

**IT'S TIME TO
GET REAL.**



ONE PILL CAN KILL.



A young woman with curly, light brown hair is shown from the chest up. She is wearing a light-colored, textured cardigan over a dark top and a thin necklace. She has a neutral expression and is looking slightly to the right of the camera. The background is a wall with several framed pictures or certificates. The lighting is soft and indoor.

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TROUBLING TRENDS IN YOUTH OPIOID USE

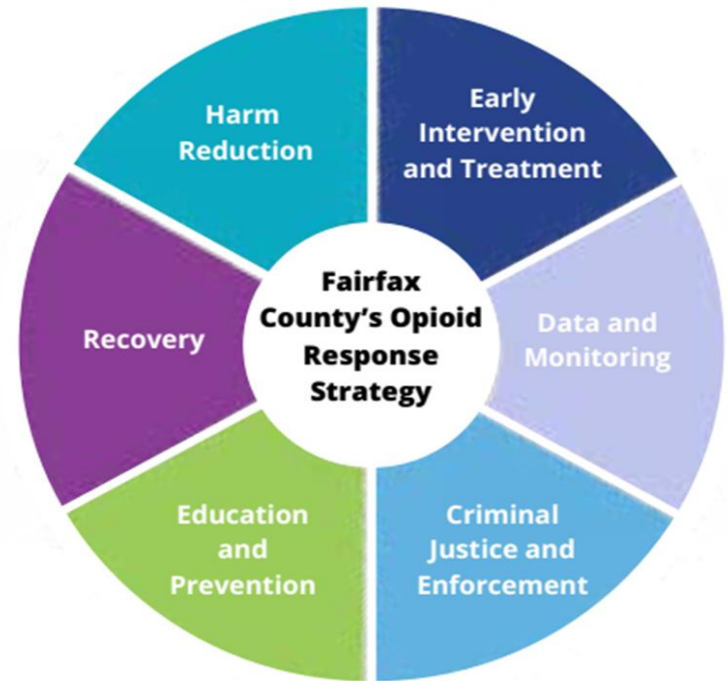


AGENDA

- **Defining the issue at the national, state, and local level**
- **FCPS schools and opioids**
- **FCPS responses (prevention, education, and intervention)**
- **Data collection**
- **Naloxone (Narcan) training**

FAIRFAX COUNTY'S OPIOID RESPONSE PLAN

- Created in 2017
- About 40 programs and activities from the FY 23- FY25 plan are underway or in development
- Primary goals:
 - Reducing deaths from opioids
 - Improving the quality of life of individuals impacted by opioid use disorder
 - Using data to describe the problem, target and improve interventions, and evaluate effectiveness
- Countywide effort involving many stakeholders

