Lincoln Coffman, Regional Lifeline
Director
901-289-9706

David Fuller, Regional Overdose Prevention
Specialist
901-484-2852

Tony Hampton, Regional Overdose
Prevention Specialist
901-949-9314

RECOGNIZING

Mission Statement

The mission of Memphis Area Prevention Coalition is to bring together communities and organizations to strengthen efforts to reduce the use of tobacco, alcohol and drugs, challenge stigma, increase access to recovery services and prevent opioid related overdoses in Shelby County.

Vision Statement

The vision of Memphis Area Prevention Coalition is to create, support and maintain a safe, healthy and drug free Shelby County.



RECOGNIZING

Lifeline Peer Project

What is the Lifeline Peer Project?

The Lifeline Peer Project is established to reduce stigma related to the disease of addiction and increase access to substance abuse recovery like Alcoholics Anonymous, Narcotics Anonymous, Heroin Anonymous, Double Trouble and Medication-Assisted Recovery Anon meetings.

What are the services offered with Lifeline Peer Project?

Lifeline Representatives help start Alcoholics Anonymous, Narcotics Anonymous, Celebrate Recovery and other self-help support groups. They help connect individuals with treatment and they speak publicly about their own personal experiences with recovery.

How do I access the Lifeline Peer Project of Shelby County?

Please contact:

Lincoln Coffman

901-289-9706

lcoffman@memphisprevention.org

Memphis Area Prevention Coalition

901-249-2828

www.memphisprevention.org

TREATMENT RESOURCES

“Victims who have overdosed are not always familiar with the police or detectives, so we try to give them hope and help them understand that we’re here to get the people who put them in this predicament. That’s our number one goal.”

– Detective Brian K. Scott, Organized Crime Unit,
Memphis Police Department



TREATMENT RESOURCES

Questions to ask recovery/treatment providers:

- What should we expect from treatment?
- How long is the treatment?
- What treatment options are available?
- How do I know which treatment is best for me or my loved one?
- Is your program licensed and accredited?
- Is your program inpatient or outpatient?
- Tell me about the environment at the facility?
- Do you treat multiple disorders (such as addiction and mental health)?
- Do you have medical doctors on staff to treat other medical or mental health issues?
- If your program is a good fit, how soon can we begin treatment?
- What are my payment options?
- How do you involve the family during and after treatment?
- Do you provide follow-up care once initial treatment is over?

TREATMENT RESOURCES



*A resource for addiction treatment referrals.
Callers can connect with treatment
providers in their area.*

www.taadas.org/Redline.htm

- **Alliance Health Care Services**

901-577-9400

951 Court Avenue

Memphis, TN 38103

www.alliance-hs.org

- **Aspell Recovery Center**

731-427-7238

110 McCowat

Jackson, TN 38305

www.aspellrecovery.com

TREATMENT RESOURCES

- **Behavioral Health Group (BHG)**
901-722-9420
For medication-assisted treatment
(MAT) Services:
844-535-7291
1734 Madison Avenue
Memphis, TN 38104
www.bhgrecovery.com
- **Bradford Health Services**
901-300-2930
8566 Cordes Circle
Germantown, TN 38139
www.bradfordhealth.com/locations/memphis-tn/
- **Buffalo Valley**
931-796-5427
501 Park Avenue South
Hohenwald, TN 38462
www.buffalovalley.org
- **CAAP (Cocaine and Alcohol Awareness Program)**
901-360-0442
4041 Knight Arnold Road
Memphis, TN 38118
www.caapincorporated.com

TREATMENT RESOURCES

- **Case Management**
901-821-5600
3171 Director Row
Memphis, TN 38131
www.cmiofmemphis.org
- **Compass Intervention Center**
888-266-7279
7900 Lowrance Road
Memphis, TN 38125
www.compassinterventioncenter.net
- **Crestwyn Behavioral Health**
855-993-4473
9485 Crestwyn Hills Drive
Memphis, TN 38125
www.crestwynbehavioral.com
- **Delta Medical Center**
844-974-0846
3000 Getwell Road
Memphis, TN 38118
www.deltaspecialtyhospital.com
- **First Step Recovery Centers**
901-522-1002
1950 Madison Avenue
Memphis, TN 38104
www.firststeprecoverycenters.org

