



Chemical Dependency Counselors



Monica Belen

Bush MS, Field MS,
Perry MS,
ECHS, Turner HS,
Ranchview HS

Heidi Whitehill

Blalack MS, Long MS,
Polk MS, Creekview HS,
Smith HS

WHO WE ARE

District counseling staff working with campus administration, PAC, and crisis counselors once a student has been caught with a substance or under the influence of a substance.

WHAT WE DO

Provides substance use prevention education, intervention and counseling services.

Able to provide 3 individual sessions with referred student.

- Parent consent required if requesting continued support.

FOR ADDITIONAL SUPPORT & RESOURCES CONTACT:

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Fentanyl/Opoids

Psychoactive Drugs

Affects the brain and causes changes in mood, behavior, awareness, thoughts and feelings

A small amount is too much...



Pause (k)



0:00 / 0:15

Scroll for details





**Lethal dose of
Fentanyl
2mg**



**Every 8 mins a person
dies from an Opioid
overdose
99% are accidental**

**Street names: Percs, Yerks, Yerky,
Blues, M30s**



Authentic oxycodone M30 tablets



***Counterfeit oxycodone M30 tablets
containing fentanyl**



**ONE
PILL CAN
KILL**

Department of Justice | Drug Enforcement Administration

FAKE PILLS FACT SHEET

FAKE PRESCRIPTION PILLS • WIDELY AVAILABLE • INCREASINGLY LETHAL

DEA LAB TESTING REVEALS THAT

6 OUT OF EVERY **10** PILLS

WITH FENTANYL CONTAIN A POTENTIALLY

LETHAL DOSE

**Fake pills often contain fentanyl
and are more lethal than ever before.**





**How many doses of
fentanyl were removed
from the streets last year?**

The background of the slide is a close-up, slightly blurred image of numerous white and light blue pills scattered across the surface. The pills are of various shapes, including round and oval, and some have markings like lines or logos. A horizontal bar with red, grey, and dark blue segments is positioned at the top of the image.

379,000,000

tanyl overdose survivor shares her story | Nightline



y (k)

Effects of Fentanyl

- Cognitive decline/Forgetfulness
- Changes in physical structure of the brain
- Nausea/vomiting
- Altered heart rate
- Itchy skin
- Weakness
- Hallucinations
- Seizure
- Multiple organ system damage
- Slurred speech
- Difficulty swallowing
- Neurological/ hormonal systems off balance
- Overdose
- When you stop or as you come off, you will experience withdrawal systems

Coming down/Withdrawals

Irritability

Agitation

Insomnia

Depression

Anxiety

Painful to body

Itchy skin

Gastrointestinal issues

Onset 8-12 hrs after
use

Peak is 36-72 hrs after
use

Can last 7-10 days

The experience of the
going through
withdrawals often lead
to taking more of the
drug to just feel better.

Possession of PG1-Fentanyl Pills

Amount of Fentanyl	Sentence	Prison term	Fine
<1 gram	State Jail Felony	180 days – 2 years	Up to \$10,000
1 gram–4 grams	Third Degree Felony	2-20 years	Up to \$10,000
4 grams–200 grams	Second Degree Felony	10-99 years	Up to \$20,000
200 grams–400 grams	Life Felony	15-99 years	Up to \$200,000
>400 grams	Life Felony	20-99 years	Up to \$500,000

Drug Use Continuum



No use

Experimentation

Recreational

Regular

Dependent

**-Lack of
Access**

-Novel Experience

-Social Use

**-Attempts to
Control / Limit**

-"Takes Over"

