

# Substance Use Disorder and Overdose Prevention

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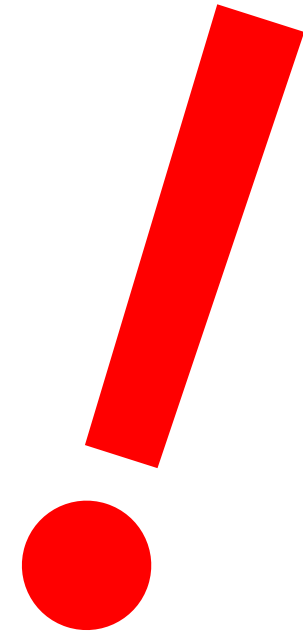


# Agenda

- A. Substance use and the overdose epidemic
- B. Overdose prevention
- C. Opioid overdose reversal medications
- D. Overdose response
- E. Resources

# Self-Care

The information in this training may bring up feelings, please make sure to take care of yourself.



Section A

# Substance use and the overdose epidemic

# Substance Use Disorder

**Substance use disorder** is a treatable mental disorder that affects a person's brain and behavior, leading to their inability to control their use of substances like legal or illegal drugs, alcohol, or medications. Symptoms can be moderate to severe.

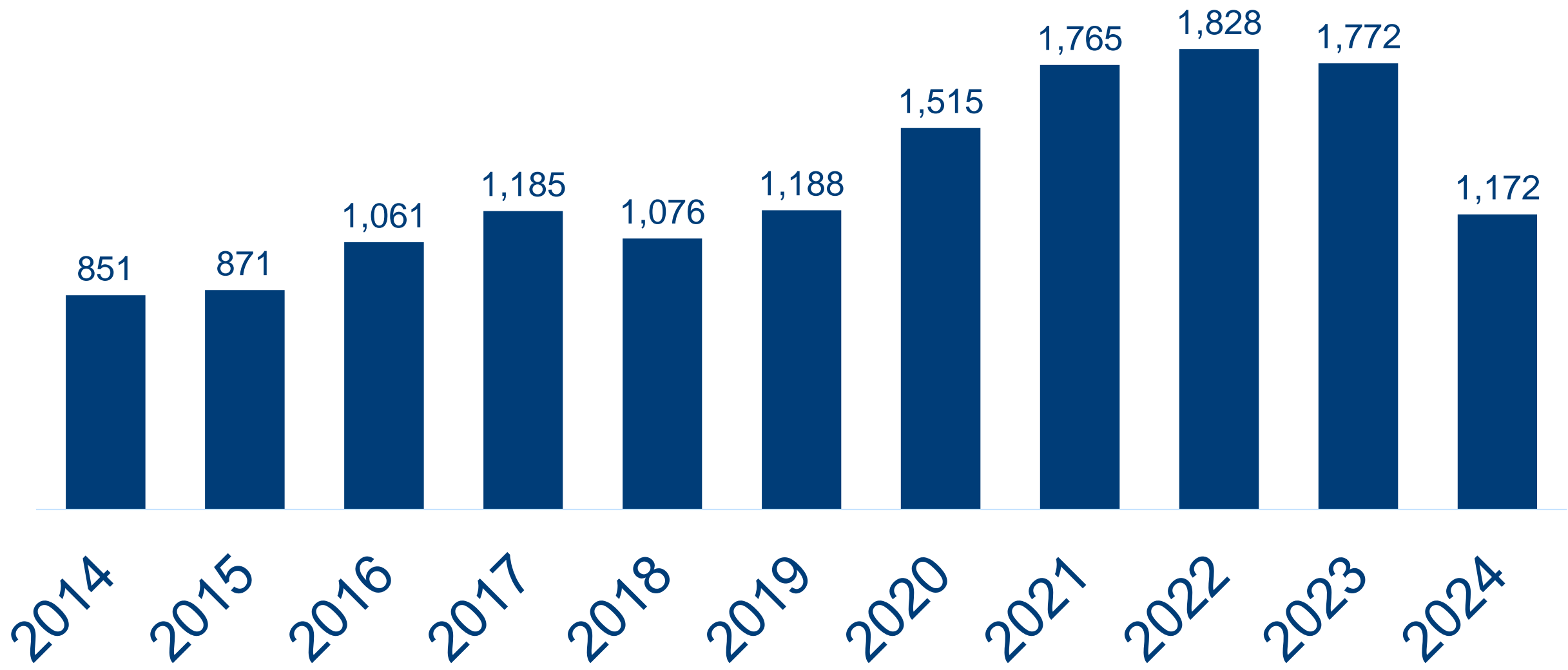
[Source: National Institute of Health, 2024](#)

# Drug Overdose

Overdose happens when a toxic amount of a drug, or combination of drugs overwhelms the body.

