

Save Lives Oregon Learning Collaborative

# Building Harm Reduction Kits

January 2025



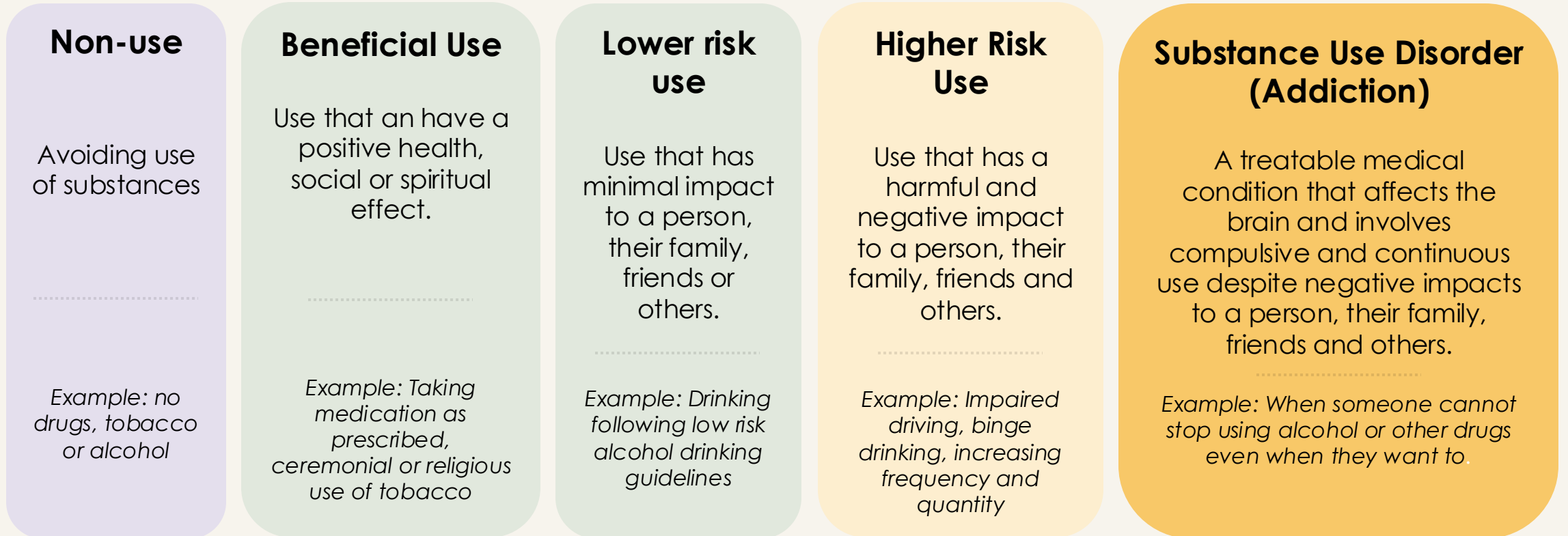
# Agenda

- ✓ **Welcome & introductions**
- ✓ **Brief Review**
- ✓ **Strategies**
- ✓ **Thoughts from community partners**
- ✓ **Types of kits**
- ✓ **Instructional materials for kits**
- ✓ **Sourcing supplies**
- ✓ **Questions**  
Note: Please place questions in the chat as they come up during the Learning Collaborative. We hold time for question and robust discussion at the end.

# Quick review: Substance use and harm reduction

# Substance Use Spectrum

Source: [BC Centre on Substance Use](#)



A person may move back and forth between stages over time

# The Harm Reduction Gap

Source: *The Harm Reduction Gap* by –Sheila P. Vakharia



The **Harm Reduction Gap** is the void in our current continuum of care between abstinence-based prevention programs and abstinence-only treatment programs, where people who currently use drugs are left without access to the knowledge, skills and tools to stay safe.

# Harm Reduction is NOT the same as Use Reduction

Use reduction can be one goal.



