

# THE OPIATE CRISIS: What Libraries Can Do

An Infopeople Webinar

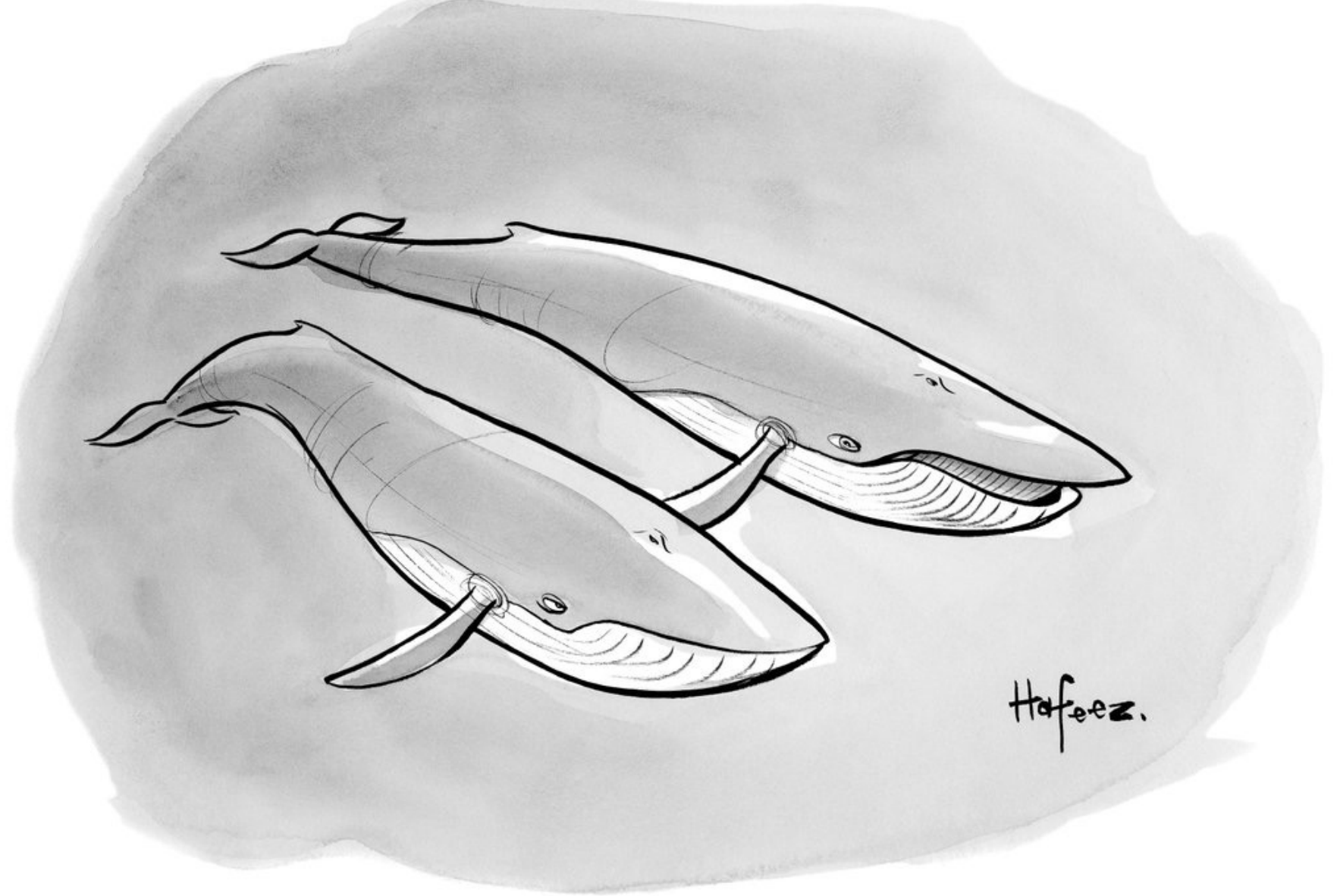
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Presented by:

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*“My New Year’s resolution is to lose thirty-eight thousand pounds.”*

REALITY IS *NOT* A RIVER IN  
EGYPT . . .



