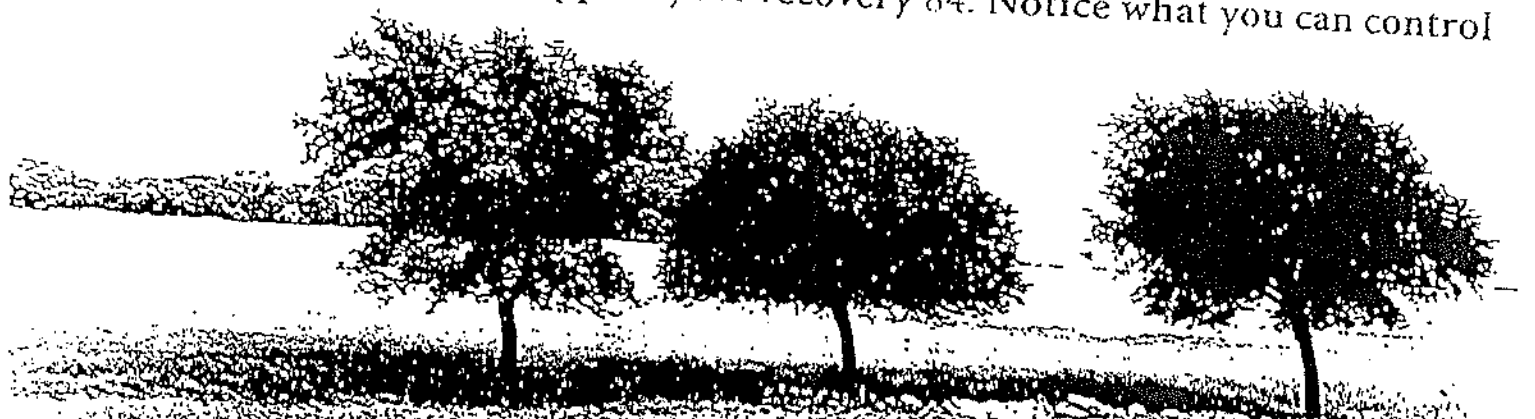


1. Ask for help 2. Inspire yourself 3. Leave a bad scene 4. Persist 5. Honesty
 6. Cry 7. Choose self-respect 8. Take good care of your body 9. List your
 options 10. Create meaning 11. Do the best you can with what you have
 12. Set a boundary 13. Compassion 14. When in doubt, do what's hardest
 15. Talk yourself through it 16. Imagine 17. Notice the choice point 18. Pace
 yourself 19. Stay safe 20. Seek understanding, not blame 21. If one way doesn't
 work, try another 22. Link trauma and substance abuse 23. Alone is better
 than a bad relationship 24. Create a new story 25. Avoid avoidable suffering
 26. Ask others 27. Get organized 28. Watch for danger signs 29. Healing above
 all 30. Try something, anything 31. Discovery 32. Attend treatment 33. Create
 a buffer 34. Say what you really think 35. Listen to your needs 36. Move toward
 your opposite 37. Replay the scene 38. Notice the cost 39. Structure your day
 40. Set an action plan 41. Protect yourself 42. Soothing talk 43. Think of the
 consequences 44. Trust the process 45. Work the material 46. Integrate the
 split self 47. Expect growth to feel uncomfortable 48. Replace destructive
 activities 49. Pretend you like yourself 50. Focus on now 51. Praise yourself
 52. Observe repeating patterns 53. Self-nurture 54. Practice delay 55. Let go
 of destructive relationships 56. Take responsibility 57. Set a deadline 58. Make
 a commitment 59. Rethink 60. Detach from emotional pain (grounding)
 61. Learn from experience 62. Solve the problem 63. Use kinder language 64.
 Examine the evidence 65. Plan it out 66. Identify the belief 67. Reward your-
 self 68. Create new "tapes" 69. Find rules to live by 70. Setbacks are not fail-
 ures 71. Tolerate the feeling 72. Actions first, and feelings will follow 73. Create
 positive addictions 74. When in doubt, don't 75. Fight the trigger 76. Notice
 the source 77. Make a decision 78. Do the right thing 79. Go to a meeting
 80. Protect your body from HIV 81. Prioritize healing 82. Reach for community
 resources 83. Get others to support your recovery 84. Notice what you can control



What part of the problem am I?

