



**Ocean County  
Health Department**



**Public Health**  
Prevent. Promote. Protect.

# OCEAN COUNTY SUMMER OVERDOSE SPIKE TOOLKIT

**A Guide for Reducing Opioid Overdose  
During the Summer Months**

**2024**

## **PREPARED BY**

**The Ocean County Health Department  
Department of Substance Abuse,  
Addiction and Opioid Dependency  
175 Sunset Ave  
Toms River, NJ 08754  
[www.ochd.org](http://www.ochd.org) | 732-341-9700**



# BACKGROUND

To bring awareness to this very serious public health concern and prevent fatalities due to opioid overdose, the Ocean County Health Department, in collaboration with various community stakeholders, have developed the Ocean County Overdose Response Plan. Through the implementation of various prevention strategies, the overarching goal of the Ocean County Overdose Response Plan is to wrap support around those with substance use disorder to prevent and reduce overdose fatalities and save lives.

Currently, on average, we experience 5 fatal/nonfatal overdoses daily. After reviewing data from 2023, an increase in overdoses occurring outside of the residence was confirmed. This means that the places we shop, eat, enjoy entertainment, and recreate at could be a place where we may encounter such an emergency ( i.e. grocery stores, restaurants, concert venues, and parks).

The Summer Spike Strategy Toolkit will include actionable items for various public entities to implement at their respective location such as: performing frequent checks of public restrooms, the availability and accessibility of Narcan along with proper training and education, media campaigns to raise awareness, providing local bars, restaurants and convenience stores with information and resources relating to overdose and substance use.

## KNOW THE FACTS!

The most common things that people are afraid of before booking a training are-

### **-Am I liable for keeping and using Narcan at my business?**

NO- the Overdose Prevention Act protects you when acting in good faith that you are trying to help someone who you think is experiencing an overdose

### **-Am I mandated to use it if I have Narcan onsite?**

NO- if you are unsure, uncomfortable, or unsafe, call 911 and monitor the person

### **-Can I hurt someone with Narcan if it's not an opioid overdose?**

NO- if there are no opioids in the persons body, Narcan will leave the system shortly

There is no minimum or maximum amount of people for a training session- we can train 1 person or 50 people!





Ocean County Health Department

# TAKE ACTION WITH US! GET NARCAN!

Narcan or naloxone is a life-saving nasal spray that can reverse an overdose from prescription opioids—including Vicodine, OxyContin, Percocet, and Codeine, as well as substances such as Heroin and Fentanyl when given in time. Overdose can happen anywhere, be prepared!



## 6 SIGNS OF OVERDOSE:



Not Responding



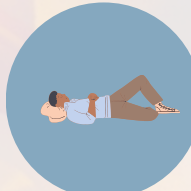
Slow or Not Breathing



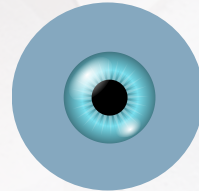
Making Snoring and Gurgling Sounds



Blue Lips and Nails



Cold or Clammy Skin



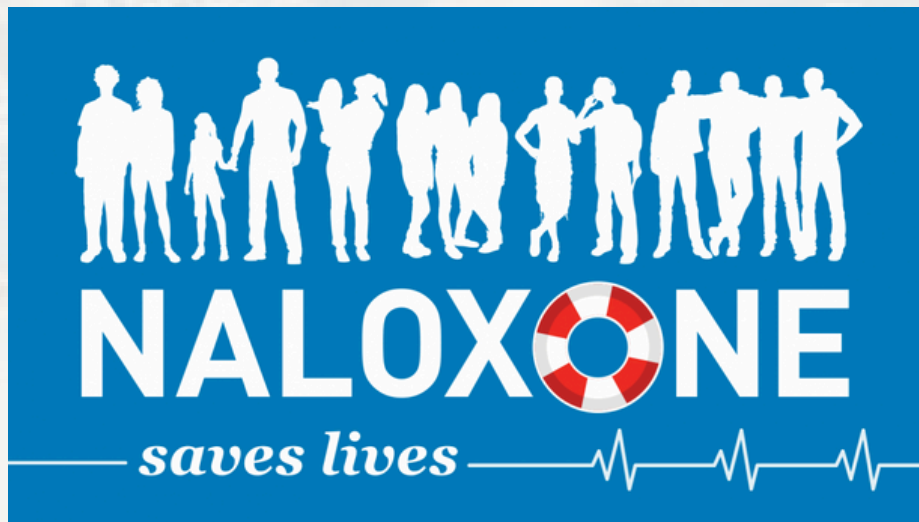
Tiny Pupils

Scan QR code below to learn more about the signs!



