



# Fentanyl Crisis Community Information Session

Originally presented by Bellevue School  
District

Fall 2019

## Overview of topics

- Fentanyl/opioids – what are they, what safety measures are being taken, what safety measures you can take
- What students are being taught at school to stay safe
- Latest information about the drug problem, what police officers are seeing, what enforcement measures are being taken to protect the community
- What are drug and alcohol counseling specialists doing in the schools, why are students using, and what do the signs and symptoms of drug abuse look like, what can parents do if they are concerned





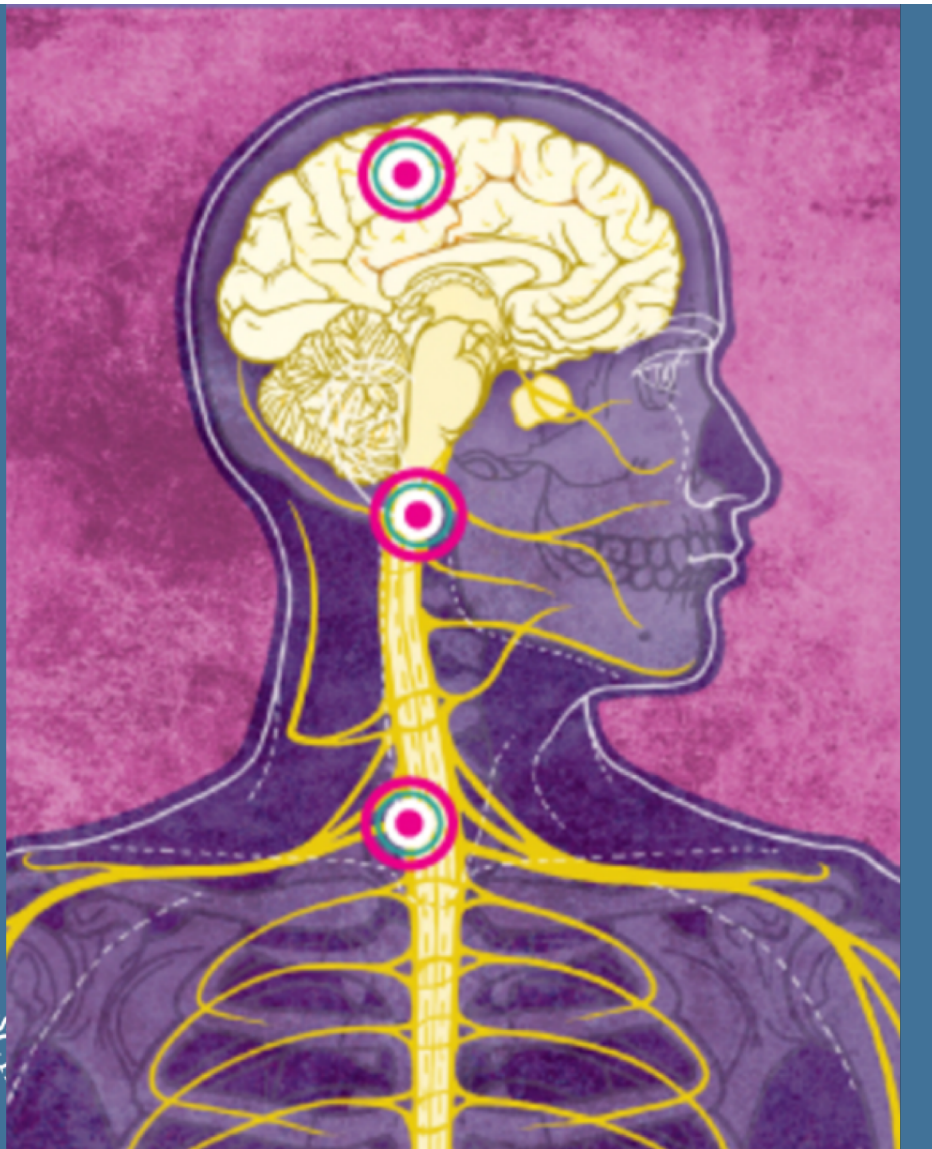
# MEDICAL/NURSING PERSPECTIVE

Information assembled by Carrie Lang, RN – Director of Health Services, Bellevue School District, Fall 2019



## OPIOIDS

- Opioids are a class of drugs that are most often prescribed to treat pain, including post-surgical pain and cancer pain
- Common prescription opioids:
  - Morphine
  - Oxycodone (Oxycontin)
  - Hydrocodone (Vicodin)
- Synthetic opioids:
  - Fentanyl
- Illegal opioids:
  - Heroin



