



# IN THE IE

## 744 30

No. of overdose deaths in 2022 in RivCo

Median age of fentanyl overdose in 2020 in RivCo

Recently incarcerated people are **40x**

more likely to die from opioid overdose

**Overdose rates have steadily increased over the years.** In the Inland Empire region, where Black and Latino residents are more likely to overrepresented in prisons and jails, **they are also at higher risk of overdose.**

Opioid tolerance decreases after stopping or decreasing usage, greatly increasing risk of overdose for individuals leaving rehab or incarceration.

**Fentanyl** is responsible for the most opioid deaths in Riverside County - 50x more potent than heroin and 100x more potent than morphine.

Fentanyl can come in powder or liquid form, and other drugs can be laced with fentanyl for a stronger and more addictive effect. You can't see or smell fentanyl. The safest way to know is to use fentanyl test strips.

If you're using opioids, try to have Narcan on hand and use test strips. Try not to use alone - if you do, call **Never Use Alone** at **800-484-3731**. Someone will stay on the line with you in case you need medical help.

Using sterile needles and equipment can protect you from HCV and HIV infection.

## Signs of Overdose

- Small, constricted "pinpoint pupils"
- Falling asleep or losing consciousness
- Slow, weak, or no breathing
- Choking or gurgling sounds
- Unresponsive and limp body
- Cold and/or clammy skin
- Discolored skin (especially in lips and nails)



## What do I do if someone is overdosing?

Even if you aren't sure if someone is overdosing, treat it as an overdose just in case.

- **Call 911 immediately.\***
- **Administer naloxone or Narcan if you have it.**
- **Try to keep the person awake and breathing.**
- **Lay the person on their side to prevent choking.**
- **Stay with them until emergency workers arrive.\*\***

\*You won't be liable in trouble due to California's Good Samaritan law.

\*\* The effects of Narcan can wear off after 20-90 minutes - stay with the person in case they need more or begin overdosing again.

# Harm Reduction Works!



## Overdose Prevention Tip & Resources

**You are not alone** - over one in five Americans used an illegal drug in the past year. Living with a Substance Use Disorder (SUD) can be socially isolating and harmful to your mental health. A SUD is not a sign of moral failure or weakness, and many treatments and techniques exist to help you decrease use or to use more safely.

**Harm reduction** acknowledges that many people use drugs for a variety of reasons. Instead of shaming or judging them, we can prevent overdoses and deaths through education on best practices and providing resources like Narcan and fentanyl testing strips.

Everyone deserves to live safely with dignity and humanity, regardless if they use drugs or not.



**Starting Over, Inc.**  
Transitional Housing, Reentry Services,  
Policy Advocacy & Civic Engagement



No one knows what's best for you better than you. Whatever drugs you use, we want you to be safe, healthy, and informed!

### Naloxone/Narcan

Overdose prevention education and the distribution of Narcan and fentanyl test strips have been demonstrated to reduce overdose. Naloxone acts to reverse opioid/fentanyl overdose. It is not addictive and cannot cause harm. Naloxone is now available in almost all California pharmacies without the need for a prescription.

### Harm Reduction Strategies for Opioid Users

- Never use alone.
- Use new or sterile equipment.
- Test your supply.
- Go slow and try not to combine drugs.

### Inland Empire Harm Reduction

- (951) 364-5311
- [ieharmreduction.org](http://ieharmreduction.org)
- Safe, sterile syringes: Call or text (951) 446-0983 to schedule drop-off.
- Get FREE naloxone and/or fentanyl testing strips by picking up from office, via home delivery or through the mail

### Never Use Alone Hotline - (800) 484-3731

- Stay on the line with someone who can call help if you overdose.

## Treatment & Detox Centers

- **Neighborhood Healthcare**
  - Hemet, Riverside, Temecula (833) 867-4642
- **Inland Valley Recovery**
  - 934 N. Mountain Ave. Suite A&B Upland CA 91786 (909) 949-4667
- **MFI Recovery Center Drug Abuse**
  - 3925 Orange Street, Riverside, CA 92501 (951) 275-2105
- **High Road Program**
  - 3579 Arlington Avenue Ste 200 Riverside, CA 92506 (844) 339-6053
- **Michael's House Detox or Rehab**
  - 2095 N Indian Canyon Dr. Palm Springs, CA (877) 734-0116 Open 24/7
- **MFI Recovery Program Woodcrest Facility Residential**
  - 17370 Roosevelt Street, Riverside, CA 92508 (855) 785-4404 Open 24/7
- **Cedar House**
  - 18612 Santa Ana Ave, Bloomington, CA (909) 421-7120
- **Veterans Alcohol Rehab Program** Gibson house for Men (detox/treatment) 1100 North D Street, San Bernardino, CA 92410 (844) 205-2424 Open 24/7
- **Veterans Alcohol Rehab/Detox Program** 907 Rialto Avenue, San Bernardino, CA 92410 (844) 205-2424 Open 24/7
- **Colton Comprehensive Treatment/Detox Center** 2275 East Cooley Drive, Colton, CA 92324 San Bernardino, CA (866) 469-0954
- **Mental Health Systems Inc. Pride Probationers Rec** thru/drug EDU 1874 Business Center Drive, Ste 8 San Bernardino, CA 92408
- **Riverside San Bernardino County Indian Health Inc/San Manuel Clinic** 11980 Mount Vernon Ave, Grand Terrace, CA 92313 (855) 936-0222
- **Teen Care Camp** 31533 Hilltop Blvd, Running Springs, CA (909) 867-5309
- **TDC Inpatient Drug Detox**
  - 1045 Bloomington Ave, Ste 442 Bloomington, CA (877) 513-1374 Open 24/7
- **10 Acre Ranch** 8605 Janet Avenue, Riverside, CA 92503 (866) 834-9638 Women and Men A new way of life

## Opioid Use Disorder Treatments

- Methadone, buprenorphine, and lofexidine
- Counseling and behavioral therapies
- Residential and hospital-based treatment

MOUD is a pharmacological treatment for opioid use disorder. Drugs like methadone and buprenorphine activate opioid receptors in the brain that prevent painful withdrawal symptoms. MOUD provides stability for individuals to achieve healthy social, psychological, and lifestyle changes.

### For direct referrals and treatment service programs, contact:

Substance Use Community Access, Referral, Evaluation, and Support Line (SU CARES) 1-800-499-3008

### Riverside Overdose Data to Action

Visit [ruhealth.org/public-health/riverside-overdose-data-action](http://ruhealth.org/public-health/riverside-overdose-data-action) for educational resources like how to test for fentanyl and for help finding treatment.

**Always assume overdose risk no matter what drug you're using, and practice as much harm reduction as possible:** Go slow. Use less. Test your product. If you're using alone, double down on other strategies. Have someone check on you. Smoke or snort instead of inject. If you're using in a group, stagger your use so someone is always alert. Know the signs of an overdose. Carry naloxone and know how to use it. Look out for each other!

-National Harm Reduction Coalition  
[harmreduction.org](http://harmreduction.org)