

# Substance Misuse Prevention & Resource Guide



Sponsored By  
**Community Alliance**  
Hales Corners & Greendale Communities

# Community Alliance: Awareness & Prevention of Substance Misuse

Community Alliance was formed in 2017 and includes members from Greendale and Hales Corners health departments, churches, school districts, Village trustees, civic organizations, businesses, youth, and community members.

## VISION:

Empowered and Informed Communities

## MISSION:

- Prevent substance misuse, especially in youth
- Link families and individuals to addiction treatment and recovery resources
- Raise awareness and reduce social stigma around addiction in our communities

## Join Us...

“Community Alliance was formed to address substance misuse in Greendale and Hales Corners. It is a great way for residents to address the issue through a process that affects change on a community level.

Community Alliance all started with “community conversation” sessions about what substance use looks like in our communities, and we continue the theme of open conversation through our initiatives and events.

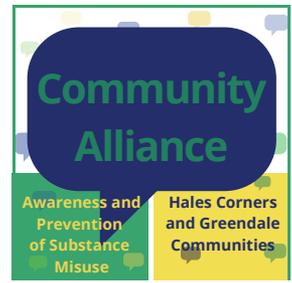
We are fortunate to live, work, learn and/or play in an area that boasts great schools, parks and connectedness; yet rates of substance abuse and addiction trend similar to those of our county and state. We strive to continue finding ways to bolster our existing attributes that prevent substance misuse and support recovery.

What is “substance misuse”? Substance misuse is the harmful use of substances such as drugs and alcohol for non-medical purposes. This does not include the occasional drink by adults (21+) with a nice dinner or the safe use of prescription opioid as directed by a health care provider. We want to lower rates of misuse as they relate to overconsumption and poor modeling for youth.

We encourage residents, professionals, and organizations in the Greendale and Hales Corners communities to join us!”

Find us on Facebook and at [www.communityalliancehcgd.com](http://www.communityalliancehcgd.com)

*Community Alliance Coordinator, Madeline Kornbeck, MPH, CHES*



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**Public Health**  
Prevent . Promote . Protect .

## Introduction

In response to the opioid epidemic going on across the United States, Community Alliance: Hales Corners and Greendale began in August of 2017 to get our communities talking about substance misuse. It's important to recognize that substance misuse occurs in every community and no one is immune to the risk of substance misuse and addiction. As a community we must look at this problem and plan strategies to address and prevent substance misuse and to reduce the stigma associated with addiction.

Parents may think “my child would never get involved with drugs,” or “my child is smart, motivated, a talented athlete, all-around good kid and knows not to use drugs.” But drugs and alcohol can impact kids and adults regardless of their social status, intelligence or moral values. In this guide, you'll read personal stories from two individuals in our communities whose lives have been impacted forever by alcohol and drugs.

This guide was developed to provide information and resources to individuals and families in an effort to prevent substance misuse and help families who are dealing with substance misuse issues. We hope after viewing this resource guide that you'll have a greater awareness of the issues surrounding addiction, compassion for those individuals and families affected by addiction and a passion to help us make a difference in our communities.

We challenge each of you to get involved in creating solutions to this problem. You may be asking yourself, “What can I do?”

Acknowledge that there are individuals and families dealing with the trauma of addiction in our communities. They may be our children, our neighbors and friends. Anyone can become addicted.

View addiction as a disease. People with addiction may be labeled as weak or lacking self-control, but addiction is, in fact, a disease. Drugs and alcohol change the brain in ways that make it hard to quit, even when a person suffering from an addiction wants to quit. People with addiction need help to manage this health problem. In order to help people with addiction, we must view it as a disease.

Reach out to individuals and families who are impacted by addiction and offer support. If you are experiencing addiction, ask for help. No one can overcome addiction alone.

Join your neighbors and community leaders in Community Alliance: Hales Corners and Greendale to work toward a future without the devastating effects of substance misuse. By working together, we can provide hope that there is a solution to this devastating, growing problem. ***We are the solution.***

Sincerely,

***Kathy Radloff (Hales Corners) & Sue Sheppard (Greendale): Health Officers***

## Not Our Son...

“On March 18, 2012, our lives changed forever. We lost our son CJ to a heroin overdose. He was just like your child. Sweet, kind, smart, athletic and had a huge heart. He grew up in a happy, healthy, stable two parent household. He was exposed to every sport there was. He went to a private elementary school and then attended Whitnall Middle and High School. We celebrated holidays with family and he was encouraged to follow his dreams every moment along the way. We’re telling you all of this because when it comes to drugs and addiction there are NO boundaries. It doesn’t matter if you are black, white, Hispanic, rich, poor, male, female, smart or challenged, it just doesn’t matter. He was like every one of your children.



