

## Facilitator Guide: Opioids and Opioid Use Disorder – The Basics

### Learning Objectives:

1. Identify opioids and their effects on the body and brain.
2. Define Opioid Use Disorder (OUD) and its signs and symptoms.
3. List the signs and symptoms for opioid overdose.

### Pre-Work

- Create word cloud activity in Mentimeter for slide 3 (page 3)
- Create Zoom poll for Quiz 1 on slide 9, page 7

*Quiz 1 – answers are in bold*

1. What are opioids? A) **Drugs derived from the opium poppy plant**; b) Synthetic drugs that mimic the effects of opiates, c) Pain relievers that are non-addictive; d) Drugs used to treat anxiety and depression
2. True or False: Opioids are a class of drugs commonly used to relieve pain. **True**
3. Which of the following is an example of an opioid medication? a) Aspirin b) Ibuprofen c) **Codeine** d) Acetaminophen
4. What are some common side effects of opioid use? a) **Drowsiness, constipation, and respiratory depression** b) Increased heart rate and elevated blood pressure c) Improved concentration and memory d) Decreased appetite and weight loss
5. What is fentanyl, and how does it differ from other opioids? a) Fentanyl is a weak opioid used for mild pain relief. b) Fentanyl is a natural opioid found in the opium poppy plant. c) **Fentanyl is a synthetic opioid that is much more potent than other opioids, such as morphine and oxycodone.** d) Fentanyl is an over-the-counter medication used for cough suppression.

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| <b>Producer:</b> | <ul style="list-style-type: none"><li>• Gather all links for additional videos to be shown during the presentation.<ul style="list-style-type: none"><li>○ Will need several video clips from reputable sources (i.e., CDC, American Psychiatric Association, WHO, etc.) to illustrate discussion points – examples are included in this guide but can be changed, including:<ul style="list-style-type: none"><li>▪ Slide 8, page 6 (:30) CDC <a href="https://youtu.be/stpS6515WGo">https://youtu.be/stpS6515WGo</a>;<ul style="list-style-type: none"><li>• <u>Include statement</u>: Source: CDC – use of material does not imply endorsement by CDC, ATSDR, HHS or the United States Government of you, your company, product, facility, service or enterprise. the material is otherwise available on the agency website for no charge.</li></ul></li><li>▪ Slide 11, page 8 (text) American Psychiatric Association <a href="https://www.psychiatry.org/patients-families/opioid-use-disorder">https://www.psychiatry.org/patients-families/opioid-use-disorder</a>;</li><li>▪ Slide 18, page 14 (2:40) Administering Narcan <a href="https://www.ama-assn.org/delivering-care/overdose-epidemic/how-administer-naloxone">https://www.ama-assn.org/delivering-care/overdose-epidemic/how-administer-naloxone</a></li></ul></li><li>○ Always use public domain/free copyright videos and/or obtain permission when using videos and materials from other sources.</li></ul></li></ul> |
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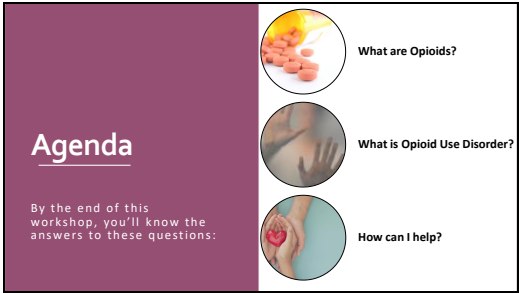
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|  | <ul style="list-style-type: none"> <li>There is a breakout room activity scheduled for this session on Slide 23, page 17. Collaborate with the Facilitator to decide if participants should be put into specific groups or if the groups can be chosen at random.</li> </ul> |
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| <b>Facilitator:</b> | <ul style="list-style-type: none"> <li>This guide was developed for the purposes of delivering this course via Zoom, but it can also be used for classroom training with the following considerations: <ul style="list-style-type: none"> <li>The word cloud can be a brainstorming activity done using a whiteboard, blackboard, or flipchart.</li> <li>The quiz on slide 8, page 7 can be discussion questions for group participation.</li> <li>The breakout room activity on slide 23, page 17 will need to be adapted to fit the classroom environment.</li> </ul> </li> </ul> |
|                     | <ul style="list-style-type: none"> <li>This session contains a breakout room activity, where participants will need to be divided into at least 2 groups. Collaborate with the Producer about how many groups are needed based on pre-registration, and whether you feel those groups should be formed a certain way or if the Producer can make them at random.</li> </ul>                                                                                                                                                                                                         |
|                     | <ul style="list-style-type: none"> <li>Open the PowerPoint file associated with this guide.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
|                     | <ul style="list-style-type: none"> <li>Share the PowerPoint application and ensure that the Zoom Participant and Chat panels are visible.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                |
|                     | <ul style="list-style-type: none"> <li>Some key talking points and questions are included in this guide but be prepared to add your own commentary and questions as well.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                |
|                     | <ul style="list-style-type: none"> <li>Aim towards generating a response from participants at least once every five minutes; this will keep learners engaged and will encourage them to follow along closely. Examples of these types of interactions have been noted using <b>ASK</b></li> </ul>                                                                                                                                                                                                                                                                                   |

