

Overdose Prevention/Intervention: *Lessons from Chicago*



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Overdose Prevention at CRA: The Beginning; 1995-1996

- Int'l Conference received info from Italian Red Cross
- Death of John Szyler
- Overdose rates began to rise
- An informal survey of CRA participants found they witnessed an average of 3 opiate overdose events, one of them fatal



Keys to start-up



Features of CRA that facilitated the program:

- A sense of collaboration and trust
 - Client-centered, respectful approach
 - Integrated into the community since 1991
- Opportunity for wide dissemination
 - 15 van-based sites, 3 storefront sites and 10 cell-phone covered areas
- Driven by participant voices - easily adopted
- Any Positive Change!



1cc glass ampules
1cc "fliptop" ampules
1cc pre-filled syringes
10cc multi-use vial



Focus Groups:
Participant Genius in Action

Naloxone & Chosen Formulation

NALOXONE

- No abuse potential
- No overdose potential
- No adverse reactions (save opiate withdrawal syndrome)
- Earlier examples of peer administration of antidotes in medical practice



10 ml MULTIDOSE VIAL (0.4 mg/ml naloxone)

- Ample number of IM syringes
- Freely replenished after one use
- Can be carried in a pocket without risk of breakage
- Can be used for multiple ODs at the same time

Program Successes

- Begin distributing naloxone in late 1990s
- 2000: actively expanding program
- January 2001 train all CRA outreach operatives



Components of Participant Training

- Prevention of overdose
- Recognition of symptoms
- Intervention (SCARE ME)
- Logistics of naloxone (storage, replacement, plenty of syringes)

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NALOXONE
Opiate Overdose Prevention/Intervention





things to do in recognizing and responding to an opiate/heroin overdose using naloxone



naloxone:

is **not** a *Scheduled Drug* – it has no potential for abuse

can cause withdrawal in a person with a habit

withdrawal can harm someone

more than one shot may be needed to stop overdose

overdose may return when naloxone wears off (about one hour)

is also called Narcan®

is a pure antidote to opiates including heroin – it reverses the effects of heroin for about an hour

does not eliminate heroin

has no effects of its own using it without having opiates in you is like injecting water.

about

Naloxone is a medication prescribed for the reversal of opiate intoxication. The person possessing naloxone has been trained in its safe usage and has demonstrated competency in managing opiate/heroin overdose situations.

This program is designed to reduce the nearly 500 opiate-related overdose deaths in Chicagoland each year. Your cooperation is appreciated.

For more information, please contact:

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things to do with an opiate/heroin overdose



Stimulation

can they be awakened?



Call for help

if the person is not responsive



Airway

make sure nothing is inside the person's mouth stopping the breathing.



Rescue breathing

breathe for them – two quick breaths every five seconds



Evaluate

are they any better? can you get **naloxone** and prepare it quick enough that they won't go for too long without your breathing assistance?



Muscular injection

inject 1cc of naloxone into a muscle



Evaluate+support

Is the person breathing on their own?
Is another dose of naloxone needed?
Naloxone wears off in 30-90 minutes.
Seek help and comfort him/her so he/she will not use any more drug until the naloxone wears off.

Program Impact

- *Well, I see a lot of people ODing now and...now I know what to do. I just don't have to waste my time running around looking...I just get the Narcan and just shoot 'em.*
- *I feel -when I know what's happening I feel pretty comfortable now. As long as there's Naloxone somewhere in the house, I feel like I can deal with it. It doesn't really get - like, I get really scared, of course, and start panicking but I don't panic in a way that's, like, making me not think straight. Which I guess is good but bad because I shouldn't have seen it so many times that I'm used to it.*

Program Impact

- *We keep it in needles in the house. We keep it all ready... They give us special needles, like, larger ones for muscles. So, there's, like, 1 unit on those needles is about what we're supposed to start with. We keep, like, 1 of those in every room of people who use and in the bathroom and stuff.*
- *And I don't know what made me bring the Narcan in my purse. I pretty much travel with it everywhere because, well, the majority of the people I hang out with do drugs.*

