

DURHAM COUNTY RESOURCES FOR INDIVIDUALS WHO USE SUBSTANCES

A Guide to Harm Reduction,
Treatment, Housing and More
for People Who Use Drugs

Photo Credit: Tim Mossholder



INTRODUCTION

In 2019, the Durham County Department of Public Health completed a community-wide, door-to-door survey to understand health issues affecting Durham County. People reported mental health and substance use as the second most important health problem in Durham. This guide was developed to help Durham community members identify resources that can support the health and dignity of people using substances.

This resource was developed with support from the state of North Carolina through the Community Linkages to Care for Overdose Prevention and Response grant in the spring of 2021. This guide does not provide a full list of all health facilities and organizations in Durham. It highlights places ready to assist people with limited money and resources. If you or someone you know is seeking support, know that there are local services and resources for people using drugs to increase their wellbeing through a spectrum of strategies, including safer techniques, managed use, and abstinence.

This guide and other information about Durham County resources are available through the Durham County Department of Public Health:

www.dcopublichealth.org/substanceuse

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Peer Support Services Community Linkages to Care (CLC)

*Provided by Durham County
Department of Public Health and
RI International 919-695-3246*

Peer Support Specialists are people who have lived experience with substance use or mental illness. They are trained to help others connect to services. CLC Peer Support Specialists provide the following services, free of charge:

- Take-home naloxone kits to reverse an overdose
- Connections to treatment and care, whenever you are ready
- Links to harm reduction, housing, food, and job resources
- Car rides or bus passes so you can get to services
- Help in developing coping skills and avoiding triggers
- Help in developing a network of support from family, friends, and others
- Help preparing for recovery meetings

Substance Use Prevention Resources

Together for Resilient Youth (TRY)

919-491-7811

<https://www.together4resilientyouth.org>

Center for Child and Family Health

1121 West Chapel Hill Street,
Suite 100

919-419-3474

<https://www.ccfhnc.org/>

NC 211

Statewide information and referral system

Phone: 888-892-1162

<https://www.nc211.org/>

24 Hour Access and Information Center

Provided by Alliance Health

Phone: 800-510-9132

Call anytime if you need:

- Help finding services for mental health and substance use
 - Information on community resources
 - Crisis help by phone
 - To arrange emergency care
- To search for a substance use treatment provider online,
<https://providersearch.alliancehealthplan.org/>

What is substance use disorder & how is it treated?

A substance use disorder (SUD) is use of alcohol or drugs that is a chronic, relapsing disease. Often SUD is a repeated pattern of substance misuse leading to clinically significant impairment or distress. SUD develops gradually over time and may cause neuroadaptations.

Most treatment programs assign patients to a treatment team of professionals. Depending on the type of treatment, teams can be made up of social workers, counselors, doctors, nurses, psychologists, psychiatrists, or other professionals. It's important to remember that treatment looks different for everyone and should be based upon their individual goals. Typical forms of treatment can include reducing harms with ongoing use, the use of medications (with or without counseling) and abstinence. Recovery and treatment are not static, and goals of the individual may change over time.

Locations that Offer Medication-Assisted Treatment (MAT)

Eleanor Health

3711 University Drive
919-765-8730
<https://www.eleanorhealth.com/>

Hope Centre for Advancement

Provides services for Medicaid-funded and uninsured individuals
701 Morreene Road
919-383-0426

Lincoln Community Health Center

Provides services for Medicaid-funded and uninsured individuals
1301 Fayetteville Street
919-956-4057
<http://lincolnchc.org/>

Durham Recovery Response Center

Provides services for Medicaid-funded and uninsured individuals
309 Crutchfield Street
919-560-7305
<http://www.RIInternational.com>

BAART

Methadone treatment center that provides services for Medicaid-funded and uninsured individuals
800 North Mangum Street, Suite 400
919-683-1607
<https://baartprograms.com/baart-durham>

B&D

249 NC Highway 54, Suite 320
919-907-3334
<http://bdintegratedhealth.com>

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What is medication-assisted treatment?

Medication-assisted treatment (MAT), also known as Medication for Opioid Use Disorder (MOUD), is the use of medications, in combination with counseling and behavioral therapies, to provide a “whole-patient” approach to the treatment of substance use disorders.

