



WakeUp Carolina's

Narcan Administration and Overdose Prevention Training



325 E. Main Street, Moncks Corner, SC
29461
843-761-6677



217 Lucas Street, Suite G, Mount Pleasant, SC
29464
843-972-8154

BERKELEY CO.



Nanci Steadman Shipman
Executive Director

CHARLESTON CO.



Dean Stephens
Director of Development & Berkeley County



Elizabeth Szala
HIV Program Coordinator



Steve Meadows
Family Program Manager



JR Weaver, CPSS, SRF
Veterans Program Coordinator



Tim Maguire, CACI, CAI, RCP, RCPF
Senior Program Manager



Brenda Nikic
Family Program Manager



Sidney Allen, SRF
Young Adult Program Manager



Lani Jumper, CPSS, SRF
Harm Reduction Coordinator



Kelly Rees
Human Resources & Bookkeeping

O1. Provide awareness

O2. Promote education

O3. Creating hope in recovery for young adults, individuals, and families.

We're a 501c3 recovery community organization serving the greater Charleston area for those touched by substance use, misuse, and disorder.



What is Wakeup
Carolina?



WakeUp Carolina

Programs and Services



SMART Recovery
Creighton's House (Young Adults)
Mother's Gathering
Dad2Dad



Virtual Sibling's Group
Grief and Loss
Harm Reduction Services
Peer Support
Family Peer Support
Critical Incident Management System (CIMS)



Serving Those Who Serve
Virtual Sibling's Group
SMART Recovery
Mothers' Gathering
Dad2Dad
All Recovery



Goals for Training

To bring awareness and education around current substances we see abused.

To bring awareness of how opioids impact the community.

To raise awareness about South Carolina's Good Samaritan Law.

To train our community caregivers how to use Narcan.



What We're Seeing Non-Opioid Substances

Xylazine

It has chemical properties similar to other drugs like clonidine and may have similar clinical effects. Xylazine has increasingly been found in the illicit drug supply, frequently mixed with fentanyl. It may be referred to as “tranq,” or “tranq dope” when combined with heroin or fentanyl.

Currently, there are no established criteria for the diagnosis of xylazine withdrawal. Evidence is lacking regarding the management of xylazine withdrawal. Consultation with an addiction specialist or medical toxicologist is advised.

- • • • • • • • • •
- • • • • • • • • •
- • • • • • • • • •

Benzodiazepines

Benzodiazepines or benzos are central nervous system (CNS) depressants prescribed for various psychiatric and non-psychiatric disorders, including to calm abnormal anxiety. In 2013, more than half (56%) of all benzo prescriptions were for the treatment of anxiety.

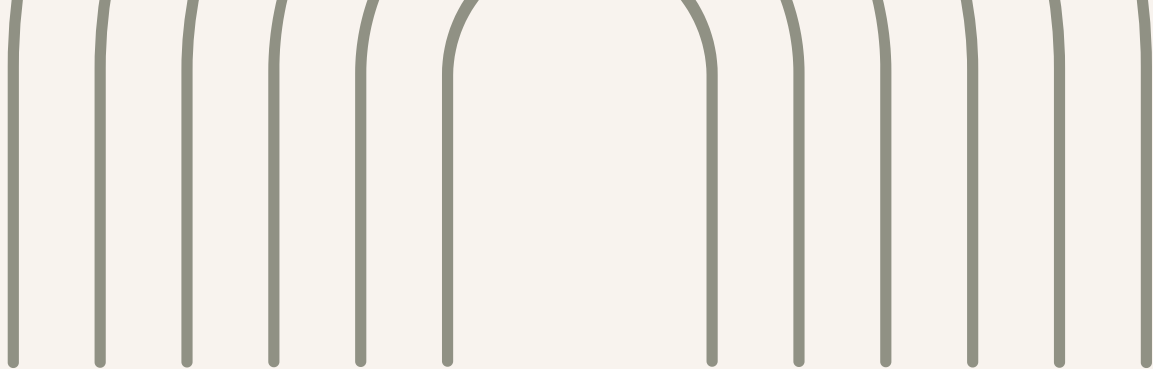
Other uses include treating alcohol withdrawal, insomnia, panic disorder, and seizures.

Benzos largely replaced earlier drugs called barbiturates, which were too addictive and had too many dangerous side effects.

Alcohol

Every year, more people die of alcohol-related causes than from opioids and other drugs. Even before the COVID-19 pandemic.

“Alcohol can be a cause of harm, but it’s also a barometer for other issues. Mental health in this country is in meltdown mode,” Aaron White, PhD, biological psychologist at the National Institute on Alcohol Abuse and Alcoholism: “It’s common for people to drink excessively to cope. Alcohol use might be on the death certificate, but what’s often killing people is loss of hope.”



What We're Seeing Non-Opioid Substances

Ketamine

Ketamine, which is a derivative of phencyclidine (PCP), is also utilized as a recreational drug to produce euphoric and dissociative effects. Compared to potentially less accessible drugs such as cocaine, ketamine offers a lower price point and appears to be growing in popularity as an illicitly obtained drug.

Currently, there are no FDA-approved medications to treat ketamine overdose, but there are some options available to manage psychosis and agitation.

Cocaine

Over 5 million Americans reported current cocaine use in 2020, which is almost 2% of the population.

Cocaine-involved overdose death rates in the United States decreased from 2004 to 2012 but began increasing again in 2012.

From 2020 to 2021, cocaine overdose death rates increased by nearly 22%, with more than 24,000 Americans dying in 2021 from an overdose involving cocaine.

Psychostimulants

Approximately 5 million Americans misused prescription stimulants in 2020, which is approximately 1.8% of the U.S. population aged 12 years and older.

Cocaine is also a stimulant drug; however, estimates of cocaine use and the number of deaths involving cocaine are usually calculated separately from other psychostimulants with abuse potential.

Over 30% of all drug overdose deaths in 2021 involved psychostimulants.



What We're Seeing Non-Opioid Substances

Marijuana

"Cake Bars" (brand)

Indica is advertised for pain and relaxation.

Sativa is advertised as a "head high" or stimulative.

- Delta 8 - medium strength
 - Delta 9 - high strength
 - Delta 10 - low strength
-
- Hydroponic (lab-grown)
 - Edibles

Kratom

Kratom is believed to act on opioid receptors. At higher doses, it reduces pain and may bring on euphoria. Some people take kratom to avoid the symptoms of opioid withdrawal and because kratom may be bought more easily than prescription drugs.

