**Opioid STR/SOR Recovery Community Centers**

These RCCs provide a peer-based supportive community that builds hope and supports healthy behaviors for individuals with Opioid Use Disorders (OUDs) searching for recovery or maintaining recovery.

<table>
<thead>
<tr>
<th>Missouri Network for Opiate Reform and Recovery</th>
<th>St. Louis Empowerment Center</th>
</tr>
</thead>
</table>
| 4022 S. Broadway  
St. Louis, MO 63118  
844- Rebel Up (844-732-3587)  
monetwork.org | 907 Dock Street  
Saint Louis, MO 63147  
(314) 652-6100  
dbsaempowerment.org |
| Drop-in Hours  
Monday-Friday (10am-5pm)  
Saturday-Sunday (12pm-6pm)  
See website for groups and activities | Drop-in Hours  
Every day (9am-3pm)  
See website for groups and activities |

<table>
<thead>
<tr>
<th>Springfield Recovery Community Center</th>
<th>Healing House, Inc. Recovery Community Center</th>
</tr>
</thead>
</table>
| 1925 E. Bennett St.  
Springfield MO, 65804  
(417) 368-0852  
spfdrcc.org | 4505 St. John Ave.  
Kansas City, MO 64123  
(816) 920-7181  
healinghousekc.org |
| Drop-in Hours  
Monday- Friday (9am-9pm)  
Saturday (6pm-10pm)  
See website for groups and activities | Drop-in Hours  
Monday-Friday (9:00am-4:30pm)  
Sunday (1:00pm-3:00pm)  
See website for groups and activities |
# Overdose Education & Naloxone Distribution

## Risk Factors for Overdose
- Previous Overdose
- Period of abstinence/sobriety (e.g., following rehab or jail)
  * Tolerance decreases in as little as 3-5 days
- A change in strength, amount, supplier of the opioid, or location of use
- Being physically ill/respiratory disease (flu, pneumonia, bronchitis)
- Mixing opioids with other substances (benzos, sedatives, alcohol)
- Using alone
- Injecting

## Signs of an Opioid Overdose
- Unresponsive
- Shallow breathing/no breathing
- Small "pinpoint pupils"
- Cold, clammy skin
- Gurgling/snoring
- Blue or gray lips and nails

## Tips for Prevention
- Share this information with family, friends, and loved ones
- If you use: don't use alone, avoid mixing drugs, go slow and start small, stagger use between individuals by at least 30 minutes
- Keep naloxone accessible and out of extreme temperatures

## Opioid Overdose Response

<table>
<thead>
<tr>
<th>Step</th>
<th>Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Check for breathing and clear airways</td>
</tr>
<tr>
<td>2</td>
<td>Lay person on back and give naloxone (if you must leave the person at any point, turn the person on their side in the recovery position)</td>
</tr>
<tr>
<td>3</td>
<td>Call 911 (The Good Samaritan Law provides limited immunity to the caller and OD victim for drug possession and paraphernalia)</td>
</tr>
<tr>
<td>4</td>
<td>Administer rescue breaths (1 breath every 5 seconds)</td>
</tr>
<tr>
<td>5</td>
<td>Repeat step 2, if no response in 2-3 minutes</td>
</tr>
<tr>
<td>6</td>
<td>Stay with the person until medical help arrives to ensure safety and prevent repeated use/overdose</td>
</tr>
<tr>
<td>7</td>
<td>Complete Overdose Field Report, link here: <a href="http://MOHOPEPROJECT.ORG/ODREPORT">MOHOPEPROJECT.ORG/ODREPORT</a></td>
</tr>
</tbody>
</table>

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**NOMODEATHS.ORG**