

Did you know that...

**Relapse puts a person  
at high risk  
for fatal overdose.**

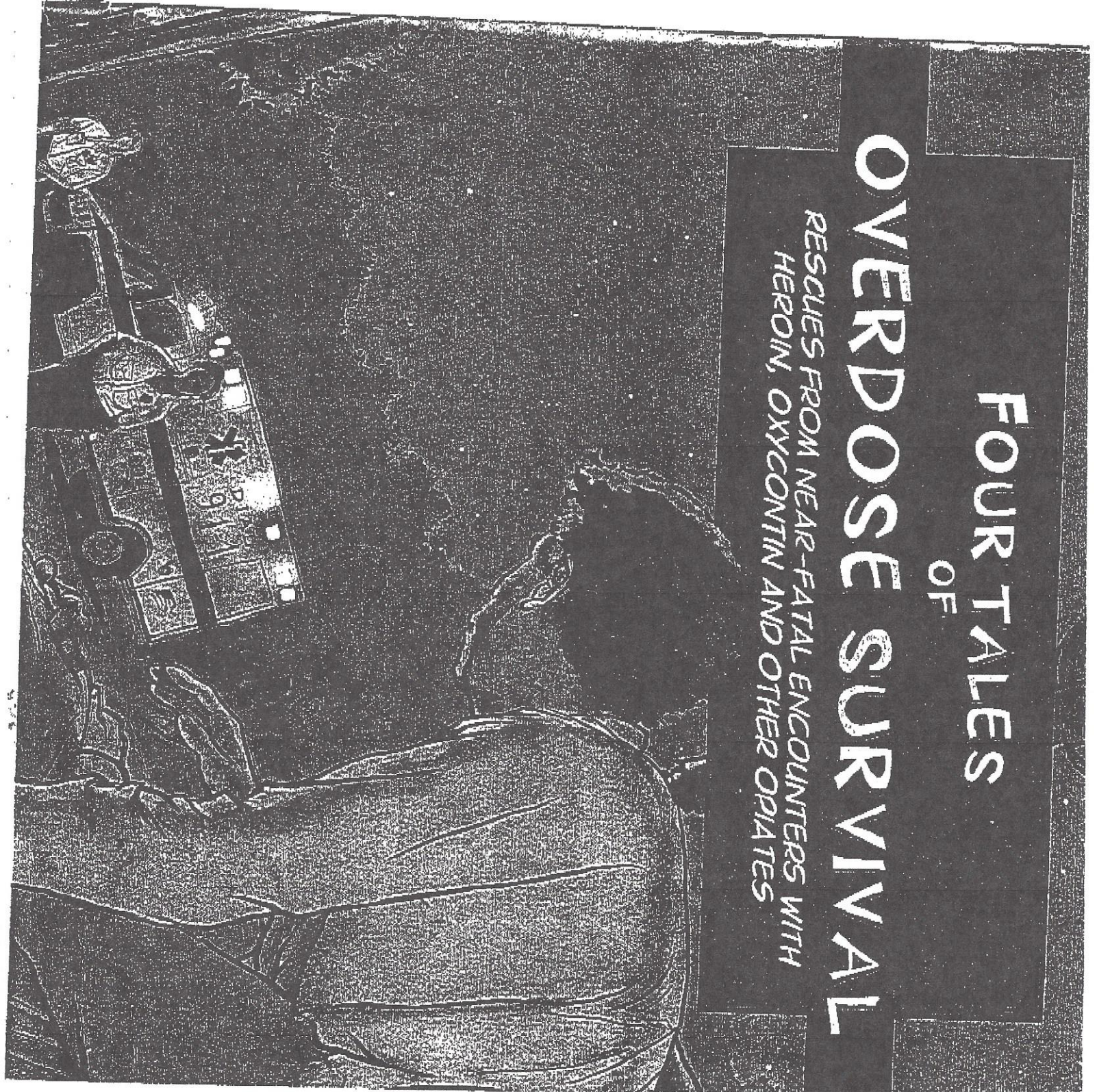
*Conversation Starter Series: Overdose Screening*

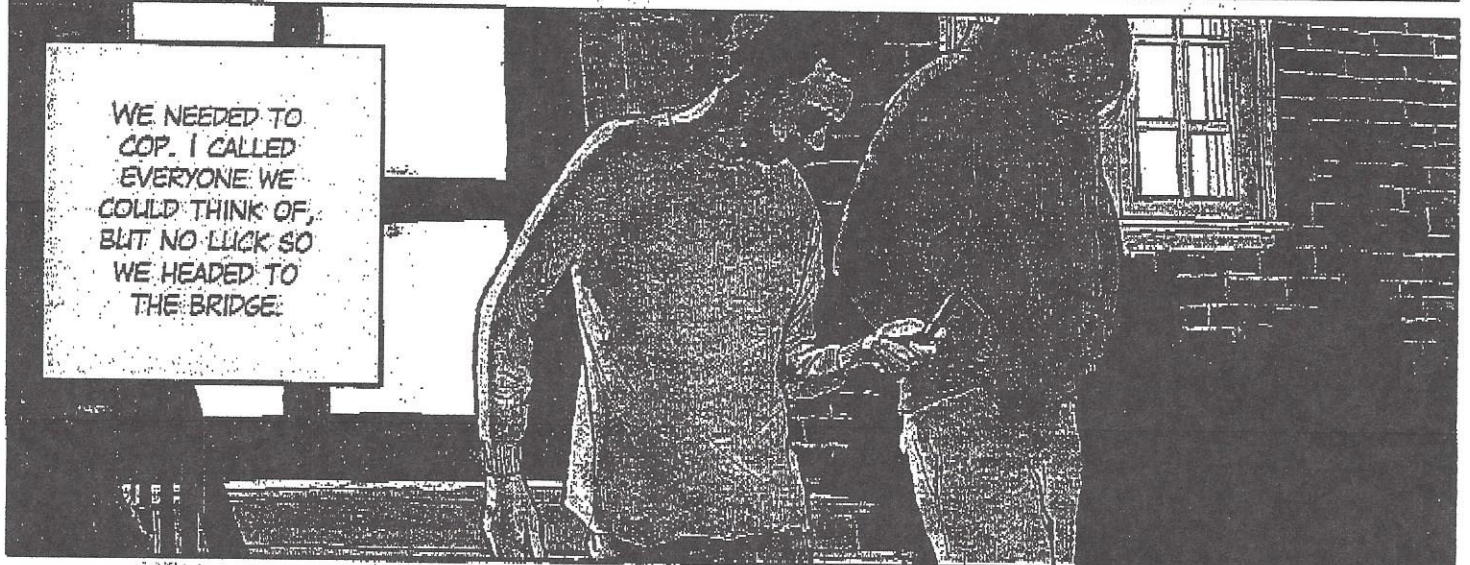
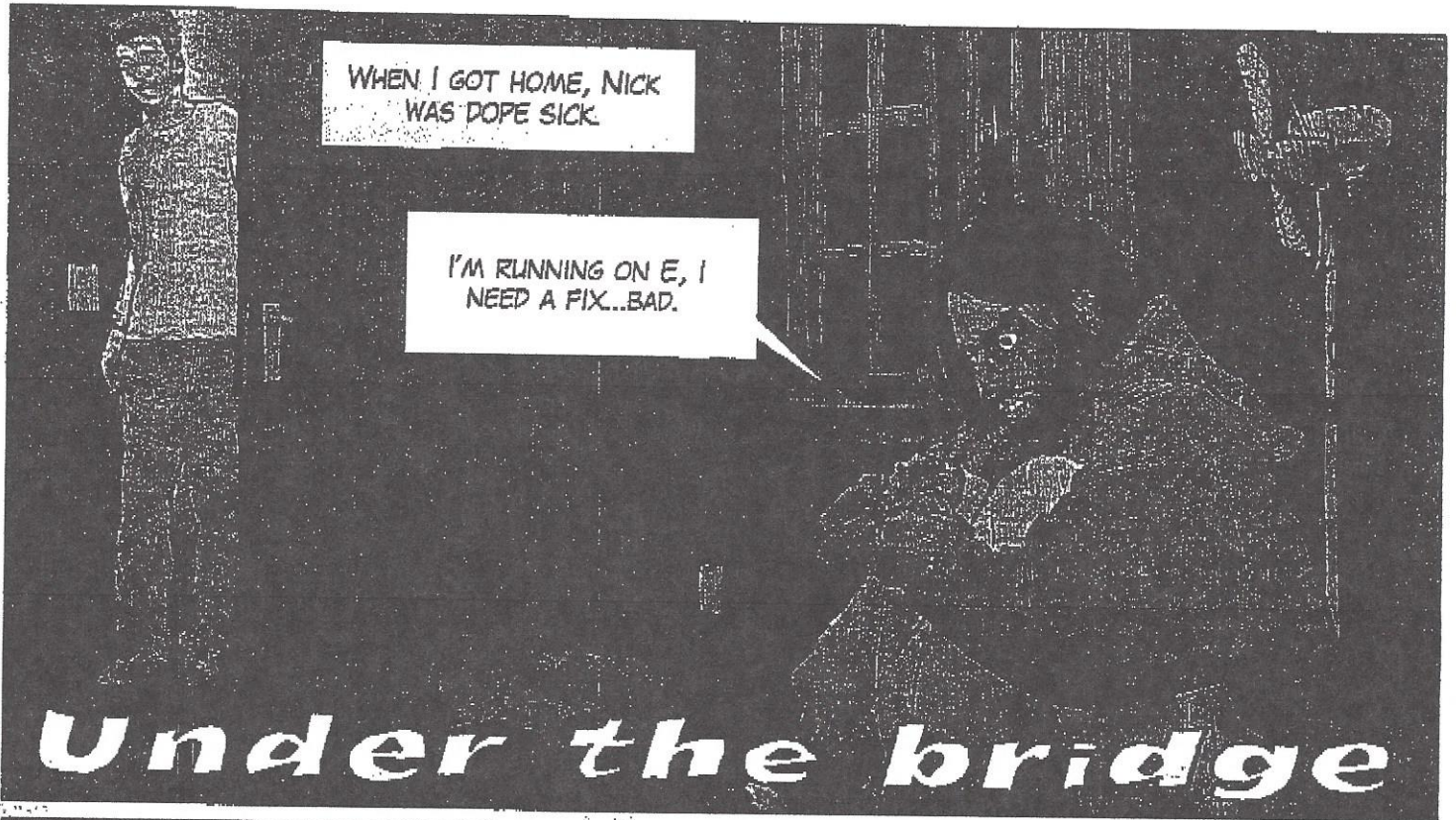
Developed by SPHERE, a program of Health Care of Southeastern Massachusetts, Inc. SPHERE is funded by MDPH. Website: [www.hcsm.org/sphere](http://www.hcsm.org/sphere) E-Mail: [SPHERE@hcsm.org](mailto:SPHERE@hcsm.org) Tel: (800) 530-2170

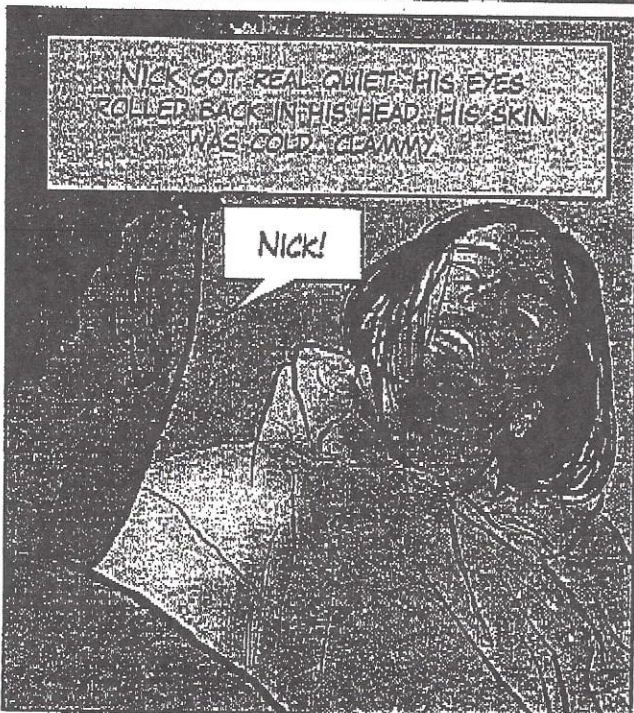
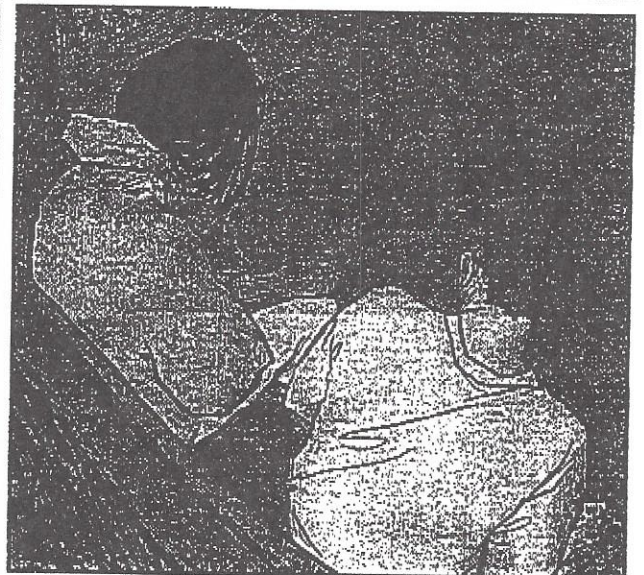
# FOUR TALES OF

