




# Fentanyl – Implications for Youth and Families




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0




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No financial conflicts of interests

**Brian is the President-Elect of the American Society of Addiction Medicine, so comments on topics involving ASAM**  
 (which publishes the ASAM Criteria, multiple public policy statements, and national practice guidelines related to addiction treatment)

may be biased towards ASAM

1

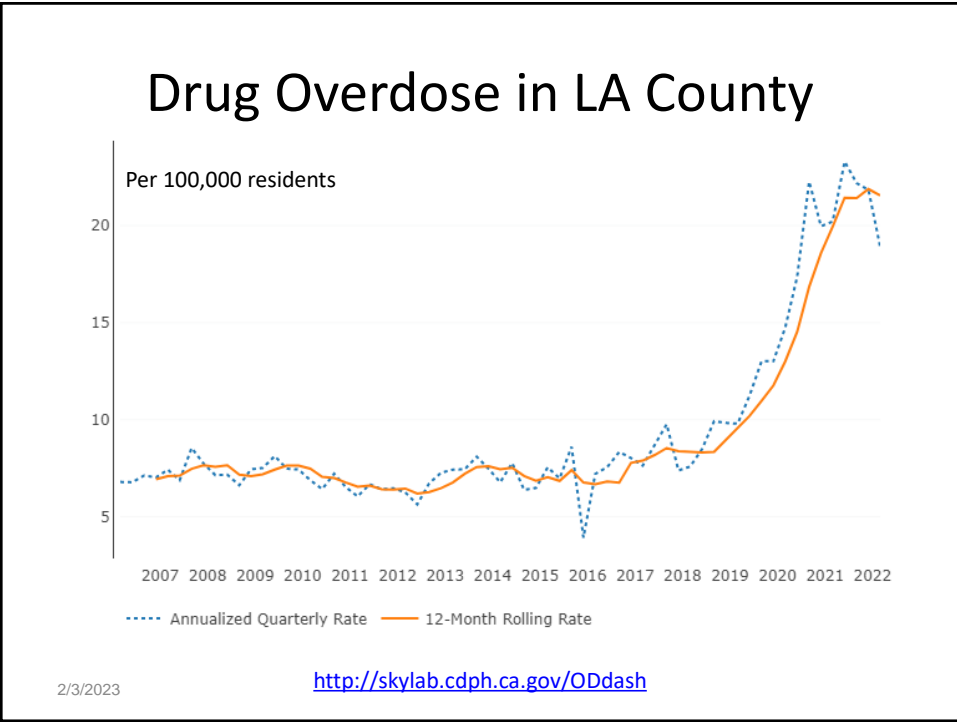


COUNTY OF LOS ANGELES  
Public Health

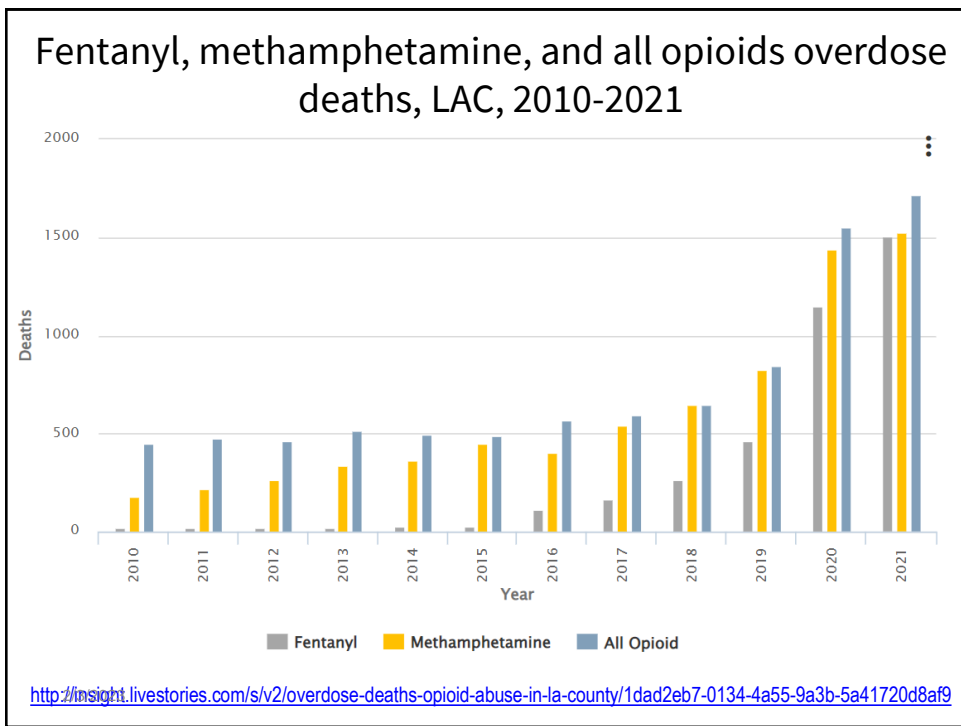
# Trends

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#### % Opioid Misuse Amongst Youth (12 or Older)

