



K-SURE

Kentucky Substance Use Research & Enforcement

*Using data to drive public safety and public health efforts
against substance use across the Commonwealth*

Pictodictionary

Six Major Overdose-Related Substances in Kentucky and Resources



Produced by the Kentucky State Police Intelligence Branch and the Kentucky Injury Prevention and Research Center, as bona fide agent for the Kentucky Department for Public Health.

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Evaluation Survey



We would like to hear your feedback on the Kentucky Substance Use Research & Enforcement (K-SURE) briefs and other outputs you use. This will help us improve future K-SURE briefs, stakeholder engagement, dissemination, and audience receptivity.

You can find the survey here:

https://uky.az1.qualtrics.com/jfe/form/SV_bDzBAIOXZprzO85



Thank you in advance!

- The K-SURE Team -



Heroin

Definition: A highly addictive narcotic that is prepared from morphine—a substance that comes from specific poppy plants. This opioid drug binds rapidly to opioid receptors on cells located in many areas, especially those involved in feelings of pain and pleasure and in controlling heart rate, sleeping, and breathing. It has a bitter taste. Most often sold as a white or brown powder or black gummy substance that is smoked or snorted, heroin also can be mixed with various solutions for injection. The color/texture of heroin is often determined by the additives or adulterants mixed with it.



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Heroin (continued)

Is it a controlled substance? Heroin is a Schedule I controlled substance under the Controlled Substances Act. Schedule I substances have a high potential for abuse, no currently accepted medical use in treatment in the United States, and a lack of accepted safety for use of the drug under medical supervision. Heroin does contain diamorphine, or diacetylmorphine, a narcotic analgesic used for severe pain treatment, often for cancer.

Heroin is often used in conjunction with other drugs. Because heroin is frequently cut with other drugs and even substances like sugar, purity and dose cannot be known, which puts users at escalated risk for overdose and harm. When mixed with marijuana, it is called “A-bomb” and with cocaine a “bombita” or “speedball”.

Common health effects—Short term: euphoria effects (“rush”), slowed breathing and heart rate, drowsiness, vomiting, nausea, itching, flushing of the skin, constricted pupils, etc. Long term: abscess, constipation, pneumonia, liver disease, infection of the heart lining and valves, kidney disease, collapsed veins, and long-term imbalances in neuronal and hormonal systems. Polysubstance use effects vary and can increase one’s risk of overdose; taken with alcohol, the heart rate and breathing further decreases, placing the individual at danger for coma or death.

What does it look like? Powder, tar, solution

How is it used? Inhaled (smoked [by heating, pipe], snorted [powder]), injected (mixed with ascorbic/citric acid)*

*Injection increases risk of HIV, hepatitis C, hepatitis B, and other viral and bacterial infections.

Can naloxone* work for a heroin overdose? Yes, naloxone can reverse the effects of heroin.

*Naloxone, also known as Narcan® or Kloxxado®, is an opioid receptor antagonist used to reverse an opioid overdose.

Emojis commonly used to indicate heroin:



Also Known As:							
H	Scat	Junk	Brown Sugar	Basketball	Mexican Horse	King’s Tickets	White Nurse
Mud	Boy	Skag	Chiva	Hell dust	Gravy	Coffee	Diesel
Jojee	Black Tar	Dope	Negra	Black Tar	Brown Crystal	Brown Rhine	Witch
Tires	Black	Skunk	Smack	Shit	Brown	Mexican Mud	White Horse
Brown	Horse	White	Aunt Hazel	Brown Sugar	Mexican Brown	China White	White Lady
Big H	Tar	Dragon	Bad Seed	Snowball	Chocolate	Thunder	Patty



Opioid

Definition: A class of narcotic drugs derived from the poppy *Papaver somniferum* that binds to receptors on nerve cells to reduce pain. Opioids most often are found in the form of pills and tablets. Prescription opioids include buprenorphine, codeine, hydrocodone, hydromorphone, methadone, morphine, diphenoxylate, oxycodone, oxymorphone, etc.



Opioid (continued)

Is it a controlled substance? Opioid is a narcotic that is Scheduled II/IIN controlled under the Controlled Substance Act. Schedule II drugs have a high potential for abuse, a currently accepted medical use in treatment in the United States or with severe restrictions, and its use/abuse may lead to severe psychological or physical dependence. When taken as prescribed by the doctor, prescription opioids are generally safe to take for a short period of time. The drug's properties that cause euphoria and relieve pain increase its potential for misuse and addiction. Euphoric effects are most accentuated when delivered to the brain (by snorting crushed pills). When opioid use becomes an issue—a person is unable to curb use or use interferes with obligations (work, home, social)—a diagnosis of opioid use disorder (along with other considerations) is deemed.

