

PROJECT YOUTH WELLNESS

WEEK 4: OVERDOSE RISKS

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Recognizing Risks Drug Overdose

While overdosing on any drug is a risk, overdose on opioids (heroin, prescription medications, fentanyl) has increasingly become a problem. In fact, **thousands of lives are lost every year from opioid overdose**. Remember, it is possible to overdose on opioids the very first time you use them.

How do you know when someone has overdosed?

Overdosing on a substance is a scary thing, not only for the person who is experiencing the overdose, but also for those who see it happen. Here are the signs that someone you know may have overdosed:

- limp body
- pale, clammy face
- blue fingernails or lips
- vomiting or gurgling sounds
- inability to speak or be awakened
- slow breathing or heartbeat

Treating Overdose

When someone stops or slows breathing from an opioid overdose, a medication called **Naloxone** can be used to quickly reverse an opioid overdose. Emergency medical workers use this as soon as someone has stopped or slowed breathing from an opioid overdose. The good news is the easy-to-use nasal spray version can also administer this medication in times of need.



It is important to know that, even if Naloxone is administered, 1) emergency responders still need to transport the person to the hospital; and 2) the person who overdoses needs to seek professional treatment for their substance use.

What to do?

Here are the things you can do to try and save the life of someone whom you suspect has overdosed on opioids:

- Call 911.
- Administer Naloxone, if it is available.
- Find a trusted adult.



Source: <https://www.drugabuse.gov/videos/how-naloxone-saves-lives-in-opioid-overdose>

PRESCRIPTION DRUG MISUSE: **PUBLIC HEALTH INDICATORS**



There are three common prescription drug classes: opioids, depressants, and stimulants. What do you think they are each intended to treat? Write your ideas next to their names below.

Opioids: _____

Depressants: _____

Stimulants: _____

Review the list of commonly misused brand names for medications, then arrange each drug in the drug class you think it falls under.

<u>Drug Class</u>	<u>Brand Name</u>
<i>Opioids</i>	
<i>Depressants</i>	
<i>Stimulants</i>	

Adderall®

Codeine

Valium®

Ritalin®

Xanax®

OxyContin

Vicodin®

Fentanyl

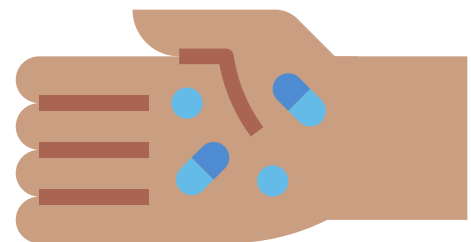
PRESCRIPTION DRUG MISUSE: PUBLIC HEALTH INDICATORS

The chart below describes in greater detail the three prescription drugs classes that are commonly misused.

Drug Class	Use	Drugs in This Class	If Misused...
Stimulants	Used for treating attention deficit hyperactivity disorder (ADHD)	<ul style="list-style-type: none"> • Adderall® • Ritalin® 	Side effects in common with cocaine, and may include paranoia, dangerously high body temperatures, and an irregular heartbeat, especially if stimulants are taken in large doses or in ways other than swallowing a pill
Depressants	Relieve anxiety or help a person sleep	<ul style="list-style-type: none"> • Valium® • Xanax® 	Slurred speech, shallow breathing, fatigue, disorientation, lack of coordination, and seizures upon withdrawal from chronic use.
Opioids	Relieve pain	<ul style="list-style-type: none"> • Vicodin® • OxyContin® • Codeine • Fentanyl 	Act on the same parts of the brain as heroin, can cause drowsiness, nausea, constipation, and, depending on the amount taken, slowed breathing.

Sources: <https://teens.drugabuse.gov/drug-facts/prescription-drugs>
<https://www.samhsa.gov/homelessness-programs-resources/hpr-resources/rise-prescription-drug-misuse-abuse-impacting-teens>

Knowing the risks and the different kinds, how can you avoid misusing prescription drugs?



FENTANYL

Fentanyl is an extremely potent synthetic opioid. It has medical purposes like treating severe pain, but fentanyl is **100x more potent than morphine**. Even when used for medical purposes, patients require close monitoring.

Illicit drug manufacturers often mix non-medical grade fentanyl into other substances to make them stronger. However, there is no way to know how much is used, and it **only takes 2 mg** to be a potentially **lethal dose**.