Year	% Opioid Misuse
2017	4.2%
2018	3.7%
2019	3.7%
2020	3.4%

#### Overdose Deaths Amongst Youth (15 or Older) LA County

### Youth Opioid Misuse & Overdoses: Fentanyl

Youth overdose deaths continue to **RISE** even though **LESS** youth are misusing opioids...why?

Answer: Illicit Fentanyl is increasingly being laced in counterfeit pills.

Takeaway: Any pill that doesn't come directly from a healthcare provider can contain fentanyl and be deadly.

5

5



2/3/2023

6

**NEWS RELEASE**

**COUNTY OF LOS ANGELES Public Health**

313 N. Figueroa Street, Room 806 | Los Angeles, CA 90012 | (213) 240-8144 | [media@ph.lacounty.gov](mailto:media@ph.lacounty.gov)

For Immediate Release  
**September 15, 2022**

**Health Alert: Counterfeit Pills Contaminated with Fentanyl Causing Drug Overdose**

The Los Angeles Department of Public Health is issuing a health alert after four adolescents were found overdosed following purchasing counterfeit narcotic pills at Lexington Park, including one student found deceased on campus at Bernstein High School in Hollywood on September 13, 2022.

Nationwide, there has been a growing trend of illicit drugs (particularly methamphetamine and cocaine) and counterfeit pills contaminated with fentanyl and other life-threatening substances. This has impacted both adults and youth. In 2021, fentanyl was identified in about 77% of adolescent overdose deaths nationally, and over 80% of drug overdose deaths among adolescents aged 15 – 19 in 2015 were unintentional. Fentanyl and methamphetamine-related overdose deaths have increased in Los Angeles County even prior to the pandemic and continue to rise at an alarming rate.

Fentanyl is a high potency synthetic opioid that is colorless and odorless and can cause rapid respiratory depression resulting in accidental death. Awareness of the risk of fentanyl in counterfeit pills, stimulants, and other substances sold outside of pharmacies is necessary for both the general public, including youth and adults, as well as healthcare providers.

**Recommended Actions for the Public:**

- **Parents and Guardians Should Talk About Drug Use with Adolescents**

- o Parents and guardians should use honest language that emphasizes their values and concerns around drug use.
- o Open conversations that evoke adolescents' understanding and experiences are more effective than lecturing and utilizing scare tactics.

<http://www.publichealth.lacounty.gov/phcommon/public/media/mediapubdetail.cfm?unit=media&ou=ph&prog=media&cur=cur&prid=4063>

7





**COUNTY OF LOS ANGELES Public Health**

## Virtual Town Hall on Fentanyl

Learn more about fentanyl in LA County and the steps families, youth, and schools can take to protect themselves and their loved ones.

**Wednesday, October 12 at 6pm**



**Moderated by:**  
Dr. Barbara Ferrer

**Speakers:**  
 Dr. Debra Duardo  
 Superintendent - Los Angeles County Office of Education  
  
 Dr. Gary Tsai  
 Division Director of Substance Abuse Prevention and Control Program - Public Health  
  
 Ed Ternan  
 Song for Charlie

**Watch on:**    @lapublichealth

**Ask a question:** [tinyurl.com/AskLAPublicHealth](https://tinyurl.com/AskLAPublicHealth)

For more information, visit [RecoverLA.org](https://RecoverLA.org).

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8

8



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**LA Public Health**  
Government

**LA PUBLIC HEALTH PODCAST** **Fentanyl, Opioids, and "Fentapills"**

🕒 2022-10-28

In this episode Steve is joined by Dr. Gary Tsai, Director of the Division of Substance Abuse Prevention and Control in the Los Angeles County Department of Public Health, and Ed Ternan, who together...

