



Overdose Prevention and Response Resources

Alison Newman, MPH

August 31, 2022

Who am I?

Alison Newman, MPH

- Health educator at UW-ADAI, provides WA State training and education on overdose prevention and response, surveys and research with people who use drugs.
- Focused on a **public health** approach to drug use.
 - I'm not a doctor, nurse, CDP, social worker, etc.
- What is a public health approach?
 - Reduce death or illness and improve quality of life at a population level.
 - Use tools like epidemiology, health education, policy, to improve health.

Agenda

- General trends in overdose, national and WA State
- New harm reduction approaches
- StopOverdose.org
- Other team resources
- National and regional resources

Intro

Enter into the chat:

What do you hope to learn from this presentation?



Trends

What's going on in Washington? What can state and local data tell us?



By –
Mike Stobbe,
Associated
Press

Leave your
feedback

Share ...
f t

CDC says more than 107,000 Americans died of drug overdoses in 2021, setting ‘staggering’ record

Health May 11, 2022 11:51 AM EDT

https://www.cdc.gov/nchs/pressroom/nchs_press_releases/2021/20211117.htm

WA State Overdose Deaths

Health officials urge public to carry naloxone as WA overdose deaths climb at ‘alarming’ rate

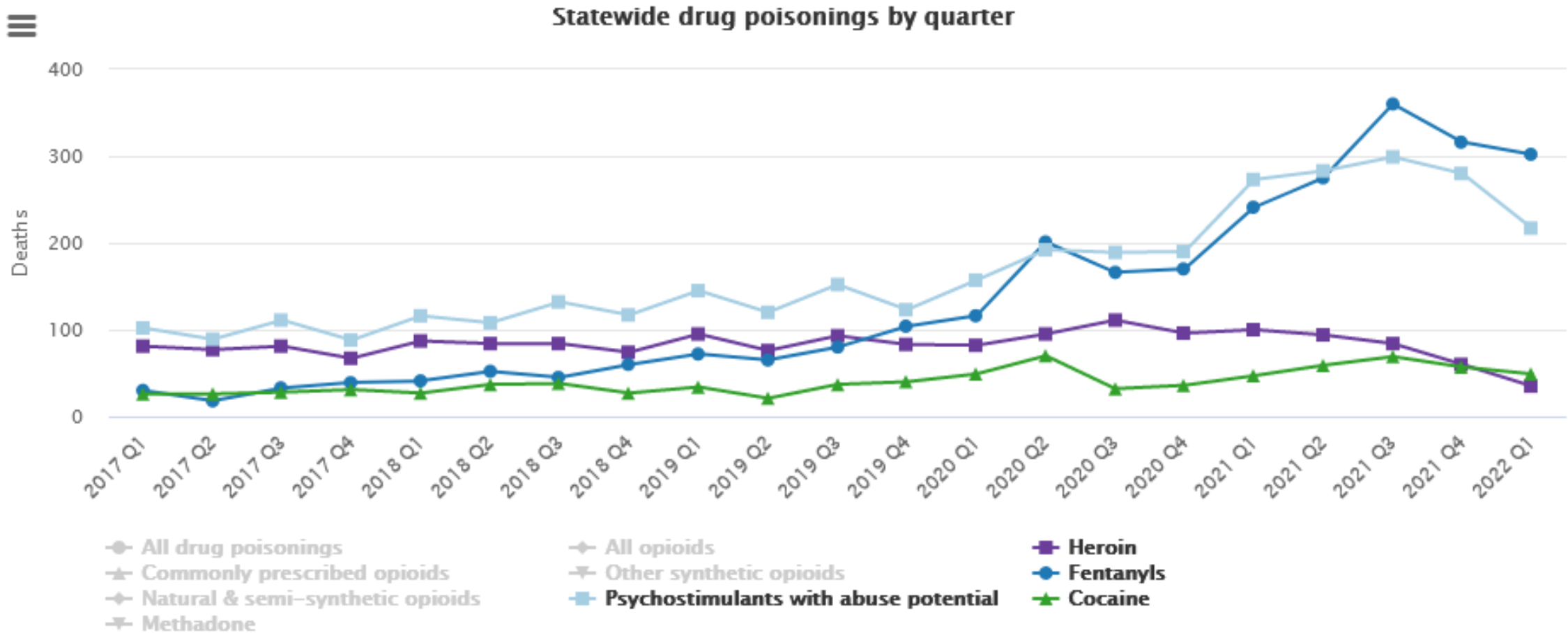
April 12, 2022 at 3:43 pm | Updated April 13, 2022 at 4:09 am



- +2,000 overdose deaths in 2021, 68% increase since 2019.
- Higher increase in deaths among Black, Hispanic/Latinx, and American Indian/Alaska Native people.
- Majority male, average age 45.
- Over half of overdose deaths involved fentanyl, almost half (45%) involving methamphetamine.