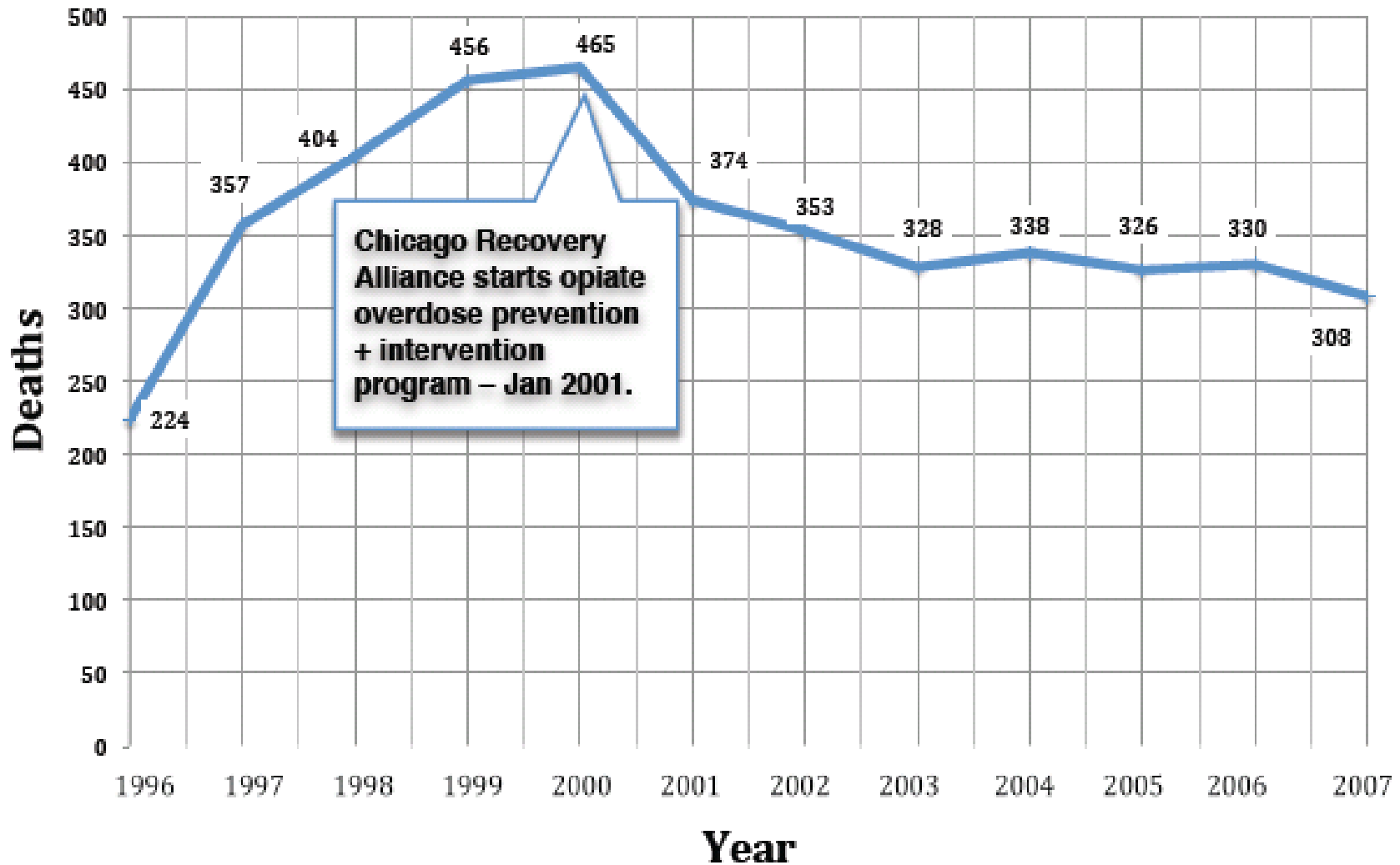
Program Impact

- As of 12/31/09, CRA Overdose Program:
 - 13,311 persons trained
 - 1,641 reported reversals
- As of 3/18/10
 - 1,899 reported reversals



