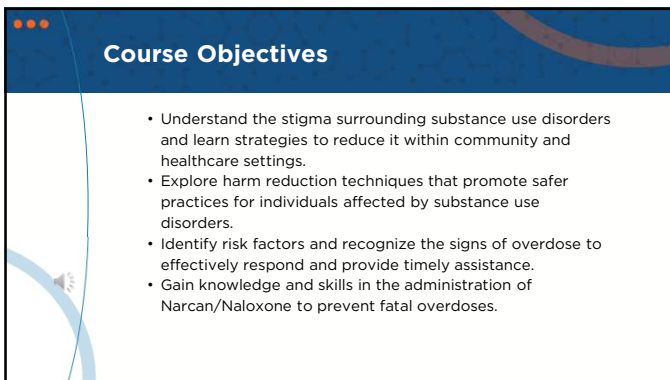
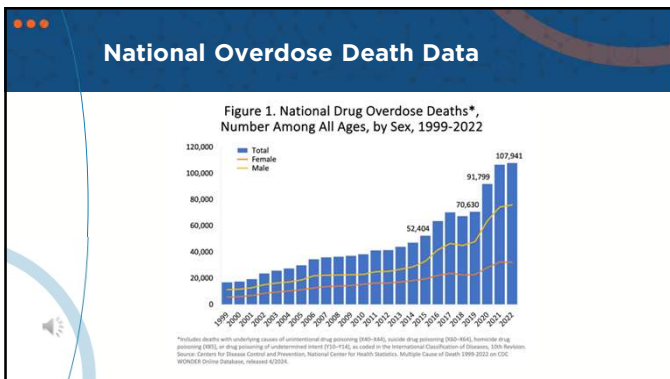


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Stigma & Substance Use

How stigma affects people with a substance use disorder:

- Avoid seeking medical help
- Fear of disclosing their substance use
- Receive a poorer quality of care
- Have reduced access to health programs
- May increase their substance use

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Addressing Stigma

What we can do to address stigma:

- Educate everyone on substance use disorder and the effects of stigma
- Speak out about substance use stigma
- Listen but withhold judgement
- Treat everyone with dignity and respect
- Avoid hurtful or dehumanizing labels
- Educate individuals about the use of medications for substance use disorder

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Recovery Principles

Choose supportive, nonjudgmental words that treat people with respect and compassion.

INSTEAD OF THIS...	SAY THIS*
Abuse Drug problem/habit	1. Substance Use Disorder (SUD), addiction (if clinically accurate) 2. Use (for illicit drugs); misuse, (for prescription drugs)
Addict Druggie/Drug Abuser Junkie	<ul style="list-style-type: none"> • Person with a SUD (person with OUD if relevant) • Patient with a SUD (if in a clinical setting)
Addicted to [x]	Has a [x] use disorder
Clean or Stayed clean	Substance-free

* Remember not to tell those who have experience with addiction how to talk about their own story.

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Harm Reduction

- Saves Lives!
- Harm reduction plays a significant role in preventing substance-related deaths and increasing access to healthcare, social services, and treatment.
- Decreases overdose fatalities, acute life-threatening infections and chronic diseases
- Emphasizes kindness and autonomy
- Increases the number of touchpoints (and opportunities) that peers and/or service providers have with people who use substances.

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Types of Harm Reduction Services

- Connect individuals to overdose education, counseling and referral to treatment
- Distribute opioid overdose reversal medications (e.g., Naloxone/Narcan)
- Provide sterile supplies
- Promote linkages to care
- Educate individuals on infectious disease transmission
- Promote a philosophy of hope and healing
- Employ people with lived experience
- Provide medications for opioid use disorder

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Medication Assisted Treatment

- The use of medications, in combination with counseling/therapy
- Provides a "whole-person" approach to the treatment of SUD.
- Can successfully treat and can help sustain recovery.
- Medication blocks the effects of alcohol and opioids, relieves physiological cravings, and normalizes body functions without the negative and euphoric effects of the substance used.

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What is An Overdose?

