Opioid Overdose Recognition and Naloxone Administration for Community Health Workers & Representatives

WORKBOOK

Created by
The University of Arizona Center for Rural Health
If you suspect an opiate overdose, rub the person’s sternum hard with your knuckles. If they do not respond to the pain, call 911, & then give the person naloxone.

1. **Pop the orange lid off of one vial. Stick an intramuscular 1” needle into the thin film & pull up all of the liquid. If you don’t have an intramuscular needle, you can use an insulin syringe, though it is not ideal.**

2. **Stick that bad boy in your friend’s arm or thigh and inject all of the medication. No need to look for a vein.**

3. **While you’re waiting for it to kick in, perform rescue breathing on the person. No need for chest compressions, just tilt their head back, plug their nose, and give a deep breath every 5 seconds.**

4. **If the first dose doesn’t wake your friend up within 2 minutes, give them the second dose. Use a new syringe.**

5. **Continue to rescue breathe for them until they can breathe on their own.**

6. **Once they’re breathing on their own, place them on their left side with their hand under their head.**

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For more naloxone and harm reduction info contact SPW at (480) 442-7086 | www.spwaz.org

This publication was made possible by grant number NU17CE002717-01, funded by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily reflect the official views of the Centers for Disease Control and Prevention or the Department of Health and Human Services.

Updated February 5, 2020
Introduction

This workbook is intended to guide you through activities related to the training Opioid Overdose Recognition and Naloxone Administration. It includes resources to help you and your clients navigate substance use prevention, intervention, and treatment best practices. More resources can be found at the end.

American Public Health Association Definition: “A community health worker is a front line public health worker who is a trusted member of and/or has an unusually close understanding of the community served. This trusting relationship enables the worker to serve as a liaison/link/intermediary between health/social services and the community to facilitate access to services and improve the quality and cultural competence of service delivery.

A community health worker also builds individual and community capacity by increasing health knowledge and self-sufficiency through a range of activities such as outreach, community education, informal counseling, social support and advocacy.”

Community Health Worker/Representative Core Competencies:

- Communication
- Relationship Building
- Service Coordination
- Capacity Building
- Outreach
- Knowledge Base
# Table of Contents

**Introduction**

- Community Health Worker/Representative Core Competencies .................................................. 1
- Learning Objectives .......................................................................................................................... 3

**Define terms: Learning Objective 1.**

- Activity: Definitions Worksheet ...................................................................................................... 4
- Activity: Change the Language by Role Modeling ........................................................................... 5
- How can you tell if your prevention messages are stigmatizing? ................................................... 6

**Summarize Data: Learning Objective 2**

- National ........................................................................................................................................... 7
- Arizona ............................................................................................................................................. 8
- Rural ................................................................................................................................................ 9
- Maternal and Infant Health ............................................................................................................... 10
- Teens ............................................................................................................................................... 11
- Polydrug Use ............................................................................................................................... 12

**Trauma & Substance Use: Learning Objective 3**

- Adverse Childhood Experiences ................................................................................................. 13
- Adverse Childhood Experiences Questionnaire ........................................................................... 14
- ACEs can be Prevented .................................................................................................................. 15

**Signs of an Opioid Overdose: Learning Objective 4** .................................................................. 16

**How to use Naloxone: Learning Objective 5** .......................................................................... 17

- Don’t Run. Call 9-1-1. Good Samaritan Law .............................................................................. 18

**Aftercare & Referral Resources: Learning Objective 6**

- Activity: Resources ......................................................................................................................... 19
- OAR Line ......................................................................................................................................... 20
- Arizona 2-1-1 ................................................................................................................................ 20
- Dumpthedrugsaz.org ...................................................................................................................... 21
- Signs of Prescription Drug Dependence ........................................................................................ 22
- Sample Language for Overdose Prevention .................................................................................. 23
- Overdose Prevention Tips .............................................................................................................. 24
- If someone is willing to seek help .................................................................................................. 25
- Community Health Worker/Representative Situational Awareness ........................................... 26

**Reduce the Risk: Learning Objective 7**

- Harm reduction tip sheet ................................................................................................................ 27

**Resources**

- Naloxone Decision Tree ................................................................................................................ 28
- Arizona: Statewide Opioid Resources ............................................................................................ 29-30
- Check Your Shelf .......................................................................................................................... 31
- Chronic Pain Management Tips ..................................................................................................... 32-33
- Brand & Generic Names for Prescription Opioids ....................................................................... 34

**Answer Key** ................................................................................................................................... 35

**Aftercare guidance** .......................................................................................................................... 36
Training: Overdose Recognition & Naloxone Administration

Learning Objectives:

1. Define terms such as adverse childhood experiences, trauma, substance use disorder, opioids, naloxone, & others.
2. Summarize the current opioid epidemic in Arizona.
3. Identify the relationship between trauma and substance use.
4. Recognize signs of an opioid overdose.
5. Show ability to respond to an opioid overdose using naloxone.
6. Identify aftercare next steps, including where to refer to resources.
7. Define risk reduction messages and resources to share with clients and communities.
## Activity: Definitions Worksheet

*Match the words on the left with the definitions on the right.*

<table>
<thead>
<tr>
<th>Word</th>
<th>Definitions</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Adverse Childhood Experiences</td>
<td>A. The use of medications with counseling and behavioral therapies to provide a “whole-patient” approach to the treatment of Substance Use Disorder.</td>
</tr>
<tr>
<td>2. Trauma</td>
<td>B. All types of abuse, neglect, and other potentially traumatic experiences that occur to people under the age of 18.</td>
</tr>
<tr>
<td>3. Substance Use Disorder (SUD)</td>
<td>C. The recurrent use of alcohol and/or drugs that cause clinically significant impairment, including health problems, disability, and failure to meet major responsibilities at work, school, or home.</td>
</tr>
<tr>
<td>4. Opioids</td>
<td>D. A synthetic opioid that is similar to morphine but is 50 to 100 times more potent.</td>
</tr>
<tr>
<td>5. Fentanyl</td>
<td>E. An event, series of events, or set of circumstances that an individual experiences as physically/emotionally harmful or life threatening and that has lasting adverse effects on the individual's functioning and mental, physical, social, emotional, or spiritual well-being.</td>
</tr>
<tr>
<td>6. Naloxone/Narcan</td>
<td>F. Natural or synthetic chemicals that interact with receptors on nerve cells in the body and brain, and reduce the intensity of pain signals and feelings of pain. This includes heroin, fentanyl, Hydrocodone, Oxycodeine, Morphine, Codeine, and others.</td>
</tr>
<tr>
<td>8. Medication Assisted Treatment (MAT)</td>
<td>H. Any treatment program certified by the Substance Abuse and Mental Health Services Administration to provide medication-assisted treatment for individuals who are diagnosed with opioid use disorder.</td>
</tr>
<tr>
<td>9. Peer Support Services</td>
<td>I. A medication used to counter the effects of an opioid overdose. Can be inserted nasally or via an injection.</td>
</tr>
<tr>
<td>10. Opioid Treatment Programs</td>
<td>J. Social support services designed to fill the needs of people in or seeking recovery. They are designed and delivered by people who have experienced both Substance Use Disorder and recovery.</td>
</tr>
</tbody>
</table>
Activity: Change the Language by Role Modeling

