



A Guide to Emergency Preparedness

Contributors

Kevin Chason, DO

Director

Mount Sinai Health System
Emergency Management
Kevin.Chason@mountsinai.org

Donald Cardone, EMT-P, CIC

Associate Director

The Mount Sinai Hospital,
Emergency Management
Donald.Cardone@mountsinai.org

Maria Palakudiyil, MPH

Project Coordinator

The Mount Sinai Hospital,
Emergency Management
Maria.Palakudiyil@mountsinai.org

Teri Friedman, MS, CRC

Director

Mount Sinai Beth Israel,
Opioid Treatment Program
Teri.Friedman@mountsinai.org

Dr. Michael A. Fiori, MD

Director of Addictions

Mount Sinai Beth Israel,
Department of Psychiatry
Michael.Fiori@mountsinai.org

Belinda M. Greenfield, Ph.D.

Bureau Director

Division of Practice Innovation
and Care Management
NY State Office of Alcoholism
and Substance
Abuse Services
Belinda.Greenfield@oasas.ny.gov

David Miller, MPH, CEM

Emergency Manager

Mount Sinai Beth Israel
Mount Sinai Health System
Emergency Management
David.Miller1@mountsinai.org

Betty Duggan

Director

NYC Medical Reserve Corps
Office of Emergency Preparedness
and Response
NYC Department of Health
and Mental Hygiene
Bduggan@health.nyc.gov

Nancy A. Benedetto, MS, AC

Executive Director

Administration
Regional EMS Council of NYC, Inc.
Nbenedetto@nycremsco.org

Jennifer Carley, CHSP

Safety Specialist

Occupational & Environmental Safety
Lenox Hill Hospital
JCarley@northwell.edu

Jacob Neufeld, MPA, ABCP

Enterprise Resiliency Manager

Memorial Sloan Kettering Cancer Center
Neufeldj@mskcc.org

Wanda Medina

Senior Program Manager

Office of Emergency Preparedness
and Response
NYC Department of Health
and Mental Hygiene
wmedina2@health.nyc.gov

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My Information

My Name: _____

Address: _____

Phone Number: _____

Email Address: _____

My Support Network Contact Information

Name: _____

Relationship: _____

Phone Number: _____

Email Address: _____

Name: _____

Relationship: _____

Phone Number: _____

Email Address: _____

My Health Information

Clinic Name: _____

Address: _____

Phone Number: _____

RUID #: _____

Back-Up Clinic Name: _____

Address: _____

Phone Number: _____

Health Insurance: _____

Individual Number: _____

Group Number: _____

My Medications: _____

Pharmacy Name: _____

Pharmacy Phone: _____

My Transportation

My primary means of transportation is: _____

I will call (family/friend): _____

Phone number: _____

Taxi Service Number: _____

Access-A-Ride Number: _____

Car Service Number: _____

HOME PREPAREDNESS

EMERGENCY KITS FOR YOUR HOME

A home emergency kit should include:

- ✓ 1 gallon of drinking water per person per day
- ✓ Non-perishable foods
- ✓ First aid kit
- ✓ Flashlights
- ✓ Battery operated or hand-crank radio
- ✓ Whistle
- ✓ Bleach or iodine.
- ✓ Phone that does not require electricity
- ✓ Pet supplies

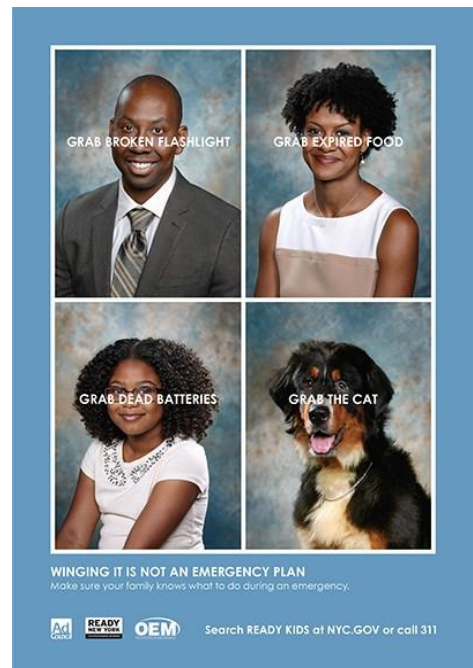


TALK ABOUT PREPARING

Tell children that a disaster is something that could hurt people or cause damage. Explain that sometimes nature provides “too much of a good thing.” – fire, rain, and wind.

