

Pennsylvania HealthChoices

Member Newsletter

Support for opioid overdose survivors and family members

Opioid overdose creates trauma for the survivor. Survivors deal with a lot of emotions.

The emotions include:

- Embarrassment
- Anger
- Discomfort
- Guilt
- Gratitude

All survivors need support and treatment. This will help. Support can come from a family member. Support can come from a friend. Survivors should talk with others. They should talk about their feelings. They should talk with those they trust. This will help their recovery.

An overdose is also traumatic for others. This includes people close to you. Family members often feel sad. Family members think they should do more. They wonder what they could have done. They question things. One question is if they could have prevented the overdose.

Family members and survivors should work together. It is important to look to the future. Everyone involved should focus on getting help.

It is OK to ask for help. You should not feel bad about this. It takes real courage to ask for support. Survivors and family members should get advice. Resources are available. They could be local or national. They are also online.

Many things cause overdose. Usually it is an accident. The initial problem could be pain. It is often addiction. The problem is still there after an overdose.

The survivor should get an assessment. Magellan can help with this. See the contact listings on page one. You can call one of these assessors. A provider network is also available.

Local supports are available

Bucks County

Aldie Counseling Center:
215-345-8530 (Doylestown),
215-642-3230 (Langhorne)

Gaudenzia Lower Bucks:
267-405-6530 (24/7 assessments)

Penn Foundation Recovery Center:
215-257-9999

Pyramid Healthcare: 215-244-7607

Family Service Assoc.:
215-757-6916, ext. 150

Bucks County D&A Commission:
215-773-9313

Delaware County

Single County Authority:
610-713-2365

Community Hospital: 610-494-7700

Lehigh & Northampton Counties

Single County Authority, Lehigh:
610-782-3555

Single County Authority,
Northampton: 610-829-4725

Treatment Trends: 610-432-7693

Bethlehem Recovery Center:
610-849-2209

Change on 3rd Street: 610-829-2770

Montgomery County

Single County Authority:
610-278-3642

Community Health & Dental Care:
610-326-9460

*Resources for Human Development/
Montgomery County Recovery
Center:* 610-272-3710

Upcoming MY LIFE meetings by county

Call to confirm meeting dates and locations. Or visit www.MagellanofPA.com and click on MY LIFE.

Bucks: July 13, Aug. 10, Sept. 14, 5:30 – 7:30 p.m., Abington Health Center, Warminster. Contact Emily Ferris: 215-504-3960.

Delaware: July 11, Aug. 8, Sept. 12, 6:30 – 8 p.m., YMCA, Lansdowne. Contact Shawn Carroll: 215-504-3934.

Lehigh/Northampton: July 8, Aug. 12, Sept. 9, 5 – 7 p.m., St. Paul's United Church of Christ, Allentown. Contact Michele Davis: 610-814-8006.

Montgomery: July 12, Aug. 9, Sept. 13, 5:30 – 7:30 p.m., Norristown Public Library, Norristown. Contact Kim Renninger: 215-504-3972

Navigating the Road to Recovery: Pain Management, Drug Trends, MATs

Sept. 20, 2017: 9 a.m. – 3:30 p.m.

Valley Forge Casino Resort
1160 1st Ave.
King of Prussia, PA 19406

For more information,
SLRubin@magellanhealth.com

7th Annual MY FEST Pennsylvania

Sept. 23, 2017: Noon – 4 p.m.

Rose Tree Park
1671 N Providence Rd
Media, PA 19063

www.facebook.com/MYLIFEyouth

A family member can attend the office visit. This happens when the survivor gives permission. The assessor will talk to the survivor. He or she will suggest treatment. He or she will also suggest level of care.

The survivor should then meet with a provider. The provider will create a treatment plan. The plan should limit opioids. This will help to reduce the risk of future overdose. Each provider can also be part of the support team.

It is helpful to talk with other experts. This includes going to counseling. Survivors should think about this. Family members should think about this. Counselors offer healthy ways to reach recovery. Counselors are often a great support choice.

It can be hard to get started on your journey to recovery. Things will get tough at times. Survivors will face many hurdles. Staying in treatment helps. Here are some national resources.

