

Skills and Knowledge on Overdose Prevention: For Community Members

Presented by:

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Training Objectives

By the end of this training, the participant will be able to:

1. Describe the impact of opioid overdoses and fentanyl's role
2. Recognize a potential opioid overdose
3. Know how to respond to an opioid overdose
4. Administer naloxone (Narcan) nasal spray
5. Recall New York's "911 Good Samaritan" law



What are opioids?

- ▶ Opioids are a class of drugs used to reduce pain
- ▶ Prescription opioids can be prescribed by doctors to treat moderate to severe pain, but can also have serious risks and side effects if not taken as prescribed
 - Common types are oxycodone (OxyContin), hydrocodone (Vicodin), morphine, and methadone



What is fentanyl?

- ▶ Fentanyl is a synthetic opioid pain reliever
- ▶ Most powerful opioid routinely used for treating severe pain
 - 50 – 100 x painkilling power of morphine
 - Often used to treat post-surgical and cancer pain
- ▶ Rapid onset, short duration
- ▶ Began to appear in large quantities as Illegally Manufactured Fentanyl (IMF) around 2013
- ▶ Often mixed with heroin and in fake pills



Top 10 Leading Causes of Death, United States 2020

1. Heart Disease	696,962
2. Cancer	602,350
3. COVID-19	350,831
4. Accidents (Unintentional Injuries)	200,955
5. Stroke (Cerebrovascular Disease)	160,264
6. Chronic Lower Respirator Disease	152,657
7. Alzheimer's Disease	134,242
8. Diabetes	102,188
9. Influenza & Pneumonia	53,544
10. Nephritis, Nephrotic Syndrome, and Nephrosis	52,547

❖ Nearly 92,000 people died of a drug overdose in 2020, according to the NIDA.

Source: National Vital Statistics System, National Center for Health Statistics, CDC, 2020

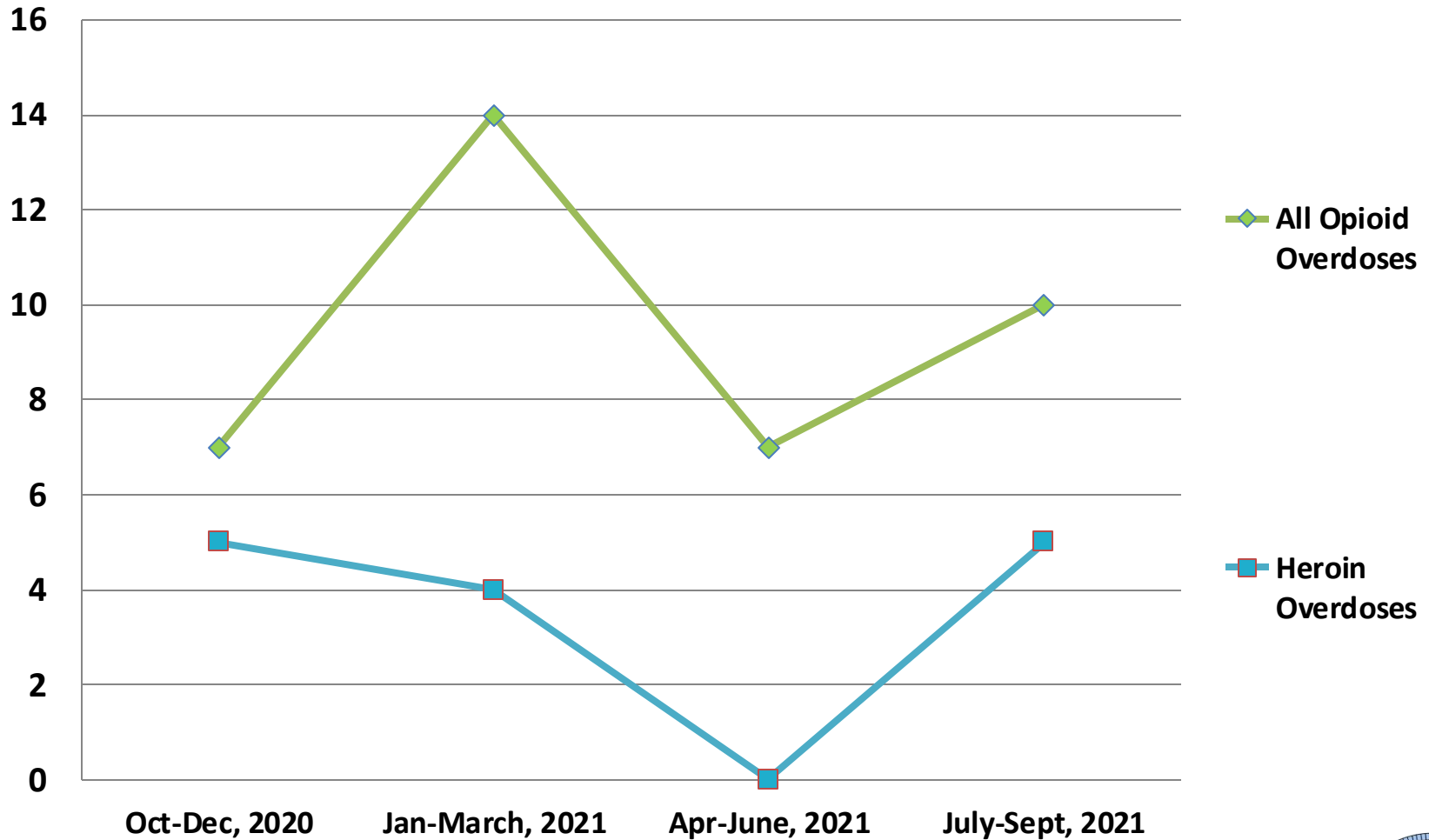
<https://www.cdc.gov/nchs/fastats/leading-causes-of-death.htm>

