



Drug and Alcohol Trends

Chief of Police Dave Suckling, Alexandria NH
Ashley Douthart, MS, LCMHC, MLADC, CPP

Introduction & Warning

Disclaimer:

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ALEXANDRIA, NH

Population as of 2020-

1,776 Community Members

504 Households and 386 families

97% white, .08% African America, .30% Native American, .38% Asian, .23% Hispanic or Latino

Alexandria, New Hampshire

Town



Town hall



Location in [Grafton County, New Hampshire](#)

Introduction to Paraphernalia

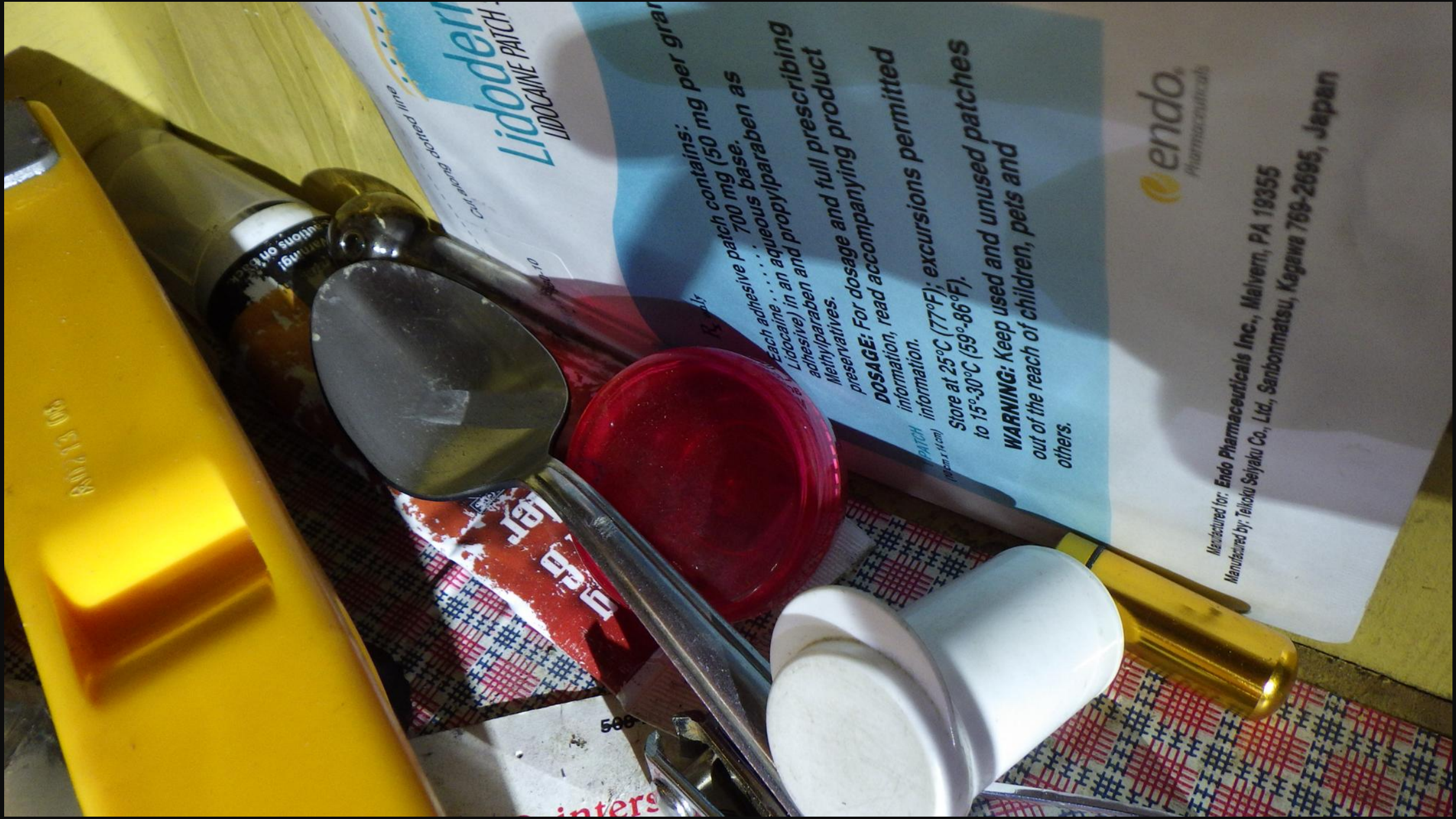












Lidocaine Patch

Each adhesive patch contains: 700 mg (50 mg per gram of Lidocaine) in an aqueous base, as well as methylparaben and propylparaben as preservatives.

DOSE: For dosage and full prescribing information, read accompanying product information.

Store at 25°C (77°F); excursions permitted to 15°-30°C (59°-86°F).

WARNING: Keep used and unused patches out of the reach of children, pets and others.

endo.
Pharmaceuticals

Manufactured for: Endo Pharmaceuticals Inc., Malvern, PA 19355

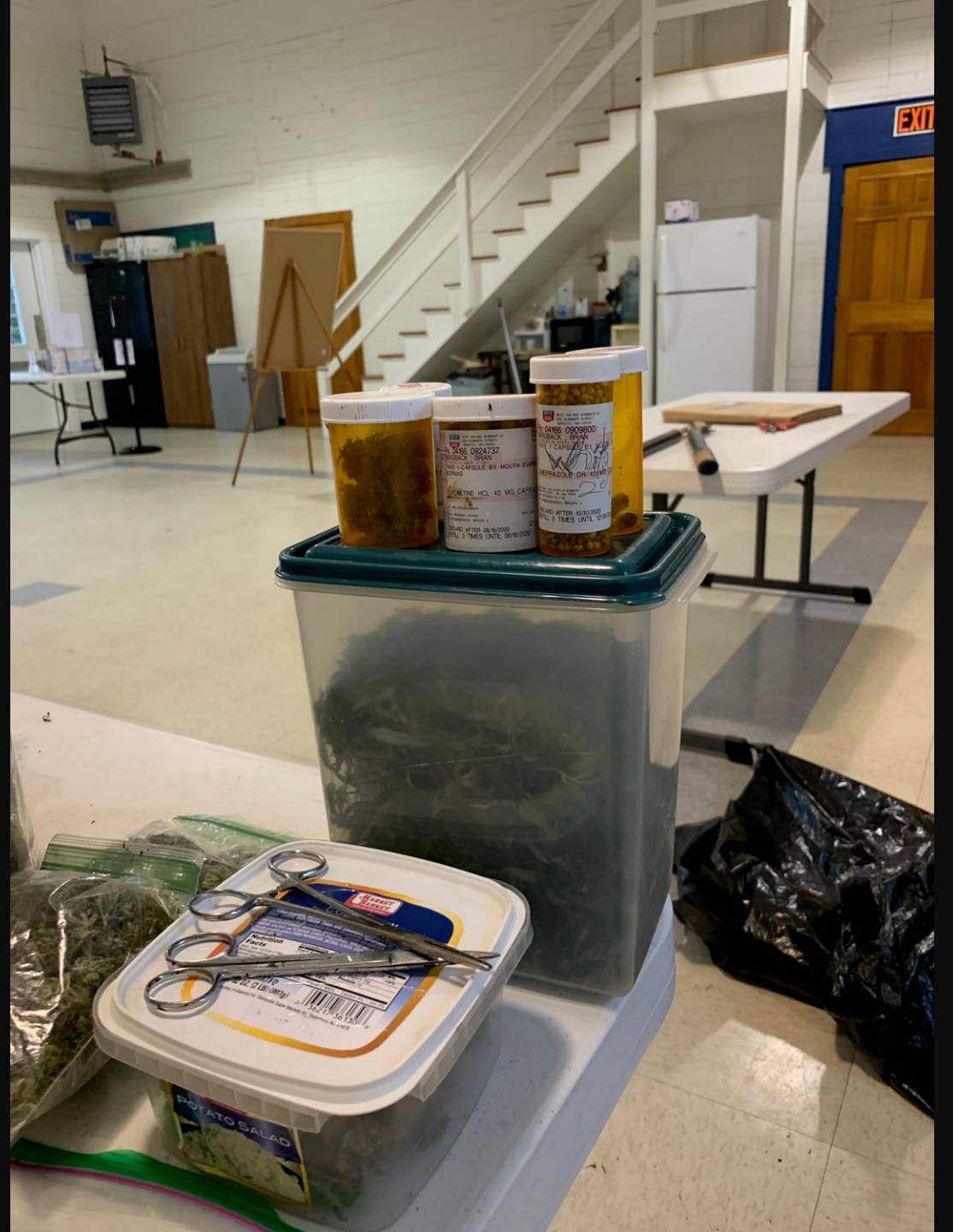
Manufactured by: Teikoku Seiyaku Co., Ltd., Sanbonmatsu, Kagawa 769-2695, Japan