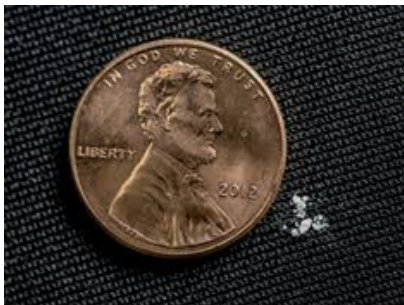


The DEA reports that:

- 42% of pills tested for fentanyl contained a **lethal dose**.
- Synthetic opioids like fentanyl are the **leading cause of overdose**.
- From 2020-2021, overdoses due to synthetic opioids (primarily fentanyl) **rose 55.8%**.

Did you know?

2 mg of fentanyl (a lethal dose) is only about the size of **5 grains of rice**.



Fentanyl Harm Reduction

The only way to know if an illicit substance includes fentanyl is to test it. Fentanyl test strips can alert users that drugs may be contaminated with fentanyl.



DRUG CLASSIFICATIONS



Match the drug with the classification you think it falls into.

(HINT: there may be multiple drugs per classification)



CLASSIFICATION

DRUG

- A This type of drug increases immediate energy and alertness but is accompanied by increases in blood pressure, heart rate, and breathing (also called stimulants).**
- B This type of drug distorts a person's perceptions of reality, causing people to go on "trips" during which they may lose touch with reality and be unaware of their surroundings. These are also called hallucinogens.**
- C This type of drug decreases alertness and is accompanied by decreased blood pressure, heart rate, and breathing. These are also called depressants.**
- D This type of drug is prescribed for pain. It is referred to as an opioid and is referenced as synthetic and semisynthetic narcotics.**
- E This type of drug includes common household items that produce intoxicating effects similar to alcohol.**
- F This type of drug is chemically and pharmacologically related to testosterone and promotes muscle growth.**

ECSTASY

ALCOHOL

ANABOLIC STEROIDS

MARIJUANA (THC)

COCAINE

HEROIN

CAFFEINE

FENTANYL

METHAMPHETAMINE

NICOTINE

INHALANTS (GLUE, CLEANING FLUIDS)

LSD (ACID)



Dose Effects

Drug effects can vary based on the amount of the drug taken and the length of time it was taken (dosage/usage). As you can see from the dose effects facts below, no matter the dosage/usage, the effects are pretty serious!

DOSE/USAGE

EFFECTS

SHORT-TERM USE

- | | |
|------------------------|--|
| • COCAINE | Enlarged pupils, increased heart rate, irritability, restlessness, anxiety, euphoria |
| • HEROIN | Euphoria, dry mouth, itching, nausea, pain relief, slowed breathing |
| • MARIJUANA | Enhanced sensory perception, relaxation, slowed reaction time, trouble with balance, anxiety, trouble with learning and memory |
| • MDMA/ECSTASY | Lowered inhibition, enhanced sensory perception, trouble regulating body temperature |
| • PRESCRIPTION OPIOIDS | Pain relief, constipation, drowsiness |

LONG-TERM USE

- | | |
|------------------------|---|
| • COCAINE | Loss of sense of smell, nosebleeds, bowel infection due to lack of blood flow, trouble swallowing |
| • HEROIN | Collapsed veins, infection, constipation |
| • MARIJUANA | Chronic cough, respiratory infections, mental health concerns |
| • MDMA/ECSTASY | Confusion, depression, attention and memory problems, anxiety and impulsiveness |
| • PRESCRIPTION OPIOIDS | If misused, increased risk of overdose or addiction |

