

# Longfellow Middle School Presentation for Parents Current Drug Trends in Fairfax County



**Office of Student Safety and Wellness**  
**Substance Abuse Prevention Specialist**  
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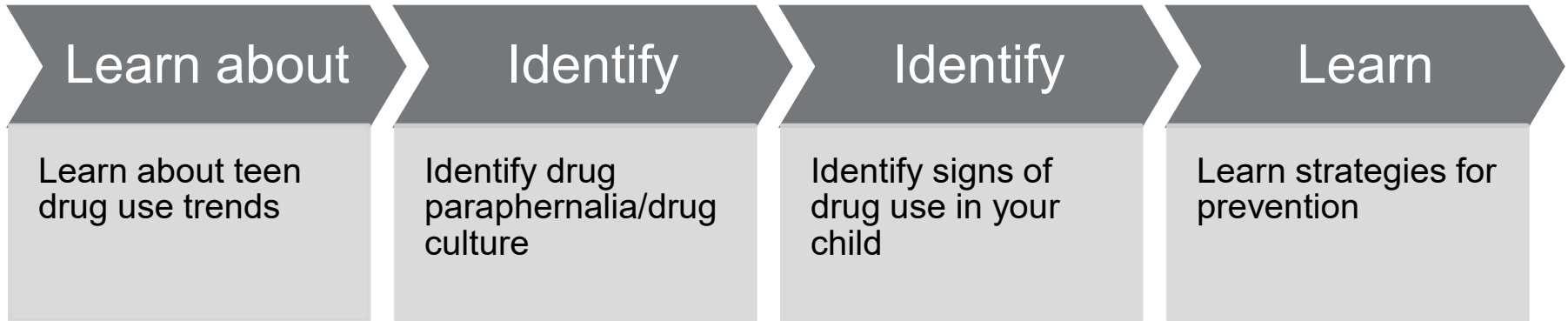
# Substance Abuse Prevention Specialists (SAPS)

Each school pyramid has a Substance Abuse Prevention Specialist (SAPS) assigned to provide substance abuse prevention, education, and intervention services. Substance Abuse Prevention Specialists are part of the FCPS Office of Student Safety and Wellness.

## Key roles of a Substance Abuse Prevention Specialist:

- Alcohol, Tobacco, and Other Drug (ATOD) education for students, parents, and the Fairfax County Community.
- Intervention services upon violation of the Student Rights and Responsibilities (SR&R) or suspected substance abuse involvement.
- Assessing a student's level of substance use and, if appropriate, making referrals to Fairfax Community Service Board for additional services.
- Group and individual prevention services for students, staff, parents, and the Fairfax County community.
- Most importantly, building positive relationships with students to provide support and encouragement!

# Objectives:



*Learning Objectives*

# First Use

- ✓ Usually Middle School, sometimes younger.
- ✓ Middle schoolers typically don't have a lot of money.
- ✓ Something found in the family home, alcohol, over the counter medication.
- ✓ Cough medicine is popular with middle school age. Dollar store has off brand.

- ✓ Dextromethorphan (DXM) is a cough suppressor found in more than 120 over-the-counter (OTC) cold medications.
- ✓ Common street names include: • CCC, Dex, DXM, Poor Man's PCP, Robo, Rojo, Skittles, Triple C (Coricidin HBP **Cough & Cold**)
- ✓ DXM intoxication involves: • Over-excitability, lethargy, loss of coordination, slurred speech, sweating, hypertension, nausea, vomiting, and involuntary spasmodic movement of the eyeballs, paranoia, hallucinations.



# What's in your house that your child has easy access to?



What's in your medicine cabinet?

Lock up alcohol

Lock up prescription drugs

Have you noticed a new smell?

Be discrete when checking  
bedrooms.

# Vaping

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Vaping contains nicotine

Nicotine is highly addictive

You are inhaling aerosol and not vapor

What happens after you hit a vape?

