

Student presentation and information -

Fentanyl Prevention and Education

Good morning, Yetis. Your Bear Valley mental health team here. We want to take a few minutes this morning to discuss a pretty heavy topic. As some of you may already know, there was an incident at Kennedy yesterday where 5 students overdosed. All of the students are in stable condition. But this is very scary for our Southwest Denver community.

We are going to share basic facts with you all during this presentation that are incredibly important to listen to. The drug and fentanyl epidemic or crisis is not something that our community is protected from without the help of all of you. Please listen closely for the next few minutes. If you have any questions, if you feel scared, worried or uncomfortable, or if you have been personally affected by drug use or an overdose, please fill out the need to talk form in your SEL Schoology Folder. Our team is here to support you today and every day.

Fentanyl Basics

M30 pills

These are the most common pills containing fentanyl in our area.



V48 & A215 pills

These pills, although less common, may also contain fentanyl.



Powders

Fentanyl can also be found in white powders.



September 26, 2019

found the coin

Public Health
Seattle & King County

- Fentanyl is a powerful, dangerous drug
- Found in:
 - A variety of pills
 - Cocaine
 - Meth
- You might not know that someone has added it to another drug

Fentanyl is a drug. It is very strong, very powerful and very dangerous. The idea that “only people who get drugs from random people overdose” is completely false. This drug is now in our community and impacting people that many of us or our families know personally.



Fentanyl doesn't always
LOOK scary

The scariest part about fentanyl is that sometimes it looks like fun, like the rainbow pills you see, or it can be put in other drugs and you can't see it. If anyone ever offers you drugs that you are not prescribed, you need to say no. Even just TOUCHING fentanyl can be incredibly dangerous. We all need to work together to ensure safety for our whole community.

What can you do?

Staying away from drugs is the best way to stay safe. If you are using drugs (including alcohol, tobacco, marijuana and others) and would like help, please fill out a need to talk form to talk to Ms. Niki.

If you have anything that you want to report about yourself, a friend or anyone else, please fill out a need to talk form. It will remain COMPLETELY ANONYMOUS, meaning that NO ONE will know that you shared the information. You will NOT get in trouble for the information you share.

If you have any questions, if you feel scared, worried or uncomfortable, or if you have been personally affected by drug use or an overdose, please fill out the need to talk form in your SEL Schoology Folder. Our team is here to support you today and every day.

Parent information & resources -

What Parents Can Do

- **Keep talking and listening whenever the opportunity arises**
 - One conversation is not enough. Youth who know their caregivers think underage use is wrong or risky are **72% LESS** likely to use substances
- **Encourage your teen to talk with other trusted adults if they're not as comfortable sharing with you**
- **Consider risk and protective factors**
 - Are there ways you can support your teen in maintaining or increasing protective factors and decreasing/limiting risk factors?
- **Teach your teen to weigh the consequences and make decisions based on FACTS, rather than on anecdotes from peers or social media**
- **When they say everyone is doing it**
 - Remind them that their perception may be skewed. 40% of teens overestimate the number of their classmates using.

What Parents Can Do

Be aware of the warning signs

- Individual, behavioral, physical signs discussed on slide 16

Provide as much supervision as possible

- Know where your student is and talk with other parents

Limit Access

- Monitor your child's use of social media and talk with them about the risks of acquiring substances from unknown plugs online
- Make sure any products you have for personal use are secure/ not accessible to your teen or their friends

Lead by example

- Model healthy ways you deal with stress and anxiety such as exercise, hobbies, connecting with family/friends, spirituality, etc.
- Model that it's okay to ask for help - in general and with regard to substance use

Support

● School-based Supports at BVIS

- Universal Supports for building skills, prevention education
- Robust Mental Health Team that supports students' social/emotional needs
- Partnerships with community organizations that provide services at school
- Prevention Social Worker - Niki Newman
nicole_newman@dpsk12.net
720-423-9671

● Education Resources for Families

- Prevention Services Website & Monthly Webinars - www.dpsprevention.org
- Resource Flyer

● Community Supports

- Substance Specific - higher level of care
- Mental Health
- Physical Health
- Family Supports & Assistance