

# Learn the Signs of an Overdose

LIKE UNRESPONSIVENESS  
AND ABNORMAL  
BREATHING,  
SO YOU  
CAN TAKE  
ACTION



KNOW THE  
SIGNS

## Naloxone & Opioid Overdose Prevention in K-12 Schools

Department of Health Naloxone  
Distribution Program

[naloxone@vermont.gov](mailto:naloxone@vermont.gov)

If emailing, please include: [schools] in subject line

# Outline

- Objectives
- Data & Emerging Trends
- Vermont Naloxone Distribution Program
- Considerations in Schools Setting
- Opioids and Overdose Response Overview
- Next steps
- Q&A

# Naloxone in K-12 Schools

All hazard planning to be prepared for emergencies, including suspected opioid overdoses...

GOAL is to support schools (and staff) to be prepared to recognize an opioid overdose, and how to safely respond in school setting.



# Objectives

By the end of this training, participants will be able to...

- Recognize and safely respond to an opioid overdose
- Understand emerging trends in Vermont
- Considerations for implementing an emergency response/ program in schools
- Next steps for School Point of Contacts

# Best Practices Language to reduce stigma

28% of people not accessing treatment report stigma as a reason



Instead of...	Try Using...
Addict	Person experiencing Opioid Use Disorder
Substance abuse, Habit, Addiction	Opioid (Substance) Use Disorder
Relapse	Recurrence of use
Clean	Not using, in recovery
Dirty	Currently using substances



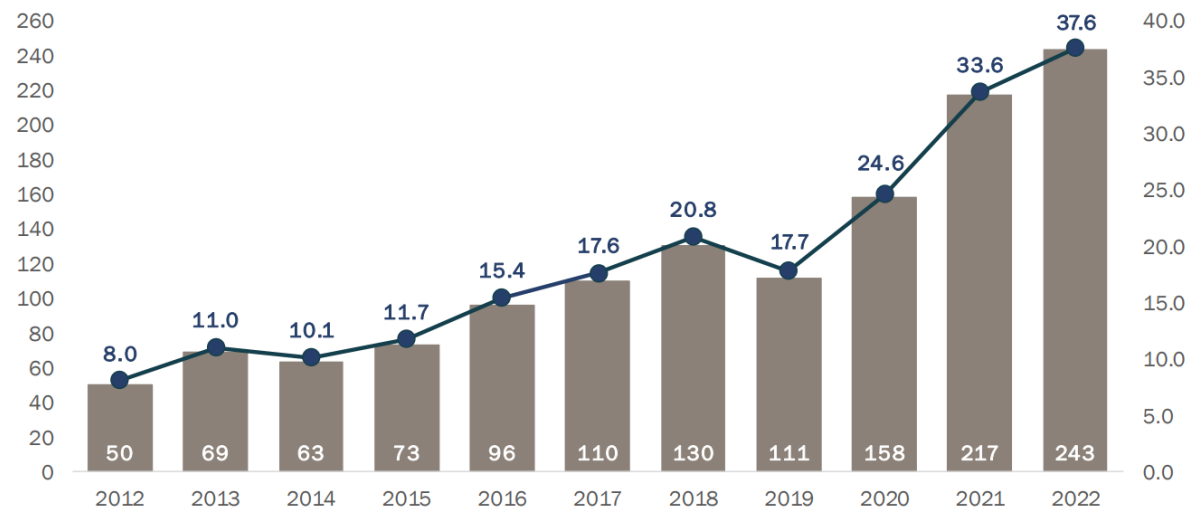
# Fatal overdoses in Vermont have increased since 2019

Overdoses can affect anyone who uses drugs and there is no single predictor for overdose risk.

Trends in VT:

- Most people who died of a drug overdose were white, male, 25-54, divorced/never married, and had a high school education or less.
- 2021- Nov 2023 <18 yrs  
5 (any drug) overdose deaths

The number and rate per 100,000 of opioid-related deaths over the past 10 years.



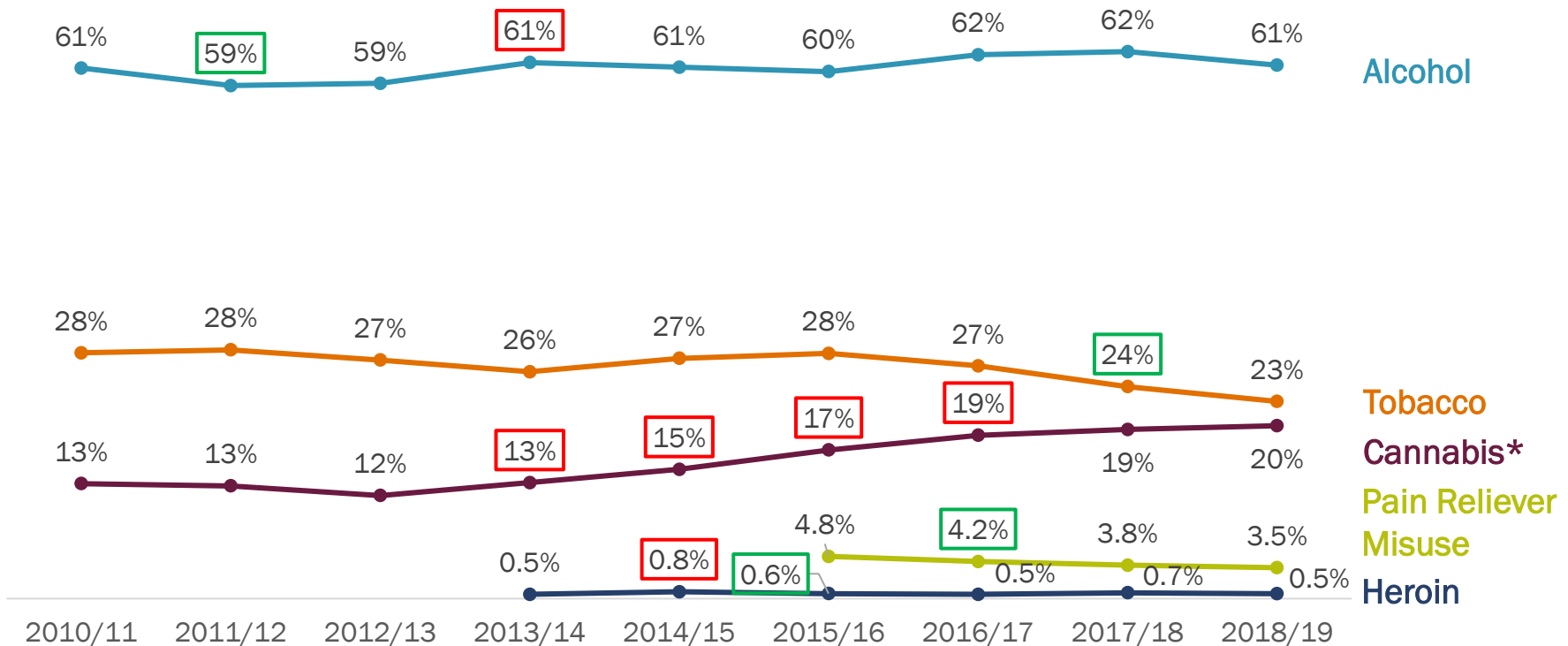
\*2022 data is preliminary and subject to change.

