



MOUNTAIN PLAINS
RURAL OPIOID TECHNICAL ASSISTANCE CENTER

 **WICHE**

MOUNTAIN PLAINS POST

The month in review and looking forward

SPECIAL EDITION: ALL ABOUT NALOXONE

IN THIS EDITION

PARTNER SPOTLIGHT:
DEPARTMENT OF SOCIAL
SERVICES-DIVISION OF
BEHAVIORAL HEALTH

**NALOXONE QUICK FACTS
AND ADMINISTRATION
GUIDANCE**

**NALOXONE AROUND
HEALTH AND HUMAN
SERVICES (HHS) REGION 8**

OCTOBER 2023

NALOXONE QUICK FACTS

WHAT IS NALOXONE?

Naloxone is an FDA-approved medication that rapidly reverses opioid overdose. It can be administered through the nose, muscle, skin, or veins and acts as an opioid antagonist by binding to opioid receptors and counteracting the effects of other opioids, such as heroin, morphine, and oxycodone. Naloxone is administered when a patient shows signs of opioid overdose and provides temporary relief.

LEARN MORE

Here are some key takeaways to remember about naloxone:

- Naloxone is a safe medicine that reverses overdoses in people with opioids in their systems.
- There are two FDA-approved formulations of naloxone: injectable and prepackaged nasal spray.
- When administered in high doses, naloxone can lead to withdrawal symptoms and cause sickness. It is recommended to administer one dose and wait for a few minutes before giving a second one. It is advised not to exceed a total of 3-4 doses. If a person does not respond after multiple doses, initiate rescue breathing if they are not breathing on their own.

To learn more about this information visit the [Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#) and the [National Institute on Drug Abuse \(NIDA\)](#).

FREQUENTLY ASKED QUESTIONS

Is there a preferred delivery system?

First responders rely on systems that are designed to deliver a specific dose of naloxone, which has proven to be highly effective in reversing the effects of an opioid overdose. According to a study released in March 2019, FDA-approved naloxone devices are more effective in delivering higher blood levels of naloxone compared to improvised nasal devices.

How much does naloxone cost?

The cost of naloxone depends on several factors, including where and how you purchase it and the type of naloxone you buy. If you have insurance, check with your provider to determine if this medication is covered. For those without insurance, retail costs can be checked at local pharmacies. Additionally, certain drug companies offer cost assistance programs to help patients who are unable to afford the medication.

Where can I get naloxone?

If you're looking for naloxone, you can obtain it from a pharmacist even if your doctor hasn't prescribed it for you. Additionally, you can get naloxone for free from community-based distribution programs, local public health groups, or local health departments.

NALOXONE ADMINISTRATION

WHAT ARE THE SIGNS OF OVERDOSE?

