



Resource Binder for Naloxone Distribution in Emergency Department

For questions, contact the MaineGeneral Harm
Reduction Program at 621-3770.



This binder includes:

- Training slides
- Criteria for dispensing a naloxone kit
- Emergency Department workflow
- Inpatient workflow
- Handout on patient education for naloxone
- Narcan quick-start flyer
- List of treatment services
- Naloxone/Narcan competency assessment with answer key

Emergency Department Naloxone Protocol Training

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PGY-1 Pharmacy Resident
MaineGeneral Medical Center

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Objectives

Purpose: Assure all individuals prescribed outpatient naloxone receive comprehensive education for opioid overdose recognition, lay person naloxone administration and available community resources.

- Outline responsibilities within the ED workflow for outpatient naloxone distribution
- Provide comprehensive lay person naloxone education following MEDSmart educational literature
- Identify the prevention center role in patient follow-up after discharge

Statistics

- Drug related overdose deaths **surpass** motor vehicle related deaths¹
 - Leading cause of accidental death nationwide²

Maine

- Maine saw a 27.3% increase in drug overdose deaths from 2013 to 2014¹
 - U.S. overall saw a 6.5% increase¹
- 829 EMS naloxone administrations in 2014³

Federal Initiative

- The secretary for the U.S. Department of Health and Human Services has designed a three-pronged initiative to combat opioid abuse:⁴
 - Opioid prescribing practices to reduce opioid use disorders and overdose
 - Expansion of Medication-assisted Treatment (MAT) to reduce opioid use disorders and overdose
 - Expanded use and distribution of naloxone

Statistics

Effectiveness of bystander naloxone administration and overdose education programs: a meta analysis

- Giglio RE, et al. Injury Epidemiology, 2015
- Naloxone provides a “safety-net”
 - “Research evidence generally contradicts this claim, as studies have found that participants in naloxone programs report decreased use at follow-up and/or an intention to actively avoid the risk of overdose in the future.”⁵
- Conclusions
 - “Lay naloxone administration and training are associated with increased odds of recovery and increased knowledge of overdose recognition and management.”⁵

Statistics

Cost-Effectiveness of Distributing Naloxone to Heroin Users for Lay Overdose Reversal

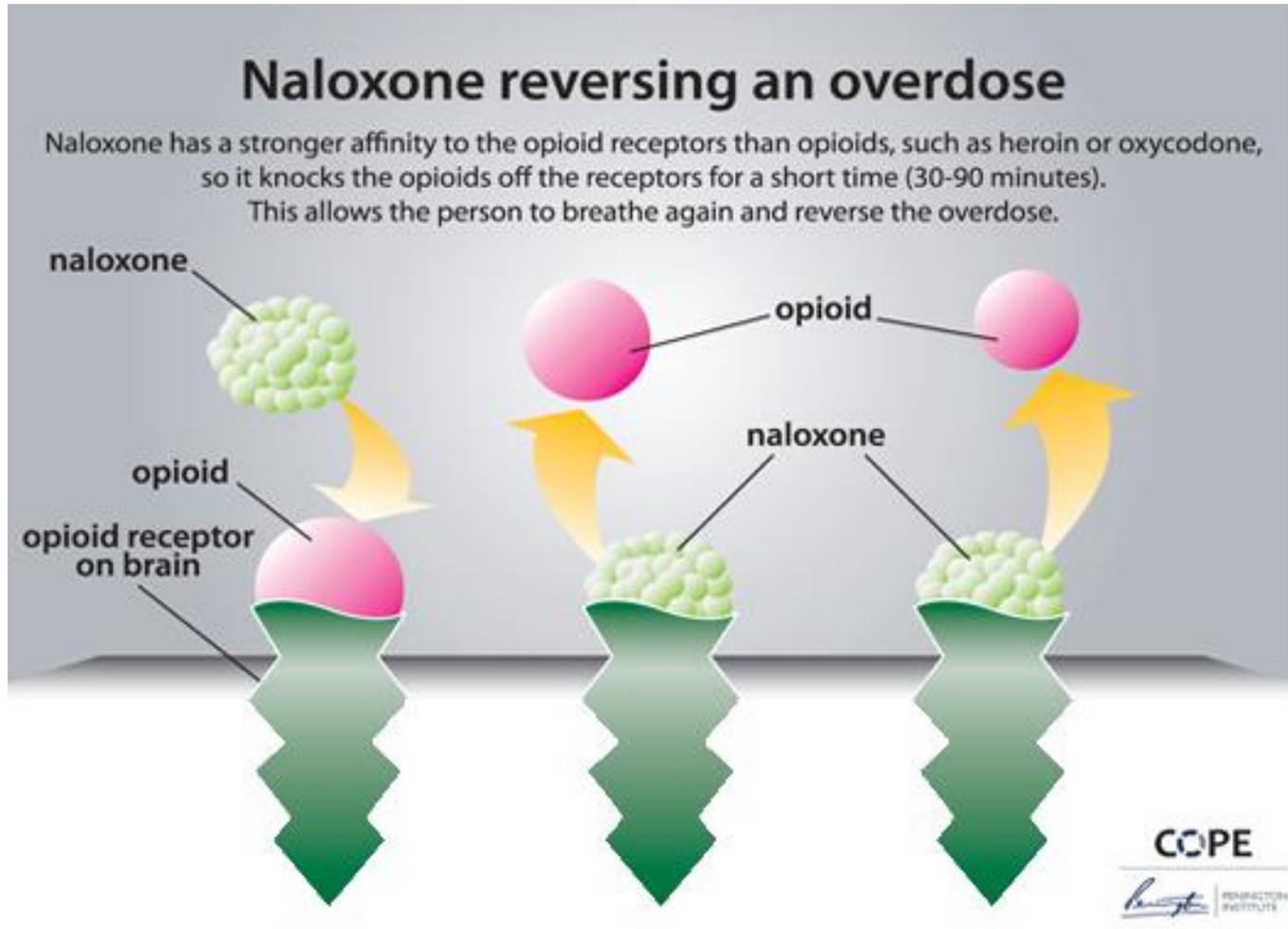
- Coffin PO, Sullivan SD. Annals of Internal Medicine, 2013
- Integrated Markov and decision analytic model
- Conclusion:
 - “Naloxone distribution to heroin users is likely to reduce overdose deaths and is cost-effective, even under markedly conservative assumptions”⁶

Overdose Pathophysiology

- **Opioids bind to mu, kappa and delta receptors in the brain⁷**
 - Analgesia
 - CNS depression
 - Decreased respirations
 - Cardiac Arrest
- **Lay Person Recognition of an Overdose⁸**
 - Breathing slow or absent
 - Pulse slow or absent
 - Unconsciousness
 - Unresponsive to stimulus
 - Body is limp
 - Skin is pale, blue or clammy
 - Unfamiliar sounds, “gurgling”

