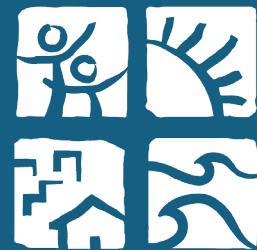


Fentanyl Awareness

Kara Sepulveda-Fonseca, MPH



QVHD

Quinnipiack Valley Health District

Learning Objectives:

Understand

- how illicitly manufactured fentanyl is driving the overdose crisis.

Review

- the data, who is being impacted & what are the current drug trends.

Discuss

- key facts & clarify common misconceptions about fentanyl.

Learn

- Learn how to talk to friends and family about substance misuse & staying safe.

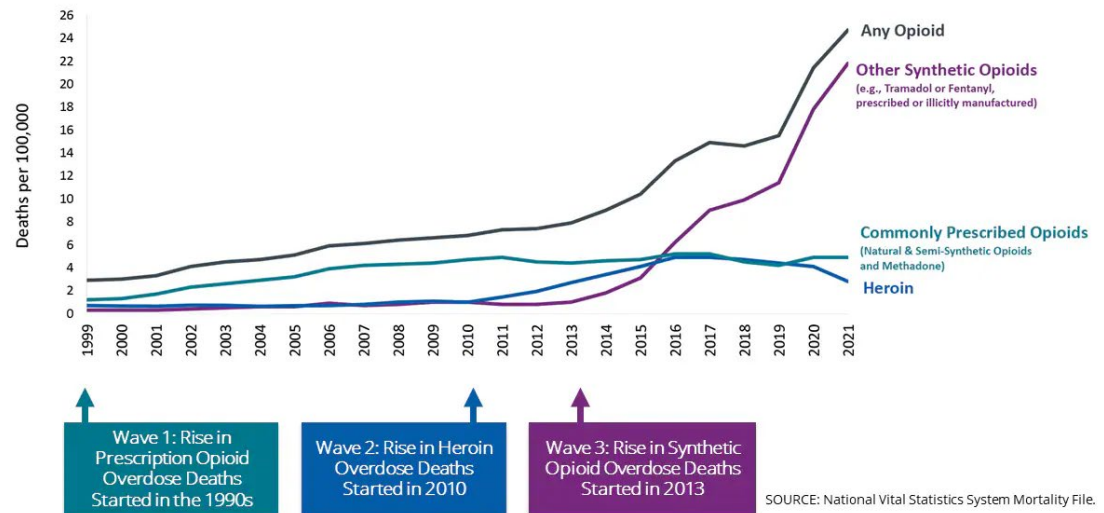
Identify

- Identify prevention strategies & local support services

Introduction

- There are **two types of fentanyl**: Pharmaceutical fentanyl and Illicitly Manufactured Fentanyl (IMF)
- Illicitly Manufactured Fentanyl is now driving the current overdose crisis.
- Fentanyl is now the leading cause of death for Americans ages 18-45 years old.
 - Over 150 people die each day in the U.S. due to overdoses related to synthetically made opioids
 - More than 110,000 deaths occurred nationally in 2022

