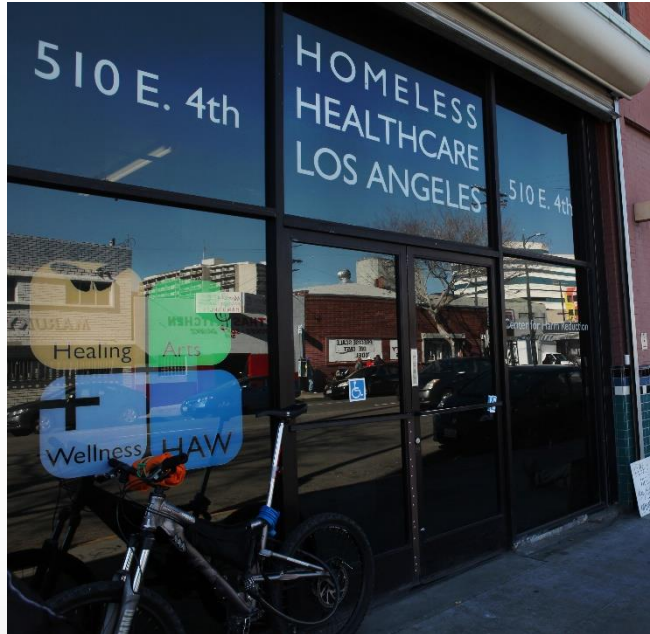


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Training and Education



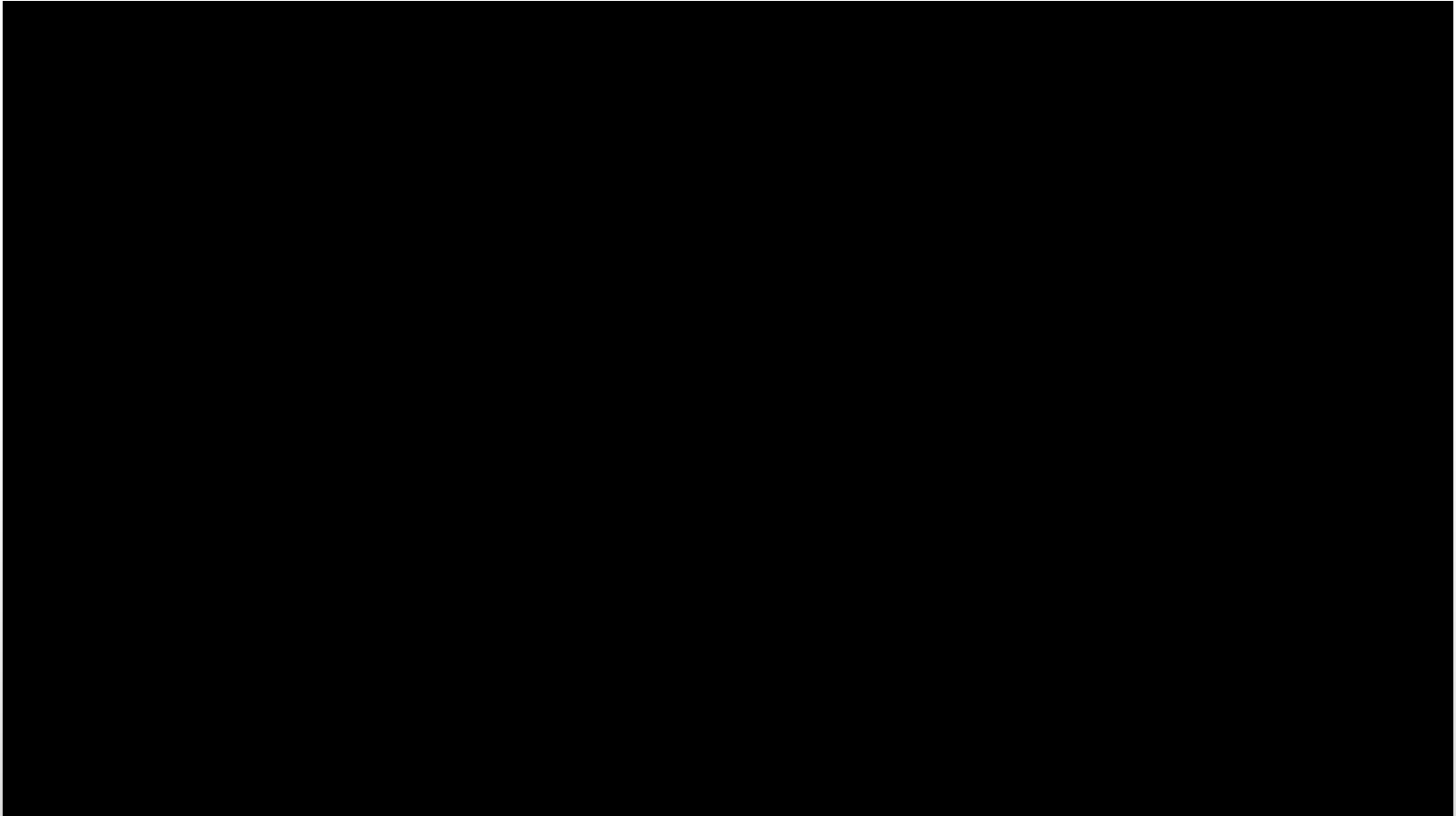
Overdose Prevention & Naloxone Education