Heroin-related Overdose Deaths in Cook County 1996 - 2007

Source: Cook County Medical Examiner's Office



Overdose Prevention/ Intervention in the U.S. Current Programs

- 140 programs currently operating
- Extensive collaboration among programs:
 - Sharing information
 - Sharing materials



U.S. Collaborations

- "Naloxone & Overdose Prevention Education Working Group"
- A national working group list for advocacy on naloxone availability, overdose prevention & reversal education - Begun December 2008
- Visit this group at http://groups.google.com/group/NOPE_WG?hl=en



Current U.S. Challenges

- Increases in price of naloxone
 - Pricing was approximately \$1.60 per 10 cc vial in 1996-1997
 - Price has increased steadily over the years
 - Dramatic price increase currently - approximate cost \$20-25.00 per 10 cc vial!
- Limited availability
- Good Samaritan laws

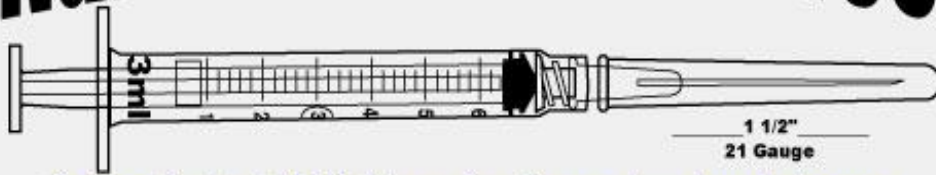


Future Goals

- Meeting the need with wide scale dissemination
 - Corrections / police
 - Detox / tx programs / MMT
 - OTC availability
 - Matching with all opioid prescriptions
 - Multiple manufacturers



Naloxone Saves Lives



Two days fresh out of jail, this guy dies. So many days clean, that person dies...so, you watch 'em... I'm really very glad that these people told us how to do it and made this available to us...I mean, more people I know would be dead... You know, there's no, like, set standard for drugs on the street so you never know what you're getting... My group of friends has lost 3 people this year to overdose...I couldn't deal with, like, another friend dying...**as long as I give them that shot they can wake up... I've saved three people's lives - each time that I've helped somebody out it's touched me in some ways... I'll tell you what, whoever invented that stuff was an angel, definitely... Life is precious...I hope to god I'm never on it again, but if I do relapse I hope someone has it on them to save my life...life is definitely precious... It doesn't influence me to do more, it actually influences me to do less, knowing that if they go out I could help them... I think it's important that this be made available to people...I mean, 'cause it is a lifesaver...Yeah, I mean, granted, ok, we are addicts and we do this to ourselves - that's still a person and I don't care that they use drugs or not... I think it's a lifesaver. It's a blessing, I think... We have no halo on our heads but a lot of these people are good people still. They have a lot of good qualities...and if I see 'em fall out, if I got naloxone I'm gonna hit 'em with it. **I think it's a wonder-drug... It saved his life...it saved mine...I know it was the naloxone...yeah, I'm proud of what I did...you're damn right I am... I did something, you know, that made a difference.** The whole world can't see it but I know it made a difference and that's important...to me... I think that if you ever get into a meeting with some of the professional-type people, tell them that, you know, people like us, no, we're not professionals, but if we have it at hand and we can save somebody's life with this stuff, we should be able to use it... it's a lifesaver, there's no question.**



Come to Know the Power of
Any Positive Change



In addition to other useful harm reduction tools in a variety of languages, CRA offers all overdose program tools for download at:

www.anypositivechange.org

Many thanks to the following contributors:

- Dan Bigg, CRADC, Director, CRA
- Sarz Maxwell, MD, Medical Director, CRA
- Suzanne Carlberg-Racich, PhD, MSPH