# Some Caveats . . .

- I'm *not* a physician, DRE, mental health clinician, pharmacologist, attorney, or recovering addict / alcoholic.
- My background is in HR, security, employee behavioral issues, and law enforcement.
- We cannot ignore this problem away.
- This issue will require help from your Police / Sheriff's Department and qualified medical support.
- You must weigh the real hazards connected to getting involved versus waiting for paramedics.



# S.H.O.C.A.D.I.Ds

Stimulants	cocaine, meth, Ritalin, Adderall
Hallucinogens	LSD, Ecstasy, mushrooms
Opiates	morphine, heroin, pain pills, fentanyl, carfentanil
Cannabis	marijuana, hashish, hash oil
Alcohol	beer, wine, distilled spirits
Depressants	anti-anxiety, tranquilizers, Valium
Inhalants	solvents, aerosols, gases
Dissociative Anesthetics	PCP, Ketamine, DXM



# Opiates



Examples: **Heroin, OxyContin, synthetics – Fentanyl.**

Ingestion: smoked, snorted, swallowed, injected.

Effects: CNS depressant, euphoria, “drifting down.”

Symptoms: pinpoint pupils, muscle relaxation,  
“on the nod” (narcosis), slow pulse and reactions.

Chronic use: easy to overdose, possibility of  
hepatitis, HIV / AIDS for needle users. Death,  
especially when mixed with alcohol or stimulants.





Fatal dose of fentanyl  
(2 mg or 2000 mcg)



Fatal dose of carfentanil  
(0.02 mg or 20 mcg)



# Facts about the opioid crisis in the U.S.

- In 2013, nearly 2 million people 12 years of age or older either abused or were dependent upon opioids.
- 15 million people initiated nonmedical use of prescription opioids from 2002 to 2011.
- Drug overdoses (primarily due to opioid drugs) are now the leading cause of accidental death greater than the number of deaths due to motor vehicle accidents.
- From 2000 to 2014, the rate of death from opioid overdoses increased nearly 400%.
- Opioid drug prescribing has increased 400% since 1999.
- The United States consumes the majority, about 80%, of the world's supply of opioid drugs.
- From 1999 to 2010, retail sales of opioid drugs increased 400%.
- In 2012, more than 200 million prescriptions for opioids were written — this is a 200% increase when compared with 1998.
- More than 250,000 people have died from opioid overdoses in the past 20 years.
  - 10.3 million people reported using prescription opioid drugs nonmedically.
  - There were 18,893 deaths due to opioids.
  - 914,000 people used heroin, a 145% increase since 2007.
- Heroin overdose deaths have increased more than 300% since 2010.
- Visits to emergency departments involving misuse or abuse of prescription opioid drugs increased more than 150% from 2004 to 2011.
- Admissions to substance abuse treatment programs related to prescription opioid drugs increased more than 400% from 2002 to 2012.
- The rate of children and adolescents hospitalized for opioid drug poisoning increased 300% from 1997 to 2012.
- Of adolescents treated for back pain and headaches over a recent 2-year period, 22% and 50%, respectively, were given prescription opioid drugs.
- More than 7,000 people are treated each day in emergency departments for opioid misuse.



**ONE NIGHT**  
TRADE MARK  
**COUGH SYRUP**

EACH OUNCE CONTAINS

ALCOHOL, (less than 1%)	4¼m.
CANNABIS INDICA, F.E.,	4½m.
CHLOROFORM,	2½m.
MORPHIA, SULPH,	⅛gr.