National resources

Information on opioid overdose. Here are some helpful points of contact:

- **Substance Abuse and Mental Health Services Administration (SAMHSA):** National Helpline 1-800-662-HELP (4357) or 1-800-487-4889 (TDD for hearing impaired) or www.samhsa.gov
- **Centers for Disease Control and Prevention (CDC):** www.cdc.gov/drugoverdose/epidemic
- **National Institutes of Health (NIH), National Center for Biotechnical Information:** www.ncbi.nlm.nih.gov
- **Partnership for Drug-Free Kids:** www.drugfree.org
- **Project Lazarus:** www.projectlazarus.org
- **Harm Reduction Coalition:** www.harmreduction.org
- **Overdose Prevention Alliance:** www.overdosepreventionalliance.org
- **Toward the Heart:** www.towardtheheart.com
- **NAMI:** www.nami.org

Substance Abuse and Mental Health Services Administration. SAMHSA Opioid Overdose Prevention Toolkit. HHS Publication No. (SMA) 16-4742. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2016.

Mental health awareness

JULY

National Minority Mental Health
Awareness Month
www.nami.org

SEPTEMBER

National Recovery Month
www.recoverymonth.gov

How to report fraud, waste and abuse of the system:

*Special Investigations Unit
Hotline: 1-800-755-0850*

*Corporate Compliance Hotline:
1-800-915-2108*

Drugs, Alcohol and Teen Dating Abuse

Teens may feel peer pressure to drink alcohol or try drugs. Some teens take alcohol or drugs to cope with emotional pain. Emotional pain may be caused by one or more traumatic events.

Data¹ says that boys who report dating abuse are more likely to use marijuana or be antisocial. Girls who report dating abuse are more likely to:

- Smoke
- Have suicidal thoughts
- Be depressed
- Binge drink

Teens also may be coerced into using drugs or alcohol by an abusive partner to:

- Control them through drug or alcohol addiction
- Make them do things they would not normally agree to
- Keep them from reporting the abuse

A teen may feel afraid to report abuse if they were high or drunk. This may be because the teen is afraid of getting into trouble. They may feel ashamed or at fault. They may be afraid the person who did it will plan revenge. A local domestic abuse advocate can talk about ways to stay safer if more abuse is a risk.

No one deserves to be abused. It does not matter if they use drugs or alcohol. It does not matter what they say or do. It does not matter if they change their mind about what they agree to do. Drugs and alcohol do not make a person abuse their partner. Blaming abuse on drugs or alcohol is an excuse. There are people who can help teens who have been abused even if they were drunk or high at the time.

To find the domestic abuse program nearest you, visit <http://www.pcadv.org> and click on *Find Help* or use the *Find Help* map on the home page.

To reach the National Dating Abuse hotline, call 1-866-331-9474 or text *loveis* to 22522. Or visit the websites:

www.loveisrespect.org, www.thatsnotcool.com

1. Exner-Cortens, Deiner, John Eckenrode, and Emily Rothman. "Longitudinal Associations Between Teen Dating Violence and Adverse Health Outcomes." *Pediatrics*. Abstract. Jan. 2013. <http://pediatrics.aappublications.org/content/early/2012/12/05/peds.2012-1029>

County events

Bucks

Community Support Programs—monthly meetings

Lower Bucks: Second Thursday, Penn del Mental Health Center, Penn del, 3 – 5 p.m. Contact Nancy Scheible, NScheible@Penn delMHC.org, 267-269-7882.

Central Bucks: First Wednesday, Lenape Valley Foundation, Doylestown, 11 a.m. – 12:30 p.m. Contact Phil Braun, Philip.Braun@LenapeVF.org, 215-893-5282.

Upper Bucks: Second Friday, Penn Foundation, Sellersville, 10:30 a.m. – noon. Contact A.J. Derro, DerroAJ444@gmail.com, 215-869-4722.

Delaware

Sept. 28-29: Reflections in Recovery Art Show, 9 a.m. – 5 p.m., Crozer-Chester Med. Ctr., Clark Auditorium, Contact Donna Holiday at 610-713-2365.

