



OVERDOSE

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This list was created aiming to make key resources available to harm reduction practitioners in Central and Eastern Europe and Central Asia on the issue of drug overdose and some of the approaches taken and tools used to address it.

We thank all our members and the group of experts working on the EHRN project "Regional Overview on Overdose Programming" who contributed to gathering and selecting the materials. We also gratefully acknowledge the financial contribution of the French Ministry of Health, Youth, Sport and Voluntary Sector through the World Health Organization Regional Office for Europe to this project.

Please [contact us](#) to get additional information on materials and training opportunities, or to provide additional resources and feedback.

epidemiology of overdose

Overdose: A Major Cause of Preventable Death in Central and Eastern Europe and Central Asia. Recommendations and overview of the situation in Latvia, Kyrgyzstan, Romania, Russia and Tajikistan

Coffin Philip, Eurasian Harm Reduction Network (EHRN), Vilnius, August 2008.

"Given the prevalence of drug use and its role in driving the HIV epidemic in this region, overdose is believed to be a major cause of mortality among HIV-positive individuals and illicit drug users alike. Nonetheless, reliable data on drug overdose is difficult to obtain in the best of infrastructural circumstances and may face unique obstacles in this region".

In this report, created for the European Harm Reduction Network and funded by the French Ministry of Health, Youth, Sport and Voluntary Sector through the World Health Organization Regional Office for Europe, the current situation

with regard to overdose epidemiology, services, knowledge, and policies in Central and Eastern Europe and Central Asia is summarized and recommendations for improvement are made.

[\[in English\]](#) [\[in Russian\]](#) [\[key points\]](#) [\[press release\]](#)

Overdose in Central and Eastern Europe and the former Soviet Union

Phillip Coffin, Agnese Strodaha. International Harm Reduction Development Program of the Open Society Institute, New York - 2001 (abridged and revised by IHRD June 2002)

This research was conducted on request of International Harm Reduction Development (IHRD) program of Open Society Institute to investigate capability to prevent overdoses within programs financed by IHRD in Central and Eastern Europe as well as in the former Soviet Union. 70 people from 13 countries of the region took part in the research. As the results show, overdose prevention initiatives promote harm reduction legalization, prevent fatalities and increase quality of drug users' lives.

[\[in English\]](#) [\[in Russian\]](#)

Social and structural aspects of the overdose risk environment in St. Petersburg, Russia

Traci C. Green, Lauretta E. Grau, Ksenia N. Blinnikova, Mikhail Torban, Evgeny Krupitsky, Ruslan Ilyuk, Andrei Kozlov, Robert Heimer. DRAFT COPY

This study sought to uncover social and structural aspects contributing to fatal overdose risk in St. Petersburg and assess prevention intervention feasibility. Twenty-one key informant interviews were conducted with drug users, treatment providers, toxicologists, police, and ambulance staff. The researchers concluded that local social and structural elements influence risk environments for overdose. Interventions at the community and structural levels to prevent and respond to opioid overdoses are needed for and integral to reducing overdose mortality in St. Petersburg.

[\[in English\]](#) [\[St. Petersburg Overdose Study Questionnaire\]](#)

Need Assessment report for the project on drug overdosing in Tajikistan

Association of Harm Reduction in Tajikistan, Tajik Branch of Open Society Institute - Assistance Foundation. Dushanbe - 2006

This report investigates the dynamics of drug use in Tadjikistan; availability of the national statistics on morbidity/mortality from drug overdose; existence of the educational programs on prevention of drug overdose and interventions into this sphere; availability and provision of emergency care services and use of Naloxone in case of drug overdose. Conclusions and recommendations of this paper can be useful for creation and strengthening of overdose prevention programmes, especially in Tadjikistan.

[\[in English\]](#)

Annual report 2007: the state of the drugs problem in Europe

European Monitoring Centre for Drugs and Drug Addiction. Luxembourg: Office for Official Publications of the European Communities - 2007. ISBN 978-92-9168-288-1

The report on the state of the drugs problem in Europe presents the EMCDDA's yearly overview of the drug phenomenon. This is an essential reference book for policymakers, specialists and practitioners in the drugs field or indeed anyone seeking the latest findings on drugs in Europe. Published every autumn, the report contains non-confidential data supported by an extensive range of figures.

