

# **Community Opioid Prevention Tool Kit**

*Faith-Based Community*

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# THE EPIDEMIC

Drug overdose deaths, particularly opioid-involved deaths, continue to increase in the United States. In fact, more than 115 people every day in the United States die after overdosing on opioids. The number of overdose deaths involving opioids nationwide has increased five-fold since 1990.

## WHAT ARE OPIOIDS?

Opioids are substances that work on the nervous system in the body or specific receptors in the brain to reduce the intensity of pain. They include drugs such as heroin or even prescription medications like oxycodone, hydrocodone, codeine, morphine and others. Anyone can become addicted. There can also be increased risk for overdose injury and death.

## THE IMPACT IN OKLAHOMA

Opioids are the most common class of drug involved in Oklahoma overdose deaths. In 2016, 54 percent of all overdose deaths in our state involved an opioid. That's 437 Oklahomans! It's a growing problem and one that is negatively impacting the lives of our families, communities and the entire state. It's also a problem that we can do something about. We need a prescription for change in Oklahoma. It is up to all of us to be part of the solution and help prevent and treat the issue of opioid addiction.

## OPIOID FACTS

### Drug Overdose Deaths in the United States

- From 1999 to 2016, more than 630,000 people have died from a drug overdose.
- Around 66 percent of the more than 63,600 drug overdose deaths in 2016 involved an opioid.
- In 2016, the number of overdose deaths involving opioids (including prescription opioids and illegal opioids like heroin and illicitly manufactured fentanyl) was 5 times higher than in 1999.
- On average, 115 Americans die every day from an opioid overdose.

### Drug Overdose Deaths in Oklahoma

- Between 1999 and 2016, more than 10,000 Oklahomans died from a drug overdose.
- More than 6,500 of those deaths involved an opioid (including prescription and illicit drugs).
- In 2016, the number of overdose deaths involving opioids (including prescription opioids and illegal opioids like heroin and illicitly manufactured fentanyl) was 5 times higher than in 1999.
- On average, one Oklahoman dies every day from an opioid overdose.

### Who's at Risk?

- Anyone who takes opioids is at risk for overdose or death and can become addicted. This includes all opioids, even if prescribed.
- Repeated use of opioids greatly increases the risk of developing an opioid use disorder.
- The use of illegal opiate drugs such as heroin and even prescribed opiate medications such as oxycodone and hydrocodone can have serious negative health effects.
- Overdose risk increases when you combine opioid use with:
  - Alcohol

- Benzodiazepines (also known as “benzos,” including diazepam and alprazolam)
- Other sedatives
- Other opioids (prescription or illicit, including heroin)

### **Types of Opioid Drugs**

- Opioids are a class of drugs that include the illegal drug heroin, synthetic opioids such as fentanyl and pain relievers available legally by prescription, such as oxycodone (OxyContin®), hydrocodone (Vicodin®), codeine, morphine and many others.
- **Prescription Opioids.** Prescription opioids can be used to treat moderate-to-severe pain and are often prescribed following surgery or injury, or for health conditions such as cancer. In recent years, there has been a dramatic increase in the acceptance and use of prescription opioids for the treatment of chronic, non-cancer pain, such as back pain or osteoarthritis, despite serious risks and the lack of evidence about their long-term effectiveness.
- **Fentanyl and Other Synthetic Opioids.** Fentanyl and similar compounds like carfentanil are powerful synthetic opioids – 50 to 100 times more potent than morphine. High doses of opioids, especially potent opioids such as fentanyl, can cause breathing to stop completely, which can lead to death.
- **Heroin.** Heroin is a highly addictive drug made from morphine, which comes from opium poppy plants. Some prescription opioid pain medicines have effects similar to heroin. Research suggests that misuse of these drugs may open the door to heroin use.

# PREVENTION

## **Avoid opioids**

Opioids come with serious risks. According to the CDC, there are safer approaches that are more effective for pain management. Ask your doctor for all available options to manage pain.

## **Never share**

Never share or use another person's prescription opioids – it's dangerous and illegal. Instead of helping, you may be putting yourself or someone else on a dangerous path.

## **Safeguard meds**

Keep opioid medications locked away to prevent theft, child poisoning and other harmful exposures. Monitor your medicines for missing or outdated pills. Don't keep leftover medicine – dispose of them safely at a local medication drop box, mail-back program or use FDA recommended home disposal.