Overdoses have been uncommon but there are no direct medical protocols for medically detoxing the substance once you become dependent.



Tianeptine “Za-Za”

Tianeptine is a popular gas station drug that is marketed as ZaZa and known as “gas station heroin.”

Instead of increasing serotonin and dopamine like most antidepressants, tianeptine affects opioid and glutamate receptors in the brain.

Overdoses have been uncommon but there are no direct medical protocols for medically detoxing the substance once you become dependent.



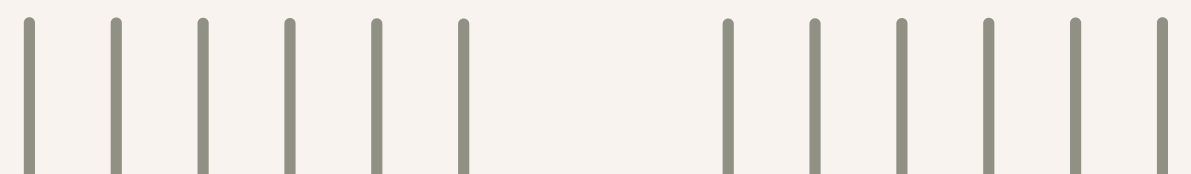


15% of high school students reported having ever used select illicit or injection drugs (i.e. cocaine, inhalants, heroin, methamphetamines, hallucinogens, or ecstasy)^{1,2}

14% of students reported misusing prescription opioids.^{1,2}

Prescription drugs are the 4th most common drugs used by 12th graders only being topped by alcohol, marijuana, and tobacco. This includes prescription opioids, benzodiazepines (Xanax), and tranquilizers (Valium).

A 2024 report published in the New England Journal of Medicine found that drug overdoses have become the third-leading cause of pediatric deaths after gun-related injuries and car crashes, largely due to an increase in the use of fentanyl in counterfeit pills.



What is Fentanyl?

Fentanyl is an FDA-approved synthetic opioid drug. It is used as an analgesic for pain and as an anesthetic.

It is 50 times more potent than heroin and 100X more potent than morphine.



What is Carfentanil?

Carfentanil is an extremely potent synthetic opioid, estimated to be 10,000 times more potent than morphine & 100 times more potent than fentanyl.



Fatal dose of fentanyl
(2 mg or 2000 mcg)



Fatal dose of carfentanil
(0.02 mg or 20 mcg)



