



LINC
LEADING INTO NEW COMMUNITIES

**EYES ON
THE LAW**

OVERDOSE AWARENESS & SUICIDE PREVENTION

Presented By : LINC Eyes on the Law

Cooper Mertens, LINC Data & Impact Coordinator
Telesa Jones, LINC Justice Services Coordinator



OVERVIEW

- **Overdose Awareness**
- **Overdose Causes & Risk Factors**
- **Symptoms**
- **What to do**
- **Understanding the Impact**
- **Overdose Resources & Hotlines**
- **Suicide Prevention Month**
- **Scope of the Issue**
- **Suicide Rates**
- **Contributing & Co-Occurring Factors**
- **How to Help**
- **Suicide Resources & Hotlines**
- **Thank You**

OVERDOSE AWARENESS



August 31 is recognized as International Overdose Awareness Day the world's largest annual campaign to end overdose, remember those we have lost to an overdose, acknowledge the grief of the family and friends left behind, and renew our commitment to end overdose.

- More than 36,000 North Carolinians have lost their lives to overdose between 2000-2022
 - 12 people a day die in North Carolina from Overdose
- Nearly 1/3 of U.S. adults know someone who has died of an overdose
- Overdose includes more than just opiates- it can be alcohol and over the counter medications like tylenol
- Overdoses are typically labeled under 2 categories: accidental or intentional



OVERDOSE CAUSES & RISK FACTORS



Overdoses occur when someone enters into a critical state from ingesting too much of a substance or blend of substances.

- **Blood:** veins collapse and blood flow is hindered
- **Brain:** oxygen deprivation causes permanent damage after 4 minutes
- **Heart:** interrupts receptors between brain & heart
- **Lungs:** respiratory depression, pulmonary edema, vomiting & choking

Risk Factors

- Age
- Substance
- Mixture
- Dosage
- Administration
- History
- Body
- Underlying conditions

Substances

- Alcohol
- Opioids
- Sedatives
- Stimulants
- Synthetic

SYMPTOMS



Symptoms of overdose can vary depending on the substance:

- **Alcohol**
 - Unconsciousness
 - Drowsiness
 - Seizures
 - Vomiting
 - Slowed heart rate
 - Irregular breathing
 - Clammy/blue skin
 - Extreme weakness
 - Unable to be woken up
 - Mental stupor
- **Sedatives (xanax, valium)**
 - Unconscious
 - Drowsiness
 - Unable to be woken up
 - Slurred speech
 - Vomiting
 - Slow heart rate
 - Slow/no breathing
 - Blue skin
 - Extreme weakness
 - Mental stupor
- **Stimulants (cocaine)**
 - Mood swings
 - Confusion
 - Anxiety/paranoia
 - Irritability/aggression
 - Tremors
 - Vomiting
 - Chest pains
 - High blood pressure
 - Psychosis
 - Hallucinations
- **Opioid (fentanyl, heroin)**
 - Unable to stay awake
 - Snoring/gurgling sounds
 - Unconscious
 - Small "pinpoint" pupils
 - Vomiting
 - Slow/no heart rate
 - Slow/no breathing
 - Blue/purple skin
 - Limp body
 - Pale/clammy skin
- **Synthetic (MDMA, K2)**
 - Rapid breathing
 - Anxiety/panic
 - Rapid heart rate
 - Inability to sleep
 - High body temperature
 - High blood pressure
 - Vomiting
 - Seizures
 - Psychosis
 - Hallucinations

What should you look for?

- **Slow breathing/heart rate**
- **Blue lips/fingertips**
- **Unresponsiveness/unconsciousness**
- **Vomiting**



WHAT SHOULD YOU DO?



1

If you suspect someone is experiencing an overdose, call 911 immediately. Stay calm. Ensure you provide as much information as you can to paramedics. Note: Good Samaritan Law

2

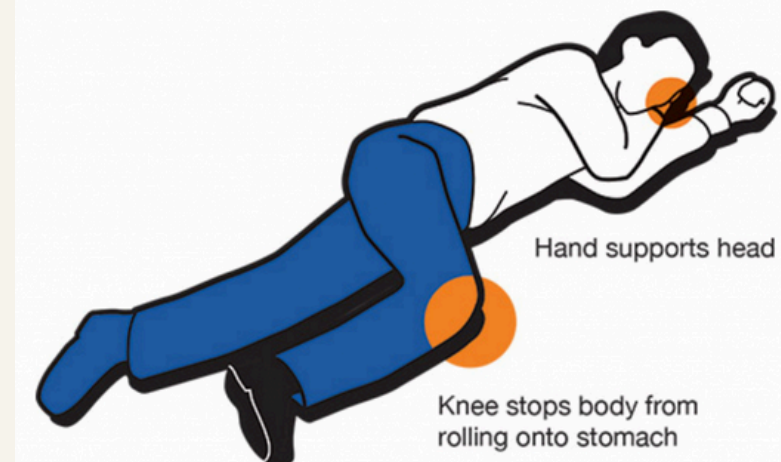
Check if the person is responsive, begin administering either Narcan nasal spray or Naloxone injection. If there is no change, administer more narcan/naloxone after 2 minutes. Administer narcan even if you aren't completely sure if it's an overdose- it will not harm the person. ADMINISTER AS MANY TIMES AS YOU NEED

3

If the person is not breathing, begin CPR. After providing naloxone place the person into the recovery position