Brain damage begins within 3-5 minutes without oxygen⁹

Naloxone Mechanism¹⁰



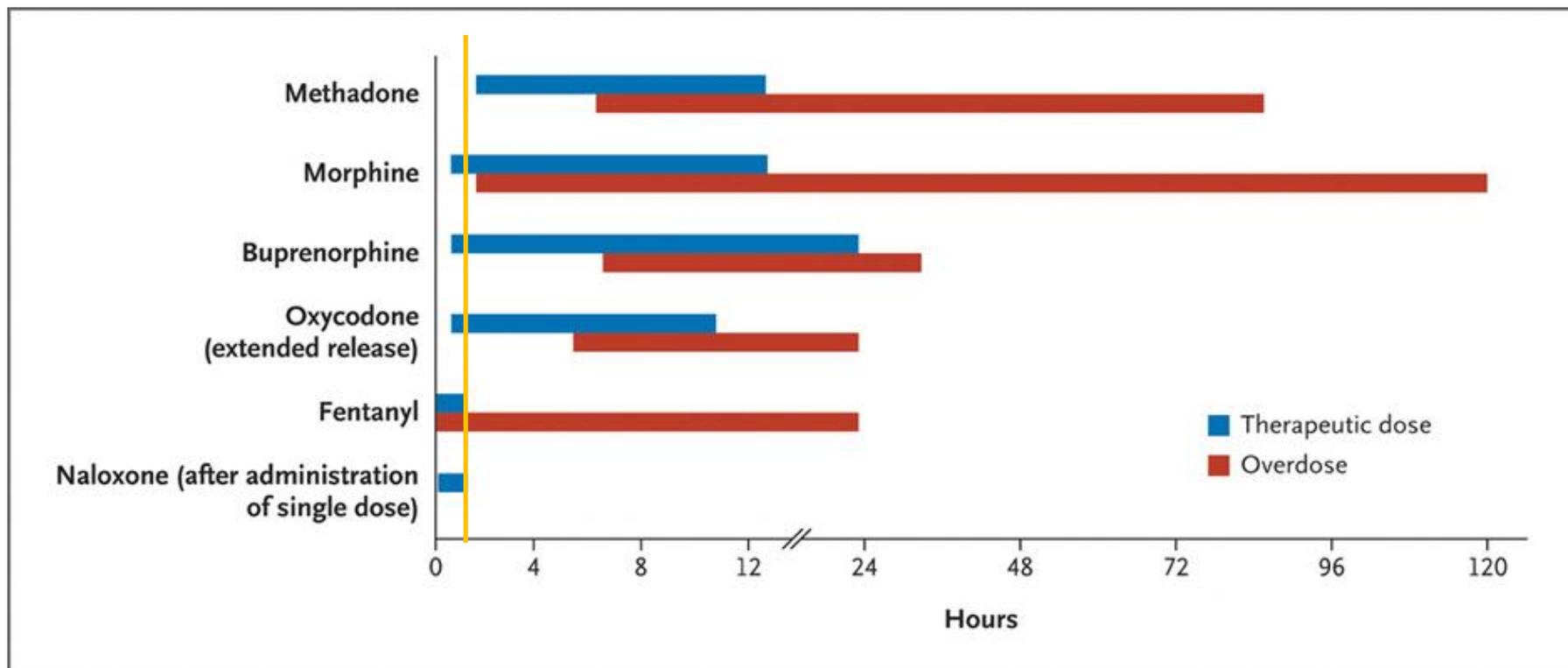
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Naloxone Kinetics

- Onset of action:
 - *Typically within 2 minutes⁷
- Duration of action:
 - *20-90minutes⁷

*Depends on dose and type of opioid used⁷

Onset and Duration of Action Therapeutic Dose vs Overdose⁷



An overdose victim must seek emergency medical help following naloxone administration

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Overdose Can Be

- Intentional
- Accidental
 - Many drug-drug interactions
 - Opioids and Antipsychotics
 - Opioids and Ondansetron
 - Relapse after a period of sobriety
 - Adulterated product

Outpatient Naloxone Options

- Narcan[®] Nasal Spray
- Evzio[®] Auto Injector
- Naloxone Syringe with Nasal Atomizer



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Rural Opioid Overdose Research (ROOR) Grant

Collaborative Initiative

- Harm Reduction Program through the MaineGeneral Prevention Center
- MaineGeneral Medical Center Emergency Departments and Pharmacy

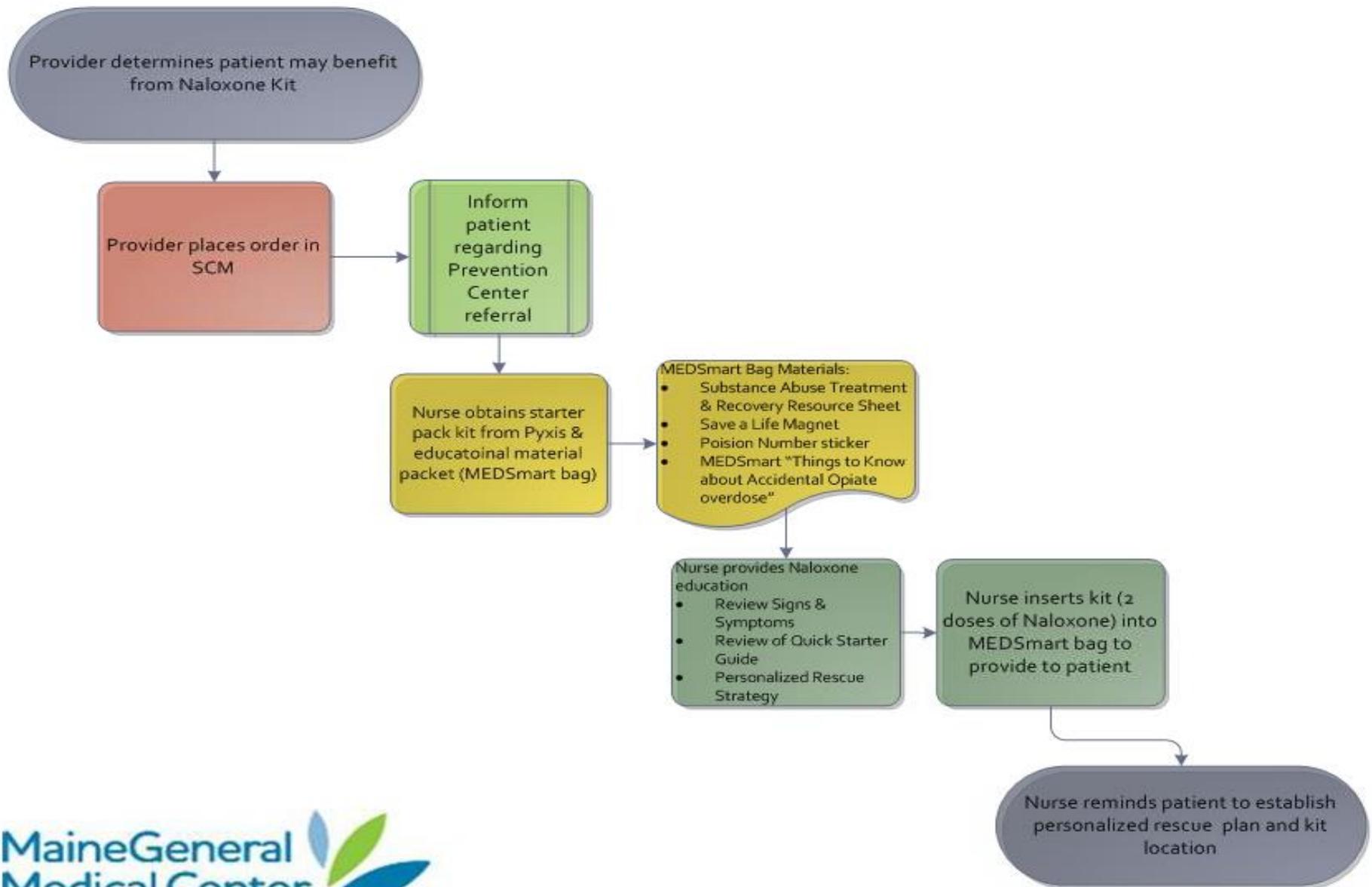
MaineGeneral Emergency Department Naloxone Distribution

