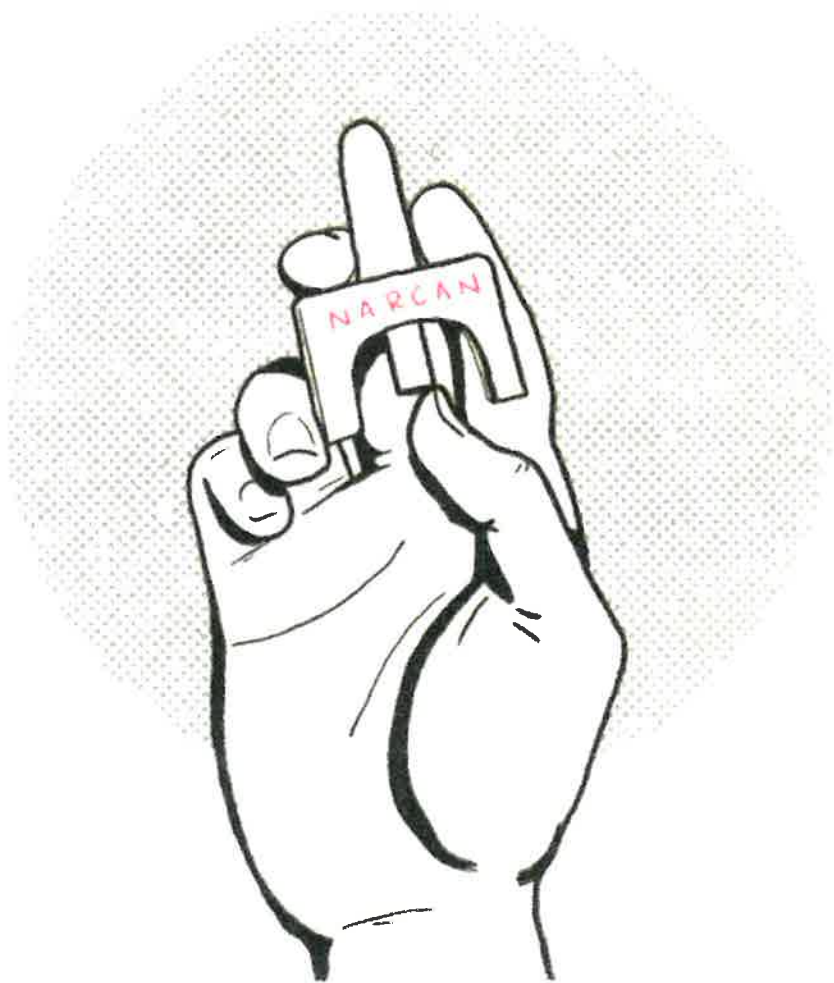
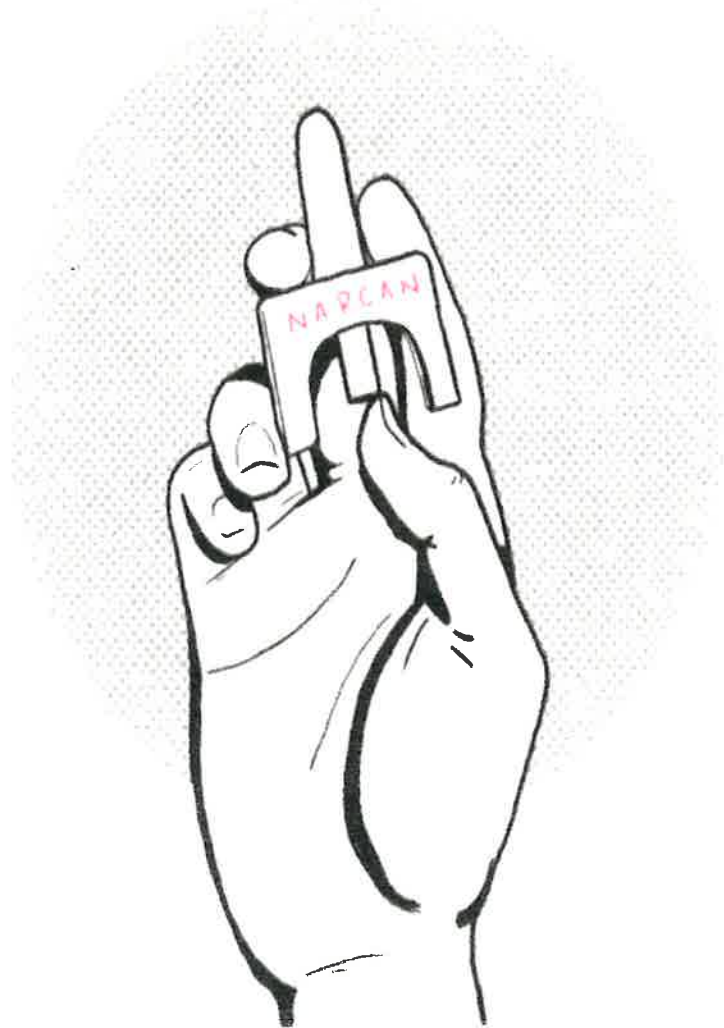