[\[in English and other EU languages\]](#)

[\[Also check EMCDDA briefing on overdose among young people, 2004\]](#)

Awareness of opiate overdose problem: research report

(Информированность о проблеме передозировки опиатами: отчет по исследованию Борис Сергеев, Ph.D, Аня Саранг, Михаил Тихонов)

This report conveys the results of "Awareness of overdose problem" survey, conducted by Russian harm reduction projects and harm reduction training project of "AIDS Foundation East-West". The survey was performed in March - June of 2001.

[\[in Russian\]](#)

Drug-related overdoses within a medically supervised safer injection facility

Thomas Kerr, Mark W. Tyndall, Calvin Lai, Julio S.G. Montaner, Evan Wood. Research paper: International Journal of Drug Policy, 2006

This research paper examines the incidence and features of overdoses at the supervised injection facility (SIF) in Vancouver, Canada and the responses made by SIF staff. The findings suggest that SIF can play a role in managing overdoses among IDU and indicate the need for further evaluation of the impact of SIF on morbidity and mortality associated with overdose. "There have been a large number of overdoses within the SIF, and it is noteworthy that none of these overdoses resulted in a fatality" - the report says.

[\[in English\]](#)

Fatal heroin "overdose": A review

Darke, Shane & Zador, Deborah. Addiction, 1996, 91(12): 1765-1772

This paper is an analytical review of publications and researches on the problem of fatal heroin overdose. The paper considers the most general circumstances accompanying overdoses, overdose causes and features, as well as possible strategies to lower mortality associated with heroin use.

[\[in English\]](#) [\[in Russian\]](#)

Overdose Prevention Pilot Study: Harm Reduction Saves Lives

Drug Policy News (www.drugpolicy.org), December 5, 2002

This short article covers results of pilot research in San Francisco with participation of 24 heroin users. The participants of the experiment, conducted from May 2001 to February 2002, were taught to identify overdose symptoms, use Naloxone, deliver cardiopulmonary resuscitation and overcome psychological barrier when it was vitally important to call "911" (emergency number). The results have come to be "more than encouraging": there was no fatalities resulting from 18 overdoses among participants. The research showed a number of other positive results.

[\[in Russian\]](#)

overdose knowledge and skills

Overdose Prevention and Response: A guide for people who use drugs and harm reduction staff in Eastern Europe and Central Asia

Curtis M., Guterman L. Open Society Institute, 2008

This guidebook was created as a resource for the development and implementation of drug overdose prevention and response programs within drug user activist groups and harm reduction organizations in the Russian Federation and elsewhere in Eastern Europe and Central Asia. This guide combines practical information about overdose and common risk factors with strategies for preventing, identifying, and responding effectively if witness to an overdose. This guide also includes sample overdose training curricula and a collection of 'tips from the field' from experienced overdose trainers and harm reduction experts.

[\[in English\]](#)

Opiate Overdose Management through Naloxone Peer Distribution: Review of Evidence

Shulga L. International HIV/AIDS Alliance in Ukraine, 2008

This article reviews existing literature on overdose management in harm reduction programs through naloxone peer distribution, showing its efficiency in overdose death prevention among opiate drug users while immediate medical help is not available. The article also reviews the legal aspects of naloxone distribution in Ukrainian context and gives recommendations on developing peer based interventions.

[\[in English\]](#) [\[in Russian\]](#)

Take-home naloxone to reduce heroin death. Review

Catherine T. Baca & Kenneth J. Grant. Center on Alcoholism, Substance Abuse, and Addictions (CASAA) and Family and Community Medicine, University of New Mexico, Albuquerque, New Mexico

This review summarizes the pertinent medical literature related to the distribution of take-home Naloxone which is currently taking place in many countries around the world. The focus is on evidence from the addiction medicine and emergency medicine literature relevant to the distribution of take-home Naloxone.