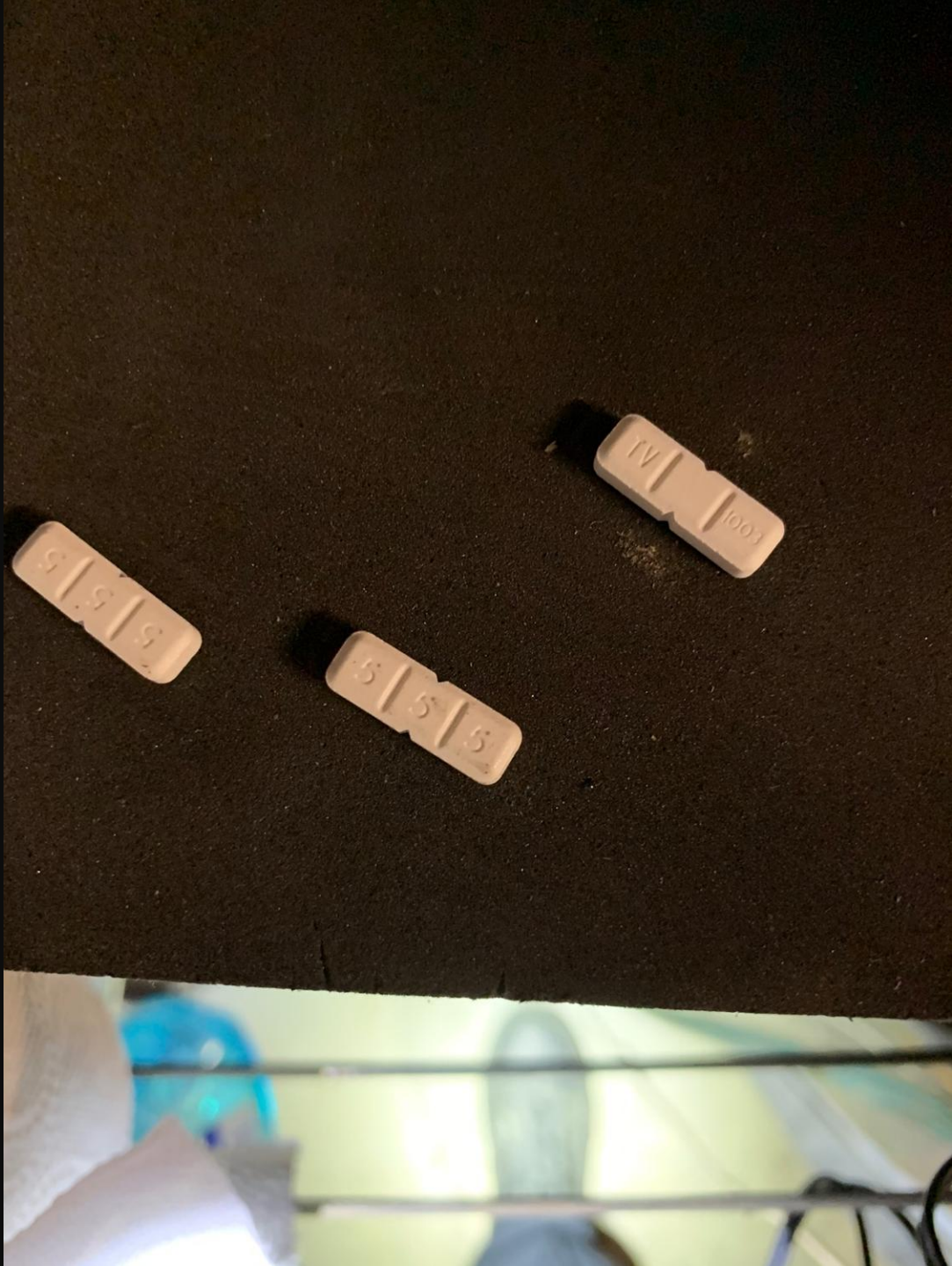


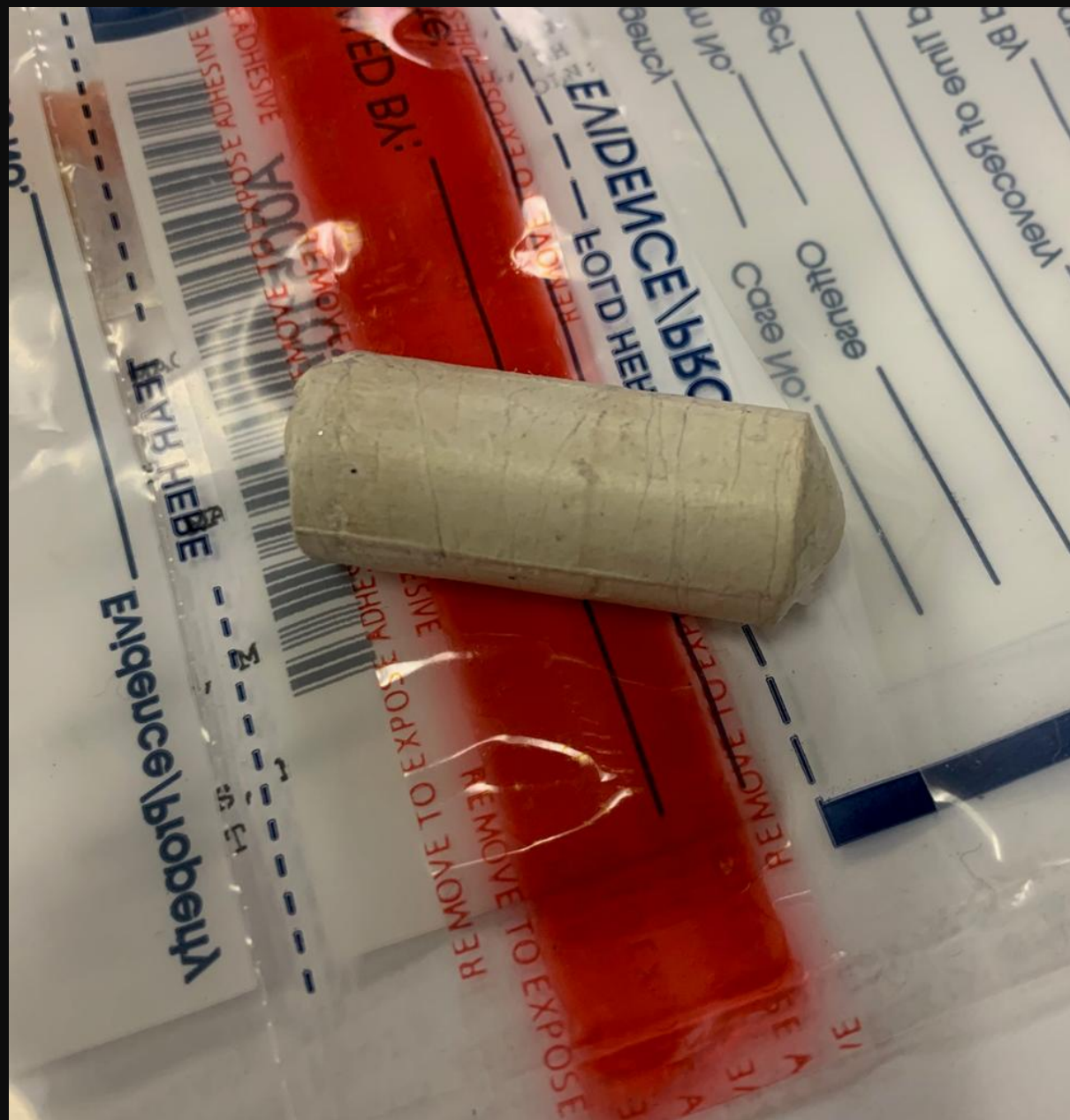
