

Fighting Maryland's Opioid Epidemic

DURING COVID-19



BE A HERO 
• Save a Life with Naloxone •

Before We Begin:



Turn up your speaker volume



Submit questions through Q&A widget



Ask for help if you have technical issues



You'll be emailed a copy of the slides

Introduction

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BEHAVIORAL HEALTH ADMINISTRATION



BEHAVIORAL HEALTH ADMINISTRATION



- **Mission:** The BHA will, through publicly-funded services and supports, promote recovery, resiliency, health, and wellness for individuals who have or are at risk of having emotional, substance-related, addictive and/or psychiatric disorders to improve their ability to function effectively in their communities.

BEHAVIORAL HEALTH ADMINISTRATION



- **Vision:** Improved health, wellness, and quality of life for individuals across the life span through a seamless and integrated behavioral health system of care.

MARYLAND BUSINESSES WERE ASKED:

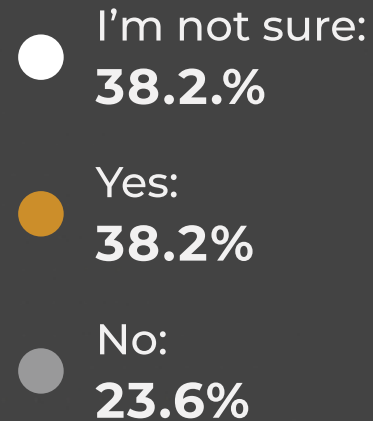
Are you concerned about the opioid crisis
in your community?



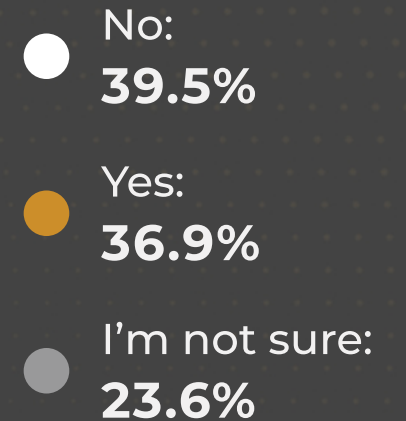
- Yes:
72.1%
- No:
14.3%
- I'm not sure:
13.6%

MARYLAND BUSINESSES WERE ASKED:

Do you know how to recognize an overdose?



Do you know how to help during an overdose before paramedics arrive?



MARYLAND BUSINESSES WERE ASKED:

Do you believe that employers should play a role in addressing the opioid crisis?



Unintentional Drug and Alcohol-Related Deaths

IN MARYLAND, JAN—JUNE 2020



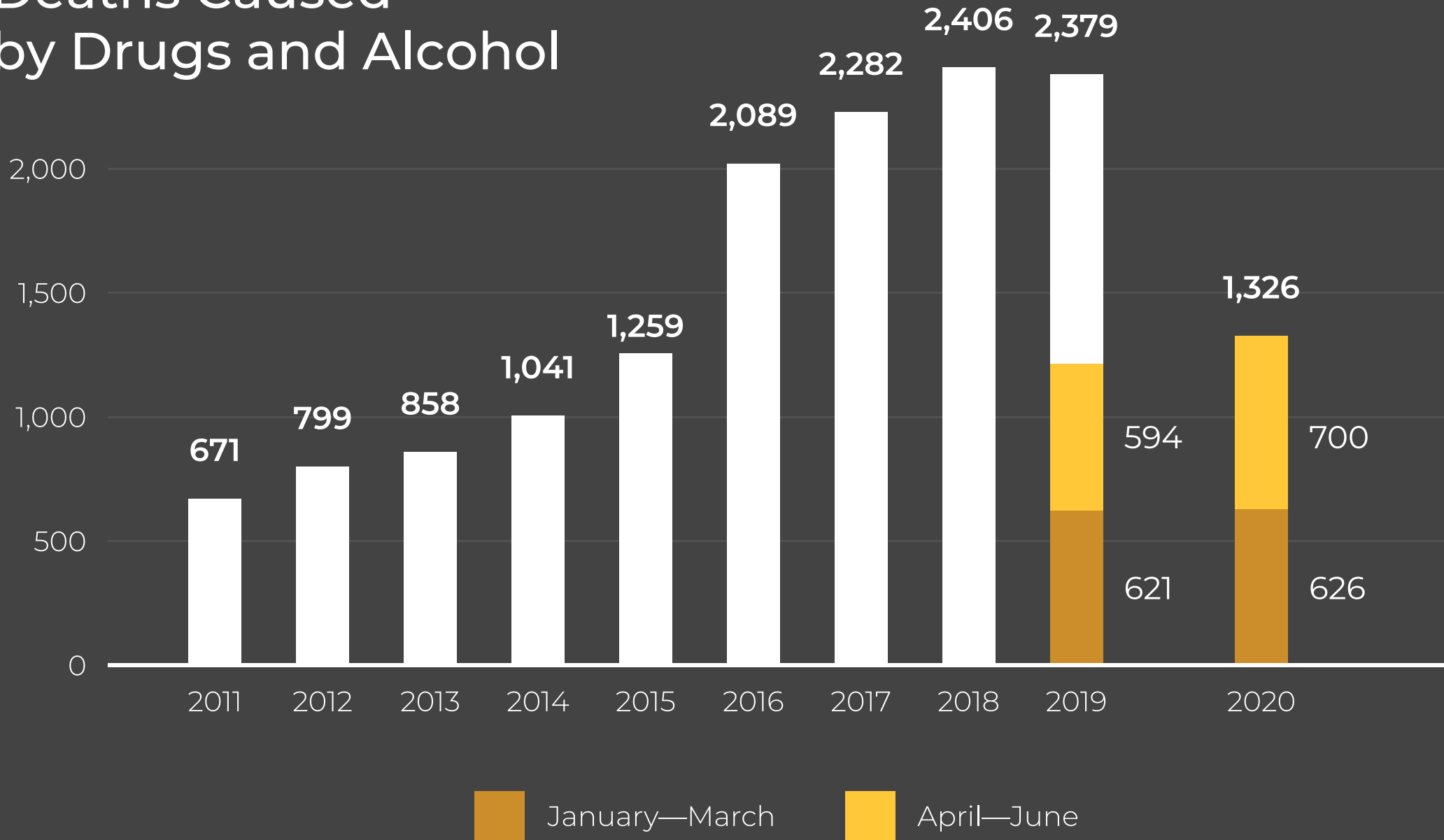
Source: [Unintentional Drug and Alcohol-Related Intoxication Deaths Quarterly Report \(2020,Q2\)](#)



