

School Safety Webinar

May 21, 2024



CALIFORNIA DEPARTMENT OF EDUCATION
Tony Thurmond, State Superintendent of Public Instruction

Welcome and Overview

- LEA/Student Perspective
 - Peer awareness campaign
- Parent Perspective
 - Overview of student support engagement model
- Nurse Perspective
 - Administering naloxone
 - Education and prevention
- Teacher Perspective
 - The New Drug Talk
 - Health education lessons to support educators
- California Department of Public Health (CDPH)
 - Programs and resources concerned with overdose preparedness
- Q&A



Welcome

Tony Thurmond,
State Superintendent of Public Instruction



CALIFORNIA DEPARTMENT OF EDUCATION
Tony Thurmond, State Superintendent of Public Instruction

Las Lomas High School

Fentanyl Awareness and Education Initiative

- Teachers
 - Professional Development
 - Naloxone/Narcan Distribution
- Parents
 - Community Panel Education Night Students
- Students
 - Fentanyl Awareness Circles
 - Schoolwide Assembly
 - Fentanyl Awareness Day
 - Peer Awareness Campaign





Image of stick people holding hands in a circle.

Peer to Peer

Las Lomas High School

Faris Almahamid

Picture of clipboard as a
background to text.



Our Mission

To inform others about the
hazards of substances and
advocate for a no-judgement
environment

What We Do

1

Present

Informational
Productions

2

Converse

Biweekly Meetings

3

Share

Infographics and
Posters

Opiates and Fentanyl

Narcan Poster

Fake Pills Poster

Life Saving Treatment (NARCAN) on Campus!

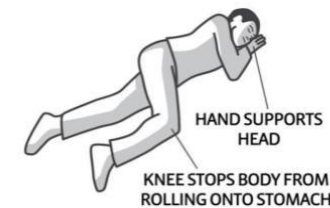
Narcan is a **fast working anti-overdose medicine.**

If you suspect an overdose, tell any staff **IMMEDIATELY!** You may be able to save the victim's life.

Signs of Overdose:

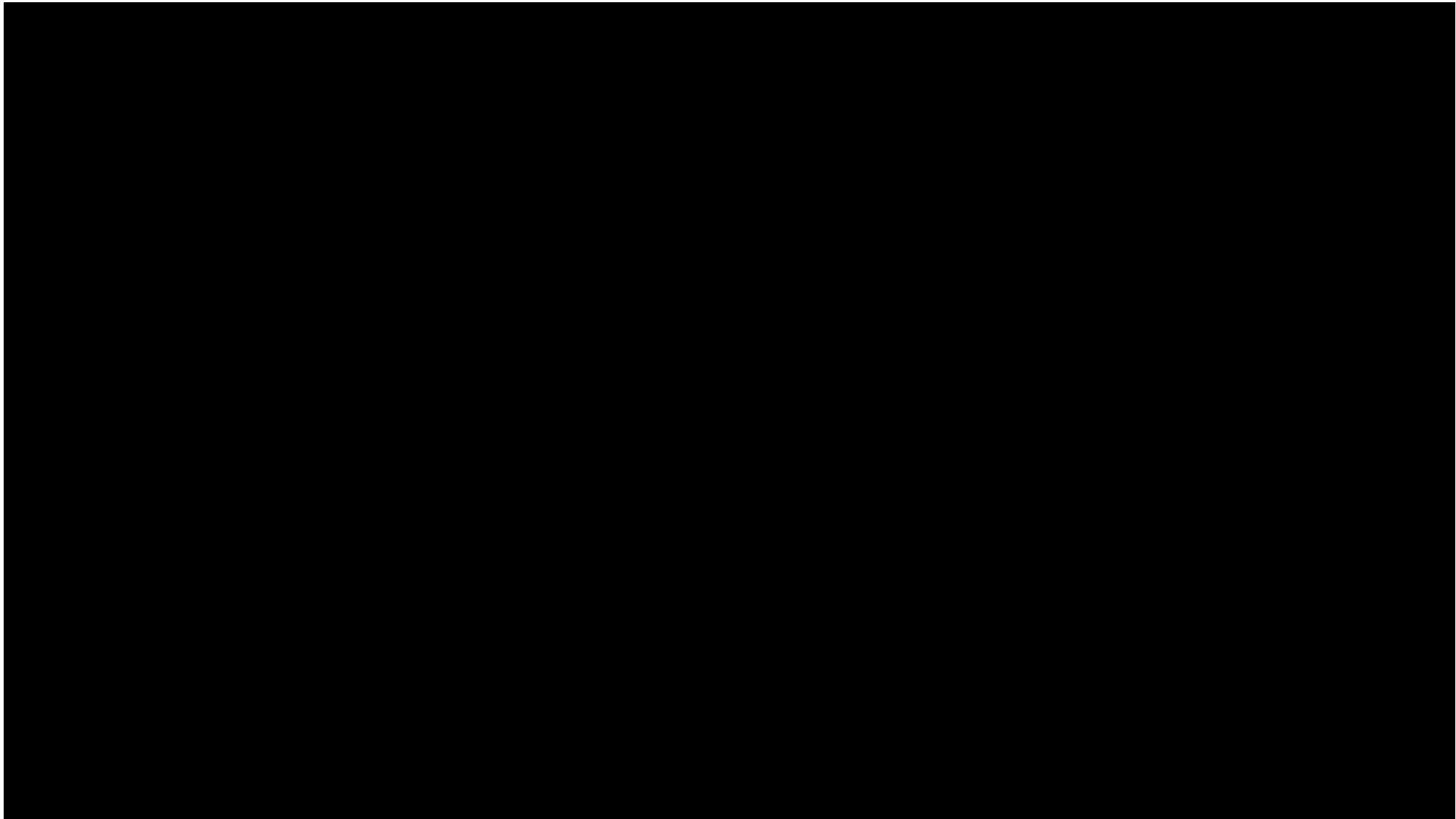
- Slow or no breathing
- Not moving/passed out
- Disoriented
- Choking or gurgling sounds
- Cold or clammy skin
- Discoloration of lips and/or nails (from lack of oxygen)
- Extremely small pupils

