



## Question and Answer

### What is heroin?

Heroin is a highly addictive and dangerous **illegal** street drug that has chemical properties similar to opioid pain relievers prescribed by doctors. Withdrawal from heroin is very uncomfortable and can be accompanied by anxiety, depression, and agitation.

### What does heroin look like?



A fine white powder is usually the purest form of heroin but it can also be found in rose gray, brown, or black powder as well. The color is from additives such as sugar, caffeine, and dangerous poisons. It's hard to tell what's in the heroin by looking at it.

### What are some of the signs and symptoms of someone who is using heroin?

Needle marks	Small pupils (eye)
Drowsiness	Depression
Constipation	Confusion
Shakiness	Theft to obtain drug
Reduced sense of pain	

### What's it called on the streets?

H	Junk
Big H	Brown Sugar
Black Tar	Horse
Nose drops	Skag
Smack	Thunder

### What's the harm?

Heroin use can lead to respiratory depression and **death** from overdose and/or the dangerous poisons added to the drug. It can also lead to dangerous behaviors when trying to get the drug or while using the drug.



### Narcan Program in Vermont

Emergency opiate overdose rescue kits can be provided to people at risk of an overdose, and to family members and others who may be in a position to help in the event of an overdose.

### Available at HIV/HCV Resource Center- Syringe Exchange Program

Serving the White River Junction area  
Call **802-295-1868** (Monday and Thursday 2:30 – 4:30pm) or **603-448-8887** for more information

*You can do something to help your friends and/or family members stop using heroin. This information and your phone call can help save a life.*

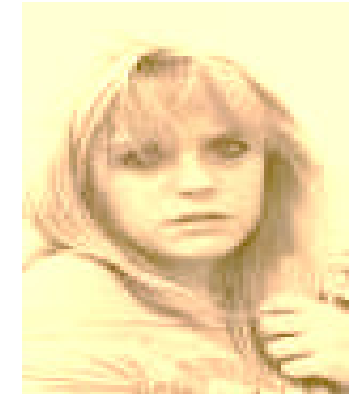
### For more information, visit websites at:

- Heroin: Medline Plus (NIH)
- NY times: Annual speech, Vermont Governor shifts focus to drug abuse
- Drug free world
- Vermont Naloxone Opiate Overdose Prevention Pilot Program (ADAP)

**UVM COM**  
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## What is it? What's the big deal?



**Understand heroin use and how to help your friends or family members get the local resources they need to get clean!**



## Vermont in the News


*“What started as an OxyContin and prescription-drug-addiction problem in Vermont has now grown into a full-blown heroin crisis.”*

*“Since 2000, Vermont has seen an increase of more than 770% in treatment for opiate addiction...”*

– Governor Shumlin of Vermont  
January 2014

*“A shooting incident in Springfield, Vt., that injured a convicted drug dealer and wounded two other people was triggered by a dispute over heroin” on July 11, 2014.*

– Sarah Brubeck, Valley News  
July 2014

 So you must be wondering, “How do I know if there’s a problem? And if there is, what can I do about it?”

Fill out the quiz on your right to find out and to learn how you can help your loved one today.

## Have your friends or family members ever had any of the following happen when trying to get or while using heroin?

(Check the box if the answer is ‘yes’)

- Gotten in trouble with the law
- Had problems or changes in behavior at work, school, or home
- Caused physical or psychological damage to themselves or others
- Continued to use heroin even after being aware of these problems

If you checked one or more of the boxes above, your friend or family member may have a heroin problem and needs your help to get clean.

**Licensed health care professionals and support teams** are available in your area right now to help your friend or family member. Please contact one of the follow ASAP for more information on where to go from here.

1. Springfield Family Practice: 100 River Street, Springfield, VT 05156  
**802-886-8900** and ask for Meredith (available Tu, Th, and F)  
or contact your own primary care doctor
2. Community Health Team: 100 River Street, Springfield, VT 05156  
**802-886-8998** and ask for Trevor (available M-F)
3. Turning Point Recovery Center: 7 Morgan Street, Springfield, VT 05156  
**802-885-4668** and ask for Mike (available M-F)

**The first step in recovery is admitting that there is a problem!**