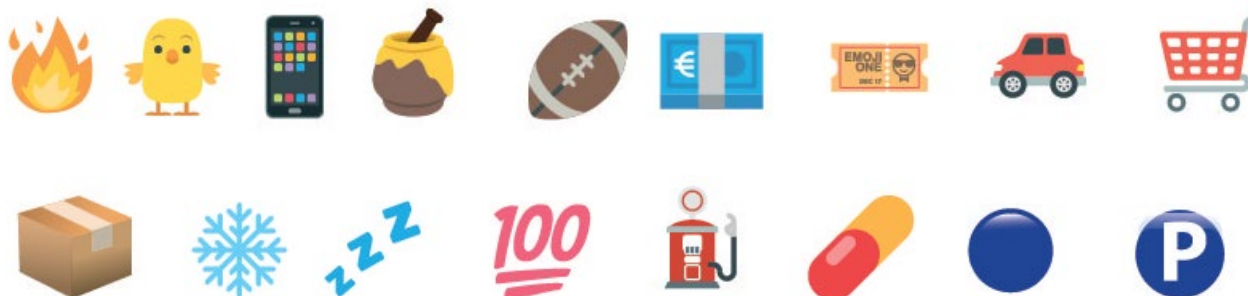
Common health effects—Short term: pain relief, euphoria, constipation, slowed breathing, nausea, and drowsiness. Long term: increased risk of addiction or overdose. The highly addictive properties of opioids can lead to dependence, withdrawal, intense euphoria, severe depression, respiratory arrest, coma, and death, etc. Polysubstance use effects vary and can increase one's risk of overdose; taken with alcohol, opioids can cause decreased breathing and heart rate, coma, and death.

What does it look like? Powder, tablet, liquid, capsule, chunk, skin patch, suppository, nasal spray

How is it used? Inhaled (smoked/snorted [powder] or by heating tablet of foil) or sniffed [nasal spray]), injected (dissolved in water or other liquids)*, ingested (pills, tablets, capsules, lollipops, liquid)

*Injection increases risk of HIV, hepatitis C, hepatitis B, and other viral and bacterial infections.

Emojis commonly used to indicate opioids:



Does naloxone* work for an opioid overdose? Yes, naloxone can reverse the effects of opioids.

*Naloxone, also known as Narcan® or Kloxxado®, is an opioid receptor antagonist used to reverse an opioid overdose.

Also Known As:				
OxyContin	Oxy	Vicodin	Lean	D
Opium	Perc	Percocet	Juice	Octagons
Biscuits	Blue Heaven	Blues	Stop Sign	357s
Dillies	O	Monkey	M	512s
Smack	Bananas	Hillbilly heroin	Hydro	Watson
Idiot pills	Lorris	demmies	Norco	Footballs
Vics	Hyrdos	Fluff	Scratch	Tabs
Oxycet	Ox	Tabs	OC	Dilaudid
Vike	Opio	Loratab	Beans	Dopium



Methamphetamine

Definition: A substance considered to be a psychostimulant that acts by speeding up the body's central nervous system, causing hyperactivity and lack of impulse control, and that has high addictive potential. A class of amphetamine, methamphetamine enters the brain more quickly and thus is more potent.



Methamphetamine (continued)

Is it a controlled Substance? Methamphetamine is a Schedule II/IIN controlled substance under the Controlled Substances Act. Schedule II drugs have a high potential for abuse, a currently accepted medical use in treatment in the United States or with severe restrictions, and its use/abuse may lead to severe psychological or physical dependence. Desoxyn, prescription methamphetamine, can be prescribed to treat obesity and attention deficit disorders. Methamphetamine has also been prescribed to treat narcolepsy. Overall, medicinal prescriptions have declined because of its high abuse and dependence potential.

Common health effects—Short term: increased alertness, heart rate, blood pressure, and temperature; decreased appetite. **Long term:** anxiety, insomnia, violent behavior, hallucinations, weight loss, dental decay, sores from itching, confusion, and delusions. Continued methamphetamine use can cause effects that last for a long time, even after a person quits using the drug. These effects can include extreme weight loss, anxiety and confusion, sleep issues, mood swings, severe dental issues, violent behavior, psychosis, cognitive problems, and paranoia. Polysubstance use effects vary and can increase one's risk of overdose; taken with alcohol, methamphetamine increases blood pressure and risk of alcohol overdose (as it counteracts against the depressing effects of alcohol use).

What does it look like? White powder, pill, crystal (pieces of glass), shiny bluish rocks, liquid

How is it used? Inhaled (smoked, snorted), injected*, ingested (swallowed [pills, liquid])

*Injection increases risk of HIV, hepatitis C, hepatitis B, and other viral and bacterial infections.

Emojis commonly used to indicate methamphetamine:



Does naloxone* work for a methamphetamine overdose? No, there is no treatment for methamphetamine overdose. If an opioid is involved in a methamphetamine overdose, naloxone may help.

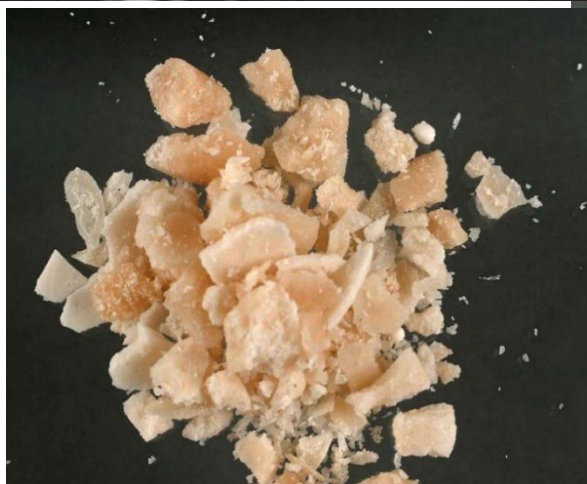
*Naloxone, also known as Narcan® or Kloxxado®, is an opioid receptor antagonist used to reverse an opioid overdose.

