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/Opioids

Psychoactive Drugs

Affects the brain and causes changes in mood, behavior, awareness, thoughts and feelings
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
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?
379,000,000
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
<table>
<thead>
<tr>
<th>Symptom</th>
<th>Onset</th>
<th>Peak</th>
<th>Duration</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Irritability</td>
<td>8-12 hrs after use</td>
<td>36-72 hrs after use</td>
<td>7-10 days</td>
<td>The experience of going through withdrawals often leads to taking more of the drug to just feel better.</td>
</tr>
<tr>
<td>Agitation</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Insomnia</td>
<td></td>
<td></td>
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<tr>
<td>Depression</td>
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<td></td>
</tr>
<tr>
<td>Anxiety</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Itchy skin</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Gastrointestinal issues</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Painful to body</td>
<td></td>
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</tr>
</tbody>
</table>
## Possession of PG1-Fentanyl Pills

<table>
<thead>
<tr>
<th>Amount of Fentanyl</th>
<th>Sentence</th>
<th>Prison term</th>
<th>Fine</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt;1 gram</td>
<td>State Jail Felony</td>
<td>180 days – 2 years</td>
<td>Up to $10,000</td>
</tr>
<tr>
<td>1 gram–4 grams</td>
<td>Third Degree Felony</td>
<td>2-20 years</td>
<td>Up to $10,000</td>
</tr>
<tr>
<td>4 grams–200 grams</td>
<td>Second Degree Felony</td>
<td>10-99 years</td>
<td>Up to $20,000</td>
</tr>
<tr>
<td>200 grams–400 grams</td>
<td>Life Felony</td>
<td>15-99 years</td>
<td>Up to $200,000</td>
</tr>
<tr>
<td>&gt;400 grams</td>
<td>Life Felony</td>
<td>20-99 years</td>
<td>Up to $500,000</td>
</tr>
<tr>
<td>Drug Use Continuum</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>--------------------</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>No use</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Lack of Access</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>- Belief/Value</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Bad Experience</td>
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</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Experimentation</th>
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</thead>
<tbody>
<tr>
<td>- Novel Experience</td>
</tr>
<tr>
<td>- Curious</td>
</tr>
<tr>
<td>- Low Tolerance</td>
</tr>
<tr>
<td>- Pressure to fit in</td>
</tr>
<tr>
<td>- Externally Motivated</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Recreational</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Social Use</td>
</tr>
<tr>
<td>- Adds to life</td>
</tr>
<tr>
<td>- Can control</td>
</tr>
<tr>
<td>- Reactions Predictable</td>
</tr>
<tr>
<td>- Increased tolerance</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Regular</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Attempts to Control / Limit</td>
</tr>
<tr>
<td>- Some major life areas affected</td>
</tr>
<tr>
<td>- Drug use continues</td>
</tr>
<tr>
<td>- Pattern</td>
</tr>
<tr>
<td>- Coping Mechanism</td>
</tr>
<tr>
<td>- Isolated</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Dependent</th>
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<tbody>
<tr>
<td>- &quot;Takes Over&quot;</td>
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<tr>
<td>- Constrains many significant life areas</td>
</tr>
<tr>
<td>- Strong emotional pain (loss)</td>
</tr>
<tr>
<td>- Pre-occupied</td>
</tr>
<tr>
<td>- High tolerance</td>
</tr>
<tr>
<td>- Internally Motivated</td>
</tr>
<tr>
<td>- Isolated</td>
</tr>
</tbody>
</table>
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 (narcan), 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
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...
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