



Community Overdose Action Team

Working Together To Combat Opioid Overdoses

What You Can Do

1. **Encourage local school boards to support PAX/Good Behavioral Game implementation in their school district.** If a school district is interested in implementing PAX/GBG, please contact Andrea Hoff, Director of Prevention Services, Montgomery County Alcohol, Drug Addiction & Mental Health Services, ahoff@mcadamhs.org or at 937.443.0416 x104.
2. **Ask local business owners to attend Naloxone/Narcan training.** Project Dawn Montgomery County offers FREE weekly naloxone overdose education & distribution every Wednesday at Noon at 601 Edwin C. Moses Blvd, Door F, CrisisCare entrance, Dayton OH 45417. Please arrive 15 minutes early to register. Project Dawn will schedule trainings during evenings and weekends at the request of businesses, faith based organizations, service groups, and other community groups. Please call 937.734.8333 for scheduling a group training
3. **Encourage primary care practices to follow Ohio's opiate prescribing limits for acute pain and the Centers for Disease Control & Prevention (CDC) prescribing guidelines for opiates.** To learn more about the guidelines, please visit the Ohio Department of Mental Health & Addiction's website at <http://mha.ohio.gov/Default.aspx?tabid=828> and the CDC's website at <https://www.cdc.gov/drugoverdose/prescribing/guideline.html>
4. **Be knowledgeable about local treatment options** - Montgomery County Alcohol, Drug Addiction & Mental Health Services maintains a list of local treatment options as well as online screening tools for substance use and mental health at <http://www.mcadamhs.org> under "MyMontgomeryCounty" tab.
5. **Sign up for Know! E-Alerts:** Know! part of Ohio's Start Talking!: Building a Drug-Free Future campaign, provides parents (or grandparents and other caregivers) twice monthly by email with parenting tips that contain current facts about alcohol, tobacco and other drugs, as well as action steps they can take to help children resist peer pressure to <http://starttalking.ohio.gov/Prevention/KNOW.aspx>
6. **Complete a Mental Health First Aid course:** This 8 hour course will equip you on how to start a conversation with a family member, friend or co-worker when you recognize they may be experiencing a mental health or substance use crisis. To attend a local course, please contact Jennifer Cox at jcox@mcadamhs.org or 937.443.0416, the Director of Training for the Montgomery County Alcohol, Drug Addiction & Mental Health Services.

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