Overdose Death Rates, National Institute on Drug Abuse, NIH, 2020

<https://nida.nih.gov/drug-topics/trends-statistics/overdose-death-rates>



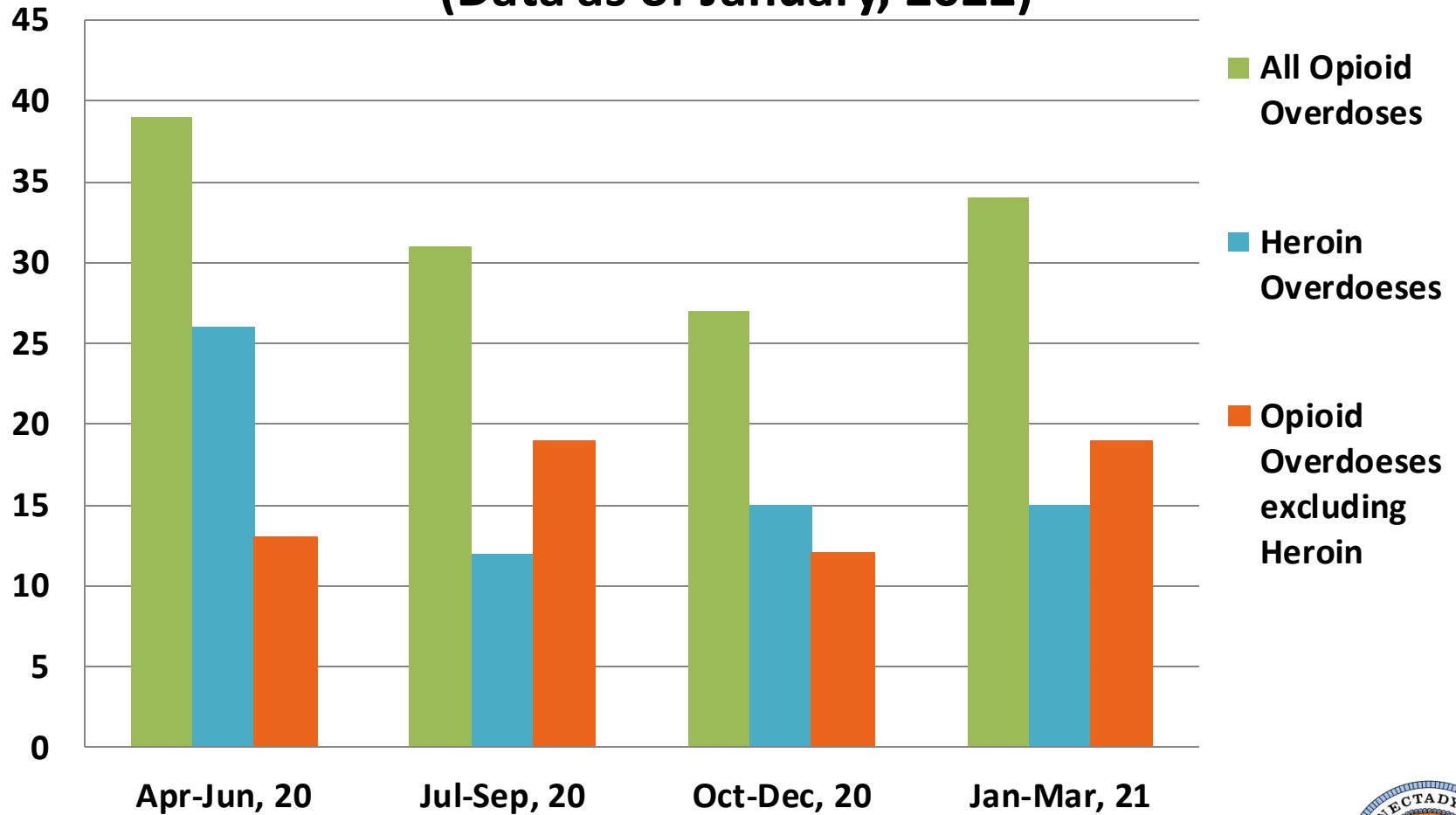
Schenectady County: Opioid Overdose Deaths, 2020-2021 (Data as of January, 2022)



New York State - Opioid Annual Report, April 2022 NYSDOH
https://www.health.ny.gov/statistics/opioid/data/pdf/nys_apr22.pdf



