



# in the **WORKS**

A community newsletter of updates, support, and personal stories

## Learn to Save a Life: Opioid Overdose Prevention and Naloxone (Narcan)

Tragically, overdose deaths due to opioids have increased dramatically in the past 10 years. Fortunately, the availability of naloxone, a safe medication that can reverse an opioid overdose and save lives, has also increased. All opioids, such as heroin, fentanyl, oxy's, methadone, etc, can lead to overdose, even if they are not injected. The brain's receptors can become blocked with too much opioid, and breathing slows down and stops. A person is more likely to overdose if they haven't used in a while (e.g. after leaving jail or when relapsing), or if they are mixing different kinds of drugs, or using drugs that are cut with fentanyl or other substances. Of course, using alone is also a danger! When someone is starting to overdose, they generally will "nod out" to the point that they won't wake up when you shake them or shout at them. You may see their breathing slowed or stopped, hear gurgling noises, and see lips and fingers turn bluish.

The most important thing to do during an overdose is to call 911. Colorado has a "Good Samaritan" law that protects the caller and the person overdosing from drug charges (in personal amounts and if you don't have an outstanding warrant). If you have nasal naloxone, open it up, and squirt it into one of the person's nostrils, other type of naloxone can be injected into a muscle. It may take up to three minutes to work, so if you are comfortable, you can do rescue breathing (mouth-to-mouth) on the person to get some oxygen to the brain. Give a second dose if they don't start breathing on their own while you are waiting for paramedics to arrive. Stay with the person during this time, and don't let them use more. Naloxone can wear off in 30-60 minutes, and the person could go back into an overdose, so it is important to stay with them to watch for symptoms to return.

Naloxone is available at the Works Program or at any pharmacy. Learn more at [www.BoulderCountyNarcan.org](http://www.BoulderCountyNarcan.org). If you have Medicaid or private insurance, they will usually cover the cost. It can also be mailed to you overnight; call the Foothills Walgreens at 720-214-0963 to learn more.

The use of any drug can lead to unsafe consequences and potential overdose. While opioids can cause overdoses, stimulants can also cause negative effects, including overheating, anxiety, psychosis, seizure, heart attack, and stroke. Learn and practice safety measures to assist people who are experiencing an overdose.

## Giving Nasal Narcan

**STEP 1.** Look for the following signs of opiate overdose (Narcan only works on opiates):

- Pale, ashen skin tone.
- Blue or purple lips.
- Loud, irregular snoring or gurgling noise.
- No response to shouting, shaking, or pain (sternum rub).
- No discernable breathing.

NOTE: Stimulant overdoses look very different and generally include sweating, paranoia, seizures, racing heart, stroke, or heart attack.

**STEP 2.** Call 911.

**STEP 3.** Administer nasal naloxone:

- Follow directions on the package of Narcan: Adapt Narcan or Narcan with nasal atomizer.

NOTE: This amount of naloxone should not cause the individual to go into withdrawal or become combative; they may still be acting "high".

**STEP 4.** Begin rescue breathing or CPR:

- Can have another person on scene (friend or family of victim) give one breath every 5 seconds
- Bystanders may not do rescue breathing if there is no mask, but can administer CPR if there is no pulse.

**STEP 5.** Key points:

- If in doubt that opiates were taken, give Narcan; will not cause harm, even in a child.
- The dose of Narcan in the kit will not cause withdrawal, so the victim will not likely to be combative.
- Can lose efficacy if left in prolonged extreme temps. Take out of car.

**STEP 6.** Review harm reduction laws.

- Third-party law protects from civil and criminal liability.

[www.BoulderCountyWorks.org](http://www.BoulderCountyWorks.org) [www.BoulderCountyNarcan.org](http://www.BoulderCountyNarcan.org)

## Harm Reductionist Spotlight Madeleine Evanoff: Boulder County Public Health

Madeleine is a Colorado native who has worked and volunteered with HIV prevention services since 2010. She was employed with Boulder County AIDS Project from 2012-2015 and oversaw syringe access programming at that location before beginning work with Boulder County Public Health in early 2019. She is passionate about harm reduction and feels lucky to meet so many kind, creative, and colorful people through her work.