CJ Lomas

CJ started experimenting with drugs and alcohol in middle school. Drinking on the weekends and smoking pot with his friends. By the time he reached high school, he was snorting Vicodin, Percocet, Oxycodone, and OxyContin, whatever he could get his hands on. He became very sneaky, distant and his grades declined. He was dishonest and pretty much excluded himself from family activities. He stole everything of value he could to feed his addiction. This was NOT the child we raised, this was not the fun loving, caring, honest, hardworking son we knew. This was the drug addict he had become.

This was the beginning of the end for CJ. Over the next several years, he was in three intense inpatient rehab programs, countless sober houses, half way houses, drug and alcohol counseling, jail and he still could not rid himself of the demons he lived with every single day. There are no words to describe the impact heroin addiction has had on our family. It destroys and ruins lives. Our son disappeared before our eyes while standing right in front of us. He lost everything. His job, his girlfriend who he adored, his truck, his apartment, his extended family and his self-respect. And on March 18th, 2012, he paid the ultimate price and he lost his life.

On that day, we felt we had one of two choices. We could either bury our heads in shame and guilt or we could continue to do what CJ did every day of his life, help others. In CJ’s honor and in an effort to continue to help others, we formed the CJ Lomas Recovery Foundation. The goal of the foundation is to support individuals in their recovery program. We have partnered with treatment centers, sober living houses and recovery organizations to assist in formulating a treatment plan. We are also committed to emotionally supporting families who have a loved one struggling with addiction. We started a Family and Friends support group as a means of providing a safe non-judgmental atmosphere for family members to attend and know they are not alone in dealing with their loved one’s addiction.

It is crucial to find a support system in an effort to take care of yourself and to treat this like any other life-threatening disease. Please, educate yourself, set healthy boundaries and stop enabling. We can guarantee you that if CJ had it to do all over again, he would have NEVER put his family through the nightmare, heartache and despair of addiction. He would NEVER have forced us to live on without him. Most importantly, change your thinking from “Not my kid” to “It could be my kid”, because for us, it WAS our kid. You and your children deserve better, CJ deserved better, and no family should ever have to go through the pain and heartache of planning their child’s funeral.”

*Patti & Charlie Lomas*



## An Unlikely Addict

"I am a nurse and I live in Hales Corners. It was 13 years ago that I lost almost everything to my addiction to drugs and alcohol. I spent 4 months jailed at the House of Correction in Franklin. None of my family, friends, or coworkers knew that I was using drugs, not until I was fired from my job and arrested that is. I have been clean and sober since that time and have worked hard to regain what I lost. I have learned there are countless others who are suffering. With so much shame and stigma surrounding addiction, people are often unable to reach out for help. The knowledge that they will be ostracized compels them to stay silent and to do everything they can to hide the truth. Fear of losing their family, friends, and job is overwhelming. If we could do one thing for those suffering from addiction, it would be to decrease the shame and stigma associated with addiction so that people can ask for the help they so desperately need. I couldn't ask for help, I couldn't stop using, and as a result my world fell apart. I don't want that to happen to anyone else, but it does happen to people every day.



Kristin Labott

I share my story so that others will know that they are not alone and that there is hope. I do all I can to help others suffering from addiction find the help they need. I work on my recovery every day and have a beautiful, meaningful life. I appreciate life now. I especially enjoy spending time with my family and friends while kayaking, travelling, and discovering new adventures. Those things are only available to me because of my recovery. I have regained all I lost and so much more. Life is worth living."

*Kristin Labott*

*Learn more about Kristin's story and order a copy of her book  
"An Unlikely Addict" at [unlikelyaddict.com](http://unlikelyaddict.com)*

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# Common Questions & Answers

## What is addiction?

At any age, from adolescence into adulthood, chronic exposure to alcohol or drugs can disrupt brain function. Just as continued use may lead to tolerance—or the need for larger amounts of alcohol or drugs to produce an effect— it may also lead to a substance abuse disorder, which can drive a person to seek out and use substances compulsively. This disorder changes the brain in ways that erode a person's self-control and ability to make sound decisions, while producing intense impulses to seek and use alcohol or drugs again. This is what it means when scientists say that addiction is a brain disease.