Mixing drugs increases the risk of an overdose.

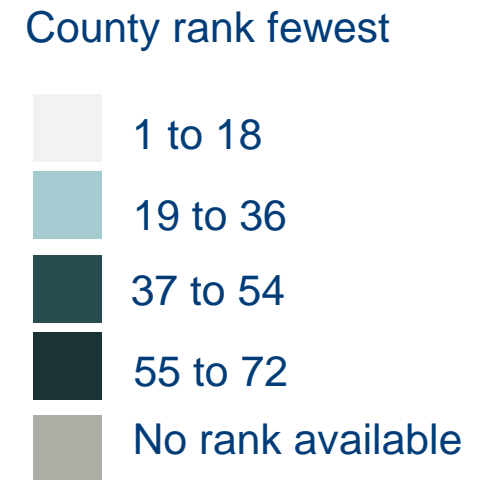
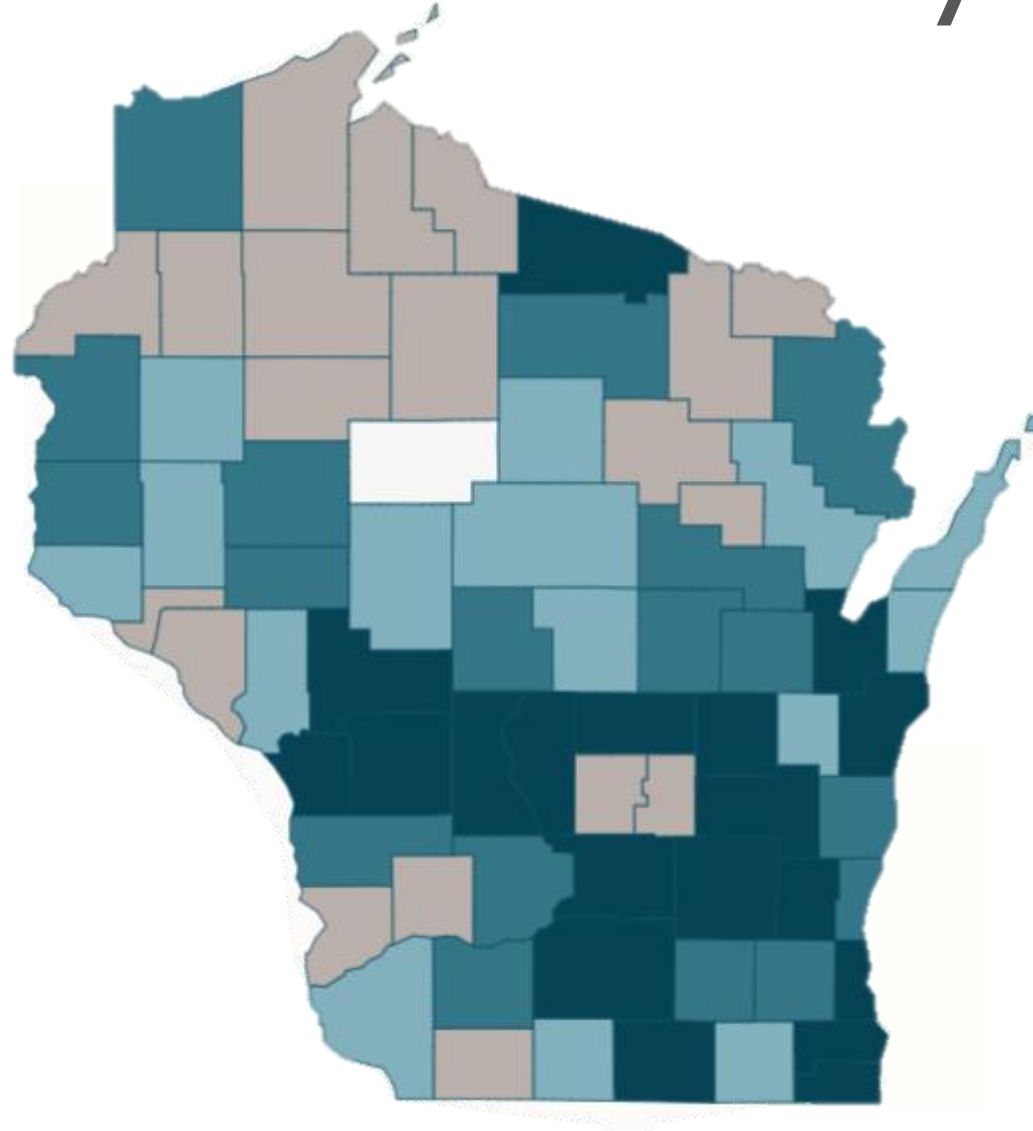
# Wisconsin Drug Overdose Deaths



