



IMPACT WV

Kit Information and Contents

**West Virginia University,
Center for Excellence in
Disabilities**

Kit Distribution

IMPACT meets families where they are by providing Safer Use, Eat Sleep & Console, and Transition supply kits. These kits support harm reduction and give children and caregivers the resources they need to navigate current challenges

Year 1 (2023–2024): Distributed 544 kits

Year 2 (2024–2025): Distributed 1,179 kits

Moving Forward: We aim to distribute upwards of 2,000 kits

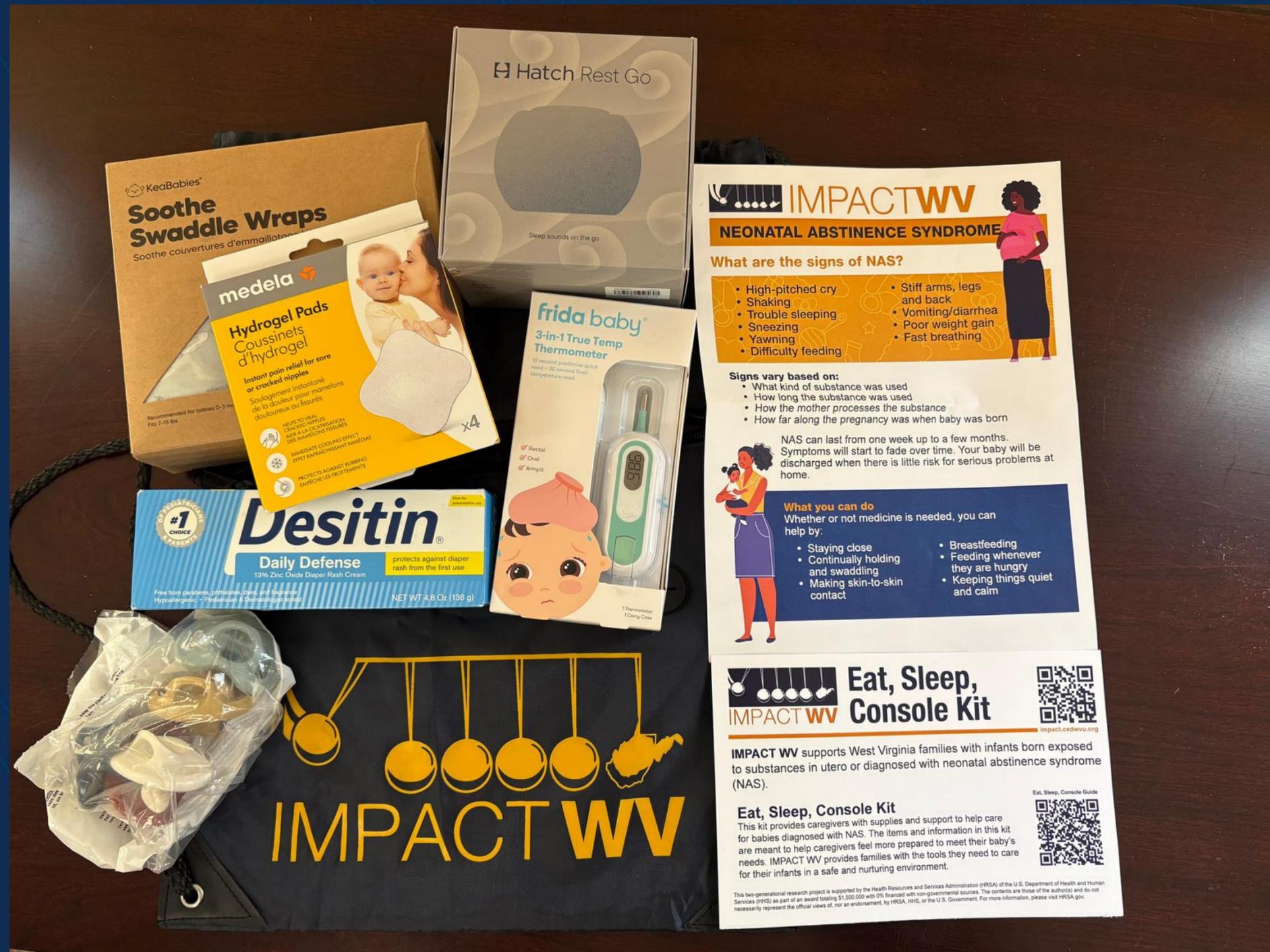
Kits may include items like:

- Alcohol prep pads
- Sterile water vials
- Swaddle blankets and sleep sacks
- Pacifiers and soothing aids
- Toiletries and personal hygiene items
- Non-perishable snacks and bottled water
- Baby essentials (diapers, wipes, formula)
- Basic household items (dish soap, laundry detergent, cleaning cloths)

Eat Sleep Console Kits

Kits include developmentally appropriate comfort items for infants with NAS:

- Soothing sound machine
- Swaddling blankets
- Pacifiers
- Diaper cream
- Thermometer
- Hydrogel pads
- Informational resources





Milestone Kits

Each kit contains age appropriate contents to encourage childhood milestone development:

- Milestones and more magazine
- Activity cards
- Plush play kit
- Developmental skill builders
- Health and safety item
- Bilingual board book

Sensory Kits

Each kit contains age appropriate contents to encourage safe sensory experiences. Kits include items like:

- Mindfulness cards and workbook
- Scratch and sniff stickers
- Scented pens
- Bubble poppers
- Harmonica
- Yogurt pouches
- Sensory hourglass



Transition Kits



Transition Cleaning:

- All Purpose Cleaner
- Dish soap
- Laundry detergent
- Swiffer starter kit
- Paper towels
- Laundry bag
- Dish brush
- Microfiber towel
- Toilet paper



Transition Hygiene:

- Shampoo
- Conditioner
- Body wash
- Toothpaste
- Toothbrush
- Deodorant
- Hairbrush/ comb
- Razor

Safer Use Kits- Safer Sex

Safer Sex:

- Pregnancy test kit
- Lubricated condoms
- Unlubricated condoms
- Dental dams
- Lubrication
- Informational resources



Safer Use Kits- Mouth Health

MOUTH HEALTH SUPPLIES

Smoking substances like meth and cocaine can cause physical risks including burns and cuts to the mouth and back of the throat. Mouth wounds or open sores create a potential for HIV, viral hepatitis and STI transmission. Sharing equipment and lacking sterile supplies can also create the potential for viral hepatitis transmission.

Included in this kit:

- **Rubber Bands:** If you do not have a mouthpiece, wrap several rubber bands around the end of the pipe. Replace the bands frequently.
- **Alcohol Wipes:** Use these to clean mouthpieces and pipes. Also use to clean an injection sites. Use a new wipe each time, and wipe only in one direction.
- **Lip Balm:** Apply to hydrate and prevent cracked lips, a potential source for infectious disease transmission.

Local resources

- Emergencies - dial 911 or *SP from your cell phone
- Substance use and mental health treatment, peer support - call or text 844-HELP-4-WV (435-7498)
- Substance use and mental health treatment - call SAMHSA's National Helpline 1-800-822-4357
- Legal Aid WV - call 866-255-4370
- Harm Reduction programs - visit oeps.wv.gov
- WV 1115 Substance Use Disorder Waiver info - call 304-558-1700



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Mouth Health:

- Rubber bands
- Alcohol wipes
- Lip balm
- Informational resources

Safer Smoking Brochure- Side 1

Safer Smoking Information Included in Kits:



The brochure is titled "Safer Smoking" and is part of the "Needle Exchange Program" and "the user-friendly series". It is divided into several sections:

- What to expect:**
 - crack:**
 - The high:** A high that lasts 5–30 minutes; Feeling an intense, euphoric rush; Warm skin, dry mouth; Feeling thirsty, not hungry; Rapid heartbeat and breathing; Auditory hallucinations.
 - Coming down:** Feeling restless, sweaty and twitchy; Sensitivity to noise and light; Feelings of paranoia; Strong cravings for more crack.
 - crystal:**
 - The high:** A high that lasts 4–24+ hours; Feeling alert and energetic; Not feeling hungry or tired; Dry mouth; Faster breathing and heart rate; Feeling restless, anxious or paranoid and unable to sleep.
 - Coming down:** Feeling extremely tired, unable to sleep, anxious, hungry and thirsty; Clenched jaw; Strong cravings for more meth.
- Signs of overdose:**
 - feels like:** Your heart is pumping fast; You're short of breath; Your body is hot, sweaty and shaky; You have chest pain; You can't talk, can't walk.
 - looks like:** Fast pulse or no pulse; Fast or no breathing; Hot and sweaty skin; Confusion, hallucinations, unconscious; Can't talk, can't walk; Vomiting; Seizures.
- What to do if someone ODs:**
 - Call out for help – do not leave the victim
 - Try to get them to slow down and relax
 - Call 9-1-1 for an ambulance, send someone to seek help and report back
 - Tell paramedics as much as you can about what happened
- Ready to detox? Help is just a phone call away.**

HELP4WV offers a 24/7 call, chat, and text line that provides immediate help for any West Virginian struggling with an addiction or mental health issue. <https://www.help4wv.com/>

1-844-435-7498
- What you need to smoke crack safer:**
 - Shatterproof Pyrex Pipe
 - Re-useable mouthpiece
 - Five wire screens
 - Wooden push stick
 - Lighter
 - Alcohol swabs
- What you need to smoke crystal safer:**
 - Shatterproof Pyrex Pipe
 - Lighter
 - Alcohol swabs

Logos for Vancouver Coastal Health and Needle Exchange Program are present at the bottom.

- Explains supplies that make smoking substances safer
- Describes what to expect when smoking different substances
- Describes signs and symptoms of overdose
- Explains what to do if someone overdoses
- Lists contact information for West Virginia detox programs

Safer Smoking Brochure- Side 2

Safer Smoking Information Included in Kits:

- Outlines how to safely prepare and smoke different substances
- Provides safer use tips for smoking substances, experiencing a high, and when becoming sober
- Explains how to avoid infections and how to care for mouth health when smoking

Safer crack smoking

- 
Clean your hands and mouthpiece with alcohol swabs
- 
Twist each of your five wire screens into the shape of a cone
- 
Using your wooden push stick, insert the screens one at a time into the pipe
- 
Use your wooden push stick to gently tamp down the screens
- 
Nudge the screens back to make room for the crack
- 
Fit your mouthpiece onto your pipe
- 
Tilt the pipe up and place the drugs on top of the screens
- 
Apply heat, inhale slowly, then exhale immediately

safer crack use tips

- Smoke in a safe place with people that you trust
- Take vitamins and eat something before you smoke – you won't feel like eating after
- Have condoms with you – you may want to have sex while high
- Pipe will be very hot once used – handle it with care
- Don't be alarmed by feelings of extreme depression once you're sober – it's your body reacting to the drug

mouth care

- Don't share: use your own mouthpiece to avoid infection and mouth burns
- Drink water or fruit juice to keep your mouth moist and reduce cracks and blisters
- Moisten your lips with lube or lip balm
- Chew gum to keep your mouth moist and healthier

wire screens vs. brillo

- Wire screens are much safer than brillo
- Brillo's toxic coating can make you sick
- Brillo can break apart and be inhaled, burning your mouth and throat
- If wire screens aren't available and you can only use brillo, be sure to:
 - Burn the coating off and change it frequently

