

NALOXONE TRAINING

OVERDOSE PREVENTION AND SURVIVAL



WISCONSIN DEPARTMENT
of HEALTH SERVICES



TAP
tribal action plan



Tribal Opioid Response



OUR CURRENT — ONGOING PROJECTS

Traditions of Health aims to improve the integration of traditional healing and behavioral health into primary care

Tribal MAT aims to increase access to diverse services for patients who use opioids

White Bison Wellbriety Treatment Facility

Tribal Action Plan

Oneida Tribal Opioid Response Grant Initiatives



Training Overview

- A. Harm Reduction
- B. What is an opioid?
- C. Recognizing an opioid overdose
- D. Responding to an opioid overdose
- E. Laws and procedures related to naloxone
- F. Tips for preventing opioid overdose (*optional*)
- G. Suggested resources for family and friends (*optional*)

HARM REDUCTION

A FRAMEWORK FOR SUPPORT

Harm reduction is a practical health approach that seeks to reduce negative consequences associated with drug use. Harm reduction falls in line with many of our traditions of community care. Harm reduction is a framework of care that incorporates safer use and social justice by choosing to acknowledge and minimize the harmful effects of drugs rather than ignore or condemn them. Harm reduction acknowledges people who use drugs as whole people, and calls for non-judgmental services and resources for people who use drugs and extended communities.

*Inspired by Harm Reduction
Coalition and First Nations
Health Authority*



HARM REDUCTION PRINCIPLES

PRACTICAL TOOLS

▣ NON-JUDGEMENT

Shifting our approach to provide compassion instead of judgement, and challenging our own stigmas towards drug use and people who use drugs (PWUD)

▣ MEET PEOPLE WHERE THEY'RE AT

Connect with family/friends/patients in a way that is effective for them, and guided by their wants and needs

▣ "ANY POSITIVE CHANGE"

People will not necessarily want to be abstinent, but supporting with any positive change -- such as decreasing use, safer use, or utilizing MAT options -- is valuable!

▣ "CHAOTIC USE"

Understand that many people use drugs safely and in a way that works for them. Recognize that drug use is problematic when it becomes chaotic to the person

What are opioids?

An opioid is any drug that contains opium (or its derivative).

Opioids can be:

- Natural or synthetic.
- Prescription medications or illegal drugs.
- Pills, capsules, powder, dermal patches, or liquid.
- Swallowed, smoked, snorted, or injected.

Examples of opioids: heroin, fentanyl, morphine, percocet; and street names for different opioids such as tar, percs, lean, fent, H, smack

WHAT ISN'T AN OPIOID?

Everything else. Methamphetamines, ecstasy, LSD, cocaine, ketamine, xanax, and many other drugs are not opioids, though they may be mistaken as them.

About Opioids

Opioids:

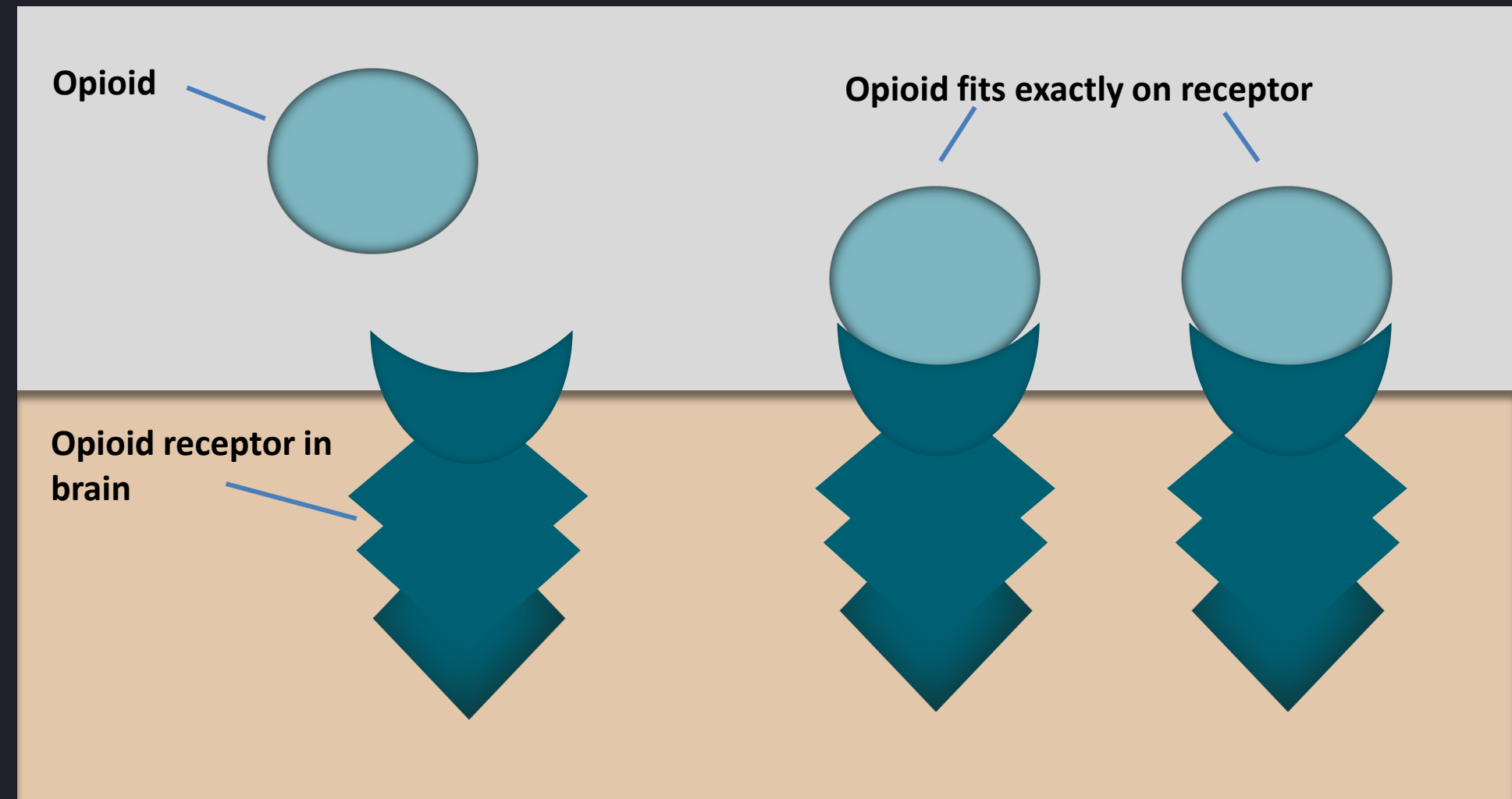
- Manage pain, suppress coughs, and treat opioid use disorder (addictions).
- Cause feelings of euphoria, contentment, and/or detachment.
- Have effects lasting from 3 to 24 hours.

