



Date: 05/19/2025

Location: TEECH Foundation

1750 West 103rd Street Chicago IL 60643

In person/virtual

<https://us02web.zoom.us/j/83594646165?pwd=mSc9cJy0S4E90KmbD3LEy8CMpujMit.1>

Meeting ID: 835 9464 6165

Passcode: 235477

ROSC Monthly Meeting

Community topic: Harm Reduction Education & Narcan training& demonstration

Presenter and trainer: **Frederick Buford CPRS**

FSSRI UPDATE:

- Continue to work within the community and provide awareness through training, services and education.
- Continue to provide skilled and credentialed services such as recovery support, behavioral health and community advocacy and outreach.
- The State Fiscal year ends June 30th 25 and begins July 1, 2025.
- FSSRI increases its support and collaboration with the justice department by providing essential services and skills to ensure they are productive and contributing citizens within society.

Harm reduction:

What is harm reduction also known as Harm Minimization:

- Defined as "an Umbrella" term that covers a Variety and social concerns.
- A practical and transformative approach that incorporates community driven strategies including prevention decrease in risk and health promotion.

6 Key principles of harm reduction:

- Respect for the person
- Commitment to evidence
- Focus on Harms
- Recognizing drug use realities
- Prioritizing autonomy
- Socio-cultural

Harm Reduction facts:

- Plays a vital role in preventing drug related deaths
- Harm reduction increase access to healthcare, social services and treatment
- Harm reduction protects and saves lives
- Harm reduction applies to more than drug use it applies to other risky and or daily actions and behaviors.

Steps for overdose Assistance: **CALL, MAKE, SECURE, AND ASK**

- Call 911: Be specific, e.g., "The person is unresponsive."
- Don't tell first responders the person is overdosing. Just say they are unresponsive. **WHY:** Negative biases against substance misuse can slow down the response.
- Make sure you are safe and check your surroundings.
- Secure personal property
- Ask for assistance

Naloxone, also known as Narcan, is Harm reduction:

- September 2015 Illinois enacted public act expanding access to the opioid antagonist.
- Naloxone AKA Narcan is used to reverse opioid overdoses including fentanyl, certain prescription pain medication, respiratory depression or unresponsiveness.

Facts:

- The number of opioid-involved deaths increased from 21,089 in 2010 to 47,600 in 2017. The trend remained steady but saw a significant rise in 2020, with 68,630 reported deaths, and further increased in 2021 to 80,411.
- Naloxone is safe to use: It is non-addictive
- State and government assistance insurance covers Naloxone, however private insurance varies.
- In the state of Illinois, you can obtain naloxone through healthcare providers and community agencies.
- Opioid related drug overdoses cause 130 deaths per day
- Increasing the availability of naloxone through community distribution can prevent overdoses and save lives.
- Naloxone is far more effective when people don't use it alone
- Naloxone only works on overdose caused by opioids. Naloxone will not reverse overdose resulting from non-opioid drugs overdose like cocaine, alcohol, benzos (benzodiazepine).
- Narcan is safe a victim of non-opioid overdose caused by a mixture of drugs will not be harmed by Narcan.

Types of Naloxone:

- Intramuscular injection
- Nasal Spray
- Evzio

Recognizing Overdose:

- No response: Shake them well, call their name, or shout out loud if you are unsure of the name.
- Breathing: Will be slow or has stopped
- Snoring or gurgling sounds present
- Blue / grey lips and fingernail
- Pupils are pinned (small)
- Pale face, skin feel cold and clammy

NO- RESPONSE:

- Use Sternal rub/ push firmly in their chest with your knuckles.
- Be specific
- Be clear

How to administer Naloxone/Narcan: (Nasal Spray)

1. Place and hold the tip of the nozzle in either nostril until your fingers touch the bottom of the nose
2. Press the plunger firmly to release the dose which is (1) application per nostril
3. If the initial dose of naloxone does not work, give another dose. It is safe to give multiple doses
4. Orient the situation/ ask them if they know who they are, keep them calm, try to get them to discontinue use right after and seek medical attention
5. Remain with the person until help arrives

6. You may need to perform **RESUE BREATHING - Optional**
7. Resue breathing is optional, if you choose to perform rescue breathing go straight to chest compressions.
8. If the person still is not breathing start breathing ASAP
9. To perform rescue breathing the person should be laid on their back flat, head tilt backwards and check their airways to ensure they are clear.
10. Pinch their nose cover their mouth with yours (There are PPE for mouth and face shields to ensure health safety). Give one breath every 5-10 seconds – Mouth shields provided to attendees.

Chest Compressions:

Adult:

Place the heel of one of your hands in the center of their chest between the nipples. Put your other hand on top of the first. Interlock your fingers.

