

Narcan/Naloxone Training

The Fontaine Center



The Fontaine Center

University Health Center

Student Affairs

UNIVERSITY OF GEORGIA





Goals

Participants will:

1. Identify potential signs of an overdose.
2. Identify how naloxone works in an overdose situation.
3. Learn about the Georgia Amnesty Law and UGA campus Responsible Action Protocol.
4. Increase awareness for support services at UGA related to substance use.



Why have this discussion?

- Helps prevent opioid-related overdose death in the community.
- To empower students to make their own community safer.

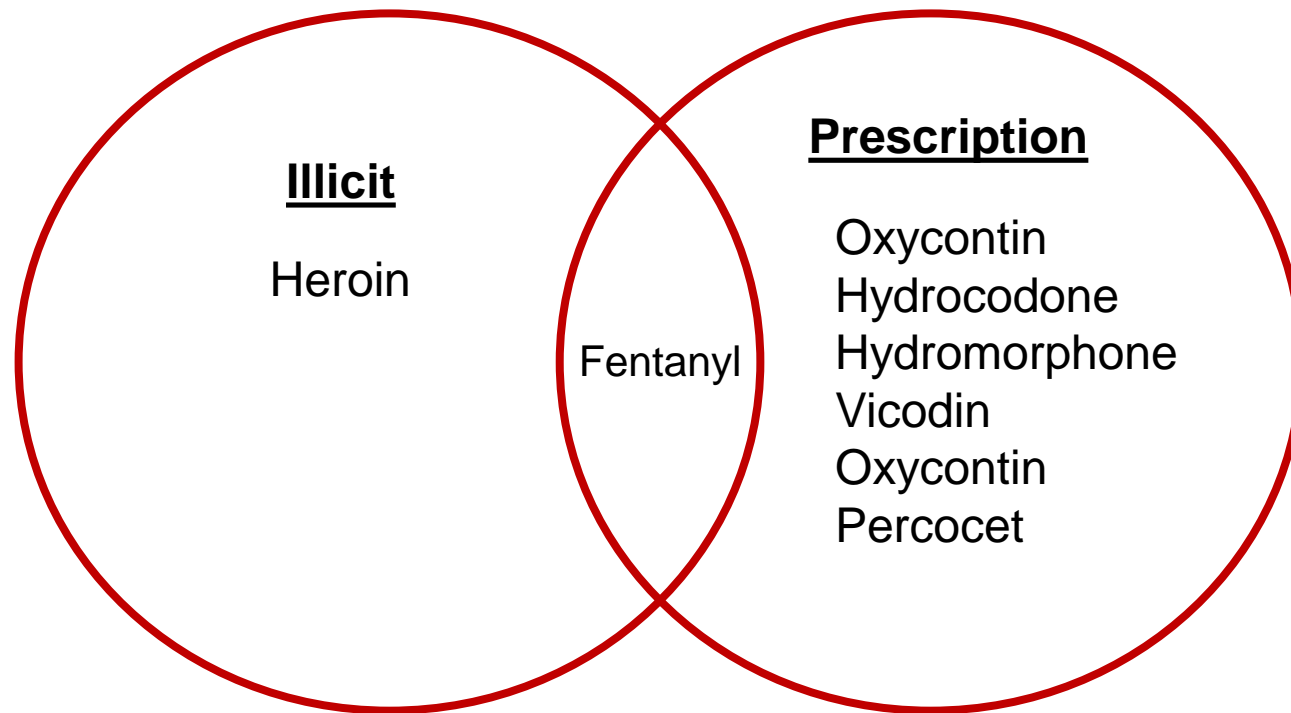
While the majority of the UGA community does not consume alcohol or other recreational substances, opioid overdoses can occur under a number of different circumstances. Naloxone is available in the case of an emergency similar to Stop the Bleed Kits or AEDs on campus.

Saving a life is the number one priority during an overdose.



Overview of Opioids

- **Opioids** are highly addictive medications that are primarily used medically for short-term pain relief.



The Georgia Department of Public Health (DPH) continues to receive reports of increased overdoses (OD) caused by drugs mixed with fentanyl since March 2021.

