

Where We Stand: Addiction on Cape Cod

Cape Cod is a treasured destination that has captured the imagination of our country for decades. It's also the beloved home to more than 200,000 year-round locals across fifteen towns and numerous villages. It's dynamic, beautiful, and steeped in culture. And like any region throughout Massachusetts and across the United States, our families, our friends, and our communities are affected by substance use and addiction.

Cape Cod has a long history of coordinating regional substance use prevention, treatment, and recovery efforts across the Cape. Since January 2014, the Barnstable County Regional Substance Abuse Council (RSAC) has coordinated a regional approach to substance use and connected the variety of efforts already underway.

The RSAC brings together a diverse group of nearly 40 stakeholders from our community: town governments and law enforcement, faith leaders and students, people in recovery and families affected by addiction, and health and human services agencies. As a group of concerned and united individuals, we are committed to making a difference together.

But there's a lot of work to be done. Opioid addiction is a public health crisis in the United States: from the shores of Cape Cod to the coast of California, and every town, city, and suburb in between. Every part of a community is touched by addiction. It takes every part of a community to address it.

Through our community's efforts we can reduce substance use among our youth, raise awareness about the risks associated with prescription medications and other drugs, and provide treatment, recovery, and hope to individuals and families affected by addiction.

Addiction is a chronic brain disease. It causes a person to compulsively seek and use drugs, despite harmful consequences to themselves and loved ones. Addiction changes the brain – both its structure and how it works.

People may start to take drugs for many reasons. Some people who suffer from stress or depression begin using alcohol or drugs in an attempt to feel better. Others may think drugs can help improve their performance in school, work, or sports.

Drugs can quickly take over a person's life. Over time, activities become less enjoyable and taking the drug becomes necessary for someone to "feel normal."

The stigma of drug misuse keeps people from seeking treatment. Words like "junkie" and "addict" can hurt, damaging self-image and standing in the way of recovery.

Addiction is not a choice, it is a treatable disease. Addiction cannot always be cured, but like other chronic diseases – such as diabetes – it can be managed successfully with time and treatment. Recovery is possible.

Substance use addiction and opioid overdoses have increased across the United States in recent years. These increases have been felt throughout Massachusetts and across Cape Cod. Addiction knows no boundaries – it doesn't consider the color of our skin or the balance of a bank account. It can affect anyone. And it affects every community.

But there is hope.

There is hope in treatment and recovery. There is hope in prevention and awareness. And above all else, there is hope because our community cares and comes together.

Concerned about yourself
or someone else?

Would you like to learn more about
addiction and how you can help
make a difference on Cape Cod?

**Massachusetts Substance Abuse
Information and Education Helpline**

800-327-5050 (confidential)
www.helpline-online.com

**Barnstable County Behavioral
Health Service Directory**

Offers a complete listing of local resources
tinyurl.com/Cape-Cod-Service-Directory

**Substance Use Resources
and Information for Cape Cod**

tinyurl.com/Cape-Cod-Resources

**Cape Cod Healthcare
Center for Behavioral Health**

tinyurl.com/Cape-Cod-Behavioral-Health

Gosnold on Cape Cod

www.gosnold.org

Learn to Cope

www.learn2cope.org

Parents Supporting Parents

tinyurl.com/Parents-Supporting-Parents-FB

Opioid Overdose Education/Naloxone Training

*Naloxone can temporarily reverse the effects
of an opiate overdose*

Trainings and distribution provided by:

- AIDS Support Group of Cape Cod (free) – www.asgcc.org
- Learn to Cope (free) – www.learn2cope.org
- Walgreens and CVS (cost based on insurance – no prescription needed, call ahead)

**National Institute
on Drug Abuse**

www.drugabuse.gov

**Substance Abuse and Mental
Health Services Administration**

www.samhsa.gov

**Massachusetts Opioid Addiction
State Initiative**

www.mass.gov/StopAddiction

**Regional Substance Abuse Council
E-Newsletter Sign-Up**

tinyurl.com/RSAC-Newsletter



**Barnstable County
Regional Substance Abuse Council**

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Barnstable, MA 02630

508-375-6628

508-362-5855 (TTY)

tinyurl.com/Substance-Abuse-Council

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