[\[in English\]](#)

Tver. Overdose prevention among IDUs. Education and administration of naloxone

(Тверь. Профилактика передозировок среди ПИН. Обучение и предоставление налоксона. Юрий Иванов, в рамках проекта « Развитие и укрепление ресурсов сообщества потребителей наркотиков. Доступность медицинской помощи, соблюдение гражданских прав и свобод потребителей наркотиков в Твери».)

It is a presentation on opiate overdose and its prevention. The material can be useful for those developing trainings on overdose.

[\[in Russian\]](#)

Get the SKOOP: Skills and Knowledge on Overdose Prevention

Presentation by Sharon Stancliff, MD, Harm Reduction Coalition, 2006

This presentation covers epidemiology of overdose in the USA, causes and ways to prevent lethal overdoses. It also examines SKOOP model of overdose prevention.

[\[in English and Russian\]](#) [\[other OD materials by the Harm Reduction Coalition\]](#)

Opioid Overdose Prevention Core Curriculum

New York State Department of Health Website

This is a source of basic knowledge and on overdose prevention for trainers and tips for conducting trainings.

[\[in English\]](#) [\[also check New York State Department of Health Website\]](#)

Drug overdose

(Брошюра «Передозировка наркотиками», Всероссийская сеть снижения вреда, 2006 г.)

This is a brochure on overdose prevention developed by the Russian Harm Reduction Network. The material can be useful for developing overdose prevention campaigns.

[\[in Russian\]](#)

Preventing overdose

Andrew Preston, Paul Hardacre, Neil Hunt, Jon Derricott. Exchange Campaigns / Department of Health, 2001

The guide has been written to support the range of campaign materials that have been developed to reduce the numbers of opiate related overdose deaths. It includes information on causes and risk factors of overdose, proper and dangerous ways of response to overdose situations. It also gives 10 key strategies for reducing overdose deaths, useful contacts, bibliography list for further reading and a list of materials to support a preventing overdose campaign. The guide was edited for Australian conditions, though it can be useful for designing an overdose prevention campaign in the region.

[\[in English\]](#) [\[other OD materials by Exchange Campaigns\]](#)

Overdose prevention and management

(Предупреждение передозировки и управление. Презентация. Амстердам - 2006)

This presentation contains information on overdose epidemiology in Central and Eastern Europe (in Russia in particular), basic information on overdose situations and response, information on how to initiate overdose programmes using an example of New York.

[\[in Russian\]](#)

Overdosing on opiates: Part I - Causes

David Best, Lan-Ho Man, Deborah Zador, Shane Darke, Sheila Bird, John Strang, Mike Ashton. Drug & Alcohol Findings: Issue 4, 2000.

This paper aims to clarify the extent and causes of overdose as a basis for developing prevention strategies. It is a review of international literature with an emphasis on Britain.

[\[in English\]](#)

overdose services

Building capacity in overdose prevention

Presentation by Sharon Stancliff, MD, Caroline Rath, PA-C. Harm Reduction Coalition, New York, USA - 2008

This presentation gives key arguments and names main challenges for the provision of overdose prevention services at syringe exchange/syringe access sites, homeless shelters, hospitals, inpatient, public clinics, drug treatment and HIV programs, jails/ prisons and with the formerly incarcerated populations. It also gives information on implementation of overdose prevention services in the New York, USA.

[\[in English\]](#) [\[other OD materials by the Harm Reduction Coalition\]](#)

It's Rarely Just the "H": Addressing Overdose among South Australian Heroin Users through a Process of Intersectoral Collaboration

Catherine McGregor, Katrina Hall, Robert Ali, Paul Christie, Robert Braithwaite, Shane Darke. Summary of the Report, 1999.

The document pictures key ideas of the report on the project to address heroin overdose among South Australian, which started in 1994. The project is implemented according to peer education approach; slogans and training materials that were elaborated during its realization have turned out to be effective means of transmitting health protection ideas among injection drug users.

