

Mt. Diablo Unified School District Student Services Department Naloxone Program Proposal



Presented by:

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- What are opioids
- Information and data on opioids and overdoses
- How the body is affected when someone has overdosed on opioids
- How naloxone works
- Steps to put a naloxone program in place for MDUSD
- How do we get Naloxone for our schools

Opioids

- Opioids are a class of drugs that include the illegal drug heroin, synthetic opioids such as fentanyl and other pain relievers available legally by prescription, such as oxycodone (OxyContin[®]), hydrocodone (Vicodin[®]), codeine, morphine, and many others.
- Opioid pain relievers are generally safe when taken for a short time and as prescribed by a doctor, but because they produce euphoria in addition to pain relief, they can be misused (taken in a different way or in a larger quantity than prescribed, or taken without a doctor's prescription). Regular use—even as prescribed by a doctor—can lead to dependence and, when misused, opioid pain relievers can lead to addiction, overdose incidents, and deaths.

The Opioid Epidemic

- The United States is experiencing an epidemic of drug overdose deaths. In 2020, the age-adjusted rate of drug overdose deaths increased 31% compared to 2019.
- Adults aged 35-44 experienced the highest rates of drug overdose deaths. Young people aged 15-24 experienced the greatest percentage increase in deaths.



Who is at risk?

Risk factors for opioid misuse or addiction include people dealing with past or current substance abuse, untreated mental health disorders, and social or family environments that encourage misuse.

Let's look at some data from the
California Surveillance Overdose Dashboard

California Overdose Surveillance Dashboard

(Age-adjusted Rate/100k Residents)

478,723 (347.4 /100k)

Prescriptions for Opioids
in Contra Costa County,
2020

93 (6.4 /100k)

Hospitalizations Related to
Any Opioid Overdose in
Contra Costa County, 2020

316 (25.2 /100k)

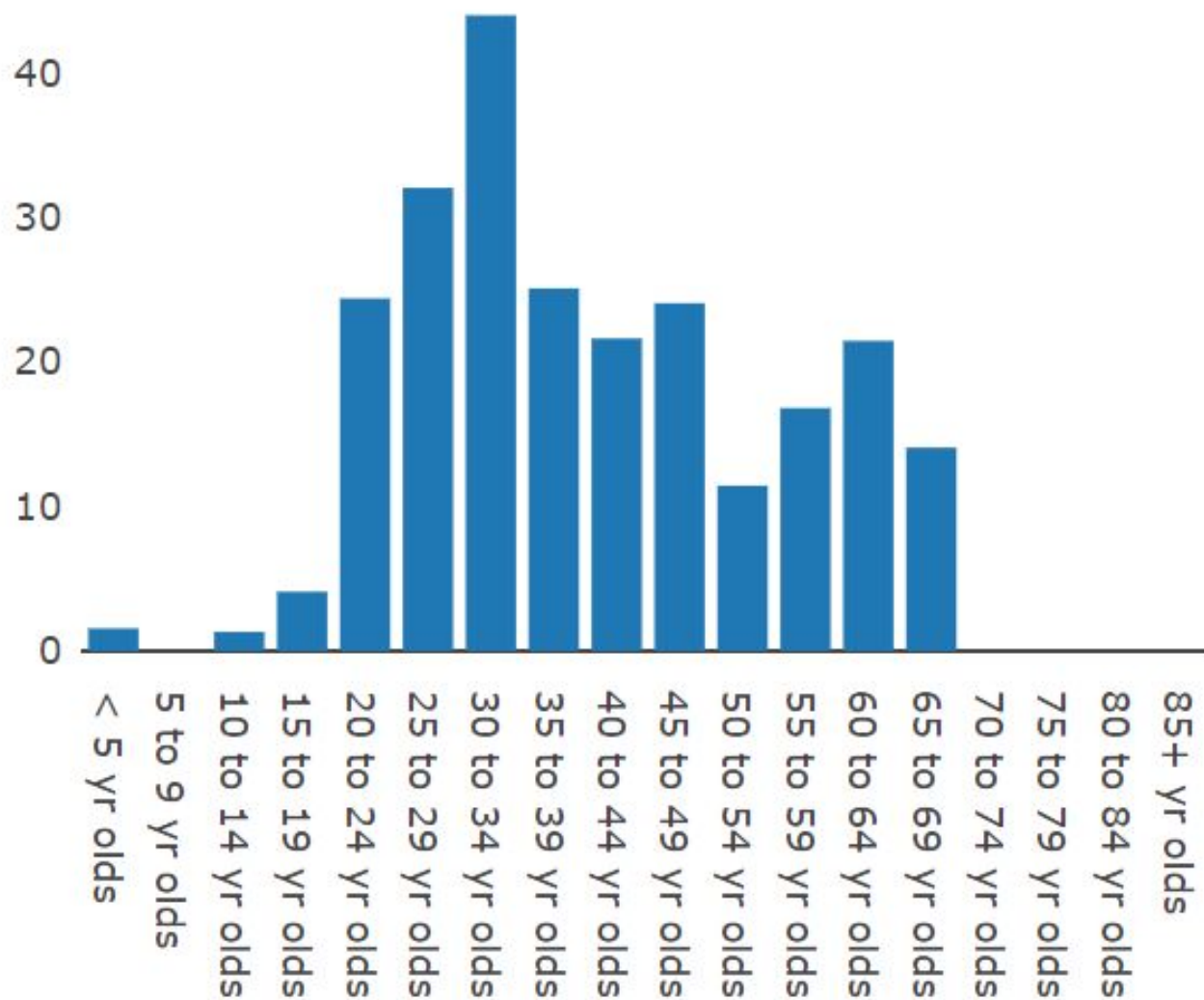
ED Visits Related to Any
Opioid Overdose in Contra
Costa County, 2020