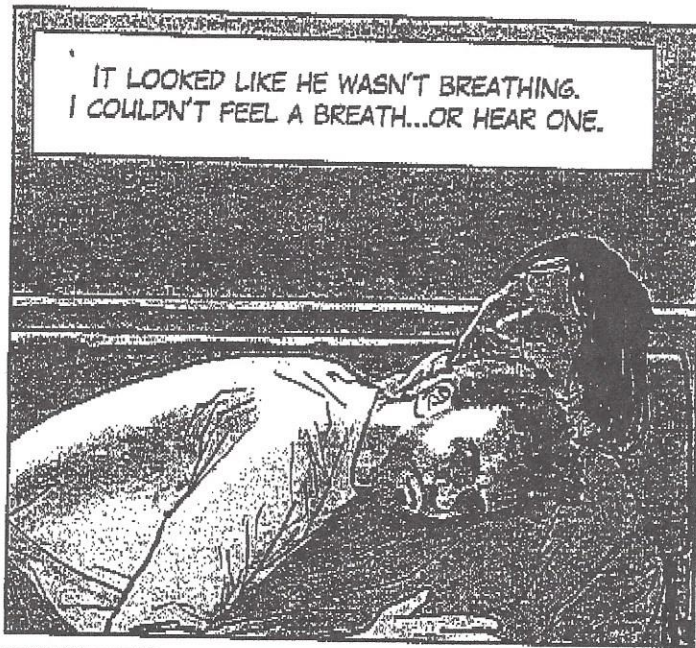
# OVERDOSE SURVIVAL

RESCUES FROM NEAR-FATAL ENCOUNTERS WITH  
HEROIN, OXYCONTIN AND OTHER OPIATES





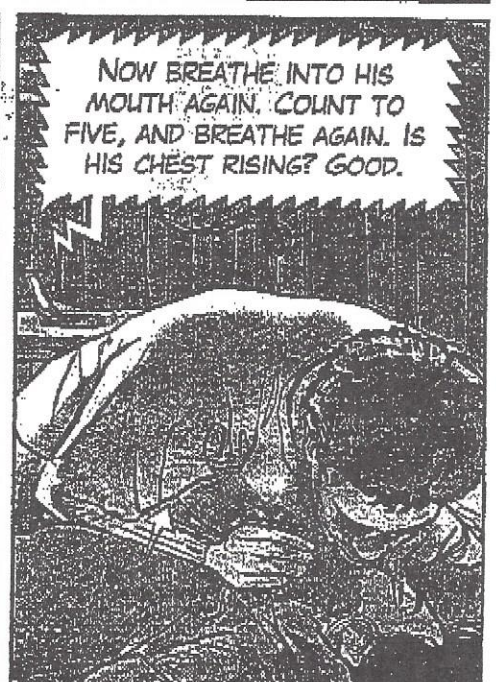
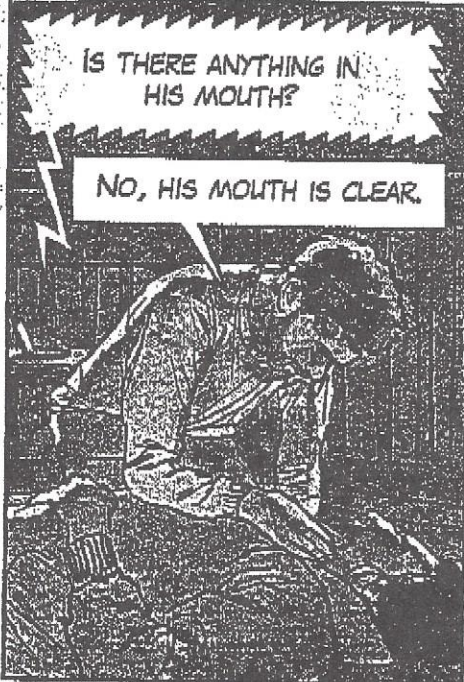
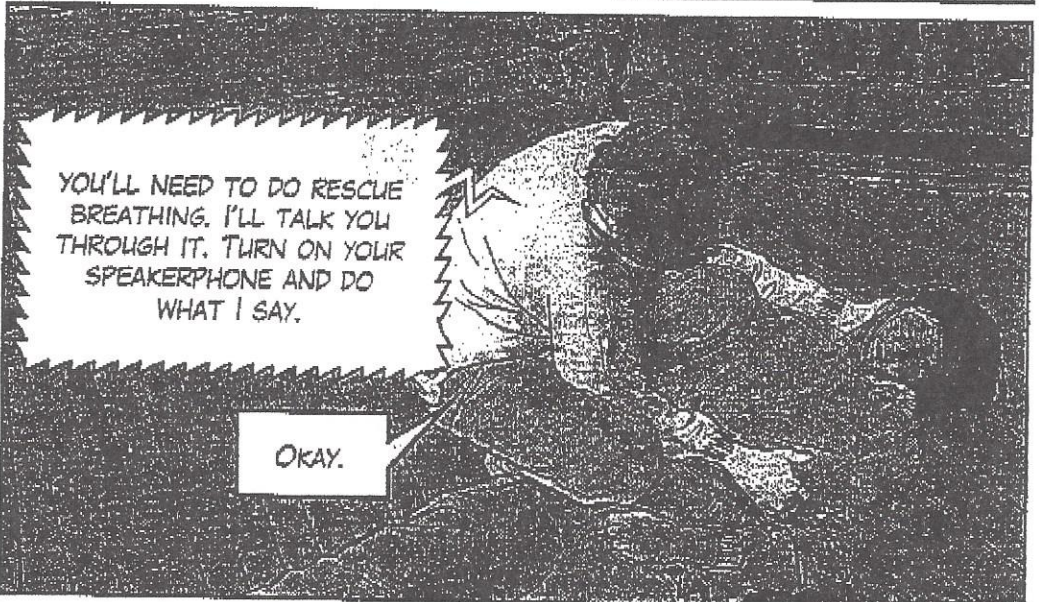
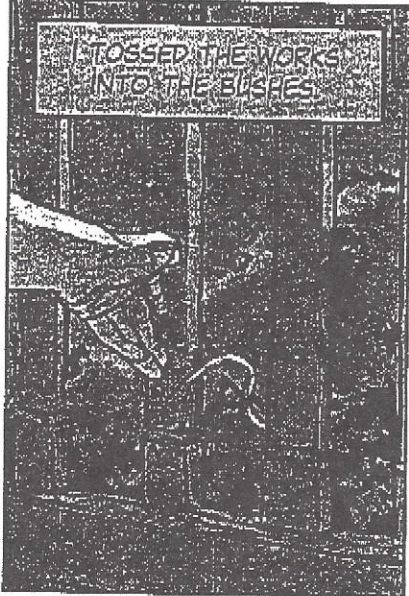
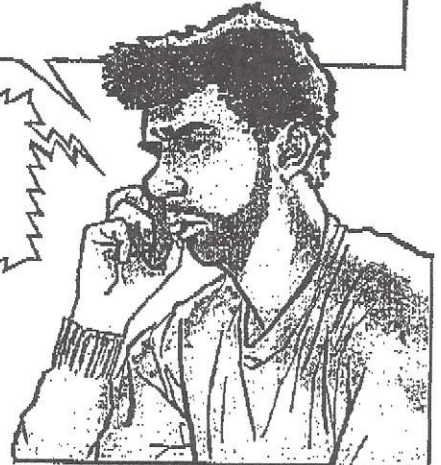


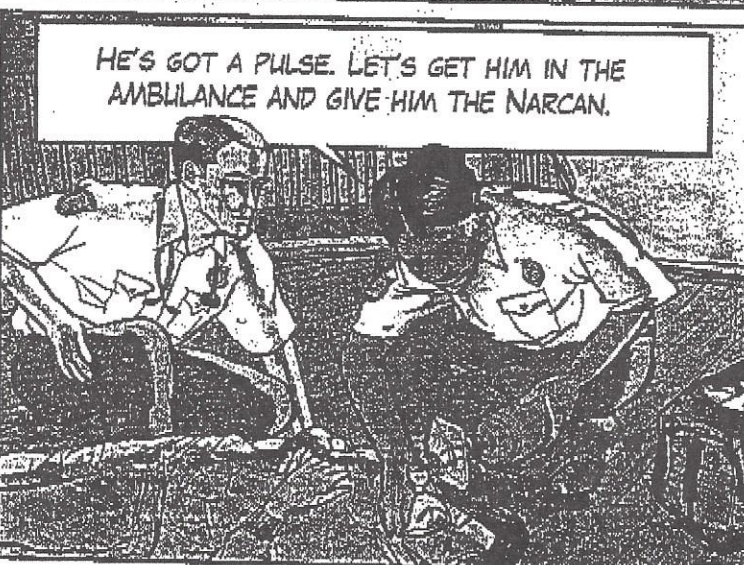
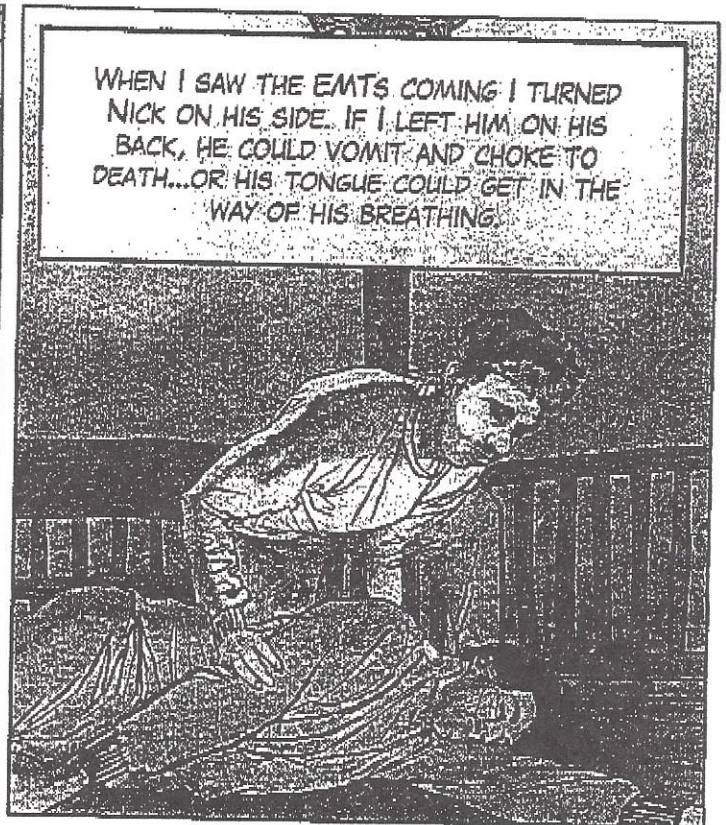
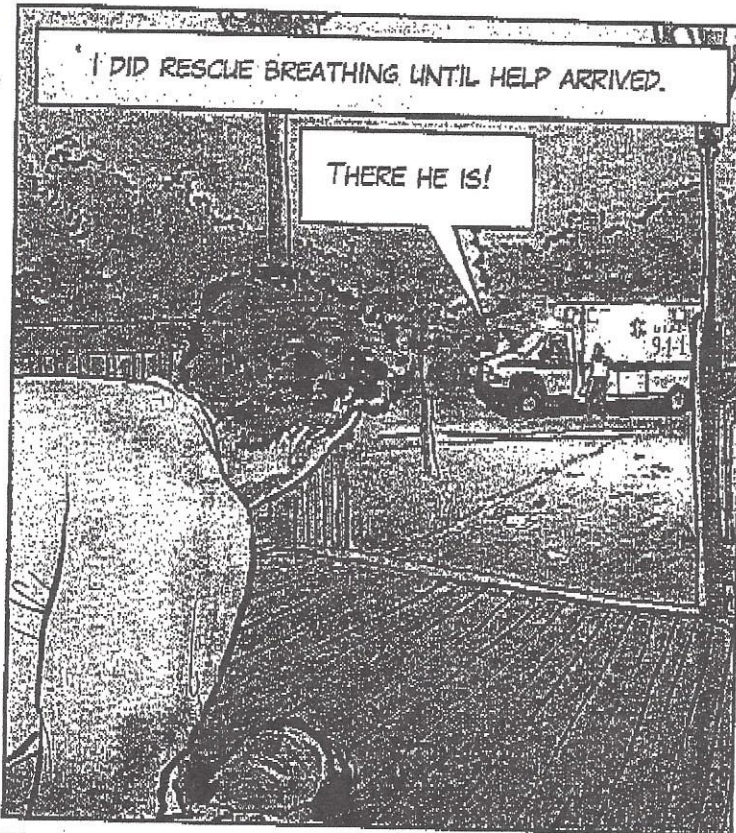


I CALLED 911.

