



**THIS
PACKET**

**COULD
SAVE A**

LIFE

**WHAT TO DO
AFTER AN OVERDOSE**

WHAT COMES NEXT?

IN THE NEXT FEW HOURS

- Stay with someone for at least 4 hours after they experience an overdose. Naloxone stays in a person's body for 30-90 minutes and the person could experience an overdose again.
- Be ready to call 911 if they become unconscious, stop breathing or have other medical concerns.
- Encourage the person not to use any additional opioids while naloxone is still in their body, this could result in another overdose.



IN THE NEXT FEW DAYS

- Learn where to get a naloxone kit and let others know you have it.
- Reach out for support. To see or experience an overdose can be traumatic, talking with a professional or someone you trust can help.



WHEN YOU'RE READY

- Talk to a medical provider about what medication therapies are available to help stop using opioids.



RECOGNIZING AND RESPONDING TO AN OVERDOSE

RECOGNIZING AN OVERDOSE

A person who is having an overdose may experience **slow breathing** (less than one breath every five seconds), **shallow breathing**, or **no breathing**.

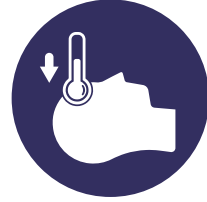
Other signs and symptoms of an overdose include:



IRREGULAR BREATHING
UNUSUAL SNORING OR CHOKING
VOMITING



UNABLE TO WAKE
LIMP BODY
SLOW OR NO PULSE



SWEATY OR CLAMMY SKIN
BLUE OR PALE LIPS, SKIN,
FEET OR FINGERTIPS

RESPONDING TO AN OVERDOSE

1. TRY TO WAKE THE PERSON UP

Yell their name and rub your knuckles hard on the middle of their chest.



2. CALL 911

Tell the 911 operator the person you are with may have overdosed. They will be able to help you with the next steps while waiting for additional help to arrive.



3. GIVE NALOXONE

If you notice any signs of an overdose, follow the directions on nasal or intramuscular naloxone kits. If there is no response after 2-3 minutes, give naloxone again. More than one dose is sometimes needed.



4. STAY UNTIL HELP ARRIVES

Stay with the person until emergency services arrive. Naloxone only works for a short time, and the person can go back into an overdose. Always stay until help arrives.



SOME ADDITIONAL ACTIONS MAY BE NEEDED, LIKE RESCUE BREATHING, CHEST COMPRESSIONS, AND MORE NALOXONE. IF POSSIBLE, GET HELP FROM OTHERS.

ALWAYS SEEK HELP BY CALLING 911.



WHAT IS NALOXONE?



NALOXONE ALSO KNOWN AS NARCAN® OR EVZIO® IS...

a medicine used to reverse an opioid overdose. Naloxone has no effect on someone who has not taken an opioid and is safe for children, pregnant women, and pets.



KEEP NALOXONE SAFE

Store at room temperature.
 Avoid freezing and extreme heat environments.
 Keep out of direct light.
 Replace before expiration date.



**Overdoses can happen in the blink of an eye!
 Everyone who uses opioids is at risk for an overdose.
 If you or someone you know uses opioids, carry naloxone.**

WHERE TO GET NALOXONE?

FREE NALOXONE	Eau Claire Comprehensive Treatment Center	3440 Oakwood Hills Pkwy Eau Claire, WI 54701 www.ctcprograms.com	715-802-2260
	Vivent Health	505 S Dewey St., #107 Eau Claire, WI 54701 www.viventhealth.org	715-836-7710
PHARMACIES THAT DISPENSE NALOXONE WITHOUT A PHYSICIAN PRESCRIPTION	Cadott Miller Pharmacy	318 N Main St., Cadott, WI 54727	715-418-3478
	CVS Store #10550	2200 Bracket Ave., Eau Claire, WI 54701	715-839-0041
	CVS Store #16900	3915 Gateway Dr., Eau Claire, WI 54701	715-839-0041
	CVS Store #10411	433 Broadway St. S, Menomonie, WI 54751	715-235-5349
	Ed's Pharmacy	1511 Main St., Bloomer, WI 54724	715-568-2190
	Sam's Club	4001 Gateway Dr., Eau Claire, WI 54701	715-839-1094
	The Medicine Shoppe	603 N Bridge St., Chippewa Falls, WI 54729	715-723-9192
	Walgreens	849 Woodward Ave., Chippewa Falls, WI 54729	715-726-8540
	Walgreens	1106 W Clairemont Ave., Eau Claire, WI 54701	715-852-0063
	Walgreens	1819 S Hastings Way, Eau Claire, WI 54701	715-834-3121
	Walgreens	121 Pine Ave., Menomonie, WI 54751	715-235-9275
	Walmart Supercenter	2786 Commercial Blvd., Chippewa Falls, WI 54729	715-738-2418
Walmart Supercenter	3915 Gateway Dr., Eau Claire, WI 54701	715-834-5966	
Walmart Supercenter	180 Cedar Falls Rd., Menomonie, WI 54751	715-235-7885	

**Pharmacy list is updated frequently online at www.GetInvolvedASAP.org*



NOTE: Fentanyl is a high potency opioid created in multiple forms for medical and non-medical reasons. It is becoming common for fentanyl to be mixed with other illegal drugs. Use caution when taking any illegal drugs.

HOW TO USE NALOXONE

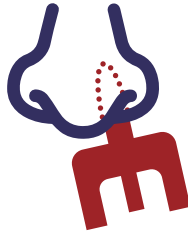
NASAL SPRAY NALOXONE

1



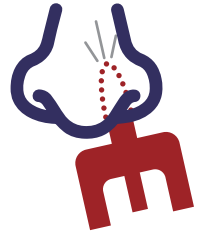
PEEL the package open and hold the device. Do not press until ready to give naloxone.