Source: [DHS Substance Use: Drug Overdose Deaths Dashboard](#)

# 2023 Opioid Deaths by County

24.0  
statewide rate  
per 100,000  
of all opioid  
deaths



Source: [Dose of Reality: Opioid Deaths by County Dashboard](#) | Wisconsin Department of Health Services



# Fueled by Fentanyl

- In 2023, synthetic opioids, primarily fentanyl, were identified in 92 percent of opioid overdose deaths and 74 percent of all drug overdose deaths.
- Provisional data shows the number of fentanyl overdose deaths in Wisconsin grew by 101 percent from 2019 (651) to 2023 (1,307).

Source: DHS Vital Records Office

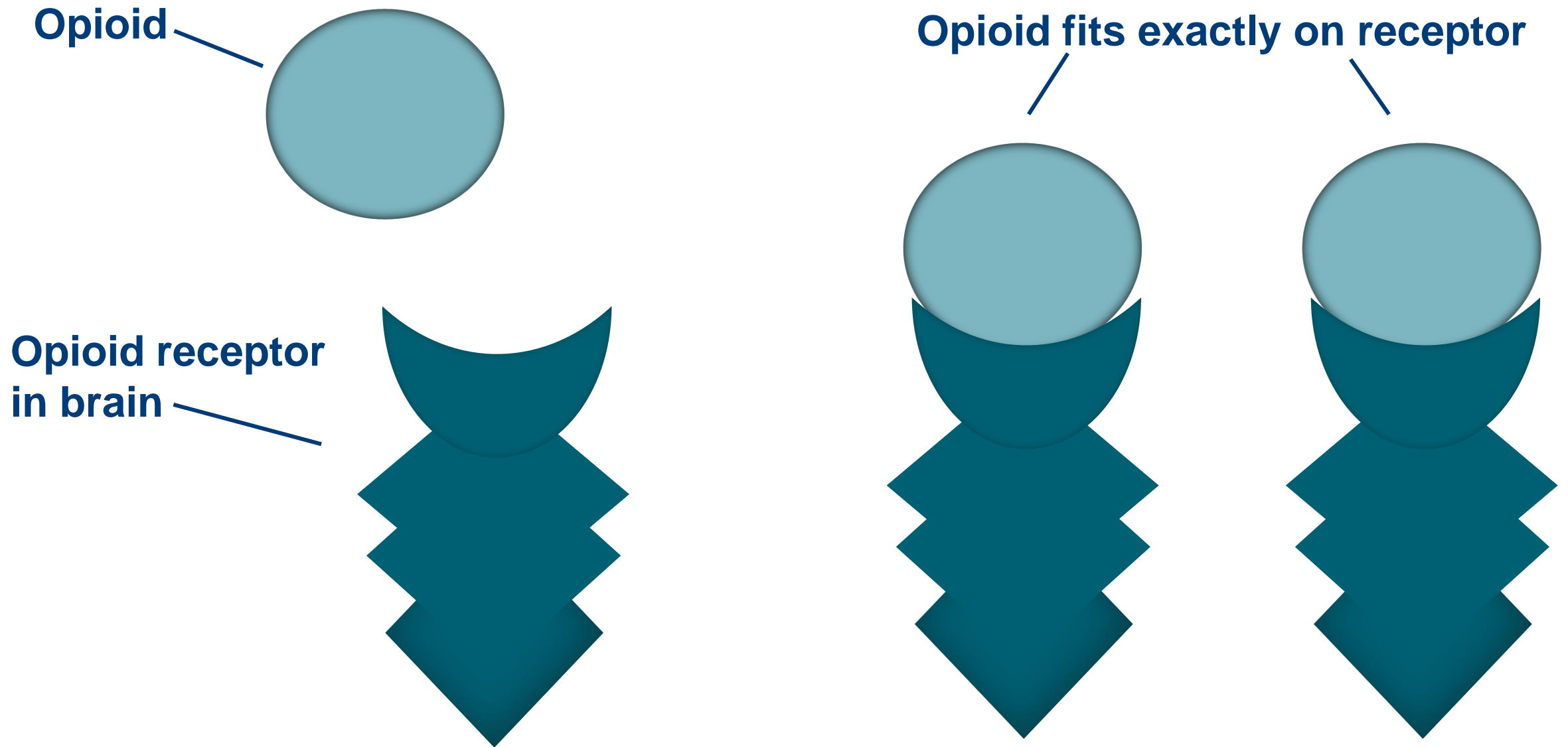
# Unpredictable Drug Supply

- Fentanyl is mixed into non-opioid substances.
- Other substances mixed with opioids including xylazine and benzodiazepines can complicate overdose reversal.
- People using stimulants (examples: methamphetamines, cocaine/crack cocaine) impacted more than other populations because of a lack of effective overdose prevention strategies for stimulants and no overdose reversal medications for stimulants.

