

Substance Use Education: **DRUG & ALCOHOL FACTS WEEK**

Quick Facts:

- National Drug & Alcohol Facts Week is March 20-26, 2023
- Opioids are the number one cause of unnatural death in Fairfax County. Young adults aged 25-34 are the most common demographic seen in the emergency room for fatal opioid overdoses.
- Nationwide there were over 100,00 overdose deaths from April 2020- April 2021.
- Using opioids after a period of abstinence, mixing drugs, IV use, and serious medical problems all contribute to an increased risk of opioid overdose.
- 90% of substance users began using prior to 21-years-old.
- Alcohol, marijuana, and nicotine are usually the most common substances used by adolescents.
- Fairfax County police stations, pharmacies, and medical facilities provide permanent drug disposal drop boxes for residents to safely dispose of their unused/expired medication. DO NOT flush your medications.

Reframing Our Thinking:

Changing our state of consciousness is part of the human experience (kids spinning in circles to induce dizziness, meditation, runner's high, and more) but using substances has more negative than positive side effects. Alcohol, marijuana, and nicotine use prevention strategies are also opioid overdose prevention strategies since opioid users likely used one of these three substances first. Every opioid overdose does not lead to death, but it increases the chances of an eventual overdose fatality. Although most opioid users began with alcohol, marijuana, and nicotine, these three drugs are not "gateway drugs". The term "gateway drug" implies all alcohol, marijuana, and nicotine users will eventually use other drugs, but that is not the case for most, so the time to act is now. Treat your medication as a loaded gun; lock it up and properly dispose of any medications you are no longer using.

For general questions about the FCPS Substance Abuse Prevention Program, please contact the Office of Student Safety & Wellness at: (571) 423-4270.

For further Information & support:
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Sources & Resources

Fairfax CSB Opioid Info
REVIVE Training for Opioid Overdoses
Medication Disposal
Teen Substance Use
FCPS Substance Abuse Prevention Program
Everything You Need to Know About Opioids