| Session 1 |                    |                   |
|-----------|--------------------|-------------------|
| Slides    | Approximate Timing | Summary           |
| 1-2       | 3 min              | Introduction      |
| 3-9       | 13 min             | What are opioids? |
| 10-19     | 20 min             | What is OUD?      |
| 20-23     | 16 min             | How can I help?   |
| 24-27     | 8 min              | Wrap-up           |

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|---------------|---------------|
| <b>Total:</b> | <b>60 min</b> |
|---------------|---------------|

| Slide#)<br>Duration | Slide                                                                              | Facilitator Notes                                                                                                                                                                                      | Producer Notes                                                                                                                                                                                                                                                                                                                                                                                         |
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| 1) 1-2 min.         |   | <b>DO:</b> <ul style="list-style-type: none"> <li>– Welcome learners.</li> <li>– Introduce yourself.</li> <li>– Remind learners that the session will be recorded and available afterwards.</li> </ul> | <b>DO:</b> <ul style="list-style-type: none"> <li>– Check for facilitator readiness.</li> </ul> <b>SAY:</b> <ul style="list-style-type: none"> <li>– Greet early learners as needed, letting them know the session will begin shortly.</li> <li>– Please remind everyone that they should remain muted when not talking.</li> <li>– Also, to use the raise hand icon if they have questions</li> </ul> |
| 2) 1 min            |  | <b>DO:</b> <ul style="list-style-type: none"> <li>– Open the session, review the objectives, reading and expanding on the questions on the slide.</li> </ul>                                           |                                                                                                                                                                                                                                                                                                                                                                                                        |

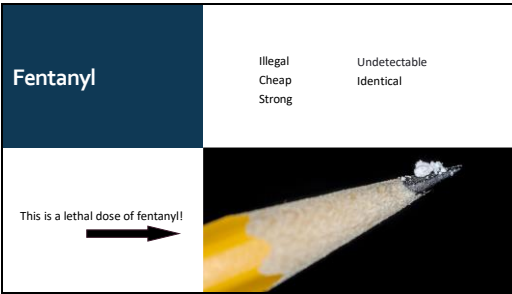
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| <p>3) 2-3 min</p> |    | <p><b>DO:</b></p> <ul style="list-style-type: none"> <li>– Introduce the icebreaker activity (word cloud)</li> </ul> <p><b>SAY:</b></p> <ul style="list-style-type: none"> <li>– Follow the link provided in chat to answer the question shown on the screen – Share the first words and images that come to mind when you hear the term “opioids.”</li> <li>– Once you click the link, you will be asked for a code. Enter _____.</li> <li>– Once everyone responds to the question, a word cloud will be created with the answers.</li> <li>– Make sure you hit submit at the bottom after entering your answer.</li> <li>– Once you submit, return back here so we can discuss.</li> <li>– You will have 1 minute, starting now.</li> </ul> <p><b>DO (after icebreaker) (1-2 minutes)</b></p> <ul style="list-style-type: none"> <li>– Wrap-up the activity and discuss. Transition to the next slide.</li> </ul> | <p><b>DO:</b></p> <ul style="list-style-type: none"> <li>– While Moderator is introducing the activity, navigate to the Mentimeter website and login.</li> <li>– Click on the preset Word Cloud activity for Opioids and OUD and go into Presentation mode.</li> <li>– Post a link in chat to the “<i>Share your thoughts</i>” Mentimeter page.</li> <li>– Switch the screen from the PowerPoint presentation to the Mentimeter page so that participants can see it in real time.</li> <li>– Keep track of time using the timing instructions provided.</li> <li>– Allow 1 minute for attendees to place their thoughts into the word cloud by setting the timer.</li> </ul> |
| <p>4) 1 min</p>   |  | <p><b>SAY:</b></p> <ul style="list-style-type: none"> <li>– Opioids are a class of drugs that interact with opioid receptors in the brain to relieve pain. They can be extracted from the poppy plant – like morphine - or may be man-made, synthetic compounds, like fentanyl.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |

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|          |                                                                                   | <ul style="list-style-type: none"> <li>– “Opioid” is the proper term, but you may hear this class of drugs also referred to as opiates, painkillers, or narcotics. They include prescription pain medication and illegal or street drugs.</li> <li>– What do opioids do? They block pain signals between the brain and the body by activating an area of nerve cells in the brain and body called opioid receptors. They trigger the release of endorphins, your brain's feel-good neurotransmitters.</li> <li>– How does this present in the body?</li> </ul>                                                                                                                                                                                                                                                                               |                                                                                                                                                                         |
| 5) 2 min |  | <p><i>(Each arrow appears on separate mouse click)</i></p> <p><b>SAY:</b></p> <ul style="list-style-type: none"> <li>– All opioids, whether extracted from the plant or synthetic, have the following effects: <ul style="list-style-type: none"> <li>▪ (mouse click) Read down arrow.</li> <li>▪ (mouse click) Read up arrow.</li> </ul> </li> <li>– When it comes to medications, a doctor may prescribe opioids to address post-surgery pain, severe pain due to trauma or injury or disease, even other symptoms like coughing or diarrhea that are the result of surgery, illness, or injury.</li> </ul> <p><i>After returning from video -</i></p> <p><b>ASK:</b></p> <ul style="list-style-type: none"> <li>– What are some examples of opioids? You can either unmute yourself to answer or type your answer in the chat.</li> </ul> | <p><b>DO:</b></p> <ul style="list-style-type: none"> <li>– Show a short video about different opioid medications at the cue: “when it comes to medications.”</li> </ul> |

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|          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | <ul style="list-style-type: none"> <li>– Affirm participation, point out the number of correct answers.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                             |
| 6) 1 min |  <p><b>Examples of Opioids</b></p> <ul style="list-style-type: none"> <li>• Codeine</li> <li>• Fentanyl (Duragesic)</li> <li>• Heroin</li> <li>• Hydrocodone (Vicodine, Lorcet)</li> <li>• Hydromorphone (Dilaudid)</li> <li>• Morphine (Duramorph, Roxanol)</li> <li>• Oxycodone (Percocet, OxyContin, Percodan)</li> <li>• Oxymorphone (Opana)</li> <li>• Propoxyphene (Darvon, Darvan)</li> </ul> | <p><b>DO:</b></p> <ul style="list-style-type: none"> <li>– Read the slide.</li> </ul> <p><b>ASK:</b></p> <ul style="list-style-type: none"> <li>– How many of you have had one of these medications prescribed to you or to someone you know?</li> </ul>                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                             |
| 7) 1 min | <p><i>How Are Opioids Used?</i></p>                                                                                                                                                                                                                                                                                                                                                                  | <p><b>SAY:</b></p> <ul style="list-style-type: none"> <li>– Opioids can be injected, snorted, and smoked. Typically, prescription medications and fentanyl are in pill form and swallowed, crushed into a powder and snorted, injected, or diluted and/or mixed into other legal or illegal drugs.</li> </ul>                                                                                                                                                                                                                                                    |                                                                                                                                                                                             |
| 8) 2 min |                                                                                                                                                                                                                                                                                                                                                                                                     | <p><b>DO:</b></p> <ul style="list-style-type: none"> <li>– Introduce the CDC video on fentanyl before discussing fentanyl.</li> </ul> <p><b>SAY:</b></p> <ul style="list-style-type: none"> <li>– The video is from the CDC; the use of this video does not imply endorsement by CDC, ATSDR, HHS or the United States Government of [x] company, our products, facilities, services or enterprises. The video is available on the CDC website for no charge.</li> <li>– Historically fentanyl was marketed for end-stage cancer treatment and applied</li> </ul> | <p><b>DO:</b></p> <ul style="list-style-type: none"> <li>– Play the CDC video on fentanyl (30 sec.):<br/><a href="https://youtu.be/stpS6515WGo">https://youtu.be/stpS6515WGo</a></li> </ul> |