## Many factors contribute to the likelihood of addiction. These can include:

**Biology/Genes:** Scientists estimate that genetic factors account for 40-60% of a person's vulnerability to addiction

**Environment:** Chaotic home and abuse, family use and attitudes, peer groups and community may influence addiction

**Early Use:** The earlier a person begins to use drugs increases the likelihood that he or she will develop a problem

**Methods of Administration:** Smoking or injecting a drug increases its addictive potential

## What are the symptoms of addiction?

- Tolerance or developing resistance to the substance over time
- Withdrawal: a painful or unpleasant physical response when substance is withheld
- Unable to control the use of alcohol, tobacco, and/or drugs
- Continued use of the substance despite negative consequences
- Spending a lot of time and money to obtain the substance
- Avoidance of school, family, work or social activities

## What are the signs of substance abuse?

- Tiredness, red or glazed eyes, tremors or repeated health complaints
- Sudden mood changes: irritability, negative attitude, and general lack of interest
- Secretiveness and withdrawing from friends and family
- Decreased or obsessive interest in school or work
- Taking more than the prescribed amount of medication

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# What about Alcohol?

In Wisconsin, alcohol consumption is often normalized, even celebrated. Unfortunately, this cultural acceptance makes saying “no” to that next drink, hard. Use the tips below to practice safe drinking habits when out with family and friends.

## Not all drinking is the same:

**Moderate Drinking:** Up to 1 drink per day for women and up to 2 drinks per day for men.

**Binge Drinking:** Consuming 5 or more alcoholic drinks on the same occasion on at least 1 day in the past 30 days. OR- 4 drinks for women and 5 drinks for men over a 2-hour period.

**Heavy Drinking:** Consuming 5 or more drinks on the same occasion for 5 or more days in the past 30 days.

## Practice safe drinking habits when out with family and friends:

**Eat before going out:** Drinking on an empty stomach decreases tolerance, meaning alcohol has a stronger, and quicker, effect.

**Pay attention to your surroundings:** Be aware of where you are and who you are with. Be sure to know where you can go in an emergency.

**Keep your drink with you and covered:** Protect yourself by protecting your drink. If you do not remember which drink is yours, or stepped away from it, (even for a second) get a new drink.

**Stay hydrated:** Staying hydrated helps your body filter the alcohol through your system. An easy trick is to have a glass of water with each alcoholic drink.

**Never drink and drive:** The legal blood alcohol limit is .08. If you are, or think you are, above the legal limit, call a cab or request a ride from a ride share service. To avoid these situations, be sure to have a designated driver to get you and your friends home safely.



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# Medication Safety & Disposal

## Don't let medications fall into the wrong hands

- Keep all medications out of reach of children
- Lock your medicine cabinet or find another secure location
- If you suspect your medications are missing, it is important to speak to your children or anyone else who had access to the medications in your home
- Dispose of unused or outdated medications safely at your nearby medication drop-off locations (see below for more information)
- If your child is taking prescription medications, monitor their use closely and continue to talk to them about safe and proper use of their medications

## Medication Safety/at Home Disposal Options

Deterra bags (safe at-home medication disposal units), medication lock-boxes and medication lock bags available at both the Greendale (414) 423-2110 and Hales Corners (414) 529-6155 Health Departments. Contact us today to obtain one of these great medication safety/at home disposal options!



Deterra Bags



Lock Bag



Lock Box

## Residents can safely dispose of unwanted medications at the Greendale and Hales Corners Police Departments



**Greendale Safety Center**  
5911 West Grange Ave.  
Greendale, WI 53129  
(414) 423- 2121

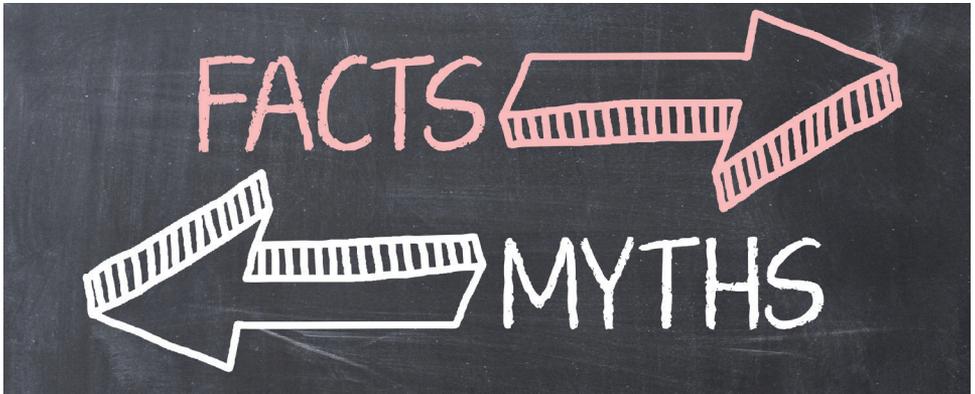


**Hales Corners Police Department**  
5635 S. New Berlin Rd.  
Hales Corners, WI 53130  
(414) 529- 6140  
\*Pills only

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No Questions Asked!

