

# OUR NETWORK

## MISSION

The mission of the Steve Rummier HOPE Network is to heighten awareness of the opioid crisis, address its impact on the physical and emotional burdens of addiction and chronic pain, and improve the associated care processes.

## VISION

A world where individuals impacted by the opioid crisis have access to compassionate, evidence-based treatment, and can find support and acceptance in their communities.

## VALUES



**Collaboration**



**Equity and Inclusion**



**Compassion**



**Empowerment**



**Person-Centered Care**



**Hope**

## GOALS

1

### **Community Action**

A community that takes compassionate action to end the epidemic of opioid addiction and prevent overdose deaths.

2

### **Treatment & Wellness**

Healthcare professionals who are educated in and practice responsible prescribing and who provide treatment focused on individualized wellness.

3

### **Empowerment**

An inclusive environment that empowers those affected by opioid addiction and/or chronic pain to seek the help and support they need without shame or judgment.

# OUR PROGRAMS

Since 2011, the Steve Rummler HOPE Network has worked to raise awareness of the opioid crisis, address its impact on the physical and emotional burdens of both chronic pain and substance use disorder, and improve the associated care processes. We continue to advance our mission through our three programs: Education; Overdose Prevention and Advocacy.



## OVERDOSE PREVENTION

With drug overdose the leading cause of accidental death in our country, we believe that everyone should learn how to recognize and reverse an opioid overdose. We provide naloxone (the opioid overdose reversal medication), training and education, and fentanyl test strips to the public at the no cost.



## EDUCATION

The Steve Rummler HOPE Network develops educational content on a wide range of topics related to substance use disorders, harm reduction, chronic pain, and the opioid crisis. Providing this information is vital to shifting public understanding on these issues, and can help to break down stigma, build awareness of available resources, and empower individuals to advocate for themselves and loved ones.



## ADVOCACY

The Steve Rummler HOPE Network advances public policies and legislation at the local, state and national levels that improve care for those suffering from chronic pain, increase oversight of big pharma and shift the structural approach to addressing Substance Use Disorder. Join us in advocating for commonsense legislative change: your voice can help end stigma and save lives.

# STEVE'S LAW

Minnesota's Good Samaritan and  
Naloxone Access Law



## OVERVIEW

One of Steve Rummler HOPE Network's proudest accomplishments is Steve's Law, a law named for Steve Rummler, which passed unanimously through both houses of the Minnesota state legislature in 2014.

Steve's Law helps to decrease the barriers towards good faith intervention and reporting of suspected opioid overdose. It offers legal protections and immunity from charges related to use and possession of drugs and paraphernalia for individuals seeking help. Additionally, it increases the availability of naloxone and encourages EMS, police and health services to carry this life-saving medication and be trained in its administration. For the full text of the law, see appendix.

Access



## NALOXONE ACCESS

Steve's Law expands access to the opioid overdose reversal medication, naloxone. It allows pharmacies and other organizations to stock and distribute naloxone, and decreases barriers for getting a prescription.

In Minnesota, doctors and pharmacists can issue 'third party' prescriptions for naloxone, meaning that the medication does not have to be intended for use by the person to whom it is issued. This means friends, families, and even community members can ask for a prescription to use on others in the event of an overdose. Once obtained, you do not need a prescription to carry or administer naloxone.

## NALOXONE USE

Steve's law establishes policy for first responders, such as EMS, firefighters and law enforcement officers, to carry and use naloxone

Members of the public can also carry and administer naloxone to someone they believe to be experiencing an overdose.

When doing so, the individual administering naloxone is immune from criminal prosecution and civil damages related to this act.

Naloxone



Immunity



## IMMUNITY

Steve's Law provides additional protections for a person seeking medical assistance for someone experiencing an alcohol or drug overdose, as well as the person experiencing the overdose. These protections are so that these persons may not be arrested, charged, or prosecuted with substance possession or use related to this event (up to 2nd and some 3rd degree felony levels).

These protections help encourage people to seek out medical assistance for overdoses.