What is harm reduction?



What is harm reduction?



What is Naloxone?

Naloxone is a prescription medicine that reverses an opioid overdose. It cannot be used to get high and is not addictive.

Naloxone is safe and effective; paramedics and doctors have used it for decades.

Naloxone is also called by brand name Narcan

Naloxone is an opioid antagonist



CARRY NARCAN AT ALL TIMES

Signs/Symptoms of an Overdose

REALLY HIGH

Muscles become relaxed
Speech is slowed/slurred
Sleepy looking
Nodding
Responsive to stimulation like
yelling, sternum rub

OVERDOSE

Deep snoring or gurgling (death rattle)
Infrequent or no breathing
Pale, clammy skin
Heavy nodding
Not responsive to stimulation
Slow heartbeat/pulse

Do not administer narcan to someone who is really high, you do not want to run out of your supply in case they do overdose

Administering Narcan



Call 9-1-1 (the Good Samaritan Law protects you and the person you're trying to rescue from legal ramifications)

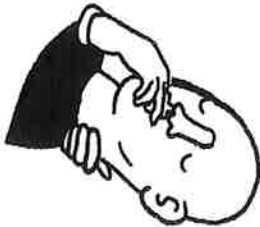
1. Lay the person down (if possible) and tilt back their head



2. Remove Narcan from the box and it's packaging



3. With a hand under their neck, tilt back the persons head and gently insert the nozzle tip into with nostril.



4. When securely in place, firmly press the plunger to deploy the medication.

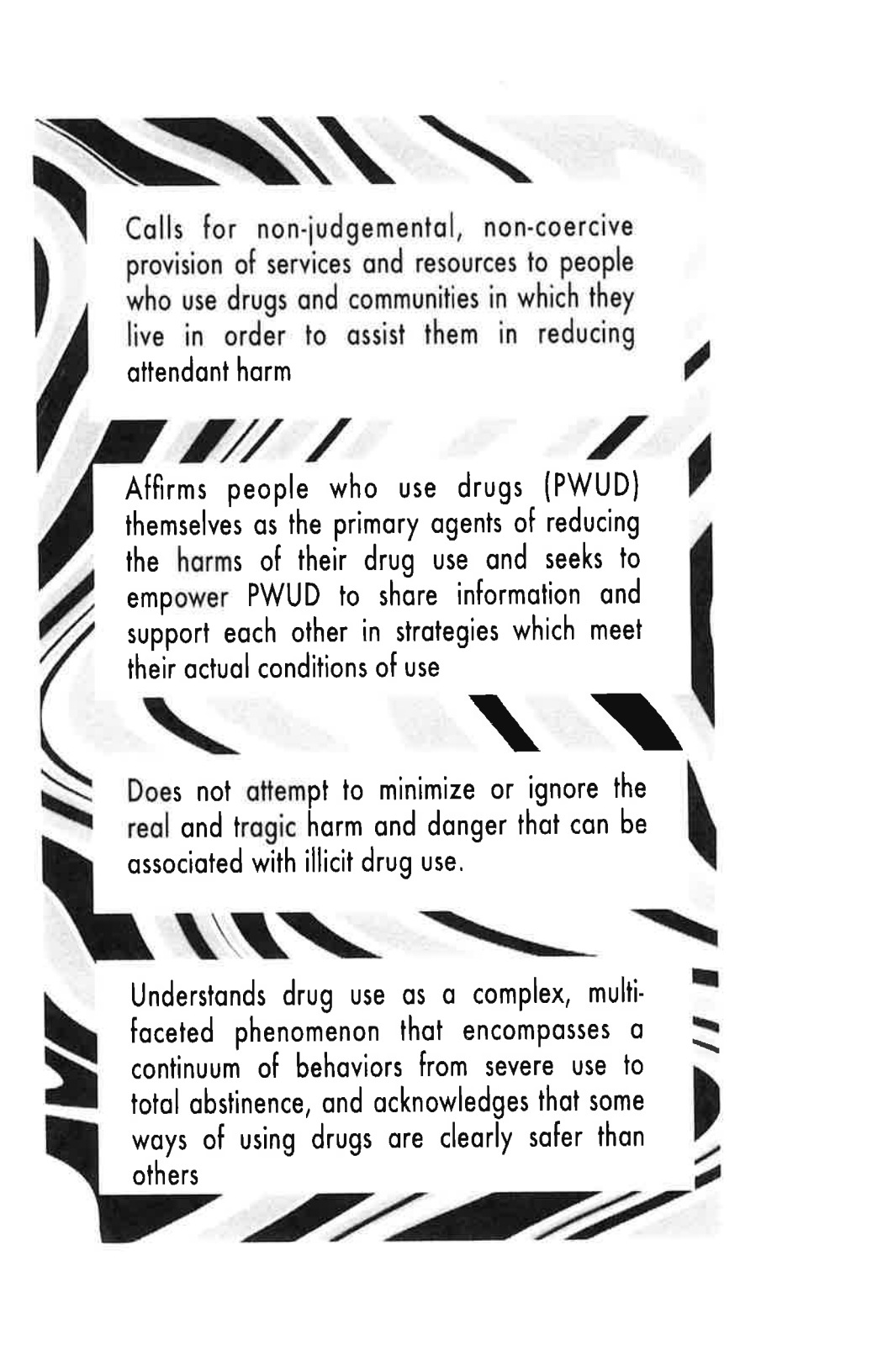


Narcan takes 30 - 90 seconds to take effect, if the rescued party does not come to in that time administer a second dose. Narcan lasts 30 to 90 minutes so it is imperative to call paramedics.

SAFE CONSUMPTION SITES SAVE LIVES

Syringe service programs (SSPs) make sterile syringes accessible to people who use drugs.

Access to sterile syringes is an evidence-based public health service that reduces HIV and hepatitis C infection rates by as much as 50 percent. SSPs offer a place to connect with other resources like housing, health care, and drug treatment. And they're often one of the only places where people who use drugs can find respite and connection.