# Did You Know...

that under the Good Samaritan Law, you are protected from liability when administering Naloxone/Narcan in good faith?



## Good Samaritan Law

According to the New Jersey Department of Law & Public Safety (2023), "The Overdose Prevention Act or "Good Samaritan" law provides witnesses who seek emergency help in overdose emergencies with immunity from arrest and prosecution. A person who in good faith seeks medical assistance (calling 911) for someone experiencing an overdose may not be arrested, charged, prosecuted or convicted for possession or use of drugs or drug paraphernalia. The person who experiences a drug overdose and is the subject of a request for medical assistance is also provided with immunity from arrest and prosecution.

"If you administer naloxone to someone you believe is having an overdose, you will not be liable. If you administer naloxone in an emergency when you believe that another person is experiencing an opioid overdose, you will not be subject to any criminal or civil liability. When you obtain naloxone, be sure to review the patient overdose information provided by your pharmacist."

<https://www.njoag.gov/programs/naloxone/>

# Narcan CAN.

save a life. stop overdoses. make a difference.





# BARS/RESTAURANTS



**1** Check bar restrooms frequently for overdose or unusual behavior

**2** Display print materials with the signs of overdose in bar restrooms

**3** Equip bartenders and servers with Narcan and proper training on how to administer



**6** Provide bartenders and servers TIPS\* training to promote safe serving

**5** Have resource directories and treatment pamphlets available at bar

**4** Develop an overdose response protocol and ensure staff are trained on it

## \*TIPS is a responsible beverage serving program that will help you:

- Become a more attractive job candidate
- Avoid penalties and fines associated with illegal alcohol sales
- Create a safer work environment
- Provide legal protection



**DART Prevention Coalition**  
Taking Aim at Substance Use in Ocean County

To schedule a TIPS training, contact [dart@rwjbh.org](mailto:dart@rwjbh.org)

# **OCEAN COUNTY MUNICIPALITIES WITH RESPONSIBLE SERVER ORDINANCES**



**Barnegat**  
**Beach Haven**  
**Brick**  
**Lacey**  
**Lakewood**

*\*If your business handles/serves alcohol, you may be required to receive training! Contact your local police department ABC liaison for more specifics.*



# MOTELS/HOTELS/AIR BNB



Overdoses commonly occur in hotel/motel rooms.  
Here's how you can be prepared:

- 1** Stock Narcan in hotel/motel/Air Bnb bathrooms and advertise with amenities information
- 2** Provide OCHD Substance Use Resource Directories and recovery service materials to each patron/family at check-in
- 3** Train hotel/motel staff and Air BnB property managers in Narcan administration
- 4** Hang educational flyers in each hotel/motel room or Air BnB displaying the signs of overdose
- 5** Place phone number for "Never Use Alone" by room telephones 800-484-3731 for English | 800-928-5330 for Spanish
- 6** If medications are left behind, dispose of them safely by using police department prescription drop box locations, or a DeTerra pouch. Contact the OCHD for a list of locations or more information! 732-341-9700 Ext: 7233

# LOCAL BUSINESSES

Ocean County Health Department is excited to announce its new initiative to prevent overdoses in our community!

Since January 2024, our Overdose Mitigation Team has been monitoring overdose trends and spikes throughout Ocean County to offer swift support to not only the individual- but the community members, employees, and business owners impacted and to reduce future risk.

Our team is offering the following services for free-

Staff Education & Support- Specialist will provide education regarding current drug trends, Narcan administration, CPR lite, and county substance use resources

Environmental Scan and Assessment- Team members will do a visual property scan to collect data and write report of recommendations

Be proactive!  
Know the signs of overdose and how to help

Mental Health resources for employees impacted- A licensed clinical social worker can be on site to provide support and offer resources to those who may have witnessed an opioid overdose

Naloxone Training & kits  
OCHD can provide hands on training for staff to identify signs of overdose and administration of Narcan

Stay alert! Check restrooms and parking lots frequently for overdose or suspicious activity

## What can you do?

Scan the code below to reach out for additional training information for your business!

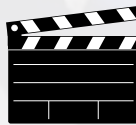




# MUNICIPALITIES



- 1 When developing your summer events calendar, plan, and promote family friendly sober/recovery events!



