National Recovery Month
Prevention Works • Treatment is Effective • People Recover
SEPTEMBER 2017

READING, MASSACHUSETTS
SUBSTANCE ABUSE AND THE WORKPLACE
ISSUES THAT AFFECT ALL BUSINESSES

www.reading.k12.ma.us/community/rcasa
OUR COMMUNITY
OUR COALITION
OUR PROBLEM
OUR CHANGES
OUR RESOURCES
STRENGTHEN COLLABORATION

REDUCE SUBSTANCE ABUSE

OUR COALITION VISION IS...

A SAFE, VIBRANT, AND HEALTHY READING IN WHICH ALL MEMBERS-YOUNG TO OLD-ENGAGE IN MAKING HEALTHY DECISIONS AND ACTIVELY WORK TOGETHER TO ENSURE THAT TODAY’S RESOURCES SHAPE TOMORROW’S STRENGTHS.
Primary Prevention
Prevent first use
Delay onset of use
Intervene in early use

Secondary Prevention
Reduce unintended injuries and development of the disease of addiction.
Rx Round Up Progress

1) Reduce access for teens
2) Prevent child poisonings
3) Protect the environment

1st medication collection program in region
- Established Rx Round Up with Reading Police
- Opened 24/7 drop box in 2009

2.64 tons of Rx diverted from teens & environment
- 27,062 bottles turned in
- 1.2 million pills including 3,432 pounds of narcotics pills destroyed
# Rx bottles collected by year
2009-2016

- 2009: 29
- 2010: 1,778
- 2011: 1,997
- 2012: 2,681
- 2013: 3,915
- 2014: 4,900
- 2015: 5,072
- 2016: 6,690

Reading, MA
Similar to diabetes or cancer, addiction is a complex disease impacted by certain risk factors like behavior and family history. Compulsive substance abuse, cravings, and continued use despite known harmful consequences are hallmarks of the condition.
Our Challenge
Individual vs Community

Stages of Change

- Pre-contemplation
- Contemplation
- Preparation
- Action
- Maintenance

Strategic Prevention Framework

- Assessment
- Capacity-Building
- Planning
- Implementation
- Evaluation

PROGRESS
SUSTAINABILITY
RELAPSE/SPEED BUMPS
CULTURAL COMPETENCY
Education

15,000 people reached

Dialogues  Events  Outreach  Media  Workshops

Reading MA

THE ANONYMOUS PEOPLE
RECOVERY IS OUT • TO CHANGE THE ADDICTION CONVERSATION FROM • PROBLEMS TO SOLUTIONS

Drug storage.
Abuse of prescription drugs is on the rise with youth and adults.
The home medicine cabinet is an easy target for anyone looking for a way to get high.
What’s in your medicine cabinet?

choose2refuse
A Heroin and OxyContin Education Presentation
| Assess for risk of suicide or harm |
| Listen nonjudgmentally            |
| Give reassurance and information  |
| Encourage appropriate professional help |
| Encourage self-help and other support strategies |
Imagine a person addicted to their smartphone

...nicotine
...alcohol
...pills
...heroin

Does the picture in your imagination change if the person is an employee?
STIGMA PREVENTS CHANGE

Stigma has been identified as the leading barrier to seeking treatment for substance use disorders.
Heroin use is part of a larger substance abuse problem.

Nearly all people who used heroin also used at least 1 other drug. Most used at least 3 other drugs.

Heroin is a highly addictive opioid drug with a high risk of overdose and death for users.

People who are addicted to...

- Alcohol are 2x
- Marijuana are 3x
- Cocaine are 15x
- Rx Opioid Painkillers are 40x

...more likely to be addicted to heroin.

[CDC Vital Signs]
Opioid-related deaths in MA were more than 4x higher in 2015 than in 2000.
IMPACT ON OTHERS

Parents - Friends - Colleagues
Substance Exposed Newborns

Children Raised by Grandparents

2000 - 2.4 Million

2010 - 4.9 Million
SNAPSHOT

Our local police responded to 20 opioid-involved overdoses since January 1, 2017.

An additional 120 overdoses were handled by police in 5 nearby communities in the same time-frame.
WORKPLACE ISSUES

- Stigma
- Policy review
- Employee wellness
- Access to care
- Narcan access
- Restroom safety
Sample Drug Free Workplace Structure

- Company Substance Abuse Policy
- Drug Testing
- Supervisor Training
- Employee Assistance Program
- Employee Education
POLICIES

The Opioid Epidemic & Our Workplaces: Employment Law Considerations

DRUG-FREE workplace

HELPLINE
800-967-5752
dwp@samhsa.hhs.gov

EMPLOYEE ASSISTANCE

William James College
INTERFACE Referral Service

Free to the town of Reading
Resource Information Provider Referrals

Where can you learn about Mental Health Resources in or near your community?