Facilitated By: Amber Roth, LCSW & Darren Willett, Ph.D.

Presentation Overview

- Overdose Prevention & Education
 - Statistics, perceptions and myths
- Save A Life—All about Naloxone
- Where to Access Naloxone
- Overdose Prevention Trainings & Resources

Save a Life Video



Overdose Statistics

- ✓ 2016: 42,000 overdose deaths in the U.S.
- ✓ 1,882 opioid overdose related deaths reported in CA-2017
- ✓ Over the last 10 years, 270% increase in heroin overdose deaths in just 3 years
- ✓ People who have had a nonfatal overdose are at heightened risk of a fatal overdose
- ✓ Opioid overdose death is 40 times more likely within two weeks after incarceration

Reference(s): Addiction Resource Center &
<https://discovery.cdph.ca.gov/CDIC/ODdash/>

Overdose Statistics

- ✓ Fentanyl is contributing to higher rates of overdoses
- ✓ According to a recent study, accidental overdose kills more homeless people than any other cause, including AIDS
- ✓ Drugs most commonly overdosed on:
Prescription Opiates; Heroin; Cocaine

Perceptions about Overdose

- “An overdose is a suicide attempt.”

Contrary to popular belief, overdoses are rarely suicide attempts.

People who have overdosed say they did not intend to do it; their intention was just to get high.

Perceptions about Overdose

- “Overdose prevention programs enable people to use drugs more.”

**The goals of an overdose prevention program are:
teach people how to avoid accidental overdose**

**Give people the medication they need to prevent an
accidental death**

Promote safety

Perceptions about Overdose

- “Drug users won’t be able to remember the training.”

Many people who use drugs already have experience with overdose. This training gives them practical tools to respond to overdoses more effectively

1000+ successful overdose reversals performed by clients

Several other studies have evaluated people who use drugs ability to perform overdose response procedures and found this type of training to be effective

Myths about Overdose Response

- Myth: To wake someone up, inject them with milk or salt water
- **Fact: Milk and salt water don't travel to brain or interact with opioids**
- Myth: If someone overdoses on downers (opiates), inject them with uppers (stimulants)
- **Fact: This can make the overdose worse by combining erratic heartbeat with slow/stopped breathing**

