



*Opioid and Naloxone Education*

## Correctional Facilities Collaboration

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[www.one-program.org/health-professionals/corrections/](http://www.one-program.org/health-professionals/corrections/)





## Table of Contents

### A. Corrections Workflow Guide

Use this flowchart to assist with the steps to assess, educate and document a screening.

### B. Medication Safety Questionnaire, Opioid Screening and Outcomes Worksheet

Page 1: Complete this medication safety questionnaire for every individual. Educate on all 4 topics (storage, disposal, adherence and diversion).

Page 2: Complete this opioid risk screening questionnaire for each individual. Discuss risk results and provide education on naloxone. If able, review contents of kit with individual.

Page 3: Complete outcomes worksheet. Use this to document what services were provided to each individual.

Offer discharge kit to each individual. If accepted, place in personal belongings or designated location for discharge.

**All 3 pages results must be documented in REDCAP.**

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### C. Training & Contact Information

### D. Consent Form

### E. RedCAP Information

RedCAP is the documentation platform for the ONE Screenings.

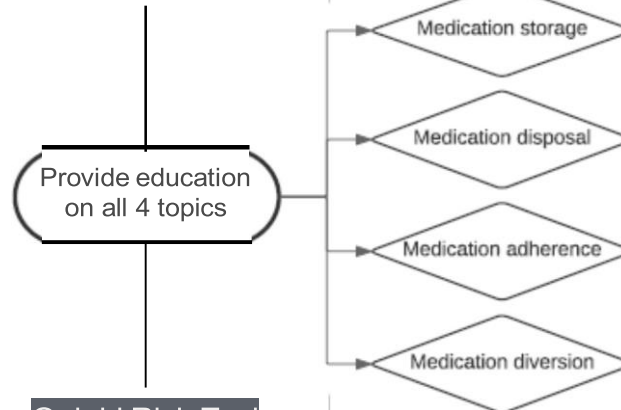
### F. Discharge Kit Picture

### G. Brochure Examples

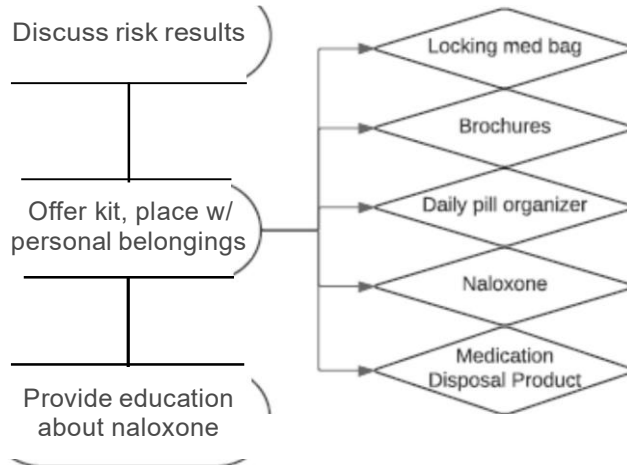
Each of the brochures are provided in the discharge kit. If your site would like additional brochures provided based on services available in your community, contact [Lisa.Nagel@ndsu.edu](mailto:Lisa.Nagel@ndsu.edu) for assistance.

## Correctional Facilities Workflow

Medication Safety  
Questionnaire (page 1)



Opioid Risk Tool  
Assessment (page 2)



**Complete Outcomes  
Worksheet (page 3)**

**Enter into REDCAP**



## Medication Safety Questionnaire

Patient name or MRN: \_\_\_\_\_

☐ Patient gave verbal consent for their de-identified information to be shared with NDSU for research purposes.

