

The Opioid Crisis and the Role of Public Health Leadership in Monroe County

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COUNTY EXECUTIVE

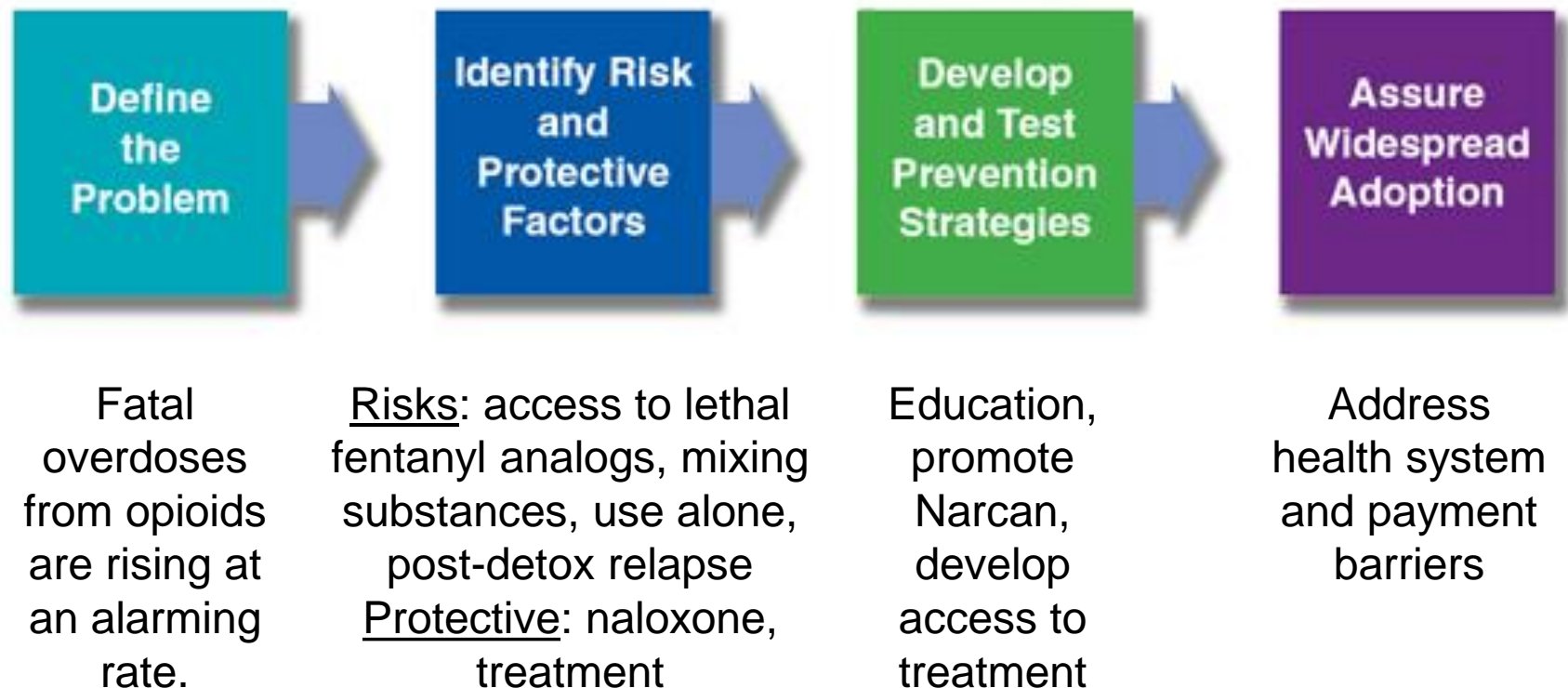


MonroeHealth



DrMikeMendoza

Borrowing from The Public Health Approach



Define the Problem

- There are many problems. Be clear about them all and align efforts accordingly
 - Identify and address stigma
 - Addiction is a chronic disease, not a choice
 - Overdose is the epidemic
 - Access to fentanyl analogs
 - Address high risk for relapse



Identify Risk and Protective Factors

- This must be done LOCALLY
- Leverage coordinated data to define extent of the problem and measure progress
 - Coordinate and reconcile data sources
- Ground Zero is first responders, ED
 - Following first opioid overdose rate of relapse is 9% in 90 days



Test and promote best practice

- Education about ubiquity of problem, stigma
- Education about overdose and overdose reversal (naloxone)
- Chronic illness management
- Integrated care, including medication-assisted treatment



Sustainability: Aligning Resources

- Leadership
- Strategic partnerships
- Crucial conversations
- Be creative!
- Foundation for the next epidemic...



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Monroe County Opioid Action Plan



- **Lawsuit** against opioid industry
- Commissioner's **Advisory Panel**
- **Data** Coordination
- **Enforcement and Surveillance**
 - New Forensic Pathology Fellowship, New Toxicologists
- Prevention through **education**
 - Schools, community, businesses, churches
- **Narcan** training and distribution
 - Restaurants, public places, libraries
- Grant application in support of the **Opioid Response Partnership**



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Experience from the Field

- Appreciate complexity, strive for simplicity
- Acknowledge and understand disagreement, strive for collaboration
- Relationships with medical providers, chemical dependency providers
- Enroll as an Opioid Overdose Prevention Program
- Promotional, Media Contacts



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MONROE COUNTY, NY
OPIOID INFORMATION & RESOURCES
 CHERYL DINOLFO • COUNTY EXECUTIVE

- HOME
- GET HELP
- ABOUT ADDICTION/TREATMENT
- OPIOID ACTION PLAN

Addiction is a disease. Overdose is preventable. Recovery is possible.