What do I need to do differently?

I _____ because I _____

How to Get the Most from This Treatment

It is possible to recover from both PTSD and substance abuse, and this treatment is designed to help you do that. However, this treatment cannot work without you. Therefore:

- ★ **Notice your strengths.** Keep actively recognizing your strengths, talents, and abilities. At each session you will be asked to tell at least one example of something you did *well* (good coping) since the previous session. No one gets anywhere by putting oneself down.
- ★ **Be honest.** Lies and secrecy often accompany PTSD and substance abuse, but honesty is the path to recovery. In your treatment, be honest about everything: your substance use, your true feelings (both negative and positive), and your reactions to the therapist.
- ★ **Safety above all.** The highest priority is staying safe. In fact, for both trauma and substance abuse, there are several phases of healing. Right now you are in the first stage, *establishing safety*: getting off all substances, staying alive and not hurting yourself, locating a network of supportive people, learning to cope with day-to-day problems.
- ★ **Show up, no matter what.** Sometimes you may not want to come to treatment. You may have used a substance and feel ashamed. You may be so depressed that you don't want to get out of bed. Come to treatment anyway. Keep reaching out for the help that is available to you. You can talk about your mixed feelings in the session.
- ★ **Stay focused on your own goals.** Do not compare yourself to other people. You are fighting your own battle. Whether others are doing better or worse does not matter.
- ★ **Participate.** The more you put into something, the more you will get out of it. Work your very hardest—100%. Listen, learn, speak up, read the materials, and try the new strategies being taught. These efforts will pay off!
- ★ **Complete commitments between sessions.** You will be asked to make a commitment between each session, to move forward in your recovery. It is up to you what you select, but once you make a commitment, it is important to keep it. Research shows that patients who complete assignments outside of sessions improve *three times* as much as patients who do not.
- ★ **Free yourself from substance use.** Substances block your feelings and prevent the emotional work needed to recover; they also block your general growth and emotional development. While you may have mixed feelings about giving up substances (a natural reaction at first), keep talking about it in treatment, and keep aiming for freedom from all substances. You will feel more powerful, stronger, and better about yourself. Even if you cannot or do not want to give up substances, come to treatment anyway to obtain help with other problems in your life that you want to work on.
- ★ **Know that you may feel worse before you feel better.** As you stop using substances, you will notice many changes. Some may be wonderful (e.g., increased energy), while others may be difficult (e.g., more depression, physical problems). Hang in there, and these symptoms will go down eventually. "The only way out is through."

Core Concepts of Treatment

- ★ Stay safe
- ★ Respect yourself
- ★ Use coping—not substances—to escape the pain
- ★ Make the present and future better than the past
- ★ Learn to trust
- ★ Take good care of your body
- ★ Get help from safe people.
- ★ To heal fully from PTSD, become substance-free
- ★ If one method doesn't work, try something else
- ★ Never, never, never, never, never, never, never, *never* give up!

Grievance Procedure

Clients who are unhappy with clinical decisions or treatment they are receiving may grieve these situations by first discussing them with the Outpatient Clinical Director. These discussions shall be documented and entered into the clients file. PERC believes most situations can and will be resolved by open discussion of all involved.

If the situation is still not resolved to everyone's satisfaction the client may approach the Executive Director. The forms needed to approach the situation are kept on the front information desk. Then all discussions shall be documented and entered into the clients file. Clients shall receive copies of the decisions. All decisions of the Executive Director shall be final.

Grievances should be discusses as soon as possible after the event. Directors will meet with the client as soon as their schedules permit and decisions will be given in the same timely fashion.