<https://doh.wa.gov/newsroom/overdose-deaths-washington-top-2000-2021-and-continue-rise>

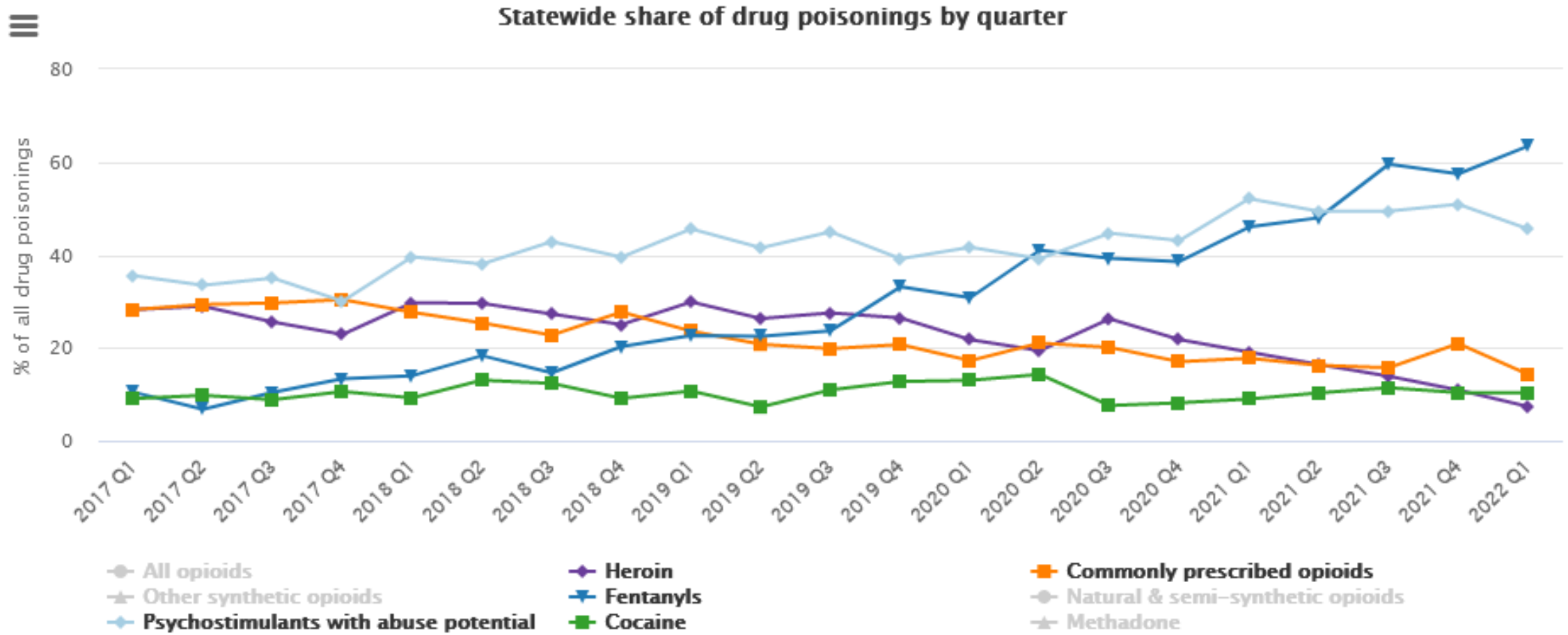
Preliminary overdose death data



Analysis by UW ADAI. For data sources, see text or adai.uw.edu/WAdata

Data sources: Washington State Department of Health. Q = quarter. Data for recent quarters are preliminary.