“As prevention practitioners, we are in a unique position to reduce the stigma surrounding substance misuse. The language we use to discuss substance use disorders (SUDs) either formally, as part of prevention messaging, or informally, in conversations with colleagues and stakeholders, can either increase or decrease SUD stigma. In the context of the growing opioid crisis, the language we use becomes particularly important as we find ourselves working in partnership with people who actively misuse substances and confront directly the myriad societal stigmas associated with having an SUD.”
– SAMHSA’S Center for the Application of Prevention Technologies

Fill in the blank

Instead of clean, say _________________________, ___________________________________,
or _____________________________________________.

Instead of dirty, say __________________________, ___________________________________,
or _____________________________________________.

Instead of addict or alcoholic, say __________________________________________________, or _____________________________________________.

Instead of abuse or dependence, say _________________________________.

Instead of former drug addict, say __________________________________________________

See next page for examples: How can you tell if your prevention messages are stigmatizing?
How can you tell if your prevention messages are stigmatizing?
Consider these five questions:

1. **Are you using “person first” language?**

   Person first language (for example, reference to “a person with substance use disorder”) suggests that the person has a problem that can be addressed. By contrast, calling someone a “drug abuser” implies that the person is the problem.

2. **Are you conflating substance use and substance use disorder?**

   While some substance use may be illegal or unhealthy, we should limit language about substance use disorders exclusively to situations where a clinical diagnosis has been made. For prevention practitioners, keeping this distinction clear is key to avoid perpetuating stigmas associated with substance use. For example, a person who has used heroin should not be targeted in the language of a prevention effort aimed at people who meet the clinical definition of opioid addiction or dependence.

3. **Are you using technical language with a single, clear meaning instead of colloquialisms or words with inconsistent definitions?**

   Consider the difference between the terms “negative urine drug screen” and “clean urine.” The first is a clear description of test results; the second a value-laden term that implies drug use creates “dirty” urine. Similarly, “pharmacotherapy for opioid use disorder” is a technical term for medications that can be used to treat an illness, while “substitution/replacement treatment” falsely implies that one opioid is being substituted for another, perpetuating the stigma of “once an addict, always an addict.”

4. **Are you using sensational or fear-based language?**

   Prevention practitioners often walk a fine line between wanting to inspire action and inadvertently inflating the burden of illness and associated consequences due to a health issue. Referring to emerging drug threats as “newer,” “bigger,” “scarier,” or “unlike anything ever seen before” can be perceived as inauthentic by people who use those substances. It further compounds stigma by conveying the message that anyone who uses such a “terrible” substance is stupid, dangerous, or illogical.

5. **Are you unintentionally perpetuating drug-related moral panic?**

   From publicizing stories about “crack babies” in the 1980s to “opioid babies” today, the tendency toward moral panic has a long history in prevention messaging and media coverage of substance use disorders. Moral panics inevitably marginalize people who are vulnerable and often bring their morality or even humanity into question. This moral panic may prevent mothers who use drugs from accessing prenatal care because they are afraid of being judged or mistreated by medical professionals, or of being forced into the child welfare system.
In 2017, one person died of an opioid overdose every 11.4 minutes

46,298 total opioid-related deaths in 2017

Data: National

Opioid deaths increasingly involve heroin & synthetic opioids

HEROIN
SYNTHETIC OPIOIDS
COMMONLY PRESCRIBED OPIOIDS

1,000s OF DEATHS BY YEAR
2002 2007 2012 2017
A single death may involve multiple substances.

Opioid-related deaths impact all age groups, but heroin and synthetic opioids are hitting young adults particularly hard

For details on data and methods go to www.nihcm.org/categories/sources-and-burden-of-opioid-deaths
The U.S. accounts for ~5% of the world’s population but... consumes 80% of the global opioid supply & new heroin users start by misusing prescription painkillers

1 in 4 people taking prescription opioids long term in a primary care setting struggles with addiction

4 out of 10 Arizona adults know someone addicted to prescription painkillers

431 MILLION opioid pills were prescribed in 2016 enough for every Arizonan to have a 2.5 week supply

Drug overdoses* take more lives than car crashes in Arizona

*Includes overdoses from opioids, cocaine, meth, and other illicit drugs.

In the last 5 years, 86% of persons who died from an opioid related cause were using multiple substances

Opioid Epidemic In Arizona

For more information: www.azdhs.gov/opioid

The Opioid Crisis in Rural America

The prevalence of substance use disorders in the United States has increased dramatically in recent years. In 2014, opioids were involved in 28,648 deaths, becoming the leading cause of unintentional injury death. 1

200% Rate of increase in overdose deaths involving opioids since 2000. 2

586 thousand Americans age 12+ with a heroin use disorder. 3

1.9 million Americans age 12+ with pain reliever disorder. 4

The rate of opioid overdose death is 45% higher in rural areas than urban ones. 5

There is a scarcity of services for substance use treatment in rural areas. 6

25% of the U.S. population lives in rural/non-metropolitan areas. 7

Opportunities for Medicaid agencies and safety net providers to collaborate to achieve shared goals in servicing rural populations struggling with opioid use.