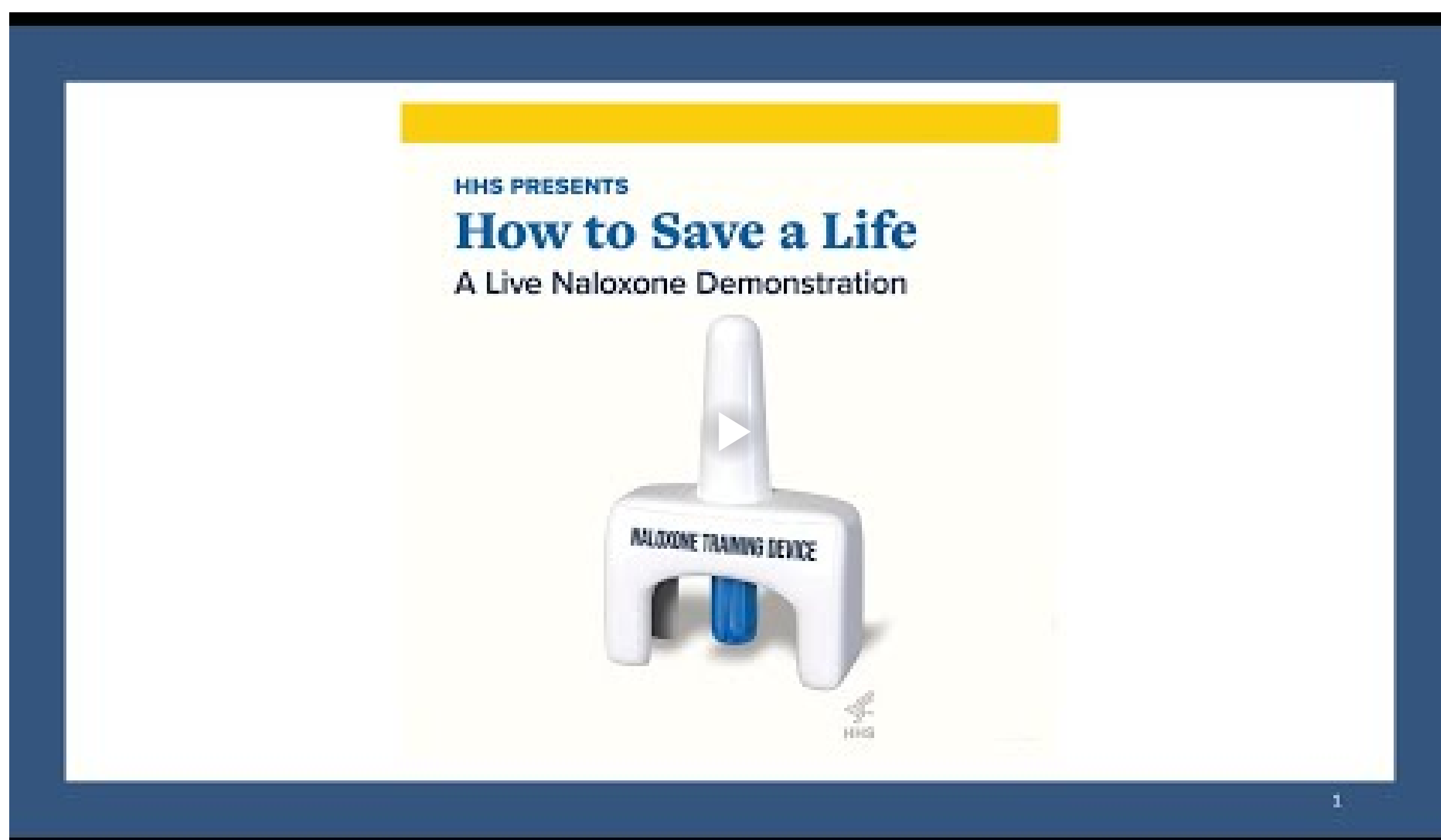
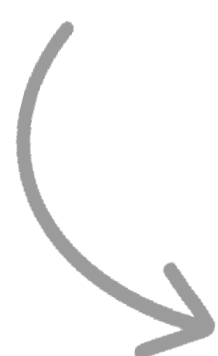
Recognizing the signs of opioid overdose is crucial to saving lives as it is a life-threatening emergency requiring immediate attention. SAMHSA has identified several signs of overdose to look out for:

- Unconsciousness
- Small pupils
- Slow or shallow breathing
- Vomiting
- Inability to speak
- Faint heartbeat
- Limp arms and legs
- Pale skin
- Purple lips and fingernails

