



# UPDATE

We all have a role to play in this **public health crisis**

EDUCATION



## Encourage caregivers to talk to their children.

Children who learn about the dangers of drugs at home are up to 50 percent **less likely** to use drugs

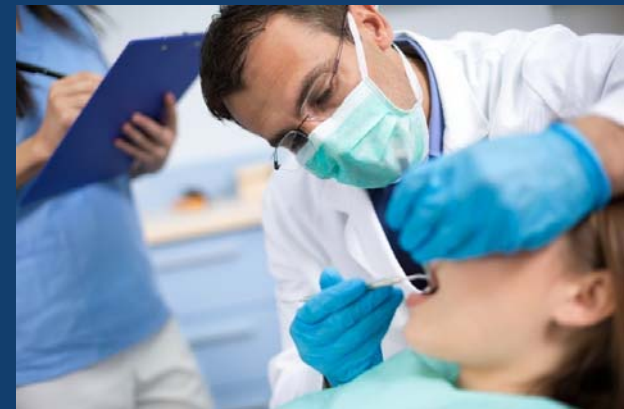


# Prescription painkillers are a last resort.

## Ask doctors and nurses:

- Are there other ways to treat the pain other than painkillers?
- What are the side effects of painkillers?
- When can I switch to acetaminophen and ibuprofen?

**Never ever share your meds with someone else.**



**We are all at risk:**

- **Count** the number of painkillers in your home
- **Secure** your pills
- **Drop off** unused pills at a **RX Drop-Off Location**
  - Buncombe County Courthouse
  - Asheville Police Department
- **Ask** your friends & family to do the same





#### MICHAEL "SETH" MORGAN

ARDEN, NC - Michael "Seth" Morgan, 24, of Arden, NC, passed away Saturday, March 25, 2017.

Seth is survived by his daughter, Ella Grace Insley, parents, Sherry & Rob Abbot and Steve Morgan, sisters, Haley Gettinger and Savana Morgan, brother, Blake Morgan and grandparents, Jan & Harold Rouse, Maureen & Marvin Nesbitt, Joe & Nadine Morgan and Ann Morgan.

The things Seth loved most in this world were his daughter Ella, his family, fishing, camping, riding motorcycles and spending time with friends. His smile would melt your heart and his laugh was contagious. Seth was fiercely protective of those he loved and he loved with every cell of his being. Helping others was what he did best.

In his last few years Seth struggled with addiction. He came to us and asked for help. He went to rehab

all of the right things to maintain his sobriety. The spark in his eyes returned and he was excited about his future.

The last 106 days of Seth's life we watched as a struggling young man became a humbled young man striving to right wrongs, help others in their recovery and build character. He wanted nothing more than to be a good Dad to his daughter, someone she would be proud of and be able to spend time with her on a regular basis. This is reflected in every entry of his Gratitude Journal.

Seth fought hard with everything he had but in the end, after 106 days clean, he relapsed and lost the battle. Heroin took his life in an accidental overdose. Seth knew how deeply his family loved him, that we never gave up hope and were by his side every step of the way. We had great respect for the way he fought this dif-



was. A Celebration of Seth's Life will be held on Sunday, April 23, 2017 at 3:00pm at Camp Rockmont in Black Mountain, NC where Seth spent many summers. Please bring memories and stories to share. A box will be available in which to drop letters to Seth, Ella or the family. To all that have given their love and support to both Seth and his family, we thank you. We were very proud of Seth.

In lieu of flowers, we ask that you write a short note about Seth and do a random act of kindness for someone, giving them the note about Seth at that

The disease of addiction thrives in darkness and must be defeated in the light

always wanted to go to rehab. He desperately wanted his life back and was willing to fight for it. Seth returned to rehab on December 12, 2016. This time we all knew he was different. His attitude was amazing from the start. We all watched as he regained his self worth and self esteem. He was doing

is instead, lying. He was loved by many who will continue to cherish the time and memories they share with him. It will be through these stories and memories that Ella will grow up knowing what a wonderful, loving and kind man her father

that you educate yourself and others about addiction. Nobody asks or wants to be an addict. Help stop the shame and stigma of addiction. Our son, like all the others suffering from this disease, was so much more than his addiction.

The family also asks that you educate yourself and others about addiction. Nobody asks or wants to be an addict. Help stop the shame and stigma of addiction. Our son, like all the others suffering from this disease, was so much more than his addiction.

