



# WORKING TOGETHER TO PREVENT OVERDOSE

APRIL 10, 2024

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## Digital Resource Guide

This guide has been designed to help you easily locate and learn more about the resources in Marin County that can help prevent overdose, promote recovery, increase awareness, support those struggling with substances, and improve the health, resilience, and well-being of our community.

We encourage you to do your own research and contact trusted professionals to identify the best solution for you and your loved ones. In cases of medical emergency, please call 911. In case of emotional distress, please text or call 988.

[ODFREEMARIN.ORG](https://www.odfreemarin.org)

## Community Coalition

OD Free Marin is a community-based, overdose prevention coalition comprised of four action teams and a steering committee. Hundreds of community partners, individuals, organizations, and agencies from across sectors have contributed to the coalition, over the past decade. Working together we strive to ensure a coordinated, comprehensive, and collective impact approach to our work. We align our priorities with those of the California Department of Public Health (CDPH) to provide innovative and equitable solutions aimed at reducing overdose and increasing the health and wellness of community members across Marin County.



## ACTION TEAMS

### Education & Outreach

We focus on spreading awareness of the overdose crisis in the broader community. This includes planning and implementing awareness campaigns; amplifying the work of our partners; and hosting informational presentations and Narcan® trainings – all with a focus on equity, CDPH priorities, and data to inform our work.

### Youth Action Team

We are dedicated to serving young people and uplifting the youth voice. The team is led by youth and supported by adult allies seeking to reduce opioid misuse through prevention, harm reduction and treatment in Marin County.

### Intervention, Treatment & Recovery

We focus on preventing overdose through: increasing access to and availability of treatment services; boosting client, provider, and community awareness of resources; outreach to overdose survivors; and Narcan® distribution, across Marin.

### Justice System

We recognize persons who use drugs often touch the criminal justice system. This team partners with all branches of public safety and justice to enhance prevention programs and protect those most at risk for overdose.

Review the [SMART Goals](#) for each Action Team online

# OD Free Marin - Get Involved

## **Coalition Action Team**

Sign up to join an action team: [odfreemarin.org/action-teams/](https://odfreemarin.org/action-teams/)

## **Data Dashboard**

Be informed. Visit the data dashboard for overdose trends across Marin County: [odfreemarin.org/data-dashboard/](https://odfreemarin.org/data-dashboard/)

## **OD Free Marin Newsletter**

Stay up-to-date and engaged by signing up for OD Free Marin's online newsletter: [Sign Up Here!](#)

## **Historical Timeline**

Learn the history and milestones in the coalition's evolution, including the shared leadership by community members and local government going back over a decade. View the timeline: [odfreemarin.org/timeline](https://odfreemarin.org/timeline).

## **Safe Medicine Disposal**

Locate how and where to dispose of your unwanted medication in Marin. [Medtakebackmarin.org](https://medtakebackmarin.org) provides convenient and secure drop-off locations. You can also obtain mail-back envelopes.

## **OD Free Marin Events**

Visit [OD Free Marin's Events page](#) to join us and our partners at upcoming community events.

## **Get Trained How to Use Narcan®**

Go to OD Free Marin's [Narcan® page](#) and watch the free six-minute video trainings on how to administer Narcan® so you can be ready if you suspect an opioid overdose. Download a [training deck](#) to use.

## **Volunteer**

Email: [info@odfreemarin.org](mailto:info@odfreemarin.org) if can volunteer at our events or want to help label boxes of Narcan® when shipments arrive. Lots to do behind the scenes and we love working with volunteers.

# Narcan®: Carry Life-Saving Nasal Spray



## What is Narcan®?

Narcan® is the branded name of naloxone, a life-saving medication that can reverse opioid overdose while having little to no effect on the individual if opioids are not present in their system. Naloxone blocks the opioid receptor sites, reversing the effects of an overdose.

## Learn How to Reverse an Overdose with Narcan®

English Training Video: <https://vimeo.com/795666584>

Spanish Training Video: <https://vimeo.com/822178196>

## Test Your Narcan® Proficiency

Visit our [FAQs](#) and Take the Quiz [here!](#)

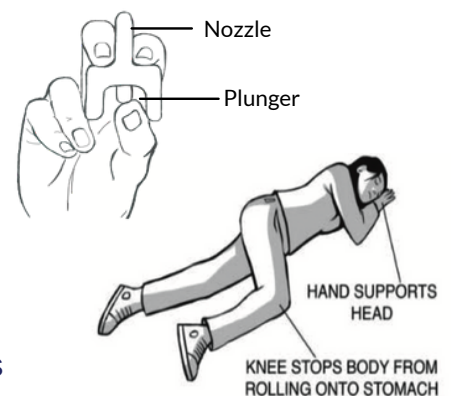
## Recognize the Signs of an Overdose:

