

# OD FREE MARIN



SUPPORT



TRUST



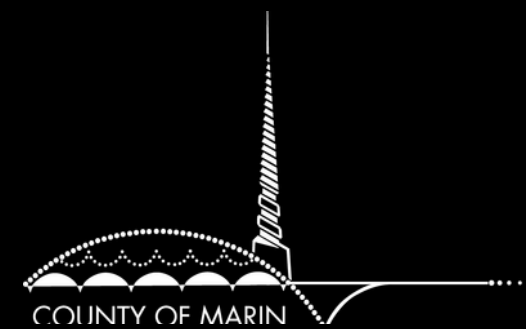
UNITY



:XCELLENCE

## OD Prevention & Naloxone Training for Youth

Name



# What we will cover today:

- What are opioids/fentanyl
- What is harm reduction
- How to recognize an overdose
- How to save someone with naloxone
- Resources in Marin
- Frequently Asked Questions



# A Community-Based Collaborative

- Focused on reducing the risk of overdose in Marin County
- Utilizes evidence-based strategies aligned with CDPH priorities
- Have representation from all sectors



# Warm Up Activity



**What have you heard about opioids and their effects?**

**What do you want to learn about opioids, overdose, and/or addiction?**

**Accidental overdose is one of the leading causes of death for residents under age 55 in Marin County, most due to opioids.**

**About 40% of youth in Marin know someone who has experienced an OD.**

# Words Matter

## Terms to Use When Talking About Addiction

### Instead of...

- Addict
- User
- Junkie
- Former Addict

### Use...

- Person with substance use disorder
- Person with an addiction
- Person in active use
- Person in recovery



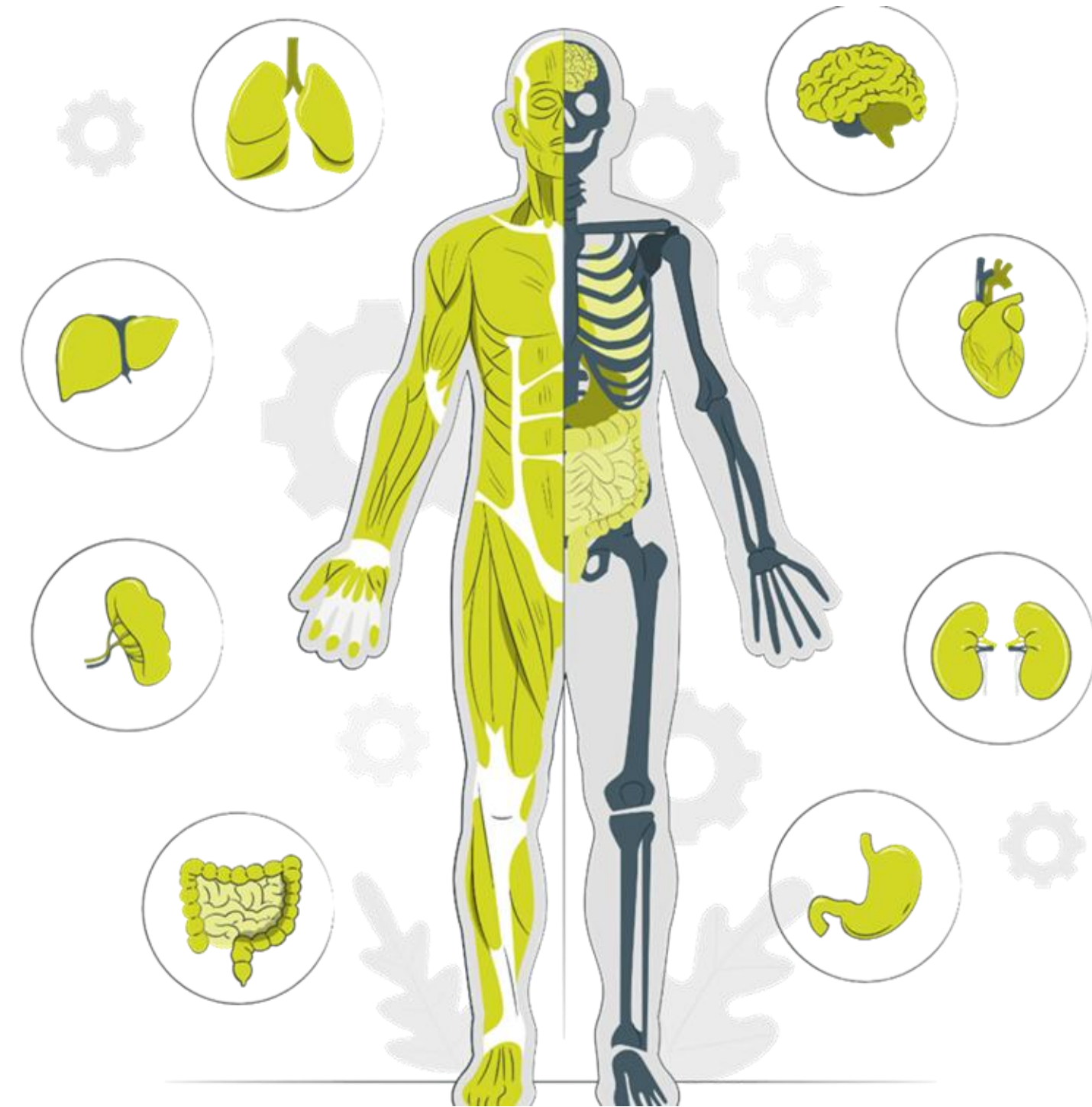
# Opioids are a Highly Addictive Class of Drugs