Destigmatize this Public Health Epidemic

## Know where to refer for help:



### If you need help with substance use:

- Vaya Health- Call 1-800-849-6127 toll free
- Dial 211 for connections to support
- Narcan can save the life of a person experiencing an overdose. Visit [www.thesteadycollective.org](http://www.thesteadycollective.org) for information on harm reduction in Buncombe County
- Always call 911 for help

Working with the medical community to get the word out



**CAUTION**  
**HIGHLY ADDICTIVE**

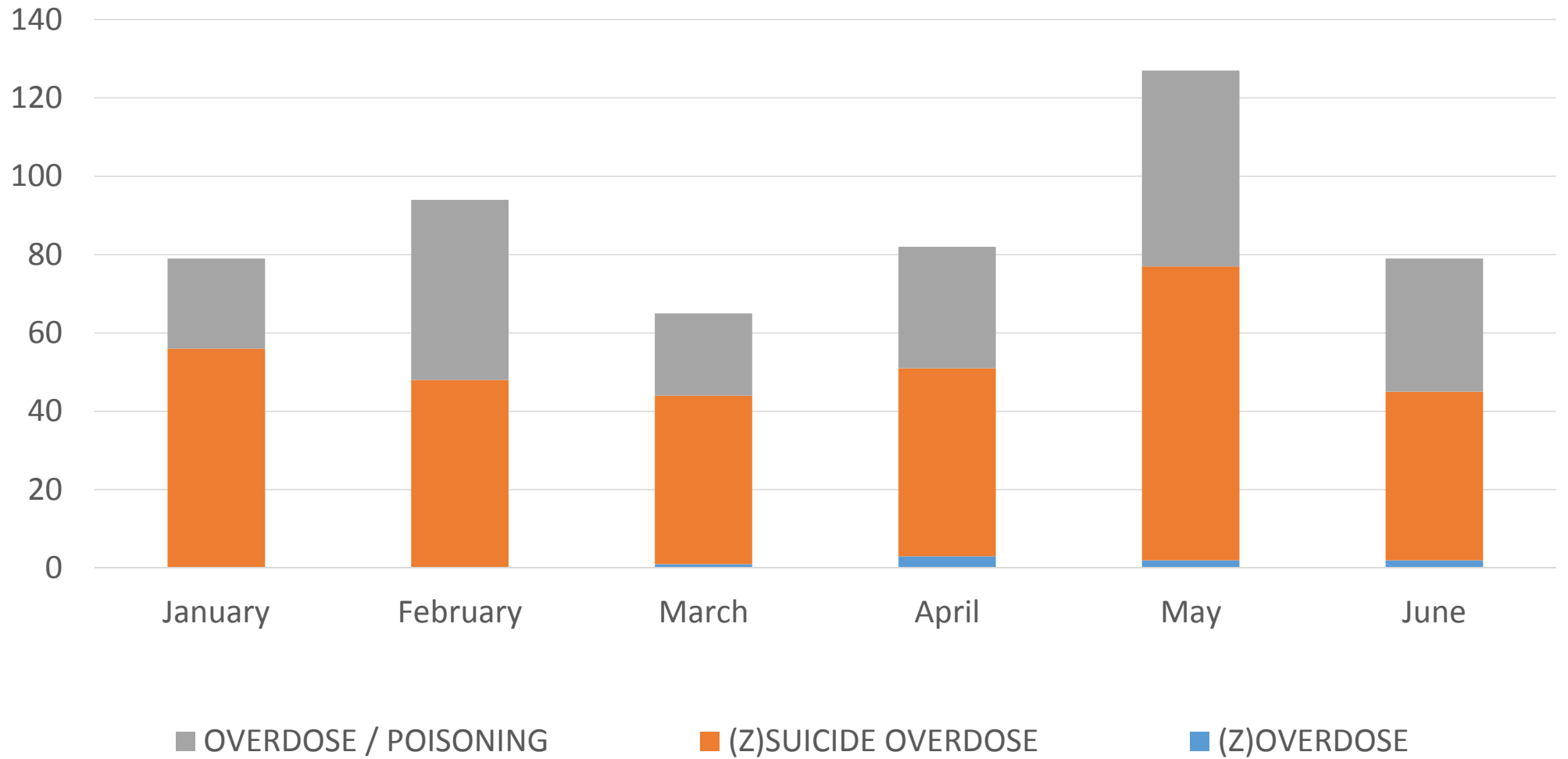
Take only as directed  
by your physician.



# What We're Doing

- Opioid Summit involving the schools and parents as well as the community at-large
- Faith-based Summit
- Community Listening Sessions
- Continuing Physician Education
- Web-based toolkit
- School Health Trainings
- Abba House Opening September 1, 2017
- Sobriety Treatment and Recovery Team (START)

## EMS Overdose Incidents



# EMS Narcan Administrations

