FENTANYL FACTS AND PREVENTION

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OBJECTIVES

• Summarize the dangers of fentanyl
• Learn about overdose prevention
• Increase knowledge of substance use prevention skills and building resiliency among youth and young adults to mitigate risk
ABOUT THE PRESENTER

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According to the Centers for Disease Control and Prevention (CDC), 136 people die every day from an opioid overdose in the U.S. (CDC, 2023).

There was a **38.1% increase** in opioid overdose deaths from 2020 to 2021 (CDC, 2023).

Street names for fentanyl include:

<table>
<thead>
<tr>
<th>Apace</th>
<th>Tango &amp; Cash</th>
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<tbody>
<tr>
<td>Dance Fever</td>
<td>Murder 8</td>
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<tr>
<td>Goodfellas</td>
<td>Jackpot</td>
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What other names have you heard?  
Drop it in the Chat Box now.
DANGERS OF FENTANYL

Fentanyl is a synthetic opioid.

Fentanyl is often pressed into fake pills or cut into street drugs and it’s difficult to tell the difference between fake and real pills.

According to the Drug Enforcement Administration (DEA), fentanyl is 50x more potent than heroin and 100x more potent than morphine (DEA, 2023).

Synthetic opioids are the primary driver of overdose deaths in the United States according to the CDC.
DANGERS OF FENTANYL

Powdered fentanyl looks like other drugs and is mixed with cocaine, methamphetamine, and heroin.

People are often unaware that there is fentanyl in a drug supply.

Many drugs contain a deadly dose of fentanyl.
DANGERS OF FENTANYL

Effects of fentanyl include relaxation, euphoria, pain relief, sedation, confusion, drowsiness, dizziness, nausea, vomiting, urinary retention, pupillary constriction, and respiratory depression (DEA, 2023).

Liquid illicit drugs may be absorbed by the skin (dermal) (DEA, 2023).

If you come into contact with the powdered form of fentanyl, do not touch eyes, mouth, or nose and wash hands with soap and water.
NALOXONE (NARCAN NASAL SPRAY)

- Reverses opioid overdoses
- FDA approved in 1971
- Starts working in 2-3 minutes
- Lasts for 30-90 minutes before wearing off
- May precipitate withdrawal symptoms (flu-like symptoms)
OVERDOSE PREVENTION

Naloxone does **not** harm someone who is not on opioids.

Store naloxone at room temperature, out of direct sunlight.

Carry naloxone at all times, especially when traveling.

Opioid withdrawal symptoms mirror flu-like symptoms including body aches, nausea, vomiting, diarrhea, and fever.
Opioids attaching to receptors

The brain has many, many receptors for opioids. An overdose occurs when too much of an opioid, such as heroin or oxycodone, fits in too many receptors slowing and then stopping the breathing.
Naloxone reversing an overdose

Naloxone has a stronger affinity to the opioid receptors than opioids, such as heroin or oxycodone, so it knocks the opioids off the receptors for a short time (30-90 minutes). This allows the person to breathe again and reverse the overdose.
FLORIDA’S EMERGENCY TREATMENT AND RECOVERY ACT - FLORIDA STATUTE § 381.887

- Authorizes individuals to possess, store, and administer naloxone
- Allows pharmacies to operate under standing orders
- Provides civil and criminal liability protections to healthcare practitioners/pharmacists that prescribe and dispense naloxone
As of March 2023, FDA approved 4 mg Narcan nasal spray for over-the-counter, nonprescription use.

Cost and co-pays vary depending on insurance.

Prices between $100-250 per naloxone kit without insurance.
Florida Statute § 893.21 enacted in 2012

Encourages people to call for help during an overdose without fear of arrest

Provides limited protections for certain offenses

In majority of overdoses, someone is there to call for help, but people only call 50% of the time due to fear of arrest or police involvement.
Acting in good faith, a person who seeks medical assistance for someone experiencing an overdose (alcohol or drug related) and a person experiencing an alcohol or drug-related overdose who is in need of medical assistance, may not be arrested, charged, prosecuted, or penalized for:

- Use/possession of drug paraphernalia [893.147(1)]
- Possession of small/personal amounts of controlled substance [893.13(6), excluding paragraph (c)]

Protections extended to people on probation, parole, or pretrial release in 2019.
RISK FACTORS FOR OVERDOSE