TREATMENT RESOURCES

- **Grace House of Memphis**
901-722-8460
329 North Bellevue Boulevard
Memphis, TN 38105
www.gracehouseofmemphis.org
- **Harbor House**
901-743-1836
1979 Alcy Road, Memphis, TN 38114
www.harborhousetreatmentcenter.org
- **Haven House**
662-234-7521
152 Highway 7 South
Oxford, MS 38655
www.havenhousems.org
- **The Healing Hearts Foundation**
901-726-4213
1384 Madison Avenue
Memphis, TN 38104
www.healingheartsfoundation.net
- **Innovative Counseling and Consulting**
901-276-0220
1455 Poplar Avenue
Memphis, TN 38104
www.icctreatment.com

TREATMENT RESOURCES

- **JACO (Jackson Area Council on Alcohol and Drug Addiction)**

731-423-3653

900 East Chester Street

Jackson, TN 38301

www.jacoa.org

- **Judicare**

901-274-4116

300 North Bellevue Boulevard

Memphis, TN 38104

- **Lakeside Behavioral Health System**

901-499-4673

2911 Brunswick Road

Memphis, TN 38133

www.lakesidebhs.com

- **Lifecore Health Group**

662-350-0371

2434 Eason Boulevard

Tupelo, MS 38804

www.lifecorehealthgroup.com

TREATMENT RESOURCES

- **Memphis Union Mission:
Iron on Iron
Wright Transitional House**
901-526-8403
170 Tillman Street
Memphis, TN 38111
- **Men's Emergency Shelter**
901-526-8434
383 Poplar Avenue
Memphis, TN 38105
- **Calvary Colony–Intact Family
Ministry**
901-357-9641
4535 Benjestown Road Memphis, TN
38127
www.memphisunionmission.org
- **Memphis Recovery Centers**
866-901-272-7751
219 North Montgomery Street
Memphis, TN 38104
www.memphisrecovery.com
- **Meridian Behavioral Health
Services**
901-347-2850
1950 Madison Avenue
Memphis, TN 38104
www.meridianbhs.net

TREATMENT RESOURCES

- **Moriah House**
901-526-8403
6252 Gillespie Road
Memphis, TN 38104
www.memphisunionmission.org
- **New Leaf Recovery**
931-432-2698 or 877-567-6051
1200 North Willow Avenue Cookeville,
TN 38501
Detox/inpatient
www.vbhcs.org/locations/cookeville
- **Parkwood Behavioral Health System**
662-895-4900
8135 Goodman Road
Olive Branch, MS 38654
www.parkwoodbhs.com
- **Pathways**
731-541-8200
238 Summar Drive
Jackson, TN 38301
www.wth.org/locations/pathways

TREATMENT RESOURCES

- **PAX Memphis**
844-787-5862
4918 William Arnold Road Memphis,
TN 38117
www.paxmemphis.com
- **The Ranch**
888-970-2832
6107 Pinewood Road
Nunnely, TN 37137
www.recoveryranch.com
- **Safe Harbor Memphis**
901-382-0966
3630 Jackson Avenue
Memphis, TN 38108
www.safeharbormemphis.org
- **Safe Harbor Memphis IOP**
901-382-8106 x223
4384 Stage Road
Memphis, TN 38128
- **Salvation Army Adult Rehab Center**
901-531-1750
2649 Kirby Whitten Road Memphis,
TN 38133
www.salvationarmymemphis.org