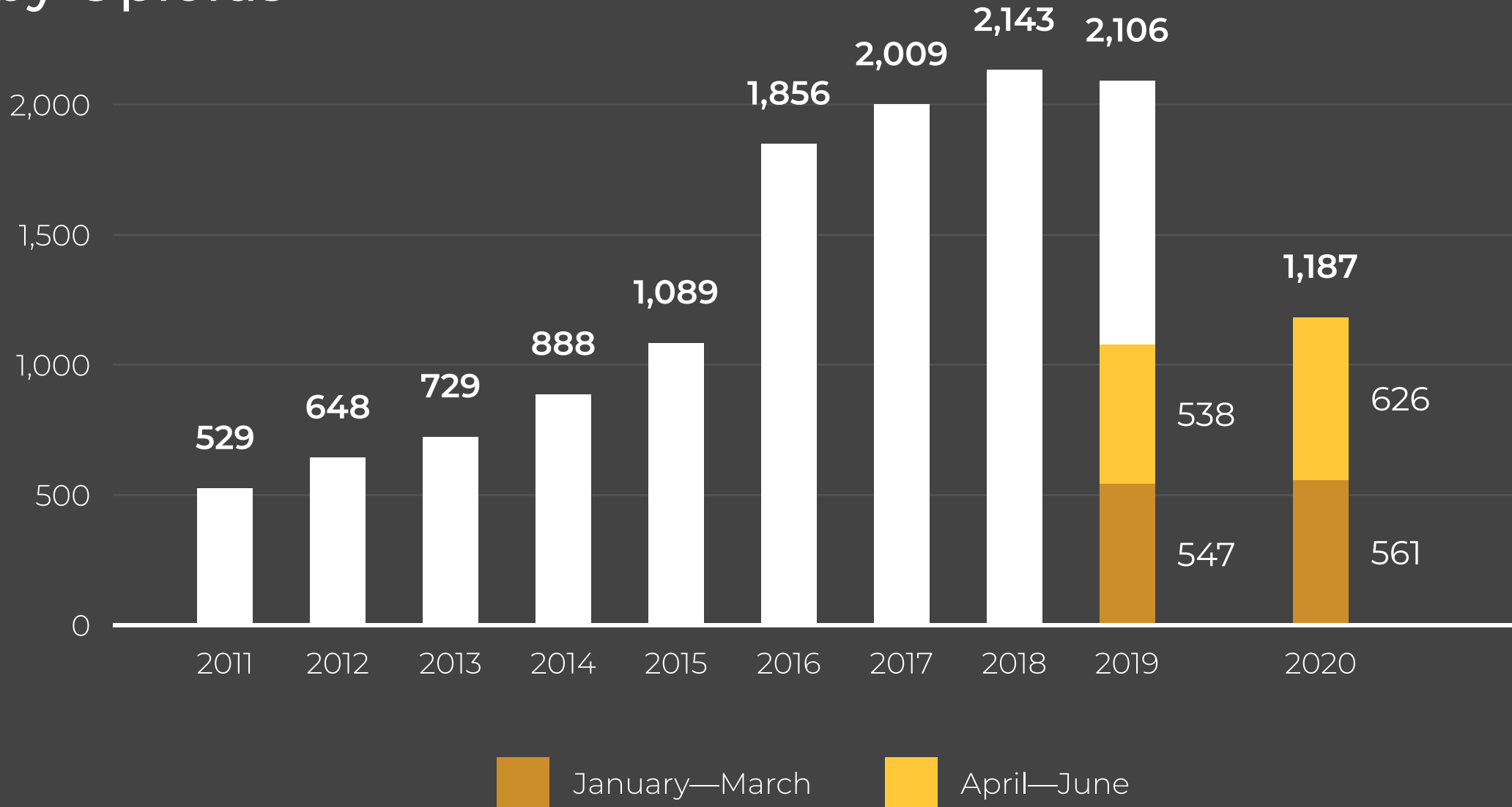
KEY FACTS:

- Maryland saw increases in fatalities related to almost every substance, likely due to despair caused by COVID-19 increasing substance use. The effects are broad and far-reaching.
- Fentanyl presents the most serious challenge. It played a role in most opioid-related and **all** intoxication-related deaths.
- Alcohol-related deaths spiked to 287 in 2020, a 34.7% increase.