[view more](#) ▾

▶ 0:00 — 0:00

<http://www.podbean.com/media/share/pb-6xb55-12fbc48>

9

9



**FENTANYL  
OVERDOSE DEATHS  
among teenagers  
DOUBLED in 2020.**



**NEVER USE ALONE.  
Have Naloxone on hand.**

For more information, visit [RecoverLA.org](http://RecoverLA.org).



<http://twitter.com/lapublichealth/status/1583231599197331458>  
<http://twitter.com/lapublichealth/status/1531785060587741185>

10



**You'll never know by looking!**  
 Illegally manufactured fentanyl  
 is being mixed with other drugs  
 and pressed into pills to look  
 like medication.



**PROTECT YOURSELF.  
Never Use Drugs Alone.  
Have Naloxone on hand.**

For more information, visit [RecoverLA.org](http://RecoverLA.org).



<http://twitter.com/lapublichealth/status/1583231599197331458>  
<http://twitter.com/lapublichealth/status/1531785060587741185>

11

## Counterfeit Drugs Containing Fentanyl

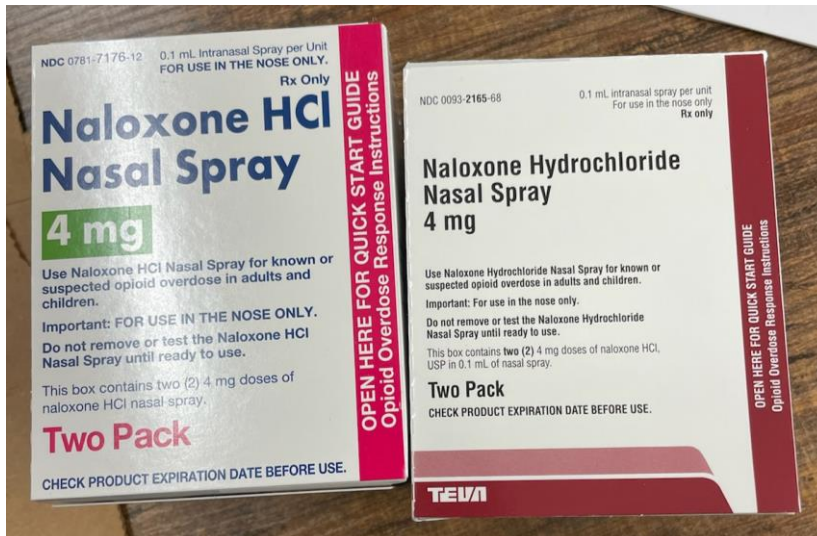


**4 out of 10 pills**  
With Fentanyl contain a potentially  
**Lethal Dose**



12

12



13

# Bottom Line

**Nobody needs to die from an opioid overdose**

14

### FIGHT THE OPIOID CRISIS: BE A PUBLIC HEALTH HERO!

- Develop new skills!
- Open to all Los Angeles County Middle and High Schools

**Students, learn about Fentanyl and Naloxone:**

- Identify overdose trends in youth
- Identify associated risk factors that may increase risk of overdose
- Demonstrate how to effectively recognize an opioid overdose and understand how Naloxone can reduce the effects of the overdose.
- Effectively communicate with peers about opioids
- Identify youth specific resources for accessing ongoing support and care

Questions? Email us: [sbell@ph.lacounty.gov](mailto:sbell@ph.lacounty.gov)

### Combatir la crisis de los opiáceos: ¡Sea un héroe de la salud pública!

- Desarrollar nuevas habilidades
- Abierto a todas las escuelas secundarias y preparatorias del condado de Los Angeles

**Salud Pública Estudiantil Capacitaciones de Embajadores:**

11/16, 4:30PM - 5:30PM: Sesión de Embajadores Estudiantiles

¡Regístrate ahora para ser un Embajador de Salud Pública Estudiantil!  
<https://tinyurl.com/obsatrainig>

**Student Public Health Ambassador Training:**

11/16/22, 4:30PM - 5:30PM

Sign up now to be a Student Public Health Ambassador:  
<https://tinyurl.com/obsatrainig>

SCAN ME

**Estudiantes, aprendan sobre el Fentanilo y la Naloxona:**

- Identificar las tendencias de sobredosis en los jóvenes
- Identificar los factores de riesgo asociados que pueden aumentar el riesgo de sobredosis
- Demostrar cómo reconocer y responder eficazmente a una sobredosis de opiáceos y comprender cómo Naloxona reduce los efectos de una sobredosis
- Comunicarse de manera efectiva con sus compañeros sobre los opiáceos
- Identificar recursos específicos para jóvenes para acceder a apoyo y atención continuos