TREATMENT RESOURCES

- **Serenity Recovery Center**
901-521-1131
1094 Poplar Avenue
Memphis, TN 38105
www.serenityrecovery.org
- **Synergy Treatment Center**
901-332-2227
2305 Airport Interchange Avenue
Memphis, TN 38132
www.synergyc.org
- **Adult & Teen Challenge**
901-272-2308
33 North Cleveland Street
Memphis, TN 38104
www.teenchallengeusa.com
- **Timber Hills Mental Health**
662-393-4789
8237 Swinnea Road
Southaven, MS 38671
- **Warrior Center**
901-405-1298
642 Semmes Street
Memphis, TN 38111
www.warriorscenter.org

TREATMENT RESOURCES

- **Youth Villages**
901-251-5000
3320 Brother Boulevard
Memphis, TN 38133
www.youthvillages.org

TRANSITIONAL HOUSING

- **The GAAL House**
901-515-6377
3750 Hacks Cross Road, Suite
102, Box 113 Memphis, TN
38125
melvinalewisr@gmail.com
www.thegaalhouse.org
- **Memphis Oxford Houses**
615-300-7252
14 Memphis Locations
www.oxfordvacancies.com
- **Rebos Halfway House**
901-230-1957
1187 Tutwiler Ave
Memphis, TN 38107

TREATMENT RESOURCES

- **White Station House**
901-626-7111
1220 South White Station Road
1151 South White Station Road
981 South White Station Road
Memphis, TN 38117
www.memphisaddictionhelp.org

TENNESSEE REGIONAL RESOURCES

- **Tennessee Statewide Crisis Line**
855-274-7471
- **Tennessee REDLINE**
800-889-9789
- **TN 2-1-1**
Call 211
www.211.org
- **24/7 Crisis Text Line**
(text HOME to 741-741)
www.crisistextline.org
- **Mental Health Cooperative, Nashville**
615-726-3340
272 Cumberland Bend
Nashville, TN 37228
www.mhc-tn.org

TREATMENT RESOURCES

- **Cherokee Health**

866-231-4477

Addiction services, social services, dental services, pharmacy, social services, behavioral care. Multiple locations across TN.

2146 Frayser Blvd

Memphis, TN 38127

www.cherokeehealth.com/care-treatment/addiction-recovery

ADDITIONAL RESOURCES

“

I really believe that recovery is only successful if you have the willingness to do the work. No matter what, don't give up.”

– Lincoln, Regional Lifeline Director,
Memphis/Shelby County Anti-Drug Coalition



ADDITIONAL RESOURCES

GENERAL HELP

One of the easiest ways to get help is by dialing
2-1-1, Tennessee's community services help line

- **ACLU**
615-320-7142
- **Civilian Law Enforcement Review Board**
901-636-4979
- **Internal Affairs Department**
901-636-4955
- **Mid-South Peace and Justice Center**
901-725-4990
1000 Cooper St
Memphis, TN 38104
www.midsouthpeace.org
center@midsouthpeace.org
- **MIFA**
901-529-4545
- **National Runaway Switchboard**
800-786-2929
- **Youth Villages - Specialized Crisis Services**
866-791-9226

ADDITIONAL RESOURCES

- **Young Adult Crisis Hotline**
877-702-2463
- **National Domestic Violence Hotline**
800-799-7322
- **Women's Resource and Rape Assistance Program Hotline**
800-273-8712
- **Memphis Police**
901-454-COPS

YOUTH SERVICES

- **Daybreak Youth Services**
888-454-5506
www.daybreakyouthservices.org
- **Compass Intervention Center**
888-266-7279
www.compassinterventioncenter.net
- **Youth Villages**
901-443-6060
www.youthvillages.org

ADDITIONAL RESOURCES

ALCOHOL & DRUG SERVICES

- **Al-Anon & Al-Ateen**
901-323-0321
A program of recovery for the families and friends of alcoholics
- **Alcoholics Anonymous**
901-454-1414/ 901-726-6750
24-hour hotline and information about meetings
www.etiaa.org
- **Count it! Lock it! Drop It!**
888-422-4001
Secure drop-off locations for unused medications
www.countitlockitdropit.org/drop-box-finder
- **Lifeline Peer Project**
901-289-9706
Provides referrals to treatment services, sober living housing and Alcoholics Anonymous and Narcotics Anonymous meetings
- **Narcotics Anonymous**
901-276-5480