MY FRIEND ISN'T BREATHING. THE GAZEBO... MADISON PARK.

WE'RE SENDING AN AMBULANCE.





**REMEMBER:**

- LOOK, LISTEN, AND FEEL TO SEE IF PERSON IS BREATHING.
- CALL 911 AT THE FIRST SIGN OF OVERDOSE.
- IF BREATHING HAS STOPPED, PERFORM RESCUE BREATHING.
- WAIT WITH THE PERSON UNTIL HELP ARRIVES.
- IF YOU MUST LEAVE, TURN THE PERSON ON THEIR SIDE SO THAT THEY DON'T CHOKE TO DEATH.
- NEVER USE ALONE.

**SIGNS OF OPIATE OVERDOSE:**

- PERSON WON'T WAKE UP, EVEN TO YELLING THEIR NAME, OR RUBBING HARD ON THEIR BRESTBONE
- CLAMMY, COOL SKIN
- BLUE LIPS OR FINGERNAILS
- SHALLOW, SLOW BREATHING
- PINPOINT PUPILS
- SLOW PULSE OR HEART RATE
- SEIZURES OR CONVULSIONS

# PARTY GIRL

ME, GINA AND KATY DID SOME XANAX EARLY THAT EVENING. GINA DID SOME OXY'S TOO.

I'M READY TO PARTY!

LET'S HIT THE CLUB.

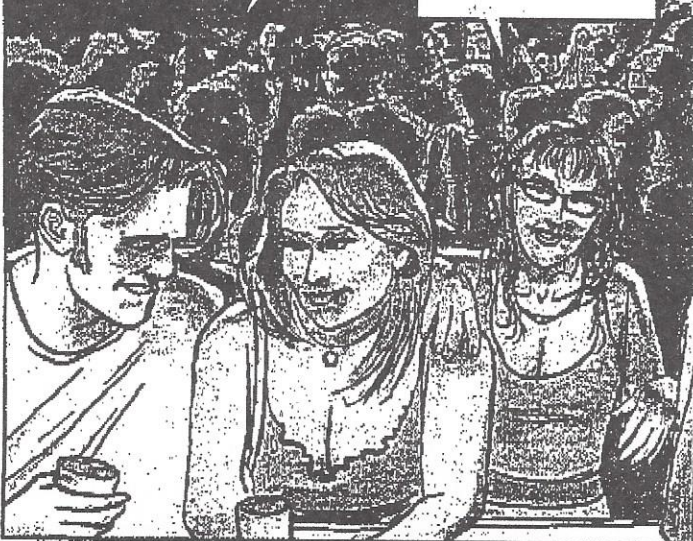


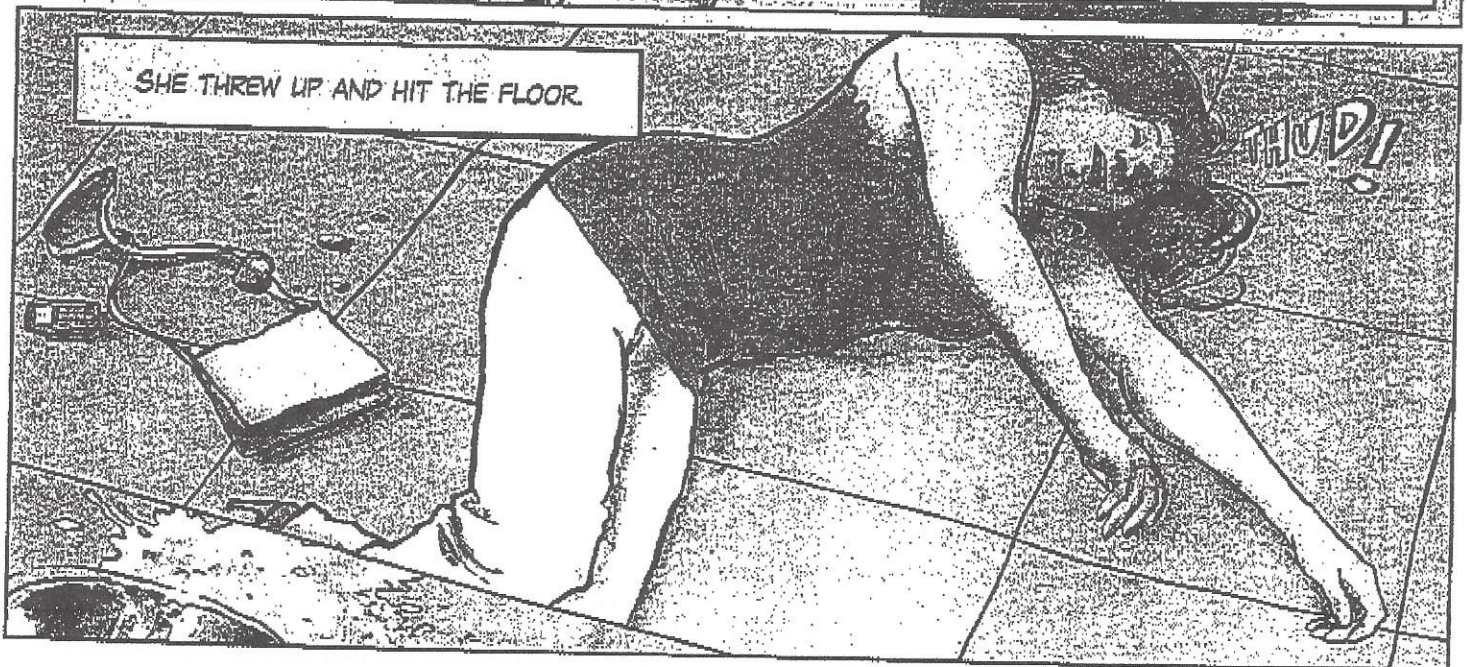
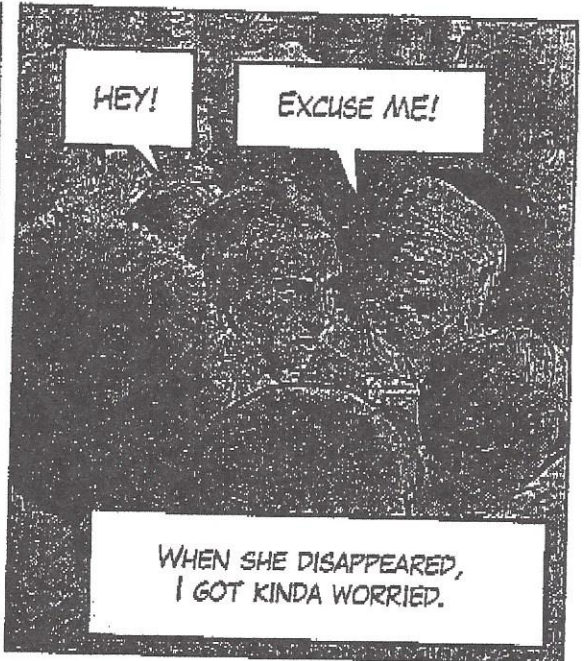
LATER AT THE CLUB THIS GUY WAS BUYING GINA DRINKS

SHE WAS LOOKING PRETTY WASTED

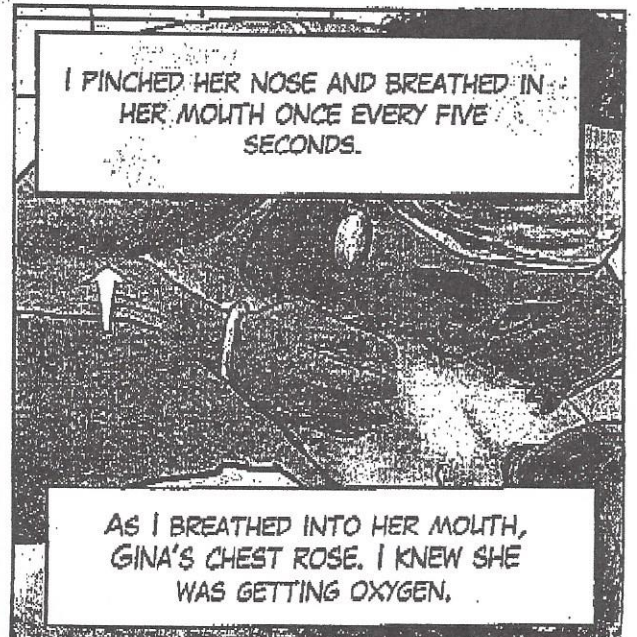
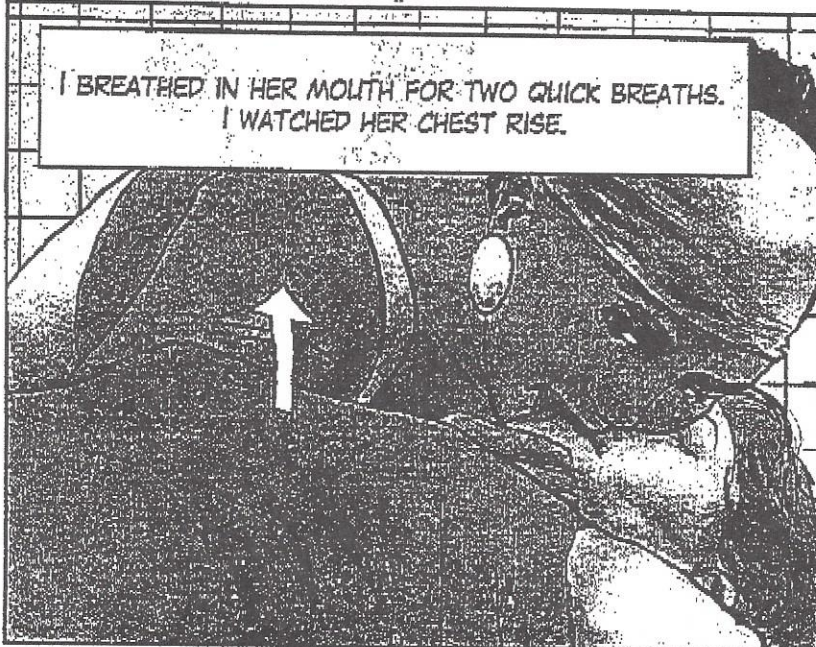
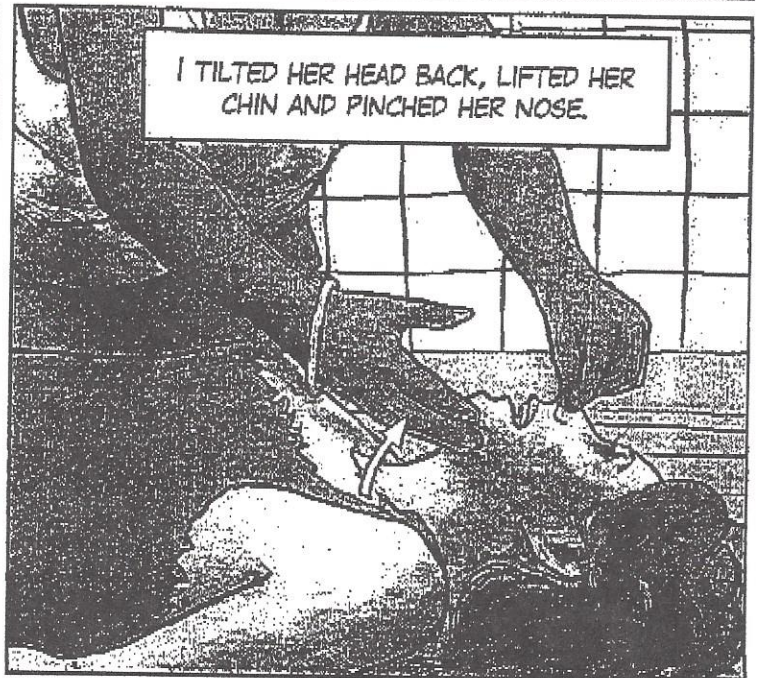
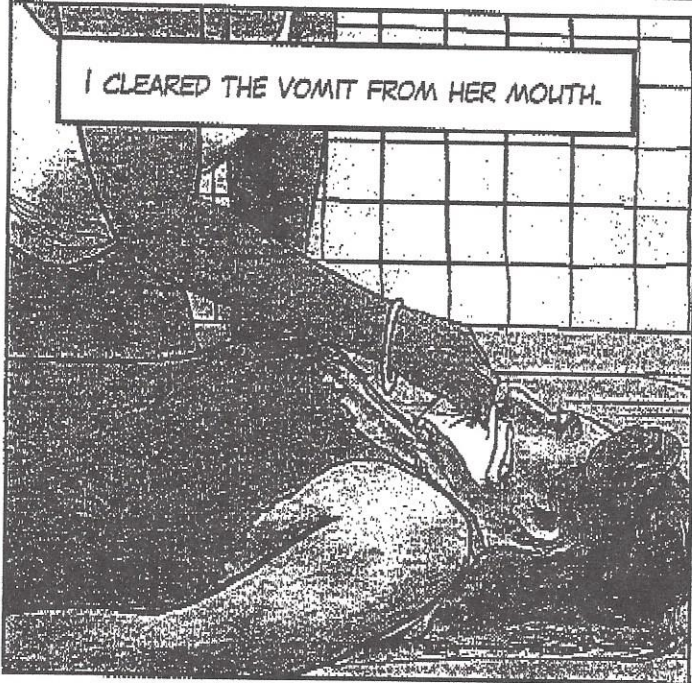
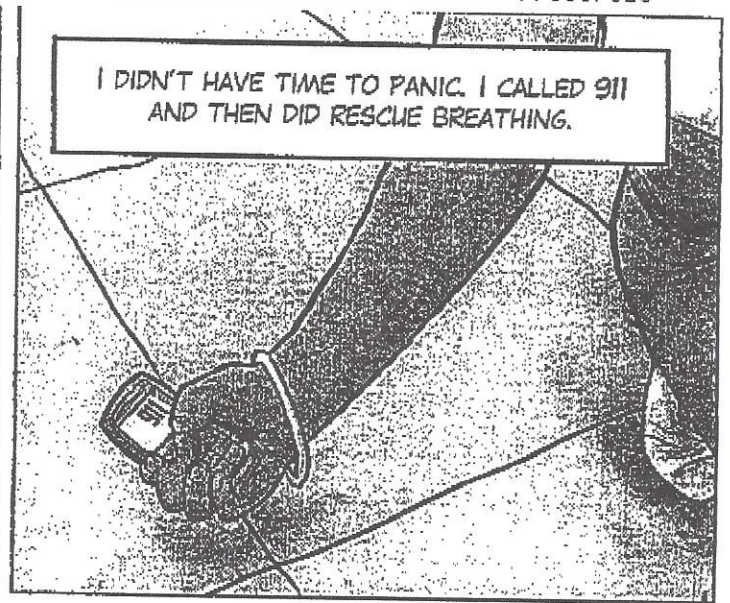
WANNA DANCE?