¿Preguntas? Envíanos un correo electrónico: [sbell@ph.lacounty.gov](mailto:sbell@ph.lacounty.gov)

LOS ANGELES COUNTY DEPARTMENT OF PUBLIC HEALTH

2/3/2023

DEPARTAMENTO DE SALUD PÚBLICA DEL CONDADO DE LOS ANGELES

15

The screenshot shows the website interface for Substance Abuse Prevention and Control. The main navigation bar includes 'Program Home', 'FAQ', 'Comment', and 'Contact'. The left sidebar contains a 'SAPC Menu' with items like 'Prevention', 'Patient Resources', and 'Overdose Prevention'. The 'Overdose Prevention' item is highlighted with a red box. The main content area is titled 'Overdose Prevention' and includes sub-sections for 'Harm Reduction Unit' and 'The Overdose Epidemic'. A URL is provided at the bottom: <http://publichealth.lacounty.gov/sapc/public/overdose-prevention.htm> with the date 2/3/2023.

16

The screenshot shows the 'Harm Reduction Resources' page. The header includes the County of Los Angeles Public Health logo and navigation links: 'Harm Reduction Unit | The Overdose Epidemic | Accessing Naloxone | Finding Services | Resources'. The main heading is 'Harm Reduction Resources'. Below this, a paragraph states: 'Community-based organizations and individuals may utilize the following resources and information designed by SAPCs Harm Reduction Unit to support efforts to expand access to harm reduction and overdose prevention services.' A list of resources follows, each with a document icon: 'Fentanyl in LA County', 'Fentanilo en el Condado de Los Angeles', 'Fentanyl in LA County - Talking to Parents and Youth', 'Fentanilo en el Condado de Los Angeles - Hablando con Padres y Jóvenes Sobre Fentanilo', 'Fentanyl in LA County - Learn about Naloxone', 'Fentanilo en el Condado de Los Angeles - Obtenga Mas Información Sobre la Naloxona', 'Fentanyl in LA County - Get Informed, Stay Safe (for Teens)', 'Fentanyl and Overdoses in Los Angeles County - A Resource Toolkit for Parents', 'Fentanyl and Overdoses in Los Angeles County - A Resource Toolkit for Students', 'Fentanyl and Overdoses in Los Angeles County - A Resource Toolkit for Teachers and School Staff', 'SSP Wallet Cards (PDF)', 'Intranasal Vs Injectable Naloxone Information Sheet (PDF)', 'SAPC Naloxone Resource Guide (PDF)', and 'HCV Educational Training Video from the Hepatitis C Mentor and Support Group'. A page number '17' is visible at the bottom right.

17

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**Public Health**

## Get Informed, Stay Safe

FENTANYL IN LOS ANGELES COUNTY


More adolescents have overdosed and died in Los Angeles County than ever before because of a drug called **fentanyl** that is often mixed into counterfeit pills and other illicit drugs.

**Fentanyl** is an opioid drug that is stronger than other types of opioids – it is 50 times stronger than heroin and 100 times stronger than morphine and exponentially stronger than other prescription opioids.

Fentanyl is colorless and odorless. It is **impossible** to know whether fentanyl has been mixed into a counterfeit pill or other drug without testing it. Even a few grains of fentanyl can kill someone because fentanyl can cause someone to stop breathing.

**Protect yourself and others by informing yourself of the risks of overdose and how to respond if someone overdoses.**

**Get informed about fentanyl and overdose:**  
<http://publichealth.lacounty.gov/sapc/docs/public/overdose-prevention/FentanylLACountyGetInformedStaySafeForTeens.pdf>




18


18

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**Public Health**


## Fentanyl Test Strips (FTS)



**1 RED LINE = POSITIVE FOR FENTANYL**



**2 RED LINES = NEGATIVE FOR FENTANYL**



HOLD THIS END

Capillary action pulls the liquid up the strip into the test area.


DO NOT INSERT ABOVE THIS LINE

Image Source: DanceSafe.org

### Chocolate Chip Cookie Effect


One portion of a drug may contain fentanyl, while another portion may not.