-Belief/Value

-Curious

-Adds to life

**-Some major life
areas affected**

**-Constrains many
significant life areas**

**-Bad
Experience**

-Low Tolerance

-Can control

**-Drug use
continues**

**-Strong emotional
pain (loss)**

-Pressure to fit in

**-Reactions
Predictable**

-Pattern

-Pre-occupied

-Externally Motivated

**-Increased
tolerance**

**-Coping
Mechanism**

-High tolerance

**-Internally
Motivated**

-Isolated

**ONE
PILL CAN
KILL**

#OnePillCanKill



**IT ONLY
TAKES
ONE
TIME**

Signs of fentanyl overdose

That require
immediate
action to be
taken

3-5 minutes

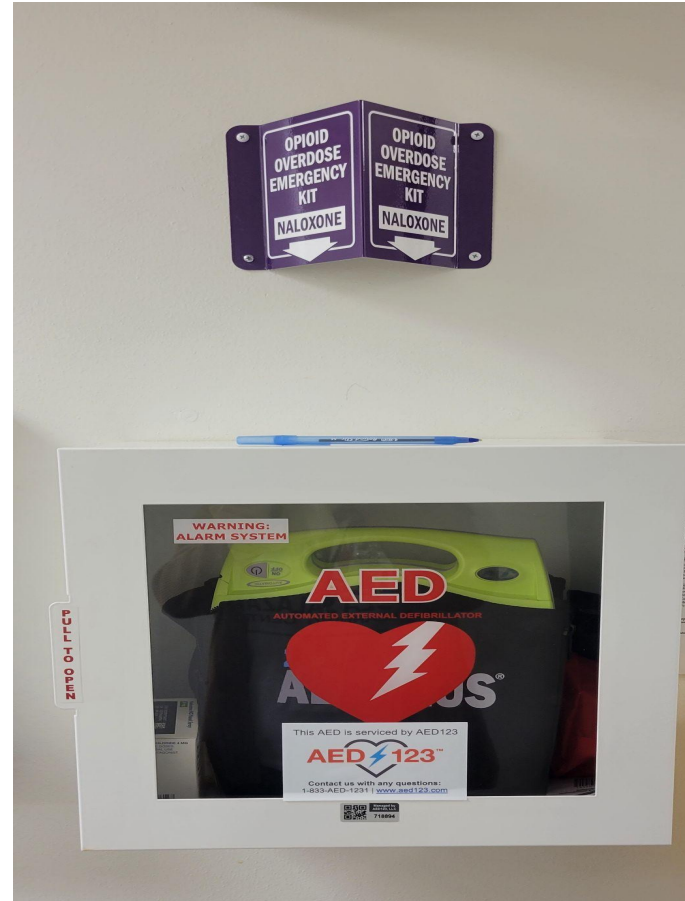
- Blue shade in skin or lips, nails (cyanosis)
- Sudden loss of consciousness
- Cold, clammy skin
- Extreme sleepiness
- Shallow, low breathing
- Low blood pressure
- Small, constricted, “pinpoint” pupils
- Choking or gurgling sounds
- Limp body

What to do in overdose situations

Act quickly

1. Call 911 immediately
2. Administer naloxone (narcane), if available
3. Try to keep the person awake and breathing
4. Lay the person on their side to prevent choking
5. Stay with the person until emergency assistance arrives

**All CFBISD
campuses now
carry an opioid
overdose
emergency kit of
Naloxone**



Why Naloxone?



EFFECTIVE

- ★ Reverses effects of an opioid overdose
- ★ Anyone in Texas can be trained to administer

SAFE

- ★ Nontoxic
- ★ Will not hurt someone who hasn't taken opioids
- ★ No potential for misuse or addiction

STANDARD
OF
CARE

- ★ NASN
- ★ Governor Abbott's Opioid Initiative
- ★ DEA
- ★ CDC
- ★ CFBISD Medical Advisor