In excessive amounts, opioids can suppress a person's ability to breathe.

How Opioids Work

OPIOID RECEPTORS

Opioids bind to and activate receptors in the brain, triggering the release of dopamine – a neurotransmitter linked to learning, pleasure, and reward.



Overtime, opioid use changes both the amount and sensitivity of dopamine receptors causing users to need a continuous supply of opioids to feel “normal.”

Examples of Prescription Opioids

| Generic Name | Brand Name |
|---------------|---|
| Oxycodone | Oxycontin [®] , Percocet [®] , Roxicodone [®] |
| Oxymorphone | Opana [®] |
| Hydrocodone | Vicodin [®] , Lorcet [®] , Zohydro [®] , Zortab [®] |
| Hydromorphone | Dilaudid [®] |
| Morphine | |
| Meperidene | Demerol [®] |
| Codeine | Tylenol [®] 3 & 4 |
| Buprenorphine | Suboxone [®] , Subutex [®] , Zubsolv [®] |
| Methadone | |
| Fentanyl | Duragesic [®] |

Examples of Illicit Opioids

TYPES OF DRUGS

Depressants

| | |
|--|---|
| OPIOIDS Heroin Fentanyl Morphine Methadone Percocet Codeine | BENZODIAZAPINES Valium Xanax Ativan Clonazepam SEDATIVE HYPNOTICS Ambien GHB ALCOHOL Beer Wine Spirits |
| Cocaine Methamphetamines Adderall Ritalin Caffeine | LSD Mushrooms PCP Marijuana MDMA |

Stimulants

Hallucinogens

WHAT ISN'T AN OPIOID?

Everything else. Methamphetamines, ecstasy, LSD, cocaine, ketamine, xanax, and many other drugs are not opioids, though they may be mistaken as them.

- Heroin
- Non-pharmaceutical fentanyl (Illicitly produced, synthetic drug)
- Pill form packaged to look like prescription medications
- Powder form looks similar to heroin
- May be hundreds of times more potent than heroin

Fentanyl can be extremely deadly!