47 states have recently passed laws to increase layperson access to naloxone. 8

41 states have enacted Good Samaritan laws to protect those seeking or administering naloxone during an overdose. 9

42 states have modified their laws to allow for naloxone to be prescribed to an individual who has not been examined by a provider. 10

Sources:

A publication of the National Academy for State Health Policy. For more information visit www.nashp.org
Opioid use disorder (OUD) can cause many negative health outcomes for mothers and their babies, both during pregnancy and after delivery. Infants can be born with breathing and feeding problems, and mothers are at risk of opioid-related overdoses. As part of its overarching five-point strategy to prevent opioid overdoses and harms, CDC is taking specific actions to prevent OUD among pregnant women and women of reproductive age and to make sure women with OUD get proper treatment.

**The Toll**

- The rate of overdose deaths among women rose 20% in one year.
- Opioid use disorder has gone up more than 4 times among pregnant women.
- 4 times as many infants were born with neonatal abstinence syndrome (NAS) in 2014 than in 1999.

**Health Outcomes**

Opioid use disorder during pregnancy has been linked to:

- Preterm Birth
- Low Birthweight
- Breathing Problems
- Feeding Problems
- Maternal Mortality

Data: Teens

Teens Mix Prescription Opioids with Other Substances

Nonmedical use of prescription (Rx) opioids by teens remains high, and a new study shows that 7 out of 10 teen nonmedical users combine opioid medications with other drugs and/or alcohol. This puts teens at much greater risk of overdose.

![Diagram showing the substances most commonly co-ingested with Rx opioids by teens.]

<table>
<thead>
<tr>
<th>Substance</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>marijuana</td>
<td>58.5%</td>
</tr>
<tr>
<td>alcohol</td>
<td>52.1%</td>
</tr>
<tr>
<td>cocaine</td>
<td>10.6%</td>
</tr>
<tr>
<td>tranquilizers</td>
<td>10.3%</td>
</tr>
<tr>
<td>amphetamines</td>
<td>9.5%</td>
</tr>
</tbody>
</table>

Teens who reported co-ingestion of Rx opioids with other drugs were...

- **8X** more likely to report abusing marijuana
- **4X** more likely to report being drunk ≥ 10 times

Percent of teens that usually or always combine Rx opioids with marijuana or alcohol

- Marijuana: 24%
- Alcohol: 15%

---

(1) McCabe et al., Drug Abus. Dep., 2012; (2) Compared to no past year nonmedical use; (3) Among nonmedical users of Rx opioids

Data: Polydrug Use

People who overdose use a number of different substances and usually use more than one type of drug.

Figure 7: Prescription Drug, Heroin, and Poly-drug Use in Verified Opioid Overdoses January 1, 2018-December 31, 2018

Figure 5: Reported Pre-Existing Conditions for Verified Opioid Overdoses: January 1, 2018-December 31, 2018

Early exposure to family violence, abusive treatment, neglect, alcohol and drug abuse, or separated/divorced parents can lead to health and social problems, risk-taking behaviors and a shortened lifespan. Safe, stable and nurturing relationships and communities can break the cycle of abuse and maltreatment.

For more information about ACEs, visit www.azpbs.org/strongkids, www.acestudy.org, or visit these media locations:

Parenting Resources
- www.childhelp.org, or call 1-800-4-A-CHILD (1-800-422-4453)
- Birth to Five Helpline 1-877-705-KIDS (1-877-705-5437)
- www.pbs.org/parents/childdevelopment/
- www.pbs.org/thistemotionallife
- www.cdc.gov/parents

To Report Suspected Child Abuse or Neglect, call 1-888-SOS-CHILD (1-888-767-2445)

In partnership with these Regional Child Abuse Prevention Councils:
- Coconino Coalition for Children & Youth • Committee for Prevention of Child Abuse • Douglas for Stronger Families Council • Graham-Greenlee Regional CAP Council • Grand Canyon CAP Council • Greater Phoenix CAP Council • Greater Tuba City Regional CAP Council • Healthy Options for Parents Through Education (HOPE) • Kingman CAP Council • Lake Havasu City CAP Council • Pima County CAP Council • Pinal Council for Child Abuse Prevention & Education • San Pedro Family Resource Council • Verde Valley & Sedona CAP Council • Williams CAP Council • Winslow CAP Council • Yuma County CAP Council

Adverse Childhood Experiences (ACEs) can last a lifetime... but they don't have to.
Adverse Childhood Experience (ACE) Questionnaire
Finding your ACE Score

While you were growing up, during your first 18 years of life:

1. Did a parent or other adult in the household often …
   Swear at you, insult you, put you down, or humiliate you?
   or
   Act in a way that made you afraid that you might be physically hurt?
   Yes  No  If yes enter 1  ________

2. Did a parent or other adult in the household often …
   Push, grab, slap, or throw something at you?
   or
   Ever hit you so hard that you had marks or were injured?
   Yes  No  If yes enter 1  ________

3. Did an adult or person at least 5 years older than you ever…
   Touch or fondle you or have you touch their body in a sexual way?
   or
   Try to or actually have oral, anal, or vaginal sex with you?
   Yes  No  If yes enter 1  ________

4. Did you often feel that …
   No one in your family loved you or thought you were important or special?
   or
   Your family didn’t look out for each other, feel close to each other, or support each other?
   Yes  No  If yes enter 1  ________

5. Did you often feel that …
   You didn’t have enough to eat, had to wear dirty clothes, and had no one to protect you?
   or
   Your parents were too drunk or high to take care of you or take you to the doctor if you needed it?
   Yes  No  If yes enter 1  ________

6. Were your parents ever separated or divorced?
   Yes  No  If yes enter 1  ________

7. Was your mother or stepmother:
   Often pushed, grabbed, slapped, or had something thrown at her?
   or
   Sometimes or often kicked, bitten, hit with a fist, or hit with something hard?
   or
   Ever repeatedly hit over at least a few minutes or threatened with a gun or knife?
   Yes  No  If yes enter 1  ________

8. Did you live with anyone who was a problem drinker or alcoholic or who used street drugs?
   Yes  No  If yes enter 1  ________

9. Was a household member depressed or mentally ill or did a household member attempt suicide?
   Yes  No  If yes enter 1  ________

10. Did a household member go to prison?
    Yes  No  If yes enter 1  ________

   Now add up your “Yes” answers: _______  This is your ACE Score

https://www.ncjfcj.org/sites/default/files/Finding%20Your%20ACE%20Score.pdf
ACEs can be Prevented