"The opioid crisis continues at an alarming level. Approximately every other day, someone in Monroe County dies from an opioid overdose. This person is someone's son, daughter, mother, father, brother or sister. Numerous others overdose, but survive. Drug addiction is a physical illness, often beginning with the legitimate use of pain medicine. While Monroe County is aggressively tackling this issue on many fronts, addiction is a complex medical problem without an easy or quick solution. We will continue to work with our community partners to explore any and all options to help those struggling with addiction, and to prevent others from becoming addicted."



Dr. Michael Mendoza
 Commissioner
 Monroe County Department of Public Health

 Learn About Opioid
Addiction & Treatment

 Get Help &
for Opioid A

Upcoming Events

2:03  LTE 

 monroecounty.gov 

For Immediate Help Call (585) 627-1777

 Find Treatment



MONROE COUNTY, NY
OPIOID INFORMATION &
RESOURCES
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 NAVIGATION MENU

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Monroe County Department of Public Health
 111 Westfall Road
 Rochester, NY 14620
 Phone: (585) 753-2991
mchealth@monroecounty.gov
www.monroecounty.gov/opioids

R_x **NARCAN[®]**
 4 mg/0.4 mL nasal spray

Directions for use:

1. CALL 911
2. Administer a single spray of NARCAN[®] in one nostril.
3. Repeat after 3 minutes if no or minimal response.

Do you have prescription coverage as part of your health insurance plan? If you do, you can use N-CAP to cover up to \$40 in prescription co-payments so there are no or lower out-of-pocket expenses when getting naloxone at a participating pharmacy.

Dispense: One
 Refills: PRN

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 Commissioner of Public Health



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How to use Narcan[®] Nasal Spray for an opioid overdose

<p>KNOW THE SIGNS OF OVERDOSE</p> <ul style="list-style-type: none"> • Person is passed out and you cannot wake them up. • Breathing very slow, making gurgling sounds, or not breathing at all. • Lips are blue or grayish color. • Pinpoint pupils 	<p>CHECK FOR A RESPONSE</p> <ul style="list-style-type: none"> • Shake them and shout to wake them up. • If no response, grind your knuckles into their chest bone for 5-10 seconds. • If the person still does not respond, call 911. 	<p>CALL 911</p> <ul style="list-style-type: none"> • Tell the 911 dispatcher, "I think someone has overdosed!" • If you report an overdose, you and the overdosed person have significant protections under the New York State Law from being charged with drug possession, even if you shared drugs.

How to give Narcan[®] Nasal Spray

<ul style="list-style-type: none"> • Take Narcan[®] Nasal Spray out of box. • Peel back tab with the circle to open the Narcan[®] Nasal Spray. <p>IMPORTANT: Do not remove Narcan[®] until ready to use and do NOT test the device.</p>	<p>NOZZLE</p> <ul style="list-style-type: none"> • Hold the Narcan[®] Nasal Spray with your thumb on the bottom of the plunger and your first and middle fingers on either side of the nozzle. 	<ul style="list-style-type: none"> • Tilt the person's head back and provide support under the neck with your hand.
<ul style="list-style-type: none"> • Gently insert the tip of the nozzle into one nostril, until your fingers are against the bottom of the person's nose. • Press the plunger firmly to give the dose of Narcan[®] Nasal Spray. Remove the Narcan[®] Nasal Spray from the nostril after giving the dose. 	<ul style="list-style-type: none"> • Wait and watch the person closely. • If the person does not respond in 2 mins, repeat the steps and give the second dose of Narcan[®] Nasal Spray in box. 	<p>HAND SUPPORTS HEAD</p> <p>KNEE STOPS BODY FROM ROLLING ONTO STOMACH</p> <ul style="list-style-type: none"> • Call 911 right away, if you have not done so already. • Roll the person on their side and place them in the "recovery position".

If the person is not breathing, do rescue breathing (or CPR if you know it)

<p>Tilt the head back, lift the chin, and pinch the nose.</p>	<p>Start with two breaths into the mouth. Continue with one breath every 5 seconds.</p> <p>The person's chest should rise and fall; if not, check to make sure the head is tilted back and the mouth is clear.</p>	<p>Keep doing rescue breathing until the person breathes on their own or until medical help arrives.</p>
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Caring for someone after you give them Narcan[®]

- When the person wakes up, explain what happened. Tell them not to take any more drugs because that could cause another overdose.
- Naloxone, the medicine in Narcan[®], wears off in 30 to 90 minutes. Stay with the person until they go to the hospital, or until the naloxone wears off, to make sure they do not overdose again.
- If you do not seek medical care, stay with the person for at least 3 hours and watch for signs of returning overdose. Call 911 if the person is not OK when they wake up.
- When the ambulance arrives, tell them that naloxone has been given.
- If you need to leave, turn the person on their side (recovery position) to prevent them from choking.
- Go back to the program that trained you or to a pharmacy, tell them you used the kit and get more naloxone.

NARCAN KIT IS LOCATED: monroecounty.gov/opioids



QUESTIONS?



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