- Mixing drugs
- Quality of drugs
- Low tolerance
- Using alone

Never Use Alone
800-484-3731
neverusealone.com
THINGS TO AVOID DURING AN OVERDOSE

- Do not let someone sleep it off.
- Do not hit or kick to wake someone.
- Do not give someone additional substances.
RECOGNIZE AN OVERDOSE

Signs and symptoms:

- Small, constricted “pinpoint pupils”
- Falling asleep or losing consciousness
- Slow, weak, or no breathing
- Choking or gurgling sounds (“death rattle”)
- Limp body
- Cold and/or clammy skin
- Blue or gray skin or nails
RESPONDING TO AN OVERDOSE

1. Recognize an opioid overdose (sternal rub)
2. Call 911
3. Administer naloxone (NARCAN)
4. Rescue breathing
5. Stay until help arrives and place in recovery position
6. Place in recovery position and stay until help arrives
CHECK RESPONSIVENESS- STERNAL RUB

Lay person on their back and make sure nothing is in mouth or throat

Make a fist with your hand, and press on chest of unresponsive person

CALL 9-1-1

1. Tell the operator that the person is unresponsive and not breathing
2. Give address to operator
3. Remember Good Samaritan Law
How to Administer Narcan Nasal Spray

Each package contains two, single-use nasal spray devices.

Peel back the package to remove the device. Do not test or prime nasal spray.

Place the tip of the nozzle in either nostril until your fingers touch the bottom of the patient's nose.

Press the plunger firmly to release the entire dose into the patient's nose.

If the person does not respond to the first dose (after 2-3 minutes), give the second dose.
STEPS TO ADMINISTER NARCAN NASAL SPRAY

**Peel**
Peel back the package to remove the device. Hold the device with your thumb on the bottom of the plunger and two fingers on the nozzle.

**Place**
Place and hold the tip of the nozzle in either nostril until your fingers touch the bottom of the patient's nose.

**Press**
Press the plunger firmly to release the dose into the patient's nose.

**REMINDERS:**
- Narcan/naloxone **does** work on fentanyl-related overdoses and **more than one dose may be needed**.
- Wait 2-3 minutes between doses of naloxone.
- Naloxone may precipitate withdrawal symptoms.

https://www.narcan.com/#how-to-use-narcan
RESCUE BREATHING

1. Tilt the person’s head back and clear air passage
2. Pinch nose
3. Open mouth
4. 2 slow breaths, then 1 breath every 5 seconds
   • Chest should rise
   • Perform rescue breathing while waiting for naloxone to take effect or if you do not have naloxone

RECOVERY POSITION

Hand supports head

Knee stops body from rolling onto stomach

https://generationrx.org/learn/helping-others/recovery-position-with-text/
COMMUNITY-BASED NALOXONE DISTRIBUTION

Organizations in the community operate under standing orders and hand out free naloxone kits directly to people at risk of witnessing or experiencing a drug overdose.

Benefits:
- Low barrier and free
- Reduces barriers including cost and access/transportation to pharmacy
- Individuals can distribute naloxone to their peers (secondary distribution)
FACTSHEET ABOUT NARCAN

Can I get in trouble for administering Narcan?

NO- Florida Statute § 768.13 protects an individual acting in good faith from civil damages.

What if I give someone Narcan and they are not overdosing on opioids?

Narcan will not harm someone if they are overdosing on drugs other than opioids.

I don’t use drugs, so should I carry Narcan?

YES! Narcan is used most often to assist a friend, family member, or coworker.
NARCAN BY MAIL

FLORIDA HARM REDUCTION COLLECTIVE

scan here to request FREE Narcan
REPORTING AN OVERDOSE

Did you use your Narcan to reverse an overdose?

Report the overdose here: https://nextdistro.org/reverse

and opt to receive another kit in the mail.
ISAVEFL — FREE NARCAN IN FLORIDA


• Narcan is made available by Florida Department of Children and Families and distributed throughout Florida by hundreds of providers.

• Free Narcan is also available at your local county health department in Florida.

• If your organization is interested in distributing naloxone, please send an email through the website and you will be contacted to schedule an interview for enrollment.
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<th>County</th>
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<td>Metro Inclusive Health</td>
<td>3251 3rd Ave N, St Petersburg</td>
<td>727-321-3854</td>
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OPIOID USE PREVENTION

Opioid misuse can be prevented with simple steps individuals can take to keep loved ones safe.

Safely store prescription medicines in a locked or secure cabinet out of reach of children and pets.