HOW OVERDOSE & REVERSAL WORKS

OPIOID OVERDOSE

Opioids fill receptors



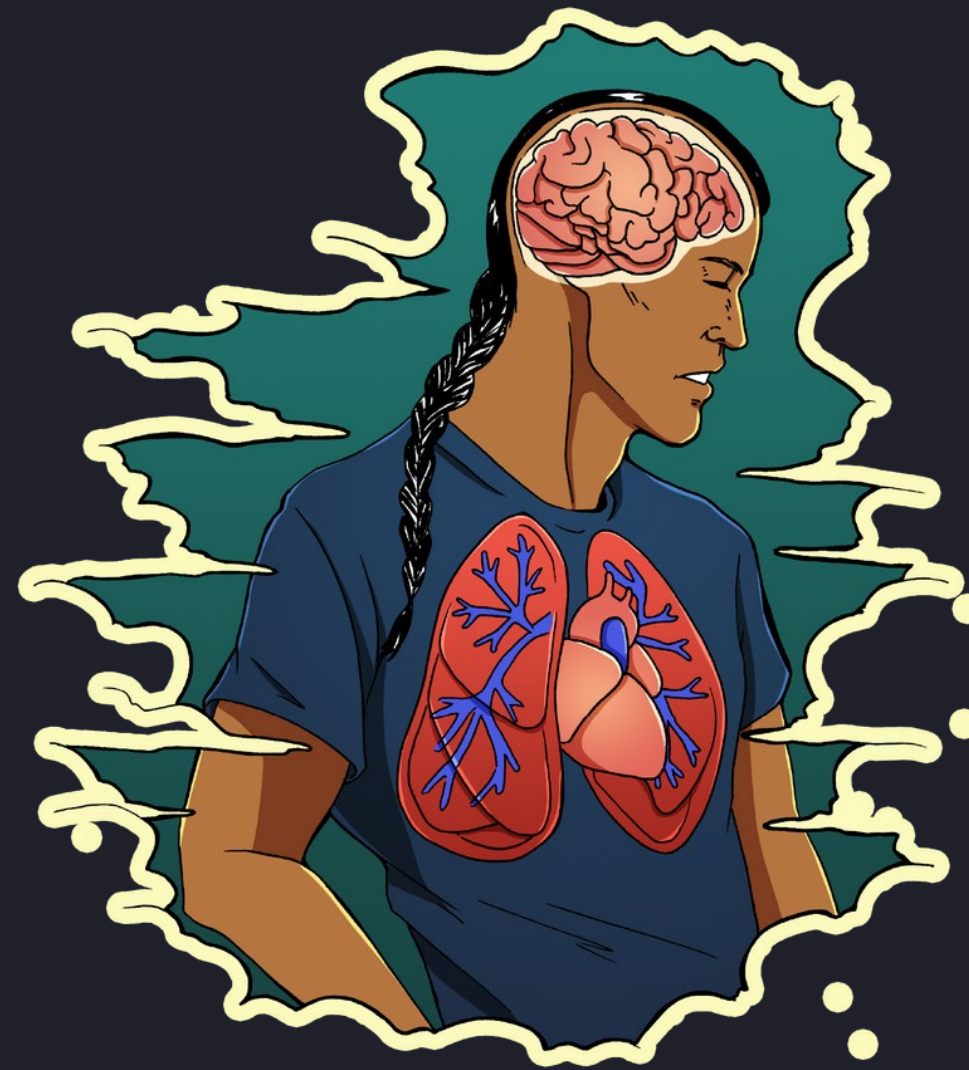
Activate systems that control breathing



Respiratory depression



No oxygen to brain, life-threatening



NALOXONE EFFECTS

Fast-acting but short-lived



Displaces opioids in brain



Blocks opioids from filling receptors



Effects of overdose reversed, and life is saved!

ALL ABOUT FENTANYL

What is Fentanyl?

Fentanyl is a synthetic opioid and prescription medication

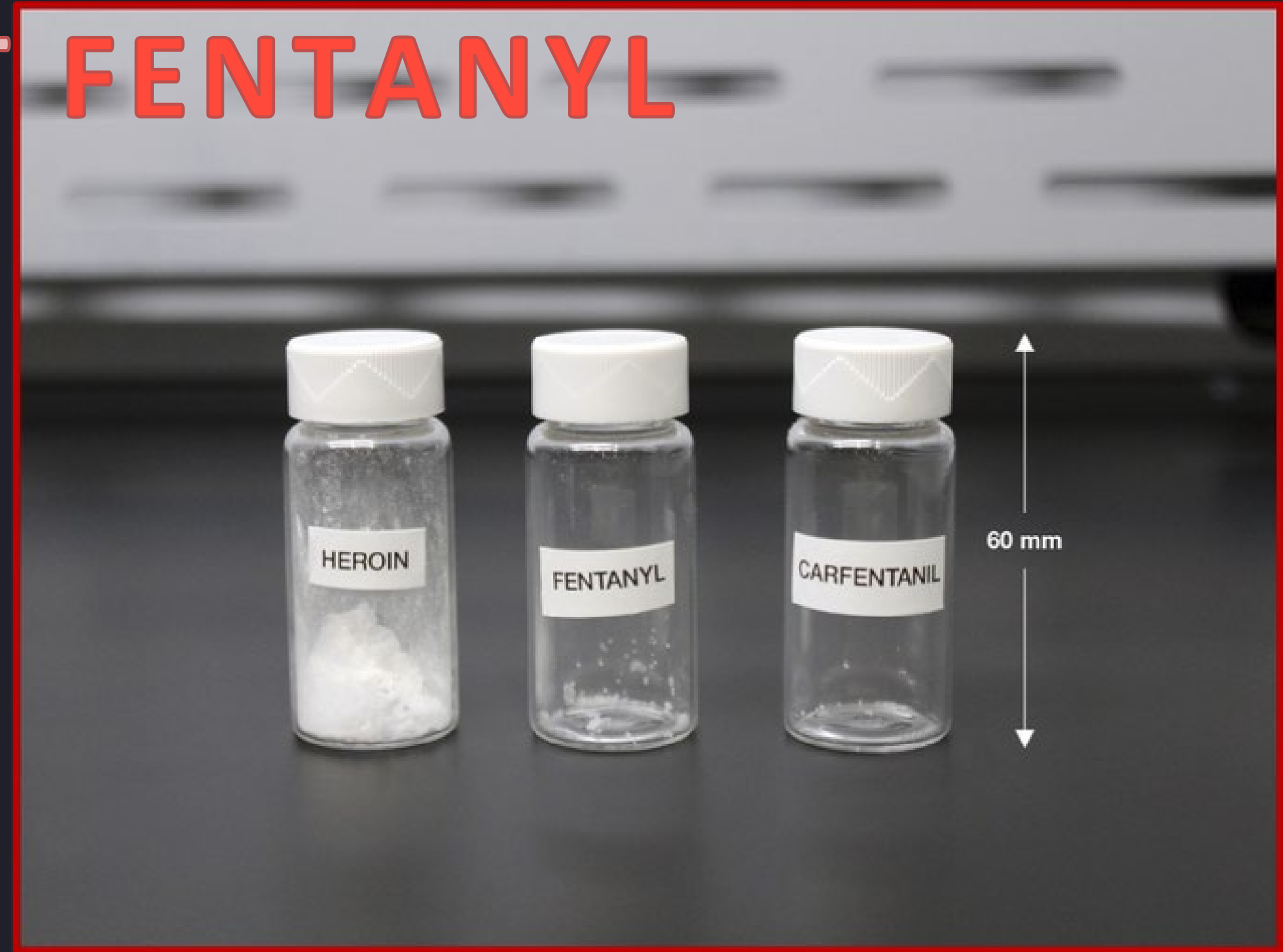
In recent years, it has become common as a drug of choice