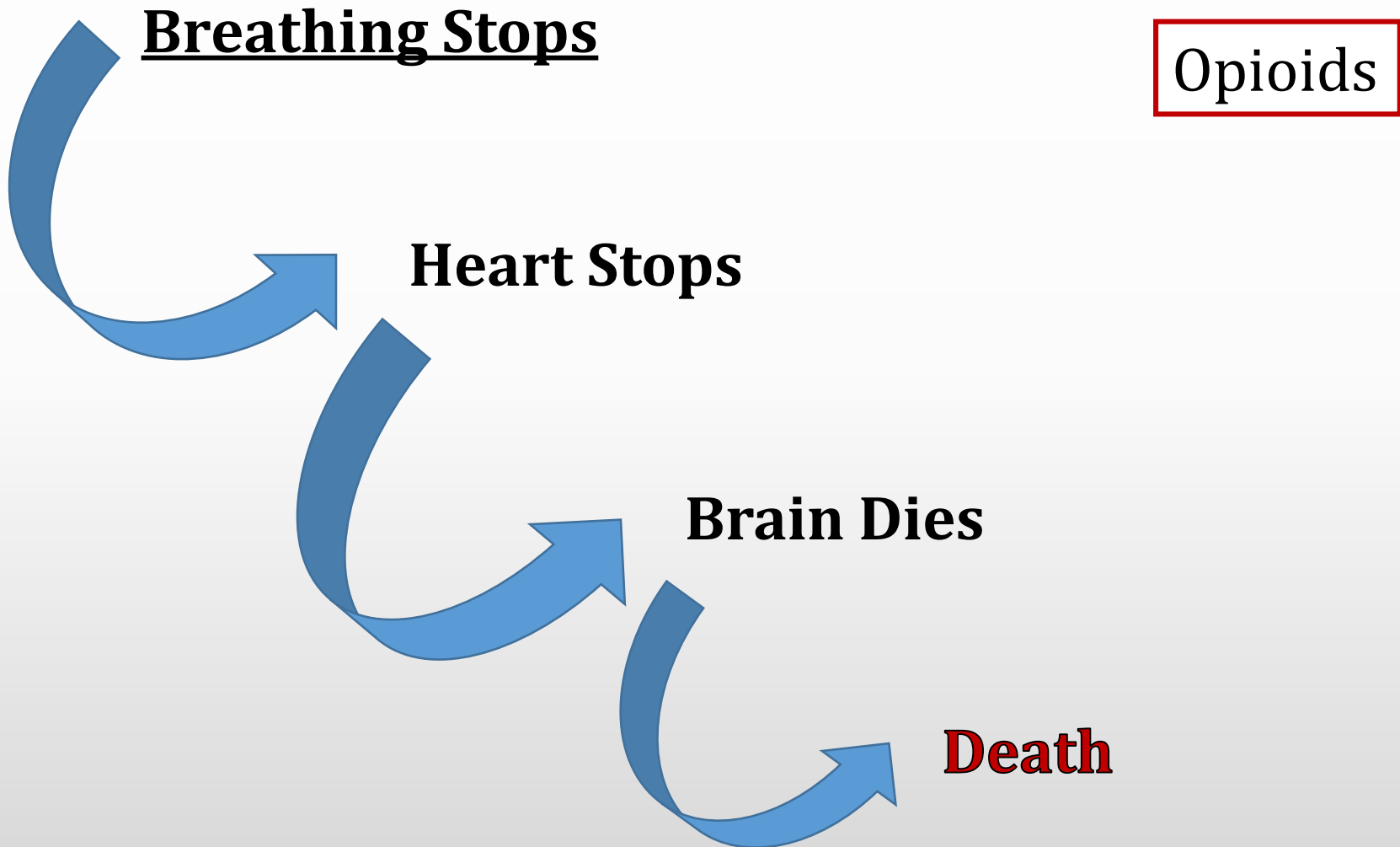
Myths about Overdose Response

- Myth: If someone is snoring then they are ok
- **Fact: Snoring sounds can indicate trouble breathing; if someone is snoring and you can't wake them up then they are overdosing**
- Myth: If an overdose is going to happen, it will happen when the person injects
- **Fact: Most overdoses happen 1 to 3 hours after injecting**

Myths about Overdose Response

- Myth: If I try to help someone who has overdosed and they don't survive, I'll be charged with murder
- **Fact: California has a Good Samaritan law that protects people who try to help in an overdose emergency**
- Myth: Only a doctor can give out naloxone since it is a prescribed medication
- **Fact: Los Angeles County allows physicians to set up standing orders so that service providers can dispense naloxone directly to clients**