While fentanyl can be added to any substance, it is commonly found in:

- Capsules or tablets (like counterfeit pills that resemble Adderall, Vyvanse, or Xanax)
- Powders like cocaine
- And many more...



A Few Counterfeit Pill Examples Found By the DEA

According to the U.S. Drug Enforcement Administration (DEA), nearly half of all counterfeit pills tested contained a lethal dose of fentanyl.

Assume that any pill or drug not purchased directly from a pharmacy could contain fentanyl and/or xylazine.



Source: Drug Enforcement Agency (DEA)

Oxycodone

Street names include: 30s, M30s, oxy, kickers, 40s, 512s, blues



Source: Drug Enforcement Agency (DEA)

Xanax

Street names include: bars, benzos, bricks, ladders, sticks, xanies, zanbars, z-bars



Source: Drug Enforcement Agency (DEA)

Amphetamine

Prescribed as: Adderall, Ritalin, Concerta, Dexedrine, Focalin, Metadate and Methylin.

Xylazine

- Veterinary tranquilizer a.k.a. “tranq” or “dope tranq”
 - Commonly mixed in with fentanyl
- Naloxone does **NOT** reverse the effects of xylazine
 - **It is still safe to administer Naloxone** if someone is unsure what substance is causing the medical emergency

Signs of xylazine consumption:

- Dry mouth
- Drowsiness
- Slow or shallow breathing
- Abnormal heart rate

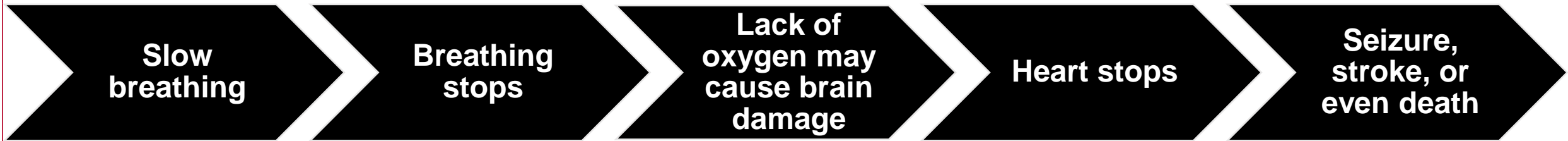


What is an overdose:

- An opioid overdose occurs when opioids overwhelm receptors in the brain
 - Respiration is suppressed
 - Person may stop breathing
- Overdose usually occurs over 1-3 hours
- Can be caused by:
 - Taking more opioids than prescribed
 - Combining opioids with other depressants, such as alcohol
 - Consuming drugs that are adulterated with fentanyl (pills, cocaine, etc.)



How does an overdose work:



Narcan®/Naloxone

Narcan® is a brand name of the generic drug naloxone.

Onset of action is about 2-3 minutes

Duration of action is 30-120 minutes depending on method of administration

It only reverses overdoses caused by opioids



May be used with children and pregnant women

Some kit directions recommend a second dose be administered after 2-3 minutes if the person remains unresponsive



OneBox

West Virginia Drug Intervention Institute



- Anyone can be an Upstander
- Located throughout campus
- Student groups/organizations can check one out, contact: ktruesdell@uhs.uga.edu

Who is recommended to have access to Naloxone?

Chronic opioid user

If someone in the family or organization is a chronic opioid user

Anywhere where someone is using a substance that might be adulterated with a substance like fentanyl.

All of the above



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I-C-A-R-E



Responding to an overdose using I-C-A-R-E

Identify an overdose

Call 911 for medical attention

Administer naloxone

Reassure person as they wake up

Encourage use of support services



Identify an overdose

Due to the unpredictability of fentanyl, there is no foolproof way to eliminate the risk of overdose.

- **UNRESPONSIVE**
- **SHALLOW or NO BREATHING**
- **BLUE or GRAY LIPS/FINGERTIPS**
- **GURGLING, HEAVY WHEEZING or SNORING SOUNDS**
- **FALLING ASLEEP or EXTREME DROWSINESS**

Potential Risk Factors for Overdose:

1. Mixing substances
2. Underlying medical conditions
3. Shifts in tolerance
4. Using alone



Call 911 for Medical Attention

- If more than 1 person is capable of assisting, 1 person can call 911 while the other moves to the next step.
- **It is important to call for medical attention.**
 - Medical emergency may be unrelated to opioid use or naloxone may not work (i.e., alcohol poisoning, xylazine present, etc.).
 - Withdrawal can trigger other underlying medical conditions.
 - Half life of opioids is longer than naloxone. May require additional medical attention 30 mins. after naloxone is administered.
 - In rare instances side effects can include:
 - Cardiovascular instability
 - Seizures

Stay. Get Help.
Medical Amnesty...