- Used legally for medical purposes and in the illegal drug market
- Used to reduce pain
- Produce pleasure or “high” feeling
- Make you sleepy, relaxed
- Slows breathing and heart rate
- Breathing can stop in an opioid overdose which can lead to death



# Opioid Overdose Affects Breathing

- Toxic amount of a drug overwhelms the body
- Opioids fit into specific receptors that also affect the drive to breathe
- The oxygen levels in the blood decrease
- Low oxygen stops vital organs and leads to unconsciousness, coma, and death



# Why do young people use?



# Young people may use for various reasons

- To fit in
- Relax, feel good
- Self-medicate
- Do better in academics
- Experiment, have fun

Teen substance use is decreasing, but the substances are more dangerous



# The Three Waves of the Opioid Overdose Crisis

## 1990s

- Overprescription of opioids and a rise in opioid addiction

## 2013

- Synthetic opioids like fentanyl are popular due to potency and low cost

## 2010s

- People addicted to opioids turn to illegal markets like heroin

## Today

- Fentanyl is in counterfeit pills, or mixed with illicit stimulants

# Opioids you may have heard of

## Different classes of opioids

- Natural opioids such as morphine
- Semi-synthetic such as oxycodone or “oxy” or Percocet (oxy + pain killer)
- Fully Synthetic such as fentanyl

## Illicit and other forms of opioids:

- Heroin - illicitly made semi-synthetic opioid derived from morphine
- Lean - combination of codeine containing cough syrup, soda, and hard candy
- Any pill or powder can be laced with fentanyl



# Fentanyl: “One Pill Can Kill”

- 50 times stronger than heroin and 100 times stronger than morphine
- Illegally made fentanyl is mixed with drugs like heroin, cocaine, and methamphetamine
- Made into pills that look like other prescription opioids
- People may be unaware that their drugs are mixed with fentanyl



**Can You Spot the Fake?**

# The Cycle of Addiction



# Anyone is at risk of an OD!

- People experimenting with drugs
- People with opioid use disorder
- People prescribed opioids
- Your family or friends
- It can happen to anyone!