2



PLACE the tip in the nostril.

3



PRESS firmly.

** If needed, give second dose in the other nostril.*

INJECTABLE INTRAMUSCULAR NALOXONE

1



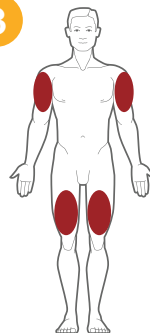
Remove cap.

2



Stick needle through the rubber stopper with vial upside down.

3



Insert the needle into the muscle of the upper arm or thigh. Push through clothing if needed.

AUTO-INJECTOR (EVZIO®)

1

Pull auto-injector from outer case. Pull off red safety guard.

2

Place the black end of the auto-injector against the outer thigh, through clothing if needed. Press firmly and hold in place for 5 seconds.



Sometimes, more than one dose of naloxone is needed. If there is no reaction in 2-3 minutes, give a second dose.

WHAT ARE OPIOIDS?

Opioids are drugs that block pain signals from reaching our brain. Opioids range from prescription medications to illegal drugs such as heroin and fentanyl. They can also change our mental state making us feel happy, relaxed, sleepy, or confused.

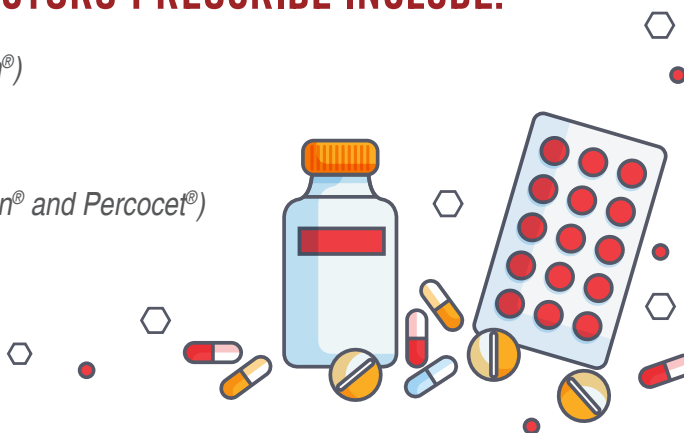
Doctors prescribe opioid medications to help people cope with pain, whether the pain is from something like surgery or a medical condition, like cancer.

Although prescription opioids may be useful for a short time, all opioids can be addictive.

Fentanyl is a power opioid medicine made to treat severe pain. Fentanyl is also used illegally and often seen mixed with heroin which increases the risk of an overdose.

OPIOID MEDICATIONS THAT DOCTORS PRESCRIBE INCLUDE:

Codeine	Hydrocodone (<i>Vicodin</i> [®])
Demerol	Hydromorphone
Dilaudid [®]	Morphine
Fentanyl	Oxycodone (<i>OxyContin</i> [®] and <i>Percocet</i> [®])



HOW DO PEOPLE BECOME ADDICTED TO OPIOIDS?

Opioid addiction is a brain disease. Opioids, like morphine and heroin, change the way our brain works and how we think. One of the first brain changes that occurs is that these drugs hijack the part of our brain that controls our cravings.

People often start to misuse prescription opioids by taking them

- ⋮ More often
- ⊕ In larger amounts
- ⊗ For reasons they were not prescribed for

When someone's opioid misuse causes them to have health issues or problems at work, school, or home, they have an **opioid use disorder**.

Opioid use disorder is a common medical condition that people can recover from.

WHAT ARE SOME SIGNS SOMEONE MAY HAVE AN OPIOID USE DISORDER?

- Taking opioids in larger amounts than the doctor prescribed
- Taking opioids more often than the doctor prescribed
- Not able to control opioid use
- Not able to quit using opioids
- Having cravings to take opioids
- Not able to participate in regular work, home, or school responsibilities
- Spending a lot of time trying to get, use, or recover from taking opioids
- Needing more opioids to experience the same relief as before
- Experiencing opioid withdrawal symptoms (*such as diarrhea, sweating, shakiness, moodiness*) when the opioid wears off



WHAT MAKES PEOPLE AT RISK FOR AN OVERDOSE?

PHYSICAL HEALTH Opioids can slow breathing. If someone has asthma or other breathing problems, they are at higher risk of an overdose. Those with liver and/or kidney problems or who are HIV positive are also at increased risk.

PREVIOUS OVERDOSE If someone has had a nonfatal overdose in the past, they have increased risk of a fatal overdose in the future.

MIXING DRUGS Many overdoses occur when opioids are mixed with alcohol, benzodiazepines (sedatives and/or anti-anxiety medications) or other substances for medical and non-medical reasons.

TOLERANCE If someone takes a break from using opioids, restarting at the same dose they took previously may cause an overdose.



HOW CAN OVERDOSES BE PREVENTED?

EXPLORE ways to manage pain that do not include opioids.

TAKE prescription opioids as prescribed by a medical provider.

USE opioids around other people who can respond if there is a medical emergency.

CONSIDER using a fentanyl test strip before taking or injecting any drugs.

STORE opioids in a secure place to prevent access from people who were not prescribed the medicine, such as in a medication lockbox, lockbag or locked drawer.

DISPOSE of any unused opioids at a drop box located at many pharmacies and police stations or use an at-home medication disposal bag.

HOW CAN I HELP SUPPORT SOMEONE WITH AN OPIOID USE DISORDER?

Recovering from an opioid use disorder is often a lifelong journey. Walking the road to recovery can be a bumpy path with many ups and downs, but having a strong support system can help. Below are ways you can support someone with an opioid use disorder.

REMEMBER an opioid use disorder is not a choice or moral failing. It is a brain disease.

LEARN about an opioid use disorder. Reading this packet is a good start!

TALK to a counselor or another medical professional.