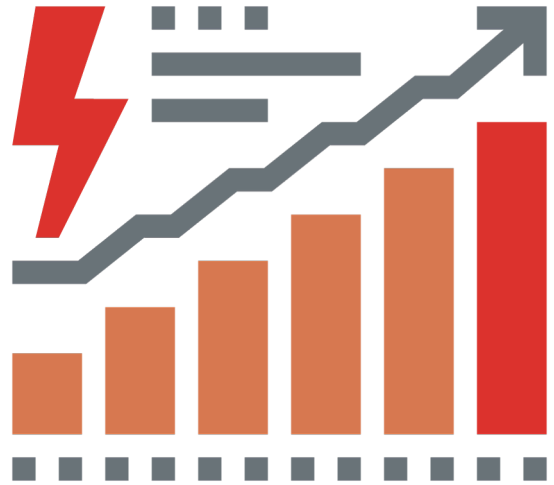
SEVERE SIDE EFFECTS

- | | |
|------------------------|--|
| • COCAINE | Erratic and violent behavior, panic attacks, paranoia, psychosis, heart rhythm problems, heart attack, stroke, seizure, coma |
| • HEROIN | Liver and kidney disease, risk of HIV and hepatitis |
| • MDMA/ECSTASY | Sharp rise in body temperature can cause kidney failure or death |
| • PRESCRIPTION OPIOIDS | If misused, slowed breathing, coma, death |

Source: https://www.drugabuse.gov/sites/default/files/Commonly-Used-Drugs-Charts_final_june_2020_optimized.pdf

CONSUMPTION PATTERN RISKS

Research shows that a major predictor that increases one's chances of developing a substance use disorder is substance use "**consumption patterns**." This includes



- **How often you use:** using regularly and repeatedly (weekly/daily).
- **How much you use:** using high doses or increasing your use over time.
- **How long you use:** using over a long period of time.
- **How you use:** route of use (especially smoking, vaping, and injection use).
- **What you use:** type of substance (or using multiple different substances, over time or at once).

Why do you think these indicators in particular matter so much?

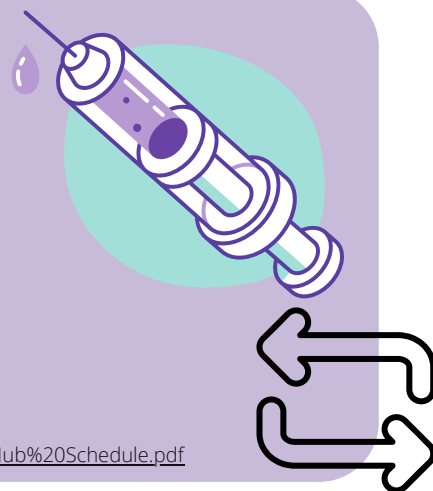
Harm Reduction Resources

In addition to receiving treatment, you may also find the resources below helpful for planning next steps or receiving additional support.

SYRINGE EXCHANGE PROGRAMS IN LA COUNTY

- **Asian American Drug Abuse Program (AADAP) – Los Angeles:** <https://aadapinc.org/health-intervention-program-hip/> Call 424-331-5799
- **Bienestar Human Services (Los Angeles):** <https://www.bienestar.org/community/harm-reduction/> Call 866-590-6411, ext. 154, 139, 505, 507, or 113
- **Homeless Health Care Los Angeles (HHCLA):** <https://www.hhcla.org/programs> Call 323-497-3091

Source: <http://publichealth.lacounty.gov/sapc/docs/public/overdose-prevention/EOP%20Hub%20Schedule.pdf>



COMMUNITY RESOURCES

- **Venice Family Clinic:** <https://venicefamilyclinic.org/> Call 310-314-5480
- **Tarzana Treatment Center (TTC):** <https://www.tarzanatc.org/> Call 818-342-5897
- **L.A. Community Health Project (CHPLA):** <https://www.chpla.org/> Call 323-380-5469
- **Homeless Outreach Program (HOPICS):** <https://www.hopics.org/> Call 323-432-4399

Source: <http://publichealth.lacounty.gov/sapc/docs/public/overdose-prevention/EOP%20Hub%20Schedule.pdf>



ACCESSING NALOXONE

- **Multi- Service Center:** Address: 1301 W 12th St Long Beach, CA 90813 Distribution hours: 10-1PM
- **Community Health Project LA:** Address: 900 N Western Ave Los Angeles, CA 90029 Distribution hours: 9am-12:30PM
- **Spectrum Clinic:** Address: near 1748 E 120th St. Los Angeles, CA 90059 Distribution Hours: 3-5PM
- **Pomona, CA:** 625 S Garey Ave Pomona, CA 91766 Distribution Hours: 11:30am-1:30PM
- **Hope of the Valley Navigation Center:** Address: 11839 Sherman Way North Hollywood CA 91605 Distribution Hours: 11:30am-1:30PM

Source: <https://www.laodprevention.org/naloxone>

