

Tips to Keep in Mind When Achieving and Maintaining Sobriety:

- Ask for help and develop a recovery circle.
- Find honesty within yourself and everyone in your recovery circle.
- Identify your personal triggers.
- Recognize relapse warning signs.
- Create achievable and realistic goals, and refrain from punishing yourself if you get off track.
- Discuss your successes and challenges with your Substance Use Specialist.
- Celebrate the milestones.

Homeless Outreach Team (HOT)

1111 Cornwall Avenue

Bellingham, WA 98225

PHONE: 360.312.3717, press 1

TTY WA: 711

Hours of Operation:

Monday and Friday: 7am-5pm

Tuesday-Thursday: 7am-8pm

Closed on legal holidays and weekends

Homeless Outreach Team (HOT) is a Program of Opportunity Council in Partnership With



Opportunity Council helps people improve their lives through education, support, and direct assistance while advocating for just and equitable communities.

-Opportunity Council Mission Statement

How Can HOT Assist You?

- Assists you with the ability to meet you at the Syringe Exchange Program to help with explaining the program.
- Assists you with completing paperwork and setting up assessments.
- Assists you by advocating for substance use assistance with your doctor, or other assigned provider.
- Assists you with providing a safe environment to connect with treatment options.
- Always operates from the ethical standard of providing dignity and respect for people.
- Assists you with actively offering Harm Reduction techniques.
- Always willing to connect with you to offer support with substance disorders without a sense of pressure.

Other Resources in Whatcom County to Consider:

- Whatcom County Social Detox Program
360.676.2020, extension 5
- Lake Whatcom Treatment Center’s Baker Creek
360.676.6000, extension 0
- Catholic Community Services
360.676.2187
- Lifeline Connections
360.922.3030
- Lummi Care
360.312.2020
- Nooksack Tribe Genesis II
360.966.7704
- Lighthouse Mission Ministries Ascent Program
360.733.5120, extension 0
- Unity Care Northwest
360.676.6117
- SeaMar Clinic
360.671.3225
- Volunteers of America (VOA)
800.584.3578
- Emergency: Bellingham Police Dept.
911
- **Substance Use Disorder Treatment Agencies For American Indians and Alaska Natives:**
https://www.dshs.wa.gov/sites/default/files/BHSIA/dbh/Providers/SUD_Fee-for-Service_Providers.pdf
- **WA State DSHS Support:**
<https://www.hca.wa.gov/assets/free-or-low-cost/behavioral-health-information-for-clients.pdf>
- **Link to SUD Assistance in Whatcom County:**
<http://www.whatcomcounty.us/DocumentCenter/View/1753/Certified-Treatment-Agencies-PDF?bidId=>

Whatcom County Syringe Services Program



Whatcom County Health Department offers the confidential exchange of new, sterile syringes and clean injection equipment in exchange for contaminated syringes.

The Health Department offers this program on Thursdays from 2:30p - 4:00 p.m. at 1500 N. State Street in Bellingham.

Hours of operation: Monday—Friday, 8:30am—4:30pm. Closed legal holidays.



How Do I Know When I Am Ready For Help? Harm Reduction Tips and Fentanyl Information

There may be no “right” or “best time” to enter treatment, and someone may ask “How will I know it is time for me to get support?” A few common signs may help you decide:

- You have had enough—and maybe those around you feel the same.
- You have lost your sense of joy or feel a sense of self-hate.
- Lying or hiding your use, or stealing from others to maintain your use.
- Your tolerance level requires you to use more significant dosages of the substance.

Harm Reduction Tips:

- Know the source of your substances and begin use with a smaller dose to see how it affects you, and use with others for safety.
- Use clean needles/pipes and other forms of equipment; avoid sharing.

- Use a clean needle, sterile water and clean cotton balls with each use.
- Wash your hands and injection sites with clean water and soap, and use alcohol swabs when available.
- Specific to Opioid use: Avoid mixing with other Central Nervous System depressants (alcohol, allergy pills, benzodiazepines or barbiturates).
- Try to carry Narcan with you, and remember to stay hydrated and eat.

Fentanyl Information:

- High risk for addiction and dependence.
- Can cause respiratory distress or death with the smallest dose.
- Deadly when combined with other substances.
- Not everyone knows when a substance has been laced with fentanyl.