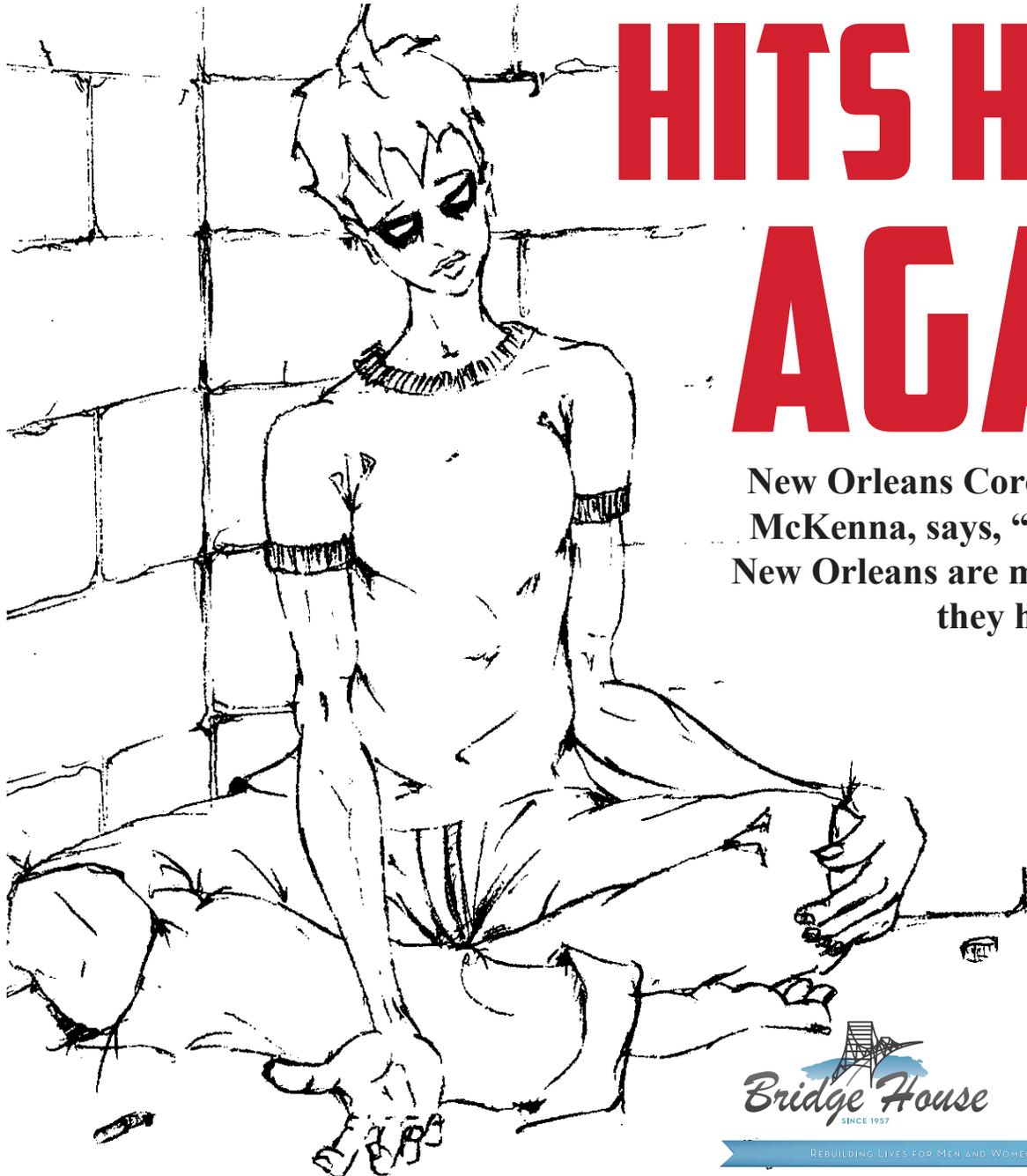


Bridge to Grace

2021

THE OPIOID EPIDEMIC HITS HOME AGAIN



New Orleans Coroner, Dr. Dwight McKenna, says, “...street drugs in New Orleans are more deadly than they have ever been.”



