

February 2019

Church Partnerships News

Bridges Out of Poverty Constructs Training

February 2, 2019 • 9:00 am to 5:00 pm
Mount Carmel East • Siegel Center • East Auditorium
5975 E. Broad Street • Columbus, OH 43213

Breakfast and lunch will be served.

Cost: \$10.00 donation at the door; cash or check
(written to St. Vincent de Paul).

To Register, e-mail Pat Summers at
psummers@columbuscatholic.org or call
614-221-3554.

Registration deadline is January 29, 2019.

Church Partnerships
Community

NALOXONE TRAINING

FOR HEROIN AND
OPIATE OVERDOSE

February 25th, 2019 • 5:30 - 7:00 pm

SAVE A LIFE • JOIN US!

Mount Carmel East Siegel Center
East Auditorium
5975 E. Broad Street, Building 3
Columbus, Ohio 43123

Participants are eligible to
receive a FREE NALOXONE KIT.
Limited quantities available.
RSVP to reserve your spot.

To register, contact Kate Whitman at (614) 546-4062 or Kwhitman@mchs.com by February 18th.

Kate Whitman
kwhitman@mchs.com
614-546-4062



Marcia Cronin
marcia.cronin@mchs.com
614-546-4974

Naloxone (Narcan)

Naloxone is an easy-to-use, lifesaving medication that can reverse the effects of overdose from heroin or other opioids, including morphine, methadone, codeine, and other drugs derived from the poppy plant like *shirka* and *khanka*.

A safe medicine with no abuse potential, naloxone is an opioid antagonist, which means it ejects heroin and other opioids from receptors in the brain, reversing the respiratory depression caused by an overdose of these drugs. Naloxone has been used for decades in medical settings, and is included in the World Health Organizations' List of Essential Medications. Side effects beyond opioid withdrawal are rare, and the medication works within two to eight minutes to restore breathing – returning the victim to consciousness.



Why Use Naloxone?

An opioid overdose is a very serious condition. It may cause death or severe brain, heart or lung damage. However, drug users or others at the scene of an overdose are often very reluctant to call for emergency assistance because they fear police will accompany the ambulance, and arrest them for drug possession or use. Even if they are called, emergency personnel may not respond if the location is known as a place where people use drugs. For all of these reasons, it is critically important to ensure naloxone is available at the scene of an overdose.

Why Give Naloxone to Drug Users?

Similar to using an epi-pen for an allergic reaction, a layperson can administer naloxone intramuscularly (into the arm or leg, with a syringe), or intranasally (spraying with an atomizer up the nose) with brief and basic training. Equipping drug users with naloxone and training them to use it can ensure that overdose victims get the help they need, at the moment they need it.

Naloxone: Frequently Asked Questions

Q: How does naloxone work?

A: Naloxone is a safe and effective medication that can reverse the effects of opioid overdose. It is given to a person experiencing an overdose. It attaches to the same parts of the brain that receive heroin and other opioids, and it blocks the opioids for 30-90 minutes to reverse the respiratory depression that would otherwise lead to death from overdose.

Q: Does naloxone only work for overdose cases caused by opioids?

A: Yes. Naloxone only reverses the effects of opioids such as heroin, methadone, morphine, opium, codeine, or hydrocodone. It does not counter the effect of other types of drugs or alcohol. However, if the person is not breathing it will not hurt to administer naloxone. Many overdoses happen due to mixing opioids with other drugs, which is a common practice. In the worst-case scenario, naloxone will simply do nothing, but in the best-case scenario, it will save a life.



Naloxone: Frequently Asked Questions (continued)

Q: Will naloxone hurt someone?

A: Serious side effects of naloxone are very rare. The most common side effect is opioid withdrawal, since naloxone ejects the opioids from their receptors in the brain. The risk of withdrawal increases with larger doses of naloxone as well as the strength of a person's drug dependency. Common opioid withdrawal symptoms include aches, irritability, sweating, runny nose, diarrhea, nausea, and vomiting. Still, the potential complications of opioid overdose are more alarming, including lung and heart problems, brain damage caused by prolonged lack of oxygen, and eventually, death.