# Myths & Facts



## Myth:

Prescription painkillers, even if they are prescribed by a doctor, are not addictive.

## Fact:

Prescription painkillers affect the same part of the brain as heroin and can be addictive. Taking prescription medicine that your doctor did not prescribe and does not know about can be harmful.

## Myth:

If a prescription drug is legal and widely available, it must be safe.

## Fact:

Prescription drugs are safest when used correctly under a doctor's supervision. Taking prescription drugs that are not intended for you and/or mixing them with alcohol or illicit drugs can result in negative, and potentially deadly, consequences.

## Myth:

Electronic cigarettes (e-cigarettes) are better for me than normal cigarettes because they are not addictive.

## Fact:

E-cigarettes contain nicotine, the addictive drug in tobacco cigarettes, and other chemicals that may be harmful.

## Myth:

Addiction to drugs and alcohol is a choice, people can stop using drugs whenever they want to.

## Fact:

The choice to try drugs may be voluntary, but the more a person uses the drug, the less control they have over their decision-making. Their thoughts and actions become impaired, leading to addiction.

## Myth:

Being an addict is a crime.

## Fact:

Addiction is not a crime. The activities a person who is addicted participates in, to satisfy their addiction, may be criminal. However, addiction itself is a chemical reaction in the brain.

# Action: Overdose/Crisis

## Responding to an opioid overdose:

- Call for help- dial 911. All you have to say is “someone is not breathing”
- Give a clear address and description of your location

## Signs of overmedication:

- Unusual sleepiness or drowsiness
- Slow or shallow breathing
- Pinpoint (tiny) pupils
- Slow heartbeat and low blood pressure

## Signs of overdose:

(which is a life-threatening emergency)

- Extremely pale face and/or clammy to the touch
- Limp body
- Blue or purple fingernails or lips
- Vomiting/gurgling noises
- Cannot be awakened from sleep or is unable to speak
- Very slow or stopped breathing
- Very slow or stopped heartrate

### CONCERNED ABOUT SUBSTANCE USE?

#### GET HELP:

call 2-1-1 or  
1-800-662 HELP (4357)

#### GET INFORMATION:

MKEopiodpreventon.org

#### GET FREE NARCAN:

call 414-225-1608

## IF YOU SUSPECT AN OVERDOSE, CALL 911 IMMEDIATELY

## Take action and be prepared for an opioid overdose:

- DO:** Support the person's breathing by administering oxygen or performing rescue breathing
- DO NOT:** Slap or try to forcefully stimulate the person – it will only cause further injury
- DO:** Try and wake the person by shouting, rubbing your knuckles on the sternum or light pinching
- DO NOT:** Put the person in a cold bath or shower- this increases risk of falling, drowning or going into shock
- DO:** Administer Narcan if available
- DO NOT:** Inject the person with any substance
- DO:** Stay with the person and keep them warm
- DO NOT:** Try to make the person vomit drugs that they may have swallowed

# Action: Overdose/Crisis

## Narcan (naloxone)

Narcan (naloxone), is a medication that temporarily stops the effects of opioids and allows the overdose victim to start breathing again. It **ONLY** works for an opiate overdose and has **NO EFFECT** on the body if opiates are not present in the system.

### Narcan:

- Is a drug that reverses the effects of heroin overdose
- Reverses the effects of opiates for about an hour
- Is **NOT** addictive
- Has **NO** effects of its own



Having Narcan present does not encourage people who use to use more. It is a strategy to keep people safe!

## THE OPIATE OVERDOSE PREVENTION PROGRAM

This program is part of the AIDS Resource Center of Wisconsin- Prevention Department, in conjunction with its needle exchange program: LifePoint. For more information and training with Narcan, or for more information about LifePoint and other safety and prevention strategies, call (414) 225-1608 or visit [www.arcw.org](http://www.arcw.org).



AIDS RESOURCE CENTER  
820 N. Plankinton Ave.  
Milwaukee, WI

## Did you know?

### Good Samaritan Protections

Did you know that Good Samaritan Protections safeguard those who may attempt to rescue a person who is overdosing, including administering Narcan? In other words, a person cannot be sued for their actions when trying to help at the scene of an emergency.