Recovery Position



Picture of person laying in recovery position.

Take **action**, save a **life.**



Who was Zach?



Zach grew up in Northern California, near Sacramento. He was a **straight-A student, athlete, star of his high school musical** and an **Eagle Scout**.

In December 2020, Zach bought what he thought was a Percocet from a dealer he connected with on Snapchat. He took the pill and was seemingly OK.

Two days later, he got a **second “Percocet”** from the **same dealer** — possibly even from the same batch of fake pills — and that fentapill killed him.

How are fentapills made?



While **medical fentanyl** and **real prescription pills** are made in **regulated** facilities using **precise measurements** and **sterile** equipment...



Fentapills are made in **dirty, unregulated, and illegal** "labs," using **rough measurements** and **improper tools**.

Why are fentapills deadly?

Because they're made with **fentanyl** instead of the actual medications they're said to contain.

And since they're so carelessly made, some fake pills can contain little or no fentanyl, while some can contain **enough to kill multiple people with just one pill.**



Why haven't I heard about some of this stuff before?

Your parents or other adults in your life **might not get it**. They grew up before fentapills or social media even existed.

And lots of traditional media — like movies, books, and TV shows — still **depict old ways of thinking about “drugs.”**

Drug experimentation used to be thought of as a “journey.” Now it's a **minefield where one pill can kill you.**



