



# Opioid Misuse: Local Public Health Response

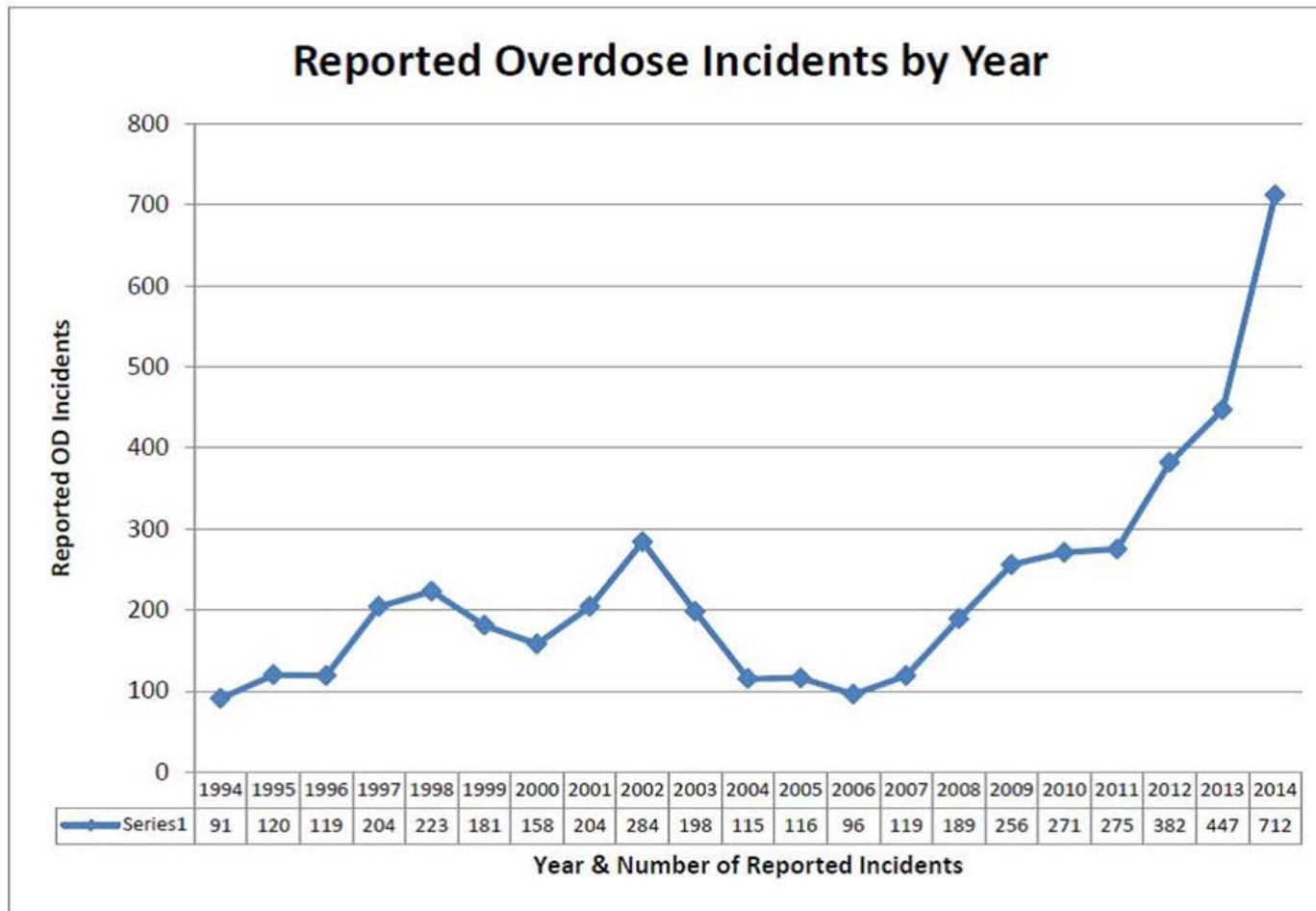
Presented by Cassandra Andersen  
City of Worcester Division of Public Health