An overdose is when someone takes too much of a medication or other substance that it starts to overwhelm the body causing it to shut down.

There are **two types** of overdose:

Stimulant

- Also known as uppers
- Increase activity of the central nervous system
- Can lead to, events such as a heart attack, stroke, complications from seizures.
- Methamphetamines, crack, cocaine, amphetamines such as ADHD medications Adderall and Ritalin

Depressant

- Depresses the respiratory system
- Causes slow and shallow breathing.
- Can lead to brain damage and ultimately be fatal.
- Anxiety medicine such as benzodiazepines, which include Valium and Xanax
- Alcohol
- Opioids

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Commonly Used Substances that Can Cause Overdose

- Alcohol
- Benzodiazepines
- Antidepressants
- Cocaine
- Heroin
- Semi-Synthetic Opioids (hydromorphone, hydrocodone, oxycodone)
- Synthetic Opioids (morphine, codeine)
- Methamphetamine

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Risk Factors for Overdose

- 1 Stimulant/Depressant
- 2 Stimulant/Stimulant
- 3 Depressant/Depressant
- 4 Alcohol/Stimulant or Depressant

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Tolerance

- Varies from person to person
- Increased tolerance = higher dose
- Period of abstinence = lowered tolerance
- If unaware of this, an individual may introduce the same dose prior to the period of abstinence
- Variety of situations that affect tolerance level

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Using Alone

- Isolation
- Shame
- Not wanting others to know about their use
- Stigma
- Not wanting to share with others
- Not wanting to be responsible for another person
- No one available
- Just because

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Fentanyl

- Fentanyl is dramatically affecting the quality of medications and/or substances that are not obtained through the pharmacy
- Synthetic opioid
- 50 to 100 times more potent than morphine
- Undetectable to the naked eye
- Used as a cutting agent

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Methamphetamine Involved Deaths

Other Drugs Identified in Methamphetamine-Involved Deaths

Figure 2: Percent of Methamphetamine-Positive STORM Samples Positive for Additional Drugs of Interest by Year, January 2020*–June 2022

Drug	2020 (n=232)	2021 (n=328)	Jan-Jun 2022 (n=155)
Fentanyl	55%	60%	65%
Carisoprodol	35%	40%	45%
Cocaine	25%	30%	35%
Roxicodone	20%	25%	30%
Benzodiazepines	15%	20%	25%
Morphine	10%	15%	20%
Tramadol	5%	10%	15%
Xylazine	5%	10%	15%
Heroin	5%	10%	15%

Sources: Winnebago STORM Program
*STORM began testing samples for methamphetamine in January 2020.

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Signs of Overdose

The signs of an overdose and intoxication can look very similar. Being "unresponsive" is a clear sign of an overdose.

Intoxicated

- Sleepy
- Nodding off
- Small pupils
- Slurred speech
- Drooling
- Vomiting
- Slow movement
- Slow/Shallow breathing
- Flushed
- Pale or ashen color
- Sweaty/clammy
- Itching

Overdose

- Unresponsive
- Small pupils
- Eyes rolled back
- Death rattle
- Choking sound
- Foam coming from mouth
- No movement
- Little to no breathing
- Blue/Gray/Purple skin

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Narcan/Naloxone

There are two types of Narcan/Naloxone:

Nasal Spray:


- **Form:** Comes in a prefilled device that sprays medication into the nose
- **Dose:** Available in 2 and 4mg doses, until recent FDA approval of 8mg dose in June 2023.
- **Action of onset:** The time it takes for drug's effects to occur after administration, is three to four minutes
- **Who Can Administer:** Anyone, regardless of medical training or experience can easily administer the nasal spray

Injectable:

- **Form:** The injectable form needs to be administered into a muscle, under the skin, or into a vein
- **Dose:** 2mg, if administered IV, can be administered in smaller amounts and is usually given in 0.4mg increments.
- **Action of onset:** one to two minutes (IV); three to four minutes (IM)
- **Who Can Administer:** Available by prescription, requires more training to administer compared to nasal spray; in Michigan, all Advanced Life Support EMS responders may use the intranasal or injectable naloxone route.