**Strengthen economic supports to families**
- Strengthening household financial security
- Family-friendly work policies

**Change social norms to support parents and positive parenting**
- Public engagement and enhancement campaigns
- Legislative approaches to reduce corporal punishment

**Provide quality care and education early in life**
- Preschool enrichment with family engagement
- Improved quality of child care through licensing and accreditation

**Enhance parenting skills to promote healthy child development**
- Early childhood home visitation
- Parenting skill and family relationship approaches

**Intervene to lessen harms and prevent future risk**
- Enhanced primary care
- Behavioral parent training programs
- Treatment to lessen harms of abuse and neglect exposure
- Treatment to prevent problem behavior and later involvement in violence

SIGN OF AN OPIOID OVERDOSE

Unable to wake
Blue/pale skin/ lips/nails
Breathing is shallow/absent
Pinpoint pupils

How to Respond to an Opioid Overdose:

1. Sternum Rub
2. Call 911
3. Give Naloxone
4. Rescue Breathe

Adapted from: YorkOpioidCollaborative.org
In case of overdose:

1. CALL 911 - Give naloxone
   If no reaction in 3 minutes, give second naloxone dose if available

2. Rescue breathing or chest compressions
   Follow 911 dispatcher instructions

3. After naloxone
   Stay with person for at least 3 hours or until help arrives

**Injection**

**VIAL**
1. Flip off the cap to reveal latex seal.
2. Turn vial upside down. Pull plunger to draw up liquid.
3. Inject into muscle. Press plunger all the way down to trigger safety. (retraction)

**AMPULE**
1. Tap ampule to send all liquid to the bottom.
2. Pull plunger to draw up liquid.
3. Inject into muscle. Press plunger all the way down to trigger safety. (retraction)

**Nasal spray**
1. Remove naloxone nasal spray from the box.
2. Peel back the tab with the circle to open the naloxone nasal spray.
3. Hold the naloxone nasal spray with your thumb on the bottom of the plunger and your first and middle fingers on either side of the nozzle.
4. DO NOT PRIME OR TEST THE SPRAY DEVICE. Tilt the person’s head back and provide support under the neck with your hand. Gently insert the tip of the nozzle into one nostril, until your fingers on either side of the nozzle are against the bottom of the person’s nose.
5. Press the plunger firmly to give the dose. Remove the spray device from the nostril.
6. If no reaction in 2-3 minutes or if person stops breathing again, give the second dose of naloxone in the OTHER nostril using a NEW spray device.

**Auto-injector**
1. Pull the auto-injector from the outer case.
2. Pull firmly to remove the red safety guard (do not touch the black base).
3. Place the black end against the middle of the outer thigh, through clothing if necessary, then press firmly and hold in place for 5 seconds.
4. If no reaction in 2-3 minutes or if the person stops breathing again, give the second dose of naloxone using NEW auto-injector.

**CALL 911**
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In early 2018, Arizona Revised Statute (ARS) 13-3423 was amended.

WHO DOES IT HELP?
Anyone who is at risk for overdose or anyone who cares about someone who could overdose.

WHAT DOES IT CHANGE?
Out of fear of arrest, some people leave the scene of an overdose instead of calling for help. And in the past, those who were brave enough to call for help risked going to jail or sending the victim to jail for drug possession. The 911 GOOD SAMARITAN law has changed all of this! Here is how:

If someone is experiencing a drug-related overdose or someone calls 911 in a drug-related overdose, both parties can no longer be charged for the possession or use of a controlled substance or paraphernalia.

You can still be charged with intent to sell if there are greater than these amounts in your possession:
- HEROIN: 1 gram
- METH, OTHER AMPHETAMINES, OR COCAINE: 9 grams
- LSD: ½ milliliter (liquid) or 50 doses (blotter)
- PCP: 4 grams (powder) or 50 milliliters (liquid)
- MARIJUANA: 2 pounds

Folks who call for help or are overdosing can still be charged with other crimes or use evidence found in other investigations not related to above crimes, and contraband can still be seized.

Calling for help can be used to justify a reduced sentence in unrelated court proceedings.

Note that a person may still be arrested, but they will not face criminal charges for possession of a controlled substance or paraphernalia.

https://spwaz.org/
### Activity: Resources

**Instructions:**

1. Please take out your cell phones, tablets, or computers.
2. Go to each website listed below (1-4) in red. Follow the steps listed for each website.
3. Search for services in your zip code.
4. Write down your closest resource information in the blank space to the right.

---

**Website 1: 211arizona.org**

<table>
<thead>
<tr>
<th>Steps</th>
<th>List the resource information (phone, location, etc.)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Bottom right, click on Substance Use Disorder</td>
<td></td>
</tr>
<tr>
<td>2. Click Drug Use Disorder</td>
<td></td>
</tr>
<tr>
<td>3. Click any item listed</td>
<td></td>
</tr>
<tr>
<td>4. Click Add a location</td>
<td></td>
</tr>
<tr>
<td>5. Click Physical Location and enter your zip code</td>
<td></td>
</tr>
</tbody>
</table>

**Website 2: Dumpthedrugsaz.org**

1. On the right in Enter Full Address, type an address close to your service area.
2. Click the search icon.

**Website 3: findtreatment.samhsa.gov**

1. Type your zip in the search
2. Click SEARCH

**Website 4: Spwaz.org/arizonanaloxone**

1. Type your address in the Search by city, address, or zip code
2. Enter Search radius
3. Click Search
Opioid Assistance & Referral

A free 24/7 hotline that assists providers with complex patients with pain and opioid use disorders, answered by medical experts at the Poison and Drug Information Centers in Arizona.

Arizona OAR Line
1-888-688-4222
Find drop box locations to dispose unused or unwanted prescription drugs. This application displays all drop off locations in Arizona and enables the user to enter their address to receive directions to the location closest to them.

