



Resource Binder for Naloxone Distribution in Primary Care

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



This binder includes:

- Training slides
- Criteria for dispensing a naloxone kit
- MaineGeneral Health policy MM-07 on dispensing drug samples
- List of insurance companies that cover naloxone
- List of local pharmacies that carry naloxone
- Handout on patient education for naloxone
- Narcan quick-start flyer
- List of treatment services
- Naloxone/Narcan competency assessment with answer key
- SBIRT handout
- PMP handout

Naloxone

Primary Care Training

[Training date]

Shane Gallagher, MS, CHES
Health Educator, Harm Reduction Program
MaineGeneral Center for Prevention and Healthy Living

Excellence at Work

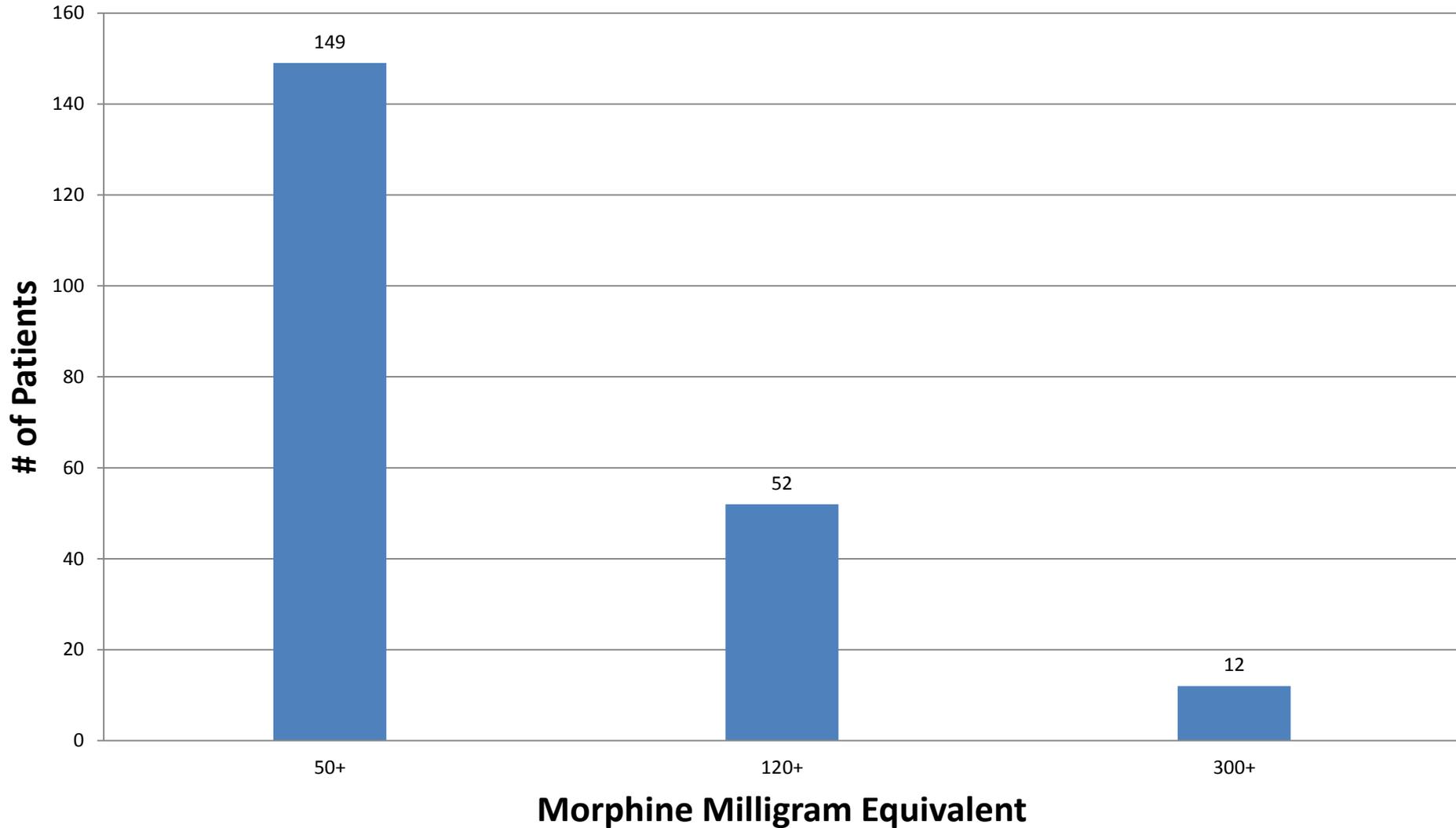
Acknowledgement

- Sensitive topic with a spectrum of points of view
- Write down your thoughts

Introduction

- Purpose and Objectives
- Screening for Naloxone/Narcan©
- Naloxone prescribing
- Use of PMP and SBIRT Tools

[Insert Practice-specific MME report]



Excellence at Work

ED Pilot

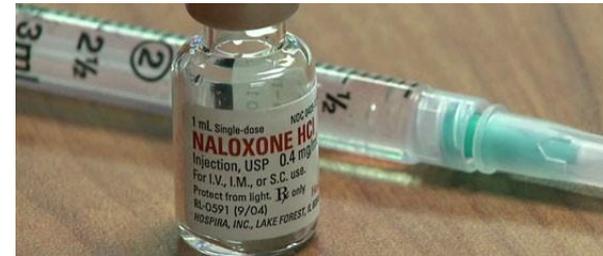
- Developed workflow and criteria for distribution
- Referrals to Prevention Center's Harm Reduction Program
- Harm Reduction Program provides follow up, education/resources, if needed.

