

# Let's Talk About Opioids (Corrections)

## Facilitator Script and FAQ for Video Series

### Optional materials for your workshop:

- Pre- and post-surveys
- Incentives for participation

### **Program Content:**

#### Introduction:

- Good morning/afternoon, my name is \_\_\_\_\_. Today's workshop is called *Let's Talk About Opioids*, which was developed by Wisconsin Health Literacy.
- Wisconsin Health Literacy worked with doctors and pharmacists to create the workshop materials.
- The Wisconsin Minority Health Program supported this project.
- For today's workshop we will watch a video. The video is broken into 6 sections that talks about different types of opioids and synthetic opioids like fentanyl, how trauma affects drug use, unique overdose risks for people who are released from prison, and how to limit the chance of an overdose.
- We will take breaks throughout the video series to answer questions and have discussion for any questions you may have.
- *(Optional)* To see if we do a good job delivering the information, we'll give you a short survey now and another one at the end of the session. We'll start with the pre-survey now. Choose the answers you think are best. If you don't know, it is ok to guess or skip the question. We will cover all the answers during the workshop. Please don't write your names on the survey.

#### Video Start: Introduction to opioids

The first video in the series is going to review opioids, helping us understand where they come from, the different forms they can come in, and how they work in the body. Before we begin I want to ask:

- **Ask: "What do you think of when you hear the word opioid?"**

Some people think opioids are only illegal drugs like heroin. Heroin is an opioid, but there are many other opioid drugs as well, including some prescription pain medicines. It's important to know that prescription opioid pain medicine can be as addictive as heroin.

Let's watch the video to learn more.

- **Play video.**
- **Stop the video at 3:05 and review questions.**
- **Ask: “How do opioids work in the body?”**

Opioids, whether prescription pain medicines or non, work in the brain to numb pain signals. They can give you a high, and are very addictive.

- **Ask: “What are some examples of opioid prescription pain medicines?”**

Hydrocodone (Brand names: Vicodin®, Lortab®, Lorcet®)

Oxycodone (Brand names: OxyContin®, Percodan®, Percocet®)

Morphine (Brand names: Kadian®, Avinza®, MS Contin®)

Codeine

Fentanyl (Brand name: Duragesic®)

Tramadol (Brand name: Ultram®)

- **Ask: “What are some non-opioid pain medicines?”**

Acetaminophen (Brand name: Tylenol®)

Ibuprofen (Brand name: Advil®, Motrin®)

Naproxen (Brand name: Aleve®)

We learned that no matter **how you take** opioids, if you take opioids long enough, two things will happen:

- **Ask: “What does it mean to develop a tolerance?”**

You need more and more opioids to help your pain or get high.

- **Ask: “What does it mean to develop dependence?”**

Often, you need to gradually decrease the amount of opioids you take to stop without withdrawal symptoms. A doctor can help you do this.

By far, the most serious risk of using opioids is that you can stop breathing and die when you take them.

- **Ask: “What are some problems an opioid addiction can cause?”**

Opioid addiction can ruin your life or kill you. You can get help with addiction – we will talk about that soon.

You can also have financial, emotional, and family problems because you cannot stop.

We're going to watch video 2 in the series and learn about the risks that come with taking opioids.

### Risks of taking opioids

- **Play video**
- **Stop the video at 6:49 and review questions.**
  
- **Ask: "What is a Benzo?"**  
Benzos treat anxiety. They also slow down your breathing. Taking opioids and benzos together can make you stop breathing and die.
  
- **Why is it dangerous to take some opioid pain medicines with Tylenol?**  
If you take too much Tylenol – also known as acetaminophen – you can damage your liver. It can stop working and you can die.
  
- **What medicines do you need to talk to your doctor about before taking opioids?**  
All medicine – this includes prescription medicine from a doctor, over-the-counter medicine, and herbal/at-home remedies. Opioids can have dangerous interactions with many different medicines. You can always ask a pharmacist for free.

The number of opioid-related deaths in the US is a crisis. Did you know that you are at a higher risk of overdosing from opioids after being released from prison, jail, or parole? We'll hear more about this in the next video series.

### Unique risks for justice-involved people

- **Play video**
- **Stop the video at 10:35 and review questions.**
  
- **Ask: "How many more times are you likely to die from an opioid overdose in the first 2 weeks after you're released?"**  
129 more times
  
- **Why is your risk of dying from opioids higher after you've been released from prison?"**
  - Your tolerance decreases in prison, so you will overdose more easily.
  - Fentanyl and other stronger opioids are common in street drugs now.
  - You have trauma from being in prison, so you are more likely to self-medicate.