Medications used in MAT relieve withdrawal symptoms and cravings. They are approved by the Food and Drug Administration (FDA) and include methadone and buprenorphine containing medications such as Suboxone.

Research shows that a combination of medication and therapy can successfully treat substance use disorders. People can stay on MAT to help sustain recovery and prevent opioid overdose.

Other Therapy & Counseling Providers

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Durham Recovery Response Center

Behavioral health urgent care and 23-hour observation unit
309 Crutchfield Street
919-560-7305
<http://www.RIInternational.com>

Brave Health

A fully virtual behavioral health practice
4819 Emperor Boulevard, Suite 400
704-272-2232
<https://bebravehealth.com/>

Carolina Community Support Services

411 Andrews Road, Suite 130
919-682-5777
<http://www.carolinacss.com/>

Carolina Outreach

2670 Durham Chapel Hill Boulevard
919-251-9008
<https://carolinaoutreach.com/>

Durham County Criminal Justice Resource Center

326 East Main Street
919-560-0500
<https://www.dconc.gov/county-departments/departments-a-e/criminal-justice-resource-center>

El Futuro – Durham

Services for 1st and 2nd generation Latino families in a bilingual environment
2020 Chapel Hill Rd., Suite 23
919-688-7101
<https://elfuturo-nc.org/>

Freedom House

400-D Crutchfield Street
919-251-8806
<https://freedomhouserecovery.org/>

Universal Mental Health Services, Inc.

2720 Wedgedael Avenue
828-759-2228
<https://umhs.net/>

Upward Change Health Services, LLC

2003 East NC Highway 54
919-682-5300
<http://upwardchangeservice.com/>

Mental Health Services in Durham Public Schools

Comprehensive clinical assessments, individual, family, and group therapy for students are available within these schools: C.C. Spaulding Elementary, Club Boulevard Elementary, Fayetteville Street Elementary, Hope Valley Elementary, Parkwood Elementary, Lowes Grove Middle, Rogers-Herr Middle, Shepard Middle, Durham School of the Arts and Riverside High
<https://www.dpsnc.net/domain/131>



Resources for Pregnant & Parenting People

Alcohol Drug Council of North Carolina

Provides information and referrals to alcohol and drug treatment for pregnant and parenting women
800-688-4232
<https://www.alcoholdrughelp.org/>

Community Choices – CASCADE at Durham

Transitional housing and substance use treatment for pregnant women and women with children under 11 years of age
3325 Chapel Hill Boulevard
919-490-6900
<http://www.comalt.org>

Exchange Family Center

Provides support and training for families, caregivers, and childcare professionals
3400 Croasdaile Drive, Suite 206
919-403-8249
<https://www.exchangefamilycenter.org>

Medication Drop Box Locations

Durham County Justice Center

510 South Dillard Street

Durham County Sheriff's Office North

11821 U.S. 501 North, Rougement

Durham Police Department District 2

5285 North Roxboro Road

Durham Police Department District 3

8 Consultant Place

Durham Police Department Headquarters

505 West Chapel Hill Street

Carolina Behavioral Care Pharmacy

4102 Ben Franklin Road

NCCU Police Station Headquarters

2010 Fayetteville Street

Durham County Department of Public Health

414 East Main Street

Recovery & Support Resources

Durham Wellness City

Provides individual and group peer support, physical fitness, education, and socialization
401 East Lakewood Avenue, Suite E1
919-687-4041
<http://www.RIInternational.com>

Recovery Community of Durham

1209 North Elizabeth Street
919-641-9988
<https://recoverycommunityofdurham.org/>

Triangle Alcoholics Anonymous

<https://www.triangleaavirtual.com/>

North Carolina Alcoholics Anonymous

<http://www.aanc32.org/>

Narcotics Anonymous meeting search

<https://www.na.org/meetingsearch/>

Other 12-Step Fellowship Meetings

<https://meetings.intherooms.com/#>

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Overdose Prevention & Survival

The following tips can help you or a loved one avoid opioid overdose:

- Take medicine as prescribed by your practitioner – don't take it more often or a greater amount than directed
- Never mix pain medicines with alcohol, benzodiazepines, or illicit substances
- Never take anyone else's medication
- Prevent children and pets from accidental ingestion by storing your medication out or reach
- Dispose of unused medication safely (See list of medicine drop-boxes in this guide.)
- Never use alone

Recognizing Opioid Overdose

Opioid overdose is life-threatening and requires immediate emergency attention. Recognizing the signs of opioid overdose is essential to saving lives. Call 911 immediately if a person exhibits ANY of the following symptoms:

- The person can't breathe - their breathing or heartbeat slows or stops
- The person is unresponsive - they can't be awakened or are unable to speak
- Their face is extremely pale and/or feels clammy to the touch
- Their body goes limp
- Their fingernails or lips have a purple or blue color
- They start vomiting or making gurgling noises
- They cannot be awakened or are unable to speak
- They have small, pinpoint pupils

If you have access to naloxone, administer it!

If the observer has naloxone, it should be given first and then 911 needs to be called.

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Without naloxone, 911 needs to be called.

If the observer is unwilling or can't give naloxone or call 911, the victim needs to be placed in the recovery position.

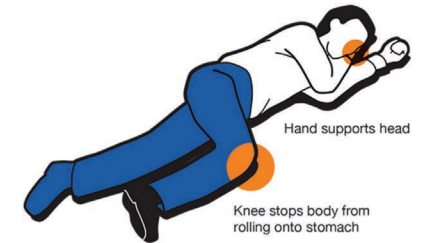


Image: <https://prevent-protect.org/>

- Administer naloxone based on the specific instructions of the brand
- Perform rescue breathing, if trained
- Place the person in the recovery position and stay with them until help arrives

To find more information about how to use and where to access naloxone visit <https://www.naloxonesaves.org>

Where to Access Naloxone

Naloxone is a medicine that rapidly reverses an opioid overdose.

Free community distribution: Durham County Department of Public Health Pharmacy

414 East Main Street
919-560-7632

NC Harm Reduction Coalition

Durham Needle Exchange
Loftin Wilson
919-370-0671
loftin@nchrc.org

Local Pharmacies

These organizations can provide naloxone under a North Carolina standing order, but cost is dependent on insurance. Call before going to check availability and cost.

Josefs Pharmacy

3421 North Roxboro Street
919-680-1540

Main Street Pharmacy

213 West Main Street
919-688-1368

Upchurch Drugs

5108 N Roxboro Road
919-477-7325

Gurley's Pharmacy Inc

114 West Main Street
919-688-8978

Carolina Behavioral Care Pharmacy

4102 Ben Franklin Boulevard
919-972-7719

Duke Campus Center Pharmacy

For Duke University students, staff and faculty
305 Towerview Drive
919-385-3784

Triangle Pharmacy

1700 East Highway 54
919-544-1711

Aspirar Pharmacy of Durham

4411 Ben Franklin Boulevard
919-295-0925

Central Pharmacy

2609 North Duke Street, Suite 103
919-220-5121

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911 Good Samaritan Law

<https://www.morepowerfulnc.org/get-involved/good-samaritan-law/>

Under North Carolina's Good Samaritan Law you may not be prosecuted for certain drug offenses if:

- You seek medical assistance for someone experiencing a drug-related overdose by contacting the 911 system, a law enforcement officer, or emergency medical services personnel.
- You believe that you are the first person to seek medical assistance for the overdose victim.
- You provide your name to the 911 system or to a law enforcement officer upon arrival.
- Law enforcement officers were not already at your location executing an arrest warrant, search warrant, or other lawful search.
- Any evidence for prosecution of a drug-related offense obtained by a law enforcement authorities was obtained because you sought medical assistance for a drug-related overdose.
- Learn more about the Safe to Call campaign, which encourages teens and young adults to call 911 to help prevent deaths due to drug overdose and alcohol.

Resources for Syringe Access

These resources provide free and confidential distribution of sterile injection equipment and other harm reduction supplies. Participants receive anonymous services and limited protection from prosecution. Exchange of used syringes is possible, but not required.

