

Preparing Families for Difficult Conversations about Alcohol & Drugs

Presented by:

Student Safety & Wellness Office
Substance Abuse Prevention Program



Learning Objectives

At the end of this presentation, I will...

- 1) Have a basic understanding of alcohol, nicotine, cannabis, and opioids.
- 2) Understand the risk factors for drug misuse.
- 3) Understand the symptoms of drug misuse and withdrawal.
- 4) Know what I can do as a caregiver.

Knowledge Check

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



SAP Program Overview

- Program originally funded in 2018 by the Opioid and Substance Use Task Force (with support from Board of Supervisors and School Board) to help address the opioid epidemic and other substance use concerns in the schools. FCPS added funding over time to provide more SAP positions to cover all school pyramids and provide equitable access to supports.
- Prevention Strategies
- Education seminars for students, families, and community members
- Individual/group counseling interventions

Adverse Effects of Drug Use

Biological	Psychological	Social
Weight Loss, respiratory probs, poor immune functioning	Increased risk of mental health concerns	Strained relationships with family and friends
Lack of interest in eating	Shame & guilt	Loss of interest in activities and sports
Poor Hygiene	Exacerbated MH diagnosis	Potential job loss
Brain Development	Potential trauma associated with drug deals	Criminal behavior
Potential Injury	Mood swings, irritability, fearful, anxious, and paranoid	Causing harm to self & others

Alcohol



Nicotine & Vaping

- Identifying by smell
 - Strong scent of candy/fruit/mint watermelon, cotton candy, bubblegum
- Hidden as objects
 - Smart watch, phone case, vape hoodie
- Signs of use
 - mood swings, agitation, coughing, throat clearing, headache





Nicotine & Vaping


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
- Ecstasy
- Methamphetamines
- Heroin
- Steroids
- Inhalants

Nicotine & Vaping

- Adolescents tend to favor vaping over traditional cigarettes
 - Long term side effects will be seen in younger generations
- **BOTH CONTAIN NICOTINE!**
 - The amount of nicotine contained in e-cigarettes can also be misleading.
 - Research shows the amount of nicotine advertised can be a lot more or a lot less than what's really there.



Knowledge Check

1. Do teens prefer vaping (e-cigarettes) or traditional cigarettes?

1. True or False: E cigarettes & vaping devices do not contain nicotine.



What is Cannabis?



Marijuana, which can also be called cannabis, weed, pot, or dope, refers to the dried flowers, leaves, stems, and seeds of the cannabis plant.

- THC is impairing, or mind altering
- CBD is not impairing and does not cause a “high”



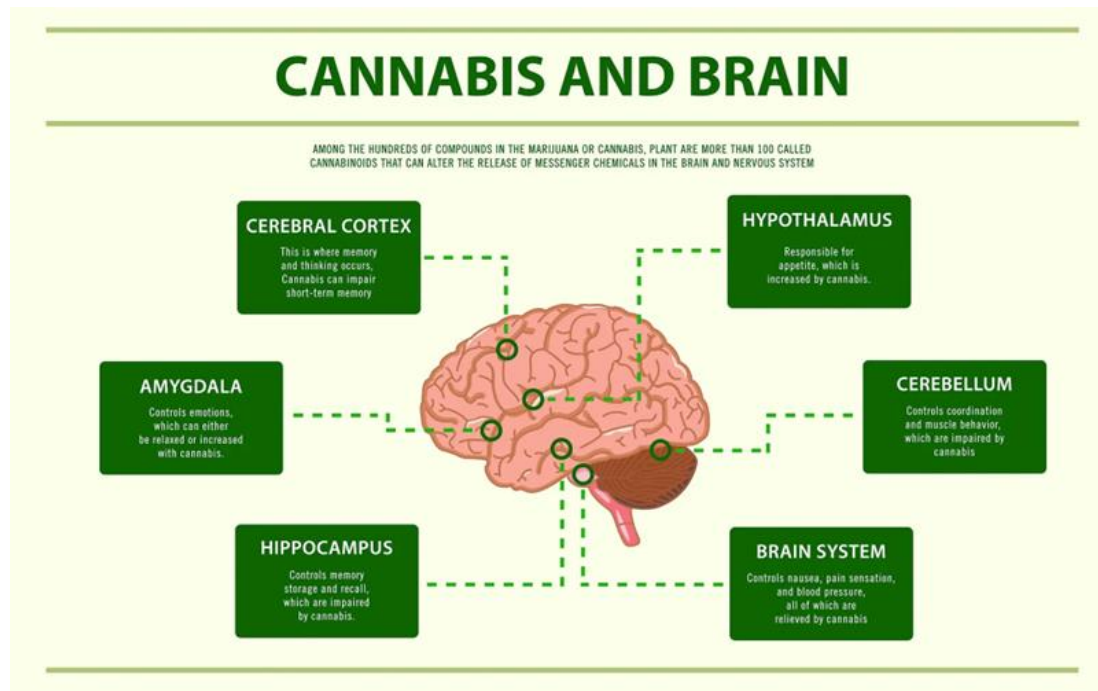
Routes of Administration

- Smoked- joints, blunts, bong, vapes
- Ingested-edibles (e.g. cookies, brownies, tinctures)



