

MAINE DEPARTMENT  
OF EDUCATION

# Naloxone Education in Maine Schools

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& Tammy Diaz, RN, School Nurse Specialist



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## Session Overview

- Welcome & Overview
- Maine DOE's Role in the Opioid Epidemic
- Collect/Monitor data
  - School Health Annual Report
  - School Health Profiles
  - YRBS/MIYHS
- Provide Education & Technical Assistance
  - State & Community Partners
  - Overdose Management in Schools
- Materials/Resources Available
  - Naloxone Toolkit




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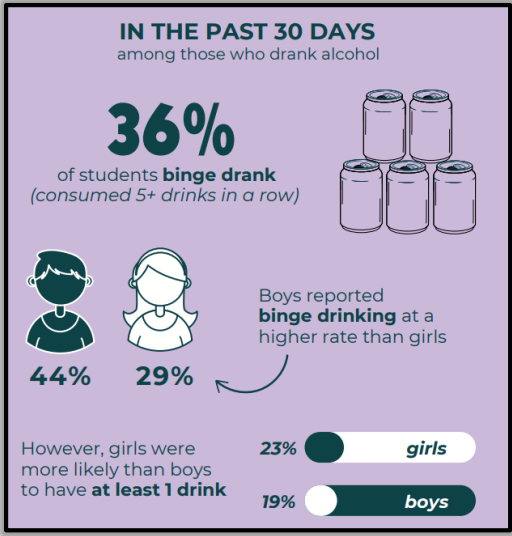


## Collect/Monitor Data

- ✓ **Maine Integrated Youth Health Survey**  
National and Maine specific survey, every other year (odd years)
- ✓ **School Health Profiles**  
National survey, every other year (even years)
- ✓ **School Health Annual Report**  
Completed by school nurses every year




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## Maine Integrated Youth Health Survey

[US CDC Youth Risk Behavior Survey](#)

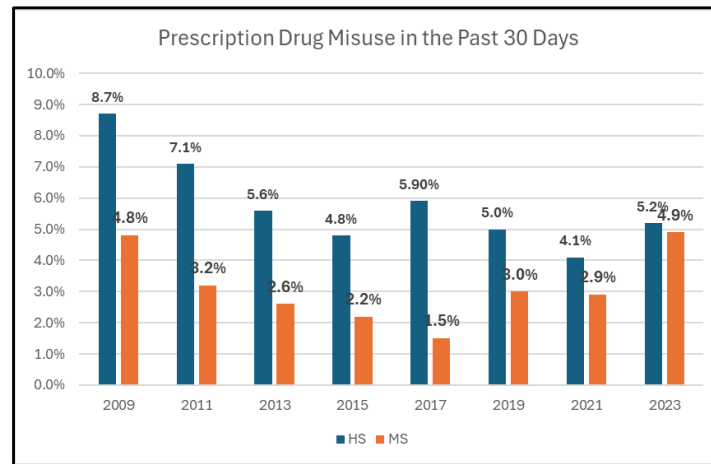
- The Youth Risk Behavior Survey Data Summary & Trends Report provides data on health behaviors and experiences of high school students in the United States.
- Maine participates in YRBS through MIYHS.
- The MIYHS is a biennial collaboration between Maine DHHS and DOE 2009. It aims to identify youth health trends through direct surveys taken by Maine students in grades 5–12. All middle and high schools can participate.



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Image Source: [https://www.maine.gov/mihs/sites/default/files/2024-11/MIYHS\\_Alcohol\\_FINAL.pdf](https://www.maine.gov/mihs/sites/default/files/2024-11/MIYHS_Alcohol_FINAL.pdf)

## Youth Substance Use in Maine



Maine Integrated Youth Health Survey Data, 2023



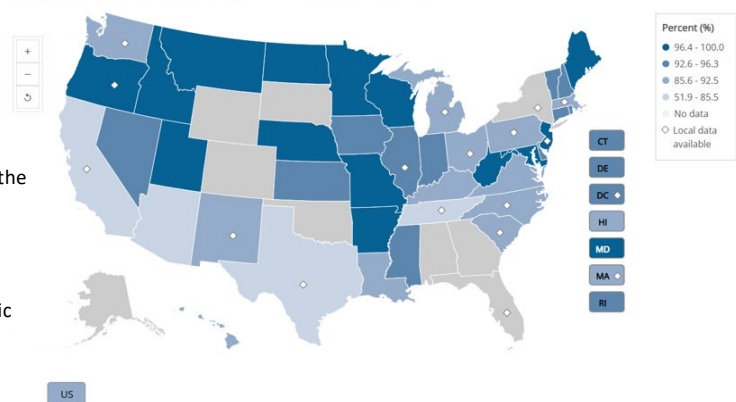
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## School Health Profiles (SHP)

- SHP is conducted among a sample of secondary schools. The self-administered questionnaires provide data from the principal and the lead health education teacher at each sampled school.
- Data allow leaders to understand the gaps in policies and practices that can affect student health and academic performance.
- Used with CDC's [Youth Risk Behavior Surveillance \(YRBS\) data](#), Profiles data can provide a powerful way for decision makers to monitor the effects of their decisions over time.

