

Addiction impacts all of us.



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No More Stigma. No More Shame.

ADDICTION IS NOT A CHOICE

No matter who we are or where we come from, we all know at least one person who is affected by a type of addiction called opioid use disorder (OUD). **About 2.7 million Americans have OUD**, including more than 6% of adults in Berkshire County.

Addiction is a medical disease that affects the brain and behavior. A family history of unhealthy substance use increases someone's likelihood of developing an addiction.

The good news is that addiction is treatable. There are many effective medications, therapies and sources of support in our community.

Opioid Use Disorder (OUD) is a brain disease that causes overpowering urges to use opioids. Anyone can be affected, regardless of a person's job, education, income, skin color, ethnic background, sexual orientation, religion or gender. A person may continue to use opioids to avoid significant withdrawal symptoms, which can be prevented with clinical treatment.

Some people are prescribed opioids like morphine, codeine, oxycodone or fentanyl. Others try street drugs like heroin. All of them have a high potential for addiction—so what may start as medicinal or recreational use can escalate.

Even casual opioid use can lead to an overdose, which may be fatal if a nasal spray called naloxone (NARCAN®) isn't given promptly. Berkshire County remains well above the state average in fatal overdoses, even though we saw a 23% reduction in 2022. The fact is: Any overdose is too many.

Recovery from OUD requires more than willpower. Medications for Opioid Use Disorder (MOUD), such as buprenorphine and methadone, can help people with OUD manage cravings and withdrawal symptoms. These treatments decrease overdose deaths by 50%, help people with OUD stay in recovery, and increase the likelihood of achieving long-term remission and recovery.

Your Recovery. Your Choice.

Treatment can begin in as many ways as there are people. Some choose a few days of inpatient detoxification. Some may continue on in a residential treatment program or a supportive home where they can share their experiences with others.

Other people choose individual, group, or family outpatient counseling and behavioral therapy. Self-help groups like Alcoholics/Narcotics Anonymous and spiritual pathways such as Recovery Dharma are also options.

No matter what you or your loved one chooses, MOUD is an option. These medications are provided through a nearby clinic. One MOUD option, Sublocade, requires only one injection at a clinic each month. Treatment schedules are based on what's best for the individual and is available throughout the county. Clinical staff can help you or your loved one find what works best.

For Treatment and Recovery Options in the Berkshires:
boapc.org/get-help



NOT READY FOR TREATMENT AND RECOVERY?

That's okay. Berkshire Harm Reduction provides services to keep people who use drugs safer. Visit them in North Adams, Pittsfield, and Great Barrington.

YOU DON'T HAVE TO WALK ALONE.

When you're ready to explore treatment and recovery options, call anytime for free and confidential support.

- **Berkshire Harm Reduction:**
413-447-2654

Free naloxone, supply testing, fentanyl test strips, new syringes, STI testing, links to care

- **MA Overdose Prevention Helpline:**
800-972-0590

A person to talk with while using substances so you never have to use alone

- **MA Substance Use Helpline:**
800-327-5050

Help understanding the treatment system and finding substance use recovery resources

- **Brien Center Crisis Line:**
800-252-0227

24/7 confidential support and resources for people in distress

START MOUD AT:

- BHS emergency departments
- Hillcrest Family Health Center
- Spectrum Health Systems
- Right Choice Health Group
- The Brien Center
- SaVida Health



REAL RECOVERY.

Scan the QR code with your phone for more local resources or visit boapc.org/get-help