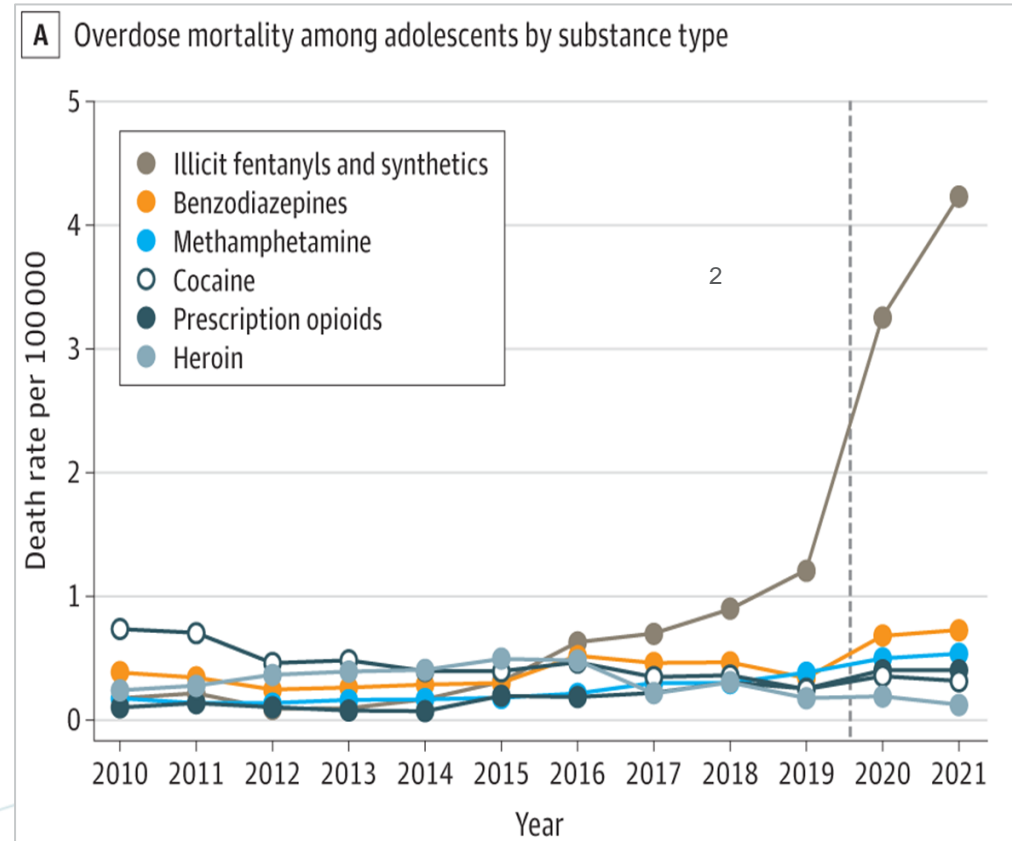


Ellen Volo, Fairfax County
Opioid and Substance Use Task Force Coordinator
www.fairfaxcounty.gov/topics/opioids



NATIONAL OPIOID EPIDEMIC

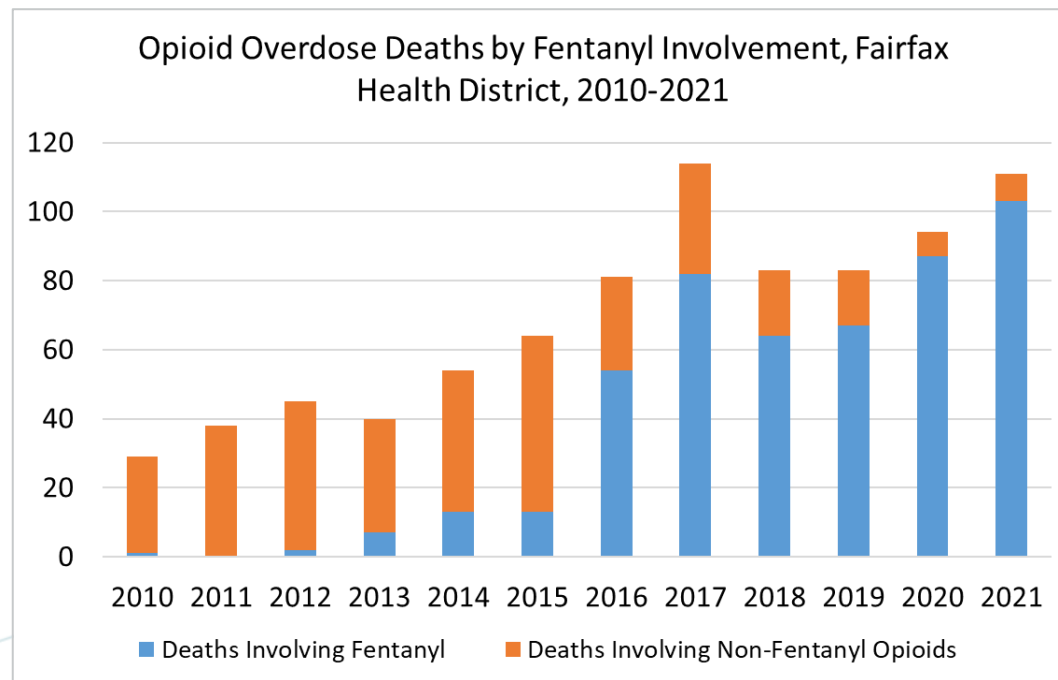
- Increase in opioid overdose deaths nationally in past two decades
- Three opioid epidemic waves in US: prescription opioids, heroin, and fentanyl¹
- Recent rapid increase in adolescent opioid overdose deaths involving fentanyl (2019 to present)