### How does the patient typically store his or her medications?

- ☐ Medication is stored in locked box
- ☐ Medication is stored in safe designated area
- ☐ Medication is stored in unsafe designated area
- ☐ Medication storage not designated

*\*Provide education about medication storage*

### How does the patient typically dispose of unused or expired medications?

- ☐ Not applicable/no meds to dispose of
- ☐ Medication not discarded
- ☐ Medication discarded in trash/flushed
- ☐ Other potentially unsafe method
- ☐ Medication disposal with approved measures:
  - ☐ Pharmacy MedSafe
  - ☐ Local public health unit
  - ☐ Police station
  - ☐ Kitty litter, coffee grounds, or other
  - ☐ Medication disposal product (Deterra, DisposeRx, etc.)
  - ☐ Other: \_\_\_\_\_

*\*Provide education about medication disposal*

### Does the patient forget to take medications?

- ☐ Never
- ☐ Occasionally
- ☐ Frequently

*\*Provide education about medication adherence*

### Has the patient used someone else's or given their medications to someone else before (diversion)?

- ☐ Patient has diverted a prescription medication at least 1 time
- ☐ Patient has been approached with request to divert their medication at least 1 time
- ☐ Patient has taken a diverted medication at least 1 time
- ☐ No /Not applicable

*\*Provide education about avoidance of medication diversion*

### Does the patient take medication(s) for pain or opioid use disorder?

- ☐ No, not taking medication for pain or opioid use disorder
- ☐ Yes, taking medication for pain
  - ☐ Taking a non-opioid for pain (Celebrex, NSAID, etc.)
  - ☐ Taking an opioid for pain (oxycodone, hydrocodone, morphine, etc.)

**Please complete the opioid risk screening questionnaire on the next page for all patients.**

**THE RESULTS OF THIS DOCUMENT MUST BE ENTERED INTO REDCAP**

YES NO Has the patient taken an opioid medications in the last 60 days prior to incarceration?  
Examples: fentanyl (Blue 30, others), Oxycontin® (oxycodone), Vicodin® (hydrocodone), morphine, heroin

Put a check in the box next to those items which apply to the patient.

	Yes	F	M
<b>Family history of substance abuse</b>			
Alcohol		1	3
Illegal drugs		2	3
Prescription medication misuse		4	4
<b>Personal history of substance abuse</b>			
Alcohol		3	3
Illegal drugs		4	4
Prescription medication misuse		5	5
Age between 16 - 45 years		1	1
History of preadolescent sexual abuse		3	0
<b>Psychological disease</b>			
Examples: attention deficit disorder (ADD), obsessive compulsive disorder (OCD), bipolar disorder, schizophrenia		2	2
Depression		1	1

Total Score: \_\_\_\_\_  
Low risk: 0 - 3  
Moderate risk: 4 - 7  
\*\*High risk: ≥ 8\*\*

Medical history: Circle all those which apply to the patient.

COPD/emphysema      sleep apnea      liver disease      kidney disease

While using this medication is there a chance the patient may consume any of the following?

YES NO Medication used to treat anxiety called a benzodiazepine

Examples: Xanax® (alprazolam), Ativan® (lorazepam), Valium® (diazepam) Klonopin® (clonazepam)

YES NO Medication used to treat nerve pain

Examples: Neurontin® (gabapentin), Lyrica® (pregabalin)

YES NO Medication known as a muscle relaxer

Examples: Flexeril® (cyclobenzaprine), Skelaxin® (metaxalone), Soma® (carisoprodol)

YES NO Medication used to aid in sleep (prescription or over the counter)

YES NO Alcohol

YES NO Are you currently taking other opioid medications?

Examples: fentanyl (Blue 30, others), Oxycontin® (oxycodone), Vicodin® (hydrocodone), morphine, heroin

YES NO Have you previously been or are you currently in treatment for opioid use disorder?

YES NO Have you previously been or are you currently prescribed a medication for opioid use disorder?