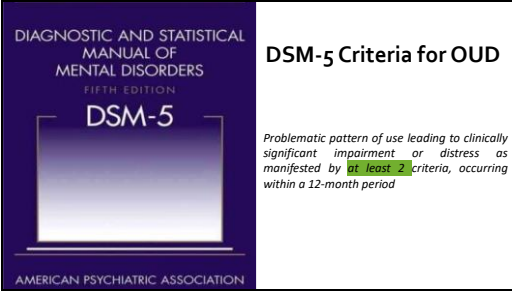
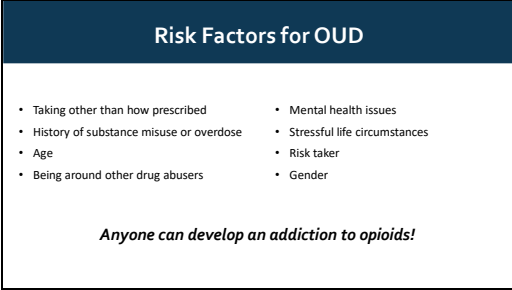
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|  |  | <p>through skin patches. Illicit fentanyl appears in powder form</p> <ul style="list-style-type: none"><li>– Lozenge, pill, nasal/sublingual spray, transdermal patch, or as an injection</li><li>– Since 2013, fentanyl has been the main cause of the steep rise in opioid overdoses.<ul style="list-style-type: none"><li>○ Illegal: Primarily illegally manufactured:</li><li>○ Cheap: cheap to produce</li><li>○ Strong: Up to 50x stronger than heroin and up to 100x stronger than morphine –</li><li>○ Undetectable: You can't feel it, see it, smell it or taste it</li><li>○ Identical: It looks identical to other drugs people are taking. Can be found in many drugs: Cocaine, Methamphetamine, Heroin, Prescription Pain Relievers (e.g., oxycodone), Stimulants (e.g., Adderall)</li><li>○ It does not take a lot to cause an overdose – 2 mg is possible. Note that a sweetener packet has 1,000 mgs per packet</li></ul></li></ul> |  |
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| <p>9) 2-3 min</p> |   | <p><b>DO:</b></p> <ul style="list-style-type: none"> <li>– Introduce the quiz.</li> </ul> <p><b>SAY:</b></p> <ul style="list-style-type: none"> <li>– Let’s stop here and just quickly check what you’ve learned so far.</li> <li>– A 5-question quiz will pop up on your screen now. Each question should show up individually and will advance to the next question as you answer.</li> <li>– Once everyone has answered, we will go over the answers.</li> <li>– [Moderator name], let’s allow a minute or 2 for the quiz and then we’ll check how everyone is doing. Time to begin!</li> </ul> <p><b>DO:</b></p> <ul style="list-style-type: none"> <li>– At the end, give the correct answers, discussing each point as each question key appears on the screen</li> <li>– After going over the answers, ask if there are any questions about the quiz or anything that has been covered so far.</li> </ul> | <p><b>DO:</b></p> <ul style="list-style-type: none"> <li>– While Moderator is introducing the activity, launch the “Quiz 1” Zoom poll so the learners can answer it.</li> <li>– Allow 1-2 minutes for attendees to answer – the moderator will keep track of the time, will announce if the poll needs to stay up additional time, and when to end it and share the results.</li> </ul> |
| <p>10) 1 min</p>  |  | <p><b>SAY:</b></p> <ul style="list-style-type: none"> <li>– What is OUD, or Opioid Use Disorder?</li> <li>– Following the American Psychiatric Association: “a chronic disorder, with serious potential consequences including disability, relapses and death”</li> <li>– In short, a person diagnosed with OUD is someone who has become addicted to using opioids, whether prescribed or illegal.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                         |