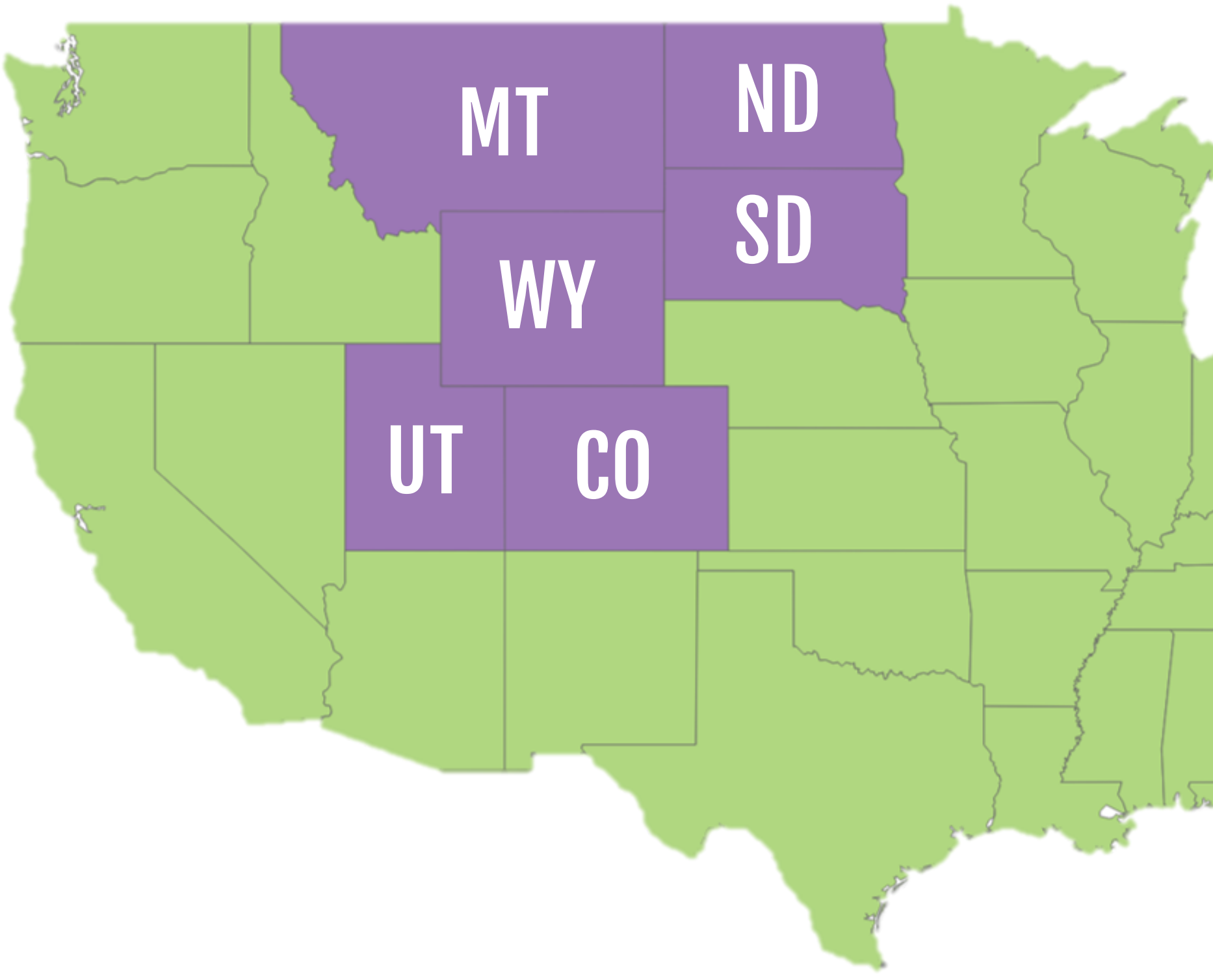
SAMHSA recommends the use of naloxone for individuals who may be at risk of an opioid overdose. While not exhaustive, the following list includes groups at higher risk of an opioid overdose.

- Taking high doses of opioids for long-term management of chronic pain
- Receiving rotating opioid medication regimens
- Have been discharged from emergency medical care due to opioid poisoning or intoxication
- Take certain extended-release or long-acting opioid medication
- Have undergone a period of abstinence, including recently released inmates.

PRESENTED BY THE U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES HOW TO SAVE A LIFE: LIVE NALOXONE DEMONSTRATION



NALOXONE AROUND THE REGION



Click on each state to learn more about data included in this newsletter through each State Opioid Response (SOR) Program website!

UTAH

Utah Department of Health and Human Services (DHHS)

- Utah DHHS is updating the naloxone standing order to broaden the scope of what can be prescribed or dispensed in pharmacies.
- Most pharmacies now offer over-the-counter naloxone starting at \$44.99.
- The Violence and Injury Prevention Program, under the Utah DHHS, has decided to utilize extra SOR funds to purchase test strips for Fentanyl and Xylazine. The state is currently working on a distribution plan to be put into effect on or before January 1, 2024. The test strips will be distributed to local health departments and community-based organizations that serve high-risk populations. In addition, a training video will be created to accompany the distribution of the test strips.

Utah Naloxone

- Utah Naloxone launched a new statewide campaign called “I carry naloxone for...”. The campaign highlights community members who carry naloxone and their loved ones and aims to destigmatize and promote naloxone.
- Utah Naloxone presented at the North American Congress of Clinical Toxicology about its program activities. The presentation was titled “When You Give Naloxone Rescue Kits to People Who Use Drugs Guess What Happens: They Save Lives”. During the presentation, harm reduction principles, opioid overdose education, and naloxone distribution strategies were shared with the 850 conference attendees.

NORTH DAKOTA

- From October 1, 2022 – July 31, 2023, 19,891 naloxone kits were distributed through both statewide and community efforts.
- From October 1, 2022 – July 31, 2023, there were 948 known successful overdose reversals using naloxone.
- September 2021 - September 2022, 2,171 people were trained in overdose education and naloxone.
- The School of Pharmacy at North Dakota State University implemented the ONE program with the aim of providing pharmacists with the necessary tools to screen for Opioid Use Disorder (OUD), identify patient needs, and offer counseling and support to promote the safe use of prescribed opioids. From September 2021 - September 2022, 66 pharmacists participated in the ONE Program, completing 2,927 screenings. It was found that 30% of the patients were at high risk of accidental opioid overdose. Additionally, 998 individuals were informed about the benefits and availability of naloxone.