Respond quickly, when you observe:

- unresponsiveness
- shallow breathing
- slow heart rate
- clammy skin
- tiny pupils
- blue lips/fingertips

## If you think someone is Overdosing:

- **CALL 911** (use hands-free speaker phone!)
- Immediately administer Narcan® spray, if available:
  - Place applicator in one nostril. Fully press plunger.
  - Roll them on their side if unconscious.
  - Use 2nd dose (in other nostril) if not revived in 3 minutes
  - Conduct rescue breaths every 5 seconds if needed



## Narcan® Storage & Expiration

Store Narcan® Nasal Spray in the blister packaging and cartons provided. Store below 77°F (25°C). Do not freeze or expose to excessive heat above 104°F (40°C). Do not store Narcan® in your car. Narcan® can still be effective and utilized after the expiration date.

# Access Narcan® in Marin

## Where to Find Narcan® in Marin County

Narcan® is available, without a prescription (over the counter), for purchase at local pharmacies or can be picked up for free at the following locations:

### Free Vending Machines

- **Marin HHS Social Services Courtyard**  
120 North Redwood, San Rafael  
*24 / 7 outdoor access*
- **Marin County Jail Lobby**  
13 Peter Behr Drive, San Rafael  
*8am – 11pm*
- **Ritter Center**  
16 Ritter Street, San Rafael  
*8:30am – 4:30pm*  
*\*OD Emergency Kit available 24/7*
- **Marin Health and Wellness Campus**  
3240 Kerner Blvd, San Rafael  
*8:30am – 5pm*
- **West Marin Health and Human Services Multi-Service Center**  
Sixth Street, Point Reyes Station  
*M–F 9am – 12pm & 1pm – 4:30pm*

### Additional Locations

- **Marin County Cooperation Team**  
2330 Marinship Way, Suite 150, Sausalito, CA  
*Drop-in weekdays 9am – 3pm*
- **North Marin Community Services**  
- 680 Wilson Ave, Novato  
*Available outside, 24/7*  
- 1907 Novato Blvd, Novato  
*Available outside, 24/7*
- **Inverness Firehouse**  
50 Inverness Way, Inverness  
*Available outside, 24/7*
- **Tomales Town Hall**  
27150 Highway 1, Tomales  
*Available during food pantry hours*  
*Thursdays 2-3 PM*

**For more Narcan® locations in Marin, go to:** <https://odfreemarin.org/narcan/>

### Free Narcan® for Eligible Organizations - Order Your Own Supply!

California Department of Health Care Services created the [Naloxone Distribution Project](#) (NDP) to combat opioid overdose-related deaths throughout California. The NDP aims to address the opioid crisis by reducing opioid overdose deaths through the provision of free naloxone. For a brief OD Free Marin training on how to apply for free Narcan, click [here](#).

# Fentanyl Test Strips (FTS)

## What are Fentanyl Test Strips?

Fentanyl test strips (FTS) are a low-cost method of helping prevent drug overdoses and reduce harm. FTS are small strips of paper that can detect the presence of fentanyl in different kinds of drugs (cocaine, methamphetamine, heroin, etc.) and drug forms (pills, powder, and injectables). [Learn More](#).

## Where to Find Free FTS in Marin County



### Ritter Center

16 Ritter Street, San Rafael

Hours: 8:30am – 4:30pm

*Available in outdoor OD emergency kit & vending machine*



### Multicultural Center of Marin

3240 Kerner Blvd, San Rafael

Hours: Tues/Wed 9:00am – 5:30pm

*Available at front desk*

## Purchase FTS online: [DanceSafe](#) or [Amazon](#)

Individual and bulk fentanyl test strips available to purchase. Wholesale pricing available to social service agencies distributing fentanyl test strips for free.

## Free Fentanyl Test Strips for Eligible Organizations

California Department of Health Care Services recently announced the distribution of free, [all-in-one fentanyl test strip kits](#) to help prevent drug overdoses across the state.

The all-in-one fentanyl test strip kits also reduce errors in testing drugs for fentanyl by including clear markings on the water pouch to prevent under and over dilution, and a result guide for test comparison. By providing these free all-in-one kits, DHCS aims to help California communities who are at risk of fentanyl exposure to increase their safety and prevent overdoses. Organizations currently eligible to receive naloxone through the NDP can apply to receive free fentanyl test strip kits through the online application form.