<https://www.healthvermont.gov/sites/default/files/documents/pdf/ADAP-MonthlyOpioidRelatedFatalOverdoses.pdf>

# Of Vermonters age 12+ using selected substances, alcohol was the mostly commonly used substance.

Red or green box around the label indicates a significant change from the previous year.

Alcohol, marijuana, and tobacco are reported past month use. Pain reliever misuse and heroin are reported past year use.



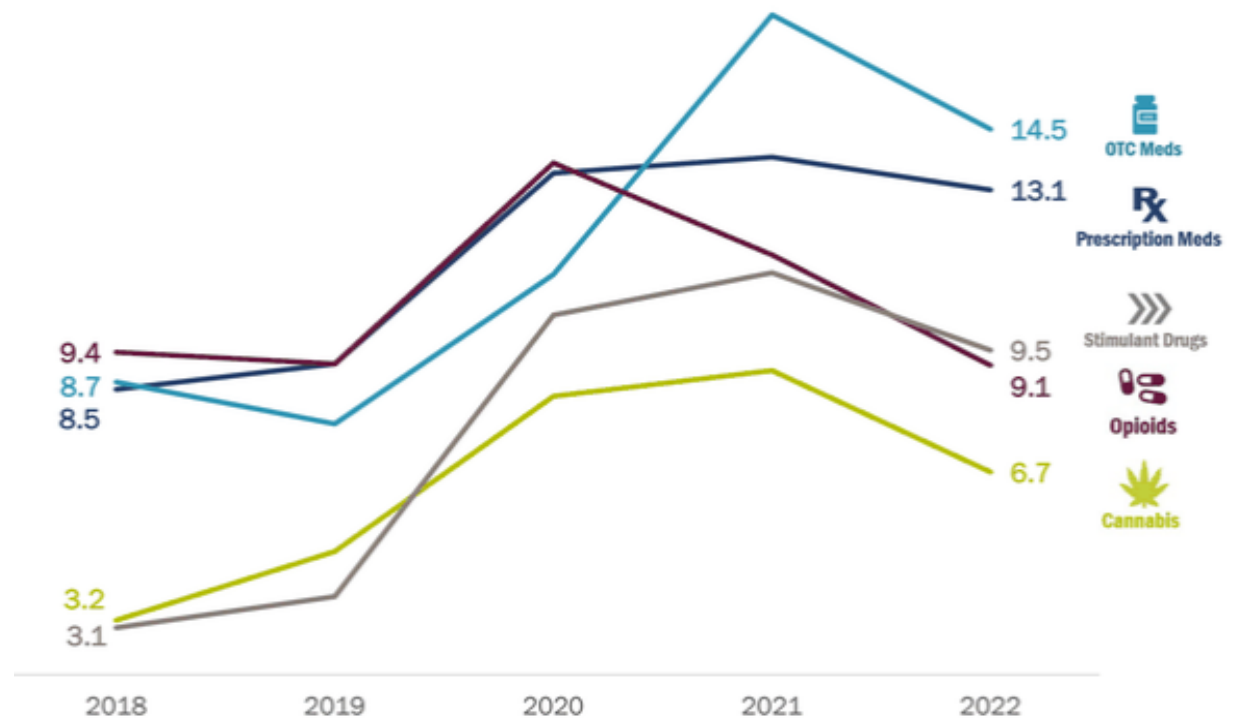
Source: National Survey on Drug Use and Health, 2010-2019

\*NSDUH uses the word "marijuana" while VDH uses the word "cannabis"


















# Are (any) drug overdoses happening in VT youth?

The rate of unintentional nonfatal overdoses per 10,000 ED visits for people under age 25 increased for most substances between 2018 and 2022.