# Opioids

- Manage pain, suppress coughs, and treat opioid use disorder.
- Cause feelings of euphoria, contentment, and/or detachment.
- Have effects lasting from 3 to 24 hours.
- Can suppress a person's ability to breathe when taken in large amounts.

# Opioids in the Brain



# Examples of Prescription Opioids

Generic Name	Brand Name
Oxycodone	Oxycontin®, Percocet®, Roxicodone®
Oxymorphone	Opana®
Hydrocodone	Vicodin®, Lorcet®, Zohydro®, Zortab®
Hydromorphone	Dilaudid®
Morphine	
Meperidene	Demerol®
Codeine	Tylenol® 3 & 4
Buprenorphine	Suboxone®, Subutex®, Zubsolv®
Methadone	
Fentanyl	Duragesic®

Section B

# Overdose prevention

# Overdose Prevention

Overdose prevention is an evidence-based approach at reducing overdose deaths.

Source: [Center for Disease Control and Prevention](#), 2025

# Fundamentals of Overdose Prevention

- Rooted in a commitment to public health and human rights.
- Combat stigma.
- Meet people where they are at.
- Aim to attain any positive change.



# Principles

1. Accepts, for better or worse, that licit and illicit drug use is part of our world and chooses to work to minimize its harmful effects rather than simply ignore or condemn them.
2. Establishes quality of individual and community life and well-being – not necessarily cessation of all drug use – as the criteria for successful interventions and policies.

# Principles

3. Ensures that people who use drugs and those with a history of drug use routinely have a real voice in the creation of programs and policies designed to serve them.
4. Recognizes that the realities of poverty, class, racism, social isolation, past trauma, sex-based discrimination, and other social inequalities affect both people's vulnerability to and capacity for effectively dealing with drug-related harm.

# Principles

5. Understands drug use as a complex, multi-faceted phenomenon that encompasses a continuum of behaviors from severe use to total abstinence and acknowledges that some ways of using drugs are clearly safer than others.
6. Calls for the non-judgmental, non-coercive provision of services and resources to people who use drugs and the communities in which they live in order to assist them in reducing attendant harm.

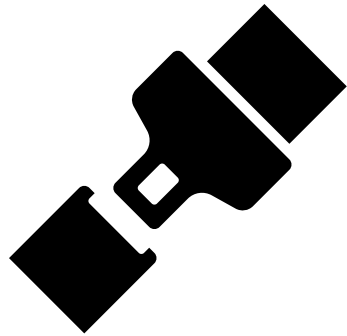
# Principles

7. Affirms people who use drugs themselves as the primary agents of reducing the harms of their drug use and seeks to empower people who use drugs to share information and support each other in strategies which meet their actual conditions of use.
8. Does not attempt to minimize or ignore the real and tragic harm and danger that can be associated with illicit drug use.

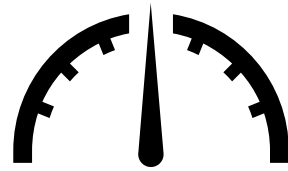
# Examples of Other Prevention Strategies