The Recovery Position

Keep the Airway Clear



Hand supports head

Knee stops body from rolling onto stomach

UNDERSTANDING THE IMPACT OF OVERDOSE



● Personal

- Health: brain damage, organ damage, death, heart attack, seizures
- Mental Health: stigma, guilt, shame, anxiety, depression, trauma
- Recovery: hospitalization, long-term recovery

● Family & Friends

- Emotional impact: grief, guilt, stress, worry
- Trauma
- Relationship strain
- financial strain

● Community

- Healthcare system
- Public health costs



RESOURCES & HOTLINES



● **SAMHSA's National Helpline**
[1-800-662-HELP \(4357\)](tel:1-800-662-HELP)

NC National Rehab Hotline
[866-210-1303](tel:866-210-1303)

DHHS Crises Hotline
[800-662-7030](tel:800-662-7030)

● **Harm Reduction
Coalition**

<https://harmreduction.org/about-us/principles-of-harm-reduction/>

SEPTEMBER IS NATIONAL SUICIDE PREVENTION MONTH



A time to remember lives lost to suicide, acknowledge the millions of individuals who have had thoughts of suicide, and the many individuals, families and communities that are impacted by suicide each year. It is also a time to raise awareness and share messages of hope.



September 9-15th, 2024 is National Suicide Prevention Week

September 10th 2024 was National Suicide Prevention Day



SCOPE OF THE ISSUE



- Suicide is one of the leading causes of death in the United States.
- According to recent reports, there is about 1 death that occurs from suicide every 11 minutes. These numbers would be even more grim if we were to count the number of people who think about or attempt suicide. (CDC, 2022)
- It is important for us to acknowledge that starting and having conversations around this can help to save lives, and that this illustrates how important it is to prioritize mental health.

Individuals who seriously thought about suicide:

13.2 Million

Individuals who made a plan for suicide:

3.8 Million

Individuals who attempted suicide:

1.6 Million

SUICIDE RATES & DISPARITIES



OVERALL RATES:

- 79% of people who die by suicide are male
- More women than men attempt suicide, but men are 4x more likely to die by suicide
- Suicide is the...
 - 2nd Leading cause of death for people aged 10-14
 - 3rd Leading cause of death for people aged 15-24
 - 12th Leading cause overall in the US
- 46% of people who die by suicide have a DIAGNOSED mental condition, but other research suggests that up to 90% may have experienced symptoms of a mental health condition, but never received treatment.
- People ages 85+ had the highest rates of suicide in 2022 (23% of all suicides)
- Firearms are the most common method used in suicide (55%)
 - Overdosing/Poisoning: 12%
 - Suffocation: 25%
 - Other: 8%

COMMUNITY DISPARITIES:

- The highest rates of suicide in the U.S. are among American Indian/Alaskan Natives (27.1%), followed by non-hispanic white people (17.6%)
- LGBTQ+ Youth are 4x more likely to attempt suicide than straight youth (41% of LGBTQ+ youth have serious thoughts of suicide each year).
- Transgender adults are 9x more likely to attempt suicide in their life compared to their peers.
- Suicide is the #1 leading cause of death for individuals held in local jails.
- 14.42% of deaths in NC were caused by suicide last year, with about 30% of those being within local jails or someone with a CJS history.
- 22% of all High School students had a prevalence of serious thoughts of suicide, but that almost doubles to about 40% for high school students considered to be in a minority group.

CONTRIBUTING & CO-OCCURRING FACTORS



We cannot talk about suicide without acknowledging the contributing factors that may lead to it. We also cannot talk about addressing mental health without also addressing:

- Access to mental health services
- Access to gender-affirming care
- Safe, affordable housing options
- Culturally affirming mental health services
- Affordability and availability of childcare
- The amount of people within the jail/prison systems
- Food insecurity
- Reproductive healthcare options
- Addressing the homelessness epidemic
- Gun violence & control

- Discussing openly the systematic oppressions such as racism, class discrimination, imperialism, exploitation, etc.
- The pervasive nature of westernized beauty standards & diet culture
- Disability rights and justice
- Non-carceral mental health care
- Fair, affordable higher education
- Livable income and wages
- Accessible public transportation
- The criminalization of mental health and substance use

- Empowering indigenous communities, returning sovereignty.
- Affordability and availability of health care
- Ensuring clean drinking water for all
- COVID-19 and its ongoing impacts
- Neurodivergent affirming care
- Stigma still surrounding mental health and suicidal ideations.



HOW TO HELP



- **Join the Conversation**
Share your own experiences, join the conversation through spreading awareness through media. By talking and sharing we can make sure people don't feel alone.

- **Advocate**
Advocate, at all levels and for all people, for better mental health care systems and options. Visit [NAMI](#) or [988](#) for advocacy materials and crisis response maps.

- **Share!**
Share these statistics and disparities that exist, bring awareness to it through the data if people aren't understanding the impact. Also share resources and help lines (next page).

- **Offer Support**
Anyone can volunteer to be a chat-agent for the 988 line, or you can also offer support to those around you in your own daily life. Community and connection are the #1 way to combat suicide.



RESOURCES & HOTLINES

- **988 is the National Suicide Prevention Hotline:**
<https://988lifeline.org/>
- **NAMI Offers Unlimited Resources for Preventing Suicide:**
<https://www.nami.org/get-involved/awareness-events/suicide-prevention-month/>
- **CDC Suicide Report & Quick Stats:**
<https://www.cdc.gov/suicide/facts/data.html>

The background features a vertical bar on the left with a blue-to-purple gradient, a light blue bar, and a dark teal bar. The right side has a light pink dot pattern.

THANK YOU

Questions or Comments?

Email Us: eyesonthelaw@lincnc.org