“Any person who renders emergency care at the scene of any emergency or accident in good faith shall be immune from civil liability for his/her acts or omissions in rendering such emergency care.” (Statute 895.48)

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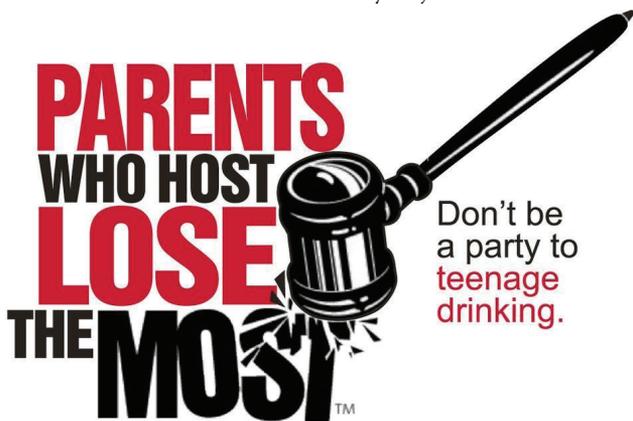
# Know the Law

## Taking medications not prescribed to you is illegal.

- It is illegal to alter, change or manufacture a prescription to obtain any medicine.
- It is illegal to order prescription medication over the internet or from outside the U.S. without a legal prescription.
- It is illegal to transfer any prescribed medication to any other individual. (It is illegal to give a friend or family member even one pill.)
- It is illegal to intentionally take a higher than prescribed dose of your own medicine.
- It is illegal to obtain a prescription or controlled substance for any medical issue from a second physician without advising the second physician that you have already received a similar prescription.

## Parents and caretakers:

- You or your minor child cannot give alcohol to your child's friends under 21 years of age, even with their parent's permission (unless the parent or guardian accompanies the minor).
- You cannot knowingly allow a person who is not your child and under 21 years to remain in your home or on your property while he/she is consuming or possessing alcoholic beverages.
- You may not knowingly permit or fail to take action to prevent the illegal consumption of alcohol beverages by an underage person on the premises owned by you or under your control.
- If you are convicted of giving money to procure alcohol, sell, or give away alcohol to a minor, you may receive a \$500 fine for each underage person involved, and for a second offense a \$500 fine and/or 30 days in jail.



# What do Parents & Caretakers Need to Know?

- Parents, guardians and caretakers play a vital role in preventing youth drug and alcohol use.
- Family bonding time, open communication, family policies on substance misuse, and parent/caretaker monitoring, praise and support are all ways parents can prevent their child from trying drugs and alcohol.
- Becoming educated about drugs and alcohol can help support your kids in a substance-free life.
- Show you disapprove of underage drinking and substance misuse.

## Give your child the tools to say no:

- **Set a strong example.** Your actions speak louder than words. Be a positive role model to your child.
- **Communicate** family rules and the consequences of using alcohol and drugs and model that behavior.
- **Help your children understand peer pressure.** Speak to your kids about the importance of individuality and the meaning of real friendships. Be the excuse for your child to resist peer pressure (e.g. “my parents will ground me for life if I do this”).



## ENCOURAGE HEALTHY, CREATIVE ACTIVITIES.

Encourage positive friendships and interests to reduce boredom and too much free time.



### START THE CONVERSATION:

Use open-ended questions that show care and concern.

**INSTEAD OF:** “How did you get yourself into these situations?”

**TRY THIS:** “That sounds like a difficult situation. Talk me through what you were feeling.”



### ENCOURAGE PROBLEM-SOLVING THINKING.

**INSTEAD OF:** “What did you think was going to happen?”

**TRY THIS:** “What do you think would have been a better way to handle that?”



### ASK ABOUT THEIR FRIENDS, HOBBIES, SCHOOL LIFE AND SPORTS.

**INSTEAD OF:** “You don’t actually think those are good friends to have?”

**TRY THIS:** “What are some things you like to do with your friends?”

# Community Protective Factors

“In assisting our youth in the area of making healthy choices, schools and communities can help educate and work towards a positive environment; however, drug prevention is a three-pronged approach.

Families must also take an active role in helping to guide our youth towards making healthy decisions. Having discussions with youth on drugs is a vital piece in assisting with prevention efforts. Educate yourself and learn the facts. Talking not just “to” your children, but “with” your children allows them to express their feelings and thoughts, and opens the door for you to share your feelings and expectations with them.

Don’t assume children will know your thoughts. Having this discussion with them gives them the opportunity to not only know how you feel, but also what you want for them, and what your dreams are for their future.”

*Dave Vogt, Greendale School District GAP (Greendale Assistance Program) Coordinator*

Factors that can decrease the chance of substance misuse are known as protective factors. These community features can help lower the chances of substance use and misuse.



