

Harm Reduction and Fentanyl

Overdose Prevention and Risk Mitigation in San Mateo County

What is harm reduction?

- Harm reduction is a set of practical strategies and ideas aimed at reducing negative consequences associated with drug use.
- Harm Reduction is also a movement for social justice built on a belief in, and respect for, the rights of people who use drugs.

Source: harmreduction.org/about-us/principles-of-harm-reduction/

What is harm reduction?

- Syringe Access Programs, 'needle exchange'
- Naloxone Distribution
- Drug User Activism/Unions
- Drug Checking Lab Services
- Medication Assisted Treatment (Methadone, Buprenorphine, etc.)
- Safe Consumption Sites
- Fentanyl test strip distribution
- Peer outreach interventions

ANY POSITIVE CHANGE—ANY PATH THAT GETS YOU THERE

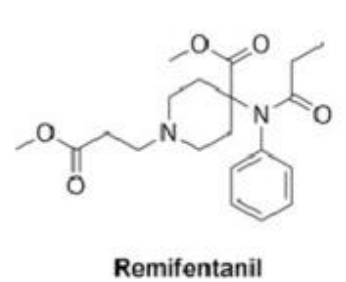
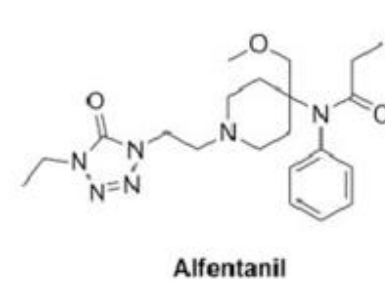
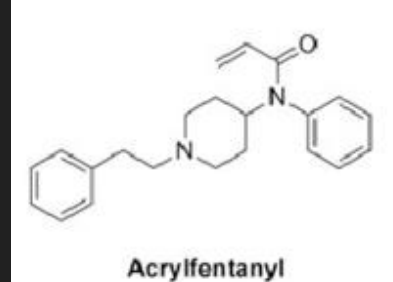
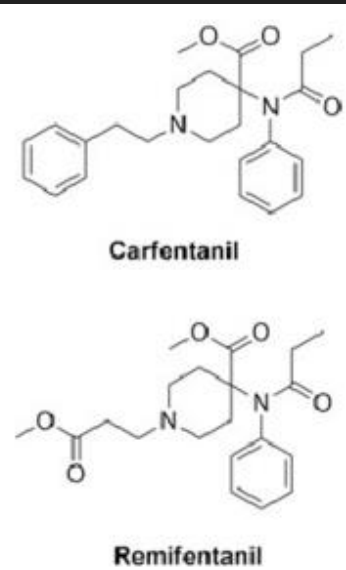
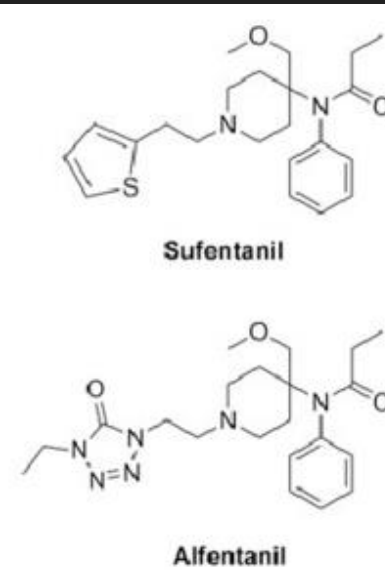
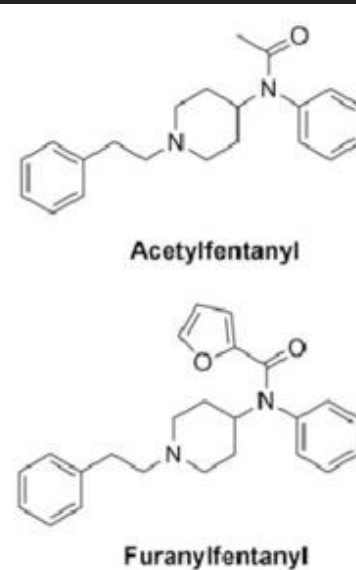
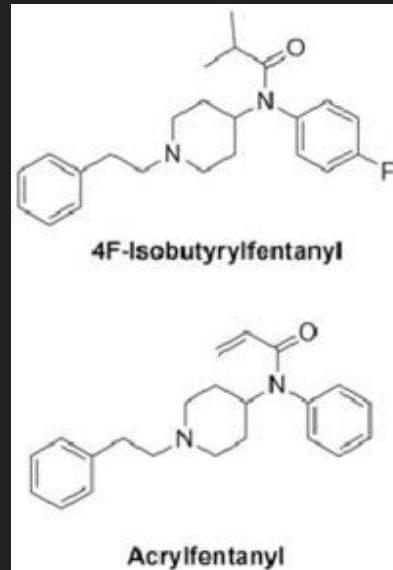
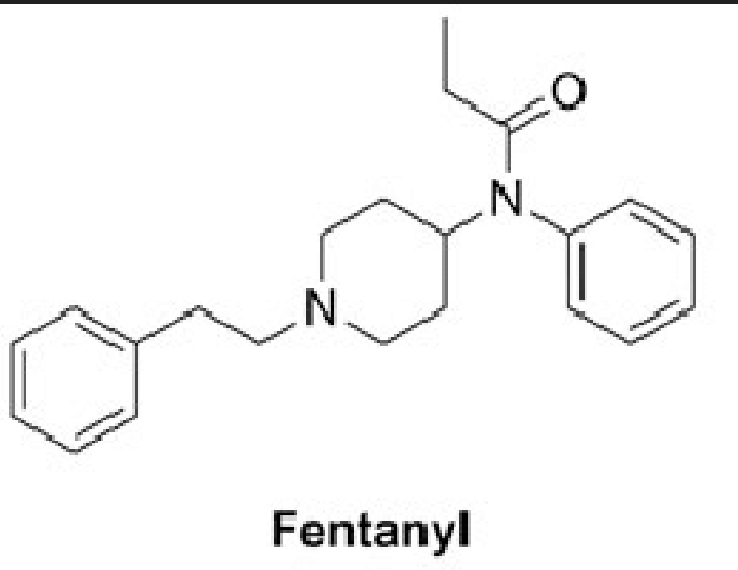
What is fentanyl?