Can Be Used Safely

With the right overdose prevention tools, fentanyl can and is often used safely!

Can Be In Other Drugs

Fentanyl is often found in street supplies of heroin in many cities, and can be found in trace amounts in other drug supplies as well



More Potent

Compared to heroin, fentanyl is 50-100 times more potent as an opioid

This increases the margin of error involved for overdose

OVERDOSE RISK FACTORS

▣ USING FAST

Using a lot at once, like doing a full shot of heroin at one time

▣ FORGETTING SELF CARE

Not drinking water or eating regularly, sleeping enough, or being aware of illness

▣ BEING UNPREPARED

Not having naloxone or knowing how to use it, or using with people who don't!

▣ MIXING MULTIPLE

Mixing multiple types or categories of drugs, like opioids and stimulants at the same time

▣ TOLERANCE CHANGES

Using the same amount after taking a break, like after hospitalization, jail, or detox

▣ BEING ALONE

Using alone, or without anyone knowing to do a "wellness check"



OVERDOSE PREVENTION TIPS

▣ USING SLOW

Going slowly, and testing with a small amount before a full dose

▣ HEALTHIER THE BETTER

Eat well, stay hydrated, sleep well, and avoid illness

▣ BE READY, STAY READY

Always have naloxone and an overdose plan. Being prepared means being safe!

▣ AVOID MIXING

Avoiding mixing if possible, especially depressants with other depressants, or with stimulants!

▣ ADJUST FOR TOLERANCE

Use less than usual after a break from regular use

▣ FRIENDS MAKE THINGS BETTER

Use with trusted friends, and stagger use with each other



What is an opioid overdose?

An opioid overdose happens when a toxic amount of an opioid – alone, or mixed with other drugs, and/or substances – overwhelms the body's ability to handle it.

Many opioid-related overdoses result from mixing prescription painkillers or heroin with benzodiazepines (benzos), cocaine, and/or alcohol.

Overdose Impacts on the Body



- Respiratory failure



- Lack of oxygen in the blood



- Vital organs fail (heart, brain)



- Unconsciousness, coma, death



RECOGNIZING OPIOID OVERDOSE



- Slow, shallow, irregular breathing, or none at all
- Unresponsive/unconscious
- Deep snoring, gurgling, and/or choking noises
- Blue or ashen/gray lips and fingertips
- Pale, cold, clammy, and/or sweaty skin
- Pulse slow or erratic

What is Naloxone ?

Naloxone is a medicine that reverses opioid overdose by restoring breathing.