- Providing Narcan[®] Nasal Spray kits to at risk patients
 - Approved criteria to identify patients who may benefit
 - Printed educational materials outlining inpatient and outpatient resources
 - Referral to the Harm Reduction Program (Prevention Center) for follow-up

MaineGeneral Emergency Department Naloxone Distribution Program

- Workflow review
- Intranasal Narcan[®] product training
- Review of educational materials

Naloxone Distribution Through the Emergency Department: Nurse Workflow



Naloxone Distribution Criteria

The following list is criteria for consideration regarding who may benefit from receiving overdose prevention education and Naloxone Rescue Kit:

1. History of emergency medical care for intoxication or overdose.
2. Just released from incarceration or institutionalization with history of opioid addiction.
3. Suspected or known history of substance abuse, regardless if currently abstinent.
4. Known severe psychiatric illness or history of suicide attempt.
5. Prescribed long-acting opioid (oxycodone ER, oxymorphone ER, morphine ER, transdermal fentanyl, methadone or buprenorphine)
6. A high daily dose of opioid used (>50 mg morphine equivalent/day).
7. Prescribed opiates or opioid use greater than 30 days.
8. History of or current polyopioid use.
9. Opioid use with certain concurrent diseases such as: renal dysfunction, liver disease, respiratory infection, sleep apnea, COPD, emphysema or other respiratory/airway disease that can lead to potential airway obstruction.
10. Concurrent prescription or OTC medication that could potentiate the CNS and respiratory depressant properties of opioid medications such as benzodiazepines, antipsychotics, carisoprodol or antihistamine use.
11. Patients who may have difficulty accessing emergency medical services (distance, remoteness, lack of transportation, homeless or without phone services).
12. Elderly (>65) receiving an opioid prescription.
13. Youth under age 20 receiving an opioid prescription.
14. Households with people at risk of overdose, such as children or someone with a substance abuse disorder.
15. If patient ask for a kit



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NARCAN[®] Nasal Spray

Opioid **Overdose Response-Instructions** for Adults and Children

Important: Do not remove the nasal spray until ready to use. For use in nose only!

1. Check for signs of an overdose

Ask and shake

- Will not wake up
- Slow breathing or breathing has stopped
- Drowsy or nodding off
- Skin feels cold to the touch
- Pinpoint pupils



2. Give NARCAN[®] Nasal Spray

Lay person on their back

- Hold the spray with thumb on the bottom of the applicator and your first and middle fingers on either side of the nozzle
- Insert tip of nozzle into either nostril
- Give dose by pressing plunger of applicator
- Remove applicator from nose



3. Call 911 for medical help

Move person to recovery position

- Place person on their side with legs bent and head resting on their arm on the floor
- Stay with them



REPEAT STEP 2 in other nostril with a new NARCAN[®] nasal spray
if person does not respond in 2-3 minutes

Family, Individual and Group Counseling

AAA Steppingstone LLC	(Waterville)	(207) 649-1762
Aardwolf Counseling LLC	(Waterville)	(207) 696-4225
Cornerstone Behavioral Healthcare	(Waterville)	(207) 680-2065 www.cornerstonebhc.com
Crisis & Counseling Centers	(Skowhegan)	(207) 626-3448 www.crisisandcounseling.org
David Lawrence, MS, LADC, CCS	(Augusta)	(207) 838-0146
Discovery House	(Waterville)	(207) 872-7272 www.discoveryhouse.com
Family Medicine Institute	(Augusta)	(207) 626-1561 www.maine-general.org/FMI
Gall Ferry, LCSW	(Augusta)	(207) 620-8495
Jeff Bickford, LCPC, LADC	(Augusta)	(207) 626-3373
Kennebec Behavioral Health	(Augusta, Winthrop, Waterville, Skowhegan)	1-888-322-2136 www.kbhmaine.org
Lori Green-Stade, LCPC, LADC	(Augusta)	(207) 838-0146
Maine Behavioral Health Organization	(Augusta)	(207) 474-3244 www.mainebehavioralhealth.org
Maine Dartmouth Family Practice	(Waterville)	(207) 861-5000
MaineGeneral Mental Health & Substance Abuse Services	(Augusta, Waterville)	1-877-777-9393 www.maine-general.org/BHS
Maine Migrant Health Program	(Augusta)	(207) 622-9252
Scott Leblanc, LADC	(Skowhegan)	(207) 399-3286
Tina Roy, LADC	(Waterville)	(207) 314-7544
VA Maine Healthcare System	(Augusta)	1-877-421-8263 www.maine.va.gov

Intensive Outpatient Programs (IOP)

Crisis & Counseling Centers	(Augusta)	(207) 626-3448 www.crisisandcounseling.org
MaineGeneral Mental Health & Substance Abuse Services	(Augusta, Waterville)	1-877-777-9393 www.maine-general.org/BHS
VA Maine Healthcare System	(Augusta)	1-877-421-8263 www.maine.va.gov

Medication Assisted Treatment (methadone/suboxone)