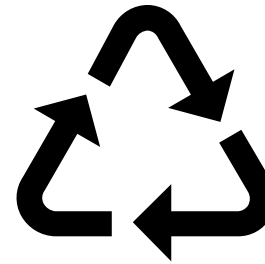
Sun  
screen



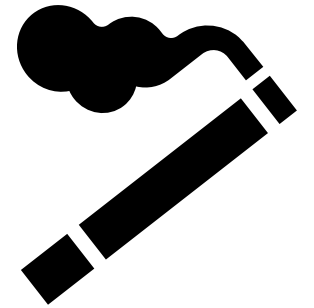
Seat  
belts



Speed  
limits



Recycling



Cigarette  
filters

Section C

# Opioid Overdose Reversal Medications

# Naloxone

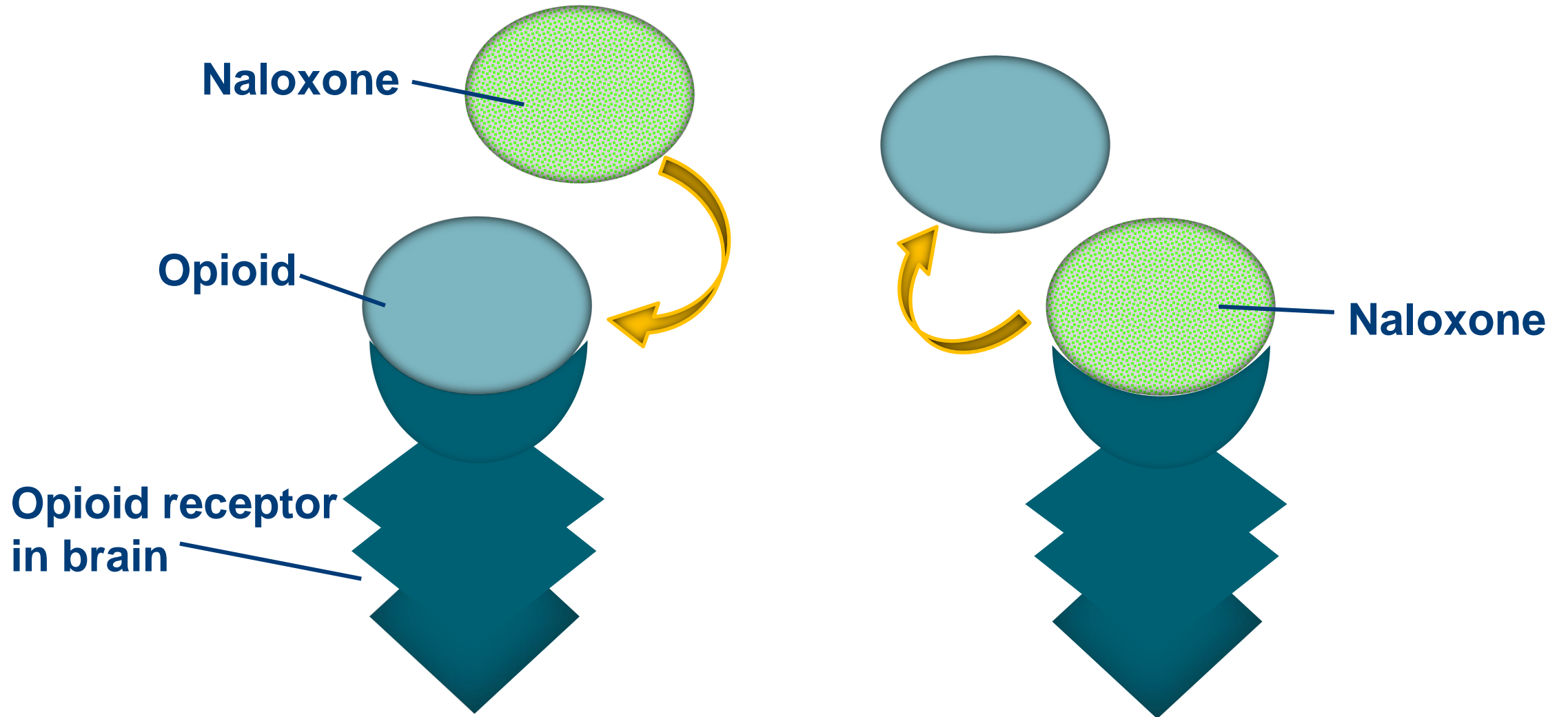


Intramuscular/IM



Intranasal/nasal

# Naloxone and the Brain





# Naloxone

- Only effective in reversing opioid overdoses
- No effect on someone who hasn't taken opioids
- No significant side effects
- No potential for misuse or getting high

# Naloxone

- Wears off in 30-90 minutes
- Safe for children, pregnant women, and pets

# Good Samaritan Laws

## **2013 Wisconsin Acts 194 and 200**

A person who helps someone who is overdosing is immune from criminal prosecution unless they are on probation or parole for:

- Possession of a controlled substance.
- Possession or use of drug paraphernalia.

# Naloxone Storage (All Forms)

Store in original package at room temperature (60°- 80°)  
away from light sources, like sunlight.

# Nalmefene and High-Dose Naloxone

These options may cause severe precipitated withdrawal symptoms, including acute respiratory distress syndrome, severe agitation, irregular heartbeat, and stress cardiomyopathy.

Scan the QR code to view full DHS statement on high dose naloxone.



Section D

# Overdose Response

# Assess

Check to see if the person is displaying any signs of an opioid overdose:

- Unresponsiveness or unconsciousness
- Slowed or stopped breathing
- Snoring or rattling sounds
- Cold or clammy skin
- Discolored lips or fingernails

# Stimulate

## Verbal

Try to get them up by saying:

- Their name.
- something they don't like.  
"I'm going to call 911."
- "I'm going to give you naloxone."

## Physical

- Make a fist and rub your knuckles firmly up and down their sternum.
- Pinch the back of their arm.



# Call 911

Emergency medical help is needed because:

- The situation may not be an opioid overdose.
- Naloxone is only temporary.

