

Community Conversation About Fentanyl and Other Drugs



Cayden's story

The Foster Family

Sean Foster
Caden's Father

**Caleb Ford and
Haley Crowder**
Friends of Cayden

What Everyone Should Know

Dawn Brower

Centreville High School
Substance Abuse Prevention Specialist

SUBSTANCE ABUSE PREVENTION SPECIALISTS IN FCPS

- **Prevention** (education, awareness, skill-building) and **clinical support** across MTSS.
- **Presentations** to students, parents, staff, and other community members with the most accurate, up-to-date information (including medical, physical, social, and psychological consequences) on substance use, addiction, and treatment.
- **Individual/group counseling interventions**, assessed by the SAP Specialists (or “SAPS”) via a brief screening tool & review of other relevant information
- **Determines *appropriate level of intervention* across continuum:** education/awareness → brief counseling → referral to community providers.

WHAT IS FENTANYL?

- Fentanyl is a highly addictive synthetic opioid that is 50X more potent than heroin and 100X more potent than morphine
- Significant increase in fentanyl in counterfeit pills resembling prescription pills such as Percocet/Xanax
 - DEA lab testing reveals 7 out of 10 pills with fentanyl contain a lethal dose (2023)
- Fentanyl also is used as a substitute or cutting agent in other drugs like cocaine and heroin
- Just 2mg of fentanyl, the small amount that fits on the tip of a pencil, is considered a potentially deadly dose (DEA.gov)

Fentanyl is a legally prescribed medication, what is being used by our youth is illicitly manufactured.



Rainbow Fentanyl



RISK AND PROTECTIVE FACTORS

Risk Factors

Risk factors can be biological, psychological, and social and are associated with a higher likelihood of negative outcomes.



Protective Factors

Protective factors are associated with a lower likelihood of negative outcomes or that reduce the impact of a risk factor.

Individual, Family, Community

SURVEY HIGHLIGHTS: PROTECTIVE FACTORS

01

SCHOOL

- Teachers notice good job
- Opportunity to talk to teacher one-on-one
- Feel safe at school
- School communicates with parents when student does well

02

COMMUNITY

- Availability of extracurricular activities
- Adults disapprove of marijuana use
- Adults in community to talk to
- Neighbors notice good job

03

FAMILY

- Availability of extracurricular activities
- Adults disapprove of marijuana use
- Adults in community to talk to
- Neighbors notice good job