Teach children:

- ✓ How to call for help
- ✓ When to call for help
- ✓ To call the family contact if separated
- ✓ To keep personal identification information with them at all times.
- ✓ What alarms sound like and what they mean, and how to react.



HOME and APARTMENT PREPAREDNESS

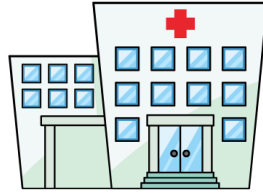
- ✓ Identify an area near your home that all family members know to meet in case of emergency. Make sure all caregivers have this information.
- ✓ Make sure the area near your home is a pet-friendly place!
- ✓ Sign up for local emergency notification text message alerts(Notify NYC).
- ✓ Sign up for any alerts that are available from your child(ren)'s school.
- ✓ Know your exits!
- ✓ Make sure all exits, hallways, and stairways are clear of clutter.
- ✓ Identify a person who lives outside the local area that can act as a point of contact for all family members.

FIRE SAFETY AT HOME

FDNY TOP 7 FIRE SAFETY TIPS

1. Never use an extension cord with large-current appliances such as space heaters, air conditioners, or refrigerators.
2. Never smoke while lying down.
3. Stay in the kitchen while cooking; wear short or tight sleeves.
4. Installing and maintaining a smoke alarm will reduce your chances of dying in a fire by half. Install alarms on every floor and in bedrooms for extra protection.
5. Plan and practice a fire escape plan. Do not attempt to fight the fire yourself. Get out and close the door. Call 911.
6. Store matches and lighters out of reach of children. Provide continuous supervision of children.
7. Never leave burning candles unattended.

Emergencies and My Center



What Should I Know?

The emergency closure of an OTP clinic is an extremely rare event. Please remember that you will be safe and will not suffer from severe withdrawals if you miss one dose of your medication. There is no need to go to the Emergency Department if you only miss one dose. If your clinic is closed, you may go to the nearest OTP clinic to be guest medicated (see list on page 11). If you need help in locating another OTP, you can also contact New York State Office of Alcoholism and Substance Abuse Services (OASAS) Patient Advocacy line at 1-800-553-5790 during normal business hours.

If you miss more than one day and are unable to get to another clinic, you should then report to the Emergency Department of the nearest hospital.

Your center should educate you on the following in case of emergency:

- How to evacuate your center
- Alternate centers to receive medication
- How the center will communicate with you during a large closure

It is important that you carry the following information with you, in case of an emergency closure of your clinic:

- Identification card
- OTP clinic card, including the phone number of your clinic
- A list of all of your medications, including dosing information

Important Steps you can take to Plan Ahead

Taking the time to plan ahead may save your life or the life of a loved one!

Prepare an Emergency Go Bag

Everyone should build a **GO BAG**. A **GO BAG** could be a backpack or small suitcase on wheels that includes the items you would need to survive if you had to leave your home:

The following items should be added to your emergency **GO BAG** to help meet your needs in an emergency. The **GO BAG** should include:

- Copies of your I.D., insurance cards, front and back
- Emergency phone numbers for your doctors, clinic, and nearby clinics
- At least three days of your medication as well as a list of other medications, the dosage, and instructions for taking
- A week's worth of the medical supplies you use
- Extra set of keys
- Credit and ATM cards as well as cash in small bills
- Bottled water and nonperishable food such as granola bars
- Flashlight, whistle, scissors
- Battery-operated AM/FM radio and extra batteries or crank radio
- Extra clothing, shoes, glasses, hand sanitizer
- Contact information of family, friends, neighbors

**** Check your **GO BAG** every 6 months for expiration dates and replace items as needed.**

MEDICAL ID BRACELET



Medical identification bracelets can be extremely useful if you have a chronic medical condition. Medical workers need to know of your condition in order to assist you effectively.

Emergency Information on your Mobile phone

One of the easiest and most convenient places to keep emergency information is on your smartphone, allowing someone to see it without having to unlock your phone. Medical ID is a feature on iPhone. This emergency contact feature can also be downloaded as an application to Android phones called ICE: In Case of Emergency. In addition, you can save a contact named "ICE" in your phone's contact list. This contact has medical information about you.

After enabling Medical ID, you can save useful information for rescue workers, such as allergies, medication, medical conditions, identity, organ donor, blood type etc. You can also save an emergency contact's information in case of an emergency.

Thus, with only one click on your screen, you have the ability to send text alerts to all your emergency saved contacts and also call rescue workers immediately! Your contacts will know where you are and will be able to help you!

