

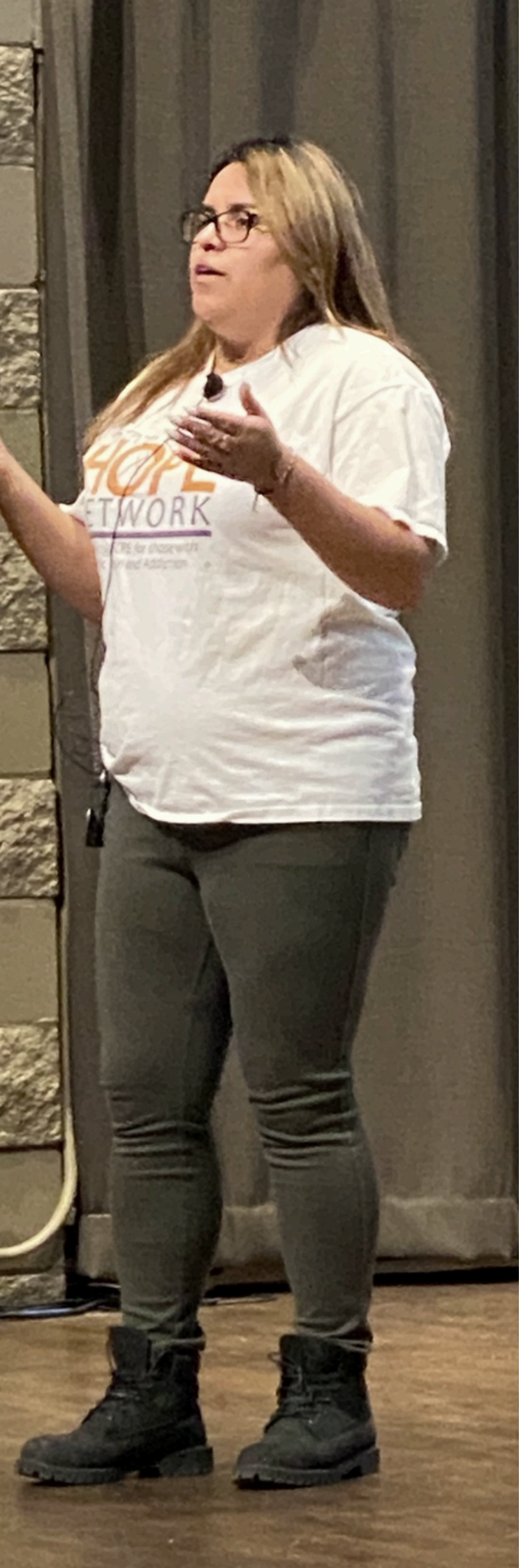
BECOMING A COMMUNITY TRAINER

TRAINER ORIENTATION

Individuals interested in hosting community naloxone trainings will need to:
(steps 3-4 won't be accessible until Trainer access is granted after the orientation session)

1. Attend a Community Trainer Orientation Session – hosted monthly on Zoom. Visit our public training calendar to find the meeting details.
2. Create an account and log into SRHN's Partner Portal.
3. Attend a SRHN hosted training or watch the Trainer Orientation: Slideshow Walkthrough to get acquainted with the full presentation format.
4. Complete a training assessment with a SRHN team member before hosting your first community training. **A mock training should be scheduled within 3 months of orientation to maintain portal access.**
5. Schedule and host your first community training!





THE ROLE OF COMMUNITY TRAINERS

Community Trainers extend the reach of overdose prevention education into communities, workplaces, schools, recovery organizations, faith communities, and social networks that SRHN could not reach alone.

Community Trainers:

- Expand access to overdose prevention education
- Increase awareness of naloxone
- Reduce stigma surrounding substance use
- Connect individuals to resources
- Help build safer and healthier communities

Remember: You do not need to be a medical professional to be an effective trainer. Your role is to accurately present information to the best of your ability, facilitate discussion, and create opportunities for community learning.

CORE TRAINING VALUES

LEAD WITH COMPASSION

Overdose prevention begins with recognizing the dignity and value of every human life.
Participants may have personal experiences with:

- Substance use
- Recovery
- Chronic pain
- Mental health concerns
- Family loss
- Overdose emergencies

Approach every conversation with empathy and respect.

MEET PEOPLE WHERE THEY ARE

Overdose prevention means recognizing that people have different relationships with substance use, recovery, healthcare, and risk. There is no "right" reason to carry naloxone and no single pathway toward health and wellbeing.

Some people carry naloxone because they work in the community. Others carry it because they have lost someone they love. Some carry it because they are concerned about accidental exposure to fentanyl in the drug supply, or because they have opioid medications in the household. Others may rely on it as an important safety tool in their daily lives.