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| <p>11) 2 min</p> |   | <p><b>SAY:</b></p> <ul style="list-style-type: none"> <li>– The DSM, Diagnostic and Statistical Manual of Mental Disorders, is the “textbook” health professionals use to diagnose mental disorders not just in the US but in much of the world. It has descriptions of conditions, symptoms and criteria. [Read slide]</li> <li>– As it relates to OUD, some of the criteria are:</li> </ul> <p><b>DO:</b></p> <ul style="list-style-type: none"> <li>– Cue Producer that you are ready to see the DSM criteria on screen.</li> <li>– Ask participants to point out the risks that stand out to them.</li> </ul>                                        | <p><b>DO:</b></p> <ul style="list-style-type: none"> <li>– At the cue of the moderator, click on the picture of the DSM cover to go to American Psychiatric Association website (<a href="https://www.psychiatry.org/patients-families/opioid-use-disorder">https://www.psychiatry.org/patients-families/opioid-use-disorder</a>) and scroll to the Opioid Use Disorder Symptoms so everyone can see the DSM list of criteria.</li> <li>– Return to slides at facilitator’s cue.</li> </ul> |
| <p>12) 3 min</p> |  | <p><b>SAY:</b></p> <ul style="list-style-type: none"> <li>– While anyone can develop an addiction to opioids, various genetic, psychological, and environmental risk factors have been identified as playing a role in the development of that addiction, which can happen quickly or after many years of opioid use.</li> <li>– Taking other than how prescribed: Opioids are addictive, and they are even more addictive when taken using methods different from what was prescribed, such as what we discussed earlier - crushing a pill so that it can be snorted or injected or mixed into other drugs. Taking more than prescribed dose</li> </ul> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |

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or more often than prescribed also increases your risk of addiction. Research also shows that even when you take opioids as prescribed, you increase the risk of developing addiction when you take it more than a few days. risk of long-term use, which increases your risk of addiction. The odds you'll still be on opioids a year after starting a short course increase after only five days on opioids.

- Having a history of substance misuse and or overdose either in the family or personally.
- We've already stated that younger people are prone to developing addiction.
- Being around high-risk people or high-risk environments. For the most part, we take on the habits and characteristics of those we spend the most time with, and we know this is even more of an issue for adolescents and young adults.
- Mental health issues such as severe depression or anxiety.
- Along with that, stressful life circumstances - like poverty, unemployment, family and relationship problems, and problems with employers – can be a major factor.
- There are other risk factors, but the final one I'll mention is being a person who

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|           |                                                                                                                               | <p>enjoys risk-taking or engages in thrill-seeking behavior.</p> <p><b>ASK:</b> Why is that? (discuss for 1-3 minutes)</p> <ul style="list-style-type: none"> <li>Research has found that women may be more likely to develop OUD because they are more likely than men to suffer from chronic pain and are also more likely to be prescribed opioid medications, in higher doses, and for longer periods of time.</li> </ul> <p><b>ASK:</b> Any questions?</p>                                                                                                                                                                                                                                                                                                                                            |  |
| 13) 3 min | <p><i>Why are Opioids so Dangerous?</i></p>  | <p><b>DO:</b></p> <ul style="list-style-type: none"> <li>Read the slide text.</li> </ul> <p><b>SAY:</b></p> <ul style="list-style-type: none"> <li>These criteria as listed in the DSM-5 can be categorized as addressing the AMOUNT a person uses, HOW OFTEN a person uses, and HOW LONG a person uses. In other words, a user develops: Tolerance, then Dependence, and finally Addiction.</li> <li><u>Tolerance</u> comes through long-term use. The brain and body develop tolerance very quickly, meaning that more is needed to feel the same effect as the initial high. Remember those endorphins that we talked about at the very beginning? When you take opioids repeatedly over time, your body slows its production of endorphins, so it takes <i>more</i> to get the same result.</li> </ul> |  |

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- Dependence also develops rapidly, so not taking opioids leads to severe pain and discomfort. The pain motivates increased usage to feel “normal.”
- Addiction is the chronic disease that drives substance misuse, characterized by compulsive and/or uncontrollable drug seeking and use despite experiencing possible harmful consequences to the body and brain.
- When a person who regularly uses opioids stops and then starts again, they can experience serious negative effects including overdose even if they take an amount that caused no problems in the past because the level of tolerance has decreased in the time he or she stopped using.
- So the cycle is – begin using, then increase dosage to maintain effects, which turns into physiological dependence, and then a loss of tolerance when one attempts to stop using only to start again. Most importantly, **anyone who takes opioids is at risk of developing addiction.**

**ASK**

- Before the person starts using again, what do you think he or she experiences?  
*Answer: Withdrawal*