**For more information about fentanyl, go to:**  
<https://odfreemarin.org/fentanyl/>

# Treatment & Recovery

ON-LINE Locators for Treatment Providers Nationwide



## [Find Treatment Providers Using Treatment Atlas](#)

Whether you're wondering what type of treatment may work best, searching for treatment programs, or looking to hear from others in recovery, [Treatment Atlas](#) is a reliable source of information to help people make the best choice.



## [SAMHSA Treatment Locator](#)

The Substance Abuse and Mental Health Services Administration, or SAMHSA, provides a searchable database of treatment providers covering the nation. Read more on understanding the treatment options [here](#).



## [Insurance Coverage for Treatment Services](#)

Check [your insurance provider](#) to learn what they cover. Health insurance typically covers some substance use treatment and other behavioral health issues, either in-patient or out-patient. However, the extent to which insurance will cover drug and/or alcohol rehabilitation depends upon the policy.

**No Insurance Coverage? Learn your options [here](#).**

For Medication Assisted Treatment Options in Marin see page **12** or visit this [link](#).

## 12-Step Recovery & Support Groups

Use the links below to find free and/or low-cost, local, peer-based, support groups for people seeking recovery for themselves or help for those impacted by somebody else's use.



**Alcoholics Anonymous**  
[www.aasfmarin.org](http://www.aasfmarin.org)



**Narcotics Anonymous**  
[www.marincountyna.org](http://www.marincountyna.org)



**Smart Recovery**  
[www.smartrecovery.org](http://www.smartrecovery.org)



**LifeRing Secular Recovery**  
[www.lifering.org](http://www.lifering.org)



**Refuge Recovery**  
[www.refugerecovery.org](http://www.refugerecovery.org)



**Al-Anon Family Recovery**  
[www.al-anon.org](http://www.al-anon.org)



**Nar-Anon Family Groups**  
<https://www.nar-anon.org>

## About MAT

<https://odfreemarin.org/medication-assisted-treatment/>

MAT is the use of FDA-approved medications to treat opioid use disorder (OUD) and help individuals sustain recovery. MAT can help manage OUD, much like medication used to treat other chronic conditions such as diabetes and heart disease.

These medications help:

- Reduce or eliminate withdrawal symptoms
- Block the effects of opioids
- Reduce or eliminate cravings for opioids

MAT, combined with counseling and other forms of recovery support, is a complete, whole-person approach to care, and has been proven to be safe and effective for managing OUD.

## Understand the Options

Currently, there are three FDA-approved medications: methadone, buprenorphine, and naltrexone. Each medication is distinct and must follow a specific treatment protocol.

Methadone	Buprenorphine	Naltrexone
<ul style="list-style-type: none"><li>• <b>Effect:</b> reduces opioid cravings and controls withdrawal symptoms</li><li>• <b>Dosing:</b> taken daily by mouth</li><li>• <b>Initiating treatment:</b> start at a low dose and gradually increase as needed</li><li>• <b>Prescription:</b> only administered by federally-registered Opioid Treatment Programs</li></ul>	<ul style="list-style-type: none"><li>• <b>Effect:</b> reduces cravings and controls withdrawal symptoms</li><li>• <b>Dosing:</b> taken daily by mouth or by injection (weekly/monthly) from a healthcare provider</li><li>• <b>Initiating treatment:</b> 12-24 hours after last use of opioids</li><li>• <b>Prescription:</b> doctor's office or an Opioid Treatment Program</li></ul>	<ul style="list-style-type: none"><li>• <b>Effect:</b> blocks the effects of opioids on the body</li><li>• <b>Dosing:</b> administered monthly by injection from a healthcare provider</li><li>• <b>Initiating Treatment:</b><ul style="list-style-type: none"><li>• 7-10 days after last use of short acting opioids</li><li>• 10-14 days after last use of long-acting opioids</li></ul></li><li>• <b>Prescription:</b> doctor's office or an Opioid Treatment Program</li></ul>

To locate a MAT provider, go to: [ChooseChangeCA](https://ChooseChangeCA.com).