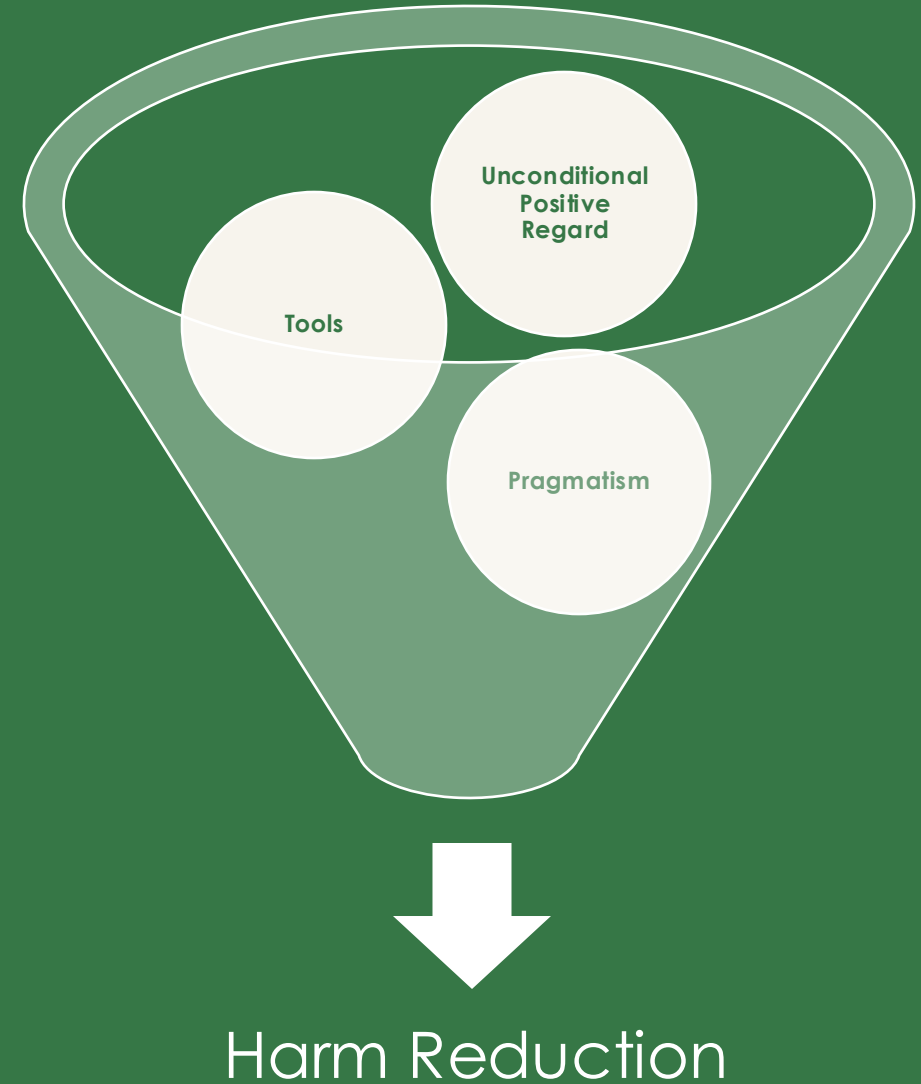
HOWEVER



Harm reduction is the true goal.

# Harm Reduction Approach

- Transparency about your role
- Listen and co-learn about risks, behaviors and participant's goals for themselves
- Offer participant-centered information, supplies and support centered around their self-identified goals
- Celebrate any positive changes



# Perspective

Change is certain. **And sometimes change is rapid.**

- Drugs in the community changes over time
- The ways drugs are consumed can change over time
- The risks related to drugs can also change

**Be prepared to adapt services, strategies and supplies**

Asking and listening to participant needs is critical to make sure your supplies are what people need.





