

Substance Misuse and Educators Role in Harm Reduction



Erika Greenberg MSN, RN
www.cahec.org
contactcahec@gmail.com



Healthy Kids Colorado Survey



HEALTHY KIDS
COLORADO SURVEY

23.6% of HS students who had one drink or more in the last 30 days

13.3% of HS students who had used marijuana in the last 30 days

12.2% of HS used (other drugs) to experimented or to see how it felt in the last 12 months

- <https://cdphe.colorado.gov/healthy-kids-colorado-survey-dashboard>



Rise Above Colorado Youth Survey



Most often used:
Alcohol 45%
Vaping 30%
Marijuana 25%

NORTHEAST DATA:

- 31% agree experimenting is part of being a teen
- 30% drugs can help manage stress
- 17% prescription drugs (stimulants) is safe
- 51% live with someone with a SUD or addiction
- 24% offered drugs not prescribed to them
- 42% offered marijuana

SCHOOL EDUCATION:

- 58% Prescription not prescribed to you
- 69% Alcohol
- 58% Marijuana
- 80% Vaping

- <https://www.riseaboveco.org/images/2022%20Rise%20Above%20CO%20Youth%20Survey%20Results.pdf>



Rise Above Colorado Youth Survey

Mental Health and Substance Use Connection

NE Respondents:

Poor Mental Health Days/Month

- 39% reported 3-5 days
- 23% reported 6-13 days

Both increased since 2020

% Used Recently (Past 30 Days)	Number of Poor Mental Health Days			
	None (n=116)	One to Two (n=175)	Three to Five (n=239)	Six or more (n=172)
Marijuana	2% ↓	14%	15%	20% ↑
Pain Reliever	--	1%	5%	3%
Stimulant	1% ↓	5%	8% ↑	5%
Anti-Anxiety	1%	1%	4%	4%
Alcohol	11% ↓	21%	22%	20%
Vaping	6% ↓	18%	19%	22%

Recognize the Signs

Mood changes (e.g., flare-ups of temper, irritability, defensiveness)

Poor class attendance, low grades, and/ or behavior problems

Disregard for school rules

Memory lapses, poor concentration, bloodshot eyes, lack of coordination, or slurred speech

Switching friends and a reluctance to allow parents to meet new friends



COMMON EMOJI CODES

FAKE PRESCRIPTION DRUGS

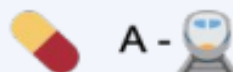
PERCOCET & OXYCODONE



XANAX



ADDERALL



OTHER DRUGS

METH



HEROIN



COCAINE



MDMA & MOLLIES



MUSHROOMS



COUGH SYRUP



MARIJUANA



DEALER SIGNALS

DEALER ADVERTISING



HIGH POTENCY



UNIVERSAL FOR DRUGS



LARGE BATCH



Disclaimer: These emojis reflect common examples found in DEA investigations. This list is not all-inclusive, and the images above are a representative sample.





The Developing Brain

https://vimeo.com/145188894?embedded=true&source=vimeo_logo&owner=45670850



What is Addiction and Substance Use Disorder?



<https://www.youtube.com/watch?v=TAzgw599Gyg>



OVERDOSE AND NALOXONE TRAINING



1 hospitalized, 4 treated after suspected drug overdose at JFK High School

Twenty-nine kids between the ages of 10 and 18 died as a result of fentanyl during the 2021-2022 school year, according to the state health department.

El Paso County lost more youth to fentanyl overdose than suicide.

