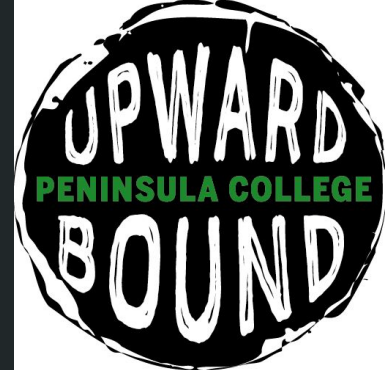




Clallam County



WASHINGTON STATE UNIVERSITY
EXTENSION



WSU/4-H Opioid Slideshow

By: The 4-H Opioid Research Team

Who we are

We are a team of teens in Upward Bound partnering with WSU and 4-H. We are studying community health topics, and this year we are focusing on the opioid crisis in Clallam County. We are also looking for ways to prevent addiction, reduce future users, help those who are currently dependant on opioids, and are analyzing the cause of misuse.

Research Question: What is Addiction and How Does it Relate to Trauma? How Can Resilience Science Reduce that Risk?

The Effects of **Opiates** on your Body

BRAIN

Heavy opiate use can cause sedation.

HEART

Heart lining can become infected due to contamination from heroin or crushed pills.

BLOOD

Heroin or crushed-pill injections can cause veins to collapse.

LUNGS

Ensuing respiratory depression can lead to slowed breathing, which is potentially fatal.

DIGESTIVE SYSTEM

Slowing of the digestive system can result in constipation.

LIVER

Shared infected needles can cause hepatitis.

NERVOUS SYSTEM

Chronic opiate abuse can create a greater sensitivity to pain

IMMUNE SYSTEM

Vulnerability and infection can occur due to reduced immune response.



Savers Addiction
Medical Group

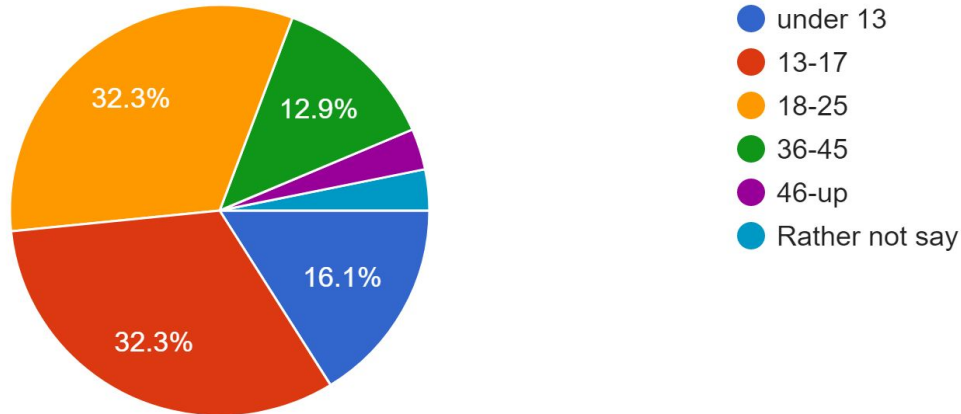
Survey Statistics

We received 35 responses to our survey.

(A survey error was made due to an age group not being added)

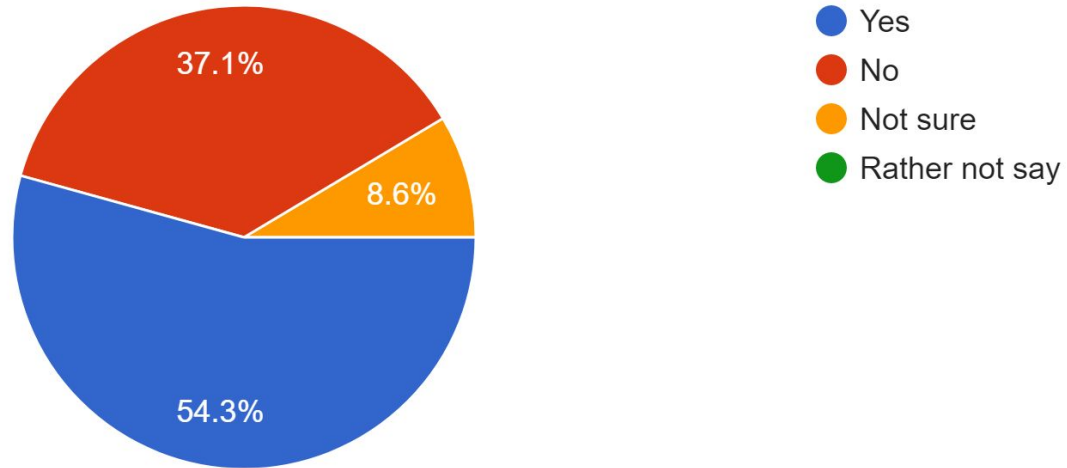
What age were you when you were first exposed to opioid misuse?

