

Addressing the Crisis of Fentanyl Overdose

Lydia Bartholow, DNP, PMHNP, CARN-AP

3/22/23

Live Webinars Supporting
5-Actions Programs™

John Fitzgerald, PhD, LPC, CAS
Digital Therapeutics Group, LLC



Agenda:

- Why fentanyl is such a significant public health threat
- How fentanyl is a symptom of a broader constellation of life challenges
- Steps can you take if fentanyl is a problem for yourself or a loved one
- Why all community stakeholders are needed to address this crisis

New Mexico 5-Actions Programs™

- **Self-guided roadmap** to understanding and addressing addiction (substance and behavioral)
- **Launched November 2020** in New Mexico
- **Mobile-friendly online platform**, free for all who sign up to use the program
- **Over 125+ videos**, screening tools, and links to resources
- **24/7 phone support** from trained clinicians

Please Sign Up: www.NM5Actions.com

New Mexico
5-Actions Program™

In partnership with New Mexico Crisis and Access Line
24/7: 1-855-662-7474

How It Works FAQ Media Webinars Contact My Dashboard My Account

Self-Guided Roadmap to Understanding and Addressing Pre-Addiction and Addiction

The New Mexico 5-Actions Program™ is free, paid for by New Mexico Human Services Department, Behavioral Health Services Division.

HOW IT WORKS

Powerful Tools To Support You On Your Journey

- 24/7 phone support
- Substance & behavioral
- Over 6 hours of video
- COVID-specific resources
- Tools to help loved ones
- Evidence-based tools

What You Will Do

- Learn about addiction, treatment, and how people successfully change
- Explore your own behavior, and identify powerful leverage points for change
- Assess all your own addictions and co-occurring mental health issues
- Develop a personalized roadmap for your journey out of addiction

NM 5-Actions Program and NMCAL

Call Toll Free Anytime: 24/7
If you are having a life threatening emergency, call 911 immediately.

Home Get Help Tools and Resources Who We Are News & Events

New Mexico Crisis And Access Line

1-855-NMCRISIS (662-7474)

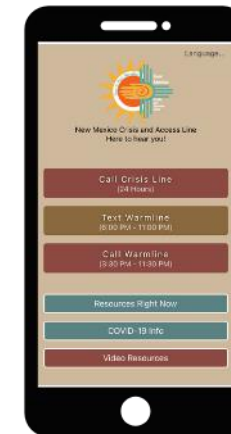
If you or a loved one is experiencing any kind of emotional crisis, mental health or substance use concern, you can find help 24 hours a day, seven days a week, by calling the New Mexico Crisis and Access Line or Peer-to-Peer Warmline.

Get Help

Who Answers the Call?

A variety of over 180 professional mental and behavioral health staff are always here to hear you 24 hours a day, 7 days a week, 365/6 days a year. Our call takers range from professional peer supports to clinical professionals with a master's degree or higher, and are backed by a robust supervisory team and clinical oversight. We are always available to support those in need, offer information and resources, and work to assist those that do not know how to help themselves.

Service	Contact Information	Hours
Crisis and Access Line	Call to connect with a counselor. 1-855-662-7474	Toll Free 24/7/365
Peer-to-Peer Warm Line	Call or text to connect with a peer. 1-855-466-7100	Call: 7:00am - 11:30pm Text: 9am - 11pm
Healthcare Worker and First Responder Support Line	Call for support and resources for front line workers. 1-855-567-5309	Toll Free 24/7/365



5-Actions Program™ Webinars

- **Monthly webinars** to address timely topics that are linked to the 5-Actions Program
- **One-hour format** in which we do our best to optimize your time
- **Guest experts** from the community with lived experience and working as professionals
- **Community discussion** where you can ask questions and connect with speakers

<https://5actionswebinars.com/>

April 19: 4pm MST

The Benefits of Employing Peer Recovery Support

Melisha Montano, HSD

Stanford Kemp, Statewide Overdose Prevention Supervisor

May 31: 4pm MST

Getting the Help You Need: Navigating the Behavioral Health Treatment System in New Mexico

Brian Serna, LPCC, LADAC

Keep New Mexico Alive Resource

KEEP NM ALIVE

FENTANYL AWARENESS DAY AT THE NEW MEXICO LEGISLATURE

Click the image below to see our entire Fentanyl Awareness Day event at the Roundhouse!