Discovery House	(Waterville)	(207) 872-7272 www.discoveryhouse.com
Crisis & Counseling Centers	(Augusta)	(207) 626-3448 www.crisisandcounseling.org
Family Medicine Institute	(Augusta)	(207) 626-1561 www.maine-general.org/FMI
Jennifer McConnell, MD	(Winthrop)	(207) 620-4449
Maine Behavioral Health Organization	(Augusta, Skowhegan)	(207) 474-3244 www.mainebehavioralhealth.org
MaineGeneral Medical Center Opiate Treatment Clinic	(Waterville)	1-877-777-9393
MaineGeneral Psychiatry	(Augusta)	(207) 624-4800
Maine Recovery Center	(Augusta, Waterville)	(207) 213-4256 www.mainerecovery.guru

Residential Treatment Centers

Adult & Teen Challenge New England Adult Males	(Waterville)	207) 872-7272 www.discoveryhouse.com
Crisis & Counseling Centers	(Augusta)	207) 626-3448 www.crisisandcounseling.org
Family Violence Project Somerset House	(Augusta, Waterville)	1-877-890-7788 www.familyviolenceproject.org
MaineGeneral Mental Health & Substance Abuse Services	(Augusta, Sidney)	1-877-777-9393 www.maine-general.org/BHS
Treetop Women's Recovery House	(Oakland)	(207) 458-2234 www.treetopwomensrecoveryhouse.com

Self-help and Support Programs

Catholic Charities Maine	(Waterville, Augusta)	(207) 453-4368 www.ccmaine.org
Linc Wellness & Recovery Center	(Augusta)	(207) 622-5736 www.mocomaine.com/linc-wellness-recovery-center/
Maine Mothers Network	(State-wide)	(207) 314-8866
Maine Alliance for Addiction Recovery	(Augusta)	(207) 621-4111 www.masap.org
Narcotics Anonymous	(Portland)	1-800-974-0062 www.namaine.org
Portland Recovery Community Center Telephone support service	(Portland)	(207) 553-2575 www.portlandrecovery.org
SMART Recovery Group	(Augusta)	(207) 458-4366
The Opportunity Alliance — The Women's Project	(Portland)	1-800-611-1588
Waterville Social Club	(Waterville)	(207) 873-1027 www.mocomaine.com/linc-wellness-recovery-center/

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MEDSmart

Medication Education for Drug Safety



Things to Know About Accidental Opiate Overdose

MaineGeneral Medical Center 

Accidental Overdose

Did you know?

Did you know that drug poisoning is now the leading cause of accidental death in the U.S.? Some people are at risk for medication poisoning even when the medication is used correctly.

We lose approximately one Mainer every other day to drug poisoning.

People at risk of opiate overdose include (but are not limited to):

- Someone taking an opiate for the first time
- Someone who also drinks alcohol
- Someone with a kidney disease or poor kidney function
- Someone who smokes
- Someone with a respiratory problem like asthma, sleep apnea or emphysema
- Someone who also takes an antidepressant and/or a benzodiazepine
- Someone in methadone or buprenorphine (Suboxone or Subutex) treatment

Signs & symptoms of overdose:

- Not breathing
- Turning blue
- Not responding
- Snoring deeply
- Central nervous system problems (confusion, vertigo, nausea, vomiting, seizures)

Shake and Ask OR Sternal (Chest) Rub:

To check if someone is unresponsive, use the sternal (chest) rub.



What to do:

- Give Naloxone if available
- Call 911
- Place the person in the recovery position, on his/her side (see picture below)
- If the victim is not breathing:
 - Place the person on his/her back
 - Open the victim's airway
 - Pinch the victim's nose shut
 - Seal your mouth over the victim's mouth and give him/her a breath
 - Give the victim one breath every five seconds until help arrives, or he/she starts to breathe on his/her own

Recovery position:



About Naloxone

Naloxone, also known as Narcan, is a safe, legal drug used to reverse opiate overdoses, including heroin.

As of 2010, naloxone programs across the U.S. have saved more than 10,000 lives.



- If someone is overdosing on something other than opiates or is having a different medical emergency and naloxone is given, it won't have any effect.

If you have questions about naloxone during an emergency, call the Poison Center at 1-800-222-1222.

Ask your doctor today for an Emergency Opiate Overdose Kit with naloxone.

Want to learn more about getting naloxone? Call the MaineGeneral Prevention Center at 872-4102.

MaineGeneral Medical Center 

MaineGeneral Harm Reduction Program
9 Green Street
Augusta, ME 04330
207.621.3770
www.mainegeneral.org

02-16

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MaineGeneral Medical Center 

Questions about
overdose,
treatment or
recovery?

Call 872-4102

Next Step



MaineGeneral
Medical Center
www.maine-general.org

We are here for you:

- Needle exchange
- HIV/Hepatitis C testing
- Overdose prevention and Naloxone education
- Harm reduction resources
- Treatment and recovery resources

To learn more:

- <https://www.maine-general.org/Pages/Substance-Misuse-and-Abuse.aspx>
- Center for Prevention and Healthy Living: 872-4012
- Harm Reduction: 621-3770

Put these stickers
on your phones!

POISON
Heip
1-800-222-1222

POISON EMERGENCY?
Call your poison center right away.

POISON
Heip
1-800-222-1222

Save a Life

- 1** Check for response
Ask and Shake
- 2** Give naloxone
- 3** Call 911

My **Emergency Opiate
Overdose Kit**
is located here:

MEDSmart
Medication Education for Drug Safety

MaineGeneral
Medical Center

Excellence at Work

MaineGeneral
Medical Center

State of Maine

Office of the Attorney General

“The scourge of heroin and opioid abuse is an extraordinary crisis requiring an all hands on deck approach.” – Janet T. Mills, Attorney General

“No one group or sector is the cause of the problem or the source of the cure; nor will the problem be solved by a single act, a single piece of legislation or one government fiat.” – Janet T. Mills, Attorney General

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Contacts

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PGY-1 Pharmacy Resident

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Pager: 580-5697

E-mail: erica.wegrzyn@mainegeneral.org

Harm Reduction Program

Health Educator

MaineGeneral Prevention Center

Phone: 872-4102

<http://www.mainegeneral.org/pages/substance-misuse-and-abuse.aspx>

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Acknowledgements

Thank you

Lilly Landry, Colby College '17

MaineGeneral Prevention Center

Excellence at Work

Reference

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2. Coffin PO, Sullivan SD. Cost-Effectiveness of Distributing Naloxone to Heroin Users for Lay Overdose Reversal. Ann Intern Med. 2013; 158(1):1-9.
3. Diomede T. SEOW Special Report: Heroin, Opioids, and Other Drugs in Maine. Department of Health and Human Services. Augusta, ME. 2015 October.
4. Department of Health and Human Services, Office of the Assistant Secretary for Planning and Evaluation (ASPE). ASPE Issue Brief: Opioid abuse in the U.S. and HHS actions to address opioid-drug related overdoses and deaths.(March 26, 2015). http://aspe.hhs.gov/sites/default/files/pdf/107956/ib_OpioidInitiative.pdf. Accessed August 31, 2015.
5. Giglio RE, Guohua L, DiMaggio C. Effectiveness of bystander naloxone administration and overdose education programs: a meta-analysis. Inj Epidemiol. 2015; 2:10
6. Coffin PO, Sullivan SD. Cost-Effectiveness of Distributing Naloxone to Heroin Users for Lay Overdose Reversal. Ann Intern Med. 2013;158:1-9
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Handouts

For questions, contact the MaineGeneral Harm
Reduction Program at 621-3770.



