

Naloxone training toolkit

FOR ORGANIZATIONS



Save a life, carry naloxone

Be the difference between overdose and survival



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Prescribe Safe
Montage Health

Prescribe Safe
montagehealth.org/prescribesafe

Montage Health's Prescribe Safe program has partnered with more than 35 local businesses and agencies to address the opioid addiction problem since 2014. By 2018, Monterey County had improved to have the second-lowest opioid-related death rate of any county in California. But, in the last several years, counterfeit medications have entered the market, many with a toxic or lethal dose of fentanyl, causing a staggering increase in opioid-related overdoses and deaths. Prescribe Safe aims to save and improve lives by helping to prevent and address addiction.

This toolkit is available to organizations who are interested in ordering, storing, and distributing naloxone to their staff and/or community. It provides an overview of what fentanyl is, how to use naloxone to save a life, and how organizations can request an inventory of naloxone to keep onsite via the Naloxone Distribution Project.



WHAT ARE OPIOIDS?

Some are prescription medications used to treat pain. Some are illegal drugs. They are often added to street pills without the user's knowledge.

Even when used as prescribed by a doctor, they are a general depressant that decreases brain function.



WHAT IS FENTANYL?

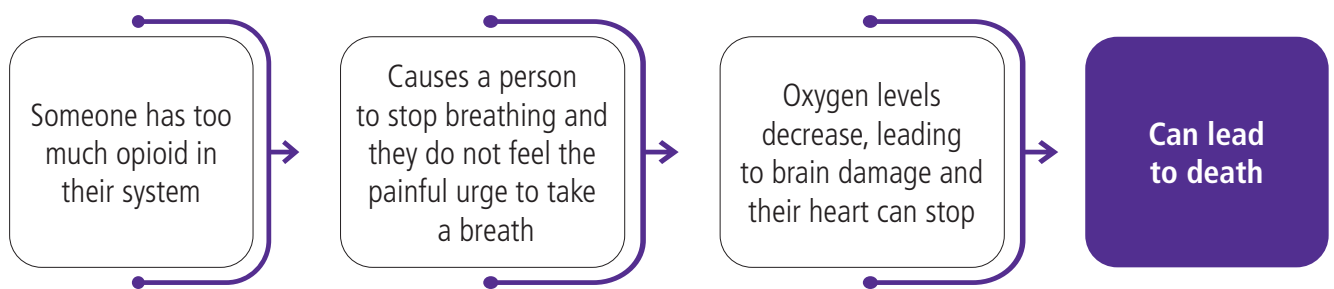
Fentanyl is a powerful opioid that is 100 times more potent than morphine. Because of fentanyl's high potency, it poses a greater risk for overdose and fatality.

Non-prescribed fentanyl is being sold as counterfeit pills like Norco®, Percocet®, Xanax®, and OxyContin®. It's also being sold as heroin in a powder form and has been found in marijuana, meth, and cocaine.



HOW DO OPIOIDS CAUSE AN OVERDOSE?

All opioids — as a side effect — slow down the breathing rate and will reduce how much pain a person feels.



Because fentanyl is so potent, just a small amount can cause a fatal overdose.



WHAT DOES AN OVERDOSE LOOK LIKE?

A person overdosing on an opioid, including fentanyl, can show the following:



Slow or absent breathing



Blue lips or blue discoloration of the skin



Confusion, sleepiness, or unresponsiveness



Loud snoring or gurgling noise



Small pupils



Pale and clammy skin

CALL 911

If the person is unresponsive, roll them on their side if it is safe to do so while waiting for help.



WHAT IS NALOXONE?

Naloxone (Narcan®, Kloxxado®, etc.) is a safe and effective life-saving medication that can reverse an opioid overdose.

Does not reverse the effects of cocaine, meth, alcohol, or diazepam

When responding to an overdose, naloxone must be given:

- Within 5 minutes to prevent brain damage
- Within 8 minutes to prevent death

It can be given even if you are unsure if an overdose is happening.

How does it work?

Naloxone works by rapidly reversing an opioid overdose by reversing the effects of opioids in the brain. It removes opioids from their binding sites in the brain and blocks those binding sites, which allow a person to breathe again.