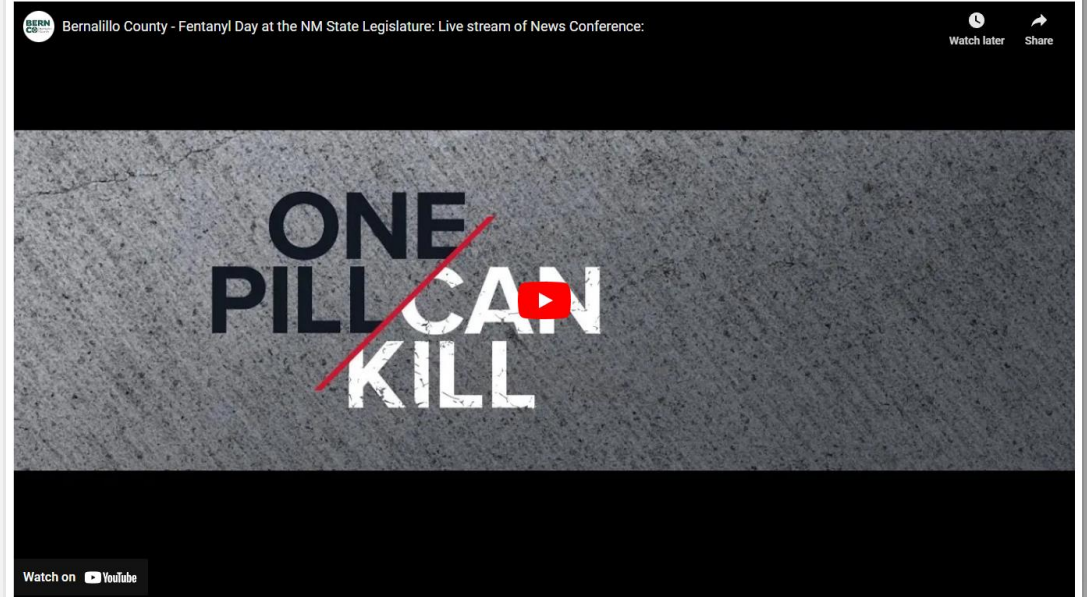
[Tap here to see a slideshow.](#)

On Feb. 23, 2023, Bernalillo County, the City of Albuquerque Community Safety Department, the Behavioral Health Initiative, the Drug Enforcement Administration, the New Mexico Department of Health and other partner agencies presented Fentanyl Awareness Day at the Roundhouse in Santa Fe.

Family members, providers, caregivers and policy-makers shared their stories and salvations related to the scourge of fentanyl and other drugs. We sincerely thank everyone for their participation and promise to be there to work with them to find solutions.



<https://www.bernco.gov/keepnmalive/>



Lydia Bartholow, DNP, PMHNP, CARN-AP

Lydia Bartholow is a doctorally prepared psychiatric nurse practitioner with a specialty in addiction medicine and trauma informed care. She is a medical director at a large FQHC that focuses on co-occurring disorders and is on faculty at UCSF where she teaches in the psychiatric nurse practitioner program. She speaks nationally on topics such as co-occurring disorders, harm reduction, and substance use disorder care system improvement. She focuses all parts of her practice on radical public health, harm reduction and anti-oppression work. Lydia lives in Portland, Oregon, on Chinook, Kathlamet, Clackamas and Kalapuya land.



