

Not In My House: How To Talk To Your Kids About Opioids

Glacier Peak High School – January 2019

SNOHOMISH OVERDOSE PREVENTION
A COMMUNITY COMING TOGETHER TO STOP SNOHOMISH COUNTY'S OPIOID EPIDEMIC

MOCK BEDROOM

What did you find?

Bedroom Reveal

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Bedroom Reveal

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Signs of Alcohol Use

- Drinking Games Items – Beer Pong is a popular drinking game that is common among high school students.
- A pocket flask – Can be used for alcohol and is easy to conceal
- Sports drinks or other colored and flavored drinks can be mixed with clear alcohol and brought undetected to an event.

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Signs of Tobacco Use

Disposable cigarettes and vaping devices

- Available at gas stations, convenience stores, smoke shops and online.
- Disposable cigarettes have the nicotine equivalent of about one pack of cigarettes
- Liquid for vaping devices come in many youth-friendly flavors.

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Signs of Marijuana Use



Vaping Pens

- Used with THC oil or cartridges
- purchased from marijuana shops or black market




Marijuana Kits

- Eye drops to reduce redness
- Mints to mask breath,
- Hand sanitizer to mask odors

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Signs of Marijuana Use



Sploof

- Homemade filter used to mask the smell of marijuana smoke.



Herb Grinder

- Used to grind marijuana bud into small particles



Smell Proof Products

- To mask the smell and conceal marijuana or other drugs

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Signs of Opioid Use



Prescription Cough Medicine (codeine) and OTC cough medicine

- Typically mixed with candy and soda, in high doses can be hallucinogenic.



Bent Spoon & Cotton

- Commonly used by people who use heroin
- May also see tin foil or crushed soda cans



Prescription Bottles

- empty Rx bottles not prescribed to child is a sign of misuse and can lead to addiction.

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Other Signs

Items to Cover-up Smell




Items to Conceal




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Other Items of Interest



Bob Marley Screensaver & 420 Shirt

- Pro-marijuana items that indicate interest in "weed culture" and possible marijuana use.



Those who use Ecstasy (MDMA) may have lollipops or baby pacifiers to help with clenched jaw muscles caused by the drug.

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TOOLS & RESOURCES

What should you know, and what can you do?

What Our Youth are Telling Us

10th graders who don't think drugs are wrong
 77 percent of sophomores thought it was "very wrong" for someone their age to use illegal drugs

12th graders reporting any Heroin use in their lifetime
 This is lower than the state average for other high school seniors

8th graders who are abusing Rx meds
 We had 4.4 percent of 13-14 year-olds reporting that they were currently using prescriptions not prescribed to them

1 in 4
 1 in 30
 1 in 23

Source: Healthy Youth Survey, 2016

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Potential Signs of Substance Use

- Poor academic performance
- A strong interest in opioids
- Missing classes
- Getting in trouble in school or with the law
- Poor job performance (if working)
- Withdrawing from friends and family
- No longer engaging in formerly activities
- Agitation and mood swings
- Changes in sleep pattern

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What You Can Do

- Start the conversation early
- Encourage conversation often
- Be honest about your own past drug use.
- Be their advocate.
- Your child was prescribed an opioid. Now what?

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A New One-Stop Resource Portal

FIND TREATMENT OR SUPPORT | SHARE YOUR STORY | REPORT AN OVERDOSE | NEWS & ALERTS

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ABOUT OPIOIDS | PREVENTION | FIND TREATMENT OR SUPPORT | RESOURCES | ACTION PLAN | DATA

There's no easy answer when it comes to stopping the opioid epidemic. This website was created to be a one-stop shop for resources. Whether you're trying to understand the problem, prevent addiction, or save a life, this is a place to find information for that first next step.

FIND TREATMENT OR SUPPORT

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Other Resources

Great websites with additional information:

- Partnership for Drug-Free Kids - drugfree.org
- Operation Prevention - operationprevention.com
- National Institute of Drug Abuse - drugabuse.gov

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THE "MAC" GROUP

What is it, and why was it formed?