## **Carry Naloxone**

If you or someone you know takes opioids, they may be at risk for overdose. Get the Naloxone kit, keep it close and know the signs of emergency overdose.

## **Coping skills**

The benefits of learning and practicing healthy coping skills are many. These skills can help us better manage difficult circumstances, prevent or reduce distress and positively influence how we experience pain.

## **Talk early, often**

Young people who learn about drug harms at an early age are better protected from future problems than kids who don't receive these messages. Have frequent conversations with your children and others – it's not too early and it's not too late.

## **WHAT CAN PATIENTS DO?**

Ask for non-opioid treatment options. Other options may actually work better and have fewer risks.

Talk to your health care provider about ways to manage pain that don't involve prescription opioids. Options may include physical therapy & exercise, weight loss, cognitive behavioral therapy and non-opioid medicine.

Prescription opioids carry serious risks of addiction and overdose, especially with prolonged use. An opioid overdose, often marked by slowed breathing, can cause sudden death. The use of prescription opioids can have a number of side effects as well, even when taken as directed. Review the risks of opioids with your doctor such as:

- Tolerance – needing to take more of a medication for the same pain relief
- Physical dependence – meaning you have symptoms of withdrawal when a medication is stopped
- Increased sensitivity to pain

**IF OPIOIDS ARE PRESCRIBED:**

Talk to your healthcare provider about the risks. Consider using a conversation checklist.

- Never take opioids in greater amounts or more often than prescribed.
- Follow up with your primary health care provider.
- Work together to create a plan on how to manage your pain.
- Talk about ways to help manage your pain that don't involve prescription opioids.
- Talk about any and all concerns and side effects.
- Never sell or share prescription opioids.
- Never use another person's prescription opioids.
- Store prescription opioids in a secure place and out of reach of others (this may include visitors, children, friends and family).
- Dispose of unused prescription opioids the safest way possible: Find your community drug take-back program or your pharmacy mail-back program or properly disposed by following guidance from the Food and Drug Administration.

# TREATMENT

## **TREATMENT IS AVAILABLE**

Treatment for opioid dependence and addiction is available. This includes access to medication-assisted treatment (MAT). If you or someone you know is having a problem with opioids or other substances and has decided to seek out information about treatment, congratulations – that is a first step to recovery!

## **WHAT SHOULD HEALTHCARE PROVIDERS DO?**

According to the CDC:

- Benefits of long-term opioid therapy for chronic pain are not well supported by evidence.
- Short-term benefits are small to moderate for pain; inconsistent for function.
- Insufficient evidence for long-term benefits in low back pain, headache and fibromyalgia.
- Opioids are not first-line or routine therapy for chronic pain.
- Improving the way pain is treated and opioids are prescribed through clinical practice guidelines can help ensure patients have access to more effective treatment while protecting patient safety.

## **LINKING TO THE RIGHT SERVICES**

Getting an assessment to determine the services that are right for you is important. There are many ways to do this. You may want to start with asking your primary care physician for a referral to a specialist or check with your insurance plan to find a nearby behavioral health provider. You can also make an appointment or simply walk-in during business hours at a nearby Community Mental Health Center, Comprehensive Community Addiction Recovery Center or certified Opioid Treatment Center. Many of these facilities accept insurance and some are contracted to provide services on a sliding scale or at no cost for Oklahomans who qualify. Find these and other appropriate services by using the links and information provided here, or call toll-free from anywhere in Oklahoma to 1-800-522-9054 (phone lines are staffed every day, 24-hours a day) to find services near you.

## **TYPES OF SERVICES**

Services to treat substance use disorder are designed according to a person's individual needs. It may involve individual or group counseling, services delivered in a residential setting or other options. The initial assessment will help determine the appropriate approach. With treatment for opioid use disorder, medication assisted treatment (MAT), also sometimes referred to as Medication Assisted Recovery (MAR), has been a significant tool in helping individuals achieve recovery. MAT and other treatment services are available in Oklahoma.

## **WHAT IS MEDICATED ASSISTED TREATMENT (MAT/MAR)?**

MAT/MAR is the use of medications, in combination with counseling and behavioral therapies, to address opioid use disorder. Research has shown that this combination of medication and therapy can successfully be used in the treatment of opioid addiction.