Drugs involved in overdose deaths



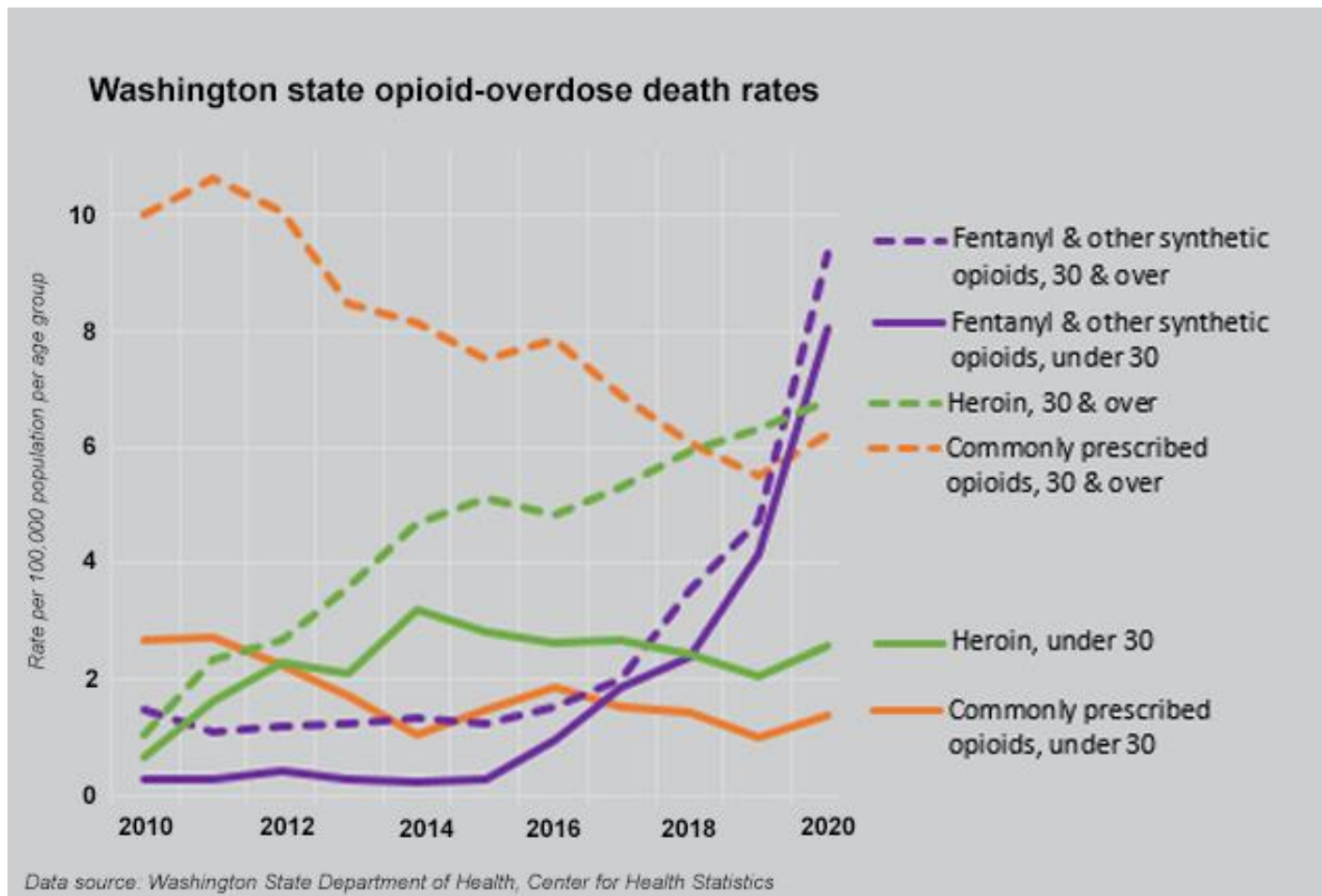
Analysis by UW ADAI. For data sources, see text or adai.uw.edu/WAdata

Data sources: Washington State Department of Health. Q = quarter. Data for recent quarters are preliminary.

Fentanyl

- In WA State, fentanyl has led to a huge increase in overdose deaths. Seen nationally as well.
- Risk from fentanyl is due to its potency, and unpredictable amount in illicit drug supply.
- East Coast fentanyl showed up first, mostly in powdered heroin.
- West Coast, including WA, fentanyl has been found in M30 looking pills, now also in rock and powder form.
- Affecting broader population, younger people, more Black and American Indian/Alaska Native people. In some places increase in Latino population affected.

Fentanyl and age



- Fentanyl use and overdose deaths appear to mostly affect:
- young adults inexperienced with opioid use
 - young adults with rapid onset opioid use disorder (addiction)
 - older adults with ongoing opioid use disorder

<https://adai.uw.edu/new-report-youth-fentanyl/>

Methamphetamine

- Involved in 40-50% of overdose deaths in WA State.
- Not always highlighted in the conversation about overdose.
- About half of these overdose deaths involve opioids, half do not. Longstanding trend in WA State, predates fentanyl.
- No overdose reversal medication, no FDA approved medications, but some effective behavioral treatments.