SKILLFULLY COMBINED WITH A NUMBER  
OF OTHER INGREDIENTS

**DIRECTIONS**

DOSE - One half teaspoonful three

Prepared by

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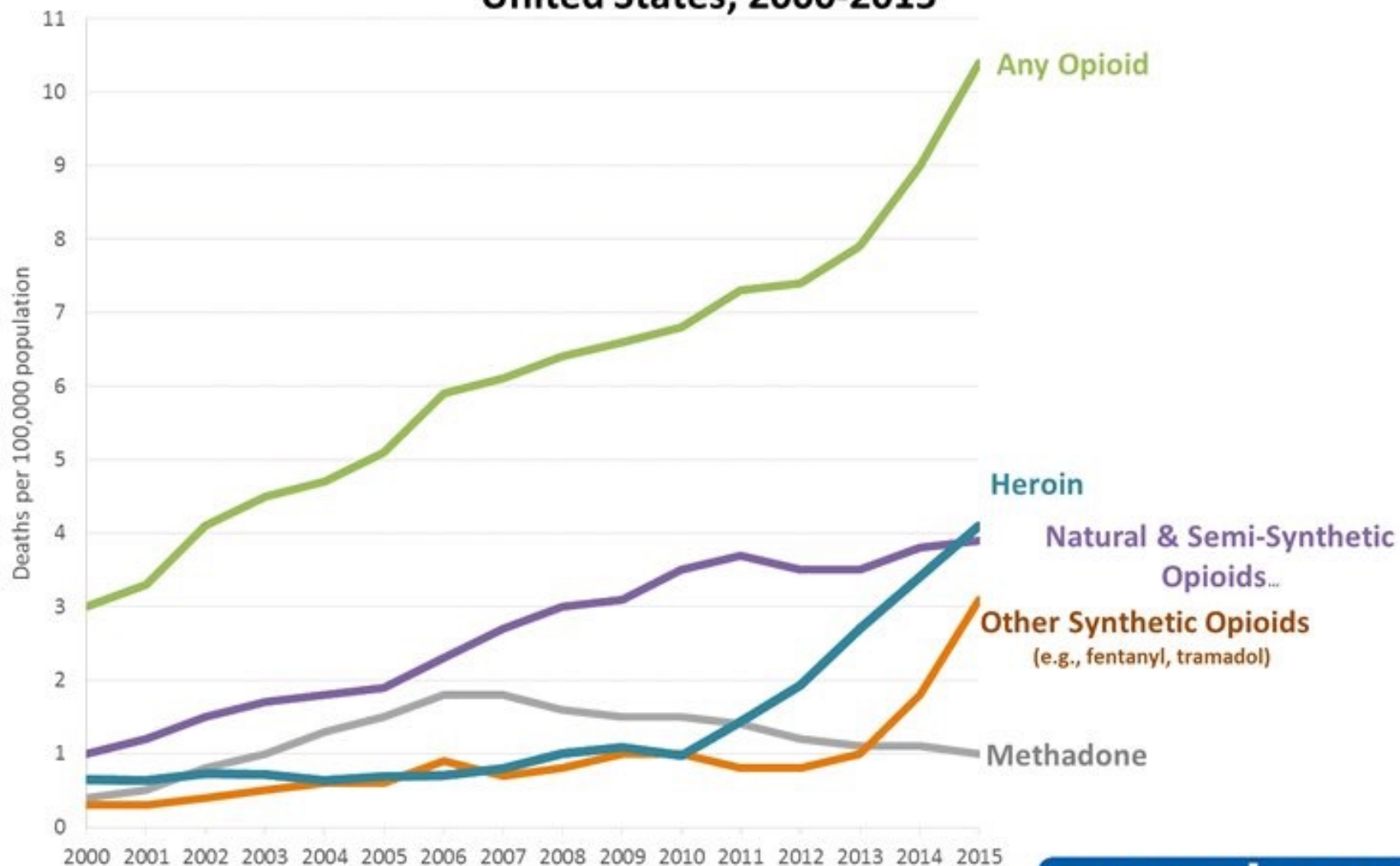
# How We Die: Peak Years

■ Opioid Overdoses	64,070	in 2016
■ Car Accidents	54,589	in 1972
■ HIV/AIDS	50,628	in 1995
■ Suicides	44,193	in 2015
■ Homicides	24,073	in 1991
■ Vietnam War	16,899	in 1968

Every day 91 people die from opiate overdoses.



## Overdose Deaths Involving Opioids, by Type of Opioid, United States, 2000-2015



SOURCE: CDC/NCHS, National Vital Statistics System, Mortality. CDC WONDER, Atlanta, GA: US Department of Health and Human Services, CDC; 2016. <https://wonder.cdc.gov/>.

