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Maira A. Rodriguez

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Maira A. Rodriguez

Sun Street Centers - Gina Marin

Collaborative Health & Human Services

Department of Health Human Services and Public Policy

California State University Monterey Bay

Stephanie McMurtie, MHS

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Author Note

Maira A. Rodriguez, Department of Health Human Services and Public Policy, California State University Monterey Bay. This research was supported by Sun Street Centers. Correspondence concerning this article should be addressed to Maira A. Rodriguez, California State University Monterey Bay, 100 Campus Center, Seaside, CA, 93955. Contact: mairrodriguez@csumb.edu.

Abstract

Sun Street Centers mission is to prevent alcohol and drug addiction, and they do this by providing education, prevention, treatment options, and recovery to individuals and their family members in the Monterey County community, regardless of their income level. Sun Street Centers has been providing effective services and programs for those recovering from alcohol and drug addiction since 1968. Some of these programs and services that are offered to youth and parents include gateway drug presentations, cannabis education and substance abuse, and bullying presentations. They also offer the Safe Teens Empowerment Project (STEPS) where students are not only encouraged to engage within their community, but also able to obtain community service hours. The purpose of this project is to educate the community about opioid use and its effects on overall health while also providing Narcan training. Through research and putting together a presentation along with a flier and a post survey, this presentation is available for parents, caregivers, guardians or anyone over the age of 18. After presenting this project to staff members at Sun Street Centers, there were few suggestions to make this presentation stronger and successful. The goal of this project is to reduce opioid overdose fatalities in Monterey County, because in 2019, there were 96 fatalities due to opioid overdose (KSBW, 2022). With an ongoing opioid epidemic, this presentation could also be adapted and presented to youth, so they can avoid an overdose and possibly save a life by using or having easy access to a Narcan.

Keywords: Opioid, overdose, Narcan, prevention

Agency and Community Served

Sun Street Centers inspire community members to value an alcohol-free and drug-free life by providing programs and services. They do this by education, prevention, treatment options, and recovery to individuals and their family members in the community regardless of their income level (Sun Street Centers, 2023). Sun Street Centers has been providing effective services since 1968 for those recovering from alcohol and drug. They provide prevention programs and education through outreach to middle and high school students. They also have a STEPS program for teens, which stands for safe teens empowerment project. For adults they provide driving under the influence classes for first and multiple offenders including counseling violations and education. They also provide substance use counseling. Sun Street has residential programs in San Luis Obispo, Salinas, King City, and Hollister. Their recovery services are offered to those that have started a foundation for recovery, meaning they are not cured but are in their first stages of recovery (Sun Street Centers, 2023).

In 2021, Sun Street Centers provided services to 8,977 clients. The majority of clients were served through prevention programs which was 66% of the clients (Sun Street Centers, 2022). Males count for 50%, females were 34%, 3% as others and 13% did not report their gender. There were 1,045 clients that were Spanish-speakers and 747 clients reported living under poverty. Sun Street Centers majority race/ethnicity that services were provided to were Hispanic while their lowest race/ethnicity clients were American Indian, Pacific Island and Asian at 1%. Unfortunately 32% of the clients were unidentified. Even though Sun Street Centers provides services for the tri-county region, the majority of the clients served lived in the City of Salinas (Sun Street Centers, 2022).

Problem Model

Contributing Factors	Problem	Consequences
No access to Narcan nasal spray.	Opioid use in Monterey County	Overdose
Substance use		Health Effects
Lack of education and prevention on opioids in the community		Addiction

Social Problem

The number of overdoses in Monterey County has increased 8 times since 2018 (Montage Health, 2022). According to Montage Health, opioid overdose has increased dramatically and it is requiring attention and action measures (Montage Health, 2022). Many of the deaths that occurred between 2018 and 2021, the deaths were from individuals age 30 or younger (Montage Health, 2022). Although this issue has been addressed since 2014, in 2018 Monterey was the second lowest to have any death relations with opioids (Montage Health, 2022). Unfortunately, many new medications have been introduced to the community causing the increase in overdose and in deaths.