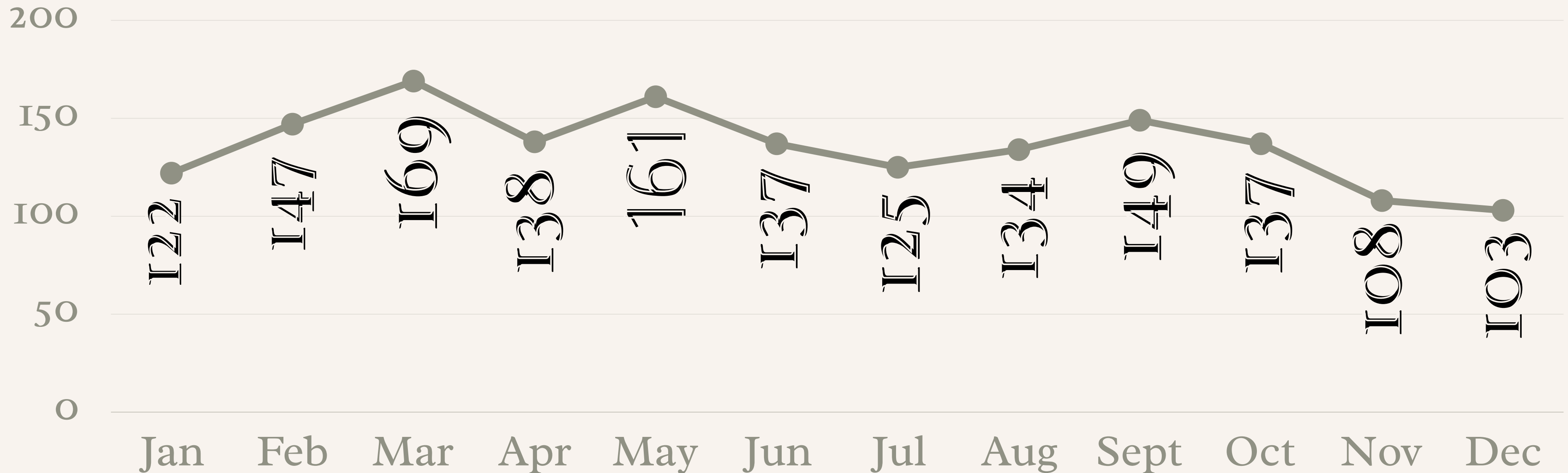
WakeUp Carolina
Our Why

2023

Non-Fatal: 1,639

Confirmed Fatal: 259

Charleston County, SC Overdoses



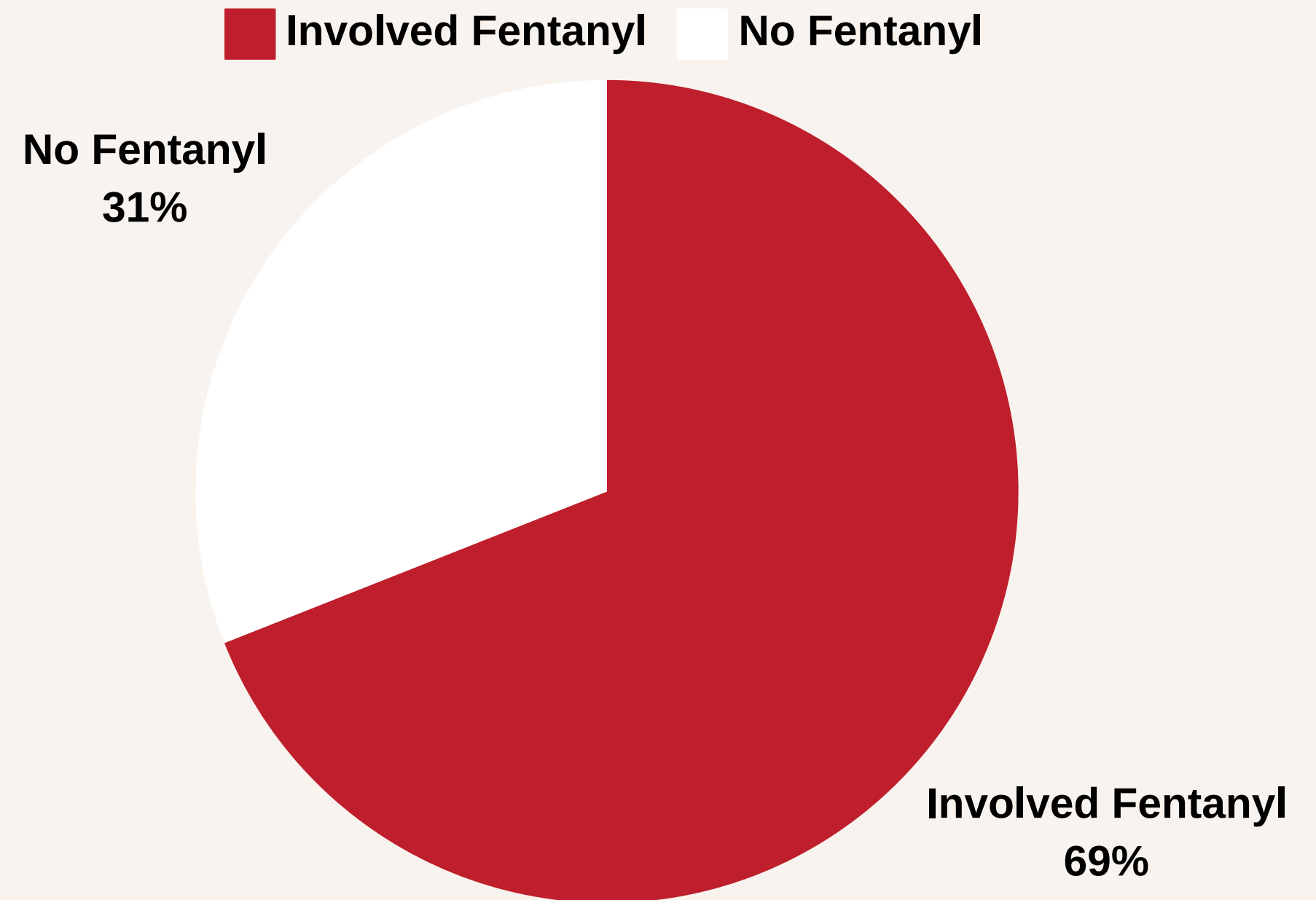


Charleston County Coroner's Office

CONFIRMED UNINTENTIONAL DRUG-RELATED DEATHS

DATA SOURCED: JAN. 1, 2024 – OCT. 2, 2024

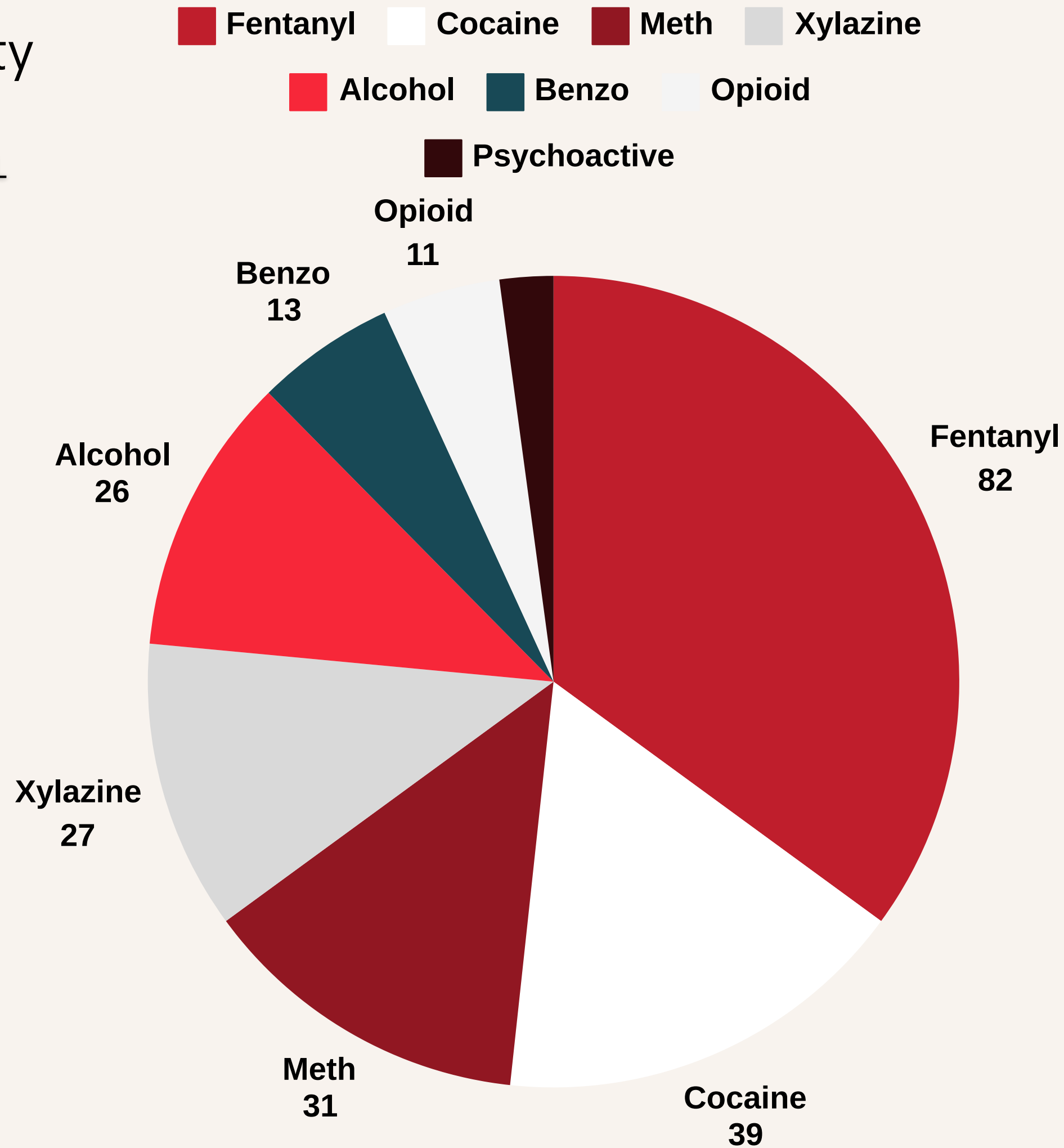
2024 Overview: Confirmed Unintentional Drug-Related Deaths in Charleston Co.