Naloxone and the Law

- LD 1686-Prescription of Naloxone to patients, their immediate family. Law enforcement and Firefighters may administer, if trained
- LD 1547-Pharmacists may dispense* to individuals, their immediate family, and Law Enforcement/Fire agencies
- LD 1646-Stricter standards for Opioid prescription and monitoring

Naloxone

- Injectable/Intravenous



- Intra-nasal-Narcan®, Naloxone Syringe with Nasal Atomizer



- Auto-injector – Evzio®



Excellence at Work

Prescribing Naloxone Atomizer

- **2x2 mL as pre-filled Luer-Lock needleless syringe (NDC 76329-3369-1)**
- **Directions: “For suspected opioid overdose, spray 1 mL in each nostril. Repeat after 3 minutes if no or minimal response.”**

The atomizing devices are medical equipment that are not covered by any insurance plan. As of May 2014, the devices cost pharmacies \$4.32 each.

- Contact the MaineGeneral Prevention Center to get an Emergency Opioid Overdose Kits (while supplies last)
 - Include
 - » Cone-shaped nasal atomizer
 - » Instructions
 - » Magnet

Prescribing Narcan©

Patient Name: John Doe Date of Birth: _____

Address: _____ Date Prescribed: November 18, 2016



*Narcan Nasal Spray 4mg
#1 (Two Pack)
Administer as directed PRN for
suspected overdose*

DAW / No Substitution

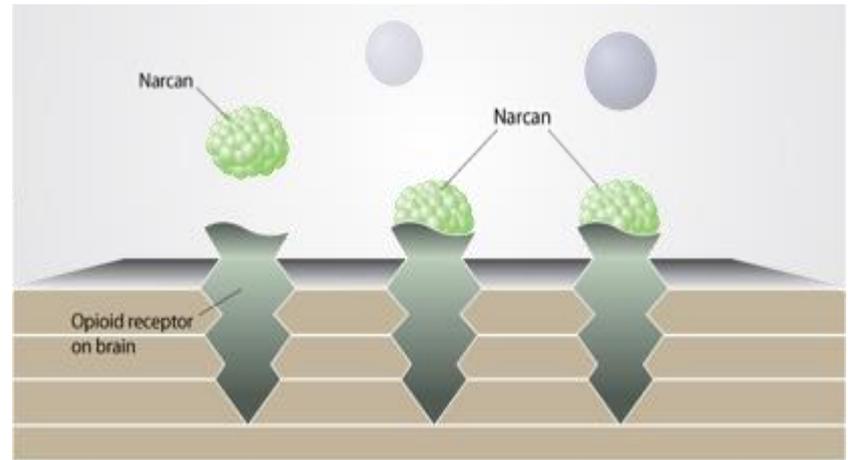
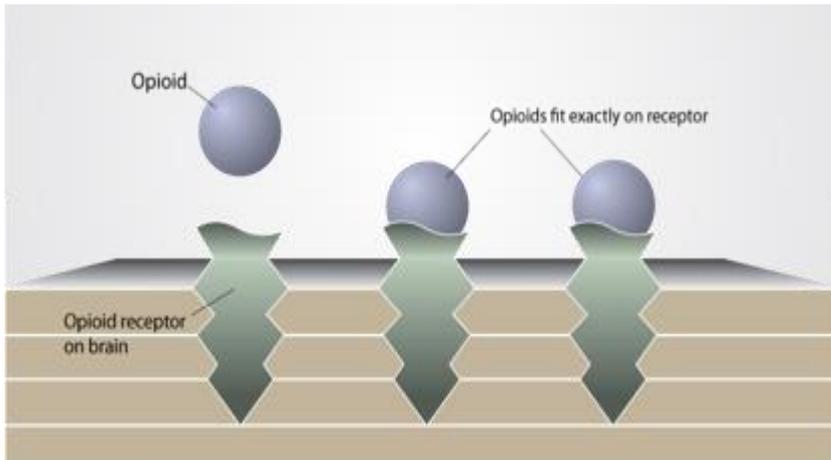
Refills: 2

Prescriber: Sue Smith, MD

Signature: *Sue Smith*

Excellence at Work

Naloxone-How it works



- Opiate antagonist – sends person into immediate withdrawal
- Prescription medication
- Unscheduled / non-addictive
- Does not interact with any other medication
- Used by paramedics since the 1970s
- Starts to work in ~2-3 minutes
- Wears off in **30-90 minutes** (sooner than opioids)

Excellence at Work



Excellence at Work

Criteria for Naloxone Kit

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.