## Cold Weather Safety Advisory for People Living Outside

Knowing what resources are available in the Boulder County community is vital when it comes to surviving during the winter months, especially for our community members who are living outside and unable to access shelter every night.

Every year in Colorado, people experiencing homelessness die due to cold weather exposure, so it's important to stay as safe as possible. Below is a list of resources for emergency sheltering, longer-term housing support, and winter clothing supplies.

**Path to Home Severe Weather Shelter** – This shelter is located at 2691 30th Street in Boulder; and their contact number is 303-605-8919. This shelter will open for everyone when the temperature at night is forecasted to drop below 32 degrees or below 38 degrees when rain, sleet, or snow are also anticipated. This shelter is also for people who have entered Coordinated Entry and have been assigned to services in Boulder (see below). Please call the number above to confirm what nights they will be open.

**Coordinated Entry** – Coordinated Entry is a system that allows people who are experiencing homelessness to secure longer shelter stays in Boulder and in Longmont. In order to be eligible for shelter stays, one has to meet with a coordinated entry specialist in either Boulder or Longmont. At screening, a client will be referred to one of two programs: Housing Focused Sheltering or Navigation Services. Details are below:

- Boulder – Open 7 days a week, hours vary. Call ahead for an appointment and/or to check hours; 303-605-8919; located at 2691 30th Street
- Longmont – Open 5 days a week, hours vary. Call ahead for an appointment and/or to check hours; 303-7725529 ext. 289; located at 220 Collyer Street. \*

\*Starting January 1st 2020 services will be provided M-F 10:00 a.m. - 3:00 p.m. at the Hub, located at 515 Coffman St. Longmont.

**H.O.P.E. Shelter** – This shelter has locations in Longmont and is only open to people who have been processed through Coordinated Entry and assigned to stay at the Longmont shelters. On especially cold or treacherous nights, this shelter is open for all. Call 720-453-6999 to confirm the shelter is open for all, and which location is open night, as it varies.

**Winter Clothing** – Whether or not you are sheltering overnight, having warm clothing is imperative for staying safe in the winter. There are resources throughout Boulder County to assist with this:

- Deacons Closet – 1820 15th Street in Boulder, open Thursday mornings from 9:30-10:30 a.m.
- OUR Center Community Closet – 220 Collyer Street in Longmont, open Monday-Thursday from 9:30 a.m. – 3:30 p.m. Clients MUST meet with a resource navigator at OUR Center prior to accessing this service.
- H.O.P.E. – 804 S. Lincoln Drive in Longmont. Winter clothing, sleeping bags, blankets, etc. ONLY available to people who have met with a case manager.

## Partner Spotlight Recovery Café in Longmont

It's a community of refuge and healing for people in recovery from addiction, mental health, homelessness, and other life challenges.

Everyone is welcome: those in crisis, who are new to recovery, in long-term recovery, post-relapse, in the midst of a difficult life change or mental health transition. The Café is a place of support and stability for all individuals. Recovery Café Longmont seeks to break the cycle of despair and destruction. We are in this together because we are all in recovery from something.

The Café model supports people as they establish a healthy life and recognizes that we all need a meaningful sense of membership and belonging in the community. Café participants are referred to as members rather than clients, participants, or consumers. The Café is committed to growing and nurturing its members to rebuild their lives, as well as help other members of the Café community to do so as well. This peer-to-peer aspect of recovery support is one of the most powerful pieces of Recovery Café's success.

Days of operation are Tuesday-Saturday from noon to 4 p.m., with classes and support group meeting before and after hours.

Recovery Café Longmont  
402 Kimbark St. Longmont, CO 80501  
720-815-2885



### Share Your Feedback

Your feedback is invaluable. We are working on a way for you to submit anonymous recommendations, constructive feedback, comments, compliments, etc. online. In the meantime, please submit your anonymous feedback at our 3482 Broadway site in Boulder (we have a box for comments in the office), or feel free to share what is working well or needs improvement with any Works staff member.

### Contact

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