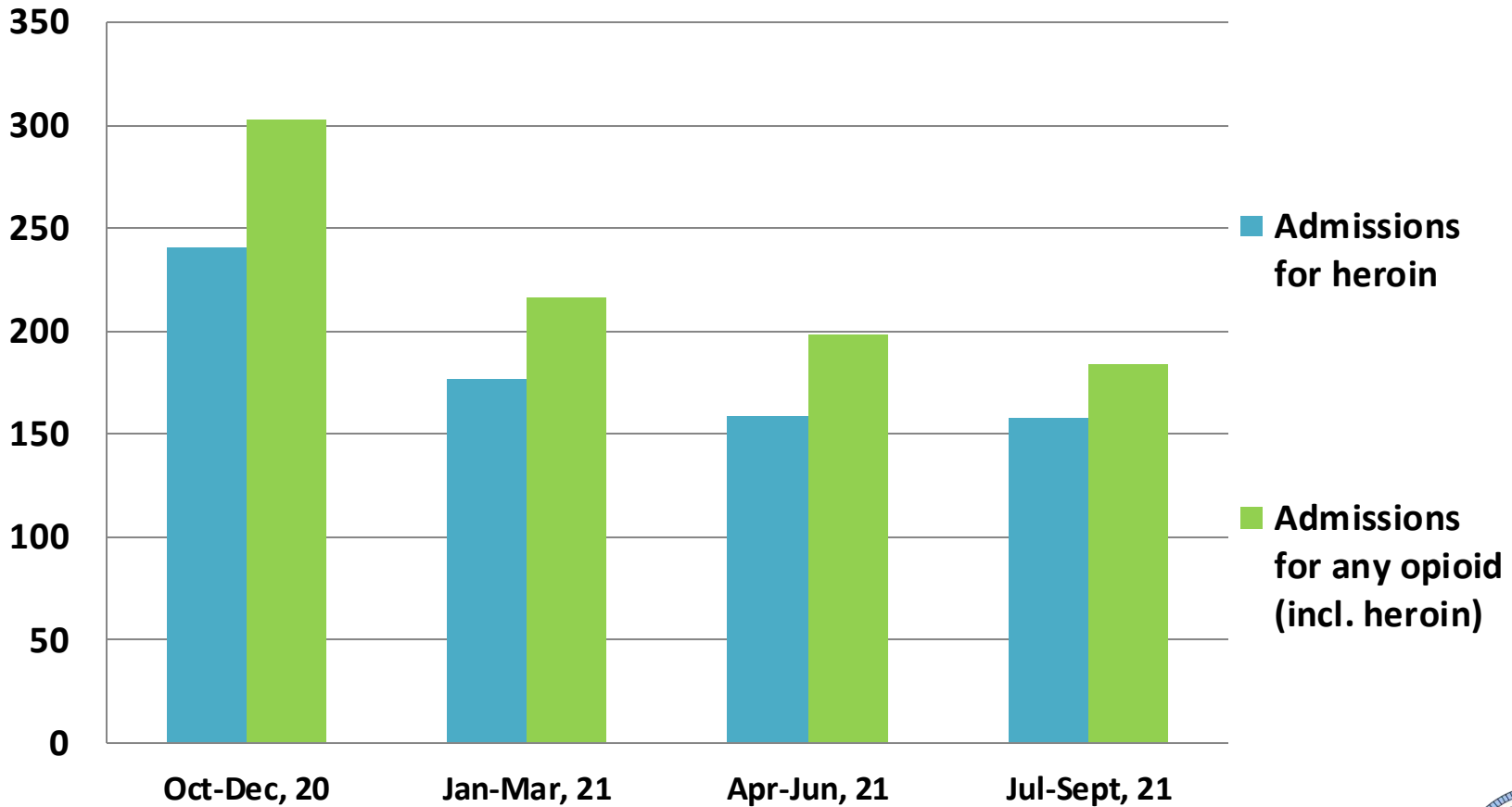
Schenectady County: Opioid Overdoses Outpatient ED Visits, 2020-2021 (Data as of January, 2022)



New York State - Opioid Annual Report, April 2022 NYSDOH
https://www.health.ny.gov/statistics/opioid/data/pdf/nys_apr22.pdf