In 2021, California had over 71,000 deaths from opioid drugs (CDPH, 2023). According to the Center and Disease Control (CDC), California's number of deaths is also increasing every year. County and state wide the opioid that is used the most is Fentanyl and is the one that has contributed to the majority of the deaths. Fentanyl is stronger than heroin and stronger than morphine (CDPH, 2023). In 2021, there were 6,843 deaths related to opioids and out of those deaths 5,722 were because of fentanyl. Overall California had deaths that involved individuals younger than 30. In 2021, 224 deaths due to fentanyl were of the ages between 15-19. There are

many types of opioids, different colors, shapes and strengths but one thing to keep in mind is that if it is not coming from a pharmacist then it is not safe and can be deadly (CDPH, 2023).

Contributing Factors

Narcan also known as Naloxone is a nasal spray that can help someone when undergoing an overdose (GoodRX Health, 2022). Individuals accessing and in need of a Narcan has increased since 2010 (NIH, 2021). Unfortunately according to the CDC, Narcan is readily available to those that are in need of the nasal spray (CDC, 2019). There are areas in the country where the Narcan are not being distributed as they should be (CDC, 2019). Free Narcan is not advertised enough to inform individuals of what is out in their community.

Substance use is one of the leading issues regarding opioid use (Bright Future Recovery, 2022). Monterey County's homeless population has a 52% that are dealing with substance use. There are 191 children in the county that are receiving out of home services and 40% of those children that are dealing with substance use. The Monterey County's crisis team of 1,318, 48% have substance use (Bright Future Recovery, 2022). For the most part, individuals start with prescription drugs such as Oxycodin or Vicodin that are prescribed by a physician for pain, diarrhea, coughing or any post surgery (Swaim, 2022). Many individuals use opioids with other drugs or alcohol that increases the risk of overdose (WHO, 2021). There are times when a certain drug after being taken so many times, the high becomes less and less rewarding. This is considered as having a high tolerance that later they will want to search for a stronger drug as the reward circuit is less and less responsive (NIH, 2018).

There is definitely a need for education as the number of opioid deaths has increased in the past years as previously mentioned but unfortunately education in substance use in California schools is optional and not mandatory (Jones, 2022). Parents are noticing the lack of education

on drugs and are wanting schools to do more for the kids (Jones, 2022). According to the Population Reference Bureau (PRB), those that are less educated tend to be more at risk for addiction due to the work setting they are at and how injuries or health issues may arise. When there are injuries or other health issues, there are chances a person may get prescribed pain killers, also known as opioids (PRB, 2018). Also, those who are less educated may seek other options to have a source of income, and this may involve reselling opioids. Reselling and having easy access to opioids, increases the chances of addiction that can become a fatal option in the long run (PRB, 2018).

Consequences

One of the major consequences is death from an opioid overdose. According to Monterey County Opioid Safety Data Report, when one person dies from opioid overdose, there are 12 admitted to a facility for treatment, 105 individuals are addicted or being treated and 659 report using opioids without any medical condition (CDC, 2015). As previously mentioned, only in 3 years, the death rate has increased 8 times (Montage Health, 2022). According to the CDC, the United States reported 92,000 deaths related to drug overdose in 2020 and 75% of those deaths were related to an opioid (CDC, 2022). California reported 7,175 deaths related to opioid in 2021 (CDPH, 2021). In 2020 and 2021, Monterey County had 65 deaths due to opioid use (Montage Health, 2022).

