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Lucas County Opiate Coalition

Community Prevention Toolkit



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Introduction

In Lucas County, there were 227 opioid related deaths in 2018, compared to 157 in 2017. The majority of overdoses were White males in both 2017 and 2018. Both years had the same educational status for opioid related deaths with victims having a high school diploma or GED.

Fentanyl and fentanyl analogues were the top opioids accounting for the most deaths in both years. The average age range of opioid related deaths were from 29-38 years of age.

Currently, the most commonly drugs of abuse are alcohol and marijuana, the nonmedical use of prescription painkillers and other illicit opioids has resulted in a significant increase in drug overdose deaths.

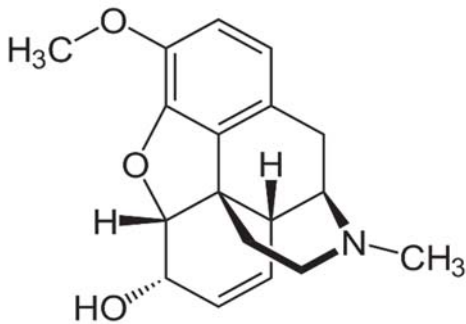
The Lucas County Opiate coalition has designed this toolkit to help individuals learn about the opioid epidemic and what strategies are needed to improve community health as it pertains to this epidemic. This toolkit was created to encourage collaboration with community stakeholders in order to reduce opioid related overdoses, and overdose deaths in Lucas County.

Opioids

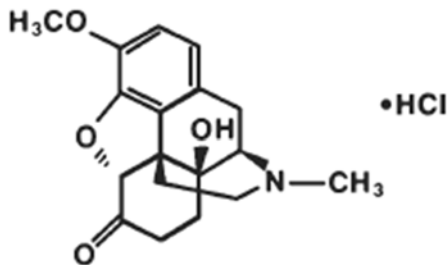
Types of Opioids

The term opiate and opioid are often used in what would seem the same way but there is a difference
Opiates are natural substances that come from opium and include morphine and codeine. Opioids are synthetic drugs that emulate opiates. Examples of synthetic opioids are fentanyl, methadone, oxycodone and hydrocodone.

Codeine- Is a narcotic pain-reliever and cough suppressant similar to morphine and hydrocodone. Moreover, a small amount of codeine is converted to morphine in the body.

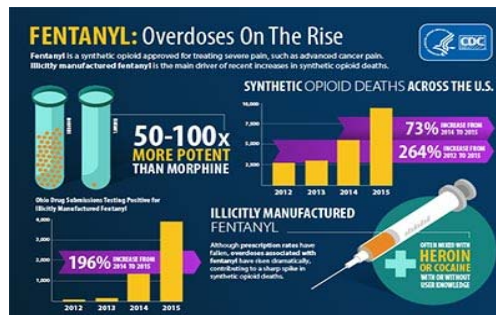
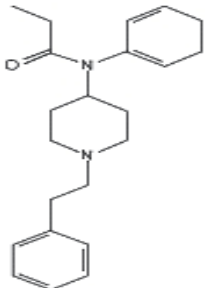


Oxycodone & Acetaminophen- common names Percocet, Endocet, Roxicet 5/500, Magnacet, Primlev, Xolox. Treats moderate to severe pain.

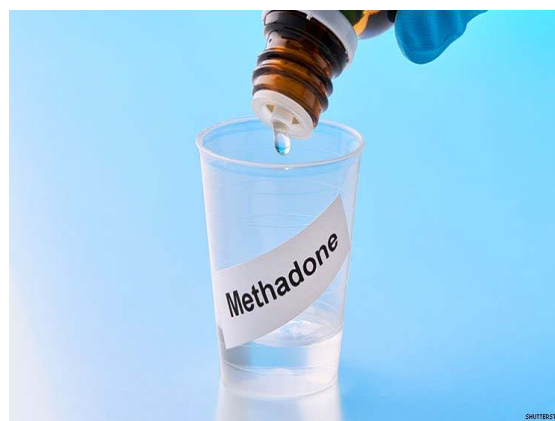
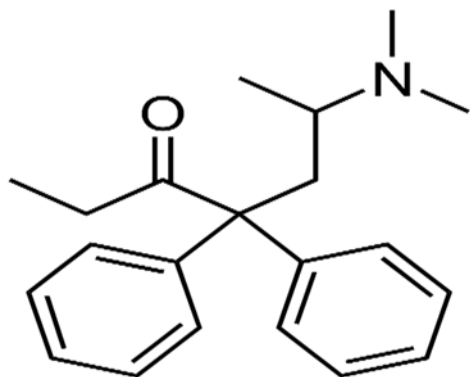


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Fentanyl- A narcotic used to treat severe pain. High risk for addiction and dependence. Can cause respiratory distress and death when taken in high doses or combined with other substances, especially alcohol.



