



KEEP EACH OTHER SAFE

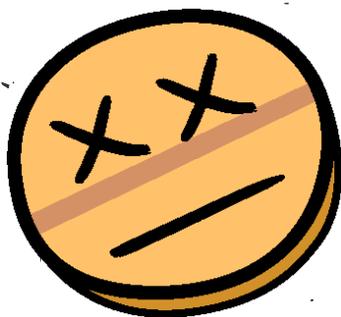
GUIDE

Substance Awareness Toolkit

2025



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INTRODUCTION



The world we're growing up in is *intense*.
Between social media pressure, school demands, uncertain futures, and the growing risk of fentanyl in counterfeit drugs, we today face challenges like never before.



www.whatsthefix.org



**6 in 10 counterfeit pills
with fentanyl now
contain a potentially
lethal dose.**



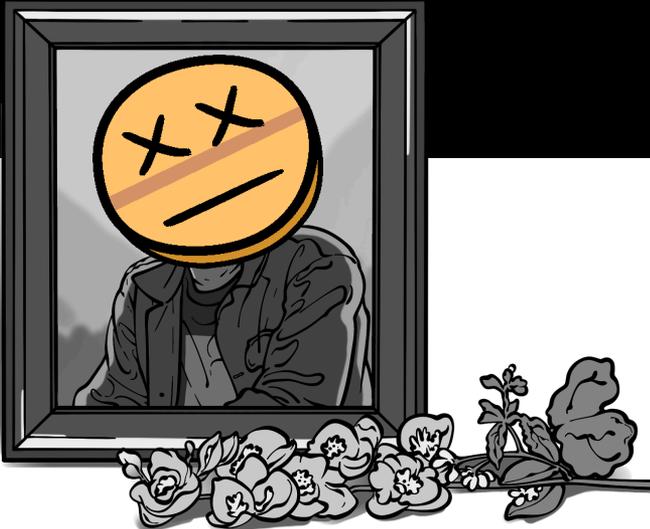
This toolkit exists for one reason: **to keep us and our friends alive and healthy.**

It's not here to lecture you.

It's here to give you:

- The knowledge to recognize when something's wrong
- The tools to take action in a crisis (any form of naloxone)
- The confidence to help yourself or someone else.

Whether you're the one struggling or you're trying to help a friend, you'll find **step-by-step guidance inside.**



UNDERSTANDING

THE CRISIS



OVERDOSE CRISIS

The overdose crisis is a whole different level of scary, mainly because of fentanyl. This stuff is being secretly pressed into fake pills that look identical to the ones people get from a pharmacy. So you might think you're getting something to help you focus or chill, but it's a counterfeit with a lethal ingredient. It's giving "final boss battle" with no extra lives. The fact that you can't see, smell, or taste it is the main problem, turning a single pill into a massive L. This is why we need to talk about it.





When you're not ok, you might start looking for **ways to escape** the stress, numb the feelings, or boost your energy. For some people, that means turning to substances. At first it can seem like a way to cope, but it can quickly create new problems or make existing struggles worse.

In today's world, this is especially dangerous because of the risk of fentanyl showing up in counterfeit pills and other drugs.

But again, we are not here to give you a lecture.

Now, let's go through how to recognize the signs of an overdose.

Recognizing signs

Spotting an opioid overdose is urgent, but to really understand it, it helps to know the stages that can happen before things get that far.

LEVEL ● TOLERANCE ● DEPENDENCE ● ADDICTION

TOLERANCE

Occurs when a person begins to experience a reduced response, requiring more to get the same effect

- Crushing & snorting pills
- Chewing pills
- Taking more frequently or increasing dose without being advised by a doctor

DEPENDENCE

Occurs when the body adjusts its normal functioning around regular opioid use. Unpleasant physical symptoms occur when stopped

- Behavioral: Agitation, irritability, impatient
- Physiological: Shakes, chills, sweats, nausea
- Psychological: Mania, paranoia, impulse control

ADDICTION

Occurs when attempts to cut down or control use are unsuccessful or when use results in social and personal inability to fulfill normal obligations

- Severe withdrawal
- Worsening drug use
- Uncharacteristic behaviors like lying and stealing
- Self-destructive actions that severe relationships
- Seeking/using illicit drugs

[Commonly Used Terms | CDC's Response to the Opioid Overdose Epidemic | CDC](#)



signs and symptoms of Opioid Overdose

When someone has crossed into dangerous territory, these signs can mean an overdose is happening right now:



Blue Lips and/or nails



Dizziness and Confusion



Slow weak or no breathing



Choking and/or Gurgling

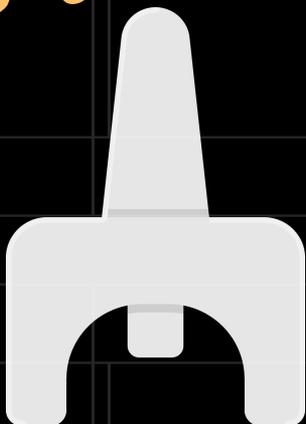


Can't be woken up



Drowsiness or lack of response

WHAT IS



VALOXONE?