# Give Naloxone



# Naloxone Nasal Spray

1. Do rescue breathing for a few quick breaths if the person is not breathing.
2. Remove nasal spray from box. Peel back tab with circle to open.
3. Hold nasal spray with your thumb on the bottom of the plunger and your first and middle fingers on either side of the nozzle.

# Naloxone Nasal Spray

3. Tilt person's head back and support their neck. Make sure there is nothing in their airway.
4. Gently insert tip of nozzle into a nostril until your fingers touch the nose.
5. Press the plunger firmly to release the dose of naloxone.

# Multiple Naloxone Doses

Multiple naloxone doses may be needed. If there is no response after 2-3 minutes, give a second dose. Provide rescue breathing between doses or until the person's breathing is restored.

# Rescue Breathing

- Rescue breathing is the quickest way to get oxygen into a person's body.
- “Hand-only” CPR guidelines work for cardiac arrest, not overdoses.

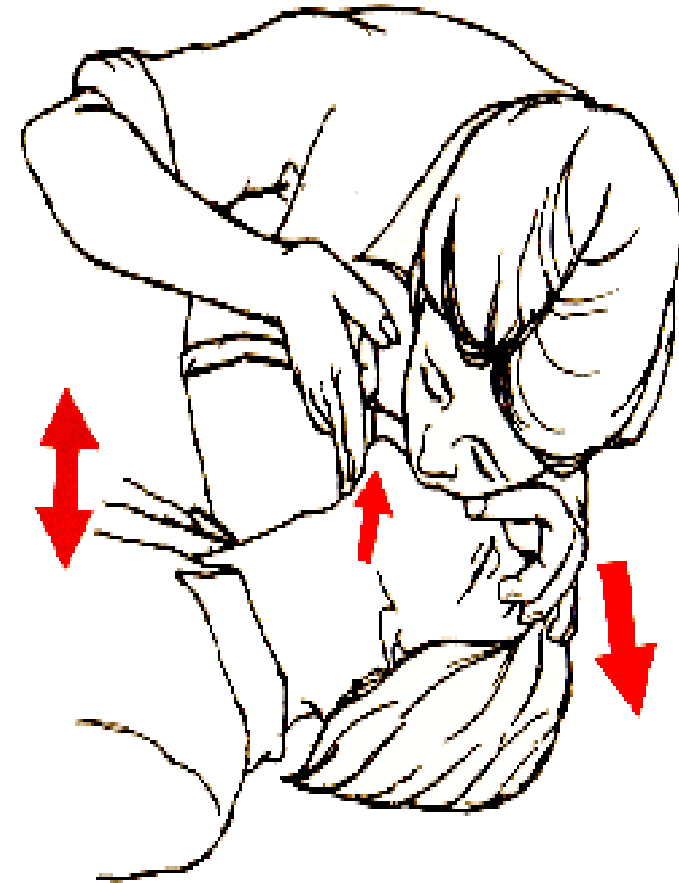
# Rescue Breathing Instructions

1. Place the person on their back.
2. Tilt the chin to open the airway.
3. Check to see if there is anything in their mouth blocking their airway (gum, syringe cap, etc.) and remove anything you find.



# Rescue Breathing Instructions

4. Pinch the person's nose closed.
5. Cover the person's mouth with your mouth. Blow 2 regular breaths (about 1 second each).  
*Make sure you see their chest rise. If their chest is not rising, tilt their head more and make sure their nose is plugged.*
6. Continue breathing: Give 1 breath every 5 seconds.





# Recovery Position

- Face and body turned to the left side
- Hand supports head
- Bent knee supports body



# Care for the Person

After receiving naloxone, a person may:

- Feel physically ill
- Feel withdrawal symptoms (unpleasant but not life-threatening)
- Become agitated and upset
- Overdose again

# Compassionate Response

- Treat the person with dignity and respect
- Explain in a calm, clear voice that you believe the person overdosed and you gave naloxone
  - “You are safe.”
  - “I’m here to help you.”
  - “EMS is on their way.”
- Ask them if they have someone, they would like you to contact (family, peer support, “sponsors,” etc.)
- Leave naloxone with them, if possible.

# Compassionate Response

“A compassionate overdose response is looking at the entire person. It’s not that moment of reviving them. It’s also what happens afterward.”

- Panel member from the Compassionate Overdose Summit

Section E

# Resources

# Wisconsin Addiction Recovery Helpline



[addictionhelpwi.org](http://addictionhelpwi.org)

# Never Use Alone

People who are using drugs are connected to a trained operator who can call for help in case of overdose.

- <https://neverusealone.com/>
- 877-696-1996



# SafeSpot

People who are using drugs are connected to a trained operator who can call for help in case of overdose.