2mg of fentanyl, a lethal dose in most humans, next to a penny for size comparison.

What is fentanyl?

- Used since 1968 in clinical settings for certain surgical procedures
- Also used for opioid-tolerant chronic pain patients since the 1990's
- Almost entirely IMFs (illicitly manufactured fentanyls) that are adulterating the illicit drug market
 - Fentanyl
 - Fentanyl *analogues*
 - Other novel synthetic opioids



**Why is fentanyl in the US
illicit drug supply?**

THE HARDER THE ENFORCEMENT, THE HARDER THE DRUGS

INCREASING LAW
ENFORCEMENT



INCREASING COST OF
ILLEGALITY



INCREASING POTENCY OF
THE SUBSTANCE



Need to Avoid Detection
(Less Weight and Volume, Easier to Hide,
Store and Transport)

Beer and Wine



Spirits



Moonshine

Cannabis



High THC Cannabis



Synthetic Cannabinoids

Coca Leaf/Tea



Powder Cocaine



Crack/Paco/Basuco

Opium



Heroin



Fentanyl/Carfentanyl

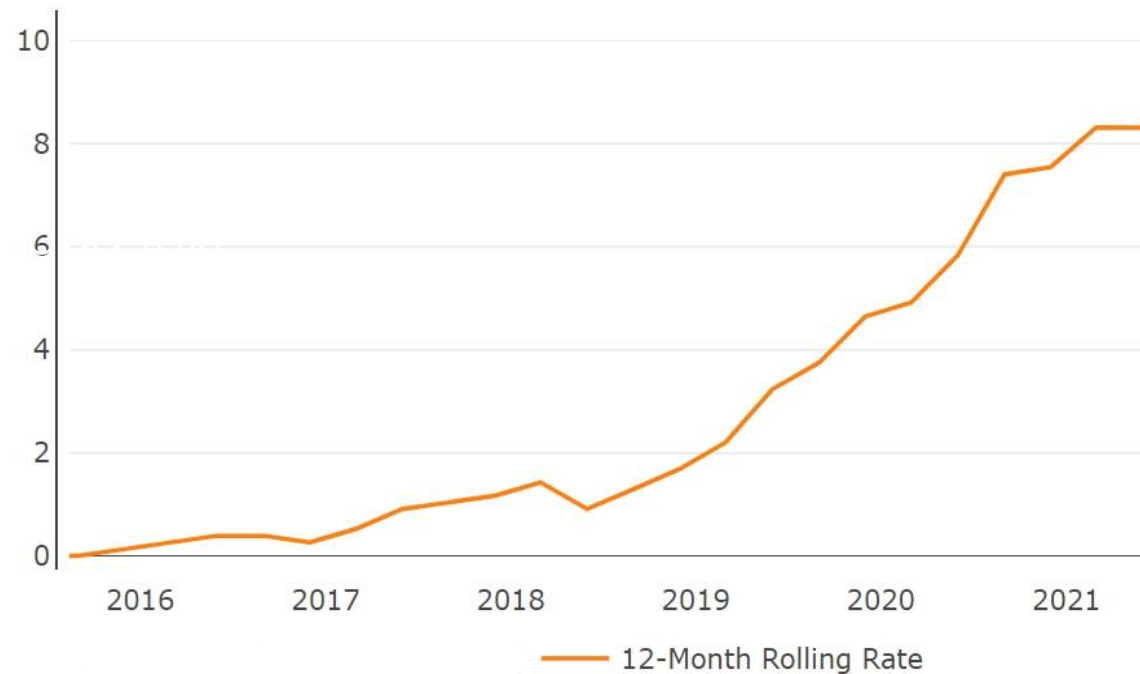
What are the dangers of having fentanyl in the illicit drug supply?

- People don't know they are consuming it
- People don't know how much they are consuming
- "Hot Spots," AKA the "chocolate chip cookie effect"
- People don't know if a lethal drug interaction will occur
 - Rx Benzodiazepines—Xanax, Valium, Klonopin
 - Benzodiazepine adulterants— Etizolam, Flualprazolam, etc
 - Other opioids—heroin, Oxycodone, methadone, etc
 - Alcohol

Is this a problem in San Mateo County?

Fentanyl-Related Overdose Deaths - Total Population Crude Rate per 100,000 Residents

