

Be the One:

Slide 1: Intro

- The purpose of this presentation is to provide some background on substance use disorder and using Naloxone to potentially rescue a person experiencing an opioid overdose. In this presentation we will talk about medication misuse, substance use disorder, what medications may contribute to an opioid overdose, how to identify an overdose, how to respond, and how to administer naloxone.

Slide 2: Background

- Substance Use Disorder is a significant issue in the United States.
- In 2020, over 40 million Americans were diagnosed with a substance use disorder.
- Approximately 5,500 Americans misuse prescription medications for the first time every day.
- More than 6 million Americans over the age of 12 have used a prescription drug nonmedically in the past month.
- In addition, opioids are found in many households, can be laced into other drugs and foods, and can be accidentally misused, leading to an overdose.
- Finally, drug overdose is the leading cause of accidental death in the US

Slide 3: Medication Misuse

- Medication misuse can be described as
 - taking more of your medication than prescribed
 - taking someone else's medication
 - taking medication for a reason other than what it was prescribed for
- Misuse can be intentional or accidental, and the consequences of misusing opioid medications can be life-threatening.

Slide 4: Supportive Conversations

- It is important to recognize that substance use disorder is considered a medical condition, and there are many reasons why a person may be struggling with substance misuse.
- People can be predisposed through genetics, ties to mental health conditions, and painful medical conditions that lead to well-intended opioid prescribing.
- While having conversations regarding substance misuse may be sensitive, using supportive and sympathetic language can help establish trust between you and the person you are trying to help.
- *** Read off one or two examples from the table for replacement language.***
- Snap the Stigma is a campaign where individuals can share their experiences with mental illness, including substance use disorder, through the use of photography.

Slide 5: Opioids

- For those of you unfamiliar with opioid medications, they are primarily used for pain management.
- Even when taken as prescribed, they pose a risk of addiction as well as accidental overdose. So what causes the overdose of opioids?
 - The way the pain medication works in your body can lead to what is called “respiratory depression,” meaning that the opioids have dangerously disrupted your body’s natural breathing rhythm and you do not have adequate oxygen.
 - Because we don’t always know how a person will respond to opioids, overdoses may occur without warning. It is important to be cautious any time you take an opioid
 - So when we say opioid overdose, it doesn’t mean it is intentional or due to misusing the medication or illicit drugs. It can happen when:
 - Someone thinks they are using marijuana but it is actually laced. It can also be laced into candies and other consumable items, which are more appealing to children and teenagers.
 - Someone takes a medication after surgery but happens to be on medications for anxiety and depression that interact with the opioid medication.

- Some common opioid medications are listed here.
- You have likely been prescribed or know someone who has been prescribed one of these medications before. Situations when you may be prescribed an opioid: after surgery, broken bone, wisdom teeth removal.

Slide 6: Signs of an Opioid Overdose

- There are 6 tell-tale signs of an opioid overdose:
- It is important to be able to recognize the symptoms, so you can efficiently react and help
- The signs are:
 - Unconscious or unable to wake a person up
 - A person's breathing slows or stops
 - The person is making choking or gurgling noises
 - A person's body limp
 - A person's face is pale
 - A person has purple or blue fingernails and/or lips

Slide 7: Overdose Action Steps

- If someone you know is experiencing any of the symptoms explained on the previous slide, your next actions can save their life
- First, call 911. This is CRITICAL. We will explain why in the next slide!
- Next, administer naloxone
- Next, move the person into the recovery position as seen on the slide (point out picture)
- Finally, stay with the person until help arrives
- It is important to note that if you are intoxicated or under the influence, you will not be charged with legal implications due to your ability to help someone in need of medical attention. This is called the "Good Samaritan Law."
- **Additionally, campus policy states that people taking responsible action, including calling 911, staying with the person, and cooperating with police and staff, will "not be subject to the student conduct process for alleged policy violations related to alcohol or drug use or minor policy violations."**

The incident will not be part of their conduct record and taking responsible action is an expectation of students per the Code of Conduct.

Slide 8: Naloxone

- Naloxone is also known as Narcan and is an opioid reversal agent
 - It reverses the effects of opioid and restores the body's ability to breathe.
 - However, the opioid may stay in the body longer than naloxone. This is why calling 911 is critical. You may administer naloxone and then save a life and the person seems fine. However, the naloxone may wear off and the opioid can bring them back to overdose. This is why a person who has experienced overdose needs to get to a hospital to be monitored and for further treatment if necessary.
- It can be thought of as an overdose fire extinguisher
 - Available in hopes you never have to use it
 - If it used, it saves lives
- It is important to remember that naloxone will not cause harm if it is given to someone who is not experiencing an opioid overdose. If you're not sure if someone is overdosing, be confident that you will not hurt them by giving them naloxone.
 - It is safe to administer to pregnant women
 - There are no interactions with any other medications

Slide 9: How to Use Naloxone

- Within the provided naloxone boxes that will be around campus, there is a video showing how to administer the medication.
- We will watch the video now, and it can also be found online in case you ever want to review the information.

Slide 10: Take Action

- This is the ONEbox
- It contains:
 - Naloxone (2 sprays)
 - Gloves
 - CPR Mask

- What questions do you have
- Please fill out the post survey