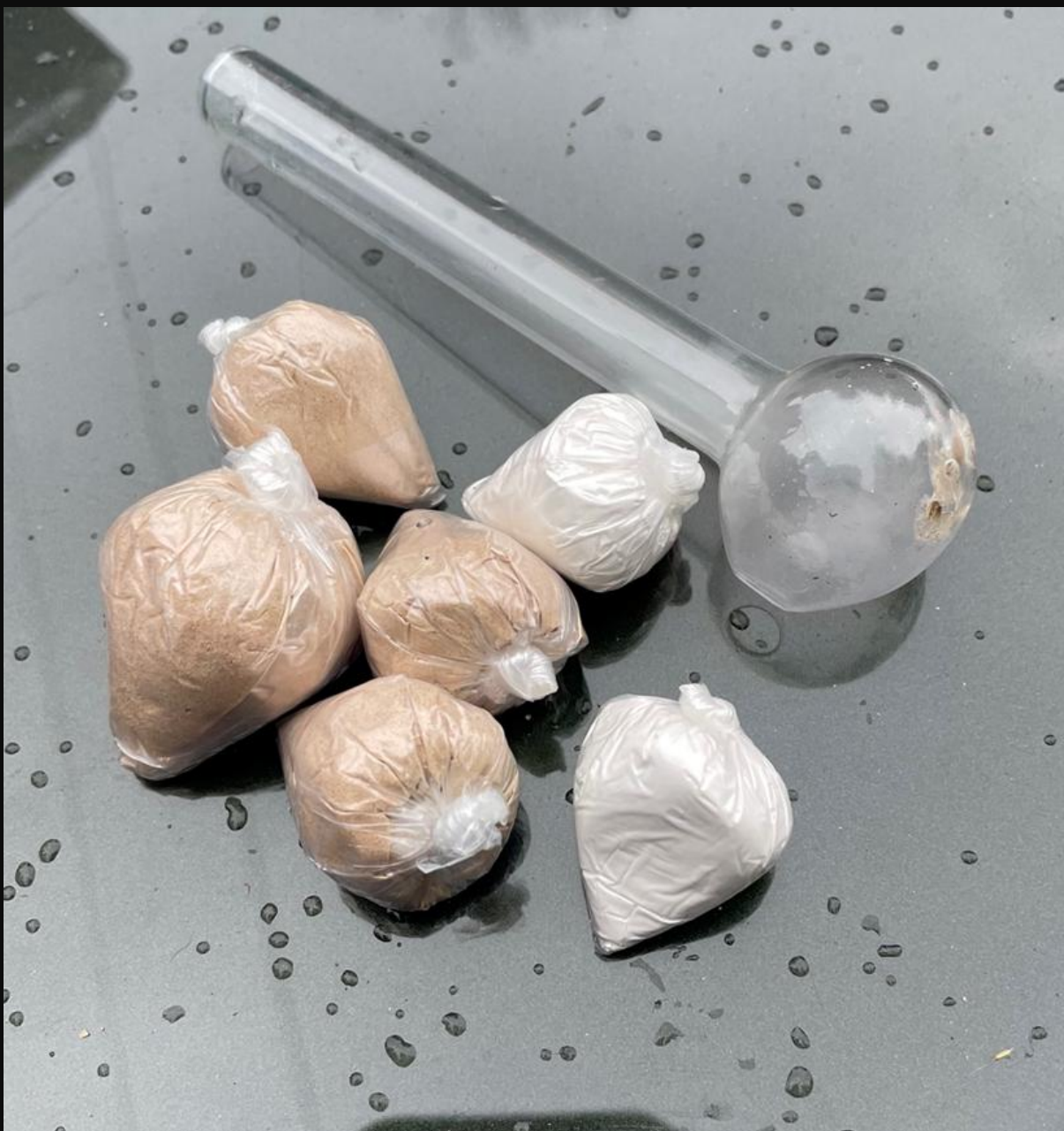