ADDRESSING THE CRISIS OF FENTANYL OVERDOSE

Lydia Bartholow, DNP, PMHNP, CARN-AP

March 2023



Recovery Dialects

	Mutual Aid Meetings	In Public	With Clients	Medical Settings	Journalists
Addict	✓	STOP	STOP	STOP	STOP
Alcoholic	✓	STOP	STOP	STOP	STOP
Substance Abuser	STOP	STOP	STOP	STOP	STOP
Opioid Addict	✓	STOP	STOP	STOP	STOP
Relapse	✓	STOP	STOP	STOP	STOP
Medication Assisted Treatment	STOP	STOP	STOP	STOP	STOP
Medication Assisted Recovery	✓	✓	✓	✓	✓
Person w/ a Substance Use Disorder	✓	✓	✓	✓	✓
Person w/ an Alcohol Use Disorder	✓	✓	✓	✓	✓
Person w/ an Opioid Use Disorder	✓	✓	✓	✓	✓
Long-term Recovery	✓	✓	✓	✓	✓
Pharmacotherapy	✓	✓	✓	✓	✓

Language matters but can change depending on the setting we are in. Choosing when and where to use certain language and labels can help reduce stigma and discrimination towards substance use and recovery.



SOURCE: Ashford, R. D., Brown, A. M., & Curtis, B. (2018). Substance use, recovery, and linguistics: The impact of word choice on explicit and implicit bias. *Drug and Alcohol Dependence*, 189, 131–138.

RECOVERY DIALECTICS

WHAT'S IN

- Salience
- Person with SUD
- Medication for Addiction Treatment
- Return to use or Recurrence of use

WHAT'S OUT

- “High” / Euphoria
- Addict / Alcoholic
- Medication Assisted Treatment
- Relapse

AGENDA

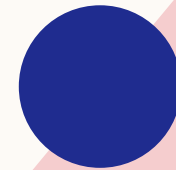
- Fentanyl 101 – What it is and How we got here
- Fentanyl Public Health Crisis: myths and facts
- How to help a loved one (or yourself)
- Where do we go from here?