Building resistance in our children

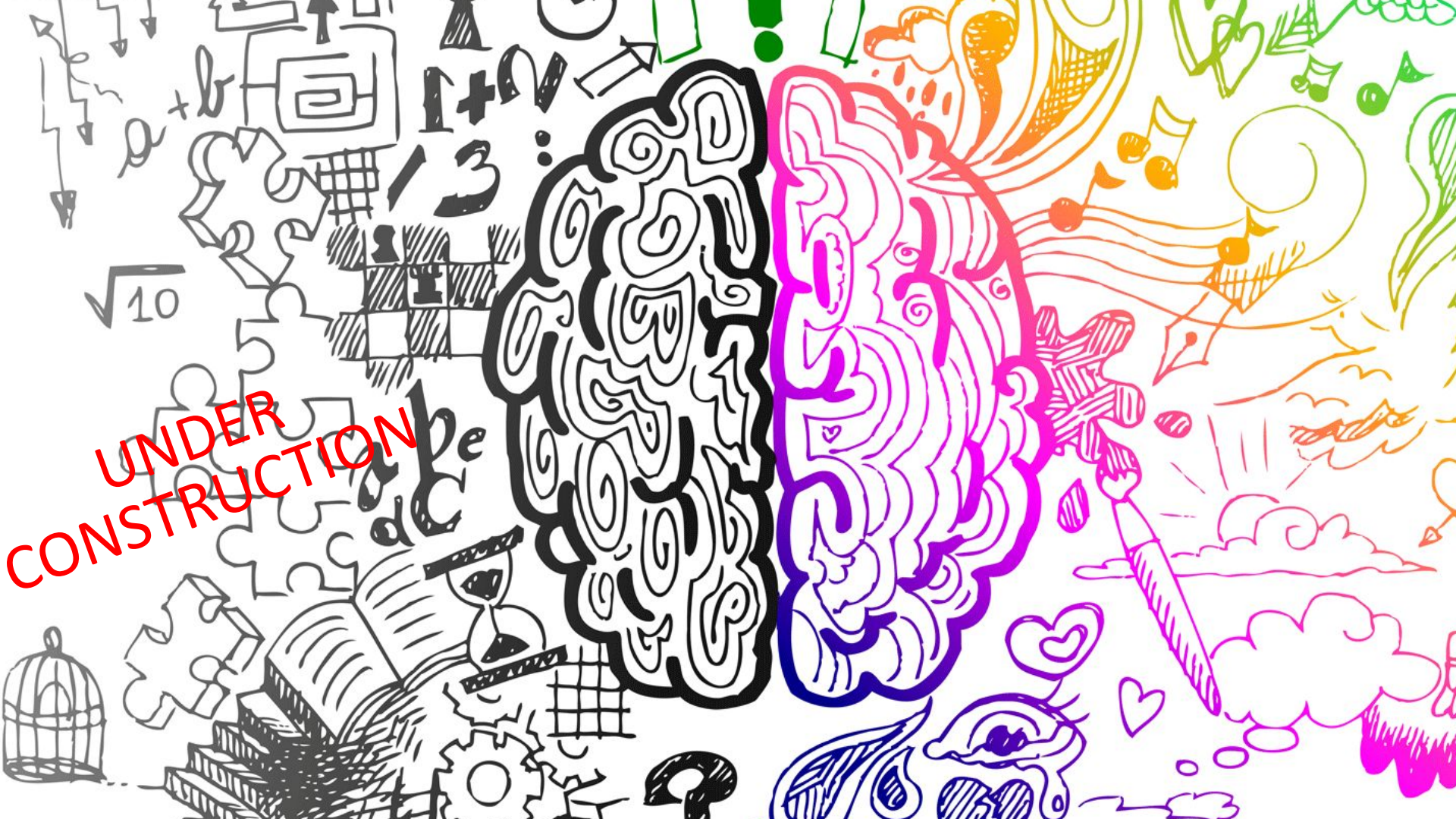
It is HARD to say no to peers

Teens are wired
to connect with
peers and do
things together

Student Response to Peer Pressure

- Blame it on your parents!
- Say you get drug tested.
- Tell them you don't want to lose phone/car
- Say no and change the subject
- Use humor
- Trust your gut feelings
- If others try to shame you, that's about them, not you

UNDER
CONSTRUCTION



How do students access substances?

- Social media- posted pictures attract customers
- Reach out to buy and to sell
- Sometimes think its a safe substance
- Friends of friends/family
- Taking from home (medicine cabinets)
- Vape smoke shops

Five conversation goals

- Share your disapproval of underage drinking and other drug misuse.
- Show you care about your child's health, wellness, and success.
- Show you are a good source of information about alcohol and other drugs.
- Show you're paying attention and you will discourage risky behaviors.
- Build your child's skills and strategies for avoiding using substances.

Keep an eye out for...



**STASH
POCKET
INSIDE**



Things you can do to protect yourself and your brain

- Identify risky situations
- Think before you do
- Stay engaged with healthy activities
- Practice healthy coping skills
- Normalize stress/boredom
- Use positive self-talk
- Get adequate sleep
- Identify your support system
- Build positive and supportive relationships/friendships
- Be open to support & counseling

If you
see/hear/know
something....

Say something &
Do something

It is NOT snitching

Anonymous alerts

- Download the Anonymous Alerts® app for free from the Apple Store, Google Play store, or the Chrome store
 - Start the App, enter **activation code: cfbisd**
 - Send important reports to school officials
 - Add a screenshot, photo or video about the incident
- <https://www.cfbisd.edu/>



District levels of support

- 2 Chemical Dependency Counselors
- Parent Drug Awareness presentations
- Partnership with Safety Net
- Community referral/resource list
- District partnership with InterQuest K9
- Secondary Campus Drug Awareness presentations
- 5th grade Drug Awareness Presentations Informational posters on campuses
- Naloxone on each campus
- District informational website

Resources for drug testing

Must be at least a 16 panel drug test to detect Fentanyl

- Call your child's pediatrician and make an appointment
- Standalone Drug Testing Centers

Fastest Labs of Addison

4021 Belt Line Road, Suite 207

Addison, TX 75001

972-685-2581

www.fastestlabs.com/Addison/



- Discount for CFBISD students with school ID
- 17 panel urine drug screen for \$45
- Results are available instantly
- Drug testing coaches are available to speak with parents about the different drug tests that are available

RESOURCES

- <https://www.songforcharlie.org>
- <https://realdealonfentanyl.com>
- www.samsha.gov
- <https://nida.nih.gov>
- drugfree.org
- <https://www.dea.gov>
- **SAMHSA National Helpline**
 - **1-800-662-4357**



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SCAN ME

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