USE KIND AND RESPECTFUL LANGUAGE

What is called person-first language to describe people with opioid use disorder. For example, saying “people who use drugs,” instead of saying “drug users.” Also try to avoid using stigmatizing language like “drug abuse,” “drug addict,” “clean,” or other terms that reduce a person to just one behavior.

KEEP IN MIND not everyone is able to recognize how much opioid use is impacting their life. Be kind, and share how you see opioids affecting them.

STAY POSITIVE and encourage your loved one to get help...but try to not focus too much on detox and rehab.

KNOW THAT helping someone develop strategies to protect their safety while they continue to use opioids may be the best thing you can do until they are ready to consider next steps.

ENCOURAGE your loved one to take part in healing practices and traditions. Culture is medicine.

MAKE SURE to invite the person to join activities, just like you would anyone else. Feeling supported and loved is important for everyone during tough times.



RECOGNIZE that relapse is not a sign of failure. It is often part of the overall recovery process.

GET TRAINING on how to use naloxone - a medicine that can reverse an opioid overdose.

CARRY NALOXONE in case of an opioid overdose emergency. Acting quickly is important. It can save lives.

EMBRACE SELF-CARE Supporting someone with opioid use disorder can be difficult. It is important to care for yourself as well. Below are some ways you can embrace self-care while supporting someone with an opioid use disorder.

TALK IT OUT Loved ones of those with an opioid use disorder need support too. Consider reaching out to a counselor who specializes in substance use disorders.

BE SUPPORTIVE BUT HAVE REALISTIC EXPECTATIONS Recognize that an opioid use disorder is a long-term condition that a person must learn to manage. No one can “make” someone with an opioid use disorder change their behaviors.

TRY A MIND-BODY PRACTICE
Yoga, tai chi, meditation, and other mindfulness activities can help decrease stress and re-energize.

MAKE EATING WELL AND GETTING QUALITY SLEEP PRIORITIES
It is easy to forget about your own needs when trying to help others, but getting enough sleep and eating well are important.

GET CONNECTED Join a local support group for loved ones of people with an opioid use disorder. Realizing that you are not alone and that others are going through similar experiences is healing.

THERE IS HOPE we can heal our communities through educating ourselves and others, supporting each other, and seeking help when we need it.



HARM REDUCTION

Harm Reduction offers evidenced-based strategies that reduce the risks of dying from an overdose, as well as the spread of infectious diseases such as Hepatitis C and HIV.

	WHAT IS IT?	HOW DOES IT HELP?	WHERE TO LEARN MORE?
FENTANYL TEST STRIPS	Fentanyl test strips can identify the presence of fentanyl in illegal drugs.	Fentanyl is a synthetic opioid that is 50 times as potent as heroin. Many individuals consume fentanyl without knowing it. Test strips can be used to test injectable drugs, powders, and pills. Being aware that fentanyl is present allows people to implement appropriate harm reduction strategies to reduce the risk of overdose.	- Vivent Health
MEDICATION DISPOSAL	Medication drop-boxes are large, locked boxes that look like large mailboxes. Unused, unwanted, or expired medications can be dropped into these boxes and properly disposed of. The following items can be disposed of in medication drop-boxes: -Prescription medications -Pet medications -Over-the-Counter medications -Prescription ointments -Prescription patches -Vitamins -Liquid medications	Medication drop-boxes are in place to encourage proper disposal of unused, unwanted, or expired medication. These programs are not only a strategy for preventing illicit drug use and unintentional poisonings in the community, but also a way to protect our water supply from pharmaceutical contamination.	- Altoona Emergency Services Building - Augusta City Hall - Boyceville Police Department - Chippewa County Law Enforcement Offices - Colfax Police Department - CVS Pharmacies - Dunn County Sheriff Office - Eau Claire County Government Center - Fall Creek Village Hall - Marshfield Clinic Pharmacies - Mayo Clinic Health System Pharmacies - Walgreens Pharmacies
NALOXONE DISTRIBUTION	Naloxone or Narcan is an injection or nasal spray medication that is used to block the harmful effects of opioids.	Naloxone treats an opioid overdose by blocking certain receptors in the body that opioids bind to. Blocking these receptors blocks the effects of other opioids and can reverse an opioid overdose.	- Eau Claire Comprehensive Treatment Center - Local Pharmacies (see page 3) - Vivent Health
NEEDLE EXCHANGE	Program offers sterile syringes, safer drug use supplies and education to people who inject drugs.	Use of sterile needles and safer drug use supplies helps reduce the spread of infectious diseases.	- Dunn County Health Department - Vivent Health
SHARPS DISPOSAL	Program offers low or no cost disposal of used needles that are used by individuals who inject medications or illicit drugs. The following items are able to be disposed of properly through the sharps disposal programs: -Lancets -Needles -Syringes	Sharps disposal programs reduce the spread of infectious diseases as these programs encourage used needles to be properly disposed of rather than being left in public or in unsafe containers.	- Dunn County Health Department - Chippewa County Health Department * - Marshfield Clinic Pharmacy ** - Mayo Clinic Pharmacies ** - Menomonie Disposal Systems Office ! - St. Joseph's Hospital * - Our Lady of Victory Hospital - Prevea Health Centers ! - Value Center **


Do not put unused medications or sharps into the trash or recycling.

* Disposal fee may apply
+ Only accepts sharps containers that have been purchased from this location
! Accepts sharps that are in any puncture proof container such as standard sharps containers or heavy plastic detergent or bleach bottles with screw caps

HELP IS AVAILABLE

If you are worried that you or someone you love might have a problem, you are not alone. Fortunately, there are many treatment options and people that can help.

TAKE THE APPROPRIATE STEPS

STEP 1

Make an appointment with your local health care provider or treatment clinic. The only person who can diagnose you with having an opioid use disorder is a healthcare provider.