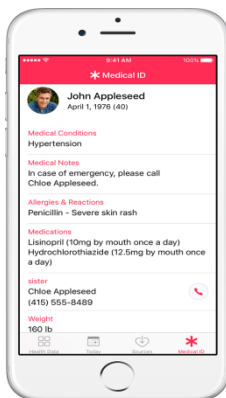
Directions for Inputting Emergency Information to your smart phone:

iPhone

1. Open the Apple Health app
2. Tap 'Next' in the bottom corner and enter your info under 'My info'
3. Click Continue and Tap 'Create Medical ID', at the bottom.
4. Fill in as much information as is relevant to you, and make sure 'Show When Locked' is turned on (to green).
5. Make sure you assign at least one person as your emergency contact person. You must save that person's name and phone number in your Contacts app for the Health app to be able to include it.
6. Hit 'Next', review the information, and click 'Done' to save

Android

1. Check your phone's setting for an emergency contact feature which is present in certain android versions.
2. If you can't find the emergency contact field within the settings, there are many free apps for adding emergency info, but you'll need one that is accessible from the lock screen.
3. Don't use an app that sends emergency information via text messaging.
4. For Android 5.0 and later, the ICE: In Case of Emergency app lets you save important information as well as ICE names and numbers.



Emergency and Evacuation Planning

- Record your **contact information** and keep with you
- Plan how you will contact your clinic
- Identify your **out-of-area contacts**
- Have emergency information on your phone, mentioned on Page 7
- Know when to call 911
- Know which types of emergencies are likely to happen in your area
- **Sign up for Notify NYC** (link in Resources page) to stay aware of pending emergencies
- Make an evacuation plan on how to leave your area if told to do so
- Print a map of your evacuation route
- Review transportation options
- Share your plans with loved ones
- **Practice your plan with family and friends!**



An Opioid Treatment Center Patient's Guide to Transportation

IN THE EVENT OF AN EMERGENCY

In the event of an emergency impacts your clinic, Your OTP Center may:

- Schedule you for an earlier session at your clinic or schedule you to pick up your maintenance dose at an alternate clinic.
- Send you to another clinic.
- Give you additional bottles.

Developing a Transportation Plan

Plan ahead:

- Call 311 or visit www.mta.info for additional information on availability of Mass Transit
- Have a car-pool plan in place in event of mass transit shut down.
- Consider a taxi or private car/van service

Routine Transportation May Include:

- Personal vehicle
- Mass Transit (bus, train)
- Car Service/Taxi
- Access-A-Ride

Alternate Transportation May Include:

- Your Opioid Treatment Center can assist you in developing an alternate transportation plan
- Check with your center to see if they have made emergency arrangement with a car or van service to take patients to and from the OTP Clinic

When to Call 911

- Only call 911 in case of an emergency
- 911 is **NOT** appropriate transportation for clients who miss an opioid treatment unless they are exhibiting other life-threatening symptoms:
 - Medical Emergencies
(i.e. Asthma Attack, Allergic Reaction, Cardiac Arrest, Toxicity, Poisoning).
 - Accidents (i.e. Trip and falls).
 - Signs of withdrawal.

If 911 Is Called:

- An ambulance, and maybe a fire truck and the police, will respond.
 - These personnel treat emergencies, and do not provide routine transport.
- The 911 ambulance will **NOT** transport you to an Opioid Treatment Center!
 - You will be brought to the nearest emergency room
 - You may be placed in the waiting room while more emergent patients are treated

Emergency Preparedness Resources

American Red Cross

1-877-733-2767

<http://www.redcross.org/prepare/location/home-family/disabilities>

ASPCA

1-888-666-2279

<http://www.aspca.org/pet-care/general-pet-care/disaster-preparedness>

Con Edison

1-800-752-6633

<https://www.coned.com/en/services-and-outages/preventing-recovering-from-outages>

FEMA

1-800-621-3362

<https://www.ready.gov/>
<https://www.fema.gov/media-library/assets/documents/90356>