WYOMING

- Naloxone administration and patient rates in Wyoming declined from 2016 to 2019 before increasing in 2020. The increase in 2020 may be attributed to a rise in opioid overdoses during the COVID-19 pandemic which was observed nationwide.
- Starting July 1, 2017, the state of Wyoming implemented new statutes aiming to increase the availability of opioid overdose antagonist medication. The updated legislation allows law enforcement officers, firefighters, and the general public to administer naloxone. Moreover, pharmacists are now able to prescribe naloxone to individuals. Previously, only medical professionals and the top three levels of emergency medical services (EMS) had the authority to administer naloxone.
- You can access county and state-level Naloxone data through the Wyoming Prevention Depot's website.

CHECK OUT THIS MONTH'S PARTNER SPOTLIGHT TO LEARN MORE ABOUT NALOXONE IN SOUTH DAKOTA!

COLORADO

- In 2016, the Office of the Attorney General launched the Naloxone for Life program. As part of this initiative, 4,000 naloxone kits were distributed to law enforcement officers and first responders in 17 counties with high rates of overdose deaths. This collaborative effort was supported by the Consortium, Denver Health, and the Harm Reduction Action Center (HRAC) in Denver. Experts from Denver Health, HRAC, and the Evans Police Department conducted trainings around the state for the program. From May 2019 - May 2020, the Office of Behavioral Health's SOR program distributed 5,415 naloxone kits to law enforcement agencies across Colorado.
- Senate Bill 15-053 aims to make the life-saving drug naloxone more accessible to people suffering from narcotic drug overdoses, including prescription medications and heroin. The new law allows the chief medical officer of the Colorado Department of Public Health and Environment to issue [standing orders](#) for the disbursement of naloxone by pharmacies and harm reduction organization employees and volunteers to expand statewide access to those who need it most.
- In 2018, opioids caused 543 deaths in Colorado and 47,600 in the US in 2017.

MONTANA

From October 1, 2022 – July 31, 2023

- During 2022, there were 880 EMS activations resulting in 1,133 documented naloxone administrations.
- According to available data, 2,309 mg of naloxone were administered. However, this total does not include any records missing dosage information.
- Ground transport agencies provided more naloxone than other EMS agencies. You can learn more through [Montana's 2022 Naloxone Data Sheet](#).
- The Department of Public Health and Human Services, in partnership with the Montana Legislature, has taken steps to increase access to life-saving naloxone for Montanans in need and promote community empowerment. Between October 2021 and October 2022, more than 26,000 naloxone kits were distributed throughout the state. As of December 2022, 445 Master Trainers in Montana have been certified and are eligible to provide training in their communities on Naloxone administration. You can access the most recent data analytics through [Montana's Data Reports and Analytics website](#).



STATE PARTNER SPOTLIGHT

South Dakota's Naloxone Distribution Efforts



ABOUT THE AUTHOR

Shaina Smykle is the Substance Use Prevention Program Manager with the South Dakota Department of Social Services - Division of Behavioral Health (DSS-DBH). As Program Manager, Shaina is responsible for programmatic management of substance use prevention. In this role, Shaina manages federal grants including the prevention components of the State Opioid Response Grant and Substance Use Prevention, Treatment, and Recovery Supports Block Grant. She works closely with providers delivering services through South Dakota's Prevention Network. Shaina earned her degree in psychology from the University of South Dakota and has experience in Chemical Dependency Counseling in the correctional setting.

What is a major goal your program has achieved to address the substance and opioid use disorder epidemic?

Overdose Education & Naloxone Distribution (OEND) in South Dakota began in 2017 and is the result of a partnership between the Department of Health (DOH) and the DSS-DBH to reduce harm and risk of life-threatening overdoses and opioid-related deaths. The project aims to educate, train, and equip emergency medical service personnel and other first responders on the rising dangers of opioids, how to recognize an opioid overdose, and the use of naloxone, commonly referred to by the name brand NARCAN®, to reverse an overdose. These efforts also aim to distribute free NARCAN® (naloxone) kits to organizations in South Dakota interacting with individuals at risk of an opioid-related overdose. These additional organizations include:

- Substance Use Disorder (SUD) Treatment Agencies
- South Dakota Community Mental Health Centers (CMHC)
- Recovery Homes and Crisis Centers
- Other(s) – as identified and approved



STATE PARTNER SPOTLIGHT (CONTINUED)

Through OEND efforts in South Dakota, there have been more than 4,100 first responders trained in how to recognize and respond to an overdose with 1,200 individuals at risk of an overdose having had an improved response after the administration of NARCAN®.