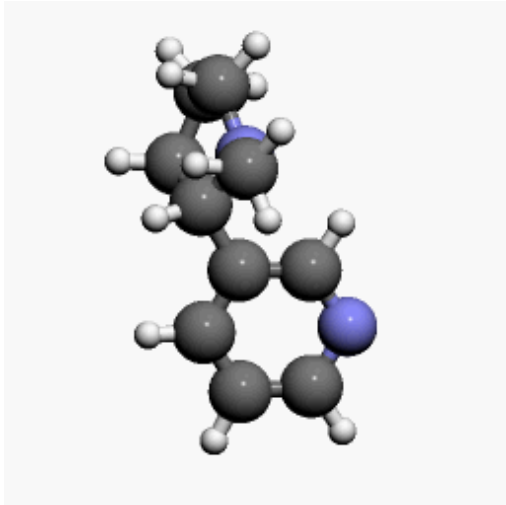
What is 2<sup>nd</sup> and 3<sup>rd</sup> hand “smoke”?



# What is Nicotine?

[tobaccopreventiontoolkit.stanford.edu](http://tobaccopreventiontoolkit.stanford.edu)

## Nicotine Molecule



Drug  
Stimulant  
Highly addictive  
Causes changes in brain  
chemistry  
Found in tobacco  
products



# Cigs in a Pod



[tobaccopreventiontoolkit.stanford.edu](http://tobaccopreventiontoolkit.stanford.edu)

1 Pack of Cigarettes  
≈20 mg of nicotine

1 JUUL pod  
≈41.3 mg of nicotine

1 Puff bar  
≈50 mg of nicotine

1 Suorin pod  
≈90 mg of nicotine

**ALL PODS CONTAIN HIGH LEVELS OF NICOTINE**

**≈20**  
CIGARETTES

**≈41**  
CIGARETTES

**≈50**  
CIGARETTE  
S

**≈90**  
CIGARETTE  
S





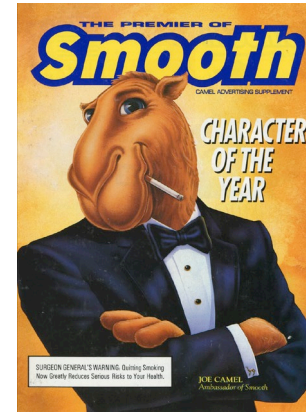
# Timeline to Nicotine Addiction

- Tries in 6, 7<sup>th</sup>, 8<sup>th</sup> grade
- “I didn’t own one”
- Eventually owns one
- How? Older adult, easy to purchase online
- Parents give cash for food, child purchases a visa gift card instead
- Easy to hide use
- Use begins more often, at home
- Summertime use increases
- Addicted by 9<sup>th</sup> or 10<sup>th</sup> grade

# Big Tobacco has always tried to market teens!

tobaccopreventiontoolkit.stanford.edu

“Today’s teenager is tomorrow’s potential regular customer, and the overwhelming majority of smokers first begin to smoke while still in their teens.”



“The base of our business is the high school student.”

**Did You Know: You are not inhaling a vapor; you are inhaling an aerosol.**

**Do you know the difference?**



Vapor



Aerosol

## WHAT'S IN E-CIG AEROSOL?

- Propylene glycol
- Glycerin
- Flavorings (many)
- Nicotine
- NNN
- NNK
- NAB
- NAT
- Ethylbenzene
- Benzene
- Xylene
- Toluene
- Acetaldehyde
- Formaldehyde
- Naphthalene
- Styrene
- Benzo(b)fluoranthene

- Chlorobenzene
- Crotonaldehyde
- Propionaldehyde
- Benzaldehyde
- Valeric acid
- Hexanal
- Fluorine
- Anthracene
- Pyrene
- Acenaphthylene
- Acenaphthene
- Fluoranthene
- Benz(a)anthracene
- Chrysene
- Retene
- Benzo(a)pyrene
- Indeno(1,2,3-cd)pyrene

- Benzo(ghi)perylene
- Acetone
- Acrolein
- Silver
- Nickel
- Tin
- Sodium
- Strontium
- Barium
- Aluminum
- Chromium
- Boron
- Copper
- Selenium
- Arsenic
- Nitrosamines,
- Polycyclic aromatic hydrocarbons

- Cadmium
- Silicon
- Lithium
- Lead
- Magnesium
- Manganese
- Potassium
- Titanium
- Zinc
- Zirconium
- Calcium
- Iron
- Sulfur
- Vanadium
- Cobalt
- Rubidium

# What happens after you hit a vape?

E-liquids, almost always include nicotine, flavoring and a solution, such as propylene glycol, Diacetyl and create the aerosol when heated.