Two Colorado teens die of apparent overdoses

Fentanyl kills Mitchell High student, dealer arrested

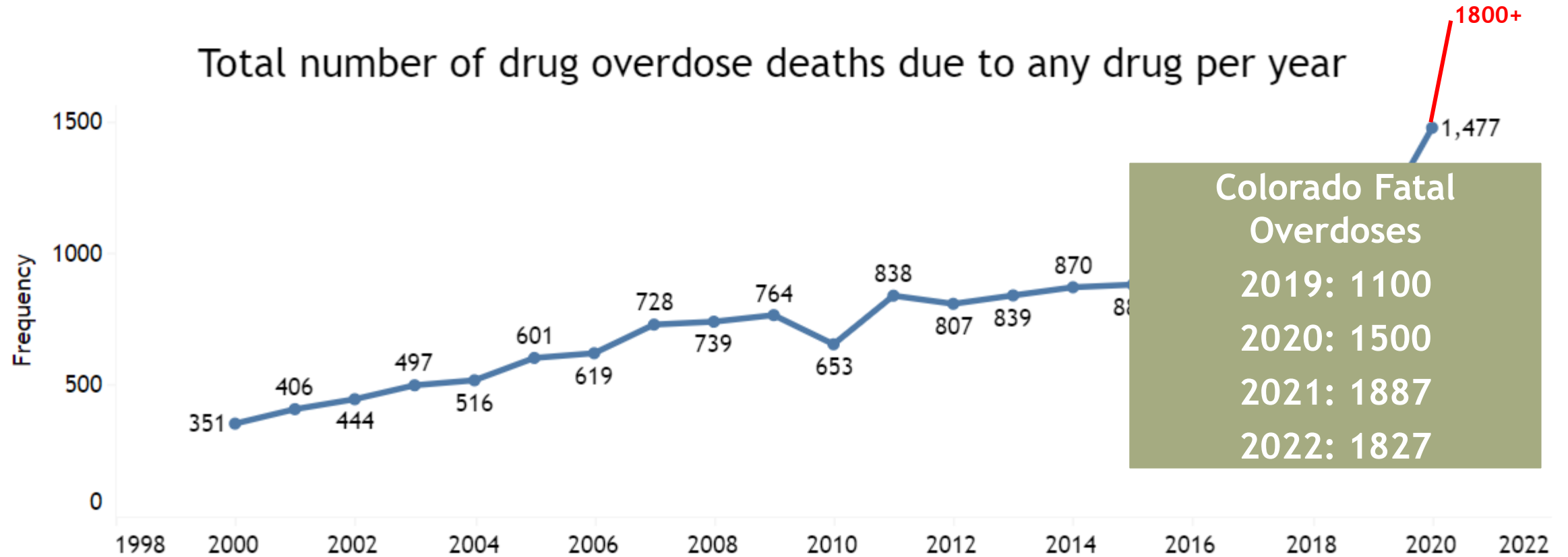
Accidental fentanyl overdose investigated in 13-year-old's death
Less than a day after starting the 8th grade at Aurora Hills Middle School, his family says Jose was found dead from an accidental fentanyl overdose.
AUG 11, 2022

#1 killer for people age 18-45





Total number of drug overdose deaths due to any drug per year



<https://www.cdc.gov/nchs/nvss/vsrr/drug-overdose-data.htm>

What are Opioids?

Opioids can be:

- Natural or synthetic
- Prescription medications or illegal drugs
- Pills, capsules, powder, dermal patches, or liquid
- Swallowed, smoked, snorted, or injected

Overtime, opioid use changes both the amount and sensitivity of dopamine receptors causing users to need a continuous supply of opioids to feel “normal.”