What's happening in harm reduction?

Safer smoking & drug checking

Drug smoking

- Shift to more drug smoking, including fentanyl and methamphetamine.
- Conversation has started about including safer smoking supplies at harm reduction programs.
- Some programs in WA State already provide safer smoking supplies.

Drug checking

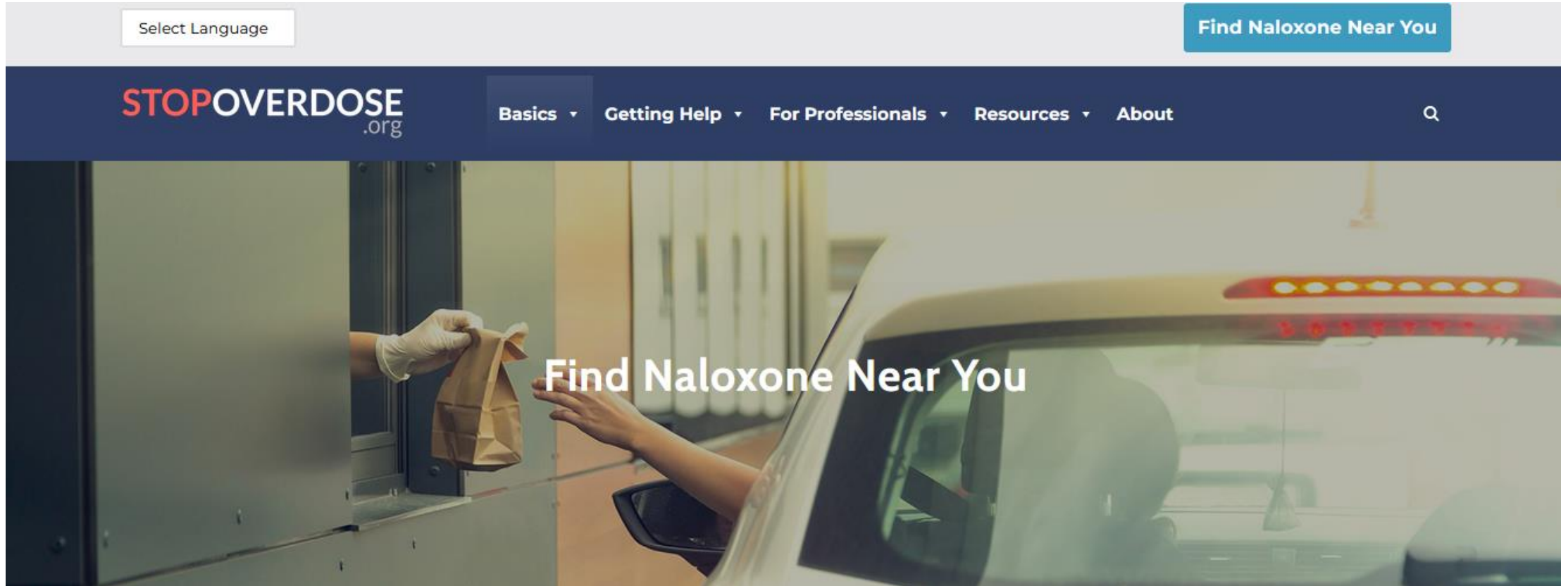
- Fentanyl test strips
 - Some community distribution
 - Poor sensitivity and specificity
 - Legal grey area in many states due to paraphernalia laws
- Drug checking machines
 - Pilot coming soon in WA State
 - Participants can test their drugs to find out what's in them

StopOverdose.org

What is StopOverdose.org?

- Website run by the UW [Addictions, Drug & Alcohol Institute \(ADAI\), Center for Community Engaged Drug Education Epidemiology and Research \(CEDEER\)](#)
- Funded by WA State Health Care Authority
- Goals:
 - Communicate with the public about overdose.
 - Provide resources for professionals on overdose prevention and response.
 - Translate research and policy into community action.

Naloxone



<https://stopoverdose.org/find-naloxone-near-me-washington-state/>

Opioid overdose education

WA State Overdose Prevention & Response Training Video

This training video covers overdose risks, the WA State Good Samaritan Law and shows a step-by-step demonstration on what to do in an opioid overdose (including rescue breathing and naloxone). It depicts drug paraphernalia and reenacts an overdose.