Deaths Caused by Drugs and Alcohol

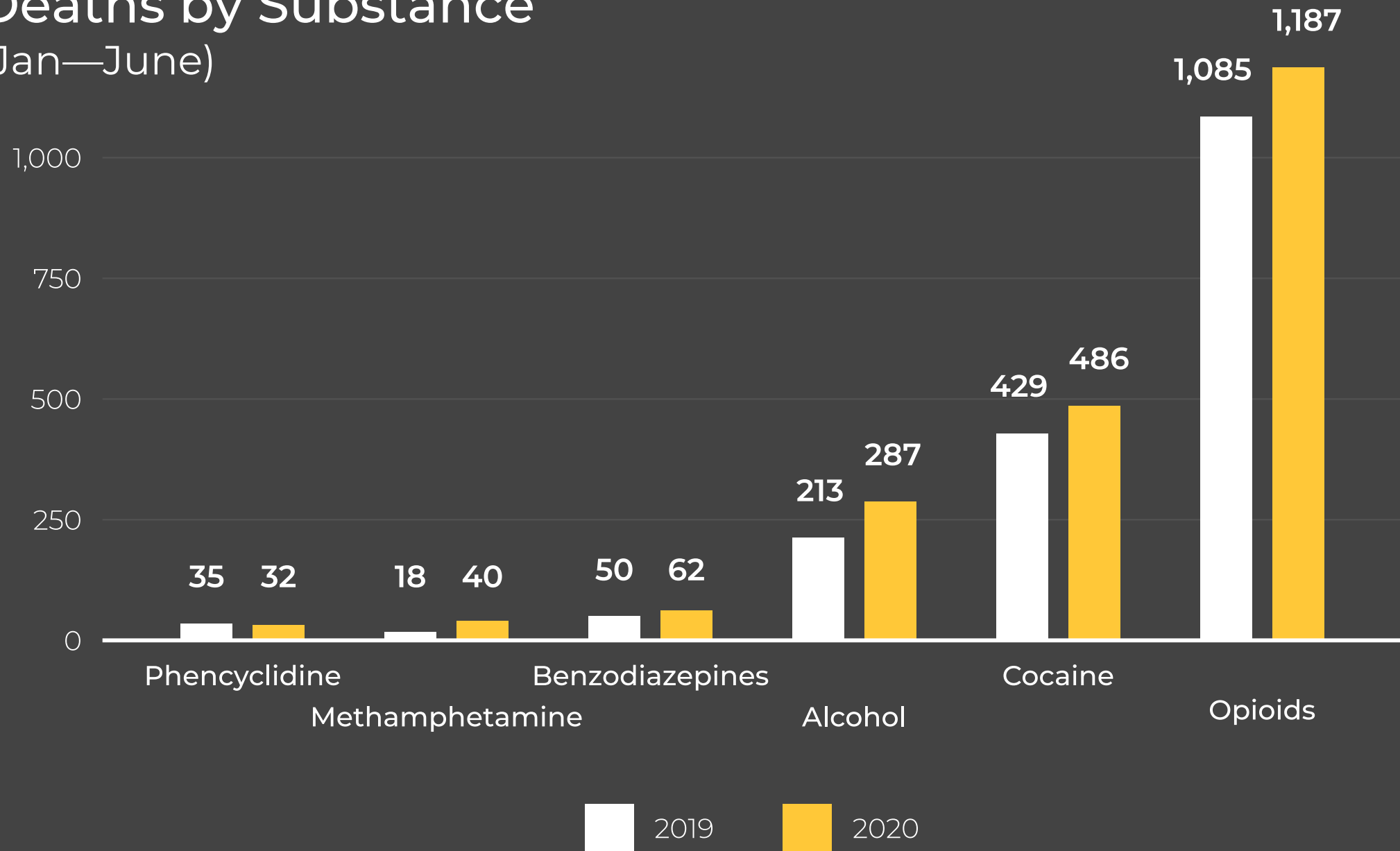


Deaths Caused by Opioids



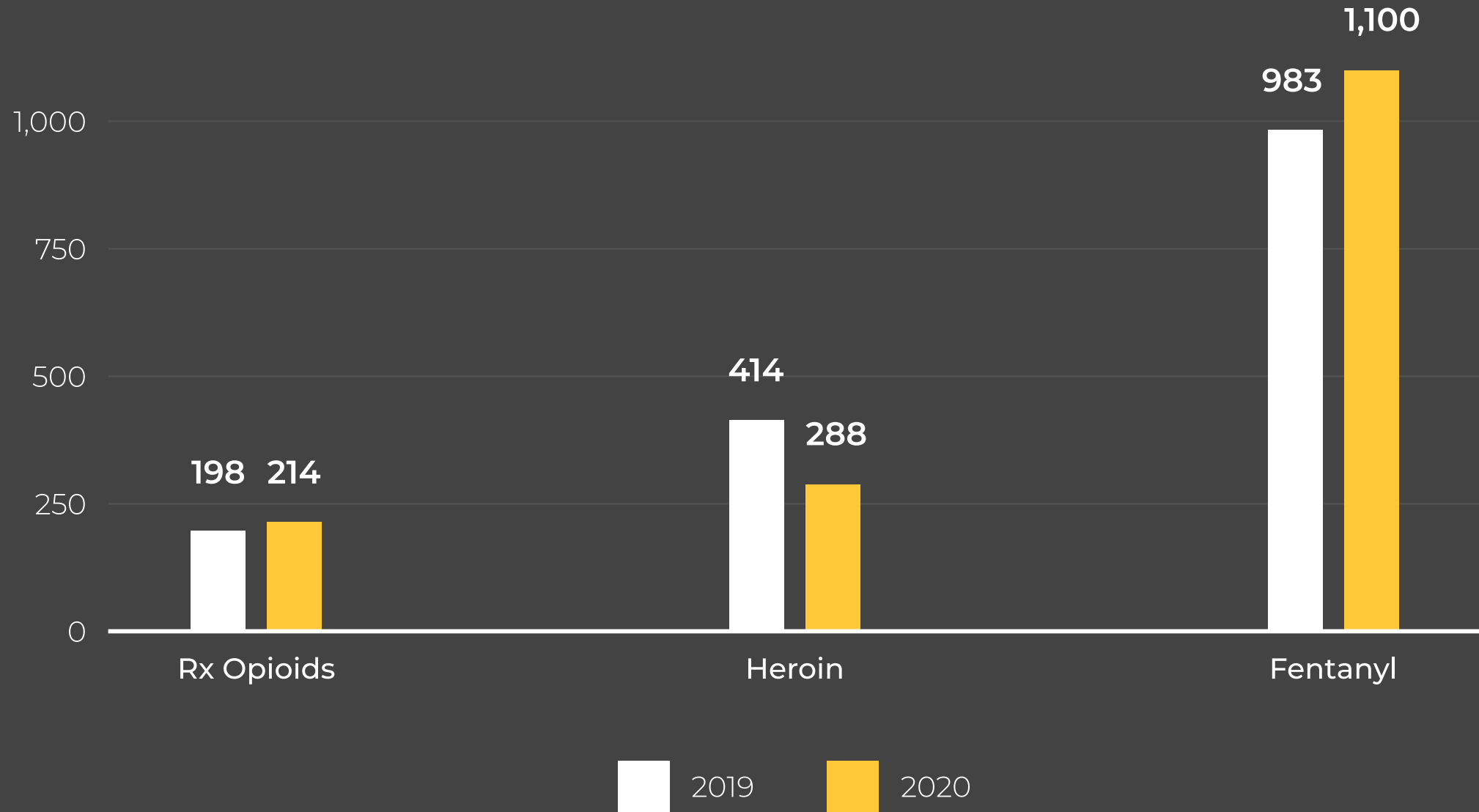
Deaths by Substance

(Jan—June)