March 17, 2016



**Public Health**  
Prevent. Promote. Protect.

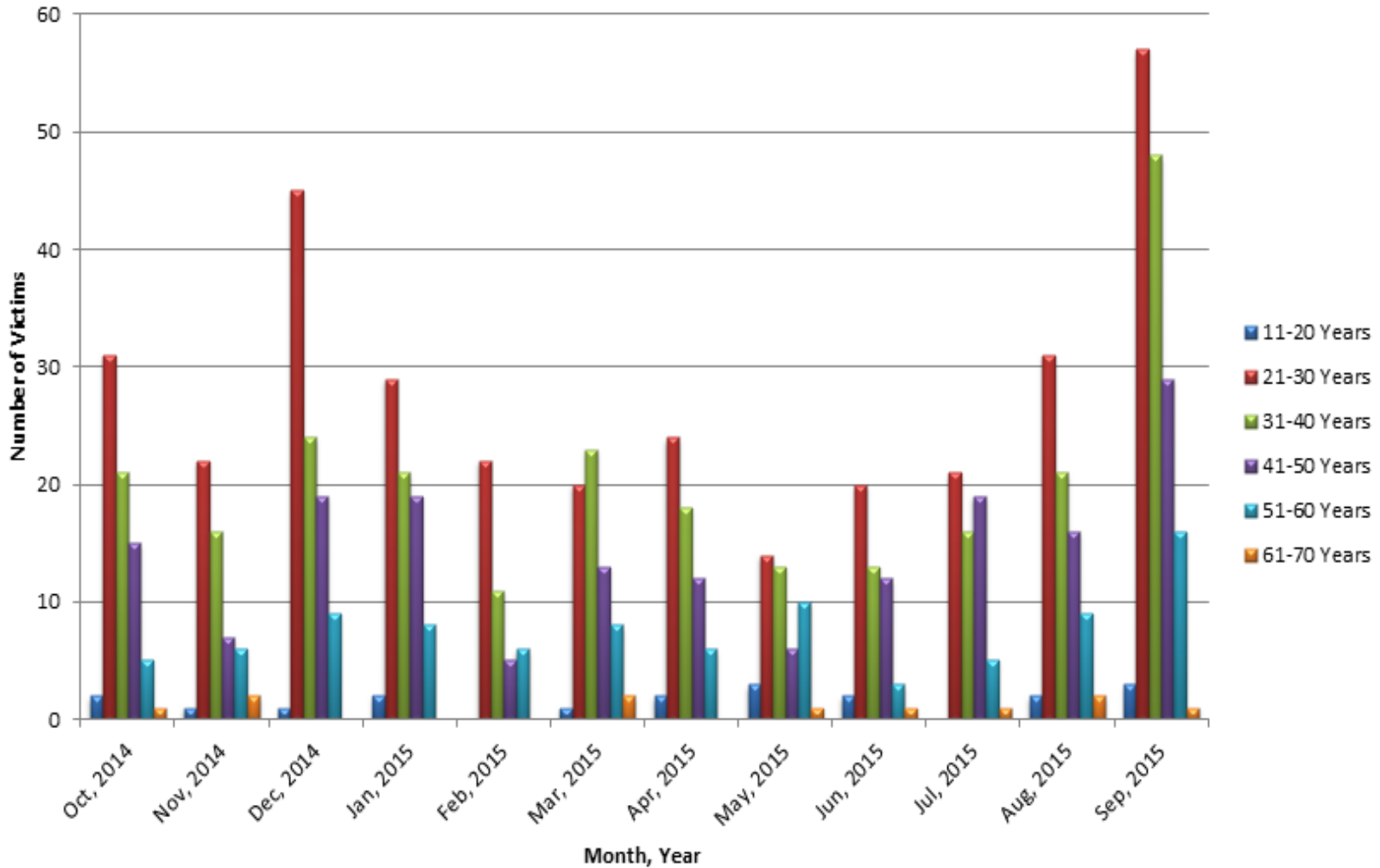
# Worcester Data for 20 years



Data Source: Worcester Police Department Reported Incidents

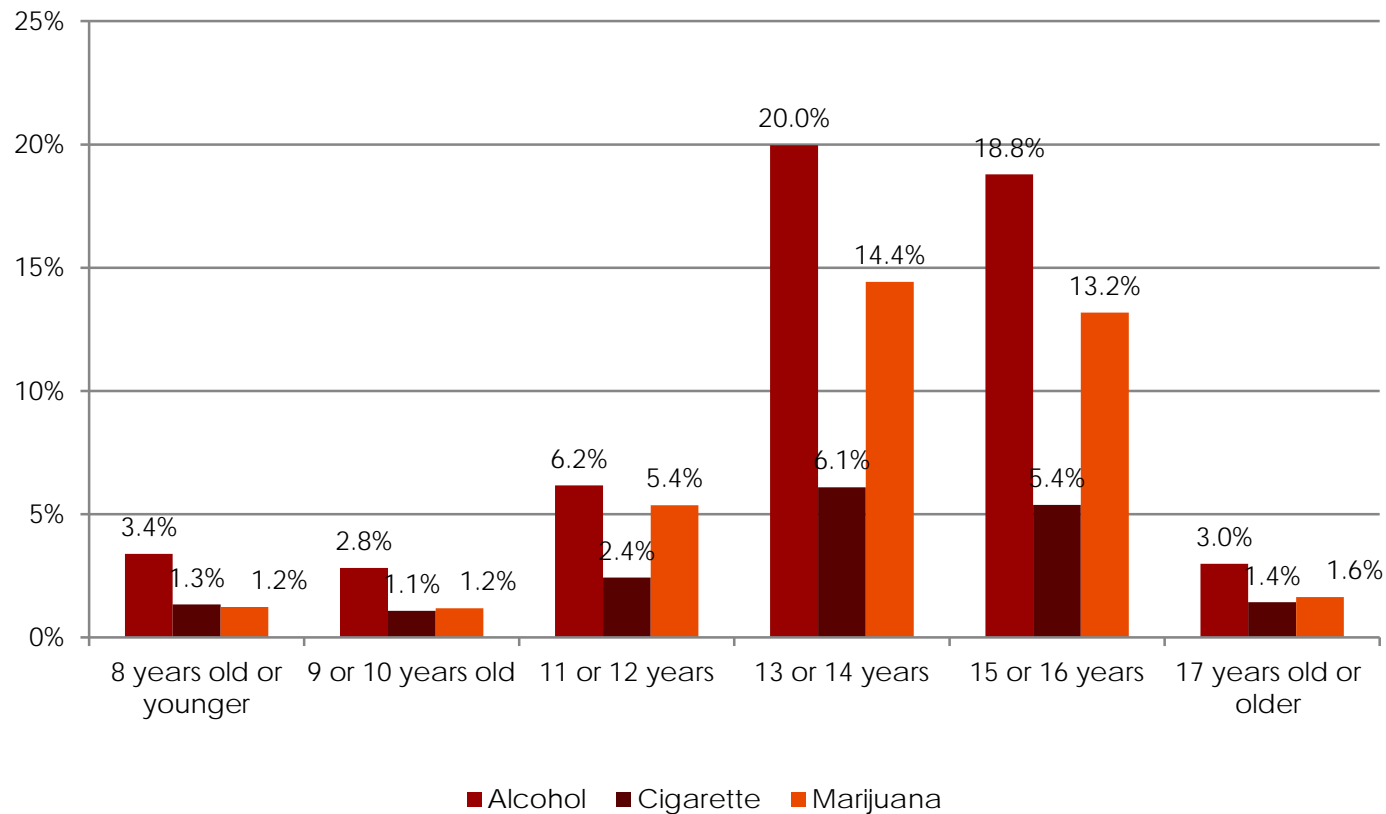


# Count of Heroin/Opiate Overdoses by Age Group, Oct 2014-Sep 2015, Worcester, MA



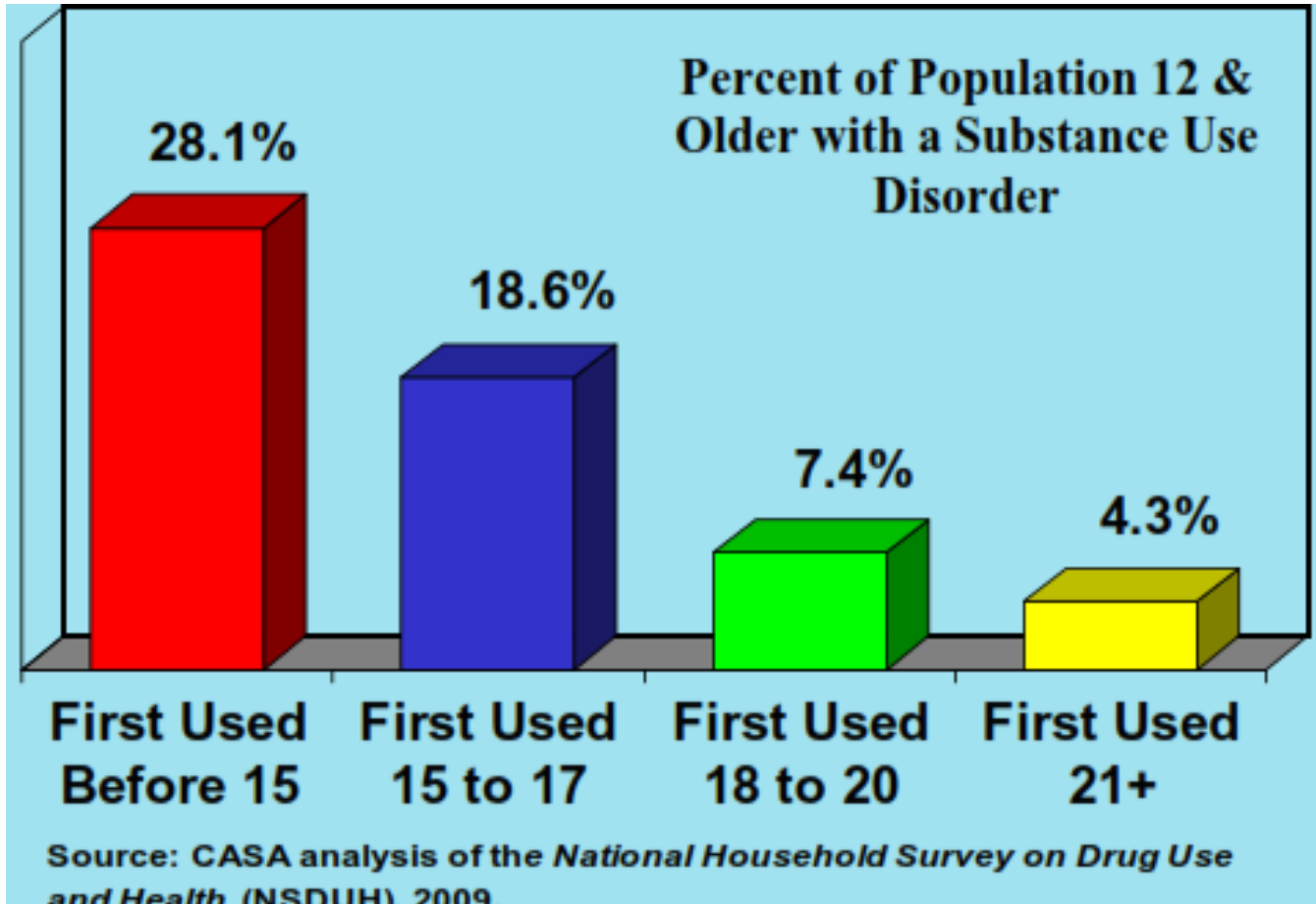
Data Source: Worcester Police Department Reported Incidents

# Age of First Substance Use



Source: Worcester Regional Youth Health Survey, 2014

# Why Age Matters



9 in 10 people who have a diagnosable substance use disorder began to smoke, drink, and/or use other drugs before age 18

# Convening the Community

## Regional Response to Addiction Partnership (RRAP)

- RRAP is a coalition made up of Central Massachusetts municipal representatives and community members mobilizing to prevent and treat addiction and promote wellness.
- These partners are achieving this goal by implementing prevention, treatment, and recovery strategies, which promote healthy, safe, and supportive environments.