# Naloxone Reverses an Opioid Overdose

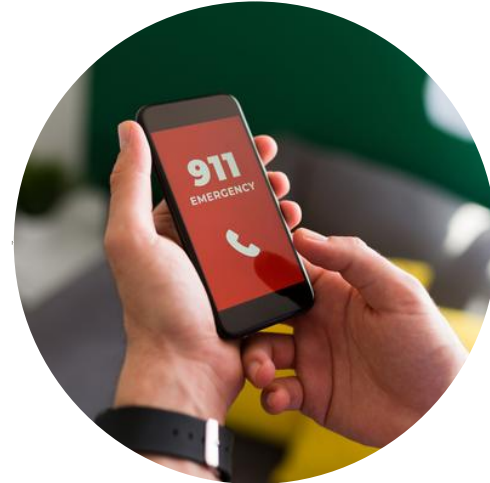
- Ready-to-use nasal spray
- Can restore normal breathing within 2 to 3 minutes
- Can be given safely to people of all ages (and even works on pets)
- Will not harm someone if they are not overdosing
- Anyone can carry naloxone



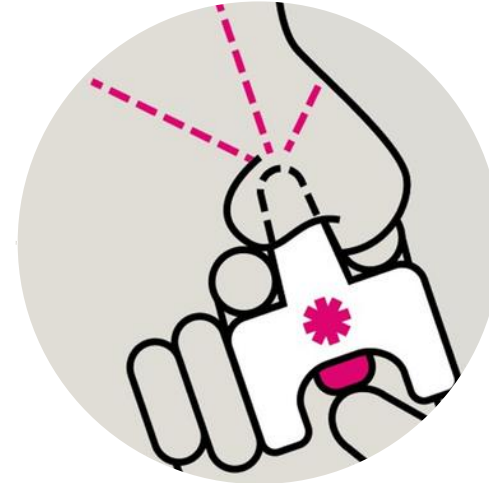
# You Can Save a Life with Naloxone



Recognize  
Signs of an  
Overdose



Call 9-1-1



Give Naloxone



Provide  
Aftercare



Provide  
Rescue  
Breaths



# Recognize the Signs of an Overdose

- Unconscious and can't be woken up
- Not breathing, or breathing slowly
- Choking or gurgling sounds
- Discolored skin
  - Especially lips and nails
- Small, “pinpoint pupils”
- Limp body



