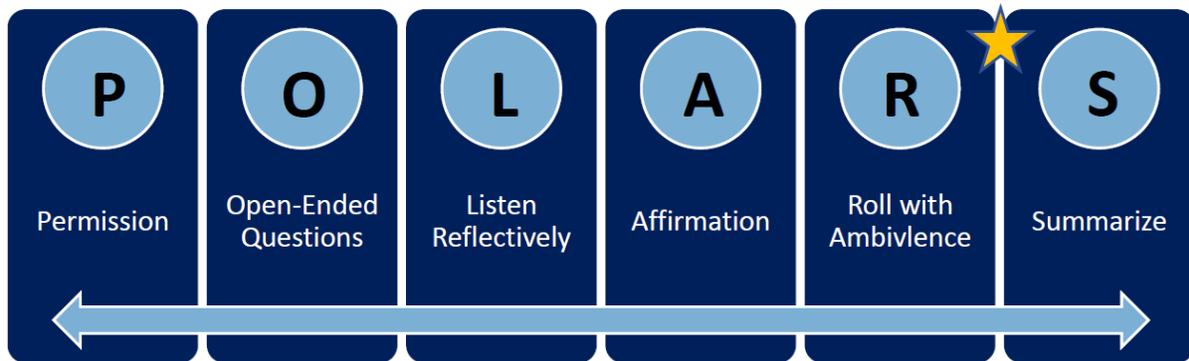


# How to Guide Overdose Survivors and Loved Ones to Change



*"po-lair-is"*

POLAR\*S is pronounced like Polaris, the name of the North Star. It is the acronym to remember the strategies/skills of motivational interviewing and, like the North Star, can be used to guide you.

## Survivor of Overdose

### Permission

"I just revived you with naloxone. You may feel confused and disoriented. You are not in trouble. I am here to help you. When you feel able, would it be ok to discuss your substance use?"

### Open-Ended Questions

"How do you feel about listening to some treatment options and resources available in this area?"

### Listen Reflectively

"You are going through a difficult time, and you feel like you cannot stop using because then everything would feel like too much."

### Affirmation

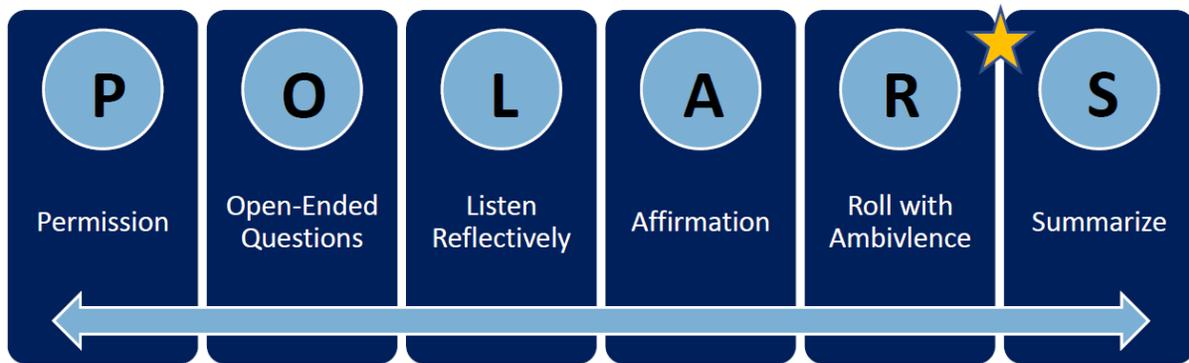
"You were able to quit using in the past and you're determined to cut back again."

### Roll with Ambivalence

"You don't feel ready to quit right now. If you want, we could brainstorm some ways for you to stay safe."

### Summarize

"Thank you for talking with me. I know this can't be easy and you aren't feeling well. Here's the information I mentioned so you can reach out to them tomorrow, like you suggested."



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## Loved One of an Overdose Survivor

### Permission

"It sounds like things have been difficult for them. Is it all right if we talk about their substance use?"

### Open-Ended Questions

"What would make you more confident in your ability to recognize a friend experiencing an overdose and be able to administer naloxone?"

### Listen Reflectively

"It sounds like you want to do everything you can to keep your friend safe."

### Affirmation

"You are a loyal friend. You haven't stopped caring about your friend even when it has been hard."

### Roll with Ambivalence

"I understand your friend may not be ready to start treatment, but I know you want them to stay safe."

### Summarize

"I'm glad that we had the opportunity to talk. Now you know how to identify the signs of an overdose, how to administer naloxone, and some local resources to call when your friend is ready to pursue treatment."