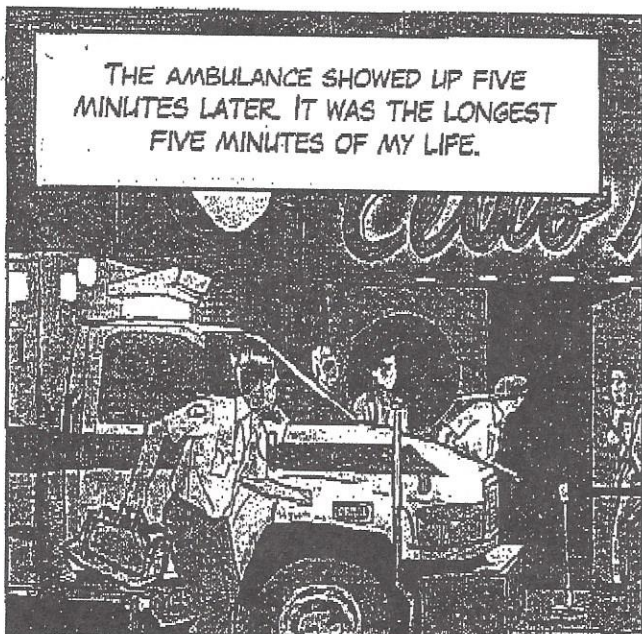
YEAH, COME ON, GINA!











THE AMBULANCE SHOWED UP FIVE MINUTES LATER. IT WAS THE LONGEST FIVE MINUTES OF MY LIFE.

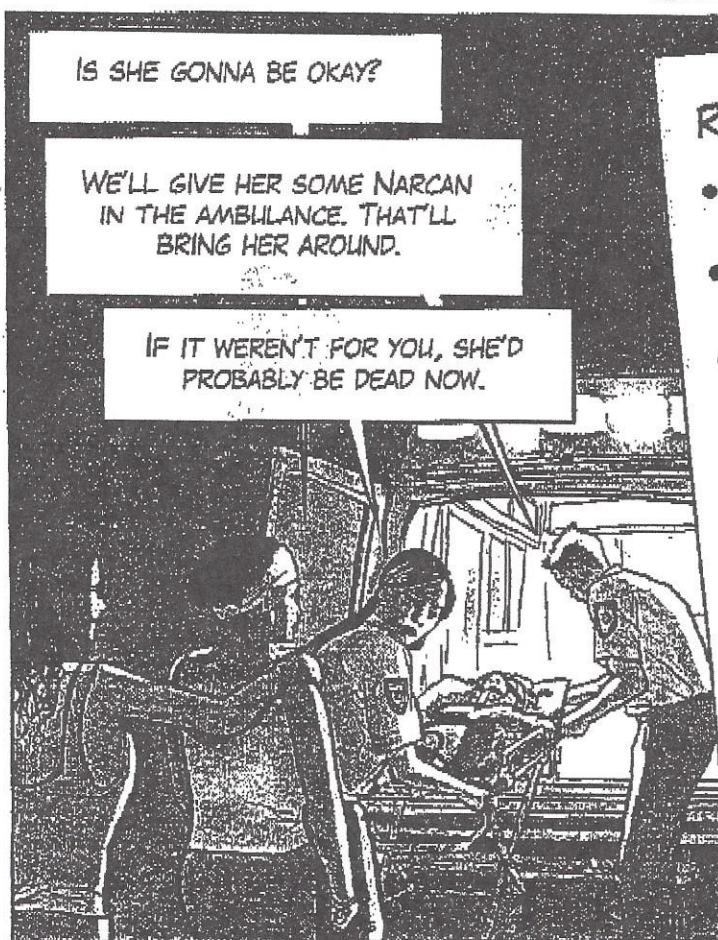


WHAT WAS SHE DOING?

UH...

EVERYTHING YOU TELL US CAN HELP SAVE HER LIFE!

XANAX... A COUPLE OF MARTINIS AND SOME OXYS, I THINK.



IS SHE GONNA BE OKAY?

WE'LL GIVE HER SOME NARCAN IN THE AMBULANCE. THAT'LL BRING HER AROUND.

IF IT WEREN'T FOR YOU, SHE'D PROBABLY BE DEAD NOW.

**REMEMBER:**

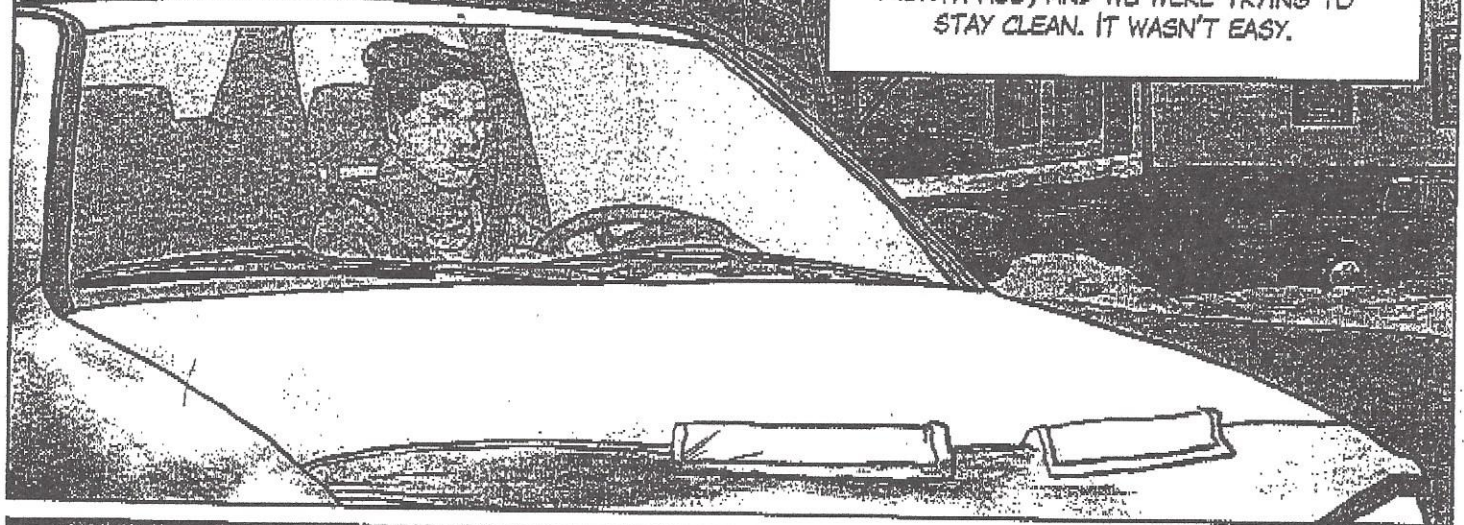
- MIXING BENZOS, OPIATES OR NARCOTIC PAINKILLERS AND ALCOHOL CAN BE DEADLY.
- CALL 911. IF YOU KNOW WHAT DRUGS THE PERSON WAS TAKING, TELL THEM.
- TO PERFORM RESCUE BREATHING:
  - MAKE SURE NOTHING IS IN MOUTH.
  - TILT HEAD BACK, LIFT CHIN AND PINCH NOSE.
  - DO TWO QUICK BREATHS. MAKE SURE CHEST RISES.
  - THEN BREATHE IN EVERY FIVE SECONDS.
  - MAKE SURE CHEST RISES AFTER EACH BREATH.

**SIGNS OF OPIATE OVERDOSE:**

- PERSON WON'T WAKE UP, EVEN TO YELLING THEIR NAME, OR RUBBING HARD ON THEIR BRESTBONE
- CLAMMY, COOL SKIN
- BLUE LIPS OR FINGERNAILS
- SHALLOW, SLOW BREATHING
- PINPOINT PUPILS
- SLOW PULSE OR HEART RATE
- SEIZURES OR CONVULSIONS

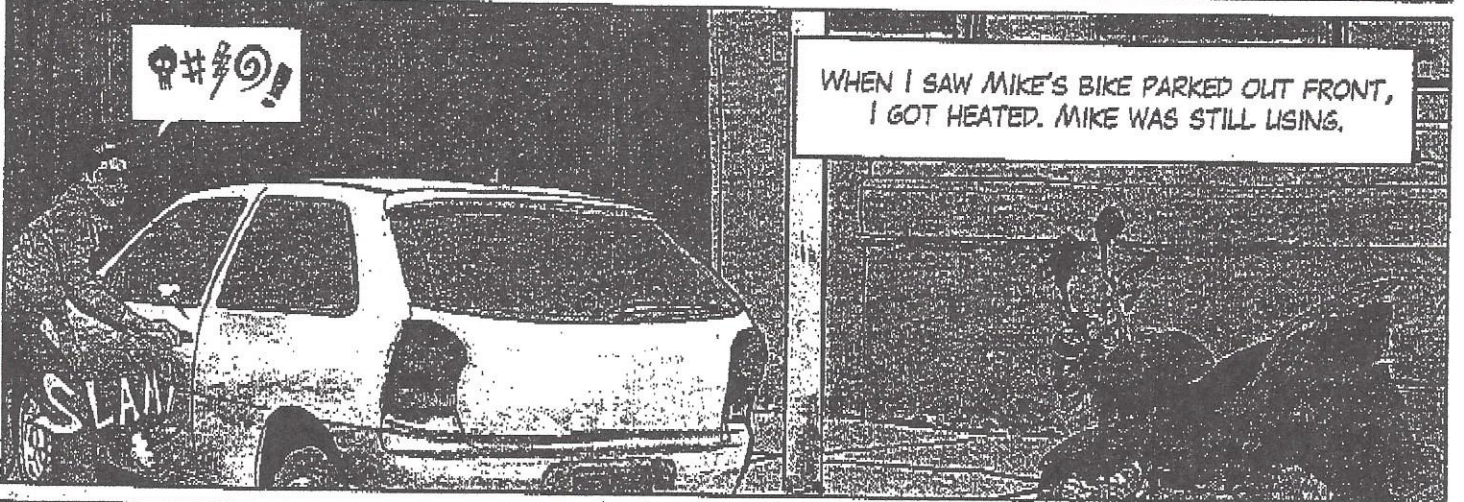
# Out of the Past

DARRYL AND I HAD KICKED HEROIN A MONTH AGO, AND WE WERE TRYING TO STAY CLEAN. IT WASN'T EASY.