04

INDIVIDUAL

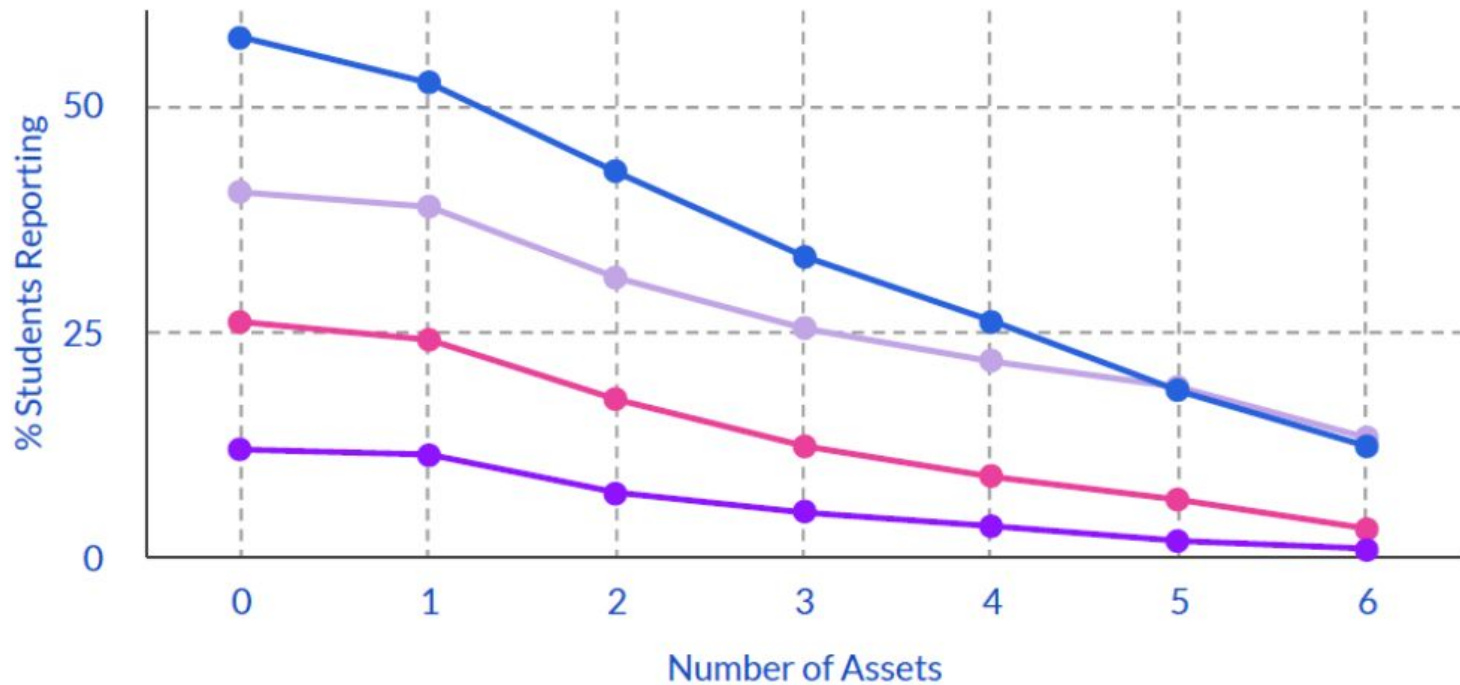
- Regular participation in extracurricular activities
- Volunteer regularly
- Follow rules
- Think through possible results before making a decision
- Accept responsibility for actions and mistakes
- Do their best, even for jobs they dislike

HAVING A CONVERSATION

Focus on:

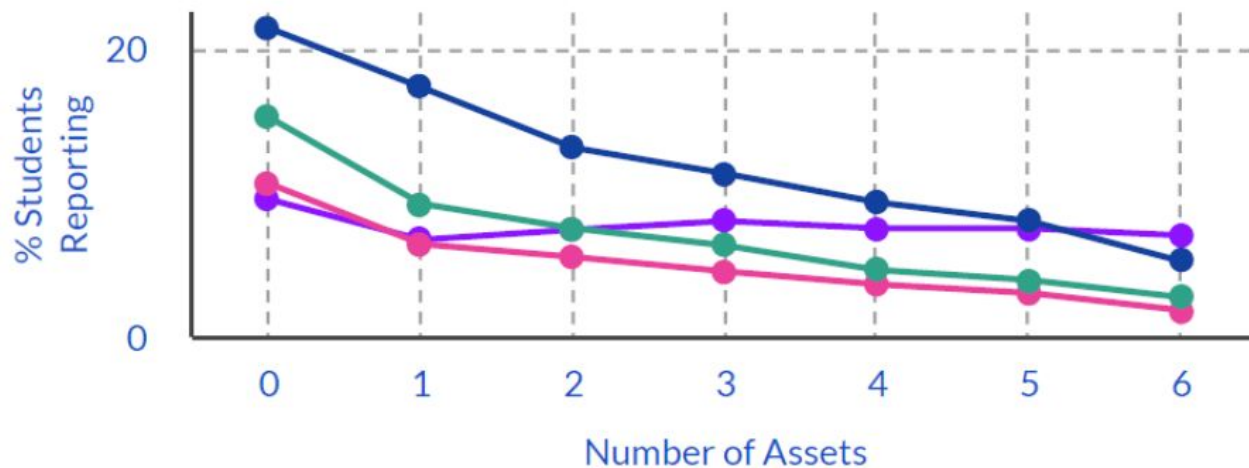
- Hearing from your child
- Sharing facts, without using scare tactics
- Identifying trusted adults
- Building connectedness to others through school, the community, and with family and friends
- Developing healthy coping skills
- Developing a plan for when there is a need to resist using.