**www.cdc.gov**  
Your Source for Credible Health Information

“There wasn’t one day in the NFL after my rookie year when I wasn’t high on a pill. At the height of my Vicodin use, I would take 125 pills a day. It got the point I would take a pile of 15 Vicodin and would have to take them with chocolate milk. If I did it with water or Gatorade, I’d throw up.”



Shane Olivea  
Former NFL lineman

# Defining Our Terms

- A *drug* is any substance, when taken into the body, can cause physical or mental impairment. It can be legal, illegal; abused, not abused; prescribed, over-the-counter; natural, synthetic.
- *Abuse* is when the substance is not taken for medical reasons, not as prescribed, or irresponsibly.
- *Tolerance* occurs when the same dose of the drug produces diminishing results. As such, larger and larger doses will be taken to get the original effects.

# Drug Impacts

These substances affect the body's Central Nervous System (brain, brain stem, spinal cord); eyesight; heart (pulse and blood pressure); respiration; balance and coordination; motor skills; decision-making and thought processes.

Poly-drug users: Alcohol + marijuana and their drug of choice. (Odors and Eyes)

# Substance Abuse Cycle

Stages from use to abuse:

- Experimentation
- Social use
- Regular use
- Daily preoccupation
- Dependency / addiction



What is the difference between a “physical addiction” and a “psychological addiction”?

