

Let's Talk About Opioids (Corrections)

Facilitator Script and FAQ

Materials needed:

- Let's Talk About Opioids Workbook
- Pre- and post-surveys (optional)
- Incentives for participation (optional)

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.
- We will talk 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.
- 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 presentation. Please don't write your names on the survey. (*This is if you are using pre- and post-surveys.*)

Page 2: Prescription opioids

Let's start with the differences between prescription opioids and other medicine for pain. Open your booklet and look at page 2 on the left.

- **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.

Prescription pain medicine 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®)

- There are non-opioid pain medicines, as well. They work differently to numb pain. You don’t need a prescription for many of them. Most of them are not addictive.

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

Acetaminophen (Brand name: Tylenol®)

Ibuprofen (Brand name: Advil®, Motrin®)

Naproxen (Brand name: Aleve®)

- These non-opioid pain medicines are not addictive like opioid pain medicines, but it’s important to remember that you can misuse them, and they can be dangerous if you take too much. For example, if you take too much Tylenol, your liver can stop working.
- Today, though, we’re going to focus on the specific dangers of opioids. They are very addictive and it’s easy to overdose when you take them...Let’s go ahead and look at page 3.

Page 3: Ways to take opioids

- Opioid drugs come in many different forms: including pills, liquid, patches, shots.
- No matter how you take them, we know that 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.

- Some people start taking opioids recreationally, thinking they'll be able to take opioids when they want, then stop easily. This is a dangerous though, because opioids are extremely addictive. When you become addicted, your body needs opioids, even if taking them causes major problems in your life.
- **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.
- Let's move on to Page 4, to talk about the danger of using opioids with other drugs and medicines.

Page 4: Don't take opioids with other drugs

- Taking opioids with other medicines can be deadly. Last year in Wisconsin, more people died from opioid overdoses than in car crashes.
- Taking an opioid with alcohol is deadly. Many people think of alcohol as only beer, wine and liquor, but many cough medicines have alcohol in them. Always read the medicine label on cough medicine, so you know if it has alcohol. If you use opioids and take cough syrup that has alcohol, you can die.
- Do not drink alcohol on the same days that you take an opioid.
- **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.
- If you are taking an opioid, you must ask a doctor or pharmacist before you take any other medicine – this includes prescription medicine from a doctor, over-the-counter medicine, and herbal 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. Let's turn to Page 5 to talk about specific risks of death from an overdose.

Page 5: Your increased risk of death from opioids

- More and more people die every year from opioid overdoses. In 2017, 47,600 people died from opioid overdose. This is more than car-related deaths. According to the National Safety Council, about 40,000 people died in vehicle accidents in 2017.
- If you have been in jail or prison, your risk of dying from an opioid overdose is very high. You are 129 times more like to die from a drug overdose in the first 2 weeks after you are released from prison.
- **Ask: “Does anyone know why your risk of dying from opioids is 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.
- We’re going to talk more about fentanyl and other synthetic drugs, as well as the impact of trauma on opioid addiction....Let’s move on to page 6.

Page 6: Synthetic opioids

- **Ask “Can anyone explain what a synthetic opioid is?”** A synthetic opioid is an opioid that is manufactured. Two examples are fentanyl and carfentanil.
- Let’s look at this picture on the bottom of the page. It shows how deadly synthetic opioids are.
 - **Ask “How much stronger is fentanyl than morphine?”** 50-100 times
 - **“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...Let’s move to Page 7 to talk more about this.

Page 7: You don’t know what’s in a drug you buy on the street

- Some people don’t realize that synthetic opioids like fentanyl can be mixed into many different drugs.

