

July 21, 2020

### **Increase in Overdose Deaths Reported in the Northern Shenandoah Valley**

*Residents are Encouraged to Reach Out to Those Living with Addiction*

**WINCHESTER** – The Northwest Virginia Regional Drug and Gang Task Force has reported five overdose deaths since last Thursday, bringing the total number of fatalities from overdoses in the region to 37 this year. Local residents are being encouraged to reach out to friends and loved ones who are living with addiction.

The most recent deaths include one in Page County on Thursday, July 16<sup>th</sup>, one in the City of Winchester on Friday, July 17<sup>th</sup>, two in Frederick County on Saturday, July 18<sup>th</sup>, and one in Warren County on Monday, July 20<sup>th</sup>. In addition, four non-fatal overdoses were reported since Friday; two in Frederick County and two in Front Royal. The total number of reported non-fatal overdoses in 2020 is now at 107.

The Northern Shenandoah Valley Substance Abuse Coalition is asking the public to share the latest overdose alert with others in an effort to bring awareness. The Coalition encourages family members and friends of individuals who use opioids or heroin to obtain NARCAN, a medication that reverses the effects of an opioid overdose and saves lives. Northwestern Community Services Board is hosting two Virtual REVIVE! trainings on July 31<sup>st</sup> and August 28<sup>th</sup>. For more information on the trainings or to register visit [www.roadtorecovery.info](http://www.roadtorecovery.info). NARCAN is also available free of charge at any of the Lord Fairfax Health District Health Departments. Please call to schedule a short training and to receive the medication. A complete list of the offices can be found at <https://www.vdh.virginia.gov/lord-fairfax/district-offices/>.

**YOU CAN  
STOP  
OVERDOSE  
DEATHS**

If you suspect that a friend or family member has a substance use disorder you should talk to the person about your concerns and offer help and support without being judgmental. Resources are available in the community for those in need. Individuals are encouraged to reach out to a sponsor, trusted friend, family member, or mental health professional for support. Certified Peer Recovery Specialists are also available to provide support and walk alongside individuals down the road to recovery.

#### ***Peer Support for Those in Need***

- Call the Peer2Peer Regional Warm Line where local Certified Peer Recovery Specialists are on call 24 hours a day, 7 days a week. 1-833-626-1490
- Attend a virtual support group meeting. You can join online 12 step meetings through Narcotics Anonymous ([narcotics.com](http://narcotics.com)), Alcoholics Anonymous ([aa.org](http://aa.org)), or SMART Recovery ([smartrecovery.org](http://smartrecovery.org)). Many of the 12 step programs also offer phone or chat support. The Within Reach Peer Resource Center is also offering the following Peer-led virtual support group meetings:

- **Monday- 2PM *FLY (Finally Loving Yourself)*** link up at <http://zoom.us/j/8533023431> or ID# 8533023431. Focus is on positive affirmations and learning to love, accept, and take care of yourself and others.
- **Tuesday- 10AM-12PM *OPEN DROP IN WITH A PEER*** link up at <http://zoom.us/j/2718591808> or ID# 2718591808.
- **Tuesday- 2PM *SPIRITUAL REFLECTIONS*** link up at <https://zoom.us/j/6360856554> or ID# 6360856554.
- **Tuesday- 5PM- 7PM *OPEN DROP IN WITH A PEER*** <http://zoom.us/j/5076056073> or ID# 5076056073
- **Wednesday- 2PM *REFLECTIVE INSPIRATION*** link up at <http://zoom.us/j/2099953510> or ID# 2099953510. Begins with a daily inspirational reading followed by open discussion.
- **Wednesday- 5PM- 7PM *OPEN DROP IN WITH A PEER*** link up at <http://zoom.us/j/5662244806> or ID # 5662244806
- **Thursday- 2PM *THE SILVER LINING GROUP*** link up at <https://zoom.us/j/6360856554> or ID# 6360856554. Open topic discussion group.
- **Friday- 12PM-2PM *OPEN DROP IN WITH A PEER*** link up at <http://zoom.us/j/8533023431> or ID# 8533023431.
- **Saturday- 3PM- 5PM- *OPEN DROP IN WITH A PEER*** <http://zoom.us/j/5288160892> or ID# 5288160892

For additional information and resources visit [www.roadtorecovery.info](http://www.roadtorecovery.info) and click on the treatment or resources tab at the top of the page.

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### **About NSVSAC**

The Northern Shenandoah Valley Substance Abuse Coalition collaborates with community partners to take the lead in identifying and developing effective resources to ensure that the necessary continuum of care for substance use and addiction services is available to all members of the community in the greater Winchester, Virginia area. Formed in 2014, the Coalition and its public and private sector partners have worked to compassionately reduce the stigma of addiction, improve access to substance use treatment services and decrease the number of overdoses to combat the opioid epidemic in Virginia. For more information on the Coalition, please visit [www.roadtorecovery.info](http://www.roadtorecovery.info).