A Need for Collaboration

- Break down silos
- Increase efficiencies
- Maximize limited resources
- Identify common message and education opportunities
- Create awareness of the scope of the problem

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Timeline of MAC Group

- The Snohomish County Opioid Response MAC Group began meeting in late-summer 2017
- Officially launched on November 20, 2017
- Agency representatives meet bi-weekly (Mondays)
- Updates are shared every other Wednesday
- Activation extended by County Executive for 2019


A Coordinated Response to the Opioid Epidemic in Snohomish County

IMPACTS OF THE OPIOID EPIDEMIC:

3 lives every day

\$20B

THE OPIOID RESPONSE MULTI-AGENCY COORDINATOR (MAC) GROUP



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Goals of the MAC Group

- Goal 1: Reduce opioid misuse and abuse.
- Goal 2: Lessen the availability of opioids.
- Goal 3: Reduce criminal activity associated with opioids.
- Goal 4: Use data to detect, monitor, evaluate, and act.
- Goal 5: Reduce collateral damage to the communities.
- Goal 6: Provide information about the response in a timely and coordinated manner.
- Goal 7: Ensure the availability of resources that efficiently and effectively support response efforts.

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MAC Group Objectives

- Agencies identify SMART (specific, measurable, achievable, relevant, time-bound) objectives that align with the seven goals.
- In Year 1, agencies identified 138 objectives and completed 95:

Current count for objectives		Objectives by ESF		
	Total objectives	Active		Completed
	138			
Active - In Progress	32	ESF - 3	0	4
Active - Pending	3	ESF - 4	0	4
Assigned to Normal Operations	0	ESF - 5	3	7
Completed	95	ESF - 6	4	13
Duplicate	1	ESF - 7	2	15
Removed	6	ESF - 8	16	29
On Hold	1	ESF - 13	1	4
		ESF - 15	6	19

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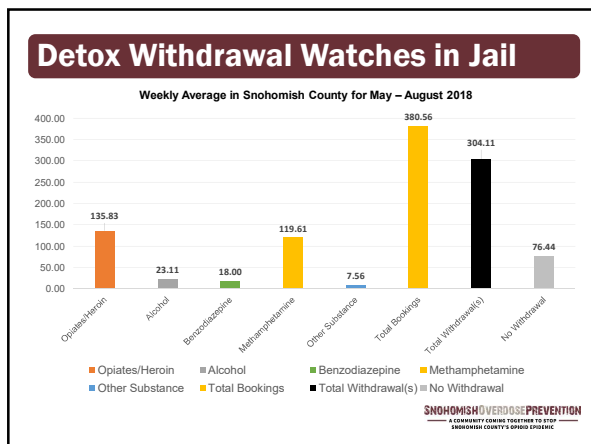
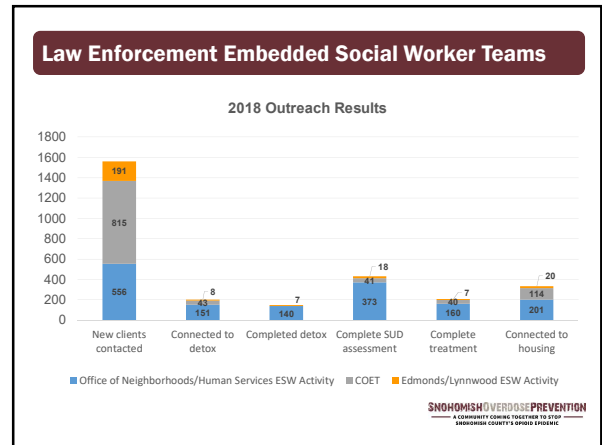
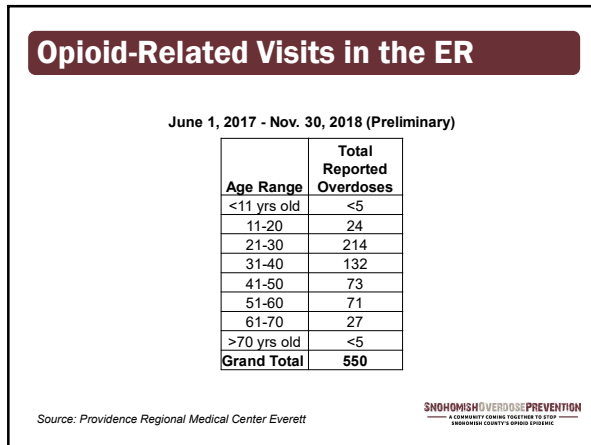
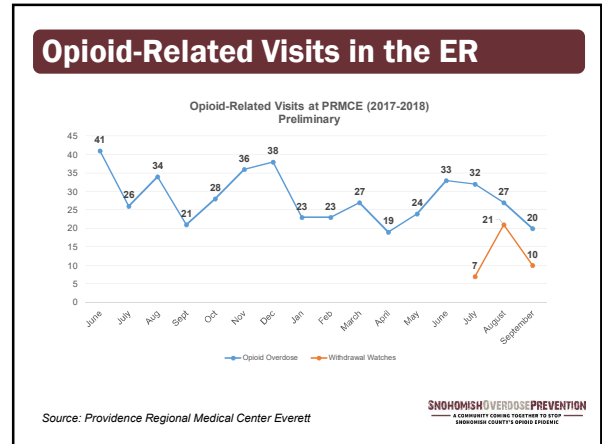
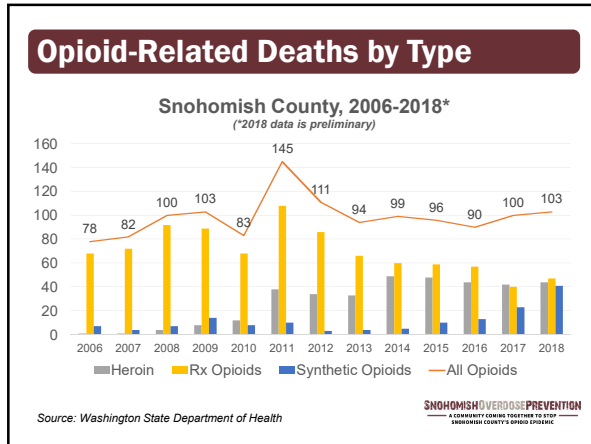
LOOKING AT DATA

