

# Opioid Overdose:

Prevention, Immediate Help,  
& Next Steps



**ACCADA**

Recovery, Counseling, & Prevention

We're here for you & your family  
when you need support the most.

**YOU ARE NOT ALONE.**

# After an Overdose

After the immediate danger of an overdose passes, and you or your loved one has survived, the question of what to do next remains.

That's where Ashland County's Quick Response Team (QRT) comes in.

QRT is made up of two detectives from the Ashland Police Department, two detectives from the Ashland Sheriff's Office, and ACCADA's Peer Recovery Support Person.

Together, these individuals do an unsolicited home visit to the survivor of an overdose situation within 48 hours of the incident. The QRT is there to care for the individual by providing them with the resources and support they need to prevent future overdoses and recover.



# Resources to Help

## WHEN SEEKING HELP FOR YOURSELF OR A LOVED ONE, IT'S IMPORTANT TO KNOW THE FACTS.

- ▶ **Law enforcement presence does not mean that you are in trouble.**  
The QRT members show up after an overdose in order to give you and your family the resources they need, including medical care, counseling, housing, food, and clothing.
- ▶ **This community HAS RESOURCES TO HELP. You are not alone on a recovery journey.** This pamphlet will show you how we are equipped to help you and your family back to wellness.
- ▶ **You should not hesitate to help someone in fear of legal repercussions.** Ohio Revised Code § 2305.23 protects individuals who assist in overdose cases when they do so voluntarily, out of necessity, and without expectation of payment. In fact, Ohio has a “duty to rescue” rule that says you are required to assist if you have custody of the individual, your actions caused the harm, and you need to keep helping if you started helping.
- ▶ **Not everyone who needs Narcan® struggles with opioid misuse.** Opioid overdoses can occur when a person accidentally comes into contact with strong, harmful substances.

# Narcan

## WHAT IS NARCAN?

Narcan® is the brand name for naloxone, a medicine that treats opioid overdose. This kit includes the nasal spray, but other forms can be injected into muscle or vein or under the skin.

## Who can take it?

ANYONE who has overdosed, including:

- Those who are pregnant
- Children
- Elderly
- Pets



# Using Narcan

## How do I administer it?

1. CALL 911. Give your location and the person's symptoms.
2. Remove Narcan® from the package.
3. Hold the device with your thumb on the bottom and two fingers on the nozzle.
4. Place the tip of the nozzle into the person's nostril until your fingers touch the bottom of the person's nose.
5. Firmly press the plunger until you can't press any more to release the dose.
6. If the signs and symptoms of opioid overdose return or continue after the medicine has been given, give a second dose in the other nostril with a new Narcan® nasal spray.
7. If you are trained in CPR, you may need to give it. If not, rescue breathing may be required.
8. Stay with the person until medical help arrives.

*Narcan® alone may not save a life. Anyone who has overdosed needs emergency medical help as quickly as possible.*

# Preparing for Success

## Steps Toward Recovery

1. Consider treating with medication.
2. Keep two doses of Narcan® (naloxone) on hand.
3. Make a relapse prevention plan with the person in recovery and a committed support network.
  - o Identify triggers, relapse is more likely during stressful situations.
  - o Keep a list of phone numbers for the person with a substance use disorder to call.
  - o Make a list of reminders of resources and motivations with your loved one and keep them in a visible and easily accessible place. People who struggle with substance misuse need to be reminded that they are not alone, they have help when they need it, and they have a life worth fighting to keep.
4. Continue learning and educating yourself about substance misuse and the stigma around them.

# Warning Signs

## EARLY WARNING SIGNS OF OPIOID OVERDOSE

- Slow, shallow, or stopped breathing
- Blue or gray lips and fingernails
- Unconsciousness or inability to wake
- Gurgling or choking sounds
- Cold or clammy skin

*The goal of prevention is to avoid relapse and repeated overdoses, but they can and do occur. It's important to know the signs.*



# Prevention & Recovery

## Preventing Future Overdoses & Promoting Recovery

→ One of the most difficult things about recovery is that no one can make the decision for the person misusing opioids. It must start with them. However, having an adequate support system and resources **can reduce the number of overdoses and potential death.**

Together, we can help citizens take the steps they need to lead better lives.

### → **Understanding Vulnerabilities**

Just like opioid misuse can happen to anyone, regardless of socioeconomic background, so can relapse. Some people, however, can be especially vulnerable, and it is important to identify and prepare.

- Those who have been incarcerated and are reentering the community will have decreased tolerance. **These individuals are at a high risk of overdose.**
- People who have not chosen to seek aftercare or have discontinued treatment after a previous overdose
- Anyone without a consistent support system
- Those who have used opioids intravenously

# From Crisis to Thriving

## **QRT wants you to know your options.**

The Quick Response Team exists to help with getting people from crisis to thriving. Every situation in opioid misuse is different, but most often the people we love don't know the danger they're in, or they don't know how to get the help needed to change.

### **TREATMENT OPTIONS**

- Withdrawal treatment
- Outpatient Services such as group and individual counseling
- Peer & Recovery Services
- Treatment in jail
- Medication-assisted treatment (MAT)

*Recovery requires multiple methods and approaches, so it is likely that you or your loved one will need several of the above services.*

# Family & Caregivers

## Supporting Loved Ones

Dealing with loved ones who struggle with opioid misuse is extremely difficult. When the QRT visits with caregivers, they first want to give them the opportunity to ask questions, particularly about the role of law enforcement in the situation. Second, law enforcement officers who consult with families and caregivers want to let them know that there are resources available to them so that they can continue to support their loved ones in their recovery. When supporting someone who is actively using, the situation can feel helpless, especially if it has continued for years.

There is more help, and it is essential for family and caregivers to remain supportive for people to succeed.

## RESOURCES

QRT can refer you to places that help with the following:

- Basic needs such as
  - Housing
  - Food
  - Clothing
  - Utilities support
  - Dental and health care
- Group and individual counseling
- Domestic violence shelter and temporary housing with Safe Haven
- Urine drug screening

# Narcan Refills

## REFILLS FOR NARCAN®

If you need refills or would like to make sure another person in your life has Narcan on hand, you may get more at the following locations:

- ACCADA
- Appleseed Community Mental Health Center
- Ashland County Health Department
- Any pharmacy in Ashland County



*Overdoses and recovery can disrupt many lives and introduce acute and ongoing stress for those who care for the survivor.*

## Contact Us

Ashland County Council on  
Alcoholism and Drug Abuse

Phone: (419) 289-7675

## Ashland Location

310 College Avenue  
Ashland, Ohio 44805

*Learn more at [accada.org](http://accada.org)*



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