Opiates: From Overdose to Death



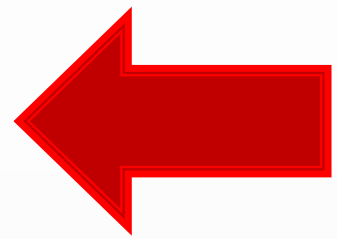
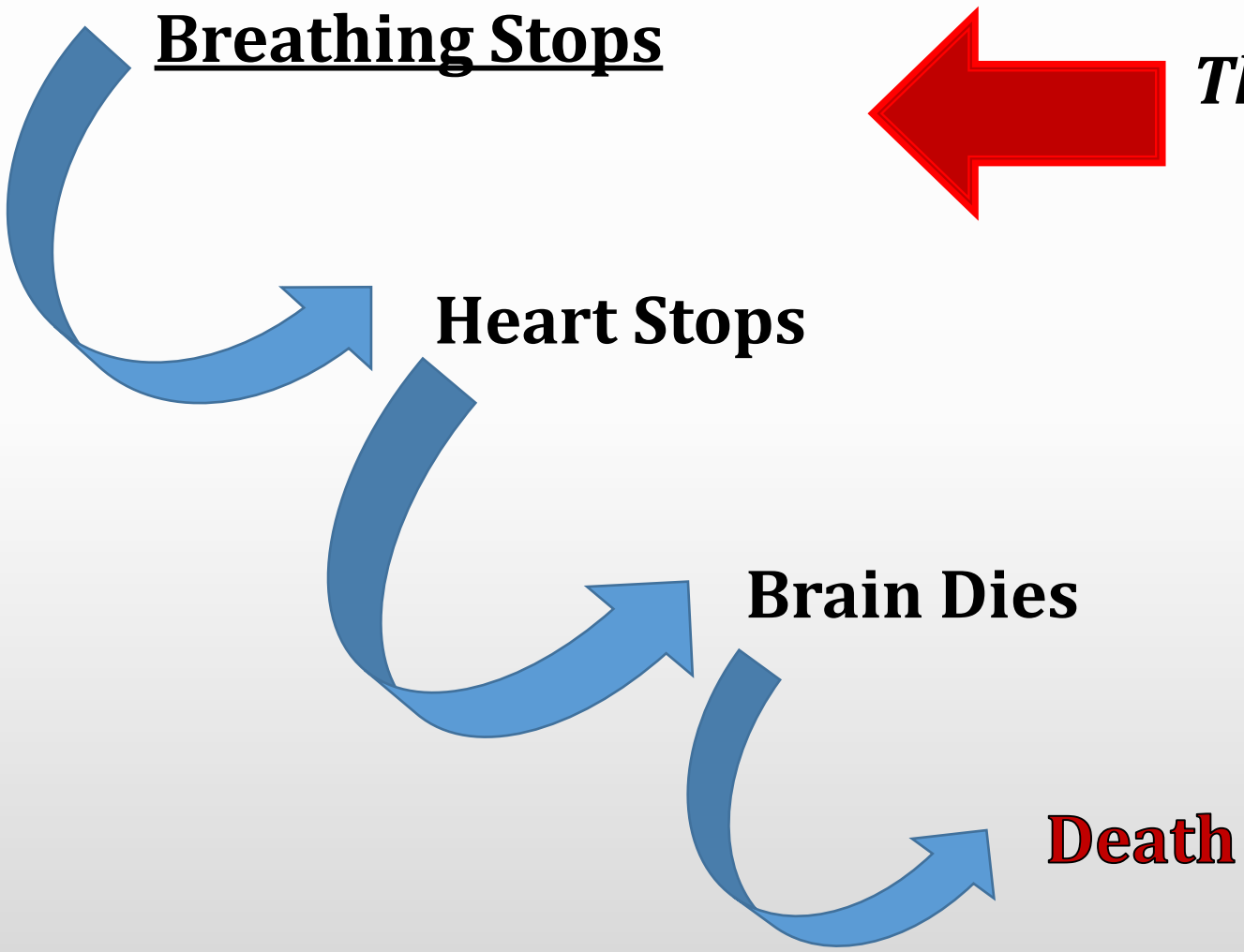
Overdose is Preventable

There is an antidote for opioid overdoses!

Naloxone (*Narcan*)

Opiates: From Overdose to Death

Opioids



This is where you can intervene

Recognizing an Opioid Overdose

PLEASE BE SAFE.
IF SOMEONE IS UNCONSCIOUS,
DON'T BE AFRAID.

TAKE ACTION AND SAVE A LIFE.



