

San Mateo County  
Coalition for Safe Schools and Communities

# Naloxone For Schools

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## TOOLKIT

*December 16, 2022*



**Coalition for  
Safe Schools &  
Communities**



**SAN MATEO  
COUNTY  
OFFICE OF  
EDUCATION**

**Excellence and Equity in Education**

## **BACKGROUND**

The Coalition for Safe Schools and Communities is a collaborative, multi-agency group that includes representatives from across San Mateo County in education, law enforcement, fire, public safety, behavioral health, child welfare, probation, county counsel, local government, and other youth-serving organizations in San Mateo County.

The Coalition's mission is to identify and address the safety needs of San Mateo County youth by developing and implementing best practices in emergency preparedness, youth mental health, and crisis response, supported by a legally sound information sharing framework.

## **ACKNOWLEDGEMENTS**

Special thanks to the following individuals and organizations for their work supporting this effort:

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**Naloxone Distribution Project**

**California Department of Public Health**

# Naloxone For Schools

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## OVERVIEW

According to the [Centers for Disease Control and Prevention](#) (CDC), more than 107,000 Americans died from a drug overdose in 2021, an increase of nearly 15 percent from the 93,655 deaths recorded in 2020. Of these deaths, it is estimated that 80,590, or 75 percent, involved at least one opioid, and 71,450 (66.5 percent) involved synthetic opioids, primarily illicitly manufactured fentanyl in some form. Some deaths were attributed to fentanyl mixed with other illicit drugs like cocaine, methamphetamine, and heroin, with many users completely unaware that they were taking fentanyl. Only two milligrams of fentanyl (the size of a grain of sand) is considered a potentially lethal dose, with elevated risk for someone who has not developed a tolerance to opioids.

Recent increases in opioid overdose-related deaths span across adult and youth populations, indicating that schools should develop and implement additional safety nets to protect students and school staff. In addition to drug awareness and education programs, schools and districts can implement the Coalition for Safe Schools and Community's Naloxone Protocol for Schools to reverse overdoses on campus. Implementing this protocol when necessary saves lives.

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*The San Mateo County Coalition for Safe Schools and Communities is a collaborative, multi-agency leadership group whose vision is to create and sustain safe and positive school and community environments so all county youth may thrive and succeed.*

# **NALOXONE FOR SCHOOLS SUMMARY**

SMCOE is partnering with the State of California to offer the [Naloxone Distribution Project \(NDP\)](#) to San Mateo County schools and districts. The NDP aims to address the opioid crisis by reducing opioid overdose deaths through the provision of free Naloxone to qualifying agencies, including our schools.

## **What is the Naloxone Distribution Project (NDP)?**

The Naloxone Distribution Project (NDP) is funded by the Substance Abuse and Mental Health Services Administration (SAMHSA) and administered by the Department of Health Care Services (DHCS) to combat opioid overdose-related deaths in California. The NDP aims to reduce opioid overdose deaths through training and the provision of free Naloxone.

## **What is Naloxone?**

Naloxone is a life-saving medication that reverses an opioid overdose while having little to no effect on an individual if opioids are not present in their system. Naloxone works by blocking the opioid receptor sites (opioid antagonist), thereby quickly reversing the toxic effects of the overdose. Naloxone requires a prescription (standing order), which SMCOE has obtained for schools and districts participating in the program. Naloxone is not a controlled substance and is not habit forming. It has few known adverse effects and no potential for abuse. It has not been shown to encourage drug use. It has no weight or age-based limits and is latex free.

Naloxone is administered when a person is showing signs of opioid overdose. The NDP provides schools with Naloxone in the form of an intranasal spray.

NARCAN® Nasal Spray is a brand name for Naloxone.

## **Who Can Participate in the San Mateo County Naloxone for Schools Program?**

All TK-12 school districts and public and private schools may participate. See the section, [Initiating the Naloxone School Program](#) for more information on how to participate.

## **What is the Cost to Participate?**

The product is free and has been shipped directly to the San Mateo County Office of Education (SMCOE). SMCOE will arrange for distribution to districts and schools who participate in the program.