FENTANYL 101

What it is and how we got here



Blues or FettyWop

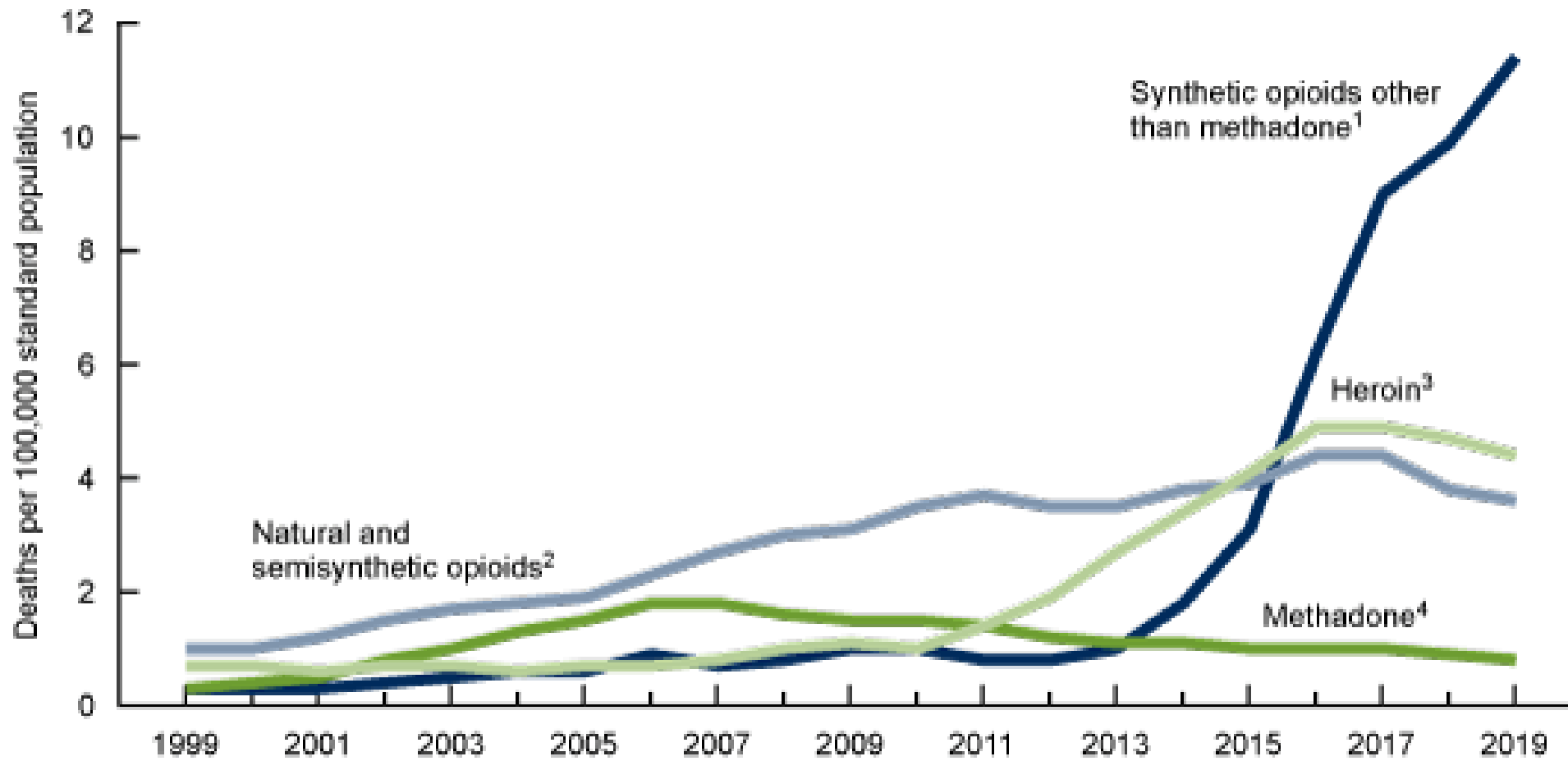


FENTANYL 101

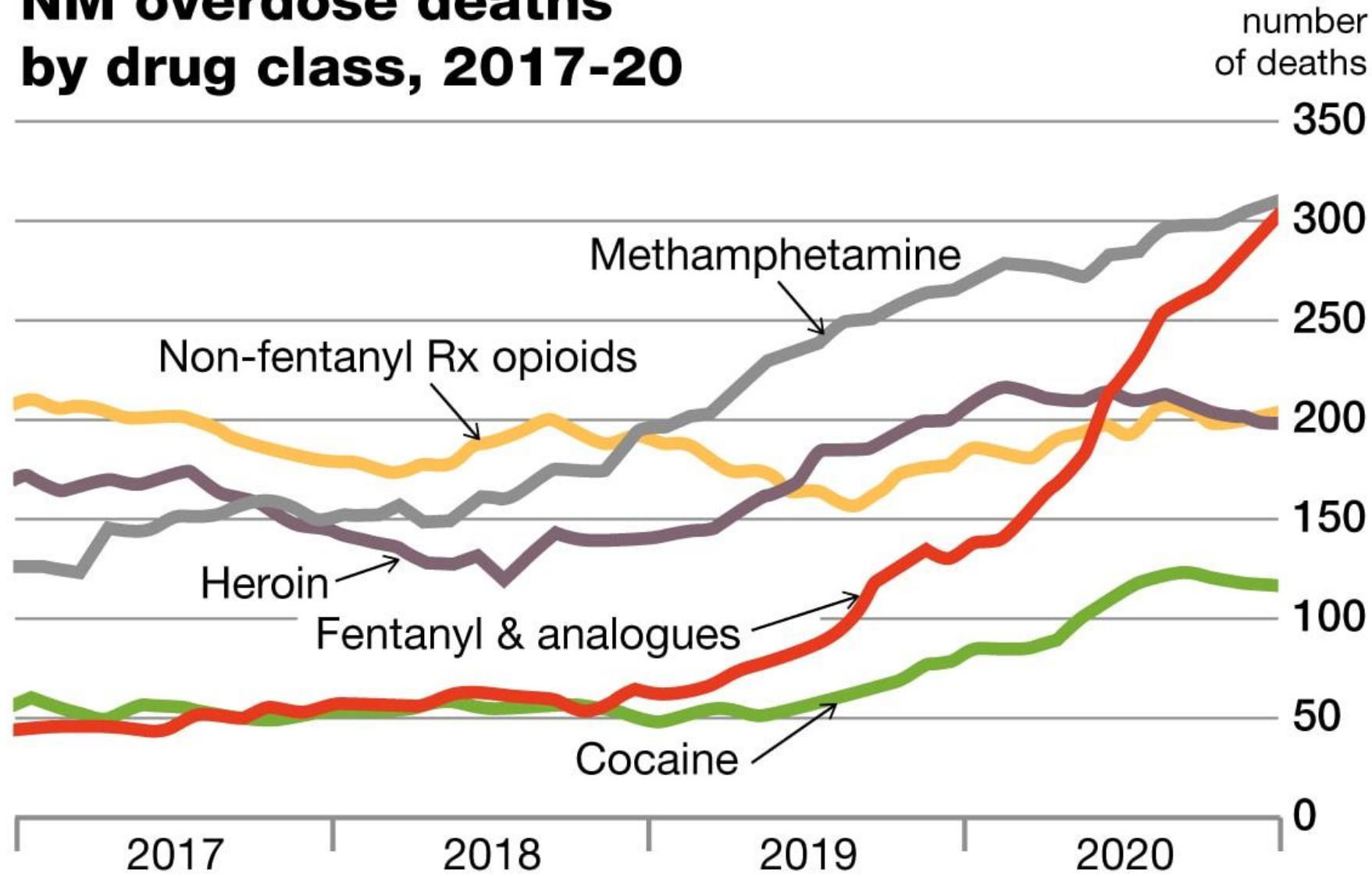
- Fully synthetic opioid
 - Illicitly manufactured (vs medical)
 - No opium poppies needed – can be made chemically in virtually any location
 - 50-100x more potent than heroin (made from poppies)
- Rapid onset relative to other opioids
 - Fast acting (extra salient)
 - Lingers in tissues much longer (lipophilic)