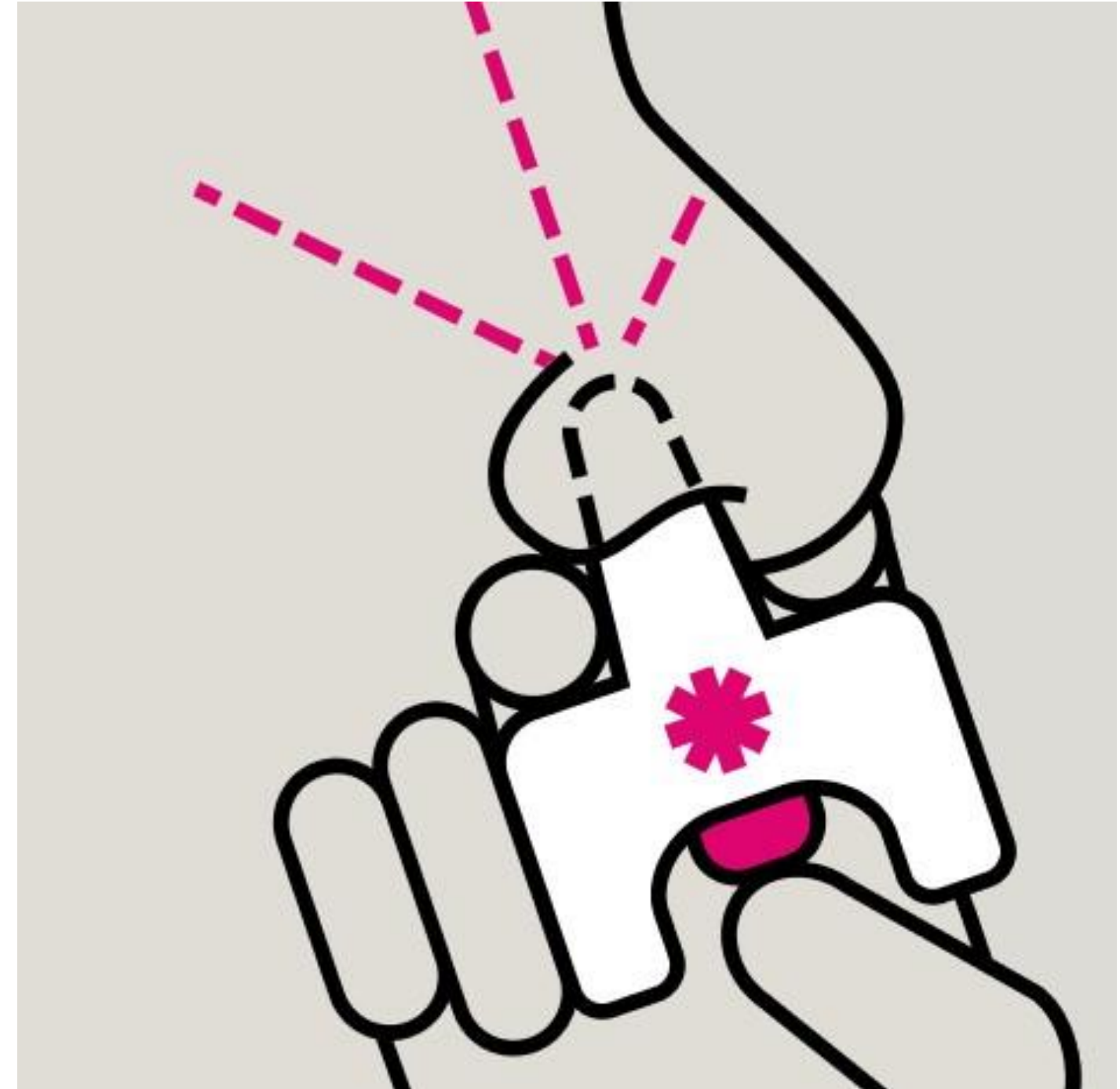
# Call 9-1-1

- Report that the person may have overdosed and is unconscious
- Give location
- 9-1-1 operator may guide you through steps
- Always call 9-1-1 when naloxone is used
- Overdose victims need medical care and monitoring after being revived



# Administer Naloxone

- Hold nasal spray with thumb on bottom of plunger
- Insert nozzle into either nostril
- Press plunger firmly to give dose
- If the person does not wake up after 2-3 minutes, give another dose using a new device
- Continue to give doses every 2-3 minutes until the person wakes up



# Provide Aftercare

- If the person is breathing but unconscious place them in the **recovery position**
- Turn them on their side and tilt their head back slightly to keep their airway open



# Provide Rescue Breathing

If the person is not breathing provide rescue breaths:

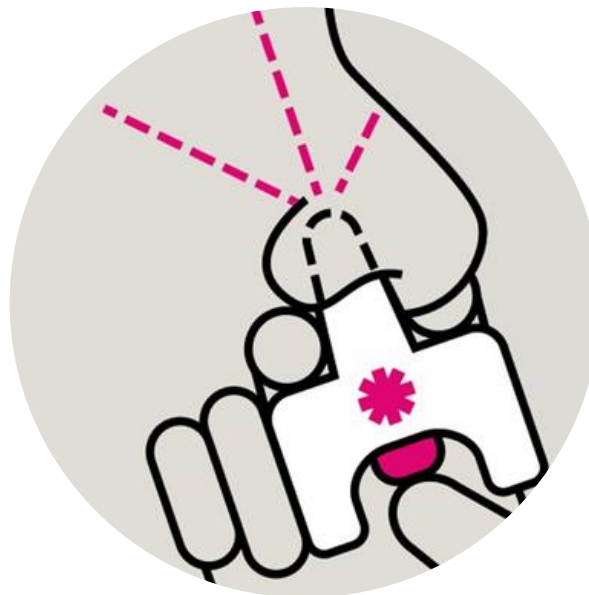
- Turn the person on their back
- Gently tilt their head back
- Pinch their nostrils shut
- Cover their mouth with yours and give a breath into their mouth
- Give a breath every 5 seconds or so, in your natural breathing rhythm



# Remember the Most Important Steps!



**Call 9-1-1**



**Give Naloxone**

# Naloxone is Available Over the Counter

- **Free** at multiple vending machines in Marin County
- May be covered by your medical insurance
- Available at local pharmacies
- Available at online retailers like Amazon
- Retail Price is \$45.99



# Discussion Time

Imagine your friend has told you they are interested in or are using opioids?