San Mateo County



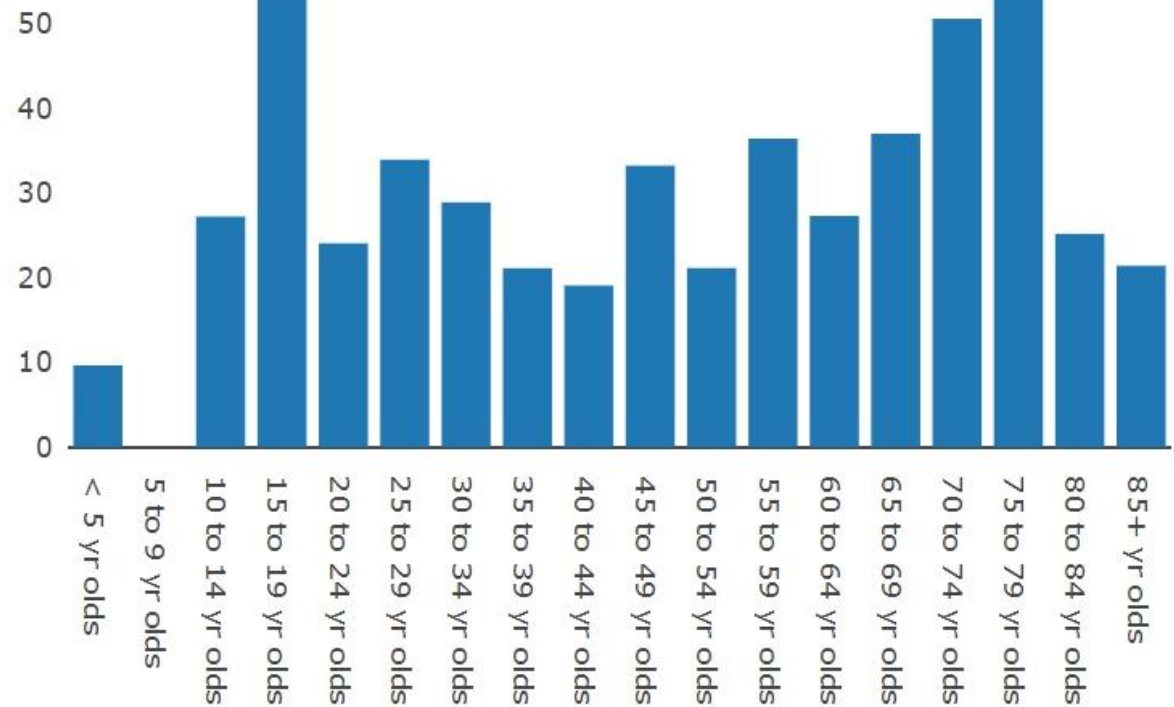
Source: California Department of Health Care Access and Information, Emergency Department Data
Prepared by: California Department of Public Health, Substance and Addiction Prevention Branch.

Is this a problem in San Mateo County?

All Drug-Related Overdose Hospitalizations by Age Groups, 2020

Crude Rate per 100,000 Residents

San Mateo County



Source: California Department of Health Care Access and Information, Emergency Department Data
Prepared by: California Department of Public Health, Substance and Addiction Prevention Branch.

FACT

You **cannot** overdose on fentanyl just by touching it, being in a room where it has been, or touching a person who has used it.

There are **zero** confirmed cases of fentanyl overdoses for first responders from skin contact with fentanyl.

FICTION

Fentanyl Isn't Just Deadly for Drug Users: Police Are Getting Sickened

'I was in total shock': Ohio police officer accidentally overdoses after traffic stop

Police warned of drug so powerful it can kill in one breath

"The right side of my body was locked up and my right hand was like a dinosaur hand. It was like when your foot falls asleep and it tingles and hurts and is numb. That was my whole body."

'I Was Dying': Alameda County Detective Breaks Silence on Fentanyl Poisoning

Fentanyl laced flyer: A Texas deputy touched a piece of paper and ended up in the hospital

A deputy nearly died of a fentanyl overdose immediately after he was exposed to it while on duty, California officials say.

3 Baltimore County police officers treated for fentanyl exposure, prompting precinct evacuation

Evidence- Based Solutions

What's working?

- Naloxone distribution by community-based programs
 - PWUD as primary agents of overdose reversal according to CDC
- Safe Consumption Spaces—In their first three months, NY OnPoint's two locations have reversed upwards more than 150 overdoses
- Fentanyl Test Strips—Knowledge, Empowerment, and Engagement in Services
- Overdose Prevention Hotline: Never Use Alone
 - **(800) 484-3731, [NeverUseAlone.com](https://www.NeverUseAlone.com)**
- 'THE PORTUGAL MODEL'

What about solutions geared towards teenagers?

- [Safety First: Real Drug Education for Teens, High School Curriculum](#) 
- Community-based wraparound services for youth