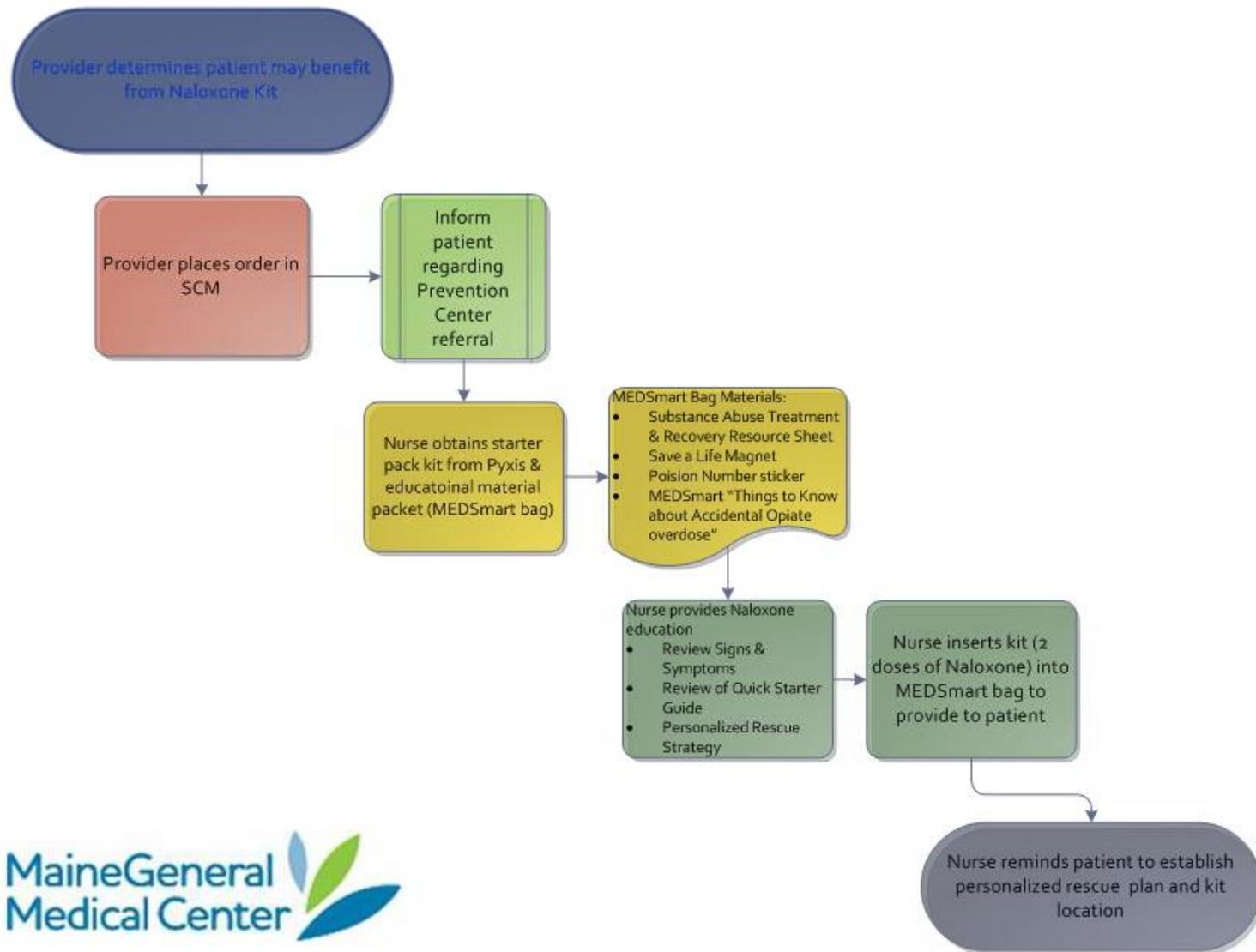
Criteria for Naloxone Kit

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- 6) A high daily dose of opioid used (>50 mg morphine equivalent/day).
- 7) Prescribed opiates or opioid use greater than 30 days.
- 8) History of or current polyopioid use.
- 9) Opioid use with certain concurrent diseases such as: renal dysfunction, liver disease, respiratory infection, sleep apnea, COPD, emphysema or other respiratory/airway disease that can lead to potential airway obstruction.
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- 11) Patients who may have difficulty accessing emergency medical services (distance, remoteness, lack of transportation, homeless or without phone services).
- 12) Elderly (> 65) receiving an opioid prescription.
- 13) Youth under age 20 receiving an opioid prescription.
- 14) Households with people at risk of overdose, such as children or someone with a substance abuse disorder.
- 15) If patient ask for a kit