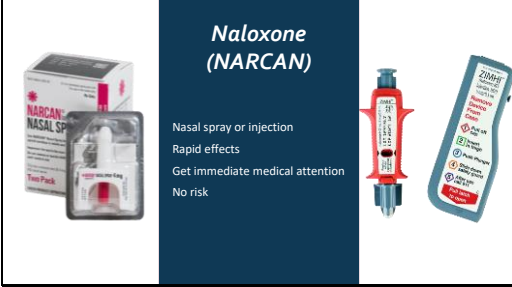
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| 14) 2 min | <div data-bbox="285 147 793 435"> <p><b>Statistics on OUD</b></p> <p>Ages 18-25<br/><i>Highest rates of use</i></p> <p>2 out of 3 adults<br/><i>Began under age 25</i></p> <p>Leading cause of death<br/><i>For Americans ages 18-45</i></p> </div> | <p><b>EXPLAIN:</b> Effects of OUD reflected in our national statistics from CDC, the National Institutes of Health, Department of Justice:</p> <ul style="list-style-type: none"> <li>– The severe increase in usage and addiction since 2013 has led to the opioid epidemic.</li> <li>– Additionally, the increase in overdose deaths is being driven by illicit fentanyl being mixed into heroin, cocaine, and other street drugs. Remember from earlier, it does not take much at all to produce fentanyl or for fentanyl to affect and kill someone.</li> <li>– Young adults ages 18 -25 have the highest rates of prescription opioid use, heroin use and heroin use disorder. In fact, 1 in 5 adolescents report opioid use in the past 12 months.</li> <li>– 2 out of 3 adults treated for opioid use disorder (OUD) first used opioids when they were younger than 25.</li> <li>– In 2021 107,622 deaths occurred due to a drug overdose, making drug overdose the leading cause of death for Americans ages 18-45 and over 2/3 of these deaths were attributable to opioids.</li> <li>– Please keep in mind that this is not just a young person’s crisis. Although the young are more susceptible to develop OUD and overdose, older adults are at higher risk of accidental misuse due to having multiple prescriptions and chronic diseases, as well as having a slower</li> </ul> |  |
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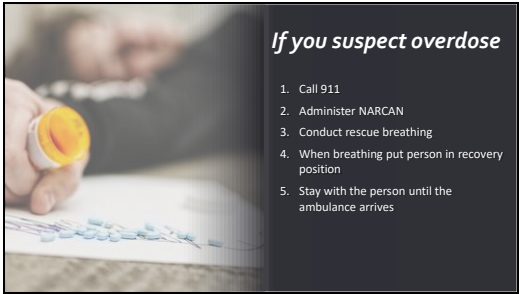
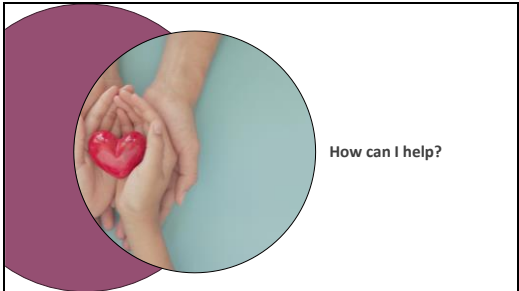
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|           |                                                                                    | metabolism which affects the body's ability to break down drugs in the system.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |  |
| 15) 1 min |   | <p><b>EXPLAIN:</b></p> <ul style="list-style-type: none"> <li>– When someone has physiological dependence on opioids, reduced levels of opiates in the body can lead to withdrawal syndrome.</li> <li>– The need for increasing amounts of opioids to prevent withdrawal symptoms leads to compulsive use even in the face of severe physiological, social, and psychological consequences.</li> <li>– Symptoms begin 8 – 12 hours after the last dose, appearing slowly and peak at 48 – 72 hours. They gradually taper during the next 4 -7 days.</li> </ul> <p><b>ASK:</b></p> <ul style="list-style-type: none"> <li>- What symptoms does a person experiencing withdrawal exhibit?</li> </ul> |  |
| 16) 2 min |  | <p><b>DO:</b></p> <ul style="list-style-type: none"> <li>– Point out answers that the group mentioned from previous slide, make note of ones that were missed.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |  |

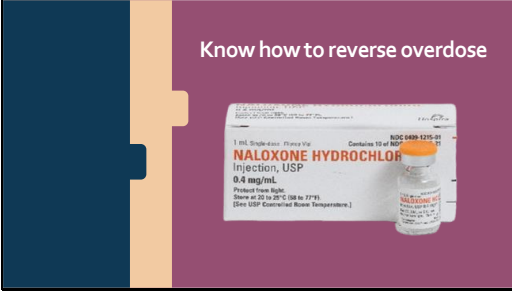
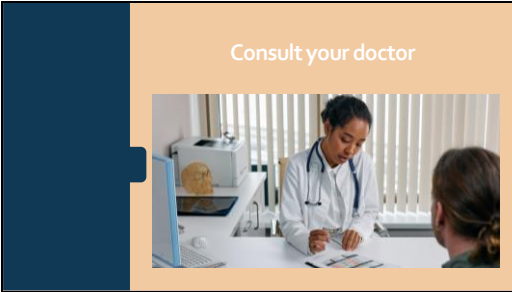
## Facilitator Guide: Opioids and Opioid Use Disorder – The Basics