[Mira este video en español](#) | [Watch this video in Spanish](#)



Fentanyl



On this page 

What is fentanyl? What does it look like?

Fentanyl is a very potent opioid, 80-100 times stronger morphine. There are pharmaceutical forms of fentanyl that are used for anesthesia and pain. Fentanyl and related drugs are made and sold illicitly on the street or online. When we refer to “fentanyl” below we mean fentanyl and related drugs that are very strong opioids, are fast-acting, do not come from a pharmacy, and are made illicitly.

There is no way to know if a pill has fentanyl in it based on look, smell, or taste. Any opioid pill not from a pharmacy is highly likely to be fake and contain fentanyl.

To learn more about WA State fentanyl trends, watch our December 2020 webinar, **[Illicit Fentanyl in Washington State: Trends in Law Enforcement, Treatment, and Overdose.](#)**

**Don't be
faked out.**



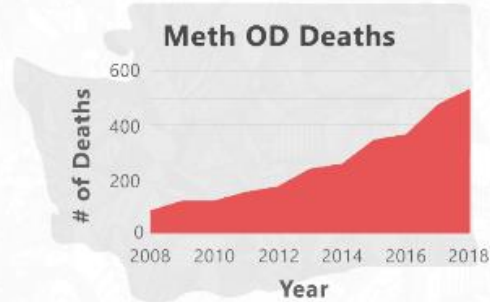
Knock-off pills sold on the street or online contain the deadly substance **fentanyl.**

Be ready to help your friends.
Don't drink and drive. Don't drink and text. Don't drink and operate heavy machinery.
Public Health 

<https://stopoverdose.org/basics/fentanyl/>

Stimulant overdose

Meth Overdose: Know When to Get Help



Meth deaths have **increased 600%** in the last decade in WA State.

Learn more at stopoverdose.org



Watch for these danger signs:

- Super fast heart rate (2-3x faster than normal)
- High body temperature (sweating or hot, dry skin)
- Really painful headache
- Chest pain or tightness
- Can't walk or move
- Won't wake up
- Can't feel arms or legs
- Seizure or shaking you can't control



Call 911:

If you see these signs, **call 911** or get medical help right away!

The **Good Samaritan Overdose Law** protects you and the victim from prosecution for drug possession.



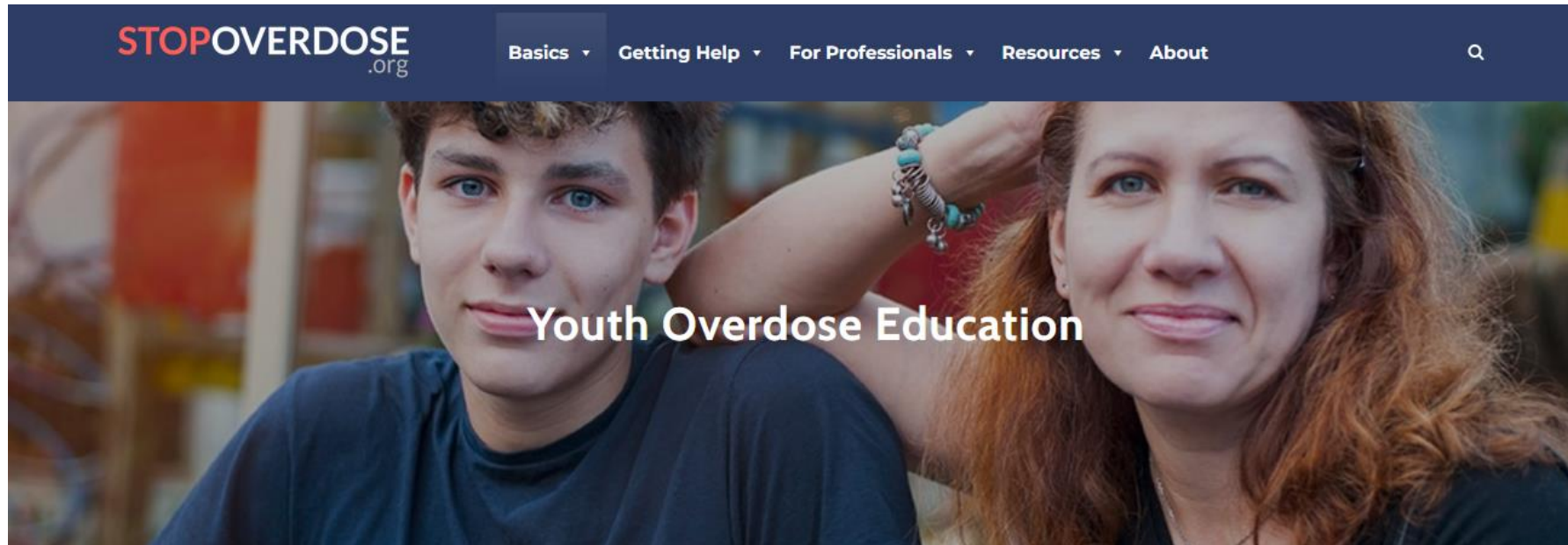
Washington
Recovery Help Line
24-hour help for substance abuse, problem gambling & mental health
1.866.789.1511