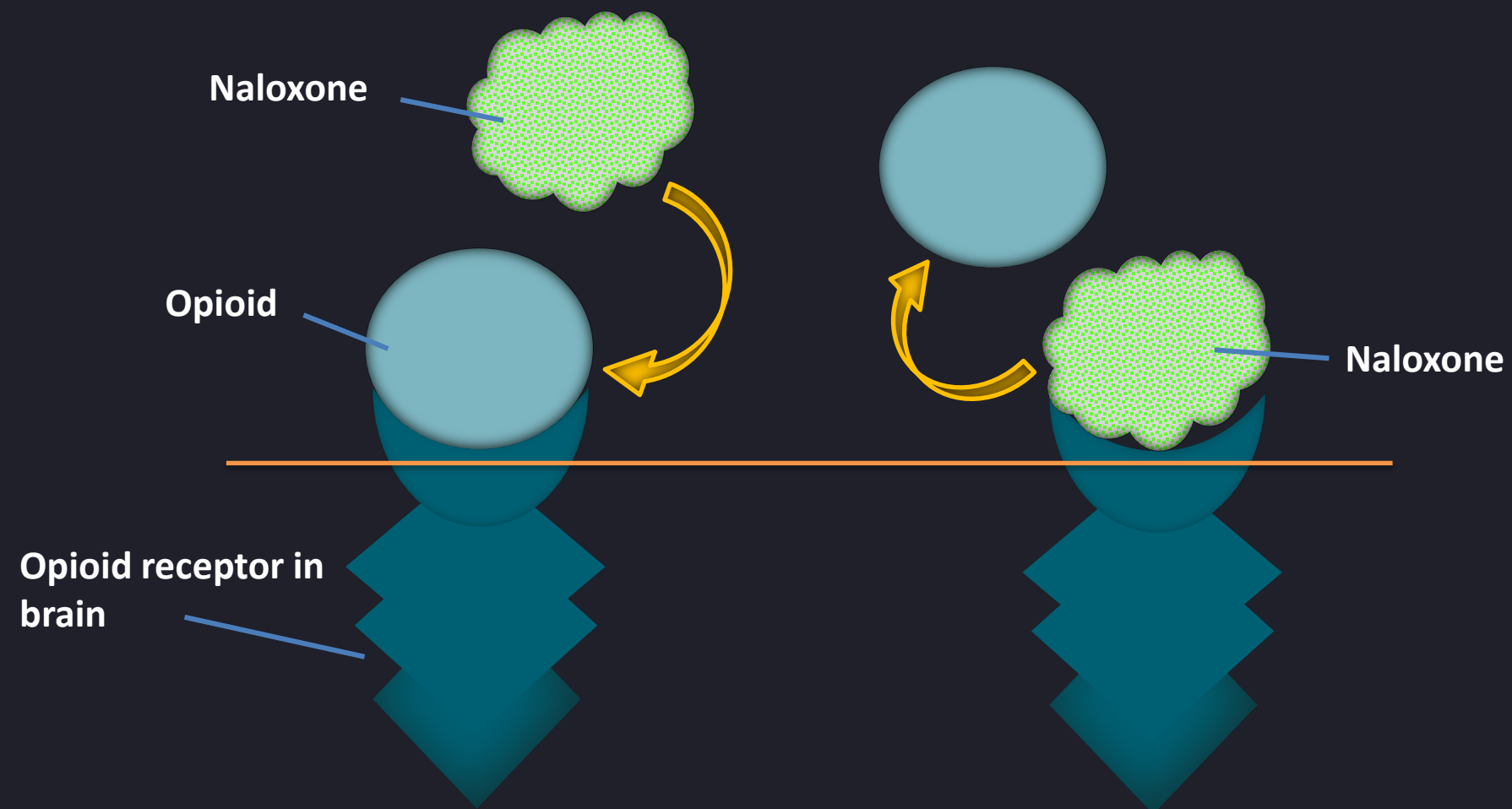


About Naloxone

- **Delivery: intramuscular, intranasal, or intravenous**
- **Wears off in 30-90 minutes**
- **SAFE for children, pregnant women, and pets**
- **NO significant side effects**
- **NO potential for misuse or getting high**
- **Only effective in reversing opioid overdoses**
- **No effect on someone who hasn't taken opioids**

How does Naloxone work?

The brain has many receptors for opioids. When too much of an opioid fits on too many receptors, an overdose occurs.



Naloxone knocks opioids off opioid receptors and binds to receptors for a short time. This blocks the opioids' effects, quickly restoring breathing.

Responding to an Opioid Overdose



Shake and wake



Call 911



Give naloxone



Rescue breathing/recovery position



Care for the person

I. STIMULATE

Verbal Stimulation

- Call their name
- Say "If you don't wake up, I'm going to 'narcan' you"

Physical Stimulation

- Give a sternum rub
- Pinch the back of their arm



2. CALL 911



Calling for Help is Critical

- They may be experiencing another health emergency
- While one person administers naran and provides rescue breaths, another calls 911
- Naloxone is temporary

911 Script

- Tell 911 operator
 - Where you are
 - What you observed Ex. Person is turning blue, won't wake up
- Tell emergency responder onsite:
 - Drugs/substances the person used
 - Naloxone administered ie how much and when

3. ADMINISTER NALOXONE

DO NOT TEST SPRAY DEVICE!



- Peel back the package and remove device
- Hold device with thumb on bottom of plunger, and one finger on both sides of nozzle
- Place and hold tip of nozzle in either nostril until fingers touch bottom of person's nose
- Press the plunger firmly to release the dose
- Give another dose after 3 minutes if there is no sign of them breathing on their own

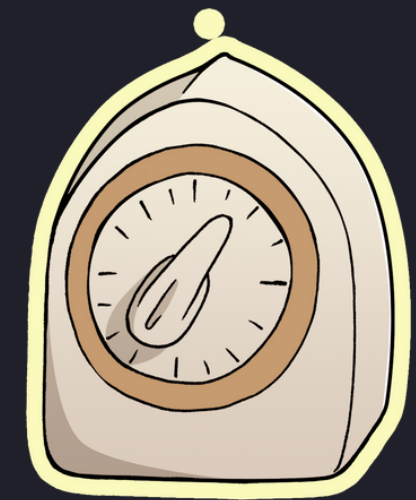


MORE ABOUT NALOXONE



It's Fast Acting

- Give one dose, then wait 3 minutes to see if they need more
- If no signs of them being able to breath on their own or becoming responsive, administer another dose
- Continue to give naloxone at 3 minute intervals until they show signs of responsiveness



It's Short Lived

- After 30-90 minutes, naloxone will wear off
- Naloxone is only a temporary opioid blocker
 - A person can slip back into overdose, especially if they used more opioids in the 30-90 minute period

*Naloxone CAN be used for pregnant people!