## **IT'S SAFE**

Taking medication for opioid addiction is like taking medication to control heart disease or diabetes. It is NOT the same as substituting one addictive drug for another. The medication used in this process and in accordance with a treatment plan, appropriately administered, is broadly safe and effective. Use of MAT/MAR does NOT create a new addiction.

## **IT WORKS**

There is a great deal of information regarding the effectiveness of MAT/MAR. We have provided links as part of this website to help you learn more.

## **TREATMENT FACTS**

### **Opioid Use Disorder**

- Opioids reduce the perception of pain but can also produce drowsiness, mental confusion, euphoria, nausea, constipation and, depending upon the amount of drug taken, can depress respiration. Illegal opioid drugs, such as heroin and legally available pain relievers such as oxycodone and hydrocodone can cause serious health effects.
- Symptoms of opioid use disorders include strong desire for opioids, inability to control or reduce use, continued use despite interference with major obligations or social functioning, use of larger amounts over time, development of tolerance, spending a great deal of time to obtain and use opioids and withdrawal symptoms that occur after stopping or reducing use, such as negative mood, nausea or vomiting, muscle aches, diarrhea, fever and insomnia.

### **Treatment Services in Oklahoma**

- There are challenges to accessing treatment services in Oklahoma, but services are available. If you are seeking treatment services, call the statewide, toll-free Reachout Hotline at 1-800-522-9054 to access 24-hour assistance with linking to local providers.
- Local Community Mental Health Centers and Comprehensive Community Addiction Recovery Centers are able to assess treatment needs, provide services or refer to others as appropriate. You may schedule an appointment, or simply walk-in the door during business hours.
- You may also talk to your family physician or directly contact a local behavioral health provider to find help. If you have insurance, check your plan for coverage and find what providers are near you. Talk to clergy or family and friends. The most important thing is to ask for help and begin the process.

### **What is Medication Assisted Treatment/Medication Assisted Recovery?**

- Medication-Assisted Treatment (MAT), also referred to as Medication Assisted Recovery (MAR), is the use of medications, in combination with counseling and behavioral therapies, to provide a “whole-patient” approach to the treatment of substance use disorders. Research shows that a combination of medication and therapy can successfully treat these disorders and for some people struggling with addiction, MAT can help sustain recovery.

### **Using MAT/MAR to Treat Opioid Use Disorder**

- MAT/MAR is primarily used for the treatment of addiction to opioids such as heroin and prescription pain relievers that contain opiates. The prescribed medication operates to

normalize brain chemistry, block the euphoric effects of alcohol and opioids, relieve physiological cravings and normalize body functions without the negative effects of the abused drug.

- Medications used in MAT/MAR are approved by the Food and Drug Administration (FDA) and MAT programs are clinically driven and tailored to meet each patient's needs. These medications include:
  - Methadone
  - Buprenorphine
  - Naltrexone
- Combining medications used in MAT/MAR with anxiety treatment medications can be fatal. Types of anxiety treatment medications include derivatives of Benzodiazepine, such as Xanax or valium.

# OPIOID OVERDOSE

## RECOGNIZE OVERDOSE

- Won't respond to noise or light
- Slow or no breathing
- Bluish lips and/or fingertips
- Pinned pupils

## WHAT IS NALOXONE?

Naloxone is a medication used to reverse the effects of opioid overdose. Specifically, naloxone allows an overdose victim to breathe normally. It is not addictive and cannot be abused.

## WHO SHOULD HAVE NALOXONE?

If you or someone you care about:

- Uses alcohol, benzodiazepines or muscle relaxers with opioids
- Has liver, kidney or breathing problems
- Uses illicit opioids such as heroine or fentanyl
- Are concerned that someone close to you may overdose

## RESPOND TO OVERDOSE

- Stimulate by calling their name or gently shaking them
- Call 911
- Administer Naloxone if available
- Perform CPR if you know how
- If no response in 3-5 minutes, give another dose of Naloxone

**VIDEO:** [NARCAN® Nasal Spray 4mg Instructions for Use](#)

## PREVENT OVERDOSE

Opioids can be dangerous.