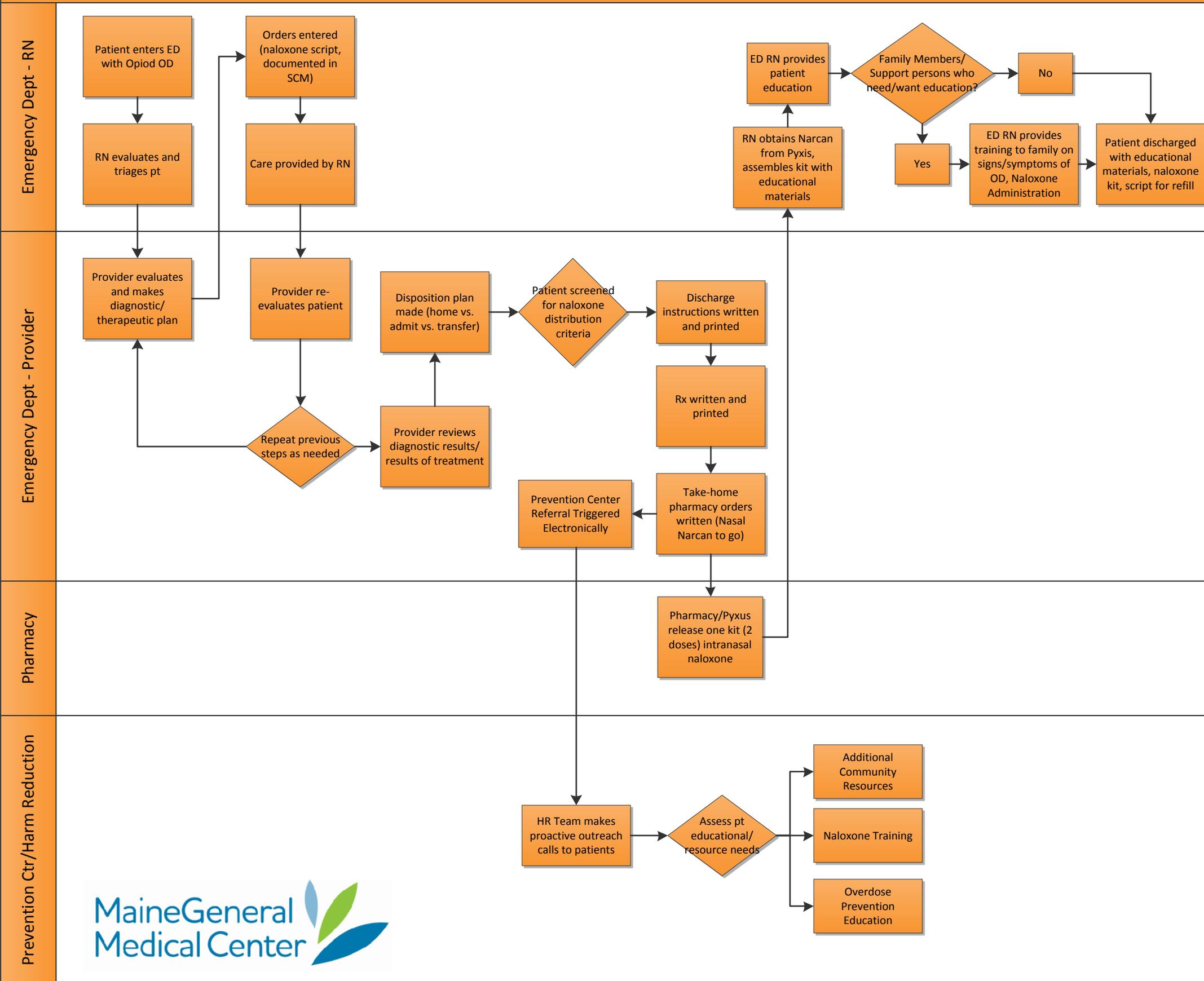
(Distribution of free naloxone kits will be made to all patients until the ROOR resources are expended. Prescriptions for refills will be written for all patients given emergency kits.)

Naloxone Distribution Through the Emergency Department: Nurse Workflow



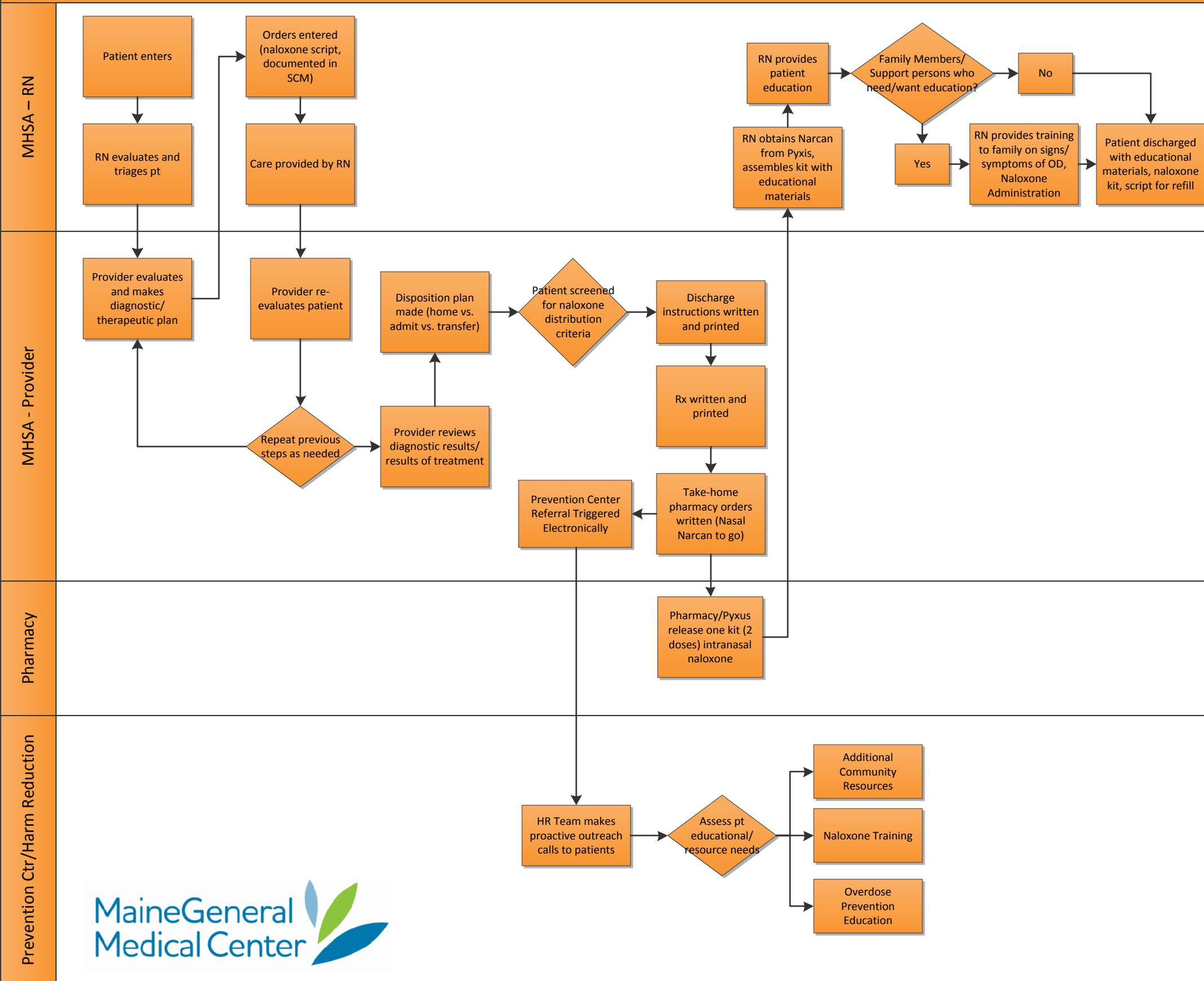
Rural Opioid Overdose Reversal Grant – Emergency Room Workflow

Phase



Rural Opioid Overdose Reversal Grant

Phase



Patient Education for Naloxone

Objectives: At the completion of the patient education session, the patient and family will be able to:

1. Describe 3 to 5 signs and symptoms of opiate overdose
2. Describe how to determine if Naloxone is needed
3. "Teach back" the steps of using Narcan, calling 911, and recovery position
4. Describe when a second dose is needed
5. Describe why calling 911 is necessary **every time**

Teaching method:

1. Review the list of signs and symptoms of drug overdose using the green brochure, "Things to know About Accidental Opiate Overdose" provided in the MedSMART bag.