4. RESCUE BREATHING

While waiting for naloxone to work, begin giving rescue breaths

Clear Airway

- Check and clear their airway

Rescue Breathing

- Lay person flat on their back
 - Tilt their head back
 - Pinch their nostrils
- Create a seal around their mouth with yours
- Give two quick breaths, then another every 5 seconds



Without oxygen, brain damage can occur within minutes. Continue rescue breaths, even after giving a second dose or more of naloxone, until they breathe on their own

5. OVERDOSE AFTERCARE

Recovery Position

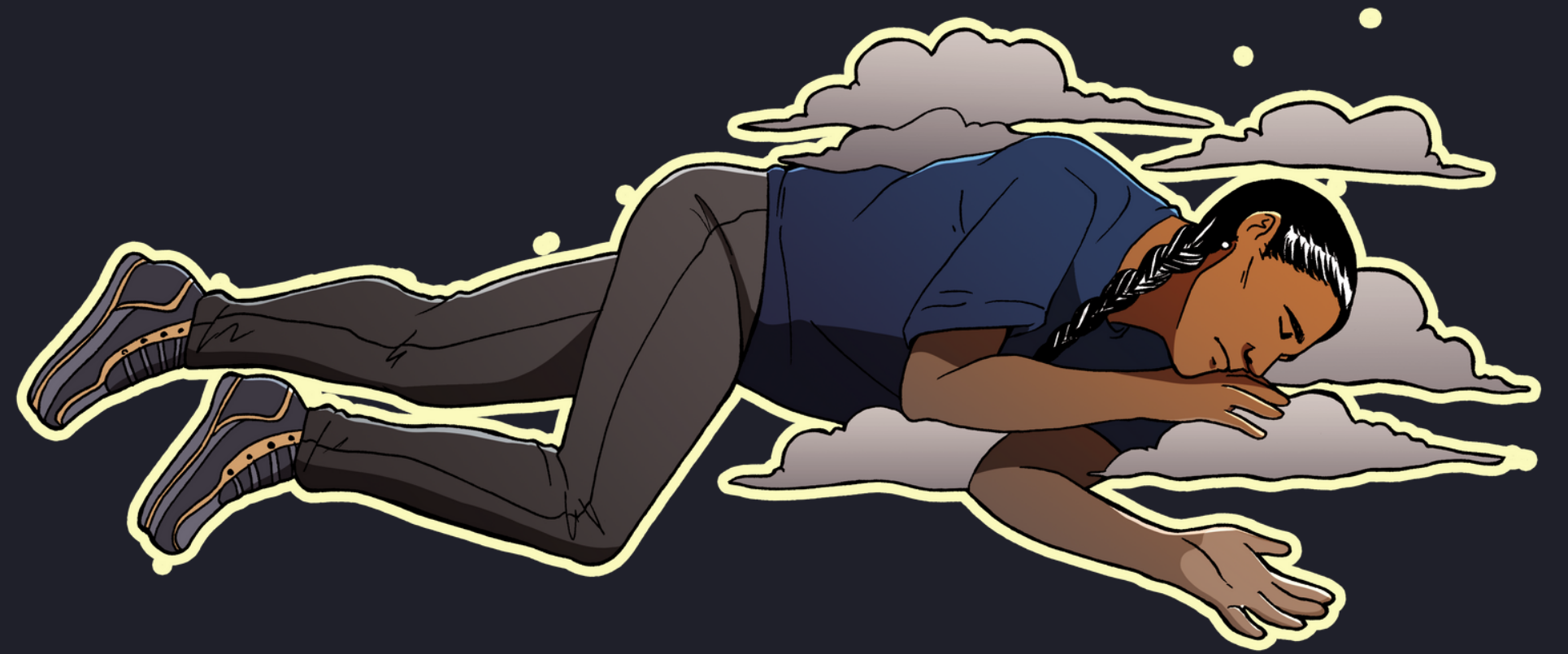
→ At first sign of them breathing normally on their own, put them in recovery position

→ On side, hand supporting head, with one leg bent for stability

Wait with Them

→ When person becomes conscious, let them know what happened and tell them if an ambulance was called

→ Ask if you can wait with them and make sure they're safe when naloxone wears off