**Home and family:** The home environment is usually most important in childhood. Engaged parents who are emotionally and physically available can help kids to make the right choice when it comes to substance misuse.



**Peers and school:** Friends have the greatest influence during teen and young adult years. Having a circle of friends who do not use drugs makes the choice to avoid drugs, an easier one.



**Delayed experimentation:** Although taking drugs at any age can lead to addiction, research shows that the later in life a person begins to use drugs, the less likely they are to move to more serious substance misuse.

“Staying away from substance use in high school was easy when I knew I had support. Much of that came from my parents who trusted me to go to parties and make the right decisions because that’s exactly what they raised me to do. I was also fortunate enough to have the support of my coaches, teammates, and friends that appreciated who I was and never expected me to be anything else.”

*Greendale High School Class of 2012 Graduate*

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# Have a Conversation, Not a Confrontation

If you think that your kid may be struggling with substance use, don't wait to get help. Science tells us that the earlier a person is treated for a substance use disorder, the better their outcomes, and that treatment works even if a patient isn't feeling "ready."



Finding out your teen uses drugs definitely stirs up a parent's emotions. It can be a very confusing time. But the best way to help your teen – and to make sure she hears you – is to remain as calm as possible through out the conversation. Also, it's as important, if not more, that you listen to her. One very important note: Do not start the conversation when you can tell your child is drunk or high. Hold off until she is sober.

## Here are a few tips for having more productive conversations:

- 1. Show your concern.** Express to your child that you're worried about her (example, "You haven't been yourself lately").
- 2. Keep a cool head.** Try your best not to overreact to what your child has done in the past. Instead, focus on making it clear what you want him to do in the future.
- 3. Be direct.** Clearly state your concerns as well as any evidence you've found ("You're not showering, your grades have dropped, and I found empty beer cans in your car").
- 4. Watch your tone of voice.** Even though you want to scream and yell, it's important to speak in a calm, relaxed voice so that you don't push your teen away.
- 5. Let your teen know you value his honesty** and are willing to listen without making judgments (but this doesn't mean there will not be consequences).
- 6. Try not to be defensive.** When she makes generalizations or critical remarks, don't take them personally. They are opportunities for discussion.
- 7. Talk about your own memories** of being a teen and the mistakes you made. This can help you and your child relate to each other better.
- 8. Show your love.** Physical connection can play an important role, too. Put a hand on your teen's shoulder or give him a hug when it feels right.
- 9. Set up and use family meetings** to full advantage. Get input from each person on rules, curfews, and on the consequences of breaking rules.
- 10. Give lots of praise and positive feedback.** Teens need to hear the "good stuff" just like the rest of us. They need to know you can still see beyond the things they've done wrong. Don't be controlled by your teen. While it's important to listen and be sympathetic to your teen, remember you're the parent and you know best.

# School & Community Programs & Resources

## Student and Family Assistance Program

Available at Greendale and Whitnall School Districts

- Free benefit provided to all families and students of the Greendale School District.
- In-person or phone consultations with Master's level counselors.
- Families can receive up to six free consultations per issue.

To schedule call: 800-236-3231

## Student Leadership Opportunities:

### Greendale Schools:

- Teens with Impact
- FACT (Tobacco prevention and peer advocacy)
- Panther PRIDE Group

To learn more about these and other opportunities at Greendale Schools, call: 414-423-2700 or visit the "activities and clubs" page on their website: [www.greendale.k12.wi.us](http://www.greendale.k12.wi.us)

### Whitnall Schools:

- DFC Club: Demonstrating Awareness, Finding Resources, Community Service Club

To learn more about these and other opportunities at Whitnall Schools, call: 414-525-8400 or visit the "activities" page on their website: [www.whitnall.com](http://www.whitnall.com)

### Martin Luther High School

- LIFE Team (Leadership, Involvement, Fellowship, Engagement)
- Spirit Committee
- Service Committee

To learn more about this program and other opportunities at Martin Luther High School,

call: 414-421-4000 or visit the "arts & activities" page on their website: [www.martinlutherhs.org](http://www.martinlutherhs.org)

## Community Programs for Teens:

**Boy Scouts:** [www.greendalepack506.weebly.com/](http://www.greendalepack506.weebly.com/) or <https://halescorners530.mytroop.us/>

**Hales Corners Fire Department Explorers:** Contact the Hales Corners Fire Department for more information at 414-529-6168.