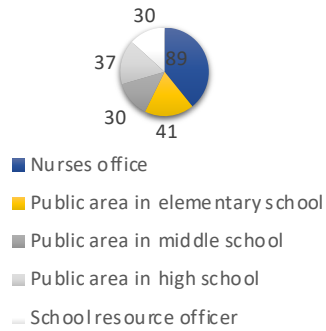
Tried to increase student knowledge on alcohol- or other drug-use prevention



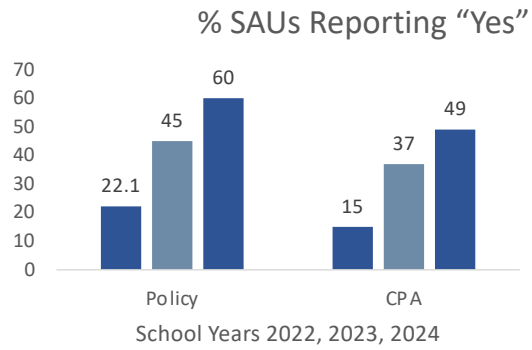
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## Naloxone Storage Practices, by School Storage Location



## School Health Annual Report



2019

- Governor Mills issued [Executive Order 2: An Order to Implement Immediate Responses to Maine's Opioid Epidemic](#)

2020

- School Nurse workgroup created sample policy and protocol for schools to adopt

2023

- Added specific reference to [fentanyl effects on the body to health education](#) content in secondary schools.

2025

- Roll-out of training for health educators and other school staff to teach how to respond to overdose

2019-2020

- Review of Health education standards must include addressing communication and decision-making regarding narcotics

2021

- [Act to Permit Naloxone Stocking & Administration in Schools](#) was passed

2024

- Adoption of [DOE Rule Chapter 41](#), requiring schools to offer training on naloxone to students in high school

## Education Initiatives

- In-Person
- Online Platforms



## Learning Objectives

1. Increase understanding of what naloxone is, how naloxone works in the body, and its role in reversing opioid overdoses.
2. Review legislation regarding naloxone and naloxone education for secondary students in Maine schools.
3. Outline best practices in substance use prevention education.
4. Train participants to recognize signs and symptoms of an opioid overdose and how to respond effectively, including activation of emergency medical services and proper administration of nasal naloxone and potential side effects.
5. Connect participants with resources to support naloxone education in schools.

## Understanding Naloxone

### 1 What is Naloxone?

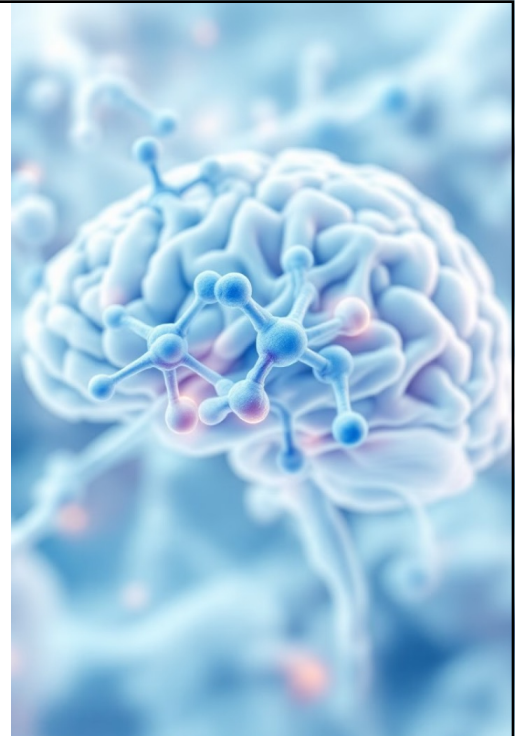
Naloxone is a medication that reverses opioid overdoses by blocking opioid receptors in the brain.

### 2 How it Works

It quickly restores normal breathing in overdose situations, taking effect in 2-3 minutes.

### 3 Safety

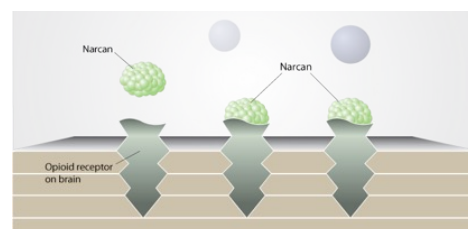
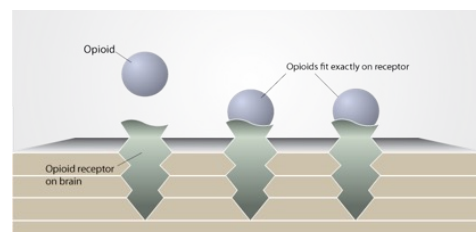
Naloxone is effective only against opioids and has no adverse effects if used on someone without opioids in their system.



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## How does Naloxone work?