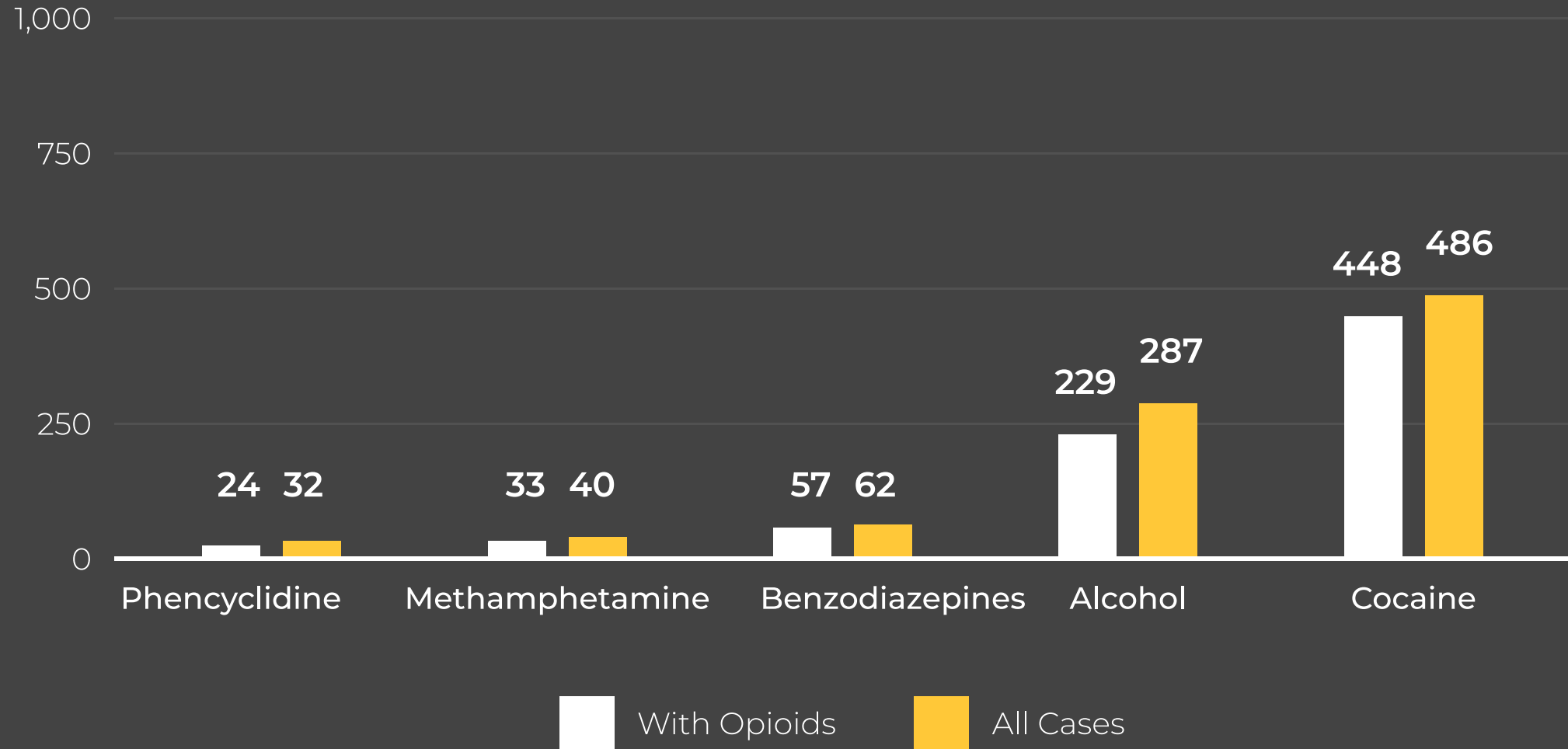
Deaths by Opioid Type

(Jan—June)



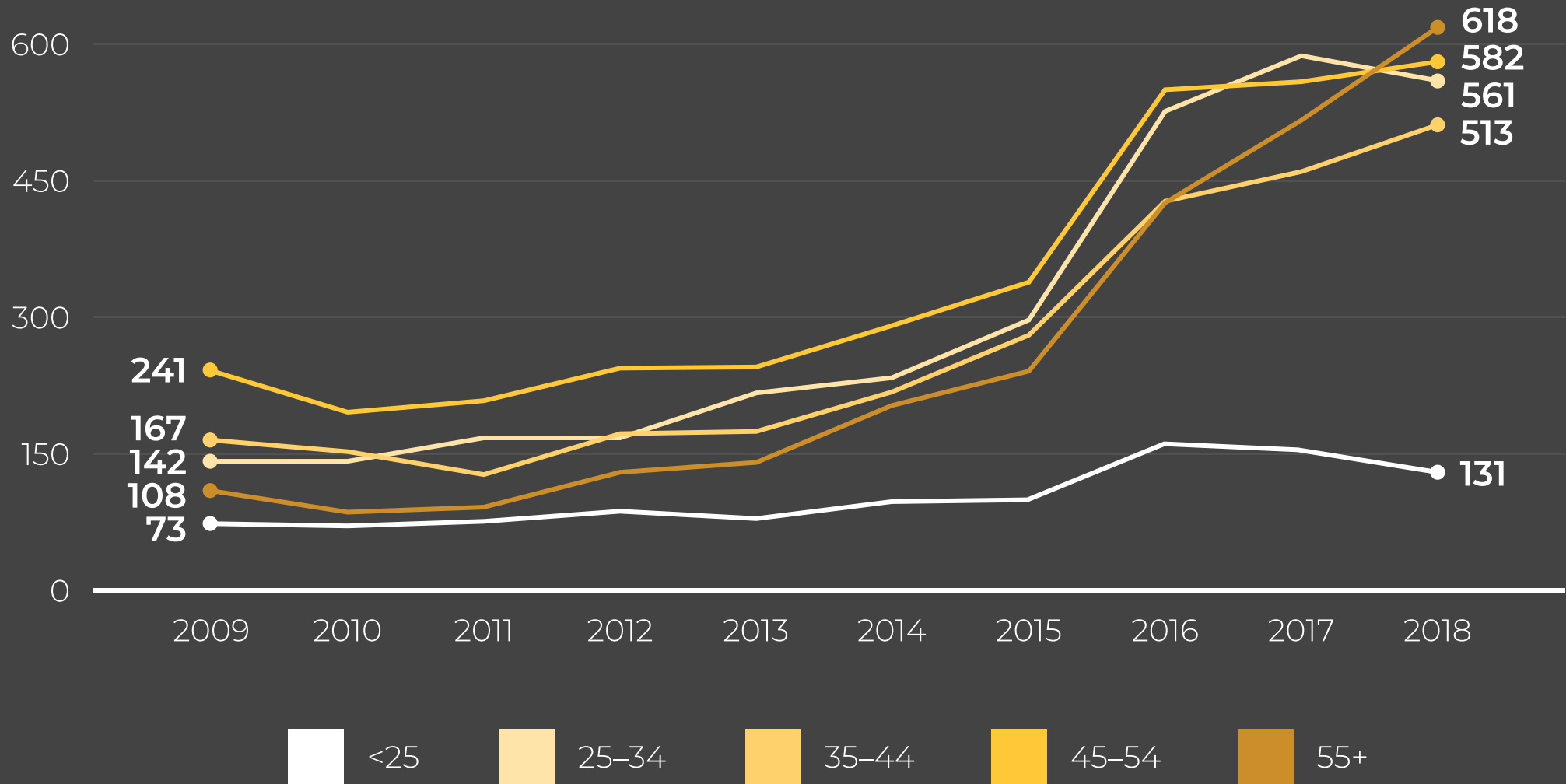
Deaths by Substance Mixed with Opioids

(Jan—June 2020)



Deaths Caused by Drugs and Alcohol

(By Age Group)



COUNTY	2019	2020	+/-	%	COUNTY	2019	2020	+/-	%
Allegany	13	20	+7	+53.8%	Harford	38	33	-5	-13.2%
Anne Arundel	93	101	+8	+8.6%	Howard	14	26	+12	+85.7%
Baltimore City	462	427	-35	-7.6%	Kent	6	2	-4	-66.7
Baltimore Co.	171	176	+5	+2.9%	Montgomery	38	51	+13	+34.2%
Calvert	13	11	-2	-15.4%	Prince George's	37	87	+50	+135.1%
Caroline	7	8	+1	+14.3%	Queen Anne's	8	6	-2	-25%
Carroll	24	20	-4	-16.7%	Somerset	1	7	+6	+600%
Cecil	24	43	+19	+79.2%	St. Mary's	12	12	0	0%
Charles	12	17	+5	+41.7%	Talbot	9	7	-2	-22.2%
Dorchester	5	10	+5	+100%	Washington	39	57	+18	+46.2%
Frederick	33	34	+1	+3%	Wicomico	15	15	0	0%
Garrett	2	3	+1	+50%	Worcester	9	14	+5	+55.6%
Statewide						1,085	1,187	+102	+9.4%

What is an opioid?