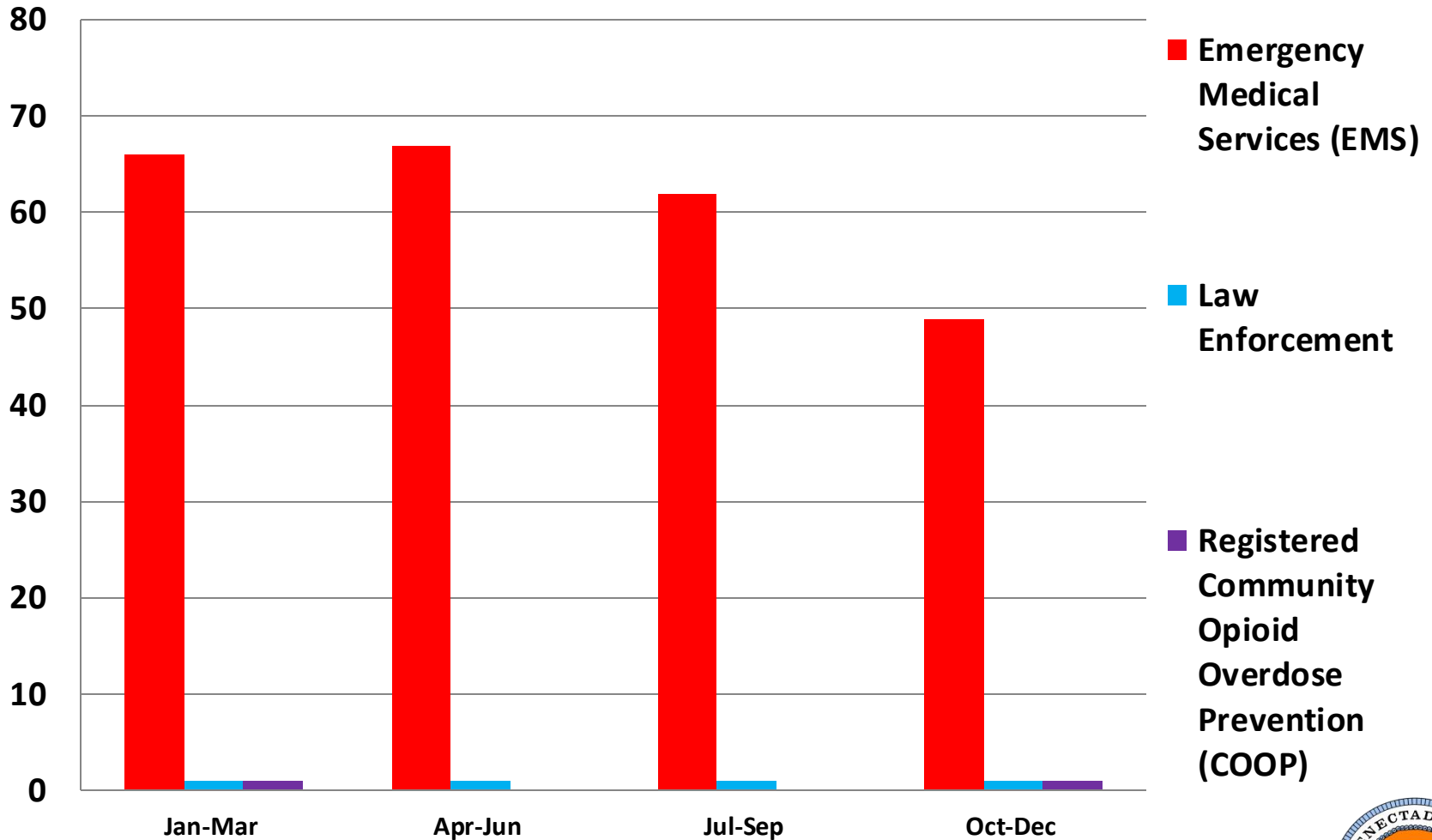
Schenectady County: Admissions to OASAS-certified substance use disorder treatment programs, 2020-2021 (Preliminary data as of January, 2022)



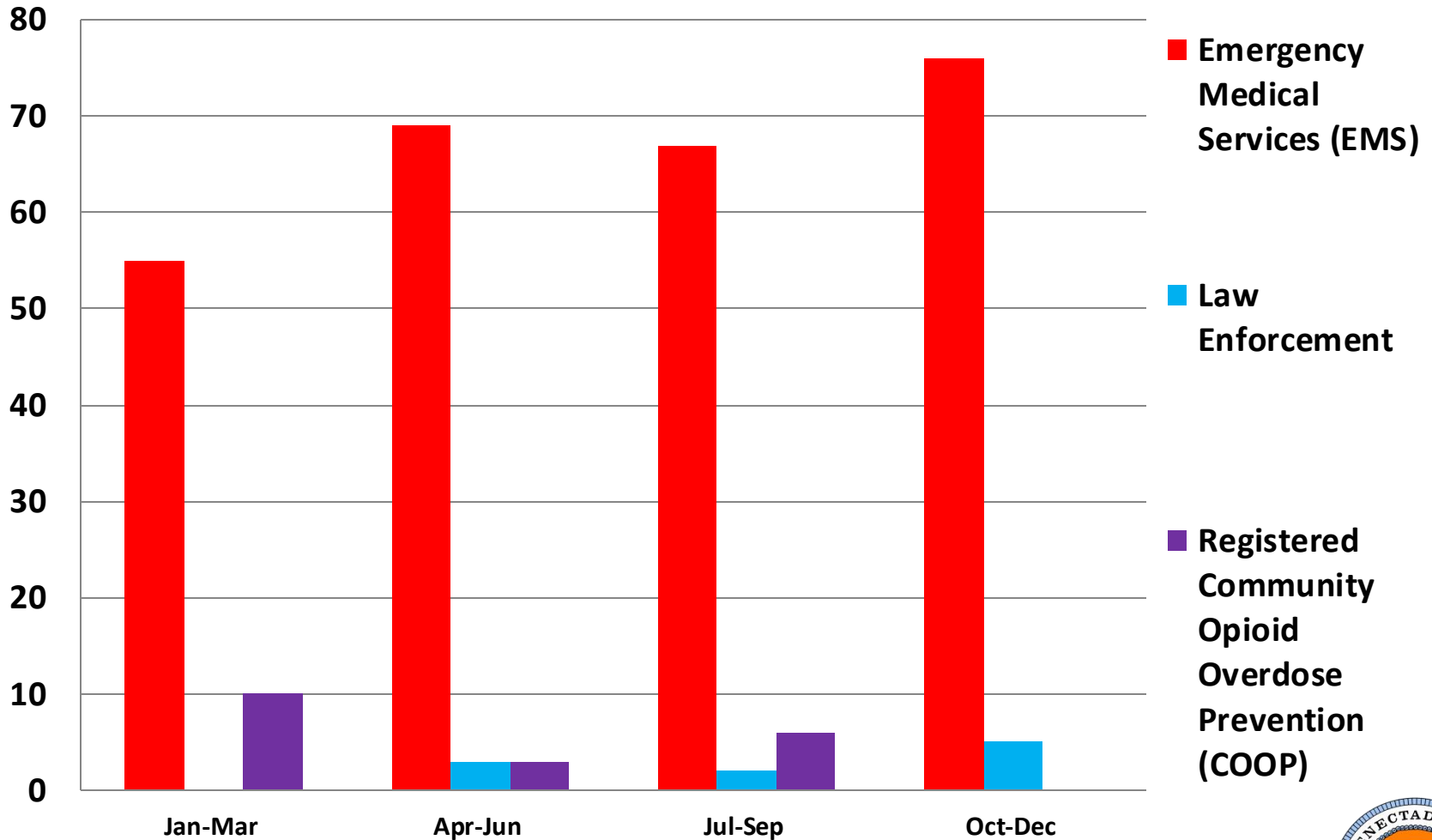
New York State - Opioid Annual Report, April 2022 NYSDOH
https://www.health.ny.gov/statistics/opioid/data/pdf/nys_apr22.pdf