Opioids can definitely help with pain and relax the body to help ease any pain, this could be considered a short term effect according to the National Institute on Drug Abuse (NIH, 2021). They can also help treat coughing and diarrhea (NIH, 2021). Unfortunately, when abusing opioids the effects can be severe. When individuals misuse opioids such as taking more than prescribed, taking it to get a “high” there are other effects such as drowsiness, nausea, slowed

breathing that are accompanied by misuse of opioids (NIH, 2021). When the breathing is slowed, this means less oxygen will reach the brain which causes hypoxia (NIH, 2021). Hypoxia can also lead to brain damage, coma or it can be fatal (NIH, 2021). Long-term misuse of opioids affects the Gastrointestinal (GI) (Mosel, 2023). The effects include constipation, vomiting, stomach cramp and bloating. The constipation can become so severe that opioid use needs to be reduced or stopped (Mosel, 2023). Individuals with GI problems are frequent flyers in the emergency rooms and possibly need to stay for further evaluation than those that do not have GI problems. GI problems that are caused by opioid use are also associated with mental health becoming an additional problem to individuals. The severity of constipation has shown that it causes the individual to have psychological and depression problems (Mosel, 2023). The misuse of opioids can also lead to cardiovascular problems. These problems include abnormalities in the heart rhythm that can later lead to strokes or heart failure and as well it can be fatal (Mosel, 2023). There have been studies shown that there is a possible connection between women using opioids and risk of coronary heart disease and cardiovascular disease (Mosel, 2023).

Misuse leads to addiction. Not using the opioids properly such as crushing the pill to inject or snorting it, is known to be the most effective way to become addicted to opioids (Mayo Clinic, 2022). To many individuals opioids are known to be used short-term and relieve pain but to many, this leads to an addiction. In the United States, 3 million citizens misuse opioids (NIH, 2022). As stated by the National Library of Medicine, 80% of heroin addicts started with opioid pill form (NIH, 2022). This means that many individuals became addicted to opioids due to having high tolerance for them. For example, they had a strong desire to use opioids due to certain circumstances, reduced their social life, and when tried to stop using withdrawals would kick in (NIH, 2022).

Working Title

Opioid Use: True Colors

Project Description

The project I will be working on with Sun Street Center is putting together a presentation on opioids. This presentation will be given for caregivers during workshops. Caregivers are 18 years or older and may include parents, foster parents or any guardians. This presentation will include what are opioids, who may be affected by opioids, and the short term and long term effects of opioids. After caregivers attend the presentations, they will be given a Narcan nasal spray as well as a how to use it demonstration. The Narcan nasal spray is a prescribed medication used to treat known or suspected opioid overdose. An all in one flier will also be created on opioids and important facts for caregivers to keep.

Project Justification & Benefits

The goal of this project is to educate the community on opioids and the effects on your overall health. This project will not only serve as an information tool but it is intended to educate and help save lives. As mentioned before, there has been a drastic increase in overdoses in Monterey County. This project is the creation of a presentation on opioids for anyone over the age of 18 years old. It will also provide a Narcan nasal spray to members of the community to reduce the numbers of opioid overdose. The presentation will go over what opioids are, what they possibly may look like, and possible health outcomes that may come along with opioids substance abuse. After the presentation, all those attending will be able to take with them a facts sheet along with a how to use Narcan nasal spray form. The Narcan can be used to help save the life of a community member. This presentation will educate the community on the importance of opioids and possibly educate other family or community members. According to Montage Health,

a way the community can help with overdose is to be more informed and attend meetings and workshops (Montage Health, 2022). Making Narcan available will be an additional resource to help save lives from overdosing on opioids. Sun Street is hoping to reduce those who abuse opioids and reduce the number of overdoses in the Salinas community. According to Montage Health, deaths from 2018 to 2021 have increased more than 8 times (Montage Health, 2022).

One of the problems within this agency is substance abuse. There are many contributing factors to substance abuse in Salinas. One of them is a lack of involvement with parents and teens. When there is no involvement or communication between teens and parents or family members in general, teens are more likely to listen to peer pressure and poor influencers. Adults being educated on what opioids can do and what they look like, will help them be more aware and stop any family members from consuming opioids or help prevent an overdose.

This project will not only educate the adults in the community but as well as help spread the knowledge amongst each other. After this presentation they will have more knowledge of opioids. Many members in the community may not understand the dangers of opioids. They will be able to look for possible cues when an individual could be going through opioid addiction or an overdose. They will also understand not to take any other medications that a physician has not prescribed. Those attendees with children, will be able to educate their children about pills or taking any unknown medications from strangers that were not given by their parents. They will also know how to use a Narcan and know that these are accessible to the community to help save an individual from an overdose.