1. U.S. Centers for Disease Control and Prevention. (2023, April 18). *Understanding the Opioid Overdose Epidemic*. <https://www.cdc.gov/opioids/basics/epidemic.html>
2. Friedman J, Godvin M, Shover CL, Gone JP, Hansen H, Schriger DL. Trends in Drug Overdose Deaths Among US Adolescents, January 2010 to June 2021. *JAMA*. 2022;327(14):1398–1400. doi:10.1001/jama.2022.2847

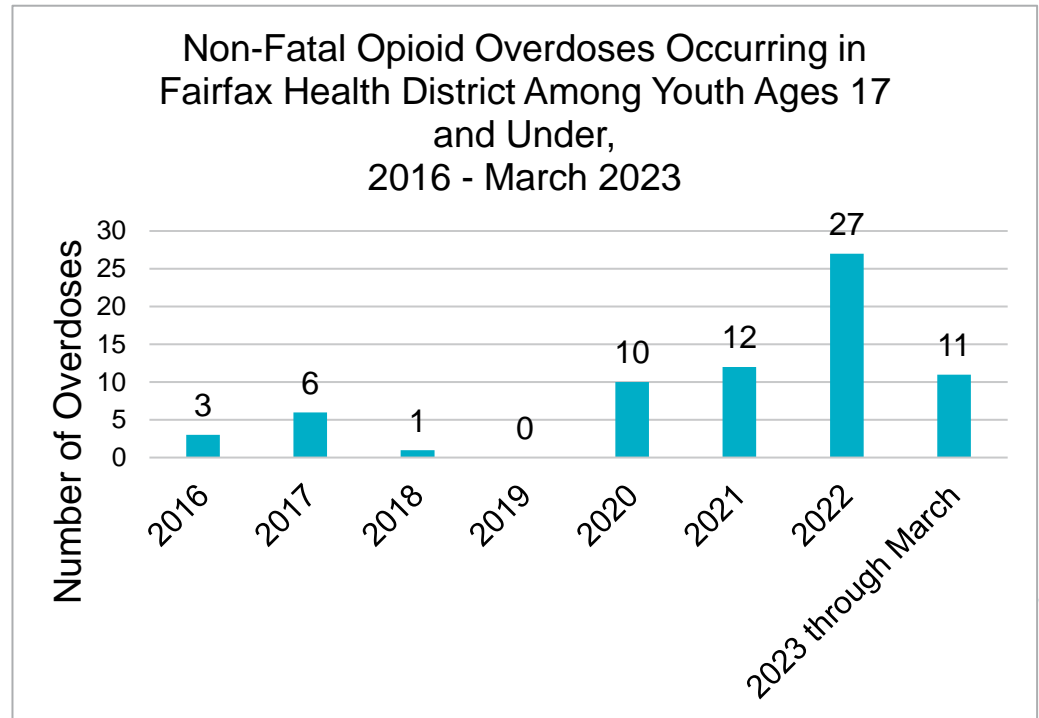
LOCAL EFFECTS OF A NATIONAL EPIDEMIC

- **304 total emergency department (ED) visits for non-fatal opioid overdoses in 2022 – increase of ~50% from 2019 to 2022**
- **Increase in opioid overdose deaths from 2019 through 2021**
- **Since 2020, more than 90% of all opioid overdose deaths have involved fentanyl**



LOCAL EFFECTS AMONG YOUTH OF A NATIONAL EPIDEMIC

- Increase in ED visits for non-fatal opioid overdose among youth ages 17 and under from 2019 through 2022
- From 2020 through September 2022, there have been 7 fatal opioid overdoses in youth, all involving fentanyl



Source: Electronic Surveillance System for the Early Notification of Community-based Epidemics (ESSENCE), Virginia Department of Health