STEP 2

Work with your health care provider to determine which treatments are right for you. Talking with a behavioral health counselor can help you change behaviors related to opioid use. Taking certain medications can decrease cravings, stop withdrawal symptoms, and help restore balance to your brain and allow it to heal.



Research shows that taking medications and seeing a behavioral health counselor at the same time is the best for people with an opioid use disorder.

STEP 3

Let friends and family know. Recovering from an opioid use disorder can be a lifelong journey. Walking the road to recovery can be a bumpy path with many ups and downs, but having a strong support system can help.



FRIENDS & FAMILY

Support your loved one on their journey to recovery. Support can be provided in many different ways:

- Offer to help them call their insurance to determine their treatment benefits and coverage
- Offer to be with them when they call to schedule their appointments, especially when making those first appointments
- Offer to attend appointments with them and to be in the waiting room
- Offer to provide transportation to and from their appointments
- Offer to talk to their provider and to be a part of their treatment plan
- Offer to listen without judgment, at anytime, and especially when they are experiencing difficulty in their journey
- Encourage them to continue on the journey of recovery, even when they are struggling
- Offer to stay with them whenever they do not want to be alone
- Extend invites to activities to help keep them engaged with others

CHIPPEWA VALLEY TREATMENT RESOURCES

SERVICE NAME	CONTACT INFO	DESCRIPTION
A Better Life Counseling	1101 W Clairemont Ave. Eau Claire, WI 54701 715-835-5110	A private therapy practice offering conjoint, family, group, individual, and peer counseling.
Arbor Place	4076 Kathlow Ave. Menomonie, WI 54751 715-235-4537 www.arborplaceinc.org	Offers residential, outpatient, and prevention services; support groups; and resources to individuals and families struggling with and recovering from addiction.
Aurora Community Counseling and Employee Support Services	345 Frenette Dr., #3 Chippewa Falls, WI 54729 888-261-5585 www.auroraservices.com 406 Technology Dr. E Menomonie, WI 54751 715-235-1839 or 888-301-5897 www.auroraservices.com	Offers individual and organizational (for employers) counseling services to help address addictions, mood disorders, eating disorders, grief and loss, and marital issues.
Beacon Mental Health Services	1421 N Broadway St., #114 Menomonie, WI 54751 715-308-5742 https://tinyurl.com/v47ytx	Mental Health and substance use counseling services.
Caillier Clinic	505 S Dewey St. Eau Claire, WI 54701 715-836-0064 www.caillierclinic.com	Clinic offers mental health and addiction services for all ages.
Children's Wisconsin - Community Services	2004 Highland Ave., Suite M Eau Claire, WI 54701 715-835-5915 www.childrenswi.org	Individual and family counseling for children and adolescents who need help with traumatic experiences, family changes, mood management, behaviors at home or school, and other issues.
Chippewa Valley Free Clinic	1030 Oak Ridge Dr. Eau Claire, WI 54701 715-839-8477 www.cvfreesclinic.org	Provides help with chronic conditions, including depression. Holds a Mental Health Clinic on the 2nd and 4th Thursday evenings of the month (by appointment only). Serves uninsured and under-insured individuals.
Chippewa Valley VA Clinic	475 Chippewa Mall Dr., #418 Chippewa Falls, WI 54729 715-720-3780	Provides mental health services with on-site staff and telemedicine capability linked to providers in Minneapolis. Must be enrolled in the Minneapolis VA Health Care System to receive treatment at this clinic.
Clearwater Counseling & Personal Growth Center	2519 N Hillcrest Pkwy. Altoona, WI 54720 715-832-4060 www.clearwatercounseling.com	Provides mental health evaluation services for anxiety disorders; depression screening; and conjoint, family, and individual counseling for all counseling issues.
Clinic for Christian Counseling	505 S Dewey St. Eau Claire, WI 54701 715-832-1678 www.cccwi.org	Outpatient practice offering faith-based conjoint, family, group, and individual counseling settings.
Community Counseling Services	16947 County Hwy X Chippewa Falls, WI 54729 715-723-1221 https://tinyurl.com/x55cbs8w	Provides educational program for individuals with legal or personal problems related to the misuse of alcohol or other drugs.
Compassionate Heart Christian Counseling	4714B Commerce Valley Rd. Eau Claire, WI 54701 715-895-8534	Serves children, adults, couples, and families with mental health concerns.
Diana Stafford	1324 W Clairemont Ave., #6 Eau Claire, WI 54701 715-829-0391	Services include psychotherapy and yoga/meditation. Specialties include trauma.
Dr. Stress & Associates	5840 Arndt Rd. Eau Claire, WI 54701 715-833-7111 www.drstressassociates.com	Provides a private therapy/family counseling practice offering conjoint, family, and individual counseling settings.