## Where to Find Medication Assisted Treatment in Marin County



**MARINTREATMENTCENTER**  
Compassionate, confidential, individualized care

### **Marin Treatment Center\***

- Outpatient Suboxone (buprenorphine) and methadone programs
- Call 415-457-3755 to make an appointment, or walk-ins are available; no referral needed
- Location: 1466 Lincoln Ave. San Rafael, CA
- \*Marin Treatment Center is the first and only methadone provider in Marin County

### **Bright Heart Health**

- Suboxone (buprenorphine) treatment
- First nationwide OUD treatment program via telemedicine
- Accepts many insurance providers including Medicaid and Medicare
- Call 1-800-892-2695 for more information or visit the virtual clinic

### **Marin Community Clinics**

- Suboxone (buprenorphine) and behavioral health services
- Call 415-448-1500 to make an appointment; a doctor's referral may be necessary
- Six (6) locations in San Rafael, Novato, Larkspur, Greenbrae

### **Marin City Health and Wellness Center**

- Suboxone (buprenorphine) and Vivitrol (naltrexone)
- Sliding scale payment system
- available
- Call 415-339-8813 to make an appointment
- Locations in Marin City and San Rafael

### **Kaiser Permanente**

#### *Addiction Medicine Services*

- Call 415-491-3000 to make an appointment
- Location: 111 Smith Ranch Rd. San Rafael, CA

**For a list of more local MAT resources, go to:**  
<https://odfreemarin.org/medication-assisted-treatment/>

# Community Response Team (CRT) Initiative

## Understanding the CRT Initiative

Expanding local capacity and infrastructure in partnership with public, private, and philanthropic agencies to prepare for, respond to, and recover from, public health threats and emergencies. CRTs have adopted strategies that build coordination across Marin County; with an equity-based approach focused on residents who are most vulnerable to emergencies and who would benefit the greatest from the provision and coordination of services and resources; ensuring that unique community needs drive the collective strategies and solutions used for this initiative; leveraging organizations' strengths and expertise; maintaining flexibility and being adaptive in emergency response; reducing duplication of efforts; developing a replicable model for different hazards and different national regions and areas.

## Community Response Team (CRT) Lead Agencies

### Southern Marin Zone Lead Agency



#### Marin County Cooperation Team

[www.marincountycooperationteam.org](http://www.marincountycooperationteam.org)

2330 Marinship Way, Suite 150, Sausalito, CA, 94965

Email: [monicagrants@marincountycooperationteam.org](mailto:monicagrants@marincountycooperationteam.org)

Phone: (628) 223-7525

### Novato Zone Lead Agency



#### North Marin Community Services

[www.northmarincs.org](http://www.northmarincs.org)

680 Wilson Avenue, Novato, CA 94947

Email: [info@northmarincs.org](mailto:info@northmarincs.org)

Phone: (415) 892-1643

### West Marin Lead Agencies



#### West Marin Community Services

[www.westmarincommunityservices.org](http://www.westmarincommunityservices.org)

11431 CA-1, Point Reyes Station, CA 94956

Email: [info@wmcs.org](mailto:info@wmcs.org) Phone: (415) 663-8361

### San Rafael Zone Lead Agencies



#### Canal Alliance

[www.canalalliance.org](http://www.canalalliance.org)

91 Larkspur Street, San Rafael, CA 94901

Phone: (415) 454-2640



#### San Geronimo Valley Community Center

[www.sgvcc.org](http://www.sgvcc.org)

6350 Sir Francis Drake Blvd, San Geronimo, CA 94963

Email: [info@sgvcc.com](mailto:info@sgvcc.com) Phone: (415) 488-8888



#### Multicultural Center of Marin

[www.multiculturalmarin.org](http://www.multiculturalmarin.org)

709 Fifth Ave. San Rafael, CA 94901:

Phone: (415) 526.2486

# Youth Advocacy - Get Involved



## **Youth Action Team (YAT)**

The Youth Action Team is dedicated to serving young people and uplifting the youth voice. To learn more about the YAT and get involved, click [here](#). Youth can also sign up for OD Free Marin volunteer opportunities [here](#)!



## **Marin 9 to 25**

Marin 9 to 25 is an action-oriented collective of Marin County youth and adults dedicated to realizing positive and equitable outcomes for youth ages 9 to 25.



## **Youth Transforming Justice (YTJ)**

Youth Transforming Justice provides alternatives to the traditional school discipline and juvenile justice systems. YTJ's practices are based on the principals of youth driven restorative trauma-informed justice. YTJ Peer Solutions empowers teens to take an active role in addressing and supporting their peers.



## **Find Your Way**

The Find Your Way campaign promotes help seeking and connection to local youth resources to support well-being. This campaign, along with the [Resource Guide](#), is designed by youth for youth and promotes messages that are accessible and relatable.



