

# Ventura County Overdose Prevention Program

## Initial and Refill Kits: Summary Findings

October 2014 – December 2016

### OVERVIEW

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Ventura County's Naloxone Overdose Prevention Program began as a pilot project, in October 2014, at six county facilities. It has since expanded in scope, and as of December 2016, naloxone kits have been distributed at 19 sites across the county. The program is designed to address the opiate overdose epidemic in Ventura County by making life-saving medication available to individuals at risk of overdosing and those who come into contact with people at risk of overdosing.

### Data Collection and Analyses

Individuals who obtain a naloxone kit are required to complete either an initial form or a refill form (when obtaining a refill kit) before obtaining their kit. **This report provides a summary of findings from initial and refill forms collected from the start of the program (i.e., October 2014) through December 2016.**

Data were analyzed using the 551 unduplicated<sup>1</sup> initial forms and 92 refill forms<sup>2</sup> that have been collected.

Valid percentages were calculated among those who answered each item. There was some variability in item completion, thus sample sizes for each item are provided throughout the summary.

### SELECTED KEY FINDINGS

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Key findings from initial and refill forms demonstrating the reach and impact of the Overdose Prevention Project are provided below:

- **At least 562 initial kits and 92 refill kits** have been distributed<sup>3</sup>
- **19 participating sites** across the county
- **73 reported overdose reversals**
- **88% of initial form respondents** indicated they were **“very confident” in their ability to use naloxone** in the event of an overdose
- **28% of refill form respondents reported decreased drug use** as a result of participating in the program

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<sup>1</sup> To ensure unduplicated participant counts for initial forms, five demographic variables were used to identify duplicate clients that were subsequently excluded from analysis.

<sup>2</sup> Refill form data includes duplicated respondents, as participants were able to obtain multiple refills.

<sup>3</sup> More kits could have been distributed; findings based on completed initial and refill forms.

## INITIAL FORM FINDINGS

### Initial Forms Collected by Distribution Site

A total of 562 initial forms were completed across **19 sites** from October 15, 2014 through December 31, 2016. **Table 1** presents a breakdown of initial forms collected by site.

**Table 1. Initial Forms Collected by Distribution Site**

Distribution Site	Number	Percent
1. Western Pacific Medical	95	17%
2. SRP – Ventura	89	16%
3. A New Start for Moms (ANSFM)	70	13%
4. ADP – Oxnard	64	11%
5. Aegis Simi Valley	55	10%
6. SRP – Santa Paula	52	9%
7. ADP – Simi Valley	40	7%
8. ADP – Ventura	22	4%
9. SRP – Oxnard	20	4%
10. Aegis Ventura	13	2%
11. Simi Valley Behavioral Health	12	2%
Other* 12. ADP – Fillmore (n=7) 13. Aegis Santa Paula (n=7) 14. Oxnard DUI (n=5) 15. Project SAFER (n=4) 16. ADP – Prevention Services (n=3) 17. Thousand Oaks DUI (n=2) 18. Aegis Oxnard (n=1) 19. Conejo Clinic (n=1)	30	5%
<b>Total</b>	<b>562</b>	<b>100%</b>

\*Other includes sites where less than 10 forms collected.

## Initial Form Respondent Demographics

**Table 2** provides demographic information including drug use status for all naloxone kit recipients who completed an initial form.

**Table 2. Kit Recipient Demographics**

		Number	Percent
<b>Gender</b> (n=541)	Male	282	52%
	Female	259	48%
	Transgender	0	0%
<b>Age</b> (n=548)	Under 18	1	<1%
	18 - 20	16	3%
	21 - 29	169	31%
	30 - 44	230	42%
	45 - 60	101	18%
	61 and older	31	6%
<b>Ethnicity/Race*</b> (n=550)	Caucasian/White	323	59%
	Hispanic/Latino	221	40%
	Native American	11	2%
	African American/Black	3	<1%
	Asian/Pacific Islander	5	1%
	Other	13	2%
<b>Drug Use Status</b> (n=540)	Active user of any illegal drug	290	54%
	In treatment	173	32%
	In recovery	24	4%
	Non-user	53	10%

\*Percentages exceed 100%, as respondents could select more than one response.

## Enrollment in MediCal

Starting in April 2016, initial forms were revised to include an item assessing whether respondents were enrolled in MediCal. Of kit recipients who responded to this item (n=184):

- 77% were enrolled in MediCal,
- 20% were not enrolled, and
- 3% did not know if they were enrolled in MediCal.