While many of the flavorings and chemicals used in e-liquids have been approved by the Food and Drug Administration for oral consumption, **they have not been approved for inhalation.**

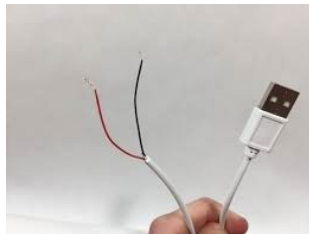


Once inhaled the aerosol cools down it dissolves in an oily liquid base deep in your lungs that could cause inflammation.

# Nicotine/Vaping



Tobacco free doesn't mean nicotine free!



# What is Thirdhand Smoke?

## Thirdhand Smoke

Toxic residue that sticks to surfaces and dust after the smoke clears

## Firsthand Smoke

Inhaled by a smoker



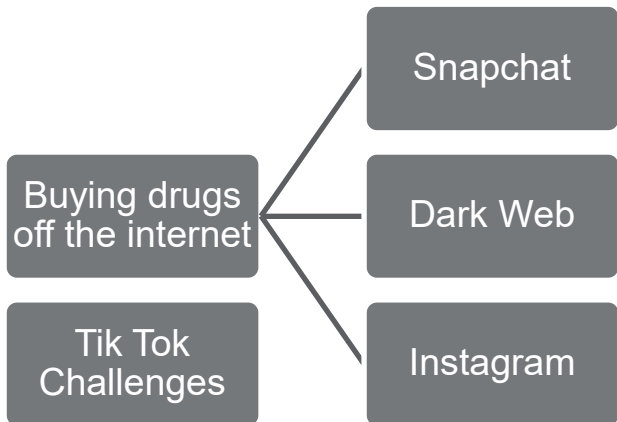
## Secondhand Smoke

Exhaled by a smoker or released from the end of a burning cigarette





# Social Media



Monitor social media.  
Kids tend to have the account approved by parents and then a secret account(s) parents don't know about.



IDG Communications (2020)



# Marijuana Potency

## THC Concentrates

Extracted from bud  
Highest levels of potency  
Up to 95% THC.  
Extraction process includes ingredients like butane



NIDA (2020)

## Bud

Traditional weed”  
Increased in potency  
Less than 4% THC prior to 1994  
Current 25%-30% THC. Smells like skunk



## Edibles

Takes longer to feel the buzz sometime leading to another dose. Leading to psychosis. Packaging attracts kids.

Called “Weed light”  
“Diet weed”  
Legal to buy at age 21 in Virginia  
Accessible in vape shops, convenience stores

## Delta 8

# Sativa

- ✓ **Plant description:** Sativa plants are tall and thin with finger-like leaves. They can grow taller than 12 feet, and they take longer to mature than some other types of cannabis.
- ✓ **Typical CBD to THC ratio:** Sativa often has lower doses of CBD and higher doses of THC.
- ✓ **Commonly associated effects of use:** Sativa often produces a “mind high,” or an energizing, anxiety-reducing effect. If you use sativa-dominant strains, you may feel productive and creative, not relaxed and lethargic.
- ✓ **Daytime or nighttime use:** Because of its stimulating impact, you can use sativa in the daytime.
- ✓ **Popular strains:** Popular sativa strains are Acapulco Gold, Panama Red.



# Indica

- ✓ **Plant description:** Indica plants are short and stocky with bushy greenery and chunky leaves that grow wide and broad. They grow faster than sativa, and each plant produces more buds.
- ✓ **Typical CBD to THC ratio:** Indica strains often have higher levels of CBD, but the THC content isn't necessarily less.
- ✓ **Commonly associated effects of use:** Indica is sought after for its intensely relaxing effects. It may also help reduce nausea and pain and increase appetite.
- ✓ **Daytime or nighttime use:** Because of its deep relaxation effects, indica is better consumed at night.
- ✓ **Popular strains:** Three popular indica strains are Hindu Kush, Afghan Kush, and Granddaddy Purple.