Examples: Suboxone, methadone

IF YES: Would you be interested in continuing it while incarcerated, if available? YES/NO

IF NO: Would you be interested in starting to take a medication for opioid use disorder while incarcerated if it were available and prescribed for you? YES/NO

THE RESULTS OF THIS DOCUMENT MUST BE ENTERED INTO REDCAP



## Outcomes Worksheet

Education:		
Yes	No	Education about <b>medication storage</b> was provided
Yes	No	Education about <b>medication disposal</b> was provided
Yes	No	Education about <b>medication adherence</b> was provided
Yes	No	Education about <b>medication diversion</b> was provided to the patient
Interventions:		
Yes	No	<b>ACCIDENTAL OVERDOSE RISK ASSESSMENT</b> Today, the patient was identified as at risk for accidental overdose based on current disease states or current medications
Yes	No	<b>OPIOID MISUSE RISK ASSESSMENT</b> Today, the patient was identified at high risk for future opioid misuse (ORT $\geq 8$ ) <i>If yes, the risk of opioid misuse was discussed with the patient\</i>
Yes	No	Patient was provided a <b>discharge kit</b> <i>Locking medication bag, naloxone, educational brochures, pill organizer, medication disposal device</i>



## ONE Program – Correctional Facilities Information

**Website:** <https://one-program.org/health-professionals/corrections/>

QR Code to website:



**Training:** <https://youtu.be/sSRx0iUU618>

QR Code for training:



### Who To Contact:

Order More Kits: Email [Shraddha.Adhikari@ndsu.edu](mailto:Shraddha.Adhikari@ndsu.edu)

RedCap Assistance: Email [Oliver.Frenzel@ndsu.edu](mailto:Oliver.Frenzel@ndsu.edu)

Questions on Program: Email [Lisa.Nagel@ndsu.edu](mailto:Lisa.Nagel@ndsu.edu)

**Toolkit Screening Form:** <https://one-program.org/wp-content/uploads/2024/09/ONE-Corrections-Screening-and-Outcomes.pdf>

QR Code for screening forms:





### **Informed Consent:**

**Please read this statement out loud prior to conducting the ONE Program screening.**

We are doing a research study with NDSU to learn how health screenings can help people understand their risk for opioid use disorder and opioid overdose.

The screening is a set of questions. **No blood, urine, or other tests** will be done. Everyone gets this screening. But, **joining the research study that goes with the screening is optional** and separate from the regular intake process. You do not have to join if you don't want to. If you **do** join, you will take the screening to learn more about your health and drug-related risks. **Your personal information will stay private.** Only the person doing the screening will see your results. This study will help us learn how to make health screenings better for everyone.

### **Verbally affirm:**

- Can the researcher share your information?
- Would you like to join the study?



## Correctional Facility – REDCAP Information

Contact Information: [Oliver.Frenzel@ndsu.edu](mailto:Oliver.Frenzel@ndsu.edu)

Process:

1. After logging in: the 'green arrow' is where everyone starts. Click on 'add/edit records' to initiate the document a screening.
2. Then click on the 'blue arrow' to 'add new record' which would be documenting a specific patient screening/encounter.
3. This will open up the 'point/click' documentation flow that will directly align with the paper corrections screening form; then each screening item can be entered for the individual.

The screenshot shows the REDCap web interface. On the left is a sidebar with a tree view containing sections: "Project Home and Design" (with links to Home and Codebook), "Data Collection" (with links to Record Status Dashboard and Add / Edit Records), "Applications" (with links to Data Exports, Reports, and Stats; Logging; File Repository; Data Quality; API and API Playground; REDCap Mobile App; and Quality Health Associates of North Dakota), and "Reports" (with links to Medication Safety Questionnaire completion, Medication Storage, and Medication Disposal). The main content area has a header with the "ONE Program" logo and "PID 134". Below the header, there's a section titled "Add / Edit Records" with a sub-header "Add / Edit Records". A text block explains that users can view existing records or create new ones. Below this, a yellow box displays "Total records: 4,417". At the bottom, there's a form with a label "Choose an existing Record ID" and a dropdown menu currently showing "-- select record --". A green button labeled "+ Add new record" is positioned below the dropdown.