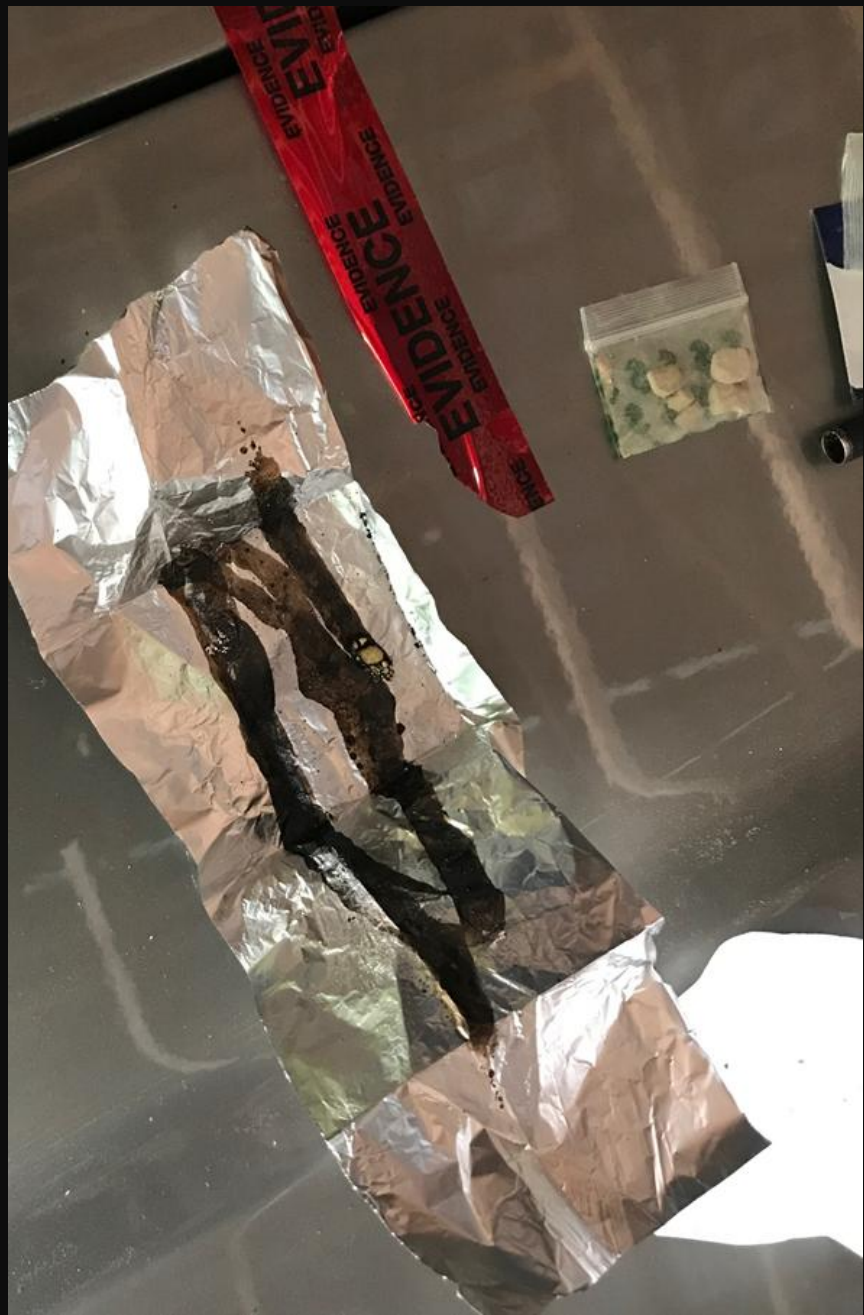




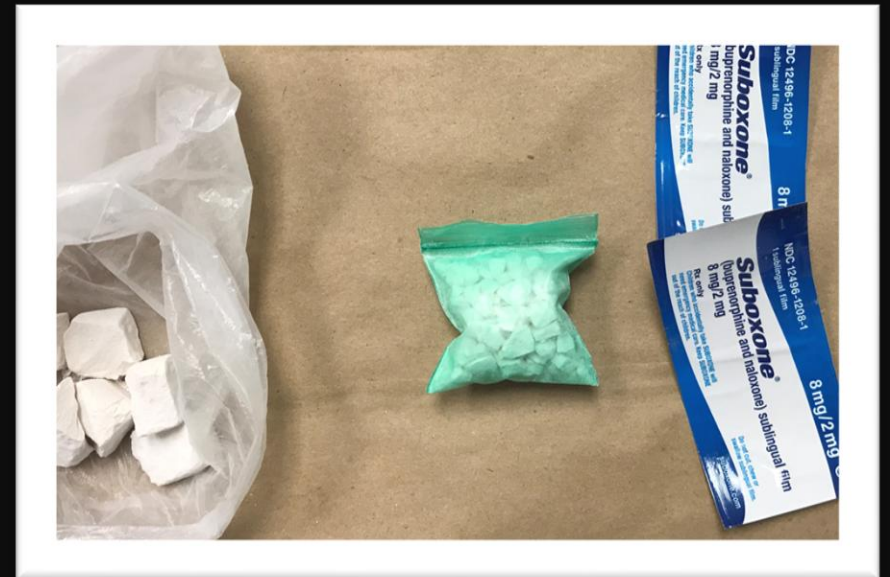
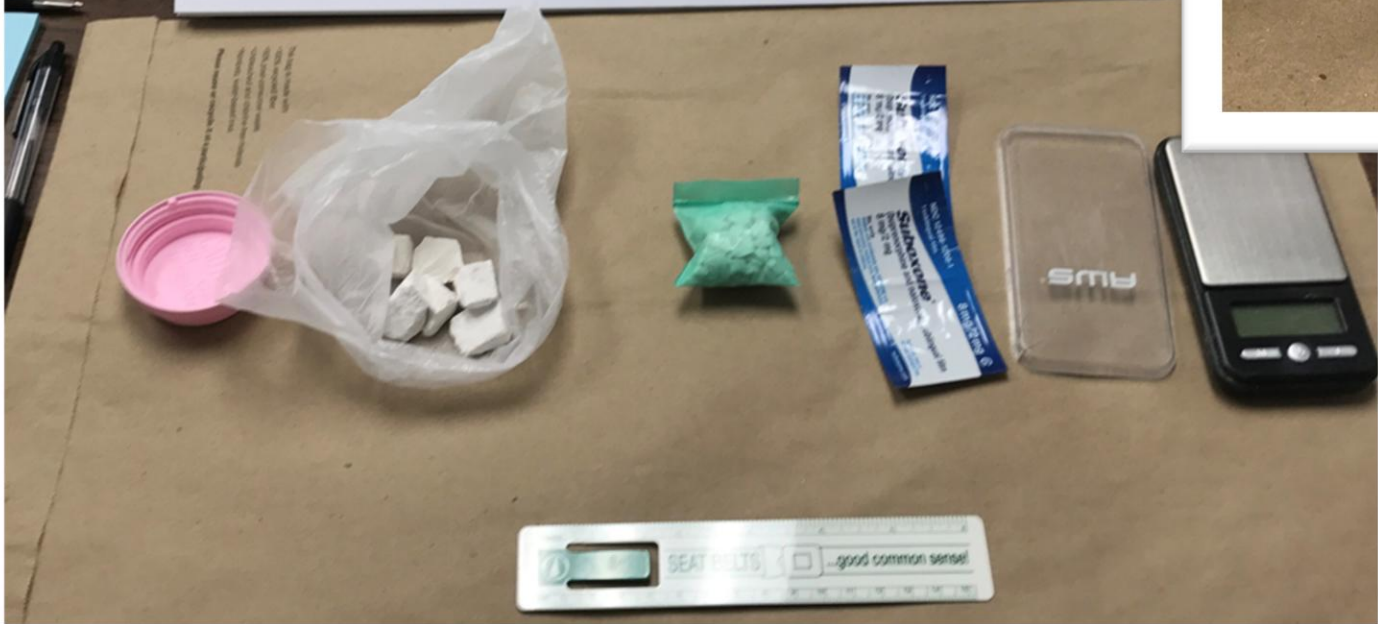
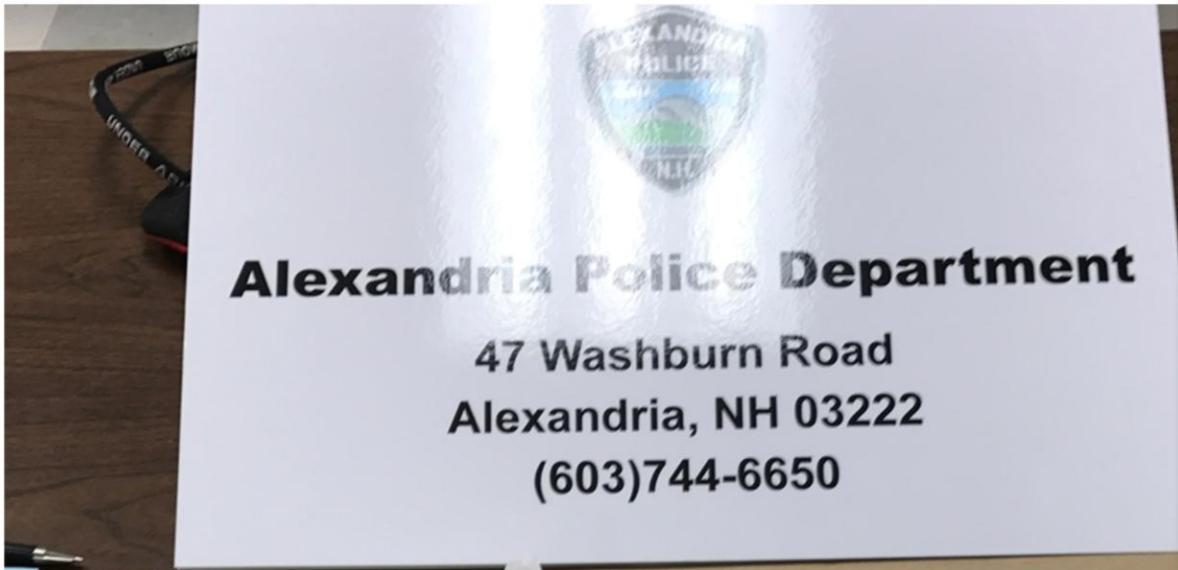