THREE TO SUCCEED ASSET GRAPH-MENTAL HEALTH



— High Stress — Depressive Symptoms — Considered Suicide — Attempted Suicide

THREE TO SUCCEED ASSET GRAPH FOR FAIRFAX COUNTY YOUTH-SUBSTANCE USE



● Alcohol ● Marijuana ● Vaping ● Tobacco and Other Drugs

SURVEY HIGHLIGHTS: SUBSTANCE USE

92%

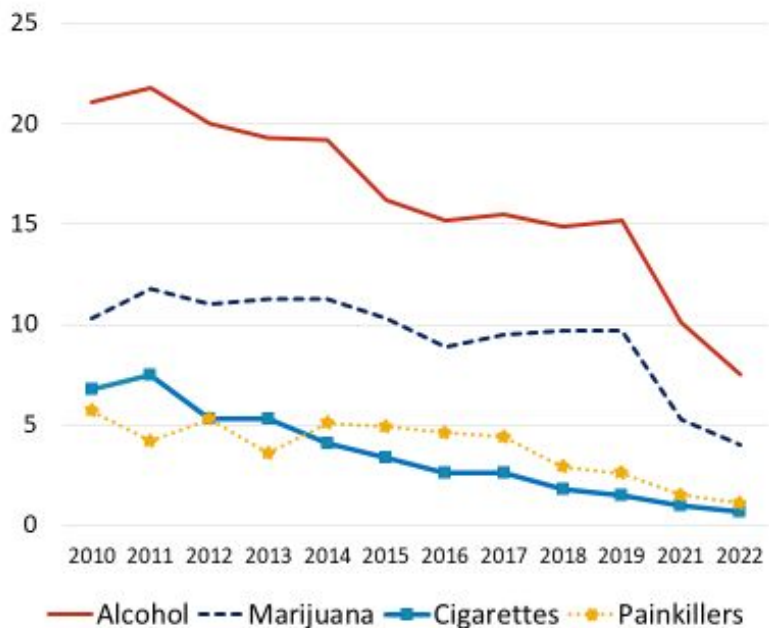
OF FAIRFAX COUNTY YOUTH
REPORTED NO ALCOHOL USE
IN THE PAST MONTH

90%

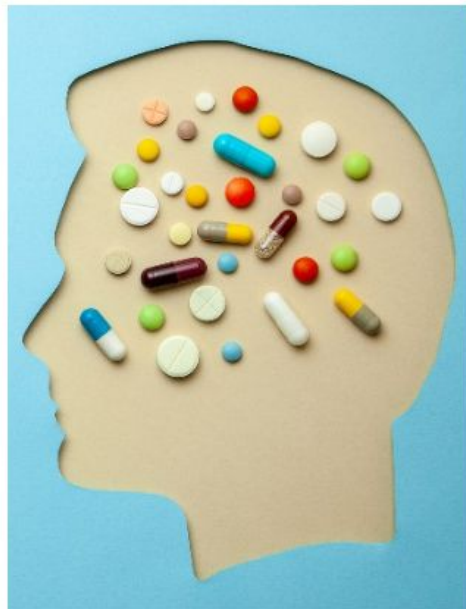
OF FAIRFAX COUNTY YOUTH
REPORTED NO OTHER SUBSTANCE
USE IN THE PAST MONTH

RATES OF SUBSTANCE USE TRENDING DOWN

The percentage of students reporting the use of substances have generally declined over the past ten years.