Also Known As:								
Crank	Biker's Coffee	Go-Fast	Trash	Shabu	Stove Top	Batu	Speed	Fizz
Ice	Crystal Meth	Crystal	Hot Ice	Chalk	Chalk	Ventana	Shards	Meth
Tina	Poor Man's Cocaine	Glass	Pervitin	Vidrio	Chicken feed	Crystal	Cristy	Zip
Cream	D-desoxyephedrine	Yaba	Desoxyn	Tweak	Crissy	Christine	Vitamin R	Bump



Cocaine

Definition: Addictive stimulant substance in the form of a white crystalline powder derived from coca leaves, *Erythroxylon coca*, which provides euphoric effects. It is a central nervous system stimulant that increases the heart rate and blood pressure, speeding the body.



Cocaine (continued)

Is it a controlled substance? Yes, cocaine is a Schedule II Drug (II/IIN) under the Controlled Substances Act. It has an accepted medical use in the U.S. (e.g., local anesthetic and blood clotting); however, other more effective medicines have been developed and are used. Schedule II drugs have a high potential for abuse, a currently accepted medical use in treatment in the United States or with severe restrictions, and its use/abuse may lead to severe psychological or physical dependence.

Common health effects—Short term: enlarged pupils; increased body temperature, heart rate, and blood pressure; abdominal pain; insomnia; alertness; violent behavior; anxiety; appetite loss; heart issues; restlessness; etc. Long term: olfactory loss, unique respiratory syndrome(s), erosion of the upper nasal cavity, difficulty swallowing, heart problems, weight loss, altered brain structure, etc. Polysubstance use effects vary and can increase one’s risk of overdose; taken with alcohol, the risk of poor heart issues is increased. A “speedball” is cocaine used in conjunction with opioids. It is called “space” or “whack” when mixed with PCP, “dirty fentanyl” or “takeover” with fentanyl, and “Belushi” when mixed with heroin.

What does it look like? White powder or crystals, pills, white rocks (crack)

How is it used? Inhaled (smoked [cocaine processed and heated], snorted [water-soluble hydrochloride]), injected (water-soluble hydrochloride)*, ingested (pills)

*Injection increases risk of HIV, hepatitis C, hepatitis B, and other viral and bacterial infections.

Emojis commonly used to indicate cocaine:



Does naloxone* work for a cocaine overdose? No, there is no treatment for cocaine overdose. If an opioid is involved in a cocaine overdose, naloxone may help.

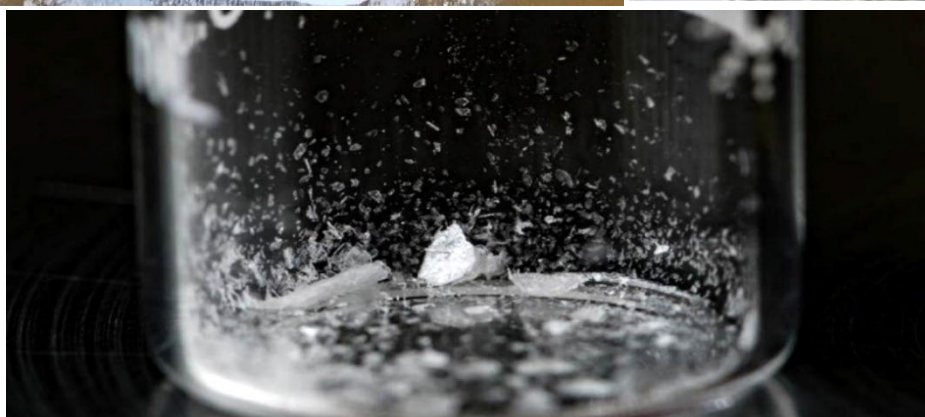
*Naloxone, also known as Narcan® or Kloxxado®, is an opioid receptor antagonist used to reverse an opioid overdose.

Also Known As:							
Milk	Coke	Bings	Crack	Nose Powder	Designer Jeans	Cadillac	Nose candy
Pez	Gravel	Bernice	Snow	C	Base	Candy	Blowcaine
Glo	Yay-Yo	Rims	Dice	Soda	Gringa	Coca	Aunt Nora
Polvo	Sniff	Sneeze	White	Yayo	Toot	Dust	Hubba
Blow	Cars	Flake	Big Rush	Grit	Pearl	Line	Sugar



Fentanyl and Fentanyl Analogs

Definition: A synthetic opioid, synthesized from morphine, developed for pain management treatment (severe pain and cancer pain) or illegally made and distributed through drug markets. This drug is 100 times stronger than morphine and 50 times stronger than heroin.



Fentanyl and Fentanyl Analogs (continued)

Is it a controlled substance? Fentanyl and fentanyl analogs are Schedule II/IIN Controlled—narcotic substances with high abuse potential that may lead to severe dependence (physical and psychological)—under the Controlled Substances Act. Schedule II drugs have a high potential for abuse, a currently accepted medical use in treatment in the United States or with severe restrictions, and its use/abuse may lead to severe psychological or physical dependence. The prescription forms of fentanyl can include Actiq, Duragesic, Sublimaze, and Lazanda. It is often used as an anesthetic and for pain relief.

Illicit fentanyl is sold for its heroin-like effects and often is used in combination with other drugs or pressed into counterfeit pills. When mixed with heroin pills it is called “Facebook”, and with heroin it is called “birria”.

Common health effects—Short term: nausea, constipation, euphoria, slowed breathing, and pain relief. Long term: increased risk of overdose or addiction. Polysubstance use effects vary and can increase one’s risk of overdose; taken with alcohol, decreased heart rate and breathing, coma, and death. The illicit combining of fentanyl with other drugs increases its potency and poses added dangers of overdose for users.

