

## **What is Heroin and Why is it a Problem?**

Heroin is an illegal opioid drug that is synthesized from morphine. It is a highly addictive drug that acts as a depressant and slows the body's functions. Many heroin users' addiction starts with a prescription opioid that is either prescribed to them or obtained illegally.

In the last few years the seacoast area of NH, along with regions across the country, has seen a significant increase in the number of users and consequences related to use. As of October 15<sup>th</sup> 2015 Dover has experienced 57 overdoses and 11 deaths during the calendar year. Medical providers are reporting an increase in HIV and hepatitis cases related to IV drug use such as heroin.

For more information on heroin visit the National Institute on Drug Abuse <http://www.drugabuse.gov/publications/drugfacts/heroin>

## **What Are We Doing About the Problem?**

The Dover Police Department and Dover Coalition for Youth committed to a comprehensive and compassionate response to the heroin crisis. We want to improve the community's understanding of the problem and we will help anyone struggling with addiction to get connected with treatment and recovery resources. We have developed a comprehensive strategy to help address the heroin crisis our community is facing. The plan includes:

- Increase Awareness: The Police Department has developed a media campaign that helps bring awareness to the problem and attention to solutions. To learn more about the "If I'd Known" campaign visit <http://dovercoalition.org/heroin-media-campaign/>.
- Reducing Access to Opioids: Getting unused, unneeded or expired opioids out of your home is one of the best prevention strategies. The Dover Police Department will assist you in safely disposing of your medications at any time. This service goes beyond the annual drug take back days.
- Education: We are working to educate the community about the problem and solutions to solving this epidemic. Presentations have been developed for both parents and high school students. We are in the process of developing trainings for first responders and employers. If you are interested in scheduling a presentation contact Vicki Hebert ([v.hebert@dover.nh.gov](mailto:v.hebert@dover.nh.gov)).
- Support to Anyone Struggling with Addiction: The Dover Police Department has developed resource cards that will be distributed at the scene of any overdose, or to anyone who is identified as potentially struggling with addiction. In addition to the resource cards the PD has committed to calling anyone who has overdosed to provide follow up support and assistance in finding treatment. We are currently exploring other models such as the Gloucester Angle program <http://gloucesterpd.com/addicts/> or Scarborough Operation Hope program <http://www.scarboroughmaine.org/departments/police/news/operationhope>.

## **Resources if You or a Loved One Needs Help**

- Strafford County and Surrounding Area Treatment Guide provides a comprehensive list of treatment options in the area, lists the type of treatment, and payment methods

including insurance info.

[http://onevoicenh.org/assets/referral%20guide%20booklet%20\(revised\).pdf](http://onevoicenh.org/assets/referral%20guide%20booklet%20(revised).pdf)

- NH Treatment Locator allows you to search treatment options throughout the state of New Hampshire. <http://nhtreatment.org/>
- Families Hoping and Coping has weekly support group meetings for anyone who loves someone struggling with addiction.  
<https://www.facebook.com/familieshopingandcoping/?fref=ts>
- Goodwin Community Health can provide support enrolling in a healthcare plan and navigating treatment resources. <http://goodwinch.org/>