PRESCRIPTION OPIOID EXAMPLES



GENERIC	PRESCRIPTION	GENERIC	PRESCRIPTION
Oxycodone	OxyContin, Percocet, Roxicodone	Hydrocodone	Vicodin, Lorcet, Zohydro, Lortab
Oxymorphone	Opana	Codeine	Tylenol 3 and 4
Hydromorphone	Dilaudid	Buprenorphine	Suboxone, Subutex, Zubsolv
Morphine		Methadone	
Meperidene	Demerol	Fentanyl	Duragesic

ILLICIT OPIOID EXAMPLES

Heroin

Non-pharmaceutical fentanyl

- Illicitly produced, synthetic drug
- Pill form looks like prescriptions, powder looks like heroin

Fentanyl + heroin: deadly combination

FENTANYL

- May be hundreds of times more potent than heroin
- Involved in most opioid-related fatalities (1,100 Jan—June 2020)
- May be sold with heroin; people may or may not realize that there is fentanyl mixed in with their heroin
- Involved in 92.7% of all opioid-related Jan to June 2020, versus ~8% in 2013. Compared to the first half of 2019, 11.9% increase



Fentanyl

What is an opioid overdose?



WHAT IS AN OVERDOSE?

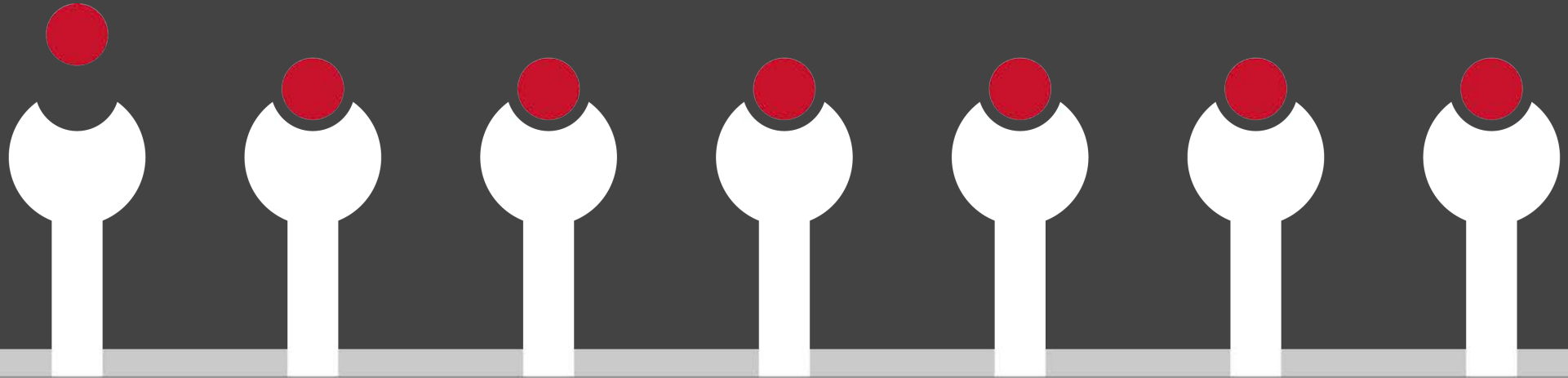
- Overdoses happen when a toxic amount of an opioid—alone or mixed with other opioid(s), drugs and/or substances—overwhelms the body’s ability to handle it.
- Many overdoses result from **mixing** prescription painkillers or heroin with benzodiazepines (benzos), cocaine and/or alcohol.

SIMULATION OF AN OVERDOSE



Opioids fit exactly on brain receptors. When too many opioids bind to receptors, breathing is impacted and overdose occurs.