Based on what you've learned today, what information would you want your friend to have to prevent harm?

Would your advice be different if they are going to take Rx opioids vs illicit (street) opioids?

# Reducing Harm

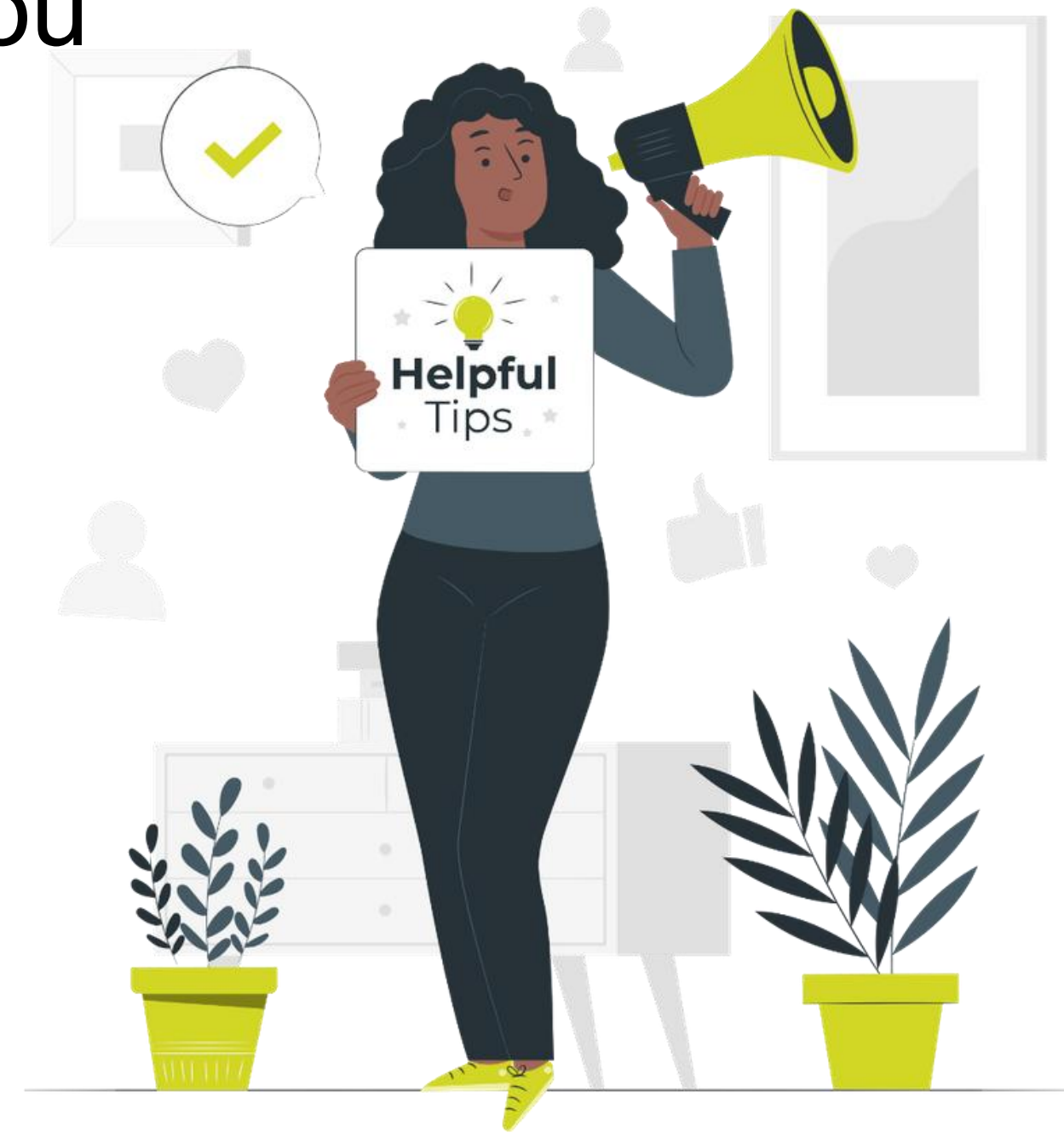
## Harm Reduction Strategies to prevent OD