Process for Dispensing Samples

- Provider identifies at risk patients
 - Use screening criteria, PMP and SBIRT

Process (*cont.*)

- Educate the patient
 - Signs and symptoms of overdose
 - How to use Narcan©
 - Review contents of the MEDSmart bag

Process (*cont.*)

- Follow MGH Policy MM-07 Drug Samples –
Log dispensing information and provide kit, or
- Prescribe Narcan©/Naloxone

Process (*cont.*)

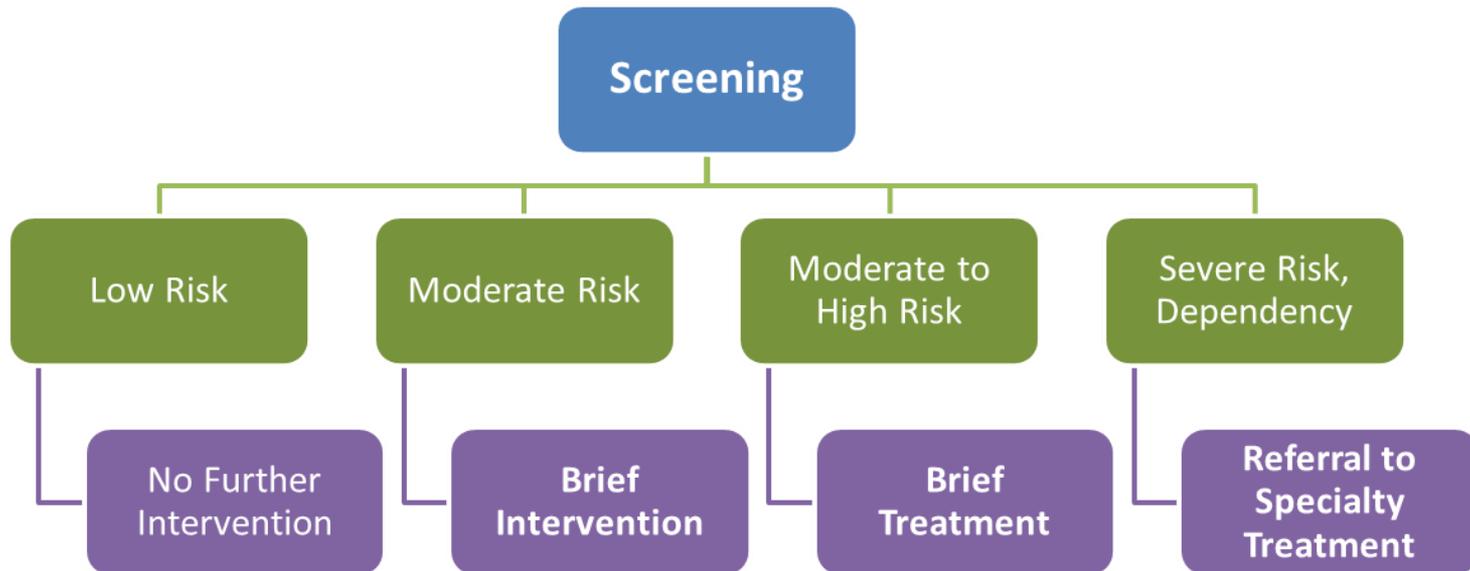
- Referral to Harm Reduction Program(prevention center)

Carrier	Medication Formulary	Medical Plan Coverage	Notes
Aetna		X	Pharmacist fills naloxone hydrochloride Rx for patient and submits claim; Customer pays customary deductibles and/or co-pays per contracted coverage
Anthem	*	X	Customer will need to pay out-of-pocket: *: Naloxone is not covered by ACA compliant plans as a prescription, although it may be covered on their national formulary as an injectable medication X: Covered as a medical benefit when administered by a licensed health care provider only
Cigna		X	Customer will need to pay out-of-pocket - Naloxone Covered as a medical benefit when administered by a licensed health care provider only
EBPA	X		Pharmacist fills naloxone hydrochloride Rx for patient and submits claim; customer pays customary deductibles and/or co-pays per contracted coverage
Harvard Pilgrim		X	Customer will need to pay out-of-pocket - Naloxone Covered as a medical benefit when administered by a licensed health care provider only
MaineCare	X		Provider needs to obtain prior authorization (PA) when writing prescription for naloxone in order for it to be covered
Maine Community Health Options (MCHO)	X		Pharmacist fills naloxone hydrochloride Rx for patient and submits claim; customer pays customary deductibles and/or co-pays per contracted coverage
Maine Wellness (issues group policies administered by Martin's Point)		X	Customer will need to pay out-of-pocket - Naloxone is covered under the medical plan when it is medically necessary and administered by a medical professional. Naloxone will be covered on the formulary if and when CVS-Caremark adds it to their formulary. CVS-Caremark administers Maine Wellness prescription drug coverage.
Medicare			Part D would cover the prescribed naloxone when prescribed to a patient.

Excellence at Work



SBIRT



Excellence at Work

SBIRT Billing Codes

	Medicare covers physicians, LC\$W's	MaineCare covers physicians	Anthem covers "non- behavioral health MD"	Cigna covers "medical provider"	Aetna covers "primary care provider"
15-30 minutes	Code G0396	Code 99408			
30 minutes+	Code G0397	Code 99409			

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.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

Excellence at Work



Medication Assisted Treatment (methadone/suboxone)

Discovery House	(Waterville)	(207) 872-7272 www.dlscoveryhouse.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.mainercovery.guru

Residential Treatment Centers

Adult & Teen Challenge New England Adult Males	(Waterville)	207) 872-7272 www.dlscoveryhouse.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
Inc Wellness & Recovery Center	(Augusta)	(207) 622-5736 www.mocomaine.com/inc-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/inc-wellness-recovery-center/

Excellence at Work



Feedback

- Questions, comments, concerns?