Safer crystal smoking

- 
Clean your hands and pipe with alcohol swabs
- 
Pour crystal into your pipe
- 
Tap your pipe to move the drugs into the bowl
- 
Holding your pipe halfway down the stem, apply heat to the bowl, keeping the heat source moving
- 
Heat will vaporize the drugs, filling your pipe with smoke
- 
Inhale slowly then exhale immediately

safer crystal use tips

- Smoke in a safe place with people that you trust
- Inhale slowly and exhale immediately – don't hold it in
- Know your limits – once you're high, stop smoking
- Take vitamins and eat something before you smoke – you won't feel like eating after
- Have condoms with you – you may want to have sex while high
- Keep your pipe clean by burning off the residue and then scrubbing it with alcohol swabs
- When coming down, eating will help you sleep
- Don't be alarmed by feelings of extreme depression once you're sober – it's your body reacting to the drug

mouth care

- Avoid infection by using your own pipe – don't share
- Drink water or fruit juice to keep your mouth moist and reduce cracks and blisters
- Chew gum to keep your mouth moist and reduce clenching


West Virginia University
 CENTER FOR EXCELLENCE IN DISABILITIES

Safer Use Kits- Infection Prevention



amazon elements
VITAMIN C
1000mg per serving
Local for potency, purity, and freshness

MECCA
BZK ANTISEPTIC TOWELETTES

Triple Antibiotic Ointment
144 Pouches

amazon elements
VITAMIN E
1000mg per serving
Local for potency, purity, and freshness

CLEARINSE
Saline Ampoules
50 Ampoules

INFECTION PREVENTION
Injecting substances can pose physical risks like HIV or viral hepatitis transmission if sharing equipment and/or lacking sterile supplies. Other risks include heart or bone infection, increased health risks due to more frequent injections (particularly cocaine injection), and damage to soft tissue potentially leading to chronic, non-healing wounds.

Included in this kit:

- *Triple Antibiotic Ointment* for cuts or sores. Do not use for burns.
- *Antiseptic Towelettes* to clean off your hands before smoking or injecting.
- *Vitamin C* to help lessen fatigue and crashing.
- *Vitamin E* to help cuts, sores, and burns heal.
- *Saline or Sterile Water Ampoules* for nasal rinsing, dry mouth or sterile water to mix with drugs
- *Biohazard Bin* to dispose of used needle

Local resources

- Never Use Alone – call 877-696-1996
- Harm reduction programs, sterile needles, testing strips, naloxone – oeps.wv.gov
- Apps – download Canary or BeSafe



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Infection Prevention:

- Rubber bands
- Alcohol wipes
- Lip balm
- Informational resources

Safer Injecting Brochure- Side 1

Safer Injecting Information Included in Kits:

What to expect

heroin

The high

- A high that lasts 20 minutes – 2 hours
- Feeling intense pleasure and reduced pain
- Warm skin, dry mouth, heavy feeling arms and legs
- Nausea, vomiting and severe itching
- Slow, shallow breathing

Coming down

- Feeling restless, sweaty, stomach cramps and diarrhea
- Muscle spasms and bone pain
- High blood pressure
- Strong cravings for more heroin

crack/cocaine

The high

- A high that lasts 15–45 minutes
- Feeling an intense, euphoric rush
- Warm skin, dry mouth
- Feeling thirsty, not hungry
- Rapid heartbeat and breathing
- Auditory hallucinations, delusions

Coming down

- Feeling restless, sweaty and twitchy
- Sensitivity to noise and light
- Feelings of paranoia
- Strong cravings for more crack

Signs of overdose

heroin overdose

Feels like:

- You can't stay awake
- You don't have any energy or strength
- You can't walk, can't talk

Looks like:

- Slow pulse or no pulse
- Slow breathing or no breathing
- Skin looks pale and blue, feels cold
- Can't wake up or talk
- Pupils are pinned or eyes are rolled back
- Vomiting
- Body is limp

crack/cocaine overdose

Feels like:

- Your heart is pumping fast
- You're short of breath
- Your body is hot, sweaty and shaky
- You have chest pain
- You can't talk, can't walk

Looks like:

- Fast pulse or no pulse
- Fast or no breathing
- Hot and sweaty skin
- Confusion, hallucinations, unconscious
- Can't talk, can't walk
- Vomiting
- Seizures

What to do if someone ODs

- 1 Call out for help – **do not leave the victim**
- 2 If they've OD'd on heroin, try to get them awake and moving
If they've OD'd on crack/cocaine, try to get them to slow down and relax
- 3 Call 9-1-1 for an ambulance, send someone to seek help and report back
- 4 Tell paramedics as much as you can about what happened

Ready to detox?
Help is just a phone call away.