# OPIOIDS AND FENTANYL EXPLAINED

## What are Opioids?

Opioids are natural, synthetic, or semi-synthetic chemicals that interact with opioid receptors on nerve cells in the body and brain, and reduce the intensity of pain signals and feelings of pain. This class of drugs includes the illegal drug heroin, synthetic opioids such as fentanyl, and pain medications available legally by prescription, such as oxycodone, hydrocodone, codeine, morphine, and many others. Opioids can induce euphoria and users generally report feeling warm, drowsy, and content. Opioids relieve stress and discomfort by creating a relaxed detachment from pain, desires, and activity. They can also cause slow heart rate, constipation, a widening of blood vessels, and a decrease in the body's natural response to breathe.

Opioids are highly addictive. Anyone can be at risk of developing an addiction especially if the substance is used for a long period of time or in a manner different from prescription instructions.

Opioids differ in both strength and how long they remain active in the body. At least three factors are important to consider when judging the strength of an opioid and therefore its risk for causing an overdose:

- Prescription opioids come in short-acting and long-acting formulations. Short-acting and long-acting opioids contribute to overdoses in different ways. For example, oral methadone usually stays in the body for more than 24 hours and therefore can contribute to overdose risk over a long period of time, whereas intravenous fentanyl only lasts for a few minutes.
- Tampering with how an opioid medication is manufactured can turn a long-acting, less potent medication, into a more potent, rapid-acting one. If an extended-release tablet is crushed, the medication becomes short-acting and more potent.
- Rapid delivery of opioids via injection and smoking increases overdose risk. The faster the opioid is delivered, the more intense the high, but also the greater risk of overdose. Injecting heroin delivers more opioid to the brain faster than sniffing. However, no delivery method protects an opioid user from overdose.

## What is Fentanyl?

Pharmaceutical fentanyl is a synthetic opioid, approved for treating severe pain, typically advanced cancer pain. It is 50 to 100 times more potent than morphine. However, illegally produced fentanyl is sold through illicit drug markets for its heroin-like effect, and it is often mixed with heroin or other drugs, such as cocaine, or pressed into counterfeit prescription pills.

Since fentanyl is synthetic (made in the laboratory), it can be produced quickly and easily and is much less expensive on the illegal market.

Fentanyl is involved in more deaths of Americans under the age of 50 than any other cause, including heart disease, cancer, and all other accidents. Fentanyl is also involved in more American youth drug deaths than heroin, methamphetamine, cocaine, benzodiazepine, and other drugs combined. Illegally made fentanyl is the primary driver of the recent increase in U.S. overdose deaths, and fentanyl-involved deaths are fastest growing among those 14 to 23 years old.

A large majority of street pills seized by law enforcement are counterfeit. Counterfeit pills are fake medications that have different ingredients than the actual medication. They may contain no active ingredient, the wrong active ingredient, or have the right ingredient but in an incorrect quantity. Counterfeit pills may contain lethal amounts of fentanyl or methamphetamine and are extremely dangerous because they often appear identical to legitimate prescription pills. The user is likely unaware of how lethal they can be.

Fake pills have been found in all 50 states. Fentanyl is cheap, potent, and profitable, so drug dealers use it to make fake pills. It can also be found in party drugs like cocaine and MDMA. New forms of this counterfeit drug are constantly emerging, the most recent of which is “rainbow” fentanyl. According to the DEA, rainbow fentanyl is prepared to look like brightly colored candy and is intended to appeal to children and young adults.

# UNDERSTANDING AND RECOGNIZING OPIOID OVERDOSES

## What is an Opioid Overdose?

According to the [CDC](#), an overdose is an injury to the body (poisoning) that happens when a drug is taken in excessive amounts. An overdose can be fatal or nonfatal. During an opioid overdose there are so many opioids or a combination of opioids and other drugs in the body that the victim becomes unresponsive to stimulation and/or breathing becomes suppressed and inadequate.

Those experiencing an overdose become unresponsive, or unconscious, because opioids fit into specific brain receptors that are responsible for breathing. When the body does not get enough oxygen, lips and fingers turn blue. These are signs that an overdose is taking place.

A lack of oxygen eventually affects other vital organs including the heart and brain, leading to unconsciousness, coma, and death.

