

**ECHO IDAHO**

Substance Use in Idaho

# Risk Reduction & Community Overdose Prevention

3/26/2026

Amber LaRocco ADC  
Grant Program Manager  
Trivium Life Services

None of the planners or presenters for this educational activity have relevant financial relationship(s) to disclose with ineligible companies whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients.



# Learning Objectives

- Define risk reduction and explain its role in community overdose prevention and the continuum of care
- Identify key strategies that reduce overdose risk, including naloxone, test strips, education, and community-based programs
- Identify ways you or your agency may be able to include risk reduction in your work.

# What Is Risk Reduction?

Risk reduction is a public health and safety strategy that recognizes risk exists and focuses on reducing the likelihood of injury, illness, and death..

- Seatbelts in cars
- Helmets when biking or skiing
- Sunscreen
- Prescription labels and dosage instructions

**We don't eliminate all risk — we reduce harm and increase safety.**

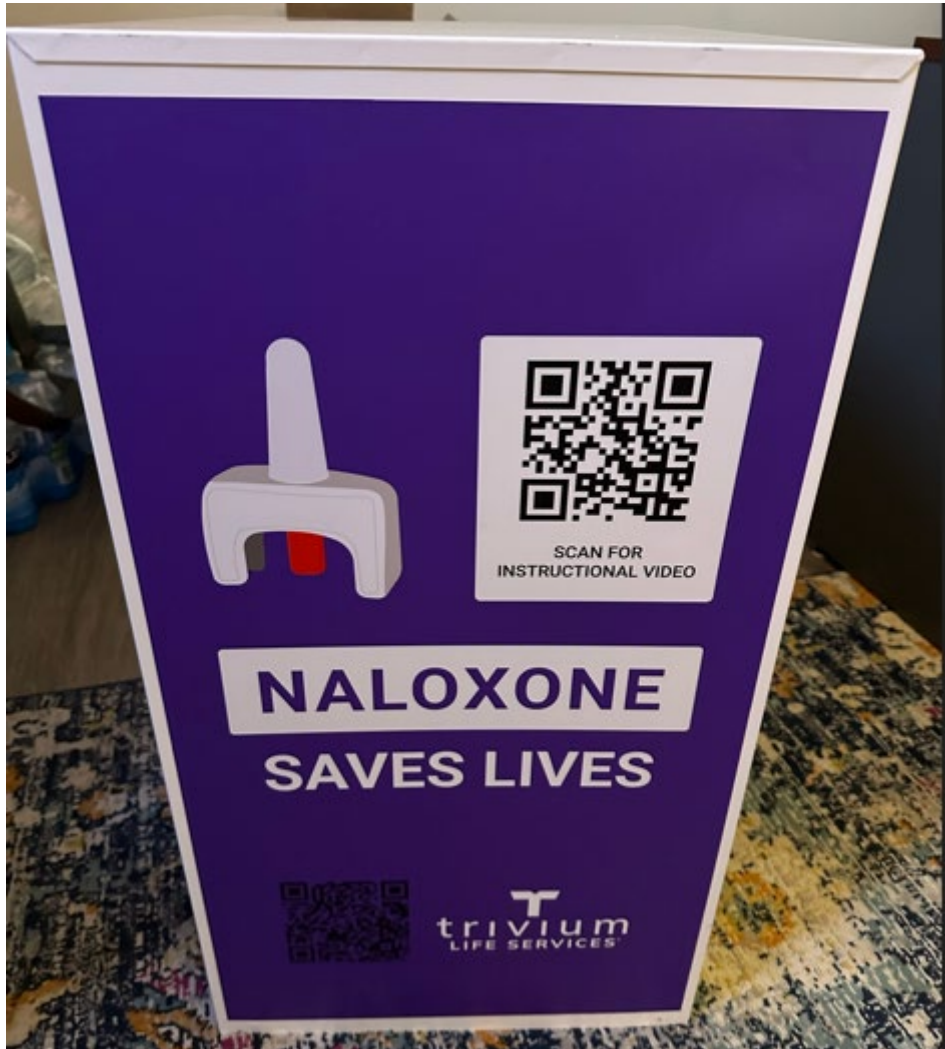
# Common Risk Factors for Overdose

- Unpredictable supply potency – specifically fentanyl
- Mixing substances
- Reduced tolerance after a period of abstinence
- Adulterated drug supply – xylazine
- Using alone
- Lack of naloxone
- Physical health issues