# STEVE'S LAW

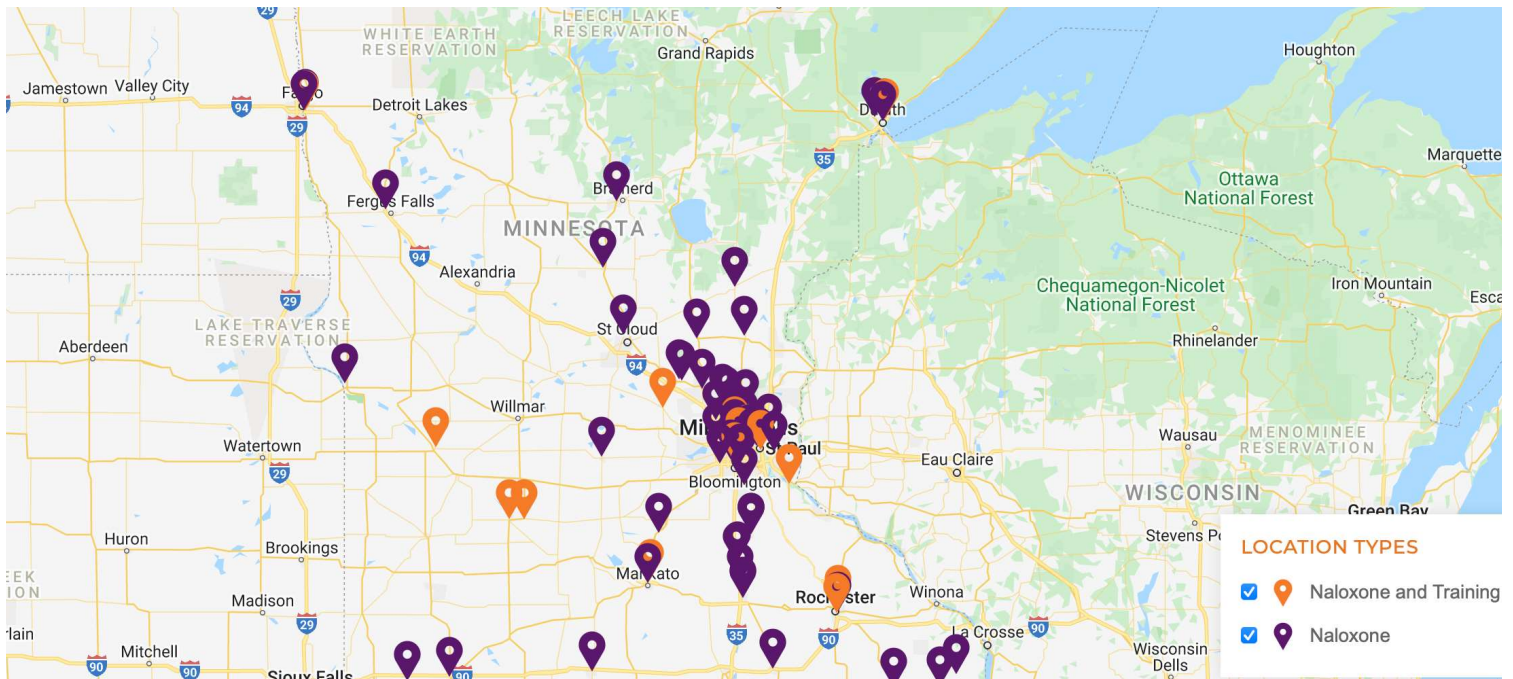
Minnesota's Good Samaritan and  
Naloxone Access Law



# **NALOXONE ACCESS POINT PROGRAM**

# NALOXONE ACCESS POINT (NAP) PROGRAM

As the latest major outreach effort of the Steve Rummler HOPE Network (SRHN), the Naloxone Access Point (NAP) Program aims to increase the accessibility of naloxone and training in vulnerable and underserved communities across our state. Thank you for being a part of this program!



## PROGRAM OVERVIEW

The Naloxone Access Point Program was developed by the SRHN Overdose Prevention (ODP) Program, and made possible through funding from the Minnesota Department of Human Services (DHS) on behalf of the Substance Abuse and Mental Health Services Administration (SAMHSA) as a part of their State Opioid Response grant funding.

This program aims to distribute naloxone through strategic partnerships forged between SRHN and community-based organizations and businesses, and embed naloxone pick-up points and community overdose prevention trainers across the state.

By creating more easily identified public pathways for naloxone access, we can help prevent overdose death in MN!



# NALOXONE

Saving lives for fifty years

# WHAT IS NALOXONE?

Naloxone is a safe and effective medication that can reverse an opioid overdose. It is nontoxic, non-analgesic, and has little to no adverse effects when administered to someone who is not experiencing an opioid overdose. Emergency medical professionals have used naloxone for decades, but it has become increasingly important for it to be more widely available to the public. No prescription is needed to carry or use naloxone in Minnesota (for a full breakdown of state-by-state laws concerning naloxone, see Appendix).