What does it look like? Pill, powder, liquid, tablet, rock, lozenge, film, dermal patch, nasal spray, lollipop

How is it used? Inhaled (smoked, snorted), injected*, Ingested (pills, liquid, powder)

*Injection increases risk of HIV, hepatitis C, hepatitis B, and other viral and bacterial infections.

Does naloxone* work for fentanyl overdose? Yes, naloxone is effective in reducing the effects of fentanyl.

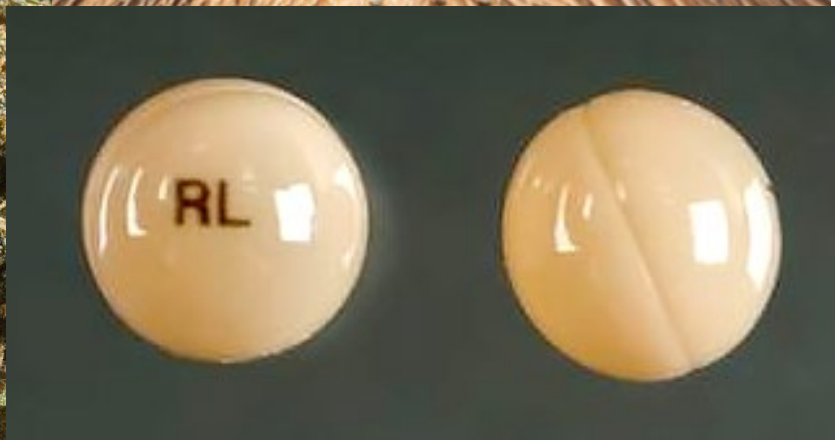
*Naloxone, also known as Narcan® or Kloxxado®, is an opioid receptor antagonist used to reverse an opioid overdose.

Also Known As:				
Apache	China Girl	TNT	Tango & Cash	King Ivory
China White	Dance Fever	Jackpot	Poison	He Man
Dragon	Fent	Lollipop	White Girl	Crazy
Duragesic	Innovar	Actiq	Oralet	Friend
Goodfella	Great Bear	Friend	Fenty	Fire
Murder 8	China Town	Sublimaze	Butter	Chinese



Marijuana

Definition: Dry, shredded, green, gray, or brown mixture of flowers, stems, seeds, and leaves that is a mind-altering substance derived from the cannabis sativa plant. The psychoactive effects of marijuana, also known as cannabis, are chiefly attributed to delta-9-tetrahydrocannabinol (THC).



Marijuana (continued)

Is it a controlled substance? Marijuana is a Schedule I controlled substance under the Controlled Substances Act. Schedule I substances have a high potential for abuse, no currently accepted medical use in treatment in the United States, and a lack of accepted safety for use of the drug under medical supervision.

Though some states have passed legislation permitting medicinal and/or recreational use of marijuana, the federal government (Food and Drug Administration and Drug Enforcement Administration) could not conclude that there is sufficient evidence to demonstrate safe use under medical supervision.

When mixed with PCP, it can be called “zoom” or “wet”.

Common health effects—Short term: euphoria followed by relaxation, enhanced senses, mind alteration; short-term memory, balance, and coordination issues; slowed information processing, thinking, problem solving, and reaction; slowed heart rate; stimulated appetite; learning problems; anxiety; and psychomotor issues like impaired driving ability. **Long term:** mental health issues, respiratory issues, coughing, etc. Polysubstance use effects vary and can increase one’s risk of overdose; taken with alcohol, can increase heart rate and blood pressure and further delay reaction times and mental function.

What does it look like? Plant, leaves, stems, seeds, tea, blunts, cigarettes, pills, oils, sticky black liquid, resin

How is it used? Inhaled (smoked [blunts, cigarettes, pipe, bong, vaporizer]), ingested (liquids [tea], edibles [gummies, brownies, other foods])

Emojis commonly used to indicate marijuana:



Does naloxone* work for marijuana overdose? No, there is no treatment for marijuana overdoses. If an opioid is involved in a marijuana overdose, naloxone may help.

*Naloxone, also known as Narcan® or Kloxxado®, is an opioid receptor antagonist used to reverse an opioid overdose.

Also Known As:										
Ashes	MJ	Cheeba	Green	Mowing the lawn	Texas Tea	Skunk	Mary Jane	Yerba	Blueberry	Chronic
Bobo	Pot	Sinsemilla	Purple Haze	Yellow Submarine	Doobie	Green-eyed Girl	Wacky Tobacky	Aunt Mary	Lemon-Lime	Flower
Reefer	Bud	Broccoli	Nug	Herb	Kush	Grass	Bush	Ganja	Dro	Trees
Hash	420	Gangster	Green	Dope	Hay	Weed	Root	Mota	Hashish	Cannabis