For children from ages 1 to 8 years old use just one hand in the center of the chest.

For infants: place two fingers in the center of the chest slightly below the nipple line

30 chest compressions

Community Resources:

- Local community agencies offer free Naloxone, along with training, education, demonstrations, and Narcan spray. The TEECH Foundation, approved as the southside vendor and distributor of Narcan, provides these supplies without the need for an appointment. You can contact the TEECH Foundation to arrange for delivery, mailing, or pick-up between 9 AM and 4:30 PM.
- Please visit www.teechFoundation1.org for additional resources conveniently located on our resource map.

Far Southside ROSC FY25 Impact Report

Far Southside ROSC Initiative (FSSRI)

FY25 COMMUNITY IMPACT REPORT

FSSRI Council serves 15 diverse communities: West Freightland, Auburn Creekton, Beverly, Washington Heights, Mount Carmichael, Morgan Park, Roseland - Northside, Corner of Heights, N. Hilltop, South Beech, Regency Hill, Oak Lawn, Evergreen Park, Madison (Southwest) and Homewood, Indiana.

High Overdose Community Data

High Overdose Community Data
 Springfield (000001)
 West Freightland (000002)
 Auburn Creekton (000003)
 Roseland N.E. (000004)
 Corner of Heights (000005)
 Madison (000006)
 South Beech (000007)
 Roseland (000008)
 Homewood (000009)



Source: Overdose Data for the Midwest (ODDM)

Low Overdose Communities

Low Overdose Communities
 Beverly (000010)
 Mount Carmichael (000011)
 Morgan Park (000012)
 Regency Hill (000013)
 Oak Lawn (000014)
 Evergreen Park (000015)

Community Collaborations

FSSRI has built strong relationships with various community organizations to address the needs of the Far Southside of Chicago. By leveraging partners' expertise and resources, the Council has implemented comprehensive programs designed to help communities thrive. These collaborative efforts have facilitated sharing best practices, pooling resources, creating a unified approach to tackling substance use, overdose prevention, and mental health issues.

Impact on the Community

01 Impact

The FSSRI Council's comprehensive approach to addressing community needs is supported by various partners and resources. This partnership has enabled the Council to provide a wide range of services to the community.

These initiatives have empowered individuals to pursue their recovery journey, fostering a sense of hope and resilience within the community.

02 Needs Met

Through their multi-faceted approach, the Council has addressed the diverse needs of individuals, ensuring that everyone, regardless of their background, has access to the services they need to recover and move forward.

03 Support

By providing accessible and inclusive, we ensure that everyone, regardless of their background, has access to the services they need to recover and move forward.

FY25 3 Top Priorities

01 Expansion of Recovery Support Services

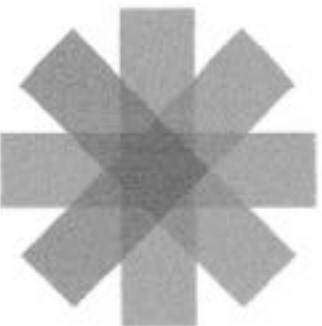
The Council has expanded its recovery support services, providing a wide range of resources to help individuals in recovery. These services include counseling, case management, and peer support, all designed to help individuals navigate the challenges of recovery.

02 Increase in MHA Services

The Council has increased its mental health services, providing a wide range of resources to help individuals in recovery. These services include counseling, case management, and peer support, all designed to help individuals navigate the challenges of recovery.

03 Strengthening Ties with Law Enforcement

The Council has strengthened its ties with law enforcement, providing a wide range of resources to help individuals in recovery. These services include counseling, case management, and peer support, all designed to help individuals navigate the challenges of recovery.



Certified Drug Overdose Prevention Program (DOPP)

Transforming Educating & Empowering Children and Humanity
(DBA TEECH)

Mr. Fredrick Buford RC, CPRS

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Chicago, Illinois 60643

(224) 406-3798 or (312) 539-5263

www.teechfoundation1.org

NARCON

What is Harm Reduction also known as Harm Minimization

- Harm Reduction has been described as : an umbrella” term that covers a Variety of health and social concerns.
- A practical and transformative approach that incorporates community driven public health strategies including prevention, decrease in risk, and health promotion.
- Focus on empowering people to use substances and their families with a choice to Live healthy, self directed and fulfilled lives with purpose.

