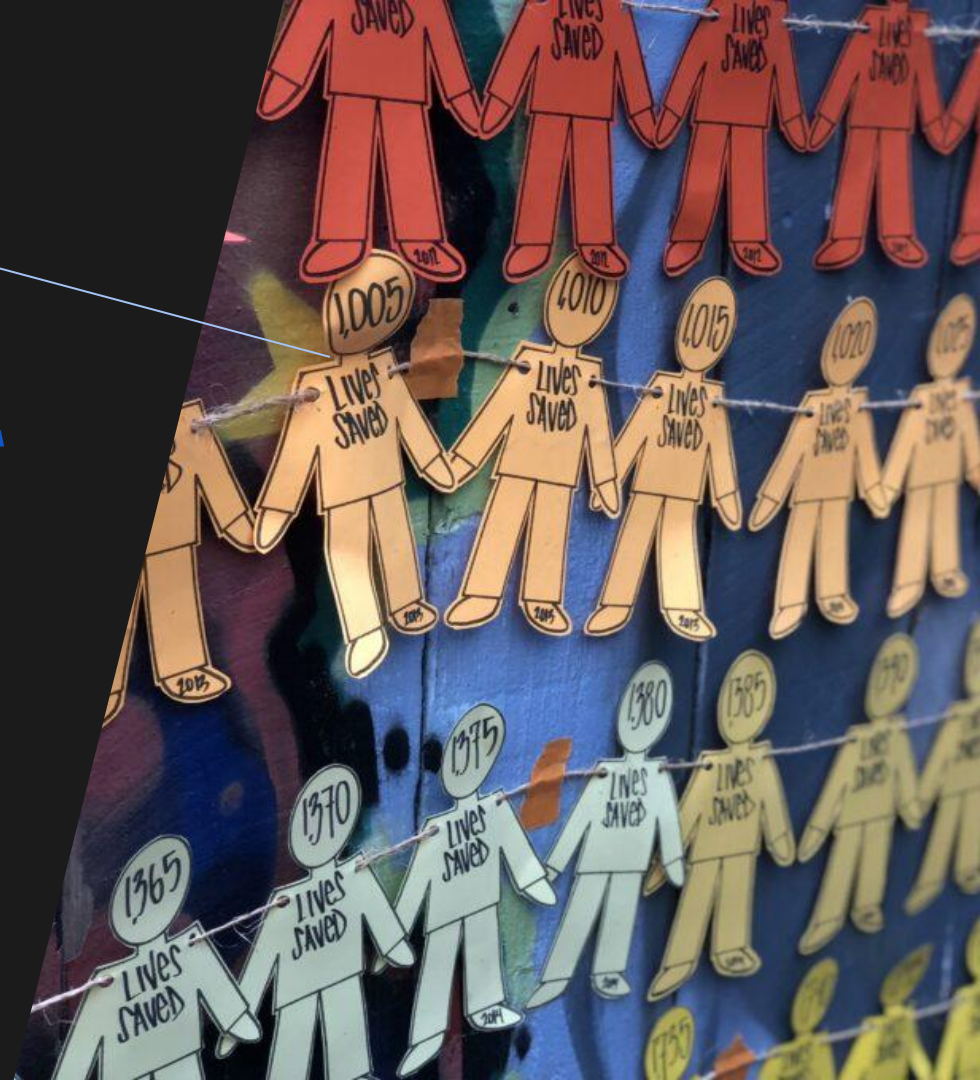


DOPE PROJECT

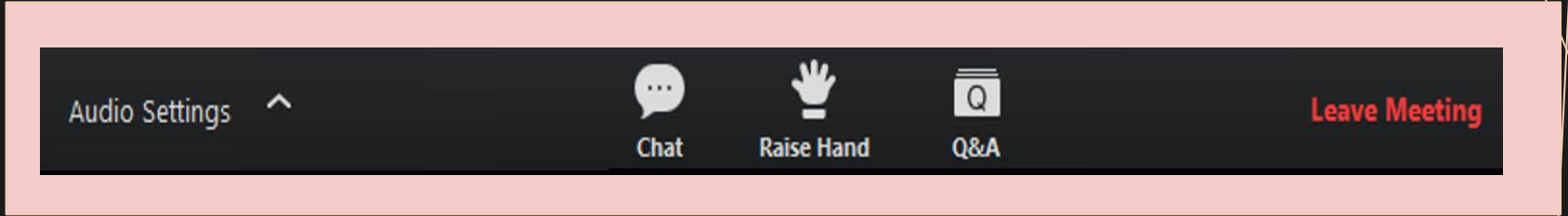
OVERDOSE PREVENTION &
NARCAN TRAINING

Frances Fu
fu@harmreduction.org

**NATIONAL
HARM REDUCTION
COALITION**



ZOOM HOUSEKEEPING



Zoom Functions

- Chat Function
- Raise Hand
- Q&A

Recording: Special Request

No Attendance Tracking

Access Needs: Let us know in the chat!