FENTANYL FATALITIES



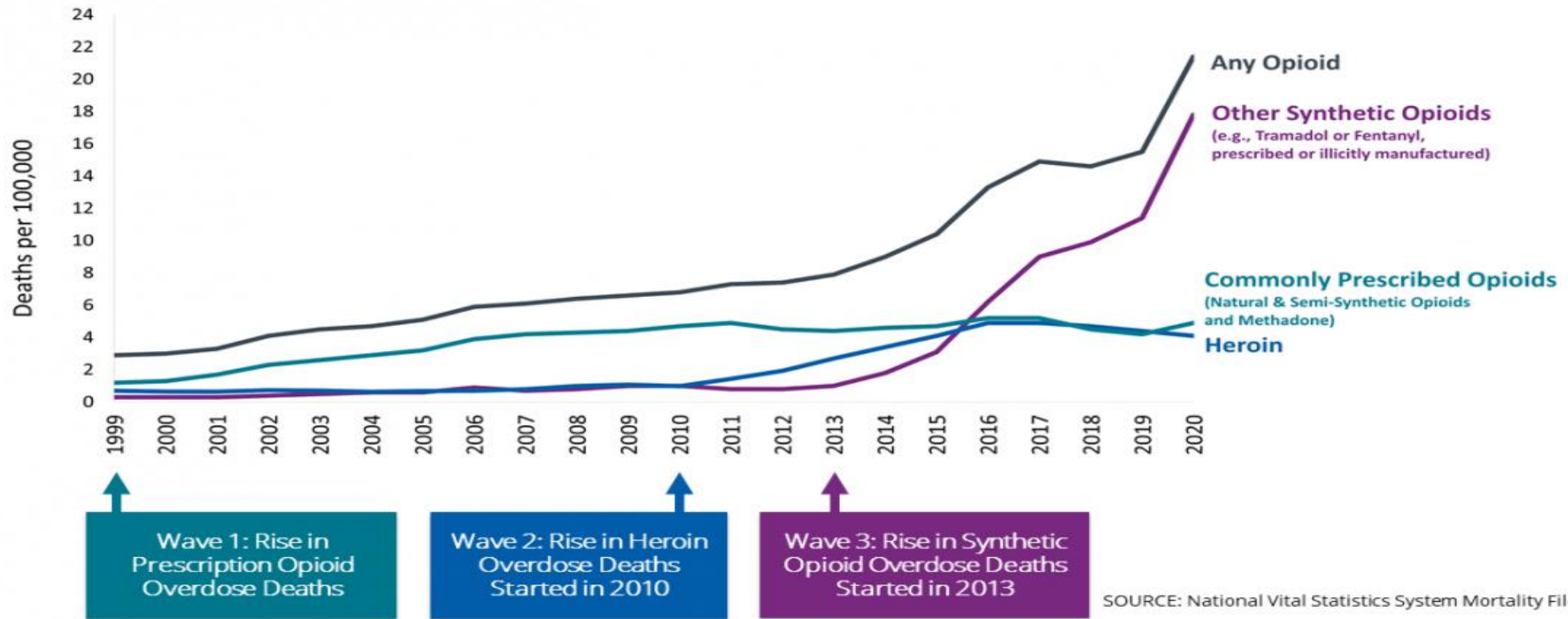
NM overdose deaths by drug class, 2017-20