- **Ask: “How can trauma affect you and your life?”** It can do so in many ways:
  - Limit your ability to cope with stress
  - cause depression and anxiety
  - cause physical pain
  - cause other unwanted feelings or thoughts’
- **Ask: “Is being in prison or jail considered a traumatic experience?”**

Yes

Everyone in this group has experienced trauma, some more than others. Trauma is the way you respond emotionally to a terrible or overwhelming experience in your life.

We’re going to learn more about the impact of trauma on opioid addiction in the remaining video series. Let’s listen to series 4 on synthetic opioids and their risks.

### Synthetic opioids and their risks

- **Play video**
- **Stop the video at 15:24 and review questions.**
- **Ask: “Who can explain what a synthetic opioid is?”**  
A synthetic opioid is an opioid that is manufactured. Two examples are fentanyl and carfentanil.

We saw a picture comparing fentanyl to other opioids. It showed how deadly synthetic opioids are.

- **Ask: “How much stronger is fentanyl than morphine?”**  
50-100 times
- **Ask: “How about carfentanil...how much stronger is it than morphine?”**  
10,000 times
- **Ask: “Why is this information so important?”**  
When you buy any drug on the street, there is a very high chance it is mixed with a synthetic opioid like fentanyl or carfentanil.

We’re now going to move on to the 5<sup>th</sup> video in the series where we’re learn about opioid safety, addressing how to keep ourselves and others safe while using opioids.

## Opioid Safety

- **Play video**
- **Stop the video at 19:19 and review questions.**
  
- **Ask: “Where is the safest place to keep opioids?”**  
The safest place is a lock-box or locked drawer. Keep opioids away from children and pets. This information is true for street drugs and prescriptions opioids a doctor prescribes. Both are dangerous and need to be locked away from kids, other adults, and pets.
  
- **Ask: “If you’re not able to keep opioids in a lock-box or locked drawer, where else could you keep opioids, to make sure kids cannot get them?”**
  
- **Ask: “What are 3 things you can do to lower your risk of dying from taking opioids?”**
  1. Do not take opioids alone.
  2. Have naloxone with you.
  3. Check your drugs from fentanyl using fentanyl test strips.
  
- **Ask: “Can anyone explain what fentanyl testing strips are?”**  
Fentanyl testing strips can save your life. Use these strips to test drugs before you use them. You need to understand the instructions well. You use the strips differently depending on what drug you take – if it’s powder, liquid, etc.

Very importantly, you must test each individual amount of drug you will use. For example, if you buy pills on the street, you should crush and test each individual pill.

Testing strips tell you if there is fentanyl in a drug, but they don’t tell you how much.

Using fentanyl testing strips does take time and effort, but it can save your life if you buy a drug that is mixed with fentanyl.

You can get fentanyl testing strips through a Needle Exchange program. You can also call 211 from any phone and ask where you can get them in your local community.

We have talked about many of the risk factors from taking opioids and ways to be safe. It’s also important to know about what to do if someone does overdose and ways this can be prevented. We’ll now watch the last video in the series.

## Signs of an overdose and how to prevent it

- **Play video**
- **After the video ends ask questions.**

- **Ask “What are some signs of an opioid overdose?”**

- Sleepy and unresponsive
- Or awake but not able to talk
- Nodding off
- Blue lips
- Slow or shallow breathing
- Make choking sounds or vomit
- Skin might look pale or feels cold or clammy
- Slow or no pulse
- Small or pinpoint pupils
- A rapid heartbeat is a sign of an overdose of other drugs, **NOT opioids.**

- **Ask: “What is naloxone?”**

Naloxone is a drug that can help stop an overdose and save a life.

- If you are taking opioids, you should have naloxone on your body. Your friends and family should also have it.
- It is also called: Narcan<sup>®</sup>, Evzio<sup>®</sup> or Narcan<sup>®</sup> Nasal Spray.
- It can be a shot or nose spray. For the shot, you don’t need to find a vein, inject it in a person’s upper thigh or upper leg. You can inject it through clothes.
- You can go to the website <https://www.dhs.wisconsin.gov/opioids/naloxone-pharmacies.htm> to find a pharmacy that can give you naloxone without a prescription. You can also find a coupon for Naloxone online at GoodRx (about \$21)

- **Ask: “Where should a person go after they are given naloxone?”**

They need to go to the emergency room. The first Naloxone dose will wear off and many people may need multiple doses of naloxone to avoid an overdose.

Never drive a person who has overdosed to the hospital. The ambulance can get to you much faster than you can get to the hospital. Also, if you were using, driving a car is dangerous for you and other people.