Durham County Department of Public Health Pharmacy

414 East Main Street
919-560-7632
<https://www.dcopublichealth.org>

NC Harm Reduction Coalition

Durham Needle Exchange
Loftin Wilson 919-370-0671
loftin@nchrc.org
<https://www.nchrc.org/programs/syringe-services/>

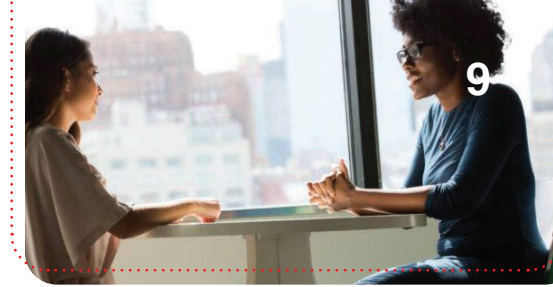
Resources for Sexually Transmitted Infections Testing and Treatment

People who inject drugs may be at a greater risk for HIV, Hepatitis C, and other sexually transmitted infections and may need to be tested more often than other people.

Lincoln Community Health Center

Provides services for Medicaid-funded and uninsured individuals
1301 Fayetteville Street
919-956-4057
<http://lincolnchc.org/>

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Planned Parenthood - Durham Health Center

105 Newsom Street, Suite 101
919-286-2872

Durham County Department of Public Health

414 East Main Street
Clinic: 919-560-8819
HIV Prevention Program (PrEP):
919-560-7766

North Carolina Dept. of Health and Human Services - HCV Linkage to Care

Hepatitis C Linkages to Care
Bridge Counselor: Morgan Culver
919-546-1614

Samaritan Health Center

507 East Knox Street
919-407-8223

MinuteClinic

4037 Durham-Chapel Hill Boulevard · In Target
919-765-0009

MinuteClinic

3573 Hillsborough Road
919-383-0171

MinuteClinic

5311 North Roxboro Street
919-471-4409

Avance Primary Care

1821 Martin Luther King Jr Parkway
919-748-4990



Safer Injection Practices

Using a new, sharp, sterile needle and syringe for every injection and then disposing of it is the safest possible way to go. New needles and syringes are sterile as opposed to simply clean, which means they're free of all biological matter that can cause infection. Dull needles can damage veins and surrounding tissue, causing increased bleeding.

Following safer injection practices can help prevent you from becoming infected with HIV or the Hepatitis C Virus. It can also protect you from bacterial infections, such as endocarditis (a heart infection) and skin infections such as cellulitis and abscesses.

- Before injecting, clean the area with an alcohol pad by rubbing in one direction and letting dry.
- Always use a new rig and equipment. Even if you never share, it's important to use new equipment to prevent bacterial infections.
- Use sterile water.
- Use cotton filters, not brittle filters like cigarette filters.
- Don't lick your rig, this can introduce bacteria.
- Use gauze to press on injection site to stop bleeding (alcohol wipes prevent clotting).
- Rotate your injection sites, don't use the same site more than once every couple of days.

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Wound Care

It is important for people who use drugs to have access to adequate health care to attend to wounds that may be caused by intravenous drug use. A variety of first aid materials, including bandages, gauze, and antibiotic ointment, are important to prevent infection and promote healing.

Signs that you might have a skin infection include:

- Raised skin that is tender or painful
- An area that is warm to the touch
- Hardened tissue
- Possible drainage of pus
- Redness or rash
- Fever

If you are experiencing any of these, it is important to get medical attention as you may need an antibiotic. Avoid injecting near an abscess, and don't try to lance an abscess on your own.