144 (12.6 /100k)

Deaths Related to Any
Opioid Overdose in Contra
Costa County, 2020

Any Opioid-Related Overdose Deaths by Age Groups, Prelim. 2021

Crude Rate per 100,000 Residents



Why MDUSD needs to implement Naloxone Program

Excerpt from a letter sent to Superintendents from Director and State Public Health Office, CDPH

September 21, 2022

Today I am writing to inform you that, in addition to these concerning trends, brightly-colored fentanyl (referred to as rainbow fentanyl) has been identified as a new trend according to the United States (U.S.) Drug Enforcement Agency (DEA) [3].

Rainbow fentanyl can be found in many forms, including pills, powder, and blocks that can resemble sidewalk chalk or candy. Any pill (regardless of its color, shape, or size) that does not come from a health care provider or pharmacist can contain fentanyl and can be deadly.



Why our schools need to stock naloxone

If a person has overdosed on an opioid...

Oxygen starvation leads to



Unconsciousness



Coma



Death

Within 3-5 minutes without oxygen, brain damage starts to occur, soon followed by death

(Harm Reduction Coalition, n.d.)



Effects of opioid overdose on the body

- Opioid drug attaches to brain receptors that affect breathing
- Person slows breathing and eventually stops breathing
- Oxygen starvation eventually stops other vital organs like the heart, then the brain

(National Institute on Drug Abuse, 2014)

Signs and symptoms of opioid overdose

- Person will not wake up or respond to your voice or touch
- Person's breathing is very slow, irregular or has stopped
- Person's center part of their eye is very small — sometimes called “pinpoint pupils”
- Person's fingernails and lips turning blue or purple
- Person has a slow heartbeat and/or low blood pressure

How Naloxone works

- Naloxone quickly reverses an overdose by blocking the effects of opioids. It can restore normal breathing within 2 to 3 minutes in a person whose breath has slowed, or even stopped, as a result of opioid overdose. More than one dose of naloxone may be required when stronger opioids like fentanyl are involved.
- Naloxone won't harm someone if they're overdosing on drugs other than opioids, so it's always best to use it if you think someone is overdosing.
- If you give someone naloxone, stay with them until emergency help arrives or for at least four hours to make sure their breathing returns to normal.