What's Accepted:
- Expired-unused/unneeded prescriptions
- Over-the-counter medications
- Tablets
- Capsules
- Vitamins
- Veterinarian prescribed medications

What's NOT Accepted:
- Liquids
- Cremes
- Inhalation/aerosol bottles
- Sharps
- Household hazardous waste
- Batteries
Dependence on prescription drugs generally happens over time. It is rare that someone wakes up one morning suddenly dependent on their medication. Many people unintentionally find themselves not able to control their prescription drug use. This is a very dangerous situation that requires professional help and treatment. The good news is that now, more than ever, there is help and there is hope to restore the lives of those addicted to and dependent on prescription drugs.

Here are some signs that you or someone you know may be on a dangerous path of prescription drug dependence:

- **You’re starting to use your pain medication to feel better, not just ease the pain**: Most people who begin to use prescription pain relievers do so because of pain they received as a result of an accident, surgery, illness or other condition. The shift begins when the person no longer takes the medication because they’re in physical pain, but rather because of the positive effects it has on their mood or outlook.

- **You’re thinking about increasing your dose even though your doctor has not recommended it**: While those who use prescription pain relievers long term for legitimate purposes may need to increase their dose over time because they have built up a tolerance for the drug, the problem starts when you begin venturing outside the recommendations of your physician by using a higher dose than prescribed. For instance, using the medication more often than prescribed or using it in conjunction with other drugs to amplify the effects.

- **You’re starting to take the medication automatically, even though the pain has subsided**: If a person’s pain has mostly subsided or their doctor no longer recommends they take it for pain, and yet they continue to do so, it may be a sign that they are taking the drug for something other than pain.

- **You’re spending more and more time thinking about and getting medication**: How much time are you thinking about your prescription pain relievers? When do you get to take the next dose? When are you due for a refill? If this has become the number one priority instead of doing things you once loved to do, it may be a sign of the beginning of a prescription pain reliever abuse problem.

- **You’ve lost interest in non-drug pain management options**: Even if your doctor suggests non-drug alternatives, such as yoga, for your pain, you have no interest. Instead you prefer the medication to everything else, which is a major red flag.

http://rethinkrxabuse.org

Click on Strategy 5, download Signs and Symptoms materials.
Sample Language for Overdose Prevention (Doe-Simkins & Bell, 2014)

Sample language to be added to intake forms:
- Have you ever overdosed?
- Have you ever witnessed an overdose?
- What would you do in a situation where someone was overdosing in your presence?

During Induction:
- If you were to have even a single instance of use at some point, we want to make sure that you stay alive to get back on track. Everyone should know what to do in an overdose situation.
- We are committed to your safety, which is why we gradually increase your methadone dose, observe your reaction to it, and discuss overdose prevention and management with you (and, with your permission, your loved ones).
- We hope that you are here tomorrow, and next week, and next month, but if some of you are not, our foremost concern is that you stay alive, so that we can see you again down the road.

Sample language to identify strengths and resiliencies and explore trauma:
- Have you ever OD’d? [If yes] How did you survive? Who was with you and helped you? How did that affect the ways you used after the overdose? How did you protect yourself from it happening again? [If no] More than half of people who use opioids have an overdose- what did you do to avoid being part of that group? What other ways did you keep yourself safe from the risks of drug use?
- Have you ever witnessed an OD? [If yes] What did you do? What did others do? Did the person live? Do you think about that event(s) often? How do you feel about it? [If no] Most people say that they have seen an overdose- what is special about your experience that you have not? How do you talk with friends about preventing overdose? How do you and your friends protect each other from other dangerous or difficult situations?

Psychoeducational:
- What are the risk factors for overdose? How does HIV medicine interact with different drugs? People living with HIV/AIDS are at higher risk for overdose- does anyone have thoughts on why this might be?
- What do you do if you are with someone who overdoses? What are some less effective ways to respond? [Clients may tell stories of previous responses that are less effective strategies. This can be a good opportunity to provide accurate information.] While putting ice on someone may wake them up, if they are able to wake up, sternal scrub is quicker (and less messy) and you can get the same result. If someone isn’t breathing, they need oxygen (breathe for them) and/or naloxone.
- Has anyone used naloxone or had it used on them? Do you know where to get naloxone?
- Do you now or have you ever had an “overdose plan”? What are the risks and benefits of responding to someone’s overdose? You may not need this information yourself, but do you know others who do?
Mixing Drugs:

- Use one drug at a time.
- Use less of each drug.
- Try to avoid mixing alcohol with heroin/pills – this is an incredibly dangerous combination.
- If drinking or taking pills with heroin, do the heroin first to better gauge how high you are – alcohol and especially benzos impair judgment so you may not remember or care how much you’ve used.
- Have a friend with you who knows what drugs you’ve taken and can respond in case of an emergency.

Tolerance:

- Use less after any period of abstinence or decreased use – even a few days away can lower your tolerance.
- If you are using after a period of abstinence, be careful and go slow.
- Use less when you are sick and your immune system may be weakened.
- Do a tester shot, or go slow to gauge how the shot is hitting you.
- Use a less risky method (i.e. snort instead of inject).
- Be aware of using in new environments, or with new people—this can change how you experience the effects of the drugs and in some cases, increase the risk of overdose.

Quality:

- Test the strength of the drug before you do the whole amount.
- Try to buy from the same dealer so you have a better idea of what you’re getting.
- Talk to others who have copped from the same dealer.
- Know which pills you’re taking and try to learn about variations in similar pills.
- Be careful when switching from one type of opioid pill to another since their strengths and dosage will vary.

Using Alone:

- USE WITH A FRIEND!
- Develop an overdose plan with your friends or partners.
- Leave the door unlocked or slightly ajar whenever possible.
- Call or text someone you trust and have them check on you.
- Some people can sense when they are about to go out. This is rare, but if you are one of the people that can do this, have a loaded syringe or nasal naloxone ready. People have actually given themselves naloxone before!
If someone is willing to seek help…

Call the OAR Line (dial 1-888-688-4222)  
or Arizona 2-1-1 (dial 2-1-1)  
to connect the client with resources

Ask for local support for substance use or opioid use,  
like a peer support specialist  
or Medication Assisted Treatment

Does client give permission to share their information?

YES  
Connect the client directly to the resource.

NO  
Write the information down for the client.

Contact the client for follow-up.
Home Visits

A productive and respectful home visit builds trust with clients and aids in creating healthier communities.

If you are going to someone’s home you need to be aware of and respect: ⚠ Your safety ⛔ Their privacy

Always knock on the door, request permission to come in and wait to be let in.