2. Describe for patient and family that when a person does not respond to touch or having their name called etc. and you believe they have used an opiate and other drugs, it's time to use naloxone.
3. Review "How to Use Narcan Nasal Spray Instruction Sheet" for proper administration.



- Describe for patient and family the magnet in the MedSMART bag should be placed on their refrigerator. There is a place at the bottom of the magnet where they need to write where their Narcan is placed within their home for easy accessibility when needed.



- Review "Substance Abuse Services" Sheet for available resources as well as the Harm Reduction wallet Card for additional resources offered at MaineGeneral Harm Reduction Program.

Substance Abuse Services in Kennebec & Somerset Counties
Resource Guide Provided by MaineGeneral Harm Reduction Program



Family, Individual and Group Counseling			
AAA Counseling LLC	Maine	(207) 869-1163	
Acefield Counseling LLC	Maine	(207) 896-4223	
Compassion Behavioral Health	Maine	(207) 860-2061 www.compassionnh.com	
Crisis & Counseling Centers	Idaho	(207) 629-3458 www.crisisandcounseling.org	
David Lacroix, MD, LADC, CCS	Augusta	(207) 838-0186	
Discovery House	Maine	(207) 872-7273 www.discoveryhouse.com	
Family Medicine Institute	Augusta	(207) 629-1881 www.maine-general.org/FMI	
Gifts From USM	Augusta	(207) 629-8883	
J&F Behavioral, LLC, LADC	Augusta	(207) 629-3373	
Jonathan Behavioral Health	Augusta, Westbrook, Waterville, Bangor	1-888-322-2738 www.jbhealth.com	
Leah Green, MD, LADC, LADC	Augusta	(207) 838-0186	
Maine Behavioral Health Organization	Augusta	(207) 678-3265 www.mainebehavioralhealth.org	
Maine Caronath Family Practice	Waterville	(207) 865-1038	
MaineGeneral Mental Health & Substance Abuse Services	Augusta, Waterville	1-877-777-8333 www.maine-general.org/MS	
Maine Migrant Health Program	Augusta	(207) 622-9232	
North Portland, LADC	Bangor	(207) 399-2286	
True Day, LADC	Waterville	(207) 874-7166	
VA Water Healthcare System	Augusta	1-877-621-6262 www.vahc.org	
Intensive Outpatient Programs (IOP)			
Crisis & Counseling Centers	Augusta	(207) 629-3458 www.crisisandcounseling.org	
MaineGeneral Mental Health & Substance Abuse Services	Augusta, Waterville	1-877-777-8333 www.maine-general.org/MS	
VA Water Healthcare System	Augusta	1-877-621-6262 www.vahc.org	

Medication Assisted Treatment (methadone/suboxone)

Discovery House	Waterville	(207) 872-7273 www.discoveryhouse.com
Crisis & Counseling Centers	Augusta	(207) 629-3458 www.crisisandcounseling.org
Family Medicine Institute	Augusta	(207) 629-1881 www.maine-general.org/FMI
Jessie McCann, MD	Westport	(207) 629-6891
Maine Behavioral Health Organization	Augusta, Bangor	(207) 678-3265 www.mainebehavioralhealth.org
MaineGeneral Medical Center Opiate Treatment Clinic	Waterville	1-877-777-8333
MaineGeneral Psychiatry	Augusta	(207) 629-6862
Water Recovery Center	Augusta, Waterville	(207) 213-4266 www.waterrecovery.com
Residential Treatment Centers		
Adult & Teen Challenge New England Adult Maine	Waterville	(207) 872-7273 www.adultteenchallenge.com
Crisis & Counseling Centers	Augusta	(207) 629-3458 www.crisisandcounseling.org
Family Violence Project Somerset House	Augusta, Waterville	1-877-892-7788 www.familyviolenceproject.org
MaineGeneral Mental Health & Substance Abuse Services	Augusta, Waterville	1-877-777-8333 www.maine-general.org/MS
Tenney Women's Recovery House	Calais	(207) 638-2255 www.tenneywomensrecoveryhouse.com
Self-help and Support Programs		
Calais, Calais Water	Waterville, Augusta	(207) 633-4388 www.calais.org
Lowell Wilson & Recovery Center	Augusta	(207) 622-1758 www.maine.com/lowellwilson-recovery-center/
Maine Mothers Network	Orono	(207) 218-6866
Maine Alliance for Addiction Recovery	Augusta	(207) 621-6711 www.maa.org
Norfolk Anonymous	Portland	1-800-551-0562 www.norfolk.org
Portland Recovery Community Center Telephone support service	Portland	(207) 333-2371 www.portlandrecovery.org
SMART Recovery Group	Augusta	(207) 628-4386
The Opportunity Alliance -- The Women's Project	Portland	1-800-811-1188
Waterville Social Club	Waterville	(207) 873-1227 www.maine.com/lowellwilson-recovery-center/

Questions about overdose, treatment or recovery?

Call 872-4102

Next Step



We are here for you:

- Needle exchange
- HIV/Hepatitis C testing
- Overdose prevention and Naloxone education
- Harm reduction resources
- Treatment and recovery resources

To learn more:

- <https://www.maine-general.org/Pages/Substance-Misuse-and-Abuse.aspx>
- Center for Prevention and Healthy Living: **872-4012**
- Harm Reduction: **621-3770**

- Review with patient/family that someone within the MaineGeneral Prevention Center will be calling to follow-up with on questions they may have with their Narcan or any other concerns they may have.



NARCAN[®] Nasal Spray

Opioid **Overdose Response-Instructions** for Adults and Children

Important: Do not remove the nasal spray until ready to use. For use in nose only!

