

The Overdose Prevention Act and Considerations for Treatment Providers

Introduction

- The Act provides new opportunities.
- There is no single or best way to take advantage of the new options.
- Our purpose was selfish: The peace of mind that we had done what we reasonably could do.

Action Steps

- Become knowledgeable of the options under the law.
- Determine what the organization's responsibilities will be to implement the law.
- Consider the philosophical / ideological implications.
- Discuss with key people (Key Staff, Board of Directors, etc.) to gauge support / resistance.
- Gain support of leadership.
- Consider options:
 - Education of persons served and significant others,
 - Provision of naloxone,
 - Arrangements with organizations that provide naloxone,
 - Other.

Conclusion

- Start Now!
- Expect resistance.
- Expect change to take longer than it should.
- Expect 'regression'.
- Don't give up!

Peter McLenighan
Executive Director
Stepping Stones, Inc.
815-744-4555 x125
pmclenighan@steppingstonestreatment.com

**WE STRONGLY
ADVISE YOU
TO ABSTAIN,
However, if you
decide to use
YOU SHOULD:**

- **NOT** use the same amount you were used to if you haven't used in 3 or more days.
- **NOT** use Heroin with alcohol or other drugs.
- **NOT** let someone else fix your drug or inject you.
- **NOT** use alone
- **KNOW** what you are using and try a small amount first to assess the strength.
- **KNOW** about Naloxone. A Medication that can reverse an overdose.
- **MAKE** a plan. Talk with your using partner about what to do if one of you overdoses. Will someone call 911?

For more information about Heroin or other opiates, including information about Naloxone, please contact:

- ⇒ Sisters and Brothers Helping Each Other, Inc. at 815-735-3937
- ⇒ Chicago Recovery Alliance at 708-337-0032

If you want assistance to obtain treatment for your addiction, please contact:

- ⇒ Stepping Stones, Inc. at 815-744-4555 ext 135
www.steppingstonetreatment.com



**HEROIN
OR
OTHER
OPIATES
Information
that could
SAVE
YOUR
LIFE**

Stepping Stones is dedicated to assisting you to become alcohol & other drug free. We urge you to refrain from acquiring or using mood altering substances.

THERE IS NO SAFE WAY TO USE HEROIN

Heroin or other opiates:

→ **WILL** slow breathing and may stop breathing.

This can take several minutes to several hours.

→ **WHEN** you stop breathing your brain is not getting enough oxygen

AND

→ **WITHOUT** oxygen your heart stops beating within minutes.

OPIATE OVERDOSE IS MORE LIKELY WHEN:

→ **YOU** have not used for 3 days or more and your tolerance is decreased.

→ **YOU** mix Heroin with other drugs. Especially Alcohol, Methadone and benzodiazepines. (For example Xanax and Klonopin.)

→ **YOU** use even a small amount of a more pure Heroin.

→ **YOU** use Heroin that has been cut with another drug or substance such as Fentanyl.

WHAT TO DO IF YOU HAVE CRAVINGS OR THOUGHTS OF USE:

→ **DON'T** Use

→ **CALL** your sponsor or a non-using friend.

→ **GO** to a 12-step meeting

→ **CALL** a staff member at Stepping Stones.

→ **REMOVE** yourself from all negative situations.

→ **AVOID** calling or visiting friends and family who use.