

RECOVERY COMMUNITY CENTERS

The following RCCs provide a peer-based supportive community that builds hope and supports healthy behaviors for individuals with opioid and other substance use disorders, no matter what phase of use or recovery they may be in.

Missouri Network for Opiate Reform and Recovery

4022 S. Broadway
St. Louis, MO 63118
844-Rebel Up (844-732-3587)
monetwork.org

Springfield Recovery Community Center

1925 E. Bennett Street
Springfield, MO 65804
417-368-0852
spfdccc.org

Healing House, Inc.

Recovery Community Center
4505 St. John Avenue
Kansas City, MO 64123
816-920-7181
healinghousekc.org

St. Louis Empowerment Center

907 Dock Street
St. Louis, MO 63147
314-652-6100
dbsaempowerment.org

The Reentry Opportunity Center "The ROC"

2108 Paris Road
Columbia, MO 65202
573-607-9372
comoroc.org

LIFE Recovery Community Center

4145 Kennerly Avenue
St. Louis, MO 63113
314-449-1333

Landmark Recovery Center

204 Metro Drive
Jefferson City, MO 65109
573-635-3065
landmarkrecoveryjcmo.com

We Do Recover

715 Broadway Street
Cape Girardeau, MO 63701
573-803-0234
gibson-center.com/services/
we-do-recover-community-center

Warning Signs of an Opioid Overdose

- Unresponsive
- Shallow breathing/no breathing
- Small pinpoint pupils
- Cold, clammy skin
- Gurgling/snoring
- Blue or gray lips and nails

Opioid Overdose Response

- 1 Check for breathing and clear airways
- 2 Lay person on their back and administer Naloxone/Narcan (see options below):



*If you must leave the person at any point, turn the person on their side in the **recovery position**.



Narcan Nasal Spray Instructions

- PEEL back package to remove the device
- PLACE the tip of the nozzle in either nostril until your fingers touch the bottom of the person's nose
- PRESS the plunger firmly to release the dose into the person's nose



Intramuscular (IM) Instructions

- Remove orange top from vial
- Insert needle through rubber plug with vial upside down
- Pull back on plunger to draw 1 mL of Naloxone
- Inject Naloxone straight into large muscle (shoulder or thigh)

- 3 **Call 911** *The Good Samaritan Law provides limited immunity to the caller and OD victim for minor drug charges.
- 4 Administer rescue breaths - 1 breath every 5 seconds
- 5 If no response within 2-3 minutes, **repeat step 2**
- 6 Stay with the person until medical help arrives to ensure safety and prevent repeated use/overdose
- 7 Complete Overdose Field Report at **MoHopeProject.org/ODReport**

Risk Factors for Overdose

- Previous overdose
- Period of abstinence/sobriety (e.g. following rehab or jail)
 - Tolerance decreases in as little as 3-5 days
- A change in strength, amount, supplier of the opioid, or location of use
- Being physically ill/respiratory disease (flu, pneumonia, bronchitis)
- Mixing opioids with other substances (benzos, sedatives, alcohol)
- Using alone
- Injecting

Tips for Prevention

- Share this information with family, friends, and loved ones
- If you use: don't use alone, avoid mixing drugs, go slow and start small, stagger use between individuals by at least 30 min
- Keep Naloxone accessible and out of extreme temperatures