



IDAHO OFFICE OF DRUG POLICY

December 2015



ODP wishes you a joyous and safe holiday!

DRIVE SOBER THIS HOLIDAY SEASON
PROGRAM SPOTLIGHT: NEZ PERCE TRIBAL POLICE
DEPARTMENT

DRUG TRENDS: NALOXONE



DRIVE SOBER & STAY SAFE THIS HOLIDAY SEASON

'Tis the season to be merry, however, according to MADD, deaths from drinking and driving spike between Thanksgiving and New Years. Keep these tips in mind to keep you and others safe as you celebrate this holiday season:

PARTY HOSTS

- **Designate a sober driver:** Advise guests to choose a designated sober driver before festivities begin.
- **Make "mocktails":** Mocktails and other non-alcoholic beverages are fun for everyone and perfect for designated drivers and others who prefer not to drink alcohol.
- **Stop serving alcoholic beverages at a designated time:** If alcohol is part of your festivities, don't push alcoholic drinks on your guests. Stop serving alcohol an hour or so before your party is expected to end.
- **Hire a bartender:** Professional bartenders will be more likely to know if a guest has had too much to drink. Additionally, they are a neutral party if it is necessary to refuse serving drinks to a guest.
- **Never serve alcohol to someone under 21:** Additionally, never ask anyone under 21 to serve alcohol at parties. For more information on hosting underage parties, read the article below.
- **Call a cab for guests:** Before your party, save a few numbers of local taxis and be ready to call a cab for impaired guests.
- **Take the keys away from impaired guests:** Your party favor to impaired guests who refuse a cab may be a night in your guestroom or on an

air mattress. Remember, the only way to sober up is time.

PARTY GOERS

- **Designate a sober driver or take a cab:** If you drink, don't drive, no matter how little you think you've had. Additionally, do not get into the car with someone who's been drinking.
- **Avoid driving during early and late evening hours:** If you must drive, watch for the erratic movements of drunken drivers. Read MADD's tips for [identifying impaired drivers](#).
- **Report suspected drunk drivers:** Contact the police if you believe another driver is impaired.

Sources

[Stacy M Washington, Attorney](#)

[MADD](#)

PARENTS WHO HOST

**PROGRAM SPOTLIGHT:
NEZ PERCE TRIBAL POLICE
DEPARTMENT**



The Nez Perce Tribal Police Department works collaboratively with other community agencies to implement strategies and activities to reduce youth underage drinking, prescription drug abuse and other illicit substance use on the Nez Perce Tribe Reservation. The department takes a multi-faceted, environmental strategy approach to reduce irresponsible use of alcohol and other drugs and help change the environment that encourages or allows irresponsible consumption of alcohol, tobacco and other drugs (ATOD).

Strategies the Department has incorporated include youth mentoring, retailer compliance checks, party patrols, and trainings that enhance skills of officer, community members, and youth. The Department's Inhibited Driving Workshop allows students to experience a realistic simulation of impairment and the dangers

of alcohol and other drug misuse and abuse.

They have implemented The Exploring Post programs for the youth in Lapwai and Kamiah. The purpose of the Exploring Post is to provide young adults who may be interested in a career in law enforcement, a comprehensive program of training, competition, service and practical experiences. Character development, physical fitness, good citizenship and patriotism are integral components of the overall program. Through their involvement in the program, explorers develop an awareness of the purpose, mission and objectives of law enforcement agencies.

Law Enforcement agencies play an integral piece in prevention by partnering with local community coalitions. ODP appreciates the dedication of the Nez Perce Tribe Police Department in working towards solutions to substance abuse on the Reservation and partnering with community coalitions.

DRUG TRENDS: DECREASING OVERDOSE DEATHS IN IDAHO

By Magni Hamso, M.D., M.P.H.

Printed in the Idaho Press-Tribune, December 15, 2015

Do you think someone you know is more likely to die in a motor vehicle accident or from an overdose?

Across the United States, the number of deaths from overdose has surpassed those caused by motor vehicle accidents. Every day, 100 people – four per hour – die from an overdose.

These deaths are not only caused by illegal drugs, including opioids such as heroin, but also by prescription opioids found in many homes, such as the painkillers hydrocodone (Norco/Vicodin) and oxycodone (Oxycontin/Percocet). Prescription opioids are good painkillers but can be addictive and have serious side effects such as sedation, slowed breathing and risk of overdose and death.

In July, the Idaho Legislature added another invaluable tool to the state's arsenal by approving naloxone (Narcan) for use by patients and their families. Naloxone, used

for years in hospitals to reverse opioid overdose, can now be prescribed by physicians and dispensed by pharmacists, with or without a prescription.

Naloxone works by binding very tightly to the receptors in the brain stimulated by opioids and blocking the effects of opioids on the body. This blocking can allow someone who has passed out and stopped breathing from an opioid overdose to wake up within minutes. Naloxone's effect is temporary, lasting for only 30–60 minutes, but it can buy time and keep people alive while waiting for paramedics to arrive. Naloxone is also easy to administer – it can be given with a syringe, an EpiPen-type device or a nasal spray.

Although Idaho legalized naloxone last summer, most pharmacies are not yet stocking the medication or dispensing it without a prescription. To help ensure that this life-saving medication gets into the hands of those who need it most, please talk to your health care provider and pharmacist about making naloxone more readily available.

For more information about naloxone or the prescription painkiller epidemic, please visit the Idaho Office of Drug Policy at www.odp.idaho.gov or call 208-854-3040.

For more information about substance use treatment, please visit the Idaho Department of Health and Welfare at www.healthandwelfare.idaho.gov/medical/substanceusedisorders or call 208-334-6997.

Together we can decrease the number of overdose deaths in Idaho.

[READ THE ENTIRE
ARTICLE HERE](#)

MISSION: The Idaho Office of Drug Policy leads Idaho's substance abuse policy and prevention efforts by developing and implementing strategic action plans and collaborative partnerships to reduce drug use and related crime, thereby improving the health and safety of all Idahoans.

VISION: The Idaho Office of Drug Policy envisions an Idaho free from the devastating social, health, and economic consequences of substance abuse.



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STAY IN TOUCH



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