SERVICE NAME	CONTACT INFO	DESCRIPTION
Dunn County Department of Human Services <i>- Behavioral Health Services Clinic</i> <i>- Comprehensive Community Services</i> <i>- Community Support Program</i>	3001 US Hwy 12 E, #160 Menomonie, WI 54751 715-232-1116 https://tinyurl.com/kdbma37m	Provides mental health counseling, psychiatry services, mental health medication management, and referrals through their Behavioral Health Services Clinic, Comprehensive Community Services Program or Community Support Program. Services are provided to Dunn County residents based on eligibility. Alcohol and Drug Services are offered to Dunn County residents through a contract with Arbor Place.
Eau Claire Academy - Clinicare Corporation	550 N Dewey St. Eau Claire, WI 54702 715-834-6681	Provides therapeutic, residential services to youth ages 10 through 17 with emotional and psychiatric disorders, behavioral disturbances, and dual diagnosis with drug or alcohol abuse.
Eau Claire Comprehensive Treatment Center	3440 Oakwood Hills Pkwy. Eau Claire, WI 54701 715-802-2260	Provides medication-assisted treatment (MAT) and therapy to adults with opioid use disorders.
Eau Claire County Department of Human Services <i>- Behavioral Health Clinic</i>	721 Oxford Ave. Eau Claire, WI 54703 715-839-2300	Provides counseling, medication management, and prevention services to Eau Claire County residents with no insurance or immediate access to mental health and/or substance use services.
Eau Claire County Department of Human Services <i>- Community Support Program</i>	721 Oxford Ave. Eau Claire, WI 54703 715-839-2300	Provides case management, crisis intervention, medication management, skill development, and client/family education to adult Eau Claire County residents who meet functional and financial criteria.
Eau Claire County Department of Human Services <i>- Comprehensive Community Services</i>	721 Oxford Ave. Eau Claire, WI 54703 715-839-2300	Provides service facilitation, develops goal plan, identifies service needs, contracts for services, and works to improve health, wellness, and quality of life. Open to Eau Claire County residents of any age with a diagnosed mental health or substance use disorder who meet program criteria.
Family Therapy Associates	3610 Oakwood Mall Dr., #104 Eau Claire, WI 54701 715-246-4840	Provides behavioral health services to children, adolescents, adults, and families.
Family Therapy Associates	700 Wolske Bay Rd., #140 Menomonie, WI 54751 715-246-4840	Provides behavioral health services to children, adolescents, adults, and families.
Giving Tree Counseling & Resource Center	715 State Road 79, Suite B Boyceville, WI 54725 715-643-2445 www.givingtreecounseling.org	Outpatient mental health therapy and resource center that specializes in child and adolescent mental health counseling, trauma therapy, and multiple types of individual counseling.
Happy Apple Therapy	436 Main St. E Menomonie, WI 54751 715-309-4335 www.happyappletherapy.com	Provides innovative therapy modalities in an open environment focused solely on clients healing needs.
Here Now to Help LLC	1701 Tainter St., Unit G Menomonie, WI 54751 715-231-4373 www.herenowtohelp.com	Counseling services for men, women, youth, and children in relationships.
Hope Gospel Mission	2650 Mercantile Dr. Eau Claire, WI 715-552-5566 www.hopegospelmission.org	Faith-based organization that serves the lost, homeless, hungry, hurting, abused, and addicted men and women of western Wisconsin. Home to the Hope Renewal Center for Women and Children program.
Hmong Mutual Assistance Association	423 Wisconsin St. Eau Claire, WI 54703 715-832-8420	Provides support for healthy mental, emotional, and physical development for Hmong families.
Kayres Counseling	N4762 WI Hwy 25 Menomonie, WI 54751 715-231-2010 www.kayrescounselingllc.com	Provides outpatient mental health services including alcohol and drug, child and adolescent mental health therapy, marriage and couples therapy, and individual therapy services to address life transitions, anxiety, and depression.
L.E. Phillips Libertas Center	2661 County Hwy I Chippewa Falls, WI 54729 715-723-5585 or 800-680-4578 www.libertascenter.org	Provides inpatient detox and residential treatment for substance use disorders.

SERVICE NAME	CONTACT INFO	DESCRIPTION
Lutheran Social Services - <i>Affinity House</i>	3042 Kilbourne Ave. Eau Claire, WI 54703 715-833-0436	Contracted by the WI Department of Corrections to provide residential treatment to adult women with a desire to live sober.
Lutheran Social Services - <i>Chippewa Area Recovery Resource</i>	Eau Claire, WI 715-855-1373	Addiction treatment program provides evidence-based substance abuse treatment service. Includes assessments, intensive outpatient treatment, continuing care services, and trauma treatment.
Lutheran Social Services - <i>Fahrman Center</i>	3136 Craig Rd. Eau Claire, WI 54701 715-835-9110	Provides residential and transitional (halfway house) services to adults with substance use disorders.
Lutheran Social Services - <i>Gaining Ground</i> (Formerly known as Positive Avenues)	306 S Barstow St. Eau Claire, WI 54701 715-214-7334 www.lsswis.org	Provides a safe, stigma-free environment along with social services for persons living with mental illness and those who may be experiencing homelessness. Staff can support individuals with BadgerCare/Medicaid enrollment, Food Share enrollment, social security and identification, assistance with applications for employment and housing, mental health coordination, life and coping skills, medication management, budgets, tracking and planning, education coordination for GED and technical college.
Lutheran Social Services - <i>Midway Crisis Program</i>	3359 Midway St. Eau Claire, WI 54703 715-598-7096	Midway Crisis is a 4 bed Adult Family Home for crisis stabilization in Eau Claire and Dunn County. The program serves adults 18 and older with mental health and/or substance use disorder to provide respite in a crisis situation. People admitted to Midway are referred solely by Eau Claire and Dunn County Department of Human Services or Northwest connections.
Marriage and Family Health Services	405 Island St. Chippewa Falls, WI 54729 715-832-0238 www.marriageandfamilyhealthservices.com 2925 Mondovi Rd. Eau Claire, WI 54701 715-832-0238 www.marriageandfamilyhealthservices.com	Offers a full range of assessments and therapeutic services for children, teens, adults, couples, and families.
Marshfield Clinic	Chippewa Falls Center 2655 County Hwy I Chippewa Falls, WI 54729 715-726-4200 Eau Claire Center 2102 Craig Rd. Eau Claire, WI 54701 715-858-4850	Provides conjoint, family, group, and individual counseling settings offering comprehensive mental health treatments.
Mayo Clinic Health System	Chippewa Falls 611 First Ave. Chippewa Falls, WI 54729 715-708-6248 Chippewa Valley 1501 Thompson St. Bloomer, WI 54724 1-888-662-5666 Eau Claire 1221 Whipple St. Eau Claire, WI 54702 715-838-3311 Red Cedar 2321 Stout Rd. Menomonie, WI 54751 715-233-7891 or 800-236-9671	Offers a full range of outpatient assessments and therapeutic services for children, teens, adults, couples, and families.
Mosaic Counseling	3430 Oakwood Mall Dr., #200 Eau Claire, WI 54701 715-514-0455 https://tinyurl.com/5k5zx2ar	Provides counseling to children, adolescents, adults, couples, and families.
NAMI – Chippewa Valley	Banbury Place-Omni Office Center Building #2D, Suite 420F 800 Wisconsin St. Eau Claire, WI 54703 715-450-6484 www.namicv.org	Provides education, advocacy, and support to families and individuals living with a mental illness.