Physical Signs







Knowledge Check





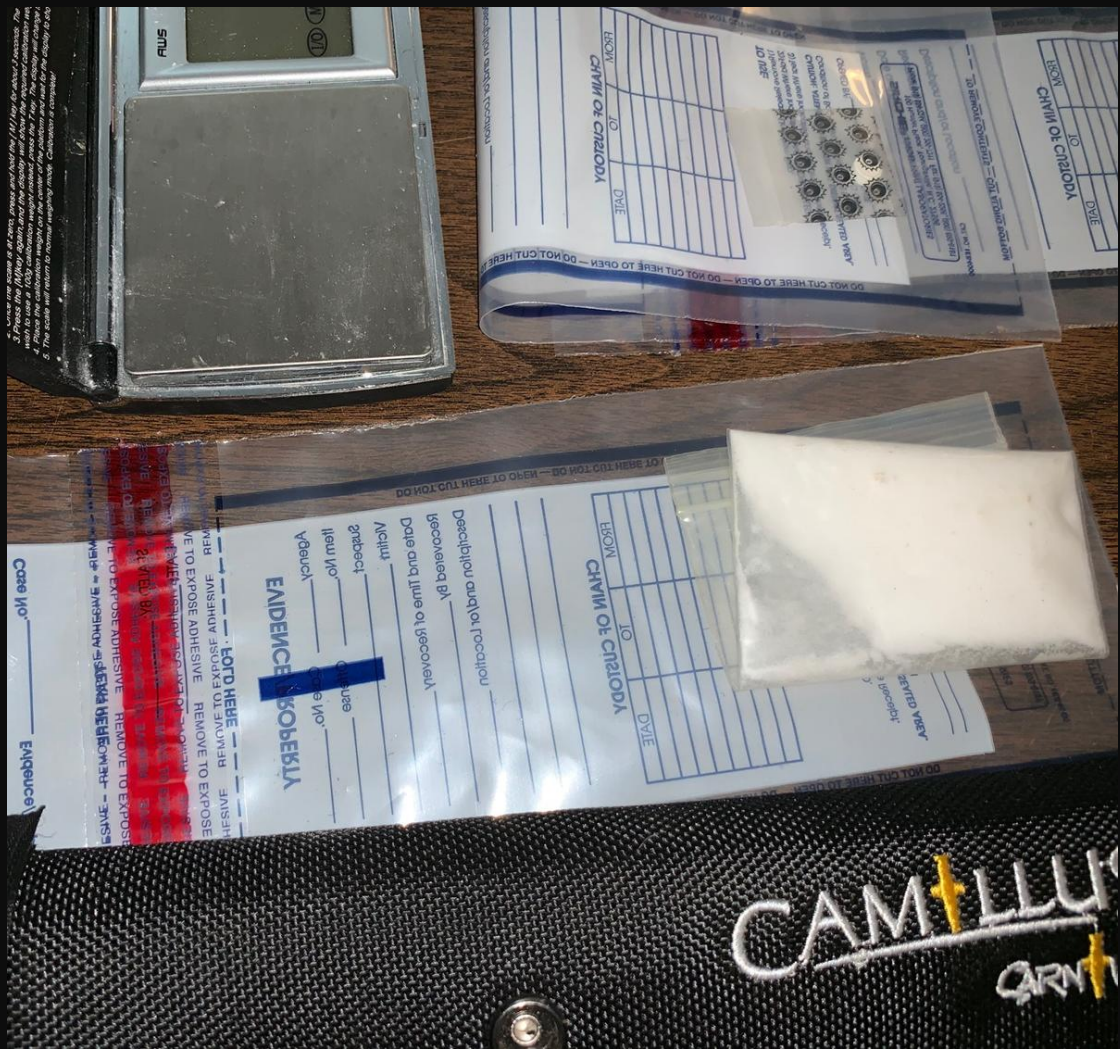
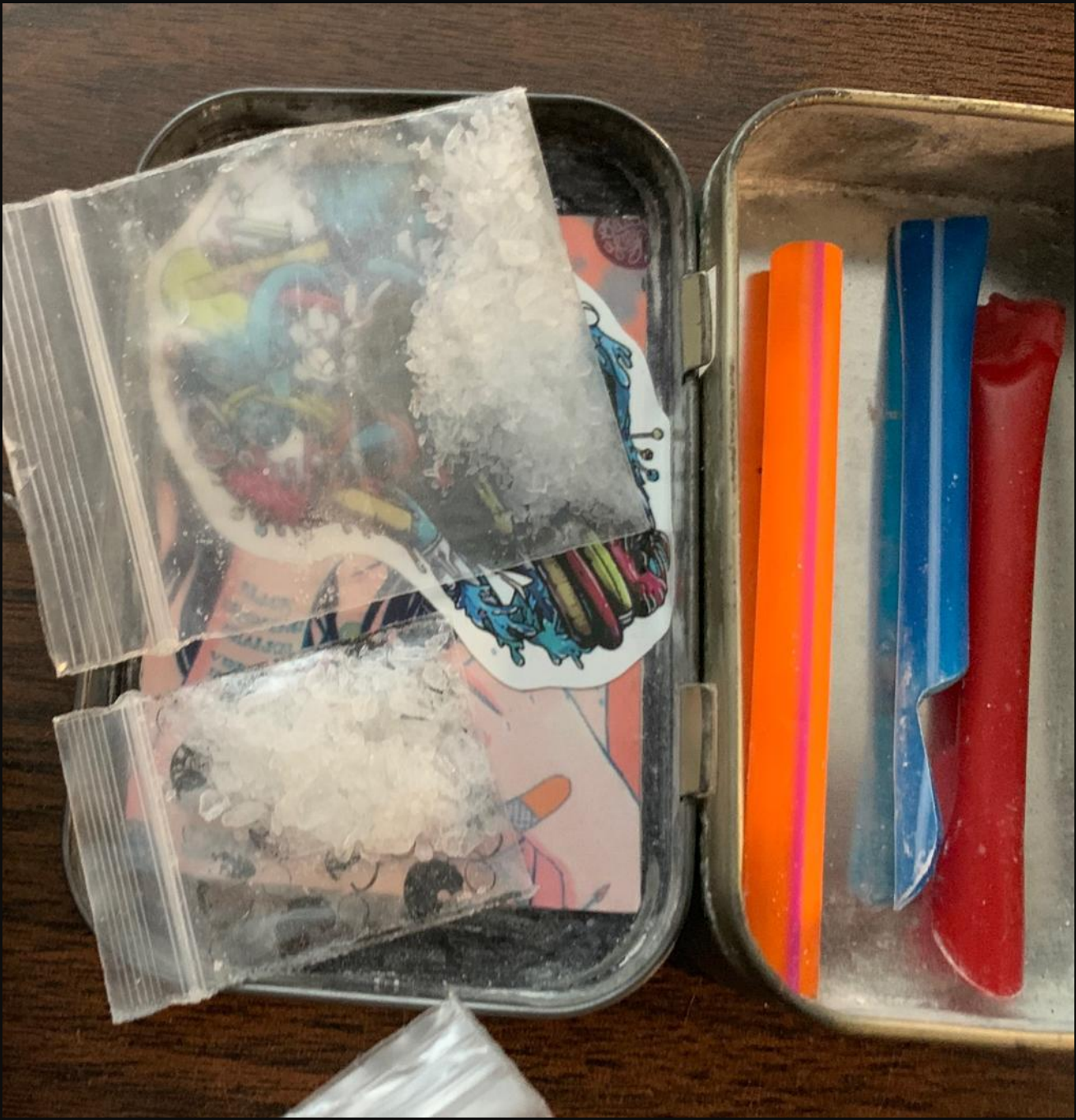






