

Attendees: Jordan, Ravae, Sadie, Maria, Jennifer, Cassie, Amanda, GG, Nikki, Jim, Brenda, Dave
Going to be taking over the tail end of Dave's CSP group on a quarterly basis.

Naloxone Training w/ Sadie from Recovering Hope

Can contact Sadie to get the Narcan kits. Also able to get the nasal spray from your local pharmacy.

Certificates can be received via mail or email.

Recovering Hope also has clean needles available for exchange.

Connected with the Steve Rummier HOPE Network-help with prevention, advocacy, and education.

Factors that led to the state of crisis we are in with opioids include hospitals losing funding because people were dissatisfied with their visits, continuing to experience pain. This led to over medicating.

When they reigned in on hospitals, then heroin became the choice due to ease of access and being cheap.

Now we are seeing synthetic opioids lacing other drugs that then cause an overdose because people don't know what they're taking or how much.

Drug overdose is the leading cause of accidental death in the US; approximately 1 person every 7 minutes.

Opioid deaths rose by 26% between 2020-2021, with 9 out of 10 involving synthetic opioids like fentanyl

Fentanyl test strip kits are available to test people's substances for trace amounts of fentanyl

Minnesota has some of the highest drug overdose rates

Only 3% of mental health providers in Minnesota are people of color; huge racial disparities, seeing higher amounts of non-white individuals experiencing these overdoses

How to identify an overdose

- Struggling to breathe
- Gasping/gurgling sounds
- Skin discoloration from lack of oxygen
- Slowed heart rate

Naloxone immediately blocks the effect of the opioid; lasts in the body for about 30-90 minutes

Does not work for stimulants, alcohol, benzodiazepines, or antidepressants. Doesn't hurt to administer anyway, in case what they took has been laced with an opioid.

FDA standard is that Naloxone expires after about 2 years; giving expired Naloxone does not cause harm and is still better than giving someone none at all

Steve's Law-anyone in MN can carry and use Naloxone without a prescription

Pharmacists can issue a prescription on site, does not have to be a doctor's order or third party

Good Samaritan law also protects people from any sort of trouble if they administered with good intentions but the person didn't end up needing it, has an allergic reaction, etc.

Each kit comes with 3 IV doses

Best sites for injection: upper arm, buttocks, thigh – fatty areas

Store needles in a safe place after use until you can get to an appropriate disposal site

If there are no changes/effects within two minutes after dosing someone, you can give them another dose

Stay with the person until help arrives; if/when they wake up you should help get them into the recovery position

- Lay the person on their side, cross legs and pull knee forward to prevent rolling, place hands under head for support

Have awareness that a person may wake up distressed, emotional, sedated, disoriented, etc.

Where can people go for Naloxone trainings? Can reach out to Sadie at Recovering Hope. Can also look online at RummlerHOPE.org for a list of trainings in Minnesota.

Isanti County Overdose and Drug Data:

<https://www.health.minnesota.gov/communities/opioids/countyprofiles/isanti.html>