Charleston County Coroner's Office

CONFIRMED UNINTENTIONAL
DRUG-RELATED DEATHS

*DATA SOURCED:
01/01/24-10/2/24



Polysubstance Overdose

More than one substance mixed (ex. fentanyl mixed in meth) or ingesting multiple illicit narcotics.

Street Drugs

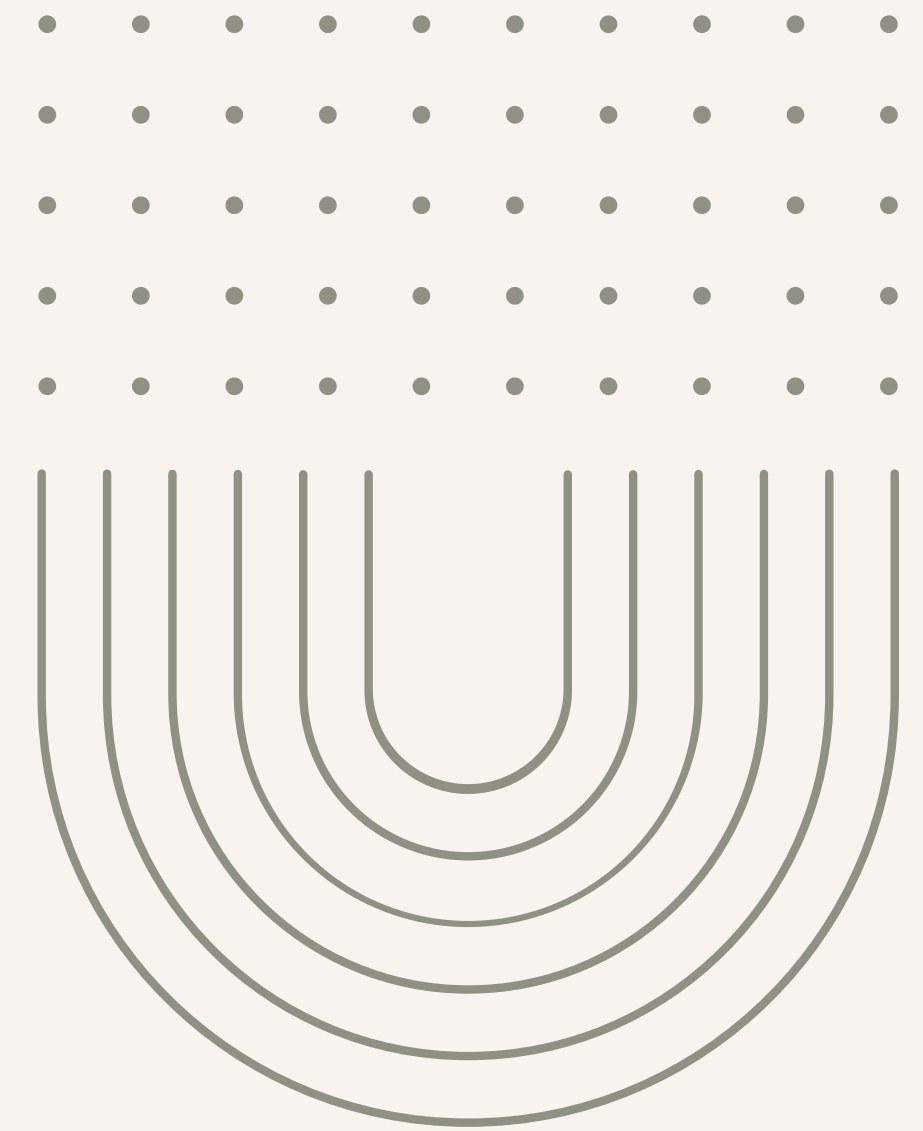
Pressed pills, heroin, meth, cocaine, etc., and cross contamination of street drugs.

Pain Management

Overusing prescribed medication to manage pain.

Overmedication

Legally acquiring medications from multiple doctors who do not know everything you are taking.



Causes of an Overdose

The Good Samaritan Law

- The Good Samaritan Law (S179):

Enacted into law end of the 2017 session

- Protects a caregiver who gives Naloxone to a person whom the caregiver believes in good faith is experiencing an opioid overdose from civil or criminal liability
- Provides criminal immunity to a person who calls the police or 911 to assist someone who is overdosing



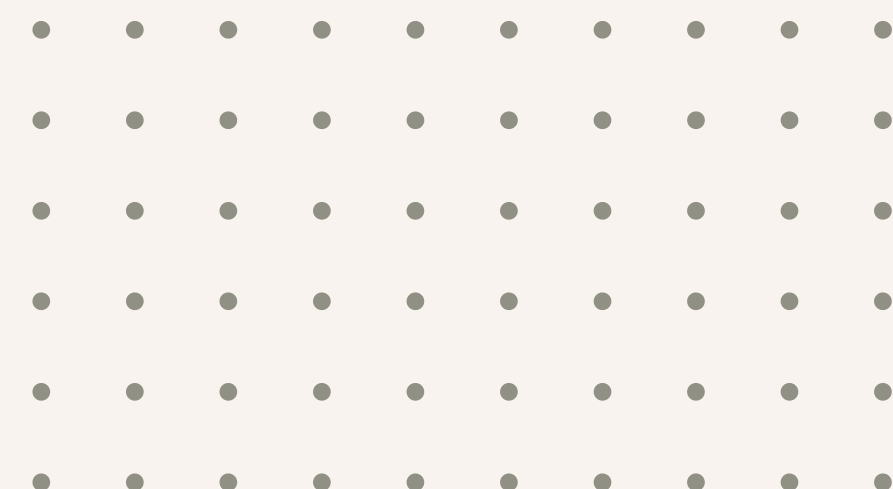
What is Naloxone (Narcan)?