1. Prepare drugs in a fresh, clean cooker
2. Set prepared drugs aside



3. Add 1/4 residue 3 seconds

4. Dip end




5. Check 1 means fe

**No Fentanyl**

19

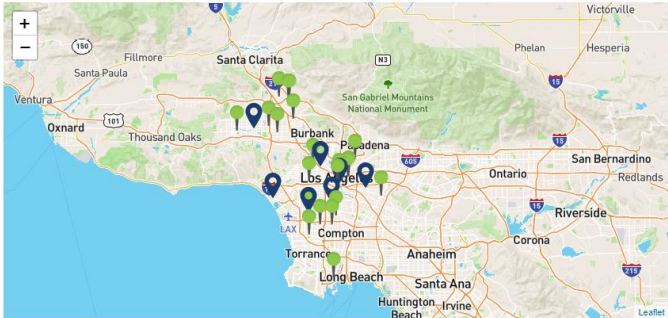
19





Harm Reduction Unit | The Overdose Epidemic | Accessing Naloxone | Finding Services | Resources

[Click here to view EOP Hub Program Schedule \(PDF\)](#)




**Harm Reduction Resources**

Community-based organizations and individuals may utilize the following resources and information designed by SAPCs Harm Reduction Unit to support efforts to expand access to harm reduction and overdose prevention services.