# How you meet with community members

- ✓ In-person on-foot outreach
- ✓ In-person mobile site
- ✓ In-person fixed site
- ✓ In person community pop-up
- ✓ Virtual with follow-up

# Harm reduction kits

# Ways to distribute supplies

## Cafeteria or Potluck Style

- During program operations, information, resources and supplies are organized on tables, participants access what they need

## Fishbowl Style

- Supplies available in a nice bowl or container displayed where community or program participants can take what they need

## Individual distribution centered on participant identified and centered supply needs

- Supplies may be carried in a backpack or suitcase
- Supplies may be distributed during a meeting

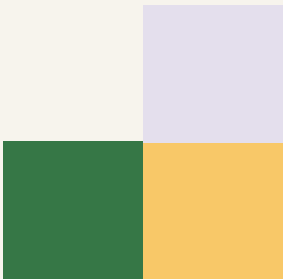
## Pre-built kits

- Programs build and distribute one or more types of kits for participants





# Thoughts from Save Lives Oregon Partners



“Harm reduction in the Native community may look different because of cultural differences. For example, we will offer wound care kits with a bundle of sage and sweet grass because the connection to the culture is a form of harm reduction. It sends a message that we are here if you want to experience more culture and community.”

– **Jim Wikel with Painted Horse Recovery**

"We like to ask people 'Have you noticed any trends or patterns going on in the community? Have there been more open wounds or overdoses?' Depending on answers to those questions, we prioritize what supplies we get and include in kits."

– Roberto Paredes with El Jardín (formerly NW Instituto Latino)

“We know that community needs can be common, so we like to ask: What are your problems and how do you solve them and then give them the supplies that they need to solve them...For me, harm reduction is fundamentally a collaborative effort. No matter how closely I work with our participants I am not living their lives, they are. There are numerous subtleties and nuances (even, if I'm fair, obvious things) that I do not notice. To that end, I need to rely on them to keep me informed of their needs. That input absolutely defines the types of services and information I can offer to better assist them.”

– **Leroy with Max's Mission**



# Nasal Naloxone Kit Examples

## Example kit from Max's Mission

- ✓ 1-Blue printed Max's Mission Naloxone Kit bag
- ✓ 1-CPR face shield
- ✓ 2-Doses 4 mg Naloxone nasal spray
- ✓ 1-English instruction card
- ✓ 1-Spanish instruction card
- ✓ 1-Good Samaritan card
- ✓ 1-Useful resources card



Photo from Max's Mission

# Intramuscular (IM) Naloxone Kit Examples

## Example kit from **Max's Mission**

- ✓ 1-Black printed Max's Mission Naloxone Kit bag
- ✓ 1-CPR face shield
- ✓ 2-Vials 0.4 mg naloxone
- ✓ 2-3ML/CC large gauge syringes
- ✓ 4 – Band-Aids
- ✓ 4 – Prep pads
- ✓ 1-Instruction card
- ✓ 1-Good Samaritan card
- ✓ 1-Useful resources card



Photo from Max's Mission

# Wound Care Kit Examples

## Example kit from **Max's Mission**

- ✓ 1- Bag kit
- ✓ 5 - 1'' x 3'' adhesive bandages
- ✓ 2 – 2'' x 4'' adhesive bandages
- ✓ 8 – Alcohol prep pads (4 strips of 2 pads)
- ✓ 4 – 0.9g antiseptic hand sanitizer packets
- ✓ 4 – 0.9g bacitracin or other antibiotic ointment packets
- ✓ 4 – Benzalkonium wipes
- ✓ 2 – 5g petroleum jelly packets
- ✓ 2 – 0.5g lip balm packets



Photo from Max's Mission

# Overdose Response Boxes

## Examples from HIV Alliance

Good for places that respond to client overdoses or serve clients who are at high risk of overdose.

Supplies are organized and in the same spot.