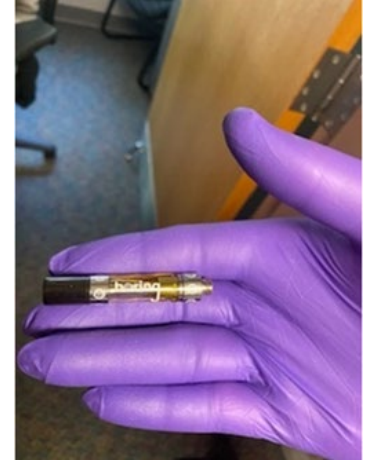


# Hybrid

- ✓ **Origin:** Hybrids are typically grown on farms or in greenhouses from a combination of sativa and indica strains.
- ✓ **Plant description:** The appearance of hybrid strains depends on the combination of the parent plants.
- ✓ **Typical CBD to THC ratio:** Many hybrid cannabis plants are grown in order to increase the THC percentage, but each type has a unique ratio of the two cannabinoids.
- ✓ **Commonly associated effects of use:** Farmers and producers select hybrids for their unique impacts. They can range from reducing anxiety and stress to easing symptoms of chemotherapy or radiation.
- ✓ **Daytime or nighttime use:** This depends on the predominant effects of the hybrid.
- ✓ **Popular strains:** Hybrids are typically classified as indica-dominant (or indica-dom), sativa-dominant (sativa-dom), or balanced. Popular hybrids include Pineapple Express, Trainwreck, and Blue Drea



# Paraphernalia



## Anatomy of a Vape Pen

MOUTHPIECE/TIP

CARTRIDGE

THREAD

BUTTON

BASE/BATTERY



Easy to hide items



SoberDogs Recovery (2020)



# Parent and Guardian Tips: *Things to Look For...*

## Visible Signs of Use:

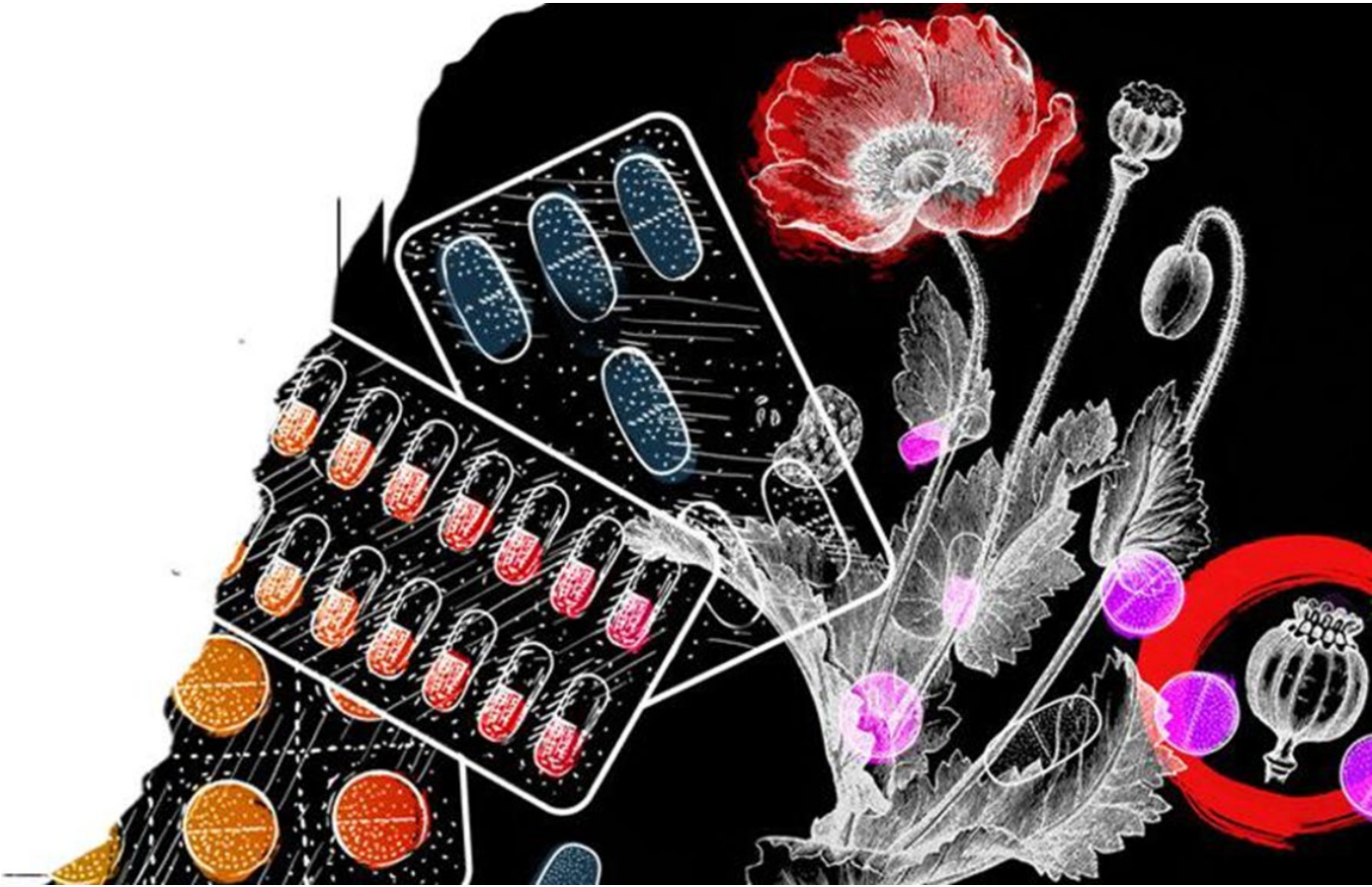
- Red or bloodshot eyes
- Problems with muscle coordination
- Delayed reaction times (both mentally and physically)
- Strong, musky odor that is similar to the scent of a skunk