Combating the Fentanyl Crisis in Schools

Trends

Overdose Look Fors

First Aid Response

Providing Narcan to each school site

Things to consider

Utilizing your nursing staff effectively

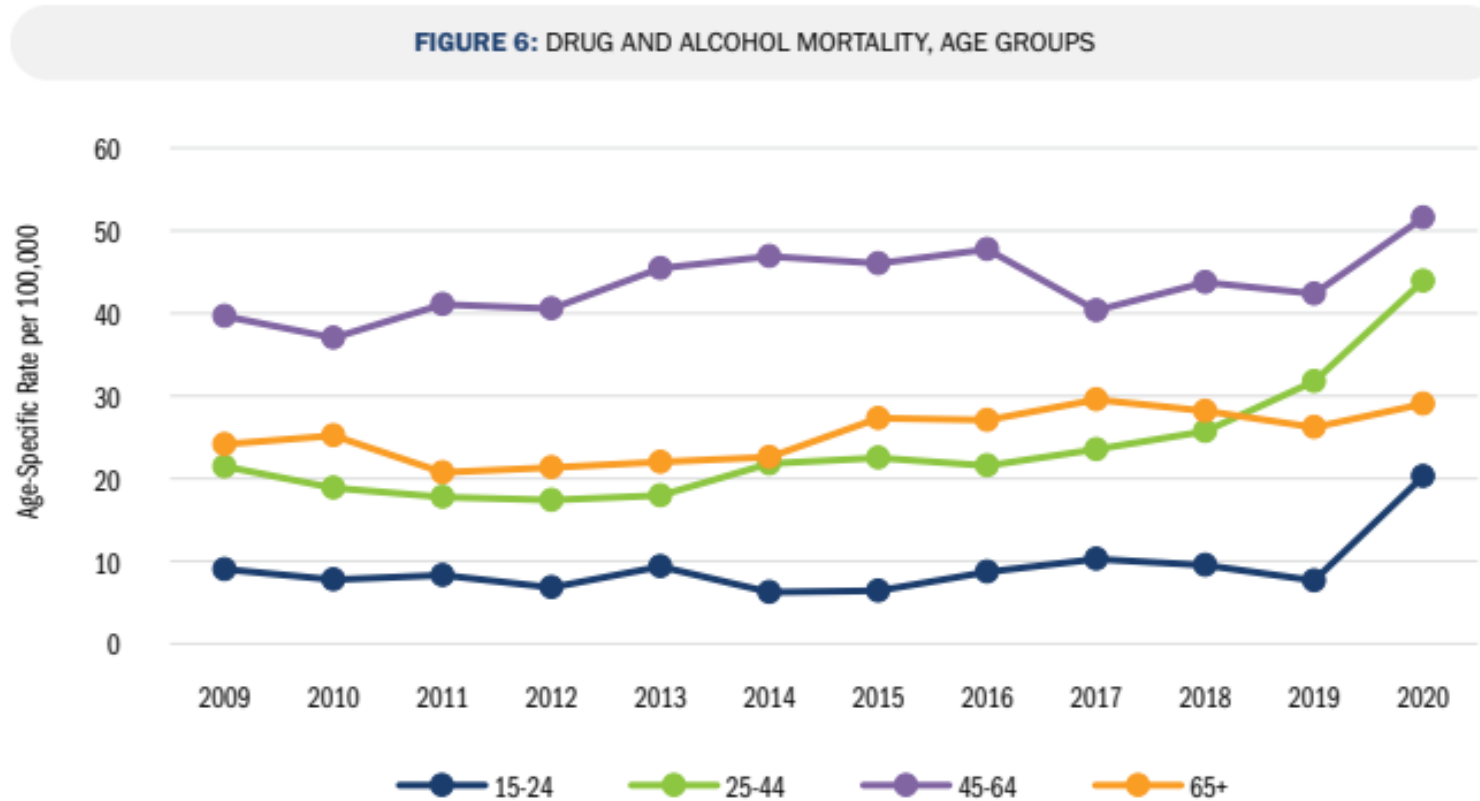
Prevention

Trends – Los Angeles County

- **Group Impact:** Adults aged 26-39 (44) have the highest rates of overdose, emergency department visits, and hospitalizations due to fentanyl.
- **Gender Disparity:** Males are 4.6 times more likely to die from fentanyl overdose than females.
- **Socioeconomic Influence:** More affluent areas report higher numbers of fentanyl overdose deaths compared to less affluent areas.
- **Drug Prevalence Shift:** Fentanyl has surpassed methamphetamine as the most common drug type causing death in accidental drug overdoses.

Trends – Orange County

Drug/alcohol overdoses, or poisonings resulted in 13,000 ED visits, 6,600 hospitalizations and over 1,000 deaths in 2020 (OC)



UCLA's 19 Hotspots Identified

Counties that had at least 20 overdose deaths and death rates higher than the national average for the years 2020-2022

- Los Angeles County (111)
- Orange County (61)
- San Bernadino County (54)
- Riverside County (41)
- San Diego County (36)
- Kern County (30)
- Santa Clara County (24)

• <https://www.uclahealth.org/news/release/about-22-high-school-age-adolescents-died-each-week>

School Trends

Increased number of drug impairment assessments - DITEP

More EMS transports to the ED for potential substance use

Seeing more polypharmacy

Cooccurring morbidity

Overdoses on/off campus

More referrals to mental health and substance abuse treatment programs



Would you know the difference?

Fake pills look like real pills but can be lethal.
Do not accept meds from unknown sources.

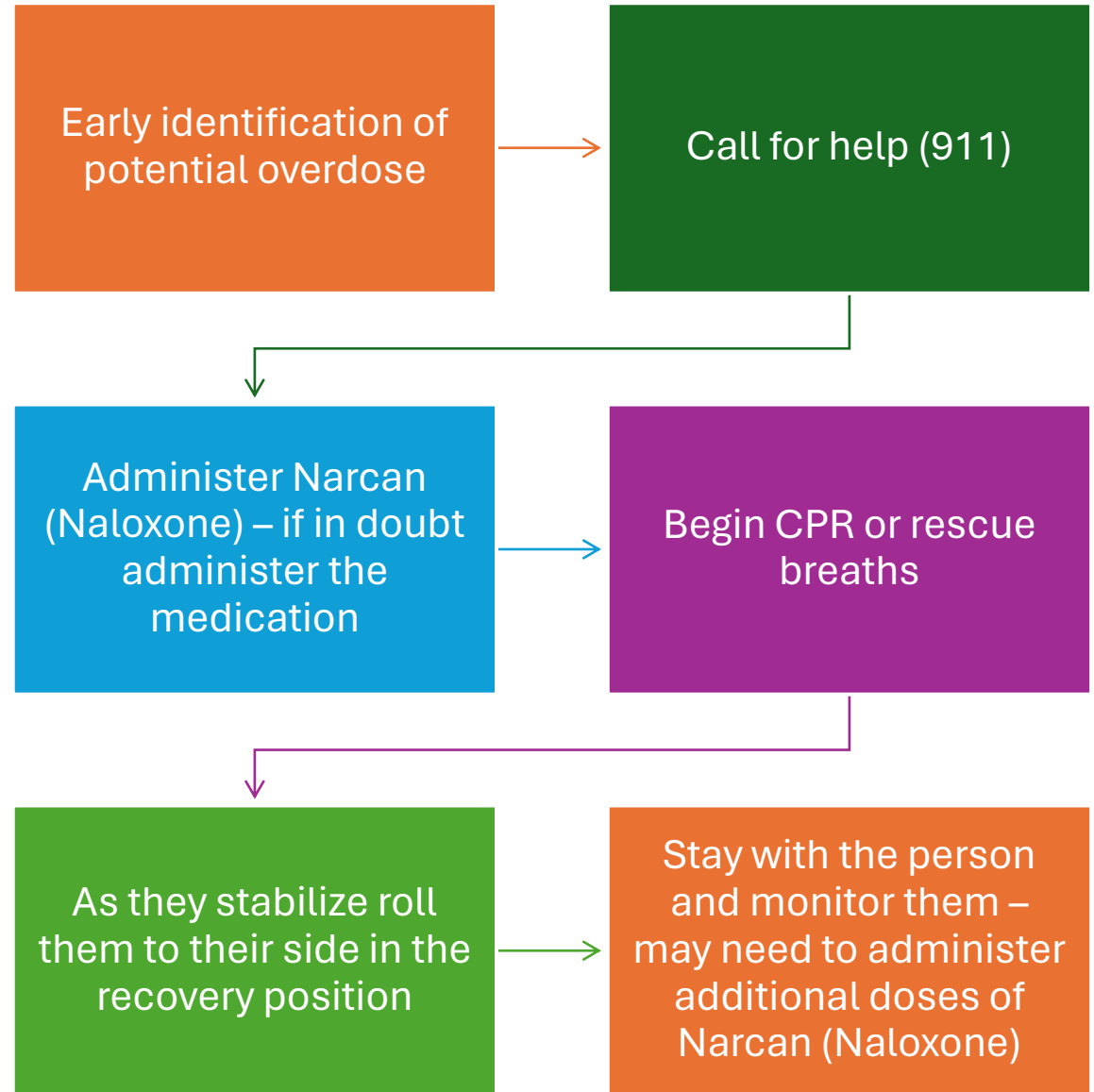
- It only takes a few grains of Fentanyl to overdose
- Fentanyl has no warning signs
 - no smell
 - no special color