- ✓ IM naloxone vials
- ✓ IM syringes
- ✓ Nasal naloxone
- ✓ Mouth shield
- ✓ Gloves
- ✓ Stopwatch
- ✓ Oximeter
- ✓ Band-Aids
- ✓ Prep Pads
- ✓ Instructions



Photos from HIV Alliance

# Community Overdose Response Boxes

## Examples from *Max's Mission*

Max's Mission places "NALOX-BOXES" in locations throughout Jackson, Josephine and Klamath counties where naloxone is available 24/7

See website for list of locations or scan below to see where NALOX-BOXES are currently available:

[www.maxsmission.org](http://www.maxsmission.org)



Photos from Max's Mission

# Instructional Guides & Resources for Kits

Save Lives Oregon offers instructional guides and resources for agencies to download, print and include in overdose response kits

[savelivesoregon.org/toolkit](https://savelivesoregon.org/toolkit)



### How to use naloxone nasal spray to reverse an opioid overdose

**Naloxone is a safe medicine.** Even if naloxone is given to someone who is not experiencing an overdose, it will not harm them.

**You are protected.** Oregon law protects anyone who gives naloxone in a good faith effort to reverse an opioid overdose.

- 1 Know the signs of overdose**
  - Person is unconscious and cannot be woken
  - Person is not breathing or breathing very slowly with little to no chest movement or no pulse between the nostrils
  - Snoring or gurgling sounds
  - Blue or black lips, face, or blue or grayish color
- 2 Check for response**
  - Shake person and shout, "Are you OK?"
  - Send someone else to get help
  - Check for breathing
- 3 Call 911**
  - Call 911 and tell them the location where you found the person who is not breathing
  - Tell operator that someone is not breathing
- 4 Give one dose of naloxone**
  - Place tip of nasal spray in nostril and breathe normally the bottom of the nose
  - Press plunger firmly to give dose
  - Check for breathing
- 5 Start rescue breathing**
  - If person has not started breathing on their own, it is **CRITICAL** to start breathing for them.
  - Check person's airway and give normal breaths every 5 seconds for 30 seconds
  - Rescue breathing and repeat cycle if the person is still not breathing
  - If not breathing after 2 minutes, give a 2nd dose of naloxone
- 6 Put in recovery position**
  - Rolling person onto slightly onto their side, bend the top knee and place outside hand under their head
  - When they regains consciousness, tell them that naloxone has been given

Save Lives OREGON [savelivesoregon.org](https://savelivesoregon.org)



### Take steps to lower your risk

Even if a fentanyl test result is negative, there is still a risk of an overdose. You can take these steps to lower that risk.

**Test your drugs. Never use alone. Carry naloxone.**

**What is fentanyl?**  
Fentanyl is a strong synthetic opioid that increases the risk of an overdose. Fentanyl test strips just tell you if there are drugs. It may be mixed with drugs like heroin, cocaine, methamphetamine, benzoin, MDMA, or in fake pills that look like prescription pills.

**Always have naloxone visible when using.**

**Use slow, use less.**  
Overdose risk happens quickly. Sip, not chug.

**Consider alternatives to injecting.**  
Snorting or smoking can be a reduced overdose risk compared to injecting.

**Take turns when you use drugs.**  
Make sure one person is sober and naloxone is visible.

**Test your drugs every time for fentanyl.**  
Always test your drugs every time you get them from the same person or batch bag.

**Reach out if you use alone.**  
Call a friend or use a service like **Never Use Alone** at 577-577-5755 or **You Know App**.

**What should I know about fentanyl test strips?**  
Fentanyl test strips can be helpful, but they are NOT perfect tests.  
- Depending on the drug you are testing and/or the method used to test, [www.savelivesoregon.org](https://www.savelivesoregon.org), call for details on reliability.  
- False positives and false negatives can occur.  
- Fentanyl test strips can tell you if your drugs contain fentanyl but NOT how much OR how strong the effect of the drugs will be or why.  
- Just because a portion of your supply tested negative does not mean your entire supply is fentanyl free.