- <https://safe-spot.me/>
- 800-972-0590





# Wisconsin Initiatives



**Prevent opioid harm.  
It starts with real talks.**



[doseofrealitywi.gov](https://doseofrealitywi.gov)



**It takes all of us to help prevent  
and reduce substance use.**

[realtalkswi.org](https://realtalkswi.org)



# “I Carry Hope, I Carry Naloxone”



Promote naloxone use with materials on the DHS website

<https://www.dhs.wisconsin.gov/opioids/partner-resources.htm#naloxone-promotion>

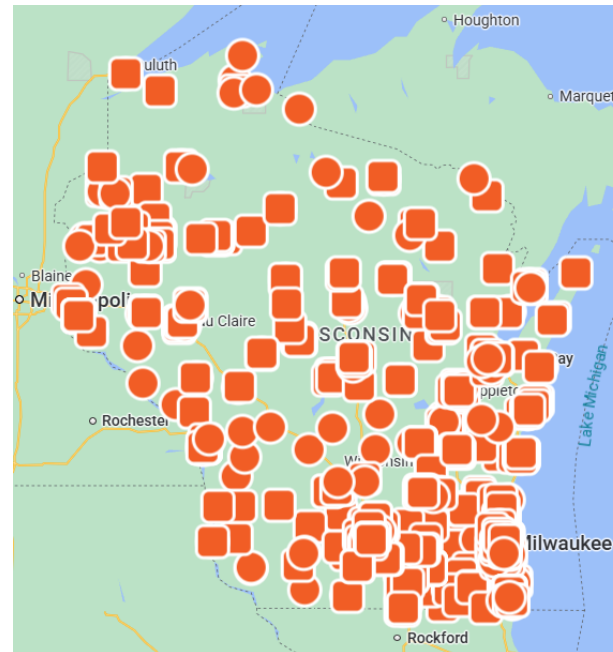


# Naloxone Availability

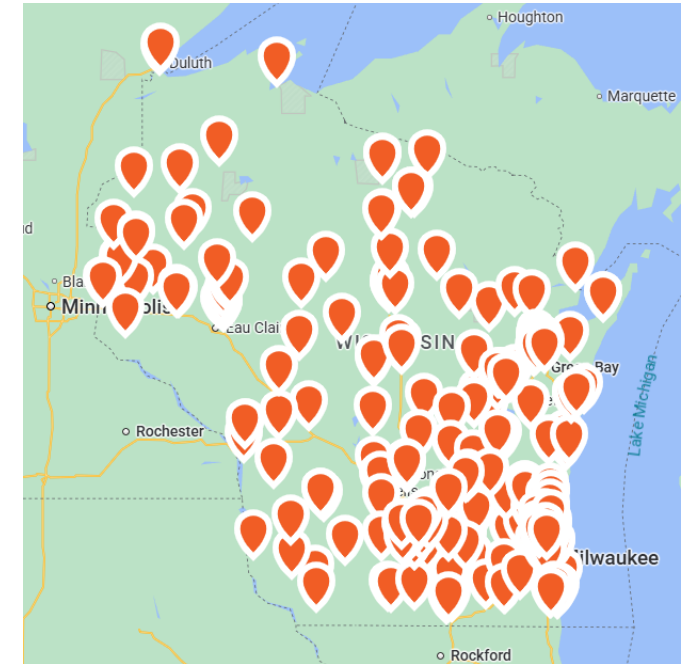
Naloxone is available for free or for purchase at hundreds of locations in Wisconsin.