31 responses



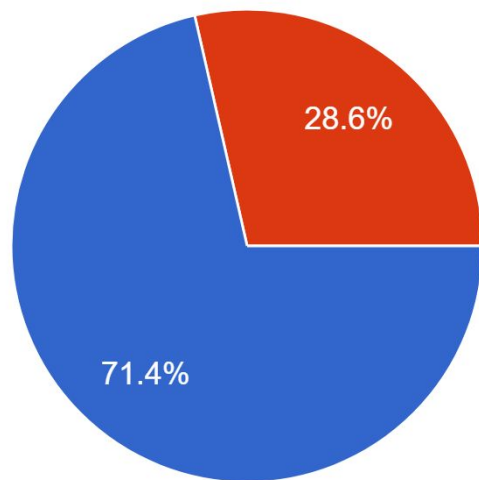
Have you or a family member ever been to a rehab facility?

35 responses



Have you experienced toxic stress or trauma?

35 responses



- Yes
- No
- Rather not say

Survey Responses that Stood Out

- “I have a lot of dead friends, and I shouldn’t be able to say that at 28. I think the stigma of opioid use and misuse contributes a lot to people getting stuck in a cycle of shame and using to cope. A lot of people in Clallam County have also experienced a lot of trauma and turned to opioids and benzodiazepines to help ease suffering, due to our mental health resources being stretched so thin. Such beautiful, brilliant people who were full of potential have died, and Clallam county is worse off for not having them anymore. Families have been torn apart. People who don’t use drugs are callous and mean toward people with dependencies, and I think some of that even comes from being traumatized by watching so many of their friends change due to their substance use. It’s really sad.”

Survey Responses that Stood Out Continued

- “I was a casual opioid user, only used once or twice a week. What empowered me to stop was watching my friends start dying of accidental fentanyl overdoses from bad presses. The risk became greater than the reward.”
- “I have 8 years, I ended up in jail again and looking at 10 years in prison. I got a Dosa sentence went to treatment and came home and went back to being a mom. God, my children and the desire to not be a junkie saved and empowered me.”
- Several people commented on the value of Drug Court, 12 step programs, and MAT programs in aiding recovery.

What is Trauma?

According to the American Psychological Association, “trauma is an emotional response to a terrible event... Immediately after the event, shock and denial are typical. Longer term reactions include unpredictable emotions, flashbacks, strained relationships and even physical symptoms like headaches or nausea. While these feelings are normal, some people have difficulty moving on with their lives.”

<https://www.apa.org/topics/trauma>

What are ACEs?

According to the CDC “Adverse childhood experiences, or ACEs, are potentially traumatic events that occur in childhood (0-17 years).” ACEs “also included are aspects of the child’s environment that can undermine their sense of safety, stability, and bonding.” “ACEs are linked to chronic health problems, mental illness, and substance use problems in adulthood. ACEs can also negatively impact education, job opportunities, and earning potential. However, ACEs can be prevented.”