Not all overdoses are fatal. With opioid overdoses, the difference between life and death depends on breathing and oxygen.

### SIGNS OF AN OPIOID OVERDOSE - WHAT TO LOOK FOR

- Pale, blue, or cold skin
- Small, constricted pinpoint pupils
- Limp body response
- Slow, erratic, or undetectable pulse (heartbeat)
- Drowsiness or loss of consciousness
- Choking sounds or a gurgling/snoring noise
- Slow, irregular, or ceased breathing
- Nonresponsive

In order to determine if the individual is experiencing an overdose, the most important things to consider are presence of breathing and responsiveness to stimulation.

There are some relatively harmless ways to stimulate a person. These strategies are: yelling their name, shaking their shoulders, and if they do not respond, rubbing closed fist knuckles up and down the front of the rib cage (called a sternal rub). If the individual responds to these stimuli, they may not be experiencing an overdose at that time. It is best to stay with the person and make sure the person wakes up. It is possible the person could later become unresponsive and would need help.

# NALOXONE ADMINISTRATION PROTOCOL

## RESPONDING TO A SUSPECTED OPIOID OVERDOSE

### Quick Steps

If an individual does not respond to stimulation:

1. Give two (2) rescue breaths to provide oxygen
2. Call 911 to get help
3. Administer Naloxone
4. Stay until professional help arrives
5. Continue to provide rescue breathing if it has not resumed
6. If two (2) minutes have passed with little or no response, administer 2nd dose of Naloxone in opposite nostril

### How to Respond - Details

#### Perform Rescue Breathing

For a person who is not breathing, rescue breathing is an important step in preventing an overdose death. When someone has stopped breathing and is unresponsive, rescue breathing should be done as soon as possible as it is the quickest way to get oxygen into the body.

Steps for rescue breathing are:

1. Place the person on their back and pinch their nose
2. Tilt chin up to open the airway. Check to see if there is anything in the mouth blocking the airway. If so, carefully remove it.
3. Give two (2) deep, slow breaths.
4. Blow enough air into the lungs to make the chest rise.
5. Turn your head after each breath to confirm the chest is rising and falling. If the chest does not rise with the breaths, tilt the head back more sharply.
6. Breathe again every five (5) seconds; continue until spontaneous breathing resumes.
7. Perform chest compressions along with rescue breathing if no pulse is present

#### Call 911

An overdose is a medical emergency. It is important to have trained medical professionals assess the condition of the overdose victim. Even though Naloxone can reverse the overdose, there may be other health problems of which the responder may not be aware. In addition, people who survive any type of overdose are at risk of experiencing other health complications as a result of the overdose. Getting someone examined by a medical professional is an important part of reducing the harms associated with overdosing.



It is important for trained staff to remember that Naloxone only works if there are opioids involved with the overdose. It cannot reverse an overdose from benzodiazepines, meth, cocaine, or alcohol.

### **Administer Naloxone (Narcan)**

Naloxone can work very quickly, but it can also take up to 8 minutes to have a noticeable effect. The effect of the Naloxone will last for approximately 30 to 90 minutes in the body. Because most opioids last longer than 30 to 90 minutes, the Naloxone may wear off before the effects of the opioids wear off and the person could go into an overdose again.

In response to these issues, Naloxone blister packs include two doses. Naloxone administration may be repeated without harm if the person continues to be experiencing unresponsiveness and slow or shallow breathing. Due to the complex nature of each of these medical emergencies, it is critical to call 911.

### **How to Administer Naloxone**

1. Open the Naloxone blister pack; do not push the plunger.
2. With the victim's head tilted slightly back, place two (2) fingers over the top of the medication with your thumb securing it from the bottom
3. Insert the atomizer fully and gently into their nostril
4. Push the plunger forward with the thumb and deliver the spray of medication
5. There is no need to plug the opposing nostril
6. If the individual is still not responding within two (2) minutes, give a second dose in the opposite nostril

### **Follow Up**

- If the victim is a student, contact parent/guardians per school policies
- Complete **Naloxone Administration Incident** Report Form, and submit to SMCOE
- Facilitate a debriefing with responding staff
- Consider a plan of care for the student's or staff member's safe return to school.