Regardless of route, once a dose of naloxone is given, rescue breathing (which is advised immediately if a patient's breathing is unstable) must be continued to allow naloxone to be absorbed into the patient's system to restore respiratory effort.

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Would you still use the Naloxone hydrochloride/Narcan in a multidrug overdose?

Yes, Naloxone hydrochloride/Narcan will NOT cause any additional harm in an overdose situation.

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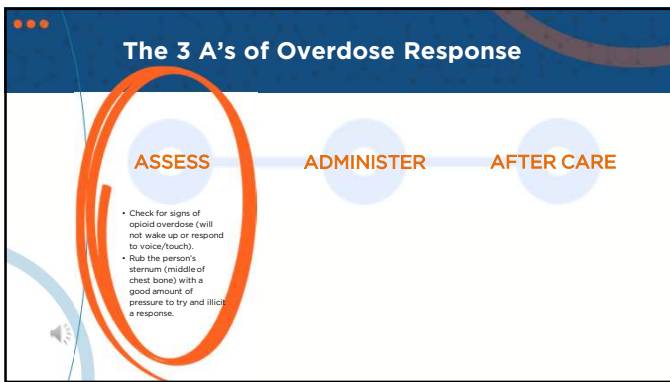
Michigan's Good Samaritan Act

Michigan's Good Samaritan law prevents drug possession charges against those that seek medical assistance for an overdose in certain circumstances.

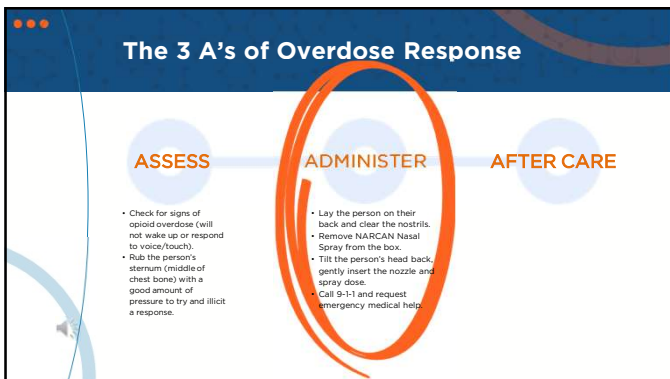
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The 3 A's of Overdose Response

ASSESS

- Check for signs of opioid overdose (will not wake up or respond to voice/touch).
- Rub the person's sternum (middle of chest bone) with a good amount of pressure to try and illicit a response.

ADMINISTER

- Lay the person on their back and clear the nostrils.
- Remove NARCAN Nasal Spray from the box.
- Tilt the person's head back, gently insert the nozzle and spray dose.
- Call 9-1-1 and request emergency medical help.

AFTER CARE

- Provide rescue breathing as needed.
- Do not use chest compressions, as this can cause more harm than good.
- Remember: The Good Samaritan Law prevents drug possession charges against those that seek medical assistance for an overdose.

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Thank you for completing this training.

REFERENCES:
 • Good Samaritan Law, Act No. 307, Public Act (2016), State of Michigan, Enrolled House Bill No. 5649. <https://www.michigan.gov/infranchise-mi/healthy-mental-health/drugoverdose/opioid/samaritans/treatment/goodsam/michigans-good-samaritan-law>
 • Spontane, M, Minigo, A, Warner, M. (2022). Drug Overdose Deaths in the United States 2009-2021. *NCJRS Data Brief*, No. 457. U.S. National Center for Health Statistics. DOI: <https://doi.org/10.36869/ncj.522556>
 • State of Michigan Opioid Resources. <https://www.michigan.gov/opioid>
 • NIH National Institute on Drug Abuse. <https://nida.nih.gov/research-topics/signs-symptoms/criminal-consequences>
 • SAMHSA, Harm Reduction <https://www.samhsa.gov/find-help/harm-reduction>

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