

# Executive Summary of New Hampshire Statewide Naloxone and Distribution Training Initiative

OCTOBER 2016

Following the passage of House Bill 271 in June, 2015, The New Hampshire Department of Health and Human Services (NH DHHS) began a Naloxone Kit distribution campaign. (Naloxone is an opioid antagonist that acts as an overdose reversal drug and can be administered both intravenously and as a nasal spray.) The campaign's goal was to increase access to life-saving medication for individuals at risk for an opioid overdose, their families and friends, while standing orders were established throughout the state's pharmacies. In 2015, 439 people in New Hampshire died due to a drug overdose; as of September 6, 2016, 241 residents have died from an overdose, with 200 of those deaths (83%) being caused by opiates/opioids.

The State ordered 6,000 kits, to be provided free of charge to anyone without the means to pay for naloxone, including those at risk for an overdose, or the family and friends of those at risk. Kits were distributed through the state's 10 community health centers, three additional clinics, and regional community events coordinated by the state's regional public health networks. "Train-the-trainer" courses were held statewide to ensure that distribution personnel were knowledgeable about the kits, which included instructions on using the nasal spray, and steps to help victims survive until Emergency Medical Services (EMS) responders could arrive.

As of September 2016, a total of 5,310 of the 6,000 naloxone kits were distributed. Due to the continued need, NH DHHS purchased an additional 5,600 kits September 2016 to ensure continued access to naloxone across the state. Standing orders for naloxone kits that have been established at New Hampshire's pharmacies are currently available at CVS, Rite Aid, and Walgreens stores. Recently, other chain pharmacies have also expressed interest in ordering naloxone kits for their pharmacies.

In June 2015 DHHS launched a survey of 60 partners who received the kits. The survey was designed to better understand the experience

of statewide partners involved in the distribution of naloxone since September 2015. Fifty-five percent of the partners responded to the survey. Table 1 provides a breakdown of the types of organizations that responded to the survey, with the percentage of total survey respondents for each sector represented.

**TABLE 1:**

Survey Respondents by Organization Type

Organization Type (N=33)	% of Respondents
Regional Public Health Network	36%
Community Health Center	18%
Pharmacy	15%
Nursing	9%
Behavioral Healthcare Provider	9%
EMS	6%
Social Service Provider	3%
Criminal Justice	3%

Key findings of the survey indicated that on average each organization distributed 86 kits with responses ranging from 2 to 412 kits. Thirty-four percent of survey respondents said they knew the naloxone kits they had distributed were used to save a life. In addition, 11 partners recounted unique stories of how naloxone prevented an overdose death.

"I believe free distribution of kits is needed as part of the statewide strategy to stem the tide of Opiate Overdose Deaths."

—Naloxone Survey Respondent

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The majority of the survey respondents indicated that a family member or friend used naloxone provided by the state to reverse an overdose therefore saving a life.

“[The] mother administered Narcan to [her] daughter (who was at home awaiting admission to inpatient treatment) after hearing [her] daughter collapse in the shower.” This daughter was able to recover and was then fast tracked to a treatment facility.

—Naloxone Survey Respondent

One parent was told by EMS if she hadn't administered naloxone, EMS personnel would have been too late to save her daughter. Five family members administered naloxone in the sample, with an additional eight described as being “peers.”

The majority of statewide partners said that there is a need to continue to provide free kits for distribution. Many felt that the state-supplied kits saved lives and generated interest from the community regarding distribution.

“There is a definite need for this continued service. The service is needed until there are adequate treatment resources to support the current epidemic.”

—Naloxone Survey Respondent

Increasing availability of naloxone kits has resulted in an increase in naloxone administrations by non-ems individuals including family and friends. In 2015 from January to May, 85 of the 1,641 naloxone administrations in the state (5%) were administered prior to EMS arrival. In the same time period of 2016, that number increased to 11% of naloxone administrations that were done prior to EMS arrival. This data indicates that naloxone administrations done by family or bystanders, and non-EMS

health care providers has increased over this period. Additionally, as of September 2016, 112 police officers and 14 New Hampshire law enforcement agencies are currently trained and licensed to administer naloxone. The various avenues to access naloxone in the state include: healthcare providers, pharmacies, and community health centers. (Table 2).

**Table 2:**  
Avenues of Accessing Naloxone

Avenues of Accessing Naloxone
Healthcare Providers (Doctor's Offices) with a prescription
Pharmacies - May not need a prescription
Community Health Centers

All statewide partners surveyed were aware of the statewide naloxone distribution initiative and received free naloxone kits. The results from this brief survey support the continuation of the statewide distribution of naloxone.

“We know this isn't the entire solution but it is a key piece that brings people together and continues the conversation. This is a critical element to saving someone's life and providing them with another opportunity for recovery.”

—Naloxone Survey Respondent



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