The Limbic System

Opioids can create feelings of pleasure, relaxation and contentment

The Spinal Cord

Opioids decrease feelings of pain, even after serious injuries

The Brainstem

Opioids can slow breathing, stop coughing and reduce feelings of pain



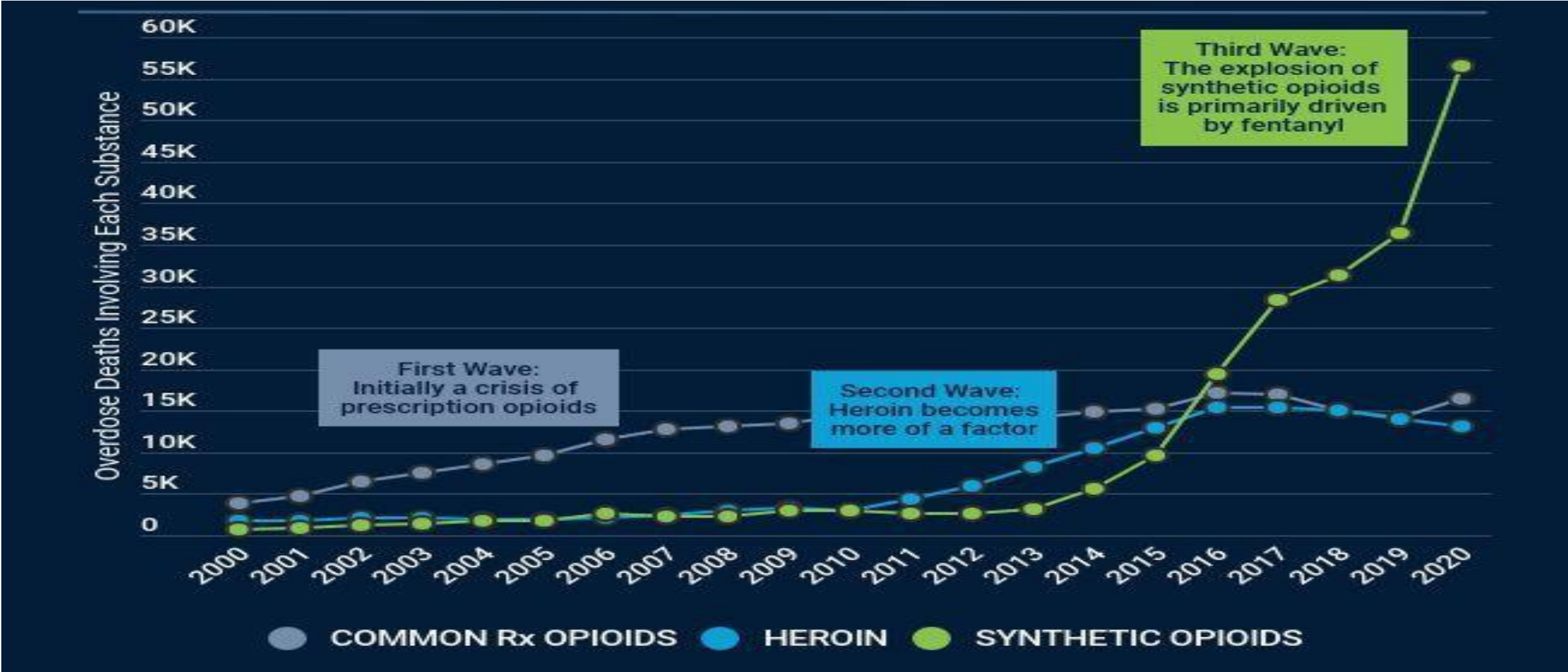
Generic Name	Brand Name
Oxycodone	Oxycontin [®] , Percocet [®] , Roxicodone [®]
Oxymorphone	Opana [®]
Hydrocodone	Vicodin [®] , Lorcet [®] , Zohydro [®] , Zortab [®]
Hydromorphone	Dilaudid [®]
Morphine	
Meperidene	Demerol [®]
Codeine	Tylenol [®] 3 & 4
Buprenorphine	Suboxone [®] , Subutex [®] , Zubsolv [®]
Methadone	
Fentanyl	Duragesic [®]

Illicitly manufactured fentanyl (IMF)

- Pill form packaged to look like prescription medications
- Powder form looks like heroin, cocaine, meth
- May be 50 -100 of times more potent than morphine & heroin
- Counterfeit Pills (Opioids, Stimulants, Benzo)



The Opioid Wave

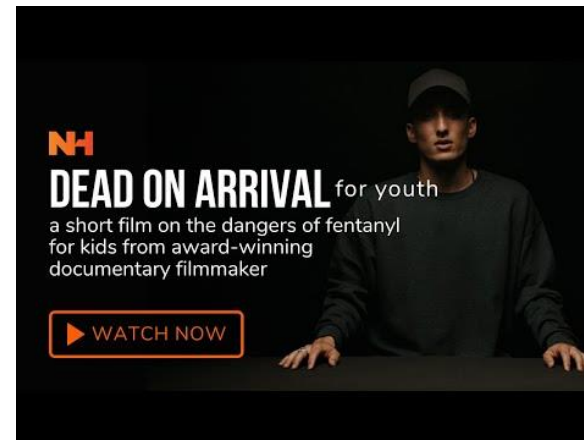


Illicit Fentanyl

Lethal Dose:
2 mg
(5 grains of salt)