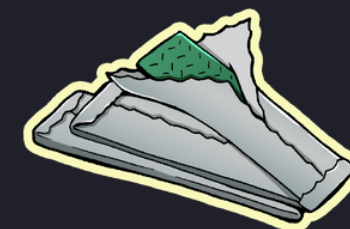


Gentle Support

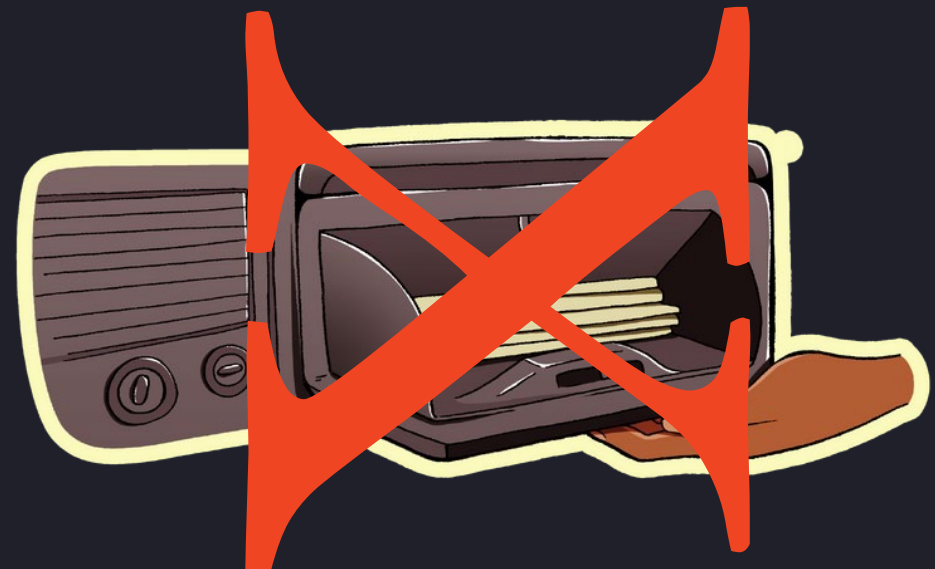
→ Understand that they will likely be in withdrawal and feeling terribly sick

→ Remind them not to use again until naloxone wears off

→ Offer what you can to make them as comfortable as possible while they wait for naloxone to wear off

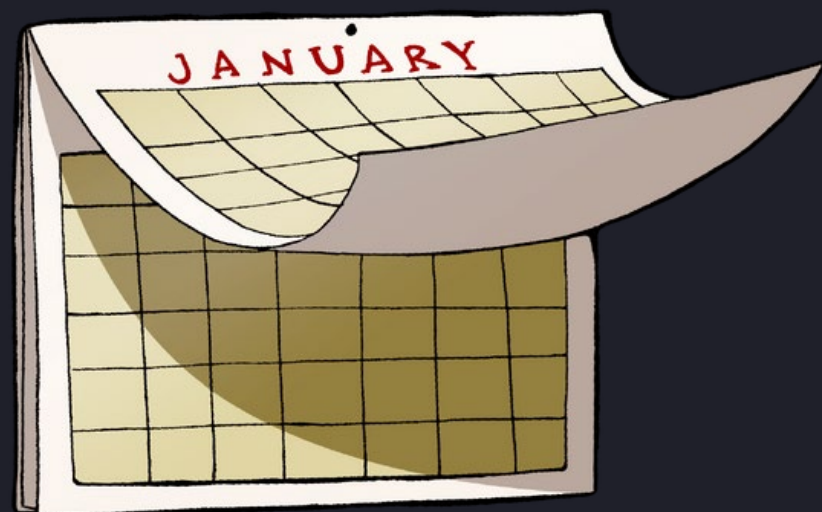


CARING FOR YOUR NALOXONE



STORAGE

Store naloxone in a safe and quickly accessible place. Keep it at room temperature and protected from direct sunlight. Never store in fridge or car!



EXPIRATION

Be mindful of expiration dates and get new naloxone when it expires. However, keep expired kits in case you need extra doses in the future. Expired naloxone is slightly less potent but poses no risk of harm.

Help is Available

Wisconsin Addiction Recovery

Helpline

Call: 211



Wisconsin Addiction Recovery
Helpline
Call **211**



WHERE TO GET NALOXONE

Vivent Health - Green Bay 445 S. Adams St.

Oneida Nation 2640 West Point Rd.

NEW Hope Coalition 1701 Dousman Street

DarJune Foundation, Inc. 1018 Shawano Ave

Oneida Health Center Pharmacy 525 Airport Drive Oneida

Costco Pharmacy #11622355 COSTCO WAY BELLEVUE

Walmart Supercenter #50901415 LAWRENCE DR DE PERE

Walmart Supercenter #19082292 MAIN ST

Walmart Supercenter #14532440 W MASON ST

Sam's Club #81492470 W MASON ST

Walgreens #6569464 CARDINAL LN

Walgreens #57461995 MAIN STREET

Walgreens #32532204 UNIVERSITY AVE

Walgreens #31332301 S ONEIDA

Walgreens #31151165 W MASON STREET

Walgreens #30881401 EAST MASON

Walgreens #21182500 E WALNUT ST

Walgreens #15637150 S WISCONSIN ST

Walgreens #115761979 LIME KILN RD

Walgreens #11339116 N MILITARY AVE

Walgreens #10235901 MAIN AVE

Pick 'n Save #1861819 MAIN STREET

Pick 'n Save #1071291 LOMBARDI ACCESS RD

Carrying Naloxone

State laws allow the use and administration of naloxone by anyone.

- Administer naloxone in accordance with training procedures.
- Make a good faith effort to get emergency medical help for a person experiencing an opioid overdose.



Good Samaritan Laws in Wisconsin



Good Samaritan laws are meant to encourage people to:

- Call 911 for help when someone overdoses.
- Administer naloxone as soon as possible.

Good Samaritan Laws in Wisconsin

2013 Wisconsin acts 194 and 200 enacted the following:

A person who helps someone who is overdosing is immune from criminal prosecution for:

- Possession of a controlled substance.
- Possession or use of drug paraphernalia.

Calling 911 in an overdose situation will not affect parole or probation status.