Save Lives OREGON [savelivesoregon.org](https://savelivesoregon.org)

### Understanding Oregon's Good Samaritan Law

If someone is experiencing an overdose and you seek medical help for them, **neither of you can be arrested or prosecuted for:**

1. Possessing drugs or drug paraphernalia
2. Being in a place where drugs are used
3. Violating probation, parole, or outstanding Oregon warrants related to #1 or #2 above

**The Good Samaritan Law does not protect you from:**

- ✗ Other crimes not specified and other state or federal warrants

Please call 911

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# Nasal Naloxone Guides

## How to use naloxone nasal spray to reverse an opioid overdose

**Naloxone is a safe medicine.**  
Even if naloxone is given to someone who is not experiencing an overdose, it will not harm them.

**You are protected.**  
Oregon law protects anyone who gives naloxone in a good faith effort to reverse an opioid overdose.

- 1 Know the signs of overdose**
  - Person is unconscious and cannot be woken
  - Person is not breathing or breathing very slowly with little to no chest movements or long pauses between breaths
  - Snoring or gurgling sounds
  - Lips or inside of mouth are blue or grayish in color
- 2 Check for response**
  - Shake person and shout, "Are you ok?"
  - Grind knuckles into chest bone
  - Check for breathing
- 3 Call 911**
  - Dial 911 and set phone to speaker while you move on to step #4
  - Tell operator that someone is not breathing
- 4 Give one dose of naloxone**
  - Place tip of nasal spray in nostril until fingers touch the bottom of the nose
  - Press plunger firmly to give dose
  - Check for breathing
- 5 Start rescue breathing**

**If person has not started breathing on their own, it is CRITICAL to start breathing for them.**

  - Check airway, tilt forehead back, lift chin, pinch nose and give normal breath every 5 seconds for 30 seconds
  - Recheck breathing and restart cycle if the person is still not breathing
  - If not breathing after 3 minutes, give a 2nd dose of naloxone
- 6 Put in recovery position**
  - Roll the person over slightly onto their side, bend the top knee and place outside hand under their head
  - When first responders arrive, tell them that naloxone has been given

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## Using Naloxone Nasal Spray to Reverse an Opioid Overdose: 6 Steps

- 1 Know the signs of overdose**
  - Person is unconscious and cannot be woken
  - Person is not breathing or breathing very slowly with little to no chest movements or long pauses between breaths
  - Snoring or gurgling sounds
  - Lips or inside of mouth are blue or grayish in color
- 2 Check for response**
  - Shake person and shout "Are you ok?"
  - Grind knuckles into chest bone
  - Check for breathing
- 3 Call 911**
  - Dial 911 and set phone to speaker while you move on to step #4
  - Tell 911 operator that someone is not breathing
- 4 Give one dose of naloxone**
  - Place tip of nasal spray in nostril until fingers touch the bottom of the nose
  - Press plunger firmly to give dose
  - Check for breathing
- 5 Start rescue breathing**

**If person has not started breathing on their own, it is CRITICAL to start breathing for them.**

  - Check airway, tilt forehead back, lift chin, pinch nose and give normal breath every 5 seconds for 30 seconds
  - Recheck breathing and restart cycle if the person is still not breathing
  - If not breathing after 3 minutes, give a 2nd dose of naloxone
- 6 Put in recovery position and wait for first responders**
  - Roll the person over slightly onto their side, bend the top knee and place outside hand under their head
  - When responders arrive, tell them that naloxone has been given

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# IM Naloxone Guides

## How to use naloxone intramuscular injection to reverse an opioid overdose

**Naloxone is a safe medicine.**  
Even if naloxone is given to someone who is not experiencing an overdose, it will not harm them.

**You are protected.**  
Oregon law protects anyone who gives naloxone in a good faith effort to reverse an opioid overdose.

