# RECOVERY COMMUNITY CENTERS

The following RCCs provide a peer-based supportive community that builds hope and supports healthy behaviors for individuals with opioid and other substance use disorders, no matter what phase of use or recovery they may be in.

<table>
<thead>
<tr>
<th>Recovery Community Center</th>
<th>Address</th>
<th>Phone Number</th>
<th>Website</th>
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<tbody>
<tr>
<td>Missouri Network for Opiate Reform and Recovery</td>
<td>4022 S. Broadway, St. Louis, MO 63118</td>
<td>844-Rebel Up (844-732-3587)</td>
<td>monetwork.org</td>
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<tr>
<td>Springfield Recovery Community Center</td>
<td>1925 E. Bennett Street, Springfield, MO 65804</td>
<td>417-368-0852</td>
<td>spfdrcc.org</td>
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<tr>
<td>Healing House, Inc. Recovery Community Center</td>
<td>4505 St. John Avenue, Kansas City, MO 64123</td>
<td>816-920-7181</td>
<td>healinghousekc.org</td>
</tr>
<tr>
<td>St. Louis Empowerment Center</td>
<td>907 Dock Street, St. Louis, MO 63147</td>
<td>314-652-6100</td>
<td>dbsaempowerment.org</td>
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<tr>
<td>The Reentry Opportunity Center &quot;The ROC&quot;</td>
<td>2108 Paris Road, Columbia, MO 65202</td>
<td>573-607-9372</td>
<td>comoroc.org</td>
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<tr>
<td>LIFE Recovery Community Center</td>
<td>4145 Kennerly Avenue, St. Louis, MO 63113</td>
<td>314-449-1333</td>
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<tr>
<td>Landmark Recovery Center</td>
<td>204 Metro Drive, Jefferson City, MO 65109</td>
<td>573-635-3065</td>
<td>landmarkrecoveryjcmo.com</td>
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<tr>
<td>We Do Recover</td>
<td>715 Broadway Street, Cape Girardeau, MO 63701</td>
<td>573-803-0234</td>
<td>gibson-center.com/services/we-do-recover-community-center</td>
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</tbody>
</table>

Never Use Alone Hotline: 800-484-3731
If you’re going to use alone, call us!
**Warning Signs of an Opioid Overdose**

- Unresponsive
- Shallow breathing/no breathing
- Small pinpoint pupils
- Cold, clammy skin
- Gurgling/snoring
- Blue or gray lips and nails

**Opioid Overdose Response**

1. Check for breathing and clear airways
2. Lay person on their back and administer Naloxone/Narcan (see options below):
   - **Narcan Nasal Spray Instructions**
     - PEEL back package to remove the device
     - PLACE the tip of the nozzle in either nostril until your fingers touch the bottom of the person’s nose
     - PRESS the plunger firmly to release the dose into the person’s nose
   - **Intramuscular (IM) Instructions**
     - Remove orange top from vial
     - Insert needle through rubber plug with vial upside down
     - Pull back on plunger to draw 1 mL of Naloxone
     - Inject Naloxone straight into large muscle (shoulder or thigh)
3. **Call 911** *The Good Samaritan Law provides limited immunity to the caller and OD victim for minor drug charges.*
4. Administer rescue breaths - 1 breath every 5 seconds
5. If no response within 2-3 minutes, **repeat step 2**
6. Stay with the person until medical help arrives to ensure safety and prevent repeated use/overdose
7. Complete Overdose Field Report at [MoHopeProject.org/ODReport](http://MoHopeProject.org/ODReport)

**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

**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 min
- Keep Naloxone accessible and out of extreme temperatures

To learn more, go to [www.nomodeaths.org/recovery-community-centers](http://www.nomodeaths.org/recovery-community-centers)