Narcan Delivery: bit.ly/dopenarcandelivery



ABOUT DOPE

- Project of the Harm Reduction Coalition
- Oversee all the overdose prevention & naloxone distribution efforts in SF
 - Work with 23 distribution sites to put narcan into hands of PWUD

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2020 OVERDOSE STATISTICS

PWUD

4,307*

EMS

n/a

SFPD

211

*In 2020, we distributed over 50k kits.

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ABOUT DOPE

- Project of the Harm Reduction Coalition
- Oversee all the overdose prevention & naloxone distribution efforts in SF
 - Work with 23 distribution sites to put narcan into hands of PWUD
- Monitor the street drug supply
- Train service providers on overdose prevention
- Oversee overdose prevention in SROs

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SIMPLE, SAFE, & LEGAL

SIMPLE

- Use it if someone is 1) not breathing and 2) not responsive

SAFE

- Will not cause harm if someone is not overdosing

LEGAL

- California AB 635
 - Protects civil, criminal & professional liability
- SF Standing Order Prescription



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DRUGS

- Just Say No = Just Say Nothing
- Drugs reflect what we value
 - Caffeine = Work, Money
 - Cannabis = Relax
 - Alcohol = Socialize
 - Opioids = Pain relief

OPIOIDS

Regulated

Oxycontin
Oxycodone
Roxycodone
Hydrocodone
Hydromorphone
Vicodin
Percocet
Tramadol
Dilaudid
Methadone
Buprenorphine
Suboxone


Criminalized

Heroin
Fentanyl



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OPIOIDS



9775

Department of Justice
United States Penitentiary
Atlanta, Georgia

Reg. No. 9775 Color *Chinaman*
Name *Charlie Lee Conn*
Crime *Concealing Meeting Opium*
Sentence *1 year + 1 day*
Fine and Costs *none*
Sentence commenced *July 4-1919*
Commuted time *72* days
Full term expires *July 4-1920*
Short term expires *April 23-1920*
Parole term expires *Nov. 4-1919*
Residence *New York, N.Y.*
Convicted by *N.Y. New York*
TO BE HELD FOR FINE AND COSTS

Remarks

Discharged APR 23 1920

Transportation to *New York, N.Y.*



Laudanum is no more dangerous than many of the preparations sold as soothing syrups; it has the saving grace of the "poison" label. (By courtesy of the Committee on Interstate and Foreign Commerce.)

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OPIOIDS

BRAIN

- Opioids mimic endorphins
- Stimulates love, warmth, attachment, comfort & security