Calls for non-judgemental, non-coercive provision of services and resources to people who use drugs and communities in which they live in order to assist them in reducing attendant harm

Affirms people who use drugs (PWUD) themselves as the primary agents of reducing the harms of their drug use and seeks to empower PWUD to share information and support each other in strategies which meet their actual conditions of use

Does not attempt to minimize or ignore the real and tragic harm and danger that can be associated with illicit drug use.

Understands drug use as a complex, multifaceted phenomenon that encompasses a continuum of behaviors from severe use to total abstinence, and acknowledges that some ways of using drugs are clearly safer than others

FAST FACTS ABOUT FENTANYL

List produced by The DOPE Project of San Francisco

- Fentanyl is a strong synthetic opioid that has been used in clinical settings for decades and is often described as 80-100 times stronger than morphine, or about 50 times stronger than heroin.

- Fentanyl is partly responsible for the current overdose crisis in the U.S., combined with a lack of resources and the criminalization of people who use drugs.

- Fentanyl moving through the street market comes in the form of a white, gray or tan powder and can be injected, smoked, or snorted. It has also been found in other drugs, like heroin, meth, cocaine, and pressed pills.

- Fentanyl and fentanyl analogues (some stronger, some weaker) are not "naloxone resistant." They are opioids and will respond to naloxone in the event of an overdose.

- **You cannot overdose simply by touching powdered fentanyl.** This is a common myth, but fentanyl must be introduced into the bloodstream or a mucus membrane in order for someone to feel the effects. Transdermal fentanyl patches exist and are used primarily in medical settings, but are uniquely formulated to be absorbed by the skin.