(Note: Some cannabis products, i.e., edibles and some oils, etc., will **not** have a distinctive odor.)

## Shifts in Emotional States:

- Different strains have varying effects on the human body
- Mood swings, laziness, tiredness
- May appear anxious and have an increased heart rate

# Opioids



# What Are Opioids?

**Opioids** is a term used for the entire family of opiate drugs, including natural, synthetic and semi-synthetic.

**Opiates**-refers to any drug that is derived from the naturally occurring opium alkaloid compounds that are found in the poppy plant. Types of opiate drugs include opium, codeine, morphine.

These drugs are chemically related and interact with opioid receptors on nerve cells in the body and brain.

## OPIOID DRUGS INCLUDE:

- Heroin
- Buprenorphine
- Codeine
- Fentanyl
- Hydrocodone
- Percocet = Oxycodone + Acetaminophen
- Hydromorphone
- Meperidine
- Methadone
- Morphine
- Oxycodone

NOTE: Alprazolam (“Xanax”) is commonly mistaken for an opioid when it is actually a benzodiazepine.





# Pain Medications

Major surgeries: Morphine

Dental work: Percocet

More dentist are trying Tylenol 3 or prescribing a few days of an opiate.

Chronic pain: Fentanyl

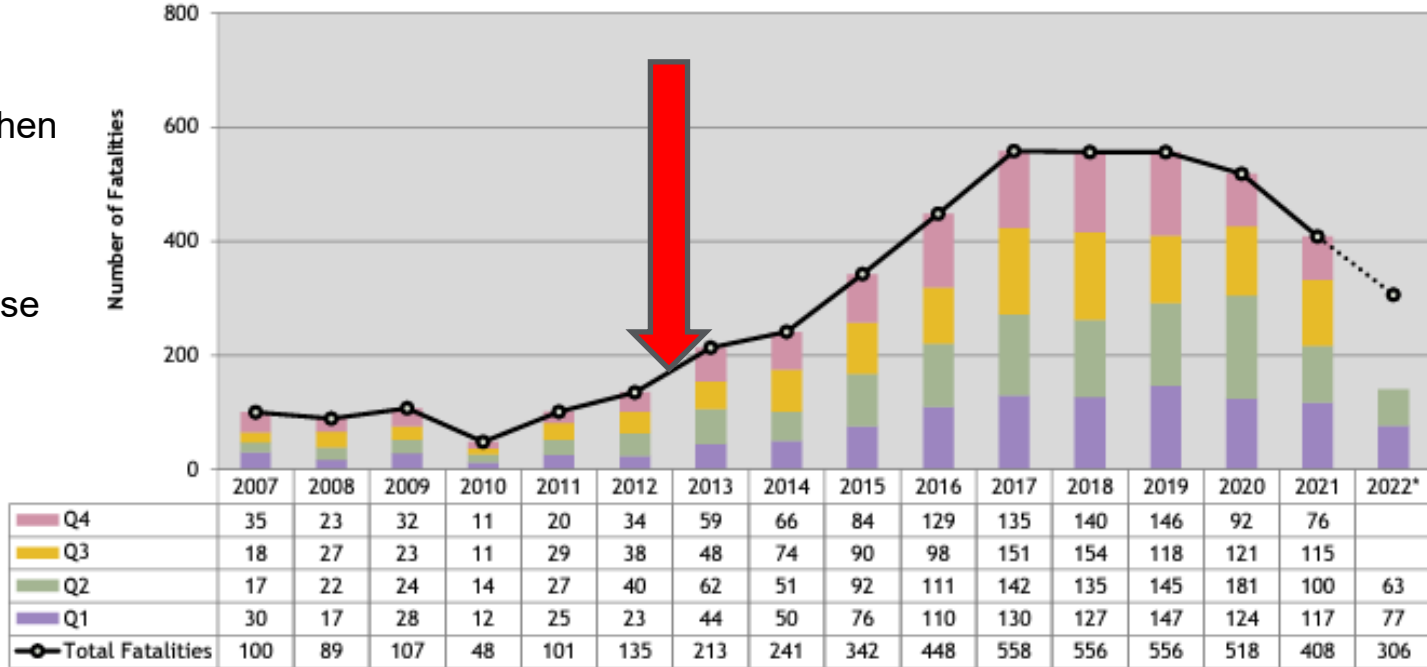
1996-Big Pharma introduces OxyContin as a non-addictive pain medication. It was aggressively market and the start of our opioid epidemic. What we know now is the data was wrong and OxyContin is highly addictive.