- Avoid opioids if you have liver, kidney or breathing problems.
- Don't take opioids not prescribed to you.
- Don't take opioids with benzodiazepines such as Xanax, muscle relaxers or alcohol.
- Don't take more pills or more often than prescribed.
- Tolerance can change if you don't use or use less for a short period of time.
- Changes in quality or purity of street drugs, including fake pills can increase opioid risk.

Even if you take as prescribed, higher doses of opioids can increase opioid risk.

# COMMUNITY ACTIVISM

## PRESS RELEASE TEMPLATE/EXAMPLE

<Insert organization's logo>  
FOR IMMEDIATE RELEASE

**MEDIA CONTACT:**  
<Insert name>  
<Insert email>  
<Insert phone number>

**OKLAHOMA CONFERENCE OF CHURCHES PARTNERS WITH REGIONAL PREVENTION  
COORDINATOR OF <INSERT REGION>**  
*Partnership to include a two-day seminar*

**LOCATION (DATE)** – The Oklahoma Conference of Churches, a local organization who connects, motivates and empowers the witness of Christian communities and individuals throughout Oklahoma on issues of faith and social justice is partnering with the Oklahoma Department of Mental Health and Substance Abuse Services (ODMHSAS) to bring “Ministry During a Mental Health Crisis,” a two-day seminar for faith community leaders, staff, chaplains and lay leaders Jan. 1-2.

On Tuesday, Oct. 25, individuals will have the opportunity to learn skills needed when helping someone who is developing a mental health problem or experiencing a mental health crisis. The lesson, “Mental Health First Aid,” will include tips on how to recognize the symptoms, as well as a five-step strategy to assist the individual. The class is from 8 a.m. to 5 p.m.

“Local Resources for Help and Healing” will be held on Wednesday, Oct. 26 from 8 a.m. to 4:30 p.m. Individuals will learn about practical local resources to help with mental health crises.

Ministry During a Mental Health Crisis will be held Jan. 1-2, 2019 at St. John Cathedral at 127 NW 7<sup>th</sup> Street, Durant, OK 74308. A single day cost is \$12 with lunch included.

For the event schedule or to register, please visit [www.okchurches.org](http://www.okchurches.org).

###

**About Oklahoma Conference of Churches**  
<Insert about info>

### **About Oklahoma Department of Mental Health and Substance Abuse Services**

The Oklahoma Department of Mental Health and Substance Abuse Services is responsible for providing services to Oklahomans who are affected by mental illness and substance abuse. The primary goal of Regional Prevention Coordinators (RPC) is to provide regional prevention services by engaging community members, local organizations, public agencies, youth and the media to change community conditions that contribute to alcohol, tobacco and other drug (ATOD) related problems.

## Outreach Activities

Take a look at the outreach activities your congregation is currently participating in and determine how you can implement opioid prevention education. Working with your local Regional Prevention Coordinators can help ensure you have the resources needed for any event.

## Provider List

Select the providers in your area and work together to coordinate outreach activities.