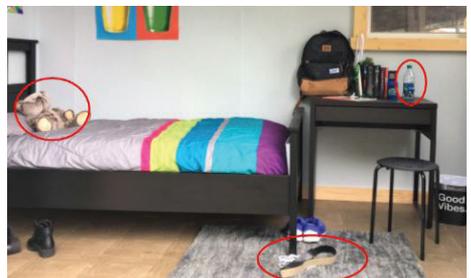
**Greendale and Hales Corners Girl Scouts:** [www.gswise.org/](http://www.gswise.org/)

## Community Programs for Adults:

### "Wake-Up Call" Teen Replica Room

Wake-Up Call is a life-size exhibit of a teen's bedroom with more than 20 "red flags" that can signal drug or alcohol use. The bedroom identifies spots where teens may hide drugs, household items that can be used as drug paraphernalia and ways teens try to cover up drug and alcohol use. Our goal is to educate parents and other adults who are influential in the lives of youth so they know what seemingly innocent items can actually be an indication of substance abuse.

Wake-Up Call is available at various community events throughout the year. If you are interested in scheduling a Wake-Up Call tour for a group or organization, please contact Madeline Kombeck at 414-423-2110.



# Park & Recreation Programs

“Park and Recreation bring a wide range of benefits to youth, families and the community. Programs can boost academic performance, reduce risky behaviors like substance use, promote physical health, and provide a safe, structured environment for children.”

*Jackie Schweitzer, Greendale Park and Recreation Program Director*



## Greendale Park and Recreation Department

5647 Broad Street

Call (414) 423- 2790 or visit online at: [www.gpr.greendale.k12.wi.us/](http://www.gpr.greendale.k12.wi.us/)



## Hales Corners Recreation Program

5635 S. New Berlin Road

Call (414) 840-4513 or visit online at: [www.halescorners.org](http://www.halescorners.org)



# Local Treatment & Support Resources



## Church Support Groups:

### St. Alphonsus Church

6060 W. Loomis Road

(414) 421-2442

AA—Reality Group

Mondays, 7:30 pm to 9:15 pm

### St. Thomas of Canterbury Church

7255 W. Grange

(414) 421-0130

AA—Tuesday Night Steps and Promises

Tuesdays, 7:30 pm

### St. Luke's Church

6705 Northway

(414) 421-1670

AA—Tuesdays, 8:30 am and 7:00 pm

### Hales Corners Lutheran Church

12300 W. Janesville Road

(414) 529-6700

#### Hosting multiple groups:

##### Alcoholics Anonymous

Tuesdays; 6:00 pm

(262) 786-9314 (Bill)

##### Al-Anon

Tuesdays; 7:00 pm

(262) 786-9314 (Liz)

#### Grief Support Group:

[griefshare@hcl.org](mailto:griefshare@hcl.org) or (414) 529-6700

Mondays, 5:45 pm to 8:00 pm

#### Parent Support for Prodigal (Rebellious)

**Loved Ones** – support for parents experiencing pain and challenges of prodigal children.

First and third Monday of the month;

September through May;

6:30 pm to 8:00 pm

(414) 529-6700 (Mary)

# Local Treatment & Support Resources

Drug and alcohol dependence disorders are medical conditions that can be effectively treated. Millions of Americans and their families are in healthy recovery from this disease. If someone close to you misuses alcohol or drugs, the first step is to be honest about the problem and to seek help for yourself, your family, and your loved one.

**Alcoholics Anonymous:** [www.aa.org](http://www.aa.org)

**Al-Anon Family Groups of Southeast WI:**  
[www.alanon-wi.org](http://www.alanon-wi.org)

**Caring Connections:** Support for Families with Addiction, Aurora West Allis Medical Center, (414) 328-7524, 1st and 3rd Thursday of every month, 6 pm to 7:30 pm.

**CJ Lomas Recovery Foundation:**  
[www.cjlomasrecoveryfoundation.org](http://www.cjlomasrecoveryfoundation.org)  
This Family and Friends Support Group is a place where family members and loved ones interact and share with others who may be experiencing some of the same concerns about substance abuse issues.

**Community Medical Services:**  
2814 S 108th St. West Allis, WI 53227  
414-885-3525  
[www.communitymedicalservices.org](http://www.communitymedicalservices.org)  
Community Medical Services is open 24/7 and provides substance abuse treatment and behavioral health services

**GRASP Support Group, Grief Recovery after a Substance Passing:**  
[rmonsondupuis@gmail.com](mailto:rmonsondupuis@gmail.com) or  
(414) 916-4827

**Heroin Anonymous:**  
[www.heroinanonymous.org](http://www.heroinanonymous.org)

## **IMPACT 2-1-1:**

IMPACT is a designated access point for all Milwaukee County residents 18-59 years old with an alcohol or drug abuse history who are seeking treatment. Call (414) 649-4380. IMPACT also offers free consultation and referral for people concerned about alcohol or drugs. Call (414) 256-4808.