If you have any concerns at all, do not enter. Call your team.

In all visits with your client, you must continue to establish a relationship. Remember the purpose of the visit that day and prepare in advance for what you want to do/see/learn while there. Most importantly, you will always be most successful if you have good communication skills so that you can learn how your client is doing and help them move towards recovery and positive change.

Fentanyl Overdose Alert

There have been reports of fentanyl showing up in cocaine, crack, meth, pills, and heroin. Even if you’re not using downers, you may be at risk of unknowingly consuming fentanyl.

**What is fentanyl?**
Fentanyl is a fact-acting, extremely strong opioid. An opioid is a downer and acts like heroin, oxycodone, and morphine. Although it’s available by prescription, some fentanyl is being created in illicit labs and mixed into various drug supplies. Oftentimes, dealers aren’t even aware that they are selling a product that contains fentanyl.

**What’s the danger?**
A fentanyl overdose looks just like a heroin or other opioid overdose, but it comes on much faster. It’s often not possible to tell that your dope has fentanyl mixed into it, and it doesn’t mix consistently. So if you get a bag of pills, a few of them may contain fentanyl, and the rest may not.

**Who is at risk?**
Anybody using street drugs may be at risk of unknowingly consuming fentanyl and potentially experiencing an overdose. Remember, it’s not just in heroin, but could be found in uppers like cocaine and meth. People who inject, snort, smoke, or swallow drugs are all at risk.

**How can I stay safe?**

Don’t use alone. If you fall out, nobody will be there to help. If you must use alone, don’t lock the door, and let somebody know where you’ll be if you can.

Go slow. You can always use more, but you can’t use less. Try a little and see how it affects you first before taking the whole pill, slamming the full dose, or snorting a big line.

Use a fentanyl testing strip to test your dope before you use. These can be purchased at www.dancesafe.org, and may be able to pick up on fentanyl mixed into other drugs.

Know how to recognize the symptoms of an overdose. Fentanyl and other opioids make the body stop breathing. A person will become unconscious, their breathing will become shallow or abnormal, and their pupils will be pinpointed. Their skin may turn blue or gray. After a person stops breathing, they have 4 minutes until they die.

Learn rescue breathing. Put the person on their back, plug their nose, tilt their head back, and give them a deep breath every 5 seconds. If you don’t have naloxone, or the naloxone isn’t working, do this until help arrives or until they gain consciousness.

Carry naloxone (Narcan), and make sure your friends carry it too. Naloxone is the opioid overdose rescue medication, and it will work on a fentanyl overdose. It is 100% legal to carry and administer in Arizona, and can be obtained for free through Sonoran Prevention Works. Visit www.spwaz.org or call 480-442-7086

I want Naloxone. Where do I start?

Naloxone (or Narcan®) is the opioid overdose reversal drug.

Do you feel comfortable asking your doctor for Naloxone?

**YES**

Do you have health insurance?

**YES**

Great! Ask your doctor to prescribe Naloxone for you. There is also a standing order for every Arizonan to get Naloxone without a prescription, but the prescription will help with your health insurance copay.¹

**NO**

Check out [spwaz.org/arizonanaloxone](http://spwaz.org/arizonanaloxone) for free or low-cost Naloxone near you!

Do you have AHCCCS?

**YES**

AHCCCS covers Naloxone (low or no charge) with a prescription. You can get it at a pharmacy.

**NO**

Check out [spwaz.org/arizonanaloxone](http://spwaz.org/arizonanaloxone) for free or low-cost Naloxone near you! [goodrx.com](https://www.goodrx.com) coupons may also be available for discounted naloxone.

If you’d like to find health insurance, go to [coveraz.org/connector](https://coveraz.org/connector)

Most health insurance plans cover Naloxone for a cost. Look into your health insurance or use a [goodrx.com](https://www.goodrx.com) coupon. Go to a local pharmacy with your prescription or with the standing order to buy Naloxone.

Arizona: Statewide Opioid Resources

Thank you for your interest in reducing drug overdose deaths and working on prevention, intervention, and treatment of substance use in Arizona. Free materials, resources, funding streams, services and organizations are available and summarized below to help your efforts.

### Free Materials

<table>
<thead>
<tr>
<th>Material</th>
<th>Go to:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Deterra bags for drug disposal, timer caps for pill bottles, other materials (varies by county)</td>
<td>County Health Departments: <a href="https://crh.arizona.edu/programs/prescription-drug-misuse-abuse-initiative">https://crh.arizona.edu/programs/prescription-drug-misuse-abuse-initiative</a></td>
</tr>
<tr>
<td>Fentanyl test strips &amp; Naloxone Kits</td>
<td>Email Stacey Cope, <a href="mailto:scope@spwaz.org">scope@spwaz.org</a> or visit <a href="http://spwaz.org/">http://spwaz.org/</a></td>
</tr>
<tr>
<td>Print and share material from the AZ Rx Drug Misuse &amp; Abuse Initiative toolkit</td>
<td>Go to <a href="http://www.rethinkrxabuse.org">www.rethinkrxabuse.org</a>, (scroll down to strategy 1-5)</td>
</tr>
<tr>
<td></td>
<td>Tribal Rx Toolkit: <a href="https://www.azhidta.org/default.aspx/Menu-ItemID/214/MenuGroup/Public+Website+Home.htm">https://www.azhidta.org/default.aspx/Menu-ItemID/214/MenuGroup/Public+Website+Home.htm</a></td>
</tr>
</tbody>
</table>