Find a location to dispose of drugs near you: https://www.dea.gov/takebackday
YOUTH RESILIENCY AND SUBSTANCE USE PREVENTION
Adverse Childhood Experiences (ACEs) are potentially traumatic events that occur between ages 0-17.

Examples of traumatic events include experiencing violence, abuse, or neglect, witnessing violence in the home or community, and having a family member attempt or die by suicide.
ADVERSE CHILDHOOD EXPERIENCES

ACEs can impact health and wellbeing and are linked to chronic health problems, mental illness, and substance use problems throughout life.

However, ACEs are preventable (CDC, 2023).
# Preventing ACEs

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<th>Strategy</th>
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<td>Strengthen economic supports to families</td>
<td>• Strengthening household financial security</td>
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<td>• Family-friendly work policies</td>
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<td>Promote social norms that protect against</td>
<td>• Public education campaigns</td>
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<tr>
<td>violence and adversity</td>
<td>• Legislative approaches to reduce corporal punishment</td>
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<td>• Bystander approaches</td>
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<td>• Men and boys as allies in prevention</td>
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<td>Ensure a strong start for children</td>
<td>• Early childhood home visitation</td>
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<td>• High-quality child care</td>
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<td>• Preschool enrichment with family engagement</td>
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<td>Teach skills</td>
<td>• Social-emotional learning</td>
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<td>• Safe dating and healthy relationship skill programs</td>
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<td>• Parenting skills and family relationship approaches</td>
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<td>Connect youth to caring adults and activities</td>
<td>• Mentoring programs</td>
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<td>• After-school programs</td>
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<td>Intervene to lessen immediate and long-term</td>
<td>• Enhanced primary care</td>
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<td>harms</td>
<td>• Victim-centered services</td>
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<td>• Treatment to lessen the harms of ACEs</td>
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<td>• Treatment to prevent problem behavior and future involvement in violence</td>
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<td>• Family-centered treatment for substance use disorders</td>
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Source: [https://www.cdc.gov/violenceprevention/pdf/preventingACES.pdf](https://www.cdc.gov/violenceprevention/pdf/preventingACES.pdf)
Building Youth Resiliency

According to the American Psychological Association, resilience is defined as the process and outcome of adapting to difficult or challenging life experiences (APA, 2023).

Protective factors that can shape a youth’s resilience include skills, parents, family, schools, peers, community, cultural identity, and economic & financial.

According to SAMHSA, notable factors that contribute to childhood resilience include cognitive development/problem-solving skills, self-regulation, and relationships with carrying adults.
PREVENTION THROUGH LIFE SKILLS

Social emotional learning approaches can reduce peer violence across grade levels, school environment, and demographic groups (i.e. Life Skills Training).

According to the CDC, this approach includes skills related to communication, problem-solving, alcohol and drug resistance, conflict management, empathy, coping, and emotional awareness and regulation.

Safe dating and healthy relationship skill programs address like skills within the context of dating and intimate partner relationships with the goal of promoting caring, respectful, and non-violent relationships (CDC, 2023).

Parenting skills and family relationship approaches problem-solving skills; safe and effective discipline; healthy relationship behaviors (CDC, 2023).
Entering Adulthood: Getting Help for Mental and Substance Use Disorders

The big life changes that 18-to-25-year-olds experience when transitioning into adulthood come with a range of emotions. While it can sometimes feel like you're the only one going through ups and downs, you're not alone.

- **8.8 million** young adults reported having a mental illness
- **42%** of those with mental illness went untreated
- **5.1 million** young adults reported having a substance use disorder
- **87%** of those with substance use disorders went untreated

https://www.samhsa.gov/young-adults
If you notice someone you know exhibiting signs and symptoms of a mental or substance use disorder, use a non-judgmental approach so that person can feel valued, supported, and listened to.

If you, or someone you know, needs help with a mental or substance use disorder, call SAMHSA’s National Helpline at 1-800-662-HELP (4357) or TTY: 1-800-487-4889, or text your zip code to 435748 (HELP4U), or use SAMHSA’s Behavioral Health Treatment Services Locator to get help.
LOCATE SERVICES IN YOUR AREA

SAMHSA’s treatment locator: https://findtreatment.gov

Find naloxone near you: https://www.isavefl.com/find-naloxone.shtml

SAMH Get Help- Find Local Services:
REFERENCES


REFERENCES


RESOURCES