Methadone- A narcotic used to treat moderate to severe pain. It can also treat narcotic drug addiction.



Understanding the Epidemic

According to the Centers for Disease Control and Prevention (CDC), "Understanding the Epidemic/Drug Overdose" (CDC, 2017), from 1999 to 2017, more than 700,000 people have died from a drug overdose.

Around 68% of the more than 70,200 drug overdose deaths in 2017 involved an opioid. In 2017, the number of overdose deaths involving opioids (including prescription opioids and illegal opioids like heroin and illicitly manufactured fentanyl) was 6 times higher than in 1999.

Combatting the Opioid Overdose Epidemic

The opioid epidemic has been a growing problem in Northwest Ohio and the country. This problem does not discriminate.

This epidemic is not only an addiction problem, this epidemic has led to crisis within families, it has negatively affected children, jobs are being lost, housing crises and mental health crisis. Making this a community-wide issue.

The stigma of opioid addiction has created shame, guilt and fear in those who are seeking treatment and recovery services. Due to the continued increase in overdoses, and overdose fatalities, the Lucas County Opiate Coalition has set goals to help in reducing overdoses, overdose deaths, and reduce stigma.

Preventing the Misuse and Abuse of prescription opioids and illicit opioids.

How to reduce risk:

- **Discuss non-opioid alternatives with your doctor and if an opioid is still indicated, discuss taking the lowest dose possible for the shortest duration.**
- **Talk to your doctor about various medications and drugs you take and about how much alcohol you consume. If there is a history of drug dependence, also discuss this with your doctor.**
- **Discuss with your doctor about medication duration in your body and whether you should drive or operate machinery.**
- **Do not use more of the medication than prescribed by a doctor, and avoid mixing opioids with alcohol, sleeping pills, and anti-anxiety medication.**
- **Obtain a prescription for naloxone or carry a naloxone overdose prevention kit if you or a family member is using a high daily dosage of opioids. Naloxone is used to treat the effects of opioid overdose until medical help arrives.**

When does an overdose occur?

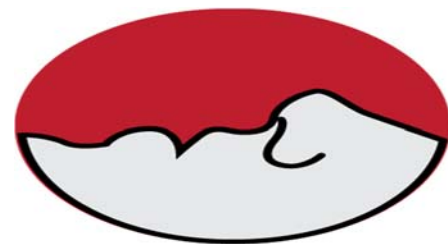
- **When someone deliberately misuses a prescription opioid or an illicit drug such as heroin.**
- **When someone mix an opioid with other substances.**
- **When someone misunderstood the directions for use.**

Who is at risk for overdose?

1. **Individuals who mix drugs- especially heroin, benzos, alcohol, methadone.**
2. **Individuals who inject.**
3. **Using alone.**
4. **Variable purity of street drugs, changing dealer etc.**
5. **Using in unfamiliar surroundings- not engaging in normal drug taking routine.**
6. **Using with unfamiliar people – who may not stick around or help in an overdose situation.**

Recognize the signs of an opioid related overdose

- Breathing will be slow or absent, causing respiratory depression



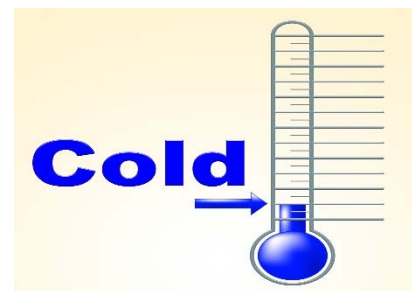
- Unconsciousness



- Lips and nails are blue



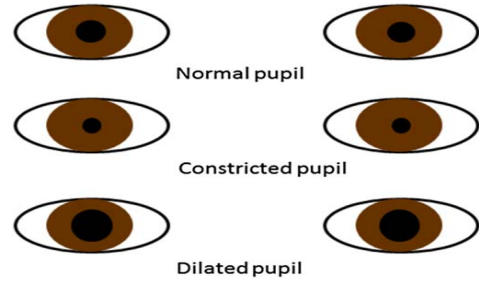
- Skin is pale feels cold and clammy (darker-skin people turn ash or yellow)



- Gurgling or snoring sounds, choking, difficulty breathing



- Pupils are tiny/constricted



- Unconscious, cannot be awoken, not moving



REMEMBER “BLUE”

SIGNS OF AN OPIOID OVERDOSE. **B.L.U.E.**

BREATHING ————— | Breathing during an overdose is shallow, gurgling, erratic, or completely absent.