### Services: Community & Coalition Focused

<table>
<thead>
<tr>
<th>Services</th>
<th>Audience</th>
<th>Go to:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Find Treatment</td>
<td>All</td>
<td><a href="http://www.rethinkrxabuse.org">Rethinkrxabuse.org</a></td>
</tr>
<tr>
<td>Naloxone/Harm Reduction trainings, policy setup, &amp; refills</td>
<td>All</td>
<td>First Responders: <a href="mailto:endtheepidemic@email.arizona.edu">endtheepidemic@email.arizona.edu</a> or <a href="mailto:azopioid@azdhs.gov">azopioid@azdhs.gov</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Tribal/Native American/IHS email <a href="mailto:Hillary.Duvivier@ihs.gov">Hillary.Duvivier@ihs.gov</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td>All: email Stacey Cope, <a href="mailto:scope@spwaz.org">scope@spwaz.org</a> or visit <a href="http://spwaz.org/">http://spwaz.org/</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Find Naloxone: <a href="https://spwaz.org/arizonanaloxone/">https://spwaz.org/arizonanaloxone/</a></td>
</tr>
<tr>
<td>Rx 360 Trainings</td>
<td>Parents, older adults, &amp; youth</td>
<td>Request a training at <a href="http://substanceabuse.az.gov/substance-abuse/request-training">http://substanceabuse.az.gov/substance-abuse/request-training</a> or email Shelly Mowrey at <a href="mailto:smowrey@azhidta.org">smowrey@azhidta.org</a></td>
</tr>
<tr>
<td>Adverse Childhood Experiences Training</td>
<td>All</td>
<td>Request a training at <a href="http://substanceabuse.az.gov/substance-abuse/request-training">http://substanceabuse.az.gov/substance-abuse/request-training</a> or email Claire Louge, <a href="mailto:claire@pcaaz.org">claire@pcaaz.org</a></td>
</tr>
<tr>
<td>Crisis, Treatment and Support services &amp; 24/7 helpline</td>
<td>All</td>
<td>Maricopa: Mercy Care: 602-222-9444 or 1-800-631-1314</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Yavapai, Gila, Mohave, Navajo, Coconino or Apache: Steward Health Choice Arizona: 877-756-4090</td>
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<tr>
<td></td>
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<td>La Pa, Yuma, Pinal, Pima, Graham, Greenlee, Cochise, or Santa Cruz: Arizona Complete Health: 866-495-6735</td>
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<tr>
<td></td>
<td></td>
<td>Gila River and Ak-Chin Indian Communities: EMPACT: 1-800-259-3449</td>
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<tr>
<td></td>
<td></td>
<td>Tribal: Scroll to “Regional Behavioral Health Authority”: <a href="https://www.stewardhealthchoiceaz.com/health-wellness/behavioral-health/">https://www.stewardhealthchoiceaz.com/health-wellness/behavioral-health/</a></td>
</tr>
<tr>
<td>Health insurance help</td>
<td>All</td>
<td>1-800-377-3536 or <a href="http://coveraz.org/connector">coveraz.org/connector</a></td>
</tr>
</tbody>
</table>
## Population Specific Resources:

<table>
<thead>
<tr>
<th>Services</th>
<th>Audience</th>
<th>Go to</th>
</tr>
</thead>
</table>
| Prevention and Reduction of Drug and Alcohol Use | Youth | Drug Free AZ Kids.org  
Crisis Line: +1(800) 631-1314  
Phone: (602) 305-7126  
[http://drugfreeazkids.org/home](http://drugfreeazkids.org/home) |
| Preventing Prenatal Exposure to Alcohol and Other Drugs | Pregnant Women | Arizona Statewide Task Force on Preventing Prenatal Exposure to Alcohol and Other Drugs  
Phone: (602)364-1400  
[https://azprenatal.wixsite.com/taskforce](https://azprenatal.wixsite.com/taskforce) |
| U.S. Department of Veteran Affairs | Veterans | Veterans Crisis Line  
1-800-273-8255, Press 1  
| Alcohol and Substance Misuse Programs | Native Americans | [https://www.ihs.gov/asap/](https://www.ihs.gov/asap/) |
| Sexual and Domestic Violence | Domestic Violence | Arizona Coalition to End Sexual & Domestic Violence  
[https://www.acesdv.org/](https://www.acesdv.org/)  
National Domestic Violence Hotline:  
1-800-799-SAFE (7233) or  
National Sexual Assault Hotline:  
1-800-656-4673  
[https://www.domesticshelters.org/](https://www.domesticshelters.org/) |

### Statewide Opioid Resource Hubs

1. AZ Data and Services: [http://www.azdhs.gov/opioids](http://www.azdhs.gov/opioids)
2. AZ Rx Drug Misuse & Abuse Initiative toolkit: [www.rethinkrxabuse.org](http://www.rethinkrxabuse.org)
3. AHCCCS Opioid Use Disorder & Treatment: [https://tst.azahcccs.gov/Members/BehavioralHealthServices/OpioidUseDisorderAndTreatment/index.html](https://tst.azahcccs.gov/Members/BehavioralHealthServices/OpioidUseDisorderAndTreatment/index.html)
CHECK YOUR SHELF!

Permanent Rx Disposal Now Available
People are misusing prescription drugs they take right out of your medicine cabinet. In an effort to provide an easy, secure and responsible way to dispose of unused medicines in your home, permanent prescription drug drop boxes have been installed throughout Arizona. The Rx drop boxes accept:

- Unused, unwanted or expired medication – Leave medicine in container, black out any personal information
- Pet medication
- Medicine samples
- Over the counter medication (no syrups, fluids or creams)
- www.dumpthedrugsaz.org

Why is it important to properly dispose of medication?

- Protects Our Groundwater
- Prevents Childhood Poisonings
- Reduces Substance Abuse

To see a list of prescription drug drop boxes visit: www.dumpthedrugsaz.org

For more information on safe storage and disposal, visit rethinkxoruse.org and click on strategy two of the Rx Misuse and Abuse Toolkit!
Chronic Pain Management Tips

Diagnosing Chronic Pain
Some pain is normal after an injury or illness, and everybody feels pain at times. When the pain is lasting longer than it should or is keeping you from enjoying life or functioning normally, a consultation with a healthcare provider may be a good step.

Managing Chronic Pain Therapy Options
Living life with chronic pain requires taking a first step, which can include different therapies, depending on the type of your pain. Providers can help you get connected with these resources, and can discuss the risks and benefits of each.

Physical Therapy
Physical therapy is a first-line treatment for chronic pain. Physical therapy is when you work with specialized therapists on restoring maximum body movement and physical functioning. This can be accomplished through exercise therapy, stress management, and teaching about nervous system changes that occur with chronic pain.

Cognitive Behavioral Therapy
Cognitive Behavioral Therapy is a form of psychotherapy that can help you identify and modify your thought and behavior patterns to help retrain your brain, improve quality of life, and take actions towards important life goals. Studies show that cognitive behavioral therapy is a preferred first line treatment for many types of chronic pain.