1. Check for signs of an overdose

Ask and shake

- Will not wake up
- Slow breathing or breathing has stopped
- Drowsy or nodding off
- Skin feels cold to the touch
- Pinpoint pupils



2. Give NARCAN[®] Nasal Spray

Lay person on their back

- Hold the spray with thumb on the bottom of the applicator and your first and middle fingers on either side of the nozzle
- Insert tip of nozzle into either nostril
- Give dose by pressing plunger of applicator
- Remove applicator from nose



3. Call 911 for medical help

Move person to recovery position

- Place person on their side with legs bent and head resting on their arm on the floor
- Stay with them



REPEAT STEP 2 in other nostril with a new NARCAN[®] nasal spray if person does not respond in 2-3 minutes



Substance Abuse Services in Kennebec & Somerset Counties

Resource Guide Provided by MaineGeneral Harm Reduction Program



Family, Individual and Group Counseling

AAA Steppingstone LLC	(Waterville)	(207) 649-1762
Aardwolf Counseling LLC	(Waterville)	(207) 696-4225
Cornerstone Behavioral Healthcare	(Waterville)	(207) 680-2065 www.cornerstonebhc.com
Crisis & Counseling Centers	(Skowhegan)	(207) 626-3448 www.crisisandcounseling.org
David Lawrence, MS, LADC, CCS	(Augusta)	(207) 838-0146
Discovery House	(Waterville)	(207) 872-7272 www.discoveryhouse.com
Family Medicine Institute	(Augusta)	(207) 626-1561 www.mainegeneral.org/FMI
Gail Ferry, LCSW	(Augusta)	(207) 620-8495
Jeff Bickford, LCPC, LADC	(Augusta)	(207) 626-3373
Kennebec Behavioral Health	(Augusta, Winthrop, Waterville, Skowhegan)	1-888-322-2136 www.kbhmaine.org
Lori Green-Stade, LCPC, LADC	(Augusta)	(207) 838-0146
Maine Behavioral Health Organization	(Augusta)	(207) 474-3244 www.mainebehavioralhealth.org
Maine Dartmouth Family Practice	(Waterville)	(207) 861-5000
MaineGeneral Mental Health & Substance Abuse Services	(Augusta, Waterville)	1-877-777-9393 www.mainegeneral.org/BHS
Maine Migrant Health Program	(Augusta)	(207) 622-9252
Scott Leblanc, LADC	(Skowhegan)	(207) 399-3286
Tina Roy, LADC	(Waterville)	(207) 314-7544
VA Maine Healthcare System	(Augusta)	1-877-421-8263 www.maine.va.gov

Intensive Outpatient Programs (IOP)

Crisis & Counseling Centers	(Augusta)	(207) 626-3448 www.crisisandcounseling.org
MaineGeneral Mental Health & Substance Abuse Services	(Augusta, Waterville)	1-877-777-9393 www.mainegeneral.org/BHS
VA Maine Healthcare System	(Augusta)	1-877-421-8263 www.maine.va.gov

Medication Assisted Treatment (methadone/suboxone)

Discovery House	(Waterville)	(207) 872-7272 www.discoveryhouse.com
Crisis & Counseling Centers	(Augusta)	(207) 626-3448 www.crisisandcounseling.org
Family Medicine Institute	(Augusta)	(207) 626-1561 www.maine-general.org/FMI
Jennifer McConnell, MD	(Winthrop)	(207) 620-4449
Maine Behavioral Health Organization	(Augusta, Skowhegan)	(207) 474-3244 www.mainebehavioralhealth.org
MaineGeneral Medical Center Opiate Treatment Clinic	(Waterville)	1-877-777-9393
MaineGeneral Psychiatry	(Augusta)	(207) 624-4800
Maine Recovery Center	(Augusta, Waterville)	(207) 213-4256 www.mainerecovery.guru

Residential Treatment Centers

Adult & Teen Challenge New England Adult Males	(Waterville)	(207) 872-7272 www.discoveryhouse.com
Crisis & Counseling Centers	(Augusta)	(207) 626-3448 www.crisisandcounseling.org
Family Violence Project Somerset House	(Augusta, Waterville)	1-877-890-7788 www.familyviolenceproject.org
MaineGeneral Mental Health & Substance Abuse Services	(Augusta, Sidney)	1-877-777-9393 www.maine-general.org/BHS
Treetop Women's Recovery House	(Oakland)	(207) 458-2234 www.treetopwomensrecoveryhouse.com

Self-help and Support Programs

Catholic Charities Maine	(Waterville, Augusta)	(207) 453-4368 www.ccmaine.org
Linc Wellness & Recovery Center	(Augusta)	(207) 622-5736 www.mocomaine.com/linc-wellness-recovery-center/
Maine Mothers Network	(State-wide)	(207) 314-8866
Maine Alliance for Addiction Recovery	(Augusta)	(207) 621-4111 www.masap.org
Narcotics Anonymous	(Portland)	1-800-974-0062 www.namaine.org
Portland Recovery Community Center Telephone support service	(Portland)	(207) 553-2575 www.portlandrecovery.org
SMART Recovery Group	(Augusta)	(207) 458-4366
The Opportunity Alliance — The Women's Project	(Portland)	1-800-611-1588
Waterville Social Club	(Waterville)	(207) 873-1027 www.mocomaine.com/linc-wellness-recovery-center/

Emergency Department RN Naloxone Protocol Competency

Opioid overdose related deaths in Maine increased by more than 4 times the national average:

- True
- False

Naloxone onset of action is typically within ____ and duration of action is _____. These depend greatly on the amount and type of opioid used.

- A.) ~2 minutes; 120-150minutes
- B.) ~8 minutes; 120-150minutes
- C.) ~2 minutes; 20-90 minutes
- D.) ~8minutes; 20-90 minutes

Overdose can occur as a result of _____

- A.) Drug-drug interactions
- B.) Relapse after a period of sobriety
- C.) Use of an unknown adulterated product
- D.) All of the above

Naloxone kits for outpatient use should be obtained from _____.

- A.) They will already be inside the MEDSmart bags in the med rooms
- B.) Pyxis then placed inside of the MEDSmart bags
- C.) Med room cabinets then placed inside of the MEDSmart bags
- D.) None of the above

The new FDA approved Narcan (naloxone) product being distributed to patients requires half the volume of each applicator to be sprayed in each nostril for a single administration

- True
- False

Which of the following is the correct instructions for administration:

- A.) Place the patient in the rescue position; Administer entire contents of Narcan nasal spray in one nostril; Call 911; If no response in 2-3 minutes repeat Narcan administration in other nostril
- B.) Call 911; Administer entire contents of Narcan nasal spray in one nostril; Place the patient in the rescue position; If no response in 2-3 minutes repeat Narcan administration in other nostril
- C.) Call 911; Place the patient in the rescue position; Administer entire contents of Narcan nasal spray in one nostril; If no response in 2-3 minutes repeat Narcan administration in other nostril
- D.) Administer entire contents of Narcan nasal spray in one nostril; Call 911; Place the patient in the rescue position; If no response in 2-3 minutes repeat Narcan administration in other nostril