LIPS ————— | Lips and fingertips are blue, due to decreased oxygen throughout the body.

UNRESPONSIVE ————— | The victim will not respond to verbal or physical stimulation.

EYES ————— | Pupils are pinpoint, as the opioids constrict the pupils to an unusually small size.

What is Naloxone?

Is a medication called an “opioid antagonist” used to counter the effects of opioid overdose, for example morphine and heroin overdose. Naloxone has no potential for abuse. (It will only work on opioids).



Naloxone Storage

- Shelf life of 18-24 months (future Naloxone will have 2 year expiration date)
- Keep out of direct sunlight.
- Store at 59-77 degrees. Do not keep in a car or store in a refrigerator.
- Temperature levels are permitted up to 104 degrees
- Naloxone maintained close to 90% concentration when subjected to ~21 and ~129 degrees Fahrenheit temperatures every twelve hours for 28 days.

5 Steps To Save A Life

Per the American Heart Association guidelines, do not delay CPR to administer naloxone if victim is pulseless. Administer as soon as appropriate if there is no breathing.

1

Call 9-1-1.

Make sure to say the person is unresponsive and not breathing or struggling to breathe. Give a clear address and location.



2

Shake and Shout.

Try to wake the person up by yelling their name and rubbing their sternum. Check the scene as to not put anyone in harm's way. If you feel uncomfortable after witnessing an overdose, wait on EMT's or police for assistance.



3

If unresponsive, give naloxone.

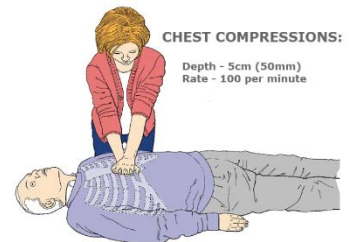
Follow instructions for the form of naloxone you have. Injectable or nasal spray. If the person is still unresponsive in 2-3 minutes, you can give a second dose.



4

Is it working?

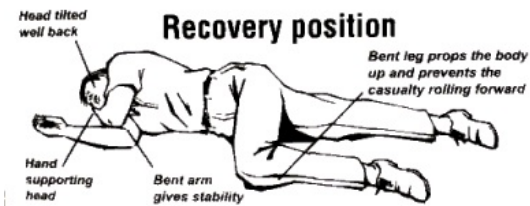
If the person is still unresponsive in 2-3 minutes, you can give a second dose. If the person does not come back to life after the second dose, start chest compressions.



5

Stay until help arrives.

If the person starts breathing again, put the person in recovery position.



Be a **Hero** and Save a **Life**

Community and Advocacy Action

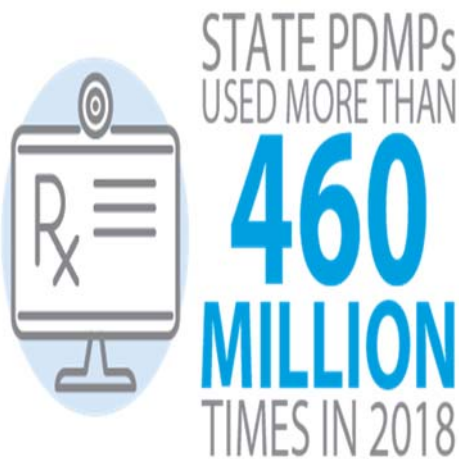


The Lucas County Opiate coalition is advocating for change to help address the opioid epidemic at the local, state and national levels.

Every community stakeholder, organization and those suffering from substance use disorder, their families each have a unique role to play and being able to make a difference.

Areas of Advocacy

A prescription drug-monitoring program (PDMP) is an electronic database that tracks controlled substance prescriptions in a state. In Ohio, the **Ohio** Automated Rx Reporting System (OARRS) is a tool to track the dispensing and personal furnishing of controlled prescription drugs to patients.