# Prevention of Opioid Misuse

**THE MEDICINE ABUSE PROJECT™**

THE PARTNERSHIP AT DRUGFREE.ORG



She gets her hair from her mom.  
Her eyes from her dad.  
And her **drugs** from her grandma's medicine cabinet.

**Safeguard your medications**


For more tips on preventing medication abuse visit:  
[Medicineabuseproject.org](http://Medicineabuseproject.org)  
1-855-DRUGFREE

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Public Health  
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Rotary Club of Worcester PRESENTS



**CELEBRATE COMMUNITY 2016**

**Saturday June 4th**  
**5pm — 11pm**

**DCU Center**  
50 Foster Street, Worcester

**Help the Rotary Club of Worcester in the Fight Against Opioid Addiction**

Proceeds from this event will provide support in the fight to stop opioid addiction in Worcester and surrounding communities in collaboration with the City of Worcester and Central MA Regional Public Health Alliance. Rotary Club of Worcester provides support for education, hunger, health and beautification projects in our community including:

- Myra Hallt Kraft Foot Bridge Project in Elm Park
- HD Cameras for the NIC Unit, University of MA Memorial Medical Center
- Feeding Hungry Children at the Kids Café, Boys & Girls Club of Worcester
- Winter Coats for Disadvantaged Children
- Scholarships to Students of 3 Worcester Colleges
- Funding for Trees on Shrewsbury Street
- African Community For Education Food Program
- Red Cross Disaster Relief
- Electronic Library, Seven Hills Charter Public School

**Tickets: \$100 per person**

Dinner • Silent/Live Auctions • Live Music & Dancing • Service Above Self Awards

**To purchase tickets contact:**

Rotary Club of Worcester  
[www.worcrotaryusa.org](http://www.worcrotaryusa.org)

**Sponsorships available**

For further information, please contact:  
Barbara Gulhrle 978-464-2929



# Safe Medication Storage and Disposal

- All adults that have opioids in the home should keep them in a locked box and do pill counts. Adolescents should always be closely supervised when taking opioids.
- Most communities have installed a disposal box in the police department.
- These local communities have a disposal box: Auburn, Grafton, Holden, Leicester, Millbury, Paxton, West Boylston, Worcester



**Got DRUGS?** 

**MEDICATION TAKE BACK**

**SATURDAY, APRIL 26<sup>TH</sup>**

**10AM - 2PM**

Bring in expired or unused medications for **safe and proper disposal** at the following locations:

Grafton Police Department  
Holden Police Department  
Leicester Police Department  
Leicester Recycling Center  
Millbury Police Department  
W. Boylston Police Department  
Shrewsbury Senior Center  
Worcester Senior Center



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Sponsored by the City of Worcester Division of Public Health,  
lead agency of the Central MA Regional Public Health Alliance

For disposal directions and locations call the City of Worcester  
Division of Public Health at (508) 799-8532 or visit [www.DEA.gov](http://www.DEA.gov)



# Worcester Saving Lives

- In Worcester, the number of overdoses reported annually through 911 calls has increased every year since 2006.
- There were a total of 1,020 overdoses recorded by the Worcester Police Department in 2015 with 38 of those being fatal.

## Nasal Naloxone Administered in 2015:

- Worcester Police Department: 54 reversals / 61 doses
- Worcester Fire Department: 157 reversals / 201 doses

**An Overdose is a Medical Emergency**

**Signs of an Opioid Overdose:**  
Deep snoring, turning blue (lips, fingernails), unresponsive, no breathing or slow breathing (less than 1 breath every 5 seconds)

**Responding to an Overdose:**

**1 Call 911**  
Give the address and location, say "My friend/child is unconscious and I can't wake him/her up." or "My friend/child isn't breathing."

**2 Rescue Breathing**  
If the person is not breathing, make sure there is nothing in the mouth; tilt head back; lift chin; pinch nose; give a breath every 5 seconds, and watch for their chest to rise with every breath.

