



# Naloxone + Overdose Response App

## Train the Trainer Overview

### What is NORA?

NORA – Naloxone + Overdose Response App is a free app from the Connecticut Department of Public Health that provides information on opioids, recognizing the symptoms of a suspected opioid overdose, and instructions on administering naloxone when needed. Viewers can learn about trainings on naloxone use in CT as well as how to obtain it in their communities. Additional pages provide information on how to prevent an overdose, disposal and storage of medications, and links to treatment and recovery resources.



### Why was it created?

People choose to be trained to use naloxone for a family member, friend, or in their community, but there is no way of knowing when they will need to use the prescription. The NORA app gives additional support in reviewing how and when to use naloxone as well as sharing information on opioids before a crisis occurs.

### Training Objectives

- How to find the app at [www.norasaves.com](http://www.norasaves.com)
- Recognize the signs of an opioid overdose and how to safely take the next steps to call for help (911)
- Review how to give the four types of naloxone
- Know how to fill (and refill) a naloxone prescription
- Review the Good Samaritan law
- Learn about additional resources for treatment and recovery

### Emphasize opportunities to learn & share information

- Discuss how to dispose of leftover prescriptions in local drop boxes
- Instruct how to share that they used their naloxone through the app, so that the Connecticut Department of Public Health can help others in the future
- Encourage learning CPR

### Lead discussions that review key points & encourage hands-on use

Ask participants to use their phones and access the pages being reviewed. Learners benefit from hands-on training.

### Use group discussions to reassure participants

Listen and observe conversations to help address concerns and offer support.

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For additional information about NORA, contact the Office of Injury & Violence Prevention at the Connecticut Department of Public Health. [860-509-8251](tel:860-509-8251) / [DPH.OpioidSurveillance@ct.gov](mailto:DPH.OpioidSurveillance@ct.gov)

# Important Points & Concepts to Cover

## Privacy

In the **I Gave Naloxone** page, there are two fillable forms:

- Bystanders, Friends and Family
- Community Organizations/Agency Staff

We are asking people who have administered naloxone to report back to DPH, so that we can get a better idea of the overall number of overdoses in Connecticut. There have been some reports of people giving naloxone to a friend or family member and fortunately successfully reviving them, but they did not go to an emergency department or call for an ambulance. We are trying to understand the true size of the crisis in our state and have resources ready to respond when needed. If someone does fill out the form, they will NOT be contacted directly. We will use the information to help local communities.

## CALL 911!!!

No matter what else we share, we want to make sure we share this message: in a life and death emergency, such as an overdose, call 911. If you have a dose of naloxone to give, excellent. If you know CPR, even better. But above all, understand that a person who has overdosed can go in and out of consciousness. They might have taken other drugs besides opioids. They might have other medical issues. Don't assume you won't need backup. Call 911!!

## Obtaining naloxone

When a person wants to be trained to give naloxone, we hope they will receive a dose to have on hand in case of emergency. What happens after they have used that dose? Make sure they understand where they can fill or refill a prescription. If they will be getting it from a pharmacist, remind them to call ahead to make sure that certified staff are working that can provide it to them. As prescription plans have different costs, we don't know what they will be charged.

If they want to obtain it from a Regional Behavioral Health Action Organization (RBHAOs), they should also call ahead to discuss when and where naloxone is distributed. More details on both of these options is on the **Naloxone and Where to Find It** page.

## Opioids

**What are Opioids?** lists all prescribed, legal versions of the drug. There are times that people have not understood that the pain medication they have at home is an opioid. This list is meant to help identify what might be in someone's medicine cabinet so that they can understand the risks associated with use, safe storage, and where to dispose of left-over medication. Illicit opioids, like heroin and fentanyl, are often referred to with slang names. We could not list these as they change rapidly. The key point here is that there is no way to be sure of what you are taking if you use illegally made drugs.

## Community Resources

**Prevent Opioid Overdose** lists treatment and recovery resources as well as other helpful information to prevent overdoses. Encourage people to reach out for help.

