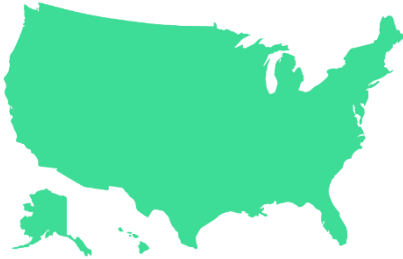
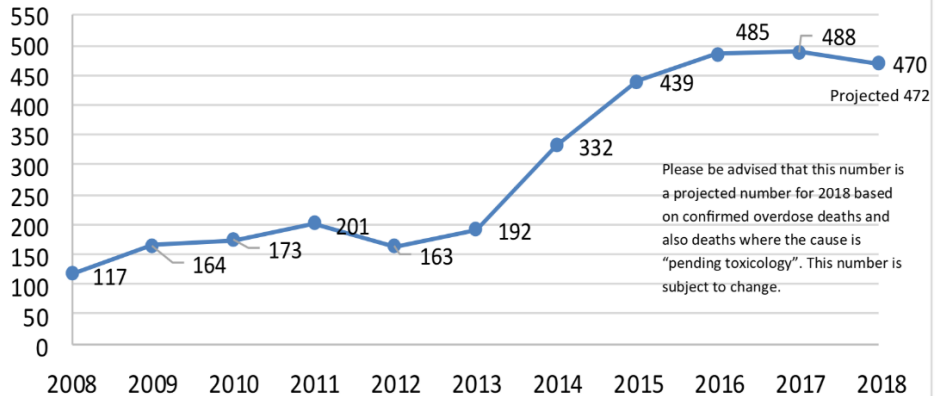


# Drug-Related Harms in New Hampshire

In 2017, New Hampshire had the **3rd highest rate of fatal opioid overdoses** of all US states <sup>1</sup>



## Number of Deaths from Drug Overdoses



Source: New Hampshire Office of Chief Medical Examiner's Drug Death Data Report <sup>2</sup>

**Injecting drugs presents additional risks beyond the risks of the drugs themselves including**

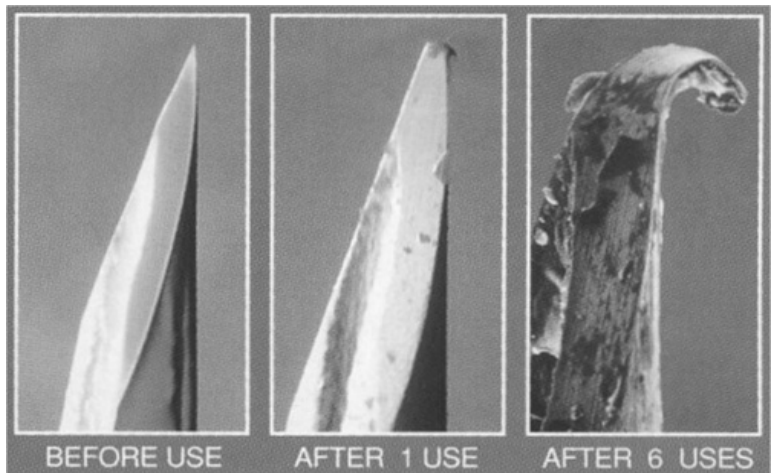
- HIV <sup>3</sup>
- Hepatitis B and C <sup>4</sup>
- Cellulitis and Abscess <sup>5</sup> (infections of the skin)
- Endocarditis <sup>5</sup> (infection of the heart)
- Overdose <sup>6</sup> (greater risk than snorting or swallowing drugs)



**75% of NH people who inject drugs lack easy access to clean syringes & 67% have shared needles in the past 30 days <sup>7</sup>\***

\*Sampling conducted in select towns in western NH

Reusing syringes damages the needle, leading to damage to veins <sup>5</sup>



Miscroscopic view of the needle bevel before and after syringe reuse <sup>8</sup>

## Methamphetamine Deaths by Year

| Year | Total # of Deaths Involving Meth | Solely Meth | Meth and Opioid(s) | Meth and other drug(s) (non-opioids) |
|------|----------------------------------|-------------|--------------------|--------------------------------------|
| 2018 | 22                               | 4           | 17                 | 1                                    |
| 2017 | 15                               | 3           | 11                 | 1                                    |
| 2016 | 13                               | 4           | 8                  | 1                                    |
| 2015 | 2                                | 1           | 1                  | 0                                    |
| 2014 | 3                                | 0           | 3                  | 0                                    |
| 2013 | 2                                | 1           | 1                  | 0                                    |
| 2012 | 1                                | 0           | 1                  | 0                                    |

NH Office of Chief Medical Examiner's Drug Death Data Report <sup>2</sup>

Methamphetamine use is on the rise in New Hampshire. It is commonly injected or smoked but can be snorted or swallowed. Methamphetamine can be deadly used alone or in conjunction with opioids. <sup>9</sup>




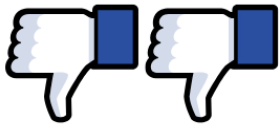




Nursing



# Being a Non-Judgmental Resource Will Address our Drug Use Epidemic

## Be a Resource to People Who Use Drugs<sup>11</sup>

|                  |  |  |  |
|------------------|--|--|--|
| <b>ATTITUDE</b>  | "I know the right thing for you."<br><i>I have the right to determine what is best for you</i>                             | "Here's what you should do — how does that sound?"<br><i>I will "give" you an opportunity to participate in my decision</i>  | "You know better than me. Let me help you decide/improve/get where you want you to be."<br><i>I can learn from you</i>               |
| <b>RECEPTION</b> |   |   |   |
| <b>ACTION</b>    | <ul style="list-style-type: none"> <li>• Narrow scope of care</li> <li>• Lost opportunities</li> </ul>                     | <ul style="list-style-type: none"> <li>• "Sell" a particular product or idea</li> <li>• Narrow scope of options</li> </ul>   | <ul style="list-style-type: none"> <li>• Educating</li> <li>• Aligning</li> </ul>  |
| <b>OUTCOME</b>   | Individual might disconnect from care<br> | Individual may say what they think the provider wants to hear, instead of reality<br> | Individual and provider share in goal setting<br> |

## Use Person-First Language to Reduce Stigma<sup>12</sup>

| <u>SAY THIS</u>                      | <u>NOT THAT</u>                        |
|--------------------------------------|--|
| Person with a substance use disorder | Addict, junkie, druggie                |
| Person in recovery                   | Ex-addict                              |
| Person living with an addiction      | Battling / suffering from an addiction |
| Person arrested for a drug violation | Drug offender                          |
| Chooses not to at this point         | Non-compliant / bombed out             |
| Medication is a treatment tool       | Medication is a crutch                 |
| Had a setback                        | Relapsed                               |
| Maintained recovery                  | Stayed clean                           |
| Positive drug screen                 | Dirty drug screen                      |

**IN YOUR CONVERSATIONS**

Frame the conversation as a health issue

Use examples of people who have reached long-term recovery

Discuss the fact that people can and do change

Share hope!



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