Thank you!

Malindi Thompson

Program Manager

Malindi.Thompson@MaineGeneral.org

207-626-7340

Shane Gallagher

Health Educator

Shane.Gallagher@MaineGeneral.org

207-626-7346

Harm Reduction Program

207-621-3770

Excellence at Work





Handouts

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



Criteria for Naloxone Kit

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

(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.)

MAINEGENERAL HEALTH

FUNCTIONAL AREA: Medication Management

POLICY NO: MM-07

EFFECTIVE: 01/98

REVIEWED/REVISED: 01/00,
01/12, 07/00, 08/02, 10/03, 05/04,
06/06, 01/08, 01/10, 01/14, 12/15

TOPIC: Drug Samples

AUTHORIZATION:

Director, Pharmacy

Chair, Department of Emergency Medicine

Vice President & Chief Nursing Officer

Chair, Pharmacy & Therapeutics Committee

-
- I. **PURPOSE:** To establish procedures for control, distribution, and dispensing of drug samples stored in outpatient areas for MaineGeneral Medical Center patients.
- II. **POLICY:** MaineGeneral Medical Center strongly discourages the use of drug samples. If needed, the Pharmacy Department acting under guidelines established by the Pharmacy and Therapeutics Committee is responsible for overseeing the use of drug samples. The following are guidelines established by the Pharmacy and Therapeutics Committee.
- A. Only practitioners, physician assistants, and nurse practitioners are authorized to sign for drug samples.
 - B. Drug samples approved by the Pharmacy and Therapeutics Committee as Formulary Drugs will be allowed for use at MGMC affiliated physician offices.
 - C. Non-formulary drug samples must be reviewed by the Pharmacy and Therapeutics Committee. A temporary trial period of up to 3 months may be granted by the Director of Pharmacy or designee until the request for non-formulary samples can be reviewed at the next scheduled Pharmacy and Therapeutics Committee meeting.
 - D. Samples will be stored in a secure locked area with access restricted to authorized personnel as indicated in MM-4 appendix 1.
 - E. Pharmaceutical Representatives will not be allowed access to sample storage areas for any reason.
 - F. Only a practitioner, physician assistant, nurse practitioner or pharmacist (with a patient prescription) may dispense samples.
 - G. Any samples given to a patient will be noted in the Patient's Medical Record.
 - H. Receipt and Dispensing of all requested samples will be documented on the Drug Sample Receipt and Dispensing Log. The following information will be documented on receipt of the drug samples: receipt date, drug, strength, quantity, lot number, expiration date, and balance on hand. When dispensing, the patient's full name, drug,

strength, quantity, lot number, expiration date and balance will be recorded. All areas that store sample medications must keep a perpetual inventory. See Attachment A.

- I. Records of sample distribution will be retained in patient care areas for a minimum of one year.
 - J. Drug sample storage and appropriate record keeping will be reviewed as part of the bi-monthly unit medication inspection by the Director of the Pharmacy or designee.
 - K. In the event of a drug recall, the Pharmacy Director or designee will review the receipt and distribution logs to assure that recalled samples are not affected. In the event that they are affected, the samples will be quarantined and returned to the manufacturer.
 - L. In the event of a drug recall for safety reasons, the Pharmacy Director or designee will review the receipt and distribution logs to assure that recalled samples are not affected. Patients who may have received any affected samples will be informed of the recall.
 - M. New non-formulary drug samples will require a physician request form (Attachment B). This form will need to be completed and sent to the Director of Pharmacy so that temporary approval may be granted.
- III. RESPONSIBILITY: The Pharmacy, Medical and Nursing Staffs have joint responsibilities for adherence to this policy.
- IV. PROCEDURE: (None)
- V. POLICY STORED AT:
- Original approved MaineGeneral Health Policies are maintained in Administration at the Alford Center for Health (ACH), Augusta.
 - Entities of MaineGeneral Health maintain and file policies specific to their areas in a designated Administrative area of their own.
 - Copies of MGH policies are filed in the Health Sciences Library of the Thayer Center for Health (TCH), Waterville.
 - Employees can access policies via the MaineGeneral intranet.
- VI. POLICY APPLIES TO:
- MaineGeneral Medical Center
 - MaineGeneral Rehabilitation & Long Term Care
 - MaineGeneral Retirement Community
 - MaineGeneral Community Care
 - All
- VII. PROPONENT: Chapter Leader, Pharmacy Services
- VIII. KEY SEARCH WORDS: Drug Samples, control, distribution, dispensing
- IX. Citations/Best Practice References: (N/A)

X. Policy Attachments:

- **ATTACHMENT A – Drug Sample Receipt and Dispensing Log**
- **ATTACHMENT B – Non-Formulary Medication Sample Request Form**

Non-Formulary Medication Sample Request Form

Non-formulary drug sample requested:

Generic name _____

Brand name _____

Reason for request

Practitioner signature _____

Print name _____

Date _____

**Please forward this request form to the Pharmacy attention of
Pharmacy Clinical Coordinator (ACH).**

**The request will be reviewed at the next Pharmacy & Therapeutics
committee meeting.**

Reviewed: 1/12

Revised: 12/15

**Health Insurance Coverage for Naloxone Hydrochloride Prescribed to Patients
Updated January 2016**

Carrier	Contact #	Medication Formulary	Medical Plan Coverage	Notes	Out of Pocket Expense
Aetna	Maggie Moree 518-451-3125		X	Pharmacist fills naloxone hydrochloride Rx for patient and submits claim; Customer pays customary deductibles and/or co-pays per contracted coverage	
Anthem	Kristine Ossenfort 207-822-7260	*	X	Customer will need to pay out-of-pocket: *: Naloxone is not covered by ACA compliant plans as a prescription, although it may be covered on their national formulary as an injectable medication X: Covered as a medical benefit when administered by a licensed health care provider only	
Cigna	Daniel Vigil 347-271-0767		X	Customer will need to pay out-of-pocket - Naloxone Covered as a medical benefit when administered by a licensed health care provider only	
EBPA	603-778-7106	X		Pharmacist fills naloxone hydrochloride Rx for patient and submits claim; customer pays customary deductibles and/or co-pays per contracted coverage	
Harvard Pilgrim	Laura Sanborn 617-509-7413		X	Customer will need to pay out-of-pocket - Naloxone Covered as a medical benefit when administered by a licensed health care provider only	
MaineCare	1-866-690-5585 (provider servicers) Pharmacy help desk 1-888-420-9711	X		Provider needs to obtain prior authorization (PA) when writing prescription for naloxone in order for it to be covered	
Maine Community Health Options (MCHO)	Nancy Johnson 207-402-3325	X		Pharmacist fills naloxone hydrochloride Rx for patient and submits claim; customer pays customary deductibles and/or co-pays per contracted coverage	
Maine Wellness (issues group policies administered by Martin's Point)			X	Customer will need to pay out-of-pocket - Naloxone is covered under the medical plan when it is medically necessary and administered by a medical professional. Naloxone will be covered on the formulary if and when CVS-Caremark adds it to their formulary. CVS-Caremark administers Maine Wellness prescription drug coverage.	
Medicare				Part D would cover the prescribed naloxone when prescribed to a patient.	

Status of Pharmacies Carrying Naloxone in Greater Augusta/Waterville Area

Pharmacy	Address/Phone	Town	Carry	Notes
Central Maine Pharmacy	18 China Rd, Albion, ME 04910 Phone: 437-7777	Albion	No	Would carry if there were supply available. Has not been able to get any for months
CVS	165 Capital Street, Augusta, ME 04330 Phone: 623-1170	Augusta	No	Considering ordering in the future
CVS	2 Stone St, Augusta, ME 04330 Phone: 623-4181	Augusta	Yes	1 Evzio on hand. Would be interested in carrying more (Narcan©) if supply was available
Hannaford	118 Cony St Augusta, ME 04330 Phone: 621-2574	Augusta	Yes	Syringe with Atomizer, a few on hand. Someone from Physiatry ordered.
Hannaford	29 Whitten Rd Augusta, ME 04330 Phone: 622-3148	Augusta	No	Might be able to order if there was a Rx
Rite Aid	Store # 3308 - 2007 North Belfast Avenue in Augusta, Maine Phone: 622-2626	Augusta	Yes	Injectable and Nasal Atomizer, maybe ~36 on hand
Rite Aid	Store # 4153 - 83 Hospital Street in Augusta, Maine 04330 Phone: 623-1414	Augusta	No	Can easily order it. Scolded for being overstocked and having trouble with supply/insurance/cost of Narcan
Shaw's Osco	150 Western Ave, Augusta, ME 04330 Phone: 626-0364	Augusta	Yes	Injectable- 10; Can also order Evzio for next day; Syringe w/ Atomizer 9 on hand, Narcan 1 package
Target (CVS)	119 Crossing Way, Augusta, ME 04330 Phone: 622-8001	Augusta	Yes	Injectable (syringe) 16 on hand
Walgreens	Store # 11373 - 403 Water St, Augusta, ME 04330 Phone: 629-9401	Augusta	Yes	Injectable on hand. Can order other forms (Narcan© , Evzio ©)
Walmart	201 Civic Center Dr, Augusta, ME 04330 Phone: 623-5144	Augusta	No	Can only order if someone is prescribed the medication. Do not carry on hand.
Hannaford	33 Hannaford Drive, China, ME 04358 Phone: 445-3389	China	No	Can order Injectable (generic)
Dirigo Drug LLC	1144 Main Street, Clinton, ME 04927 Phone: 426-6005	Clinton	No	Can order with next day availability Mon-Thurs, 2x2 Syringe with Atomizer. Certainly willing to order as the need increases. Had one individual about a year ago, but person did not want it ordered
Rite-Aid	Store # 03671 - 123 Main Street, Fairfield, ME 04937 Phone: 453-2233	Fairfield	Yes	Narcan - 1 (from Rx that person never picked up); Injectable, Syringe but no atomizers,
Savages Drugs - Fairfield Pharmacy	66 Western Avenue, Fairfield, ME 04937 Phone: 453-4411	Fairfield	Yes	Narcan-1 box; can order several types
Gardiner Apothecary	35 Bridge Street, Gardiner, ME 04345 Phone: 588-7201	Gardiner	Yes	Narcan© - 1 on hand; order is next day
Hannaford	100 Maine Avenue, Gardiner, ME 04345 Phone: 582-3750	Gardiner	Yes	Injectable-5 on hand; Nazal w/Atomizer- 10 on hand
Rite Aid	Store # 4168 - 9 Spring Street, Gardiner, ME 04345 Phone: 582-3051	Gardiner	No	Can order Injectable (generic) and syringe with atomizer