As trainers, we support people as they are today - not as we think they should be. Our focus is reducing risk, preventing overdose deaths, and helping people stay alive long enough to make the choices that are right for them.

Every life has value. Every opportunity to prevent an overdose matters.

CORE TRAINING VALUES

REDUCE STIGMA

One of the most important responsibilities of a Community Trainer is helping reduce stigma surrounding substance use.

Stigma can:

- Prevent people from seeking treatment
- Increase isolation
- Reduce willingness to call for help
- Increase overdose risk

Throughout the training:

- Use person-first language
- Avoid judgmental terms
- Encourage respectful discussion
- Correct misinformation respectfully

INSTEAD OF ...	TRY ...
Addict	**Person Who Uses Drugs** **Person with Living Experience** **Person with a Substance Use Disorder**
Former Addict	**Person with Lived Experience** **Person in Recovery**
Drug Abuse	**Drug Use** **Drug Misuse**
Clean	**Negative Drug Test • Substance Free** **Not Currently Using • In Recovery**
Dirty	**Positive Drug Test** **Active Use**
Relapse	**Recurrence of Use • Returned to Use**



SLIDESHOW WALKTHROUGH

SECTION 1: ABOUT THIS TRAINING

- Overview of training: survey/certificate instructtions, learning objectives, content warning, and CPR disclosure

Before We Begin

Linked slide

You will need to complete a survey to receive a **Certificate of Completion** for today's training



- QR code and link on the final slide
- Request a **certificate**
- Provide **name** and **email address**
- Select CEUs available

Paper forms available on request

Linked slide

About This Training

Today, you will learn to:

- Understand fentanyl's role in the opioid crisis
- Recognize an opioid overdose
- Respond using naloxone

Content Warning: drug use, overdose, needles

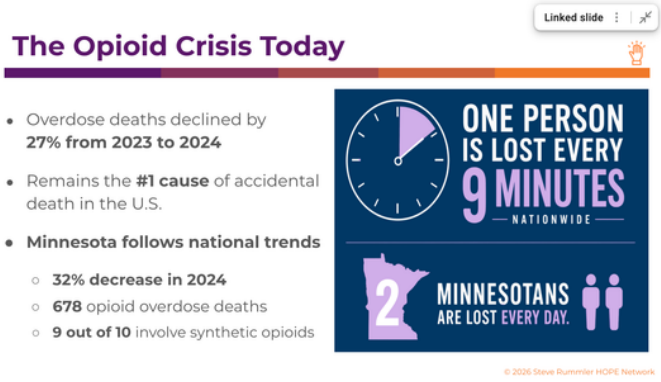
*This training is **not** a CPR class*



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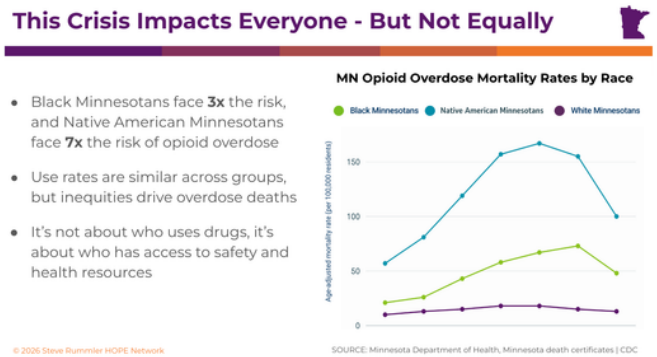
SECTION 2: THE OPIOID CRISIS

- Overview of the opioid crisis, including how it has changed over time
- Explains current impact of synthetic opioids like fentanyl
- Includes current statistics about opioid overdose (including demographic inequities we see in Minnesota)







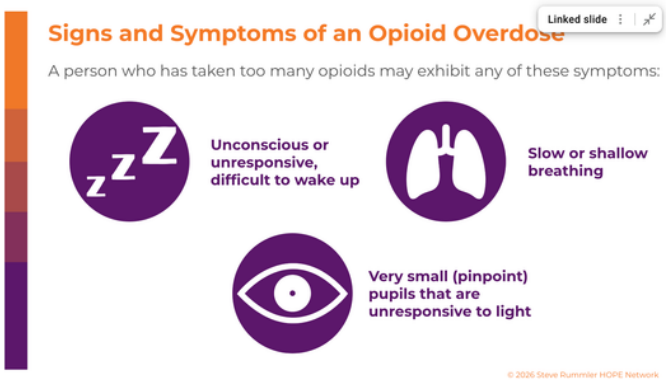


- It is important to discuss both **how** and **why** overdose risks are what we see today
- This section informs the ongoing need for overdose education and preparedness