What is Naloxone?



Naloxone is a medication designed to rapidly **reverse opioid overdose**. It binds to opioid receptors and can reverse or block the effects of other opioids, quickly restoring normal respiration to a person whose breathing has slowed or stopped due to overdosing with heroin or prescription opioid medications.

HOW TO ADMINISTER NALOXONE?

1



CALL FOR EMERGENCY MEDICAL HELP

Dial 911 or your local emergency service first.

2



ADMINISTER THE DOSE

Insert the nozzle into one nostril and press the plunger to release the naloxone dose into the nostril. Begin chest compressions.

3



Monitor FOR RESPONSE

If there's no response within 2-3 minutes, administer a second dose in the opposite nostril and continue chest compressions.

4



AWAIT EMERGENCY RESPONDERS

Stay with the person and monitor their breathing and wait for emergency responders to arrive.

WATCH FULL NALOXONE TRAINING VIDEO



Where to get

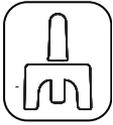


naloxone?

- **Community organizations:** Many local health departments, harm reduction groups, and nonprofits give it out for free.
- **Schools and campuses:** Some keep it in nurse's offices or health centers.
- **Online programs:** Certain websites mail free naloxone kits; check Florida's health department or local harm reduction programs for links.
- **Pharmacies:** In Florida, you can get it without a prescription. Ask the pharmacist for naloxone, NARCAN, or Kloxxado.

THE GUIDE TO PARTY (BUT NOT TO DIE)

Build Your Survival Kit



- Carry Naloxone (*NARCAN* or *Kloxxado*)
- Emergency contacts saved in phone
- List of local resources
- A trusted contact or "safety buddy"

Know How to Spot the Signs Before It's Too Late



Blue Lips and/or nails



Choking and/or Gurgling



Can't be woken up



Dizziness and Confusion



Slow weak or no breathing



Drowsiness or lack of response



Be the Person Who Acts (Not Just Films It)

1

CALL FOR EMERGENCY MEDICAL HELP

Dial 911 or your local emergency service first.

2

ADMINISTER THE DOSE

Insert the nozzle into one nostril and press the plunger to release the naloxone dose into the nostril. Begin chest compressions.

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MONITOR FOR RESPONSE

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AWAIT EMERGENCY RESPONDERS

Stay with the person and monitor their breathing and wait for emergency responders to arrive.

Stay Alive Long-Term

don't die, bro!

Find Help Now: Local Resources for Substance Use & Overdose Prevention

QUICK ACCESS HOTLINES

SAMHSA National Helpline

1-800-662-HELP (4357) – 24/7 substance use support

Crisis Text Line

Text HOME to 741741

988 Suicide & Crisis Lifeline

Dial 988 for urgent mental health help

211 Florida / 211 Brevard

Dial 211 or visit 211Brevard.org.



FOR LIFE-THREATENING EMERGENCY? CALL 911 IMMEDIATELY. If someone is unconscious, not breathing, or unresponsive, call 911 and stay with them until help arrives.

COUNTY-SPECIFIC HELP LINKS

Orange County

- [My Recovery Connections \(Orange County\)](#).

Search support groups, AA/NA meetings, and treatment centers.

- [Project Opioid – Orange](#)

Request overdose data reports or schedule group naloxone training sessions.

➤ [Contact Project Opioid](#)

Seminole County

- [SCORE Program \(Opioid Response\)](#) Community response initiative for overdose prevention

- Email:

- score@seminolesheriff.org

- Non-Emergency: (407) 665-6650

- [More Info](#)

- [Project Opioid – Seminole](#)

Request overdose data reports or schedule group naloxone training sessions.

➤ [Contact Project Opioid](#)

Brevard County

- [211 Brevard Website](#)
- [Search local addiction, housing, and crisis support programs.](#)

Osceola County

- [Park Place Behavioral Health Care](#)
- Offers inpatient, outpatient, and 24/7 crisis intervention services.