Pharmacy	Address/Phone	Town	Carry	Notes
Rite Aid	Store #4735 - 943 Western Ave, PO Box 550, Manchester, ME 04351 Phone: 622-6598	Manchester	Yes	Narcan© - 1 on hand; Can also order Syringe with Atomizer
Rite-Aid	Store # 04762 - 19 Main Street, Oakland, ME 04963 Phone: 465-2757	Oakland	No	tablet 50 mg - 100 on hand; would have to speak with wholesaler to find out what formulations can be ordered
Savages Drugs - Oakland Pharmacy	907 Kennedy Memorial Drive, Waterville, ME 04901 Phone: 465-4440	Oakland	Yes	Syringe with Atomizer- 10 doses; supply issues with other forms
Community Pharmacy - Randolph	268 Water Street, Randolph, ME 04346 Phone: 588-2482	Randolph	No	Can order it. Syringe 1mg/ml, Narcan,
CVS	Store # 620 - 1 Kennedy Memorial Drive in Waterville Phone: 873-7161	Waterville	No	Could order if there was a RX for it.
Hannaford	140 Elm Plaza Waterville, ME 04901 Phone: 877-0700	Waterville	No	Can order
Hannaford	190 JFK Plaza, Waterville, ME 04901 Phone: 872-2182	Waterville	No	Can order injectable.
Maine Specialty Pharmacy	13 Washington Street, Waterville, ME 04901 Phone: 872-7500	Waterville	No	But can order/make it in a variety of formulations.
Rite Aid	Store # 4167 - 210 Main Street in Waterville, Maine 04901 Phone: 877-9004	Waterville	Yes	Syringe with Atomizer-10 on hand; having trouble ordering
Shaw's Osco	251 Kennedy Memorial Dr, Waterville, ME 04901 Phone: 680-3001	Waterville	Yes	Narcan 1 in stock at a time
Walmart	80 Waterville Commons Drive, Waterville, ME 04901 Phone: 877-9161	Waterville	No	Can't order
Rite-Aid	Store # 04143 - 36 China Rd, Winslow , ME 04901 Phone: 872-2727	Winslow	Yes	Injectable-10 doses; other forms on back order
Savages Drugs - Winslow Pharmacy	20 Garland Rd, Winslow, ME 04901 Phone: 872-7979	Winslow	No	Can order multiple forms including Narcan© ; Owner sits on the Board of Pharmacy!
Hannaford	399 Main Street, Winthrop, ME 377-3162 Phone: 377-3162	Winthrop	No	Could order if there was a RX for it.
Rite-Aid	Store # 4120 - 16 Peck Farm Rd, Winthrop, ME 04364 Phone: 377-2279	Winthrop	Yes	Injectable-4-5 doses; may be able to order other versions such as Narcan©

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 Psychological LLC	Waterville	(207) 869-1163
Audubon Counseling LLC	Waterville	(207) 869-4223
Comprehensive Behavioral Health	Waterville	(207) 869-2061 www.comprehensive.com
Crisis & Counseling Centers	Bowdoinham	(207) 829-3458 www.crisisandcounseling.org
David Loomis, MD, LADC, CCS	Augusta	(207) 838-0186
Discovery House	Waterville	(207) 872-7273 www.discoveryhouse.com
Family Medicine Institute	Augusta	(207) 829-1881 www.familymedicine.org/MI
Gifts From UCNW	Augusta	(207) 829-8883
J&F Behavioral, LLC, LADC	Augusta	(207) 829-3273
Kennebec Behavioral Health	Augusta, Westbrook, Waterville, Bowdoinham	1-888-322-2738 www.kennebec.org
Leaf Green Health, LLC, LADC	Augusta	(207) 838-0186
Maine Behavioral Health Organization	Augusta	(207) 678-2265 www.mainebehavioralhealth.org
Maine Caronath Family Practice	Waterville	(207) 865-1038
MaineGeneral Mental Health & Substance Abuse Services	Augusta, Waterville	1-877-777-8222 www.maine-general.org/MS
Maine Migrant Health Program	Augusta	(207) 822-9232
North Umbagog LADC	Bowdoinham	(207) 399-2286
True Day LADC	Waterville	(207) 874-7166
VA Water Health Services	Augusta	1-877-621-6262 www.vahhs.org

Intensive Outpatient Programs (IOP)

Crisis & Counseling Centers	Augusta	(207) 829-3458 www.crisisandcounseling.org
MaineGeneral Mental Health & Substance Abuse Services	Augusta, Waterville	1-877-777-8222 www.maine-general.org/MS
VA Water Health Services	Augusta	1-877-621-6262 www.vahhs.org

Medication Assisted Treatment (methadone/suboxone)