DIGESTIVE SYSTEM

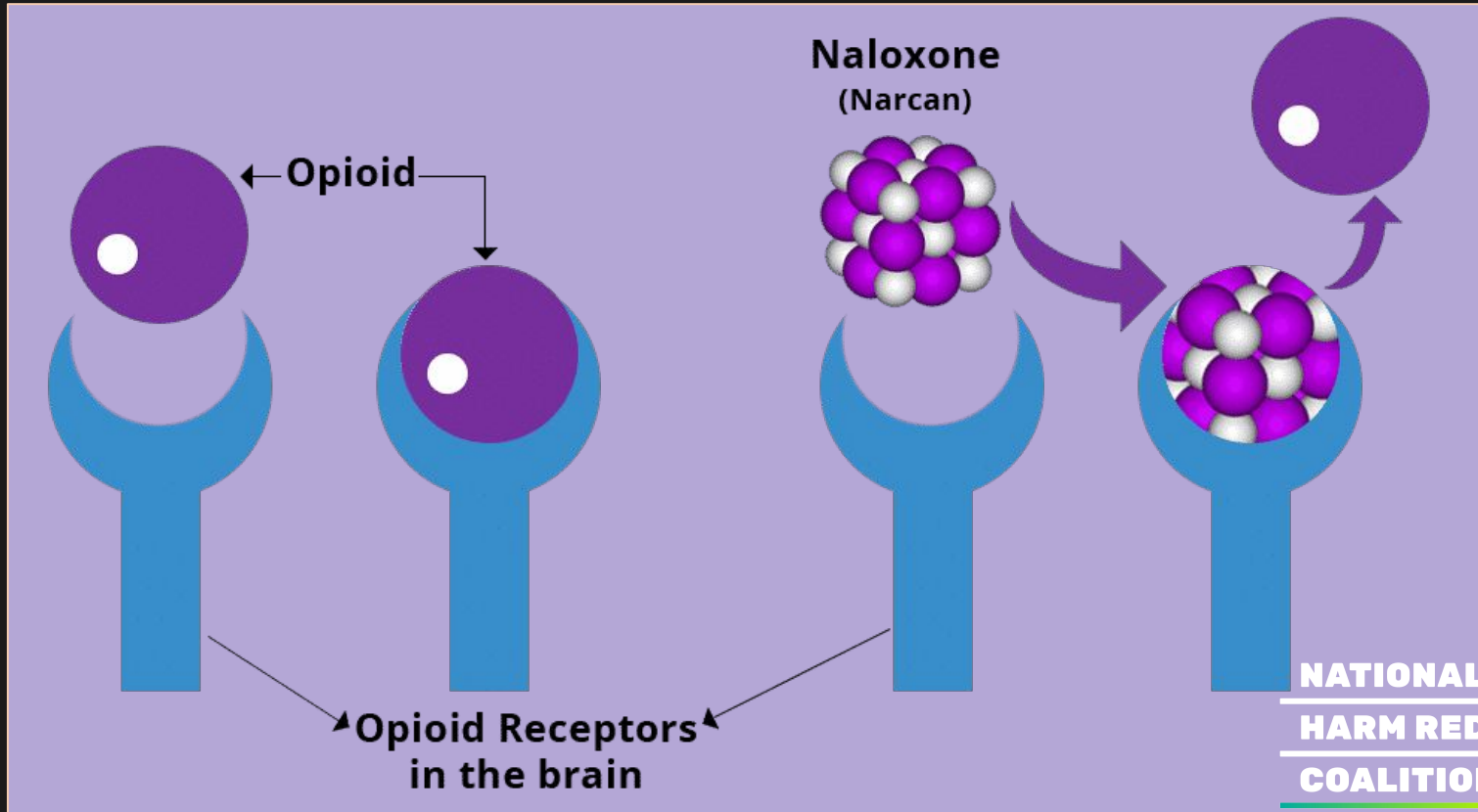
- Squeezes water out
- Leads to constipation

RESPIRATORY SYSTEM

- Breathing slows down
- Deprives body of oxygen
- Leads to overdose death

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NARCAN



DRUGS



OVERDOSE

- A dose that overwhelms the body

TOLERANCE

- The more you experience something, the more you get used to it
- A normal response in your brain & body's search for balance

WITHDRAWAL

- When something you've grown tolerant to, leaves, & you experience physical, mental, &/or emotional symptoms

DRUGS



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VALIUM	SLEEP
XANAX	ANXIETY
ATIVAN	TINNITUS
KLONOPIN	MUSCLE SPASMS
	VERTIGO

OPIOID WITHDRAWAL

- Worst flu in life x 10
- Repeatedly hit by a train
- Bones aching
- Muscles cramping
- Skin on fire
- Nauseous
- Vomiting
- Diarrhea
- Can't sleep
- More sensitive to pain



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OPIOID WITHDRAWAL

1. People we serve are likely experiencing withdrawal multiple times/day
2. The one side effect of narcans is it puts someone in withdrawal - leads to a range of reactions
3. It's important to know whether someone is just really high or overdosing



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CAN TAKE SALLY AWAY
NARCANIA COMES TO SAVE
THE DAY WITH HER AMAZING
OPIATE BLOCKING POWERS!

MURAL IN
PROGRESS

PLEASE
RESPECT



HIGH OR OVERDOSING?

- Are they breathing?
- Are they responsive?

If YES to both, they are just high!

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IF HIGH

- Sedated
 - Drooping
 - Eyes fluttering or closed
 - Mumbling
 - Leaning forward
-
- Are they breathing?
 - Are they responsive?

If YES to both, they are just high!



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IF OUTSIDE

- Look for intention
 - If sleeping, just let them sleep!
- If it doesn't look intentional
 - Verbal check-in
 - Physical check-in:
 - Gentle touch on back of the arm

CAN TAKE SALLY AWAY
NARCANIA COMES TO SAVE
THE DAY WITH HER AMAZING
OPIATE BLOCKING POWERS!

MURAL IN
PROGRESS

PLEASE
RESPECT



HIGH OR OVERDOSING?