⚡#⚡!

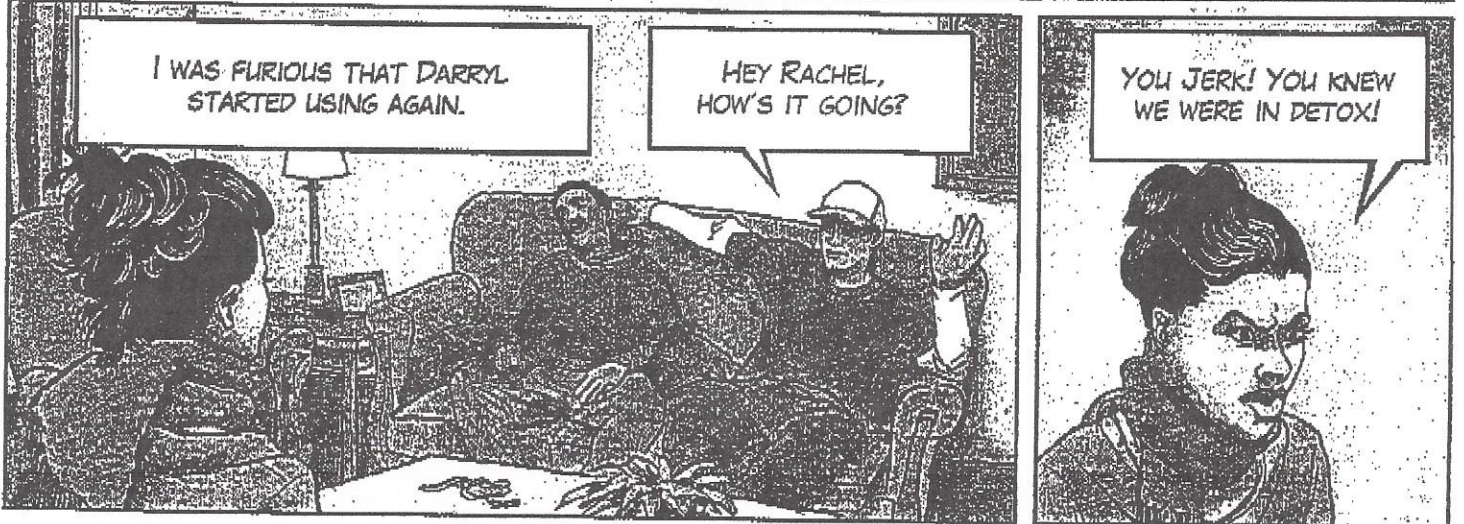
WHEN I SAW MIKE'S BIKE PARKED OUT FRONT, I GOT HEATED. MIKE WAS STILL USING.

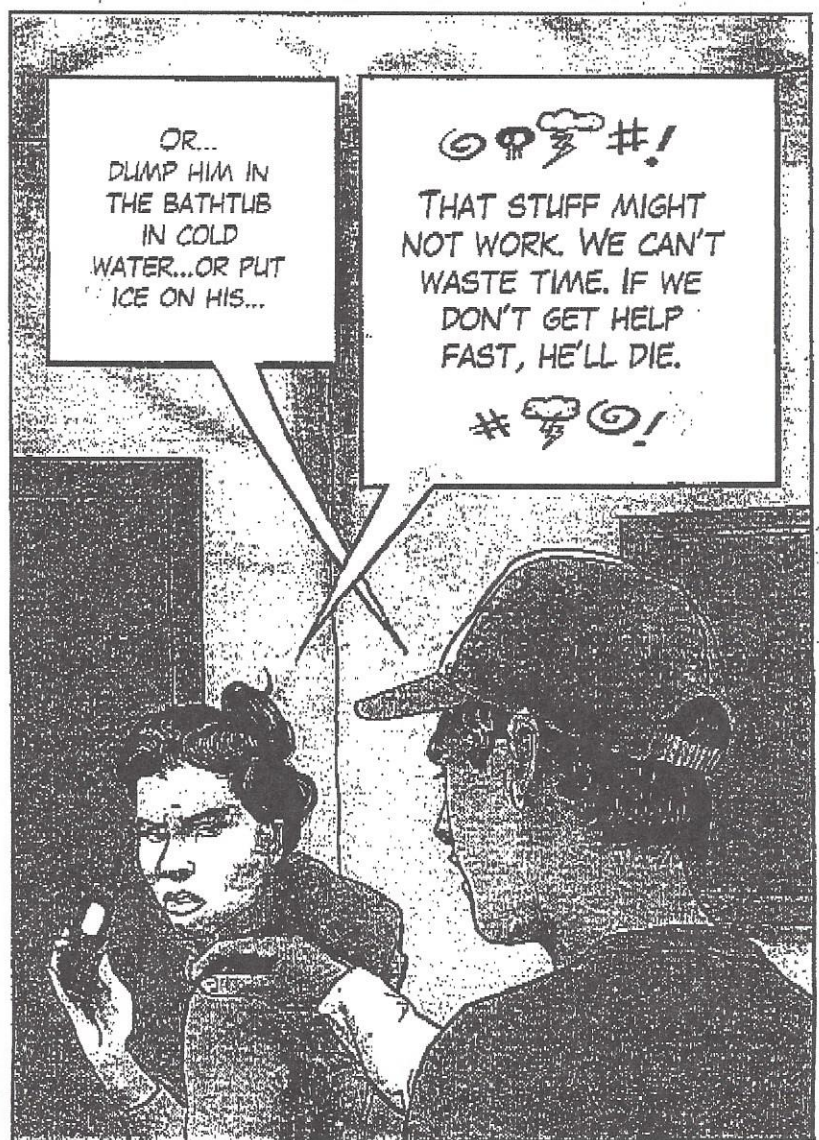
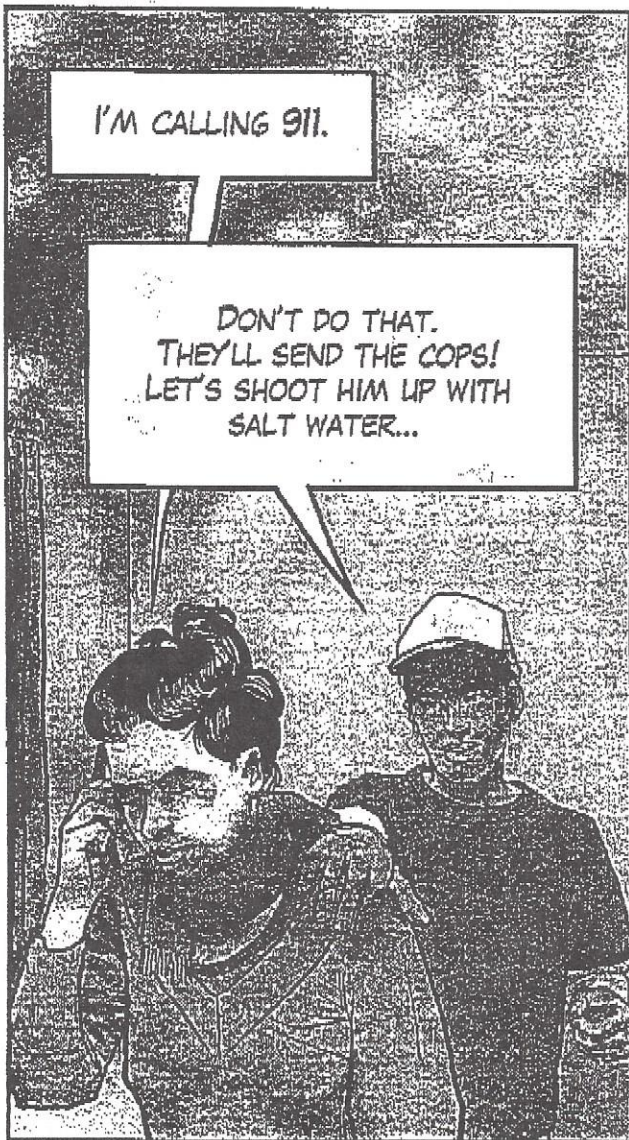


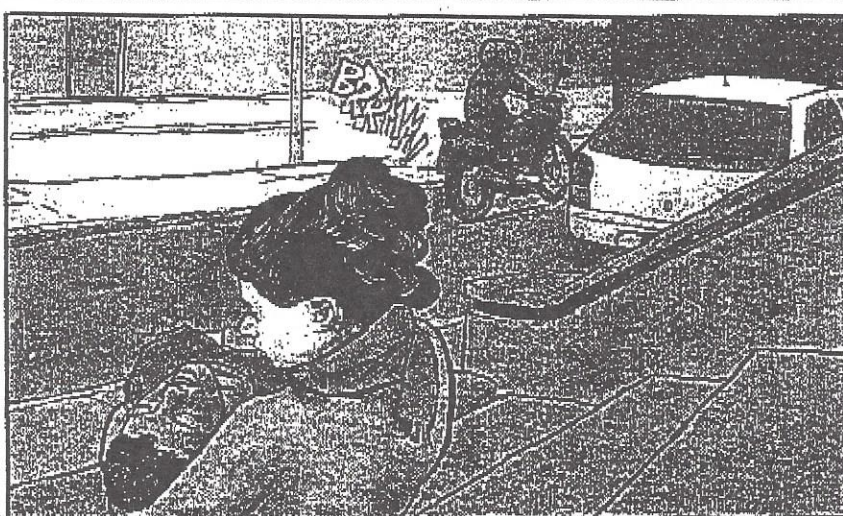
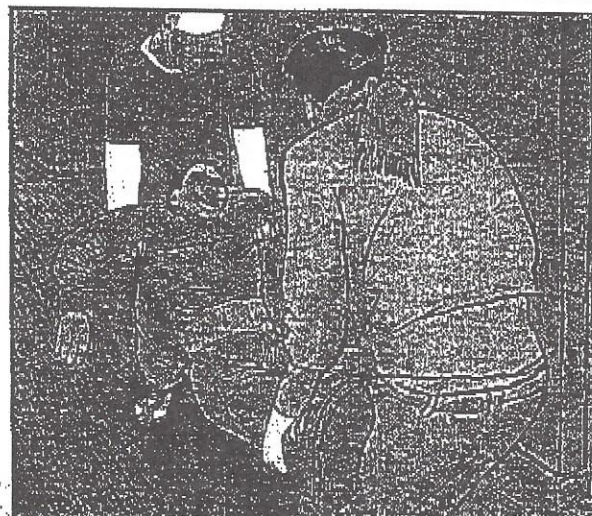
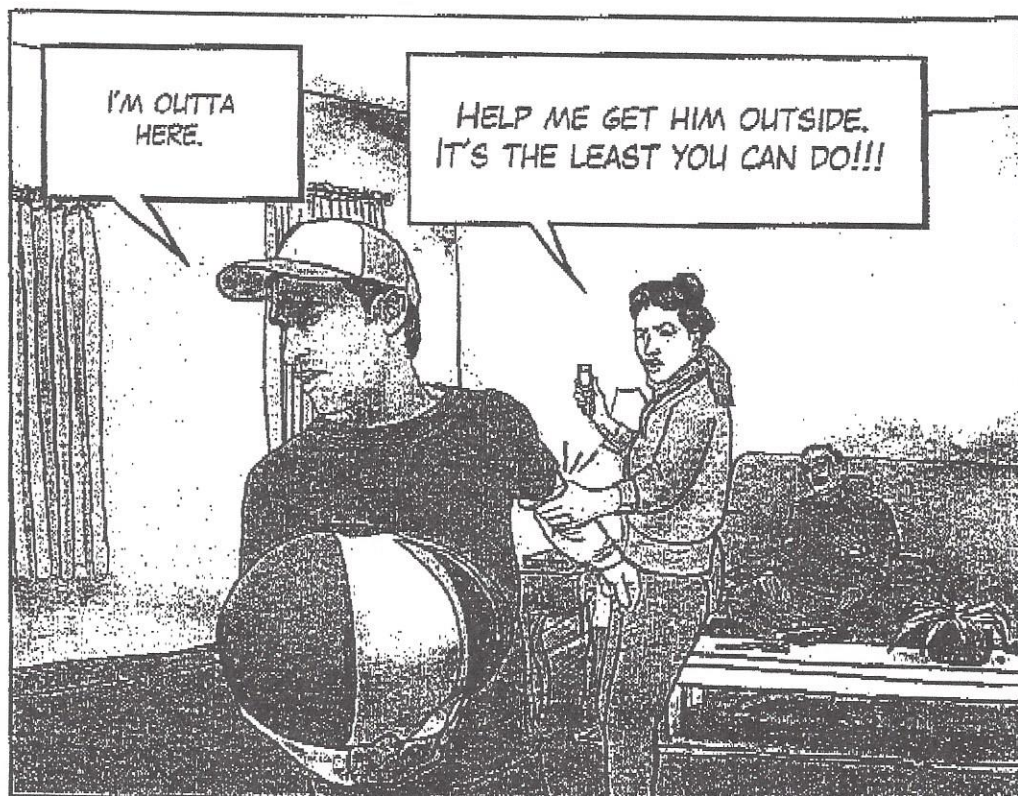
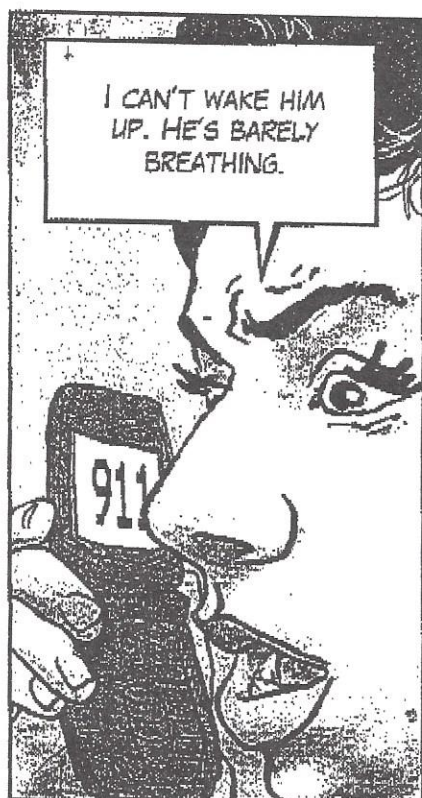
I WAS FURIOUS THAT DARRYL STARTED USING AGAIN.