Three Waves of Opioid Overdose Deaths



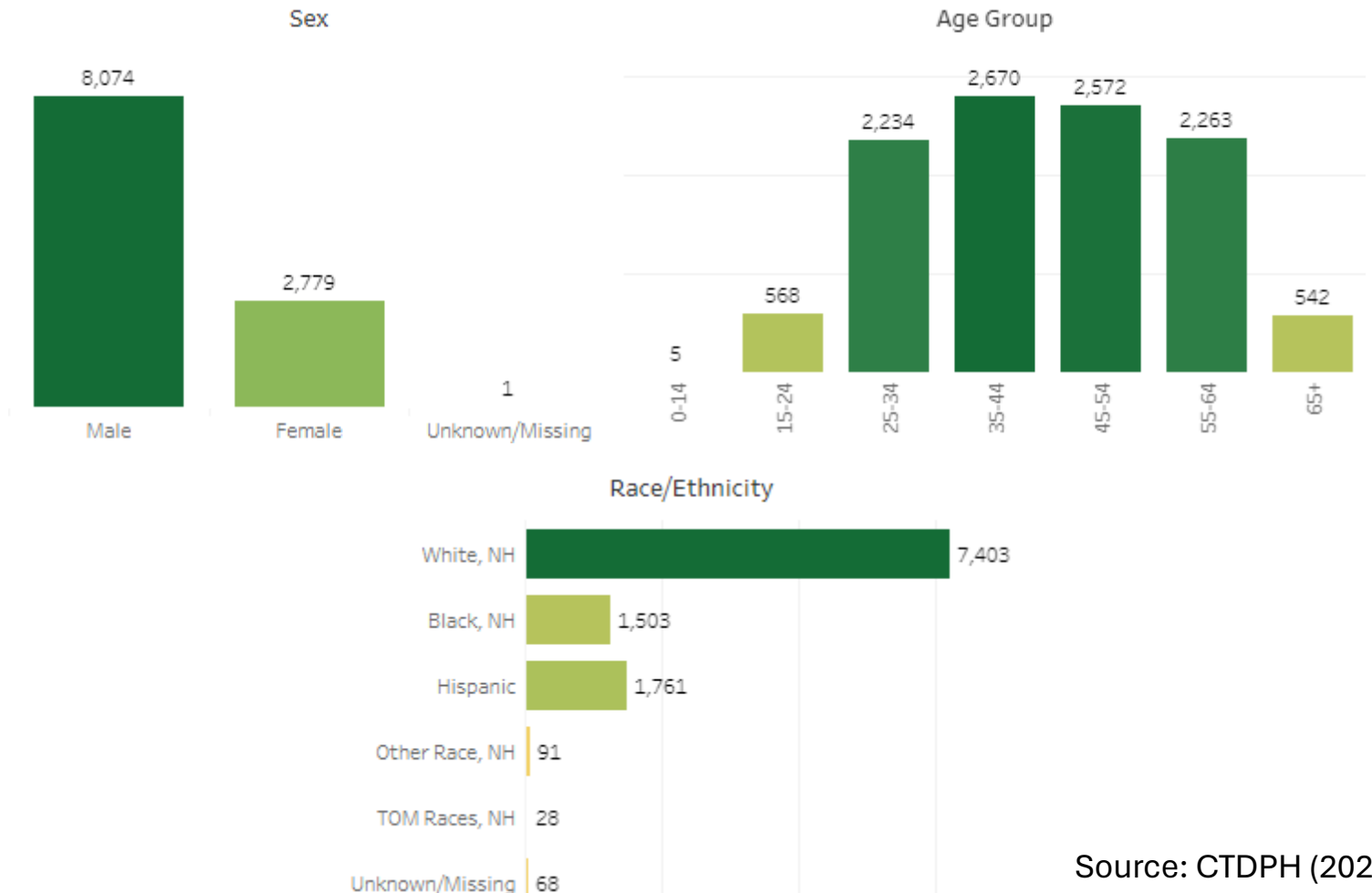
Source: CDC (2024)

Local Snapshot: Overdose Deaths

Connecticut Demographic Overview (2015-2024)

Town	Deaths ('15-24')
Bethany	9
Hamden	164
Milford	133
North Haven	49
Orange	19
West Haven	234
Woodbridge	12
Connecticut	10,854