## **Marin County Youth Commission (MCYC)**

MCYC's goal is to act as a political voice for young people — particularly those in underserved populations, including youth of color, youth with disabilities, homeless youth, rural youth, and LGBTQ youth — by engaging with the Marin County Board of Supervisors and other policy makers.

# Resources For Parents & Guardians



### **Marin County Office of Education (MCOE)**

MCOE provides educational programs and services to students, families, and school staff countywide across Marin's 17 school districts. Visit their website to learn about the various substance use related events and programs they host throughout the year.



### **Marin Healthy Youth Partnerships (MHYP)**

MHYP is a Marin-based non-profit focused on delivering evidence-based programs and resources that provide education and support prevention policy through engaging youth, parents, and the community at large. Visit their [website](#) & get involved.



### **Marin Prevention Network**

The Marin Prevention Network is a collaboration of community coalitions, organizations and individuals actively seeking to change norms, policies, and laws that affect the availability, promotion, sale, and use of alcohol and other drugs in Marin County.



### **Marin County Suicide Prevention Collaborative**

The Collaborative pursues a comprehensive public health framework addressing prevention, intervention and postvention at the individual, community and institutional levels.



### **Song for Charlie**

Song for Charlie is a national non-profit organization founded by two parents whose son lost his life after purchasing counterfeit tablet purchased on social media. They created Song for Charlie to raise awareness about fentanyl and fentanyl-laced substances. Visit their website for education and resources.



### **The Compassionate Friends**

The Compassionate Friends provides highly personal comfort, hope, and support to every family experiencing the death of a son or a daughter, a brother or a sister, or a grandchild, and helps others better assist the grieving family.

**For a list of more resources, go to: <https://odfreemarin.org/resources/>**



## Kaiser Permanente Medical Center

99 Montecillo Rd  
San Rafael, CA 94903  
(415) 444-2000

**Emergency Department 24 hours**



## MarinHealth Medical Center

250 Bon Air Road  
Greenbrae, CA 94904  
Phone: (415) 925-7000

**Emergency Department 24 hours**



## Novato Community Hospital

180 Rowland Way  
Novato, CA 94945  
Phone (415) 209-1300

**Emergency Department 24 hours**

*If you or your loved one are experiencing a mental health or substance use crisis, please call the 24/7 Crisis Line at (415) 473-6666 or any of the resources below.*

### **Crisis Text Line: Text MARIN to 714741**

The Crisis Text Line offers free, 24/7, confidential crisis counseling via text and is a great place to turn when experiencing anxiety, depression, substance use, suicidal ideation, or anything in between.

### **988 Suicide & Crisis Lifeline: Call/Text 988**

988 is the national three-digit number for mental health, substance use and suicidal crises. Buckelew Programs Suicide Prevention program operates one of these 200 crisis call centers across the United States for anyone experiencing suicidal thoughts or any level of emotional distress 24/7, at the critical time they need help.

### **Access Line: Call (888) 818-1115**

The Marin County Behavioral Health and Recovery Services (BHRS) Access Team is staffed 24 hours, 7 days a week. and is the system-wide point of contact, for information, screening, assessment, and referrals for mental health and substance use services and treatment for Marin County residents.

### **SAHMSA National Hotline: Call (800) 662-HELP (4357)**

SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and [Spanish](#)) for individuals and families facing mental and/or substance use disorders.

# Media - Building Awareness

## Where's The Fentanyl? Campaign Toolkit

Join OD Free Marin's fight against fentanyl overdose in our community by helping amplify the message through graphics, reels, and PDFs that can be customized for your own campaign. Click the image or [here](#) to customize your own awareness campaign with ready-to-use templates.

## Good Stuff Partners

Learn more about the purpose-driven branding and communication agency behind this public awareness campaign. Check out [Good Stuff Partners's website](#) to see more of their incredible work. Other Organizations that made this campaign possible are the [Marin Independent Journal](#) and [Marin Community Foundation](#).



## Unshame California

Unshame California is a statewide campaign to reduce substance use disorder (SUD) stigma by telling the stories of people impacted by SUD. Stigma acts as a barrier for numerous individuals to seek treatment, fosters social isolation, and hinders the use of life-saving medications. The Unshame California campaign is working to change that by sharing stories of Californians that inspire compassion and hope.





## WORKING TOGETHER TO PREVENT OVERDOSE

**THANK YOU** to those who made this Community Forum possible:

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Click [here](#) for the slides presented at the 2024 Community Forum.

**Corrections? Comments? Additions to this Guide? Please contact [info@odfreemarin.org](mailto:info@odfreemarin.org)**

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