Georgia State Medical Amnesty

The caller and the victim cannot be arrested, charged or prosecuted when you call 911 for medical assistance at the scene of a suspected drug overdose if law enforcement arrives and finds personal use amounts of drugs and drug paraphernalia.

The caller and victim must remain at the scene until medical assistance arrives for immunity to apply.

Law enforcement and EMTs carry naloxone at UGA and in Athens. If you call 911 to respond to an overdose scene, first responders are equipped with naloxone and may administer an additional dose if needed. Please call 911 for medical attention when administering naloxone.

The UGA Responsible Action Protocol applies to students who seek assistance or medical treatment for another student is experiencing or believed to be experiencing an alcohol **or drug related overdose**. The protocol also applies to students who are experiencing an alcohol or drug related overdose and seek assistance or medical treatment on their own behalf or are the subject of such a request.



Administer

- Administer the naloxone according to the ONEbox video and/or instructions on the nasal spray kit.
- Note on dosage amounts:
 - **Naloxone boxes at UGA provide one dose of 8mg**
 - Law enforcement and EMTs carry naloxone in Athens. If you call 911 to respond to an overdose scene, the first responders may be equipped with naloxone and able to administer an additional dose if needed. Please call 911 before administering.
 - Some naloxone kits found in the community could provide two doses of 2mg or 4mg instead
What to Look For: Kit directions will often advise that if there is no response after two to three minutes administer a second dose of naloxone.



Reassure

- As the person is waking up, they may have opioid withdrawal symptoms including chills, nausea, temporary hearing loss, headache, and muscle aches.
- They may not remember what happened and may be scared, nervous, restless, or have difficulty hearing.
- Try to **keep them calm until medical help arrives.**
- If you administer Naloxone, using the following language and giving them some space can help the individual as they wake up.

My name is ----- and I
just had to give you
Narcan.

Help is on
the way.

I've got you.

I am glad you're
alive.



Encourage Use of Support Services

University Health Center

706-542-1162 <https://healthcenter.uga.edu/>

The Fontaine Center

706-542-8690 <https://healthpromotion.uga.edu/fontaine-center/>

CAPS - Counseling and Psychiatric Services

706-542-2273 www.uhs.uga.edu/caps

Student Care and Outreach

Dean of Students Office, Tate

706-542-7774 sco@uga.edu



Free Support Services at The Fontaine Center

- **Alcohol and Other Substance Counseling (no out of pocket costs for students)**
- **Alcohol and Other Substance Consultations**
 - Looking to reduce substance use
 - Worried about a friend's use
 - Discuss strategies to stay safe in an environment where substances are present
- **Collegiate Recovery Community**
 - Supportive community for students in recovery from substance use disorders or eating disorders
 - Social events, recovery meetings, and more
- **Collaborate with PCP for medical care/substance withdrawal consultations**
- **Referrals to treatment & community counseling**
- **Family/Faculty/Staff/Peer consultations & support**
- **Assist with transition back into university**

Students can call 706-542-8690 to schedule or walk-in during business hours (M-F 8am-Noon, 1pm-5pm)



Let's Practice!

While at a party, you see someone who is asleep on the couch. You try to wake them but they are unresponsive and you notice they are making wheezing sounds as they breathe. Someone mentions that they had been consuming cocaine and you are worried.

With the people around you, discuss:

- What would you want to look for to identify if this person is having an opioid overdose?
- What next steps would you want to take?
- What would you say to reassure this person as they are waking up?