It will not cause an allergic reaction or interact with another medical condition.

Naloxone is the generic name. Narcan is the brand name.

Naloxone is an FDA-approved medication that can stop an overdose due to opioids.

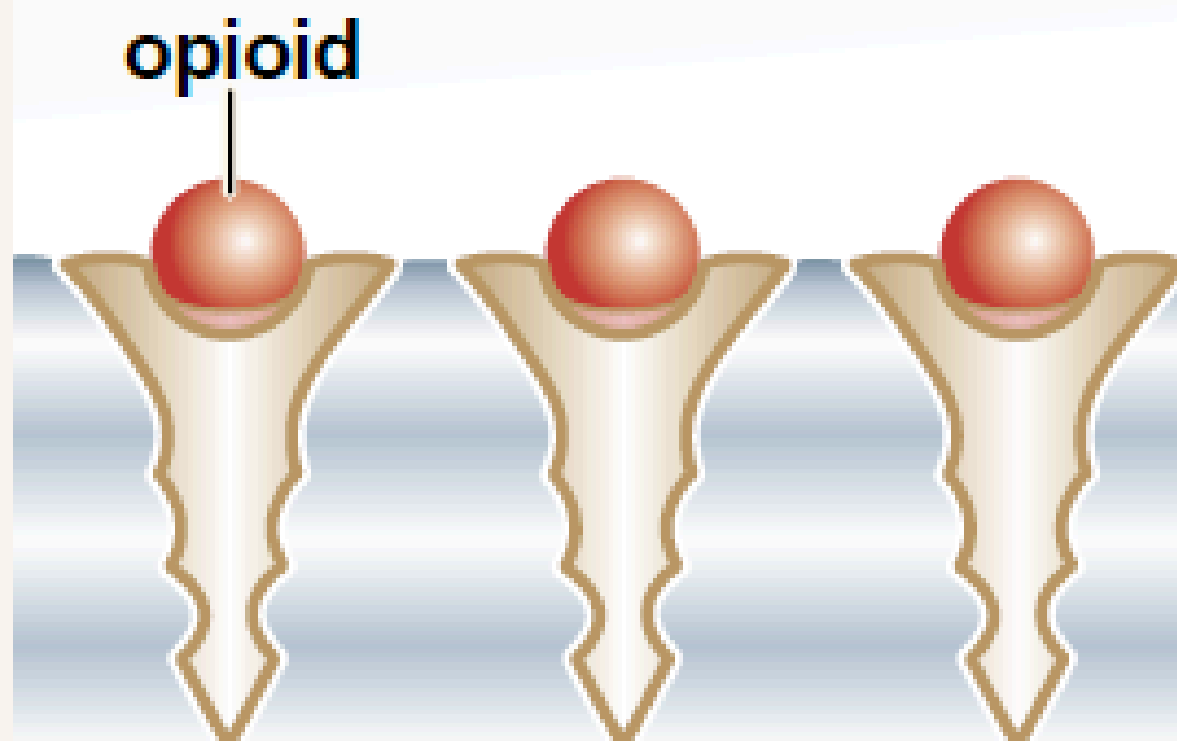
It will not hurt children or pets if they accidentally consume it.



How Naloxone Works

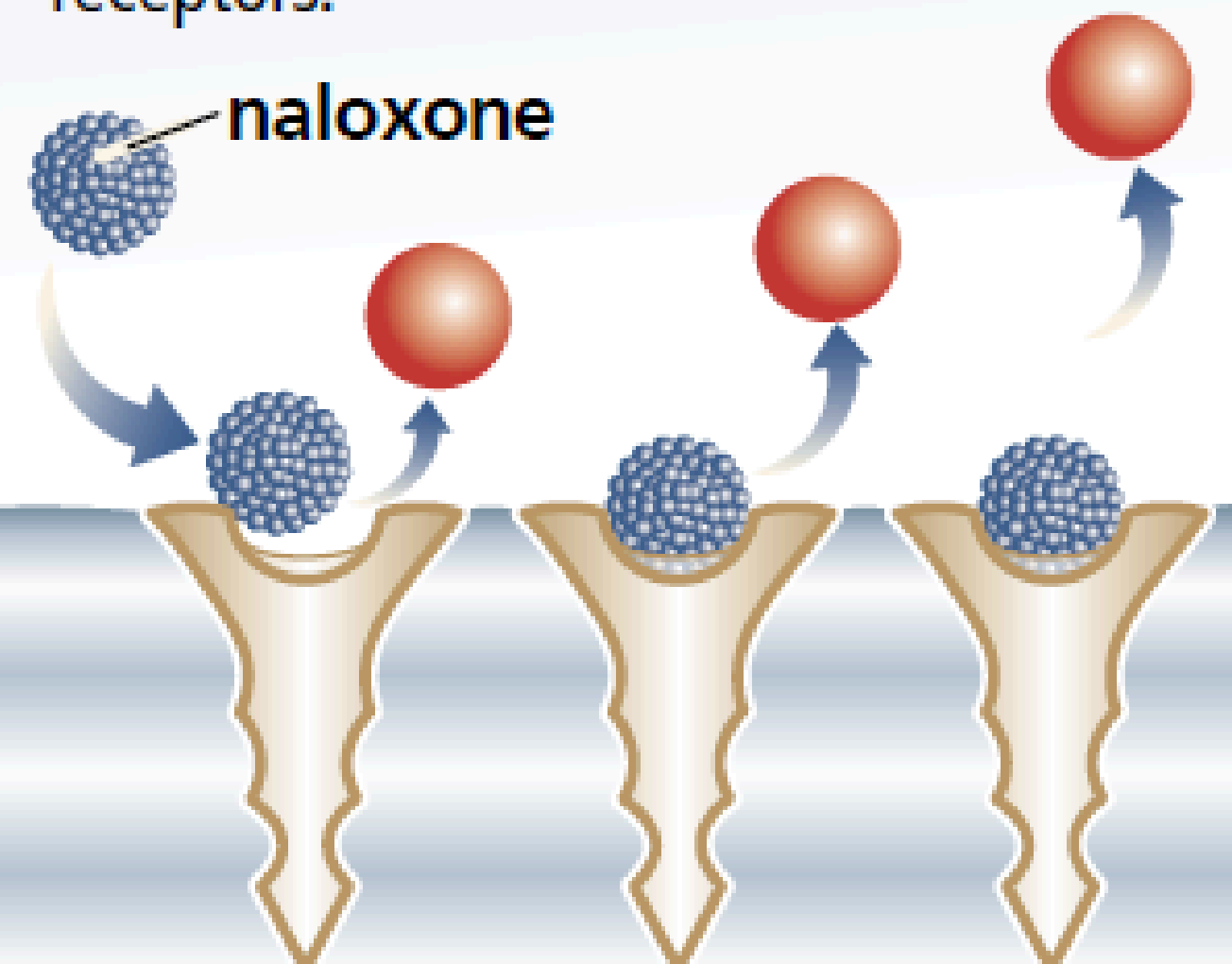
Opioid overdose

Opioid drugs fit into receptors. → Brain signals are blocked. Breathing slows and stops. The person becomes unconscious.