PRESCRIBE SAFE TIP

California's Good Samaritan law protects people from legal repercussions when they call to help someone they believe is injured or possibly overdosing.

Protective equipment when responding to an overdose

Many people are worried about being exposed to fentanyl or vomit when they respond to an overdose. Overall, the risk to the responder is very low, and responding to an overdose is safe. You can make a naloxone response kit with personal protective equipment to give you extra confidence that you are safe when responding to an overdose by putting naloxone in a bag with a pair of nitrile gloves, eye protection, and a surgical mask. When responding to an overdose, call 911, put on the gloves, eye protection, and mask, and then give naloxone. Make sure you keep your naloxone response kit in a place where you can quickly get to it. If you respond to an overdose without a naloxone response kit, remember that you can still safely help and face very little risk.



WHAT ARE SOME SIGNS THAT SOMEONE MIGHT BE USING DRUGS — INCLUDING OPIOIDS?

- ▮ Changes in mood, weight, hygiene
- ▮ Often missing/late for work, school, or other obligations
- ▮ Changes in sleep (more or less)
- ▮ Markings on the skin (bruising, scars, wounds, infection, burns) or wearing different clothing to hide skin
- ▮ Unexpected irritability or anger
- ▮ Decreased participation in usual hobbies/activities
- ▮ Secretive or unusual behavior



HOW TO TALK TO SOMEONE WHEN YOU ARE CONCERNED THEY MIGHT HAVE A PROBLEM

- ▮ Choose the **right time** to speak — a time they have not been using drugs
- ▮ Express your concerns **without making accusations**
- ▮ **Specify what you noticed** that made you worried
- ▮ Prepare for strong reactions and **stay calm**
- ▮ **Reinforce how much you care** about them and how you feel about drug use
- ▮ **Get help from experts:** call 211 or visit [211montereycounty.org](https://www.211montereycounty.org) for substance use resources



ADMINISTERING NALOXONE: TRAINING TOOLS

- ▮ Training videos at montagehealth.org/prescribesafe
- ▮ Remember to DOSE

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WHAT TO EXPECT AFTER ADMINISTERING NALOXONE

Opioid-dependent (tolerant) vs. opioid-naïve (intolerant)

When patients initially respond to naloxone, they will slowly begin to breathe on their own and wake up.

Note: If a person is not breathing on their own or waking up, they need additional doses of naloxone.

Some patients, those who are dependent/tolerant, may develop symptoms after being rescued from an opioid overdose. Symptoms may include agitation, nausea and vomiting, excessive sweating, runny or bloody nose, fast heartbeat, and high blood pressure.

IMPORTANT: If patients develop symptoms after being rescued from an opioid overdose — don't worry. Help from your 911 call is on the way.



ORDERING NALOXONE

1. **Submit application form** at the DHCS Naloxone Distribution Project [website](#).
Compile and upload all required supplemental materials (based on organization type)
[Template policy and procedures](#)

Naloxone Distribution Project resources:

- [Overview](#)
- [NDP information and FAQs](#) — includes information about naloxone shelf life
- [Required application materials based on organization type](#)



PRESCRIBE SAFE TIP

A standing order is no longer required for naloxone due to its over-the-counter status.

2. **Create tracking sheet**

[Template](#)

Note: It can take about 6–8 weeks from order to delivery. Knowing this turnaround time, please anticipate ordering in advance.



HELPFUL HANDOUTS

- What is fentanyl? [ENGLISH](#) | [SPANISH](#)
- How to identify and reverse an overdose [ENGLISH](#) | [SPANISH](#)
- Talk to your teen about drugs [ENGLISH](#) | [SPANISH](#)
- Substance use services [ENGLISH](#) | [SPANISH](#)
- Let's Start Talking — this booklet is for middle school parents [ENGLISH](#) | [SPANISH](#)
- Let's Talk — this booklet is for high school parents [ENGLISH](#) | [SPANISH](#)



TIPS ON HOSTING A NALOXONE DISTRIBUTION EVENT

- Identify a location that is easily accessible by community members
- Market event via social media channels, newsletter, media, partner organizations, etc.
- Determine event type (drive-through, community booth event, etc.). Don't forget to plan for traffic control if you do a drive-through
- Order naloxone in advance. Allow time (a few months) prior to your event to ensure it is received