Remember: ICARE

- Identify overdose
- Call for help
- Administer naloxone
- Reassure as they wake up
- Encourage use of support services



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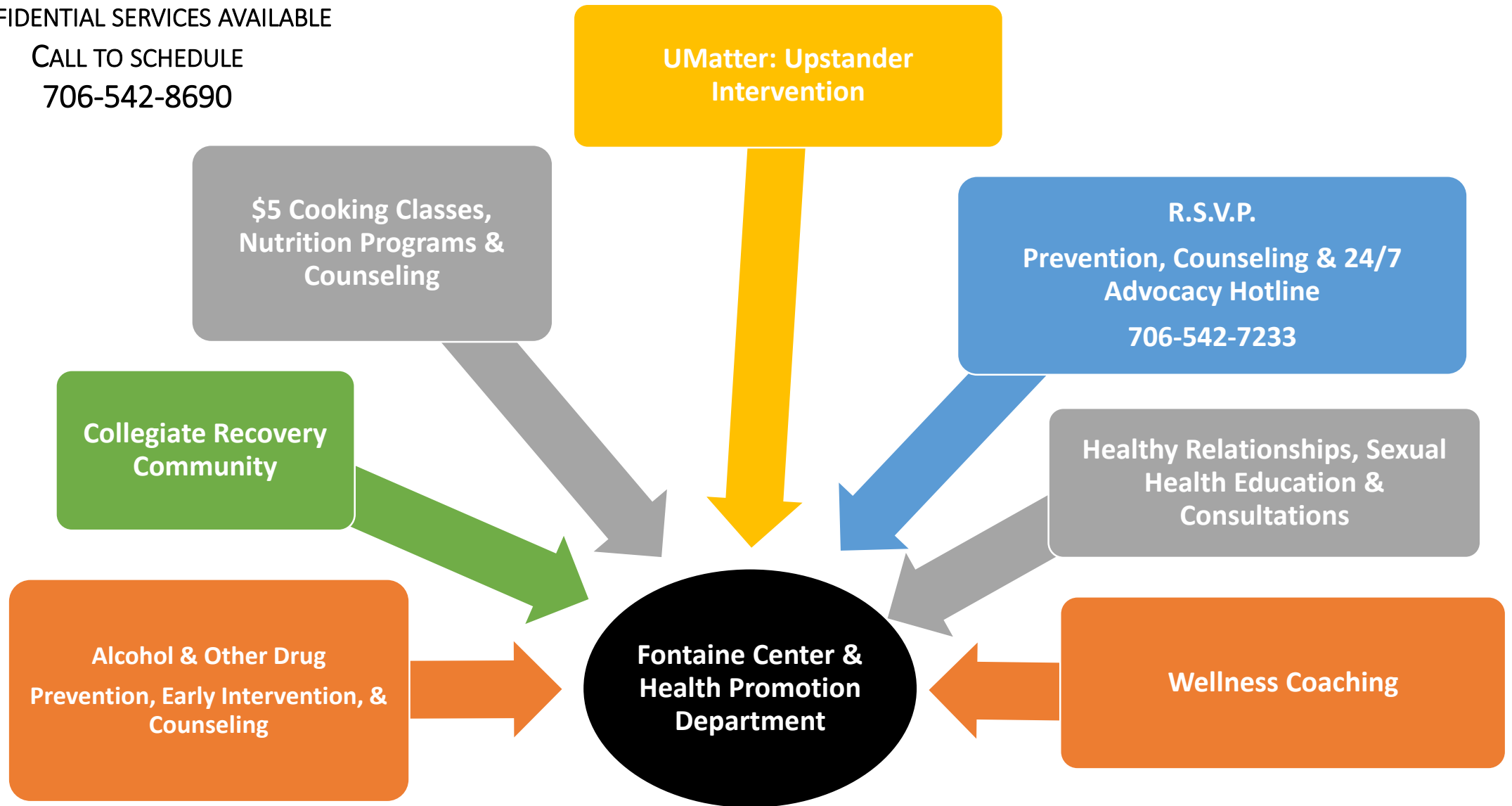
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Afterwards...

- Scan QR code on the Naloxone box:
 - Allows for confidential notification to restock a used Naloxone box on campus.
 - Provides confidential feedback to support the success of the program (these questions are optional).
 - To provide follow-up support (if requested) to the person who administered naloxone.