Overdose Look Fors

- Evidence of ingestion
- Decreased level of consciousness
 - try to wake the person up
- Slow, shallow, or absent breathing
- Lack of response to stimulation
 - Shake them
 - Shout
 - Grind your knuckles on their breastbone to elicit a response
- Small constricted pupils
- Poor skin color (especially lips, fingertips, lining of the eyes, and inside of the mouth)

First Aid Response



A woman with brown hair and glasses, wearing a black t-shirt, is holding a small, white and yellow medical device in her right hand. The device has a white nozzle and a yellow base with a red button. The background is a dark grey gradient.

THE NEW
DRUG
TALK
CONNECT TO PROTECT

NARCAN AND NALOXONE

Narcan (Naloxone) - Free to eligible organizations

- A copy of a valid and active business license, FEIN number or tax-exempt letter.
- For orders over 204 units, policies and procedures for naloxone distribution including:
 - Storage of naloxone received through the program;
 - Inventory and tracking of naloxone received through the program;
 - Distribution plan for naloxone received through the program
- Number of overdose reversals reported with naloxone received through NDP (for subsequent applications)
- https://www.dhcs.ca.gov/individuals/Pages/Naloxone_Distribution_Project.aspx



Things to consider



- If you have an overdose on campus, consider if it's possible others have or could ingest the same substance
- Make this a part of your school site safety plans
 - Who do you notify
 - What is your EMS response time
 - Where is the Narcan/AED located
 - Who is CPR trained
 - Who will provide care if your nurse is off-campus
 - Who will direct EMS
 - Who is on crowd control
 - Who is investigating possible additional cases
 - How does your team pull together if there are multiple cases
 - How does your plan change for extracurriculars
 - Practice your response
- Know your local resources for referral and treatment options
- Consider a transition plan back to school after an overdose/treatment

School Nurses

Education and Awareness:

- Student Education
- Staff Training
- Parental Outreach

Prevention Programs:

- Drug Prevention Programs
- Peer Support Programs

Emergency Response Preparedness:

- Naloxone (Narcan) Availability
- Emergency Protocols
- Participate in your District and site-level EOC/SSPs

Health Services:

- Screening and Referrals
- Brief Intervention / Motivational Interviewing
- Alternatives to Suspension Programs
- Counseling Services

Collaboration with Community Resources:

- Partnerships
- Resource Distribution

Advocacy:

- Policy Advocacy
- Funding

Prevention

Multi-Tiered System of Support

Provide the families with resources on how to make this a table conversation

Monitoring School Climate

Prevention

Integration of departments to build capacity and meet mental health needs (SW, Counseling, Nursing, Psychologists, Behavior Interventionist)

Increased Mental Health Resources

Engage Students and Families

Prevention

Educate students, families, and allies

Mental Health Education
SB 224

Social and Emotional Learning

References

- Data Report Fentanyl Overdoses in LA
<http://publichealth.lacounty.gov/sapc/MDU/SpecialReport/FentanylOverdosesInLosAngelesCounty.pdf>
- Orange County Health Care Agency 2022 Drugs and Alcohol Report
https://ochealthinfo.com/sites/healthcare/files/2022-10/Drugs_Alcohol_Report_ED_Hosp_Death_All_Ages_2022-Final.pdf
- About 22 high school-age adolescents died each week from overdoses in 2022, driven by fentanyl-laced prescription pills
<https://www.uclahealth.org/news/release/about-22-high-school-age-adolescents-died-each-week>
- California Statewide Overdose Safety Workgroup Responding to a Fentanyl Overdose
<https://www.cdph.ca.gov/Programs/CCDPHP/sapb/CDPH%20Document%20Library/Responding-to-a-Fentanyl-Overdose.pdf>

Resources

- BrightLife Kids and Soluna <https://www.calhope.org/>
- 211 <https://www.211.org/>
- SAMHSA hotline <https://www.samhsa.gov/find-help/national-helpline>
- Narcan Administration <https://youtu.be/fXHn9w8e0R0?feature=shared>
- Naloxone Distribution Project
https://www.dhcs.ca.gov/individuals/Pages/Naloxone_Distribution_Project.aspx
- DITEP Training <https://www.chp.ca.gov/programs-services/for-law-enforcement/drug-recognition-evaluator-program/schedule-of-classes/ditep>

TheNewDrugTalk.org



CALIFORNIA

Have the Talks

Improve your “drug talk” skills so you and your child are always on the same page about safety, accountability and good choices.