View the Fairfax Opioid Dashboard for more details



www.bit.ly/ffx-opioid-data

OPIOID TRENDS/AWARENESS

- **Fentanyl is a highly addictive synthetic opioid that is 50X more potent than heroin and 100X more potent than morphine**
- **Significant increase in the presence of fentanyl in counterfeit prescription pills (Percocet/Xanax)**
 - **DEA lab testing in 2022 reveals 6 out of every 10 pills with fentanyl contain a lethal dose ([dea.gov/onepill](https://www.dea.gov/onepill))**
- **Fentanyl also is used as a substitute or cutting agent in other drugs like cocaine and heroin**
- **Just two milligrams of fentanyl, the small amount that fits on the tip of a pencil, is considered a potentially deadly dose ([DEA.gov](https://www.dea.gov))**

HOW DOES IT LOOK



- In Fairfax County we are mainly seeing the counterfeit oxycodone pills commonly referred to as "Blues, M-Box, 30's, Percs."
- Drug dealers can purchase these pills in bulk on the darkweb for under \$1 per pill and they are being redistributed within the community for under \$10 per pill. Currently, juveniles are purchasing these pills for \$8-\$10.
- Dealers can, and have pressed these pills themselves and sold them in the community.

PARAPHERNALIA TO LOOK FOR

HOMEMADE SMOKING DEVICES



ROLLED UP BILLS AND BURNT FOIL



WHAT CAN PARENTS DO?

- **PLUG = DEALER**
- **JAM = GET HIGH**
- **TERMS FOR OXY/XANAX:**
 - ERKS
 - BLUES
 - 30'S
 - M BOX
 - BARS
 - SCHOOL BUSES
 - FOOTBALL

DRUG ENFORCEMENT ADMINISTRATION

ONE PILL CAN KILL

EMOJI DRUG CODE | DECODED

COMMON EMOJI CODES

FAKE PRESCRIPTION DRUGS

| | | |
|---|---|--|
| PERCOCET & OXYCODONE  | XANAX  | ADDERALL  |
|---|---|--|

DEALER SIGNALS

| | | | |
|---|--|---|---|
| DEALER ADVERTISING  | HIGH POTENCY  | UNIVERSAL FOR DRUGS  | LARGE BATCH  |
|---|--|---|---|

OTHER DRUGS

| | | | |
|---|---|---|---|
| METH  | HEROIN  | COCAINE  | |
| MDMA & MOLLIES  | MUSHROOMS  | COUGH SYRUP  | MARIJUANA  |

This reference guide is intended to give parents, caregivers, educators, and other influencers a

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OPIOIDS IN SCHOOLS


- What are the top 3 most widely used substances by youth in Fairfax County?


YOUTH SURVEY FAIRFAX COUNTY

TEENAGE DRUG USE in Fairfax County

Self-reported by 8th, 10th and 12th grade students on the Fairfax County Youth Survey

10% report using marijuana 

9% report vaping marijuana 

3% of teens report using painkillers and other prescription drugs for non-medical reasons 

Fewer than 2% report using these drugs

- LSD or other hallucinogens
- Over-the-counter drugs for non-medical reasons
- Cocaine or crack
- Methamphetamines
- Steroids
- Ecstasy
- Heroin
- Inhalants

Data Table 

| | Total | % Total |
|----------------------|---------------|---------------|
| 0 occasions | 25,831 | 98.6% |
| 1-2 occasions | 233 | 0.9% |
| 3-5 occasions | 90 | 0.3% |
| 6-9 occasions | 30 | 0.1% |
| 10-19 occasions | 18 | 0.1% |
| 20-39 occasions | 4 | 0.0% |
| 40 or more occasions | 6 | 0.0% |
| Total | 26,211 | 100.0% |

No Response: 4,710

2021-2022 Fairfax County Youth Survey Data

Tiffany Jones, Senior Substance Abuse Prevention Specialist
Fairfax County Public Schools

