

STRUGGLING?

MENTAL HEALTH CRISIS LINE: 888-237-4567

Safer Use

There are steps you can take to help protect yourself from infection and overdose.

Don't use alone.

If you do, use where someone is likely to find you if you overdose.

Protect yourself from hepatitis and HIV.

Don't share or reuse needles or any other items, including cotton, cookers, ties, or water.

Clean needles with bleach.

It's not safe to reuse syringes, but if you do, flush the syringe with cold, clean water, disinfect it with bleach for 2 minutes, then flush it again with cold, clean water.

Clean your injection site.

Use warm, soapy water or an alcohol swab before using to reduce infections of the skin, blood, and other organs.

Start with a tester shot.

Your supply might be mixed with other drugs you don't know about. It could contain fentanyl, which can be deadly.

Keep naloxone (Narcan) with you.

It can reverse overdoses from heroin, fentanyl, and other opioids.

Take turns using.

When with others, use about 30 minutes apart so someone is alert enough to give naloxone or call 911.

Go slow.

Your tolerance can go down after not using for a few days. You never know how strong a new batch is.

Call 911 if someone is overdosing.

Missouri's 911 Good Samaritan law protects you and the person overdosing from arrest for possession of drugs and paraphernalia.

Dispose safely.

Protect others by putting used items in a strong container with a secure top (like a laundry detergent bottle). Tape it closed and label it: "Sharps, Do Not Recycle."

INTEGRATED TREATMENT FOR CO-OCCURRING DISORDERS



**mental health + substance use treatment
— together, in one program —**



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What is ITCD?

Compass Health's Integrated Treatment for Co-Occurring Disorder (ITCD) program combines treatment and support for individuals enrolled in CPRC services with a mental health and substance use diagnosis.

It's all about providing care and being there to meet the needs of the individuals we serve.

What can I expect to get out of ITCD?

A team approach is utilized involving the client, client's family, natural supports (ie. friends, neighbors-anyone the client would like involved in their care), substance use treatment provider, psychiatry, housing, employment, peer, and medical staff expertise.

Services are provided in an office setting and/or community; depending on what is needed to meet the needs of those experiencing co-occurring disorders.

The full range of services includes:

- Develop and strengthen relationships with natural supports
- Motivational treatment
- Psychiatric rehabilitation
- Health education
- Daily living skills development
- Recovery skills
- Relapse prevention strategies
- Medication education
- Crisis management
- Understanding mental illness
- Understanding triggers
- Weekly educational and process groups
- Time-unlimited services



Who's on my treatment team?

Team Lead

ITCD Specialist

Community Support Specialist

IPS/Employment Specialist

Peer Support Specialist

Psychiatric Provider

Identified Natural Support