<http://publichealth.lacounty.gov/sapc/public/overdose-prevention.htm>

20

20



**Los Angeles County Engagement and Overdose Prevention (EOP) Hubs Schedule**  
Harm Reduction Syringe Service Programs

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p><b>LA Community Health Project (CHPLA)</b> 1151 W Western Blvd, Los Angeles, CA 90029 Website: <a href="http://chpla.org/">http://chpla.org/</a> Email: <a href="mailto:ContactInfo@chpla.org">ContactInfo@chpla.org</a> Phone: 323.385.5469 M-F 10am-5pm</p>	<p><b>Bollywood</b> 1623 N. Schrader Blvd Los Angeles, CA 90028 7pm-10pm</p>	<p><b>Shed Row</b> 6065 Wilshire Blvd Los Angeles, CA 90048 11am-11am</p> <p><b>Watts</b> 7800 S. Downey St Los Angeles, CA 90059 3pm-5pm</p>	<p><b>South Los Angeles Spectrum Community Clinic @ Drew University</b> 1271 W. 128th St Inglewood, CA 90303 Building 101, LA, CA 90059</p>	<p><b>West County Medical Clinic</b> 1623 N. Schrader Blvd Los Angeles, CA 90028 (Parking lot behind LAUSD Center) 7pm-10pm</p>	<p><b>Shed Row</b> 6065 Wilshire Blvd Los Angeles, CA 90048 11am-11am</p> <p><b>Beats Heights</b> 1101 Central Ave Los Angeles, CA 90033 12pm-2pm</p>	<p><b>Beats Heights</b> 1101 Central Ave Los Angeles, CA 90033 12pm-2pm</p>	
 <p><b>Aidan American Drug Abuse Program (AADAAP)</b> Health Intervention Program 432 E. Manchester Blvd, Inglewood, CA 90305 Website: <a href="https://aadaap.org/healthinterventionprogram/">https://aadaap.org/healthinterventionprogram/</a> Email: <a href="mailto:ContactInfo@aidanprogram.org">ContactInfo@aidanprogram.org</a> Phone: 424.333.5799 M-F 10am-5pm</p>	<p><b>460 E. Manchester Blvd</b> Inglewood, CA 90301 10am-5pm</p>	<p><b>8888 Medical Clinic</b> 11622 S. Alvarado Ave Lynwood, CA 90262 8am-11am</p>	<p><b>West County Medical Clinic</b> 2177 Pacific Ave Long Beach, CA 90805 5007 1/2 St, Westminster 8am-10am</p>	<p><b>Lanham Medical &amp; Mental Health Services</b> 4622 Warner Ave Lanham, CA 90303 7am-10am</p>	<p><b>West County Medical Clinic</b> 121 W. Lincoln St Long Beach, CA 90802 5007 1/2 St and 4th Westminister 10am-10pm</p>	<p><b>West County Medical Clinic</b> 1623 N. Schrader Blvd Los Angeles, CA 90028 1100 E. Pacific Ave Los Angeles, CA 90059 7:30am-10am</p>	<p><b>West County Medical Clinic</b> 1623 N. Schrader Blvd Los Angeles, CA 90028 1100 E. Pacific Ave Los Angeles, CA 90059 7:30am-10am</p>
 <p><b>Tazara Treatment Center (TTC)</b> 7701 Grand Avenue, Rosemead, CA 91153 Website: <a href="https://www.tazaracenter.org/">https://www.tazaracenter.org/</a> Email: <a href="mailto:info@tazaracenter.org">info@tazaracenter.org</a> Phone: 626.342.5887 M-F 10am-5pm</p>	<p><b>11778 Block of Berken Ave</b> Pasadena, CA 91131 (Block 10 between evergreen) 5:30pm-6:00pm</p> <p><b>7200 Block of Valpage Ave</b> Pasadena, CA 91146 (Between Sherman Way &amp; Saco) 6:30pm-9pm</p>	<p><b>6948 Block of Elm Ave</b> Covina, CA 91733 (East of 64th) 9:30am-11:30am</p> <p><b>12178 San Fernando Rd</b> Spokane, CA 91742 (Parking lot of the Local Super of Market) 1:00pm-3:00pm</p>	<p><b>8741 Laurel Canyon Blvd</b> San Valley, CA 91352 6:30am-10:00am</p> <p><b>14500 Block of Humble St</b> Van Nuys, CA 91411 Off of Van Nuys Blvd &amp; Victory Blvd 11:30am-3:00pm</p>	<p><b>West County Medical Clinic</b> 1623 N. Schrader Blvd Los Angeles, CA 90028 1100 E. Pacific Ave Los Angeles, CA 90059 7:30am-10am</p>	<p><b>West County Medical Clinic</b> 1623 N. Schrader Blvd Los Angeles, CA 90028 1100 E. Pacific Ave Los Angeles, CA 90059 7:30am-10am</p>	<p><b>Tazara</b> 4207 Pioneer Blvd Pasadena, CA 90630 10:30am-12:00pm</p> <p><b>Utroha Heights</b> Center of Alhambra Ave Alhambra, CA 90003 11:30am-4:00pm</p>	<p><b>Tazara</b> 4207 Pioneer Blvd Pasadena, CA 90630 10:30am-12:00pm</p> <p><b>Utroha Heights</b> Center of Alhambra Ave Alhambra, CA 90003 11:30am-4:00pm</p>
 <p><b>Bienestar Human Services East Los Angeles Streetfront</b> 5314 East Beverly Blvd, Los Angeles, CA 90022 Website: <a href="https://www.bienestarcap.org/syringe-exchange/">https://www.bienestarcap.org/syringe-exchange/</a> Email: <a href="mailto:info@bienestarcap.org">info@bienestarcap.org</a> Phone: 866.256.6411 M-F 10am-5pm &amp; 6pm-7pm</p>	<p><b>Capital Recovery Center</b> 11725 Sorey Ridge Blvd Whittier, CA 90604 10am-5pm</p> <p><b>Hopland Park</b> 2382 Arroyo St Los Angeles, CA 90052 3:30pm-5pm</p>	<p><b>West County Medical Clinic</b> 1623 N. Schrader Blvd Los Angeles, CA 90028 1100 E. Pacific Ave Los Angeles, CA 90059 7:30am-10am</p>	<p><b>West County Medical Clinic</b> 1623 N. Schrader Blvd Los Angeles, CA 90028 1100 E. Pacific Ave Los Angeles, CA 90059 7:30am-10am</p>	<p><b>West County Medical Clinic</b> 1623 N. Schrader Blvd Los Angeles, CA 90028 1100 E. Pacific Ave Los Angeles, CA 90059 7:30am-10am</p>	<p><b>West County Medical Clinic</b> 1623 N. Schrader Blvd Los Angeles, CA 90028 1100 E. Pacific Ave Los Angeles, CA 90059 7:30am-10am</p>	<p><b>West County Medical Clinic</b> 1623 N. Schrader Blvd Los Angeles, CA 90028 1100 E. Pacific Ave Los Angeles, CA 90059 7:30am-10am</p>	<p><b>West County Medical Clinic</b> 1623 N. Schrader Blvd Los Angeles, CA 90028 1100 E. Pacific Ave Los Angeles, CA 90059 7:30am-10am</p>

<http://publichealth.lacounty.gov/sapc/docs/public/overdose-prevention/EOP%20Hub%20Schedule.pdf>