The Division of Behavioral Health (DBH) also oversees a statewide standing order for naloxone distribution that began in 2020 where individuals can obtain naloxone through a participating South Dakota Pharmacy. These individuals must be someone at risk of an opioid-related overdose or someone who could assist a person in an emergency situation. This successful program has distributed more than 650 NARCAN® nasal spray kits through 80 participating pharmacies since program inception.

During the 2023 legislative session, House Bill 1162 (HB1162) passed and was signed by South Dakota Governor, Kristi Noem. HB1162 authorizes employers to acquire and make available opioid antagonists. This legislation specifically states an employer may acquire and make available on the employer’s premises an opioid antagonist that is dispensed or distributed by a licensed healthcare professional. The passing of HB1162 opened greater access to naloxone in South Dakota. The DBH is currently partnering with the DOH on employer awareness and distribution as part of our naloxone saturation efforts in South Dakota.

Want to learn more? Access information on overdose education and naloxone distribution in South Dakota by clicking below!

CLICK HERE



RESOURCE REVIEW

USING NALOXONE TO REVERSE OPIOID OVERDOSE IN THE WORKPLACE: INFORMATION FOR EMPLOYERS AND WORKERS

The Centers for Disease Control and Prevention (CDC) released a helpful resource for employers and workers to understand the risks of opioid overdose. The resource also provides guidance on establishing a workplace program for naloxone availability and use.

[ACCESS THE RESOURCE](#)

ARTICLE: NALOXONE USE IN NOVEL POTENT OPIOID AND FENTANYL OVERDOSES IN EMERGENCY DEPARTMENT PATIENTS

Check out this article published by the American Medical Association containing research intended to determine the administration of naloxone and clinical outcomes in patients who presented to the emergency department with opioid overdose compared to fentanyl overdose..

[READ MORE](#)

ROADMAP: IMPLEMENTING BEST PRACTICES ACROSS THE CONTINUUM OF CARE TO PREVENT OVERDOSE

The National Governor’s Association published a set of recommendations based on evidence and promising actions to strengthen the Continuum of Care for people at risk for overdose, particularly those with Substance Use Disorder (SUD). This Roadmap is the result of guidance and insights from over 30 subject matter experts, including more than 20 states and territories, the O’Neill Institute at Georgetown University Law Center, and extensive research on the topic.

[DOWNLOAD](#)

new

PRACTICE GUIDE: OPIOID OVERDOSE REDUCTION CONTINUUM OF CARE APPROACH (ORCCA) 2023

[CHECK OUT THE GUIDE](#)

Published by SAMHSA, this guide is intended to provide guidance on implementing ORCCA menu strategies using HEALing Communities Study (HCS) learnings and expert insights.

RESOURCE REVIEW

DATA BRIEF: POST-NALOXONE SYMPTOMS AMONG PEOPLE ADMINISTERED 8MG VS. 4MG INTRANASAL NALOXONE

Published by the New York State Department of Health, this data brief provides a comparison of the average number of doses administered, prevalence of post-naloxone symptoms, hospital transport, and survival rates among individuals administered 8mg and 4mg naloxone. The data was obtained from a pilot study conducted by the New York State Department of Health in collaboration with Albany Medical College and the New York State Police.

[ACCESS THE DATA BRIEF](#)

REPORT: UNDERSTANDING FATAL OVERDOSES TO INFORM PRODUCT DEVELOPMENT AND PUBLIC HEALTH INTERVENTIONS TO MANAGE OVERDOSE

Check out this report released by the Reagan-Udall Foundation for the Food and Drug Administration exploring potential solutions and regulatory actions to address the current challenges related to the drug overdose crisis.

[READ THE REPORT](#)

WANT TO KNOW WHERE TO ACCESS AFFORDABLE NALOXONE? CHECK OUT THE RESOURCES BELOW!

[PrescribeToPrevent.org](#)

Access this site for information on prescribing and dispensing naloxone (NARCAN®) rescue kits, including useful resources with further information about this life-saving medicine.