Note: NARCAN® is a trademarked nasal form of naloxone and the most widely known form of the drug. The terms NARCAN and naloxone are often used interchangeably by laypeople which can cause some confusion. SRHN primarily distributes the injectable form of naloxone.

The medication is the same regardless of administration method, and will have the same effect in preventing an opioid overdose. Unfortunately, some formats can be prohibitively expensive and therefore will not be supplied or distributed through the NAP Program.

Images from top to bottom: IM injectable naloxone, nasal atomizer, Nasal NARCAN, discontinued autoinjector product



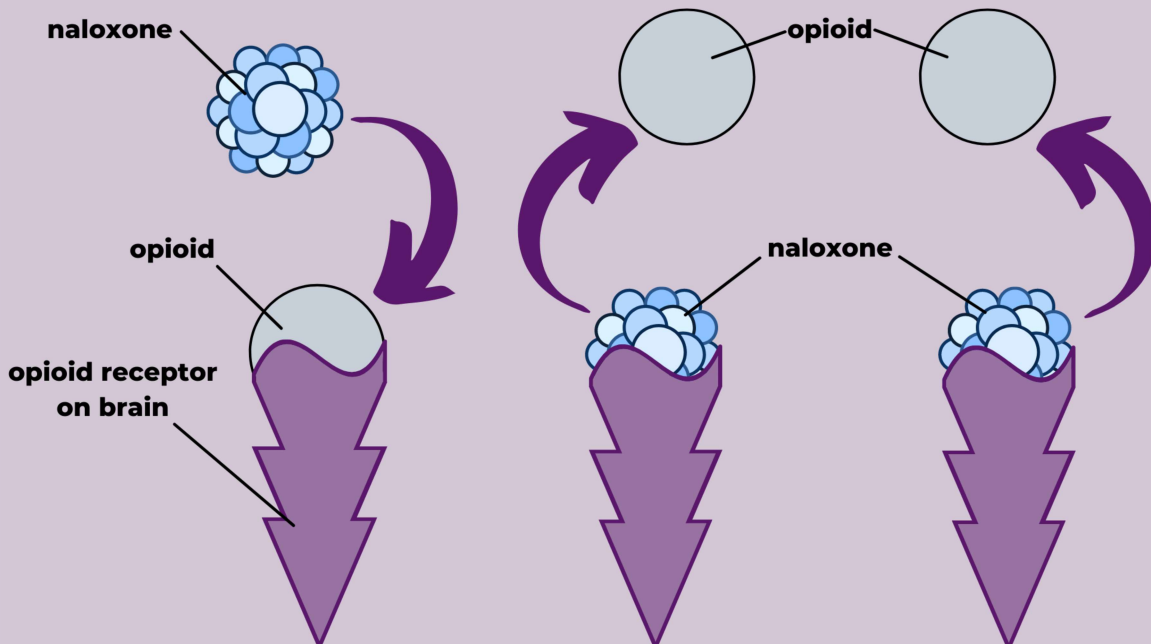


# HOW DOES NALOXONE WORK?

Naloxone has a stronger affinity for the opioid receptors in the brain than opioid type drugs. Because of this, it can knock off any opioids attached to these receptors and block additional opioids from attaching. This removes the effects of the opioids in the system, and can allow the person to begin breathing normally. The overdose reversal lasts until the medication has been fully metabolized, which can take anywhere from thirty to ninety minutes.

However, opioids can still remain in the system depending on the quantity or potency of drugs used. If opioids are still present when the naloxone wears off, they will re-attach to the receptors and the individual can fall back into an overdose state. Due to this risk, it is important to call 911 and request medical assistance even if administering naloxone. While naloxone may revive someone from an overdose, it is likely they will need additional medical attention.

## NALOXONE REVERSING AN OVERDOSE



# SRHN KIT CONTENTS

## Instruction Card

Each kit includes a detailed instruction card to guide anyone through the process of identifying and responding to an opioid overdose. This card includes instructions in English, Spanish, Somali and Hmong.

## 1 mL Dose of Naloxone (3)

It may be necessary to administer multiple doses of naloxone, depending on the potency of the opioids involved or the time it may take for help to arrive. After naloxone wears off, an individual can slip back into an overdose state and may require an additional dose.

## Syringes (3)

A fresh syringe should be used for each dose of naloxone and should be safely capped or properly disposed of after use.

## Alcohol Wipes (3)

Used to sterilize the injection site(s). While IM needles can pass through light layers of clothing, it is always best to expose and clean the skin if possible.