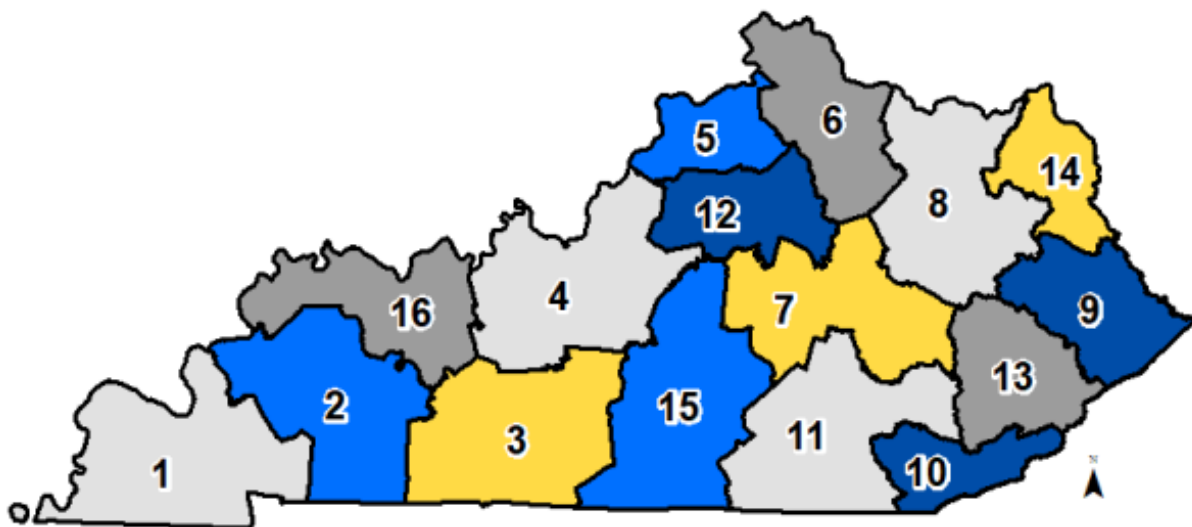


Angel Initiative

Since 2016, any individual battling addiction can come to any Kentucky State Police post to request assistance finding a treatment center. The individual seeking assistance will be paired with an advocate who will connect them to a local treatment center, where health professionals specialize in assisting people with substance use disorder. The program is voluntary, and the individual will not be charged or arrested for any violations if they agree to participate in treatment.



kentuckystatepolice.org/angel-initiative



Kentucky State Police Post Locations

Post 1: MAYFIELD
(270) 856-3721

Post 5: CAMPBELLSBURG
(502) 532-6363

Post 9: PIKEVILLE
(606) 433-7711

Post 13: HAZARD
(606) 435-6069

Post 2: MADISONVILLE
(270) 676-3313

Post 6: DRY RIDGE
(859) 428-1212

Post 10: HARLAN
(606) 573-3131

Post 14: ASHLAND
(606) 928-6421

Post 3: BOWLING GREEN
(270) 782-2010

Post 7: RICHMOND
(859) 623-2404

Post 11: LONDON
(606) 878-6622

Post 15: COLUMBIA
(270) 384-4796

Post 4: ELIZABETHTOWN
(270) 766-5078

Post 8: MOREHEAD
(606) 784-4127

Post 12: FRANKFORT
(502) 227-2221

Post 16: HENDERSON
(270) 826-3312



Let's Get Connected: Treatment & Recovery Resources

Alcoholics Anonymous

aa.org

Alcoholics Anonymous is an international fellowship of men and women who have had a drinking problem. It is nonprofessional, self-supporting, multiracial, apolitical, and available almost everywhere. There are no age or education requirements. Membership is open to anyone who wants to do something about his or her drinking problem. Find an AA nearest you: aa.org/find-aa.

Al-Anon Family Groups

al-anon.org

Al-Anon provides support groups for family members, caregivers, teens, friends, and anyone affected by someone else's alcoholism. Find a meeting nearest you.

Angel Initiative

kentuckystatepolice.org/angel-initiative

The Kentucky State Police encourage anyone who is battling addiction and/or substance use to reach out to their local Kentucky State Police post for more information about the Angel Initiative Program.

CHFS Provider Directory

dbhdid.ky.gov/ProviderDirectory

This directory provided by the Cabinet for Health and Family Services allows you to search by health plan, location, or name to find contact information for certified social workers, clinical social workers, hospitals offering psychiatric services, licensed behavior analysts, licensed marriage/family therapists, licensed professional clinical counselors, psychiatrists, psychologists, and other treatment providers.

Casey's Law

odcp.ky.gov/Resources/Caseys-Law

Learn more about how involuntary treatment for substance use works in Kentucky and how loved ones can intervene on behalf of a substance abuse-impaired loved one.

Celebrate Recovery

www.celebraterecovery.com

A Christ-centered program designed to promote spiritual healing for any hurt, habit, or hang-up using 12 steps and recovery principles based on the Beatitudes. Celebrate Recovery programs exist in churches, recovery houses, rescue missions, universities, and prisons around the world.

Co-Dependents Anonymouscoda.org

This recovery group is to support those who desire healthy and loving relationships by applying a 12-step approach to overcome codependence.

Cocaine Anonymousca.org

Cocaine Anonymous is an international fellowship dedicated to support the recovery of those wishing to stop their use of cocaine and all other mind altering substances (e.g., marijuana, prescription drugs, over-the-counter drugs, and commonly used legal drugs) using a 12-step model to provide support and encouragement for those engaged in treatment, and after treatment.

Community Mental Health Centersdbhdid.ky.gov/crisisnos

A listing of each Kentucky county's Community Mental Health Center region (name, phone number, and website), the 24-hour crisis phone number for that region, and the respective psychiatric hospital serving that county.

FindHelpNowKY.orgFindHelpNowKY.org

This website can be used to find an addiction treatment facility that is taking new clients right now. Search here to find up-to-date and accurate information about their treatment offerings and availability across Kentucky.

**FindTreatment.Gov**findtreatment.gov

Sponsored by the Substance Abuse and Mental Health Services Administration, this tool helps to locate licensed providers in your area. You also are able to call 1-800-662-HELP (4357) for assistance.

Get Help Lexgethelpflex.org

This online resource is for those seeking facilities and services for substance use disorder in or around Lexington, Kentucky.