ADDITIONAL RESOURCES

- **Tennessee Tobacco QuitLine**
800-QUIT-NOW
Support for Tennesseans who want to quit smoking or, chewing tobacco
www.tnquitline.org
- **The Transformation Center**
901-755-1396
Transformationmemphis.com
- **Mid-south Drug Testing**
901-320-9295
www.midsouthdrugtesting.com
- **Health Street**
901-563-4340
www.health-street.net
- **US Drug Test Centers**
866-566-0261
www.usdrugtestcenters.com

FOOD/CLOTHING

- **Midsouth Food Bank**
901-527-0841
- **Mission Possible**
901-458-4357

ADDITIONAL RESOURCES

- **Neighborhood Christian Centers, Inc.**
901-881-6013
- **Refuge Memphis**
901-410-1080
- **Team Laeth**
901-527-8362
- **Urban Bicycle Food Ministry**
901-484-0481

MEDICAL/SOCIAL SERVICES

- **Medical Emergency**
911
Emergency assistance 24-hours a day
- **Shelby County Health Department**
901-222-9000
- **American Red Cross**
901-726-1690
1399 Madison Avenue

ADDITIONAL RESOURCES

- **Baptist and Christ Community
Operation Outreach**
901-283-8233
1325 Jefferson Ave
Memphis, TN 38104
- **Christ Community
Health Services**
901-842-3166
3362 South Third Street
Memphis, TN 38109
Primary Care MAT Services
www.christcommunityhealth.org
- **Church Health Center**
901-272-0003
1350 Concourse Avenue, Suite 142
- **Friends for All**
901-272-0855
1548 Poplar Ave
Memphis, TN 38104
- **Memphis Child Advocacy Center**
901-525-2377
1805 Poplar Avenue
- **Memphis Health Center, Inc.**
901-261-2000
360 E.H. Crump Boulevard

ADDITIONAL RESOURCES

- **Planned Parenthood of Greater Memphis Region**

866-711-1717

2430 Poplar Avenue

- **Rape Crisis Center**

901-222-4350

1060 Madison Avenue

Memphis, TN 38104

SHELBY COUNTY HEALTH DEPARTMENT WIC CLINICS

A special supplemental nutrition program and education for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, infants and children

- **Guthrie Clinic**

901-515-5400

1064 Breedlove Street

Memphis, TN 38107

- **Hollywood Clinic**

901-515-5500

2500 Peres Avenue

Memphis, TN 38108

- **Hickory Hill Clinic**

901-365-1045

6590 Kirby Center Cove

Memphis, TN 38115

ADDITIONAL RESOURCES

- **Millington Clinic**
901-222-9980
8225 US-51
Millington, TN 38053
- **Christ Community/Raleigh**
901-842-3165
3481 Austin Peay Highway
Memphis, TN 38128
- **Cawthon Clinic**
901-222-9980
1000 Haynes Street
Memphis, TN 38114
- **Southland Mall Clinic**
901-222-9980
1287 Southland Mall
Memphis, TN 38116
- **Shelby Crossing Clinic**
901-222-9980
1826 Sycamore View Rd
Memphis, TN 38134
- **Tri-State Community Health**
901-572-1573
4041 Knight Arnold Road Memphis,
TN 38118

ADDITIONAL RESOURCES

FOOD, CLOTHING, RENT AND MEDICAL ASSISTANCE

- **Medicare**
800-633-4227
Health coverage for those 65 and over
www.medicare.gov

HOTLINES

- **HIV/AIDS Care Hotline**
800-525-2437
- **Memphis Crisis Center**
901-274-7477
- **National AIDS Hotline**
800-232-4636
- **Tennessee Justice Center**
615-255-0331