National Alliance on Mental Health

800-950-6264

<https://www.nami.org/>

National Suicide Prevention Lifeline

1-800-273-8255

<https://suicidepreventionlifeline.org/>

New York City Emergency Management

212-504-4115

<https://www1.nyc.gov/site/em/about/overview.page>

New York State Office of Emergency Management

1-518-292-2293

<http://www1.nyc.gov/site/em/ready/guides-resources.page>

Notify NYC

1-212-504-4115

<https://a858-nycnotify.nyc.gov/notifynyc/>

The Center for Disease Control and Prevention

<https://emergency.cdc.gov/preparedness/kit/disasters/>

NYC Opioid Treatment Programs

Center Name	Address	Contact Number
Bellevue Hospital Center OTP	462 1st Ave. New York, NY 10016	212-562-4912
Beth Israel Medical Center - Vincent P. Dole Clinic	25-12th St. Brooklyn, NY 11215	718-965-7900
Beth Israel Medical Clinic- Clinic 1	103 E 125th St. New York, NY 10035	212- 774-3210
Beth Israel Medical Clinic- Harlem 2 OTP	103 E 125th St. New York, NY 10035	212-774-3200
Beth Israel Medical Center Clinic - Harlem 6/7 OTP (Clinic 6/7 & Billie's Place)	103 E 125th St. New York, NY 10035	212-774-3260
Beth Israel Medical Center Clinic- 1E OTP (Clinic 1E)	429 2nd Ave. New York, NY 10010	212-726-6800
Beth Israel Medical Clinic- Clinic 2C OTP (Clinic 2C/2F)	429-435 2nd Ave. New York, NY 10010	212- 726-6821
Beth Israel Medical Center Clinic 3G OTP (Clinic 3C/3G)	429-435 2nd Ave. New York, NY 10010	212-726-6823
Beth Israel Medical Center Clinic- Gouverneur OTP	109-11 Delancey St. New York, NY 10002	212-614-2840
Beth Israel Medical Center Clinic- Harlem 8 OTP (Clinic 8/8D)	132 W 125th St. New York, NY 10027	212-636-4840
Beth Israel Medical Clinic- MMTP Avenue A Clinic	26 Avenue A New York, NY 10009	212-420-8079
Bronx- Lebanon Hospital Center	1276 Fulton Ave. Bronx, NY 10456-3402	718-503-7752
Brooklyn Hospital Center - Parkside Dependency Treatment Program	121 Dekalb Ave. Brooklyn, NY 11201	718- 250-8000
Carnegie Hill Institute OTP	116 E 92nd St. New York, NY 10128	212-289-7166
Center for Comprehensive Health Practice-Extended Care Program	1900 Second Ave. 12th Floor, New York, NY 10029	212- 360-7753
Center for Comprehensive Health Practice- Multi Track Abstinence Program	1900 Second Ave. 12th Floor, New York, NY 10029	212- 360-7753
Center for Comprehensive Health Practice- Pregnant Addicts Addicted Mothers	1900 Second Ave. 12th Floor, New York, NY 10029	212-360-7753
Concourse Medical Center, Inc. (43050)	880 Morris Ave. Bronx, NY 10451	718-665-9340 x118
Elmhurst Hospital Center OTP	79-01 Broadway Queens, NY 11373	718-334-3195
Greenwich House East OTP	190 Mercer St. New York, NY 10012	212-677-3400 x426
Harlem East Life Plan- MMTP Clinic Unit II KEEP OTP	2367-2369 2nd Ave. New York, NY 10035	212-876-2300 x 107
Harlem East Life Plan(H.E.L.P) Unit I OTP	2367-2369 2nd Ave. New York, NY 10035	212-876-2300 x 107
Harlem East Life Plan-MMTP Clinic Unit II OTP	2367-2369 2nd Ave. New York, NY 10035	212-876-2300 x 107
Interfaith Medical Center	880 Bergen St. Brooklyn, NY 11238	718-613-7510 x 7511
Kings County Hospital OTP	591 Kingston Ave. Brooklyn, NY 11203	718-245-2635