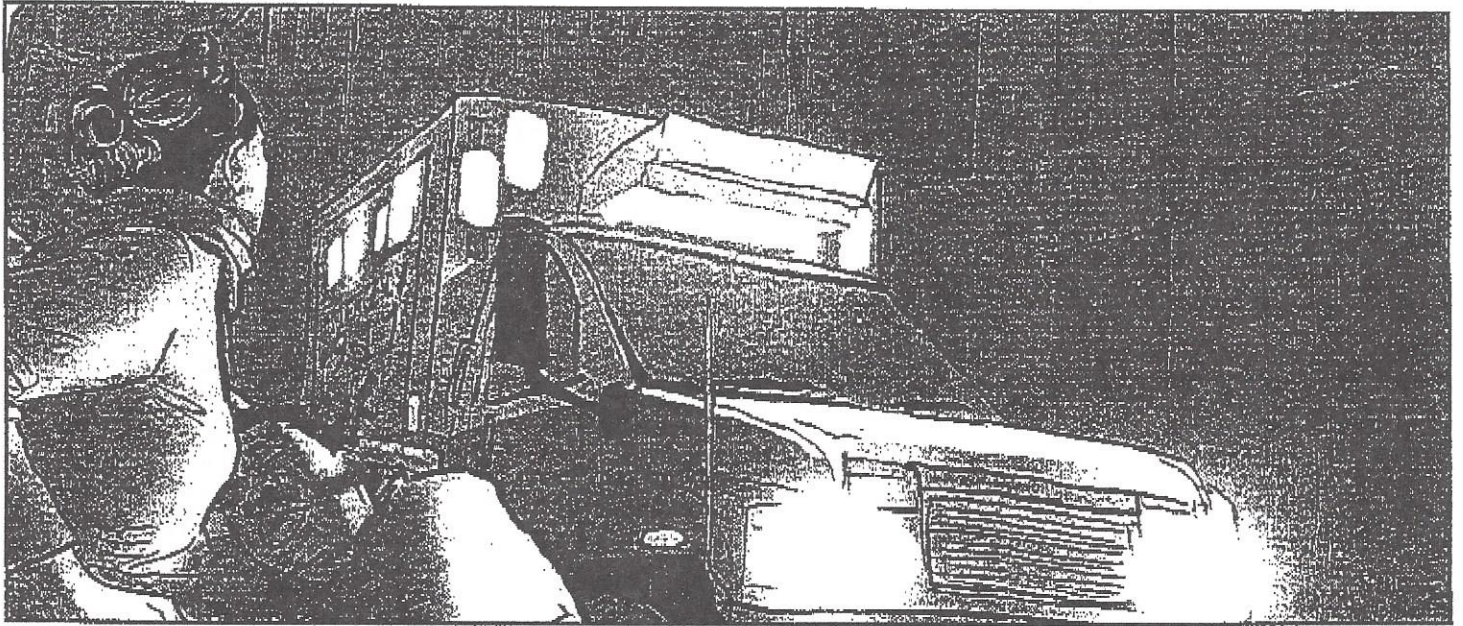
HEY RACHEL, HOW'S IT GOING?

YOU JERK! YOU KNEW WE WERE IN DETOX!



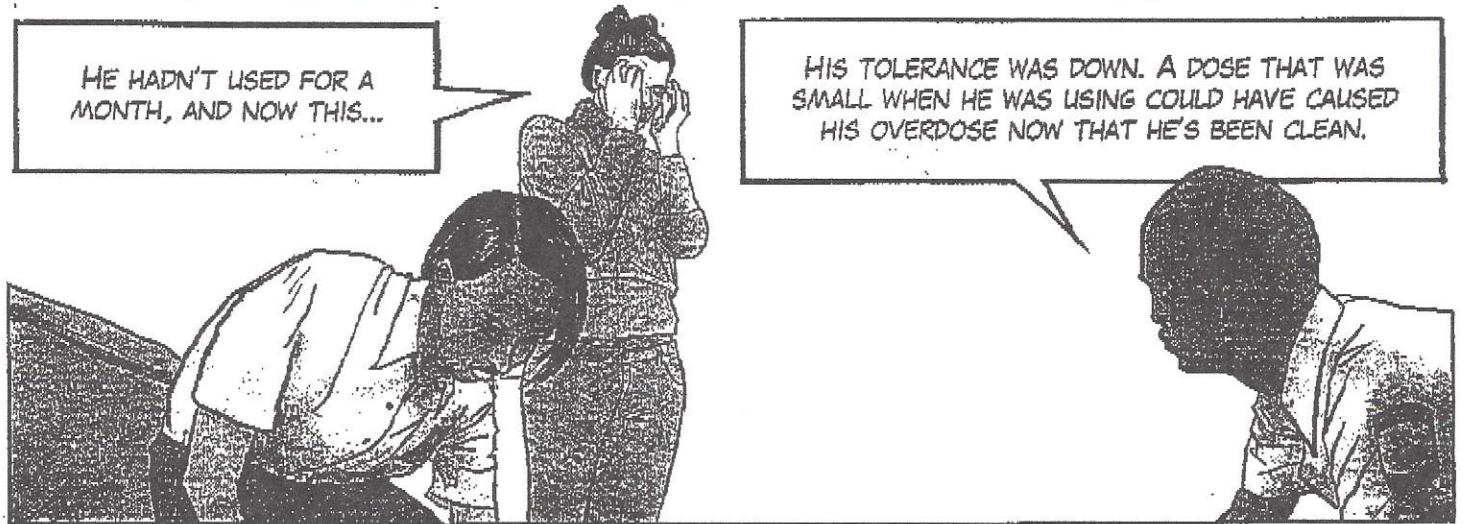






HE HADN'T USED FOR A MONTH, AND NOW THIS...

HIS TOLERANCE WAS DOWN. A DOSE THAT WAS SMALL WHEN HE WAS USING COULD HAVE CAUSED HIS OVERDOSE NOW THAT HE'S BEEN CLEAN.



IS HE GONNA DIE?

HE'S STILL BREATHING. WE JUST GAVE HIM NARCAN. I THINK HE'LL BE ALRIGHT.

THANKS TO YOU, YOUR BOYFRIEND IS STILL ALIVE.

**REMEMBER:**

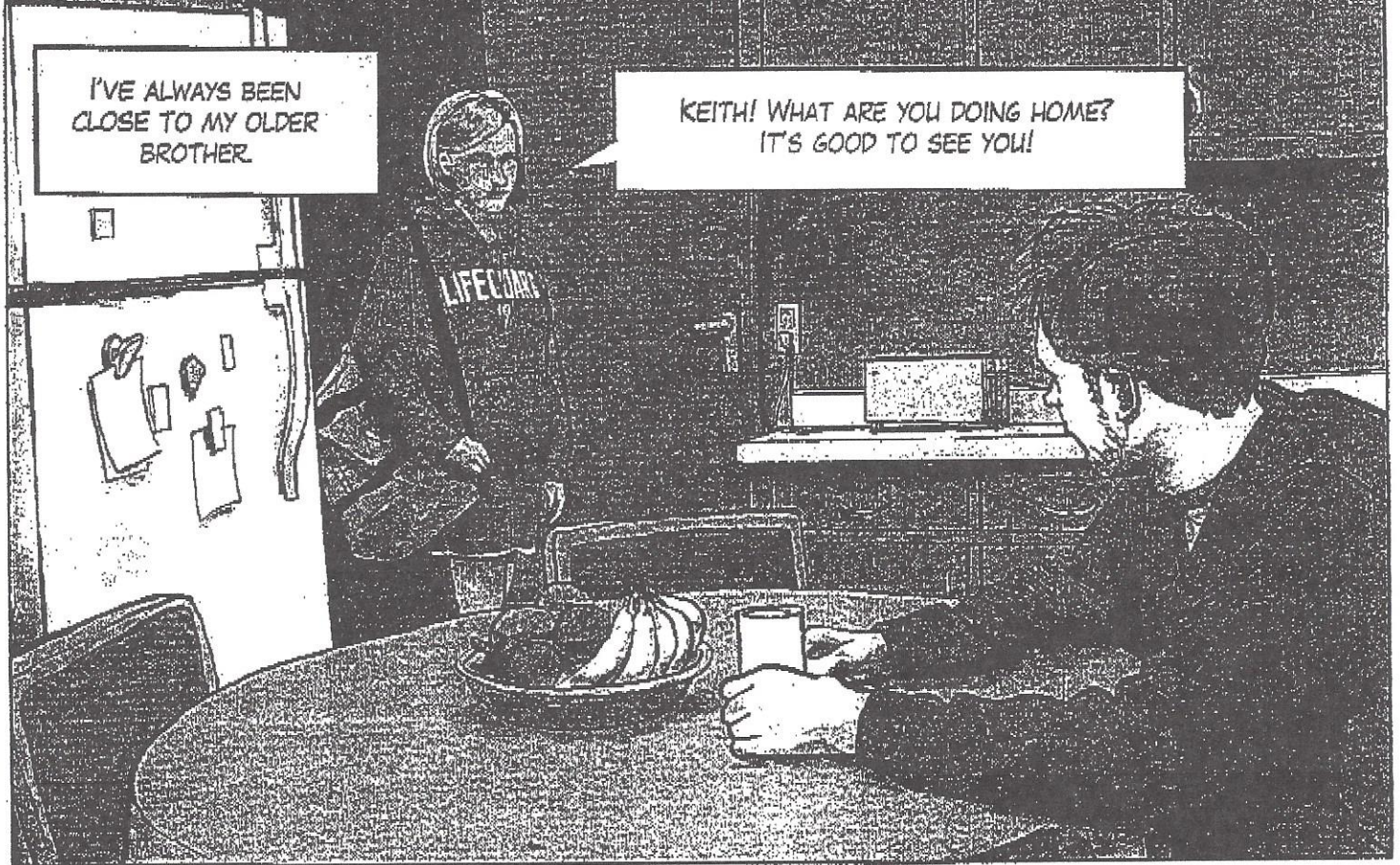
- AN OVERDOSE IS MORE LIKELY TO OCCUR WHEN SOMEONE HASN'T BEEN USING IN A WHILE.
- CALL 911 AND TELL THEM IT'S AN OVERDOSE OR THAT THE PERSON WILL NOT WAKE UP.
- IF BREATHING HAS STOPPED, PERFORM RESCUE BREATHING.