- 2 Contact your local police department to discuss emerging drug trends, and/or sign up to receive local overdose spike alerts by calling OCHD at 732-341-9700 Ext. 7233

- 3 If interested in hosting a senior wellness event, or substance use prevention programming/events for any age, contact the OCHD at 732-341-9700 Ext. 7233

- 4 If you would like a mobile van to come to your community promoting recovery and available resources, 3 options are:



- **Hope Sheds Light:** (732) 244-0783
- **Mental Health Association:** (732) 244-0940
- **Ocean County Prosecutor's Office:** (732) 929-2027

# BEACH/POOL LIFEGUARDS



## OVERDOSES CAN HAPPEN ANYWHERE!



Get Trained! Know the signs of overdose and carry Narcan!



Familiarize yourself with Ocean County substance use resources. Scan QR code provided!



Contact the OCHD at 732-341-9700 Ext: 7233 for more information on Narcan, Narcan training, or for data/statistics regarding the opioid crisis.

[www.ochd.org](http://www.ochd.org)

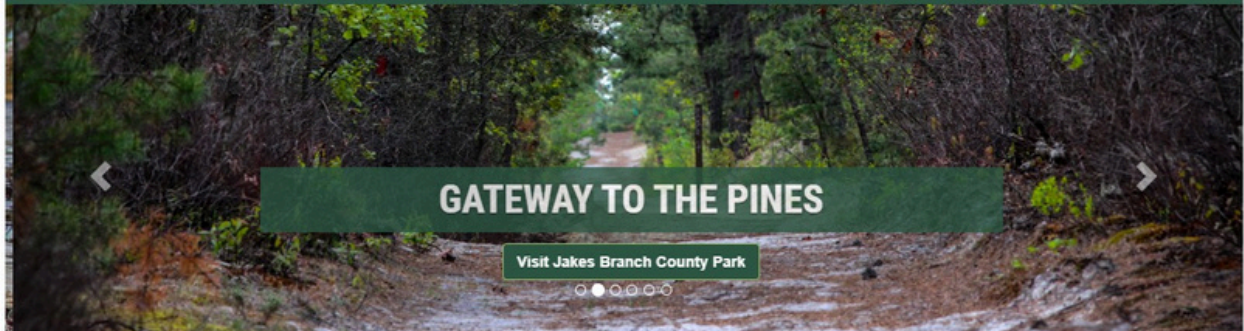


# OCEAN COUNTY PARKS



DEPARTMENT OF PARKS AND RECREATION

PARKS HOME FIND A PARK ABOUT ▾ PROGRAMS ▾ UPDATES THINGS TO DO BIG TREE REGISTRY CONTACT



"**Ocean County Parks and Recreation** offers a wide variety of outdoor activities in 27 parks and conservation areas. With over 4,000 acres of preserved and well-maintained land you can enjoy hiking, biking, swimming, canoeing, fishing, ball fields, tennis courts, playgrounds and so much more. With parks from Point Pleasant Beach to Tuckerton you're sure to find an adventure near you." Visit [www.oceancountyparks.org](http://www.oceancountyparks.org) for more information

## EVENTS AND ATTRACTIONS



"**Ocean County** is a premier travel destination along the picturesque and exciting New Jersey Shore. A short drive south of NYC, East of Philadelphia and north of Atlantic City, our region offers an abundance of choices to please the most discerning vacationers. From historic sites and romantic escapes, to family fun and adventure, Ocean County's experiences draw visitors back time and time again."

Visit [www.oceancountytourism.com](http://www.oceancountytourism.com) for more information

# SUMMER PROGRAMMING

Programs can be tailored to meet the needs of a specific group or audience.

## Substance Use and Prevention Programming (Youth)

- #DRUGCODE
- Drugs are not Candy
- Escaping Vaping
- FOOTPRINTS for LIFE\*
- Oh the Places You'll Go
- Poison Prevention
- Power to be Drug Free
- Unique You\*
- We're Not Buying it 2.0\*

## Substance Use and Prevention Programming (Adult and Senior)

- Drugs 101
- WISE (Wellness Initiative for Senior Education)\*
- Shore to Age Well: Medication Management and Alternatives

\* - Evidence-based curriculum

For more information, e-mail [healthed@ochd.org](mailto:healthed@ochd.org)



# COMMUNITY PARTNERS



**DART Prevention Coalition**  
Taking Aim at Substance Use in Ocean County



# SUPPORT GROUPS

We're here for you. 

Please join us for one of our upcoming support group meetings.

## Healing Hearts

Thursdays from 6pm-7pm at  
253 Chestnut Street, Toms River, NJ

A grief and bereavement support group for anyone that lost someone to substance use disorder. This is a safe, confidential place to go to know you are not alone and support is available. We will be meeting in-person, preregistration is encouraged to secure your spot.