SERVICE NAME	CONTACT INFO	DESCRIPTION
Northwest Connections	888-552-6642 (Crisis Line)	Provides phone and in-person emergency mental health assessments and services for residents within the Chippewa Valley and western region of Wisconsin.
Northwest Counseling & Guidance Clinic	402 Technology Dr. E Menomonie, WI 54751 715-235-4245 www.nwcgc.com/menomonie	Provides a variety of residential and outpatient treatment services.
Now What Ministries	Contact Josh Gibson 715-505-4661	Offers support to individuals returning to the community from either jail, treatment or prison.
Open Door Clinic	First Presbyterian Church 130 W Central St. Chippewa Falls, WI 54729 715-720-1443 www.chippewaopendoor.org	Provides basic health care services and a connection to community resources for Chippewa County residents without a healthcare alternative. Includes mental health services via telehealth.
Prevea Behavioral Care	2119 Heights Dr. Eau Claire, WI 54701 715-717-5899	Provides psychiatric and substance abuse services for adolescents, adults, couples and families.
Riverside Counseling Clinic	130 S Barstow St. Eau Claire, WI 54701 715-833-7600	A private therapy practice offering conjoint, family, and individual counseling, as well as mental health evaluation services.
Sacred Heart Hospital	900 W Clairemont Ave. Eau Claire, WI 54701 715-717-4272	Provides a short-term inpatient psychiatric unit.
Soft Landings Transition Services	608 10th St. E Menomonie, WI 54751 715-864-0130 https://tinyurl.com/jh2b2uvn	Offers a safe, sober, short-term housing with individual recovery plans and immediate referral for mental health counseling. Provides in-house management, daily sober coaching and employment support. They have four incubators to offer temporary employment to any individual looking for immediate work regardless of background.
The Healing Place	1010 Oakridge Dr. Eau Claire, WI 54701 715-717-6028	Provides support services and short-term counseling, classes, and workshops for people coping with life transitions.
University of Wisconsin – Eau Claire Counseling Services	University of WI - Eau Claire Old Library 2122 Eau Claire, WI 54702 715-836-5521	Offers counseling and support for UWEC students and staff.
University of Wisconsin – Stout Counseling Center	410 Bowman Hall Menomonie, WI 54751 715-232-2468 www.uwstout.edu/ counsel/aod/index.cfm	In addition to providing multiple counseling services to the UW-Stout population, the UW-Stout Counseling Center also provides alcohol and drug education services, including the courses needed to reduce the fine and waive the loss of a driver's license penalty for those who have received an underage drinking citation. These alcohol education courses, CHOICES (AAPI) and Drinker's Check-Up (BASICS) (DCU), are offered to the public.
Vantage Point Clinic & Assessment Center	2005 Highland Ave. Eau Claire, WI 54701 715-832-5454 www.vantagepointclinic.com	Provides counseling services to children, adolescents, adults, couples, and families with behavioral health concerns.
Vivent Health	505 S Dewey St. Eau Claire, WI 54701 715-836-7710 www.viventhealth.org	Provides alcohol and drug treatment services, and mental health services for individuals who are HIV positive or have AIDS.
Western Region Recovery and Wellness Consortium (Chippewa County)	711 N Bridge St. #118 Chippewa Falls, WI 54729 715-726-7788	Regional consortium provides services to individuals with mental health and substance use disorders. Eligibility is based on functional and financial criteria.