ACCESS TO MEDICATIONS

- **Medicine cabinets**
- **Injury**
- **Social media**
- **Friends**

OPIOIDS IN SCHOOLS

Risk factors:

- Mental health
- Adverse childhood experiences
- Lack of parental supervision
- The brain & pain



The Fairfax County Youth Survey shows that children and teens with **three or more** protective factors are more likely to:

Manage stress

Make better choices

Develop healthy habits

The many factors that help children and teens succeed include:

- ✓ Having parents or guardians who are available to help
- ✓ Participating in after-school activities
- ✓ Having adults in the community to talk to
- ✓ Accepting responsibility for their actions
- ✓ Having teachers who recognize and praise good effort

Learn *all* of the factors that matter at fairfaxcounty.gov/youthsurvey.

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FCPS RESPONSE

INTERVENTION PREVENTION AND EDUCATION

- **Health & PE alcohol and other drug education**
- **Substance Abuse Prevention Specialists (SAPS)**
- **Narcan stocked in all schools**
- **School staff trained in Narcan administration**
- **Community education**

DATA CHALLENGES & NALOXONE

- **The opioid epidemic is a new phenomenon that's impacting all school divisions local and nationally**
- **Student safety addressed first**
 - **Narcan in all schools**
 - **Overdose Response Protocols**
 - **Community Education**
- **FCPS now has a tool for administrators to report suspected overdoses on school grounds**
- **Definition of overdose**
- **HIPAA – The Health Insurance Portability and Accountability Act. A federal law that protects sensitive patient health information from being disclosed with the patient's consent or knowledge**

2022-2023 SCHOOL YEAR FCPS SUSPECTED OVERDOSE DATA

- **Of the 232 schools and programs in FCPS, 23 report responding to a suspected overdose incident in their building**

Of those 23 suspected overdose incidents reported:

- **Half involved substances suspected of being an opioid**
- **10 involved actual opioids**
- **22 resulted in emergency services contact**
- **15 resulted in students being transported by emergency services**

NALOXONE SAVES LIVES



 U.S. Food and Drug Administration

Raymond Paden
Wellness Health Promotion & Prevention Supervisor
Fairfax- Falls Church Community Services Board

NARCAN NASAL SPRAY

Two Doses in Each Box



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.

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.**

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Guiding Question #1

Question 1: What additional information do you need from FCPS regarding opioids and other substance abuse as we continue to partner in addressing this issue?

Pregunta 1: ¿Qué información adicional necesita de FCPS con respecto a los opioides y el abuso de otras sustancias a medida que continuamos colaborando para enfrentar este tema?

질문 1: 오피오이드 (아편유사제) 문제를 해결하기 위해 지속적으로 협력하는 과정에서, 오피오이드 및 기타 다른 약물 남용에 관하여 FCPS로부터 어떠한 추가 정보를 원하시나요?

问题 1：在我们继续合作应对这个问题时，您需要费郡公立学校提供哪些关于阿片类药物和其他药物滥用的额外信息？

Câu hỏi 1: Quý vị cần thêm thông tin gì từ FCPS về thuốc phiện và lạm dụng dược chất khác khi chúng ta tiếp tục hợp tác giải quyết vấn đề này?

السؤال 1 سؤال أُرشادي: ما هي المعلومات الإضافية التي ترغب في الحصول عليها من مدارس مقاطعة فيرفاكس الحكومية FCPS بشأن المواد الأفيونية وغيرها من المواد المسببة للإدمان أثناء تعاوننا معاً لمعالجة هذه المشكلة؟

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Guiding Question #2

Question 2: What other recommended strategies would you like to share?

Pregunta 2: ¿Qué otras estrategias recomendable le gustaría compartir?

질문 2: 공유하고자 하는 기타 추천 전략은 무엇인가요?

问题2：您还想分享哪些其他推荐的策略？

Câu hỏi 2: Quý vị muốn chia sẻ các phương pháp cách thức được đề nghị khác là gì?

السؤال 2: سؤال أرشادي: ما هي الإستراتيجيات المستحسنة الأخرى التي ترغب بمشاركتها معنا؟



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