OVERDOSE IS CLOSER THAN YOU THINK

Opioids in Alaska

Save a life. Get naloxone and keep it with you
OVERDOSE AND DEATH DUE TO OVERDOSE ARE INCREASING

From 1999-2019, nearly 500,000 people died from an overdose involving any opioid, including prescription and illicit opioids.

This rise in opioid overdose deaths can be outlined in three distinct waves.

1. The first wave began with increased prescribing of opioids in the 1990s, with overdose deaths involving prescription opioids (natural and semi-synthetic opioids and methadone) increasing since at least 1999.

2. The second wave began in 2010, with rapid increases in overdose deaths involving heroin.

3. The third wave began in 2013, with significant increases in overdose deaths involving synthetic opioids, particularly those involving illicitly manufactured fentanyl. The market for illicitly manufactured fentanyl continues to change, and it can be found in combination with heroin, counterfeit pills, and cocaine.

CDC
Sharp surges in drug overdose deaths reported nationwide, Alaska has experienced a 68% increase in the number of drug overdose deaths between 2020 and 2021 - from 146 drug overdose deaths in 2020 to 245 in 2021, according to preliminary mortality data from the Alaska Department of Health and Social Services (DHSS).
WHAT DRUGS ARE INVOLVED?

- Stimulants, Opioids (including fentanyl)
OVERDOSE DEATH RATES CONTINUE TO INCREASE IN ALASKA
ALASKA’S OVERDOSE DEATH COUNTS INCREASED 68% LAST YEAR

*2021 data are preliminary and subject to change
<table>
<thead>
<tr>
<th>Region</th>
<th>Opioid Overdose Deaths</th>
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<tbody>
<tr>
<td>Anchorage Municipality</td>
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<td>Mat-Su Borough</td>
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<td>Juneau City and Borough</td>
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</table>

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OPIOID OVERDOSE DEATH RATES BY AGE GROUP

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Save a life. Get naloxone and keep it with you
FENTANYL IS NOW INVOLVED IN 75% OF OPIOID OVERDOSE DEATHS

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Save a life. Get naloxone and keep it with you.
FENTANYL OVERDOSE DEATHS INVOLVING OTHER DRUGS (2021*)

- Opioid Pain Relievers: 35%
- Meth: 61%
- Cocaine: 5%
- Heroin: 28%
- Benzos: 4%
- Fentanyl Alone: 21%

*2021 data are preliminary and subject to change
FOCUS ON FENTANYL

Overdosing in Alaska

Save a life. Get naloxone and keep it with you
EVEN A SMALL AMOUNT OF FENTANYL CAN KILL

Fentanyl is a synthetic opioid that is up to 50 times stronger than heroin and 100 times stronger than morphine. It is a major contributor to fatal and nonfatal overdoses in the U.S.
DEA Lab testing reveals that 4 out of every 10 pills with fentanyl contain a potentially lethal dose.

Counterfeit pills often contain fentanyl and are more lethal than ever before.

Save a life. Get naloxone and keep it with you.
OVERDOSE DEATHS IN ALASKA

2021 will be the worst year on record for drug overdose. Six out of every 10 drug overdose deaths in Alaska involved fentanyl in 2021. This is consistent with national trends.
NALOXONE SAVES LIVES

- Naloxone is an overdose reversal drug that is safe, has no potential for abuse, and reverses overdoses 75% to 100% of the time. Narcan is a brand of naloxone.
- A person who has a fentanyl-involved overdose may only have 2 minutes before his/her/their death.
- Studies show overdoses are reversed and lives are saved when lay people carry and use naloxone.

Find out how to use and get Narcan at https://dhss.alaska.gov/osmap/Pages/hope.aspx
OVERDOSE IS CLOSER THAN YOU THINK.

Four things you can do to be safer from possible fentanyl exposure.

TEST EVERYTHING
Use fentanyl test strips every time to determine if your drugs have been mixed or cut with fentanyl.

CARRY NALOXONE
You can stop a heroin or opioid overdose with naloxone nasal spray. Keep it with you.

DON'T USE ALONE
Make sure someone is around to administer naloxone in case of an overdose.

CALL 911
Call 911 even after administering naloxone. A person can slip back into overdose after the naloxone wears off.

Learn the signs of an overdose.