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<p><b>1 Know the signs of overdose</b></p> <ul style="list-style-type: none"> <li>Person is unconscious and cannot be woken</li> <li>Person is not breathing or breathing very slowly with little to no chest movements or long pauses between breaths</li> <li>Snoring or gurgling sounds</li> <li>Lips or inside of mouth are blue or grayish in color</li> </ul>	<p><b>2 Check for response</b></p> <ul style="list-style-type: none"> <li>Shake person and shout, "Are you ok?"</li> <li>Grind knuckles into chest bone</li> <li>Check for breathing</li> </ul>	<p><b>3 Call 911</b></p> <ul style="list-style-type: none"> <li>Dial 911 and set phone to speaker while you move on to step #4</li> <li>Tell operator that someone is not breathing</li> </ul>
<p><b>4 Give one dose of naloxone</b></p> <ul style="list-style-type: none"> <li>Remove caps from vial and needle and with vial upside down, insert needle into vial</li> <li>Draw 1ml making sure syringe fills with liquid, not air</li> <li>Insert needle into large muscle like upper arm or thigh and press plunger to release dose</li> <li>Check for breathing</li> </ul>	<p><b>5 Start rescue breathing</b></p> <p><b>If person has not started breathing on their own, it is CRITICAL to start breathing for them.</b></p> <ul style="list-style-type: none"> <li>Check airway, tilt forehead back, lift chin, pinch nose and give normal breath every 5 seconds for 30 seconds</li> <li>Recheck breathing and restart cycle if the person is still not breathing</li> <li>If not breathing after 3 minutes, give a 2nd dose of naloxone</li> </ul>	<p><b>6 Put in recovery position</b></p> <ul style="list-style-type: none"> <li>Roll the person over slightly onto their side, bend the top knee and place outside hand under their head</li> <li>When first responders arrive, tell them that naloxone has been given</li> </ul>



## Using Naloxone Intramuscular Injection to Reverse an Opioid Overdose: 6 Steps

<p><b>1 Know the signs of overdose</b></p> <ul style="list-style-type: none"> <li>Person is unconscious and cannot be woken</li> <li>Person is not breathing or breathing very slowly with little to no chest movements or long pauses between breaths</li> <li>Snoring or gurgling sounds</li> <li>Lips or inside of mouth are blue or grayish in color</li> </ul>	<p><b>2 Check for response</b></p> <ul style="list-style-type: none"> <li>Shake person and shout "Are you ok?"</li> <li>Grind knuckles into chest bone</li> <li>Check for breathing</li> </ul>	<p><b>3 Call 911</b></p> <ul style="list-style-type: none"> <li>Dial 911 and set phone to speaker while you move on to step #4</li> <li>Tell 911 operator that someone is not breathing</li> </ul>
<p><b>4 Give one dose of naloxone</b></p> <ul style="list-style-type: none"> <li>Remove cap from vial and needle and with vial upside down, insert needle into vial</li> <li>Draw 1ml making sure syringe fills with liquid, not air</li> <li>Insert needle into large muscle like upper arm or thigh and press plunger to release dose</li> <li>Check for breathing</li> </ul>	<p><b>5 Start rescue breathing</b></p> <p><b>If person has not started breathing on their own, it is CRITICAL to start breathing for them.</b></p> <ul style="list-style-type: none"> <li>Check airway, tilt forehead back, lift chin, pinch nose and give normal breath every 5 seconds for 30 seconds</li> <li>Recheck breathing and restart cycle if the person is still not breathing</li> <li>If not breathing after 3 minutes, give a 2nd dose of naloxone</li> </ul>	<p><b>6 Put in recovery position and wait for first responders</b></p> <ul style="list-style-type: none"> <li>Roll the person over slightly onto their side, bend the top knee and place outside hand under their head</li> <li>When responders arrive, tell them that naloxone has been given</li> </ul>

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# Oregon Good Samaritan Law Wallet Cards



Printable card page

**Understanding Oregon's Good Samaritan Law**

**If someone is experiencing an overdose and you seek medical help for them, neither of you can be arrested or prosecuted for:**

