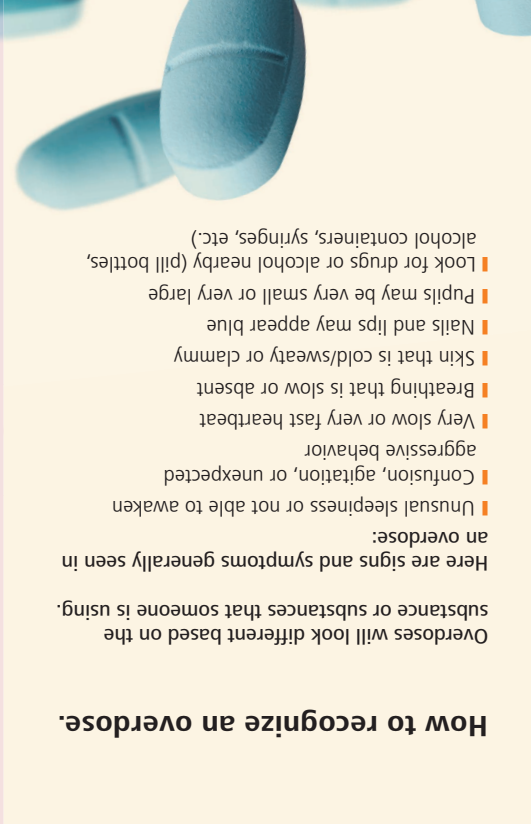


- If you have naloxone and understand how to use it, administer naloxone while waiting for the ambulance
- It is important to know how to use naloxone before you use it. Read the instructions on the box and/or visit montagehealth.org/prescribesafe to view a training video
- If the person is unresponsive, roll them on their side while waiting for 911

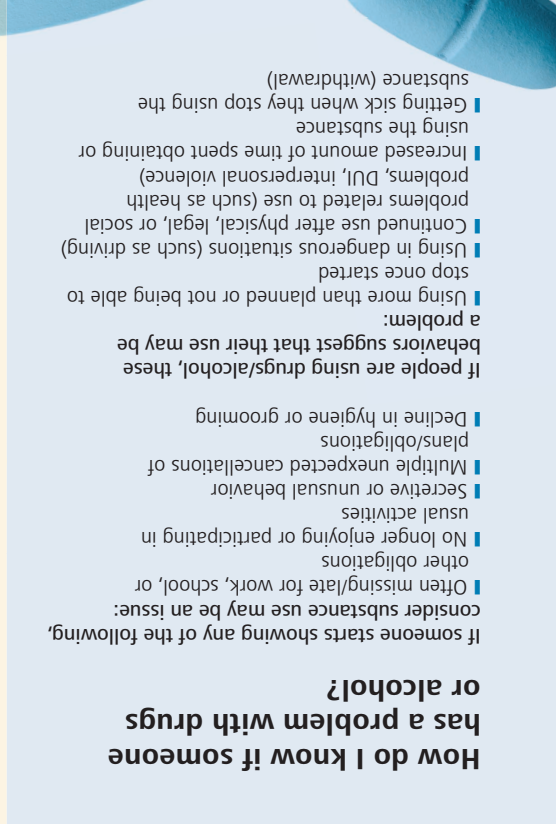
CALL 911

What to do in case of an overdose.



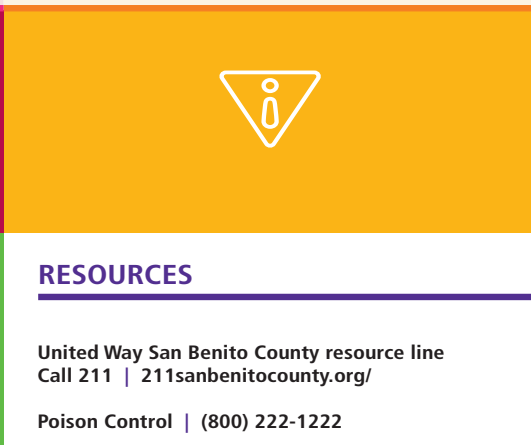
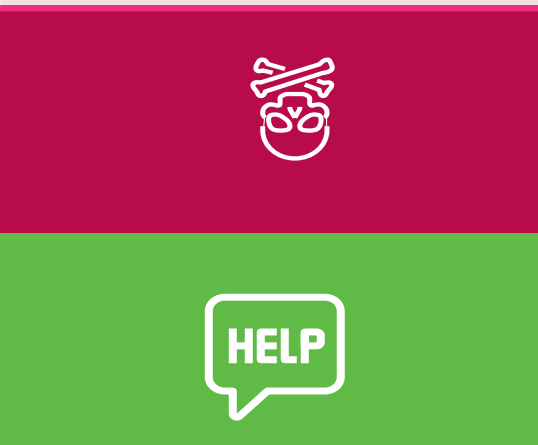
- Overdoses will look different based on the substance or substances that someone is using.
- Here are signs and symptoms generally seen in an overdose:
 - Unusual sleepiness or not able to awaken
 - Confusion, agitation, or unexpected aggressive behavior
 - Very slow or very fast heartbeat
 - Breathing that is slow or absent
 - Skin that is cold/sweaty or clammy
 - Nails and lips may appear blue
 - Pupils may be very small or very large
 - Look for drugs or alcohol nearby (pill bottles, alcohol containers, syringes, etc.)