# Why is Fentanyl Such a Big Deal?

## Heroin

Red arrow, when fentanyl introduced to heroin. Sharp rise in overdose deaths

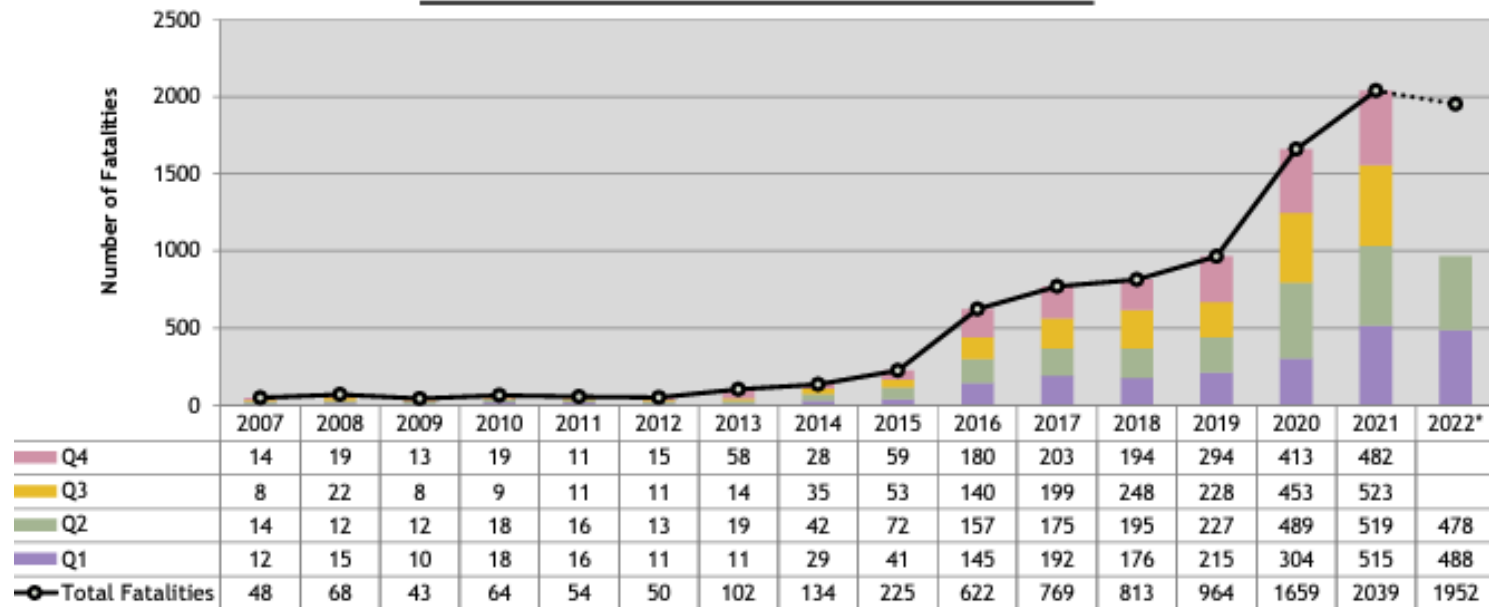
Total Number of Fatal Heroin Overdoses by Quarter and Year of Death, 2007-2022\*  
Data for 2022 is a Predicted Total for the Entire Year



# The Rise of Fentanyl

From 2017 compared to 2020 increased by 22.6%. In 2020, fentanyl was involved in 70.1% of all drug overdose deaths.

