

Narcan, Fentanyl Test Strip, Harm Reduction, and Safest way to prevent overdose is to abstain from drugs and alcohol use altogether! A Comparison

How do these strategies differ from abstinence in preventing opioid overdose deaths?

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Introduction

There are different approaches to prevent opioid overdose deaths, ranging from abstinence to harm reduction. Abstinence is the avoidance of drug use altogether, which can be achieved through detoxification, medication-assisted treatment, counseling, and recovery support. Harm reduction (we do not support as it is dangerous) is a set of strategies that aim to reduce the negative consequences of drug use, such as disease transmission, infection, and overdose, without necessarily requiring abstinence (We do not believe nor support Harm Reduction). Some examples of harm reduction are needle exchange programs, safe injection sites, and overdose reversal drugs. Fentanyl test strips is also harm reduction tools that some say can help save lives in the event of an opioid overdose (We reject this thought, as addicts will not use them and if they do it's not a guarantee to locate the deadly dose of fentanyl in the pill/drugs).

Narcan

Narcan is the brand name of naloxone, a medication that can reverse the effects of an opioid overdose. Narcan works by blocking the opioid receptors in the brain, restoring normal breathing and consciousness in a person who has overdosed. Narcan can be administered by anyone who has been trained to use it, such as first responders, health care providers, family members, or friends of opioid users. Narcan can be given as a nasal spray or an injection, and it is usually effective within minutes. However, Narcan is not a substitute for emergency medical care, and the person who has overdosed should still seek professional help as soon as possible.

While Narcan can save lives, it does not address the underlying causes of opioid use or dependence, nor does it prevent future overdoses. Narcan can also have adverse effects, such as precipitating withdrawal symptoms, increasing pain sensitivity, or antagonizing the effects of other medications. Narcan is not a solution for opioid addiction, and it should not be used as an excuse to continue using drugs. The safest way to prevent opioid overdose is to abstain from drug use altogether.

Fentanyl Test Strip

A fentanyl test strip is a device that can detect the presence of fentanyl or its analogues in a drug sample if that part which contains fentanyl is the part tested. If you can find the correct location to test, please look at the chocolate chip cookie theory, it is like a needle in a haystack. Fentanyl test strips are designed to be used by people who inject drugs, such as heroin, cocaine, or methamphetamine, to check if their drugs are contaminated with fentanyl however some even tell you to test pills which creates larger obstacles. Fentanyl test strips can help 1% of users make informed decisions about their drug use, such as using a smaller dose, not using alone, or the best way is not using at all. Fentanyl test strips can also help users access other harm reduction services, such as naloxone, syringe exchange, or treatment. Fentanyl test strips are easy to use, inexpensive, However we believe it is NOT accurate. They are also not widely available or accessible in some areas.

However, fentanyl test strips are not foolproof, and they cannot guarantee that a drug is safe or free of fentanyl. Fentanyl test strips can only detect the presence if it detects it or absence of fentanyl, but they cannot also measure the amount or potency of the drug. Fentanyl test strips can also give false negatives or false positives, depending on the quality of the strip, the sample, and the technique. Fentanyl test strips can also create a false sense of security or encourage riskier behavior among users who rely on them. **Fentanyl test strips are not a substitute for abstinence, and they should not be used as a justification to use drugs. The only way to avoid fentanyl exposure is to not use drugs at all.**

Harm Reduction

Harm reduction is a BAD philosophy and a practice that some recognize by not Looking at Mental Health. Drug use is a complex and multifaceted phenomenon that some believe cannot be eliminated or eradicated by punitive or moralistic approaches. Harm reduction is a Clear failure on America Mental Health issues. Some addicts will continue to use drugs, despite the risks and harms. People with mental issue or addiction truly deserve respect, dignity, and compassion, yet we are leading them to overdose/death. The current outline of Rhode Island

Harm Reduction is sad! Harm reduction does not look nor address mental health issues nor addiction. RI Harm Reduction empower the drug users to continually making bad choices which are leading them to overdose or/and death. Rhode Island Mental Health advocates should focus on social and structural changes that can address the root causes of drug use, such as poverty, trauma, mental illness, and social exclusion. Also, Rhode Island Mental Health advocates should promote and embrace sobriety by showing people Pathways to complete recovery so they can embrace their lives!

Harm reduction, however, is not without limitations or criticisms. Some of the challenges to harm reduction are legal restrictions, lack of funding, limited availability, low awareness, stigma, and resistance from some policymakers, providers, and communities. Some people also argue that harm reduction enables or condones drug use, or that it undermines the goal of abstinence. Harm reduction does not deny the harms of drug use, nor does it oppose abstinence. **Harm reduction is the medical field and government giving up on people struggling with mental health and drug addictions.** Harm reduction is a clear deadly approach on overdose in America! The only way to eliminate the harms of drug use is to not use drugs at all and promote and embrace sobriety by showing people Pathways to complete recovery so they can embrace their lives!

Comparison

Narcan, fentanyl test strips, and harm reduction are different from abstinence in that they do not require or expect drug users to stop using drugs completely. Instead, they offer solutions to continue without addressing the underlying issue which is mental health. Drug use, we believe, is dangerous and reckless to promote. Narcan is for trained emergency and not part of drug use, it is medical response only. Fentanyl test strips, and harm reduction providing a False safety net for people using illicit street drugs, who relapse or who are in the process of recovery. Mental Health is supported by a comprehensive and coordinated response that includes Abstain from drugs all together while prevention, education, treatment, recovery, and NA/AA.

Conclusion

Opioid overdose is a preventable and treatable condition that can be addressed by a variety of strategies, including abstinence. Narcan, are evidence-based emergency interventions that can save lives and improve the health and well-being of people who suffer the effects of deadly drugs. However, they are not a solution for opioid addiction, and they should not be used as an excuse or a justification to continue using drugs. The safest and most effective way to prevent opioid overdose is to abstain from drug use altogether.