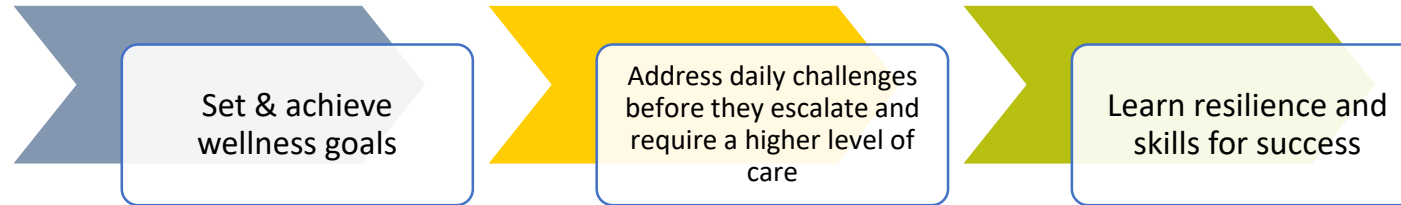


NO OUT OF POCKET COSTS
CONFIDENTIAL SERVICES AVAILABLE
CALL TO SCHEDULE
706-542-8690



Wellness Coaching at UGA

Call 706-542-8690 to schedule



Some examples of why students work with a Wellness Coach:

Time
Management
& Organization

Stress &
Anxiety
Management

Finding your
place at UGA
Social Skills

Sleep

Including
exercise in your
life

Conflict
Resolution and
more



Some Additional Campus Resources

The Food
Pantry

Bulldog Basics

DAE
Division of
Academic
Enhancement

UGA Swap Shop

SGA
Professional
Clothing Closet

Student Care &
Outreach



Additional Campus & Digital Resources

CAPS - Counseling and Psychiatric Services

706-542-2273 / www.uhs.uga.edu/caps

Psychology Clinic - Clinical Training Program of the Department of Psychology

706-542-1173 / www.psychology.uga.edu/clinic

Basement of Psychology Building, door facing Baldwin Street

Center for Counseling and Personal Evaluation - Graduate clinicians in training

under the supervision of department faculty

706-542-8508 / www.coe.uga.edu

4th floor, Aderhold Hall, Room 424

ASPIRE Clinic

706-542-4486 / www.aspireclinic.org

McPhaul Center, South Campus

Christie Campus

24/7 Crisis Support

Can also help connect UGA students with in-person or telehealth services

833-910-3371

Wellness Coaching

Health Promotion Department

706-542-8690

Student Care and Outreach

Dean of Students Office, Tate

706-542-7774 / sco@uga.edu



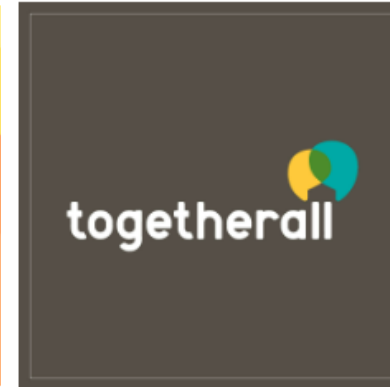
Scan QR code for more info or to register



Free Mindfulness & Meditation

App

Learn to manage feelings and thoughts with the lifelong skill of everyday mindfulness.



Free, Safe, Anonymous Peer

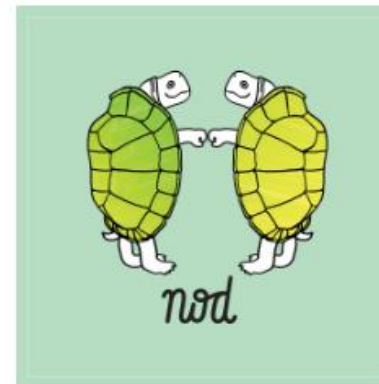
Support

A safe, free peer-to-peer platform offering an anonymous space to give and get support.



Get Free Help When You Need It

Stress management, coping skills, addressing negative thoughts and more.



Addressing Loneliness On College Campuses

A free app, combining science and student-powered design for social connection.



UGA Counseling Referral System

Searchable database of Athens/UGA area mental health providers



Wellness Coaching

Free Wellness Coaching keeps you on track.
Call 706-542-8690



Questions?

Please take a moment to complete a confidential survey about this training. This feedback will be used to inform future substance use prevention programming at the University of Georgia.