## Contents of Discharge Kit



Place this postcard on your refrigerator or in your medicine cabinet, and place the DisposeRx packet near your prescription bottle.

**Directions for use:**  
Should you have leftover medications, dispose of them with DisposeRx, in less than a minute!

**HOW IT WORKS**

1. Add water until vial is 2/3 full.
2. Empty DisposeRx vial into vial, replace cap and shake for 30 seconds.
3. Safely discard in trash.

**Remember:**

- Don't take medications for longer than needed.
- Don't share your prescription with others.
- Don't take someone else's medications.
- Don't take more than the prescribed amounts.
- Don't leave your medications unsecured.

**ONE**  
Opioid and Naloxone Education  
and  
**DisposeRx**  
Solving the problem of drug disposal

*We are committed to your safety and the safety of your family. Please dispose of medications appropriately.*

GET YOUR  
**FREE**  
NALOXONE  
HERE:

**1 in 4**  
People receiving long-term opioid therapy  
**STRUGGLES WITH ADDICTION**

**Prescription Opioid Addiction is a Growing Epidemic...**

- Opioids work by blocking the feelings of pain without blocking the underlying cause.
- Prescriptions given over the last century and lead to addiction more often than in previous years.
- Prescriptions taken longer than intended can also be a risk for addiction.
- Continued use of long-term prescriptions can lead to:

- Addiction
- Mental health problems
- Accidents
- Loss of employment
- Loss of family
- Loss of friends
- Loss of life

**Keep Yourself and Your Loved Ones Safe**

- Lock**  
Keep medications out of sight and in a safe and secure place.
- Monitor**  
Keep track of medications and use only as directed.
- Take Back**  
Take your unused or prescription drugs to a take-back site.

**If You Are Concerned**

- Call your doctor.
- Call 911.
- Call the National Poison Helpline at 1-800-235-0299.
- Call the National Opioid Helpline at 1-800-368-6768.

**Dakota**  
Department of Health  
Division of Substance Abuse  
**OPIOIDS**  
Fill and Use

For more info, visit: [www.dakota.gov/health](http://www.dakota.gov/health)

**ONE**  
Opioid and Naloxone Education

NAME: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_  
PHONE #: \_\_\_\_\_

**MEDICINE SAFE**

**Medication Safety and Opioid Harm Reduction**

**ONE**  
Opioid and Naloxone Education

**About Naloxone:**

- Opioids can slow or stop your ability to breathe. Naloxone can reverse the effects of the opioids and restore the ability to breathe.
- Naloxone is a safety measure, similar to a fire extinguisher. It's good to have available, but hopefully you never need to use it.
- Ensure a family member or loved one knows where to access the naloxone in case of an emergency.

**Response to Overdose:**

- 1 Check responsiveness**
  - Look for any of the following:
    - No response, even after attempts to wake
    - Breathing slows or stops
    - Lips and fingernails turn blue or gray
- 2 Call 911 and give naloxone**
  - If no reaction in 2 minutes, give second naloxone dose.
- 3 Do rescue breathing and/or chest compressions**
  - Follow 911 dispatcher instructions
- 4 Stay with person until help arrives.**

## WHAT ARE OPIOIDS?

- Opioids are powerful medicines that doctors prescribe to help treat moderate to severe pain.
- While opioids can be helpful, they also have serious risks.
- If not used correctly, opioids can be addictive and can lead to slowed breathing, overdose, or death.
- This process can occur in seconds, minutes, or hours. **Time is critical to saving a life.**

## Warning Signs of Overdose



Dizziness



Pupils are very small



Irregular/slow breathing

**If a person is showing these signs, make sure they are breathing and stay with them.**

## Symptoms of Overdose



Blue or grey lips/skin/nails



Not breathing



Seizure-like movements



Spasms & rigid muscle

**If they aren't breathing, call 911 and give naloxone.**

## SAFE MEDICATION DISPOSAL

### Get Organized

- Regularly review your medications: Make a list once or twice a year and check expiration dates.
- Safely dispose of unused or expired meds: Discard medications safely that are expired, damaged, or no longer needed from past illnesses.