600+ deaths between 7 towns

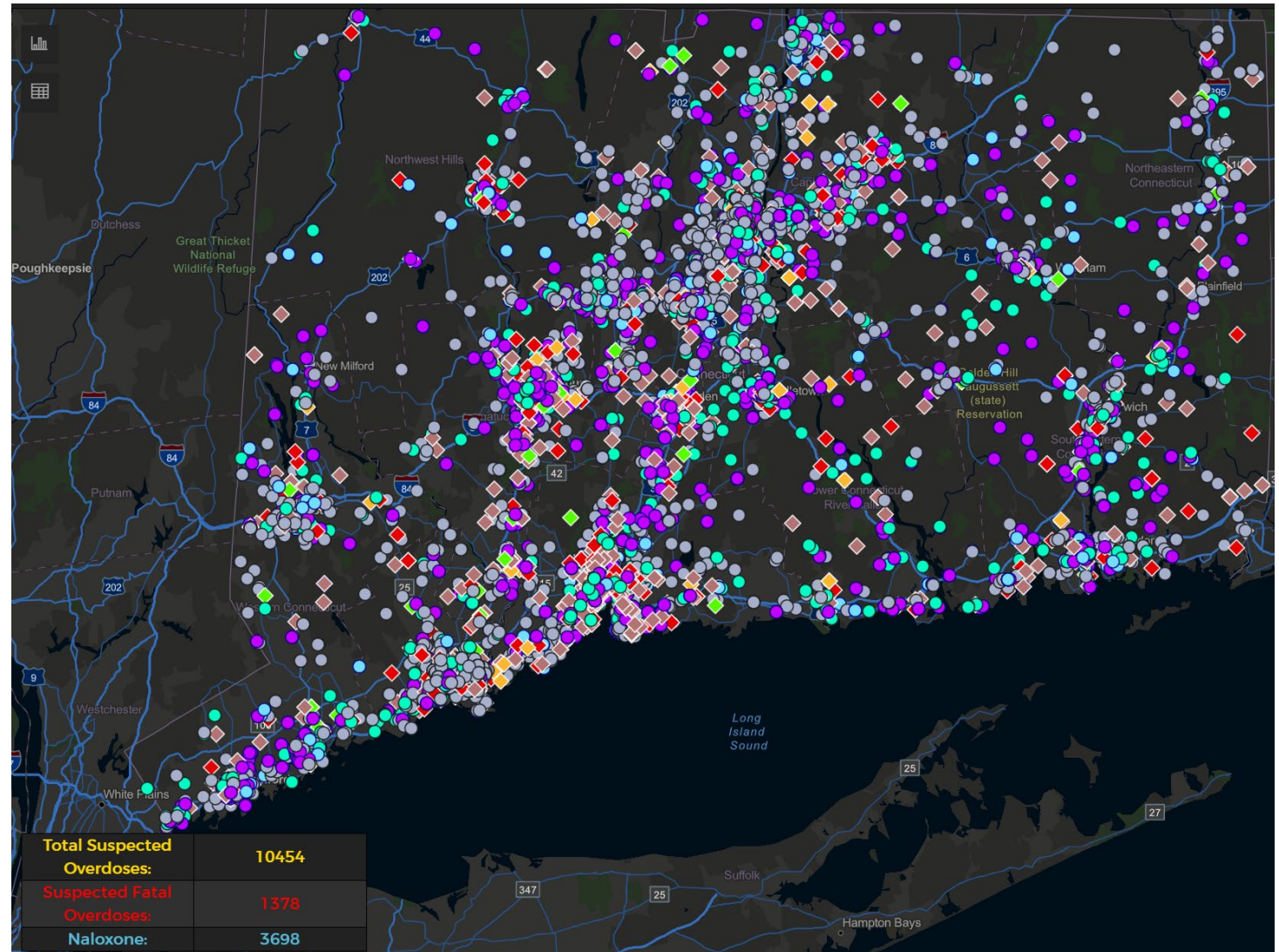


Overdoses can happen anywhere

Source: ODMAP (2024)

Overdose Types

- ◆ Fatal: No Naloxone
- ◆ Fatal: Single Dose Naloxone
- ◆ Fatal: Multiple Doses Naloxone
- ◆ Fatal: Naloxone Unknown
- Non-Fatal: No Naloxone
- Non-Fatal: Single Dose Naloxone
- Non-Fatal: Multiple Doses Naloxone
- Non-Fatal: Naloxone Unknown
- Unknown



Overdose events in CT: 4/16/2023-4/16/2024

Local Drug Trends

Illicitly Manufactured Fentanyl

- Involved in 85% of CT drug deaths
- 50x stronger than heroin, 100x more potent than morphine
- Taken over the drug supply (i.e. Heroin)
- Fast acting, short duration (30-60 min)

Stimulants

- Cocaine, Crack, Methamphetamine
- Increasing in availability
- Cocaine is visually indistinguishable from fentanyl
- Impacting people with no tolerance to opioids
- Change in impacted demographics

Fake Pills

- Impacting non opioids like Adderall, Xanax, MDMA
- Imprecise dosing
- Surging in availability; i.e. Adderall shortage
- 7/10 pills contain a lethal dose of fentanyl (DEA, 2023)
- Self medicating

Xylazine (tranq)

- Non-Opioid, anti-hypertensive
- Designed for use in veterinary medicine
- Slow heartbeat, low blood pressure, black outs, severe sedation and complex skin wounds
- Complicating overdose response