Lehigh & Northampton Counties

Lehigh Valley Community Support: Second Monday, NAMI, Bethlehem, 9:30 – 11 a.m. Contact Donna, NAMI PA Lehigh Valley, 610-882-2102.

July 20: Member Advisory Mtg., 9:30-11:30 a.m., Sacred Heart Hospital—Conf. Center, Allentown, Contact Willie at 215-504-3932.

Montgomery

Sept. 7: Lights of Hope, 6:30 p.m., Montco Courthouse, montcopa.org/1339/Drug-Alcohol

Sept 19: NARCAN distribution event, 6:30 p.m., New Life Church, 467 N. Easton Rd., Glenside, Pre-register at www.montcopa.org/overdoseprevention

Contact and resource information

The following phone lines are staffed 24 hours a day, seven days a week, or go to www.MagellanofPA.com.

Bucks County

Member: 1-877-769-9784

TTY: 1-877-769-9785 (8:30 a.m. – 6 p.m.)

TTY: 1-800-787-1730 (6 p.m. – 8:30 a.m.)

Emergency & Crisis Information:

- Lenape Valley Foundation, Bristol: 215-785-9765
- Lenape Valley Foundation, Doylestown: 215-345-2273
- Lenape Valley Adult Mobile Crisis: 215-785-9765
- Penn Foundation, Sellersville: 215-257-6551 (crisis services 7 a.m. – 11 p.m. daily)
- Access Child/Adolescent Mobile Crisis Services: 1-877-435-7709

Delaware County

Member: 1-888-207-2911

TTY: 1-888-207-2910 (8:30 a.m. – 6 p.m.)

TTY: 1-800-787-1730 (6 p.m. – 8:30 a.m.)

Emergency & Crisis Information:

- Crisis Connections Team: 855-889-7827
- Crozer-Chester Medical Center, Upland: 610-447-7600
- Mercy Fitzgerald Hospital, Darby: 610-237-4000

Lehigh County

Member: 1-866-238-2311

TTY: 1-866-238-2313

Emergency & Crisis Information: 610-782-3127

Montgomery County

Member: 1-877-769-9782

TTY: 1-877-769-9783 (8:30 a.m. – 6 p.m.)

TTY: 1-800-787-1730 (6 p.m. – 8:30 a.m.)

Emergency & Crisis Information:

- Access Crisis Services: 1-855-634-HOPE (4673)
- Peer Support Talk Line: 1-855-715-8255
- Teen Talk Line: 1-866-825-5856 (talk) or 1-215-703-8411 (text)
- Montgomery County Emergency Services: 610-279-6100 or 1-800-452-4189

Northampton County

Member: 1-866-238-2312

TTY: 1-866-780-3367

Emergency & Crisis Information: 610-252-9060

PA HealthChoices managed care physical health care plan contact information

Bucks, Delaware & Montgomery Counties	Member Lines	For TTY Users	Special Needs Unit	Website
Keystone First	1-800-521-6860	1-800-684-5505	1-800-573-4100	www.keystonefirstpa.com
UnitedHealthcare Community Plan	1-800-414-9025	1-800-654-5984	1-877-844-8844	www.uhccommunityplan.com
Health Partners	1-800-553-0784	215-849-1579	215-967-4690	www.healthpartners.com
Aetna Better Health	1-866-638-1232	1-866-638-1232	1-855-346-9828	www.aetnabetterhealth.com
Lehigh & Northampton Counties	Member Lines	For TTY Users	Special Needs Unit	Website
UnitedHealthcare Community Plan	1-800-414-9025	1-888-616-0021	1-877-844-8844	www.uhccommunityplan.com
AmeriHealth Caritas Pennsylvania	1-888-991-7200	1-888-987-5704	1-888-991-7200	www.amerihealthcaritaspa.com
Gateway	1-800-392-1147	1-800-654-5984	1-800-392-1146	www.gatewayhealthplan.com
Aetna Better Health	1-866-638-1232	PA Relay 7-1-1	1-855-346-9828	www.aetnabetterhealth.com
UPMC for You	1-800-286-4242	1-800-361-2629	1-866-463-1462	www.upmchealthplan.com

HealthChoices Help Line: 1-800-440-3989 or www.enrollnow.net; Medicare primary information: www.benefitscheckup.org