[Remedy Alliance for the People](#)

The Remedy Alliance for the People assists harm reduction programs in distributing naloxone to individuals likely to witness an overdose, particularly those who use drugs.

[Padagis](#)

Visit the Padagis website to access Naloxone HCl Nasal Spray 4mg.

FOOD AND DRUG ADMINISTRATION (FDA) OVERDOSE PREVENTION FRAMEWORK

The FDA's Overdose Prevention Framework is based on four main priorities aligning with the U.S. Department of Health & Human Services' strategy to prevent overdoses and address the ongoing public health crisis. As the crisis evolves, the FDA continually reviews and adjusts its approach in accordance with the latest scientific research and data.

[LEARN MORE](#)

WHAT'S NEW?

Will the Availability of OTC Narcan Increase Access

KAISER FAMILY FOUNDATION (KFF)—The availability of naloxone, commonly known as Narcan, as an over-the-counter (OTC) medication has the potential to widen access to this life-saving medication that can reverse opioid overdoses. However, several barriers could hinder its widespread uptake and access, such as pharmacy stocking decisions, cost, lack of awareness about accessing the drug in pharmacies, and confusing insurer reimbursement policies. At present, two versions of OTC Narcan have been approved by the FDA, but only one is currently available in pharmacies.

[READ MORE](#)

More Schools Stock Overdose Reversal Meds, but Others Worry About Stigma

KFF—Last year, a student fell unconscious after walking out of a bathroom at Central High School in Pueblo, Colorado. When Jessica Foster, the school district’s lead nurse, heard the girl’s distraught friends mention drugs, she knew she had to act fast. Emergency responders were just four minutes away, “but still four minutes – if they are completely not breathing, it’s four minutes too long,” Foster said.

[READ MORE](#)

Opioid Overdose Drugs Unite Groups Over Workplace First Aid Kits

BLOOMBERG LAW—Reducing the number of on-the-job opioid deaths is the goal of workplace safety advocates and industry groups wanting businesses to include an overdose prevention drug—naloxone—in their first aid supplies. A significant roadblock to employers stocking naloxone was lifted this year as the Food and Drug Administration approved two nasal spray versions of naloxone—NARCAN® and RiVive—as non-prescription drugs that can be sold in stores or online.

[READ MORE](#)

Everything You Need To Know About

BOSTON UNIVERSITY—In March, the Food and Drug Administration (FDA) approved NARCAN® for over-the-counter (OTC) sale. The anti-overdose nasal spray, a form of naloxone, has long been hailed as a “wonder medicine” for its ability to reverse the effects of opioid overdoses within minutes. NARCAN® is a tool that everyone, not just medical professionals, can keep in their arsenal as the opioid crisis continues to take a deadly toll across the United States; according to the Centers for Disease Control and Prevention, 220 people died of an opioid overdose every day in 2021.

[READ MORE](#)

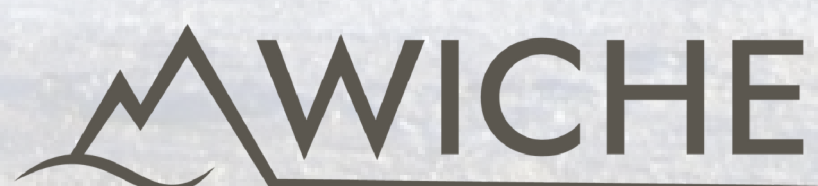


THANK YOU FOR READING!

The Western Interstate Commission for Higher Education (WICHE) has been strengthening higher education, workforce development, and behavioral health throughout the region since 1953. As an interstate compact, WICHE partners with states, territories, freely associated states, and postsecondary institutions in the West to share knowledge, create resources, and develop innovative solutions that address some of society's most pressing needs.

In 2022, WICHE was awarded a two-year grant from SAMHSA to establish the Mountain Plains Rural Opioid Technical Assistance Center (MP ROTAC). MP ROTAC is dedicated to supporting opioid and stimulant prevention, treatment, and recovery in HHS Region 8, comprised of Colorado, Montana, North Dakota, South Dakota, Utah, and Wyoming. MP ROTAC develops and disseminates resources, training, and technical assistance to rural communities across the continuum of care. In partnership with our Regional Advisory Workgroup, MP ROTAC's efforts aim to meet the needs of a wide variety of audiences that are not traditionally targeted by other training efforts. We look forward to serving you and making a difference in Region 8's rural communities!

CONTACT US:
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**[Click here to
check out our
website!](#)**