Source: NM DOH Bureau of Vital Records and Health Statistics death data

3 WAVES OF OPIOID CRISIS

Three Waves of Opioid Overdose Deaths



FENTANYL PUBLIC HEALTH CRISIS: MYTHS AND FACTS

1. Accidental dermal and inhalation exposure
2. “One pill can kill” Myth
3. Narcan works – FACT!

ACCIDENTAL DERMAL OR INHALATION EXPOSURE

Fentanyl and its analogs are potent opioid receptor agonists, but the risk of clinically significant exposure to emergency responders is extremely low. To date, we have not seen reports of emergency responders developing signs or symptoms consistent with opioid toxicity from incidental contact with opioids. Incidental dermal absorption is unlikely to cause opioid toxicity.

-- Moss, M. J., Warrick, B. J., Nelson, L. S., McKay, C. A., Dubé, P. A., Gosselin, S., Palmer, R. B., & Stolbach, A. I. (2017). **ACMT and AACT Position Statement: Preventing Occupational Fentanyl and Fentanyl Analog Exposure to Emergency Responders.** *Journal of medical toxicology : official journal of the American College of Medical Toxicology*, 13(4), 347–351.
<https://doi.org/10.1007/s13181-017-0628-2>

ACCIDENTAL DERMAL OR INHALATION EXPOSURE: TRANSLATION

- If you accidentally touch fentanyl, your risk of harm is very low
- If you accidentally inhale fentanyl smoke, your risk of harm is very low

-- Moss, M. J., Warrick, B. J., Nelson, L. S., McKay, C. A., Dubé, P. A., Gosselin, S., Palmer, R. B., & Stolbach, A. I. (2017). **ACMT and AACT Position Statement: Preventing Occupational Fentanyl and Fentanyl Analog Exposure to Emergency Responders.** *Journal of medical toxicology : official journal of the American College of Medical Toxicology*, 13(4), 347–351. <https://doi.org/10.1007/s13181-017-0628-2>



“ONE PILL CAN KILL”

Many fatalities are related to adolescents or others who are opioid naïve and involve minimal amounts of fentanyl.

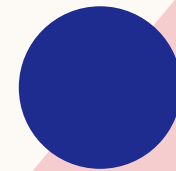
And

For people who are not opioid naïve, fentanyl may be utilized daily in large amounts.



NALOXONE WORKS!

HOW TO HELP A LOVED ONE (OR YOURSELF)



HOW TO HELP A LOVED ONE (OR YOURSELF)

1. Talking to loved ones using the CRAFT approach
2. Pharmacotherapies for Fentanyl Use Disorder

HOW TO HELP A LOVED ONE (OR YOURSELF)

1. The CRAFT approach to tending to loved ones

alliesinrecovery.net



Are you at your wit's end over your loved one's drug or alcohol use? This virtual program was designed for you.