### Store Medications

- Store medications properly: Keep them in their original containers and never mix different medications together.
- Avoid heat and moisture: Store medications in cool, dry places and follow refrigeration instructions carefully.

### Prevent Accidental Overdose

- Use medications carefully: Always read the label and supervise children when giving medication.
- Never share prescriptions: Medications are prescribed specifically for you based on your health needs.

### Make it Safe to Dispose

- Use drug drop boxes when possible: Keep medications in original containers and remove personal information.
- Dispose at home safely if needed: Mix medications with an unappealing substance (e.g. used coffee grounds), seal in a container, and throw in the regular trash.



Opioid and Naloxone Education



# Medication Safety and Opioid Harm Reduction



Opioid and Naloxone Education

# MEDICATION ADHERENCE

## Why is it important?

- Taking your medication as prescribed is important for it to work properly.



## Why does it matter?

- Taking the right dose at the right time helps you stay healthy.

## TIPS TO HELP YOU REMEMBER

- If you forget to take your medication:

- Use a pill organizer
- Take medications with daily routines
- Set reminders or alarms
- Ask for long-acting options



## ADDRESSING YOUR CONCERNS

- Your healthcare providers can help with:

- Side effects and how to manage them
- Medication costs
- Reviewing all your medications
- Don't stop medications without medical advice



# MEDICATIONS FOR OPIOID USE DISORDER

- Opioid Use Disorder (OUD) is a chronic medical condition characterized by physical dependence on opioids and brain changes that affect behavior, priorities, and relationships. It is a relapsing disorder, meaning that individuals are at risk of returning to opioid use even after periods of abstinence.

## HOW CAN MEDICATIONS HELP?

- Medications proven to best treat opioid use disorder can:
  - Manage cravings and withdrawals
  - Reduce illicit opioid use
  - Decrease the risk of having an overdose

### Methadone

- Methadone is a full opioid medication.
- The more you take the more you will feel its effects.
- Manages cravings and withdrawal by binding to opioid receptors.

### Buprenorphine

- Buprenorphine is a partial opioid medication.
- Has a ceiling effect, so above a certain dose you stop feeling more of its effects.
- Manages cravings and withdrawal by binding to opioid receptors.

### Naltrexone

- Naltrexone is an opioid blocker.
- It is not an opioid, so you won't feel an opioid effect.
- Helps manage cravings for some people.

# WHAT IS NALOXONE?

- Naloxone is a medication that temporarily reverses the dangerous breathing effects of an opioid overdose. It helps a person to breathe again and wakes them up.
- Naloxone can be given every 2 to 3 minutes until breathing resumes.
- Only works on opioids.

## INSTRUCTIONS FOR NALOXONE INTRANASAL SPRAY



1



Remove from packaging.

2



Tilt person's head; place tip of nozzle in either nostril.

3

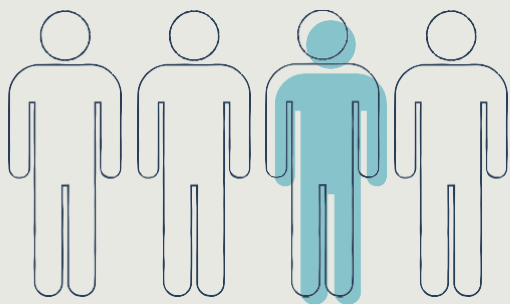


Push on the plunger to spray.  
No test spray is needed.