21

21





### Los Angeles County Engagement and Overdose Prevention (EOP) Hubs Schedule

Harm Reduction Syringe Service Programs

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <b>Homeless Health Care Los Angeles (HHCLA)</b> Center for Harm Reduction 517 East 4th St, Los Angeles, CA 90013 Website: <a href="https://www.hhcla.org/">https://www.hhcla.org/</a> Email Contact Info: <a href="mailto:training@educationhhcla.org">training@educationhhcla.org</a> Phone: 213.617.8008 Sun-M / 8:30am-3:30pm	 <b>Center for Harm Reduction</b> 517 East 4th St, Los Angeles, CA 90013 Sun-M / 8:30am-3:30pm						
 <b>Venice Family Clinic</b> Common Ground at Judy and Bernard Briskin Center 623 7th Ave, Venice, CA 90291 Website: <a href="https://venicefamilyclinic.org/">https://venicefamilyclinic.org/</a> Email Contact Info: <a href="mailto:info@venicefamilyclinic.org">info@venicefamilyclinic.org</a> Phone: 310.314.5480 M-F / 9am-5pm		 <b>Common Ground at Judy and Bernard Briskin Center</b> 623 7th Ave, Venice, CA 90291 M-F / 9am-5pm					
 <b>Homeless Outreach Program Integrated Care System (HOPICS)</b> 5849 Condit St, Los Angeles, CA 90005 Website: <a href="https://www.hopics.org/">https://www.hopics.org/</a> Email Contact Info: <a href="mailto:harmreduction@hopics.org">harmreduction@hopics.org</a> Phone: 323.452.6299 M-F / 9am-5pm			 <b>HOPICS</b> 5849 Condit St, Los Angeles, CA 90005 M-F / 9am-5pm				

\*Scheduled hours are subject to change without notice. Please contact the participating agency to confirm service hours and locations.  
 This program is supported in part by the County of Los Angeles, Department of Public Health. Please contact Substance Abuse Prevention and Control (SAPC) at [harmreduction@ph.lacounty.gov](mailto:harmreduction@ph.lacounty.gov)

<http://publichealth.lacounty.gov/sapc/docs/public/overdose-prevention/EOP%20Hub%20Schedule.pdf>

