

# SKY VALLEY

## SNOHOMISH OVERDOSE PREVENTION

A COMMUNITY COMING TOGETHER TO STOP  
SNOHOMISH COUNTY'S OPIOID EPIDEMIC

### Sky Valley Treatment Resources

**Recovery Center EvergreenHealth Monroe** (360) 794-1405

- Medication-assisted treatment (MAT), assessment, residential inpatient, day treatment, outpatient, detox services, pregnant women's services

**Sea Mar Behavioral Health Monroe** (360) 805-3122

- MAT, chemical dependency services, mental health services

**Conquer Addiction Monroe** (360) 453-7715

- MAT, psychotropic medication management, counseling

**Compass Health Monroe** (360) 419-7530

- Wraparound teams provide comprehensive behavioral health services and support to Medicaid-eligible individuals, up to 20 years of age, with complex behavioral health needs and their families.

**Ideal Option 1** (877) 522-1275

- MAT, outpatient services, behavioral health services referrals

### Prevent Opioid Misuse

**Talk with your doctor** about less-addictive options for pain.

**If you need opioid medication** for pain, ask your doctor about using a low dose for a short time. Get Narcan to take home.

**Lock your meds**—over-the-counter and prescription—in a locking bottle, box, or cabinet.

**Take back** unused, unwanted, or expired medications. Call 1-844-633-7765 or scan the QR code to visit [www.med-project.org/locations](http://www.med-project.org/locations).



### Help Lines & Treatment Resources



**WA Recovery Helpline:**

Call or text 1-866-789-1511



**Never Use Alone:**

1-877-696-1996



**Suicide & Crisis Lifeline:**

Call or text 988



**Teen Link:**

Call or text 1-866-833-6546

**For a list of local treatment/recovery resources,** Visit <https://snohomishoverdoseprevention.com/find-treatment-or-support/> or scan the QR code.



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[www.SnohomishOverdosePrevention.com](http://www.SnohomishOverdosePrevention.com)

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## Signs & Symptoms of an Overdose

- Pale, clammy skin
  - Not breathing/very shallow breathing
  - Deep snoring or gurgling
  - Unresponsive to name, shaking, etc.
  - Slowed heartbeat/pulse
  - Blue or ashy fingertips and lips
  - Small pupils
- If someone is making odd sounds while asleep, wake them. If they don't respond, shake them, call their name, or rub your knuckles over their breastbone.
- Never let someone "sleep it off."

## Responding to an Overdose

**1. Call or have someone call 911.** The Good Samaritan Law protects you and the person who overdosed from drug possession charges.

**Narcan lasts 30-90 minutes.** It's possible for someone to slip back into an overdose after Narcan wears off. A medical center can continue treatment.

### 2. Give 1 dose of Narcan

- Open package and remove device. Place your thumb on the plunger and two fingers on the nozzle. Do not test or prime the device.
- Press the tip of the nozzle into either nostril until your fingers touch the bottom of the person's nose.
- Press the plunger firmly to release the dose.

**3. Wait 3 minutes.** If they're unresponsive, give a second dose in the other nostril.

**4. If they are not breathing** and you have CPR training, start CPR.

**5. If they are breathing,** place them in the recovery position. Do not leave them alone unless absolutely necessary.

**6. It's common to feel withdrawal symptoms** and confusion after getting Narcan. The person may not remember what happened. Try to keep them calm until help arrives.

## Where to get more Narcan

**Find Narcan near you,** or have it confidentially mailed for free. Use the QR code to go <https://stopoverdose.org>.



**From a pharmacy:** No prescription needed. Washington has a Statewide Standing Order that acts as a universal prescription.

**Private insurance:** Ask your insurance company about coverage and co-pay.

**Medicaid:** Narcan is free, with no limits to requesting additional boxes.

## For Current Drug Users

**Never use alone.** Carry Narcan. Tell anyone with you where to find your Narcan.

**Use your substance slowly.** Start with small amounts. Stop or take less if something feels off.

The Sound Pathways Syringe Service Program offers harm reduction supplies, 1:1 syringe exchange, referrals, and more. Scan the QR code to visit <https://www.facebook.com/syringeservices>.



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