



Zero Overdose in Action: How Partnerships Drive Prevention

July 22, 2025

1:00pm PT / 2:00pm MT / 3:00pm CT / 4:00pm ET

Welcome! We will get started momentarily.

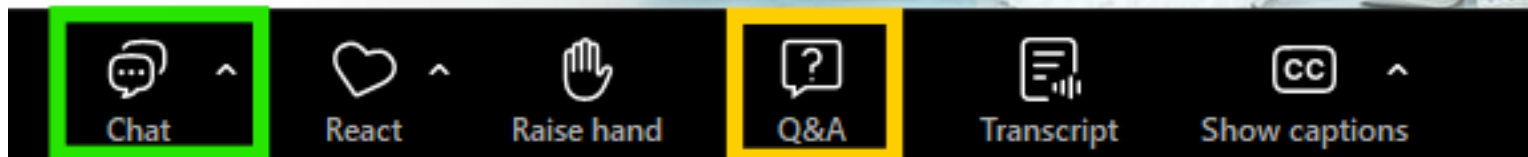
Please let us know who you are and where you are from in the chat box
(click the chat icon at the bottom of your screen).

Welcome



Housekeeping

- We want to hear from you! Share your **questions, comments** and “**ah-ha’s**” via the **chat box**.
- You can also utilize the Q&A feature at the bottom of your screen; there will be time for a brief Q&A at the end of the event.
- A **recording and slides** will be available within 48 hours - We’ll email you.



Speakers



Virna Little
Co-Founder and CEO for
Zero Overdose



Jorge Petit, MD
Strategic and Development
Advisor for Zero Overdose

About Zero Overdose



Founded in 2020 as a 501(c)(3) non-profit, Zero Overdose aims to curb unintentional overdose deaths and events through overdose safety planning and education for individuals and communities at risk.

Zero Overdose collaborates with state, local communities, national associations and organizations looking to raise awareness and further the mission to prevent overdose events and deaths.



The Mission:

Zero Overdose

The organization is committed to preventing overdose events and fatalities by increasing access to overdose safety planning and education for individuals and communities at risk.



Zero Overdose Hopes to Establish a Network of Zero Overdose Communities

Our Collaborative Network: Partners in Zero Overdose



Why Safety Planning?

- **Prevention efforts should not be limited to reversal medications only.**
 - Safety planning aims to get to people before they need naloxone or Narcan and prevent the overdose event altogether.
- **Moving our thinking upstream**
 - Screening for overdose risk, universal screening, facilitating overdose safety planning as a frontline intervention
- Evidence shows that many people who die from opioid overdoses have had a clinical encounter in the weeks leading up to the event, **providing opportunities for intervention.**



Zero Overdose Framework



Overdose Safety Plan Training

Zero Overdose provides training to organizations, individual providers and community members in use of overdose safety planning and a wide range of harm reduction and overdose prevention topics.



Strategic Support for Implementing Overdose Safety Planning

Zero Overdose offers technical assistance and coaching to support organizations in operationalizing overdose safety planning.



Partnership for Advancement

Zero Overdose partners in development and implementation of local, state, federal and foundation grants and overdose prevention resources.

Additional Population Impacts to Consider

Many overdoses occur **in the home**, especially in rural areas

- Rescue efforts may fall to relatives or household members who have limited knowledge or access to naloxone or follow-up care.

Individuals with active **chronic pain** are also vulnerable to overdose

- Active chronic pain was associated with increased rate of recent opioid overdose, whereas a history of prior chronic pain or no history of any chronic pain had similar rates of recent opioid overdose.
- Risk of unintentional overdose from taking multiple medications to relieve pain.
- 24.7% of Americans reported taking three or more prescribed drugs in the past 30 days (2017-2020)

Overdose among **older adults**

- Emergency department visits related to opioid misuse for adults age 55 and older increased 16% from 2021-2022.
- Older adults screened for substance use disorder at lower rates.
- Safer prescribing initiatives needed to reduce overdose risk among older adults with high levels of polypharmacy utilization.

OD Safety Planning[©] Tool

Step One: Things which put me at risk of accidental overdose

(Risks are often use of medications or illicit drugs, methods of use, history, and health factors)

- _____
- _____
- _____
- _____
- _____

Step Two: Actions I can take to reduce my risk of overdose

(Consider steps that address the risks found in step one, example: Changing method of use)

- _____
- _____
- _____
- _____
- _____

Step Three: Things I do regularly (or want to do more) to stay well

(Consider ways you take care of your physical and mental health)