**SIGNS OF OPIATE OVERDOSE:**

- PERSON WON'T WAKE UP, EVEN TO YELLING THEIR NAME, OR RUBBING HARD ON THEIR BRESTBONE
- CLAWMY, COOL SKIN
- BLUE LIPS OR FINGERNAILS
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# In a Dark Place

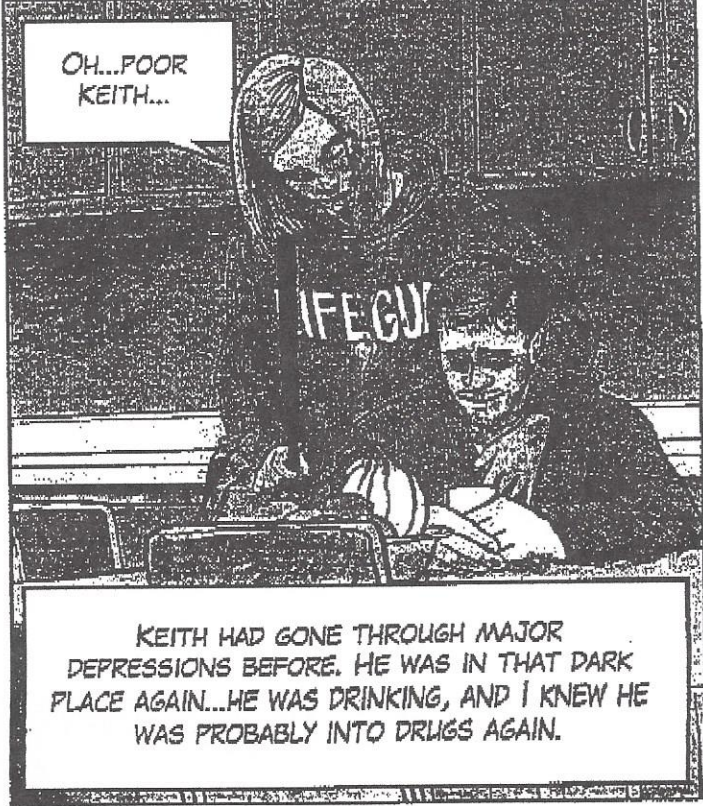


I'VE ALWAYS BEEN CLOSE TO MY OLDER BROTHER.

KEITH! WHAT ARE YOU DOING HOME? IT'S GOOD TO SEE YOU!

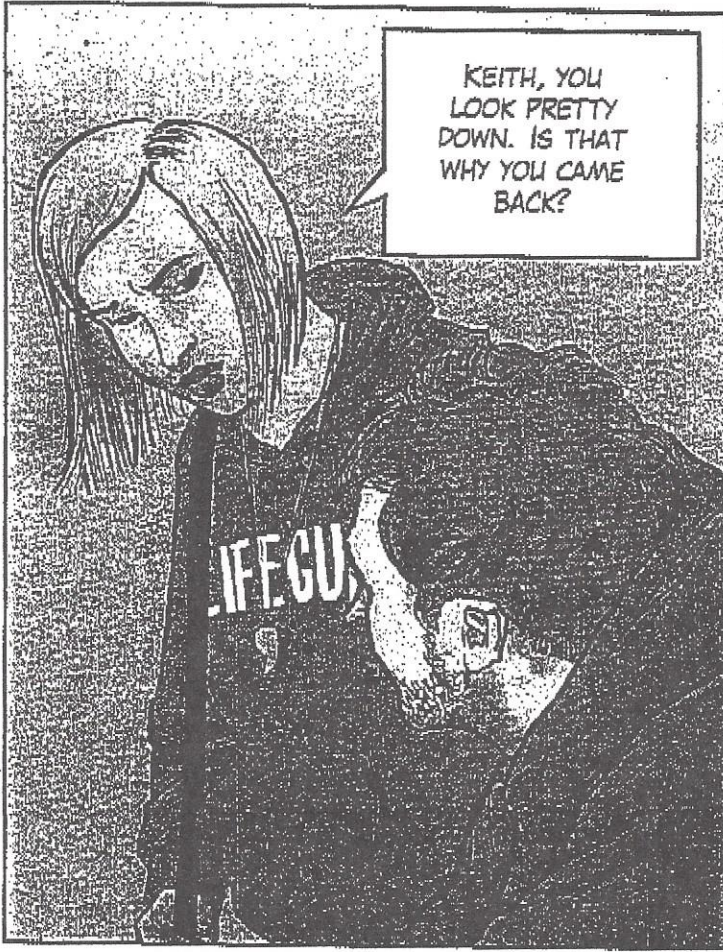


JULIE, HEY...I... JUST CAME BACK...FOR A BREAK.

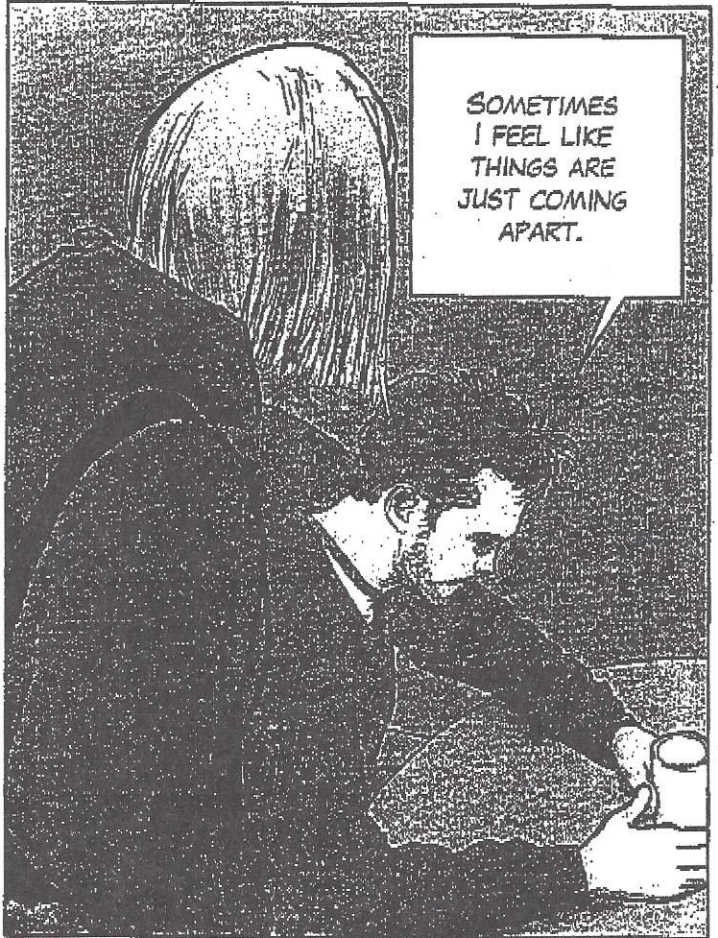


OH...POOR KEITH...

KEITH HAD GONE THROUGH MAJOR DEPRESSIONS BEFORE. HE WAS IN THAT DARK PLACE AGAIN...HE WAS DRINKING, AND I KNEW HE WAS PROBABLY INTO DRUGS AGAIN.



KEITH, YOU LOOK PRETTY DOWN. IS THAT WHY YOU CAME BACK?

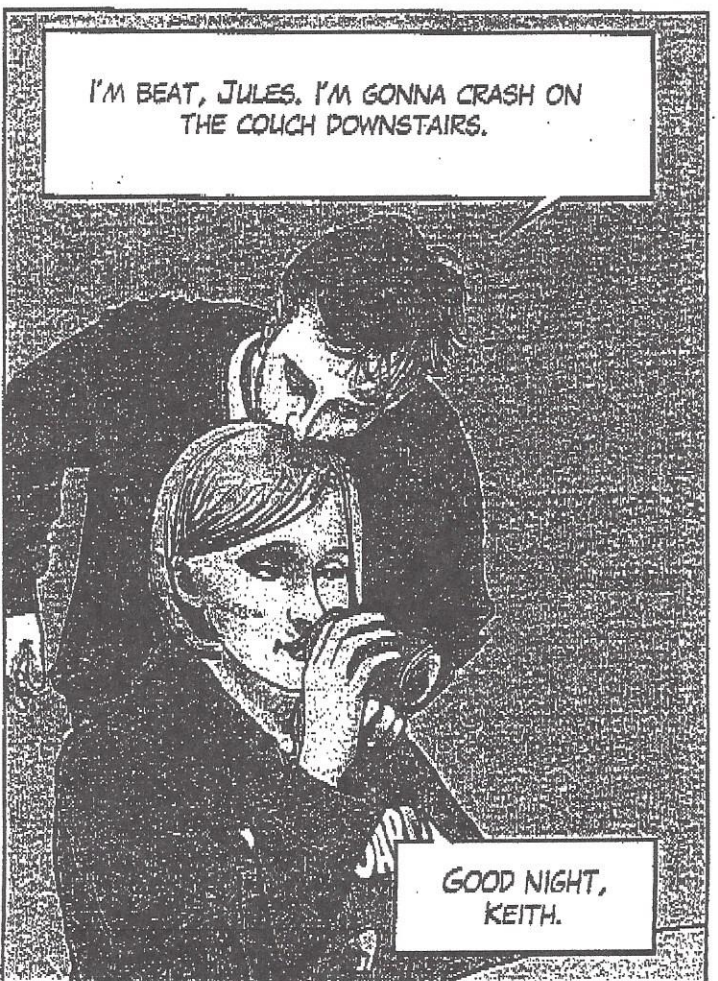


SOMETIMES I FEEL LIKE THINGS ARE JUST COMING APART.



YEAH, BUT YOU ALWAYS MANAGE TO GET BACK ON YOUR FEET AGAIN. YOU'RE GONNA BE OKAY.

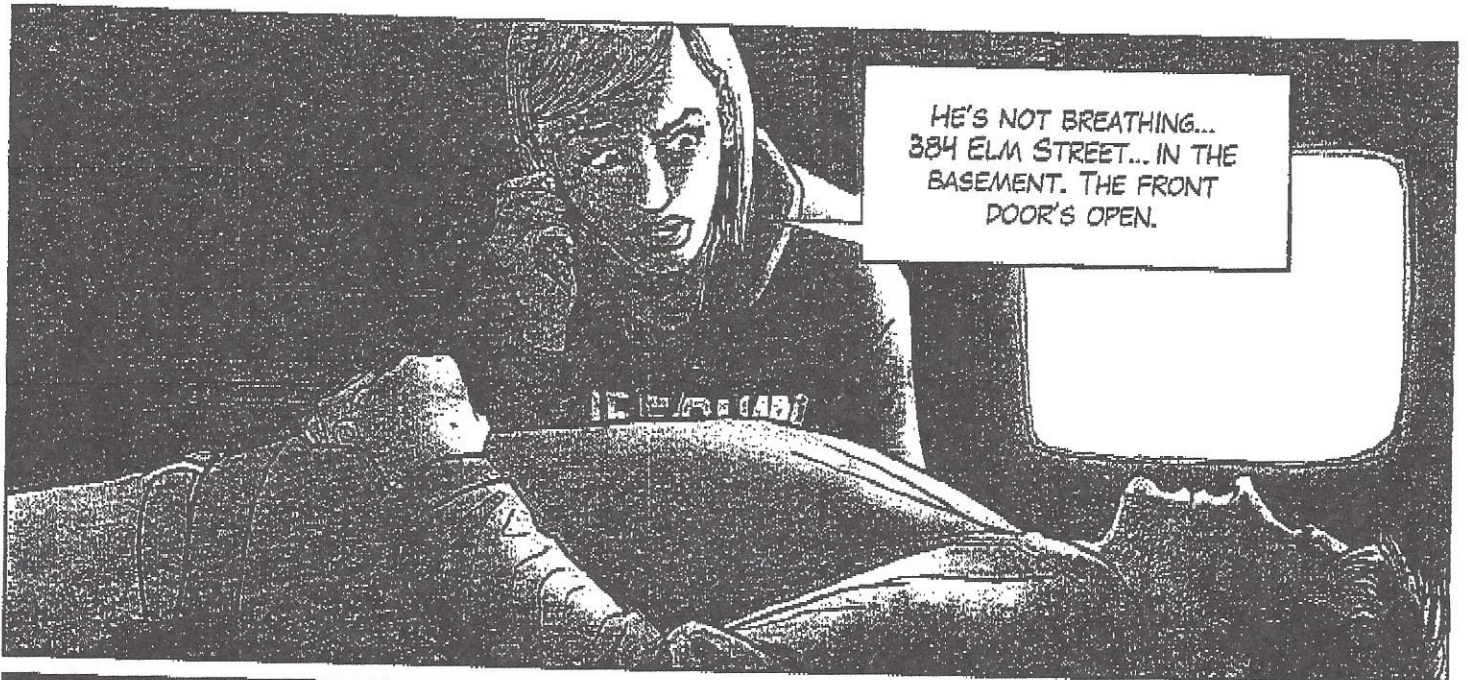
HOPE SO.