[JOIN NOW](#)

Sponsored Sign-Ups [CLICK HERE](#)



Allies in Recovery

Allies in Recovery is home to the premier virtual training program available for all who care about someone enduring addiction. Since 2003, we have taught **CRAFT (Community Reinforcement and Family Training)**, the only behavioral training method *designed specifically for families and scientifically proven to work*. The Allies training program is also recognized by **SAMHSA** – the government agency that funds addiction prevention and treatment.

HOW TO HELP A LOVED ONE (OR YOURSELF)

1. The CRAFT approach for tending to a Loved One

www.sernasolutionsllc.com



The screenshot shows the website for SERNA SOLUTIONS, which provides counseling, coaching, and consulting. The main navigation menu includes links for About Us, Family Empowerment Project, Youth Empowerment Project (YEP!), Services, Workshops, and 988 Trainings. The current page is titled "The Family Empowerment Project: Helping Families Address Addiction" and features a "Log In" button. The page content includes a welcome message, a description of the CRAFT method, and a video player showing a woman speaking. A blue circle is overlaid on the right side of the screenshot.

SERNA SOLUTIONS
Counseling • Coaching • Consulting

Log In

About Us ▾ Family Empowerment Project Youth Empowerment Project (YEP!) Services ▾ Workshops ▾ 988 Trainings

The Family Empowerment Project: Helping Families Address Addiction

EN



Family Empowerment Project

Welcome to The Family Empowerment Project

The Family Empowerment Project is based upon the CRAFT method pioneered by Dr. Robert J. Meyers at the University of New Mexico. This work helps families address addiction while creating a collaborative, culturally relevant circle of care around the individual seeking recovery. It is rooted in behavioral change principles and honest, positive communication between family members.

Brian Serina was trained and mentored by Dr. Meyers and has been helping families address addiction for over twenty years. He and his staff have helped hundreds of New Mexican families in ways that are practical, powerful, and culturally relevant.

How is our program unique?

Family Empowerment Project

Watch later Share

HOW TO HELP A LOVED ONE (OR YOURSELF)

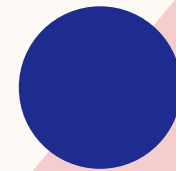
1. Tending to loved ones using the CRAFT approach

2. Pharmacotherapies for Fentanyl Use Disorder

- Minimal peer reviewed data
- Methadone may be preferred (no induction)
- Buprenorphine effective
 - LAI (Sublocade)
 - Oral doses above 24mg

OVERDOSE PREVENTION AND RESPONSE IN THE AGE OF FENTANYL

Be thinking about all of the community partners
needed to enact the following – this belongs not just
within public health and addiction treatment!



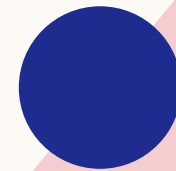
NALOXONE (NARCAN) WORKS

What New Mexico Laws are in place to increase access?

How can you all increase access to Narcan?