Q: Will naloxone make you high?

A: No. The only effect of naloxone is to reverse the effect of opioids. It cannot make you high: if you were not using opioids, an injection of naloxone would feel the same as an injection of water. Naloxone has no potential for abuse or dependency.

Q: Can naloxone cause overdose?

A: No. It is not possible to overdose on naloxone. If a large dose is given to a person with opioids in their system, they may experience symptoms of withdrawal.

Q: Will naloxone work even if someone has previously used it?

A: Yes. You cannot develop tolerance to naloxone, so it can be used in every opioid overdose situation no matter how many times a person has overdosed.

Q: Can naloxone be safely used if it is expired?

A: Naloxone loses its impact over time as well as from too much heat or cold, or exposure to sunlight. Expired naloxone will not hurt the victim, but probably does not work as well as new naloxone. If an overdose victim is given expired naloxone because that is all that is available, the victim may require additional doses (beyond the typical dose of 1-2 mL for injectable naloxone). To make sure it lasts as long as possible, naloxone should be kept in a dark and dry place between 25°C/80°F and 5°C/40°F if possible.

Q: Are there other ways to use naloxone besides injecting it?

A: Yes. There is a more concentrated form of naloxone (that contains more of the active ingredient per mL), which can be administered as a nasal spray. Do not try pouring naloxone into the victim's nose or mouth: Trying to make someone who has overdosed and is unconscious swallow naloxone (or any liquid) can be dangerous, as it might go into his or her lungs. In any case, this will not work because not enough naloxone will be absorbed.

Q: How much should naloxone cost?

A: Most harm reduction programs offer naloxone to drug users for free. Naloxone is a generic medication, so while its price is not affected by patents, market issues such as supply and demand may influence cost. The injectable form of naloxone, however, is typically less than \$2 per dose.

Resource: <http://naloxoneinfo.org/get-started/about-naloxone>



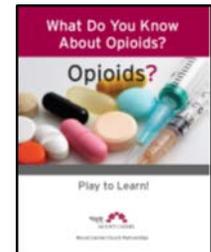
Empowering Faith Communities: Addressing the Opioid Epidemic

Thank you to all who braved the less than ideal weather to attend "Empowering Faith Communities: Addressing the Opioid Epidemic". Our hope is that you, our partners and community friends will find this information helpful. Together we can make a difference!

To wrap up the series on opioids, we are going to review the contents of the Church Partnerships' Opioid Kit. The Opioid Kit is comprised of five different sections – Table displays, Handouts, Activities, Resources and Giveaways. Here is a few items from each category:

• Table displays

- Game Wheel – a 36-inch diameter spinning wheel with true / false questions. One, the topic is Opioids. The other, is Drugs, Alcohol, and Tobacco.
- Addiction Commemorative Tree – tree branches in a glass vase that congregants can tie purple ribbons to in honor of loved ones that have struggled or, is struggling with addiction. Also included are purple ribbon lapel pins, a poster, and prayer cards.



• Handouts

- Many handouts to cover a variety of topics such as:
 - Talking to your children about drugs
 - Opioid overdose
 - Naloxone (Narcan) resources in Central Ohio
 - Dangers of prescription drugs
 - And many more...



• Activities

- Hope Sunday kit (video, bulletin insert, Pastor message)
 - <https://youtu.be/BQUJiUITq2w>
- Youth Group Activity - "I can only Imagine" DVD with discussion questions – a Christian movie dealing with family, abuse, and forgiveness
- Can You See Me Now – hidden drugs in a bedroom display
 - <https://harthilliard.weebly.com/>
- Speakers bureau
 - Franklin County Opiate Task Force
 - ADAMH
 - Mount Carmel Crime and Trauma
 - Generation Rx (medication safety)



CANYOUSEEMENOW? CYSMN?

With huge support from community sponsors and a grant from ADAMH, we created this program with the Hilliard Police Department. The Program features a simulated Teen Bedroom where adults learn to identify potential warning signs of drug and alcohol use and risky behavior.