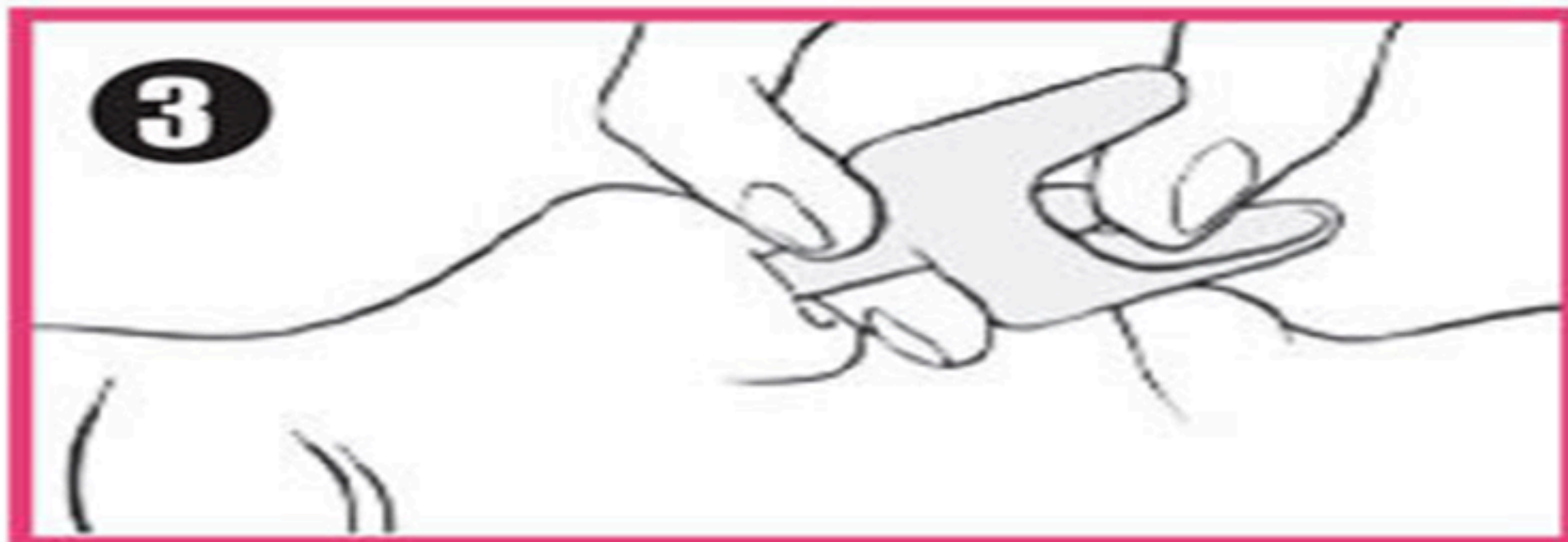
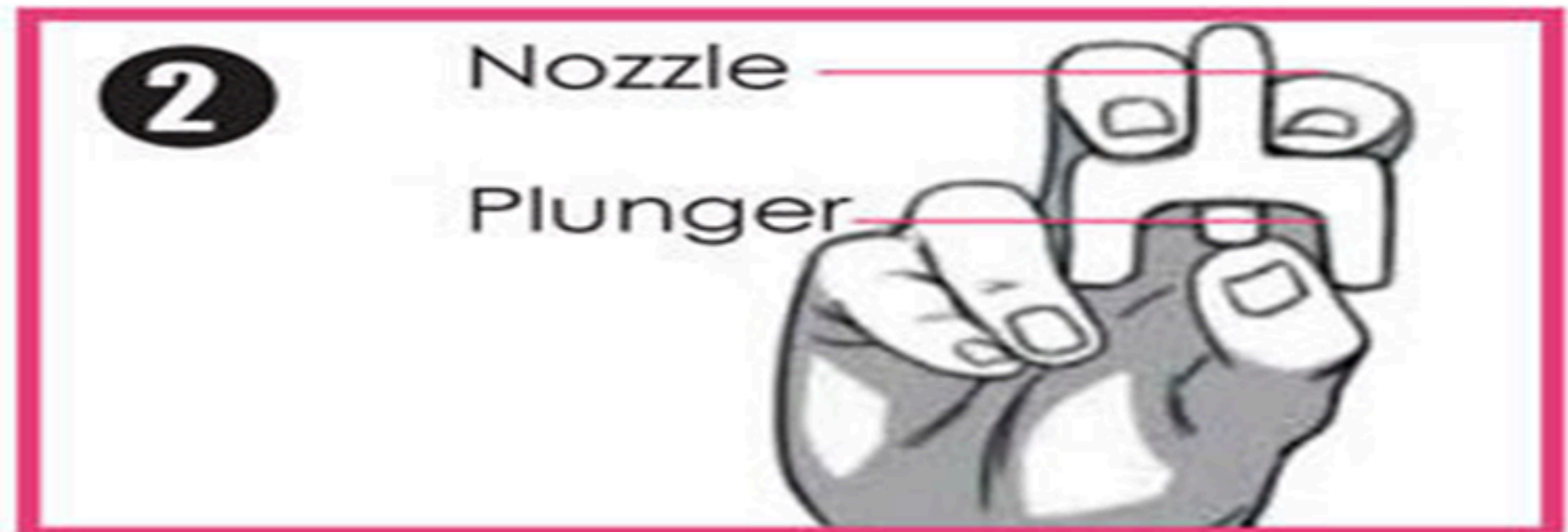


Naloxone treatment

Naloxone fits more strongly in the receptors. Opioids are temporarily kicked off the receptors. → Brain signals resume. The person can breathe again, and wakes up.