- A range of practices to reduce the negative social/physical consequences of a behavior
- If you (or someone you know) is going to use, we recommend using as low as a dose as possible and to use infrequently
- Remember, the best way to avoid harm is to not use, but this is not always a reality



# Lower the Risk of an Opioid Overdose

- Have a trusted friend check on you
- Don't use drugs alone
- Know your tolerance
- Know your supply
- Control your high
- Use fentanyl test strips
- Always have naloxone on hand



# Fentanyl Test Strips Help Prevent Overdoses

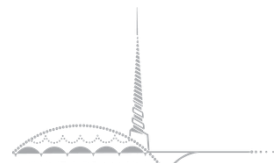
- Small strips of paper that can detect the presence of fentanyl in different kinds of drugs and drug forms
- **Chocolate Chip Cookie**  
**Effect:** One portion of a drug may contain fentanyl while another does not
- These test are not always 100% accurate, always have a trusted individual nearby with naloxone and never use alone



# Resources on ODFreeMarin.org

- **Free** naloxone and FTS in Marin County
- Sections for Educators, Parents, Youth and Clinicians
- Overdose Data Dashboard
- Medication-Assisted Treatment
- Treatment Locator
- Join one of our Action Teams





# Do I need to call 9-1-1 if Naloxone revives the overdosing person?

- **Yes!** Call 9-1-1 immediately!
- Naloxone is not a substitute for emergency medical care
- It does not stop the overdose for good.



# Am I protected from liability if I call 9-1-1 to report an overdose?

**The Good Samaritan Law** (Health & Safety Code § 11376.5) protects you from arrest, charge, and prosecution for being under the influence, or possessing drugs, or drug paraphernalia if you make a good-faith attempt to obtain medical care for someone experiencing a drug-related overdose