Implementation Process

At the start of the project, research data and statistics were a major task in the beginning. I needed to gather plenty of information from credible sources in order to put the presentation

together. The majority of the research conducted was on what opioids are, what they look like, outcomes from misusing such as health and physical effects on the body. After gathering enough important information and facts, a fact sheet (Appendix B) was created for those attending the presentation. An email was sent to the mentor and the agency's Director to review and make any suggestions. After the fact sheet was created, the presentation was created. The beginning of the presentation included what opioids are, where they come from and what they look like. Then it went on explaining the different methods opioids are consumed and symptoms of overdose. The last part of the presentation shared a video on how to use the Narcan. Once the presentation was completed, a post survey (Appendix C) was created based on what the key takeaways should be and also asking for feedback from attendees. Since, I was not able to present to staff due to scheduling issues, I recorded myself and sent them an email of how the in person presentation would look like.

Implementation Table

Appendix A

Expected Outcomes

Sun Street Staff members will review this project and assist with any changes needed. Sun Street Center staff members have multiple meetings prior to presenting any projects to the community. After staff members at Sun Street Centers review the presentation, feedback will be provided. Once it is ready to present, this project that was created for the community will help reduce the fatalities on opioid overdose in Monterey County. In 2019, Monterey county had 96 fatalities due to overdose (KSBW, 2022). By applying this project in Monterey County, it should help reduce this rate by 5% each year. This presentation will be available for the community as requested and as needed specially for those in need to do the Narcan training. As mentioned

previously, Montage Health stated a way the community can help with overdose is to be more informed and attend meetings and workshops (Montage Health, 2022). This informative project will help the community be aware about their surroundings and possible cues to look for when an individual may be undergoing an overdose. Most importantly the Narcan handed to them after the presentation will help save the life of a family or community member. According to the CDC, 80% of the overdose deaths happened at home (CDC, 2023).

Assessment Plan

This project was sent to all staff via email at Sun Street Centers, prevention center requesting feedback. Once a presentation is being presented in the community, a post survey will be used to evaluate the project. Sun Street Centers currently conducts surveys for their marijuana workshops. They have pre and post surveys to determine how and what was helpful about the workshops. This project will either be held at the center located on Alisal St. in Salinas or upon request from community resource centers. This specific project will only have a check in/attendance sheet to keep track of who attended the presentations and who was given a Narcan nasal spray. By doing so, this will help Sun Street Centers determine where a need of additional resources or information may be needed within the community.

Results

This presentation is intended to be a resource to the community and available for older adults, caregivers and any individual over 18. Although this presentation is for Sun Streets Centers to use in the future, I was able to get some feedback from staff members after doing a mock recorded presentation. The presentation was a total of 15 minutes and I was able to send a link to all staff members in the prevention center in Salinas. There was also feedback given on the survey and flier that was created to go along with the presentation.

As for the presentation, according to staff members, it was a good presentation overall. The feedback received was to make the presentation stronger and easier to understand for the attendees. They suggested the signs and symptoms where law enforcement is mentioned, elaborate on how law enforcement could be a sign and symptom of opioid drug abuse. They also mentioned that more to the signs of overdose as well as explain when an individual is overdosing, and not sure what drug when they are overdosing it is safe to use the Narcan as there is no harm to the individual overdosing. Lastly, they thought adding a picture of what the recovery position looks like will help understand what this position looks like. As for the flier, there were minor changes to the wording and no changes to the survey. All the feedback that was given led to changes to finalize the presentation.

Conclusions and Recommendations

As mentioned previously, there has been a dramatic increase in opioid overdoses and Sun Street Centers is leading the community to help address this issue. With the need of educating the community about opioids and possible consequences, this presentation is recommended to the entire community. Any individual regardless of age could be exposed to opioids and it is important to educate them on possible consequences but also ways to avoid an overdose and possibly save a life by using or having easy access to a Narcan. The youth could be potential individuals to save a life as it could be their parents, or older siblings misusing opioids. The project created could serve the youth as well by making minor changes and make it interesting and add more visuals for the youth.