Want help to cut down your meth use?

Call the **Washington Recovery Help Line** at 1.866.789.1511

ADAI UNIVERSITY OF WASHINGTON

Youth



On this page 

The following content has been developed to provide young people facts on how to recognize and respond to overdose and information about the Good Samaritan Law, which protects victims of overdose and those who call for help.

<https://stopoverdose.org/basics/youth-overdose-education/>

Pages for professionals

- Libraries
- Schools
- Pharmacies
- EMS and fire depts
- Law enforcement
- Criminal legal system
- Health care providers
- SB 5195-WA's naloxone law



Other relevant CEDEER resources

SSP surveys and interviews, [LearnAboutTreatment.org](https://www.learnabouttreatment.org)

Center for Community-Engaged Drug Education, Epidemiology and Research

🏠 > [Center for Community-Engaged Drug Education, Epidemiology and Research](#) > Community Surveys with People Who Use Drugs

Community Surveys with People Who Use Drugs

The team at ADAI's [Center for Community-Engaged Drug Education, Epidemiology, and Research \(CEDEER\)](#) regularly collects community-level data directly from people who use drugs to learn more about their needs to help shape relevant and impactful services and policies. The WA State Syringe Service Program Health Survey is conducted every two years, followed by qualitative interviews on opposite years with people who use drugs.

- + Washington State Syringe Service Program Health Surveys
- + Qualitative Interviews

This work is funded by the WA Health Care Authority, Division of Behavioral Health and Recovery.

<https://adai.uw.edu/cedeer/community-surveys/>

Perspectives of People Who Use Methamphetamine on Reducing or Stopping Their Use

Report by Sierra Teadt, MPH(c) and Alison Newman, MPH

Key points

- Most participants saw both benefit and harm from their methamphetamine use. Almost 2/3rds had interest in stopping their methamphetamine use, while others were interested in reducing their use or changing how they used methamphetamine.
- Many participants lacked stable housing, employment, or other practical needs like transportation, childcare, and primary health care.
- Interest in stopping or reducing methamphetamine use was not always static throughout the interviews. Participants revealed ambivalence about their methamphetamine use.
- Regardless of their level of interest in reducing or stopping their methamphetamine use, participants wanted social and health care services beyond substance use disorder treatment to help them reduce or stop their methamphetamine use.

Read the full report



Resources & Webinar

[Full report](#) (pdf)

[One-page summary for syringe services program participants](#) (pdf)

[Watch the recording of our webinar about the report](#) (Nov 4, 2021) and [download the slides](#).

Learn About Treatment

- [Learn About Treatment](#)
- Resources on medications for opioid use disorder, friends and family, and healthcare providers.
- [Training videos](#) from our WA State Opioid Response Training Team