Discovery House	Waterville	(207) 872-7273 www.discoveryhouse.com
Crisis & Counseling Centers	Augusta	(207) 829-3458 www.crisisandcounseling.org
Family Medicine Institute	Augusta	(207) 829-1881 www.familymedicine.org/MI
Jessie McCann, MD	Westbrook	(207) 629-6891
Maine Behavioral Health Organization	Augusta, Westbrook	(207) 678-2265 www.mainebehavioralhealth.org
MaineGeneral Medical Center Opioid Treatment Clinic	Waterville	1-877-777-8222
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.adultchallenge.com
Crisis & Counseling Centers	Augusta	(207) 829-3458 www.crisisandcounseling.org
Family Violence Project Somerset House	Augusta, Waterville	1-877-880-7786 www.familyviolenceproject.org
MaineGeneral Mental Health & Substance Abuse Services	Augusta, Waterville	1-877-777-8222 www.maine-general.org/MS
Tenney Women's Recovery House	Calaisville	(207) 838-2265 www.tenneywomensrecoveryhouse.com

Self-help and Support Programs

Calais Outreach Water	Waterville, Augusta	(207) 833-0388 www.calaiswater.com
Lee Williams & Recovery Center	Augusta	(207) 622-1758 www.lee-williams.com/lee-williams-recovery-center/
Maine Mothers Network	Orono	(207) 218-6886
Maine Alliance for Addiction Recovery	Augusta	(207) 621-6711 www.maar.org
Norwalk Emergency	Portland	1-800-558-0562 www.norwalk.org
Portland Recovery Community Center Telephone support service	Portland	(207) 333-2371 www.portlandrecovery.com
SMART Recovery Group	Augusta	(207) 628-4386
The Opportunity Alliance -- The Women's Project	Portland	1-800-811-1186
Waterville Social Club	Waterville	(207) 872-1227 www.maineconnection.com/waterville-social-club/

Questions about overdose, treatment or recovery?

Call 872-4102



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.maine-general.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.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/

Naloxone/Narcan© Competency

- 1.) Naloxone onset of action is typically within ____ and duration of action is ____.
 - A.) ~2 minutes; 120-150minutes
 - B.) ~8 minutes; 120-150minutes
 - C.) ~2 minutes; 20-90 minutes
 - D.) ~8minutes; 20-90 minutes

- 2.) Which of the following are signs and Symptoms of an overdose?
 - A.) Drowsy or unresponsiveness
 - B.) Skin cold to the touch
 - C.) Slowed or stopped breathing
 - D.) All of the above

- 3.) 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

- 4.) Narcan© (naloxone) requires half the volume of each applicator to be sprayed in each nostril for a single administration?
True
False

- 5.) Which of the following is the correct instructions for administration:
 - A.) Place the patient in the recovery 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 recovery position; If no response in 2-3 minutes repeat Narcan administration in other nostril
 - C.) Call 911; Place the patient in the recovery 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 recovery position; If no response in 2-3 minutes repeat Narcan administration in other nostril

- 6.) All patients should be provided information on the Harm Reduction Program, for follow-up instruction and to report the use the emergency kit.
True
False

Date: _____

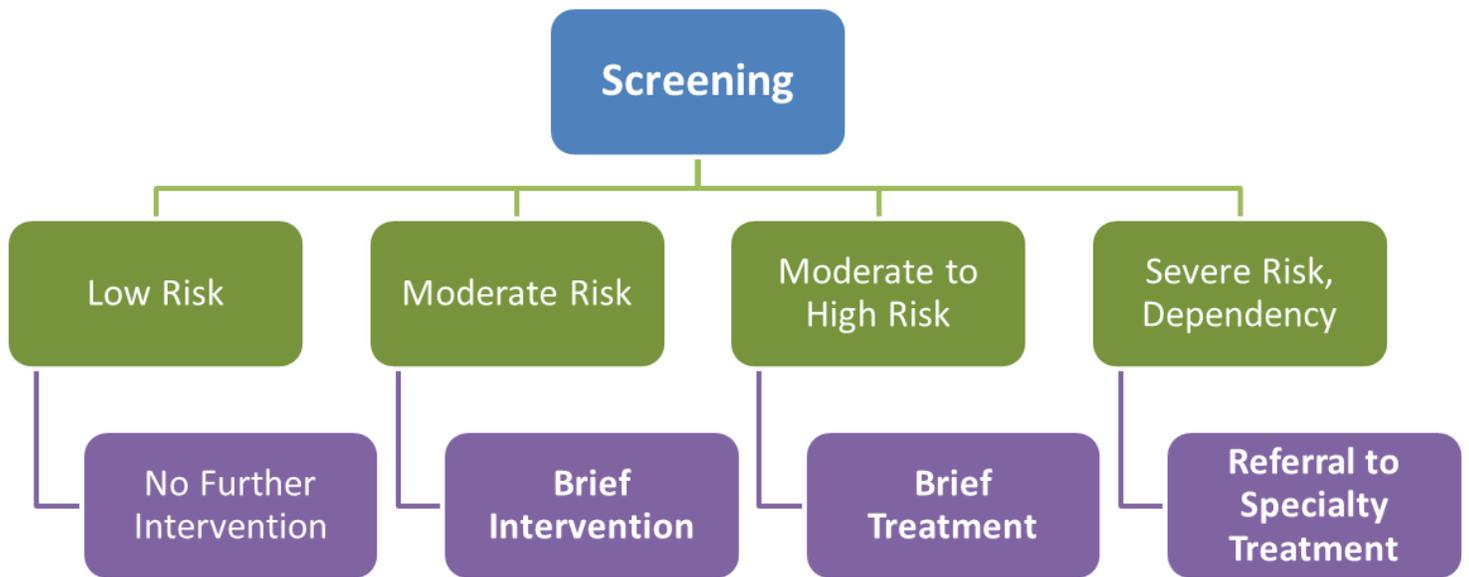
Answer Key:

- 1.) C
- 2.) D
- 3.) D
- 4.) False
- 5.) D
- 6.) True

SBIRT

Screening, Brief Intervention, and Referral to Treatment

SBIRT is a method of delivering early intervention for individuals with risky alcohol and drug use, and the timely referral to more intensive substance abuse treatment for those who have substance abuse disorders.