**If person doesn't start breathing in 2-3 minutes, give second dose of Naloxone.**

**If person stops breathing after first dose, give second dose of Naloxone immediately.**

Call **911** RIGHT AWAY







1 in 4

people receiving long-term opioid therapy

**STRUGGLES WITH ADDICTION**

## Prescription Opioid Addiction a Growing Epidemic...

-  Opioids work by blocking the feeling of pain without fixing the underlying cause.
-  Prescription opioids may be habit forming and lead to addiction even when taken as prescribed.
-  Patients taking prescription opioids are also at risk for impaired breathing, unintentional overdose or death.
-  Caution when taking prescription opioids with:
  - alcohol
  - benzodiazepines (ex. Xanax®, Valium®)
  - muscle relaxers (ex. Soma®, Flexeril®)
  - hypnotics (ex. Ambien®, Lunesta®)

## Keep Yourself and Your Loved Ones Safe



### Lock

Keep medication out of sight and in a safe and secure place.



### Monitor

Keep track of medication and take only as directed.



### Take Back

Drop off unused medication at local Take Back locations.  
To find a location near you, go to [www.takeback.nd.gov](http://www.takeback.nd.gov).

## If You Are Concerned

- Talk to your pharmacist or practitioner about **naloxone**, a treatment to reverse overdose.
- Follow-up with your practitioner
- Find behavioral health treatment providers at [www.findtreatment.samhsa.gov](http://www.findtreatment.samhsa.gov).

NORTH  
**Dakota** | Behavioral Health  
Be Legendary.™ HUMAN SERVICES

**OPIOIDS**

FILL with CARE

Developed in partnership with the ND Board of  
Pharmacy and ND Pharmacist Association

FIND OUT MORE AT  
[BEHAVIORALHEALTH.ND.GOV/OPIOIDS](http://BEHAVIORALHEALTH.ND.GOV/OPIOIDS)



*Opioid and Naloxone Education*

## About Naloxone:

- Opioids can slow or stop your ability to breathe. Naloxone can reverse the effects of the opioids, and restore the ability to breathe.
- Naloxone is a safety measure, similar to a fire extinguisher. It's good to have available, but hopefully you never need to use it.
- Ensure a family member or loved one knows where to access the naloxone in case of an emergency.

## Response to Overdose:

### 1 Check responsiveness

- Look for any of the following:
- No response, even after attempts to wake
- Breathing slows or stops
- Lips and fingernails turn blue or gray

### 2 Call 911 and give naloxone

- If no reaction in 3 minutes, give second naloxone dose.

### 3 Do rescue breathing and/or chest compressions

- Follow 911 dispatcher instructions

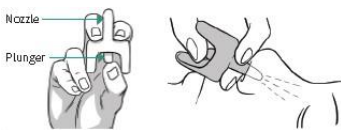
### 4 Stay with person until help arrives.

# How to give Naloxone:

There are four common naloxone products.  
Follow the instructions for the type you have.

## Nasal spray

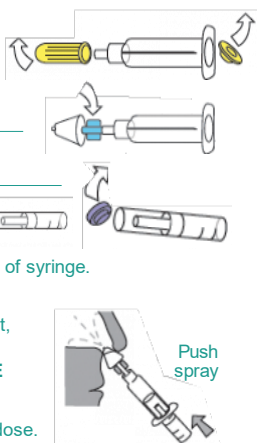
This nasal spray needs no assembly and can be sprayed up one nostril by pushing the plunger.



## Naloxone nasal with atomizer

Follow the instructions below.

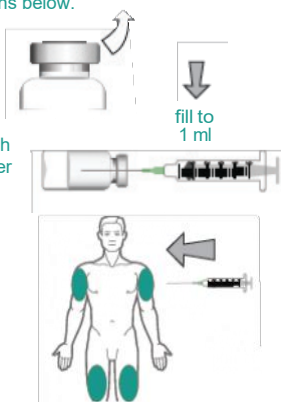
- 1 Take off yellow caps. \_\_\_\_\_
- 2 Screw on white cone. \_\_\_\_\_
- 3 Take purple cap off vial \_\_\_\_\_ of naloxone.
- 4 Gently screw vial of naloxone into barrel of syringe.
- 5 Insert white cone into nostril; give a short, strong push on end of vial to spray naloxone into nose: **ONE HALF OF THE VIAL INTO EACH NOSTRIL.**
- 6 If no reaction in 3 minutes, give second dose.



