

PERSONAL APPEARANCE

- Red, flushed cheeks or face
- Darkened circles under eyes, pinpoint or dilated pupils
- Burns or soot on fingers or lips (from “joints” or “roaches” burning down)
- Needle marks on arms, legs and other parts of the body
- Picking of lips, scratching of face
- Wearing long sleeves when its warm
- Runny nose or constant sniffing
- Messy, shows lack of caring for appearance
- Discolored teeth or sudden dental issues
- Poor hygiene
- Lethargic or heavy limbs
- Pale or have an unhealthy look to skin
- Have a hard time standing or sitting straight
- Appears too relaxed or in a trance like state

PERSONAL HABITS OR ACTIONS

- Chewing gum or mints to cover up breath
- Change in friendship pattern
- Smell of smoke or other unusual smells on breath or on clothes
- Elderly relative manipulation or sudden interest to visit elderly relatives
- Cash flow problems
- Clenching teeth
- Reckless driving, car accidents, or unexplained dents in the car
- “Munchies” or cravings for sweets, often bingeing
- Avoiding eye contact
- Locked doors and extended use of bathroom
- Going out every night or leaving suddenly
- Sudden use of nasal spray & eye drops
- Constant texting and secretive phone calls
- Dropping in and out of wakefulness

BEHAVIORAL ISSUES

- Change in relationships with family or friends
- Unusually clumsy, stumbling, lack of coordination, poor balance
- Periods of sleeplessness or high energy, followed by long periods of “catch up” sleep

- Unable to speak intelligibly, slurred speech, or rapid-fire speech
- Loud, obnoxious behavior and verbal abuse
- Hostility, anger, uncooperative behavior
- Unusually tired, slumped over in chairs
- Decreased motivation
- Deceitful or secretive
- Sullen, withdrawn, depressed
- Makes endless excuses
- Laughing at nothing
- Disappearances for long periods of time
- Poor decision making
- Lack of responsibility
- Lack of trustworthiness

HEALTH ISSUES RELATED TO SUBSTANCE ABUSE

- Nosebleeds
- Runny nose, not caused by allergies or a cold
- Frequent sickness
- Frequent sneezing
- Sores, spots around mouth
- Staff Infection
- Queasy, nauseous
- Vomiting
- Sudden or dramatic weight loss
- Wetting lips or excessive thirst (aka “cotton mouth”)
- Skin abrasions/bruises
- Accidents or injuries
- Depression
- Sweatiness, especially at night
- Headaches
- Diarrhea, leg cramps during withdrawal
- Itching/picking at skin/sudden acne

SCHOOL/WORK-RELATED ISSUES

- Truancy or loss of interest in schoolwork
- Complaints from teachers or co-workers
- Failure to fulfill responsibilities at school/work
- Reports of intoxication at school or work
- Loss of interest in extracurricular activities, hobbies, or sports
- Frequent call offs, working “over” or schedule changes

HOME OR CAR-RELATED

- Disappearance of prescription or over-the-counter medication
- Black marks and/or burns on carpets, bedding and furniture
- Disappearance of money, missing checks or valuables
- Bottles, pipes, or bongs on floor or in glove box
- Smell or odor in the car
- Missing alcohol or cigarettes

UNUSUAL DRUG APPARATUSES AND USAGE INCLUDING

- Pipes, some made from foil
- Rolling papers
- Small medicine bottles
- Eye drops
- Butane lighters
- Altoid tins used to cook with
- Small cotton balls and/or torn cigarette filters used to filter the heroin liquid
- Usage of large amounts of peroxide and rubbing alcohol
- Q-tips with missing cotton
- Burnt foil
- Spoons with burnt marks
- Broken pens or antennas
- Missing shoe laces, head bands, large rubber bands, belts and scarves
- Emory boards, needles, razors and glue to repair old damaged syringes
- Bloody tissues in bathroom and blood on clothing and bedding
- Spotty marks on walls and mirrors due to air release with syringes
- Lemon juice and baking soda
- Z-fold origami papers, small balloons, small baggie corners wrapped and twisted and/or 1 inch zip lock bags used to buy and sell heroin
- Orange syringe tips randomly found and syringes
- Chore Boy Scrubbing Pads (screen for smoking crack)

SIGNS OF WITHDRAWAL

- Intense craving to use the drug
- Chills
- Nausea and vomiting
- Diarrhea
- Cramping
- Shakes or trembling
- Sweating
- Anxiety
- Joint pain
- Insomnia
- Muscle aches
- Dilated pupils

SIGNS OF AN OVERDOSE

- Drop in blood pressure
- Decreased breathing
- White patches on the tongue
- Bluish tinge to the mouth
- Constipation
- Dilated pupils
- Reduced heart rate
- Bluish tinge on the fingernails
- Difficulty breathing
- Stomach cramps
- Muscle spasms
- Sleepiness
- Dry mouth
- Confusion

HOW TO HELP

- Don't engage in collusion
- Don't enable
- Learn to establish healthy boundaries
- Don't accept your loved one compromising the management of their illness
- Get your loved one into treatment
- This may require a Care-Vention

WHAT TO DO IN AN EMERGENCY: CALL 911 IMMEDIATELY. ADMINISTER NARCAN IF YOU HAVE A KIT.

PARTNERING TOGETHER TO MAKE A DIFFERENCE



LORAIN COUNTY

**MAIN OFFICE/
LORAIN WEST PARK CENTER**
2115 West Park Drive
Lorain, Ohio 44053

ELYRIA MEN'S CENTER
120 East Avenue
Elyria, Ohio 44035

THE KEY WOMEN'S CENTER
1882 East 32nd Street
Lorain, Ohio 44055

LORAIN ADOLESCENT CENTER
305 West 20th Street
Lorain, Ohio 44052

PREVENTION CENTER
1930 Reid Avenue
Lorain, Ohio 44052

AVON LAKE WELLNESS CENTER
525 Avon Belden Road
Avon Lake, Ohio 44012

**WELLINGTON - PITTSFIELD
COMMUNITY CENTER**
17026 State Route 58
Wellington, Ohio 44053

MEDINA COUNTY

MEDINA WELLNESS CENTER
740 E. Washington Street.
Medina, Ohio 44256

WADSWORTH WELLNESS CENTER
215 Wadsworth Road
Wadsworth, Ohio 44281