How do I talk to my kid about fentanyl?



Someone overdosed from a pill. How do I talk to my child about it?



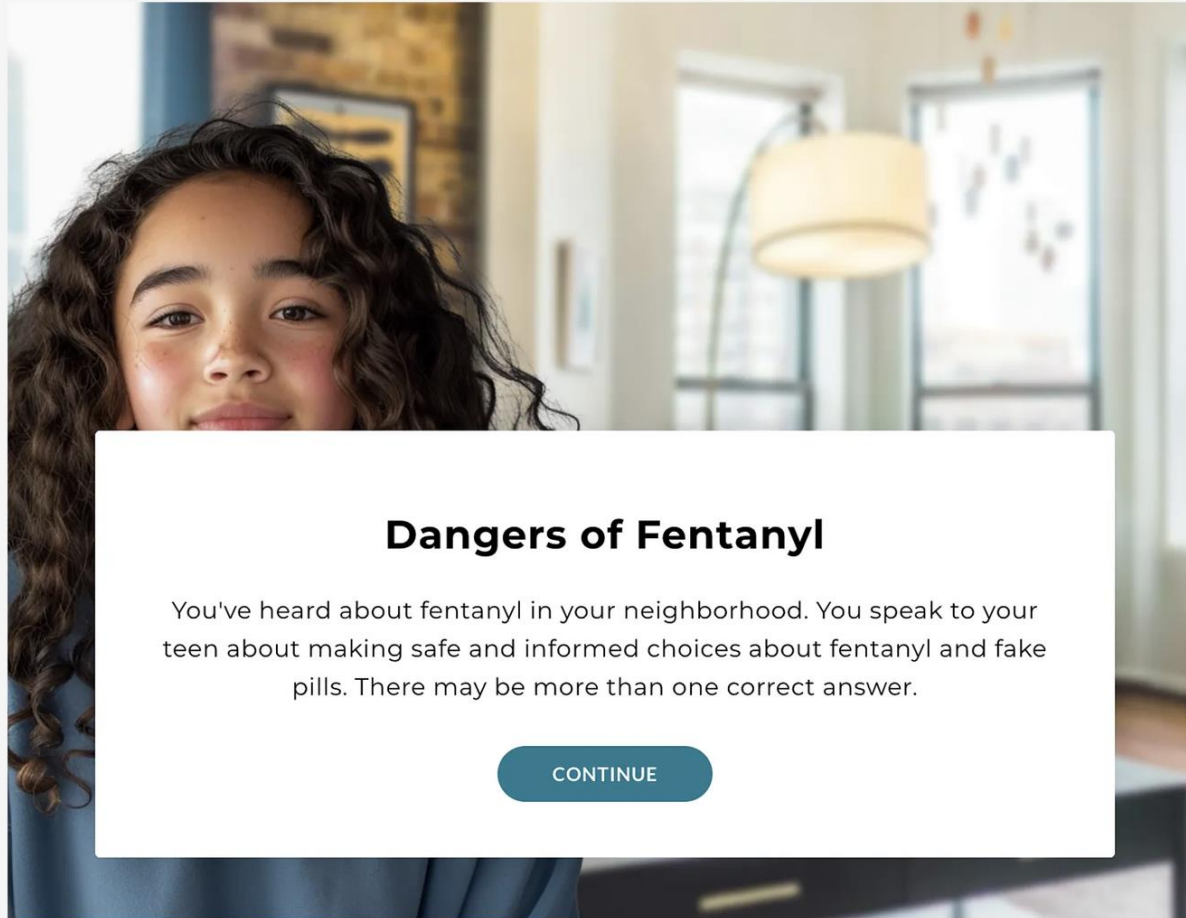
Your child just got access to social media. How do you keep them safe?



Your child is spending the night elsewhere. Will they be safe?



Your child's friends use drugs. How do you keep your child safe?