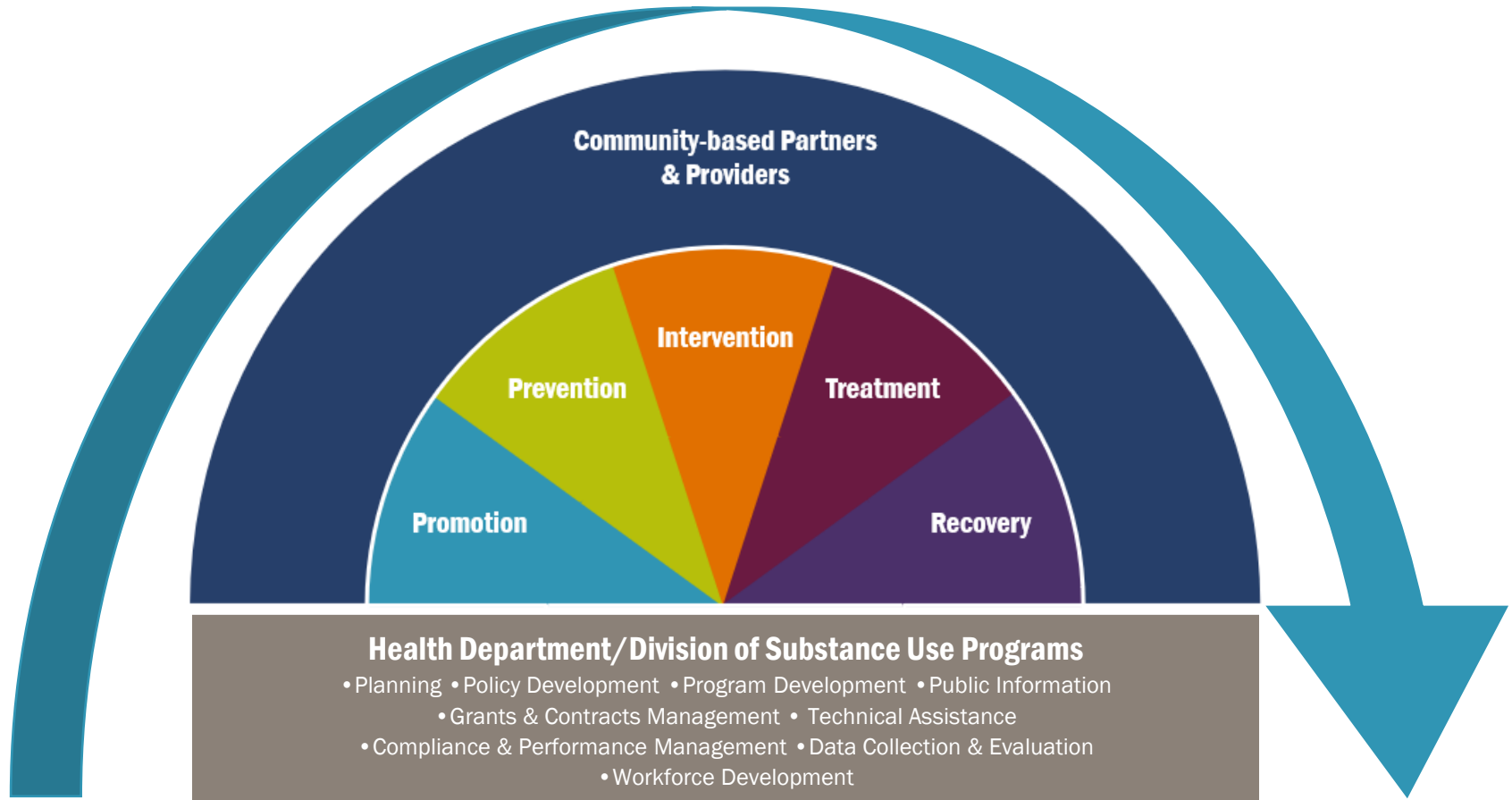
# 3 most common substances involved in unintentional nonfatal overdoses (ED visits) in 2022

Age	①	②	③
0 to 4	 OTC Meds	 Prescription Meds	 Cannabis
5 to 9	 Stimulant Drugs	 Cannabis	 Prescription Meds
10-14	 OTC Meds	 Prescription Meds	 Stimulant Drugs
15-19	 Prescription Meds	 OTC Meds	 Stimulant Drugs
20-24	 Opioids	 Stimulant Drugs	 Prescription Meds

Nonfatal overdoses among ages 0-24 Brief

# **Overdose Response in Vermont**

# System of Care



# Vermont Naloxone Distribution Program

- We work with community organizations throughout Vermont to provide naloxone and educational materials to Vermonters
- Our goal is to get naloxone into the hands of Vermonters who:
  - May be in a position to respond to an opioid overdose
  - May be at increased risk of an opioid overdose
  - May not otherwise easily access naloxone

# Health Department supports 4 pathways of community distribution of Narcan to reach different members of the public.

## Harm Reduction Packs



## Narcan Kits



## Mailed Narcan Kits



## First Responder Leave Behind Kits



## Organization Interest Form

## Individual:

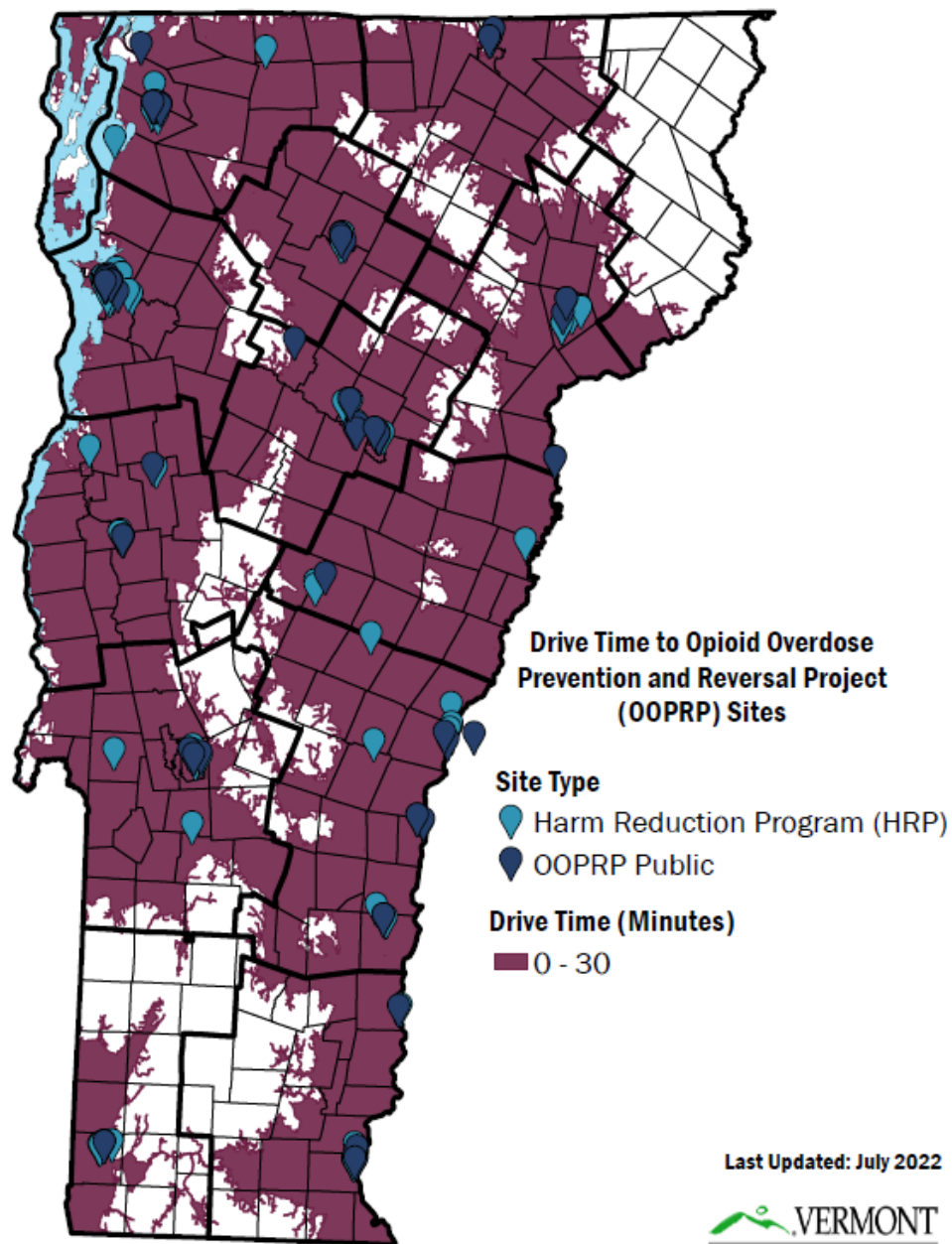
<https://survey.alchemer.com/s3/7566430/Free-Mailed-Narcan-Request-Form>

