



T.T.O.A.'s Advice:

WHAT SHOULD YOU DO IF YOUR FRIEND OR LOVED ONE OVERDOSES? A GUIDE TO SAVING LIVES

It was supposed to be a fun night. Maybe even just a one one-time thing since you're on probation. What you thought was going to be a fun time just hanging out and getting high with friends has suddenly turned into a stressful nightmare. Your friend or loved one is acting weird. You feel ok and they have done this more times than you have so why is this happening? After they throw up you notice that they aren't breathing normally and now they have passed out. Should you just let them sleep it off and get out of there? You don't want to get in trouble. You weren't even supposed to be there. You lied to your family and borrowed the car saying you were going out to look for a job. You don't want to overreact, and you definitely don't want to deal with the consequences of your family finding out that you messed up again, but something just doesn't feel right.

What do you do?

The right choice and what should be an easy choice is to get them immediate help from a trained professional, meaning get them to the Emergency Room if it is nearby or dial 911. Yes, you read correctly. Here at [Tattle Tellers](#), we obviously do not condone or ever encourage cooperating with law enforcement. However, when it comes to human life, please understand that snitching and calling 911 in order to save someone's life are two vastly different things. We absolutely encourage you to do what is right and get them help. You will forever regret it if you don't.

Intentional or accidental, overdose occurs when someone encounters a substance and has an adverse or bad reaction to it. This can happen if it is a person's first time using it or even if it is their 100th time. Whether the drug is illicit, prescribed, or over the counter, if this unfortunate event occurs MINUTES MATTER! It is no time to begin debating on what you should do. If you are going to involve yourself in risky behavior, it would be wise to have a plan in place for this life threatening "What if scenario."

Too often, we hear about situations where someone has overdosed. They are found alone. It appears as if those who were with the person before they died were too concerned about getting in trouble. The body looks staged, all drugs and/or valuables missing from the deceased. It sounds cold and callous, but this has become normal because people are scared and panic. No one wants to go to jail.

Some might say they were trying to get rid of evidence, while others are just plain greedy and figure their friend laying their dying no longer needs it. Still, imagine how this kind of behavior looks to those stumbling upon this tragic scene. Think about if your family found you in such a manner.

We sympathize with you. You are in a difficult spot. You are worried about them but also worried about you. Obviously, you are concerned about if you call 911 what will happen. Depending on the specific circumstances, the possibilities are endless. Still, instead of wasting time with all of the "What ifs" think about what is certain. IF YOU DO NOT GET THEM SOME HELP AND QUICK, THEY COULD DIE! There is no coming back from death and be assured, whatever you are trying to avoid by not seeking help will all come out during a death investigation.

We also think it is very important for you to know and understand that in both Minnesota and Wisconsin there are laws in place to avoid this exact situation. You don't have to be scared of getting in trouble as long as you act quickly and get them some help. It is commonly known as or referred to as "**Good Samaritan Law.**"

Basically, the thought process behind these laws is to give incentive for you to not want to just run away and hope for the best. Authorities often find someone deceased from overdose because those who were around that could have possibly done something were for whatever reason too scared to call for help. The Good Samaritan Law provides immunity from prosecution if you are the ones to seek out help for someone overdosing.

MINNESOTA

Also known as "Steven's Law"

"If you were arrested and charged with a drug related crime after you called 911 to report that someone appeared to be suffering from a drug overdose, you may have immunity from prosecution. Like most states, MN has a "Good Samaritan" Law. This law provides immunity in some cases for people who report drug overdoses.

Under the law, a person who calls 911 to report an overdose cannot be prosecuted for the possession, sharing, or use of said drug or the drug paraphernalia associated with the overdose. Immunity is available ONLY to someone(s) if they're the first to call for assistance and remain on scene until help arrives.

The illegal items must have been found as the result of their call for help. These protections also apply to a person who is experiencing an overdose if they call for help themselves. The immunity does not apply to other non-related criminal charges or to evidence of drug related crimes that was obtained independently after the fact.

MEANING: You don't have to waste precious time being concerned with getting rid of anything illegal or not wanting to call for help because maybe you are on probation and are not supposed to be using or around those who do. Etc. Just call for help! Period.