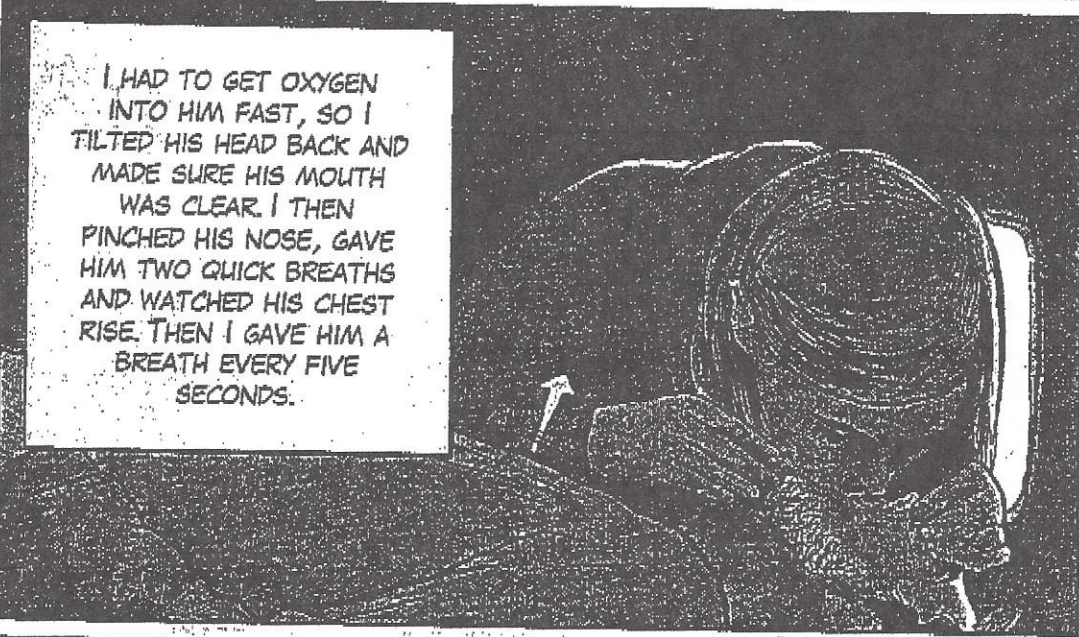
I'M BEAT, JULES. I'M GONNA CRASH ON THE COUCH DOWNSTAIRS.

GOOD NIGHT, KEITH.





HE'S NOT BREATHING...  
384 ELM STREET... IN THE  
BASEMENT. THE FRONT  
DOOR'S OPEN.



I HAD TO GET OXYGEN  
INTO HIM FAST, SO I  
TILTED HIS HEAD BACK AND  
MADE SURE HIS MOUTH  
WAS CLEAR. I THEN  
PINCHED HIS NOSE, GAVE  
HIM TWO QUICK BREATHS  
AND WATCHED HIS CHEST  
RISE. THEN I GAVE HIM A  
BREATH EVERY FIVE  
SECONDS.

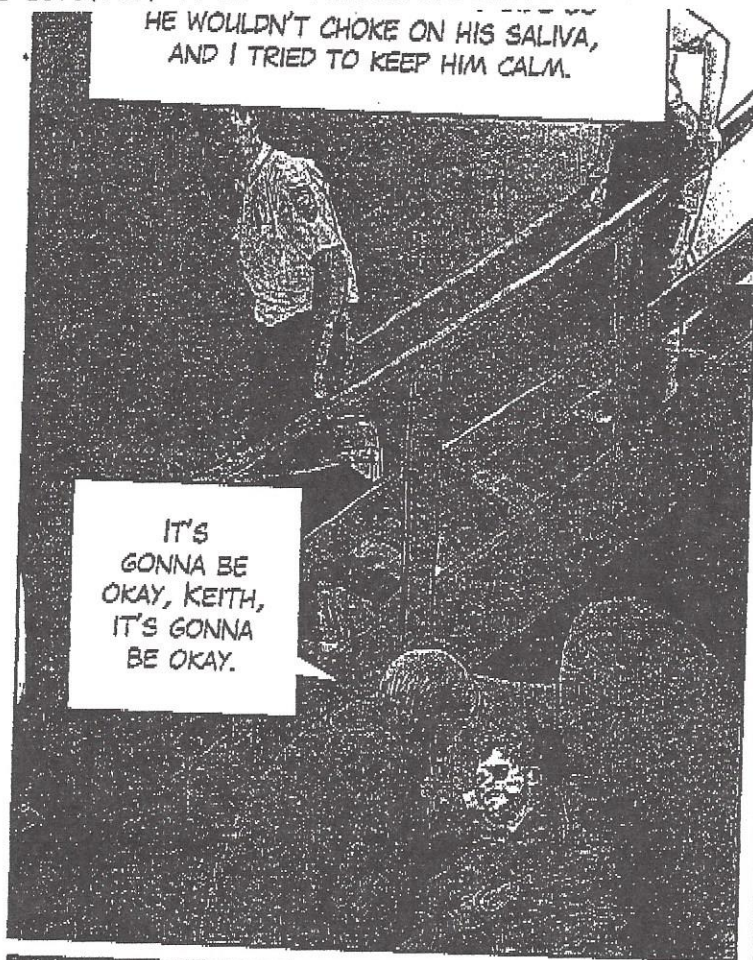


THEN I GRABBED  
THE NARCAN. WE  
KEPT DOWN THERE  
AFTER HIS FIRST  
OVERDOSE AND PUT  
IT TOGETHER.



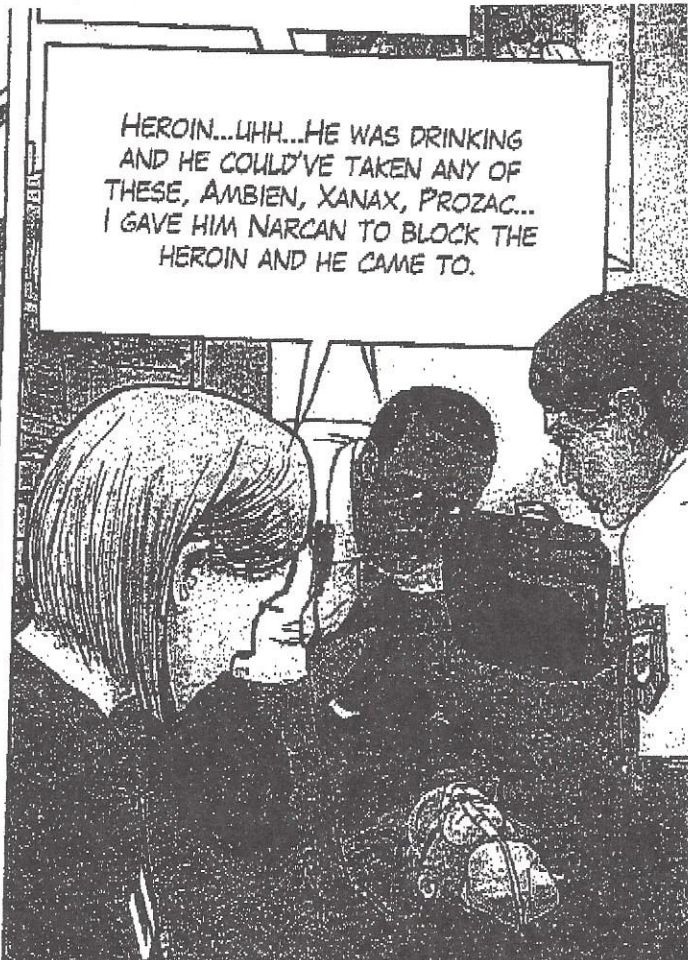
I DID RESCUE BREATHING AGAIN FOR A FEW MINUTES  
UNTIL THE NARCAN WORKED AND HE CAME TO.

WHAAA... WHAT  
HAPPENED?

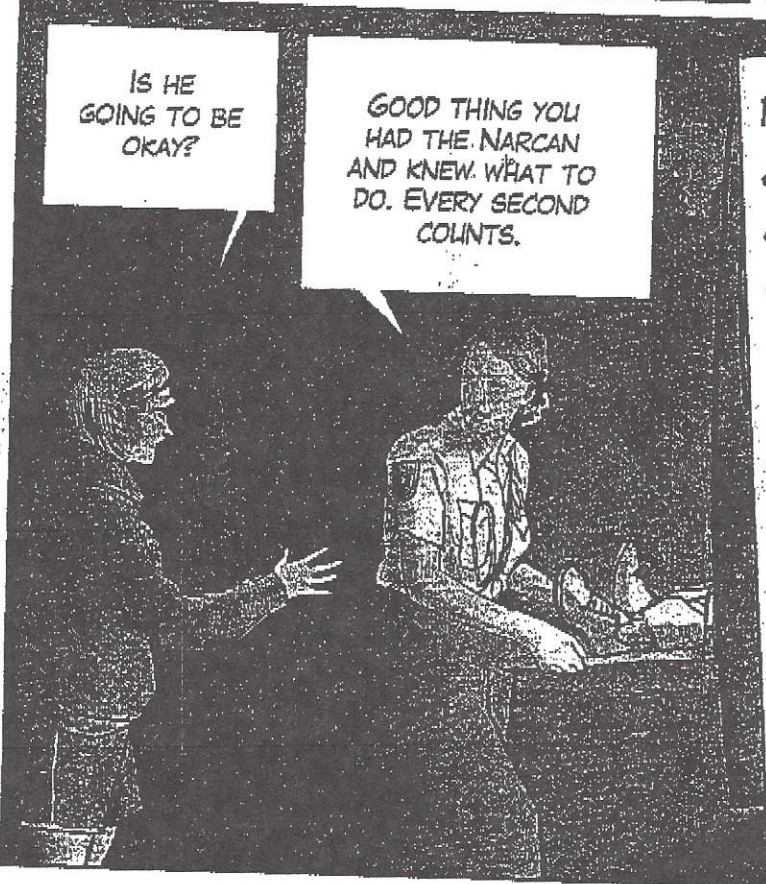


HE WOULDN'T CHOKE ON HIS SALIVA,  
AND I TRIED TO KEEP HIM CALM.

IT'S  
GONNA BE  
OKAY, KEITH,  
IT'S GONNA  
BE OKAY.



HEROIN...UHH...HE WAS DRINKING  
AND HE COULD'VE TAKEN ANY OF  
THESE, AMBIEN, XANAX, PROZAC...  
I GAVE HIM NARCAN TO BLOCK THE  
HEROIN AND HE CAME TO.



IS HE  
GOING TO BE  
OKAY?

GOOD THING YOU  
HAD THE NARCAN  
AND KNEW WHAT TO  
DO. EVERY SECOND  
COUNTS.

**REMEMBER:**

- MIXING HEROIN AND PILLS AND ALCOHOL CAN BE DEADLY.
- LOOK, LISTEN, AND FEEL TO SEE IF PERSON IS BREATHING.
- CALL 911.
- IF THE PERSON IS NOT BREATHING, PERFORM RESCUE BREATHING.
- ADMINISTER NARCAN, IF YOU HAVE IT. (SEE BACK COVER FOR INFORMATION ABOUT FREE NARCAN.)
- IF YOU CAN, TELL PARAMEDICS ABOUT ANY SUBSTANCES THE PERSON HAS BEEN USING.

**SIGNS OF OPIATE OVERDOSE:**

- PERSON WON'T WAKE UP, EVEN TO YELLING THEIR NAME, OR RUBBING HARD ON THEIR BRESTBONE
- CLAMMY, COOL SKIN
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## OVERDOSE PREVENTION AND SUBSTANCE ABUSE TREATMENT SERVICES AND INFORMATION

### MASSACHUSETTS OVERDOSE PREVENTION INITIATIVE

- Free and confidential training on preventing, recognizing and responding to overdose. Training includes rescue breathing and free Narcan.
- Nasal Narcan will be distributed in these pilot sites:

-Boston  
-Brockton  
-Cambridge  
-North Shore (Lynn and Gloucester)  
-Fall River

-New Bedford  
-Essex Co. (Hyannis and Provincetown)  
-Northampton  
-Springfield  
-Other locations coming soon.

For more information and the latest list of locations call:

(Toll free) 1-800-327-5050

TTY: 1-617-536-5372

[www.helpline-online.com](http://www.helpline-online.com)

### BOSTON PUBLIC HEALTH COMMISSION A.H.O.P.E.

- Recorded information on opioids and overdose prevention  
(Toll free) 1-800-388-2437

### MASSACHUSETTS SUBSTANCE ABUSE INFORMATION AND EDUCATION HELPLINE

- Free and confidential information and referrals to public and private treatment programs and Narcan sites.
- Massachusetts Department of Public Health-supported services may be available
- Translation available in 140 languages

(Toll free) 1-800-327-5050

Staffed 24 hours a day, 7 days a week

TTY: 1-617-536-5372

[www.helpline-online.com](http://www.helpline-online.com)

### ADDITIONAL MASSACHUSETTS PREVENTION RESOURCES

- A variety of pamphlets and booklets are available at the Massachusetts Health Promotion Clearinghouse: [maclearinghouse.com](http://maclearinghouse.com) 1-800-952-6637.

### MASS 2-1-1 CALL CENTER

- Confidential, free referrals to local providers and services during a crisis
- Information about government services and benefits, non-profit organizations and support groups

(Toll free) 1-877-211-6277 (In some areas, call 211)

Monday-Friday, 8am - 8pm

TTY: 617-536-5372

[www.mass211help.org](http://www.mass211help.org)



Prevent • Treat • Recover • For Life

[www.mass.gov/dph/bsas](http://www.mass.gov/dph/bsas)

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