Good Samaritan Law

Good Samaritan Law in our state.....

California Health and Safety Code Section 1799.102 says, “No person who in **good** faith, and not for compensation, renders emergency medical or nonmedical care at the scene of an emergency shall be liable for any civil damages resulting from any **act** or omission.”

Next Steps

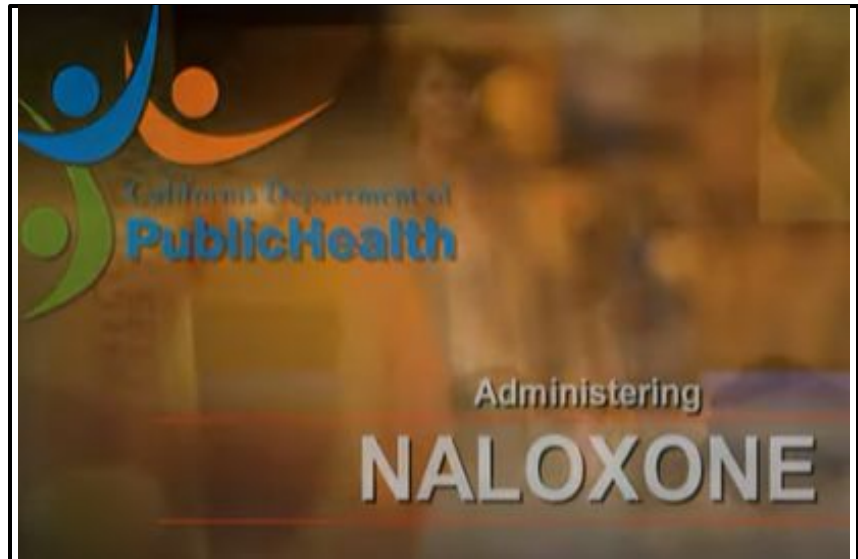
Amend/ Revise High School Safety Plans to include our Naloxone Program and address how we will provide:

- Prevention - defined as the actions schools and school communities take to stop an event from occurring.
- Protection is the ongoing actions schools take to safeguard the campus, students, teachers, faculty, and staff from an emergency event like opioid overdose. How will we educate the whole stakeholder community.
- Mitigation is the actions schools and school districts take to eliminate or reduce the severity of injuries, loss of life, and property damage from emergencies that cannot be prevented - Use of Naloxone
- Response is who we will activate in the emergency plan to effectively manage an emergency event, and provide for the immediate safety and needs of students, staff, teachers, and faculty.
- Recovery is teaming with community partners to assist students, staff, teachers, and faculty in the healing process, and restore a healthy and safe learning environment following an emergency event.

***Must also plan for safe storage but access for appropriate staff

How will we educate and train our MDUSD staff and stakeholders

- School Nurses can provide education and training
- Staff at Olympic has volunteered to assist with implementation
- Training video from California Department of Public Health



[Administering Narcan](#)
[Video 11 minutes](#)



How do schools get Naloxone

- CVS, Walgreens, and other pharmacies prices start at \$47.14
- Shelf life of up to 24-36 months
- MDUSD has received 24 free Narcan nasal sprays because we applied and were approved the Free Narcan High School Program by the State of California - Health and Human Services Agency.

Naloxone or Narcan

When naloxone was first approved to reverse opioid overdoses, its brand name was narcan.

Now there are other formulations and brand names for naloxone, however, the proper generic name is naloxone.

Information/Resources for this presentation came from:

- National Association of School Nurses (NASN) support from our School Nurses
- Centers for Disease Control (CDC)
- Free Narcan Nasal Spray High Schools Program

*Thank You for the opportunity to share this information
this evening.*

Questions ?

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