

LC ROSC Monthly Meeting Minutes

Date: August 28, 2025

Time: 10:30 am – 12:00 pm

Theme: *“Let Lived Experience Speak”*

Presenters

- **Julie LaBuda, PLE**
- **Stephanie Rosales, Community Health Educator, Lake County Health Department**

Opening

Project Coordinator **Amanda Douglas** opened the meeting and introduced **Julie LaBuda**.

Presentation: Julie LaBuda

Julie shared her personal recovery journey:

- She identified cocaine as her drug of choice, last used in 2014.
- In 2015, she experienced an opioid overdose. Narcan (naloxone) was administered to her via injection. She noted that she administered it without prior training.
- Two days later, a friend overdosed. Despite receiving multiple doses of Narcan (three total), the friend survived temporarily but later died from another overdose.
- This experience motivated Julie to seek **formal Narcan training**. She learned how opioids occupy brain receptors and how Narcan works to counteract their effects.
- Julie expressed strong support for Narcan distribution and emphasized the life-saving importance of access to this resource.

Questions/Comments

- **Elizabeth Thien** thanked Julie for sharing and mentioned she always carries two boxes of Narcan.
- **Stella Jones** expressed gratitude for Julie’s transparency.

Presentation: Stephanie Rosales

Stephanie discussed her role in the **Lake County Health Department Substance Abuse Program**, which focuses on:

1. **Empowerment**
2. **Education**
3. **Dispelling Myths & Destigmatizing Substance Use Disorder**

She emphasized Narcan as a **harm reduction tool**, comparing it to condoms and seat belts, measures designed to reduce potential harm.

Key Points:

- Narcan is **safe**: it only works on opioids.
- Narcan is **not addictive**.
- Narcan provides an **alternative to overdose deaths**.
- The elderly may accidentally overdose by forgetting they have already taken their prescribed opioid dose.
- Children may unintentionally ingest opioids.
- The prevalence of fentanyl has increased the need for community-wide Narcan access.
- She considers it a **privilege** to distribute Narcan as part of rebuilding the community.

Questions/Comments

- **Stella Jones** asked: *Does Narcan have an expiration date?*
 - **Answer:** Yes. Narcan 4mg nasal spray manufactured **on or after January 17, 2024** has a **4-year shelf life**. Products manufactured **before that date** have a **3-year shelf life**.

Guest Share: Michael Askew, SAMHSA

- Expressed appreciation for attending the meeting.
- Shared that SAMHSA has a **toolkit** available on its website.
- Noted that **over 93,000 people in the U.S. lost their lives to drug overdose in 2020**.
- While some areas saw reduced funding, additional funding will be available to support **Narcan distribution**.

Announcements

The meeting concluded with members sharing upcoming events.