Schenectady County: Naloxone administration reports, 2020 (Preliminary data as of May, 2021)

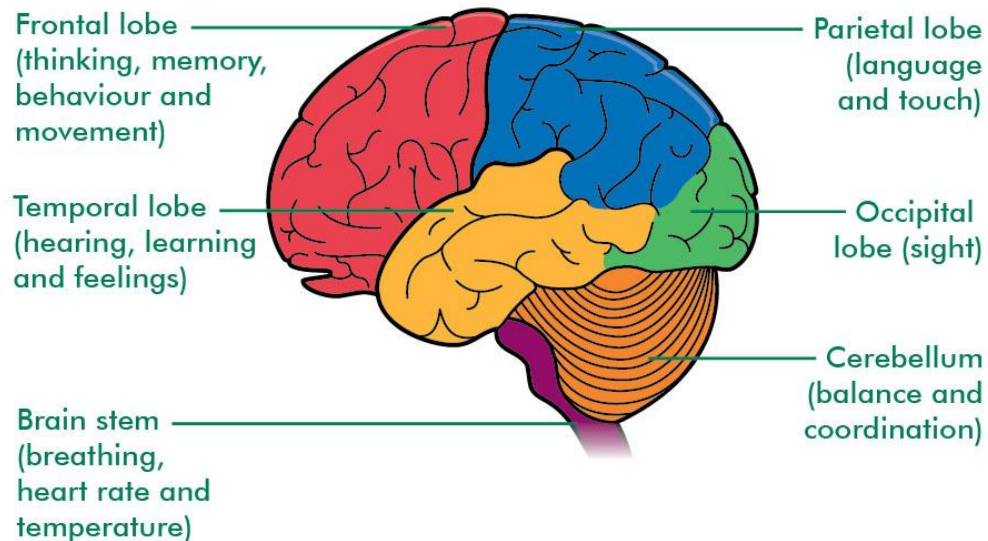


Schenectady County: Naloxone administration reports, 2021 (Preliminary data as of January, 2022)



Physiology of an Overdose

- ▶ Opioid receptors are found in the brain, including the respiratory center in the medulla
- ▶ Opioid overdose:
 - Opioids represses the body's automatic urge to breathe
 - Increasingly slow breathing
 - Death



Progression of Overdose

- ▶ Heroin overdose is rarely immediate – can happen over 1-3 hours
- ▶ Fentanyl overdose can be within minutes
- ▶ Heavy/ Uncontrollable Nodding
 - Still arousable
 - Snoring or loud breathing
- ▶ Overdose
 - Not responsive
 - Very shallow breathing, gurgling
 - Skin changes, blue lips and nails
- ▶ Fatal Overdose



Risk Factors for Opioid Overdose

- ▶ **Loss of tolerance**
- ▶ **Mixing drugs**
- ▶ **Using alone** (risk for **fatal** overdose)



Loss of Tolerance

- ▶ Regular use of opioids leads to greater tolerance, i.e., more needed to achieve the same result
- ▶ Overdose occurs often when people start using again after a period of not using (abstinence)
- ▶ Common situations leading to loss of tolerance:
 - Incarceration, detox, “Drug Free” treatment, or self imposed breaks from use

Take Away: Tolerance can decrease in as little as 72 hours



Mixing Drugs

- ▶ Mixing opioids with other drugs, especially benzodiazepines (Xanax, Klonopin), cocaine, or alcohol can lead to an overdose
- ▶ Combining drugs has a greater effect than one would expect from taking the drugs separately

Take Away: 1+1 does not equal 2, 1+1 = 5



Context for Opioid Overdose

- ▶ Often witnessed by other users or persons who can take life-saving action
- ▶ May try ineffectual things like using ice to ‘wake’ them up
 - Worst case is abandonment
- ▶ Fear of police may prevent calling 911

Opportunity to RESPOND!



Harm Reduction Responses

- ▶ Go slow
- ▶ Fentanyl test strips
- ▶ Take turns
- ▶ Don't use alone – <https://neverusealone.com/>
- ▶ Don't delay calling 911 (Good Samaritan Laws)
- ▶ Naloxone!



But

What Exactly IS Harm Reduction?

- ▶ [\(41\) HARM REDUCTION 101 - YouTube](#)



What is Naloxone or “Narcan”?