You also have the right to report allegations to state authorities. Contact information is below

Abuse Hotline 1-800-96-ABUSE

DCF Substance Abuse and Mental Health Program Office 813-558-5700

Sun Coast Region SAMH Program Office

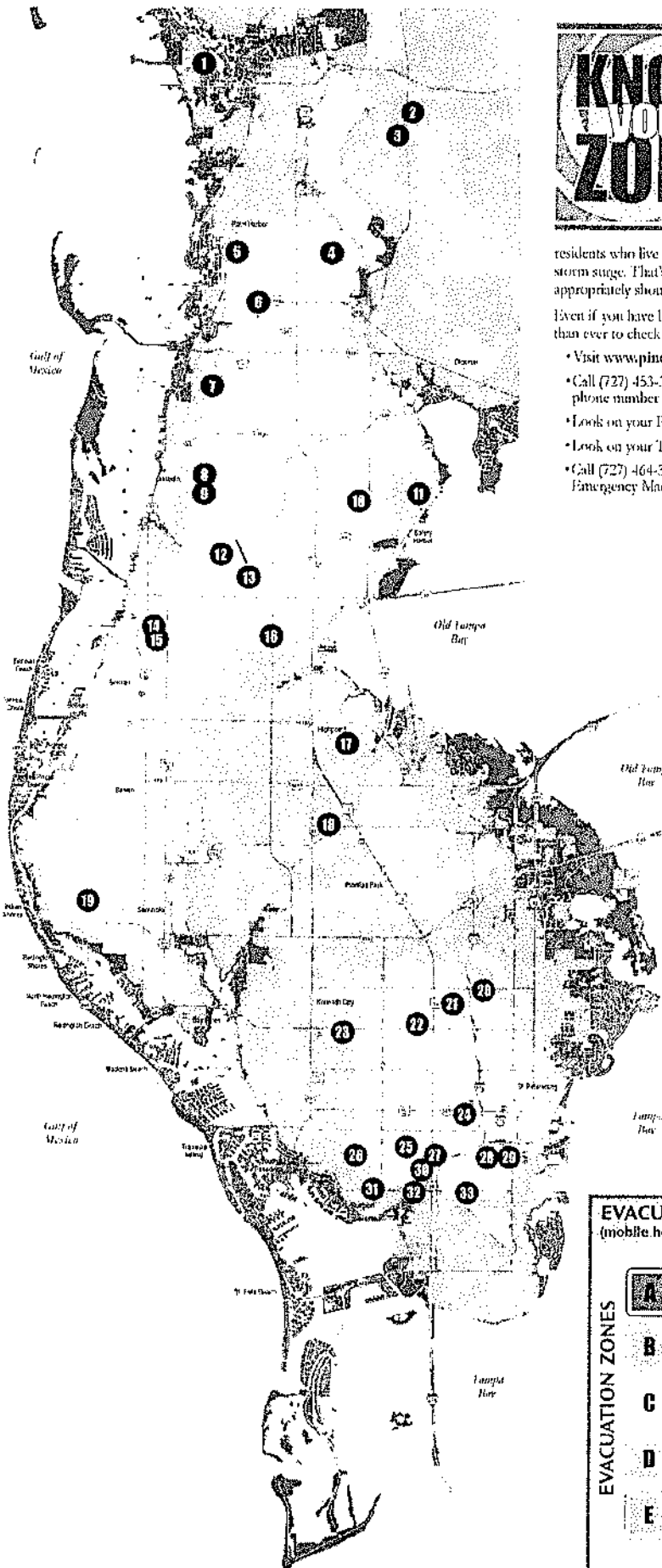
Tampa

813- 558-5976

Substances: Category and Name	Examples of Commercial and Street Names	DEA Schedule*How Administered	Intoxication Effects/Health Risks
Depressants			
Barbiturates	Amyltal, Nembutal, Secunal, Phenobarbital; barbs, reus, red birds, phennies, toobies, yellows, yellow jackets	II, III, IV/injected, swallowed	Sedation/tiredness, reduced anxiety, feelings of well-being, lowered inhibitions, slurred speech, poor concentration, confusion, dizziness, impaired coordination and memory/slowed pulse, lowered blood pressure, slowed breathing, tolerance, withdrawal, addiction; increased risk of respiratory distress and death when combined with alcohol
Benzodiazepines	Aliolan, Halcion, Librium, Valium Xanax, Xanaxpin; candy, downers, sleeping pills, tanks	IV/swallowed	
Sleep Medications	Ambien (Pegidont), Sonata (Zaleplon), Lunesta (eszopiclone)	IV/swallowed	for barbiturates—euphoria, unusual excitement, fever, irritability/life-threatening withdrawal in chronic users
Opioids and Morphine Derivatives			
Codaine	Empirin with Codaine, Fiorinal with Codaine, Robitussin A-C, Tylenol with Codaine; Captain Cody, Cody, schoolboy; (with glutethimide: doors & tours, loads, pancakes and syrup)	II, III, IV/injected, swallowed	Pain relief, euphoria, drowsiness, sedation, weakness, dizziness, nausea, impaired coordination, confusion, dry mouth, itching, sweating, clammy skin, constipation; slowed or arrested breathing, lowered pulse and blood pressure, tolerance, addiction, unconsciousness, coma, death; risk of death increased when combined with alcohol or other CNS depressants
Morphine	Roxanol, Duramorph; M, Miss Emma, monkey, white stuff	II, III/injected, swallowed, smoked	for fentanyl—80–100 times more potent analgesic than morphine
Methadone	Methadose, Dataphine; fizzies, antidone, (with MDMA: chocolate chip cookies)	II/swallowed, injected	for oxycodone—muscle relaxation/twice as potent analgesic as morphine; high abuse potential
Fentanyl and analogs	Actiq, Duragesic, Sublimaze, Apache, China girl, dance fever, friend, goodfella, jackpot, murder 8, TNT, Tango and Cash	IV/injected, smoked, snorted	for codeine—less analgesia, sedation, and respiratory depression than morphine
Other Opioid Pain Relievers	Tylox, Oxycontin, Percocet; Oxy, O.C., oxycontin, oxycet, hillbilly heroin, pacs	II, III, IV/chewed, swallowed, snorted, injected, suppositories	for methadone—used to treat opioid addiction and pain; significant overdose risk when used improperly