# NALOXONE PROGRAM PARTICIPATION

This section describes how districts and schools can participate in the San Mateo County Naloxone for Schools program.

## Step 1. Learn

Attend an SMCOE introductory webinar on the Naloxone Program. A recording of an introductory webinar is available on the [SMCOE website](#).

## Step 2. Identify a Supervisor of Health

The Supervisor of Health (SOH) will oversee the implementation and maintenance of the Naloxone for Schools program at a district or school. To get started, the SOH will receive training from the County Office of Education and be responsible for identifying and training members of their school and district community to administer Naloxone. The SOH may be a school administrator, nurse, wellness coordinator, or anyone who is qualified to train responders and oversee the program.

## Step 3. Notify SMCOE of Your Interest in Participating in the Naloxone for Schools Program

After attending the webinar, complete [this form](#) to notify SMCOE staff of your interest in participating in the SMCOE program. SMCOE staff will reach out and provide initial training and support for implementing the program and acquiring Naloxone.

## Step 4. Establish and Fill Roles

The qualified Supervisor of Health will then pull together a responder team that they will train to respond to a suspected opiate overdose and administer Naloxone.

Responder team members may include any employee who has volunteered to administer Naloxone and has received training on suspected opiate overdose response. Examples include: school nurses, wellness coordinators, coaches, or campus supervisors, but can include administrators and teachers.

## Step 5. Provide Staff with Naloxone Administration Training

Once trained by SMCOE staff, the qualified Supervisor of Health will provide training for the members of their responder team. Training will include the following:

- Techniques for recognizing the signs and symptoms of a suspected opioid overdose
- Emergency response and procedures for an unresponsive person
- Viewing of CDPH [Administering Naloxone](#) video

- Standards and procedures for the storage, reporting, restocking, and emergency use of Naloxone
- [Naloxone Test](#) completed with 100% accuracy

Qualified Supervisors of Health will complete the following; for each trained responder:

- [Training Sign-Off form](#)
- Signed [Indemnity Acknowledgment form](#)
- File these completed forms at the district or school

## **Step 6. Naloxone Procurement, Storage, and Use**

Work with your team to address each of the following questions:

- How many doses of Naloxone will your schools maintain in each building?
- Where will the Naloxone be stored? The location must be unlocked and adjacent to where students are. Supply should be monitored monthly along with AED status and EpiPen supply.
- Will the on-hand supply of Naloxone be available for before/after school events and school sponsored events? (Highly Recommended)
- Will the school's Naloxone stock be available for community groups using the building for non-school sponsored events?

## **Step 7. Order Naloxone from SMCOE**

Supervisor of Health contacts SMCOE to order Naloxone and complete an order form.

## **Step 8. Communicate with School Community**

Communicate the district or school's participation in the Naloxone Distribution Program with the school community.

## **Step 9. Update and Review Protocol**

Supervisor of Health should update the district or school protocol, templates, and team member authorizations annually in August based on SMCOE or CDPH guidance.

## **Board Policy and Administrative Regulation**

- Adopt a Board Policy – Recommended but not required. Sample [board policy](#)
- Adopt an administrative regulation. Sample [administrative regulation](#)
- Summary of [California Education Code](#) Related to Naloxone Protocol
- California Education Code [49414.3](#)

## **Appendix**

Addiction Education Society

Administering Naloxone, (CDPH video to use for training)

CDC Opioids webpage

Fentapills You Need to Know, video

How Naloxone Saves Lives in Opioid Overdose

Parent Education Series

Rainbow Fentanyl Alert, (CDPH)

Responding to Opioid Overdose - National Harm Reduction Coalition

Song for Charlie

Stop Overdose (CDC)

### **Treatment Options**

Harm Reduction Therapy Center

One Life Counseling Center

SAMHSA Behavioral Health Treatment Services Locator

### **Appendices/Training Materials**

District Indemnity Form

SMCOE Narcan Incident Report

SMCOE Narcan Standing Order

State of California's Health and Safety Code

Template Letter to Parents/Guardians

Training Sign-Off Form

Training Test