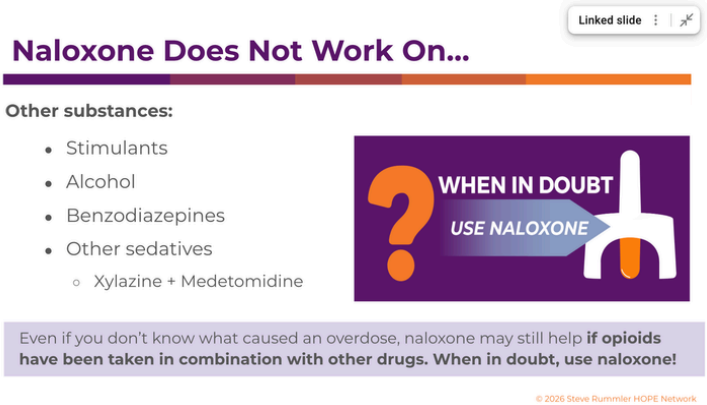
SECTION 3: NALOXONE + OVERDOSE BASICS

- What happens when someone overdoses on opioids?
    - Which drugs are opioids, which drugs are not opioids
    - What an opioid overdose does to the body, and how it can be fatal
    - Symptoms of an overdose









SECTION 3: NALOXONE + OVERDOSE BASICS

- What is naloxone?
  - Different administration types
  - How it works to reverse an overdose
  - Side effects, safety, and access

Linked slide

Naloxone Formats

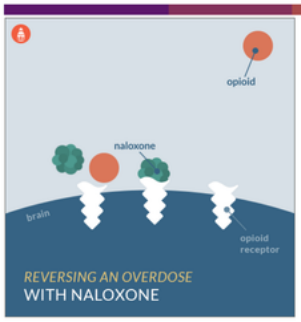
- Naloxone can be given in different ways:
  - **IM** (Intramuscular) **Injection**
  - **Nasal spray** (NARCAN®, RiVive, generics)
  - **Intravenous (IV)** - *only by medical professionals*
- Medication is always the same - steps, dose, and cost may vary



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How Does Naloxone Work?



- Naloxone **attaches to the same brain receptors as opioids**, but has a stronger bond
- Naloxone **knocks opioids off these receptors**, and blocks them from attaching again
- This **reverses the overdose** and can allow the person to breathe again

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Where Can I Get Naloxone?

Naloxone is legal to carry and easy to get in Minnesota.

- **Over-the-Counter (OTC):** In store and online (Walgreens, Target, Walmart, Amazon)
  - Available under 18 - no parent needed
- **Pharmacies:** Pharmacists can prescribe naloxone without a doctor's visit
- **Community Access:** Many groups offer naloxone locally
- SRHN Naloxone Access Points (NAPs) across MN

Visit **rummlerHOPE.org/NAP** for locations

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Steve's Law: MN's Good Samaritan Expansion

Civil Immunity

You are legally protected when you give naloxone during a suspected overdose

- "Good Samaritan" laws encourage people to help in an emergency



Criminal Immunity

You are legally protected when you call 911 for help during an overdose

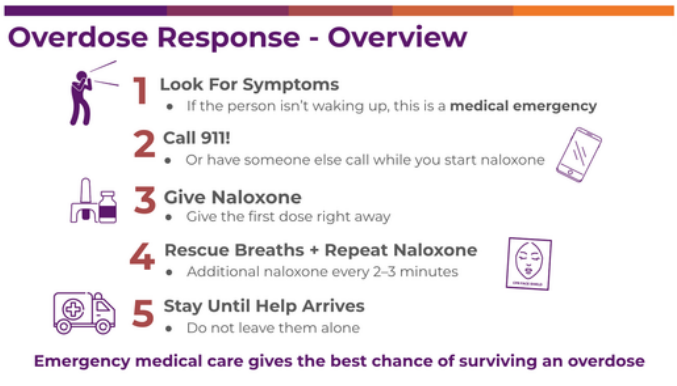
- The person overdosing, and anyone seeking or providing help on the scene are protected
- No charges for drug use or low-level possession related to the overdose
- Parole/probation cannot be revoked for actions covered under this law

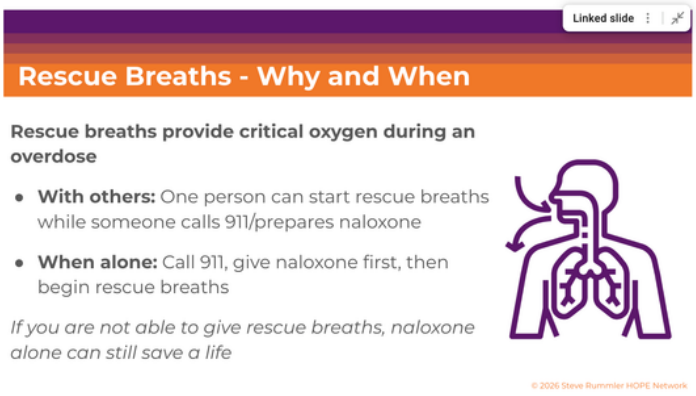
For more detailed information, visit **RummlerHOPE.org/StevesLaw**