**3 Stay with the Person**  
Whether or not the person needs rescue breathing, stay (if you can) until help arrives.  
*If you need to leave, even briefly, put the person in the Recovery Position so she or he won't choke if she vomits.*

**Rescue Breathing** **The Recovery Position**

**Resources**  
MA Substance Abuse Information and Education Helpline:  
1-800-327-5050; [www.helpline-online.com](http://www.helpline-online.com)  
Prevention and Treatment Services • Naloxone information • Parent Support • Other information  
Boston Needle Exchange Overdose Info Line  
1-800-383-2437

**BSAS**  
BOSTON SUBSTANCE ABUSE SERVICES  
Prevent • Treat • Recover • For Life  
[www.mass.gov/dhs/bas](http://www.mass.gov/dhs/bas)

Developed by: SPHERE, a program of Health Care of Southeastern Massachusetts, Inc. [www.hcsm.org/sphere](http://www.hcsm.org/sphere)


To order this magnet and other informational materials, go to: MA Health Promotion Clearinghouse [www.macleartinhouse.com](http://www.macleartinhouse.com)

# Responding to Opioid Overdose in Municipal Buildings

- An overdose is a medical emergency where response time is critical
- Add an overdose response policy to official safety or emergency handbooks or manuals
- Identify and train staff that will respond in the event of an opioid overdose
- Have Nasal Naloxone easily accessible such as in a First Aid or AED Kit or carried by specific staff


## What to do in case of an opioid overdose

step by step




**Call 911, stay until help arrives**

Don't be afraid, the Good Samaritan Law protects you.



**If you cannot Stay...**


Place the person in the recovery position




**Do you have Narcan?**

### How to Give Nasal Spray Naloxone

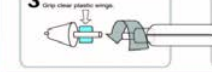
**1** Pull or pry off yellow caps



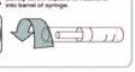
**2** Pry off red cap




**3** Strip clear plastic wings




**4** Insert narrow capsule of naloxone into barrel of syringe




**5** Insert white cone into nostril. When a white, opaque plug is in place, push the plunger to spray naloxone into each nostril.



**6** If no reaction in 2-3 minutes, give the second dose




Administer **Nasal Naloxone (Narcan)** if available



**Note:**

- ✓ Head tilt
- ✓ Jaw support
- ✓ Nose pinch
- ✓ Mouth seal



**Note:**

- ✓ Check for rise and fall of chest with each breath.

**Provide rescue breathing** until help arrives

Additional resources: Stop Addiction Website  
<http://www.Mass.gov/stopaddiction>  
 or call 1-800-327-5050 (tty: 1-800-439-2370)  
 Monday-Friday 8am-10pm | Weekends 9am-5pm

Created by: City of Worcester, Division of Public Health



# Where to get Nasal Naloxone

Where the public can get Nasal Naloxone (Narcan):

- Free training and Narcan kit at Learn To Cope meetings
- Free training and Narcan kit at AIDS Project Worcester
- Purchase Narcan at CVS, call for price and stock
- Purchase Narcan at Walgreens, call for price and stock





A peer-led support network for families  
dealing with addiction and recovery

[Learn2Cope.org](http://Learn2Cope.org)

- Learn to Cope is a support group for parents and family members dealing with a loved one addicted to heroin, Oxycontin and other drugs and alcohol.
- Every chapter of Learn to Cope holds weekly meetings run by experienced facilitators who have been there. These meetings offer support, education, resources, and most importantly HOPE for recovery.
- Meetings in Worcester every Thursday at 7pm
- Please contact Terri Nabulsi at (508) 873-3968 or [tnabulsi77@hotmail.com](mailto:tnabulsi77@hotmail.com) with any questions.

# Let's Work Together

- To join the Regional Response To Addiction Partnership (RRAP) contact:
  - [diehlb@worcesterma.gov](mailto:diehlb@worcesterma.gov) , 508-799-1768
- Have questions or looking for additional resources:
  - Cassandra Andersen
  - [andersenc@worcesterma.gov](mailto:andersenc@worcesterma.gov)
  - 857-208-9303