Kentucky Opioid Assistance and Resource Hotlinekyoarhotline.com

This 24/7 confidential hotline provides help on opioid-related issues for health care providers, patients, and first responders by toxicology-certified nurses and pharmacists. It is supported by the Kentucky Poison Control Center. 1-800-854-6813



Kentucky Access to Recovery (KATR)fahe.org/access-to-recovery

This program assists low-income persons currently in treatment or early recovery from opioid/stimulant use disorder or with a history of overdose due to opioid use. Follow the link to learn more and find out if you reside in an eligible KATR service area.

Kentucky Poison Control Centerkypoisoncontrol.com

Call this 24/7 phone number for poisoning emergencies or if you think someone has been poisoned. Visit the website to learn more about education and other resources. 1-800-222-1222

Military OneSourcemilitaryonesource.mil

Military OneSource offers a wide range of individualized consultations, coaching, and nonmedical counseling for many aspects of military life. 1-800-342-9647 En Español: 1-800-342-9647

Narcotics Anonymousna.org

Narcotics Anonymous is a nonprofit fellowship or society of men and women for whom drugs had become a major problem. This is a program of complete abstinence from all drugs. Recovering addicts meet regularly to help each other stay clean. Find a NA nearest you: na.org/meetingsearch.

Nar-Anon Support Groupsnaranoncentral.org

Nar-Anon Family Groups in Kentucky, Ohio, Tennessee and West Virginia can be found here to support those affected by someone else's addiction through a 12-step program.

Operation Uniteoperationunite.org/

Operation UNITE (Unlawful Narcotics Investigations, Treatment, and Education) provides a confidential, toll-free treatment referral line from 8 a.m. to 5 p.m., Monday through Friday. 1-866-908-6483

Recovery Kentuckykyhousing.org/Program/recovery-kentucky

A supportive housing project to address homelessness and recovery from substance abuse. The 14 centers across the state are located in Bowling Green, Campbellsville, Erlanger, Florence, Grayson, Harlan, Henderson, Hopkinsville, Morehead, Owensboro, Paducah, Richmond, Somerset, and Knott counties.

Refuge Recoverywww.refugerecovery.org

A program that uses Buddhist teachings to inform the recovery process.



Resources for Deaf People in Recovery[DeafIndividualsinRecovery](#)

This list of online resources in American Sign Language is designed to help Deaf individuals connect their experience with others who share their culture and knowledge.

SAMHSA Action Planning for Prevention and Recoverynpaihb.org/action-planning-for-recovery

This tool helps you develop an action plan for prevention and recovery by sharing information and strategies that others have found to be helpful in relieving and preventing troubling feelings and symptoms.

SAMHSA Buprenorphine Practitioner Locatorsamhsa.gov/practitioner-locator

Find an authorized practitioner to treat opioid dependency with buprenorphine by state.

SAMHSA Opioid Treatment Locatorsamhsa.gov/treatment

Find opioid treatment locations by state.

SMART Recoverywww.smartrecovery.org/local

Self-Management and Recovery Training (SMART) is a global community of support groups meeting online and in person using a science-based approach to resolve addictive problems. Use the SMARTfinder to locate nearby meetings.

NIAA Alcohol Treatment Navigatoralcoholtreatment.niaaa.nih.gov

Produced by the National Institute on Alcohol Abuse and Alcoholism, this navigator helps you find evidence-based treatments for yourself or a loved one.

KY-Moms MATRdbhdid.ky.gov/kymomsmatr

Learn about the Maternal Assistance Towards Recovery (MATR) collaboration between health departments, prenatal clinics, and community mental health centers to provide prevention education and service coordination to pregnant and postpartum mothers at risk for alcohol, tobacco, and other drugs. The link provides contact information by region and relevant services offered. 1-502-782-6192

Recovery Kentucky Facilitiescorrections.ky.gov/recoverykentucky

The Division of Probation and Parole oversees the Reentry Service Center (RSC) program. The RSC program accommodates state inmates, parolees, & probationers and is designed to help them integrate back into society after their incarceration. Inmates that qualify for this program have obtained their community custody qualification and are near their parole eligibility date. Find a list of facilities here;



note the facilities are privately owned and contracted by the Kentucky Department of Corrections to provide housing, care, and programming.

Child and Adolescent Psychiatrist Finder

aacap.org/CAP_Finder

The American Academy of Child and Adolescent Psychiatry provides an online tool to help caregivers who are seeking psychiatric care for their children to locate psychiatrists.

Let's Talk: Hotline Resources

National Suicide Prevention Lifeline

suicidepreventionlifeline.org

A national network of local crisis centers that provides 24/7 free and confidential emotional support to people in suicidal crisis or emotional distress. A skilled, trained crisis worker who works at the Lifeline network crisis center closest to you will listen to you, provide support, and share resources.

1-800-273-TALK (1-800-273-8255)

En Español: 1-888-628-9454

Deaf and Hard of Hearing: 1-800-799-4889

24/7 lifeline chat suicidepreventionlifeline.org/chat

Veterans Crisis Line

www.veteranscrisisline.net

The Veterans Crisis Line is a free, anonymous, confidential support source for service members, veterans, and their family members and friends. The Crisis Line is available even to those not registered with the Veterans Administration (VA) or enrolled in VA health care.

1-800-273-8255

Text: 838255

Deaf and Hard of Hearing: 800-799-4889

Crisis Text Line

crisistextline.org

If you need someone to talk to or listen, resources, or other support, a trained counselor is available and ready to assist.