(Credit for the above snippet about MN Good Samaritan Law goes to Mauzy Law Firm @ Mauzylawfirm.com)

WISCONSIN

2017 Wisconsin Acts 33 and 59 prohibit the revocation of parole, probation, or extended supervision for certain violations for an aided person who was suffering or reasonably believed to be suffering from an overdose or other adverse reaction. (The immunity from prosecution or revocation is under the circumstances surrounding or leading to the aider's actions.)

DEFINITIONS, ACRONYMS, FORMS:

Aider: A person who makes contact with any of the following individuals:

- An individual who staffs the emergency room, hospital, fire station, or other health care facility to which the aider brings the aided person.
- A law enforcement officer, ambulance, emergency room technician, or other health care provider summoned by the aider, or
- An individual answering "911" or the number for an EMS provider called by the aider.

In addition to completing one of the above, a person is an "aider" only if the aided person is, or if a reasonable person would believe him or her to be suffering from an overdose or other adverse reaction. The aider's attempt to obtain assistance must have occurred immediately after the aider believes the other person is suffering from the overdose or other adverse reaction.

Aided Person: A person suffering from an overdose of, or other adverse reaction to, any controlled substance or controlled substance analog, or if a reasonable person would believe him or her to be, and who is assisted by an aider.

Criteria:

1. No aider may have his or her parole, probation, or extended supervision revoked, and is immune from prosecution for the following violations under the circumstances leading to his or her aiding another individual:
 - a. Possession of drug paraphernalia (under s. 961.573)
 - b. Possession of a controlled substance or a controlled substance analog (under s. 961.41(3g))
 - c. Possession of a masking agent (under s. 961.69(2))
 - d. Bail Jumping (under s.946.49)

2. For the aided person to be immune from revocation/prosecution for the above violations, the aided person must:
 - a. Complete a treatment program as a condition of his or her parole, probation, or extended supervision, or
 - b. If a treatment program is unavailable or would be financially prohibitive, agrees to be imprisoned in the county jail for not less than 15 days.
3. Interstate Compact offenders supervised in Wisconsin from another state shall be supervised consistent with the supervision of other similar offenders sentenced in the receiving state. Interstate Compact rules should be followed for these offenders.

Reference(s):

2017 Act 33, 2017 Act 59, Wisconsin State Statute 961.443 Policy Statement.

*** Upon further research, I found that 48 jurisdictions (47 states and D.C.) have enacted both Good Samaritan and Naloxone Access laws. Kansas, Texas, and Wyoming are the only states that do NOT have such laws. So, there is no excuse to allow your people to suffer and/or die because you are scared of getting in trouble.



Source: GAO analysis of jurisdiction laws. | GAO-21-248

Each drug along with each person and situation presents a different set of overdose symptoms. Everyone responds differently. It can be difficult for even a professional to know for sure whether or not someone is in fact suffering from an overdose. Still, it is always better to be safe than sorry. The list below should give you a general idea of what to look for. In no way is this going to cover all scenarios. Please use your best judgement for your specific situation. And if still in doubt, then all the more reason to call for help and allow someone with experience to handle the situation. Remember, there are people out there who would be devastated with losing their loved one. That trumps any and all consequences anyone may face.

Overdose Symptoms MAY Include, But Are Not Limited To:

OPIOIDS

- Unconsciousness
- Shallow breathing
- Constricted pupils
- Bluish skin tone
- Cold clammy hands
- Decreased heart rate.
- Confusion
- Nausea, Vomiting
- Seizures, Spasms

STIMULANTS

- Rapid heart rate
- Agitation/Aggression
- Hallucinations
- Profuse Sweating
- Cold Sweats
- Seizure
- Uncontrolled muscle twitching
- Dehydration
- Unconsciousness

DEPRESSANTS

- Weak pulse
- Shallow breathing
- Clammy hands/skin
- Unconsciousness

HALLUCINOGENS

- Dilated pupils
- Rapid breathing
- Agitation
- Speech impairment
- Delirium
- Unconsciousness

ALCOHOL

- Vomiting
- Confusion
- Slow Breathing
- Blue skin tone
- Low body temperature
- Seizures
- Unconsciousness