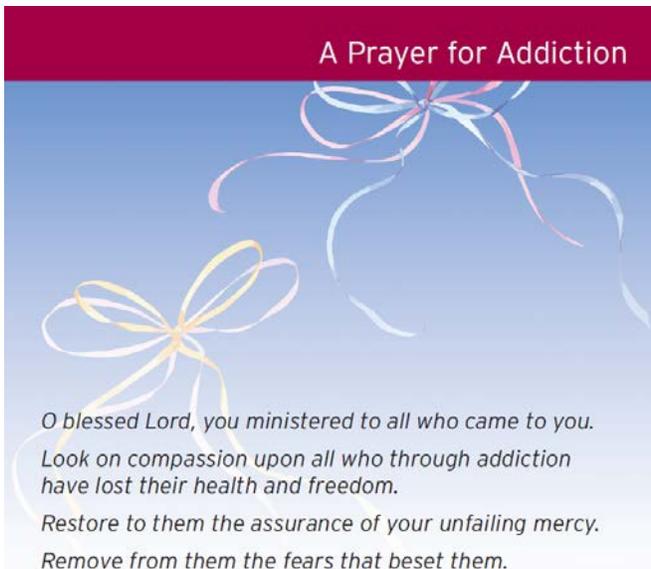
Empowering Faith Communities: Addressing the Opioid Epidemic (Continued)

- **Resources**

- Franklin County ADAMH System Directory
- Project Dawn Flyer

- **Miscellaneous giveaways** – such as:

- Purple lapel ribbons
- Medication disposal kit
- Crisis Text 4 Hope wrist bands, pens, glass cleaning cloth



*O blessed Lord, you ministered to all who came to you.
Look on compassion upon all who through addiction
have lost their health and freedom.
Restore to them the assurance of your unfailing mercy.
Remove from them the fears that beset them.
Strengthen them in the work of their recovery.
And to those who care for them, give patient
understanding and persevering love.
Amen.*

Galatians 6:9-10

Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. Therefore, as we have opportunity, let us do good to all people, especially those who belong to the family of believers.



Mount Carmel Mission

We serve together in the Spirit of the Gospel as a compassionate and transforming healing presence within our communities.

Congregational Partners

Faith communities that partner with Mount Carmel to improve the health of our communities by having active health ministry teams that assess and address the holistic health needs of their congregation:

Advent United Church of Christ
Brookwood Presbyterian Church
Christ United Methodist Church
City of Zion Church
Corpus Christi Catholic Church
First Church of God
Fruit of the Spirit Seventh Day Adventist
Grace Missionary Baptist Church
Hilltop Comm. Worship Center SDA
Love Zion Baptist Church
Mount Hermon Baptist Church
New Fellowship Baptist Church
Redeemer Lutheran Church
Resurrection Missionary Baptist Church
St. Andrew Episcopal Church
St. John Neumann Catholic Church, Sunbury
St. Peter Catholic Church
Stonybrook United Methodist Church
United Methodist Church for All People
Vineyard Christian Fellowship – Grove City

Briggs Road Baptist Church
Christ Memorial Missionary Baptist Church
Church of Christ of the Apostolic Faith
Clair United Methodist Church
Ephesus Seventh Day Adventist Church
First Presbyterian Church
Good Shepherd Baptist Church
Harlem Road United Methodist Church
In His Presence
Mifflin Presbyterian Church
Mount Olivet Missionary Baptist Church
New Mt. Sinai Church of God in Christ
Refuge Missionary Baptist Church
Reynoldsburg United Methodist Church
St. Augustine and Gabriel Catholic Church
St. Paul A.M.E. Church, Columbus
Second Community Church
Tabernacle Missionary Baptist Church
Unity Baptist Church

Partnering Community Agencies

Catholic Diocese Office for Social Concerns

Catholic Social Services

The Martin de Porres Center

Westerville Area Resource Ministries (W.A.R.M.)

Ohio Living

