

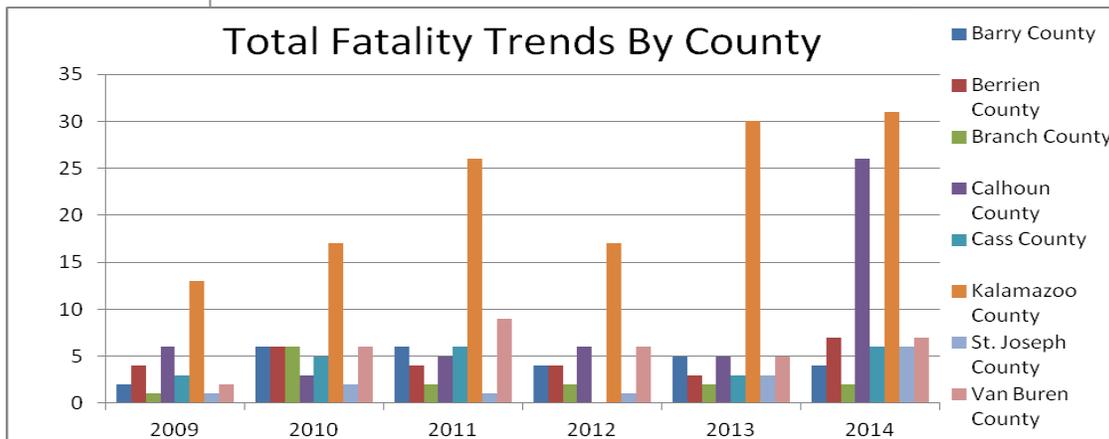
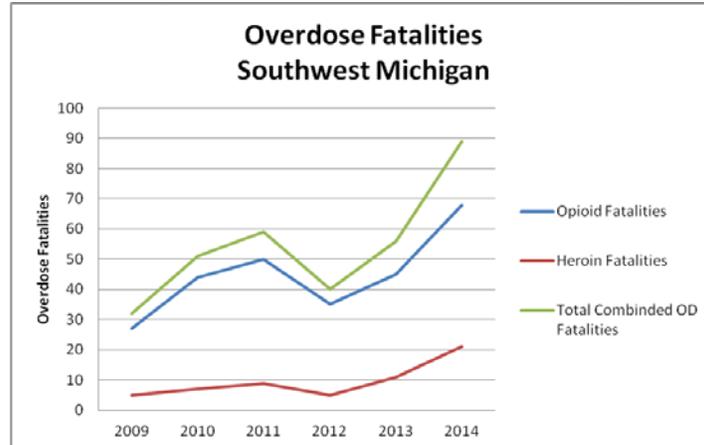


Families Against Narcotics

Your **connection** for information, resources, and support.

Overdose: What can you do to help?

Accidental drug overdose has been rapidly increasing nationwide over the past 10 years. The same is true in the Southwest Michigan Counties (Barry, Berrien, Branch, Calhoun, Cass, Kalamazoo, St. Joseph, Van Buren). Overdose is the leading cause of accidental death of all people aged 21-65 in Michigan. Each year opioid/heroin use kills more people than car accidents. Because of the shame and stigma associated with drug use we often don't hear a lot about these deaths. Fortunately, there is something we can do about it. Most of these overdose deaths are caused by opioids and there is a simple and effective antidote to opioid overdoses. It is called Naloxone Hydrochloride, aka Narcan.



Naloxone is available through the Families Against Narcotics SWMI program. Southwest Michigan Behavioral Health along with Families Against Narcotics SWMI (FAN SWMI) identified the need to prevent and respond to opioid overdoses with Naloxone Hydrochloride. In response to this increasing risk of overdose, FAN SWMI has adopted the Grand Rapids Red Project Naloxone Distribution response program, and is funded by Southwest Michigan Behavioral Health. This program will address the opioid overdose problem on an individual level, but we would like to see overdose decrease on a community level. In order to see overdose decrease in Southwest Michigan, we must continue to increase the access people have to the knowledge, tools and support that they need to stay alive, including Naloxone.

So, what can you do to help? Overdose is a huge public health issue in our society right now. It is an issue that is too large to be addressed by a few people, or a few scattered organizations. We need everybody's help to address this issue and to stop unnecessary death and the pain and trauma caused by it. We need people at risk of overdose to know what to do to prevent and respond to overdoses, we need people to talk about overdose, to erase the shame and stigma associated with it, and we need people to know about the life saving services provided through FAN SWMI.

The FAN SWMI program and overdose response trainings are available.

To find out more, call Families Against Narcotics SWMI @ (269) 580-8290.

www.Familiesagainstnarcotics.org www.not-even-once-swmi.com www.swmbh.org

Overdose: What can you do to help?

1. **Know why people die** from overdoses: With an opioid overdose, or an overdose on downers, people die because they stop breathing. With uppers a person's heart stops, or they have seizures or stroke.
2. **Know how to prevent** an overdose and risk factors for overdose:
 1. **Mixing:** Overdoses are more likely to occur when mixing opioids with uppers or downers.
 1. **Prevention:** Use one drug at a time, or don't mix highest risk ones.
 2. **Tolerance:** After not using for even just a few days, whether this be from jail, rehab, or choice, tolerance to opioids goes way down.
 1. **Prevention:** Use less when tolerance is low, tester shots.
 3. **Quality:** Unpredictable and/or half-life.
 1. **Prevention:** Tester shots, release tourniquet, use reliable dealer, know what you're getting.
 4. **Using Alone:** Behind closed, locked doors, where you can't be found or no one knows about you.
 1. **Prevention:** Get high with a friend, leave door unlocked, let someone know.
3. **Know how to recognize** an overdose: The line between being high and overdosing is not being responsive. Other signs: slow, shallow breathing, pale or blue color, snoring/gurgling.
4. **Know how to respond** to an opioid overdose, and get trained in how to use Naloxone Hydrochloride.
 1. **S**timulation- are they overdosing, are they responsive?
 2. **C**all for help- call 911. They may need additional medical attention.
 3. **A**irways- Check to make sure their airways are clear.
 4. **R**escue breathing- Lift up on neck, and tilt head back and chin forward. 2 short breaths, then one every 5 seconds.
 5. **E**valuation- are they getting any better? Do they need a shot of Naloxone?
 6. **M**uscular injection- Inject 1-2 ccs in the thigh, shoulder or butt, and continue to breathe for them.
 7. **E**valuation- Are they getting better? After 5 minutes if they have not came out of it, give them another shot.
5. **Know what to do after an overdose:** Naloxone takes 3-5 minutes to work, and wears off after 30-45 minutes. They may need another shot. Do not allow them to use more opioids, they will be wasting them and could OD again. Need to watch them for at least an hour in case the overdose returns.
6. **Talk to your friends and family** about overdose: What do they know about overdose, what do they want you to do if they overdose. You can't save yourself, so share, and help to erase some shame and stigma.
7. **Provide a referral:** A referral to the FAN SWMI program can literally save a life. Encourage your loved ones to gain access to the knowledge, tools and support that they need to stay alive.

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