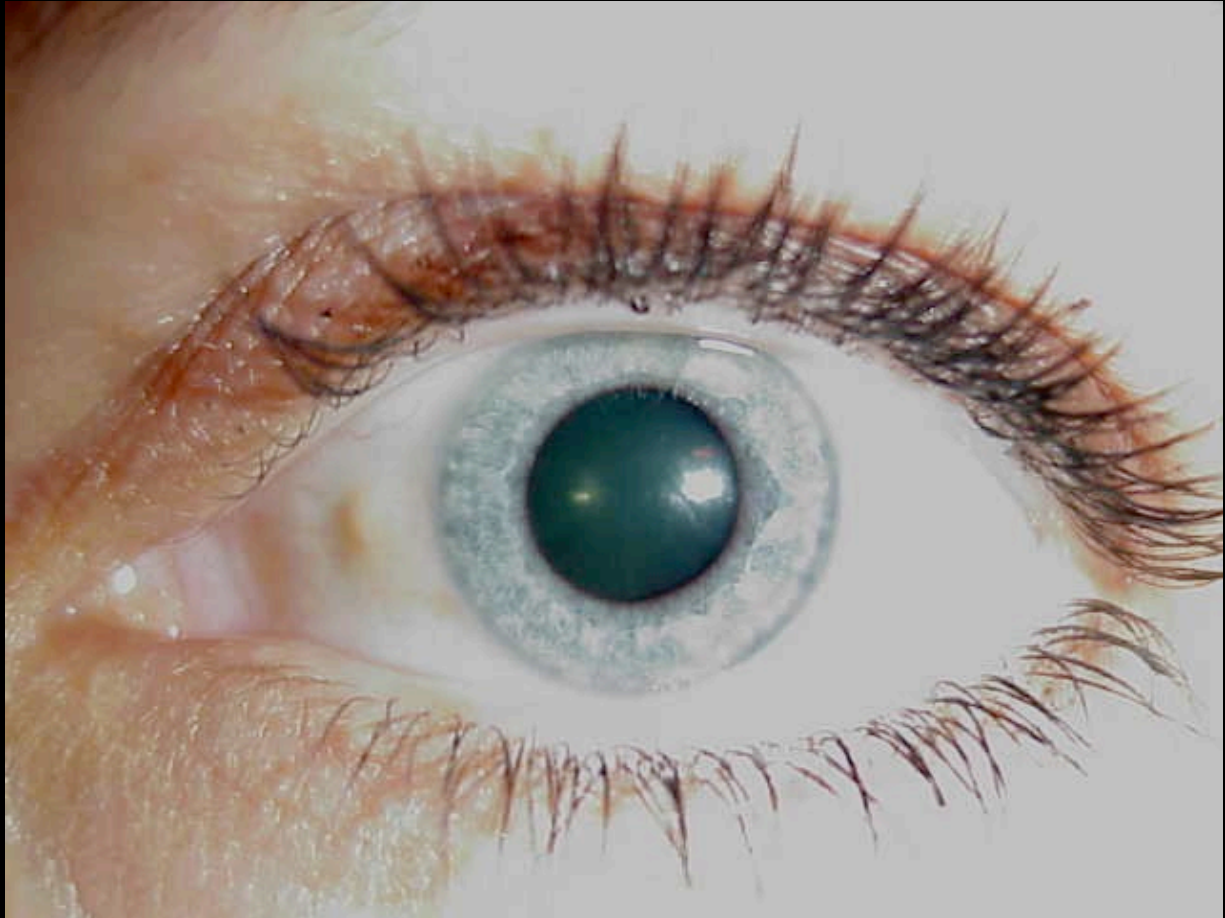
# Opiate Users Under the Influence

- Opiate narcosis – “on the nod.”
- Slacked, flushed face, open-mouth, slow movements and responses, slurred speech.
- Pinpoint pupils, droopy eyelids.
- Slow pulse.
- Itching.
- Lack of awareness.









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**DRUG ABUSE RECOGNITION**  
**"FROM CURBSIDE TO COURTROOM"**  
**DAR 7-STEP PROCESS**

**HORIZONTAL GAZE NYSTAGMUS (HGN)**

Lack of Smooth Pursuit  
Distinct & Sustained at the Maximum  
Angle of Onset

**VERTICAL GAZE NYSTAGMUS (VGN)**

**LACK OF CONVERGENCE (LOC)**

**PULSE**

(Take 3 Times During Exam)  
Near Normal Range  
60 to 90 BPM  
30 seconds x 2 = BPM

**ROMBERG STAND**

Internal Clock Estimation  
30 seconds ± 10 seconds

**PUPILLARY COMPARISON**

Normal Range  
3.0 mm to 6.5 mm  
Room Light  
Near Total Darkness  
Direct

**PUPILLARY REACTION  
TO DIRECT LIGHT**

Normal, Slow, or Minimal  
Rebound Dilation

[Do Not Reproduce This Card]



# Opiate Users in Withdrawal

- Agitation, anger, depression, desperation.
- Sweats, shaking, nausea, vomiting, diarrhea.
- Flu-like symptoms, runny nose.
- Abdominal pain, bone pain, muscle spasms.

\* Opiate users may seem under the influence of meth when in withdrawal.

# METH



## BEFORE



## AFTER







2005 © "Faces of Meth"



2.5 years later



2005 © "Faces of Meth"



5 Years Later



2005 © "Faces of Meth"



4 Years Later

# Opiate Users in Distress

- Bluish nails or lips.
- Breathing problems.
- Weak pulse.
- Pinpoint pupils.
- Disorientation or delirium.
- Extreme drowsiness.
- Repeated loss of consciousness.







# Naloxone = Narcan

## Miracle Drug or Enabler?



# Hard Narcan Questions

- What is the usual dosage for someone in an opiate overdose?
- How does it work? How soon?
- Can you overdose someone with Narcan?
- Will Narcan affect a non-opiate user?
- How long does it last?
- Can you kill someone with Narcan?



# Giving Narcan

[https://www.youtube.com/watch?v=xa7X00\\_QKWk](https://www.youtube.com/watch?v=xa7X00_QKWk)



Naloxone Training Video\_Narcan® Nasal Spray

# Harder Narcan Questions

- Giving Narcan to an opiate user in distress?
- Train staff to give Narcan?
- Store Narcan at the library?
- What are the legal issues if I do or don't give Narcan?
- How do we protect staff from opiate users post-Narcan?
- Do we encourage more opiate use by giving Narcan?
- Paramedics and police response? Arrests? Impounds?
- Cost recovery issues?
- Ethical issues?





# Serious Safety Hazards

- ☠ Bloodborne pathogens (lots of vomit)!
- ☠ MRSA!
- ☠ HIV/AIDS!
- ☠ Hepatitis!
- ☠ Fentanyl exposure!
- ☠ Needle sticks!
- ☠ Gloves, mask must be used!