LEARN ABOUT TREATMENT

for you, your family member or friend, or your community

Regional resources

Why regional resources are important

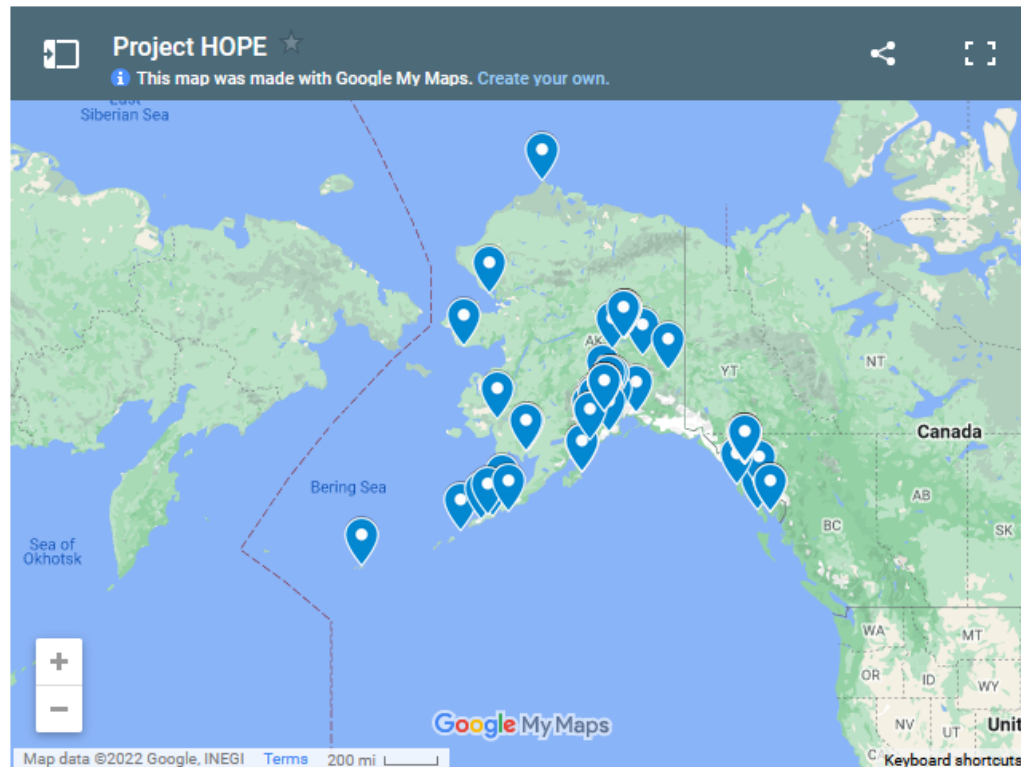
- States have different naloxone and Good Samaritan Laws
- Specific communities may have different needs or require different messaging

Alaska-Project Hope

Get a Project HOPE Narcan® kit


People at risk from opioid overdose can receive a Project HOPE Overdose Response Kit. Kits include:

- > Two doses of Narcan® (Naloxone), a drug that temporarily blocks or reverses the effects of opioids
- > Sanitary gloves
- > Brochure on how to give Narcan® to someone
- > Carrying case



Idaho


Recognizing and responding to an opioid overdose



NALOXONE LAYPERSON Watch later Share

Opioid Overdose Causes

- Accidental ingestion
- Medication interaction
- Dosage increase
- Deliberate misuse

Watch on  YouTube

Watch this short video on how to administer naloxone.

Naloxone (sometimes called Narcan®) is a medicine that can reverse an opioid overdose. Someone who administers naloxone to a person who appears to be experiencing an opioid overdose is legally protected by Idaho's Good Samaritan Law.

<https://healthandwelfare.idaho.gov/services-programs/behavioral-health/overdose-response>

Idaho

GetHealthy IDAHO Home About GHI Place-Based Initiatives COVID-19 Disparities Grant Population Health Data

Drug Overdose Prevention Program

Home Monthly Morbidity & Mortality Data Annual Drug Overdose Mortality for 2020 Annual Drug Overdose Emergency Department Visits for 2021 Poison Control Trend

Idaho Drug Overdose Data Dashboard

DOPP
DRUG OVERDOSE PREVENTION PROGRAM

353 Deaths Related to Any Drug Overdose 2021 (Preliminary)	241 Deaths Related to Any Opioid Overdose 2021 (Preliminary)	152 Deaths Related to Fentanyl Overdose 2021 (Preliminary)	5,058 Emergency Department visits Related to Any Drug Overdose 2021	1,076 Emergency Department Visits Related to Any Opioid Overdose 2021
---	---	---	---	---

Welcome to the Idaho Drug Overdose Data Dashboard

<https://www.gethealthy.dhw.idaho.gov/drug-overdose-dashboard>

Oregon

Reverse
Overdose
Oregon

What is Naloxone?

Get Started

Resources

Media

Español

Training Tools

Help save a life with naloxone.

An overdose can happen to anyone who takes opioids— with or without a prescription. It could happen to a co-worker or even a customer. Learn to administer naloxone and reverse overdose.

<https://www.reverseoverdose.org/>

NW Portland Area Indian Health Board

Opioid Use Disorder

Prevention • Treatment • Support

Text OPIOIDS
to 94449



www.npaihb.org/opioid

To receive videos,
quizzes, and more to
grow your opioid
knowledge.