Common Misconceptions

- No lab-confirmed samples of **cannabis** laced with fentanyl have been encountered – continuing to monitor trends.
 - Take away: Use caution with anything purchased on the streets
- You cannot **overdose** by touching or being near illicitly manufactured fentanyl
 - Many experiences publicized exhibit signs of a panic attack vs. an overdose event
- Illicitly Manufactured Fentanyl (IMF) must have direct contact with mucus membranes or the bloodstream via snorting (inhalation), smoking, or ingestion to take effect
 - **Regardless:** Wear gloves, wash hands with soap and water, **avoid touching routes of administration: eyes, mouth, and nose**

Harm Reduction in Connecticut

- **CT Harm Reduction Alliance / SWAN**
 - Mobile Unit
 - Rover Program
 - Naloxone, Syringes, Fentanyl Test Strips, Smoking/Sex Kits, wound care, referrals
 - Mobile Unit: (203) 935-5701
- **Community Health Care Van (YALE)**
 - Mobile Unit with Store Front (270 Congress Ave)
 - Primary care
 - Substance Use/Mental Health Treatment
 - Naloxone, Fentanyl Test strips, Syringe Exchange, Safe Smoking Kits,
 - **Drug Sample Testing** - www.stashID.org
 - **Call/text: (203) 823-0743**
- **Mobile Addiction Treatment Team (MATT) Van**
 - Mobile Unit – Bridges Health Care
 - Call/text: 203-494-5811

Harm reduction is a set of practical strategies and ideas **aimed at reducing negative consequences associated with drug use.** Harm Reduction is also a movement for social justice built on a *belief in, and respect for, the rights of people who use drugs.*

Other Local Supports

Bridges Health Care

- Bridges, a Certified Community Behavioral Health Clinic, is a state-designated local mental health authority for Milford, Orange and West Haven, and also serves Stratford and other surrounding communities.
- Bridges offers comprehensive outpatient services to support children, families, adults, and young adults with behavioral health issues and substance use disorders and individuals with severe and prolonged mental illness.
- **24/7 Help Line 203-878-6365**
- www.bridgesct.org

BH Care

- BH*care* is a Certified Community Behavioral Health Clinic. We offer a comprehensive and integrated system of care, with wrap-around services for adults, children and families struggling with mental health, substance use, domestic violence, and other health-risk behaviors.
- The BH*care* family of programs includes: BH*care* Valley and Shoreline Clinics, The Umbrella Center for Domestic Violence Services (UCDVS), Parent Child Resource Center (PCRC), Hope Family Justice Center, and Alliance for Prevention and Wellness (APW).
- 203-800-7177 | www.bhcare.org

Wheeler Clinic

- Wheeler provides comprehensive solutions that address complex health issues, providing individuals, families and communities with accessible, innovative care that encourages health, recovery and growth at all stages of life.
- 888-793-3500
- www.wheelerclinic.org

PREVENTING UNDERAGE USE OF FENTANYL

KEYS TO SAFETY



KEY 1

Have conversations with the young people in your life about the risk of using substances. Ask them what they know about fentanyl or other substances to ensure they understand the dangers.

KEY 2

Have honest conversations in your family about any history of addiction. Establish rules and clear consequences while also sharing why you don't want your child to use drugs.

KEY 3

Connecticut allows for the prescribing of naloxone to prevent or treat an overdose. Talk to your doctor or dentist if naloxone is something that can benefit you or your family.

KEY 4

The "See Something, Say Something" Anonymous Call-in Line for Students is available 24/7 to allow anyone to submit secure, anonymous safety concerns to help someone who may hurt themselves or others. Just call 844-572-9669 or 844-5-SAYNOW




PreventionWorksCT.org

Starting the Conversation – saying no isn't enough



START THE CONVERSATION
Even if your child seems uninterested or doesn't want to talk—they are listening to you!



EMBRACE PROBLEM-SOLVING
Ask your child what situations they may find themselves in, then help think of ways to handle them. Try to understand their point of view.



SET LIMITS WITH YOUR CHILDREN
Have set rules and consequences for when rules are broken. Start talking to your child about substance use no later than third grade.



CHECK ON YOUR CHILDREN
Know where your children are and check in on them frequently.



LISTEN TO YOUR CHILD
Talk to your child without judging—they want to feel heard and understood. Asking open-ended questions is helpful.



HAVE FAMILY RITUALS
Family dinners, game nights, and other activities are great ways to build trust with your child and make starting these conversations easier.