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Appendix A

Task	Timeline	Parties Involved	Materials/ Services	Completed Product
Documented data on DUI participants	January 2022 - May 2022	Sun Street Patients/Customers	Surveys done by participants	Statistics on DUI in Monterey County and cities nearby
Attended multiple marijuana workshops	January 2022 and January 2023	STEPS Students and Sunstreet Staff	Powerpoint, pre and post surveys, brochures	Educated Parents and community members
Presentation needed for opioids/Narcans	December 2022	Gina Marin, Reyna Alcala	Presentation, sign up sheet, brochure/flier, pre and post surveys	Capstone Project Idea
Attended meetings about creating/combining a presentation for students on vaping	January 2023	Sun Street Staff members	Powerpoint Presentations	Presentation to present in highschools
Gather overdose data in Monterey County	February 01, 2023	Gina Marin	Computer and internet. Sun Street previous noted data	Summary of research
Gather any additional information needed for presentation	March 01, 2023	Gina Marin Jorge Rubio Brittnay Lambordi Maria	Communication with staff members of possible sites of data/statistics	Summary of research
Create a flyer of presentation/ Create pre and post survey	March 08, 2023	Gina Marin	Canva and research data gathered.	Fact sheet and surveys
Meeting with Mentor	March 15, 2023	Gina Marin	Flier and surveys	Have mentor go over surveys and flyers and make any necessary changes
Presentation draft (information only)	March 22, 2023	Self	Powerpoint	Draft
Presentation review	March 29, 2023	Gina Marin	Powerpoint	Meeting with mentor to review draft
Make changes to presentation after meeting	March 28, 2023	Gina Marin	Powerpoint	Update draft
Add touches to presentation	April 05, 2023	Gina Marin	Powerpoint	Working on finalizing presentation

Mock Presentation	April 12, 2023	Sun Street Center Staff	Powerpoint	Receive feedback on presentation created
Finalized presentation	April 14, 2023	Gina Marin	Powerpoint	Creation of powerpoint

Appendix B

OPIOID USE: TRUE COLORS

Misusing opioids is dangerous. They can become addictive when they are used for non-medical reasons. This can lead to overdoses and deaths.

FACTS

CONSEQUENCES OF MISUSING OPIOIDS

- Drowsiness
- Confusion
- Nausea
- Constipation
- Slow breathing
- Less oxygen to the brain
- Brain damaged
- Fatal

SAVE A LIFE, USE A NARCAN

1. Lay person on their back
2. Tilt the person's head back and provide support under the neck with your hand
3. Gently insert the tip of the nozzle into either nostril.
4. Press the red plunger firmly to give the dose of NARCAN® Nasal Spray
5. Get emergency medical help right away.
6. Move the person on their side (recovery position) after giving NARCAN® Nasal Spray
7. Repeat Step 3 and 4 using a new NARCAN® Nasal Spray to give another dose in the other nostril

CONTACT US FOR MORE INFORMATION

Sun Street Centers
📍 128 E. Alisal | Salinas, CA 93901
☎ 831.753.5150
✉ info@sunstreet.org

Appendix C

Opioid Overdoses: True Colors Survey

Please take a few minutes to fill out this brief survey. Your answers will help us improve our presentation and will be kept confidential. Thank you!

1. Did you know that opioids were affecting the Monterey community?

Yes No

2. Was the topic clear and understandable?

Yes No

3. Which topics that were covered were completely new to you?

4. Were any of the topics relevant to you or a family member?

Yes No

5. Do you think the overview of how to use a Narcan was clear and easy to follow?

Yes No

6. Do you feel confident enough to use a Narcan?

Yes No

7. Will you find the flyer useful to keep in your household?

Yes No

8. How would you rate the overall presentation?

Excellent Good Adequate Poor

9. Do you have any suggestions to improve this presentation?

10. Anything else you would like to add or share?
