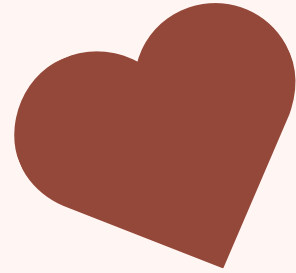


February 2024

HOPE4YOUTH NEWSLETTER



Impact Council Members of the Month



Jonah Daily

Jonah Daily is a junior at Pryor High School. She is on the Impact Council and plays basketball. Jonah loves to read and spend time with her amazing family!

Jonah why do you choose to be drug and alcohol free?

I choose to be drug and alcohol free because I want to live a long, happy, and healthy life.

Brooklyn Rice

Brooklyn Rice is a 7th grader at Pryor Middle School and is involved in the Impact Council, football and basketball cheer, and enjoys hanging out with her friends and family.

Brooklyn why do you choose to be drug and alcohol free?

I choose to be drug and alcohol free because I want to keep my body healthy and I know it's not the right choice.



Fentanyl 101

What is Fentanyl?



FENTANYL RISK & PREVENTION STRATEGIES



ILICIT FENTANYL 101:

What is it?

A potent synthetic opioid that is 50 times stronger than heroin and **100 times stronger than morphine.**

How are people exposed?

Fentanyl may be intentionally or unintentionally mixed with various substances, including counterfeit pills, heroin, cocaine, and methamphetamine. Users may be unaware that what they have purchased is contaminated, contributing to **accidental overdose risks.**

What is the impact of fentanyl?

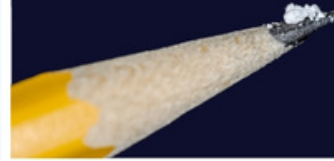
Fentanyl is a **leading cause of death** of Americans under 50, killing more people than heart disease, cancer, homicide, suicide, and other accidents combined.

84%

of overdose deaths among youth aged 10-19 involved synthetic opioids, primarily illicit fentanyl. Sixty-five percent of youth who overdosed had no documented opioid use history.
(Jul 2019-Dec 2021)

2 mg

of fentanyl, the amount on the tip of this pencil, can be deadly. (DEA)



2,640

2018

3,040

2019

5,393

2020

5,936

2021

AMONG YOUTH AND YOUNG ADULTS 15-24, OVERDOSE DEATHS RELATED TO SYNTHETIC OPIOIDS ARE INCREASING*

*Primarily illicit fentanyl

EMERGING THREAT

In April 2023, the White House Office of National Drug Control Policy declared fentanyl adulterated or associated with Xylazine as an emerging threat to the United States. The Drug Enforcement Agency (DEA) has seized mixtures of xylazine and fentanyl in 48 out of 50 states.



Can you tell which pill is fake and contains a lethal dose of Fentanyl?

Fentanyl is commonly pressed into counterfeit pills that resemble legally manufactured pills, as shown on the right. Individuals (some not knowing they are taking a fake pill) don't know if they are about to ingest a lethal dose of Fentanyl.

If these two pills weren't next to each other, would you be able to tell that the bottom one was the counterfeit pill? Chances are, you would not!





What about this picture? Both pills are sold as Xanax but can you tell which one is a counterfeit pill that contains Fentanyl and which one is from a pharmacy?

The yellow pill is fake.

What Can Schools Do To Help?

ADOLESCENT SUBSTANCE USE:

Impact on youth

Adolescence poses a high risk for drug initiation, with usage rapidly increasing among ages 12-19. **Substance use before 18 is a risk factor for substance use disorder by age 20.**

First Line of Defense

To protect young individuals from the risks of substance use, **our first line of defense is prevention.**

Evidence-Based Environmental Prevention Strategies

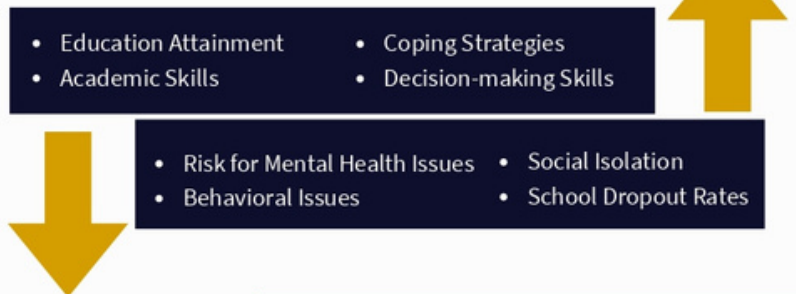
Effective prevention involves proactive, multilevel strategies. These are implemented across the range of environments influencing youth to **reduce risk factors and promote protective factors** associated with youth substance use initiation and escalation.

Community coalitions are effective at bringing together various stakeholders to collaborate on implementing these **Environmental Strategies**, such as those recognized by **Blueprints for Healthy Youth Development**, a registry of evidence-based interventions. These have been scientifically proven to prevent substance use and promote healthier outcomes for youth.



SCHOOL FOCUS ON PREVENTION

Schools are the primary environment outside of families with which youth interact, making them an ideal setting for prevention. Focusing on positive youth development and addressing the underlying causes of youth substance use are associated with a wide range of positive outcomes that support schools in achieving their mission.



Scan to learn more about funding for Drug-free community (DFC) coalitions and access prevention resources.



PREVENTION STEPS SCHOOLS CAN TAKE

- Provide / Promote Mental Health Education and Services and Teach Healthy Coping Skills
- Promote a Positive School Environment and Create Opportunities for Positive Peer Influence
- Engage with Youth, Families and the Community
- Utilize Available Media Campaigns
- Offer Extracurricular Activities
- Conduct Regular Check-ins and Surveys
- **Search for a DFC coalition in your area to join or seek funding to create one!**

SAFETY ORIENTED STRATEGIES

Naloxone, a life-saving medication, can reverse the effects of an opioid overdose. It is crucial to have this medication on hand in the event that youth may initiate substance use with a high risk for fentanyl contamination. It can be administered by anyone, is easy to use, and is portable.



60%

of overdose deaths among youth aged 10-19 occurred in the home.

67%

of overdose deaths had potential bystanders present who may have been able to save a life by administering naloxone.

(Jul 2019-Dec 2021)

Schools & Families: Be Prepared, Save a Life

- Develop an emergency operation plan for opioid overdose situations (see the resources for a link to a model plan).
- Familiarize yourself with the signs and symptoms of an opioid overdose.
- Attend naloxone training sessions to learn proper administration techniques.
- Ensure convenient access to naloxone in case of emergencies.
- Talk to your pharmacist about getting naloxone.
- Review The Real Deal on Fentanyl media campaign at realdealonfentanyl.com.