How to administer Narcan Nasal Spray



Narcan Facts

One and done - each unit only has one dose of Narcan, do NOT prime it.

You can't give too much Narcan.

Narcan won't interact with other medical conditions or cause an allergic reaction.

Narcan is absorbed into the mucosal tissue in the nostril.

Wait time between doses - there is no set amount of time. It has been recommended to wait 60-90 seconds, but each crisis is different. You will NOT harm someone if you give it sooner.



Who carries Narcan?

Local law enforcement

Local EMS

First responders

Patients prescribed opioid medications.

Individuals who have been impacted by substance use.

Community caregivers (this means you)

5 Essential Steps for Narcan Administration

- 1 Check for Signs of Opioid Overdose
- 2 Dial 911 Immediately
- 3 Administer Naloxone
- 4 Support the Person's Breathing
- 5 Monitor the Person's Response

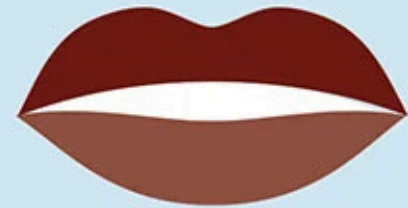
Step 1: Check for Signs of an Overdose



Unresponsiveness or unconsciousness.



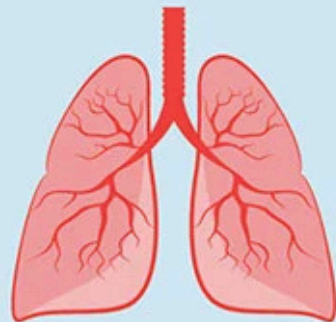
Pinpoint pupils.



Snoring or gurgling sounds coming from mouth.



Blue lips or fingernails.



Shallow, slowed or stopped breathing.



Cold or clammy skin.

Use sternum rub to try to wake the person.





Step 2: Dial 911

It is important that medical experts can be there for the patient as soon as possible. They will guide you through the necessary steps.

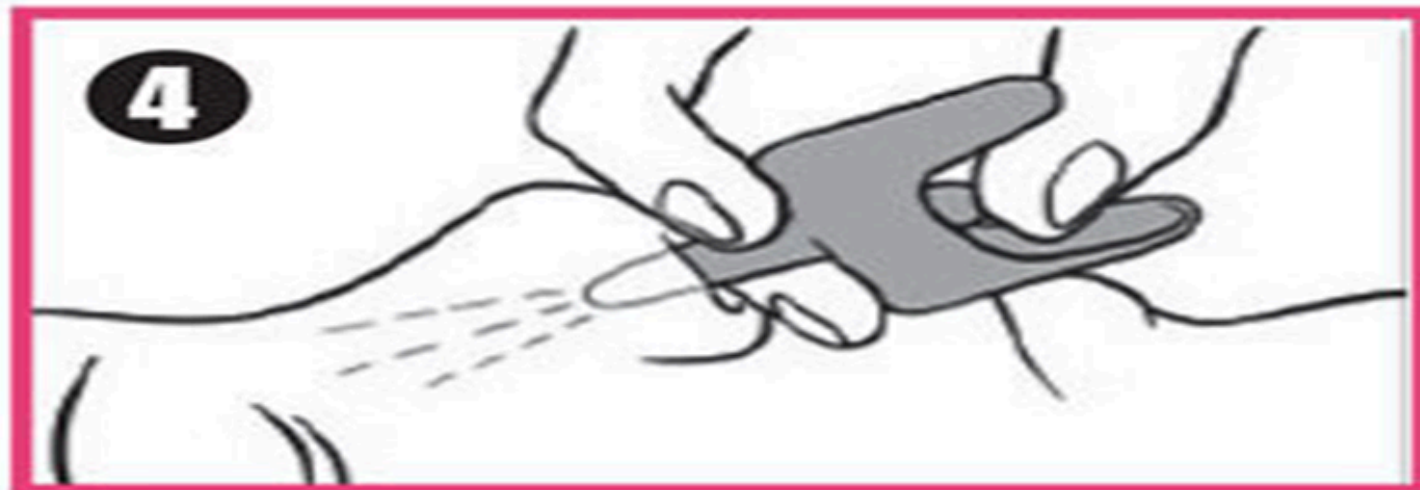
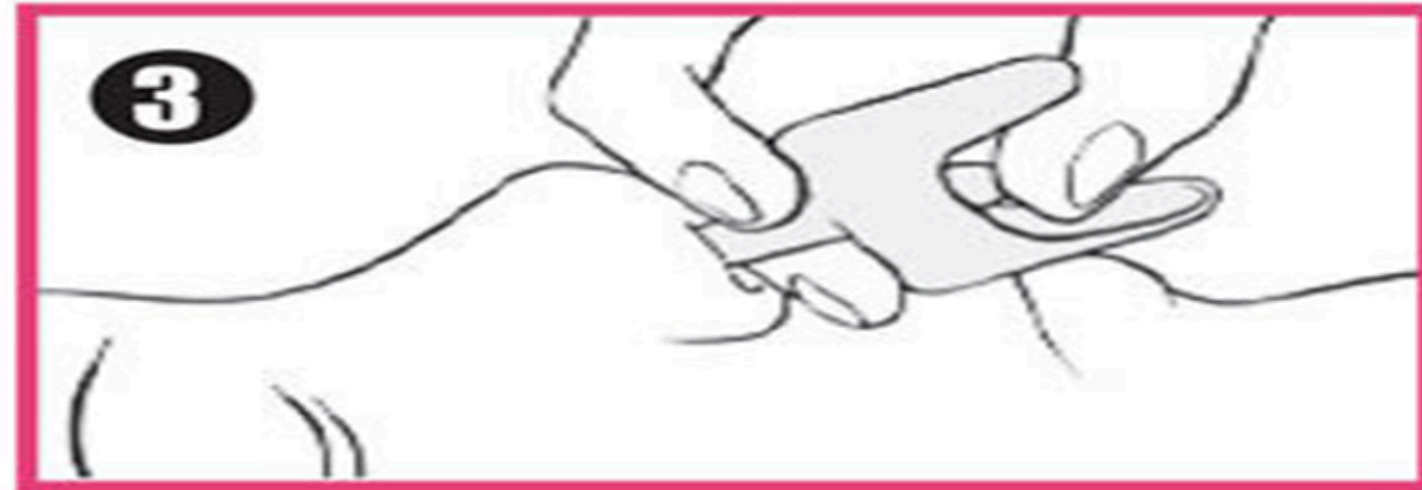
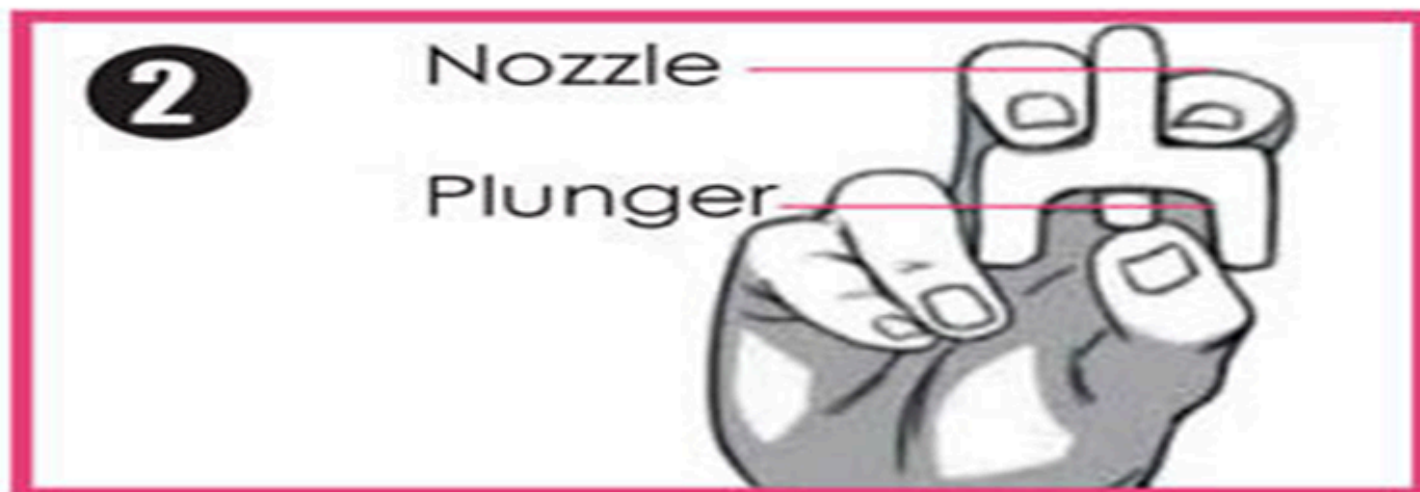
If someone else is also on scene with the first responder, have them dial 911 while you administer Narcan®.