It is brief

- Initial screenings take 2-10 minutes.
- Brief interventions last 5-10 minutes.
- Brief treatments last 5-12 sessions.

It is universal

- It can be used for virtually all patients.

It uses validated screening tools

- These include CAGE, AUDIT, DAST, ASSIST, and CRAFFT (for adolescents).

For more information, contact Kate Ward in the Prevention Center

Kate Ward

861-5278

katherine.ward@mainegeneral.org

Examples of Tools

CAGE

For Adults

Cut down, Annoyed, Guilty, Eye-opener

1. Have you ever felt you ought to **cut down** on your drinking or drug use?
2. Have people **annoyed** you by criticizing your drinking or drug use?
3. Have you felt bad or **guilty** about your drinking or drug use?
4. Have you ever had a drink or used drugs first thing in the morning to steady your nerves or to get rid of a hangover (**eye-opener**)?

Scoring: Item responses on the CAGE questions are scored 0 for "no" and 1 for "yes" answers, with a higher score being an indication of alcohol and/or drug problems.

A total score of two or more is considered clinically significant.

CRAFFT

For Adolescents

Car, Relax, Alone, Forget, Friends, Trouble

1. Have you ever ridden in a **car** driven by someone (including yourself) who was "high" or had been using alcohol or drugs?
2. Do you ever use alcohol or drugs to **relax**, feel better about yourself, or fit in?
3. Do you ever use alcohol or drugs while you are **alone**, by yourself?
4. Do you ever **forget** things you did while using alcohol or drugs?
5. Do your family or **friends** ever tell you that you should cut down on your drinking or drug use?
6. Have you gotten into **trouble** while you were using alcohol or drugs?

Scoring: Item responses on the CRAFFT questions are scored 0 for "no" and 1 for "yes" answers, with a higher score being an indication of alcohol and/or drug problems.

A total score of two or more indicates potential significant problem.

DAST-10

Drug Abuse Screening Test

For Adults and
Adolescents

These questions refer to the past 12 months.

1. Have you used drugs other than those required for medical reasons?
2. Do you abuse more than one drug at a time?
3. Are you unable to stop using drugs when you want to?
4. Have you had "blackouts" or "flashbacks" as a result of drug use?
5. Do you ever feel bad or guilty about your drug use?
6. Does your spouse (or parents) ever complain about your involvement with drugs?
7. Have you neglected your family because of your use of drugs?
8. Have you engaged in illegal activities in order to obtain drugs?
9. Have you ever experienced withdrawal symptoms (felt sick) when you stopped taking drugs?
10. Have you had medical problems as a result of your drug use (e.g. memory loss, hepatitis, convulsions, bleeding, etc.)?

Scoring: Item responses on the DAST-10 questions are scored 0 for "no" and 1 for "yes" answers, with a higher score being an indication of drug problems.

Score: Degree of problems related to drug abuse

0: No problems reported

1-2: Low level

3-5: Moderate level

6-8: Substantial level

9-10: Severe level

**For more information on these and other screening tools,
contact Kate Ward at the Prevention Center**

861-5278

katherine.ward@mainegeneral.org

Maine's PMP

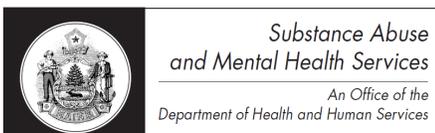
Prescription Monitoring Program

- Maintains a database of all Scheduled II-IV Drugs dispensed in Maine
- Data provided daily from pharmacies, kept for 6 yrs.
- Provides patient & prescriber history reports
- Automatic threshold reports routinely sent
- Accessible by pharmacists, prescribers and their appointed delegates

Improve patient care

Reduce misuse & abuse of Rx drugs

Reduce Rx drug overdose



Paul R. LePage, Governor

Mary C. Mayhew, Commissioner



Using the Maine PMP

- Log on (2 options)
 - Single sign-on access from Health Info Exchange
 1. Visit: www.hinfonet.org/PMP
 2. Request access through the HIE portal using the “Request for Access” link on the links menu
 3. Contact HealthInfoExchange at customercare@hinfonet.org or 207-541-9250
 - Not an HIE user? Log in: www.maine.gov/pmp
- Adjust preferences in User Management Section
- Run reports
 - Recipient Query (patient report)
 - Prescriber History Query (by prescriber DEA number)
 - Multiple State Query
- Delegate accounts — refer to “RxSentry Training Guide” on PMP website

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

For Technical Assistance:

mepmpinfo@hidinc.com
Toll Free: 1-866-792-3149
www.maine.gov/pmp