HOUSING ASSISTANCE

- **Dorothy Day House of Hospitality**
901-726-6760
- **The Father's House**
901-354-6246

ADDITIONAL RESOURCES

- **Habitat for Humanity of Greater Memphis**
901-761-4771
- **Karat Place**
901-525-4055
- **Memphis Union Mission**
901-357-9641 Ext. 3002
- **MIFA**
901-527-0208
- **STAY**
901-308-2035
- **St. Peter Manor**
901-278-8200

ADDITIONAL RESOURCES

DOMESTIC VIOLENCE

- **Family Safety Center**
901-222-4400
1750 Madison Avenue, #600
Memphis, TN 38104
www.familysafetycenter.org
- **Memphis Crisis Center**
901-274-7477
- **Families in Transition**
870-732-4077
111 Racine Street
Memphis, TN 38111
- **Memphis Family Shelter**
901-278-2728
766 Highland Street
Memphis, TN 38111
- **Memphis Union Mission: Moriah House**
522-8819 or 901-526-8403
- **Abused Women Services of YWCA**
901-725-4277
- **Memphis Police**
901-454-COPS

ADDITIONAL RESOURCES

HOMELESS SERVICES

www.memphishomelessoptions.org

- **Agape Child and Family Services**

901-323-3600/901-324-5436

901-345-6403

www.agapemeanslove.org

- **Calvary Rescue Mission**

901-775-2570

960 Third Street

- **Memphis Union Mission**

901-526-8403

383 Poplar Avenue

- **Dorothy Day House**

901-726-6760

- **Barron Heights Transitional Center**

901-728-5873

1385 Lamar Avenue

Memphis, TN 38104

- **Door of Home, Memphis**

901-552-5331

245 North Bellevue Boulevard

Memphis, TN 38105

www.doorofhopememphis.org

ADDITIONAL RESOURCES

TRANSPORTATION

- **Delta HRA**
901-476-5226
- **ITN Memphis**
901-833-7666
- **Memphis Area Transit Authority**
901-722-7100
- **MIFA**
901-527-0061
- **TennCare Transportation**
Call number on back of member card

SHELBY COUNTY DIVISION OF COMMUNITY SERVICES

- **Aging Commission of
the Mid-South**
901-222-4111
*Assists older adults with disabilities in
leading independent, meaningful, and
dignified lives in their own homes and
communities as long as possible.*

ADDITIONAL RESOURCES

- **Community Services Agency**

901-222-4200

Assists consumers with breaking the cycle of poverty by enabling them to provide for themselves and their families through utility assistance and rent/mortgage assistance for those threat of eviction or foreclosure.

**Energy Assistance and
Energy Crisis Program**

901-222-4315

**Rent/Mortgage
Assistance Program**

901-535-2200

(Wednesdays only)

- **Crime Victims (CVC) & Rape
Crisis Center (RCC)**

901-222-3950

Serves as the hub of victim services for the City of Memphis & Shelby County providing advocacy & crisis counseling, forensic exams, court accompaniment, support groups & other services.

- **The Office of Justice Initiatives
Pretrial Services**

901-222-4000

ADDITIONAL RESOURCES

- **Behavioral Health Unit**

Provides criminal justice services to individuals as an alternative to incarceration and services to individuals with persistent mental illness who are involved in various stages of the criminal justice system.

- **The Office of Community Engagement**

901-222-3991

Coordinates outreach events & offers direct services to veterans & multicultural and Hispanic individuals.

**Multicultural and
Hispanic Services**

901-222-3993

Veterans Services

901-222-4237

NOTES

TN REDLINE



1.800.889.9789

*Free, 24/7, confidential referrals to
addiction treatment
Hablamos Español; Language line available*



Department of
Health



Tennessee Department of Health, Authorization No.
343266, 10,000 copies, July 2019. This public document was
promulgated at a cost of \$1.91 per copy.