Perspective









Knowledge Check

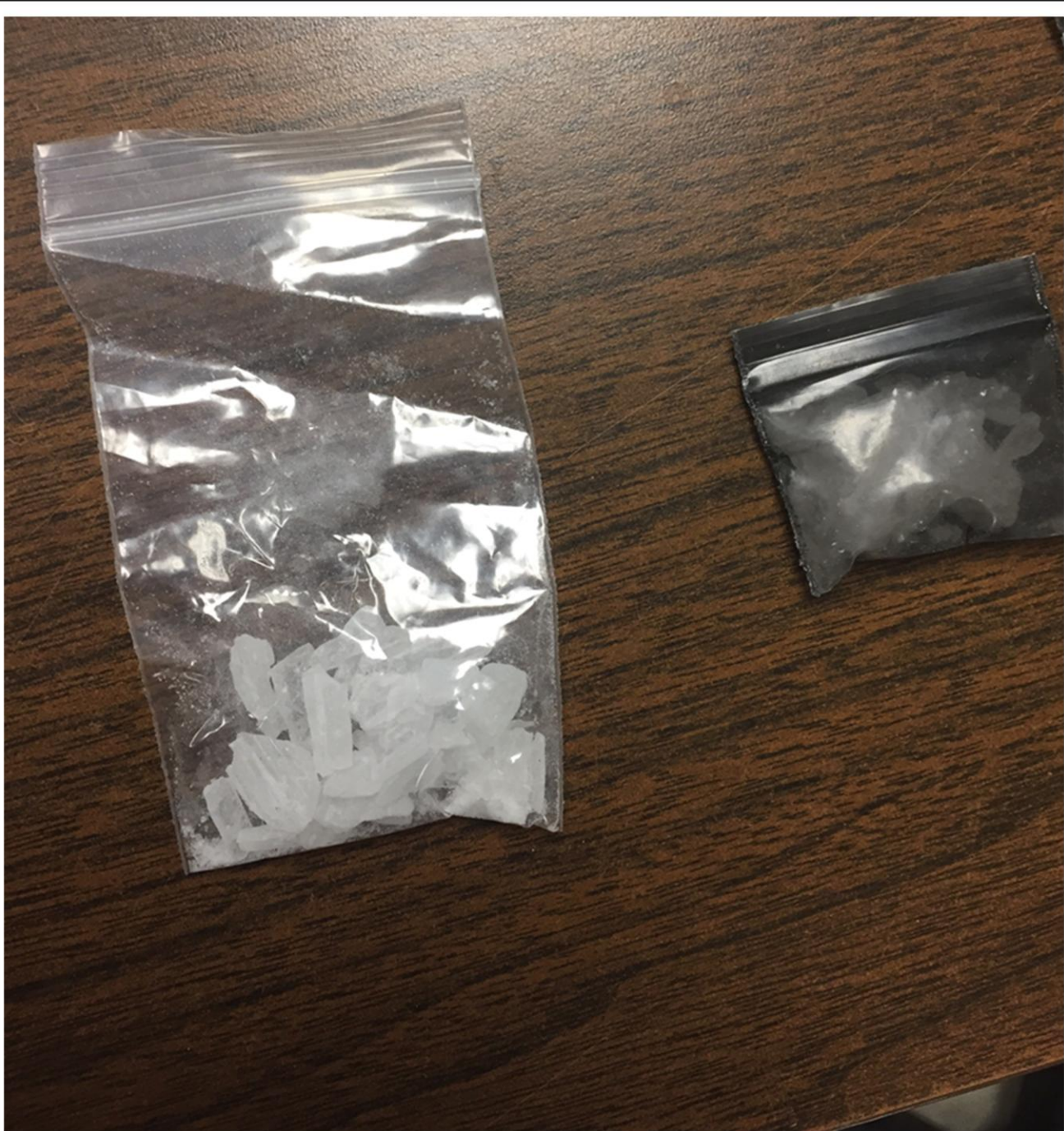


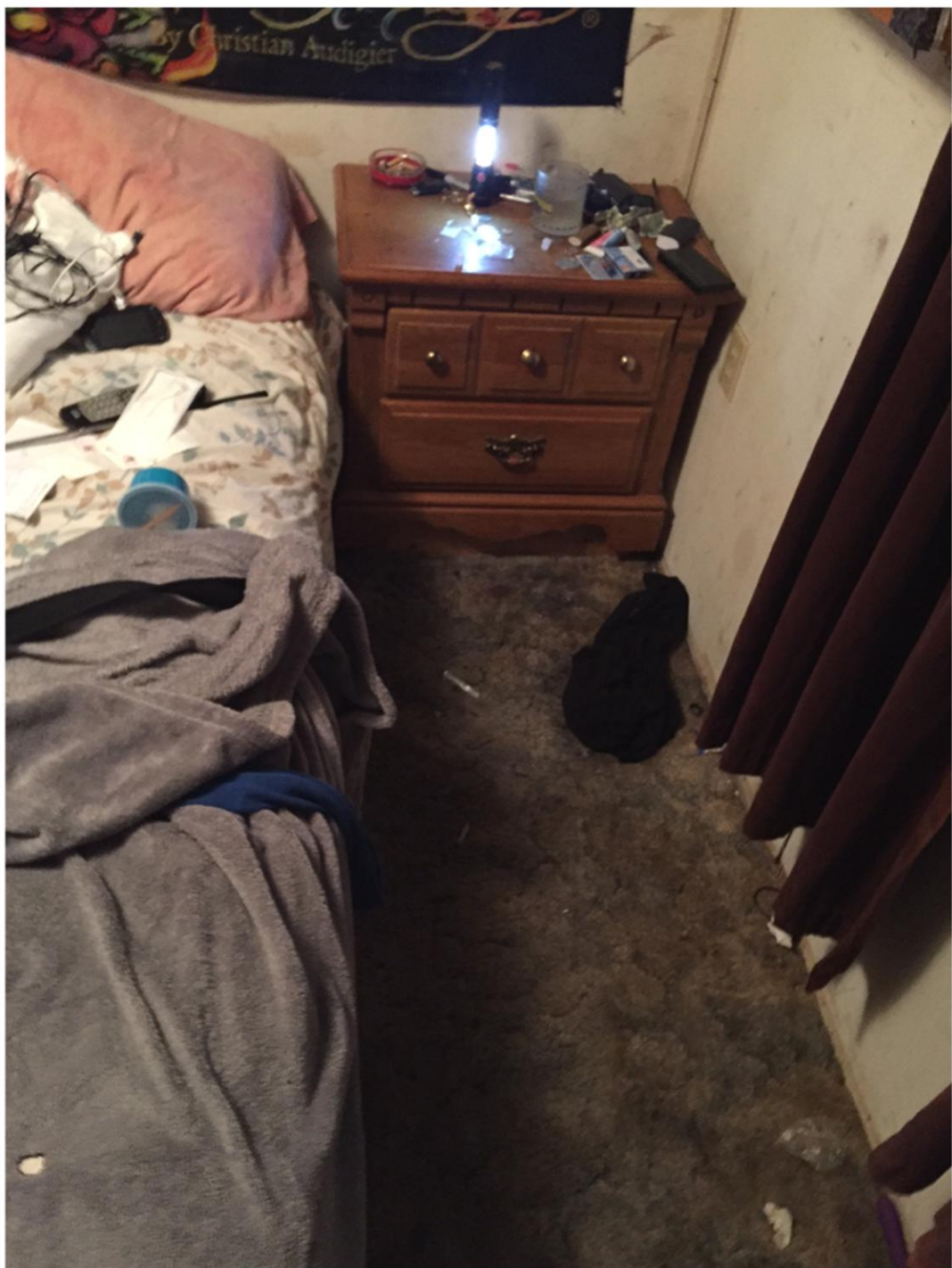
Bags of bags