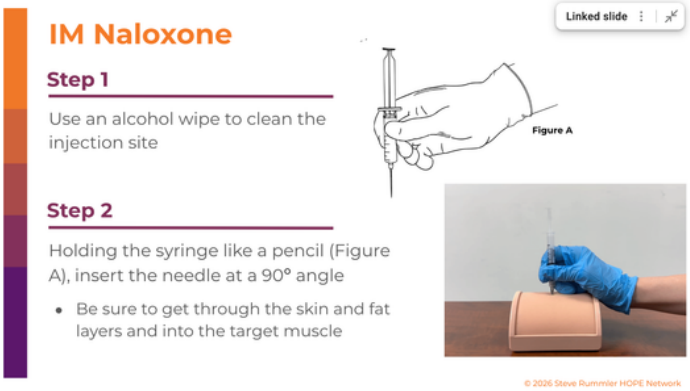
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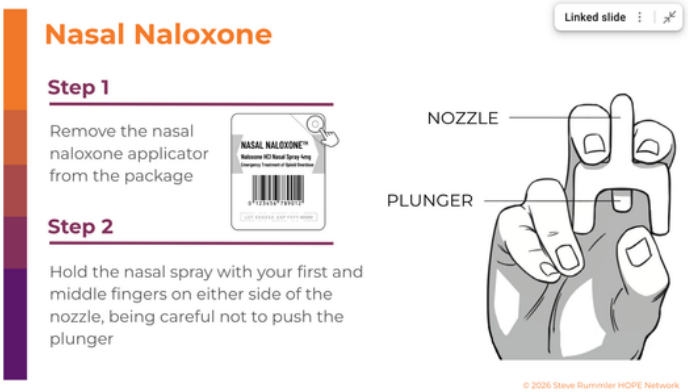
SECTION 4: OVERDOSE RESPONSE

- Administering naloxone
  - Overdose Response Overview
  - Calling 911 (Steve's Law)
  - Kit contents
  - Rescue breaths
  - Administering naloxone (intramuscular injection, nasal applicator)









SECTION 4: OVERDOSE RESPONSE

- After naloxone has been used
  - Support + additional doses
  - What to do/expect once someone has been revived
  - Safe disposal of administration supplies

Linked slide

Observe & Support

Monitor + Rescue Breaths

Watch for improvement (naloxone takes about 2 minutes to work)

Give rescue breaths if you can: 1 breath every 5 seconds



Additional Doses

If they don't wake up or start breathing, give another dose

- Repeat previous steps
- **IM**: *if possible*, use a different injection site
- **Nasal**: switch nostrils between doses

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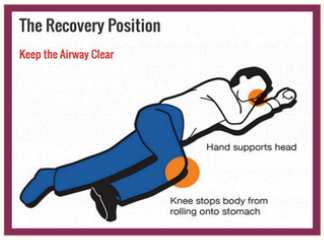
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Observe & Support

When They Wake Up

Do not leave them alone.

- Place them in the recovery position if possible
- Naloxone lasts **30-90 minutes - overdose can return**
- Be ready to give another dose of naloxone
- Stay with them until help arrives



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After Naloxone: What to Expect

It is hard to know how a person will react. Many things can influence behavior:

Opioid Withdrawal

- Naloxone can cause immediate, short-term opioid withdrawal
- Symptoms include nausea, sweating, chills, and body aches
- **NOTE:** Withdrawal occurs after regular opioid exposure, and is less common with first-time or accidental use

Other Substances

- Naloxone only blocks the effects of opioids, other substances will remain active
- If someone used stimulants, they may be very alert, or hyperactive
- If someone used other sedatives, they may start breathing but not wake up fully

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Safe Disposal of Supplies

When first responders arrive, you can give them any used supplies.

Otherwise:

- Put used needles in a sharps disposal container or thick plastic bottle
  - **Do NOT use glass**
  - Take to local disposal service
- Everything else can go in normal trash
  - Naloxone is safe and nontoxic



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SECTION 5: WRAP UP

- Naloxone kits
  - Kit storage + Expiration
  - Requesting new kits/supplies
- Other items
  - How to stay involved
  - Contact information
  - Training survey + Certificates
- Q&A
  - Once survey is up on screen, offer to answer questions





Training Survey

This training is hosted by a Community Trainer in partnership with SRHN

How'd we do? Let us know!

As a reminder, you must complete this survey to receive:

- **A Certificate of Completion**
- **Select CEUs**
- **A Mailed IM Naloxone Kit**

SCAN ME