# Narcan® was approved to be OTC in Fall 2023: Same drug, different packaging





# Community Naloxone Sites



Last Updated: July 2022



# Numbers of Narcan®/naloxone leaving Health Department

Since 2015, we have provided doses of naloxone/ Narcan® to our **community partners** for use and distribution.

2018	16,559 doses
2019	16,678 doses
2020	27,937 doses
2021	47,157 doses
2022	51,289 doses



# Considerations for Schools

# Considerations for Developing an Emergency Plan

Many schools are updating their All-hazards emergency plan.

- Standing Order & Scope of Practice for staff
- Identity Point Person to oversee the program
- Leadership approval
- Consider including in Act 29 (2023) All-hazards emergency operation plan
  - New AOE-VSSC EOP template is rolling out very soon. Specifically calls out response to suspected overdose as a critical annex in the EOP plan. Intention is to provide the model protocols as a resource for schools as they build their EOPs. POC: Courtney O'Brien at AOE.
- Develop a Procedure
  - What to include?
  - There are some example procedures

# Considerations for Developing a Procedure/Protocol

## Developing a procedure/ protocol

**Purpose:** Consider emergency response & distribution of resources to students/ staff

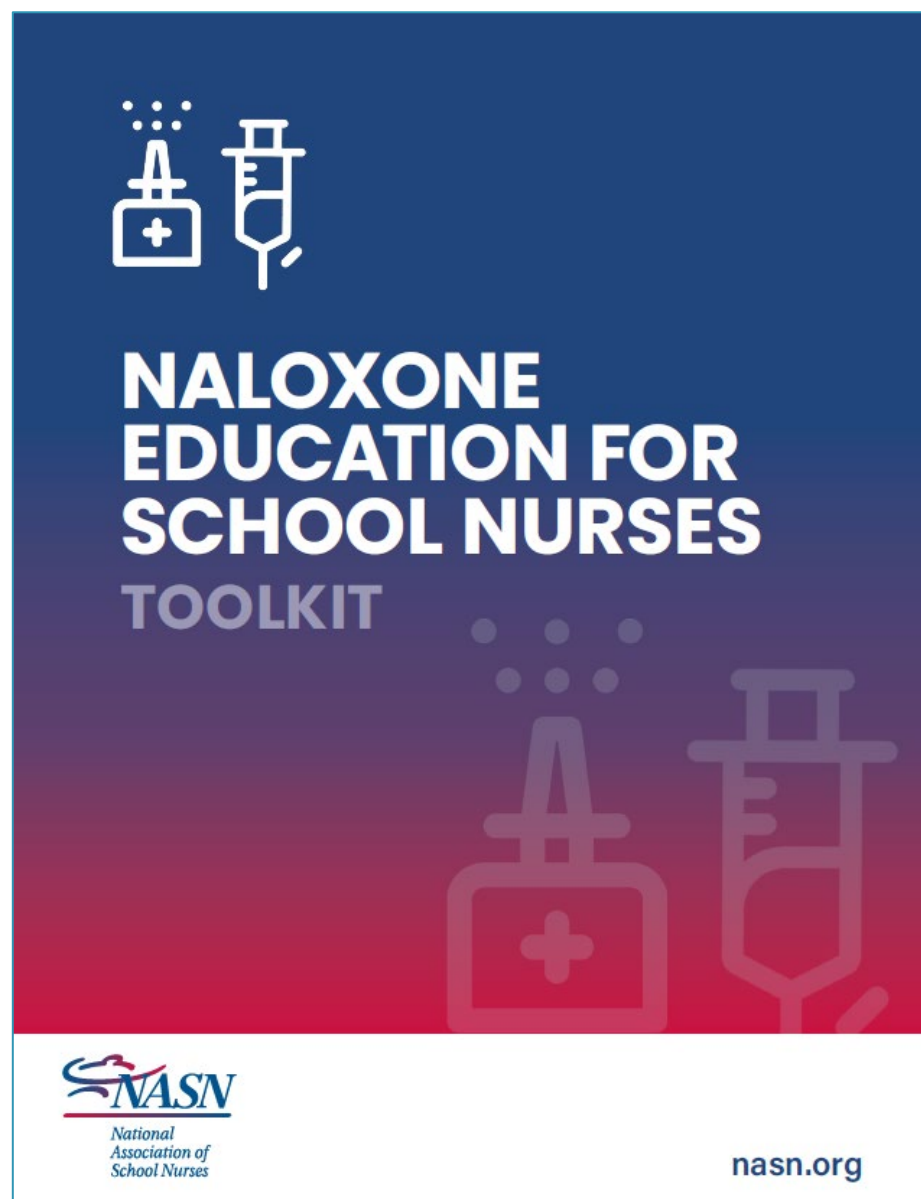
- What spaces could be covered? (building, events)
- Who is expected to respond?
- Trainings needed
- Emergency Access locations/ Inventory management
- Incident/use reporting
- Ordering/reordering replacements (expired, after use)

## Example of a Model Procedure

Resources aim to help school nurses, administrators, and teams with planning and preparing for the opioid epidemic in their school community.