- **1** CALL 911
- **2** GIVE NALOXONE
- **3** RESCUE BREATHING / RECOVERY POSITION
- **4** DON'T LEAVE

HOW TO TELL IF SOMEONE IS OVERDOSING

- NOT BREATHING OR SHALLOW BREATHING 
- GURGLING SOUNDS OR SNORING LOUDLY 
- SKIN FEELS CLAMMY AND COLD 
- LIPS AND NAILS ARE BLUE 
- PUPILS ARE PINNED 

WE ARE AT RISK FOR OVERDOSE WHEN WE

- MIX DRUGS WITH ALCOHOL
- USE HEROIN CUT WITH FENTANYL
- USE DRUGS WHEN WE GET OUT OF DETOX OR JAIL

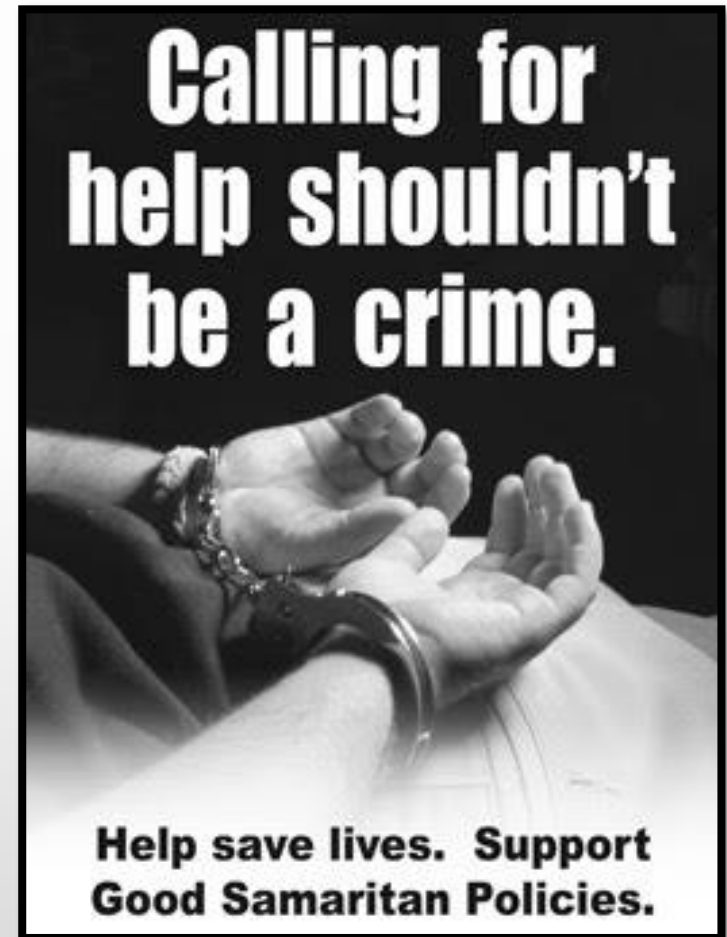
HOW WE CAN PREVENT OVERDOSE

- DON'T USE ALONE AND DO A TESTER SHOT

TO LEARN MORE ABOUT OVERDOSE PREVENTION OR WHERE TO GET NALOXONE, VISIT ANTIDOTED.COM. FOR MORE INFO ON HHCLA, VISIT HHCLA.ORG.

Good Samaritan Laws

- A.B. 472
- Protects people who intervene in an overdose situation
- Provides limited protection against drug charges for people who call 911 re: an overdose



Good Samaritan Laws

- A.B. 635
- Meant to encourage clinicians and service providers to dispense naloxone
- Protects people who prescribe, dispense, and carry naloxone
- Effective Jan. 1st 2014

Naloxone Facts

- ✓ Naloxone is a medication that can reverse opioid overdose and should be used as soon as possible during a suspected overdose
- ✓ Naloxone is not addictive and does not make someone high
- ✓ Access to Naloxone does not lead to increased drug use!
- ✓ Naloxone is only effective to reverse opioid overdoses

Naloxone (Narcan)



- Naloxone temporarily reverses an *opioid* overdose
- Naloxone slips heroin off of the brain's opiate receptors to allow breathing to be restored
- The effect lasts for 30 – 90 minutes
- Multiple doses may be needed to treat overdose symptoms

Effects of Naloxone (Narcan)

- Naloxone usually takes effect in 1 to 2 minutes
 - It could take up to five minutes
- Naloxone puts the overdose victim into withdrawal
 - Don't let someone who you treat with Naloxone use again - the overdose can come back!

