



## ***How to survive being addicted to Heroin (before you quit)***

This *Survival Tips for People Who Use Drugs* is intended to be shared with members of the community who may be experiencing drug use first-hand, who may not be ready or able to stop using heroin today. This is not an all-inclusive list of tips and resources but it is a starting point. The writers and researchers, and the person who handed this to you, believe in the value of your life, today, even if you are not able or ready to quit using opioids at this time.

**1. Don't get high alone.**

Make sure a buddy, or family or friend is nearby when you use drugs.

**2. Don't get high in secret with dirty needles lying around.**

Try to inject drugs in a location where the risks of victimization and other hazards, including contact with used needles, are minimized.

**3. Get a Narcan kit and carry it. Give one to your friends.**

Provide Narcan kits to the person using, their friends, and family members, or anyone who will be on hand when and where someone is injecting drugs<sup>i</sup>

**4. Get a clean needle from a Syringe Exchange Program or a pharmacy (e.g., CVS).**

Assuring that the user has access to clean needles<sup>ii</sup>. Locally, connect with Trillium's Syringe Exchange Program, 39 Delevan Street, Rochester, 14605 (\*new location\*) 585.454.5556; open M, W, F 1pm – 4pm, Tues 9am-4pm, Thurs 1pm-6pm

**5. Use distilled water and clean cotton in your rig.**

Providing access to sterile injecting equipment and supplies<sup>iii</sup>

**6. Make sure your buddy is willing to call 9-1-1 if you overdose.**

Assuring access to emergency medical care by calling 911 when needed<sup>iv</sup>

**7. Go to the doctor when you need to. (See **LIST** next page.)**

Supporting access to general health care services

**8. Call a detox center when you want to get clean. (See **LIST** next page.)**

Making information available about, and access to, drug detox services<sup>v</sup>

**9. Call inpatient or a MAT prescriber when you want to remain clean.**

Making information available about, and access to, drug treatment services<sup>vi</sup>

**10. If you live in a safe injection site city, test your dope for Fentanyl.**

When possible, encouraging and supporting the testing of opioid drugs for Fentanyl<sup>vii</sup>

**Post this list on your refrigerator, in your bag, or in your pocket and review it every day.**

## Doctors in Monroe County for those without health insurance:

### **Anthony L Jordan Healthcare Center** (plus 8 additional locations)

82 Holland Street  
Rochester, NY 14605  
Tel: (585) 423-5800

#### Hours:

Monday and Thursday 8:30 A.M. – 8 P.M. Tuesday and Wednesday 8:30 A.M. – 6 P.M. Friday 8:30 A.M. – 5 P.M.

### **St Joseph's Neighborhood Center**

417 South Avenue  
Rochester, NY 14620  
Tel: (585) 325-5260

Hours: Monday 9:00 am - 5:00 pm Tue – Thu 9:00 am - 7:00 pm Friday 9:00 am - 4:00 pm

### **Eastman Urgent Care Dentistry**

Due to COVID, you MUST call to make an appointment ahead of time. No Walk-Ins.

Call (585) 275-5051  
625 Elmwood Avenue  
Rochester, NY 14620

#### Hours:

Monday - Friday 8:30 a.m. - 5:00 p.m. Closed daily from 12:30 p.m. - 1:30 p.m. (Mondays & Fridays tend to be busiest days)

## Detox Providers

- **Helio Health** Admissions Tel.: 585-287-5622
- **Conifer** Admissions Tel.: 585-442-8422 x 4400
- **Rochester Regional Health** Intake Tel.: 585-922-9900

\*For additional drug treatment resources in Western New York, see the National Council on Alcoholism & Drug Dependence for the Rochester Area's [Service Provider Directory](#)

\*\* There are many other addiction resources available (e.g., Narcotics Anonymous, Al-Anon, ROCoverly Fitness, HOPE Dealers) that are not listed here. Our goal is to provide a list of treatment providers certified through the state, but please seek out and use what works for you. This is just a place to start.

## Footnotes

- <sup>i</sup> Baca, C. T., & Grant, K. J. (2005). Take-home naloxone to reduce heroin death. *Addiction*, 100(12), 1823-1831; McDonald, R., Campbell, N. D., & Strang, J. (2017). Twenty years of take-home naloxone for the prevention of overdose deaths from heroin and other opioids: Conception and maturation. *Drug and Alcohol Dependence*, 178, 176-187.
- <sup>ii</sup> Cooney, A., & Wodak, A. (World Health Organization). (2004). Effectiveness of sterile needle and syringe programming in reducing HIV/AIDS among injecting drug users. [https://www.who.int/hiv/pub/prev\\_care/effectivenesssterileneedle.pdf?ua=1](https://www.who.int/hiv/pub/prev_care/effectivenesssterileneedle.pdf?ua=1) and Centers for Disease Control (CDC) (2011). <https://www.cdc.gov/policy/hst/hi5/cleansyringes/index.html>
- <sup>iii</sup> Wood, E., Kerr, T., Stoltz, J., Qui, Z., Zhang, R., Montaner, J. S. G., & Tyndall, M. W. (2005). Prevalence and correlates of hepatitis C infection among users of North America's first medically supervised safer injection facility. *Public Health*, 119(12), 1111-1115.; also see Potier et al. article in endnote above.
- <sup>iv</sup> See NYS Good Samaritan Law: [https://www.health.ny.gov/diseases/aids/general/opioid\\_overdose\\_prevention/good\\_samaritan\\_law.htm](https://www.health.ny.gov/diseases/aids/general/opioid_overdose_prevention/good_samaritan_law.htm)
- <sup>v</sup> Gaddis, A., Kennedy, M. C., Nosova, E., Milloy, M. J., Hayashi, K., Wood, E., & Kerr, T. (2017). Use of on-site detoxification services co-located with a supervised injection facility. *Journal of Substance Abuse Treatment*, 82, 1-6.; See vi citation as well.
- <sup>vi</sup> Wood, E., Tyndall, M. W., Zhang, R., Montaner, J. S., & Kerr, T. (2007). Rate of detoxification service use and its impact among a cohort of supervised injecting facility users. *Addiction*, 102(6), 916-919.
- <sup>vii</sup> Peiper, N. C., Clarke, S. D., Vincent, L. B., Ciccarone, D., Kral, A. H., & Zibbell, J. E. (2018). Fentanyl test strips as an opioid overdose prevention strategy: Findings from a syringe services program in the Southeastern United States. *International Journal of Drug Policy*, in press; Krieger, M. S. et al. (2018). Use of rapid fentanyl test strips among young adults who use drugs. *International Journal of Drug Policy*, 61, 52-58.