1. Possessing drugs or drug paraphernalia
2. Being in a place where drugs are used
3. Violating probation, parole, or outstanding Oregon warrants related to #1 or #2 above

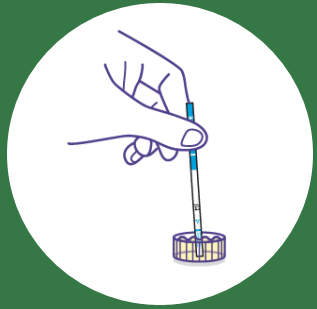
**The Good Samaritan Law does not protect you from:**

- ✘ Other crimes not specified and other state or federal warrants

**Please call 911**



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# BTNX Fentanyl Test Strip Guide + Steps to Reduce Risk Pamphlet

## How to test your drugs for fentanyl

with BTNX Rapid Response™ test strips

It is most accurate to test everything you intend to consume.

After testing, you can either drink the mixture, snort it, or wait for the water to evaporate to use. You can also test a sample, but fentanyl isn't always mixed evenly into drugs.

**1 Prepare drugs**

**Powder, Crystal, Pills**  
Crush up and mix well. Measure out 10 mg of powder into a small baggie or container like a water bottle cap.

**10 mg** = the size of a grain of rice or 1 micro scoop

**Injection**  
Prepare shot in an unused cooker; set aside. Use cooker with residue.

**Whole supply test**  
Calculate entire supply weight. Crush up & mix well.

**2 Dip strip for 15 seconds**

Hold strip's dark blue end. Dip other end into mixture for 15 seconds. Don't dip past the wavy blue lines.

**3 Add water**

Add about 5 ml/cc of water to baggie, container, or cooker. Mix well.

**5 ml/cc water** = 1 plastic bottle cap or teaspoon

**4 Wait 5 minutes**

Lay the test strip down on a flat surface. Wait 5 minutes to read result.

**5 Read result**

**1 red line = POSITIVE** for fentanyl  
Fentanyl may be present in the drugs.

**2 red lines = NEGATIVE** for fentanyl\*  
Look closely for a second line; it can be faint!

\*Just because a portion of your supply tested negative does not mean your entire supply is fentanyl free.

If there is only a red line on the left or no red lines appear, the test is invalid. Redo with a new strip.

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## Take steps to lower your risk

Even if a fentanyl test result is negative, there is still a risk of an overdose. You can take these steps to lower that risk.

**Test your drugs. Never use alone. Carry naloxone.**

**What is fentanyl?**

Fentanyl is a strong synthetic opioid that increases the risk of an overdose.

Powdered fentanyl looks just like many other drugs. It may be mixed with drugs like heroin, cocaine, methamphetamine, ketamine, MDMA, or in fake pills that look like prescription pills.

**Always have naloxone visible when using**

Overdoses can happen quickly. Space out doses.

**Use slow, use less**

Overdoses can happen quickly. Space out doses.

**Consider alternatives to injecting**

Snorting or smoking carries a reduced overdose risk compared to injecting.

**Take turns when you use drugs**

Make sure one person is alert and naloxone is visible.

**Test your drugs every time for fentanyl**

Always test your drugs even if you got them from the same person or same bag.

**Reach out if you use alone**

Call a friend or use a service like **Never Use Alone** 696-1996 or **The Bridge**.

**What should I know about fentanyl test strips?**

Fentanyl test strips can be helpful, but they are NOT perfect tools.

- Depending on the drugs you are testing and/or the method used to test, **your results may not be correct or reliable.**
- False positives and false negatives can occur.
- Fentanyl test strips can tell you if your drugs contain fentanyl but NOT how much OR how strong the effect of the drugs will be on you.
- Just because a portion of your supply tested negative does not mean your entire supply is fentanyl free.