How can you access Mental Health Services?

Find answers at the William James College INTERFACE Referral Service website: interface.williamjames.edu

Or call the INTERFACE® Helpline at 1-888-244-6843 Monday–Friday 9:00 am–5:00 pm.
Interface Referral Service: 60 local cases
By presenting concerns

Other presenting concerns:
- Abuse/Neglect
- Chronic Absenteeism
- Relationship Violence
- Trauma
- Bipolar
- Cognitive Changes/Impairment
- Education & Training
- End of Life issues
- GLBT Support
- Personality Disorders
- Self injury
- Suicidal Ideation
- Veterans Issues
- Learning Issues
NALOXONE

Naloxone is available at pharmacies

BRING THIS CARD TO A PHARMACY TO LEARN MORE

CARRY NAŁOXONE
CALL 911
STOP AN OVERDOSE

If you know someone who could overdose from pain meds or heroin, ask your pharmacist about getting naloxone today.

During an overdose, don’t be afraid to call 911. The law protects you. You could save a life.

mass.gov/MakeTheRightCall

Show this image to a pharmacist

There are different kinds of naloxone. Talk with the pharmacist to decide which is the best fit for you.

Insurance coverage varies
Naloxone reversing an overdose

Naloxone has a stronger affinity to the opioid receptors than opioids, such as heroin or oxycodone, so it knocks the opioids off the receptors for a short time (30-90 minutes). This allows the person to breathe again and reverse the overdose.
OVERDOSE

CALL 911 First: Tell the 911 operator that the person is not breathing. Stay with the person if you can. Try to remain calm. If you can’t stay, put the person (in the recovery position) on their side and leave the door unlocked for the EMTs.

Perform Rescue Breathing: Tilt their head back to open the airway, pinch the nose and breathe into the mouth: 2 quick breaths 1 every 5 seconds.

Administer Naloxone (Narcan) if you have it: Spray the Naloxone up their nose (half in each nostril) and wait 2-3 minutes before you give the second dose.
RESTROOM SAFETY

Call 911/administer Naloxone
Follow instructions of first responders
After...
Universal/Standard Precautions
Never push down on trash (needles)
Hazardous materials
RESOURCES

**DO THE MOST TO RECOGNIZE AN OVERDOSE**

**CALL 911 FIRST**
Tell the 911 operator that the person is not breathing and may be overdosing. Stay with the person and remain calm. If you can’t stay, put the person on their side (in the recovery position) and leave the door unlocked for the first responders.

![recovery position]

**PERFORM RESCUE BREATHING:**
Tilt their head back to open the airway, pinch the nose and breathe into the mouth: 2 quick breaths then 1 every 5 seconds.

**ADMINISTER NARCAN IF YOU HAVE IT**
Spray the Narcan (Naloxone) up their nose (half in each nostril) and wait 2-3 minutes before you give the second dose. **All local pharmacies such as CVS, Rite Aid, and Walgreens carry NARCAN.**

**SIGNs OF OPIOID OVERDOSE**
- Slow breathing or no breathing
- Blue lips or fingertips
- Choking or gurgling sound/deep snoring
- Seizures or convulsions
- Person won’t wake up — No response to yelling or shaking
- Clammy, cool skin
- Heavy nod — not responding to stimulation

**OVERDOSE RISK FACTORS**

- **Using Alone**
  Overdoses happen in clusters — if someone has had a recent overdose, pay attention.

- **Lower Tolerance**
  Even after a few days of not using, one’s tolerance can be lower. For example, after leaving a jail or rehab program after a few short days.

- **Unpredictable Potency**
  Use caution when in a new place or when buying from a new source. Heroin may be cut with other drugs making the potency of the dose unpredictable and life threatening.

- **Mixing Drugs**
  Overdose risk increases when heroin or other opioids are combined with other downers such as alcohol and benzodiazepine.

**GOOD SAMARITAN LAW**
Friends, family or bystanders who witness an overdose can call 911 without fear of being arrested for drug possession. The law does not provide immunity from arrest or prosecution for drug trafficking or for outstanding warrants.

*Snap a photo of this tip sheet for a friend or loved one*  www.mysticvalleypublichealth.org  MA Helpline: 1-800-327-5050  Website: www.helpline-online.com
P
O
L
I
C
E
Share your concerns
Report illegal activity
Call 911 if needed
TEXT A TIP

Vendor: Citizen Observer
Product: TIP 411

Features

100% anonymous

Messages can be responded to in real time creating an instant two way live "chat".

Launched in 2011 in Reading following a homicide of a young adult in our community over $$ and pills.

430 tips processed.
JOIN THE VOICES FOR RECOVERY
STRENGTHEN FAMILIES AND COMMUNITIES