Say: “Someone is unresponsive and not breathing”. Ask them to bring Narcan.

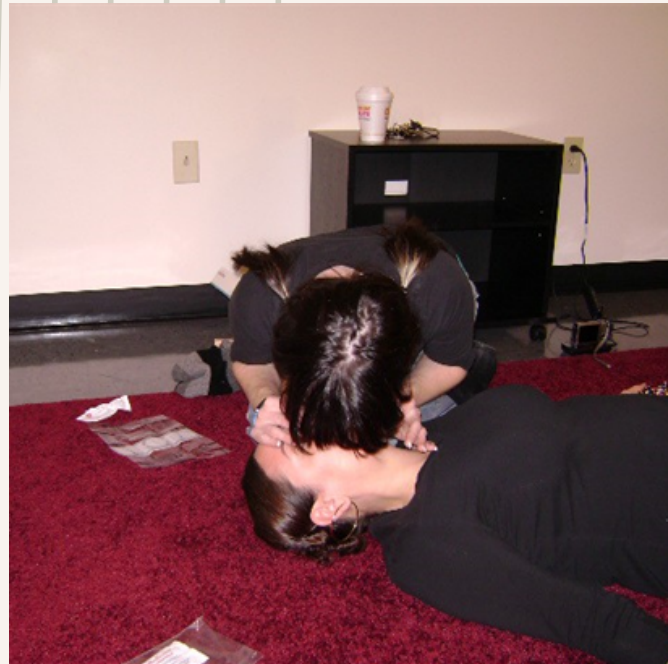
Give the address of the location or a description of your location.



Step 3: Administer Narcan



Step 4: Support the Person's Breathing



If the person is not breathing, providing rescue breathing could make a life-saving difference.

This is because even after you administer Narcan, it may take a few minutes for them to awaken. Since COVID, however, this is now an optional step.



The Recovery Position



If a person is breathing, turn the person onto their side as seen in the picture. This position will help prevent the person from potentially inhaling vomit.

Step 5: Monitor the Person's Response

Spontaneous breathing usually begins within 3 to 5 minutes of the naloxone administration.

Naloxone only works for 30 – 90 minutes, and overdose symptoms may return. The person must get to the emergency room as soon as possible after they have been revived.

All patients should be monitored for the recurrence of signs and symptoms of opioid toxicity for at least 4 hours from the last dose of naloxone. (Patients who have overdosed on long-acting opioids such as Methadone, should be monitored even longer)



Post narcan

Everyone wakes up from an overdose slightly differently.

Violent reactions are rare but sometimes occur when the individual has also ingested other drugs, such as a powerful hallucinogen or psychostimulant.

Most people are disoriented and may not realize they have overdosed.

Try to explain calmly to them what happened, and that help is on the way.

Make sure they do not ingest more of any drug.



Storage Instructions

Keep it easily accessible.

Keep it at room temperature.

Keep Narcan out of reach of children or pets.

- Will not hurt children or pets but if they consume it, a dose won't be available in the event of an emergency.

RESOURCES

New England Journal of Medicine

<https://www.cdc.gov/healthyyouth/>

CDC. Youth Risk Behavior Surveillance—United States, 2019. MMWR Suppl 2020;69(1):1-83.

CDC, Division of Adolescent and School Health, National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention. Youth Risk Behavior Survey Data Summary & Trends Report, 2009–2019 [PDF – 31 MB]. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, Office of Infectious Diseases, NCHHSTP; 2020

Community Narcan Distributors



THANKYOU



POST NARCAN TRAINING QUIZ