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<https://www.help4wv.com/>

1-844-435-7498

For more copies, go online at sch.eduhealth.ca or email phem@sch.ca and quote Catalogue No. DB.500.534
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Your peers created this harm reduction pamphlet for you. **Besafe.**

Safer Injecting

heroin crack/cocaine

What you need to inject safer:

- Sterile needle
- Sterile water
- Alcohol swabs
- Cotton filter or tampon (unscented)
- Cooker or spoon
- Rubber tie
- Lighter or candle
- Ascorbic acid/vitamin C (crack only)
- Clean hands

- Explains supplies that make injecting substances safer
- Describes what to expect when injecting different substances
- Describes signs and symptoms of overdose
- Explains what to do if someone overdoses
- Lists contact information for West Virginia detox programs

Safer Injecting Brochure- Side 2

Safer Injecting Information Included in Kits:

How to inject safer

Clean your hands with soap and water or alcohol swabs

Choose your injection site (lower arm is safest. If you have to inject elsewhere, lower leg then hand are OK)

Prepare your drugs – crack/coke

coke
Pour coke into cooker/spoon

crack
Pour in just enough ascorbic acid to dissolve crack

Prepare your drugs – heroin

Pour drugs in cooker/spoon

Pour sterile water in cooker/spoon

Heat until drug becomes liquid

Take cotton filter/piece of unscented tampon and place in drugs

Place needle in filter

Draw liquid into needle

Using clean, capped needle, grind crack and ascorbic acid to mix

If crack mixture is cloudy or has sediment, heat as needed – DO NOT BOIL

Place cotton filter / piece of unscented tampon in cooker/spoon

Place needle in filter and draw liquid into needle

10
Pull out and with clean hands, apply pressure to site

11
Safely dispose of all equipment – make it your gig to return

Safer injection tips

- Taste your drugs before you use
- Always use with a buddy
- Use a new needle for each injection
- Please don't break off the tip of your needle or re-cap it – it's not safe
- Remember: two holes in your arm are better than one in the ground. If you haven't used in a while, reduce your dose.
- **Protect yourself and your community – always dispose of your equipment safely**

injecting

- The most dangerous place to inject is your neck
- To make your veins more visible: jog on the spot or do push-ups before tying off
- If you can't see the bevel, look for the numbers on the side of your needle, they often line up with the bevel

filters

- Unscented tampons are safe to use as filters – do not use cigarette filters
- Use a filter once only – using it more than once can lead to "cotton fever"

ties

- Ties should be on for two minutes maximum
- If your hand falls asleep or arm turns red while tied off, the tie is too tight, or has been on too long

abscesses and wounds

- Keep injection sites clean and watch for abscesses – they can happen anywhere on the body, not just where you inject
- If you have an abscess, do not pop it
- Seek medical care for treatment of abscesses or wounds – they can lead to serious infections

Injecting steps:

- Clean your injection site with an alcohol swab
- Tie off with a rubber tie using a quick release
- Insert your needle with the bevel up, at a 30 degree angle towards your head
- Flag your needle: push needle in a little and pull back on plunger until you see blood in the needle
- Loosen your tie
- Inject your drug slowly

- Outlines how to safely prepare and inject different substances
- Provides safer use tips for injecting substances, experiencing a high, and when becoming sober
- Explains how to avoid infections and how to care for abscesses and wounds

For Questions Contact:



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