

# McShin Foundation offers REVIVE! naloxone training

The McShin Foundation, a recovery community organization in Henrico County, is offering training on how to use naloxone to reverse the effects of overdosing on heroin or other opioids.

The training is provided as part of the state's REVIVE! pilot program being conducted in the Richmond and Roanoke areas. The goal is to reduce overdose deaths from illicit street opioids and from prescription narcotic painkillers, a growing problem.

John Shinholser and Honesty Liller at the McShin Foundation are trained to teach the naloxone protocol classes.

About 30 people attended a recent training class, which included a video that described how to know if someone is overdosing and a hands-on demonstration of how to administer the naloxone by squirting it in the nose.

Each person at the training also received a kit — with gloves, instructions and other items — to have on hand if a loved one overdoses.

The kits do not include the actual naloxone. Addiction medicine specialist Dr. James Thompson was at the training and available to write prescriptions. Naloxone costs about \$37 and is available at local pharmacies, Shinholser said.

Here are some questions from the class about using naloxone. The responses are from Shinholser.

**What do you** do when the person comes out of the overdose? I worry that they will be agitated and violent.

What they tell you in training is to get them on their side (in a recovery position) and get a bit out of the way so that if they come up swinging you don't get hit. Talk to them, reassuring them that things are going to be OK. Try not to let them damage themselves

further, but you don't want to get hit, either. You've got to be careful.

**The training** materials say that when you call 911 to tell them that the person is unconscious and not breathing; you don't have to mention that the person is overdosing. Is there something I should be worried about if I say the person has overdosed?

If I am talking to someone on 911, I am going to use my common sense and tell them every little fact I can. (Another person pointed out that if you mention "overdose," the police are dispatched as well.) We are working on another bill called the safe-reporting bill. That means if you take your friend to the hospital and there are drugs around, you won't get in trouble because you did the right thing and reported an overdose.

**Will knowing** you can save them cause some addicts to skate closer to the edge?

There is no evidence that takes place. I guess that anything is possible, but there is no evidence that (naloxone) encourages drug use.

For more information on upcoming naloxone trainings, call McShin at (804) 249-1845 or check [mcshinfoundation.org](http://mcshinfoundation.org).