Acupuncture Therapy
Acupuncture is a therapy in which very fine needles are inserted at specific points on the body. Heat or electrical stimulation may also be used at these specific points. Acupuncture can provide significant pain relief and can be a step for patients to begin engaging more fully in self-management activities.

Massage Therapy
Massage therapy may provide short-term relief from musculoskeletal pain such as neck and back pain, shoulder pain, and fibromyalgia. Please talk to your provider before starting massage therapy, especially if you are pregnant or suffering from certain forms of cancer such as lymphoma.

Other Therapies
Seeing a chiropractor or having spinal manipulation may also be helpful in some chronic pain conditions. Medications may also be indicated, but their risks and benefits should be discussed with your provider.

Some therapies and services may not be covered by health insurance plans. Please check with your insurance carrier and healthcare provider.

Questions to Ask Your Healthcare Provider
You are the expert managing your life with chronic pain and developing a plan with yourself, your family, and community to increase your quality of life. Here are some questions that you could ask your healthcare provider in learning to understand chronic pain and how to live well with it.

- What is chronic pain, and what does it mean for my future health?
- What type of changes can I make to my diet or physical activity to improve my movement?
- Is there a particular therapy that would work well for me? What if I have limited resources?
- What are the non-medication options for management of my condition?
- If medications are involved, do they interact with the other drugs used to treat my heart, stress, or insomnia?
- What can I do to improve my overall health?

If you have questions about opioid or other prescription medications, you can call the Opioid Assistance and Referral Line (OARLine) at 888-688-4222.

ARIZONA'S OPIOID EPIDEMIC
Brand & Generic Names for Prescription Opioids

BRAND
Astramorph®
Avinza®
Butrans®
Codeine
Dilaudid®
Dolophine®
Duragesic®
Duramorph®
Demerol®
Embeda®
Exalgo®
Fiorinal® with Codeine
Kadian®
MS Contin®
Norco®
Nucynta® ER
Opana® ER
OxyContin®
Palladone
Percocet®
Roxanol
Tylenol® with Codeine #3
Tylenol® with Codeine #4
Ultram®
Vicodin®

GENERIC
Buprenorphine
Fentanyl
Hydrocodone
Hydromorphone
Methadone Hydrochloride
Morphine
Oxycodone
Oxymorphone Hydrochloride
Tapentadol
Tramadol

Sources: drugabuse.gov, fda.gov
For more information: azhealth.gov/opioid

ARIZONA DEPARTMENT OF HEALTH SERVICES
Definition Matching Answers:

1. **B. Adverse Childhood Experiences (ACEs):** The term used to describe all types of abuse, neglect, and other potentially traumatic experiences that occur to people under the age of 18 (https://www.cdc.gov/violenceprevention/childabuseandneglect/acestudy/aboutace.html).

2. **E. Trauma:** An event, series of events, or set of circumstances that is experienced by an individual as physically/emotionally harmful or life threatening and that has lasting adverse effects on the individual's functioning and mental, physical, social, emotional, or spiritual well-being (https://www.samhsa.gov/trauma-violence).

3. **C. Substance use disorder:** The recurrent use of alcohol and/or drugs that cause clinically significant impairment, including health problems, disability, and failure to meet major responsibilities at work, school, or home (https://www.samhsa.gov/find-help/disorders).

4. **F. Opioids:** Natural or synthetic chemicals that interact with receptors on nerve cells in the body and brain, and reduce the intensity of pain signals and feelings of pain. This includes hero-in, fentanyl, Hydrocodone, Oxycodone, Morphine, Codeine, and others (https://www.cdc.gov/drugoverdose/opioids/terms.html).

5. **D. Fentanyl:** A synthetic opioid that is similar to morphine but is 50 to 100 times more potent (https://blog.samhsa.gov/2018/10/03/for-beating-the-opioid-crisis-america-has-better-weapons-than-fentanyl-test-strips).

6. **I. Naloxone/Narcan:** A medication used to counter the effects of opioid overdose (https://harmreduction.org/issues/overdose-prevention/overview/overdose-basics/understanding-naloxone/).

7. **G. Harm Reduction:** A set of practical strategies aimed at reducing negative consequences associated with drug use (https://harmreduction.org/about-us/principles-of-harm-reduction/).

8. **A. Medication Assisted Treatment (MAT):** The use of FDA-approved medications with counseling and behavioral therapies to provide a “whole-patient” approach to the treatment of Substance Use Disorder (https://www.samhsa.gov/medication-assisted-treatment).

9. **J. Peer Support Services:** Social support services designed to fill the needs of people in or seeking recovery. They are designed and delivered by people who have experienced both Substance Use Disorder and recovery (https://store.samhsa.gov/system/files/sma09-4454.pdf).

10. **H. Opioid Treatment Programs:** Any treatment program certified by the Substance Abuse and Mental Health Services Administration (SAMHSA) to provide medication-assisted treatment for individuals who are diagnosed with opioid use disorder. (https://www.azahcccs.gov/Members/BehavioralHealthServices/OpioidUseDisorderAndTreatment/Locating_Treatment.html)

Fill in the blank Answers:

- Instead of clean, say negative, not currently using substances, or sterile.
- Instead of dirty, say positive, currently using substances, or not sterile.
- Instead of addict or alcoholic, say a person who uses drugs or a person who uses alcohol.
- Instead of abuse or dependence, say drug use. If someone is diagnosed by a provider, say Opioid Use Disorder.
- Instead of former drug addict, say a person in recovery.
Aftercare Guidance

What steps can you take to help someone after they were given Naloxone?

- Calmly explain that the client might have overdosed and were given Naloxone
- Explain that further opioid use may cause another, worse overdose
- If possible, stay with the person and keep them awake until EMS comes (or, if they refuse medical care, stay for several hours)
- You may have to give the person another dose of Naloxone
- Ask if the person would like to call the OAR line for help. There are Peer Support Specialists who can help them.
- Ask if there is anyone to call for them

Where can someone go for help in your community?

- Call the OAR line
- Call Arizona 2-1-1
- Contact your local Harm Reduction Organizations
- Find local MAT Treatment Centers or Opioid Centers for Excellence
- Contact your local County Health Departments
- Connect with your local Hospitals
Save a life. Carry Naloxone.