Region	Agency	Address	City	Zip	Phone
1	Northwest Center for Behavioral Health	1222 10th Street, Suite 105	Woodward	73801	(580) 571-3241
2					
3	OSU Seretean Wellness Center PANOK	4806 N. Perkins Road, 2nd Floor	Stillwater	74075	(405) 624-2220
4	ROCMND Area Youth Services	PO Box 912	Vinita	74301	(918) 323-6405
5	Cherokee Nation Behavioral Health Services	1325 E Boone St	Tahlequah	74464	(918) 207-4977
6	Forest Grove Public Schools	1941 Forest Grove Rd	Garvin	74736	(580) 286-3961
7	Neighbors Building Neighborhoods	301 W. Seneca	McAlester	74501	(918) 424-6301
8	OU Southwest Prevention Center	480 24 <sup>th</sup> Avenue NW, Suite 250, Rm 235	Norman	73069	(405) 325-4282
9	OSU Seretean Wellness Center Tri-County	114 N. Grand, Suite 219	Okmulgee	74447	(918) 756-1248
10	Wichita Mountains Prevention Network: Ardmore	10 W. Main, Suite 418	Ardmore	73401	(580) 490-9197
11	Wichita Mountains Prevention Network: Lawton	1318 SW Lee Blvd	Lawton	73501	(580) 355-5246
12	Red Rock West	90 N. 31st	Clinton	73601	(580) 323-6021
13	Red Rock West Yukon Satellite	1501 W. Commerce	Yukon	73099	(405) 354-1928
14	Gateway to Prevention & Recovery	1414 N. Kennedy, Suite 109	Shawnee	74801	(405) 275-3391
15	Neighbors Building Neighborhoods	207 N 2nd Street	Muskogee	74401	(918) 683-4600
16	NorthCare	224 NW 10th Street	Oklahoma City	73103	(405) 858-2841
17	Tulsa City-County Health Department	5635 N. Martin Luther King Jr. Blvd.	Tulsa	74126	(918) 595-4468
Region	Agency	Address	City	Zip	Phone
2					
3	OSU Seretean Wellness Center PANOK	4806 N. Perkins Road, 2nd Floor	Stillwater	74075	(405) 624-2220
6	Forest Grove Public Schools	1941 Forest Grove Rd	Garvin	74736	(580) 286-3961
7	Neighbors Building Neighborhoods	207 N 2nd Street	Muskogee	74401	(918) 424-6301
8	OU Southwest Prevention Center	480 24th Avenue NW, Suite 250	Norman	73069	(405) 325-4282
9	OSU Seretean Wellness Center Tri-County	114 N. Grand, Suite 219	Okmulgee	74447	(918) 756-1248
10	Wichita Mountains Prevention Network: Ardmore	10 W. Main, Suite 418	Ardmore	73401	(580) 490-9197
11	Wichita Mountains Prevention Network: Lawton	1318 SW Lee Blvd	Lawton	73501	(580) 355-5246
13	Red Rock West Yukon Satellite	1501 W. Commerce	Yukon	73099	(405) 354-1928
14	Gateway to Prevention & Recovery	1414 N. Kennedy, Suite 109	Shawnee	74801	(405) 275-3391
16	DCCCA	710 Cedar Lake Blvd, Suite 101	Oklahoma City	73114	(405) 548-5059
17	Tulsa City-County Health Department	5635 N. Martin Luther King Jr. Blvd.	Tulsa	74126	(918) 595-4274
Prevention Specialty Contracts					
	Agency	Address	City	Zip	Phone
	Oklahoma ABLE Commission	3812 N. Santa Fe, Suite 200	Oklahoma City	73118	(405) 837-9740
	Eagle Wings	224 NW 10th Street	Oklahoma City	73103	(405) 365-2277

### **Carrying Naloxone Pitch**

**Instructions:** *When talking to groups within your congregation about Naloxone, use the below pitch of why Naloxone should be carried in all first-aid kits at home.*

Naloxone is a medication used to reverse the effects of opioid overdose. Specifically, Naloxone allows an overdose victim to breathe normally, is not addictive and cannot be abused. It should be administered when an overdose is suspected and the individual won't respond to noise or light, has slow or no breathing, bluish lips and/or fingertips or pinned pupils.

Did you know one Oklahoman on average dies every day from an opioid overdose?

Keeping Naloxone in your home's first-aid kit could be the difference between life and death in just two minutes.

### **Naloxone Talking Points**

**Instructions:** *When speaking about the benefits of Naloxone, always be sure to hit the below points. Use these bullet points as a guide for hitting the important facts about Naloxone.*

- Naloxone is a medication used to reverse the effects of opioid overdose. Specifically, Naloxone allows an overdose victim to breath normally.
- Naloxone is not addictive and cannot be abused.
- Naloxone can be used when an individual is showing symptoms of an overdose. These include being unresponsive to noise or light, slow or no breathing, blueish lips and/or fingertips and pinned pupils.
- Individuals that should have Naloxone on them at all times include those who use alcohol, benzodiazepines or muscle relaxers with opioids, has liver, kidney or breathing problems, uses illicit opioids such as heroine or fentanyl or are concerned that someone close to them may overdose.
- When Naloxone is given intravenously, it can save a life in up to two minutes.
- In addition to administrating Naloxone, individuals can stimulate the person who overdosed by calling their name or gently shaking them. Always call 911 and perform CPR if you know how to properly administer it. If there is no response in three to five minutes, give another dose of Naloxone.
- Naloxone is available for free at many pharmacies throughout Oklahoma.