Reference: <https://www.cdc.gov/violenceprevention/aces/fastfact.html>

The Pair of ACE's

ADVERSE CHILDHOOD EXPERIENCES



ADVERSE COMMUNITY ENVIRONMENTS

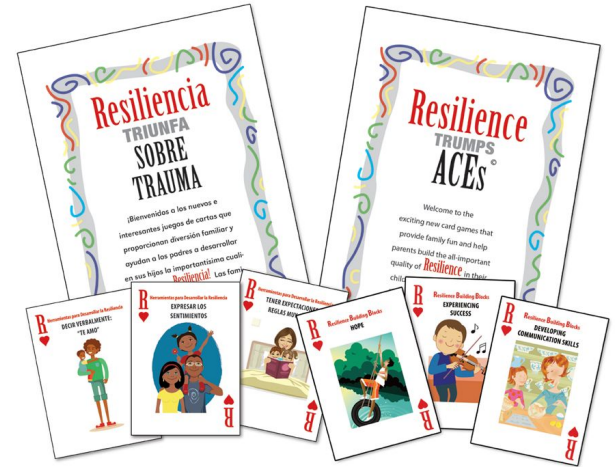


How Does Trauma Influence Addiction?

- The more ACEs someone has increases the likelihood of them misusing a substance
- Some people will use substances to relieve the pain of the trauma
 - This is called self medication
- Relapse is a huge part of addiction and can easily happen and unexpectedly

Resilience Factors

- Resilience factors can combat ACEs, and the more resilience factors someone has can prevent addiction
- Resilience Card Reference: <https://criresilient.org/>



What to do During an Overdose

- NARCAN



NARCAN[®] (naloxone HCl) **NASAL SPRAY**

QUICK START GUIDE Opioid Overdose Response Instructions

Use NARCAN Nasal Spray (naloxone hydrochloride) for known or suspected opioid overdose in adults and children.

Important: For use in the nose only.

Do not remove or test the NARCAN Nasal Spray until ready to use.

1 Identify Opioid Overdose and Check for Response

Ask person if he or she is okay and shout name.

Shake shoulders and firmly rub the middle of their chest.

Check for signs of opioid overdose:

- Will not wake up or respond to your voice or touch
 - Breathing is very slow, irregular, or has stopped
 - Center part of their eye is very small, sometimes called "pinpoint pupils"
- Lay the person on their back to receive a dose of NARCAN Nasal Spray.



2 Give NARCAN Nasal Spray

Remove NARCAN Nasal Spray from the box.

Peel back the tab with the circle to open the NARCAN Nasal Spray.



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.



Gently insert the tip of the nozzle into either nostril.

- Tilt the person's head back and provide support under the neck with your hand. Gently insert the tip of the nozzle into **one nostril**, until your fingers on either side of the nozzle 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.



Get emergency medical help right away.

Move the person on their side (recovery position) after giving NARCAN Nasal Spray.

Watch the person closely.

If the person does not respond by waking up, to voice or touch, or breathing normally another dose may be given. NARCAN Nasal Spray may be dosed every 2 to 3 minutes, if available.



Repeat Step 2 using a new NARCAN Nasal Spray to give another dose in the other nostril. If additional NARCAN Nasal Sprays are available, repeat step 2 every 2 to 3 minutes until the person responds or emergency medical help is received.

Resources and Rehabilitation

- BAART (<https://baartprograms.com/baart-programs-port-angeles/>)
- PBH (<https://peninsulabehavioral.org/>)
- Appropriate medication disposal:
 - Clallam County Sheriff's Office
 - Jim's Pharmacy (non narcotics only)
- Specialty Services (only inpatient, <https://www.americanbehavioralhealth.net/>)

Resources and Rehabilitation Continued

- Celebrate Recovery (<https://www.celebraterecovery.com/>)
- Narcotics Anonymous (<https://nopana.org/meetings/>)
- First Step (family support services (<https://firststepfamilysupportcenter.org/>))
- Clallam Resilience Project (educational resource, <https://www.unitedwayclallam.org/clallam-resilience-project>)
- Clallam County Prevention and Substance Abuse Department (<http://clallam.net/hhs/humanservices/prevention.html>)

Call to Action

- Comprehensive health education from an early age
- More resources for mental health and better school funding
- More funding for prevention and resilience building programs
- Trauma informed education for everyone who works with youth directly or indirectly
- More mental health counselors in schools
- Education on what healthy relationships look like
- Education for doctors on addiction and appropriate opioid uses