[\[in English\]](#) [\[in Russian\]](#)

Also check:

Naberezhnye Chelny - feedback on an overdose prevention project

(НАБЕРЕЖНЫЕ ЧЕЛНЫ - обратная связь по проекту профилактики передозировок)

[\[in Russian\]](#)

Information on a project "Overdose prevention among injecting drug users in Samara"

(Информация о проекте «Профилактика передозировок среди потребителей инъекционных наркотиков в г. Самара»)

[\[in Russian\]](#)

local and national policy

Policy Report: Amendments to the Regulations and Procedures Manual

Vancouver Police Department Planning and Research Section. Board Report # 0648, June 2006

These are the guidelines for police attending fatal and non-fatal illicit drug overdoses. The policy was based on research from Australia, and recognized the occurrence of drug overdoses as medical emergencies; the primary reason for police attendance at a non-fatal drug overdose call being assistance with life saving measures and with public safety. The incidents of drug overdose deaths can decrease if the police do not lay charges for the drug use.

[\[in English\]](#)

Naloxone availability: Another positive change

Dan Bigg. Harm Reduction Coalition, No.9, Fall 1999

This article by Dan Bigg - the director of the Chicago Recovery Alliance - tells about the necessity to make naloxone available without prescription and to disseminate information on its proper use.

[\[in English\]](#) [\[in Russian\]](#)

Reducing drug related deaths: A Report by the Advisory Council on the Misuse of Drugs

London: The Stationery Office - 2000. ISBN 0113412398

A major focus of this report is on preventing deaths from the misuse of controlled and illicit drugs and interactions between illicit drugs and alcohol. The aim of the report is to provide a statement which can serve as a catalyst for strong and multiple actions. It a call for a new, integrated, and determined initiative on the prevention of deaths due to drug misuse in the UK.

[\[in English\]](#)

other useful materials

[Overdose Awareness Day: Poster, The Salvation Army 2008](#)

[Slide: Cause of death among PLHIV in Russia](#)

[NYC Background Questionnaire](#)

[NYC Naloxone Medical History](#)

[NYC pre - post test training questions](#)

[Refill Questionnaire](#)

[TOR Flyer "BECOME AN OVERDOSE RESPONDER!", Harm Reduction Coalition](#)

[TOR Flyer "IS YOUR CLIENT TURNING BLUE?!", Harm Reduction Coalition](#)

[MBIDOZIMI \(OVERDOZA\): NDIHMA E PARË, Aksion Plus, Tiranë - 2005 \[in Albanian\]](#)

links

http://www.exchangesupplies.org/drug_information/campaigns/overdose/overdose_intro.html

Exchange Supplies tools for harm reduction

<http://www.anypositivechange.org/res.html>

Chicago Recovery Alliance

<http://www.harmreduction.org/article.php?list=type&type=51>

Harm Reduction Coalition

<http://nomadoverdoseproject.googlepages.com/nomadhomepage>

N.O.M.A.D Not One More Anonymous Death/Overdose Prevention Project

http://www.health.state.ny.us/diseases/aids/harm_reduction/opioidprevention/index.htm

New York State Department of Health, AIDS Institute

<http://www.drug-overdose.com/>

Information on overdose

http://www.nta.nhs.uk/areas/drug_related_deaths/trends.aspx

National Treatment Agency for Substance Misuse: Drug related death trends in England

<http://killpeople.com/breathe/index.html>

Breathe (the overdose game)

Links to these resources and more are available at www.harm-reduction.org

The Eurasian Harm Reduction Network (EHRN) is a regional network with a mission to support, develop and advocate for harm reduction approaches in the field of drugs, HIV and AIDS, public health and social exclusion by following the principles of humanism, tolerance, partnership and respect for human rights and freedoms.

The network's members come from both the public and private sectors and include government agencies, drug treatment and HIV professionals, harm reduction organizations, researchers, community groups and activists (notably, organizations of people living with HIV, and drug users), as well as supporters and experts from outside the region. EHRN is governed by its members through their elected representatives on the Steering Committee. The executive work is carried out by a Secretariat based in Vilnius, Lithuania.

The main activities of the network include advocacy for better policies on HIV and drugs, informational support and exchange, and capacity building of members and other stakeholders involved in the field of reduction of drug-related harm in Central and Eastern Europe and Central Asia. EHRN members and their allies seek to reduce drug-related harm, including the transmission of HIV and other blood-borne diseases, through facilitating the use of less repressive and less discriminative policies with respect to drug users and other vulnerable populations.

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