- ▶ A medicine that stops the effects of opioids: pills, injectable, or intranasal
- ▶ Pushes most other opioids off the receptors and blocks them for

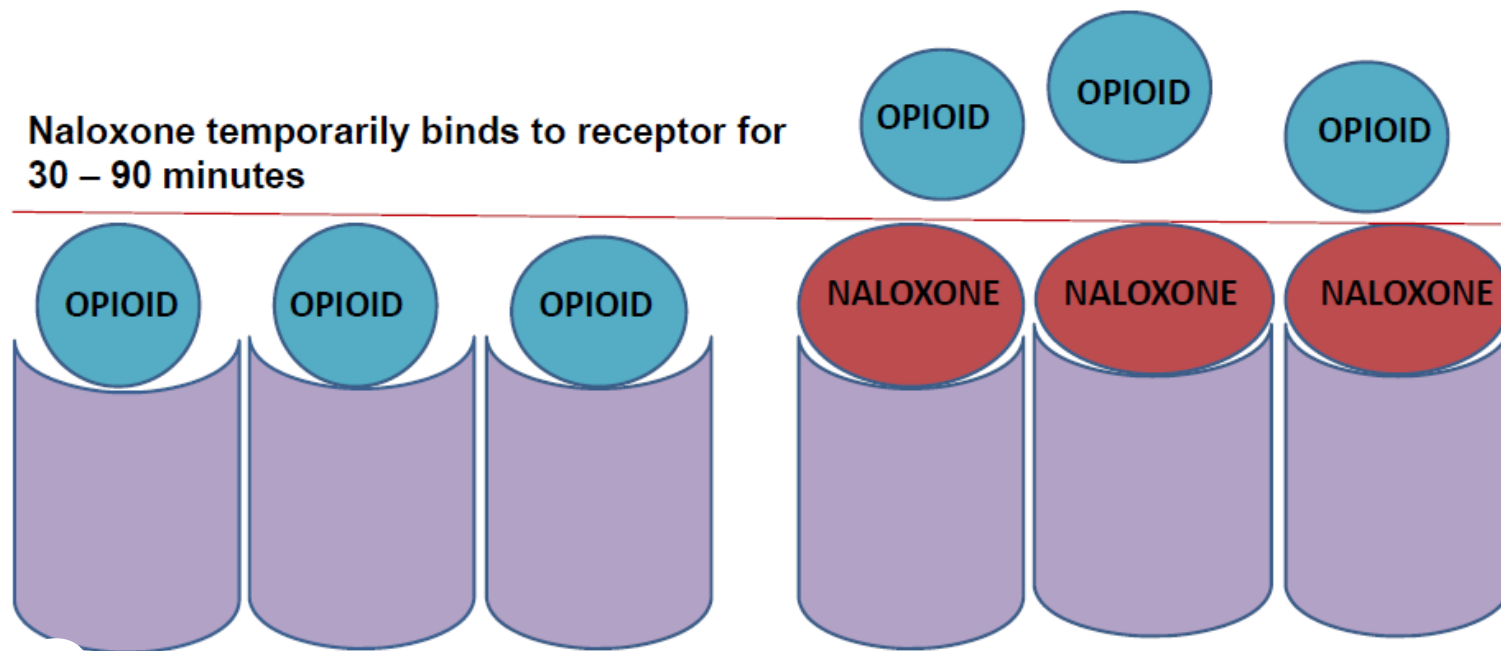
30-90 minutes



How Naloxone Works

- ▶ Opioids, agonists bind to the receptors
- ▶ Naloxone, antagonist displaces opioids off receptors

Naloxone temporarily binds to receptor for 30 – 90 minutes



OPIOID RECEPTORS IN THE BRAIN



Naloxone in Action

- ▶ **No harm if an opioid is not present**
- ▶ Causes sudden withdrawal – unpleasant feeling
- ▶ Works for about 30 – 90 minutes
- ▶ Wakes the person who is overdosing in 1-5 minutes
 - Safe, well studied
 - No potential for abuse



Overdose Rescue Kit



Responding to an Opioid Overdose

- 1. Shake/Shout, Sternal Grind**
- 2. Call 9-1-1**
- 3. Give Naloxone**
- 4. Further Resuscitation**
- 5. Care for the Person**



Check for a Response



- ▶ Try **Shake and shout** to wake them up
 - Tell them you are going to give them narcan and call 911
- ▶ If no response, **grind knuckles** into their chest bone (sternal rub) for 5-10 seconds
- ▶ If the person still does not respond, **give naloxone** and **call 9-1-1**
- ▶ Do first whichever is quickest



Action

- ▶ Call 9-1-1
 - ▶ “Someone has overdosed and is not breathing.”
- AND**
- ▶ Give Naloxone
 - ▶ DO FIRST, whichever is quickest



Give Naloxone (Narcan)



1. Peel

Peel back the package to remove the device. Hold the device with your thumb on the bottom of the plunger and 2 fingers on the nozzle. Do **NOT** press the plunger.



2. Place

Place and hold the tip of the nozzle in either nostril until your fingers touch the bottom of the person's nose.



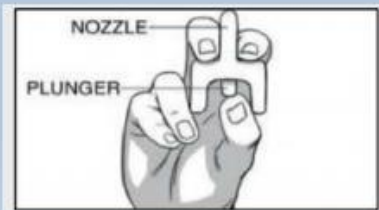
3. Press

Once the tip is in the nostril, press the plunger firmly to release the dose into the person's nose.

4. Repeat



After 2-3 minutes if there is no or minimal response, repeat with second device into other nostril.