DEA: 6 out of every 10 pills
contain a potentially lethal dose

Synthetic opioid
100 times stronger
than morphine
50 times stronger than
heroin



Responding to an Overdose*



Shake and wake



Call 911



Give naloxone



Rescue breathing/recovery position



Care for the person



Signs of an Opioid Overdose



Blue lips or nails



Dizziness and confusion



Can't be woken up



Choking, gurgling or
snoring sounds



Slow, weak
or no breathing

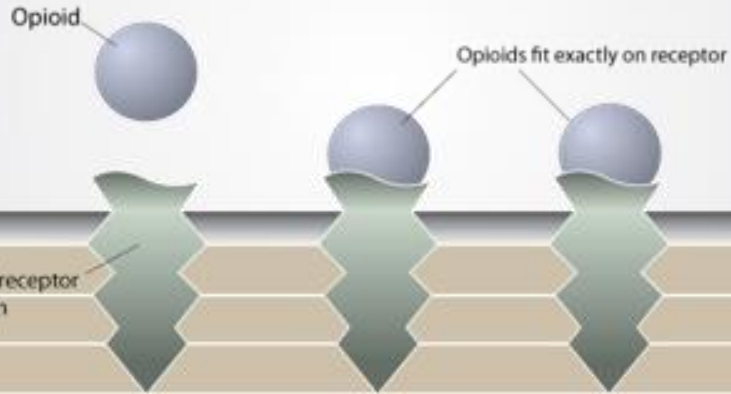


Drowsiness or
difficulty staying awake



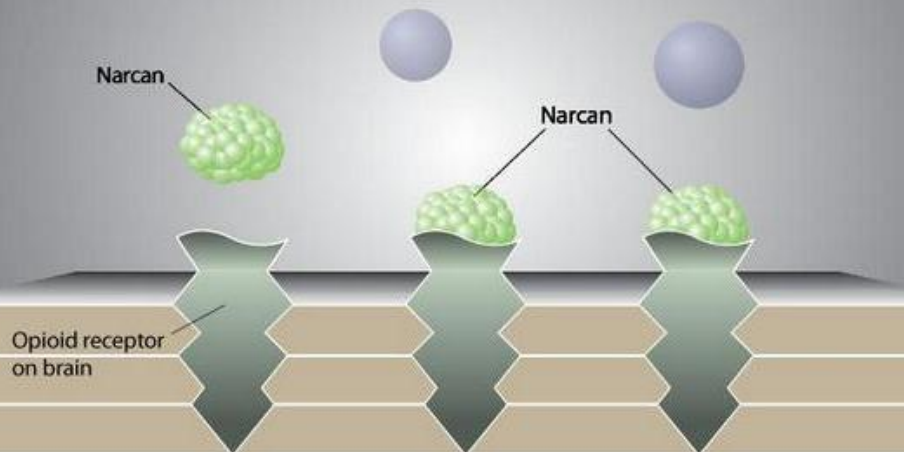
What is an opioid overdose ?

The brain has many, many receptors for opioids. An overdose occurs when too much of any opioid, like heroin or Oxycotin, fits in too many receptors slowing and then stoping the breathing.



Narcan reversing an overdose

Narcan has a stronger affinity to the opioid receptors than opioids like heroin or Percocet, so it knocks the opioids off the receptors for a short time. This allows the person to breathe again and reverses the overdose.



NARCAN (naloxone)



- Naloxone knocks opioids off opioid receptors and binds to receptors for a short time
- This blocks the opioids' effects, quickly restoring breathing





NARCAN (Naloxone)

- Intranasal - 4mg
- **Wears off in 30-90 minutes**
- No significant side effects
- No potential for misuse or getting high
- Safe for children, pregnant women, and pets
- Only effective in reversing **opioid** overdoses
- Storage/Expiration
- Carrying Narcan





1

Remove NARCAN® nasal spray from box. **Peel** back tab with circle to open

2

Place NARCAN® nasal spray with your thumb on the bottom of the plunger and your first and middle fingers on either side of the nozzle.