Free naloxone



Where to purchase naloxone



# Bad River Mail Order Program

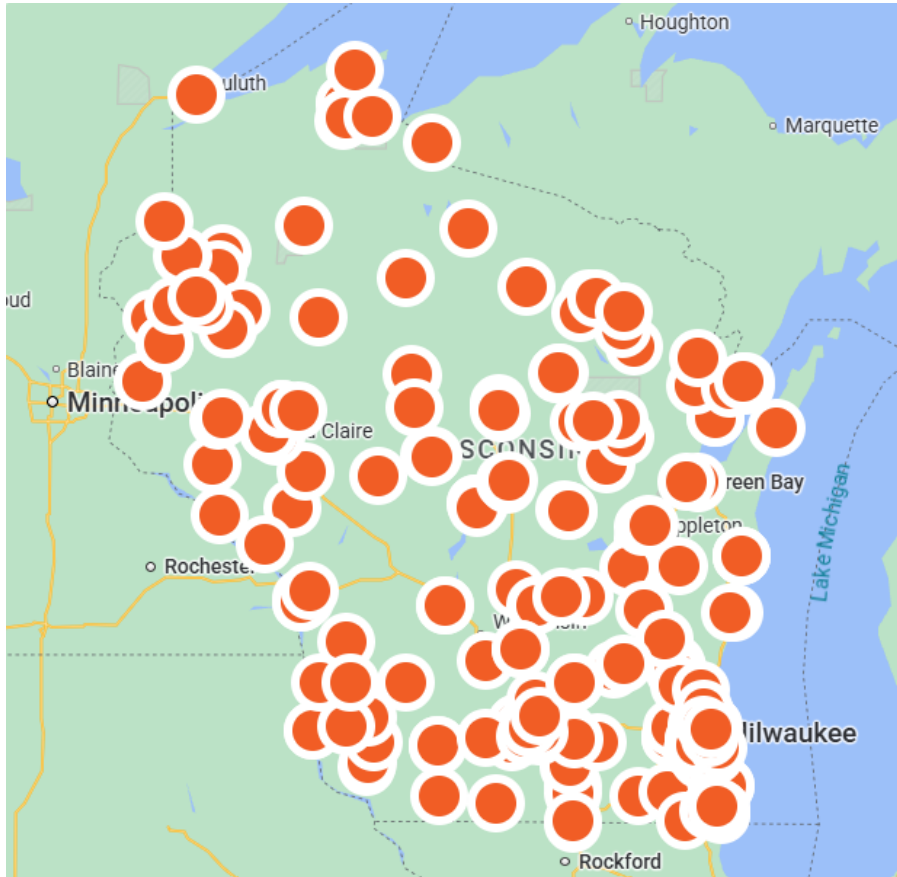
NEXT Distro: Vital Strategies partnered with Bad River to expand the tribe's overdose prevention program, as well as offer the mail-order service. That has helped finance staff to support people using drugs, as well as provide supplies and safe spaces. Indigenous people are dying at more than twice the rate in Wisconsin.

Place an order at:  
[www.nextdistro.org/wilangchoice](http://www.nextdistro.org/wilangchoice).

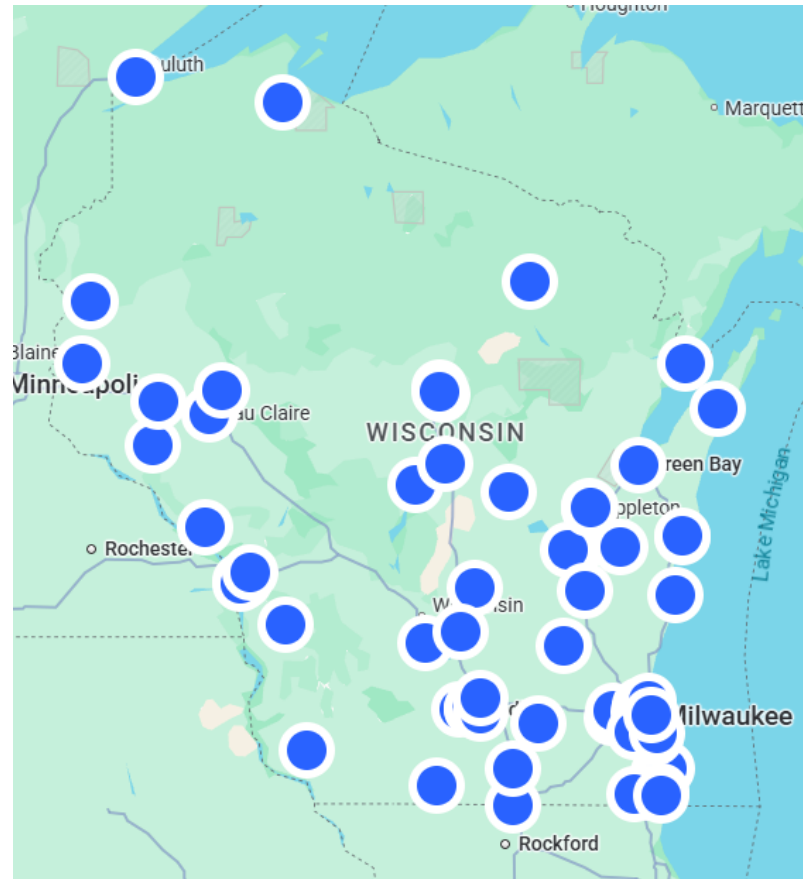


# Test Strip Availability

Fentanyl Test Strips



Xylazine Test Strips



# Drug Checking Technologies Training-of-Trainers Trainings

- Presented virtually.
- Occurs monthly from 10 a.m. to 12 p.m.
  - October 28, 2025
  - November 19, 2025
  - December 16, 2025
- Scan QR code to sign up for a session.



# Thank you!

## Any questions?