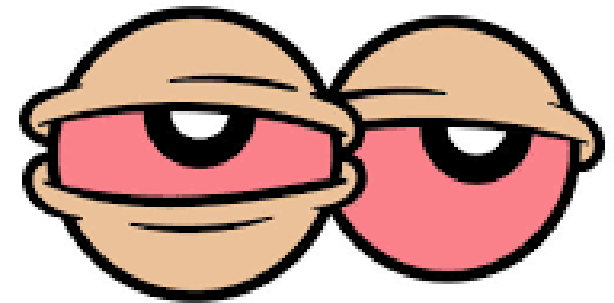
Cannabis & Vaping

- Cannabis directly affects the part of the brain responsible for learning and memory
- Activates reward center



Cannabis Intoxication Symptoms

- Red/bloodshot eyes
- Dry mouth
- Delayed reaction times
- Increased appetite
- Lack of motivation
- Memory impairment
- Drowsiness/relaxed state
- Disorientation
- Paranoid/nervous
- Vomiting



Knowledge Check

1. True or False? CBD is impairing and causes a high.
1. True or False? Marijuana impacts the part of the brain responsible for learning and memory.



What are opioids?

- Rx & non-Rx pain relievers
- Depressant

- **HYDROCODONE**

Norco, Lortab, Vicodin, Zohydro

- **OXYCODONE**

OxyContin, Percocet, Percodan, Roxicodone

- **MORPHINE**

MSIR, MS Contin

- **CODEINE**

Tylenol #3, Phenergan with codeine

- **FENTANYL**

Duragesic, Actiq

- **HYDROMORPHONE**

Dilaudid

- **OXYMORPHONE**

Opana

- **MEPERIDINE**

Demerol

- **TRAMADOL**

Ultram, ConZip

- **BUPRENORPHINE**

Subutex, Suboxone, Butrans, Zubsolv

- **METHADONE**

Dolophine, Methadose



Opioid Misuse Symptoms

3 C's:

- Loss of **Control**
- **Craving**, preoccupation with use
- Use despite negative **Consequences**

WHAT ARE OPIOIDS?

Opioids is a term used for the entire family of opiate drugs, including natural, synthetic and semi-synthetic.

These drugs are chemically related and interact with opioid receptors on nerve cells in the body and brain.

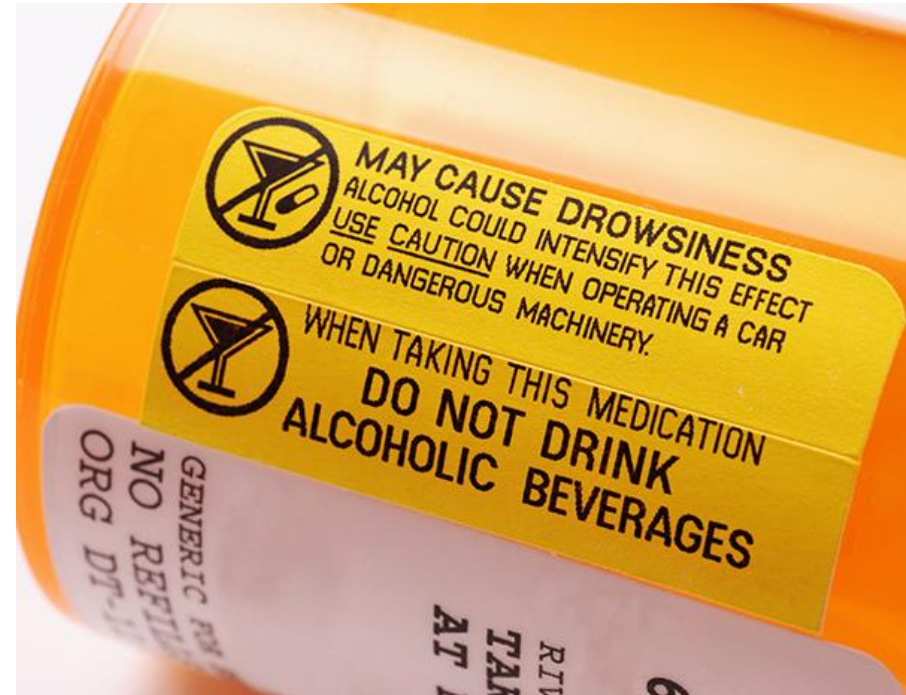
OPIOID DRUGS INCLUDE:

- Heroin
- Buprenorphine
- Codeine
- Fentanyl
- Hydrocodone
- Hydromorphone
- Meperidine
- Methadone
- Morphine
- Oxycodone



Opioid Intoxication Symptoms

- Reduced level of consciousness
- Pinpoint pupils
- Depressed respiratory rate
- Hypotension
- Blue skin
- Hypothermia
- Bradycardia



PRESCRIBE WITH CONFIDENCE.
**GUIDELINE FOR PRESCRIBING
OPIOIDS FOR CHRONIC PAIN**



Opioid Withdrawal Symptoms

- Drug craving
- Anxiety
- Restlessness
- Gastrointestinal distress
- Excessive sweating and/or Chills
- Irregular heart rhythms



Those at risk for overdose...

- Prior overdose history
- Changes in tolerance
- Changes in quality or purity
- Buying drugs off the street
- Mixing drugs
- Weakened immune system, heart problems
- IV drug use



Fentanyl

- Up to 50x Heroin
- Up to 100x Morphine

The DEA Laboratory has found that, of the fentanyl-laced fake prescription pills analyzed in 2022, 6/10 contain a potentially lethal dose of fentanyl.



Overdose Signs and Symptoms

- Unconscious/not responding
- Slow/shallow breaths/not breathing
- Disrupted breath sounds
- Blue lips & nails
- Cold/clammy skin
- Tiny pupils (pinpoint pupils)



Naloxone (Narcan)

- Opioid overdose reversal medication
- Non-habit forming
- Only for opioid overdoses
- 911 is essential



Naloxone (Narcan)

'Life-saving possibility': Fairfax Co. stocks overdose reversal med Narcan in all schools

by Heather Graf | Thursday, December 1st 2022



Fairfax County Public Schools will now stock each of its 198 schools with the opioid overdose reversal medication known as Narcan, or Naloxone. (Images Courtesy: FCPS)

Knowledge Check

1. What are opioids?
1. The only way to reverse an opioid overdose is _____.



Prevention

- Talk to your child about drugs
 - Dangers of use
 - Expectations and values regarding drugs
- Prepare your child for peer pressure
- Eat meals together
- Get your child involved in activities or sports
- Monitor use of prescription medications
- Lock up medications and alcohol
- Dispose of unused medications properly
- Provide parental supervision



Coping

- Exercise/physical activity
- Enjoy nature
- Listen to music you enjoy
- Engage in self-care activities
 - spa day, reading, arts and crafts
- Take deep breaths
- Your personal spiritual/religious practices
 - prayer/meditation
 - Going to church, synagogue, temple, etc.



Starting the Conversation

- **Avoid:**
 - scare tactics
 - stories about how you used drugs
- **Do:**
 - Keep the conversation open
 - Answer questions
 - Try to stay calm
 - Use teachable moments to start the discussion
 - Talk about family history of addiction/drug use



Knowledge Check

1. What is one way to prevent access to unused medications?
1. What are some coping strategies you can teach children?



Local Resources

- 911 for Emergency
- [FCPS SAPS Program](#)
- Private Provider
- [Fairfax- Falls Church Community Services Board](#)
- News You Choose
- Twitter: @FCPSSAPS
- [REVIVE Training](#)
- [Fairfax County Youth Survey](#)
- Fairfax CSB Adult Detoxification Center (24/7)
- [Safe Medication Storage/Disposal](#)
- [CR2 \(24/7\)](#)- provides rapid response to children, youth, and adults facing a MH or SU crisis
- [REACH \(24/7\)](#)- Crisis stabilization for persons with developmental disabilities

National Resources

- [National Suicide Prevention Lifeline](#)- 1-800-273-8255 (988)
- [Crisis Text Line](#)- a live trained crisis counselor receives the text and responds through a secure online platform
- [Regional Crisis Call Center & Textline](#) - crisis intervention, suicide prevention
- National Institute on Drug Abuse ([NIDA](#))
- Substance Abuse and Mental Health Services Administration ([SAMHSA](#))

Thank you!

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www.fcps.edu