3

Tilt person's head back and support person under neck.

4

Gently insert tip of nozzle into a nostril until your fingers on either side of the nozzle are against the bottom of the nose.

5

Press plunger firmly to administer.



Allow 2 to 3 minutes for the naloxone to work. Continue resuscitation, as necessary.



If breathing is not restored after 2 or 3 minutes, give another dose of naloxone. Continue resuscitation, as necessary.



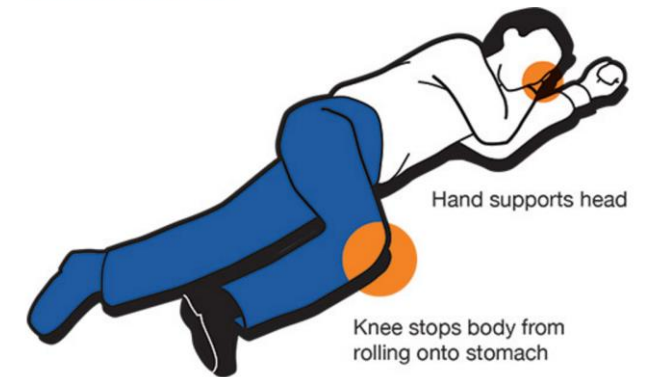
Stay with the person and provide care as directed until medical help arrives.

After receiving naloxone, a person may:

- Feel physically ill or vomit
- Feel withdrawal symptoms
 - unpleasant but not life-threatening
- Become agitated and upset
- Have a seizure (this is rare)
- Overdose again

The Recovery Position

Keep the Airway Clear



Stay with person. If you must leave them alone at any point, or if they are unconscious, put them in this position to keep airway clear and prevent choking.



Rescue Breathing

Open the airway

To effectively give rescue breaths, it's essential that the person's airway is open and clear. To open a person's airway, do the following:

1. Place your hand on their forehead.
2. Gently tilt their head back.
3. Use the fingers of your other hand to carefully lift their chin upward.

Give rescue breaths

Now that the airway is open, you can proceed to give rescue breaths. To do this:

1. Use the fingers of one hand to pinch the person's nostrils shut. This helps to prevent air from escaping through their nose.
2. Cover their mouth with yours, forming a seal so that air doesn't escape.
3. Give rescue breaths by gently breathing into their mouth. A rescue breath should last about 1 second. Aim to give a rescue breath every 5 to 6 seconds. This is about 10 to 12 breaths per minute.



GOOD SAMARITAN LAW



A person is immune from arrest and prosecution for an offense if they:

- ✓ Report in good faith an emergency event to a law enforcement officer, to the 911 system, or to a medical provider
- ✓ Remain at the scene
- ✓ Identify themselves and cooperate
- ✓ Offense arises from the same course of events from which the emergency drug or alcohol overdose event arose

2022 Fentanyl Bill:

There is no immunity from arrest and prosecution for an individual who experiences or reports an overdose event and is found by law enforcement to be in possession of 4 grams or less of Fentanyl.

Signed May 2023— revised language sent to Governor for signature to increase immunity protection



Harm Reduction Toolbox



Rise Above Colorado
Not Prescribed
60-minute Standards
Based Lesson designed
for Teens



Naloxone Training
Narcan
CAHEC offers Narcan
Training and
Supplies



Colorado Consortium
Naloxone for Schools
Google Drive with Process
of Getting Naloxone in
Schools



NCHA
Co-SLAW
Access to treatment
and peer support



Natural High
Substance Use Prevention
Program Using Storytelling



Harm Reduction Toolbox



DEA
[One Pill Can Kill](#)
Resources for Teens,
Parents, and Teachers



[Just Think Twice](#)
Stories and Data



SAMSHA
[Talk. They Hear You.](#)
Student Assistance
Webinar Series
[Fact Sheet](#)



[Operation Prevention](#)
K-12 Specific Resources



Post Survey





RESOURCES and SLIDES