

## Outpatient Substance Abuse Provider and Suboxone Clinic

Garrett County Center for Behavioral Health  
Garrett County Health Department  
1025 Memorial drive  
Oakland, MD 21550  
Phone: 301-334-7670

Grantsville Outreach Center  
28 Hershberger Ln.  
Grantsville, MD 21536  
Phone: 301-895-3111

Garrett Treatment Center  
233 E. Alder Street  
Oakland, MD 21550  
Phone: 301-334-2888

P. Daniel Miller  
69 Wolf Acres Drive  
Oakland, MD 21550  
301-334-4400

## Methadone/Suboxone Clinics in Allegany County

Cumberland Treatment Center  
14701 National Highway  
LaVale, MD 21502  
Phone: 301-387-0940  
*Prescribe: Methadone and Burprenorphine*

Western MD Health Systems—Behavior Health Program  
12500 Willowbrook Road  
Cumberland, MD 21502  
Phone: 240-964-7000  
Outpatient Behavioral Health Services

## Meetings

Narcotic Anonymous (NA)  
<http://meetings.intherooms.com/meetings>

Liberty Club  
125 East Liberty Street  
Oakland, MD 21550-1201  
Saturday 10:00 AM, 8:00 PM  
Wednesday 8:00 PM

Celebrate Recovery  
Faith Evangelical Free Church  
1009 Maryland Highway  
Mt. Lake Park, MD 21550  
Contact Person: Linda  
Contact Number: 724-681-5378  
Day Group Meets: Friday  
Time Group Starts: 6:30 PM  
Email: [dkimib@yahoo.com](mailto:dkimib@yahoo.com)

The long-term goal of the Maryland Opioid Misuse Prevention Program is to reduce the number of overdose fatalities in each participating jurisdiction. The goal will be reached through the following objectives:

- Reduce opioid misuse
- Reduce opioid overdoses
- Prevent fatalities due to overdose

The community working together creates an atmosphere where positive results are possible. Goals can be reached more readily because of preventative awareness and education.

## Substance Abuse Prevention Office

Health Education & Outreach  
Garrett County Health Department  
1025 Memorial Drive  
Oakland, MD 21550  
Phone: 301-334-7730

For more detailed information, call the Garrett County Health Department at (301) 334-7670 or visit the website at [AddictionHappens.org](http://AddictionHappens.org).

Printed Opioid Misuse Prevention Toolkits are available.

Partially funded through the BHA and SAMHSA



Revised: 7-16-2018



Choose adrenaline,  
Choose fresh air,  
Choose family,  
**Choose anything but drugs.**



# "Determine that the thing can and shall be done, and then we shall find the way."

Overcoming Addiction Quote by Abraham Lincoln

## What is Prescription Drug Misuse and Abuse?

Prescription drug abuse refers to many things. It could mean using a medication not prescribed for you, using a medication in a manner other than prescribed (such as using more than the amount prescribed) or using a medication for the experience or feeling the drug can cause.

## Common Behavioral Signs of Prescription Drug Abuse

- Taking higher doses than prescribed
- Seeking prescription from more than one doctor
- Excessive mood swings
- Increase or decrease in sleep
- Stealing, forging, or selling prescriptions
- Appearing to be high, unusually energetic or revved up, or sedated
- Continually "losing" prescription, so more prescriptions must be written

**3.2%** of Garrett County high school students have injected an illegal drug. **4%** have used heroin.

Maryland Youth Risk Behavior Survey 2016

**15** The total number of drug and alcohol related intoxication deaths in Garrett County during 2016-18

Maryland Department of Health and Mental Hygiene, May 2018

## Signs & Symptoms of a Possible Problem with Painkillers

Examples: Vicodin, Oxycodone (Oxycontin), Darvon, Dilaudid, Tramadol, Demerol, Morphine, Fentanyl, Codeine, etc.

## Physiological/Psychological Effects of Abuse

- Smaller (constricted) pupils
- Drowsiness
- Weakness/dizziness
- Impaired coordination
- Nausea
- Confusion
- Dry mouth
- Itching
- Sweating
- Flushed, clammy skin

## Potential Health Consequences

- Slowed or arrested breathing
- Lowered pulse and blood pressure
- Tolerance
- Addiction
- Unconsciousness
- Coma
- Death (Risk of death increases when combined with alcohol or other depressants)

## Emergency Numbers:

Fire, Police & Medical Emergencies, call **911**  
Maryland Poison Center Emergency Hotline, call **1-800-222-1222**

For information about treatment and recovery options, call **211** or **1-866-411-6803**

For treatment services go to:

<https://www.findtreatment.samhsa.gov/>

To inquire about Overdose Response training, go to [AddictionHappens.org](http://AddictionHappens.org).

More than **75%** of people addicted to pain medication will eventually switch to heroin because it is cheaper  
(American Society of Addiction Medicine 2015)

## What Can I Do as a Community Member?

### Safeguard your medications

- ⇒ Keep track of your meds. Count how many pills you have at any given time to check for missing pills.
- ⇒ Store your meds in a secure and dry place (not the bathroom).
- ⇒ Keep your meds out of sight. Consider using a lock box or hide medications in a discreet location in your home so they are not easy for others to find.

### Prescription Drug Drop Off Sites

Garrett County Sheriff's Department  
311 E. Alder Street  
Oakland, MD 21550  
301-334-1911  
[sheriff@garrettcounty.org](mailto:sheriff@garrettcounty.org)  
Hours: 24/7

Maryland State Police  
67 Friendsville Road  
McHenry, MD 21541  
301-387-1101  
[mshp.mchenry@maryland.gov](mailto:mshp.mchenry@maryland.gov)  
Hours: 24/7

Oakland City Hall  
15 South Third Street  
Oakland, MD 21550  
301-334-2691  
[townfoak@gmail.com](mailto:townfoak@gmail.com)  
Hours: Monday-Friday 8:30 am - 4:30 pm