# Critical Risk Periods for Overdose

- After release from incarceration
- After completion of detox or treatment
- After hospitalization
- After periods of abstinence
- When switching substances
- When supply changes

# Community Overdose Prevention



# Naloxone and Naloxone Distribution Boxes

## Naloxone:

- Reverses opioid overdoses
- Works in 2–3 minutes
- Safe and easy to use
- Legal to carry and administer

## Naloxone Distribution Boxes:

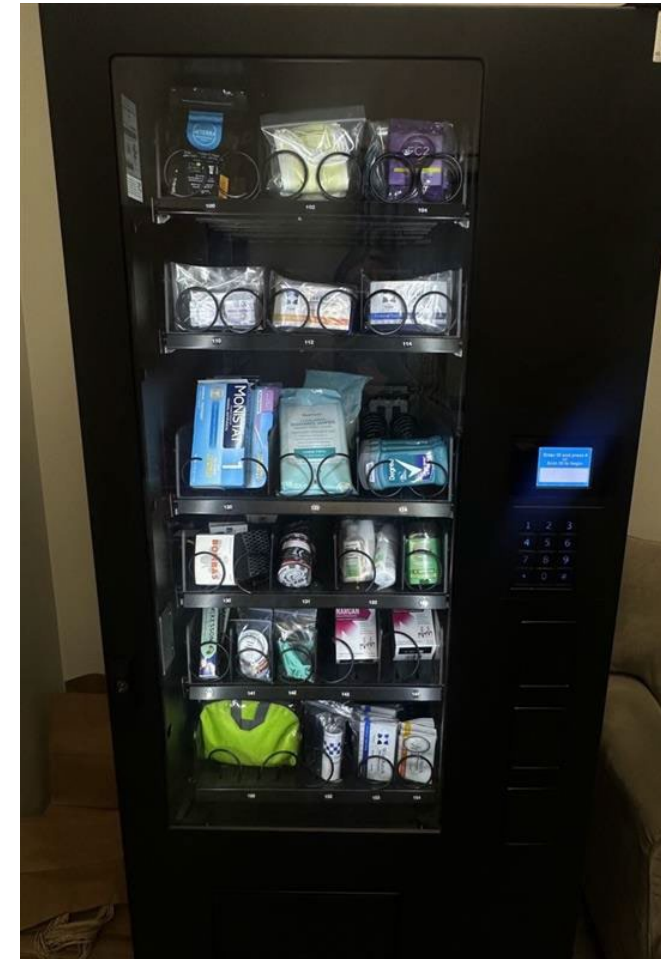
- Located in public places
- Anonymous access
- Provide overdose response instructions and resources



# Public Health Vending Machines & Test Strips

Public Health Vending Machines Provide:

- Naloxone
- Test strips
- Hygiene kits
- Wound care kits
- Safer sex kits
- Resource information
- **Test Strips:**
- Help detect fentanyl and xylazine
- Allow people to make informed and safer decisions about the substances they use



# Community Outreach and Education

Community outreach helps bring overdose prevention directly to people by providing:

- Overdose education and naloxone training
- Drug supply trend awareness
- Safer use education
- Wound care education
- Connection to recovery support services
- Linkage to treatment and MOUD
- Provides additional supplies such as condoms, hygiene and wound care kits



**Outreach reduces barriers, increases trust, and connects people to care**

# Recovery Coaches: The Bridge to Care

## Recovery Coaches:

- Meet individuals in hospitals, jails, and the community
- Respond after overdoses
- Connect individuals to treatment and MOUD
- Provide follow-up and ongoing support

**Recovery Coaches connect overdose prevention to recovery.**

# Bringing Overdose Prevention Into Practice: Agency Level Strategies

## Small Steps (Start Here):

- Keep naloxone on site – better yet, make it visible
- Provide staff training in naloxone administration
- Build relationships with local recovery and crisis centers
- Include overdose prevention information in discharge planning

**Normalize the conversation about overdose risk and prevention with your staff.**

# More In-Depth Strategies:

- Distribute naloxone to clients
- Install a naloxone distribution box for community access
- Develop post-overdose follow-up protocols for clients
- Provide clients with access points to overdose prevention supplies, such as the health department or risk reduction agencies in your area.

**Overdose prevention can be implemented in any setting**

# Key Points

- Overdose is preventable
- Risk factors for overdose can be predictable
- Risk reduction is part of the continuum of care
- Recovery Coaches play a vital role in engagement and connection to services
- Normalizing overdose prevention conversations with your staff will directly impact your clients.
- Small steps across many organizations can make a big impact
- Overdose prevention is a community effort