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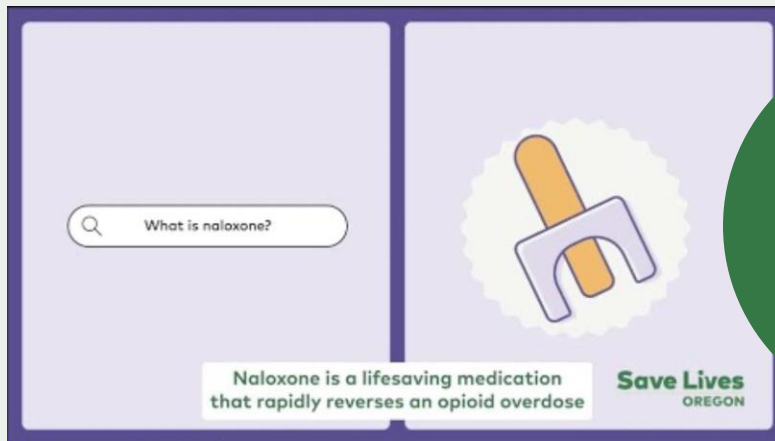




# Nasal Naloxone Video Instructions

Community-facing videos to teach the public about the importance of naloxone

Help by sharing the videos on your social media channels, adding them to your website or sharing in your newsletters!



English



Spanish

[https://bit.ly/slo\\_naloxone](https://bit.ly/slo_naloxone)

[https://bit.ly/SVO\\_naloxona](https://bit.ly/SVO_naloxona)

# Ways to Access Supplies



## Ways to Access Supplies:



### Save Lives Oregon Harm Reduction Clearinghouse

State of Oregon supplied naloxone. Eligible entities can apply and access a specified amount.

**Eligible entities also qualify for their own MMCAP account**

[www.savelivesoregon.org](http://www.savelivesoregon.org)



### Donations

Create lists of items that can be donated and seek donations of items from businesses and charitable organizations. Create an Amazon wishlist for your organization and share it regularly on social media or through your email list.



### Pharmacy

Pharmacists can prescribe and dispense naloxone. Oregon has a statewide standing order. Insurance, including OHP, cover naloxone. VA Pharmacy covers naloxone.

[Oregon's Statewide Standing Order to Dispense Naloxone HCl](#)



### Purchase Direct from Manufacturer

[NASEN Buyers Club](#), [Smoke Works](#), [Direct Relief](#), Mckesson, Cardinal, and your agency's [MMCAP](#) accounts. (this does not represent endorsement)

# Join Us: Upcoming Learning Collaboratives

Save Lives Oregon Learning Collaboratives happen monthly on the 3<sup>rd</sup> Thursday of each month. Learn more and register: [savelivesoregon.org/events](https://savelivesoregon.org/events)



A screenshot of a web application interface for "Events". The header is dark purple with the word "Events" in white. Below the header, a sub-header reads "Join us for harm reduction trainings &amp; events". The main content area is white and features a search bar with the placeholder text "Search for events", a "Find Events" button, and a "List" button. Below the search bar are filter tabs for "Audience", "Language", "Facilitators", and "Virtual Events". A date navigation bar shows "Today" and "Upcoming" (which is selected), with left and right arrow buttons. A "Submit an Event" button is located on the right side of the navigation bar. The events are listed by month: "February 2025", "March 2025", and "April 2025". Each event card includes the date, time, title, a "Virtual Event" tag, a description, and a "Register" button. The first event in February is titled "Basics of Harm Reduction" Learning Collaborative. The March event is titled "Todo lo que necesita saber sobre la naloxona" Las Colaboraciones de Capacitación. The April event is titled "Harm Reduction in Tribal Communities" Learning Collaborative. Each event card also features a small icon: a purple cross with a heart and a pulse line for the February event, and a blue and white icon for the March event.

# Questions & Discussion



# Thank you!

Deep gratitude for our community partners, especially HIV Alliance, Painted Horse Recovery, Max's Mission, and El Jardín, who generously shared time, thoughts and resources.

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**Salvando Vidas**  
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