Text "KY" to 741741

National Domestic Violence Hotline

thehotline.org

This free, confidential hotline is available 24/7 to provide personal care and support to survivors of abuse, concerned friends or family members, and abusive partners seeking to change.

1-800-799-7233

Text: LOVEIS to 1-866-331-9475

Rape, Abuse & Incest National Network Hotline

rainn.org

The Rape, Abuse & Incest National Network (RAINN) is the nation's largest anti-sexual violence organization. RAINN supports survivors, educates the public, improves public policy, and provides consultation and training. Call to be connected to the nearest sexual assault support provider.

1-800-656-HOPE (4673)

Chat: hotline.rainn.org/online

En Español: hotline.rainn.org/es



National Parent Helplinenationalparenthelpline.org

Being a parent is a critically important job, 24 hours a day. It's not always easy. Call the National Parent Helpline to get emotional support from a trained advocate and become an empowered and stronger parent. The helpline is available Monday through Friday from 1 p.m. to 8 p.m., Eastern Time.

1-855-427-2736

Child Protection Hotlinechfs.ky.gov/agencies/dCBS/dpp/cpb

Any Kentuckian who has reason to believe a child is dependent, neglected, or abused must report this to the proper authorities. If you believe a child is being abused or neglected, call the Child Protection Hotline. For nonemergency cases, you can file online prd.webapps.chfs.ky.gov/reportabuse/home. As always if an emergency, call 911.

1-877-KYSAFE1 (597-2331)

Disaster Distress Helplinedisasterdistress.samhsa.gov

The Disaster Distress Helpline provides crisis counseling and support for anyone in the U.S. experiencing distress or other behavioral health concerns related to any natural or human-caused disaster, including public health emergencies.

1-800-985-5990

En Español: 1-800-985-5990 and press 2

Text: TALKWITHUS to 66746

Mensaje de texto: HABLANOS to 66746

SAMHSA's National Help & Resource Linessamhsa.gov/find-help/national-helpline

This free, confidential, 24/7, 365-day-a-year treatment referral and information service (available in Spanish and English) is for individuals and families facing mental and/or substance use disorders.

1-800-662-HELP (4357) - Treatment Referral Line

1-800-487-4889 - Information Service Line

Alcohol and Drug Helplineaddictionpolicy.org/helpline

Provided by the Addiction Policy Forum, this helpline answered by trained counselors provide free and confidential support to assist those with a substance use issue, providing services to individuals, their families, and providers.

1-833-301-HELP (4357)

Elder Abuse Hotlinechfs.ky.gov/agencies/dCBS/dpp/apb

Kentucky is a mandatory reporting state, meaning you are required to report if you suspect elder abuse or neglect. Calls can be made anonymously. As always if an emergency, call 911.

1-800-752-6200



Let's Get Connected to Community: Resources

CONNECT to Build Family Resiliency

faceitabuse.org/connect

Now more than ever, it is important for parents and caregivers to stay connected to family, friends, and professional helpers to continue to build resilient kids and families. In partnership with Kentucky Children's Hospital and Kentucky Safety and Prevention Alignment Network (KSPAN), Face It™ has developed the CONNECT brochure, which provides helpful reminders for ways to stay connected throughout life's ups and downs.

Office of Drug Control Policy's Stop Overdoses

odcp.ky.gov/stop-overdoses

This website provides helpful information on stopping overdoses, naloxone administration, rescue breathing, and laws such as the Good Samaritan Law and Casey's Law.

Kentucky Agency for Substance Abuse Policy

odcp.ky.gov/About/KyASAP

Kentucky Agency for Substance Abuse Policy (KY-ASAP) works to reduce the prevalence of alcohol, tobacco, and other drug use among Kentuckians by coordinating efforts among state and local agencies in the area of substance misuse prevention. Find the regional and single-county KY-ASAP board that serves your county via comprehensive drug education/prevention, treatment, and law enforcement programs.

Kentucky Mobile Harm Reduction Program

kiprc.uky.edu/kdph-mobile-harm-reduction

This program supports a dedicated mobile harm reduction vehicle with a mission of providing overdose awareness, prevention, recognition, and response training.

Kentucky Multi-Jurisdictional Drug Task Forces

odcp.ky.gov/Ky-Drug-Task-Forces

A list of the multi-jurisdictional drug task forces that investigate drug-related activities in the areas where you live, work and play.

Kentucky Opioid Response Effort

chfs.ky.gov/agencies/dbhdid/Pages/KORE-Map

Find Kentucky Opioid Response Effort (KORE) programs across the state ranging from harm reduction, recovery, prevention, and treatment. Federal funding from the Substance Abuse and Mental Health Services Administration supports this project.

Drug Overdose Prevention Tackle Box

kiprc.uky.edu/s/ODPreventionTackleBox



This Tackle Box was designed to help Kentucky communities, especially rural and small-town Kentucky, develop a strategy to fight the drug overdose epidemic. Part one helps community members design an overdose prevention strategy best-suited for that particular community, while part two includes descriptions of more than 40 evidence-based and evidence-informed drug overdose prevention programs.

Opioids and the Workplace Toolkit

khcollaborative.org/opioidsworkplacetoolkit

From the Kentuckiana Health Collaborative, this toolkit is designed to help employers understand and address opioid misuse, opioid use disorders, and pain management in the workplace.

Local Health Departments

chfs.ky.gov/agencies/dph/lhd

Use this to locate the health department that serves where your area, including their website, hours of operations, and services (family planning, prenatal care, Well Child Care, nutrition education, preventive services, chronic and communicable disease monitoring and support, disaster preparedness, risk reduction services, etc.)