NYC Health



Recovery Position

- ▶ If you must leave the person who has overdosed even for a few minutes put them into the recovery position so they won't choke on vomit



Resuscitation

- ▶ If the person does not appear to be breathing normally you may do one of the following:
 - If you are trained in CPR, you may do both rescue breathing and chest compressions, or
 - Do rescue breathing (mouth to mouth), or
 - Do chest compressions

Do rescue breathing when you have no kit, or when waiting for naloxone to work



Steps for Rescue Breathing

- ▶ Check to make sure the airway is not blocked
- ▶ Tilt the head back, pinch nose
- ▶ Start with 2 quick breaths
 - If the chest doesn't rise, reposition head, check mouth for food, gum, etc. and try again
- ▶ Then give one breath every 5 seconds
 - Give normal sized breaths



After You Give Naloxone

- ▶ Person wakes up, explain what happened—tell them not to take any more drugs because that could cause another overdose
 - Keep in mind that person will likely be irritable or unhappy – they will be experiencing withdrawal
- ▶ Naloxone wears off in 30 - 90 minutes. Stay with the person until they go to the hospital, or until the naloxone wears off, to make sure they do not overdose again
- ▶ If you need to leave, turn the person on their side to prevent them from choking



Contact EMS



- ▶ If EMS has not been called and a second dose is required, 911 should be called
- ▶ If the over-doser awakens but is not fully alert (walking and talking), call 911 or take them to ER yourself



NYS 911 Good Samaritan Law

▶ **Protects:**

- Individual who experience an overdose

AND

- Everyone – regardless of age – who seeks medical help for themselves or someone else during an overdose

▶ **The law protects YOU from charges and prosecution for:**

- Possession of up to 8 oz. of a controlled substance
- Alcohol (for underage drinkers)
- Marijuana (any amount)
- Paraphernalia offenses
- Sharing of drugs

https://www.health.ny.gov/diseases/aids/general/opioid_overdose_prevention/good_samaritan_law.htm



Final Steps...

- ▶ **Report use** of Naloxone to dispensing agency
 - Anonymous report of date, place, drugs used and outcome

- ▶ **Get a refill** of Naloxone,
 - *Even if you use one dose**
 - If overdose rescue kit is lost or confiscated
 - If Naloxone is nearing expiration date



Storage

- ▶ Store at room temperature
- ▶ Do not leave in hot vehicles regularly
- ▶ Occasional episodes of heating or freezing does not affect the strength of naloxone

Gammon, American Journal of Emergency Medicine (2008) 26, 566–573

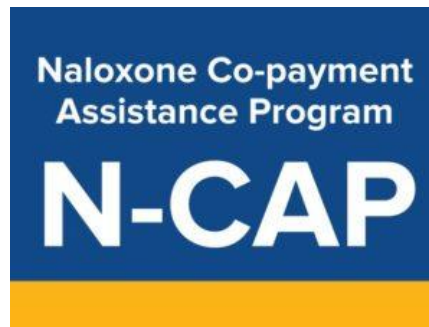


Pharmacy

Over 2000 pharmacies throughout NY State dispense naloxone under standing orders

- All chains with greater than 20 stores are required to dispense
- Using insurance? Device and copayment determined by individual's plan, therefore:

Ask your pharmacist N-CAP program covers co-pays up to \$40



Pharmacies Dispensing Naloxone with Standing Orders

Pharmacy	Address	Phone Number
CVS Pharmacy	259 Saratoga Road. Glenville, NY 12302	(518) 399-6351
	1330 Balltown Road Niskayuna, NY 12309	(518) 374-7709
	3075 Broadway Rotterdam, NY 12306	(518) 357-2495
	204 Saratoga Road Schenectady, NY 12302	(518) 387-3312
	3916 Carman Road. Schenectady, NY 12303	(518) 357-0061
	2037 State Street Schenectady, NY 12304	(518) 346-4443
	1204 Eastern Avenue Schenectady, NY 12308	(518) 377-2587
Walmart Pharmacy	241 Mohawak Avenue Scotia, NY 12302	(518) 382-8278
	200 Dutch Meadows Ln Glenville, NY 12302	(518) 344-7632
Rite Aid	1320 Altamont Ave Schenectady, NY 12303	(518) 355-2792
	957 Curry Road Rotterdam, NY 12306	(518) 356-6310
	1409 Altamont Avenue Schenectady, NY 12303	(518) 355-2008
Price Chopper Pharmacy	1203 Eastern Avenue Schenectady, NY 12308	(518) 393-4549
	1936 Van Vranken Avenue Schenectady, NY 12308	(518) 372-3306
	1879 Altamont Avenue Schenectady, NY 12303	(518) 357-4297
	442 Balltown Road Schenectady, NY 12304	(518) 356-6218
ShopRite Pharmacy	1640 Eastern Parkway Schenectady, NY 12309	(518) 372-0340
	290 Saratoga Road Scotia, NY 12302	(518) 399-6474
	2333 Nott Street E. Niskayuna, NY 12309	(518) 243-4568

*Directory of Pharmacies Dispensing Naloxone with Standing Orders,
September 2019 NYSDOH*
https://www.health.ny.gov/diseases/aids/general/opioid_overdose_prevention/docs/pharmacy_directory.pdf



Resources

Never Use Alone

Meeting people where they are, on the other end of the line, one human connection at a time.

[Home](#) [About](#) [Contact Us](#) [Log In](#) [Register](#) [Profile](#)

NO JUDGEMENT, NO SHAMING, NO PREACHING, JUST LOVE!