Dangers of Fentanyl

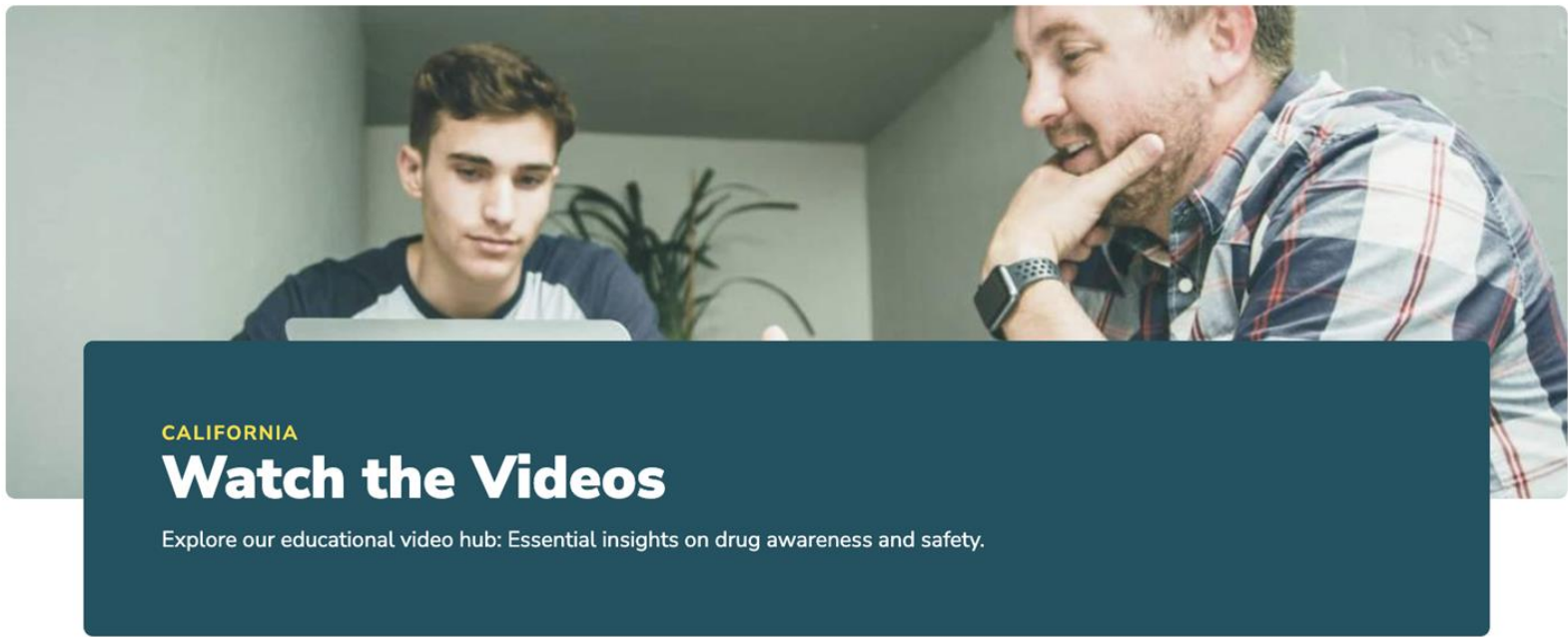
You've heard about fentanyl in your neighborhood. You speak to your teen about making safe and informed choices about fentanyl and fake pills. There may be more than one correct answer.

CONTINUE

How do I talk to my kid about fentanyl?

Teen overdoses are more common than ever, not because more teens are using drugs, but because the drugs are more potent and sometimes contain other, more dangerous substances. Fentanyl is now involved in ~80% of teen overdoses.

Try [this interactive scenario](#) about fentanyl and equip yourself with the information to help your child make safe and informed choices.



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Watch the Videos

Explore our educational video hub: Essential insights on drug awareness and safety.

MATERIALS FOR SOMEONE WHO IS...

Not Using Experimenting Using Looking to Learn

GRADE LEVEL

Middle School High School Post High School Not In School



Protect Your Friends



How much of a problem is fentanyl?



Why is fentanyl found in so many drugs now?

How We Talk About This With Youth



SONG FOR CHARLIE

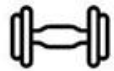


REAL TALK ABOUT FAKE PILLS

What is fentanyl?

Fentanyl is a

POTENT SYNTHETIC OPIOID



POTENT

100x more powerful than morphine, 50x more powerful than heroin



SYNTHETIC

Produced in labs; made in mass quantities



OPIOID

"Pain killer" like morphine, oxycodone, codeine, heroin, etc.



THIS IS A
LETHAL DOSE

(2mg)

What are some alternatives to pills?

Take care of your physical and mental health.

Ask a trusted adult for help, sooner rather than later.



What should I take away from this?

No random pills! They could be fake & fatal.

Only take medication from a Dr./pharmacy.

Don't trust any other pills — even if someone's tried them or says they're "tested."

If someone's overdosing, **give them Narcan.**

Take care of your **physical & mental health.**

Spread the word to keep your friends safe.



Resources for Classrooms



What's happening?

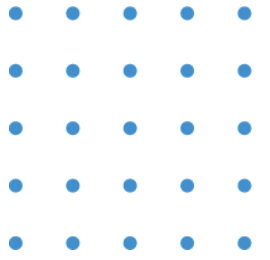
Fentanyl is flooding our communities. Some teens are purchasing what they think are Adderall, Percocet, Oxycodone and Xanax pills via social media; what they're getting are fake pills made from the cheap, deadly and more potent synthetic drug called fentanyl. The drug is odorless, tasteless and colorless. Fentanyl is up to 50 times more potent than heroin and 100 times more potent than morphine. The Drug Enforcement Agency (DEA) estimates that 6 in 10



tinyurl.com/fakefatallesson



tinyurl.com/StanfordLessonPlan



Office of School Health (OSH)

Ryan Skaggs, MPH, CHES
OSH Chief



ABOUT US:

CDPH OFFICE OF SCHOOL HEALTH (OSH)

- OSH advances health, wellness, and in-person instruction for California's 7.5 million students and staff within the states 10,000 TK-12 schools.
- We support local education and health stakeholders with their efforts to make California schools healthier and safer.
- Develop and disseminate scientific guidance and policies on matters of public health importance.
- Facilitate collaboration between state and local education and health officials.
- Develop and maintain convening platforms for the school/health community.