Tribal Opioid RESPONSE



HEALING OURSELVES AND
OUR COMMUNITIES

Community

Provider

Leader

Films

Print Materials

Mission

TOR Consortium

Contact Us

<https://www.npaihb.org/opioid/>

National resource: Harm Reduction Coalition

The screenshot shows the top navigation bar of the National Harm Reduction Coalition website. On the left, the logo reads "NATIONAL HARM REDUCTION COALITION". On the right, there are buttons for "FIND NALOXONE" and "FIND SYRINGES", and a menu with items: "THE MOVEMENT", "WHO WE ARE", "WHAT WE DO", "RESOURCE CENTER" (highlighted in pink), and "TAKE ACTION" with a shopping cart icon. The main content area has a large heading "HARM REDUCTION RESOURCE CENTER" where "RESOURCE" is highlighted in yellow. Below the heading, there are two paragraphs of text. The first paragraph states: "The more we know, the better we do. This is why we spend thousands of hours each year developing and curating up-to-date information about evidence-based harm reduction strategies and practices." The second paragraph states: "Whether you're seeking info on safer drug use for yourself or others, tips to be prepared in the event of an overdose, the most up-to-date information about fentanyl testing, or ways to create a supportive environment for harm reduction programs to thrive – we hope you find what you're looking for." At the bottom, a blue banner contains the text "Searching for naloxone or a syringe service program?" and a black button with white text that says "FIND A HARM REDUCTION PROGRAM NEAR YOU". The bottom of the page features a zebra print pattern.

NATIONAL HARM REDUCTION COALITION

FIND NALOXONE **FIND SYRINGES**

THE MOVEMENT ▾ WHO WE ARE ▾ WHAT WE DO ▾ **RESOURCE CENTER** ▾ TAKE ACTION ▾

HARM REDUCTION RESOURCE CENTER

The more we know, the better we do. This is why we spend thousands of hours each year developing and curating up-to-date information about evidence-based harm reduction strategies and practices.

Whether you're seeking info on safer drug use for yourself or others, tips to be prepared in the event of an overdose, the most up-to-date information about fentanyl testing, or ways to create a supportive environment for harm reduction programs to thrive – we hope you find what you're looking for.

Searching for naloxone or a syringe service program?

FIND A HARM REDUCTION PROGRAM NEAR YOU

National Resource: Next Distro



NEXT Distro
STAY ALIVE, STAY SAFE.

ABOUT

RESOURCES

GET SUPPLIES

DONATE



WHAT IS NEXT Distro?

An online and mail-based **harm reduction service** designed to reduce opioid overdose death, prevent injection-related disease transmission, and improve the lives of people who use drugs.

National Resource: CDC

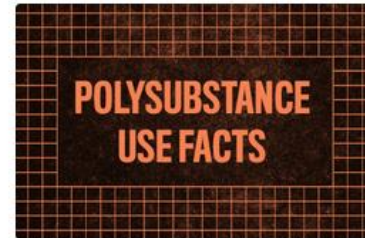
Drugs take over 250 lives every day

To address the increasing number of overdose deaths related to both prescription opioids and illicit drugs, we created a website to educate people who use drugs about the dangers of illicitly manufactured fentanyl, the risks and consequences of mixing drugs, the lifesaving power of naloxone, and the importance of reducing stigma around recovery and treatment options. Together, we can stop drug overdoses and save lives.

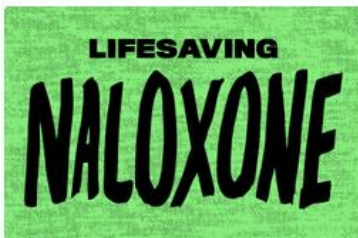
Click on a topic below to find out more.



Fentanyl is up to 50x more potent than heroin and 100x more potent than morphine. **Learn more about the dangers of fentanyl and how it has taken over the drug supply.**



Polysubstance use occurs when two or more drugs are taken together, either intentionally or unintentionally. **Learn more about the risks and consequences of mixing different types of drugs.**



Naloxone is a safe medication that can reverse an overdose from opioids, including heroin and fentanyl. **Learn more about where to get naloxone and how to use it.**



Addiction is a disease, not a character flaw. There are many ways to treat substance use disorders. **Learn more about what options are available and how to support loved ones on their recovery journey.**

Thank you!

Alison Newman, MPH
Alison26@uw.edu