# Fentanyl Exposure Video

- <https://www.post.ca.gov/did-you-know-fentanyl.aspx>



# Opiate Users: Library Security

- More restroom checks.
- Camera system with posted signs near restrooms.
- More sharps boxes.
- Talk to known opiate users.
- Ban known opiate users.
- Spread the word among street people.
- Get help from police, SAPs, social workers.

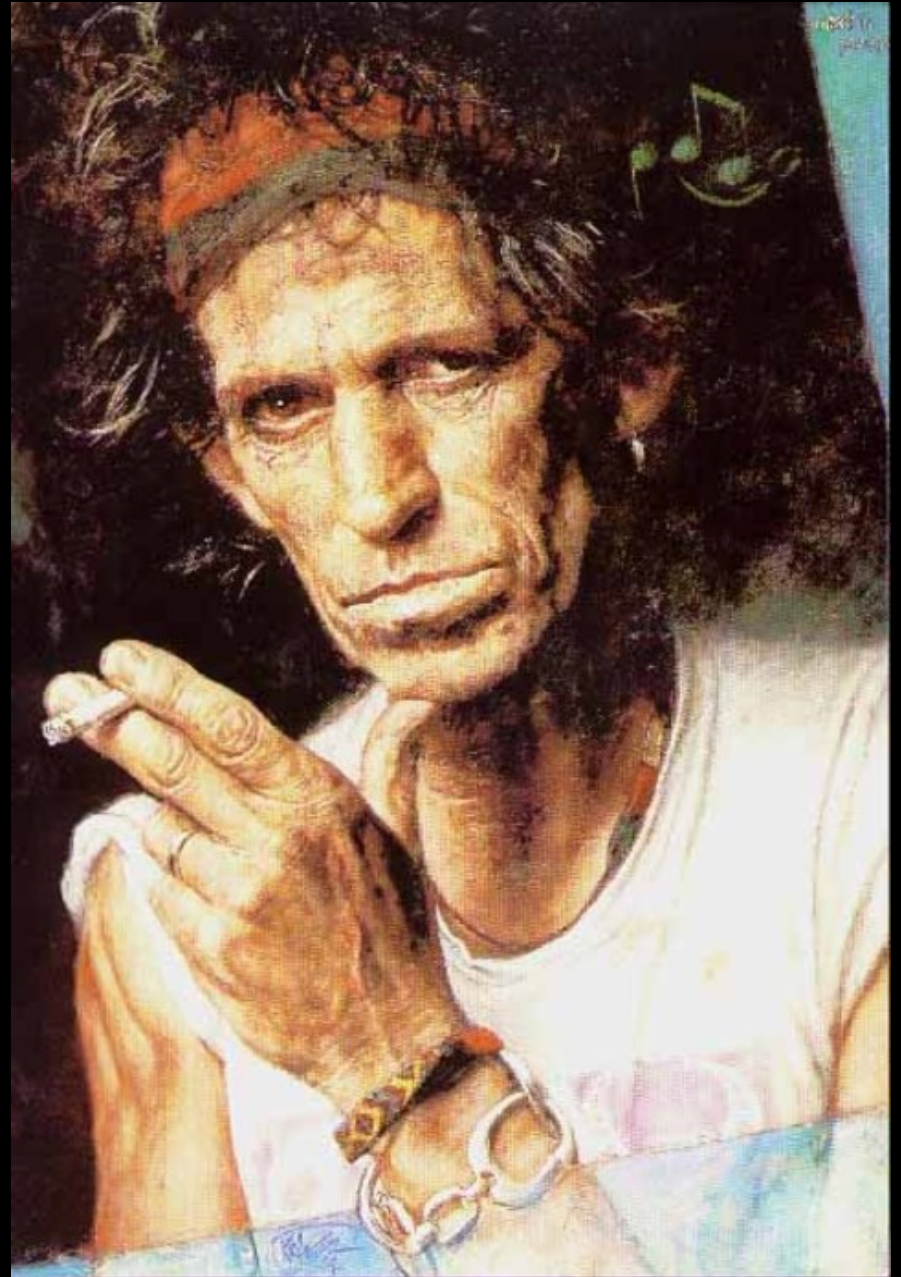


Lol at the pharmacy



"I've never had a  
problem with drugs.  
I've had problems  
with the police."

Keith Richards  
The Rolling Stones







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