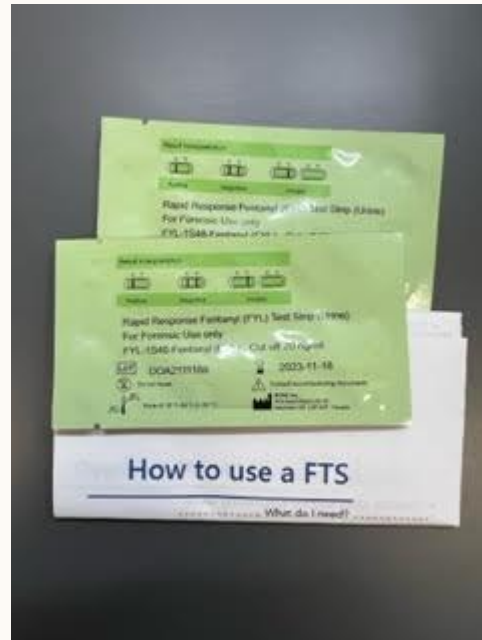


“NEVER USE ALONE” INTERVENTIONS

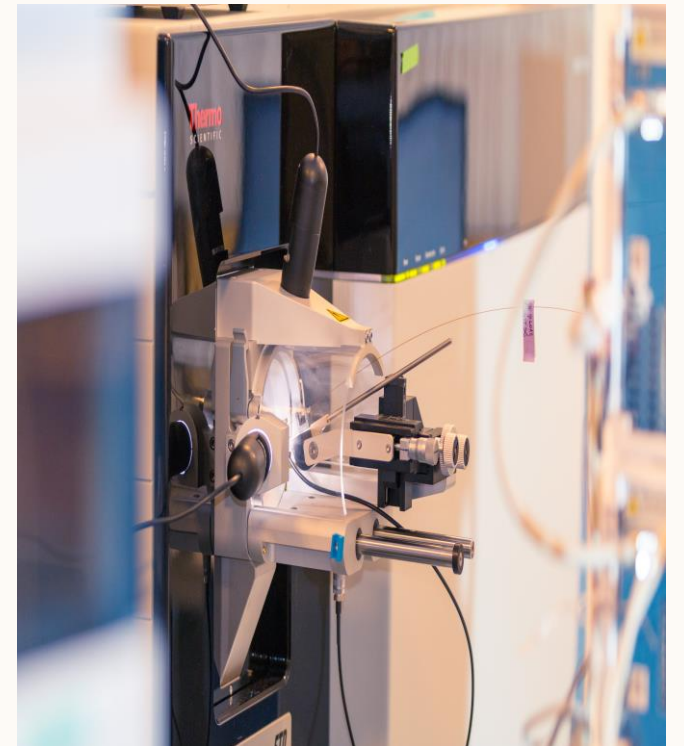


DRUG CHECKING








- Point of use:
Fentanyl Test Strips

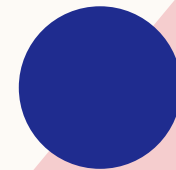


- Mass Spectrometry



WHAT IS COMING?

<p>know what's in your drugs</p> <h2>TRANQ XYLAZINE</h2>	
<p>Xylazine is a veterinary tranquilizer that is cut in dope to give fentanyl longer legs. It's known as "anestesia de caballo" in Puerto Rico and "tranq" in Philly.</p>	
<p>Tranq was found in over</p> <h1>90%</h1> <p>of dope samples tested in Philly in 2021</p>	 <p>When tranq is mixed with another drug (like fentanyl, heroin, or a benzo), the chance of overdose increases. If someone is overdosing administer naloxone like you normally would. If the person starts breathing again but is still sedated, they don't need more naloxone. Put them in rescue position and keep an eye on them.</p>
<p>Dope with tranq was first seen in Puerto Rico. Today, it is being found in more and more places across the US.</p>	
 <p>Tranq has been associated with severe wounds, which spread and worsen very quickly.</p>	 <p>These wounds are seen regardless of how people use: smoking, snorting, or injecting. It's very difficult for these wounds to heal on their own so it is important to get medical attention if you have one.</p>
<h3>What can you do if you think there is tranq in your dope?</h3> <p>First, try to ask around and see how the drug is making other people feel before you buy or use it. Since tranq can cause a really heavy nod, try to use somewhere that you will be safe and won't fall and hurt yourself. Finally, if you think there is tranq in your dope let others know--including someone at your local exchange program--so folks know to be careful.</p>	
 <p>carry narcan (naloxone)</p>  <p>start low and go slow</p>  <p>tell someone you're using</p>	<h3>Never Use Alone</h3> <p>English hotline: 800-484-3731 Spanish hotline: 800-928-5330</p> <h3>The Brave App</h3> <p>download in the app store</p>
 <p>Department of Public Health CITY OF PHILADELPHIA</p>	<p>Created by the Substance Use and Harm Reduction (SUPHR) division For more information on tranq in Philadelphia visit substanceusephilly.com/tranq</p>



THANK YOU

Lydia Bartholow, DNP, PMHNP, CARN-AP

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www.lydiabartholow.com