NYC Opioid Treatment Programs

Lafayette Medical Approach, Inc OTP	233-235 Lafayette St. New York, NY 10012	212-431-6177
Long Island Jewish Medical Center OTP	75-59 263rd St. Glen Oaks, NY 11004	718-470-8944
Lower Eastside Pregnant Women and Infants	7 Gouverneur Slip New York, NY 10002	212-566-3513
Lower Eastside Service Ctr- MTA-R	7 Gouverneur Slip E New York, NY 10002	212-566-3513
Lower Eastside Service Ctr SuCasa M-IR	7 Gouverneur Slip E New York, NY 10002	212-566-3513
LowerEast Side Service Ctr	46 E Broadway New York, NY 10002	212-343-3551
Lower Eastside Services- Clinic III OTP 1	46 E Broadway New York, NY 10002	212-343-3550
Metropolitan Hospital Center-OTP	1900 2nd Ave. New York, NY 10029	212-423-6822
Montefiore Albert Einstein Melrose, DoSA	260 E 161st St. Bronx, NY 10451	347-493-8595
Montefiore Albert Einstein at Port Morris	804 E 138th St. Bronx, NY 10454	347-493-8595
Montefiore Albert Einstein at Waters Place	1510 Waters Pl. Bronx, NY 10461	347-493-8595
Montefiore Albert Einstein at Waters Place	1510 Waters Pl. Bronx, NY 10461	347-493-8595
Montefiore Medical Center SATP Unit III	2058 Jerome Ave. Bronx, NY 10453	718-829-3440 x8578
Montefiore Medical Center SATP - Unit I	3550 Jerome Ave. Bronx, NY 10467	718-920-4067
New York Presbyterian Hospital-Vincent P. Dole Clinic	503 E 70th St. 1st Floor, New York, NY 10021	212-746-6747
New York and Presbyterian Hospital- NY Presbyterian Hospital OMM	503 E 70th St. 1st Floor, New York, NY 10021	212-746-1252
Promesa, Inc. (166)- Substance Abuse & Opioid Dependence Treatment Programs	1776 Clay Ave. Bronx, NY 10457	718-299-1100 x 3046
Promesa INC 166	561 Court St. Brooklyn, NY 11231	718-780-7495 x7495
PROMESA, Inc.- Amanecer Detox/ Rehab Recovery Center OTP	1776 Clay Ave. Bronx, NY 10457	718-299-1100 x 3046
Ramon Velez Recovery Center	754 E 151st St. Bronx, NY 10455	347-352-2474 x2417
Samaritan Daytop Village Inc. M-IR	130-20 89th Rd. Richmond Hill, NY 11418	718-441-8913 x 8811
Samaritan Daytop Village Inc.	130-20 89th Rd. Richmond Hill, NY 11418	718-441-8913 x 8811
Samaritan Daytop Village, Inc (OPT 2)	477-481 Willis Ave. Bronx, NY 10455	718-292-4640 x299
Samaritan Daytop Village, Inc (OPT 1)	250 Grand Concourse Bronx, NY 10451	718-292-4455
South Brooklyn Medical Services-MMTP Clinic	685 3rd Ave. Brooklyn, NY 11232	718- 788- 2594x117
St. Barnabas Hospital	4535-39 3rd Ave. Bronx, NY 10457	718-960-6214

NYC Opioid Treatment Programs

St. Joseph's Hospital, Yonkers- OTP 1	211-221 Powell St. Brooklyn, NY 11212	914-378-7566
St. Joseph's Hospital, Yonkers OTP- Alabama Clinic	480 Alabama Ave. Brooklyn, NY 11207	718-485-6000
St. Joseph's Hospital, Yonkers- Queens Opioid Treatment Clinic OTP 3	175-20 Hillside Ave. Jamaica NY 11432	718-291-1890 x 7240
St. Joseph's Hospital, Yonkers-OTP 2	1480 Prospect Pl. Brooklyn, NY 11213	718-953-2302
St. Luke's-Roosevelt Hospital Center OTP	429 W 58th St. New York, NY 10019	212-523-6166
START Recovery & Treatment- Starting Point Clinic OTP	119 W 124th St. New York, NY 10027	212-932-2678
START Recovery & Treatment- Third Horizon Clinic OTP	2195 3rd Ave. New York City, NY 10035	212-348-5650
START Treatment & Recovery Centers- Bushwick OTP	1149-55 Myrtle Ave. Brooklyn, NY 11206	718 574-1801
START Treatment & Recovery Centers- Highbridge Clinic OTP	500 W 180th St. New York, NY 10037	212-543-2782
START Treatment & Recovery- East New York Clinic OTP	494 Dumont Ave. Brooklyn, NY 11207	718-385-4000
START Treatment & Recovery- Fort Greene Clinic OTP	937 Fulton St. 2nd & 3rd Floors Brooklyn, NY 11238	718-789-1212
START Treatment & Recovery- Kaleidoscope Clinic OTP	119 W 124th St. New York, NY 10027	212-932-2811
Staten Island University Hospital KEEP- Princess Bay	392 Seguire Ave. Staten Island, NY 10309	718-226-3815
Staten Island University Hospital OTP 1- Stapleton	111 Water St. Staten Island, NY 10304	718-448-3977
Staten Island University Hospital OTP 2- Coney Island	425 Coney Island Ave. Brooklyn, NY 11218-	718-306-5125
Staten Island University Hospital OTP 3- Canarsie	567 E 105th St. Brooklyn, NY 11236-	718-307-3001
VIP Community Services	1910 Arthur Ave. Bronx, NY 10457	718-583-5150 x 8954
West Midtown Management Group OTP 1	311 W 35th St. New York, NY 10001	212-736-5900 x 151
West Midtown Management Group OTP	311 W 35th St. New York, NY 10001	212-736-5900 x 151

Special Thanks

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