PRESCRIPTION/OVER-THE-COUNTER DRUGS

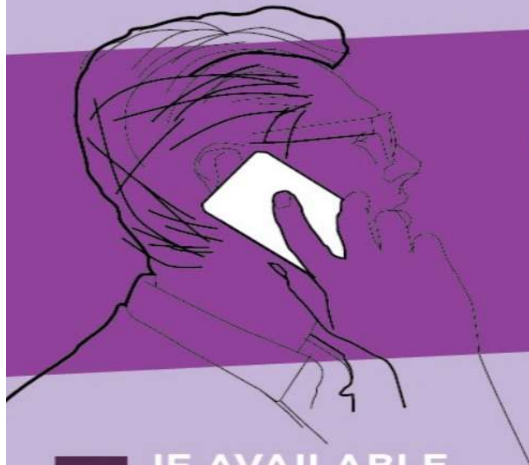
- Irregular heartbeat
- Agitation/Aggression
- Vomiting
- Drowsiness
- Uncontrolled Movements
- Dizziness
- Confusion
- Profuse Sweating
- Seizure
- Any other bizarre or non-normal behavior.

KNOW THE SIGNS OF AN OVERDOSE — AND HOW TO RESPOND.

ABOUT 130 AMERICANS DIE FROM AN OPIOID OVERDOSE EVERY DAY. HERE'S HOW YOU CAN SAVE SOMEONE'S LIFE.

1 CHECK FOR SYMPTOMS

UNRESPONSIVE OR UNCONSCIOUS
GASPING, SNORING, NOT BREATHING
SHALLOW OR SLOW BREATHING
BLUE LIPS AND FINGERTIPS
CLAMMY SKIN



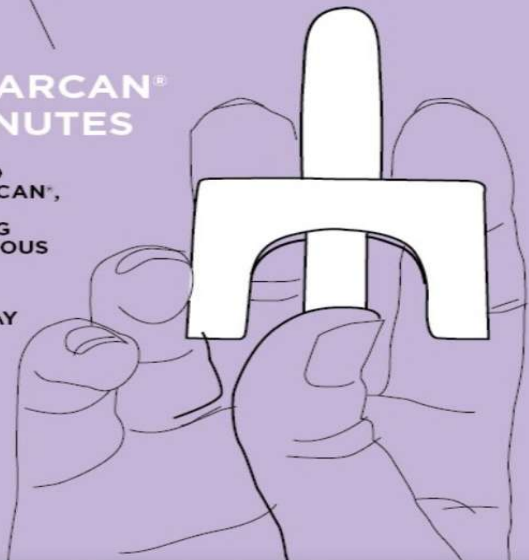
2 CALL 911 RIGHT AWAY

MAKE SURE YOU PROVIDE YOUR EXACT LOCATION AND YOUR PHONE NUMBER, ALONG WITH THE TYPES OF DRUGS OR ALCOHOL THAT MAY HAVE CONTRIBUTED TO THE OVERDOSE.

3 IF AVAILABLE, ADMINISTER NARCAN[®] WITHIN 2-3 MINUTES

NALOXONE, OFTEN REFERRED TO BY THE BRAND NAME NARCAN[®], TEMPORARILY BLOCKS THE EFFECTS OF OPIOIDS, HELPING TO KEEP THE PERSON CONSCIOUS AND BREATHING.

1. TILT THE PERSON'S HEAD BACK AND INSERT THE SPRAY INTO ONE NOSTRIL.
2. GIVE A QUICK, FIRM PUSH.
3. REMOVE THE DEVICE AND WATCH THE INDIVIDUAL CLOSELY.
4. TURN THEM ON THEIR SIDE TO ENSURE THE AIRWAY IS NOT OBSTRUCTED.



***** OPIOID SYMPTOMS/INFORMATION CONTINUED:**

Everyone has the potential to find someone that is experiencing an overdose. Risks extend both to those who use illicit drugs and those who have prescription drugs. Many pain-relieving prescription drugs come in opioid form. Narcan has been proven over and over again to save lives. Everyone should become familiar with what Narcan is and how to access lifesaving medication.

MINNESOTA – NARCAN ACCESS:

If you are a Minnesota resident, you can go to <https://knowthedangers.com> to find an interactive map of where you can access Narcan/Naloxone easily and for FREE!