How to recognize an overdose.



How do I know if someone has a problem with drugs or alcohol?

- If someone starts showing any of the following, consider substance use may be an issue:
 - Often missing/late for work, school, or other obligations
 - No longer enjoying or participating in usual activities
 - Secretive or unusual behavior
 - Multiple unexpected cancellations of plans/obligations
 - Decline in hygiene or grooming
- If people are using drugs/alcohol, these behaviors suggest that their use may be a problem:
 - Using more than planned or not being able to stop once started
 - Using in dangerous situations (such as driving)
 - Continued use after physical, legal, or social problems related to use (such as health problems, DUI, interpersonal violence)
 - Increased amount of time spent obtaining or using the substance
 - Getting sick when they stop using the substance (withdrawal)



HELP

How to talk to your loved one when you are concerned that they might have a problem

- Choose the right time to speak — a time they have not been using drugs or alcohol
- Express your concerns without making accusations
- Specify what you noticed that made you worried
- Prepare for strong reactions and stay calm
- Reinforce how much you care about them and how you feel about drug and/or alcohol use
- Get help from experts. Contact school officials, family doctors, and resources on the following pages

RESOURCES

United Way San Benito County resource line
Call 211 | 211sanbenitocounty.org/

Poison Control | (800) 222-1222

24-hour Suicide Crisis Line
Toll-free: (877) 663-5433 (ONE LIFE)
Serving Monterey, Santa Cruz, and San Benito Counties

Hazel Hawkins Memorial Hospital
(831) 637-5711 | hazelhawkins.com

San Benito County Behavioral Health
(831) 636 4020
cosb.us/departments/behavioral-health

Substance Abuse and Mental Health Services
(800) 662-HELP (4357) | samhsa.gov

Sun Street Centers
(831) 899-6577 | sunstreetcenters.org

Valley Health Associates
(831) 424-6655 | valleyhealthassociates.com

montagehealth.org/prescribesafe

sbcopioidtaskforce.org



SUBSTANCE USE GUIDE

Help for friends and family members.

FIND INSIDE:

- Information on alcohol and commonly used drugs
- How to recognize when someone has a problem and how to get them help
- How to respond to an overdose



Alcohol

BOOZE, BREW, LIQUOR, SAUCE

Benzodiazepines

ALPRAZOLAM, XANAX, XANNIES, XANS, CLONAZEPAM, KLONOPIN, DIAZEPAM, VALIUM, BENZOS, DOWNERS, TRANKS

Marijuana

CANNABIS, WEED, POT, GRASS, REEFER, GANJA, MARY JANE, BLUNT, JOINT



WHAT DOES IT DO?

Alcohol is a general depressant and decreases brain function. Depending on the dose, it can cause poor decision-making, sleepiness, or unresponsiveness.



HOW IS IT DANGEROUS?

- Alcohol causes poor decision-making leading to unsafe behavior such as drinking and driving, unsafe sex, and accidents or injuries
- At high levels, alcohol will decrease breathing and slow heart rate to the point a person can become unresponsive and die. The risk increases when mixed with other substances
- Chronic, heavy alcohol use leads to liver damage and may result in permanent liver failure
- Rapidly stopping heavy alcohol use can result in seizures, confusion, and death
- Alcohol use can lead to addiction
- Slows reaction time increasing the risk of injuries and accidents



WHAT DOES AN OVERDOSE LOOK LIKE?

- People who have overdosed on alcohol are very sleepy or unresponsive. They may have slow or absent breathing and heart rate

HELP

WHAT TREATMENTS ARE AVAILABLE?

- There are medications to help with alcohol-use disorder
- Mutual support groups (Alcoholics Anonymous)
- Counseling and treatment programs



WHAT DO THEY DO?

Similar to the effects of alcohol, benzodiazepines are a general depressant and decrease brain function.



HOW ARE THEY DANGEROUS?

- Benzodiazepines act very similar to alcohol in the brain with poor decision-making leading to unsafe behavior such as intoxicated driving, unsafe sex, and accidents or injuries
- At high levels benzodiazepines will decrease breathing and slow the heart rate to the point a person can become unresponsive and die. The risk increases when mixed with other substances
- Rapidly stopping benzodiazepines can result in seizures and death
- When purchased on the street, they are usually laced with another drug which can increase risk
- Benzodiazepine use can lead to addiction
- Slows reaction time increasing the risk of injuries and accidents



WHAT DOES AN OVERDOSE LOOK LIKE?

- People who have overdosed on benzodiazepines are very sleepy or unresponsive. They may have slow or absent breathing and heart rate

HELP

WHAT TREATMENTS ARE AVAILABLE?

