

OUR

HALO's, focus and visions are to raise awareness of the prescription opiate drug abuse epidemic we are experiencing, to reduce the stigma and change the face of addiction. To educate about the dangers of prescription and illegal narcotic use and to support those families affected by drug abuse and addiction. Through Real People sharing Real Stories and factual data and continuing education, we reduce the stigma attached to addiction and create an open forum for families and professionals to receive valuable insight. We educate to raise awareness and save lives by partnering with Lenawee Community Mental Health, the Recovery Oriented System of Care group, the legal community, public safety, schools, medical professionals, legislators, and families/friends. We try to facilitate change in the way addiction is viewed and treated, making a difference one step and one life at a time.

I will take your
Freedom..... I will take
your Money....
I will take your



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us on FACEBOOK:

We are a non profit organization: Donations may be made at TLCCommunity Credit Union for HALO Lenawee.

Your contribution allows us to further educate our communities about narcotic substance abuse and to support those

Addiction can begin in a home.....

Chances are you or a family member may be prescribed a narcotic pain reliever, muscle relaxer or anti-anxiety drug sometime in your life. In fact, enough prescription pain killers were prescribed in 2014 in Lenawee County alone to medicate every man, woman and child from January to August with 40 doses!

This year that number rose. Yet, many underestimate the addictive nature of these medications, especially if abused. A person is lost every 4 minutes to overdose in America alone. Addiction does not discriminate. *It can happen to anyone.* Prescription drugs have become the "drug of choice" amongst youngsters ages 11-13. 1 in 5 high school students admitted to misusing prescription drugs in a 2010 national survey. Most who use these drugs, believe these are safer than illicit drugs because they are prescribed by health care professionals. Yet prescription pain killers are opiates just like heroin, and are every bit as addictive and deadly if used for a prolonged length of time. When the prescription drug becomes too expensive, many turn to heroin for a cheaper, more powerful fix. People to accidental opiate ages the These were good kids from good families, often athletes

SUPPORT FOR FAMILY AND FRIENDS.....

Many of us have experienced seeing a family member or friend go from the love of our life to a person we no longer recognize, one who lies, steals and manipulates our every move and thought. We all want to believe that we can "fix them" and we do our best to protect and keep them safe. But more often than not, we become enablers feeding their addiction.

HALO Lenawee offers opportunities to learn about substance abuse and face heroin addiction in an enlightened, rather than embarrassed way. We use real people and real-life experiences to educate, remove the stigma of addiction, and provide support for people who find themselves in horrible, unimaginable situations brought about by drug abuse and addiction.

HALO Lenawee was formed after our son overdosed on heroin in our home, almost losing his life. Thanks to "Narcan" his Father and fast acting paramedics, he is still with us today. We learned then that there were no support groups for families or friends.

Narcan is an opiate antidote which reverses the effect of the drug, bringing them back to life. After the use of Narcan, the addict should be closely monitored in a safe medical facility since the individual is still under the "effects" of the drug and could possibly still be in danger.

ABOUT HEROIN ADDICTION

KNOWLEDGE SAVES LIVES....



Learn the facts....

Know the signs.....

Get involved.....



Contact us: 517-270-0403 or
JOIN us on Facebook

POSSIBLE SIGNS OF OPIATE ABUSE.....

- Missing money and valuables.
- Missing spoons (used to heat heroin)
- Arrests for theft.
- Finding syringes/needles, orange needle caps, burnt bottle caps, small plastic bags or pieces of foil.
- Behavioral changes: Loss of interest in activities they once enjoyed such as sports, school, friends or family. Hanging out with "new" friends.
- Physical changes: no longer cares about appearance.
- Constricted pupils
- Drowsy or nodding off even in mid sentence.
- Disorientation and confusion.
- Irresponsibility at work or school.
- Lying, manipulating and stealing
- Wearing long-sleeved shirts and pants even during warm weather.
- Increased, excessive sleeping.
- Slurred speech.
- Needle track marks on arms, legs, torso, or feet.
- Weight loss and/or no appetite.
- Constant runny nose. Sniffing
- Dark, hollow or sunken, red eyes.



Many HALO support members have a loved one either in active addiction, in recovery or sadly, some grieve the death of a loved one.

Whatever the situation, our support members share the same goal: to educate others through their own personal experiences and knowledge.

Trust your instincts. No one knows your child like you do.

If you have a gut feeling something is wrong, don't ignore it.

Encounters with police do not constitute normal teenage behavior. A(MIP) Minor in Possession or (DUI) Driving under the influence charge or finding "just a Little" marijuana, petty theft, shoplifting or school truancy (skipping) can all be indications of potential drug use.

HOW OPIATES AFFECT YOUR BRAIN

We depend on our brain's ability to release dopamine, an endorphin, in order to experience pleasure and to motivate our responses to everyday life. Opiates produce very large and rapid dopamine activity but over time ceases production altogether. The ability to experience any pleasure is reduced and causes depression and lifelessness. At this point the addict needs more of the opiate just to bring their dopamine levels to normal. Long term abuse causes impairment in cognitive function and the ability to learn. Not to mention serious organ damage as well.

WITHDRAWAL SYMPTOMS:

Restlessness, fidgeting
Muscle and bone pain, cramping
Insomnia
Diarrhea
Vomiting
Cold flashes with goose bumps
Leg movements, jumping, involuntary movement
Migraines

Addiction is a chronic disease. Like other chronic diseases such as diabetes, asthma and heart disease, drug addiction can be managed. It is also not uncommon to relapse. Addicts need support from family and friends who are willing to get involved in the treatment process and to help reach the goal of recovery.



I DISCOVERED ABUSE... NOW WHAT?

If you suspect a loved one is in trouble, seek help as soon as possible. There are many support options for those seeking long-term recovery. Unfortunately, there is no magic cure and every person must make that decision to do what works best for them. They must want to stop using and make that commitment. Most in recovery will agree, however, that "doing it alone" was not an option.

If you are considering an in-patient facility, here are a few questions you may want to ask:

- Do they take your insurance and can you afford it?
- Is the staff a mix of knowledgeable, trained people and recovering addicts?
- Do they drug test regularly?
- Do they involve family members & educate them on enabling behaviors?
- Are strict rules enforced like waking up early, making beds, and performing daily chores?
- Do they enforce responsibility?
- Are there mandatory daily classes or meetings, group sessions?
- Are AA or NA meetings part of the treatment?
- Do they plan an exit program upon completion?

Keep in mind "more expensive" is not always better.