- **Ask: “Can the Good Samaritan Law protect you?”**

Yes, the Good Samaritan Law protects you if you try to help someone who is having an overdose. If you help someone who is overdosing they cannot revoke your parole, probation, or extended supervision.

- According to the law, you can call for help for yourself or others without punishment even if you have paraphernalia (pipes, spoons, needles, etc.) and are in possession.

- This only works if you contact authorities. If you drop and dash (drop someone off at a facility and DO NOT make contact with someone) the Samaritan Law DOES NOT apply and protect you.
- **Ask: “Does anyone have an example of a recovery or mental health support that can help people who are addicted to opioids?”**
- **Ask: “What medicines can help so your body doesn’t need an opioid?”**
  - Naltrexone
  - Vivitrol
  - Suboxone
  - Methadone

Research shows that the most effective way to treat opioid addiction is a combination of group or individual therapy AND medication assisted treatment.

If you take these medicines, you do need to be careful. Your risk of overdose is even higher if you take an opioid with one of these medicines.

Remember, you can get help to stop using opioids. We don’t have information specific to each community statewide, but any person in Wisconsin can find local resources by:

- Calling 211 from any phone
- Texting your zip code to 898211
- Online Search: <http://addictionhelpwi.org>
- You can also find out through an online chatroom at: <https://www.dhs.wisconsin.gov/opioids/find-treatment.htm>

If you call 211 or a Needle Exchange program for help – whether for recovery services, naloxone or fentanyl testing strips – it’s all confidential.

### **Wrap up:**

Thank you for participating in the workshop today.

Before we started, you completed a short survey. You are going to complete 1 more short survey now, to make sure we did a good job explaining the information. *(This is if you used surveys.)*

## Frequently Asked Questions (FAQs)

1. Where do opioids come from?
  - Some opioids are made from the seeds of a plant called opium poppy and some are made from other chemicals.
  
2. What should I do with expired medicines? Is it okay to flush them down the toilet?
  - The FDA has developed guidelines for disposing prescription medications.
  - [Fda.gov/forconsumers](http://Fda.gov/forconsumers)
  
3. How, exactly, does the Good Samaritan law say?
  - The 1977 WI Good Samaritan Statute states, “any person who renders emergency care at the scene of any emergency or accident in good faith shall be immune from civil liability for his or her acts or omissions in rendering such emergency care.”
  
4. Who is protected by the Good Samaritan Law?
  - Wisconsin Act 200 creates two additional general rules of immunity
    - “any person who, acting in good faith, delivers or dispenses an opioid antagonist to another person shall be immune from civil or criminal liability for any outcomes resulting from delivering or dispensing the opioid antagonist.”
    - “any person who, reasonably believing another person to be undergoing an opioid-related drug overdose, administers an opioid antagonist to that person shall be immune from civil or criminal liability for any outcomes resulting from the administration of the opioid antagonist to that person.”
  - An “aider” is a person who does any of the following:
    - Brings another person to an emergency room, hospital, fire station, or other health care facility and makes contact with an individual who staffs the emergency room, hospital, fire station, or other health care facility if the other person is, or if a reasonable person would believe him/her to be, suffering from an overdose of, or other adverse reaction to, any controlled substance or controlled substance analog.
    - Summons and makes contact with a law enforcement officer, ambulance, emergency medical technician, or other health care provider, in order to assist another person if the other person is, or if a reasonable person would believe him/her to be, suffering from an overdose of, or other adverse reaction to, any controlled substance or controlled substance analog.
    - Calls the telephone number “911” or, in an area in which the telephone number “911” is not available, the number for an emergency medical service provider, and makes contact with an individual answering the number with the intent to obtain assistance for another person if the other person is, or if a reasonable



person would believe him/her to be, suffering from an overdose of, or other adverse reaction to, any controlled substance or controlled substance analog.

5. How does the Good Samaritan Law protect me if I'm on parole, probation, or extended supervision?
- Immunity from criminal prosecution and revocation of parole, probation, or extended supervision
    - No aider may have his/her parole, probation, or extended supervision revoked, and an aider is immune from prosecution for the possession of drug paraphernalia, for the possession of a controlled substance or a controlled substance analog, and for possession of a masking agent, under the circumstances surrounding or leading to his/her commission of an act if the aider's attempt to obtain assistance occurs immediately after the aider believes the other person is suffering from the overdose or other adverse reaction.
  - An aider is immune from prosecution for the possession of drug paraphernalia, for the possession of a controlled substance or a controlled substance analog, and for possession of a masking agent, under the circumstances surrounding or leading to his/her commission of an act described