Oxycodone HCL	Vicodin, Lortab, Lorcet; wike, Watson-387		
Hydrocodone Bitartrate Hydromorphone	Dilaudid; juice, smack, D, footballs, dillies		
Oxymorphone	Opana, Numorphan, Numorphan; biscuits, blue heaven, blues, Mrs. Q, octagons, stop signs, O Bomb		
Meperidine	Demerol, meperidine hydrochloride, demmies, pain killer		
Propoxyphene	Darvon, Darvon-ES		
Stimulants			
Amphetamines	Biphentin, Dexedrine, Adderall; bennies, black beauties, crosses, hearts, LA turnaround, speed, truck drivers, uppers	IV/injected, swallowed, smoked, snorted	Feelings of exhilaration, increased energy, mental alertness/increased heart rate, blood pressure, and metabolism, reduced appetite, weight loss, nervousness, insomnia, seizures, heart attack, stroke
Methylphenidate	Concerta, Ritalin, Ritalin SR, Ritalin LA, Skelaxin, the smart drug, vitamin B	II/injected, swallowed	for amphetamines—rapid breathing, tremor, loss of coordination, irritability, anxiousness, restlessness/delirium, panic, paranoia, hallucinations, impulsive behavior/aggressiveness, tolerance, addiction
Other Components			
Dextroamethorphan (DXM)	Excedrin, Robitussin, Robitussin DM, Robitussin DM with Vitamin B	not scheduled/swallowed	for methylphenidate—increased or decreased in blood pressure, digestive problems, loss of appetite, weight loss
			Euphoria, slurred speech/increased heart rate and blood pressure, dizziness, nausea, vomiting, confusion, paranoia, distorted visual perceptions, impaired motor function

* Schedule I and II drugs have a high potential for abuse. They require greater storage security and have a quota on manufacturing, among other restrictions. Schedule I drugs are available for research only and have no approved medical use. Schedule II drugs are available only by prescription and require a new prescription for each refill. Schedule III and IV drugs are available by prescription, may have five refills in 6 months, and may be ordered orally. Most Schedule V drugs are available over the counter.

** Taking drugs by injection can increase the risk of infection through needle contamination with staphylococci, HIV, hepatitis, and other organisms. Injection is a more common practice for opioids, but risks apply to any medication taken by injection.



KNOW YOUR ZONE

The deadliest hazards in a hurricane are not the high winds, heavy rains or possible tornadoes. The deadliest hazard is the storm surge – a dome of water pushed ashore by high winds. In a worst case scenario, this can mean a surge of 29 feet above the normal water level, causing tremendous damage and danger of drowning.