WISCONSIN – NARCAN ACCESS:

Wisconsin also has an interactive map to easily locate FREE Narcan/Naloxone at <https://www.dhs.wisconsin.gov/opioids/safer-use.htm>

You can reverse an opioid overdose if you know what to do and you act in time. Whether you use illicit drugs, love someone who does, or just care about the people in your community, it is important to be prepared. Carrying Narcan is proven to save lives.

Narcan can also be purchased without a prescription over the counter at many stores with pharmacies. (CVS, Walgreens, Walmart, Metro Market, Pick-n-Save, etc.)

Narcan can be obtained with a prescription at most pharmacies.

It is also provided at no cost to anyone who attends a free training session offered by dozens of agencies participating in the NARCAN Direct Program.

Tips To Protect Yourself:

- It is dangerous to take opioids when you are alone. If at all possible, find someone you trust who can check in on you.
- Mixing drugs is risky. Combining drugs or drugs and alcohol puts you at greater risk of overdose.
- Obtaining opioids from unknown sources or even obtaining illicit drugs from an opioid user puts you at a much greater risk of overdose.
- Your current state of health matters. People living with such conditions as Asthma, HIV, Kidney, Liver issues are at greater risk of overdose.
- Come up with an overdose plan. Talk with those you trust about what you all can do in case of an overdose.

Tips For Those Prescribed Opioids:

- Limit your use of the medicine. Unlike antibiotics where taking the entire course of medication is necessary, you should stop taking opioids as soon as the pain is gone or manageable. Also, never take more than the prescribed dosage.

- Don't share your medication. This should go without saying. What is prescribed to you for your own personal situation could very well be harmful and worse, fatal to someone else.
- Store your opioid medications responsibly. Leaving opioids out where they are easily accessible to others is a recipe for disaster. Keep them locked and out of reach. Especially around children.
- Safely dispose of unused medicine. Hanging on to unused opioid medication is asking for future troubles and heartache. You may believe that in your house there are boundaries that are respected. That may be true usually. You never know what someone else is going through. It's always better not to risk it. You wouldn't leave a loaded gun on the kitchen counter and just assume everyone is smart enough not to get curious or desperate, etc.

Tips For People Who Use Other Forms of Opioids:

- Injecting opioids is dangerous. This increases the risk of overdose. Although one should never assume that ingesting opioids in some other fashion is safer. Also, reusing and/or sharing needles has its own set of dangers and risks.
- Fentanyl test strips are legal. These can be used to check for the presence of fentanyl in drugs. They are also available for free, without judgement at many locations in Wisconsin where Narcan is also available.
- Your health matters and is a factor. Your overall health impacts your risk for overdose. This is why a person can use opioids one day and have no adverse reaction and that same person can use the same opioids the next day and overdose. Dehydration, lack of sleep, stress, hunger, lack of nutrition, Depression, and many other factors can increase your risk of overdose.

HOW TO GIVE SOMEONE NARCAN:

Narcan is simple to use. Each Narcan device contains one dose.

1. Call 911 and follow the operators' instructions.
2. Place the tip of the nozzle in either nostril until your fingers touch the nose.
3. Press the plunger firmly to release the dose.
4. Give rescue breaths if needed.

Narcan usually begins working within a few minutes and lasts from 30 to 90 minutes. More than one dose of Narcan is sometimes needed. If there is no response after 2-3 minutes, give a second dose of Narcan in the other nostril by repeating the steps above.

Talk about Narcan with your friends and loved ones. This should not be a topic people are ashamed to discuss. Narcan is for anyone who uses opioids in any form and for those who use substances that are commonly mixed or "cut" with fentanyl or other synthetic opioids. Make carrying Narcan normal. If you find yourself in the presence of someone who has a negative view on the subject, there is no need to shut the topic down. Simply inform them of the facts. After that it is up to them. You can't convince

everyone and there will continue to be a stigma surrounding the issue. Don't let that deter you from doing what you know is right and the safer choice. CARRY NARCAN!

If you suspect that someone has overdosed. Allowing them to "Sleep it off" is quite possibly the worst solution. Without medical care, your loved one could experience any or all of the following:

1. **ASPITATION** – Choking on vomit. Repeated vomiting can cause severe dehydration that can lead to seizures and or death.
2. **IRREGULAR or RAPID HEART RATE** – This can quickly result in heart failure, death.
3. **SLOW or SHALLOW BREATHING** – This can quickly progress into respiratory failure. Respiratory failure can cause brain damage, and other organ injuries that could result in many further complications and/or death.