**Total Number of Fatal Fentanyl Overdoses by Quarter and Year of Death, 2007-2022\***  
Data for 2022 is a Predicted Total for the Entire Year



Historically, fentanyl has been categorized as a prescription opioid because it is mass produced by pharmaceutical companies. However, law enforcement investigations and toxicology results have demonstrated that several recent fentanyl seizures have not been pharmaceutically produced, but illicitly produced. This illicit form of fentanyl is produced by international drug traffickers who import the drug into the United States and often, mix it into heroin being sold. This illicitly produced fentanyl has been the biggest contributor to the significant increase in the number of fatal opioid overdoses in Virginia.

Illicit and pharmaceutically produced fatal fentanyl overdoses are represented in this analysis. This includes all different types of fentanyl analogs (acetyl fentanyl, furanyl fentanyl, etc.)

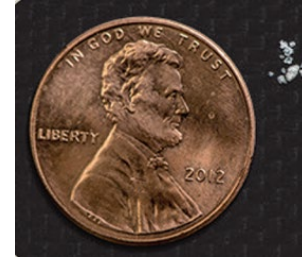
# Why is fentanyl so dangerous?

- Only **2 milligrams** of Fentanyl is considered a lethal amount, depending on the size of the person.



Fentanyl is a powerful synthetic opioid analgesic, similar to morphine, BUT is **80 to 100 times** more potent. There have been cases where other substances have been laced with fentanyl, increasing potency.

source: DEA



A sugar packet contains approximately **1,000 milligrams**



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# What To Look For

Authentic pills are regulated. Each pill is the same



**Authentic Percocet**



**Counterfeit Percocet**

Counterfeit are not regulated, each pill is different and could contain a high level of fentanyl.



**Authentic Xanax**



**Counterfeit Xanax**

# DEA warning- Rainbow Fentanyl



Specifically targeted to teens and young adults.

Resembles sidewalk chalk before pressed.

Youth are smoking pills thinking they won't overdose.



# What Does an Opioid Overdose Look Like?

## KNOW THE SIGNS



### **Not Responding**

Doesn't move and can't be woken



### **Slow or Not Breathing**

A breath every 5 seconds is normal



### **Making Sounds**

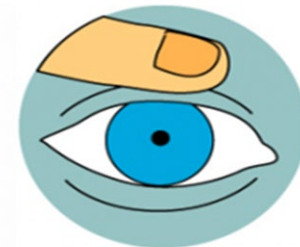
Choking, gurgling sounds, or snoring



### **Blue Lips & Nails**



### **Cold or Clammy Skin**



### **Tiny Pupils**

- **REVIVE!** trains individuals on:
  - How to recognize the signs and symptoms of an opioid overdose
  - How to administer naloxone to potentially reverse the effects of an opioid overdose
  - What to do and not do when responding
- Each attendee receives a free REVIVE! kit, which includes all the supplies needed to administer naloxone.
- Free Naloxone to Fairfax County residents
- Spanish Course Available
- More information and upcoming training dates: <http://bit.ly/revive-csb>

## REVIVE!

Opioid Overdose and  
Naloxone Education

*Virtual class*



Scan this  
QR code  
for more  
information



# Signs of Intoxication

## What Are Pinpoint Pupils?

For information, visit: [www.ePainAssist.com](http://www.ePainAssist.com)



## Signs of intoxication

### Loss of coordination

- Being clumsy
- Eyes seem unfocused or glassy
- Bumping into furniture and other people
- Staggering
- Falling down or tripping over things
- Inability to walk in a straight line
- Inability to do basic tasks like lifting a glass
- Knocking things over.