HIV/AIDS Services Care

chfs.ky.gov/dehp/hab/services

This Kentucky HIV/AIDS Care Coordinator Program housed within the Cabinet for Health and Family Services provides prompt, consistent, continued quality care and services to HIV-infected individuals and their families via seven regional sites.

Harm Reduction Program

chfs.ky.gov/agencies/dph/harmreduction

The Kentucky Department for Public Health provides information about harm reduction services across Kentucky.

Kentucky Harm Reduction Coalition

kyhrc.org

Learn more about harm reduction services: naloxone distribution, syringe services, and viral infection testing.

NKYHealth Heroin and Addiction Response

nkyhealth.org/addiction-response

Learn about the Northern Kentucky Health Department's substance use response and programs.

1-859-341-4264

Community Action Kentucky

capky.org/network



The Community Action Partnership is comprised of 23 different agencies to provide programs and services at local community level. Programs and services can include housing, food security, clean drinking water, early childhood education, energy, family advocacy, workforce development, transportation, senior support, etc. Search here by zip code to find your community outreach agency.

Feeding Kentucky

feedingky.org/find-help

Food insecurity is prevalent in Kentucky. Explore this website to learn more about initiatives Farms to Food Banks, KY Kids Eat, and KY Cheese Cares, as well as learn how to find local food programs and public assistance programs.

CARE KY

care-ky.org

Search CARE KY, developed in collaboration with the Kentucky Consortium for Accountable Health Communities, for free or reduced-cost programs that can help to meet your needs at the county-level. Services can include like food, housing, transportation, utilities, family and community support, and personal safety.

Domestic Violence Shelters

kcadv.org/get-help-now/programs

There are 15 regional domestic violence programs in Kentucky that provide shelter for survivors and their children and support services ranging from counseling, support groups, case management, community education, court system support, safety planning, etc. You can find your nearest domestic violence program here.

Rape Crisis Centers

kasap.org/help-for-survivors

The Kentucky Association of Sexual Assault Programs, Inc. (KASAP) is the statewide coalition of the 13 rape crisis centers that provides survivor support services ranging from counseling, court system support, community resources, mental health services, etc. You can find your nearest rape crisis center here.



Let's Decrease Risk Factors: Resources

Prescription Drug Disposal Locations

odcp.ky.gov/Prescription-Drug-Disposals

Search by Kentucky county to find the nearest location to safely dispose of your medications that have expired or that you no longer need. This website also provides information about [DEA's Take Back Day](#) events provide an opportunity for Kentuckians to prevent drug addiction and overdose deaths.

Controlled Substance Public Disposal Locations

apps.deadiversion.usdoj.gov/pubdispsearch

This website by the Drug Enforcement Administration's Diversion Control Division provides information by location for year-round disposal sites for controlled substances.

Flush List for Certain Medicines

fda.gov/drugs/#FlushList

Have medicines that you need to dispose of but a disposal location isn't available? This Food and Drug Administration list spells out which prescription medications can be disposed of by flushing down the toilet to keep your family safe.

Fentanyl Test Strips

kiprc.uky.edu/FentanylTestStripsTraining

Learn how to use fentanyl test strips, how to administer Narcan/naloxone, and other harm reduction strategies.

How to Discard Syringes and Other Sharps

kiprc/fhnky/SafelyDisposeNeedles

Learn about how to dispose of syringes, needles, lancets, and other items safely from the Louisville Metro Public Health and Wellness.

How To Recognize a Substance Use Disorder

drugabuse.gov/how-to-recognize-SUD

Learn how to recognize a substance use disorder by asking some questions about if you cannot stop taking a drug even if you want to, or if the urge to use a drug is too difficult to control (even when you know the drug is causing harm).

Naloxone 101

[Naloxone 101](#)

Learn about naloxone, also known as Narcan, and its uses from the Louisville Metro Department of Public Health and Wellness.

Naloxone Overdose Prevention Laws

pdaps.org/laws-regulating-naloxone



Learn more about each state's laws regarding naloxone access and administration for lay responders to licensed health care providers, from the Prescription Drug Abuse Policy System.

Don't Be Tempted to Use Expired Medicines

[fda.gov/dont-be-tempted-expired-medicines](https://www.fda.gov/dont-be-tempted-expired-medicines)

Learn why you should not use expired medications, the types of risks entailed by keeping them around, and how to dispose of specific medications in the trash at home.

Up and Away and Out of Sight

[upandaway.org](https://www.upandaway.org)

Drugs, including vitamins, can be dangerous in the wrong hands. This campaign teaches families and caregivers about safe medicine storage.

UNSHAME Kentucky

[unshameky.org](https://www.unshameky.org)

The UNSHAME Kentucky campaign aims to reduce the stigma of addiction and opioid use disorder.

National Alliance on Mental Illness

[nami.org/Find-Your-Local-NAMI/KY](https://www.nami.org/Find-Your-Local-NAMI/KY)

Find help, resources and information about mental health, as well as your National Alliance on Mental Illness Kentucky affiliate. Call 1-800-950-NAMI (6264) Monday through Friday from 10 a.m. to 10 p.m., Eastern Time.

Mental Health Screening Tools

[screening.mhanational.org/screening-tools](https://www.screening.mhanational.org/screening-tools)

Explore online screening tools to help determine whether you are experiencing symptoms of a mental health condition from Mental Health America. After the screening, you will be sent information, resources and tools to help you understand and improve your mental health.



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