- Doctors can prescribe medications to help people stop using benzodiazepines or decrease use to a safe level
- Mutual support groups
- Counseling and treatment programs



WHAT DOES IT DO?

Marijuana acts on multiple sites in the brain and disrupts normal brain function. In most circumstances, marijuana acts as a sedative and decreases brain activity



HOW IS IT DANGEROUS?

- Marijuana smoke deposits more tar in the lungs and also has 50-70% more cancer-causing substances than tobacco smoke
- Chronic marijuana use can be associated with severe mental health disturbances such as schizophrenia, anxiety, and depression
- When purchased on the street, it may be laced with another drug which can increase risk
- Marijuana use can lead to addiction
- Slows reaction time increasing the risk of injuries and accidents



WHAT DOES AN OVERDOSE LOOK LIKE?

- Marijuana alone is unlikely to cause a fatal overdose
- High doses can cause paranoia, anxiety, panic attacks, fast heart rate, hallucinations, and agitation

HELP

WHAT TREATMENTS ARE AVAILABLE?

- There are limited medication options for treatment
- Mutual support groups
- Counseling and treatment programs

Opioids

HYDROCODONE/WICODIN/VIKES, OXYCODONE/OXYS, PERCOCET/PERCS, MORPHINE, CODEINE/SIZZURP/PURPLE DRANK, FENTANYL, OXYMORPHONE

Some are prescription medications. Many are sold on the street as illegal drugs and often are added to street pills without the user's knowledge.



WHAT DO THEY DO?

Opioids are used medically to relieve pain. Even when used as prescribed by a doctor, they are a general depressant that decreases brain function.



HOW ARE THEY DANGEROUS?

- Opioids have the highest risk of any substance to cause a fatal overdose. They decrease breathing, and during an overdose, breathing stops. Risk of death increases when mixed with any other substances, but a single dose of an opiate can be enough to kill an adult
- Regular use leads to increased perception of pain, chronic abdominal pain, constipation, nausea, and mood changes
- When purchased on the street, they are usually laced with another drug which can increase risk
- Opiate use can lead to addiction
- Rapidly stopping opiates can result in vomiting, diarrhea, chills, and abdominal pain
- Slows reaction time increasing the risk of injuries and accidents



WHAT DOES AN OVERDOSE LOOK LIKE?

- Extreme drowsiness or inability to awaken
- Small pupils
- Decreased or absent breathing
- Blue or purple discoloration to lips or fingers

HELP

WHAT TREATMENTS ARE AVAILABLE?

- There are medications to treat opiate use disorder (medications for addiction treatment, MAT)
- Mutual support groups
- Counseling and treatment programs

Stimulants

METHAMPHETAMINE, METH, SPEED, CRYSTAL, CRANK, ICE, UPPERS, DEXIES, COCAINE, COKE, CRACK, BLOW, SNOW, BUMP



WHAT DO THEY DO?

- Stimulants increase brain activity, and depending on the dose, they can cause hyperactivity of the brain
- Depending on the dose stimulants can cause a feeling of increased attention including agitation and severe hallucinations



HOW ARE THEY DANGEROUS?

- Severely increased brain activity can lead to hallucinations, seizures and strokes
- Increased heart activity is associated with heart attacks
- Stimulants severely interfere with judgement leading to potentially fatal injuries and accidents
- Hallucinations from stimulants can cause people to be violent and aggressive
- When purchased on the street they can be laced with another drug which can increase risk
- Stimulant use can lead to addiction



WHAT DOES AN OVERDOSE LOOK LIKE?

- Fast heart rate
- Dilated pupils
- Sweaty skin
- Confusion, agitation, hallucinations
- Violent activity
- Chest pain and difficulty breathing

HELP

WHAT TREATMENTS ARE AVAILABLE?

- There are limited medication options for treatment
- Mutual support groups
- Counseling and ongoing treatment programs

Other substances

HALLUCINOGENS AND PARTY DRUGS, MUSHROOMS, SHROOMS, LSD, ACID, ECSTASY, MDMA, MOLLY, INHALANTS, NITROUS



WHAT DO THEY DO?

Overall this group of substances has varied effects. In general, they alter the person's perception – some more than others.



HOW ARE THEY DANGEROUS?

- These drugs alone are less likely to cause a fatal overdose
- High doses cause paranoia, anxiety, panic attacks, fast heart rate, hallucinations, and agitation
- The confusion and agitation can lead to injuries and accidents
- When purchased on the street, they can be laced with another drug which can increase risk
- These substances may also be addictive and can alter brain function long term



WHAT DOES AN OVERDOSE LOOK LIKE?

- Paranoia
- Anxiety/panic attacks
- Hallucinations/agitation
- Fast heart rate
- Dilated pupils

HELP

WHAT TREATMENTS ARE AVAILABLE?

- There are limited medication options for treatment
- Mutual support groups
- Counseling and treatment programs