Prevention Campaigns/Programs

In Lucas County, our goal is to create events that raise awareness about the opioid problem in our community. Program events and campaigns are necessary to combatting the epidemic. The Lucas County opiate coalition is focusing on prevention. Educating on misuse and abuse of opioids is the best defense against opioids. In doing so, the community stakeholders in Lucas County utilize campaign messages from "TakeChargeOhio", careful planning for Town-Hall meetings, forums, health fairs, in addition to participating in opioid awareness activities, and collaborating with local newspapers, TV news, social media, and local radio stations to spread the word and rally support for our community.



Naloxone Distribution Programs

Having a Naloxone distribution program in place allows for the antidote to be placed in the hands of those suffering from substance use disorder, or an individual most likely to witness an overdose and respond immediately; including loved one's drug dealers, outreach workers, police, bus drivers, and individuals who work in the community, city workers, Edison workers, etc. Project DAWN (Deaths Avoided With Naloxone) is a community-based overdose education and Naloxone distribution program that was created as a way to combat Ohio's opioid overdose epidemic.

Implementing a Community Take-Home Naloxone Distribution Program for Lay Responders

A Statewide Toolkit for Ohio



Harm Reduction

Harm Reduction is a 501 (C) 3 non-profit organization that supports drug policies based on science, health, compassion and human rights. They strive to:

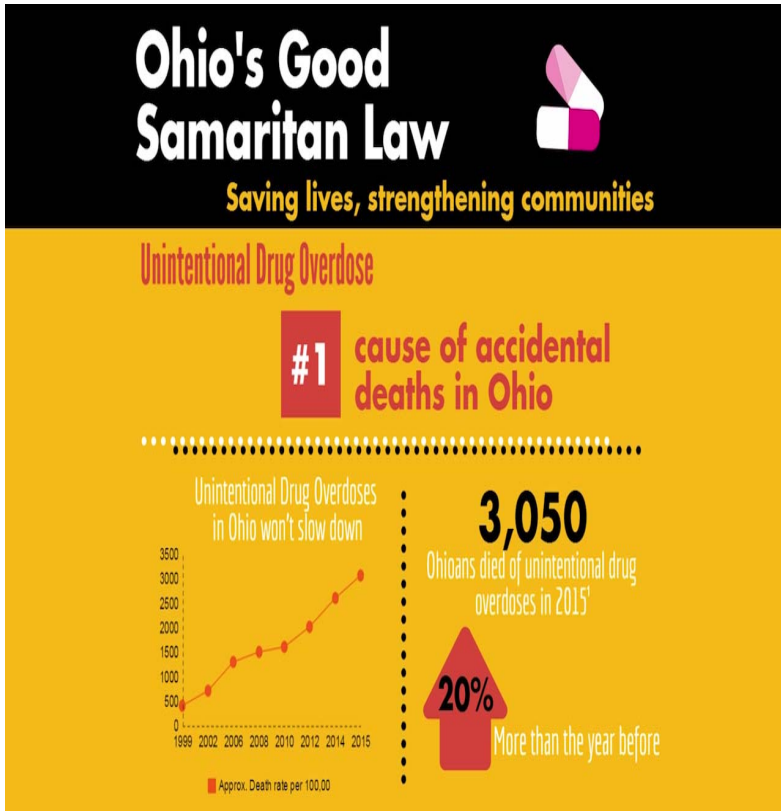
- Reduce the harms associated with drug use and drug policy.
- Empower drug users to care for themselves and one another.
- Promote health equity through compassionate, nonjudgmental services.
- Educate the public, policymakers and medical community about treating drug users with respect and without stigma.
- End the criminalization of people who use drugs.

One area of Harm Reduction utilized in Lucas County is the needle exchange program. Northwest Ohio's Syringe exchange program began in August 2017 introducing a safe place for substance abuse users to exchange used needles for new ones to help promote health and safety. The program includes education on harm reduction, and medical and behavioral healthcare referrals. This harm reduction program is in place to assist with the reduction of the number of HIV, Hepatitis C, and other sexually transmitted infections, as well as protecting the general health of those who inject drugs. Currently, in Lucas County three locations offer needle exchange, and educational and supportive services. Northwest Ohio Syringe exchange program is anonymous.



Ohio's Good Samaritan Law

Good Samaritan laws were put in place to protect someone from legal liability when providing help to a person in distress. In 2016, Ohio revised its Good Samaritan laws (Ohio Revised Code Section 2925.11) to encourage people to call 911 when someone overdoses. The law provides immunity to individuals who seek emergency help for himself/herself or another person during a drug overdose.



References

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