|             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                         |
|-------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 17) 1 min   |  <p><b>Signs of Overdose</b></p> <ol style="list-style-type: none"> <li>1. Clammy, cold, and/or pale face</li> <li>2. Sleepiness, stupor or coma</li> <li>3. Can't speak or be awakened</li> <li>4. Non-responsive</li> <li>5. Pinpoint pupils</li> <li>6. Weak, floppy muscles, limp body</li> <li>7. Blue or purple nails or lips</li> <li>8. Slow or stopped heart rate</li> <li>9. Slow, erratic or no breathing</li> <li>10. Death rattle</li> <li>11. Dangerously low blood pressure</li> </ol> | <p><b>DO:</b></p> <ul style="list-style-type: none"> <li>– Read the slide. <ul style="list-style-type: none"> <li>○ Death from an opioid overdose happens when too much of the drug overwhelms the brain and interrupts the body's natural drive to breathe.</li> </ul> </li> <li>– Open for questions.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                         |
| 18) 3-4 min |  <p><b>Naloxone (NARCAN)</b></p> <p>Nasal spray or injection<br/>Rapid effects<br/>Get immediate medical attention<br/>No risk</p>                                                                                                                                                                                                                                                                                                                                                                    | <p><b>SAY:</b></p> <ul style="list-style-type: none"> <li>- Narcan is available as nasal spray or injection.</li> <li>- It takes effect within 2-5 minutes and lasts for about an hour.</li> <li>- A second dose can be given if needed.</li> <li>- Get immediate medical help, and follow-up treatment is absolutely necessary.</li> <li>- There is no risk if given to a person not suffering from OD.</li> <li>- If you or someone you know is at increased risk for opioid overdose, especially those struggling with <b>opioid use disorder (OUD)</b>, you should carry naloxone and keep it at home. In most states, you can get naloxone at your local pharmacy without a prescription.</li> <li>- People who are taking high-dose opioid medications (greater or equal to 50 morphine milligram equivalents per day) prescribed by a doctor, people who use opioids and benzodiazepines together,</li> </ul> | <p><b>DO:</b></p> <p>When facilitator starts this slide, have the link ready on administering Narcan as a spray and injection. At the cue, play <a href="https://www.ama-assn.org/delivering-care/overdose-epidemic/how-administer-naloxone">https://www.ama-assn.org/delivering-care/overdose-epidemic/how-administer-naloxone</a></p> |

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|           |                                                                                     | <p>and people who use illicit opioids like heroin should all carry Narcan.</p> <ul style="list-style-type: none"> <li>- Because you can't use Naloxone on yourself, let others know you have it in case you experience an opioid overdose.</li> </ul> <p><b>DO:</b></p> <ul style="list-style-type: none"> <li>- Introduce the video on how to administer Narcan as a nasal spray and as an injection</li> </ul>                                                                                                                                                                                                                        |  |
| 19) 1 min |    | <p><b>EXPLAIN:</b></p> <ul style="list-style-type: none"> <li>- The steps on the slide</li> <li>- #1 Most states have the Good Samaritan law in place (describe) and also the person who is OD or calls for help is protected from legal consequences.</li> <li>- #4 The recovery position means put the person on the side so he or she will not choke or aspirate.</li> <li>- Continue all of this until emergency personnel arrive. Back away and answer their questions so they understand what happened. If this is a friend or loved one, of course you want to support them, go to the hospital, contact family, etc.</li> </ul> |  |
| 20) 1 min |  | <p><b>DO:</b> Read the slide title</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |  |

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| 21)       |  <p>3 vital steps<br/>anyone can take</p> | <b>DO:</b> Read the slide title                                                                                                                                                                                                                                                                                                                                                                                                                                                           |  |
| 22) 1 min |  <p>Know how to reverse overdose</p>      | <b>SAY:</b> <ul style="list-style-type: none"> <li>- We've talked about this already – be able to recognize the signs of overdose and administer Narcan.</li> <li>- Keep Narcan on hand, in the car, in the house. It is available in all 50 states.</li> <li>- Teach your family members and friends how to respond to an overdose.</li> </ul>                                                                                                                                           |  |
| 23) 1 min |  <p>Consult your doctor</p>              | <b>SAY:</b> <ul style="list-style-type: none"> <li>- Help yourself by talking to your doctor and asking as many questions as you need to ask to be more informed.</li> <li>- If your doctor prescribes opioids, ask if there are any non opioid pain relievers that will do the job, like acetaminophen (Tylenol), ibuprofen (Advil) or naproxen (Aleve).</li> <li>- Consider other ways of managing pain like physical therapy and exercise and cognitive behavioral therapy.</li> </ul> |  |