For more information, please email  
[Nancy@HOPEShedsLight.org](mailto:Nancy@HOPEShedsLight.org).

## Family Support Meetings

Tuesdays from 6:00pm-7:30pm at  
253 Chestnut Street, Toms River, NJ

Join us for Family Support Meetings at HOPE Sheds Light. Our weekly meetings focus on recovery for individuals and the entire family.

For more information, please email  
[Nancy@HOPEShedsLight.org](mailto:Nancy@HOPEShedsLight.org).





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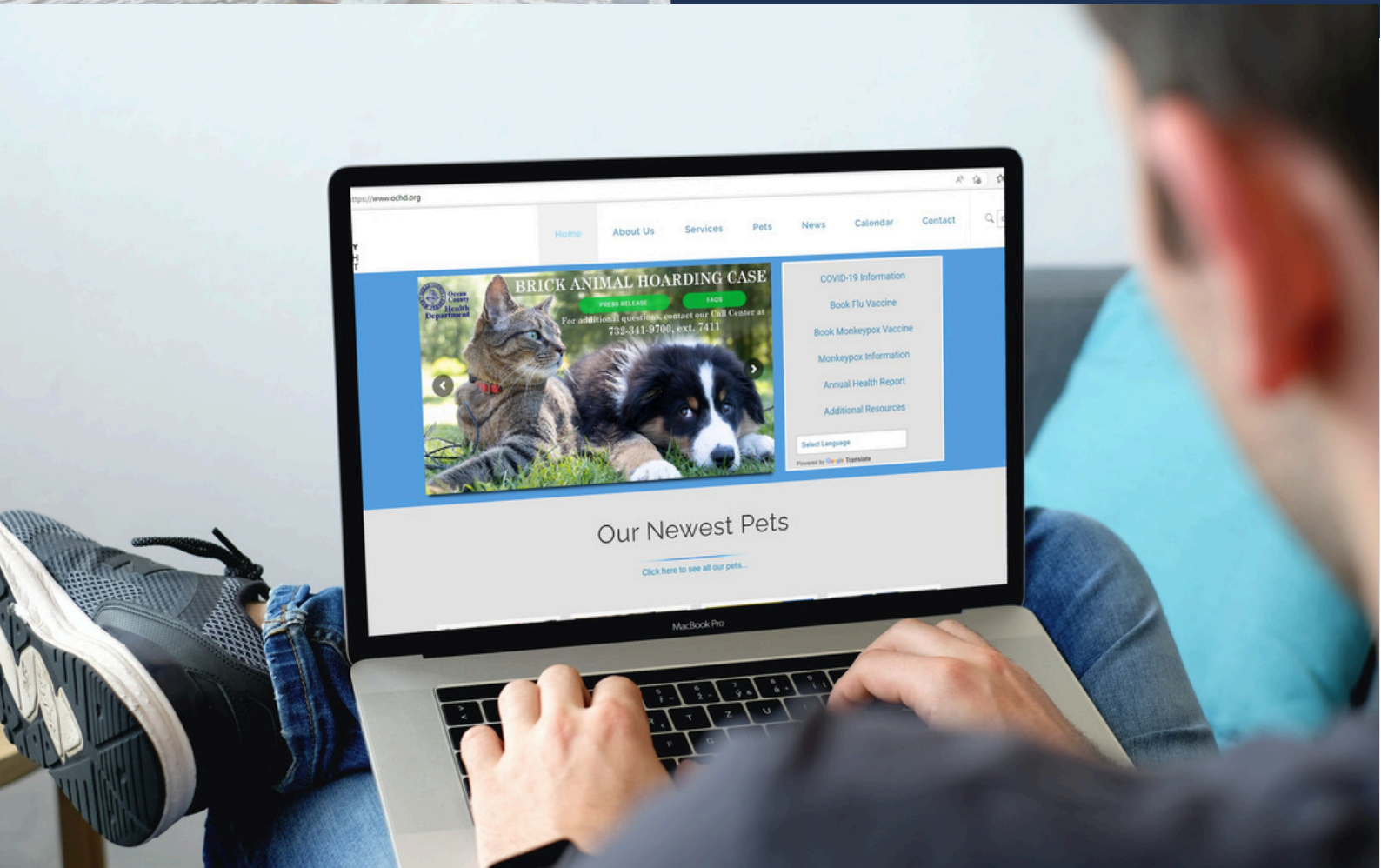
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# QUESTIONS? CONTACT US.

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