2023/24 K-12 School and Child Care Guidance

Communicable disease mitigation guidance for K-12 schools and child care.

[View 2023/24 Guidance](#) →

[SMARTER Plan](#) →

Overdose Prevention

Naloxone Resources for Schools

- California Overdose Surveillance Dashboard
- Signs of an Opioid Overdose
- Naloxone Overview
- Resources to Support School Naloxone Program
- Overdose Practices and Needs Snapshot Survey
- CDPH Contact Information for Technical Assistance

California Overdose Surveillance Dashboard



Know the Signs of an Opioid Overdose

- Small, constricted “pinpoint pupils”
- Falling asleep, losing consciousness or very deep sleep
- Slow, weak or no breathing
- Choking or gurgling sounds
- Limp body
- Cold and or clammy skin
- Discolored skin especially around the lips and nail bed

Naloxone

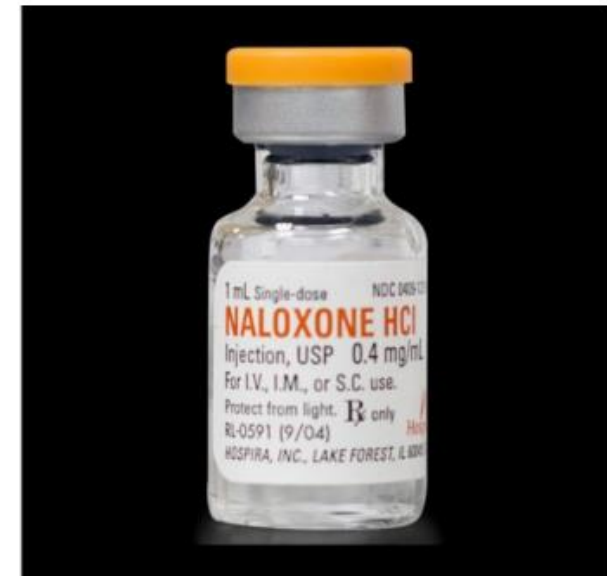
- Life saving medication that can reverse an opioid overdose.
- Can be administered quickly through: Nasal spray, injected or using an auto-injector on a major body muscle such as the thigh.
- Very effective, works quickly, is not addictive, has no effect if opioids are not present in a person's system, and has no potential for abuse.
- Available for free to schools through the Naloxone Distribution Project, also available over the counter at pharmacies at your own cost.



nasal spray



auto-injector



injectable

CDPH Naloxone Resources

[About Naloxone](#)

Provides an overview of naloxone, where you can get it, and how to recognize an overdose and respond using naloxone. Also available in [Spanish \(en español\)](#).

[Naloxone and Youth](#)

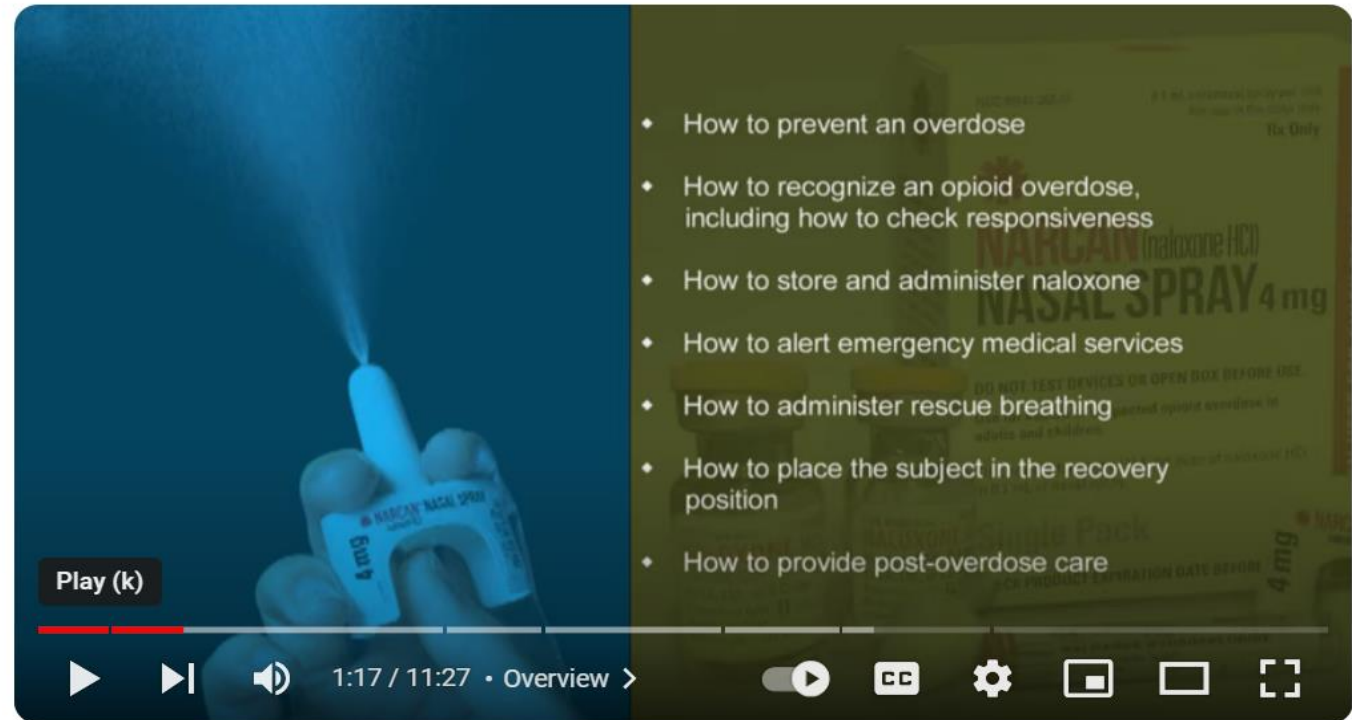
Provides information to help guide the education community on Naloxone and youth.