OPIOID



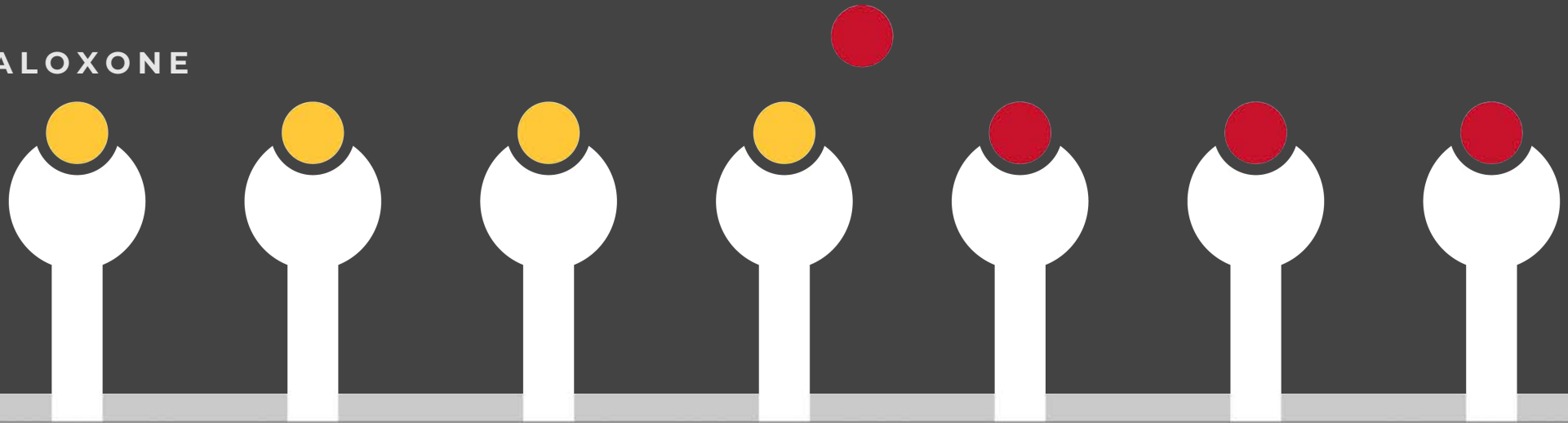
RECEPTOR

REVERSING OF AN OVERDOSE



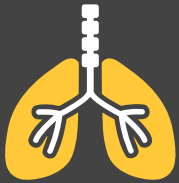
Naloxone has a stronger affinity for the receptor than the opioids and knocks them off temporarily.

NALOXONE



RECEPTOR

WHAT LEADS TO OVERDOSE DEATH?



Respiratory
failure



Lack of oxygen
in blood



Vital organs
start to fail



Unconsciousness,
coma, death

OPIOID OVERDOSES SIGNS AND SYMPTOMS

- ✓ Slow, shallow, or no breathing
- ✓ Unresponsive
- ✓ Unconscious
- ✓ Loud snoring or gurgling noises
- ✓ Limp body
- ✓ Lips/fingertips turn blue or grey
- ✓ Skin pale/grey, clammy
- ✓ Pulse slow or erratic

WHAT IS NALOXONE

Naloxone is a medicine that reverses only overdoses caused by opioids. Naloxone restores breathing and:

- Wears off in 30 minutes to 2 hours
- Is safe for children and pregnant women
- Is delivered intramuscularly, intranasally or intravenously
- Has no potential for misuse
- Has no effect on someone who hasn't taken opioids
- Side effects are minimal and rare

Responding to an Opioid Overdose



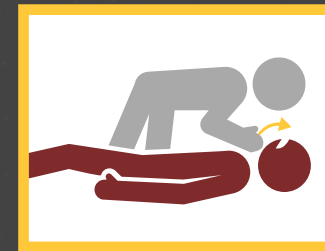
Rub
Sternum



Call 911
for Help



Give
Naloxone



Rescue
Breathing

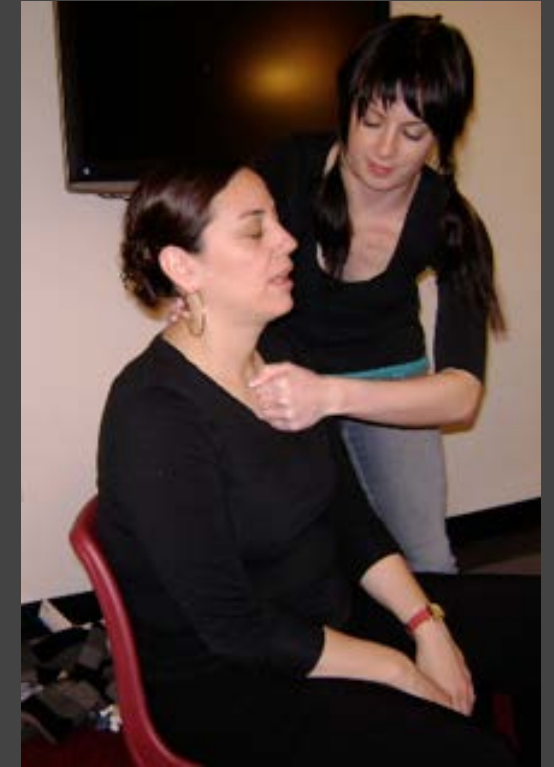


Care for
the Person

STEP 1:

Rub Sternum

- **Noise:** shake person and yell:
“[Name]! Are you all right? Wake up!”
- **Pain:** if no answer, do sternum rub
Make fist, rub your knuckles firmly up and down the
breastbone



STEP 2:

Call 911

Get emergency medical help for someone experiencing an overdose!

