

## October 2023

## Office of Integrated Health Supports Network



### BREAKING NEWS!!!



**NARCAN** has been approved by the Food and Drug Administration (FDA) to be sold over-the-counter (OTC).

Anyone will be able to walk into a drug-store, convenience store, grocery store or gas station, as well as online, and purchase **NARCAN** off the shelf without needing a prescription or talking to the pharmacist.



**NARCAN** is the primary reversal drug for overdose from fentanyl, heroin, and prescription opioid medications.

The FDA approved the sale of **NARCAN** nasal spray OTC to fighting the growing opioid overdose epidemic.

The U.S. Surgeon General is recommending individuals, including family, friends and those who are personally at risk for an opioid overdose, keep the drug **NARCAN** on hand as a first aid response to overdose.

**NARCAN** qualifies as a medical expense which can be purchased with a flexible spending account (FSA) or a health saving account (HSA).

Walgreens was one of the first drug-store chains to announce they will be selling **NARCAN** nasal spray (naloxone) at select stores and online starting around September 5, 2023 for \$44.99.

CVS, Rite Aid, Walmart and Koger are also planning on selling the drug over-the-counter at a similar cost starting sometime in September. Ask your local store about **NARCAN** if you don't see it on the shelf in the next few months and download the free **NARCAN** app to learn how to use the medication correctly.

DBHDS OIHSN offers **REVIVE!** training for the layperson on the Commonwealth of Virginia Learning Center (COVLC) which can be accessed 24 hours a day – 7 days a week. Follow the link to sign-up for a **FREE** COVLC account at [dbhdscovlchelpdesk@dbhds.virginia.gov](mailto:dbhdscovlchelpdesk@dbhds.virginia.gov)

### The App of the Month



NARCAN Now is the official app for NARCAN® (naloxone HCL) Nasal Spray. This FREE app offers a simple to follow usage guide, pharmacy locator and training videos. Ensure you are ready-to-use NARCAN Nasal Spray in the event of an opioid overdose emergency. NARCAN® Nasal Spray is intended for immediate administration as emergency therapy in settings where opioids may be present. NARCAN® Nasal Spray is not a substitute for emergency medical care. (App of the Month is not endorsed by DBHDS Office of Integrated Health Supports Network. User accepts full responsibility for utilization of app).

References

1. U.S. Department of Health and Human Services (HHS). (2022, April). Opioid overdose prevention. *The Office of the Surgeon General*.
2. U.S. Department of Food and Drug Administration (FDA). (2023, March). FDA approves first over-the-counter naloxone nasal spray. *U.S. Department of Health and Human Services*.
3. Coulson, M. (2023, March). OTC Narcan: A win for public health. *John Hopkins Bloomberg School of Public Health*.

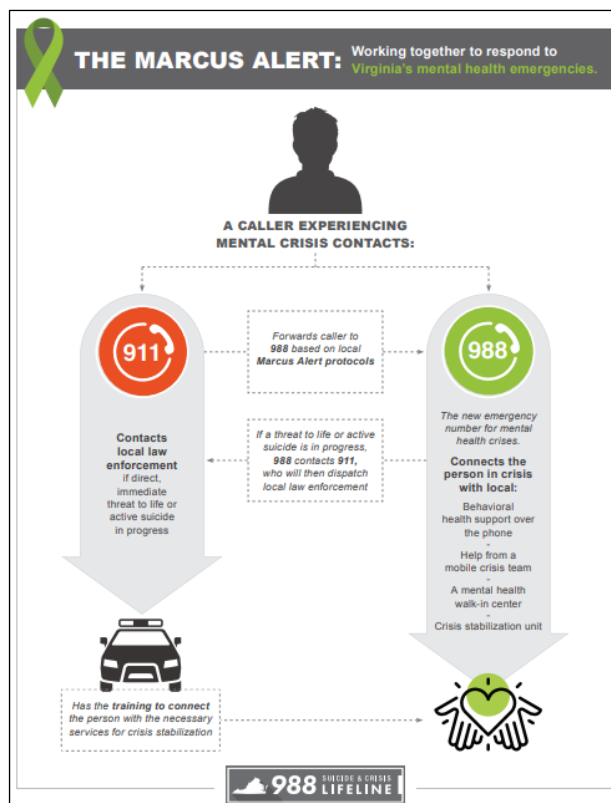
The Virginia Department of Behavioral Health and Developmental Services (DBHDS) has a new look. You will start to see the old version of our logo be replaced with the new version below in the coming months.



“The arrows in the logo and the transition from blue to green symbolize words commonly used across DBHDS systems and services: possibility, recovery, forward movement, progress, growth, and hope.

The dots that make up the arrows symbolize both the individuals DBHDS serves and the people who contribute to a system of care across the Commonwealth. The shades of blue and green inspire feelings of calm, positivity, and modernity.”