(800) 484-3731

If you are going to use by yourself, call us! You will be asked for your first name, location, and the number you are calling from. An operator will stay on the line with you while you use. If you stop responding after using, the operator will notify emergency services of an "unresponsive person" at your location.

FACEBOOK

CONTACT US

4,400

Calls Recieved

28

EMS Calls

28

Lives Saved

▶ <https://neverusealone.com/>



Schenectady – Based Substance Use Resources

Catholic Charities/Project Safe Point- Open 24/7, Toll free 1-866-930-4999. Offering harm-reduction services, overdose prevention, treatment readiness and referral, syringe exchange, HIV and Hepatitis C Screening. Visit <http://www.projectsafepointcc.org> for more information.

New Choices Recovery Center/COTI Project- Open Mon/Tue 8:00-8:00pm, Wed/Thu 8:00a-6:00p and Fridays 8:00am-4:00p. Call 518-688-4901 or 518-346-4436. Offering outpatient services, Medication Assisted Treatment (MAT), tele-medicine, Friends of Recovery and family support. Visit www.newchoicesrecovery.org for more information.

Ellis Hospital Emergency Department-Open 24/7. Offering Medication Assisted Treatment (MAT) and referrals to treatment. Also staffed with Certified Recovery Peer Advocates (CRPA's), Monday-Friday 8:00am-4:00pm, with referrals to either Conifer Park or Catholic Charities outside of those hours. Visit www.ellismedicine.org/emergency/24-7emergency.aspx for more information.

Conifer Park- Open 24/7. Call 1-800-989-6446 for inpatient services or 518-372-7031 for the outpatient Schenectady site. Offering inpatient, outpatient, Medication Assisted Treatment (MAT) and family support services. Visit <http://www.coniferpark.com> for more information.



Schenectady – Based Substance Use Resources

ST. Peters Addiction Recovery Center (SPARC)- For inpatient Services in Guilderland, call 518-452-6700 or for outpatient services at the Rotterdam Clinic, including Medication Assisted Treatment, call 518-357-2909. Visit <https://www.sphp.com/find-a-service-or-specialty/addiction/> for more information.

Hometown Health Schenectady- Open Mon-Thu 7:00am-7:00pm, Fri 7:00am-5:00pm and Sat 9:00am-1:00pm. Call 518-370-1441 ext. 4182 or ext. 4175. Offering health services, Certified Recovery Peer Advocated (CRPA's), Medication Assisted Treatment (MAT), Outpatient Substance Use Disorder services, and nursing staff and SUD OP staff trained in SBIRT, helping with early intervention and treatment for those with a substance use disorder. Visit <http://hometownhealthcenters.org/> for more information.

The Schenectady Cares Program at the Schenectady Police Department- Open 24/7. Walk-in program at 531 Liberty Street, Schenectady NY, 12305. Helping people connect with inpatient, outpatient, counseling, and harm-reduction services throughout the region.

Northern Rivers Mental Health Services- Call 518-952-9032. Offering mental health counseling, wellness, and mobile crisis services. Visit www.northernrivers.org/mobile-crisis for more information.

The Living Room- Mon-Fri 10:00am-6:00pm. Call 518-243-1523 or walk-in, 1023 State Street, Schenectady, NY. Provides an alternate to visiting Ellis Hospital's Emergency Room for mental health crises. Visit <http://www.ellismedicine.org/services/mental-health.aspx> for more information.



YOU can help prevent prescription drug misuse and abuse in your community with

Safe Disposal

The nearest prescription drop boxes are located at:

Schenectady County Sheriff's

320 Veeder Ave

Niskayuna Town Hall

1 Niskayuna Circle

If you can't get to one of these locations, follow the steps to the right to dispose of unused prescriptions at home.

Follow these simple steps to dispose of medicines in the household trash

MIX
Mix medicines (do not crush tablets or capsules) with an unpalatable substance such as dirt, kitty litter, or used coffee grounds;

PLACE
Place the mixture in a container such as a sealed plastic bag;

THROW
Throw the container in your household trash;

SCRATCH OUT
Scratch out all personal information on the prescription label of your empty pill bottle or empty medicine packaging to make it unreadable, then dispose of the container.

The infographic is a vertical stack of four colored boxes. The top box is brown and contains the introductory text. The second box is orange and shows a pile of brown soil with a few green pills being mixed in. The third box is yellow and shows a white plastic bag being filled with the mixture. The fourth box is light blue and shows a metal trash can with a white arrow pointing into it. The bottom box is light green and shows a hand using a black marker to scratch out information from a white pill bottle label.

If you or someone you care about needs help for

Drugs, Alcohol, Gambling

Call or Text



1-877-8-HOPENY

1-877-846-7369

Text: HOPENY (467369)

There is hope and help.

- All calls and texts are free and confidential
- 24 hours a day, 7 days a week
- Information and referrals from masters-level clinicians



NEW
YORK
STATE

Office of Alcoholism and
Substance Abuse Services

Addiction Services for Prevention, Treatment, Recovery

www.oasas.ny.gov



Acknowledgements

- ▶ New York State Department of Health
- ▶ AIDS Institute
- ▶ Harm Reduction Coalition



Thank you!

- ▶ What you can keep doing to support saving lives:
 - Carry your kit with you
 - Learn more about and promote the message of harm reduction
 - Keep learning/educating yourself about substance use, as well as the myths surrounding it
 - Contact me for more ways to get involved!
 - Jennifer.Hayden@Schenectadycounty.com