6 key principles of harm reduction

- Respect for the person: Putting the individual first and leading with compassion and respect regardless of substance use.
- Commitment to evidence: Choosing science over stigma, biases, or belief. Making decisions based off logic, research, results, NOT moral judgement
- Focus on Harms: decrease and reduce harm. Focus on lessen substance uses negatively on health, society and economy.
- Recognizing Drug use realities: life beyond labels, and stigmas. Understanding that substance use is part of our reality rather we like or not. By, doing so we can collectively find practical and useful solutions. Incorporating acceptance research suggest will lead to more sticking with addiction treatment/recovery.
- Prioritizing Autonomy: Supporting individuals in making informed choices about substance use is important. This empowers the individual to make better choices that can lead to long-term recovery.
- Socio-cultural: Every voice counts and should be heard. Creating and adapting strategies to suit different backgrounds and life experiences.

Harm Reduction Facts

- Harm Reduction plays a significant and vital role in preventing drug related deaths.
- Harm reduction save lives.
- Harm reduction Increase access to healthcare, social services and treatment.
- Harm Reduction Protect the lives of the individual using and the community.
- Harm reduction applies to more than drug use; It applies to others' behaviors.

Most Important Steps for Overdose Assistance

Call

Call 911 - Be specific: "The person stopped breathing. They are not responsive to commands."
Be clear. Give cross streets or exact location.

Make

Make sure you are safe

Secure

Secure personal property

Ask

Ask for Assistance

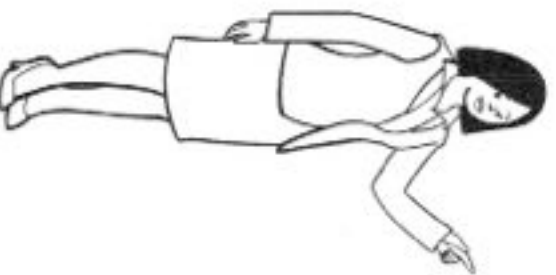
Naloxone (aka Narcan) IS Harm

In September 2015, Illinois enacted Public Act 99-0480 (Act), expanding access to the opioid antagonist, naloxone.

Naloxone may be used to reverse opioid overdoses, induced by natural or synthetic opioids including those caused by heroin, fentanyl, and certain prescription pain medications relative to respiratory depression or unresponsiveness.



Facts



Opioid-involved overdose deaths rose from 21,089 in 2010 to 47,600 in 2017 and remained steady through 2019. This was followed by a significant increase in 2020 with 68,630 reported deaths and again in 2021 with 80,411 reported overdose deaths.

Drug overdose deaths involving psychostimulants such as methamphetamine are increasing with and without synthetic opioid involvement.

- Naloxone is safe to use. It is non-addictive and as nontoxic as water.
- Insurance provider coverage of naloxone varies but Medicaid covers it with no co-pay.
- In Illinois, you can obtain naloxone through healthcare providers, pharmacies, and Drug Overdose Prevention Programs.

Types of Naloxone

Intramuscular Injection

Nasal Spray

Evzio

What We Know

- New study finds that increased access to naloxone combined with interventions to increase “witnessed overdoses” can significantly reduce opioid-related deaths
- Opioid-related drug overdoses cause 130 deaths per day in the U.S. Access to treatment and prevention programs are key to addressing the opioid crisis, as is access to overdose reversal drugs like naloxone, which has emerged as one of the most effective tools for saving the lives of people struggling with opioid addiction.
- Increasing the availability of naloxone through community-based distribution can prevent fatal overdoses, but since naloxone must be administered by another person, a major challenge to its effectiveness is the prevalence of solitary substance use.

<https://www.sph.umn.edu/news/greater-availability-of-naloxone-and-increases-in-witnessed-overdoses-can-reduce-opioid-related-deaths/>

Narcan Effectiveness

- Naloxone's effectiveness is related to how it is distributed. A supply-based approach could reduce overdose deaths by about 6.3%, and a demand-based approach could achieve an 8.8% reduction.
- Interventions aimed at increasing the likelihood of overdoses being witnessed have a significant impact on opioid overdose deaths. Even without reversal drugs, increasing witnessed overdoses by 20% to 60% could reduce deaths by 8.5% to 24.1%.
- Naloxone is far more effective when people who use drugs are not alone. Combining naloxone distribution with interventions to address solitary substance use could lead to a reduction in opioid overdose deaths by up to 37.4%.

How it Works

Naloxone only works on overdoses caused by opioids. This family of drugs includes prescription painkillers like OxyContin, fentanyl, methadone, and Vicodin, as well as street drugs like heroin. Naloxone will not reverse overdose resulting from non-opioid drugs, like cocaine, benzodiazepines (“benzos”), or alcohol. Given how safe naloxone is, a victim of a non-opioid overdose, or an overdose caused by a mixture of drugs will not be harmed by naloxone. In multiple drug overdoses (e.g., an opioid and a benzodiazepine) it is still worth administering naloxone as it will remove the effects of the opioid and may still reverse the overdose.