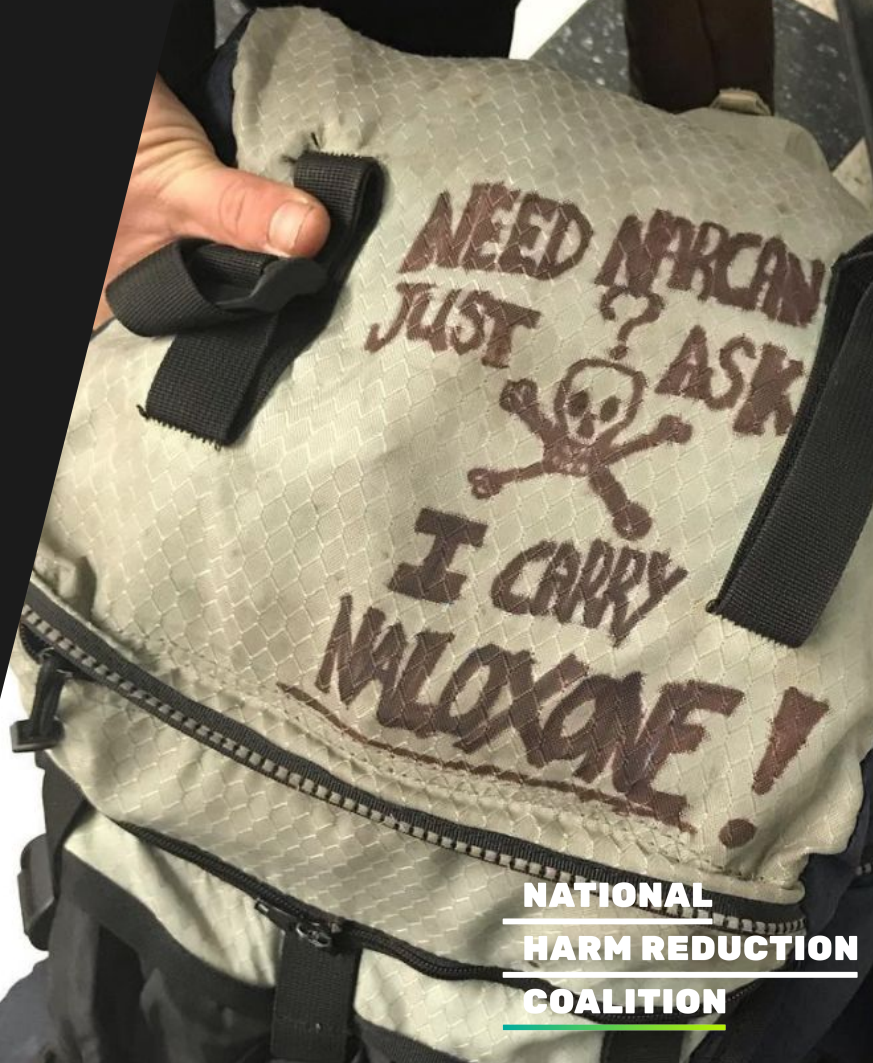
- Are they breathing?
- Are they responsive?

If YES to both, they are just high!

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IF OVERDOSING

- Skin Color
 - Lighter skinned folks: pale or blue gray
 - Darker skinned folks: purple or ashen gray
- Snore Gurgles
 - Chest muscles can't contract



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RM REDUCTION
ALITION

STIMULATE THEM!

- Give them a chance to wake up before Narcan
- Verbal stimulation
 - “Hey, you’re overdosing, you’re not breathing!”
- Physical stimulation
 - Sternum rub aka Chest noogie
 - Mom pinch

VERBAL NARCAN

- “Hey my friend you’re overdosing, you’re not breathing, if you don’t wake up I’m gonna **NARCAN** you”
- People have traumatic experiences with Narcan
- Just because you didn’t have to use narcan doesn’t mean you didn’t save their life!

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and the Luggage Store Gallery, with our friends the Syringe Access
and San Francisco Dept. of Public Health

Overdose

Awareness

Day

Narcan trainings, alter,
photo booth, music, & more!