While those residents who can see the gulf or the bay have a visual reminder of how vulnerable they are to the water,

residents who live miles from these bodies of water can still be vulnerable to storm surge. That's why it's critical to identify your evacuation level and act appropriately should an order go into effect.

Even if you have lived in Pinellas County for a long time, it's more important than ever to check your home's evacuation level. To find your level:

- Visit www.pinellascounty.org/emergency
- Call (727) 453-3150 and enter your 10-digit home phone number (does not work for cell phone numbers)
- Look on your Pinellas County water bill
- Look on your Truth in Millage (TRIM) notice
- Call (727) 464-3800 and speak with Emergency Management staff



www.pinellascounty.org/emergency
SCAN WITH SMART PHONE APP



EVACUATION GUIDELINES

(mobile homes **MUST** always evacuate)

EVACUATION ZONES	Potential Surge Heights (in feet)	
	A	4' to 8' Evacuate red areas and all mobile homes
	B	8' to 14' Evacuate red and orange areas and all mobile homes
	C	14' to 19' Evacuate red, orange and yellow areas and all mobile homes
	D	19' to 26' Evacuate red, orange, yellow and green areas and all mobile homes
	E	26' to 29' Evacuate red, orange, yellow, green and purple areas and all mobile homes
Areas shown in white are non-evacuation zones		

PINELLAS COUNTY EVACUATION ZONE MAP AND SHELTERS

Not every shelter will open for every evacuation. Please check www.pinellascounty.org/emergency or call the Citizens Information Center at (727) 464-4333 or TDD (727) 464-3075.

FLOOD ZONES AND EVACUATION ZONES DIFFER

Flood zones and evacuation zones are different. They measure different conditions that may not occur at the same time.

Flood zones are areas mapped by FEMA for use in the National Flood Insurance Program. Each flood zone designation, represented by a letter or letters, tells homeowners exactly what the risk is for flooding at their property over a period of years, regardless of the cause. By law, all homes in high-risk zones carrying a mortgage must be covered by flood insurance.

Evacuation zones, on the other hand, are based on hurricane storm-surge zones determined by the National Hurricane Center using ground elevation and the area's vulnerability to storm surge from a hurricane. The evacuation zones are marked from A through E, plus non-evacuation zones.

The flood zones and evacuation zones are determined by different methods and have different purposes. A home may be located in a non-evacuation zone, yet still be located in a flood zone because of a nearby stream or pond.

Residents must check both zones.

An important thing to remember is that flood losses are not covered by homeowners insurance policies. The National Flood Insurance Program makes federally backed flood insurance available to residents and business owners. Any flooding damage covered under the policy – whether or not a federal disaster declaration is made – will be reimbursed per the policy limits, which can include structural damage or the loss of contents.

For more information on flood zones, visit the National Flood Insurance Program at www.floodsmart.gov or call (888) CALL-FLOOD (225-5356).

For more information on evacuation levels, check the map in this guide or visit www.pinellascounty.org/emergency.

RECOMMENDED AND MANDATORY EVACUATIONS

Should a hurricane threaten the Tampa Bay area an evacuation order may be issued. What exactly does that mean?

An evacuation order is given to get people away from the deadliest part of a hurricane – storm surge. Evacuation levels are based on elevation above ground that could be inundated by the surge driven ashore during a storm. There is one notable exception to this: all mobile homes, regardless of their elevation, must be evacuated. They are vulnerable to the high winds of a hurricane and flying debris.

There are two types of evacuations that can be ordered. The first is a recommended evacuation. In the event of the approach of a tropical storm or a hurricane crossing the state and exiting over Pinellas County, the potential for storm surge may not be as great. In these cases, emergency managers may recommend that residents in mobile homes and historically flood-prone areas consider evacuating to higher ground and/or sturdier structures than they have available at home. This recommendation is made for the safety of those in areas known to be vulnerable.

The second type is a mandatory evacuation. Mandatory evacuations are issued when the probability of storm surge is high, and loss of life could occur if residents don't leave. These evacuations will be ordered up to a certain letter zone and will always include mobile homes. It is incredibly important that if your home is in an evacuation level, you know your level, plan for a 'stay' and 'go' option and, if your level is ordered to go, move quickly but safely outside of the evacuation area.