You can stop a heroin or opioid overdose with NARCAN nasal spray.

FACE
BODY
SLEEP
BREATHING
HEART

Reverse an overdose. Save a life.

Get NARCAN and keep it with you.

Save a life.
Get naloxone and keep it with you.
A SURGE IN OVERDOSES

Save a life. Get naloxone and keep it with you
COMMUNITY PERSPECTIVE

- Law enforcement
  - Recent overdose cases
  - Statistics for this year compared to previous years
    - Polysubstance Use
  - Regional/Demographic breakdown of cases
WHY PEOPLE MAY OVERDOSE?

- Interdiction/supply - ask Mike Troster?
- IDU - Elana <IDU-Low tolerance>
- Using alone
- Mixing substances
- Low tolerance
WHAT IS OVERDOSE?

The brain has many opioid receptors. An overdose occurs when too much of an opioid (heroin, OxyContin, Percocet) fits in too many receptors, stopping the person’s breathing.

HOW DOES NALOXONE WORK?

Naloxone bonds more strongly to the opioid receptors than opioid drugs, so it knocks the opioids off the receptors for a short time. This blocks the effects of the overdose allowing the person to breathe again.
NALOXONE IS EFFECTIVE AGAINST OPIOIDS SUCH AS:

- Heroin
- Methadone
- OxyContin
- Vicodin
- Percocet
- Codeine
- Fentanyl

NALOXONE WILL NOT REVERSE OVERDOSE FROM DRUGS SUCH AS:

- Cocaine
- Meth (Methamphetamine)
- Alcohol
- Stimulants
- Benzos (Benzodiazepines such as Xanax and Valium)

Naloxone is the ONLY effective response to an opioid overdose emergency!
LEARN THE SIGNS OF AN OVERDOSE

FACE is clammy to touch and has lost color. Has trouble speaking. Center part of their eye very small, sometimes called “pinpoint pupils.”

BODY is limp. Fingernails or lips are turning blue or purple.

SLEEP is deep and person cannot be woken. Will not respond to your voice or touch.

BREATHING is slow or has stopped.

BREATHING is slow or has stopped.
HOW TO ADMINISTER NALOXONE

1. Determine if person is experiencing an overdose
   - Failure to respond when spoken to
   - Failure to wake up when prompted
   - Slow or no breathing
   - Tiny pupils (the center part of the eye)

Save a life. Get naloxone and keep it with you.
HOW TO ADMINISTER NALOXONE

Administer a dose of naloxone nasal spray (each sprayer contains one dose)

• Turn them on their back
• Tilt their head back
• Support their neck with your hand
• Insert the tip of the nozzle into either nostril
• Press the plunger firmly to deliver dose
Call 911 for help and continue to evaluate their condition. Roll them on their side in this position:

- Hand supports head
- Knee prevents rolling onto stomach

Give them a second dose in the other nostril if they do not respond in 2 to 3 minutes by:
  - waking up
  - responding to voice or touch
  - breathing normally

Naloxone can be given every 2 to 3 minutes if available.
1. Add sterile water to your cooker you just prepped. Mix well. Draw up your shot and set aside.

2. Test the residue in your cooker before you inject. Dip the test strip in the water, do not go past the first line and hold it there for 10-15 seconds.

3. Place test strip on clean surface or across top of cooker. Wait five minutes.

4. One line means fentanyl is present and you should not use the drugs, two lines means no fentanyl present.

Save a life. Get naloxone and keep it with you.
FOUR THINGS YOU CAN DO TO BE SAFER FROM POSSIBLE FENTANYL EXPOSURE.

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GET THE RESCUE KIT

The rescue kit includes

- Two doses of naloxone nasal spray
- Instructions on how to stop an overdose with naloxone nasal spray
- Fentanyl testing strip
- Instructions on how to use the test strip
- Latex protective gloves
YOUR FEEDBACK IS IMPORTANT

Have you used Naloxone from project HOPE? We want to hear from you:

https://www.surveymonkey.com/r/3G6L623

Have you used a Fentanyl Test Strip from Project HOPE? We want to hear from you:

https://www.surveymonkey.com/r/3PSZCQP
RESOURCES FOR RECOVERY

Save a life. Get naloxone and keep it with you.
Q&A

Save a life. Get naloxone and keep it with you