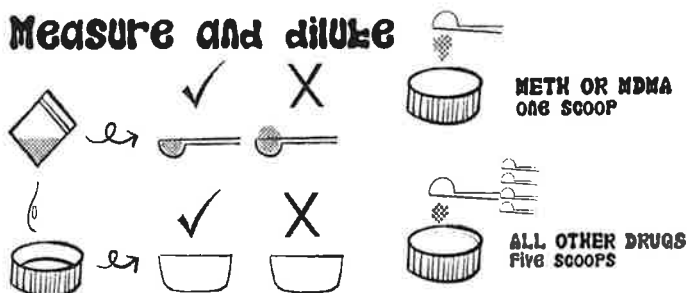
**ALWAYS CARRY
NALOXONE**

How to Use Fentanyl Test Strips

1. Crush and Shake



2. Measure and dilute



3. Stir for 15 seconds, let rest for 3 minutes and read results



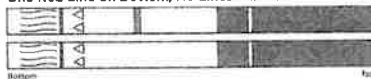
Two Red Lines = Negative for Fentanyl



One Red Line on Top = Positive for Fentanyl



One Red Line on Bottom/No Lines = Invalid Test



Even if you get a negative test result, start small and go slow, see how it feels and proceed. Don't use alone, carry Naloxone, stagger dosing between your using buddy and yourself so you can respond if an overdose occurs.



Referral & Linkage

Access to healthcare is vital - particularly for people with substance use disorder. If someone decides to seek medication for their opioid use disorder, they will need to get in contact with a healthcare professional.

Types of Medications for Opioid Use Disorder

Methadone

- **What it is:** synthetic opioid agonist that binds to opioid receptors
- **How it works:** eliminates withdrawal symptoms and relieves cravings
- **How to get it:** must be dispensed through specialized opioid treatment programs (OTPs)

Buprenorphine

- **What it is:** is a partial opioid agonist, meaning that it binds to those same opioid receptors but does not completely activate them.
- **How it works:** reduces cravings and withdrawal symptoms without producing euphoria.
- **How to get it:** can be prescribed by certified healthcare providers through the Drug Addiction Treatment Act.

SAMHSA National Helpline

1-800-662-4357

up2sd.org

RESOURCES

NARCAN & FENTANYL TEST STRIPS

- *A New PATH**
- *Harm Reduction Coalition of San Diego**
- *NAMI San Diego**
- *Safe Point Project - Family Health Centers SD**
- *SAY San Diego**
- *StepIn**

RESOURCES FOR RECOVERY

- *A New PATH**
- *Comprehensive Treatment Centers**
- *Crystal Meth/Alcoholics/Narcotics Anonymous**
- *Family Health Centers of San Diego**
- *SMART Recovery**
- *Sharp Mesa Vista**
- *UCSD Owen Clinic**
- *Vista Hill**

SYRINGE SERVICES

- *Family Health Centers Syringe Service Program**
- *On Point - HRCSD**

A NEW PATH HOSTS MEETINGS!

- *Co-Occurring Disorder Family Support Group**
4th Friday's monthly on zoom
- *MARA (Medication Assisted Treatment Anonymous) Tuesdays 6-7PM**
- *SMART Recovery Meetings**
Mondays 7-8PM

Suicide & Crisis Line: Dial 988

THE GOOD SAMARITAN LAW AND YOU!



There are many reasons why someone might not want to call 9-1-1, it is important to know your rights and exercise them!

Under California law (H&S 11376.5), if you witness an overdose and call 911 for help, you are protected.

"It shall not be a crime for any person... who, in good faith, seeks medical assistance for the person experiencing a drug-related overdose, to be under the influence of, or to possess for personal use, a controlled substance, controlled substance analog, or drug paraphernalia..."



This person experiencing an overdose is also protected for these offenses.



If a cop is harassing you for rescuing someone or asking you questions, repeat the Good Sam Law!



A New PATH (Parents for Addiction Treatment & Healing) is a non-profit advocacy organization of parents, concerned citizens, individuals in recovery, healthcare professionals, and community leaders founded in 1999. Our mission is to reduce the stigma associated with addictive illness through education and compassionate support and to advocate for therapeutic rather than punitive drug policies.

Elevate Youth California, a project of The Center at Sierra Health Foundation under contract with the State of California's Department of Health Care Services (DHCS), is funded through the DHCS Proposition 64 California Cannabis Tax Fund, Allocation 3, Youth Education Prevention Early Intervention and Treatment Account.

A New PATH is dedicated to the principals of Diversity, Equity, and Inclusion. We support the development of equity in prevention and recovery spaces by educating our staff, volunteers, and Allie's through shared stories to ensure that all voices of individuals and families affected by substance use disorders and the war on drugs are embraced and connected in our communities, free from discrimination and injustice.

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