Overdose is a **MEDICAL EMERGENCY!** If you find yourself needing to call 911, please try to remain calm. Being hysterical will only hinder rescue efforts. Try to give accurate details. Don't pretend as if you do not know what drug was taken or how much. Whatever you do know, tell first responders to give your loved one their best chance at survival.

We should all be aware and have practiced CPR for this and many other situations where CPR could be the very thing that keeps our loved ones alive until help arrives.

While waiting for help, **STAY WITH THE PERSON NEEDING ASSISTANCE.** Don't try to make them eat or drink anything. Often in movies we see the actors place a person in a cold shower and then the person magically recovers. Experts suggest that a cold shower is actually a bad idea.

CPR:

1. Call 911 and alert them to the situation.
2. Open up the person's airways by laying them on their back.
3. If they are still not breathing, begin CPR.
4. Give 30 seconds of chest compressions.
5. Give 2 rescue breaths – Repeat steps 4-5 until help arrives.

Never leave a person to die alone because you are scared or unsure of what to do!

RESOURCES

If you or a loved one are suffering from addiction, please know that you are not alone. There is help out there. None of them is ideal and it won't be easy. But since the beginning of time, no one has completed recovery and looked back and regretted getting sober. You can do it! You deserve it! Below you will find a short list of places you can turn to if you are a resident of Minnesota or Wisconsin. This list is not all there is. It's merely a starting point. A simple google search or discussion with your healthcare provider is also advised.

*****Special Note from Peebee***** If you have entered into recovery and someone you know or that you use to use with offers to use with you or encourages you to use, please understand that person is not your friend. They literally do not care about you. Many will smile in your face all the while hoping you fail. Stay Strong!

RULE 25: Also known as a “Rule 25 Assessment” is a clinical tool used to screen for what the medical community refers to as substance abuse disorders. In order to receive funding for chemical dependency treatment, an individual needs to have a chemical use assessment conducted by a Rule 25 Assessor. In MINNESOTA, the process of the assessment and the criteria the decision is based upon are governed by Rule 25 which states – “An Assessor gathers information about an individual and decides whether the individual needs treatment and if so, what type will be the most beneficial. The 4 levels of care available are: Primary Inpatient, Primary Outpatient, Extended Care, and Halfway House.

You can view the 18-page Assessment application used during an assessment interview @ <https://www.wisconsinconnect.org> This form is essentially the same in both MN and WI.

I believe instead of it being referred to as a Rule 25, in Wisconsin it is more often referred to as an AODA Assessment. The principal is the same though. A Substance Use Assessment is an interview between you and a certified therapist. Usually these are court ordered. The assessment is done by a licensed Substance Abuse Professional, formally known as AODA Assessment. After the interview, the therapist gives a diagnostic impression of any substance abuse disorder or dependence. Based on their input they will then recommend either Early Intervention Classes, Outpatient services, Inpatient Services, and/or Residential based services for substance abuse.

In either location, assessments usually last anywhere from 1-2 hours. You will discuss openly with a licensed therapist/counselor in a conversational type of interview all about your use of alcohol and/or drugs. As well as other relevant topics such as the impact of substance use on your life, your relationships, job, freedom, etc. Therapist/Counselor will then recommend appropriate treatment as well as funding.

You can obtain a Rule 25 or AODA Assessment by contacting your local Department of Human Services or by contacting one of the facilities listed below. You must obtain an assessment to obtain funding to pay for treatment. Once you have completed the assessment interview, it is good for 30 days.

HELP IS AVAILABLE – SPEAK WITH SOMEONE TODAY

SAMHSA NATIONAL HELPLINE – Confidential free help, from public health agencies to finding treatment and treatment related information. 1-800-662-4357

Top 5 FREE or Low-Cost Treatment Facilities in Minnesota

Minnesota Adult and Teen Challenge

**1530 Assisi Dr. NW
Rochester, MN 55901
(507) 288-3733**

This addiction treatment facility offers treatment to men, woman, and teens. They provide inpatient treatment including evidence-based treatment methods, licensed therapists, 24-hour care, and an opioid treatment program. Medicare and government funding are accepted.

