



BREAKING THROUGH

combatting the opioid crisis: stomping out **stigma** & giving **hope**

24/7 HELPLINE 845-485-9700

DUTCHESNY.GOV



MEDICATION ASSISTED TREATMENT

300

Clients currently served in our largest Medication Assisted Treatment Program

85%

Program success rate — clients discontinue illegal use of opioids

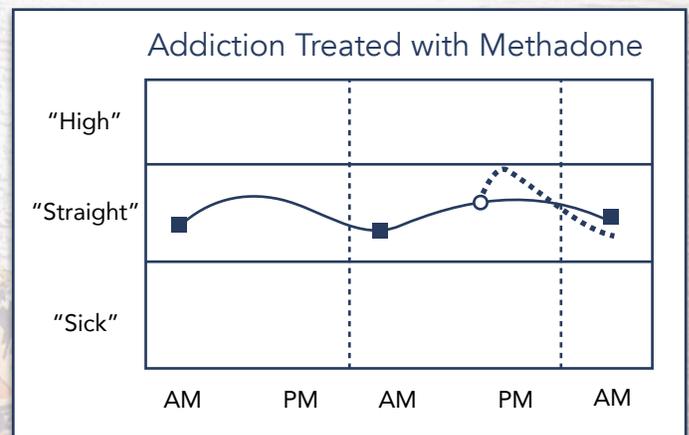
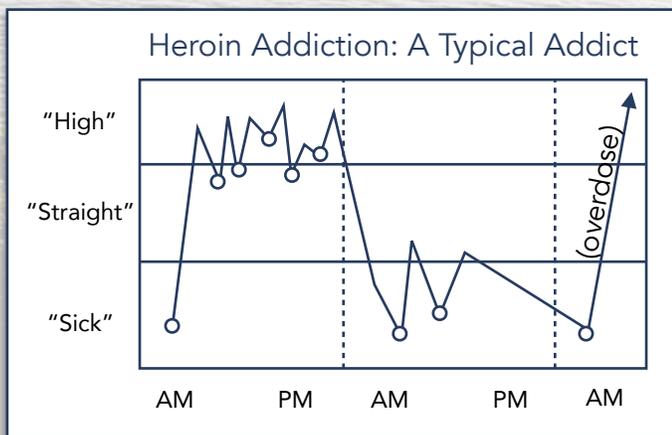
60%

Maintain or improve employment status by participating in our program

Medication Assisted Treatment combines counseling and therapy with approved medications that relieve withdrawal symptoms, control cravings, and block the effects of opioids. In partnership with the Lexington Center for Recovery, the County offers a successful Methadone Maintenance Treatment Program that continues to be expanded to provide additional capacity and more treatment options for clients.

how does methadone work?

Medication Assisted Treatment programs such as methadone, prevent symptoms of withdrawal, moderate cravings, and promote stability for patients with a daily dose of medication, allowing clients to manage their disease while living a full life. Methadone treatment also reduces the effectiveness of heroin if injected during the course of treatment.



- KEY:**
- Heroin Injection
 - Daily Methadone Dose
 - Course of Mood & Function
 - Course of Mood & Function if Heroin is used following methadone treatment

Source: Dole, Nyswander, and Kreek. *Impact of Short-Acting Heroin versus Long-Acting Methadone Administered on a Chronic Basis in Humans.*

The Recovery Coach Program utilizes counselors who are successfully overcoming their own addiction to provide motivational coaching, mentoring and recovery planning. These coaches are embedded in our Partial Hospitalization and Intensive Alternatives to Incarceration Programs, the County Jail and work within 24-hour services such as the Stabilization Center, Mobile Crisis Intervention Team and HELPLINE. Through the Council on Addiction Prevention and Education (CAPE), recovery coaches are also utilized at hospital emergency departments to intervene with patients who are brought in for overdose or other substance abuse disorders. These coaches identify those suffering, provide support, maintain accountability, and lead group sessions in non-traditional settings to engage individuals who need help.



recovery coaches

EMBEDDED COUNSELORS

In partnership with CAPE, the County provides prevention education counselors in the Dover, Red Hook, Wappingers and Hyde Park school districts. We encourage students, parents, and teachers to connect and support one another, and reach out to HELPLINE when someone you know is in need of assistance.

845-485-9700

prevention

The County recognizes the importance of ensuring young people never begin using illicit substances, and partners with local agencies and school districts to provide coordination and education.

SECOND STEP PROGRAM

Used in 20 schools throughout the County, the Second Step Program prevents substance abuse through a social-emotional learning program focused on empathy, communication skills, bullying prevention, and problem-solving. School Resource Officers are embedded in eight schools and Mental Health First Aid training is offered to school districts to help identify emerging signs of mental illness and prevent substance abuse before it starts.



BREAKING  THROUGH





OUR VISION

The opioid epidemic is the public health crisis of our time, with the Centers for Disease Control and Prevention reporting, in 2015, "drug overdoses accounted for 52,404 U.S. deaths, including 33,091 (63%) that involved an opioid." Dutchess County is not immune to this tragic epidemic, with a total of 85 fatal overdoses in Dutchess County in 2017.

