



BERRIEN COUNTY HEALTH DEPARTMENT

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For Immediate Release

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Berrien County Health Department Recognizes Overdose Awareness Month, Offers Free Narcan® Training

Benton Harbor, Michigan, Aug. 14, 2023 – The Berrien County Health Department will once again recognize National Overdose Awareness Month with two drive-thru Narcan® training events Aug. 30-31.

These events are intended to educate community members on what they can do to prevent overdoses and recognize individuals who have died from an overdose and their loved ones. This is the second time BCHD has offered this event, which hit full capacity for participation in 2022.

Pre-registration is required for the free training sessions, which take only 15 minutes. In addition to the training, participants will receive a free rescue kit containing Narcan®, an easy-to-use nasal spray that can help reverse the effects of an opioid overdose in minutes.

The sessions will be held 9 a.m. to noon and 1-4 p.m. on:

- Wednesday, Aug. 30 at 2149 E. Napier Ave., Benton Harbor
- Thursday, Aug. 31, National Overdose Awareness Day at 1205 N. Front St., Niles

“In just 15 minutes, we can train individuals to recognize an overdose and administer life-saving medication,” said Lisa Peeples-Hurst, public health promotion and prevention supervisor. “This event is beneficial to every person in our community as we work together to prevent overdoses.”

The sessions will be led by BCHD’s Lisa Peeples-Hurst and Shannon Larry-Burton, who are certified Narcan® trainers. Individuals must be 18 or older to participate.

Signs and symptoms of an overdose include:

- Small, constricted pinpoint pupils
- Falling asleep or losing consciousness
- Slow, weak or no breathing
- Choking or gurgling sounds
- Limp body
- Cold, clammy or discolored skin

If you think someone is overdosing, the Centers for Disease Control and Prevention recommend these five steps:

- Call 911 immediately.
- Administer Narcan® or its generic equivalent, naloxone.
- Try to keep the person awake and breathing.
- Lay the person on their side to prevent choking.
- Stay until emergency assistance arrives.

Michigan is one of many states who will not prosecute anyone who alerts first responders to a potential overdose. Always call 911 if you believe someone has overdosed.

To register for a Narcan® training session, scan the QR code below or call 269.927.5622.



If you are unable to attend either session, BCHD offers free Narcan training year-round. For more information, visit bchdmi.org or call 269.927.5622.

For more information on preventing overdoses, visit the CDC's [website](#).

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