WATCH FOR WARNING SIGNS
Changes in mood, appetite, behavior, or sleep patterns could all be warning signs that something isn't right.



SEEK HELP WHEN NECESSARY
You don't have to do this alone! Talk to your neighbors, family, or other parents, and use your community as your support system!



SET A GOOD EXAMPLE
Your children are always watching you. Remember that your actions speak louder than words and children learn behaviors at home.



KNOW YOUR CHILD'S FRIENDS
Make sure to talk to the parents or caregivers of your children's friends, so you know who they're spending their time with.

“Preventing substance misuse requires that we all change our perspective. We must start to see addiction not just as a disease but as a symptom. Often, addiction is a product of suffering. To really have an impact, you must go to the source of that suffering.”

Former Surgeon General Dr. Jerome Adams
(2016-2021)



Summary

- Anyone can overdose, anyone can save a life.
- Get trained in Naloxone (Narcan)
- Safely store household medications, to avoid diversion or misuse.
- Spread the word, educate those around you. Anything purchased on the street is potentially lethal.
- Don't let stigma hinder important conversations or connections to help.

Medication Drop Boxes



Most local police stations have medication drop boxes in their front lobby where you can drop off any unneeded medications year round. The boxes are safe, easy, and all drop offs are confidential, no questions asked.

Accessible daily, however, due to COVID we recommend calling ahead to confirm they are still open to the public.*

Accepted Items: Over the counter medications, prescription medications, medication samples, medications for household pets, medicated lotions or ointments

Drop off locations:

Ansonia Police Department 2 Elm Street	Bethany CT Troopers Office 631 Amity Road	Branford Police Department 33 Laurel Street	Clinton Police Department 170 East Main Street
East Hampton Police Department 20 East High Street	Guilford Police Department 400 Church Street	Hamden Police Department 2900 Dixwell Avenue	Madison Police Department 9 Campus Drive
Meriden Police Department 50 West Main Street	Milford Police Department 430 Boston Post Road	New Haven Police Department 1 Union Avenue	North Haven Police Department 8 Linsley Street
Portland Police Department 265 Main Street	Shelton Police Department 85 Wheeler Street	Seymour Police Department 11 Franklin Street	Wallingford Police Department 135 North Main Street
Westbrook Resident State Troopers Office 315 Spencer Plains Road	West Haven Police Department 200 Saw Mill Road	Woodbridge Police Department 4 Meetinghouse Lane	



National Prescription Drug Take Back Day is a bi-annual event that allows residents across the U.S. to safely dispose of any unneeded or expired medications. Pop up locations are available across the state typically on the last Saturday in April & October from 10AM-2PM where you can safely and conveniently drop off medications, no questions asked.

Visit <https://takebackday.dea.gov/> to find an event near you.

Thank you!



Kara Sepulveda-Fonseca, MPH



ks@qvhd.org



www.qvhd.org
www.connectgnh.org

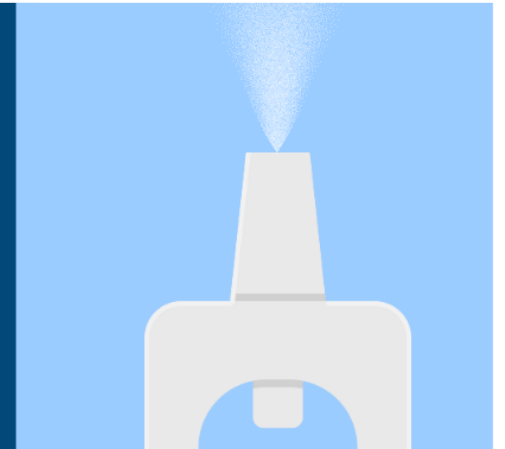
Questions?

Free Naloxone Training

Naloxone is an FDA approved medication designed to rapidly reverse opioid overdose. It can reverse and block the effects of other opioids, such as heroin, morphine, and oxycodone.

- Naloxone works in 2-3 minutes
- It can be administered by anyone
- It does not cause harm

Naloxone Saves Lives.



2024 Virtual Spring Training Dates:

- **Monday, May 13**
- **Monday, June 10**

Classes are 6-7pm
20 people per class

THE TRAINING WILL NOT BE RECORDED. ATTENDEES MUST ARRIVE BY 6:05 OR WILL NOT BE ALLOWED TO ENTER THE ZOOM.



Scan the QR code
to register!