- Look at the pictures at the top of this page. Fentanyl can be mixed into each of these drugs.
- If you buy a drug on the street, it probably has fentanyl in it – even if it looks like a pill that is prescribed by a doctor. Unless you get the pills from a pharmacy, you do not know what’s in them.
- An added danger is that it’s impossible to mix fentanyl evenly with another drug. There is not a dealer out there who is qualified or has the equipment to mix fentanyl uniformly with another drug.
- Remember the image from Page 6, and how small the deadly dose of fentanyl is? Imagine 5 single grains of salt. Now imagine mixing those grains with a bag of flour. You can’t split a grain of salt... you will not be able to mix it evenly with the flour. If you took 3 handfuls of flour from the bag – each handful will have a different amount of salt in it. One might have 3 grains, while another handful has no fentanyl.
- Now, picture this in real life. Imagine you buy a bag of cocaine. First, you have no idea what’s really in the drug you bought. Second, if it is mixed with fentanyl, every portion of the drug will have a different amount of fentanyl. One person might take a portion that has no fentanyl in it, so it looks safe. The next person might take a portion that has a deadly amount of fentanyl in it.
- We’re going to talk about fentanyl testing strips later. This information will be important to remember. When you test a drug for fentanyl, you must test each individual amount you’ll take.
- We’re going to move on to Page 8 now...we’ll talk about how trauma impacts drug addiction.

Page 8: Trauma increases your risk for self-medication

- 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. Being in prison or jail is a traumatic experience.
- **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
- Notice that people who have 5 or more trauma experiences as children have a higher risk for self-medicating. Trauma experienced as a child has a very strong impact on your life as an adult.

- Because trauma has such a strong impact on opioid addiction, we need to talk about how managing trauma can reduce your risk for an overdose... let's move on to Page 9.

Page 9: Keep others safe

- 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.
- Don't forget about patches – sadly, children have died after taking fentanyl patches out of the garbage. Some kids think they are stickers.
- You must keep all opioids in a place where kids cannot see or get them. The safest place is a lock-box or locked drawer. **Ask: “If this isn't possible, where else could you keep opioids, to make sure kids cannot get them?”**
- Do not use opioids around children.
- If you have opioids that you are not using, get rid of them right away. Ask a pharmacist where you can get rid of unused opioids. You can also look on the website in the book to find a place in your community.

Page 10:

- **Ask “What are some signs of an opioid overdose?”** The signs listed here are common ones, but drugs affect every person differently. Remember, one person may overdose more quickly than another person, or with a smaller amount of drugs.
 - A rapid heartbeat is a sign of an overdose of other drugs, NOT opioids.
- If you see someone overdose, give them naloxone and call 911.
- **Ask: “Does anyone know what naloxone is?”** 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[®], Evzio[®] or Narcan[®] 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.
 - An overdose kills people because they stop breathing and become unconscious. If you overdose, another person has to give you naloxone.

- You can buy naloxone for about \$70 from a pharmacy. You can also get it at a Needle Exchange program or community workshop. Call 211 for local workshops and Needle Exchange programs. You usually have to complete a short training (sometimes as short as a 10-minute video), then you get naloxone for free.
- You can go to the website in the booklet 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)
- If a person overdoses and wakes up after a dose of 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.
- The fear of punishment over helping someone who is overdosing has and can lead to death. 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.
- Let's flip over to the next page to talk about how to prevent an overdose.

Page 11: Prevent an overdose:

- The only way to completely prevent an overdose is to not use drugs. This might be a challenge, so there are resources to support you.
- Recovery support is one way to reduce your risk of self-medicating. Call 211 or text your zip code to 898211 to find recovery services in your area. Again, you can lower your risk of using opioids to self-medicate when you treat anxiety and depression and heal from past trauma.

Ask: "Does anyone have an example of a recovery or mental health support that can help people who are addicted to opioids?"
- These 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.
 - If there is a chance that you might use an opioid, you can lower your risk of dying from an overdose by:
 - Never using alone. All the naloxone in the world won't save you if you're not with someone who can administer it.
 - Using test fentanyl strips
 - Have naloxone on your body, and tell your family and friends you have it.
 - Earlier, we talked about the high risk of buying drugs that are mixed with deadly amounts of fentanyl. You can test your drugs before you use them. **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.
 - 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.
 - 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.
 - 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.
- Turn to the back cover - as we finish up, remember that there are places and people who can help you or a friend or family member stop using opioids. Call 211 or text your zip code to 898211 for resources in your area.

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

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