## Facilitator Guide: Opioids and Opioid Use Disorder – The Basics

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|------------|----------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|
|            |                                                                                                          | <ul style="list-style-type: none"> <li>- If a prescription is necessary, ask for the lowest dosage possible for as brief a time as possible.</li> <li>- Tell the doctor about any side effects that you experience.</li> <li>- Follow directions, meaning – <ul style="list-style-type: none"> <li>o Avoid taking opioids with alcohol and other substances or medications.</li> <li>o Do not share or sell your prescription opioids.</li> </ul> </li> <li>- Store prescription opioids in a secure place, out of reach of others (including children, family, friends, and visitors).</li> <li>- Throw out any unused prescription drugs at the end of your treatment. Either find your community drug take-back program or your pharmacy mail-back program or flush them down the toilet.</li> </ul> |                                                                                                                         |
| 24) 13 min | <p>Talk about it</p>  | <p><b>SAY:</b></p> <ul style="list-style-type: none"> <li>– Talk about and ask questions about prevention, education, and treatment.</li> <li>– Help yourself and others by talking about opioids and the opioid epidemic.</li> <li>– The conversation in this country about opioids and the opioid crisis has increased significantly over the past 5-10 years.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                             | <p><b>DO:</b></p> <ul style="list-style-type: none"> <li>– Launch the breakout groups for the last activity.</li> </ul> |

## Facilitator Guide: Opioids and Opioid Use Disorder – The Basics

- National Fentanyl Awareness Day on May 9, National Recovery Month in September, and National Substance Abuse Prevention Month in October

**DO:** Introduce the last activity (breakout groups)

**SAY:**

- Let's take the next 8 minutes for breakout groups to create solutions that can be implemented right now in schools. The topic choices are:
  - *What can we do right now to ensure we have a supportive, drug-free environment for students?*
  - *How can we help parents talk to their children about drugs?*
- [Producer] has created groups now which are numbered 1-4 (can do more if needed). Odd-numbered groups, take Topic 1, even-numbered groups, take Topic 2.
- When there is 1 minute left, everyone will get an announcement warning that the breakout groups are about to end, and you'll see the countdown begin.

Select someone to be the spokesperson for your group, who will present your group's ideas when we're all back together.

**DO:**

## Facilitator Guide: Opioids and Opioid Use Disorder – The Basics

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|           |                                                                                                                                                                                                                                                                                                                                                                                                                                                            | <ul style="list-style-type: none"> <li>– Take 5 minutes to discuss solutions after ending breakout rooms.</li> </ul>                                                                                                                                   |  |
| 25) 2 min | <div> <div>Summary</div> <ul style="list-style-type: none"> <li>• Opioids = pain relievers</li> <li>• Fentanyl = danger</li> <li>• Tolerance --&gt; Dependence --&gt; Addiction - OUD</li> <li>• Withdrawal occurs when a regular opioid user stops using</li> <li>• Overdose can occur when a regular opioid user stops using and then starts again</li> <li>• What can you do? Talk, Consult your doctor, Know how to administer naran</li> </ul> </div> | <b>DO:</b> <ul style="list-style-type: none"> <li>– Review the information covered in this workshop. Have the participants help explain the bullet points.</li> </ul>                                                                                  |  |
| 26) 5 min | <div> <div>Q&amp;A</div> </div>                                                                                                                                                                                                                                                                                                                                                                                                                            | <b>DO:</b> <ul style="list-style-type: none"> <li>– Open the floor to participants' questions (5 minutes).</li> </ul>                                                                                                                                  |  |
| 27) 1 min | <div>  </div>                                                                                                                                                                                                                                                                                                                                                            | <b>DO:</b> <ul style="list-style-type: none"> <li>– End the Q&amp;A time.</li> <li>– Thank the audience for attending and participating the workshop.</li> <li>– Thank the producer and give any other acknowledgements</li> </ul> <p><b>*END*</b></p> |  |