MEETINGS AND PEER SUPPORT

Alano Club	105 N 21st St. Menomonie, WI 54751 715-231-2384 www.menomoniealano.org	Assists those in recovery from addiction and provides a social club and location for 12-step and other recovery-oriented meetings.
Alcoholics Anonymous	202 Graham Ave. Eau Claire, WI 54701 715-832-3234 or 1-800-471-9876 www.aainwestwis.org	Maintains a 24-hour hotline for assistance, sponsors workshops and social gatherings for supporting individuals that abuse alcohol. Provides 12-step support groups for alcoholics.
Arbor Place	4076 Kathlow Ave. Menomonie, WI 54751 715-235-4537 www.arborplaceinc.org	Offers residential, day and outpatient treatment.
C.C. We Adapt	405 S Farwell St., #6 Eau Claire, WI 54701 715-456-0252 www.ccweadapt.com	Offers peer support and mentoring services with individuals, using a trauma informed lens and strength-based approach, to provide clients with the tools they need to achieve self-determination and fulfillment in their lives.
Chippewa Valley Intergroup	PO Box 574 Eau Claire, WI 54702 24 Hour Help: 715-835-5543 or 1-800-471-9876	Group is a recognized part of Alcoholics Anonymous that parallels and complements the AA Conference service structure and is dedicated to helping the still suffering alcoholic find a solution.
Chippewa Valley Narcotics Anonymous	PO Box 524 Chippewa Falls, WI 54729 1-888-543-0924 www.chippewavalley-na.org	Assists those in recovery from addiction to any mood-changing, mind-altering substances (including alcohol) through a 12-step and 12 tradition foundation.
Crystal Meth Anonymous	24 Hour Helpline 855-METH-FREE (855-638-4373) www.crystalmeth.org	A fellowship of people who share their experience, strength and hope with each other, so they may solve their common problem and help others to recover from addiction to crystal meth. The group's primary purpose is to lead a sober life and to carry the message of recovery to the crystal meth addict who still suffers.
Lutheran Social Services – Gaining Ground <i>(Formerly known as Positive Avenues)</i>	306 S Barstow St. Eau Claire, WI 54701 715-214-7334	Organization coordinates with other local organizations to offer a variety of support groups for individuals (including dual diagnosis support groups). Call or email, GainingGround@lsswis.org for most current schedule of offerings.
Monarch House	820 N Broadway St. Menomonie, WI 54751 715-505-5641 www.milkweedalliance.org	Voluntary, non-medical overnight program for people aged 18 and older who are experiencing mental health and substance use related crises. Stays last from 1-5 days and are funded by the State of Wisconsin Division of Care and Treatment Services. A 24/7 peer support warmline is also available at the same number for over-the-phone support.
NAMI - Chippewa Valley	Banbury Place-Omni Office Center Building #2D, Suite 420F 800 Wisconsin St. Eau Claire, WI 54703 715-450-6484 www.namicv.org	National Alliance of Mental Illness-Chippewa Valley provides education, advocacy, and support to families and individuals living with a mental illness.
The Wellness Shack	505 S Dewey St., #101 Eau Claire, WI 54701 715-836-7710 www.wellnessshack.org	Peer-run mental health recovery center for people who live with severe or persistent mental health disorders. Offers individual and group peer support, education, advocacy, and socialization.
Wisconsin Addiction Recovery Helpline	2-1-1 or 833-944-4673 or Text your ZIP CODE to 898211 Live Chat at www.addictionhelpwi.org	A statewide resource for finding substance use treatment and recovery services. The helpline is free, confidential, and available 24/7. Offers trained resource specialists to help understand treatment and support options.

CRISIS AND SUPPORT LINES

Addiction Recovery Helpline	211 or toll free 877-947-2211 or Text zip code to 898211	Confidential, 24 hour per day, 7 days per week resource line to help connect to recovery resources and offer support.
HOPELINE™	Text the word HOPELINE to 741741	HOPELINE™, created by Center for Suicide Awareness, is a 24 hours a day, 7 days a week, text-in (versus voice call-in) free emotional support service providing hope, help, and support when it's needed most. HOPELINE™ serves anyone in any type of situation providing them access for free. HOPELINE™'s purpose is to offer emotional support and resources before situations rise to crisis level. Texts received reflect struggles with breakups, relationship issues, job loss, bullying, LBGTQIA+ issues, parental issues, school, friends, just having a bad day, and many other topics related to life stressors.
Northwest Connections	1-888-552-6642	County Mental Health Crisis line available 24 hours a day, 7 days a week. Services offered in homes, police departments, hospitals, schools and other community locations.
PRISM Program (Peer Recovery in Supportive Mutuality)	414-336-7974 Find them on Facebook or Instagram www.mhawisconsin.org/prism	PRISM Program is a new pilot program to connect LGBTQ+ youth (16-26 years old) in Wisconsin with trained peer-specialist who can provide mental and emotional support and mentorship.
SAMHSA Helpline	1-800-662-HELP (4357)	Free, confidential information services (in English or Spanish), open 24 hours/365 days, for individuals and family members facing mental health or substance use disorders.
Suicide Prevention Lifeline	1-800-273-TALK (8255) www.suicidepreventionlifeline.org	The Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.
Trans Lifeline	1-877-565-8860	Trans Lifeline's Hotline is a peer support phone service run by trans people for trans and questioning peers. Callers can call if they need someone trans to talk to, whether in crisis or not and if they are questioning. Hotline also offers support to family and friends who are supporting trans loved ones and community members. The hotline is open 24/7, staffing is guaranteed during 9am-4pm CDT.
Trevor Project Lifeline	1-866-488-7386 Text the word START to 678678 Online Chat and other resources available at www.thetrevorproject.org	Trained counselors available to call 24 hours a day 7 days a week for young people in crisis, feeling suicidal or in need of a safe and judgement-free place to talk. Trevor Text is a confidential and secure resource that provides live help for LGBTQ youth with a trained specialist, over text messages.
Veterans Crisis Line	1-800-273-8255, press 1 Text 838255	Confidential, 24 hours a day, 7 days a week support from a trained responder. For all veterans, all service members, national guard and reserve and their friends and family.