• <https://njatta.bja.ojp.gov/naloxone/does-naloxone-reverse-any-overdose>



- Chronic health conditions such as HIV, liver disease, and asthma increase risk of overdose.

Who is at Risk &



- Injecting opioids increases your overdose risk. However, you can still overdose from snorting.
- People who previously experienced an overdose are at an increased risk of future overdoses.
- It is safer to not use alone.
- In an emergency, someone can administer naloxone and call 911.

- No response if you shake them or call their name

- Breathing will be slow or stopped

- Snoring or gurgling sounds present

- Blue or grey lips and fingernails

- Pupils are pinned (small)

- Pale face, skin feels cold and clammy

<https://www.the-sabbell.com/en/2019/05/22/>



No Response - Into Action

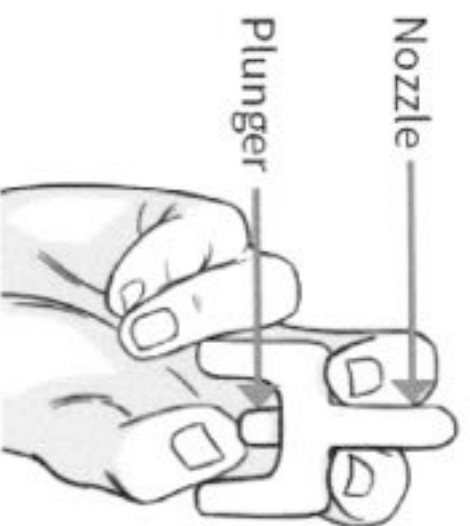
- Use sternal rub. Push firmly on their chest with knuckles and rub up and down. If there is no response, remain calm.
- Be specific: "The person stopped breathing. They are not responsive to commands."
- Be clear. Give cross streets or exact location

<https://www.cda.state.tx.us/page.aspx?Page=5542>


How to Administer: Nalaxone (Nasal Spray)

Pace and hold the tip of the nozzle in either nostril until your fingers touch the bottom of the patient's nose.

Press the plunger firmly to release the dose into the patient's nose.



Don't give up
Keep going...



- If the initial dose of naloxone does not work after 2- minutes, give another dose.
- Naloxone will only work for an opioid overdose.
- If they wake up, they may be confused or agitated.
- Orient them to the situation, (ex, ask them their name and city they are in) keep them calm, and try to discourage them from taking more substances.
- Remain with the person until help arrives.

<https://www.dhs.gov/sites/default/files/asset/document/181112.pdf>

Rescue Breathing

Optional



- Rescue breathing is optional, if you choose to not do rescue breathing go straight to chest compressions.
- If the person has not started breathing again, or breathing is still severely impaired, start rescue breathing ASAP. It is the quickest way to get oxygen to the person in need.
- To perform rescue breathing, lay the person flat on their back. Tilt their head backwards and check that their airway is clear.
- Pinch their nose, cover their mouth with your mouth and give one breath every 5-10 seconds. <https://www.theheartsource.org/Steps112>

Chest Compressions

If the person is an adult, place the heel of one of your hands in the center of their chest, between the nipples. Put your other hand on top of the first.

Interlock your fingers so they're drawn up and the heel of your hand remains on their chest.

For children from age 1 to 8, use just one of your hands in the center of their chest.

For infants, place two fingers in the center of their chest, slightly below the nipple line.
30 chest compressions.



Position Hands Over Sternum

Step Recap

- 1. Identify Opioid Overdose and Check for Response**
 - Ask person if he or she is okay and s/r out name
 - Shake shoulders and firmly rub the middle of their chest.
 - Check for signs of opioid overdose
- 2. Give Narcan Nasal Spray or Injectable Narcan**
- 3. Call for Emergency Medical Help, Evaluate, and Support**
 - Get Emergency medical help right away
 - Move the person on their side (recovery position)
 - Watch the person closely
 - If the person does not respond by waking up, to voice or touch, or breathing normally another does may be given. NARCAN Nasal Spray may be dosed every 2 to 3 minutes, if available.



- Learn about the risks and benefits of prescription medications, the importance of using them as prescribed, and how to safely dispose of them.
- Illicit opioids, including pills, have unknown strength and contents. Substances like fentanyl can significantly increase the risk of overdose.
- Avoid mixing opioids with other drugs, especially alcohol, benzodiazepines (e.g., Xanax, Valium), cocaine, sleeping pills, and additional opioids.
- Following a period of abstinence (e.g., treatment or incarceration), people experience a loss of tolerance and an increased risk of overdose.



THANK YOU

Don't Worry!!!!!!! You Are Protected Under The Good Samaritan Act



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