

March 22, 2021

**Individuals Living with Addiction are Encouraged to Seek Help as Spike in Overdoses is Reported**

*Help is available to those in need*

**WINCHESTER** – As an overdose spike is being reported in the region, the Northern Shenandoah Valley Substance Abuse Coalition is encouraging individuals who are living with addiction to reach out for help, before it's too late. Since March 16<sup>th</sup> there have been three fatal overdoses reported and an additional 13 non-fatal overdoses reported in the region, bringing the total number this year to 12 fatal and 41 non-fatal overdoses.

There are a number of local resources available for community members who have a substance use disorder. Those in need, or friends and loved ones, are encouraged to make a call today.

***Talk to Someone Right Now***

- Reach out to a sponsor, trusted friend, family member, or mental health professional for support.
- 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 offering peer-led virtual support group meetings six days a week. Please see the attached flier with meeting times.
- Download the “Connections” App on your smartphone which was launched by the Addiction Policy Forum.

***Equip Yourself to Save a Life***

- Attend a REVIVE! Training and receive free NARCAN. The Northwestern Prevention Collaborative is hosting a virtual training on Friday, March 26<sup>th</sup> from 12:30 – 1:30 p.m. To register visit:  
<https://zoom.us/meeting/register/tJUpcO2hgz0jGNlBwGBbnHtYHu1eoa07w9tz?fbclid=IwAR0i5j4jgTU11FhXNUkLBuiEybjZCx8Vre-Ca1XArNZDd-NwdU3OKWSHdgY>
- Receive free NARCAN from any of the Lord Fairfax Health District offices. Please call the office beforehand to schedule a pickup time. A list of the district offices and their contact information can be found here: <http://www.vdh.virginia.gov/lord-fairfax/district-offices/>.

### ***Seek Treatment***

- Northwestern Community Services Board offers an array of services for substance use and mental health disorders. Please call 540-667-8888, option 1 to schedule an appointment.
- If you are experiencing a mental health emergency, please call the Northwestern Crisis Line at 540-635-4804.
- For additional treatment resources in the Northern Shenandoah Valley and beyond, visit [www.roadtorecovery.info/treatment](http://www.roadtorecovery.info/treatment).

### ***Support for Families***

- The Families on the Road to Recovery support group meets virtually twice a month. The next meeting is Thursday, March 25<sup>th</sup> at 6:30 p.m.  
**Meeting ID** – 851 5710 3269  
**Password** – 430670  
**Link** – <https://us02web.zoom.us/j/85157103269?pwd=U0pBYUEvZ2dhM3FmVVFHNmlKUXVydz09>

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. Your compassion and care could save their life.

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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).

# WITHIN REACH PEER RESOURCE CENTER

## Monday

NAME	NUMBER
2PM FLY (FINALLY LOVING YOURSELF)	ZOOM ID 8533023431
3:30PM-4:30PM ARTISTS SUPPORTING ARTISTS- STARTING MARCH 22, WILL BE EVERY 2 WEEKS ON THE 2 <sup>ND</sup> AND 4 <sup>TH</sup> MONDAY OF THE MONTH	ZOOM ID 8533023431

## Tuesday

NAME	NUMBER
11AM SOCIAL ANXIETY RECOVERY	ZOOM ID 2718591808
2PM SPIRITUAL REFLECTIONS	ZOOM ID 6360856554
5PM-7PM DROP IN WITH A PEER	ZOOM ID 5076056073

## Wednesday

NAME	NUMBER
11AM HAVE A DAY-DUAL DIAGNOSIS RECOVERY	ZOOM ID 2718591808
2PM REFLECTIVE LISTENING	ZOOM ID 2099953510
5PM-7PM DROP IN WITH A PEER	5662244806

## Thursday

NAME	NUMBER
1PM MOTHERS IN RECOVERY	ZOOM ID 5076056073
2PM THE SILVER LINING GROUP	ZOOM ID 6360856554

## Friday

NAME	NUMBER
11AM MARA (MEDICATION ASSISTED RECOVERY ANONYMOUS)	ZOOM ID 2718591808
12PM-2PM DROP IN WITH A PEER	ZOOM ID 8533023431

## Saturday

NAME	NUMBER
3pm-5pm DROP IN WITH A PEER	ZOOM ID 5288160892

## ADDITIONAL SUPPORT AND RESOURCES

FOR MORE INFO OR TO GET CONNECTED WITH A PEER RECOVERY SPECIALIST  
CALL 540-664-4010 OR 540-303-9824

FOR FREE, NON-JUDGMENTAL, SAFE & CONFIDENTIAL SUPPORT AND RECOVERY  
RESOURCES CALL THE 24/7 PEER2PEER WARMLINE

**1-833-626-1490**

VISIT OUR FACEBOOK PAGE: WITHIN REACH PEER RESOURCE CENTER

&

CHECK OUT OUR YOUTUBE CHANNEL: NW PEER RECOVERY PROGRAM