FAMILY SUPPORTS

Al-Anon	2926 Pomona Dr. Eau Claire, WI 54701 715-833-1878 www.al-anon.org www.area61afg.org	Twelve-step support group for families of alcoholics.
Arbor Place	4076 Kathlow Ave. Menomonie, WI 54751 715-235-4537 www.arborplaceinc.org	Offers a skills-based program designed to help concerned significant others, family, and friends, of a person struggling with substance use. Program offers effective strategies to help reduce loved one's substance use, whether they have engaged in treatment. Also offers multidimensional family therapy.
Eau Claire Academy - Clinicare Corporation	550 N Dewey St. Eau Claire, WI 54702 715-834-6681 www.clinicarecorp.com/eau-claire/	Provides family therapy as part of program residents' individualized treatment plans.
L.E. Phillips Libertas Center	2661 County Hwy I Chippewa Falls, WI 54729 715-723-5585 or 800-680-4578 www.libertascenter.org	Offers friends and family educational group that is free and open to the public, for friends and families to learn about substance use disorders. Led by a Libertas counselor, this program is a resource for families and friends who may be struggling with questions about substance use disorder and/or want to learn more about substance use disorder and helpful behaviors.
NAMI - Chippewa Valley	Banbury Place-Omni Office Center Building #2D, Suite 420F 800 Wisconsin St. Eau Claire, WI 54703 715-450-6484 www.namicv.org	National Alliance of Mental Illness-Chippewa Valley provides education, advocacy, and support to families and individuals living with a mental illness.
Nar-Anon	www.nar-anon.org To find local meetings visit website above or www.naranonmidwest.org/ meetings/wisconsin-meetings/	The Nar-Anon Family Groups are a worldwide fellowship for those affected by someone else's addiction. As a Twelve-Step Program, they offer our help by sharing experiences, strength, and hope. The only requirement for membership is that there be a problem of addiction in a relative or friend. The program of recovery is adapted from NA and uses our Twelve Steps, Twelve Traditions, and Twelve Concepts.
Parents and Families of Addicts in the Eau Claire Area Facebook Support Group	www.facebook.com/groups/ 1680284402228583	This is a group for parents and loved ones of someone who is addicted, people in active addiction or those in recovery. This is a closed group, only members can see posts. A place to vent, share successes and heart aches associated with loving someone who is addicted to drugs in the Eau Claire and surrounding areas.

HELPFUL APPS

- AA BIG BOOK
- NA SPEAKERS
- CELEBRATE RECOVERY
- RECOVERY DEVOTIONALS
- RECOVERY PATH
- SOBER TOOL
- 7 CUPS OF TEA
- VIRTUAL HOPEBOX
- GOT YOUR BACK



HELPFUL WEBSITES

- **ALLIANCE FOR SUBSTANCE ABUSE PREVENTION**
www.getinvolvedasap.org
- **CENTERS FOR DISEASE CONTROL: OPIOIDS**
www.cdc.gov/opioids
- **CHIPPEWA HEALTH IMPROVEMENT PARTNERSHIP**
www.chippewahealth.org
- **DUNN COUNTY PARTNERSHIP FOR YOUTH**
www.dcpfy.org
- **GREAT RIVERS 211**
www.greatrivers211.org
- **NATIONAL INSTITUTE ON DRUG ABUSE**
www.drugabuse.gov/drug-topics/opioids
- **WISCONSIN DEPARTMENT OF HEALTH SERVICES: OPIOIDS**
www.dhs.wisconsin.gov/opioids

IS YOUR HOME SUICIDE SAFE?

Studies have shown thoughts of suicide significantly increase with opioid misuse.

REMOVE. LOCK.

FIREARMS

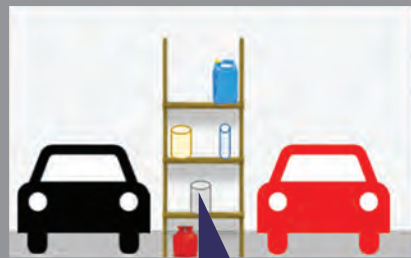
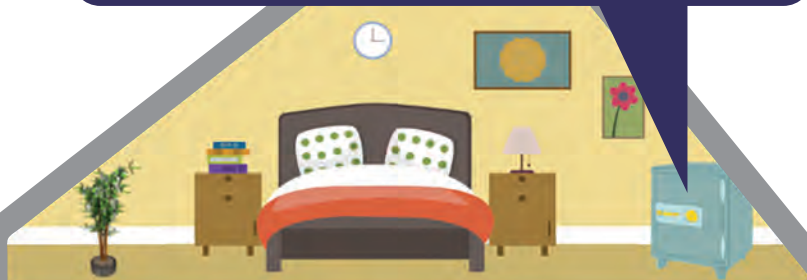
Gun safety matters because no one can unfire a firearm. Keep firearms out of reach or locked up and away from ammunition until peak suicidal thoughts or moments of depression are over.

More than half of all suicide deaths result from a gunshot wound.

LOCK AND LIMIT

PRESCRIPTION AND OVER THE COUNTER MEDICATIONS.

3 in 5 teens say prescription drugs are EASY to get from their parent's medicine cabinets.



TAKE PRECAUTIONS

Exposure to poisons are likely to result in serious or fatal outcomes.

LISTEN AND ACT

Pay attention to moods and behavior. If there are significant changes, ask if they are thinking of suicide. Keep an open dialogue, provide support, avoid judgment and offer hope in any form.

MONITOR CLOSELY

- Alcohol and substance use
- Amounts of prescription and over-the-counter medications on hand.
- Use of sharp objects such as knives, razors, scissors, etc.



NO METHOD OF MEANS RESTRICTION IS FOOLPROOF

15 Seconds = The time it takes to unlock any lock.

15 Seconds = The time it takes a suicidal person to change their mind and prevent a likely fatality.

PACKET DEVELOPED BY

The Eau Claire and Dunn County Overdose Fatality Review Project

AGENCIES INVOLVED

Chippewa Valley Free Clinic
Criminal Justice Collaborating Council
Dunn County Health Department
Dunn/Eau Claire County Medical Examiner's Office
Eau Claire Area School District
Eau Claire City-County Health Department
Eau Claire Comprehensive Treatment Center
Eau Claire County Corporation Counsel
Eau Claire County Department of Human Services
Eau Claire County Sheriff's Department
Eau Claire Department of Human Services
Eau Claire District Attorney's Office
Eau Claire Fire and Rescue
Eau Claire Police Department
HSHS Sacred Heart Hospital
HSHS St. Joseph's Hospital / LE Phillips Libertas Treatment Center
Marshfield Clinic Health System
Mayo Clinic Health System
Medical College of Wisconsin
Prevea Behavioral Health
University of Wisconsin-Eau Claire
Vantage Point Clinic
West Central Drug Taskforce
Wisconsin Department of Corrections
Wisconsin Department of Health Services

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