The DBHDS has created a Virginia specific **988 Toolkit** with downloadable logos, shareables, infographics, and post copy available on their website in the Newsroom.



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## ABA Snippets ...

### Accessing Evidence-Based Research for Best Practice

Finding time to keep informed of new research, exciting interventions, technologies, and other updates in various therapeutic fields can be difficult for a hard-working professional. Knowing where to find evidence-based practices and credible sources can be challenging. Popular internet sources like Facebook, X or TikTok, may include misinformation. A recent study of TikTok videos about autism found that only 27% were accurate (Aragon-Guevara et al., 2023). The following are some examples of reliable peer-reviewed resources for the busy behaviorist.

#### Search Engines

There are multiple online search engines which offer access to scholarly research. Both Google Scholar and ResearchGate provide access to research often without a paywall or other associated costs.

<https://scholar.google.com/>

<https://www.researchgate.net/>

#### State and Local Libraries

Many state and local libraries have support services for research and other library science needs. These supports include access to scholarly journals, research databases and in some cases, you can make an appointment to get help from a trained librarian.

<https://www.usa.gov/libraries>

<https://library.chesterfield.gov/31/Research>

#### Professional Organizations

Many professional organizations provide members with access to journals, special interest groups, conferences, newsletters, continuing education opportunities and contact information for other practitioners.

<https://www.abainternational.org/welcome.aspx>    <https://apbs.org/>

<https://www.apbahome.net/>

<https://virginiaaba.org/>

#### Behavior Analyst Certification Board

If you are a behavior analyst, the BACB provides access to multiple journals and ProQuest which includes Psycinfo and ERIC databases.

<https://www.bacb.com/>

#### Additional Resources

Most scholarly journals have membership or subscription options. These options can be expensive depending on the journal.

Special interest organizations like the B.F. Skinner Foundation offer free access to some resources as well as a bookstore containing special additions and other books that are not always easy to find in traditional bookstores. <https://www.bfskinner.org/>

You can contact DBHDS by emailing [brian.phelps@dbhds.virginia.gov](mailto:brian.phelps@dbhds.virginia.gov) with any questions or suggestions. You may contact DBHDS about these efforts via the following: [brian.phelps@dbhds.virginia.gov](mailto:brian.phelps@dbhds.virginia.gov)

#### References

Aragon-Guevara, D., Castle, G., Sheridan, E., & Vivanti, G. (2023). The Reach and Accuracy of Information on Autism on TikTok. *Journal of Autism and Developmental Disorders*, 1-6. Doi: 10.1007/s10803-023-06084-6.

## Emergency Evacuation Planning Resources

Fall is a good time to update fire-related emergency evacuation plans! Below are some resources which will help reduce risk for individuals with DD, promote team collaboration and person-centered planning.

The **National Fire Protection Agency (NFPA)** has released the 2022 installment of their [Emergency Evacuation Planning Guide for People with Disabilities November 2022](#). The 2022 edition focuses on non-residential evacuations within the community such as day program settings, work, and school.

The [NFPA's Emergency Evacuation Planning Guide June 2016](#) edition focuses on providing information on the five general categories of disability; 1. Mobility impairments, 2. Visual impairments, 3. Hearing impairments, 4. Speech impairments, and 5. Cognitive impairments. The guide outlines the four most important elements of safe evacuations: notification, way finding, use of the way, and assistance.

The NFPA's 2016 edition also offers their fillable [Personal Emergency Evacuation Planning Checklist \(PEEP\)](#) which will allow you to make each individual's plan individualized and person-centered. The PEEP can also be saved and updated as needed.

The *NFPA Emergency Evacuation Planning Guide, June 2016* and the *Personal Emergency Evacuation Planning Checklist (PEEP)* can be downloaded from the [Office of Integrated Health Supports Network webpage](#) under Educational Resources in Home Safety.

The Virginia Department of Criminal Justice Services and the Virginia Center for School and Campus Safety's "Virginia Safety Planning Guide for Individuals with Special Needs" is a great resource for all school-related safety issues for both individuals, as well as staff and visitors who may have unique support needs.

The [Virginia Department of Emergency Management](#) offers the following resources to help with evacuation planning for individuals with disabilities.

- [Emergency Communication Plan](#) (PDF)
- [Prepare for Emergencies Now, Information for People With Disabilities](#) (PDF)
- [Transit Commuter Emergency Communication Plan](#) (PDF)
- [We Prepare Everyday](#) (Video)
- [Be Informed](#) (Video)
- [Make A Plan](#) (Video)
- [Build A Kit](#) (Video)

The [U.S. Department of Homeland Security's](#) website [Ready.Gov](#) offers the following resources for People with Disability.

If you have questions or need additional assistance for emergency evacuation planning or any other care-related concerns, please contact the OIHSN Registered Nurse Care Consultant Team at: [communitynursing@dbhds.virginia.gov](mailto:communitynursing@dbhds.virginia.gov).