We can each make a difference by uniting as a community to push back against the forces that have left us as a society disconnected and too many feeling alone and without purpose. We must break through the stigma and talk openly about the realities of this disease, so no one ever feels ashamed or afraid to admit they, or someone they love, is suffering or in need of help. I encourage you to help someone you know find treatment, reach out to a family who lost a loved one to provide support, get trained on how to use Narcan, or share your story of recovery to inspire others.

Learn more about the County's proactive, and collaborative approach to combatting this crisis, and connect with all of the resources we offer by calling or texting our HELPLINE, anytime, day or night at 845-485-9700.

MARCUS J. MOLINARO
DUTCHESS COUNTY EXECUTIVE

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MEDICATION DISPOSAL

Drop boxes throughout the County allow residents to anonymously dispose of unused and unwanted prescription medications and controlled substances. This program has successfully collected over three tons of medications in the past four years.

DRUG TASK FORCE

The Dutchess County Drug Task Force is a multi-jurisdictional law enforcement group that aggressively pursues drug dealers and supply lines. The task force, in collaboration with multiple local police departments, the District Attorney's Office, and the Sheriff's Office, is responsible for approximately 125 felony narcotic drug arrests annually.

PRESCRIBER AWARENESS

The County has established an Acute Pain Management Certification, a commitment by local physicians to address over prescribing by employing better pain management to prevent addiction and limit access to these powerful and oftentimes insidious drugs.

COMMUNITY PROVIDERS

MENTAL HEALTH AMERICA OF DUTCHESS COUNTY

Offering advocacy, support, education, and service programs to people with mental illness, their families, friends, mental health professionals and the general public.

mhadutchess.org

LEXINGTON CENTER FOR RECOVERY

Treating people affected by alcoholism and other drug dependencies, their family members and significant others through outpatient treatment centers.

lexingtonctr.org

HUDSON VALLEY MENTAL HEALTH

Offering treatment, including individual and group therapy, by licensed therapists and counselors who are highly trained in a variety of person-centered and evidence-based approaches.

hvmh.org

ASTOR SERVICES FOR CHILDREN AND FAMILIES

Providing children's mental health, welfare and early childhood development programs and services, through a wide variety of premier quality education and mental health services.

astorservices.org

reshaping justice

JUDICIAL DIVERSION

Individuals charged with non-violent felony offenses directly related to or driven by their drug addiction can be diverted from the criminal justice system and into an appropriate treatment program.

DRUG TREATMENT COURT

City of Beacon Drug Treatment Court is available to residents charged with misdemeanor drug offenses in any jurisdiction in Dutchess County. Eligible defendants receive appropriate treatment as an alternative to incarceration.

RESTART PROGRAM

The Re-Entry Stabilization Transition And Reintegration Track (RESTART) program is an evidence-based program currently used in the County Jail and as continuing after-care available with our community providers, offering treatment and re-entry services to inmates, addressing chemical dependency and substance abuse.

INTENSIVE TREATMENT PROGRAM

Intensive Treatment Alternative Program is an outpatient day rehabilitation program run by Dutchess County, providing chemical dependency treatment and life skills training for criminal justice patients with GED classes, vocational counseling, psychiatric care, and case management.

TRAINING

Community training in Narcan administration, crisis intervention, and mental health first aid helps to increase knowledge about mental health and substance abuse while saving lives.



Dutchess County runs an Overdose Prevention Program coordinating training and provision of overdose prevention kits to County law enforcement and community members. Over 3,000 Narcan overdose reversal kits have been distributed to date, and in 2016, law enforcement and emergency responders saved 395 lives using this medication.

Crisis Intervention Training is designed to help educate police officers on how to effectively interact with individuals in their communities who are in crisis due to behavioral health or developmental disorders, creating a partnership between law enforcement, advocacy and mental health communities. Over 500 law enforcement and correction officers have been trained to date.



CONNECT WITH HELPLINE

845-485-9700



CALL



24/7



TEXT

HELPLINE is your connection to all of the services we offer and provides immediate crisis intervention, counseling, information and direct connections to services and treatment. Reach out by calling or texting 24 hours a day, 7 days a week.

STABILIZATION CENTER

230 NORTH ROAD, POUGHKEEPSIE

The Stabilization Center, opened by Dutchess County in 2017, is a one-of-a-kind walk-in facility for people feeling overwhelmed by mental health, substance abuse, addiction or other life issues. The Center is open 24/7 and provides a single point of service where individuals can receive crisis counseling, mental health assessments, supervised outpatient withdrawal services, addiction and substance abuse counseling, and peer advocacy and support. The Center is the result of a public-private partnership between Dutchess County, MidHudson Addiction Recovery Center, People, Inc., Astor Services for Children and Families and Mid-Hudson Regional Hospital. Staff at the Center can connect individuals to drug rehab providers, mental health and substance abuse clinic providers, housing services, and faith-based community support.

The Stabilization Center serves as an entry point into care and is paramount to ensuring individuals suffering from substance abuse disorders receive the care they desperately need. The Center is an innovative approach that has been recognized as a model for dealing with interrelated issues of mental health, criminal behavior and chemical dependency.

we are here
to help
24/7

MOBILE CRISIS INTERVENTION

The Mobile Crisis Intervention Team is comprised of mental health professionals available 24/7 who come directly to individuals and families to provide immediate intervention and help connect them to ongoing services.