STUDENT SUBSTANCE MISUSE 2022



98.9%

Have not misused prescription painkillers
(past month)

98.4%

Have not misused other prescription
medications (past month)

96%

Have not used marijuana (past month)

COLLABORATION WITH SCHOOL STAFF



**School
Counselors**



**School
Psychologists**



**School Social
Workers**



**Substance Abuse
Prevention
Specialists**



COMMUNITY PARTNERSHIPS AND RESOURCES

- Hazel Health
- Neighborhood and Community Services
 - Basic needs and services for families
 - Programs and services for kids and teens
- Healthy Minds Fairfax-Family Support Services
- Fairfax-Falls Church Community Services Board
- Connectedness through faith based organizations

BUILDING CONNECTEDNESS-AFTER SCHOOL OPPORTUNITIES

- Clubs and Activities at all high schools
 - Our Minds Matter
- Middle School After School Program
 - All Middle Schools
 - Monday-Thursday, on site
 - 2:15-4:45



**our minds
matter**

A graphic consisting of a red rectangle on top and a cyan rectangle on the bottom. The cyan rectangle is positioned at the bottom left and tapers to a point on the right side, creating a triangular shape. The text "our minds matter" is written in white, lowercase, sans-serif font, centered within the red area.

THERE IS HELP

A stylized teal hand silhouette, palm facing up, with the words "THERE IS HELP" written in white, uppercase, sans-serif font across the palm and fingers.

THERE IS HOPE

A stylized purple hand silhouette, palm facing up, with the words "THERE IS HOPE" written in white, uppercase, sans-serif font across the palm and fingers.

ADDITIONAL FCPS RESOURCES

Office of Intervention and Prevention Services

- Director, Michael Axler, Psy.D.
- 571-423-4020

[Substance Abuse Prevention Specialists](#)

[School Counseling](#)

[School Psychology](#)

[School Social Work](#)

Rapid Naloxone (NARCAN) Educational Training

Raymond Paden

Fairfax Community Service Board

(REVIVE! Kit Training)

What Does an Opioid Overdose Look Like?

KNOW THE SIGNS



Not Responding

Doesn't move and can't be woken



Slow or Not Breathing

A breath every 5 seconds is normal



Making Sounds

Choking, gurgling sounds, or snoring



Blue Lips & Nails



Cold or Clammy Skin



Tiny Pupils

source: kingcove

Opioid Overdose Triad:

- Pinpoint Pupils
- Unresponsive to any stimuli
- Respiratory depression
- Clammy, pale skin

NALOXONE



SAVES

LIVES

Narcan Nasal Spray

HOW TO USE NARCAN® NASAL SPRAY

In opioid overdose emergencies, **recognizing symptoms** and taking prompt action is critical to potentially saving a life. If you suspect an opioid overdose, administer NARCAN® Nasal Spray and get emergency medical assistance right away.

KEY STEPS TO ADMINISTERING NARCAN® NASAL SPRAY:

PEEL



Peel back the package to remove the device. Hold the device with your thumb on the bottom of the plunger and 2 fingers on the nozzle.

PLACE



Place and hold the tip of the nozzle in either nostril until your fingers touch the bottom of the patient's nose.

PRESS



Press the plunger firmly to release the dose into the patient's nose.



TWO (2) Doses in each box

Safety and Storage of Naloxone

- Serious side effects from naloxone use are very rare.

Using naloxone during an overdose far outweighs any risk of side effects. If the cause of the unconsciousness is uncertain, giving naloxone is not likely to cause further harm to the person. Reported side effects are often related to acute opioid withdrawal.

- **Naloxone will not reverse overdoses from other drugs, such as alcohol, benzodiazepines, cocaine, or amphetamines.**
- **Naloxone has no abuse potential.**
- **Naloxone has the same dose for an adult and a child.**
- Naloxone has a shelf life of approximately 3 years (check the label on your product.) Store between 59°F to 77°F.
- **Do not store naloxone in extreme temperatures (the car on hot summer days or during the winter).** Naloxone may be stored for short periods up to 104°F.
- **Only discard the naloxone once you have a replacement for it. If you don't replace naloxone before it is needed, it is better to use it, even if it hasn't been stored properly.**

Q&A Session

- Wait for your turn to speak at the microphone.
- Please remain in your seat if not asking a question at microphone.
- Keep questions and comments brief to make time for everyone.
- If your question or comment involves a specific student, please ask for a notecard.
- Do not profanity or threatening language.



Thank You

Please depart promptly and orderly.

Your Voice Matters

Share your feedback using the online feedback form