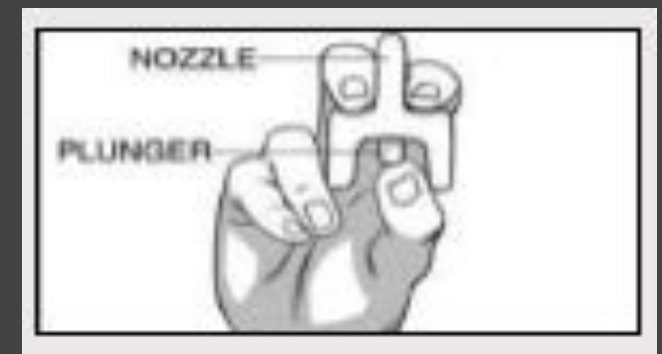
- Naloxone is only temporary
- Person may have complications or need more naloxone
- May be non-opioid overdose



STEP 3:

Give Naloxone

- Remove Narcan nasal spray from box. Peel back tab with circle to open
- Hold Narcan nasal spray with your thumb on bottom of the plunger and your first and middle finger on either side of the nozzle



STEP 3:

Give Naloxone (cont'd)

- Tilt head back and support person under neck. Gently insert tip of nozzle under nostril, until your fingers on either side of the nozzle are against the bottom of the nose
- Press plunger firmly to administer



STEP 3:

After Administering

- Allow 1-3 minutes for naloxone to work. Begin rescue breathing
- If breathing not restored after 2-3 minutes, give another dose of naloxone. Continue rescue breathing if necessary

STEP 4:

Rescue Breathing

- Lay the person face-up on flat surface
- Lift the chin and tilt the head to open the airway
- Check to see if anything is in the mouth, blocking the airway. If so, remove it

STEP 4:

Rescue Breathing

- Pinch the nose shut
- Make complete seal over person's mouth with your mouth
- Blow two regular breaths, then give one breath every five seconds
 - If chest does not rise, re-tilt head and give another rescue breath



STEP 5:

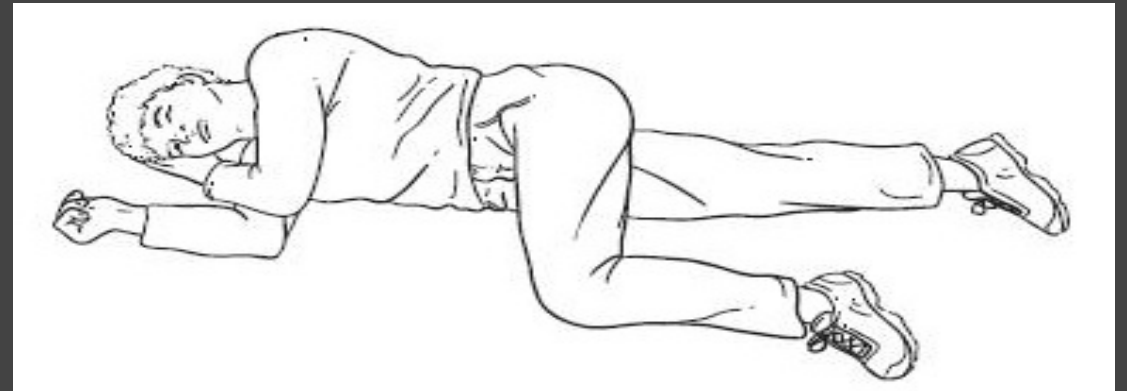
Provide Care

- Stay with the person until medical help arrives.
- If person cannot sit up, put him/her in recovery position.
- Keep person calm.
- Encourage person not to take more opioids.
- If overdose happens again, give another dose of naloxone.

AFTERWARDS:

Recovery Position

- If you have to leave the person (even briefly) put him/her into the recovery position.
- This keeps the airway clear and prevents choking or aspiration if vomiting occurs.



GOOD SAMARITAN LAW

A person who helps someone who is overdosing cannot be arrested, charged, or prosecuted for:

- Possession of a controlled dangerous substance
- Possession or use of drug paraphernalia
- Providing alcohol to minors

GOOD SAMARITAN LAW (CONT'D)

Calling 911 in an overdose situation will not affect your parole or probation status.

You cannot be held liable for a good faith attempt to help someone by administering naloxone.

- See: Code of Maryland, Criminal Procedure Article , §1-210, and Health General §13-3110

HOW TO GET NALOXONE

From a Pharmacy:

- Request it at participating pharmacies under the statewide standing order.
- You do not need a prescription or a certificate.

Overdose Response Programs

- To find a training and dispensing entity near you: mdh.naloxone@maryland.gov

After You Administer Naloxone:



Call the Poison Center:
1-800-222-1222



Contact your local
health department

What Can You Do?



How Your Business Can Help



Share
Information



Add to Your
Website



Download
Resources



Unique
Solutions

SHARE INFORMATION

Naloxone Electronic Toolkit:

[HowToAdministerNaloxone.Maryland.gov](https://www.maryland.gov/health/how-to-administer-naloxone)

- Contains information and resources
- Click 'Share Our Message' at bottom of page for methods and instructions



Raise Awareness:

Share Our Message

Learn how to help us spread the word using your unique platform.

LEARN MORE

ADD TO YOUR WEBSITE

[HowToAdministerNaloxone.Maryland.gov/en/share.html](https://www.Maryland.gov/en/share.html)



1. Copy embed code
2. Paste code on your website to display banner
3. Check with webmaster for help



DOWNLOAD RESOURCES

HowToAdministerNaloxone.Maryland.gov/

- Free poster or brochure
- Available in English and Spanish
- Print and place in convenient location

 <p>Free Print Out: Brochure</p> <p>Distribute naloxone instructions, for when and where they're needed.</p> <p>DOWNLOAD</p>	 <p>Free Print Out: Poster</p> <p>Hang naloxone instructions, for easy access when they're needed.</p> <p>DOWNLOAD</p>
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UNIQUE SOLUTIONS

HowToAdministerNaloxone.Maryland.gov/

Choose whatever method feels right. Maybe:

- Share on social media
- Email to employees/in newsletter
- Other methods: [download toolkit images](#)



Questions from the Audience?



Thank You!

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