## Injectable Naloxone

Requires assembly. Follow the instructions below.

- 1 Remove cap from naloxone vial and uncover the needle.
- 2 Insert needle through rubber plug with vial upside down. Pull back on plunger and take up 1 ml.
- 3 Inject 1 ml of naloxone into an upper arm or thigh muscle.
- 4 If no reaction in 3 minutes, give second dose.



# NALOXONE SAVES LIVES



GET YOUR  
*FREE*  
NALOXONE  
HERE:



# PROTECT YOUR LOVED ONES AND COMMUNITY FROM THE HIDDEN DANGERS OF LEFTOVER MEDICATION

**DID YOU KNOW:** Over 600 million prescriptions go unused each year? These leftover pills lead to addictions, deaths and pollution if not properly discarded.

Nearly 60,000 kids under age 5 go to ERs annually due to poisoning by unsecured medications.



Dozens of medications have been detected in our drinking water.

70% of people with opioid abuse disorders have taken other people's drugs.



Over 130 people die each day from opioid (narcotic) overdoses.

## BUT THERE IS A WAY YOU CAN HELP...

DisposeRx was designed specifically to help ***solve the problem*** of left-over medications and mitigate associated risks by allowing you to dispose of your unused medication in the convenience of ***your home***.

When the water and DisposeRx powder are added to your prescription vial and shaken, a gel is formed, making the medication unusable and allowing for the safe disposal in the household trash. ***See the reverse side for directions.***

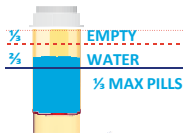
Place this postcard on your refrigerator or in your medicine cabinet, and place the DisposeRx packet near your prescription bottle.

### Directions for use

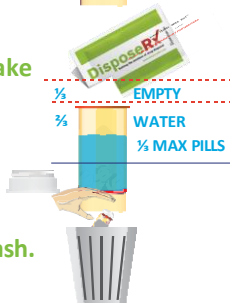
Should you have leftover medications, dispose of them with DisposeRx...in less than a minute!

### HOW IT WORKS

1. Add water until vial is 2/3 full.



2. Empty DisposeRx powder into vial, replace cap and shake for 30 seconds.



3. Safely discard in trash.

### Remember:

- Don't take medications for longer than needed.
- Don't share your prescription with others.
- Don't take someone else's medications.
- Don't take more than the prescribed amounts.
- Don't leave your medications unsecured.



and

**DisposeRx**<sup>®</sup>  
Solving the problem of drug safety

*are committed to your safety and the safety of your family. Please dispose of medications appropriately.*



# MEDICATION TRAVEL BAG

## Setting the Combination Lock

Your Medication Travel Bag has been set with a default security code of (0-0-0) from the factory. You may keep this code, however, for added security, we recommend that you re-set the combination using 3-digits of your choosing by using the following instructions:

- Step #1**            Push the right-side slide button out to open the lock.
- Step #2**            While open, rotate the number wheels to your desired combination.
- Step #3**            Release the slide button, and your new code is set.

**Please be aware that every time you open the lock, the numbers can change the combination. So please be conscious of the number wheels when unlocked.**

## Locking your Travel Bag

- Step #1**            Turn the numbered dials to your preset combination.
- Step #2**            Insert the top of each zipper into the locking mechanism. You will hear a snap each time you insert the zipper properly into the locking mechanism.
- Step #3**            Turn the numbered dials around to a random combination and you will have locked the Travel Bag successfully.

## Un-Locking your Travel Bag

- Step #1**            Turn the numbered dials to your preset combination.
- Step #2**            Press down the release button. You will hear a snap releasing both zippers and you will have opened the locking mechanism successfully.

Make a note of your personal combination and keep it at a safe place!