



You Can Help Reduce Drug Overdose Deaths

By Mari Kriescher, Director, [Oneida Behavioral Health](#)

It's not likely we make it through a week without seeing or hearing a story related to an opioid overdose or fentanyl related death. Many have family members or friends who have lost a loved one to the same.

If you have a direct connection to someone who is struggling with a substance use disorder, or you struggle yourself, there are resources you have access to that may help save a life.

NARCAN® is the nasal spray version of naloxone. It blocks the harmful effects of opioids on the brain and is specific to opioids. If an overdose is not related to opioids, NARCAN® will not cause any harm.

NARCAN® is widely available throughout our state. It can be purchased at many pharmacies without a prescription, and it's available at no cost to people who attend a free training offered at several health agencies in our area, including Oneida Behavioral Health. Learn more about Naloxone and how you can save a life, visit www.dhs.wisconsin.gov/opioids/safer-use.htm.

Fentanyl test strips can help those using various drugs detect the presence of fentanyl in different drug forms, such as pills, powder and injectables. It takes as little as two salt-sized grains of fentanyl to kill someone. Within minutes, someone using the test strips can know whether the drug they are about to take contains fentanyl.

Fentanyl test strips are available through tribal nation health clinics and local public health departments, including Oneida Behavioral Health. Learn more about fentanyl test strips and where you can find them for free at www.dhs.wisconsin.gov/news/releases/101322.htm.

Opioid and other drug use occurs across all walks of life, in every neighborhood across the country. If you're looking for a way to help protect friends, loved ones and strangers alike, consider reaching out for these two lifesaving resources today.

In addition to NARCAN® and fentanyl test strips, Oneida Behavioral Health provides Same Day Substance Abuse Care Monday through Friday mornings, while recovery coaching and a variety of weekly support meetings and programs are also available through the Recovery Nest. To learn more about any of these services, call Oneida Behavioral Health today at (920) 490-3790.