REBUILDING LIVES FOR MEN AND WOMEN WITH DIGNITY, HONOR & RESPECT

The Escalating Crisis

The number of drug-overdose deaths in Louisiana rose more rapidly than any other state in the U.S. during the 12 months that ended last July, a period that included the first months of the coronavirus pandemic, according to preliminary data from the Centers for Disease Control.

The number of accidental drug-related deaths in Orleans Parish increased by 51% in 2020 compared to 2019.

In 2020, there were (365) accidental drug deaths. In 2019, there were (241).

According to Jefferson Parish Coroner, Gerry Cvitanovich, there were 233 recorded overdose deaths in 2020, up from 155 overdose deaths in 2019.

Sources and More Information:
neworleanscoroner.com
cdc.gov

We Do Recover

I've been clean and sober for 9.5 years but when I hear about how strong heroin is when laced with fentanyl, my initial thought is still, *man, I wish I could have tried that.* Even though I know it is killing people and has killed or almost killed so many people that I know. This is a powerful drug and an even more powerful disease we are battling.

I didn't start out using heroin, not many people do. I started drinking and smoking weed which then led to stronger substances. But, once I started shooting up heroin, that was it for me. Heroin overruled my need for water and food. It was all I wanted and all I cared about.

I don't know why I was given the Grace to survive, and others aren't. It is still hard to believe that I made it out alive. Sometimes, it's even hard to believe that I used to be addicted to heroin, stealing from everyone who loved me and hurting them repeatedly. I do know that I do not take this life for granted and try

every day to make it mean something, to give something back.

Bridge House / Grace House was the beginning of my new self and my new life. I learned so many things in treatment and then as an employee for almost 9 years. I was able to restore my self-esteem, sense of self-worth, health, and relationships with their help. I don't have the words to truly express what my Bridge House / Grace House family has done for me. And not only me but my mother, father, brother, and everyone else in my life today. I have a new baby nephew and I am so grateful he will only know the sober Lauren, as long as I continue to take care of my sobriety by practicing a 12-step program. I have eight other children who call me Aunt Lauren, and I look forward to being a positive influence in all their lives. You gave me the gift of a lifetime through Bridge House/ Grace House. Thank you, forever and ever.
-Lauren Selenberg

What can you do?

As a supporter of Bridge House / Grace House, you're already doing it! Way to Go! But, here are even more ways to take action.

1

Make sure all prescription medications are secure

2

Start a Conversation
Talk to loved ones and especially adolescents about the dangers associated with opioids.

3

Get help for a loved one

4

Advocate for Recovery
Join us for our fourth annual March for Recovery! Date TBD

If a loved one or someone you know needs treatment, please call our Intake Department at 504-821-7120 or email: clinical@bridgehouse.org. For more information on our treatment programs please visit our website, www.bridgehouse.org.

What Our RESIDENTS Had to SAY

Heroin, Fentanyl, and opiates are the primary drug of choice of 40% of Bridge House / Grace House residents.

Why did you try heroin/opiates?

My friend offered it to me

Wanted to get high

My pill addiction cost too much

Loved the feeling after surgery

What did you do that you swore you would never do in order to get heroin/opiates?

Stole from my family

Steal, forge checks

Shared needles

Pawned everything

How easy was it to get?

Easy

Pretty easy

Very easy

Too easy

Have you ever overdosed?

No, I have not

8 times

Yes, about 5 or 6 times

10 times

Where did your addiction take you?

Down a very dark path

Away from my kids, wife, mother

I lost everything

Homeless and in jail

Thank you for
 saving my daughter
 and so many other
 exceptional people.
 You are always
 in my thoughts &
 prayers.
 Here's to a better
 year in 2021
 Karen



Left: Karen Selenberg, Lauren Selenberg's mom, shares her gratitude for our services.
 Above: Lauren Selenberg with her nephew, John.

YES! I'll give men and women just like Lauren the gift of a lifetime!

Here is my special gift of:

\$25 \$50 \$100 \$250 I prefer to give \$ _____

enclosed is my check payable to Bridge House / Grace House

I prefer to use my credit card Visa MC AmEx Disc

Name on Card _____

Card # _____

Exp _____ CVV2/CVC# _____ Phone # _____

Billing Address _____

Or check out our website and donate online! www.bridgehouse.org

Thank you for believing! Each and every gift makes a difference!

**Please return
 with payment to:**

Bridge House / Grace House
 4150 Earhart Blvd
 New Orleans, LA 70125

For more information:

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