BBQ by Mike &
pizza & refresh

Friday, August 30

1 - 3pm



NARCAN THEM

- Put it all the way up their nose!
- Time 1 dose every 2 minutes
 - Keeps it simple
 - Keeps you grounded



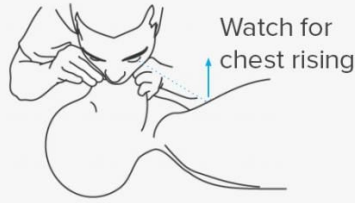
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RESCUE BREATHING

Rescue breaths



Open airways by
lifting the chin
slightly



Pinch nose and give
two rescue breaths

Watch for
chest rising

- CRUCIAL because the one thing they're missing is **oxygen**
- The law protects you for whatever boundaries you set for yourself



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CALL 911

- If you're by yourself
 - Give Narcan first before calling 911
 - Name, location, not breathing and not responsive
- If you're with a group
 - Delegate roles
- EMS usually takes 3-5mins to arrive, 6-8 mins tops

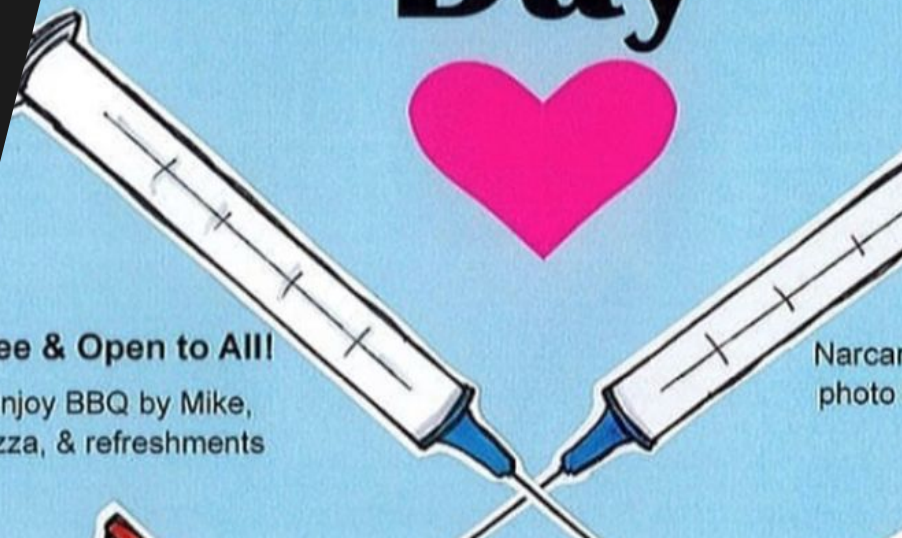
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San Francisco Overdose Awareness Day



Free & Open to All!
Enjoy BBQ by Mike,
pizza, & refreshments

Narcan
photo



EVERYTHING AT
THE SF ARMORY
MUST GO!
PAGE 34



RADICAL REVE
S.F. has one of the lowest fatal-overdos
BY NU

PERSON WAKES UP!

- Skin color returns to normal
- Snore gurgle
- Myth of people waking up violent, when they're really just disoriented.
 - They are waking up, flat on their back, dopesick, surrounded by strangers & being held down.
 - Many things are slamming into them all at once

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COALITION**



EVERYTHING AT
THE SF ARMORY
MUST GO!
PAGE 34

RADICAL REVE
S.F. has one of the lowest fatal-overdos
BY NU

PERSON WAKES UP!

- Gently welcome them back into consciousness
 - “Hey my friend, this is Frances, we saw you weren’t breathing, we had to give you some Narcan. I’m so sorry you don’t feel good.”
- If people try to leave?
 - Be mindful of internalized stigma
 - Remind them narcan stays active 90 mins, but will wear off in 20-30 mins

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RECAP



- If someone is overdosing, not breathing & not responsive
- Skin color changes & Snore gurgle
- Stimulation
 - Verbal stimulation
 - Physical stimulation: Chest noogie & Mom pinch
- Narcan
 - All the way up the nose
 - 1 dose every 2 minutes
- Rescue breathing
 - 1 breath every 5 seconds
- Call 911
- Be gentle with them, & with yourself

Need individual Narcan?

CBHS Pharmacy

1380 Howard in SF, 10th & Market

Mon-Fri 9am-3:30pm

Questions: Call 415-255-3659

Need Narcan for your org?

bit.ly/dopenarcandelivery

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Concerned about overdose? Want a free nasal Narcan kit?



Our friends at CBHS Pharmacy are happy to help!

Go to 1380 Howard Street (at 10th Street), to the pharmacy, they will train you and give you a FREE nasal naloxone kit. All you have to do is answer a few standard questions pharmacists are required to ask to dispense medication!

****Syringe access and harm reduction programming is funded to serve our most vulnerable communities, and we need to reserve our resources for them. Please respect the privacy of harm reduction program participants if you are not a harm reduction program participant by getting your needs met at CBHS Pharmacy****

Open Mon - Fri, 9am - 3:30pm

Have questions? Call 415-255-3659

Thank you for caring for your community!



THANK YOU!
fu@harmreduction.org

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COALITION**