## **Milwaukee County Services:**

24/7 Crisis Line: (414) 257-7222  
Milwaukee County Crisis Services provides help to individuals who are experiencing a mental health crisis. We make it a goal to prevent hospitalization as much as possible, but part of our service includes emergency hospitalization if that is needed.

## **National Alliance on Mental Illness (NAMI) Greater Milwaukee:**

3200 S. 3rd St. Milwaukee, WI 53207  
414-344-0447 [www.namimilwaukee.org](http://www.namimilwaukee.org)  
NAMI Greater Milwaukee is a community-based, self-help, support, education and advocacy organization dedicated to improving the lives of those with mental illness, their families and those affected by mental illness.

**Narcotics Anonymous:**  
[www.NAMilwaukee.org](http://www.NAMilwaukee.org) or call  
1-800-240-0276

**Serenity Recovery Clinic:**  
[www.serenityrecoveryclinic.com](http://www.serenityrecoveryclinic.com) or  
(414) 763-7751

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# Local Treatment & Support Resources

## **Tobacco quit line:**

1-800-784-8669 (800-QUIT-NOW)

The Wisconsin Tobacco Quit Line offers free coaching to help you quit. It's confidential. Nobody will judge you. You'll get information about how to quit.

## **Online resources:**

### **Dose of Reality: Prevent Prescription Painkiller Abuse in Wisconsin:**

[www.doseofrealitywi.gov/](http://www.doseofrealitywi.gov/)

### **Milwaukee County Behavioral Health Crisis Services:**

[www.county.milwaukee.gov/](http://www.county.milwaukee.gov/BehavioralHealthDivi7762/CrisisServices.htm)

[BehavioralHealthDivi7762/CrisisServices.htm](http://www.county.milwaukee.gov/BehavioralHealthDivi7762/CrisisServices.htm)

## **Milwaukee Opioid Prevention**

[www.mkeopioidprevention.wordpress.com/](http://www.mkeopioidprevention.wordpress.com/)

## **National Institute of Drug Abuse:**

[www.drugabuse.gov/](http://www.drugabuse.gov/)

## **National Institutes of Health**

### **Easy-to-Read Drug Facts:**

[www.easyread.drugabuse.gov/](http://www.easyread.drugabuse.gov/)

## **Substance Abuse and Mental Health Association (SAMHSA):**

[www.samhsa.gov/prevention](http://www.samhsa.gov/prevention) or call

1-800-662-4357

## **Wisconsin C.A.N. Change Addiction Now:**

[www.changeaddictionnow.org/](http://www.changeaddictionnow.org/)

Everyone entering treatment begins the process by receiving a free screening at an Access Point. This screening is needed to help treatment professionals offer individuals the best type of treatment. The screening also helps program counselors to design an effective treatment plan with the person.

To get a free treatment screening, contact one of these Access Points:

- IMPACT: (414) 649-4380, 6737 W. Washington, Suite 2225, West Allis
- M&S Clinical Services: (414) 263-6000, 2821 N. 4th Street, Milwaukee
- Access Clinic: (414) 257-7665, 9455 Watertown Plank Road, Milwaukee
- Dewey Center: (414) 454-6600, 1220 Dewey Avenue, Wauwatosa
- Rogers Memorial: (800) 767-4411, 11101 W. Lincoln Avenue, West Allis



**Public Health**  
Prevent. Promote. Protect.

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## DEDICATION

Substance Misuse Prevention and Resource Guide is dedicated to all individuals and families in Hales Corners and Greendale, especially those who are struggling with substance abuse issues. This guide was developed to provide information and support for those who feel isolated in the hope that they will seek help, as addiction is not something an individual can overcome on his/her own. Included in this guide are resources in our communities that offer help, promote health and provide hope for a positive future.

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# Greendale and Hales Corners Health Departments:

### Greendale Health Department

5650 Parking Street  
Greendale, WI 53129  
M-F, 8:00 am to 4:30 pm  
(414) 423-2110  
[www.greendale.org](http://www.greendale.org)

### Hales Corners Health Department

5885 S 116th St  
Hales Corners, WI 53130  
M-F, 8:00 am to 5:00 pm  
(414) 529-6155  
[www.halescorners.org](http://www.halescorners.org)

# NOTES

# NOTES

*"I needed someone to honestly tell me how I was hurting myself and loved ones...and to set firm boundaries regarding my behavior."*



## What should you say to someone with an addiction?



*"I needed someone to guide me on how to get help — and encourage me to get help."*