<https://www.pathlms.com/nasn/courses/3353>

(You must create an account to access the toolkit and other resources.)



# Website Resources

## [VDH Opioid Overdose Prevention in Schools](#)

Scroll down to  
**Naloxone/Narcan**  
in k-12 schools



Home / Emergency Preparedness, EMS & Injury Prevention / Injury Prevention / **Opioid Overdose Prevention**

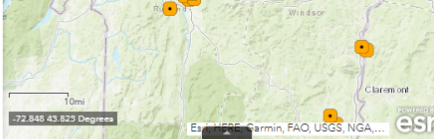
## Opioid Overdose Prevention

**In This Section:**  
[Prevent Falls](#) | [Suicide Prevention](#) | [Firearm Safety](#) | **[Opioid Overdose Prevention](#)** | [Water Safety in Vermont](#)

**Naloxone can reverse an overdose caused by an opioid drug (such as prescription pain medication or heroin).** When administered during an overdose, naloxone blocks the effects of opioids on the brain and restores breathing within two to eight minutes. Naloxone has been used safely by medical professionals for more than 40 years to reverse the effects of opioids on the brain and respiratory system in order to prevent death.





[Get Naloxone](#)

The Health Department organizations. These pages and referrals to treatment. People who should carry



- › **Standing order & Vermont law**
- › **About Vermont's Opioid Overdose Prevention and Reversal Project**
- › **Shelf-life extension of Narcan from 36 months to 48 months**
- ✓ **Naloxone/Narcan® in K-12 Schools**
  - If your school has received Narcan, here's what you need to know.**
  - The Vermont Department of Health and Agency of Education launched an initiative to support K-12 schools in being prepared to respond to a suspected overdose in Vermont schools.
  - While there have been no reported fatal opiate overdoses in Vermont K-12 schools, this initiative gives schools important tools (including Narcan® nasal spray) to respond to a suspected overdose on campus, should one occur. Narcan® can be a life-saving emergency medication in the event of a suspected overdose, and will not cause harm to others.
  - If you're interested in learning about how to add Narcan® to your personal first aid kit, review the information at the top of the page.
  - For questions, email [naloxone@vermont.gov](mailto:naloxone@vermont.gov)
  - More information coming soon.

### Education materials



# Opioids Overview



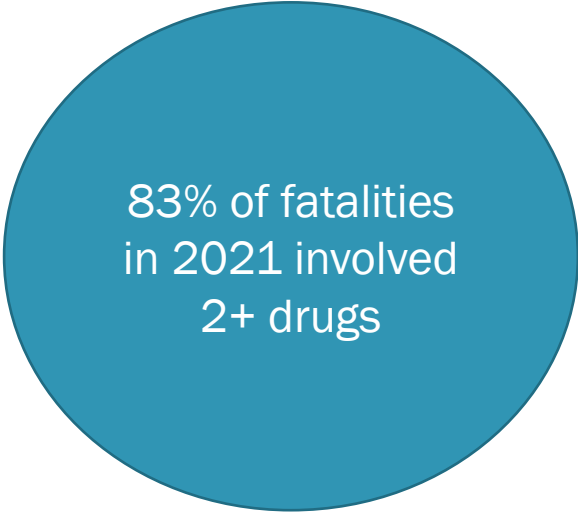
# Opioids and Opioid Use Disorder

- **Opioids** are chemicals that block pain signals in the brain and produce euphoria
- Opioids flood the brain with dopamine, the “feel-good” neurotransmitter
  - Numbs the brain to the effects of dopamine
  - Leads to distressing cravings and impaired executive functioning
- **Opioid use disorder** occurs when a person is unable to control use or use causes social problems



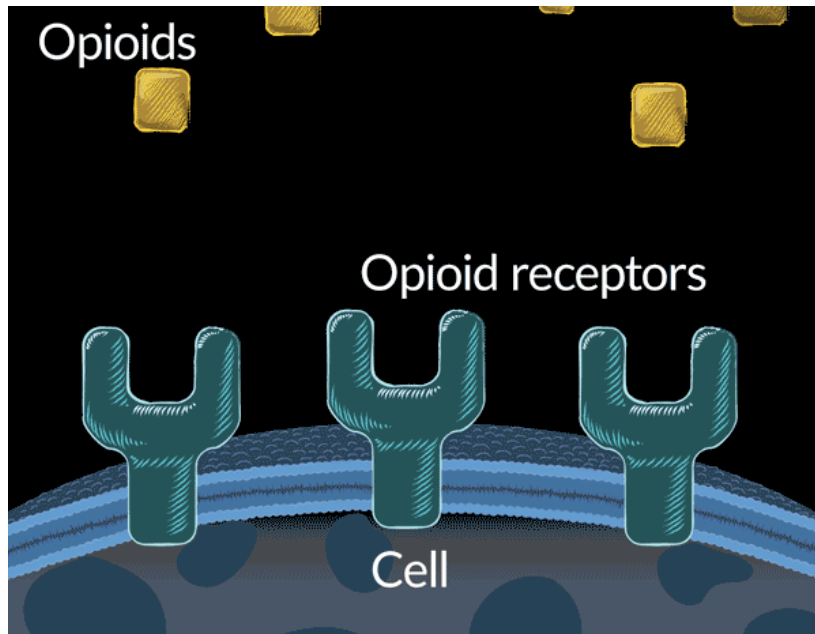
# Common Overdose Situations

- Tolerance is down due to a period of abstinence (including incarceration, recovery)
  - Only takes 1-2 days for tolerance to drop
- Using multiple drugs (intentionally or unintentionally)
  - Especially benzos or alcohol
- Using alone