It is illegal to stay in a home under a mandatory evacuation order. Under Florida Statute 352.34, the local authority has the ability to take necessary steps to provide for the health and safety of people and property. Chapter 352.50 sets refusal to follow an evacuation order as a second-degree misdemeanor.

Does this mean the police will drag you out of your property? No. They will be too busy helping those who follow the evacuation order, although they will likely ask for next of kin or an emergency contact. However, this statute does provide law enforcement the basis to remove anyone who is impeding the flow of an evacuation.

Remember, emergency managers are counting on you to be prepared and do the right thing to keep yourself and your family out of dangerous situations. Please know your evacuation zone and have a plan for where you will go should something happen this hurricane season.

NORTH COUNTY	1	Tarpon Springs Middle School 501 N. Florida Ave. • Tarpon Springs	🏠
	2	Breaker Creek Elementary School 3130 Forelock Road • Tarpon Springs	🏠
	3	East Lake High School 1300 Silver Eagle Drive • Tarpon Springs	🏠
	4	Carwise Middle School 3301 Bentley Drive • Palm Harbor	🏠
	5	Palm Harbor University High School 1900 Omaha St. • Palm Harbor	🏠
	6	Palm Harbor Middle School 1800 Tamna Road • Palm Harbor	🏠
	7	Dunedin Community Center 1920 Pinhurst Road • Dunedin	🏠
	8	Dunedin Highland Middle School 70 Patricia Ave. • Dunedin	🏠 🐕
	9	Dunedin Elementary School 900 Union St. • Dunedin	🏠
	10	McNiffen-Booth Elementary School 3025 Union St. • Clearwater	🏠
	11	Safety Harbor Middle School 901 First Ave. N. • Safety Harbor	🏠
	12	Clearwater Fundamental Middle School 1660 Palmetto St. • Clearwater	🏠
	13	Skycrest Elementary School 10 N. Corona Ave. • Clearwater	🏠
	14	Belleair Elementary School 1156 Lakovlaw Road • Clearwater	🏠
	15	Ross Norton Recreation Center 1426 S. MLK Jr. Ave. • Clearwater	🏠
	16	Oak Grove Middle School 1370 S. Belcher Road • Clearwater	🏠 🐕
SOUTH COUNTY	17	High Point Elementary School 5921 150th Ave. N. • Clearwater	🏠
	18	Pinellas Park High School 8305 118th Ave. N. • Pinellas Park	🏠
	19	Bauder Elementary School 12755 86th Ave. N. • Seminole	🏠
	20	John Sexton Elementary School 1997 54th Ave. N. • St. Petersburg	🏠
	21	Lealman Intermediate 4900 28th St. N. • St. Petersburg	🏠
	22	New Heights Elementary School 3901 37th St. N. • St. Petersburg	🏠
	23	Northside Baptist Church 6000 38th Ave. N. • St. Petersburg	🏠
	24	St. Petersburg High School 2501 Fifth Ave. N. • St. Petersburg	🏠
	25	Fairmount Park Elementary School 575 41st St. S. • St. Petersburg	🏠
	26	Boca Ciega High School 924 58th St. S. • Gulfport	🏠
	27	Gibbs High School 850 34th St. S. • St. Petersburg	🏠
	28	John Hopkins Middle School 701 16th St. S. • St. Petersburg	🏠 🐕
	29	Campbell Park Elementary School 1051 Seventh Ave. S. • St. Petersburg	🏠
	30	Jamerson Elementary School 1209 37th St. S. • St. Petersburg	🏠
	31	Gulfport Elementary School 2014 52nd St. S. • Gulfport	🏠
	32	Thurgood Marshall Middle School 3901 22nd Ave. S. • St. Petersburg	🏠 🐕
	33	James Sanderlin Elementary School 2350 22nd Ave. S. • St. Petersburg	🏠



General
Shelters



Special Needs
Shelters



Pet-Friendly
Shelters

Must
register pets
in advance



We're on Twitter:

[www.twitter.com/pinellasEM](https://twitter.com/pinellasEM)



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See our hurricane videos on YouTube:

www.youtube.com/pccv1