## Confidence in Ability to Use Naloxone

Of those who responded to the item assessing level of confidence in their ability to use naloxone (n=524):

- **88% indicated they were “very confident,”**
- 12% reported being “somewhat confident,” and
- Less than one percent indicated they were “not confident.”

## Witnessing Overdoses

Of those who reported whether they had witnessed an overdose (n=541), 81% (n=439) had witnessed someone else overdose at least once in their lifetime.

Of the respondents who reported how many times they had witnessed an overdose (n=419), **on average, respondents reported witnessing five overdoses in their lifetime** (ranging from 1 to 100 overdoses).

When respondents who had witnessed an overdose were asked if they had tried to help during the overdose (n=421), **92% indicated they did something to try to help.**

## Overdose Experiences

Across those who responded to the item assessing lifetime overdose experiences (n=550), **48% (n=264) reported having overdosed at least once in their life.** The number of overdoses experienced ranged from 1 to 100. Reasons for the overdose are provided in **Table 3** below.

**Table 3. Reasons for Overdose**

<b>If you have overdosed, why? (n=257)</b>	<b>Number</b>	<b>Percent*</b>
Mixed drugs	104	41%
The drugs were stronger than usual	90	35%
Had a lower tolerance	70	27%
Other (i.e., took too many pills, bad drugs, suicide attempt, mixed substances, etc.)	39	15%

\*Percentages exceed 100%, as respondents could select more than one response.

## Drug use Patterns Among Current Users

The following items represent responses from program participants who indicated being an “active user of any illegal drug” (n=290).

**Location of Drug Use.** When asked to report their location of drug use from a list of possible places, respondents (n=283) most frequently indicated **using drugs at home or at someone else’s home (77%)**. This was followed by using drugs outside, such as

81%

of respondents reported having witnessed someone else overdose.

48%

reported overdosing at least once in their life.

streets, parks, or beaches (20%); or at some other location, such as a vehicle or public restroom (3%).

**Drug Use Partners.** Respondents were also asked to identify (from a list of options) who is around them when they use drugs. Data among those who responded to this item (n=289) are provided in **Table 4**.

**Table 4. Drug Use Partners**

If you use drugs, who else is usually around you most of the time when you're using? (n=289)	Number	Percent*
Other drug users/dealers	174	60%
No one, most often I use drugs alone	134	46%
Spouse or boy/girlfriend	106	37%
Non-drug using family/friends	42	15%
Strangers	31	11%
Other people	5	2%

\*Percentages exceed 100%, as respondents could select more than one response.

## REFILL FORM FINDINGS

As of December 2016, a total of 92 refill kits have been distributed that had corresponding completed refill forms. **Table 5** presents a breakdown of refill forms collected by site between January 13, 2015 and December 31, 2016.

**Table 5. Refill Forms Collected by Distribution Site**

Distribution Site	Number	Percent
1. SRP – Ventura	32	35%
2. Western Pacific Medical	17	19%
3. SRP – Santa Paula	17	18%
Other*		
4. SRP – Oxnard (n=8)		
5. ADP – Oxnard (n=5)		
6. Aegis Ventura (n=3)		
7. ADP – Simi Valley (n=2)		
8. ADP – Ventura (n=2)		
9. A New Start for Moms (ANSFM) (n=2)		
10. Public Health (n=2)		
11. Aegis Simi Valley (n=1)		
12. Simi Valley Behavioral Health (n=1)		
<b>Total</b>	<b>92</b>	<b>100%</b>

\*Other includes sites where less than 10 forms collected.

77%  
of “active users”  
reported using drugs at home or someone else’s home.

The refill forms assess for the number of refill kits obtained. Of the 92 refill forms collected:

- Over three-quarters of respondents (76%, n=70) reported receiving a first refill
- Just under a quarter of respondents (24%, n=22) indicated receiving a second or third refill

### Reason for Refill

Respondents were asked to identify the reason for requesting a refill; responses provided are illustrated below.

Of individuals who reported a **reason for refill** (n=91), respondents reported refilling due to...

#### Use of the naloxone kit in an overdose event (69%)

The kit being lost or stolen (14%)

The kit being given away or sold (11%)

Other reasons (i.e., could not retrieve after eviction, confiscation by police) (6%)

### Total Overdose Events Naloxone was Used In

In total, **naloxone kits were reportedly used in 74 separate overdose events.**

A total of **18 individuals indicated using their naloxone kit during two separate overdose events.** Each naloxone kit contains enough medication to be used during two overdose events.