83% of fatalities  
in 2021 involved  
2+ drugs

# What happens during an overdose, and when using naloxone

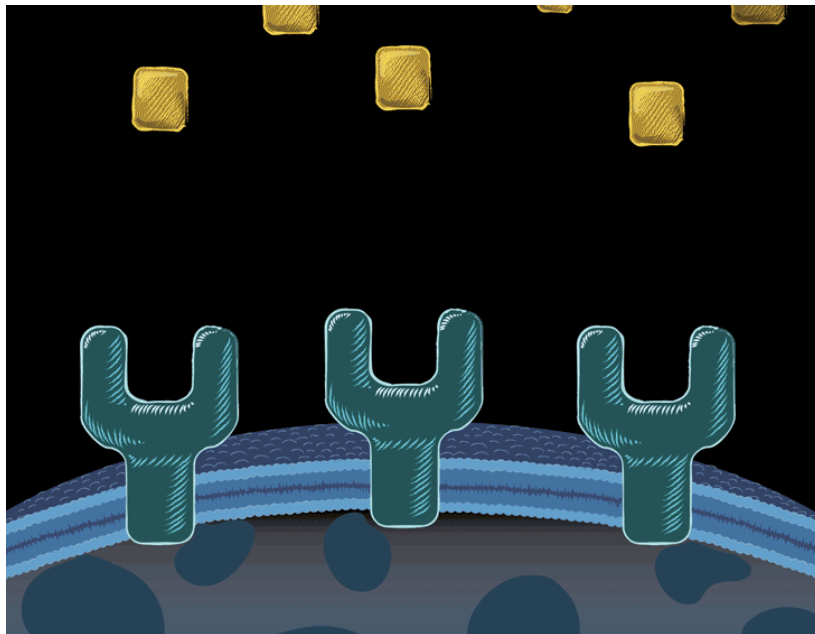


“Opioids kill people by slowing the rate of breathing and the depth of breathing,”

~ Andrew Stolbach of Johns Hopkins University School of Medicine.

Source: [Fatal fix: How an opioid overdose shuts down your body | Science News](#)

# What happens during an overdose, and when using naloxone

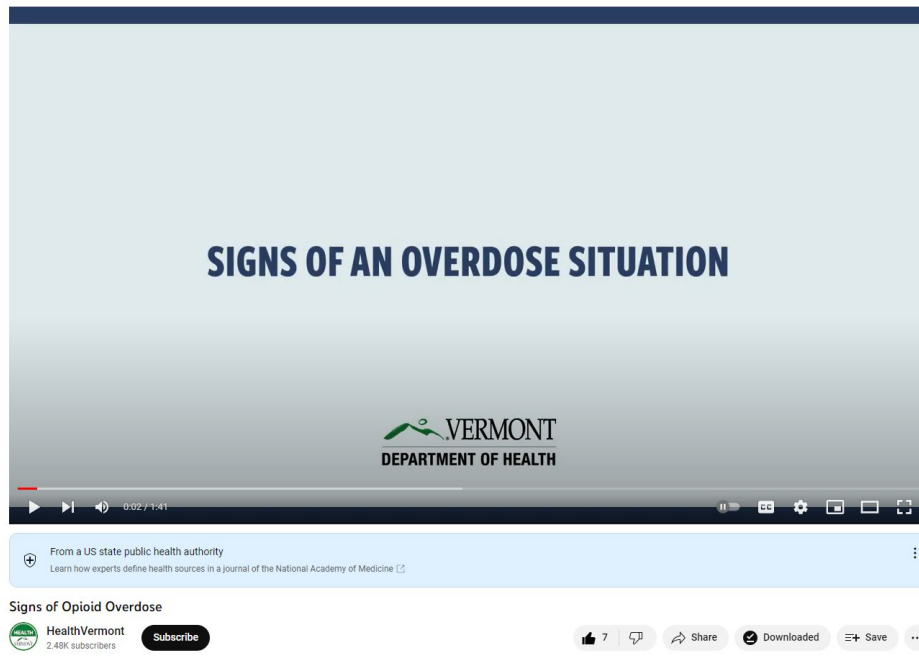


To treat an opioid overdose, doctors use drugs such as naloxone (Narcan®).

The potent **opioid blocker** latches onto empty opioid receptors, preventing other opioids from triggering the cell to take actions that can shut down breathing or freeze muscles.

Source: [Fatal fix: How an opioid overdose shuts down your body | Science News](#)

# Opioid Overdose - Signs and Symptoms



Person is unconscious or not waking up



Doesn't respond to shouting or rubbing knuckles on breastbone or between upper lip and nose



Person is not breathing normally

- Breathing very slowly or not breathing
- Snoring, choking, or gurgling sounds

Find links for videos at: [healthvermont.gov/naloxone](https://healthvermont.gov/naloxone)