NorthStar Behavioral Health

**35 Water St. W
St. Paul, MN 55107
(651) 487-4987**

This addiction treatment facility has men's and woman's facilities in St. Paul and other areas in the state. They offer 90-day intensive residential programs followed by an outpatient program that can take place in sober living or at home. They also provide co-occurring mental health support and mental health care. They offer a sliding fee scale as well as Medicaid.

RS Eden

**1931 West Broadway Avenue
Minneapolis, MN 55411
(612) 287-1600**

This addiction treatment facility provides a holistic approach with inpatient drug rehab and outpatient recovery services to men and women battling drug abuse. They also offer supportive housing. Government funding accepted.

Turning Point

**1500 Golden Valley Road
Minneapolis, MN 55411
(612) 520-4004**

This addiction treatment facility is a non-profit organization recognized for substance use disorder recovery for African Americans struggling with addiction. They provide inpatient treatment for men, and outpatient treatment for both men and women. They also provide aftercare and have a DUI program. They also have three types of housing. They offer and accept payment assistance as well as a sliding fee scale.

RESOURCES

Wayside Recovery Center, Family Treatment Center
2120 Clinton Avenue
Minneapolis, MN 55404
(612) 871-0099

This addiction treatment facility is a private, non-profit family residential facility that focuses on the individual, not the ability to pay. They provide treatment for substance abuse, co-occurring disorders, and serious emotional issues. Wayside accepts Medicaid, has sliding fee scale plans, as well as accepts most insurance providers.

(Credit goes to detoxrehab.net for the above information)

Ramsey County Detox Center
402 University Avenue MN 55130
(651) 266-4009

Hennepin County Detox Center
914 S. 8th Street
Minneapolis, MN 55404
(612) 873-5566

Top 5 FREE or Low-Cost Treatment Centers in WISCONSIN

Appleton Comprehensive Treatment Center
3301 N. Ballard Road Suite B
Appleton, WI 54911
(855) 608-3079

This facility offers medication-assisted treatment (MAT) for people who require prescription drug or opioid addiction treatment. Methadone, Suboxone, and Naltrexone. They also offer an outpatient center and outpatient programs for individual and/or group therapy. They provide a sliding fee scale as well as options for Medical Assistance through government funding to assist with payment.

ARC Community Services
1409 Emil Street
Madison, WI 53713
(608) 283-6426

This facility is a private non-profit organization dedicated to helping women who need substance abuse treatment. They run 5 residential substance abuse recovery centers across the state. One of these programs is specifically dedicated to pregnant or postpartum women and their infants. They also provide support for women in situations that involve Child Protective Services.

Fahrman Center
3136 Craig Road
Eau Claire, WI 54701
(715) 835-9110

RESOURCES

This facility is a Lutheran-run and Commission on Accreditation of Rehabilitation Facilities (CARF) accredited non-profit that offers substance use treatment in Eau Claire, WI. They currently offer both inpatient and outpatient services. Their Aspen facility includes medical monitoring for both men and women with priority given to pregnant applicants. They have a sliding scale payment option available as well as government funding to make the cost of treatment manageable.

Adult and Teen Challenge of Western Wisconsin
2507 Weston Street
La Crosse, WI 54601
(608) 351-2828

This facility is a long term, faith-based drug and alcohol residential recovery program for those struggling with drug and alcohol addiction. Their mission is to provide support for individuals seeking to gain freedom from chemical addictions and other life-controlling problems by addressing spiritual, physical, and emotional needs. They accept government and private funding.

Arbor Place
4076 Kothlow Avenue
Menomonie, WI 54751
(715) 235-4537

This Facility has been providing services to those in the Eau Claire, Menomonie, and River Falls area (and beyond) for nearly half a century. They provide substance abuse treatment as well as mental health treatment. They offer a variety of programs including residential, day, and outpatient treatment. They accept government funding.

(Credit goes to addictionresources.net for the above information)

L E Phillips Libertas Center (Detox)
2301 Co. Hwy I
Chippewa Falls, WI 54729
(715) 723-5585

*****TIP***** If you are struggling in any or all aspects of your life right now, feeling hopeless, etc. Most of these facilities listed, once enrolled, will help you gain access to housing, visitation with your kids, dealing with legal issues, etc. You have no place to go but UP!

SUICIDE and CRISIS LIFELINE:

Text – 988

Call – 1-800-273-8255

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