- Opioids act like a key in a lock
- When there are too many opioids on brain receptors, a person's breathing will stop altogether
- Naloxone has a stronger bind with brain receptors and bumps the opioids off the receptors to take their place
- When naloxone binds, the opioids are no longer attached, breathing will begin to improve



Images from Harm Reduction Coalition

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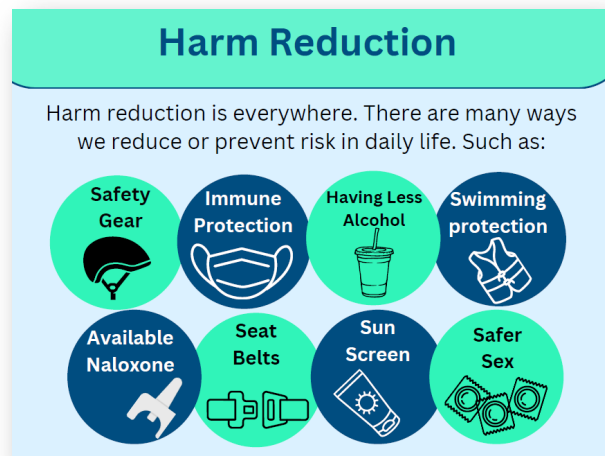
## Legislation

- [An Act To Permit Naloxone Possession, Prescription, Administration and Distribution in Public and Private Schools](#)
- [System of Learning Results Established, Including Health Education](#)
- [Health and Physical Education](#)
- [Chapter 41: Offering Instruction Related to Life-Saving Procedure in Maine Public Schools](#)
- [Good Samaritan Laws](#)



## Harm Reduction

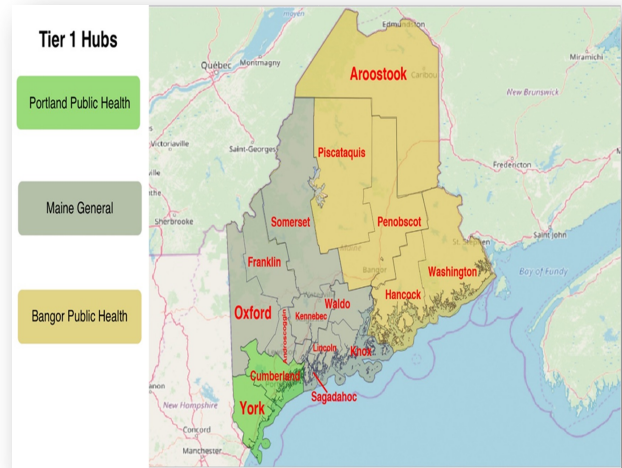
Harm reduction can be described as a strategy directed toward individuals or groups that aims to reduce the harms associated with certain behaviors.



## Maine Naloxone Distributive Initiative

**Tier One** naloxone distributors have contracts with the State to order and distribute naloxone directly to end users and to a network of Tier Two naloxone distributors.

**Tier Two** naloxone distributors keep naloxone available for overdose emergencies or redistribute it to community end users. Tier Two distributors include businesses, schools, community organizations, public health organizations, ME EMS, OPTIONS Liaisons, and Syringe Access Providers.



Catchment Areas for Naloxone Distribution  
<https://www.getmainenaloxone.org>

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## Core Elements of Effective Prevention Programs

- Development of personal and social skills
- Use Interactive methods to engage youth (ex. role-playing, group discussions, peer-led activities)
- Include a comprehensive approach (classroom education, family involvement, community engagement)
- Developmentally appropriate content tailored to age and cognitive abilities of students

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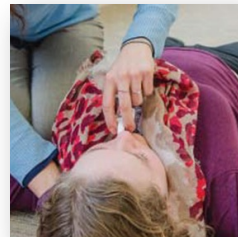
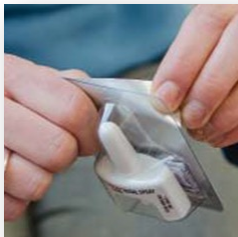


## Recommended Terms to Reduce Stigma

Use...	Because...
<ul style="list-style-type: none"> <li>•Person with substance use disorder<sup>1</sup></li> <li>•Person with OUD or person with opioid addiction (when substance in use is opioids)</li> <li>•Patient</li> <li>•Person who uses substances</li> <li>•Person with alcohol use disorder</li> <li>•Person who misuses alcohol/engages in unhealthy/hazardous alcohol use</li> <li>•Person in recovery or long-term recovery</li> <li>•Person who previously used drugs</li> <li>•Reoccurrence of use or Return to use</li> </ul>	<ul style="list-style-type: none"> <li>•Person-first language.</li> <li>•This change emphasizes that a person "has" a problem instead of suggesting that they "are" the problem.</li> <li>•The terms minimize negative associations, foster understanding, and avoid individual blame.</li> </ul>

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## Step-by-Step Overdose Response



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## Supporting Youth After an Overdose Emergency

- Show up and be yourself
- Talk openly, honestly, and without judgment
- Be a good listener
- Respect boundaries
- Focus on feelings and not details
- Checking in
- Help create supportive communities



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## Summary



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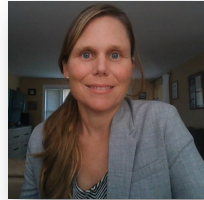
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## Contact Us



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