## Breathing Barrier

When someone is overdosing, their breathing will slow and eventually stop, making it necessary to perform rescue breaths until the naloxone comes into effect or medical assistance arrives. Breathing barriers are a medical precaution against infection or contamination and should be used during this process.

## Pair of Gloves

An additional protective layer against infection and contamination.



# NALOXONE STORAGE

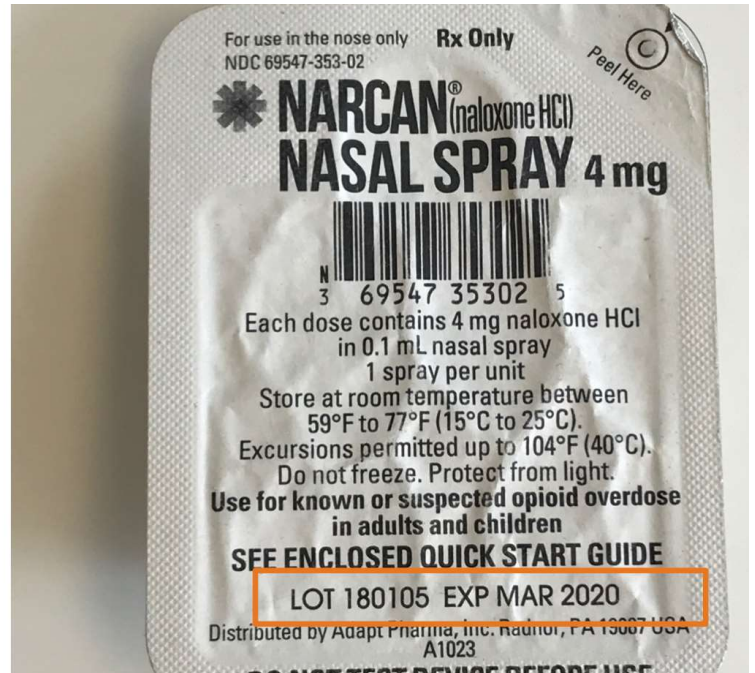
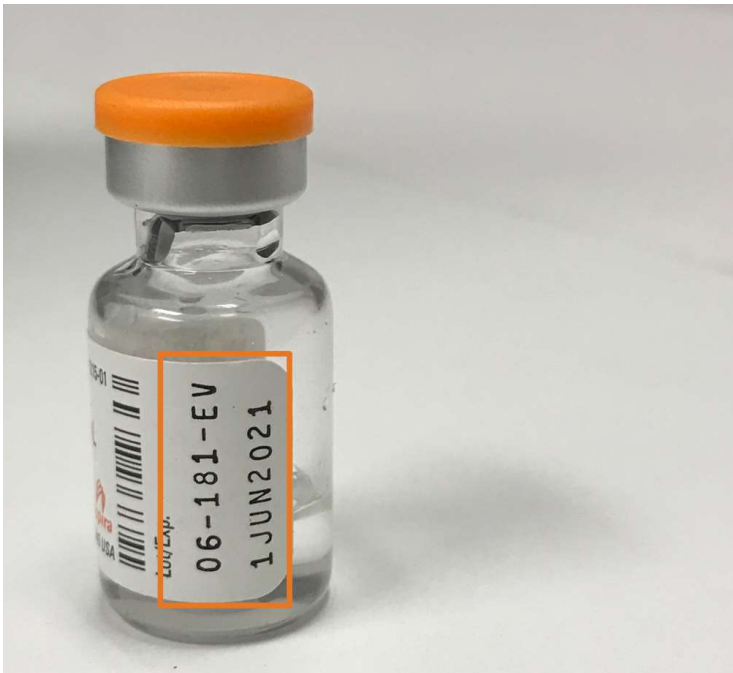
## STORAGE CONDITIONS

Naloxone is best stored at room temperature, in a place that prevents exposure to sunlight. All SRHN kits are packaged in UV resistant bags, but we still recommend keeping them out of direct light (in a closet, drawer, first aid kit, etc). If you are keeping a kit in your vehicle, be sure to remove it during the winter or any time when temperatures fall below freezing.

## EXPIRATION DATES

While all naloxone has an FDA mandated expiration date, naloxone will not spoil or become dangerous if expired. While storing in improper conditions may decrease the medication's efficacy over time, naloxone can remain largely effective for years after its expiration date.

Image: Expiration date locations.



## EXPIRED KITS

While we encourage everyone to be mindful of their kit expiration dates, an expired kit is still safe for use and may still be partially effective at reversing an overdose.

One study found naloxone nearly 30 years old that still was 89% active. If all you have on hand is an expired kit, use it! It may still help save a life!