- Opioid Receptors in the Body
- Brain
  - Pain perception
  - Emotion
  - Reward/pleasure
- Brainstem
  - **Breathing (slows)**
  - Relaxation
- Spinal Cord
  - Reduce transmission of pain signals

# FENTANYL

- This synthetic opioid is most commonly prescribed to treat severe pain such as advanced cancer pain
  - Many times more powerful than other opioids
  - Most cases of recent fentanyl-related overdoses are due to illegally-made fentanyl

## Fentanyl has been found locally in these substances:

### **M30 pills**

These are the most common pills containing fentanyl in our area.



### **V48 & A215 pills**

These pills, although less common, may also contain fentanyl.



### **Powders**

Fentanyl can also be found in white powders.



September 26, 2019

Public Health  
Seattle & King County 



BELLEVUE SCHOOL DISTRICT STRATEGIC PLAN 2018–2023

## Prevent Overdose – medication safety



BELLEVUE SCHOOL DISTRICT STRATEGIC PLAN 2018–2023

- Keep opioids out of reach
- Lock up prescription pain medicine
- Keep count of your pills
- Dispose of any medications you no longer need:
  - [www.takebackyourmeds.org](http://www.takebackyourmeds.org)
  - DisposeRx
    - A substance available at most pharmacies that you mix with the pills and warm water to render them useless, and able to be thrown in landfill
- Talk with your student



# Signs of Overdose – Never let someone ‘sleep it off’



Won't wake up



Cold & clammy skin



Slow or no breathing



Blue lips or nails



Tiny pupils



Gurgling or snoring





## Responding to a suspected Overdose – Naloxone (Narcan) and 911

- Naloxone (brand name Narcan) is a medication which binds to opioid receptors and can reverse and block the effects of opioids – **restoring a normal breathing pattern**
- Harmless if given to those who are not experiencing an opioid overdose
  - Can cause withdrawal symptoms in those who use opioids (headache, changes in blood pressure, rapid heartrate, nausea, tremors, sweating)
- Available without a prescription at many Washington pharmacies
  - Stopoverdose.org
  - Call first for availability
  - Cost ranges from \$20 to \$175 (call around)
- **Call 911 when giving it**
  - Effects of opioids in the body may outlast effects of naloxone, and overdose may start up again
  - Give rescue breaths and/or CPR as directed by 911





# WHAT STUDENTS ARE BEING TAUGHT IN HEALTH CLASS

Information assembled by Bellevue School District Curriculum Department – Fall 2019

# WHAT IS BEING TAUGHT IN HEALTH?

## Elementary

- Medicine vs. harmful drugs
- How to use medicine safely
- How people/society influence drug-related decisions
- Refusal Skills

### Learning Outcomes

- Use and Abuse
  - Effects
- Prevention
- Treatment
- Consequences

## High School

- Implications of genetics, environment and choices
- Analyzing the validity of information
- Addiction and recovery implications
- Societal issues: narcotic use, government involvement, legal issues, support systems,
- Decision making/goal support
- PBS- *Chasing Heroin*

## Middle School

- Everfi *Prescription Drug Safety*
- *Prescription for Change: Ending America's Opioid Crisis*
- Identifying types of opioids
- Teenage brain on drugs
- Personal and Societal Challenges





# BELLEVUE POLICE DEPARTMENT PERSPECTIVE

Information assembled by Bellevue Police Department, Fall 2019



Fentanyl trends in Bellevue



## Fentanyl found in fake prescription drugs

- Bellevue Police Department has been finding fake prescription drugs laced with fentanyl
- The drugs look like traditional prescription drugs, and have been found at the sites of overdoses
- Nationally, many different types of fake prescription drugs have been found laced with fentanyl



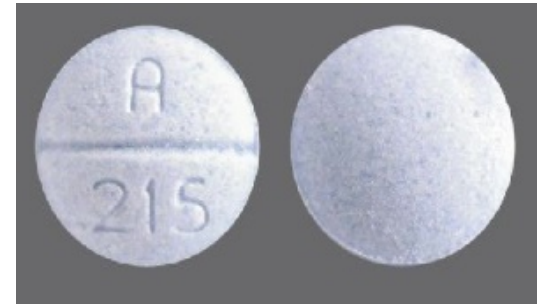
## Hidden Dangers

- Fake Oxycodone – found locally
- Fake Xanax – found locally
- Fake Adderall – found nationally
- Fake Ritalin -- found nationally

# Real vs. Fake

What fake prescription medication used to look like:

- Jagged edges
- Crumbles easily
- Poor imprint
- Off color
- No protective coating





# Pop Quiz

Q: Which group is fake prescription Xanax?