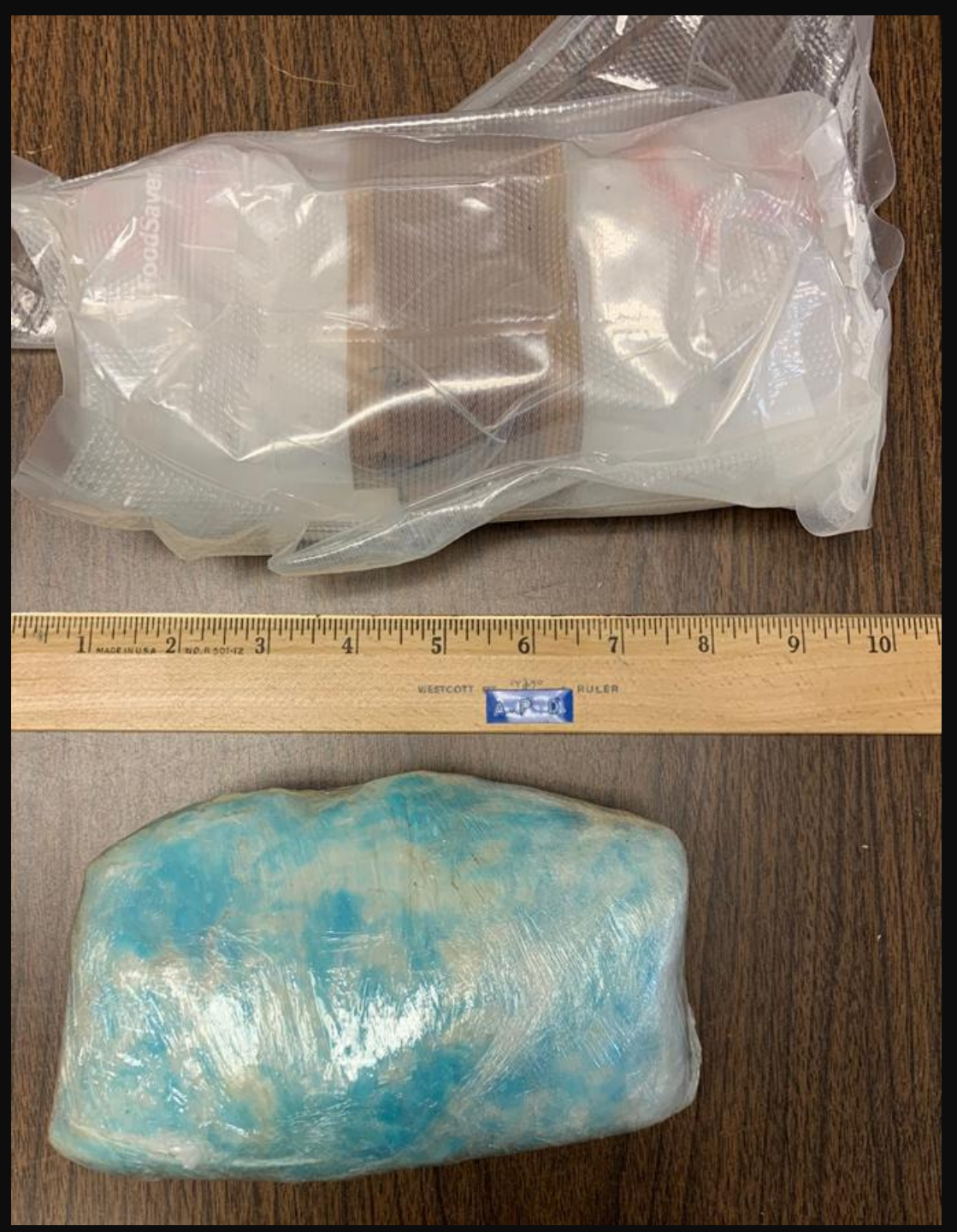
POLICE: "Sir, what are these little baggies for?"

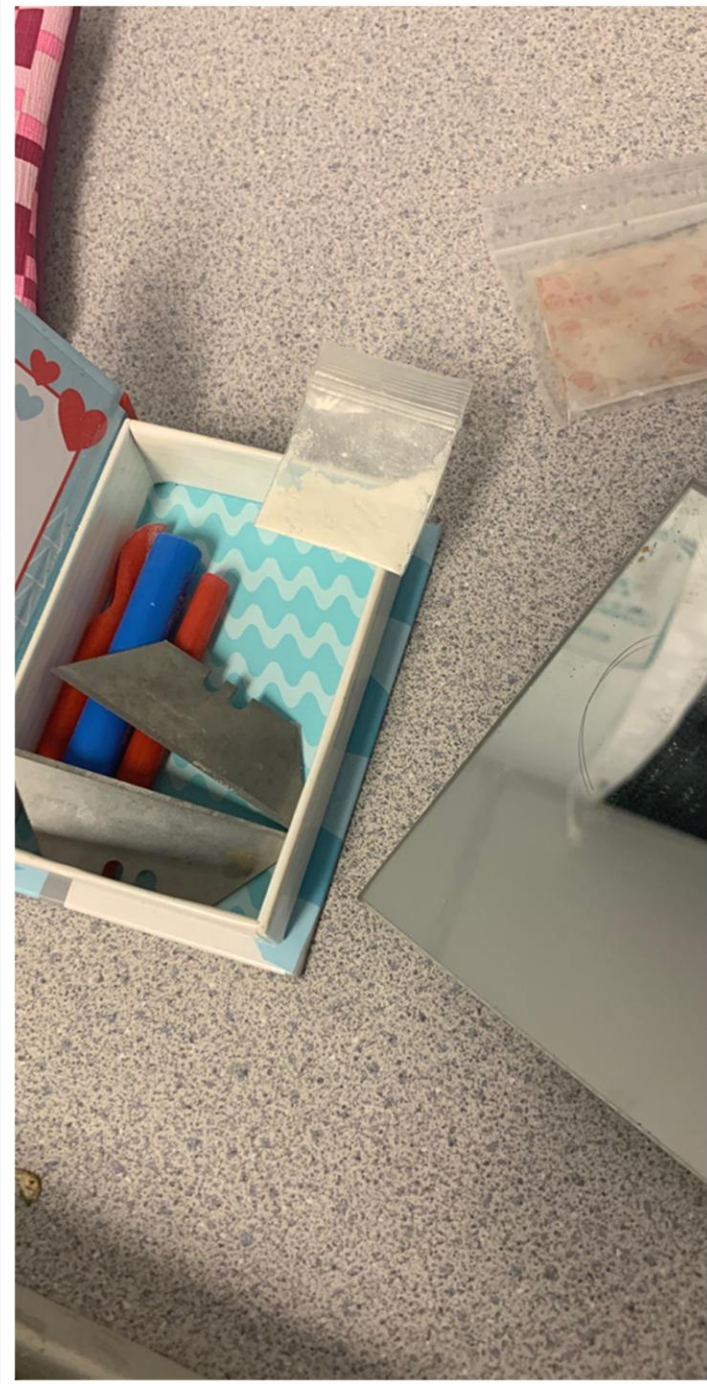
ME:



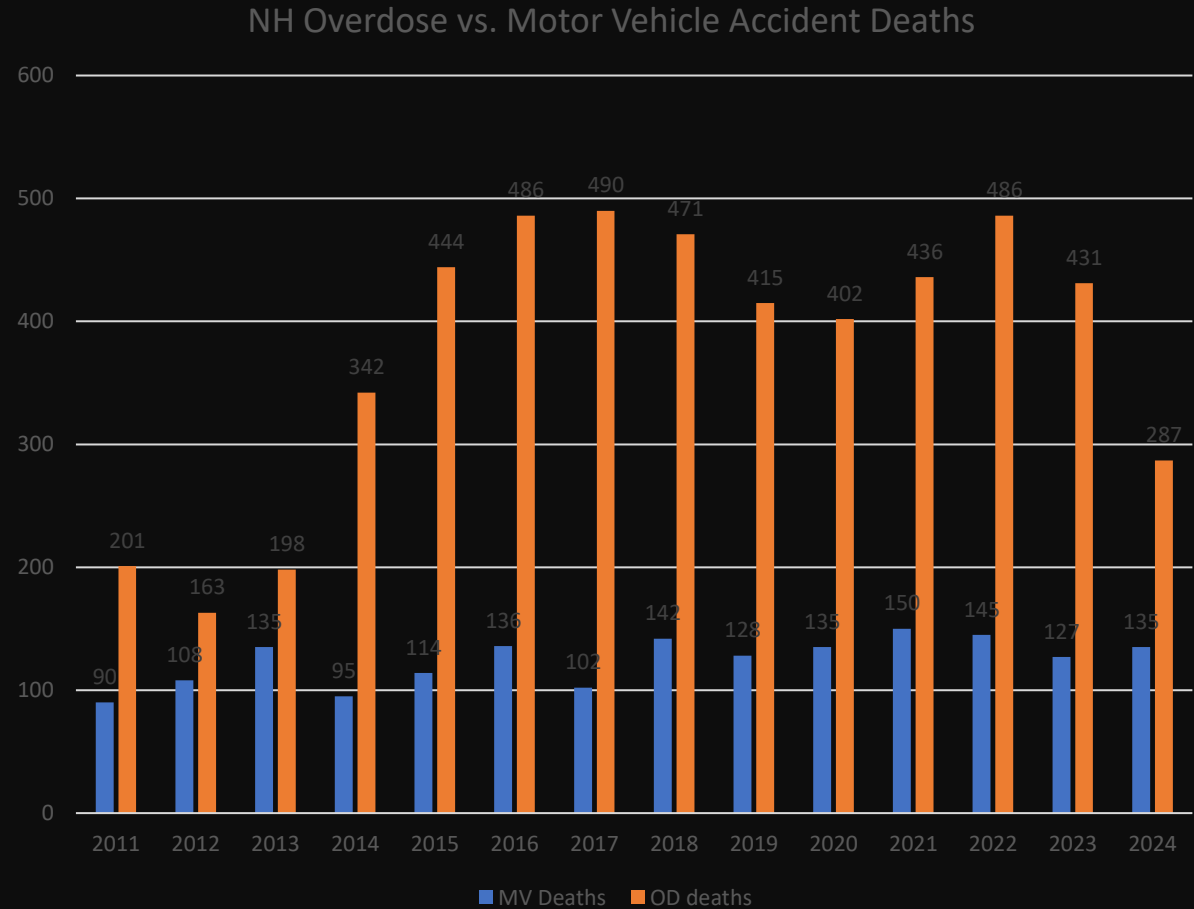








Data doesn't lie...



Treatment and Recovery

Prevention, Harm Reduction, and Recovery Options

WHAT IS PREVENTION?



HARM REDUCTION

DEFINITION

An evidence-based approach that is critical to engaging with people who use drugs and equipping them with life-saving tools and information to create positive change in their lives and potentially save their lives.



NARCAN

1 Identify Opioid Overdose and Check for Response

Ask person if he or she is okay and shout name.

Shake shoulders and firmly rub the middle of their chest.

Check for signs of an opioid overdose:

- Will not wake up or respond to your voice or touch
- Breathing is very slow, irregular, or has stopped
- Center part of their eye is very small, sometimes called "pinpoint pupils"

Lay the person on their back to receive a dose of NARCAN Nasal Spray.



2 Give NARCAN Nasal Spray

REMOVE NARCAN Nasal Spray from the box.

Peel back the tab with the circle to open the NARCAN Nasal Spray.



Hold the NARCAN Nasal Spray with your thumb on the bottom of the plunger and your first and middle fingers on either side of the nozzle.



Gently insert the tip of the nozzle into either nostril.

- Tilt the person's head back and provide support under the neck with your hand. Gently insert the tip of the nozzle into **one nostril**, until your fingers on either side of the nozzle are against the bottom of the person's nose.



Press the plunger firmly to give the dose of NARCAN Nasal Spray.

- Remove the NARCAN Nasal Spray from the nostril after giving the dose.



3 Call for emergency medical help, Evaluate, and Support

Get emergency medical help right away.

Move the person on their side (recovery position) after giving NARCAN Nasal Spray.

Watch the person closely.

If the person does not respond by waking up, to voice or touch, or breathing normally another dose may be given. NARCAN Nasal Spray may be dosed every 2 to 3 minutes, if available.

Repeat Step 2 using a new NARCAN Nasal Spray to give another dose in the other nostril. If additional NARCAN Nasal Sprays are available, repeat step 2 every 2 to 3 minutes until the person responds or emergency medical help is received.



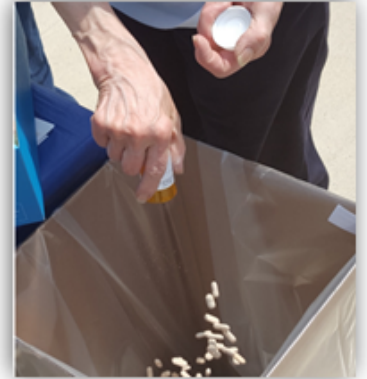
MEDICATION DISPOSAL

OPTION 1 PERMANENT MEDICATION DISPOSAL SITES

CVS	220 Union Avenue, Laconia, NH & 841 Central Street, Franklin, NH
WALMART	1458 Lake Shore Road, Gilford, NH & 33 Sherwood Drive, Tilton, NH, & 683 Tenney Mountain Hwy, Plymouth, NH
FRANKLIN HOSPITAL	14 Aiken Ave. Franklin, NH
Franklin PD	5 Hancock Ter., Franklin, NH

OPTION 2 DRUG TAKE BACK EVENT

The National Prescription Drug Take Back Day aims to provide a safe, convenient, and responsible means of disposing prescription drugs, while also educating the general public about the potential for abuse of medication. To find collection sites near you, visit: www.dea.gov/takebackday



OPTION 3 HOUSEHOLD DISPOSAL STEPS

1. Take your prescription drugs out of their original containers.
2. Mix drugs with an undesirable substance, such as cat litter, coffee grounds, or use a Deterra Bag and seal the container or bag.
3. Conceal or remove any personal information, including Rx number, on the empty Rx bottle by covering it with permanent marker or duct tape.
4. Place the sealed container with the drug mixture, and the empty prescription bottle in the trash.

NEEDLE EXCHANGE PROGRAMS

What is this Service?

Community-based programs that provide access to sterile needles and syringes, facilitate safe disposal of used syringes

Since March of 2024,

Our local exchange has collected more than 122,000 used syringes and provided more than 123,000 clean, unused syringes to those with active SUD.

They have handed out more than 1,100 Narcan kits

They have given over 100 HIV test kits

AND.....

They have also seen a SIGNIFICANT decrease in the number of patients hospitalized with a blood infection!



RECOVERY FACTS

- In 2023, 48.5 million Americans aged 12 or older had a substance use disorder in the past year. This is equivalent to 17.1% of the population in that age group.
- In the past year, that number has dropped to 28.9 million- 23% of that population received treatment.
- Early recovery SUD has a relapse rate of 40 to 60%, decreasing with each year of sobriety, reduced to 15% after 5 years.

(SAMHSA, 2025)

NEW HAMPSHIRE TREATMENT OPTIONS

211 and The Doorway, Recovery Community Organizations

Integrated services such as primary care, counseling, and medication assisted treatment

Higher levels of care such as Residential treatment, PHP's, and IOP's



And....COMPASSION

What can you do to assist people with substance use disorder:

- Meet them where they're at in their recovery.
- Set healthy boundaries
- Don't shame, or use stigmatizing language
- Be kind- no judgements....we all have a story...

The opposite of addiction is connection

One final message.....