What do the numbers tell us about opioids in Snohomish County?

Adding to Our Data Toolbox

- Hospitals
- Medical Examiner's Office
- Snohomish County Jail
- Drug & Gang Task Force
- Nuisance Properties
- Narcan/Naloxone Saves (OD Map)
- Syringe Exchange Survey
- Treatment Facilities
- Health Care Authority
- Prescription Drug Monitoring Program
- MED-Project
- EMS/Fire Response (FirstWatch)
- Diversion Center
- Embedded Social Worker Outreach


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COMMUNITY RESOURCES

What can you do, and where can you go for more information?

Expanded Clean-up Kit Program




More needle cleanup and disposal kits available to residents

The three kits, which include gloves, are designed to help people safely get rid of discarded syringes.

By Ken Fife
Sunday, July 14, 2014 4:44 AM

EVERETT — A program that provides free kits to help people safely clean up and dispose of needles is set to expand across Snohomish County.

Starting Wednesday, needle clean-up kits can be available at three locations. New kits deposit sites are being added, as well.

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“ACT First (Aid)” - First Aid Evolved

Antidote
Opioid Crisis

CPR
Cardiac Arrest, Early Defibrillation

Tourniquet
Hemorrhage Control
Scenes of violence



A is for opioid antidote, in new abbreviated first aid class

Firefighters in south Snohomish County designed the course. The first mass training was Friday.

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Social Media – Facebook & Twitter




A Day in the Life: Opioid Response Efforts Across Snohomish County

The Snohomish County jail is the largest of its kind in the county, even though it was never designed to be one. — Nurse Julie Harris

Tune In:
Wednesday, July 23 at 2:00 p.m. for a joint press conference featuring Dr. Mark Beatty and Executive Dave Simons to release 7-day pain-decline data

You can watch it LIVE on Facebook and Twitter. Like and follow Snohomish Overdose Prevention and @snohd to stay updated.

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41,289 syringes collected
41,289 syringes collected, 48,500 exchanged. A program located for hepatitis C, 2 with positive rapid tests.

A Day in the Life: Opioid Response Efforts Across Snohomish County

Are these in your medicine cabinet?


- Cocaine
- Dilaudid
- Fentanyl
- Hydrocodone (Vicodin)
- Methadone
- Morphine
- Morphine
- Morphine
- MS Contin
- Oxycodone (Opioma)
- Oxycodone (OxyContin)
- Percocet

They're all opioids. #KnowYourMeds

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Resource Guide: 10 Things to Know

1. Know your meds, store your meds
2. Talk to seniors
3. Learn about addiction
4. Talk to your kids
5. Take back your unwanted meds
6. Get involved
7. Give responsibly
8. Talk to your provider
9. Know how to help, support
10. Know who to call



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10 Things to Know About Opioids

What they are, why they can be dangerous, and what you can do to prevent abuse.

OVERDOSE PREVENTION RESOURCE GUIDE

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Podcast and Forum




FINDING FIXES

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thank you

contact information

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