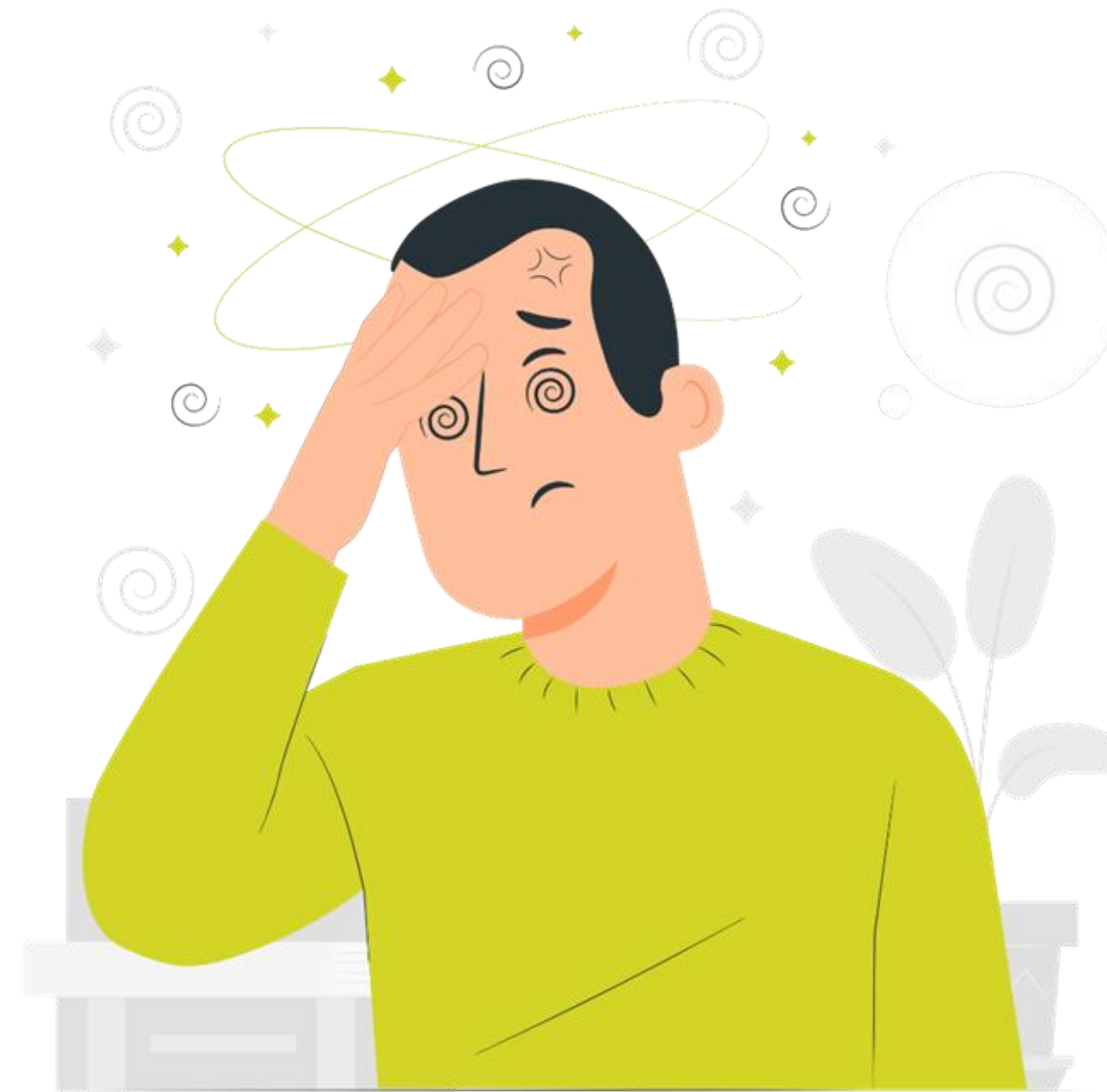
# Can I use naloxone on myself?

- **No**, it is administered to someone after an overdose has occurred.
- An overdosing person is likely unconscious, or their movement and breathing are restricted



# Does naloxone have side effects?

- It can cause **withdrawal symptoms**
- May include fever, anxiety, irritability, rapid heart rate, sweating, nausea, vomiting, tremors



# How long does naloxone stay in your body?

- Starts working in 2-3 minutes.
- Lasts about 45 minutes in the body
- More than one dose may be needed



# Does naloxone expire?

- **Yes!** Check the expiration date on the box.
- FDA has granted a 3 year extension past the expiration date
- Expired naloxone can **not** hurt, so use it!





# QUIZ SHOW



Requests for disability accommodations may be made by phoning **415-473-6731** (Voice), CA Relay 711 or by e-mail at [info@odfreemarin.org](mailto:info@odfreemarin.org).

# Question #1

How many doses of naloxone come in one box/kit?

**Two**

# Question #2

What number should you dial if you suspect someone is experiencing a overdose?

**911**

# Question #3

What are the most common signs of an opioid overdose?

**Unconscious, not/slow breathing,  
pinpoint pupils**

# Question #4

What position should you place the individual in after naloxone is administered? Describe it.

## The Recovery Position

# Question #5

How long should you wait to administer the 2nd dose after not seeing an affect from the 1st?

**2-3 minutes**

# Question #6

One portion of a drug may contain fentanyl while another does not. This is known as?

## The Chocolate Chip Cookie Effect

# Question #7

When should rescue breaths be provided?

**When all naloxone has been administered but still not breathing**

# Question #8

What law protects you from arrest or prosecution while you are trying to get someone help in an OD situation?

**The Good Samaritan Law**

# Join the Youth Action Team!

- Meets once a month on Zoom
- Volunteer opportunities and in-person projects
- Community service hours
- Work on strategies to keep other young people safe and prevent deadly ODs



Scan the QR Code to sign up and learn more!



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# Thank You!