**PEEL**



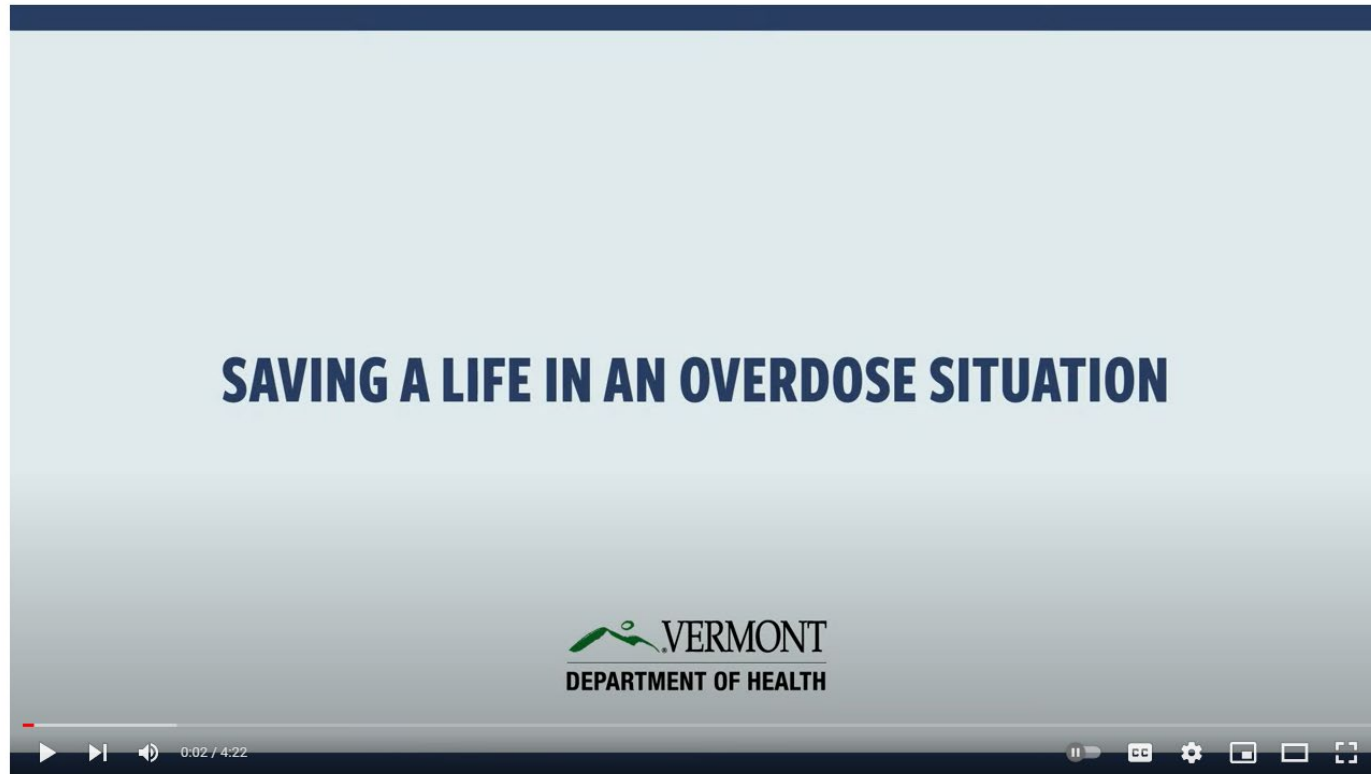
**PLACE**



**PRESS**

- Call 911
- Give Narcan®
- Start chest compressions and rescue breathing
- After 3-5 minutes, if they have not begun breathing on their own, give another dose
- If they begin breathing, place them in recovery position

# Responding to an Overdose Video



Find links for videos at: [healthvermont.gov/naloxone](https://healthvermont.gov/naloxone)



# Naloxone



Goal of  
Narcan®:  
restore  
normal  
breathing



Naloxone (brand name Narcan®) is a medication given to reverse opioid overdoses

# Naloxone/Narcan®....

- Can be given to anyone, including children and pregnant people
- Safe to administer even if the person is not having an opioid overdose
- Is not addictive
- Only works on opioid overdoses
- Takes 3-5 minutes to work

Following Narcan® administration, the person should be evaluated at the hospital.



# Narcan®/naloxone resources on our website

Website for the public:

[www.healthvermont.gov/naloxone](http://www.healthvermont.gov/naloxone)

Training videos



## Find Naloxone in Vermont

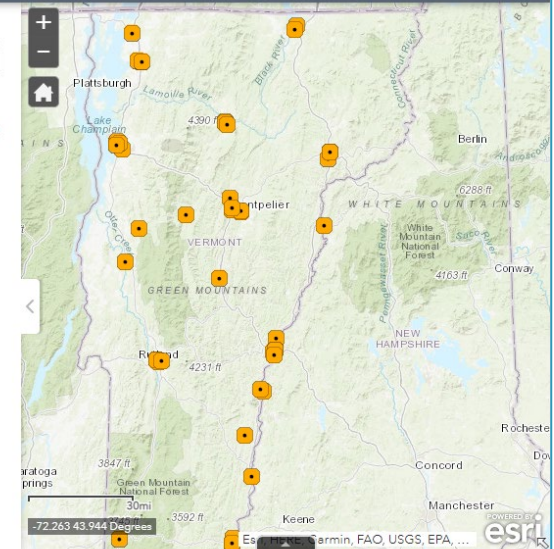
### Narcan Distributors in Vermont

Enter your location or click map

Type your location or Click Map

Show results within 60 Miles

0 100



## Standing Order & Vermont Law

## About Vermont's Opioid Overdose Prevention and Reversal Project

## Shelf-Life Extension of Narcan from 24 Months to 36 Months

## Narcan for Schools, Libraries, and YMCAs

# Naloxone is an incredibly important tool.

## Opioid overdoses are oxygen emergencies.

- Xylazine was a contributing factor in of our opioid overdose fatalities. This is a growing issue.
- Narcan®/naloxone does not work on Xylazine.
- Rescue breathing and calling 911 are vital.

Substance Involved	2021	
	#	%
Alcohol	29	14%
Benzodiazepines	7	3%
Buprenorphine	2	1%
Cocaine	100	48%
Fentanyl	196	93%
Heroin	20	10%
Methadone	17	8%
Methamphetamine	22	10%
RX opioid (no fentanyl)	48	23%
RX stimulants	4	2%
Tramadol	4	2%
Xylazine	29	14%



# Shifting Drug Trends

- Xylazine was a contributing factor in of our (preliminary) 2023 opioid overdose fatalities. This is a growing issue.
- Rescue breathing and calling 911 are vital.

2023	Total Opioid Overdose Deaths	Opioid Overdose Deaths with Xylazine		Opioid Overdose Deaths with Gabapentin	
		Number	Percent of Total	Number	Percent of Total
January	18	5	28%	2	11%
February	24	7	29%	3	13%
March	15	5	33%	1	7%
April	24	8	33%	1	4%
May	14	6	43%	2	14%
June					
July					
August					

# We use data to inform our programmatic decisions.



- [Social Autopsy](#)
- [Opioid Morbidity and Mortality Report](#)
- [Naloxone Data brief](#)
- Formal data collected during distribution is imperative to the work we do.
- Informal data collection is also incredibly important!

