



# Dorchester Goes Purple!

*"I wish I knew then, what I know now. I wish I could go back in time, to save my family members from the deep dark hell of addiction."*

## Did You Know?

Americans are more likely to die from an opioid overdose than a motor vehicle crash?

Dorchester County had 28 opioid overdoses and 5 deaths so far in 2019 (thru August 3).

***Visit [www.dorchestergoespurple.org](http://www.dorchestergoespurple.org) to learn more***

**You do not have to do it alone. Help is available. Call the Dorchester County Health Department at 410-228-7714 for information on treatment and recovery options.**

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**If you need in person or phone support 24/7, call Eastern Shore Crisis Response Services at 1-888-407-8018.**

***Dorchester Goes Purple (adapted from THP Project Purple) launched in 2018 to raise awareness about dangers of substance misuse, break the stigma of addiction, and encourage positive decision-making to get through life's challenges.***

# CALL TO ACTION!

## Parents



Talk to your child about the dangers of drugs and alcohol. 41% of Dorchester youth think parents have favorable attitudes toward substance use.

Talk to your child's doctor about risks and non-addictive alternatives if prescribed opioids. Heroin use is often traced to painkiller misuse.



## Community



Change outside lights to purple for the month of September, which is National Recovery Month.

Be the one to start the conversation about addiction at work, church, home, ball park, or wherever you gather with those you care about.

Got old or unused medicine? Take it to a 24-hour drop box at any Dorchester County law enforcement agency, no questions asked.



## Businesses

Contact the Chamber of Commerce to get engaged. Visit [www.dorchesterchamber.org](http://www.dorchesterchamber.org)



Prepare in advance to work with staff suffering from substance use disorder, so you point them toward recovery resources, support them through the process, and reintegrate them when the time is right.

**Go to [www.iwishiknewmidshore.org](http://www.iwishiknewmidshore.org) for more information on preventing, recognizing the signs, and getting help for substance use disorder.**