# Start the Conversation Early and Often



- Talk to your child about drugs
- 60 min lecture vs 60 (1) minute talks
- Talking in the car
- Eat dinner together
- Have an “escape” plan when you child is uncomfortable
- Role play scenarios
- Talk about family history

<https://www.samhsa.gov/talk-they-hear-you>

# Prevention Strategies

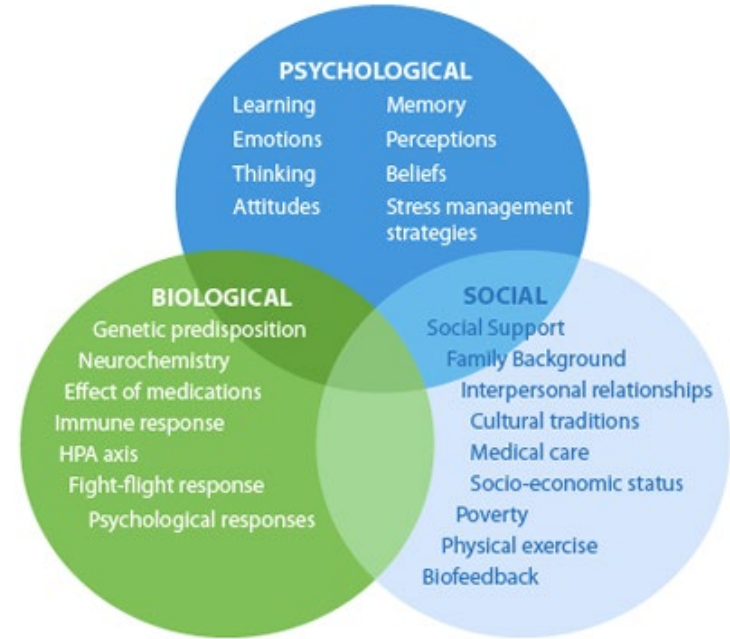
- Monitor use of prescription medications
- Check backpacks
- Search internet history
- Lock up prescriptions, other commonly abused substances, & alcohol
- Parental supervision
- Get teens involved with sports/activities/clubs
- Be a positive role model
- Get child/family treatment for trauma, grief, family addiction, mental health concerns, etc.
- Be clear about family rules and expectation. Stick to the consequences.



**Remember, substance abuse is a symptom! It is often a response to overwhelming feelings of boredom.**

# What Makes Students Vulnerable to Substance Abuse?

- Peers who use substances
- Poor Parental Monitoring
- Stress
- Mental health concerns
- Family History of Addiction
- Environment
- Adverse Childhood Experiences (ACEs)
- Trauma
  - Personal
  - Family
- Favorable parental attitudes toward the behavior
- Rejection of sexual orientation or gender identity
- Lack of school connectedness



# How Do We Promote Healing?

- Recognize that people have adversity
- Behaviors = Adaptations to their environment
  - Those adaptations may clash with our expectations
- Help them build individual capabilities
  - Positive view of self, self-efficacy, self-regulation
- Foster Thriving Communities
- **ATTACHMENT AND CONNECTION!!**





**Office of Student Safety and Wellness:**

**[www.fcps.edu/resources/student-safety-and-wellness](http://www.fcps.edu/resources/student-safety-and-wellness)**

**571-423-4270**

**Kelly Rankin 703-227-2744**

**[Krankin@fcps.edu](mailto:Krankin@fcps.edu)**

## If the situation is immediately life-threatening, call 911.

**Fairfax-Falls Church CSB Emergency Services (24/7)** - Available for people who have a mental illness, substance use disorder, and/or developmental disability in need of immediate help

703-573-5679 <https://bit.ly/CSB247>

**CSB Entry and Referral** - Assessment and referral services available for youth, adults, and pregnant women including office-based opioid treatment

703-393-8500 <https://bit.ly/CSBentry>

**CSB Fairfax Detoxification Center (24/7)** - A short-term residential program to help adults safely detoxify from the effects of drugs and/or alcohol

703-502-7000 <https://bit.ly/CSBdetox>

**CR2 (24/7)** - Provides rapid response to children, youth, and adults facing a mental health and/or substance use crisis.

572-364-7390 [www.cr2crisis.com](http://www.cr2crisis.com)

**REACH (24/7)** - Crisis stabilization for persons with developmental disabilities.

855-897-8278 <https://bit.ly/3Lc6YwX>

**CSB REVIVE!** - learn how to recognize and reverse opioid overdoses <http://bit.ly/revive-csb>

**Safe medication storage/disposal** – request a free medication lock box/drug disposal kit

<http://bit.ly/med-lock-box>

Scan this  
QR code  
for more  
information