[Adult Role Models and Schools](#)

Provides resources to support adult role models in their communication with youth about the risks of opioids and other substances.

[Administering Naloxone - Training Video \(YouTube\)](#)

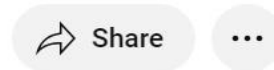
This 11-minute training video -Also available in [Spanish \(en español\)](#).



Administering Naloxone



CA Public Health ✓
21.6K subscribers



Helpful Links

[Naloxone Distribution Project:](#)

Links to the Department of Health Care Services (DHCS) Naloxone Distribution Project (NDP) which provides free naloxone to qualified organizations.

NDP Application: https://aurerhealthgroup.qualtrics.com/jfe/form/SV_3aqWz9n74FH7tVs

[Over the Counter Naloxone:](#)

As of July 2023, the U.S. Food and Drug Administration (FDA) has approved two OTC naloxone nasal sprays for consumers to purchase without a prescription for, making overdose reversal medications more widely available.

[CDPH Naloxone Standing Order:](#)

Provides the naloxone standing order application, frequently asked questions, and a naloxone administration training video.

[Overdose Prevention Initiative \(OPI\) Landing Page:](#)

All the information presented today and much more can be found on the OPI landing page.

CDPH Safe Schools for All Hub



Overdose Prevention

Naloxone is a life-saving medication available to schools that can be used to reverse an opioid overdose, including heroin, fentanyl and prescription opioid medications.

[Naloxone Distribution Project](#) →

[Naloxone Application](#) →

[CDPH Naloxone Standing Order](#) →



The Dangers of Fentanyl

The landscape of youth substance use has changed with the potential for drugs being laced with fentanyl. These resources can support discussing the risks with students.

[Youth Opioid & Substance Use](#) →

[Resources for Adult Role Models](#) →

[The New Drug Talk](#) →



Cannabis Use Prevention

Talking with students about cannabis use is one of the best ways that you can help to prevent early experimentation. Use the resources below to inform those conversations.

[CDPH: Let's Talk Cannabis](#) →

[Teen Health: Mind Over Marijuana](#) →

[Smart Talk: Cannabis Curriculum](#) →

Resources for Establishing a School Overdose Prevention Program

Additional resources and sample materials to support developing, implementing, or expanding programs in schools to protect from opioid overdoses.

- [Los Angeles County Health: Implementing a Stock Naloxone Program on Campus \(Slide Deck\)](#)
- [Los Angeles Unified School District: Administration of Naloxone Nasal Spray \(Policy Bulletin\)](#)
- [National Association of School Nurses: Naloxone Education for School Nurses Toolkit](#)
- [San Mateo County Office of Education: Naloxone for Schools Program and Toolkit](#)
- [Resources to Address Youth Fentanyl Crisis: March 13, 2023 - School Health Repository of Experiences \(SHARE\)](#)
- [National Institute on Drug Abuse: Information for Parents and Educators](#)
- [School Based Health Centers Help Prevent and Treat Substance Use](#)

Practices and Needs Snapshot Survey

To complete the survey, please follow this link:

https://csusaccce.co1.qualtrics.com/jfe/form/SV_1TXypWnZXHSVJ4O

- CDPH is partnering with California State University, Sacramento on a Practices and Needs Snapshot Survey to better understand the substance and addiction prevention efforts currently taking place in California K-12 schools.
- The purpose of this survey is to get a better understanding of what resources are available and where needs exist regarding substance use prevention, harm reduction, and support and treatment for students who may use drugs.
- The findings from this survey will be used to guide SAPB in the development of substance and addiction prevention education materials and resources for schools throughout the state.

CDPH Contact Information

- To submit questions about the naloxone standing order send to: NaloxoneStandingOrder@cdph.ca.gov
- To submit general questions, send to the Overdose Prevention Initiative inbox: OPI@cdph.ca.gov
- To reach the CDPH Office of School Health: safeschoolsteam@cdph.ca.gov



Q&A

CALIFORNIA DEPARTMENT OF EDUCATION

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For additional questions, please contact the
Office of School-Based Health Programs:
Wellness@cde.ca.gov