- _____
- _____
- _____
- _____
- _____

Step Four: People who support my wellness and I can ask for help

Name: _____ Phone: _____

Name: _____ Phone: _____

Name: _____ Phone: _____

Step Five: Professionals and agencies I can call in a crisis

Name: _____ Phone: _____

Program: _____ Phone: _____

Urgent Care: _____ Phone: _____

Local Crisis Hotline: _____

988 Suicide and Crisis Hotline: 988 24/7 confidential crisis support

Step Six: The number one reason I want to live today

- _____

Step Seven: The next step I am willing to take to reduce my risk

- _____



- ✓ Drawn from Evidence Based Suicide Prevention
- ✓ Collaborative Brief Intervention
- ✓ Harm Reduction Focus
- ✓ Motivational Interviewing
- ✓ Informed by PWUD / Lived Experience
- ✓ Completed with the Individual
- ✓ Updated Over Time
- ✓ Shared with Care Team and Collaterals

Provider Challenges & Integration

- Multiple Screening Tools
- Time Constraints
- Lack of Standardization
- Insufficient Training
- Workforce
- Privacy Concerns
- Access to Up-to-Date Patient Information
- Care Fragmentation
- **STIGMA**
- Universal vs. focused screening for OD risk.
- Shared across multidisciplinary care teams
- (re)Reviewed at appointments
- Inform treatment planning
- Included in referral and/or discharge plans
- Training and Capacity Building
- Incorporating Overdose Risk Screening and Safety Plans in EMRs.

Embedding Overdose Safety Planning into Organizational Culture

01

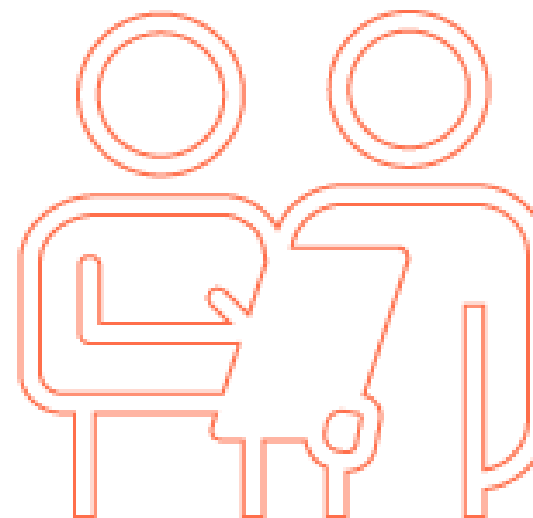
Include in staff onboarding and regular training.

02

Consistently communicate organizational commitment internally and externally.

03

Develop structured processes that continue beyond individual staff tenure.





How We Can Work Together: Concrete Partnership Opportunities

Call to Action: How You Can Get Involved

- **Integrate OD Safety Planning** into your organization's clinical workflows, intake/discharge protocols, or care management programs.
- **Partner with Zero Overdose** to access training, technical assistance, and implementation support tailored to your setting.
- **Join a Learning Collaborative** or workgroup focused on overdose prevention, harm reduction, or safety planning best practices.
- **Advocate for OD Prevention Policies** that make safety planning a standard of care across behavioral health, primary care, and justice settings.
- **Collaborate on Funding Proposals** (federal, state, or private) that embed OD risk screening and planning in high-impact systems or communities.
- **Leverage Technology**—work with EHR vendors, data teams, and digital tools to embed, track, and scale safety planning interventions.
- **Spread the Word**—use your platform to reduce stigma and raise awareness about the importance of proactive, person-centered overdose prevention.
- **Engage Community Partners**—collaborate with peers, outreach teams, housing providers, and harm reduction groups to extend the reach of safety planning beyond clinical settings.

Opportunities for Collaboration

Training



Zero Overdose provides training to organizations, individual providers and community members in use of overdose safety planning and a wide range or harm reduction and overdose prevention topics.

Technical Assistance



Zero Overdose offers technical assistance and coaching at the organizational and County Level in developing and implementing overdose prevention strategies.

Grant Partnerships



Zero Overdose partners in development and implementation of local, state, federal and foundation grants.

Training Outcomes

95%

Participants in preliminary surveys recognized the importance of screening for overdose risk in primary care settings.

48%

Only 48% of providers reported routine use of overdose prevention with their at-risk clients.

100%

Post-training surveys revealed that 100% of attendees found the Overdose Safety Plan would be well received by clients and 92% expressed intention to integrate it into care.

Additional Resources

988 Suicide & Crisis Lifeline

The 988 Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

Never Use Alone - 877-696-1996

Toll-free national overdose prevention, detection, life-saving crisis response and medical intervention services for people who use drugs while alone. Peer operators are available 24-hours a day, 7 days a week, 365 days a year.

Drugs.com Mobile Apps

The easiest way to lookup drug information, identify pills, check interactions and set up your own personal medication records. Available for Android and iOS devices.

Get in touch...



Email:
info@zerooverdose.org

Website:
www.ZeroOverdose.org

Upcoming CBHL Events

- **August 4: Summer Member Networking Chat (*Members Only*)**
- **August 7: Candid Conversations with Emily Derecktor: Redefining Recovery (*Members Only*)**
- **August 15: A Transformational Discussion Around Overdose Safety Planning (*Members Only*)**

Contact CBHL

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