# Data available from Vermont Department of Health Division of Substance Use Programs (DSU)

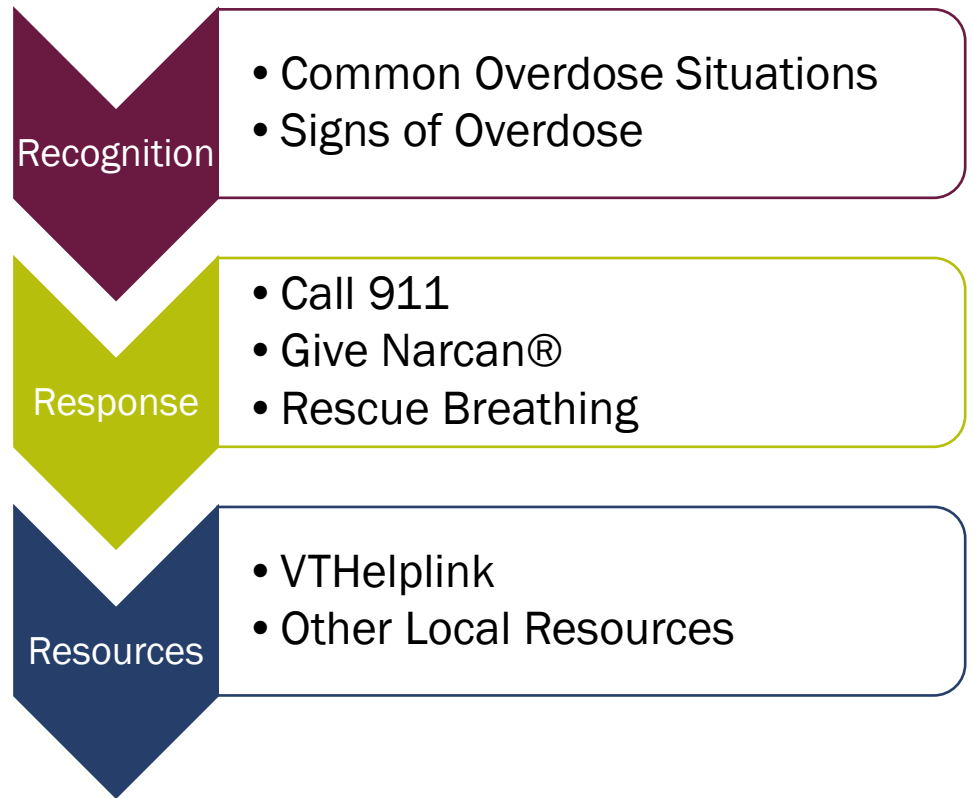
<input type="text" value="opioid"/>	
Title	Type
<a href="#">Vermont Opioid and Stimulant Response Initiatives</a>	Report
<a href="#">Monthly Vermont Opioid-Related Fatal Overdoses</a>	Data Brief
<a href="#">Vermont Opioid-Related Fatal Overdoses</a>	Data Brief
<a href="#">Opioid Overdose Response Initiatives</a>	Report
<a href="#">Opioid Overdose and Narcan® (Naloxone) Overview</a>	Report
<a href="#">Repeat Opioid Overdose Emergency Department Visits Among Vermont Residents</a>	Data Brief
<a href="#">Vermont Opioid-Related Fatal Overdoses</a>	Data Brief
<a href="#">Role of Xylazine in Fatal Opioid Overdoses Among Vermont Residents</a>	Data Brief
<a href="#">Harm Reduction Evaluation: Opioid Initiation</a>	Evaluation
<a href="#">Harm Reduction Evaluation: Perception from People Who Use Opioids of Calling 911 for Overdose</a>	Evaluation

<https://www.healthvermont.gov/alcohol-drugs/reports/data-and-reports>



# Overdose Recognition & Response Education

- Anyone receiving Narcan should be taught how and when to use it
- Use the wallet card as a framework for this training
- Videos are available on the website



# **Awareness and Resources**

# Treatment and Recovery Resources

VT Helplink is the only statewide, public resource to connect you to the treatment and recovery resources you need.



## VT Helplink

Alcohol & drug support center

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**Connecting you  
to the services  
you need.**

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The Helplink is your connection to Alcohol and Drug Support Services. We're here for you.

Visit [www.vthelplink.org](http://www.vthelplink.org).

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# KnowOD was developed in partnership with the SSPs and informed by their clients.



Avoid using alone.



Use new syringes.



Test for fentanyl.



Go slow and test strength.



Carry Narcan.



Call 911.

Website – <http://knowodvt.com/>

# Campaigns and education on our website

The logo for KNOWOD, with the word in a bold, sans-serif font. The letters 'KNOW' are grey and 'OD' is red. The background is a light beige with a faint, textured illustration of a hand holding a heart and two children hugging.

## Do Your Part

Learn how to lock, drop, and mail unused prescription medications to keep Vermonters — and our wildlife and waterways — healthy and safe.



## RxAware

A resource for information about opioid prescriptions and alternatives and what to ask a physician before taking opioids.



## Parent Up Vermont

All teens are at risk of alcohol and drug use, and parents can be the number one influence on behavior. Learn about tips and resources to help prevent substance use among youth.

## Brochures and materials available for order

The logo for VADIC, featuring the word "VADIC" in a bold, white, sans-serif font. The letters are contained within a white rectangular border. The background of the logo is a solid teal color.

# VADIC

VERMONT ALCOHOL & DRUG INFORMATION CLEARINGHOUSE

VADIC is a program of The Vermont Association for Mental Health and Addiction Recovery. These publications and resources are free (and free shipping) to all Vermonters and our partners.

[www.vadic.org](http://www.vadic.org)

# Resources

Naloxone Administrator/New Naloxone Site [naloxone@vermont.gov](mailto:naloxone@vermont.gov) or  
<http://s.alchemer.com/s3/Naloxone-New-Site-Screening>

Naloxone information: <https://healthvermont.gov/naloxone>

DSU Data and Reports:

<https://www.healthvermont.gov/alcoholdrugs/reports/data-and-reports>

Campaign websites: <http://www.knowodvt.com/>;

<http://www.healthvermont.gov/doyourpart/>;

<http://www.healthvermont.gov/RxAware>;

<https://www.healthvermont.gov/alcohol-drugs/end-addiction-stigma>;

<https://parentupvt.org/>

Vermont Alcohol & Drug Information Clearinghouse: <https://vadic.org/>

VT Helplink: <https://vthelplink.org/>



# Thank you!

**[Narcan for Community Programs Interest Form](#)**

## More questions?

**Email** [naloxone@vermont.gov](mailto:naloxone@vermont.gov)

**Web:** [Healthvermont.gov/naloxone](http://Healthvermont.gov/naloxone)