See: §961.573, §961.41(3g), §441.18(3) and 448.037(3)

Standing Order for Naloxone

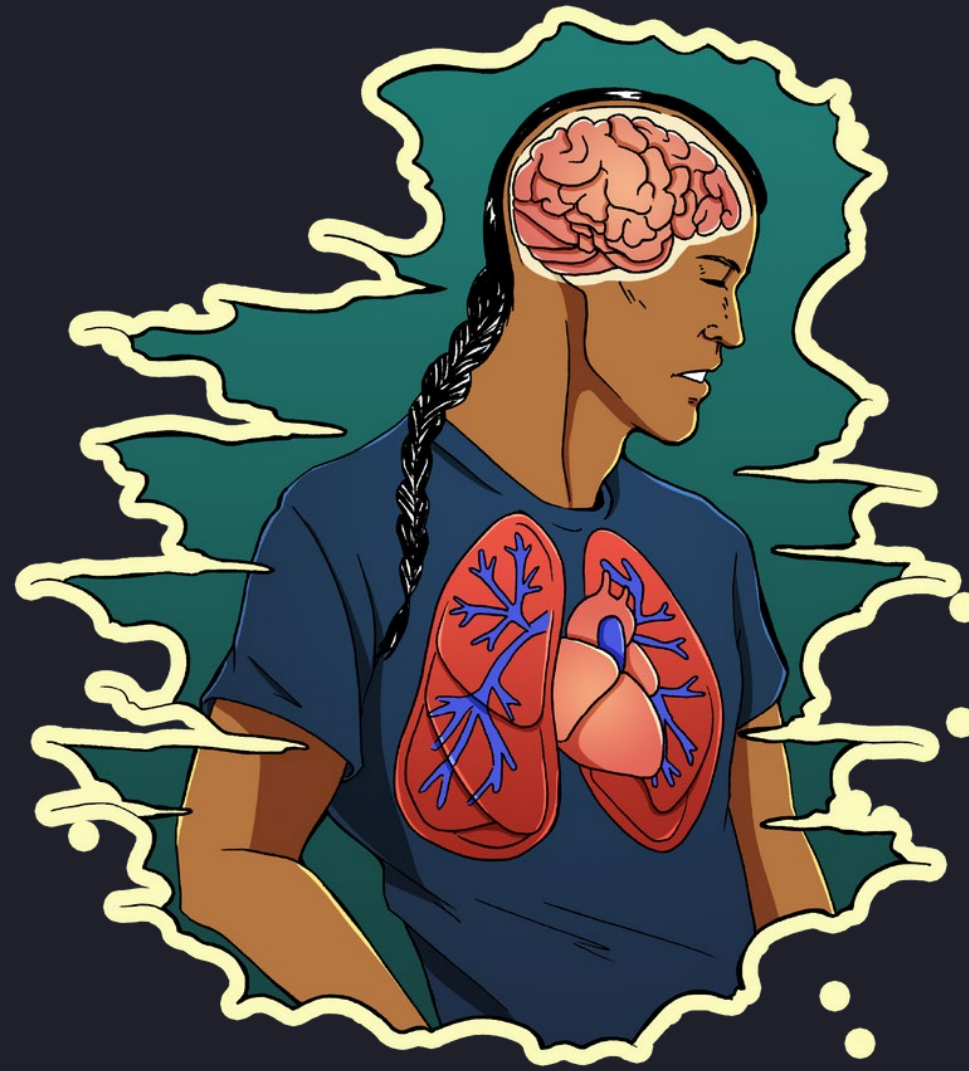
The Wisconsin standing order for naloxone allows pharmacies to dispense naloxone to individuals without a prescription.

For more information on the standing order or to find a participating pharmacy, visit:

<https://www.dhs.wisconsin.gov/opioids/standing-order.htm>



Activity



Brainstorm overdose prevention tips

Opioid Overdose Prevention Tips

- Keep medicine in a **safe place**, like a locked cabinet. (*Naloxone should be kept readily available*).
- **Properly dispose** of expired or unwanted medications.
- Only take medicine **prescribed for you**.
- Take medicine only **as directed**.



Opioid Overdose Prevention Tips

- **Do not share** prescription drugs with others.
- Check with your doctor before taking opioids if you have **breathing problems** (like asthma or sleep apnea).
- **Do not mix** pain medication with other drugs including alcohol.



Opioid Overdose Prevention Tips

- **Do not use opioids alone.**
- **Make an overdose prevention plan.** Share it with someone you trust to give you naloxone if needed.
- **Start slow, know your dose.**



Opioid Overdose Prevention Tips



- If you have not used opioids in a few days, your tolerance will be lower and your risk for overdose greater. **Use fewer** opioids than you normally would.
- Always keep **naloxone** on hand. Tell others where it is.

Impact of Anecdotal Overdose Remedies

While well-intentioned, these methods waste valuable time

| Anecdotal Remedy | Possible Consequence |
|--|---|
| Use ice to cool down body | Slowed heart rate, abnormal heart rate |
| Put person in bath or shower | Drowning |
| Hit, slap, or burn fingers or feet | Bruising, broken bones, infection, amputation |
| Give drink or induce vomiting | Choking |
| Inject person with cocaine, salt water, milk, or epinephrine | High blood pressure, infection |



Tribal Opioid Response

QUESTIONS?



TAP
tribal action plan

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