Effects of Naloxone (Narcan)

- Naloxone has NO other uses!
- It cannot be used to get high
- If the person is not overdosing on an opiate it will have no effect—it would be like injecting water
- You cannot overdose on Naloxone
- There are no recorded allergies to Naloxone

3 Types of Naloxone:



Intramuscular
Injection



Intranasal Spray



Autoinjector

The overdose bag (ODB) contains:

Either:

- Intranasal devices
 - Vials of Narcan
- *or*
- Muscle syringes
 - Vials of Narcan

And:

- Gloves
- Face mask for rescue breaths
- Alcohol swabs
- Prescription for Narcan
- Information card

Storage/Expiration of Naloxone (Narcan)

- Naloxone must be stored out of direct sunlight
- Keep it in its box and in the overdose kit

- Naloxone does expire
- Check the expiration date and get a new dose if it is close to the date of expiration

Naloxone Does Not Work for:

- Alcohol or benzo's
 - Alcohol, Valium, Xanax, Klonopin, Ativan, Clonidine, Elavil
- Stimulants
 - Cocaine, Amphetamines
- **It only works for all opioids: heroin, opiate pills, methadone, and buprenorphine**

Naloxone Access: Who needs it?

- People who use drugs
 - Need access to naloxone
 - Research shows that a drug user will almost always be the “first responder” in an overdose situation
- Service Providers
- First Responders
- Parents and children
- Anyone who is prescribed an opiate
- Colleges

Naloxone Distribution

- Syringe Exchange programs
- Pharmacies (Ralphs, CVS & Walgreens)
 - No prescription required (over-the-counter)
 - Prescription-insurance may cover
- Opioid Safety Naloxone Network (must apply & qualify)
- Special Grant Programs

Naloxone Distribution

Made by Adapt Pharma

The list price is \$125 for the general public and \$75 for Emergency responders and public agencies for a two-pack

Most insurance covers naloxone, but not the nasal spray adapter

Walgreens made over the counter nasal spray and auto-injectors available in 39 states and Washington D.C.

They also installed disposal kiosks at more than 500 stores to make it easy to dispose unused, expired naloxone and used syringes

Important: The Standing Order

- Expands access to Naloxone for the residents of CA
- Allows organizations to distribute naloxone to those who are at-risk of experiencing an opioid-related overdose
- Authorizes the administration of naloxone to assist a person experiencing an opioid overdose

Naloxone Training and Educational Resources

Online Naloxone Training Resources

1) Harm Reduction Coalition

- <http://harmreduction.org/issues/overdose-prevention/tools-best-practices/training-materials/>

2) NaloxoneInfo.org

- <http://naloxoneinfo.org/run-program/training-tools>

3) GetNaloxoneNow.org

- <https://www.getnaloxonenow.org/>

4) NaloxoneTraining.com

- <http://www.naloxonetraining.com/training>

5) StopOverdose.org

- <http://stopoverdose.org/section/take-the-online-training/>

6) Substance Abuse and Mental Health Services Administration (SAMHSA) – Preparing for Naloxone Distribution: Resources for First Responders and Others

- <https://www.samhsa.gov/capt/sites/default/files/resources/resources-first-responders.pdf>

Naloxone Training and Educational Resources

In-Person Naloxone Training Resources in Los Angeles County

- 1) **LA Community Health Project** (<http://chpla.org/>)
 - Contact: Michael Marquesen (michael@chpla.org)

- 2) **Homeless Health Care Los Angeles** (<https://www.hhcla.org/>)
 - Contacts: Mark Casanova (mcasanova@hhcla.org) or Amber Roth (aroth@hhcla.org)

- 3) **www.EndOverdose.net**
 - Contact: Theo Krzywicki (theo@endoverdose.net)

Resources

- **Safe Med LA** <http://www.safemedla.org/home.html>
- **Naloxone** <http://naloxoneinfo.org/>
- **Harm Reduction Coalition** <http://harmreduction.org>
- **Substance Abuse Prevention Control**
<http://publichealth.lacounty.gov/sapc/Event/Naloxone.htm>
- **The SAMHSA Opioid Overdose Prevention Toolkit – 2018**
<https://www.samhsa.gov/capt/tools-learning-resources/opioid-overdose-prevention-toolkit>

Success—Lives Saved!

In the United States, more than 600 programs distribute Naloxone.

There are over 26,000 overdose reversals recorded.

At the Center for Harm Reduction, over 2000 people have been trained.

Over 1800 overdose reversals have been recorded by clients and staff.

(data from between 2012 and 2017)

Thank you!

- Any questions?