In April 2016, the refill form was revised to capture information regarding both the first instance of naloxone kit use in the event of an overdose, and, if the respondent had used the kit in two separate overdose events, the respondent was prompted to provide information regarding the second instance of use. There were 10 respondents in 2016 who reported on a second separate overdose event.

### Naloxone Effect on Overdose

Respondents who reported using their kit during an overdose (n=74) were asked whether the naloxone worked; in **73 of the 74 overdose cases where naloxone was used; the person who overdosed survived.**

In addition to using naloxone, respondents were asked to identify what additional actions were taken during the overdose event. Reported actions taken are provided in **Table 6**.

**Table 6. Actions Taken at Overdose Event**

Did you do any of the following at the overdose event? (n=72)	Number	Percent*
Stayed at the scene until the naloxone wore off or until help arrived	45	63%
Placed the person in the recovery position	27	38%
Performed rescue breathing	21	29%
Called 911	16	22%
Other	5	8%
Sternal rub	3	4%

\*Percentages exceed 100%, as respondents could select more than one response.

## Person Receiving Naloxone

Individuals who requested refills after using the kit during an overdose event (n=74) most frequently indicated that **the person who received the naloxone was a friend (65%)**, followed by spouse/significant other (15%), stranger (11%), family member (7%), another person (1%), or themselves (1%).

**Individuals receiving naloxone (n=73) were most often between the ages of 21-29 (41%).**

Close to two-thirds (64%) of the naloxone kits were used on male individuals, with 36% used on females, as identified by the person requesting a refill.

## Reasons for Overdose

As reflected in **Table 7**, most **individuals receiving naloxone (n=73) had reportedly used heroin (99%)** prior to overdosing.

**Table 7. Reasons for Overdose for Person who Received Naloxone**

What drug(s) had they taken? (n=73)	Number	Percent*
Heroin	72	99%
Methamphetamine	4	5%
Alcohol	3	4%
Methadone	2	3%
Cocaine	1	1%
Other Opioid (e.g., OxyContin, Oxycodone, Vicodin)	3	4%
Other (e.g., bath salts, Opana, Xanax)	6	8%

\*Percentages exceed 100%, as respondents could select more than one response.

### Ages of individuals receiving naloxone (n=73)

18-20	3%
21-29	41%
30-44	37%
45-60	16%
61 or older	3%

Most frequently reported intersection where overdose occurred: **Main & Mills**

## Type and Method of Naloxone Administration

Of those who reported how they administered the naloxone during an overdose event (n=72), all (100%) indicated using a syringe kit. Respondents who reported how they used the syringe kit (n=63) most often (98%) indicated the naloxone doses were administered into a muscle of the person who had overdosed.

## Location of Overdose

The majority of individuals requesting a refill due to an overdose (n=73) indicated that **the person who received the naloxone overdosed at a private residence (62%)**. Respondents also reported overdoses occurring outside (15%), at hotels/motels (14%), or in other locations, such as a bus or vehicle (9%).

**Zip Code of Overdose.** The most frequently reported zip codes where overdose events occurred were 93001; 93003; and 93060 (**Table 8**).

**Table 8. Zip Codes Where Overdose Occurred**

Zip Code (n=74)	Number	Percent
93001	22	30%
93003	18	24%
93060	10	14%
93030	7	9%
93004	3	4%
93065	3	4%
93022	2	3%
93101	2	3%
Other*	7	9%

\*Each of the following 7 zip codes were mentioned by one respondent: 93033; 93036; 93002; 93010; 93015; 93023; 93041.

**Intersection of Overdose.** Respondents were also asked to indicate the nearest intersection where the overdose occurred. Of the 69 intersections reported, **the most frequently listed intersection was Main and Mills (10%)**, followed by Thompson and Kalorama (3%); California and Thompson (3%); Evergreen and Thompson (3%); Victoria and Bath (3%); and Ventura Avenue and Thompson (3%). Other intersections were mentioned, but not more than once each; however, several roads were reported by multiple individuals, such as Harvard, Seaward, Ventura Road, 101 Freeway, Highway 33, Easy Street, Santa Paula, Steckel, and Telephone Road.

## Impact of Program

Respondents were asked, "Overall, what impact has participating in this program had on your drug use?" Among unduplicated refill kit recipients (n=67); **57% indicated "no impact; 28% reported decreased drug use; 9% reported increased drug use; and 6% noted they didn't use drugs, so the question was not applicable.**