Homeless Shelters

To enter Durham Rescue Mission or Families Moving Forward, first call **Entry Point Durham** (Formerly Coordinated Entry Central), 24 Hour Hotline: 919-403-6562

Durham Rescue Mission

Homeless shelter and addiction recovery program
1201 East Main Street (Men)
507 East Knox Street (Women and Children)
919-688-9641
<http://www.durhamrescuemission.org>

Families Moving Forward

Homeless shelter for families with children
300 North Queen Street
919-683-5878
<https://fmfnc.org>

Urban Ministries

Homeless shelter offering food, shelter, clothing, and supportive services.
410 Liberty Street
919-682-0538
<http://www.umdurham.org/>

Housing for New Hope

Provide housing, outreach and services for those facing housing insecurity
18 West Colony Place, Suite 250
919-489-6282
<https://www.housingfornewhope.org/>

Recovery Housing

Community Choices - CASCADE at Durham

Transitional housing and substance use treatment for pregnant women and women with

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children under 11 years of age
3325 Chapel Hill Boulevard,
Suite 250
919-490-6900
<http://www.comalt.org>

TROSA

Two-year housing and employment program for people in recovery from substance use disorder
1820 James Street
919-419-1059
<https://www.trosainc.org>

Freedom House

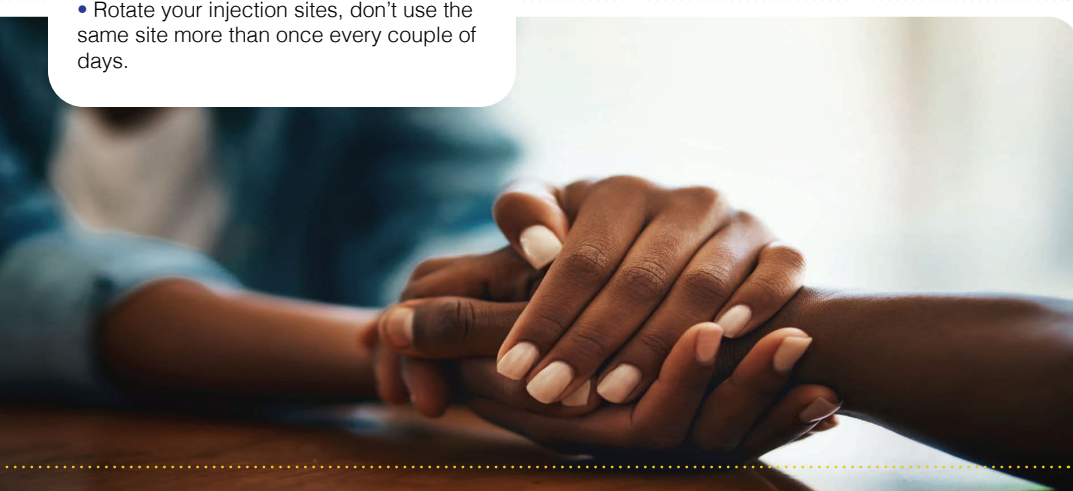
Transitional (short-term) housing, treatment, and recovery services for people with substance use disorder
Men's House: 529 Holloway Street
919-425-5472
Women's House: 407 Salem Street
919-957-7386
<https://freedomhourecovery.org/>

Oxford House

Self-run, self-supported recovery houses providing long-term housing for people in recovery from substance use disorder
For the address and phone number of each Oxford House in Durham: <https://www.oxfordvacancies.com/>
For general information on Oxford House:
(336) 250-9370
<https://oxfordhouseenc.org>

Just a Clean House

Long-term housing for men in recovery from substance use disorder
919-452-6025
<https://www.justacleanhouse.com>



Other Resources to Support Social Determinants of Health

Triangle Empowerment Center

Provide food assistance, housing, and
other individual & family support
112 Broadway Street, Suite B
984-202-1991
<https://www.triempowerment.org/>

Nehemiah Christian Center

Offers access to computers, cell phone
charging stations and restrooms
514 North Mangum Street
919-688-4203
<http://www.nehemiahchristiancenter.org>

Reliable Health Services, Inc

An integrated wellness clinic
2634 Durham-Chapel Hill Boulevard,
Suite 204
919-596-9479
<https://reliablehealthservices.com/>



Durham Joins Together to Save Lives

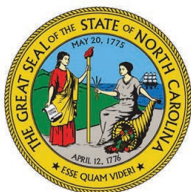


Together for Resilient Youth



Public Health

Durham County Department of
Public Health



NC DEPARTMENT OF
**HEALTH AND
HUMAN SERVICES**

North Carolina Department of Health and Human Services
Chronic Disease and Injury Section
Injury and Violence Prevention Branch

Published June 2021