A: Both are – police are finding that drug cartels are making fake prescription medication laced with fentanyl that look like real prescription medication



# Law Enforcement Action



## Legend Drugs RCW 69.41.030

If you have possession of a prescription drug that is not prescribed to you, or if you sell or deliver a drug that is not prescribed to you  
– CLASS B FELONY, \$20,000 fine



## Violation of the Uniform Controlled Substance Act RCW 69.50.401

If you have possession of, sell, or deliver an illegal drug (even if you don't know it has fentanyl in it)  
– CLASS B FELONY, \$20,000 fine



## Controlled Substance Homicide RCW 69.50.415

If you deliver an drug that ends up having fentanyl in it and the person who takes it dies  
– CLASS B FELONY, \$20,000 fine

# How to connect



<https://bellevuewa.gov> – Report a crime



Captain Sanabria –  
[dsanabria@bellevuewa.gov](mailto:dsanabria@bellevuewa.gov)



Police Non-emergency line –  
(425) 452-6917



# COUNSELING AND MENTAL HEALTH PERSPECTIVE

Information assembled by representatives from Youth Eastside Services – Fall 2019

# Behavioral Health Support Specialists in Bellevue Schools

- Self-referral, peer, parent or school staff referral
- Assessments and Screenings
  - Disciplinary and Voluntary
- Short-term Counseling-goal focused using Evidence Based Practices, increasing skills
- Referrals
- Education and Prevention-Classroom presentations, parent education, school wide initiatives

# Signs & Symptoms of Possible Substance Use

## Physical signs

- Changes in eating habits
- Poor memory
- Missing pieces of time
- Poor coordination
- Red, watery eyes; blank stare
- Tremors, shaking hands

## Behavioral Signs

- Drop in grades, skipping school
- Loss of interest in activities (sports, clubs)
- Chronic dishonesty
- Change in friend group
- Hiding phone screen
- Less communication and involvement in family activities

# Reasons for Use

- *Curiosity*: new experiences
- *Stress/Mental Health*: school, home, pressure and expectations, feeling deficient or less than, anxiety, depression, trauma
- *Recreation*: pleasure-seeking, excitement, experimentation
- *Social pressure*: to feel like they belong/connect
- *Availability*: parties, older friends or siblings
- *Addiction & physical dependence*

# Starting the Conversation with your student

- Stay calm and state concern – take a deep breath – find a way to calm yourself if you are upset/angry
- Ask open-ended questions – questions that don't have 'yes/no' answers
- Listen more than you talk
- Encourage open and ongoing dialogue by avoiding judgement and punishment
- Appreciate pressures they may be facing
- Validate their experience and feelings
- Explore how they feel about drugs/alcohol in general
- Communicate that if there is a health concern next steps will need to be identified and taken



# What Can Parents/Guardians Do?

- Talk **early** and **often** about the risks
- Model healthy choices for your child – how do YOU cope with stress?
- Set **and communicate clear guidelines and expectations around** alcohol and other substance use,
- Establish and enforce reasonable consequences
- Be knowledgeable about your child's **social media use , friends, activities**
- Engage in learning activities together to keep the conversation going

# Helping Your Friend – how students can help each other

- Find **a** quiet place to **talk** to **your friend** about **your** concerns.
- **Tell** him or **her** that **you're** worried about **the drug** use.
- Point **our** ways in which **the friend** has changed, but don't be accusatory or aggressive. ...
- Be supportive and caring, not judgmental.
- Listen to what **your friend** says in return.
- Get help from a trusted adult for your friend

# Good Samaritan Law

At the beginning of 2010, Washington State passed a law (called "The Good Samaritan Law") providing legal exemption for individuals who call 911 to help someone suffering from drug/alcohol poisoning/overdose, and for the person over-dosing.

*That means if you are using drugs &/or alcohol illegally, and you call 911 because somebody needs help,*

***YOU CANNOT HAVE DRUG POSSESSION CHARGES  
PRESSED AGAINST EITHER OF YOU***

→ You must tell police when they show up that you were the one who called

# Resources

- WA Recovery Helpline
  - 1-866-789-1511
- Alcohol & Drug Helpline
  - 206-722-3700
- CHANGES parent support network
  - Cpsn.org
- Crisis Connections
  - 866-427-4747