22



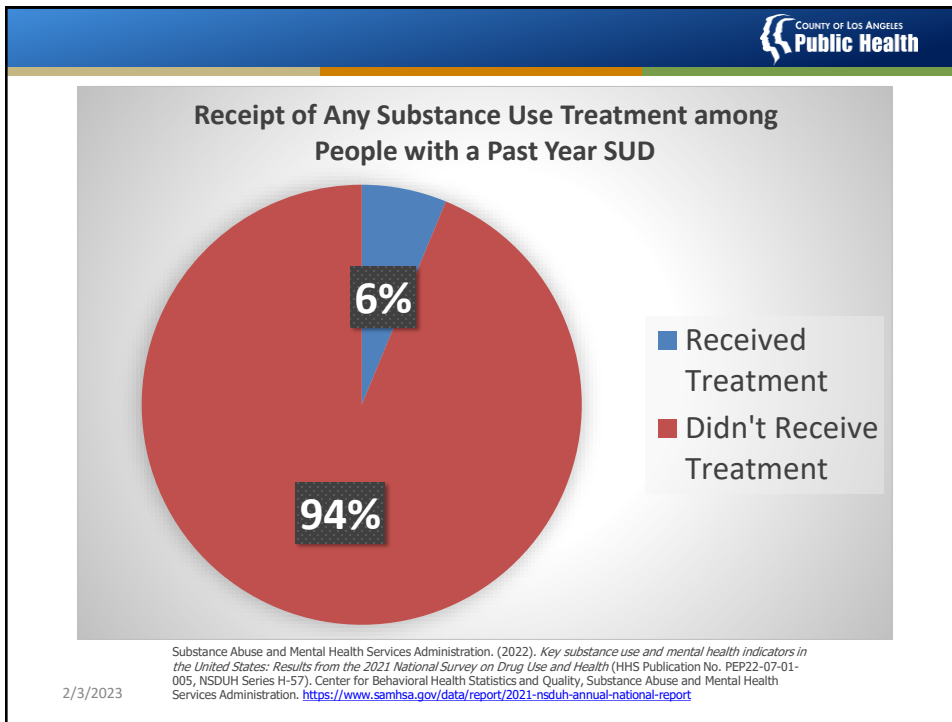
# OEND

Overdose Education+  
Naloxone Distribution

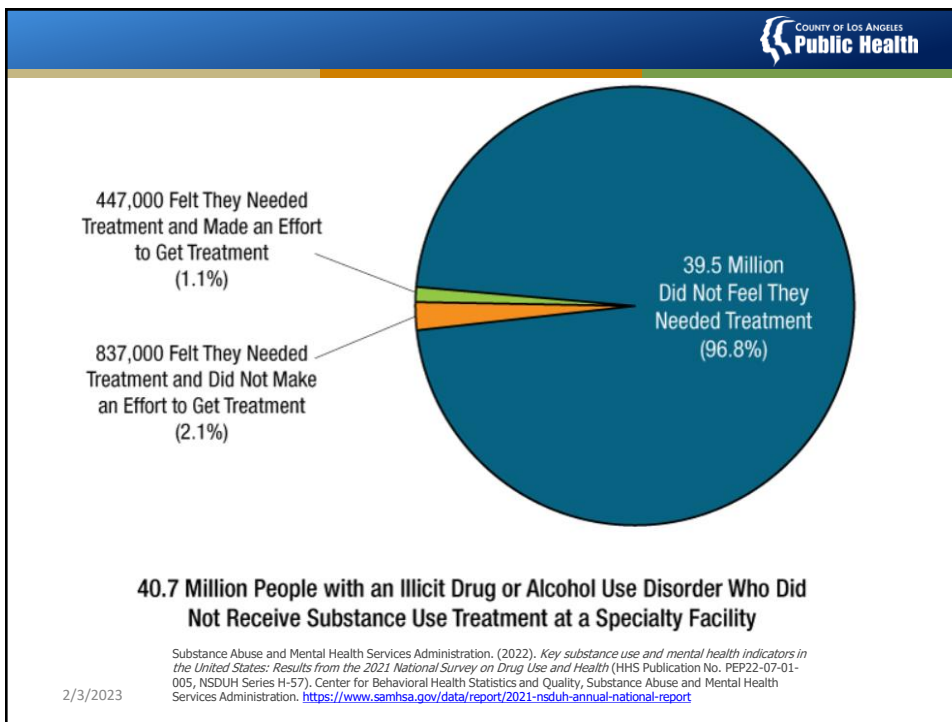
<http://www.laodprevention.org>

23



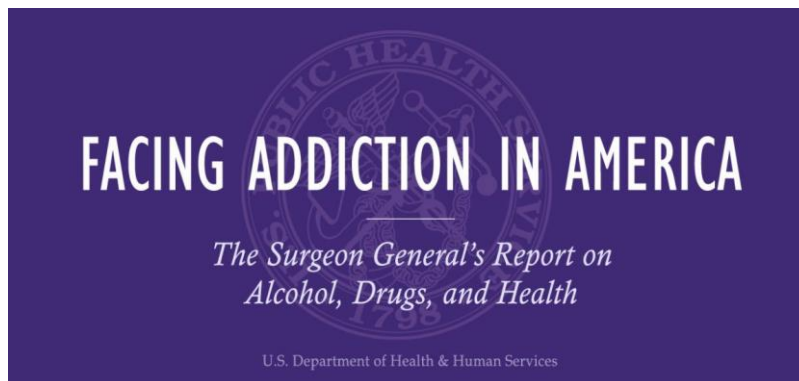


24



25

## Surgeon General's Report



<https://addiction.surgeongeneral.gov/>

26

## Surgeon General's Report

Integrating substance use services  
results in better outcomes

<https://addiction.surgeongeneral.gov/>

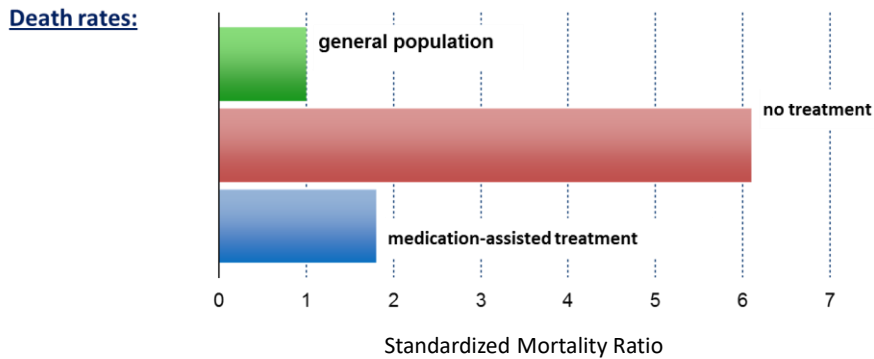
27

# Medications for Addiction Treatment (MAT)



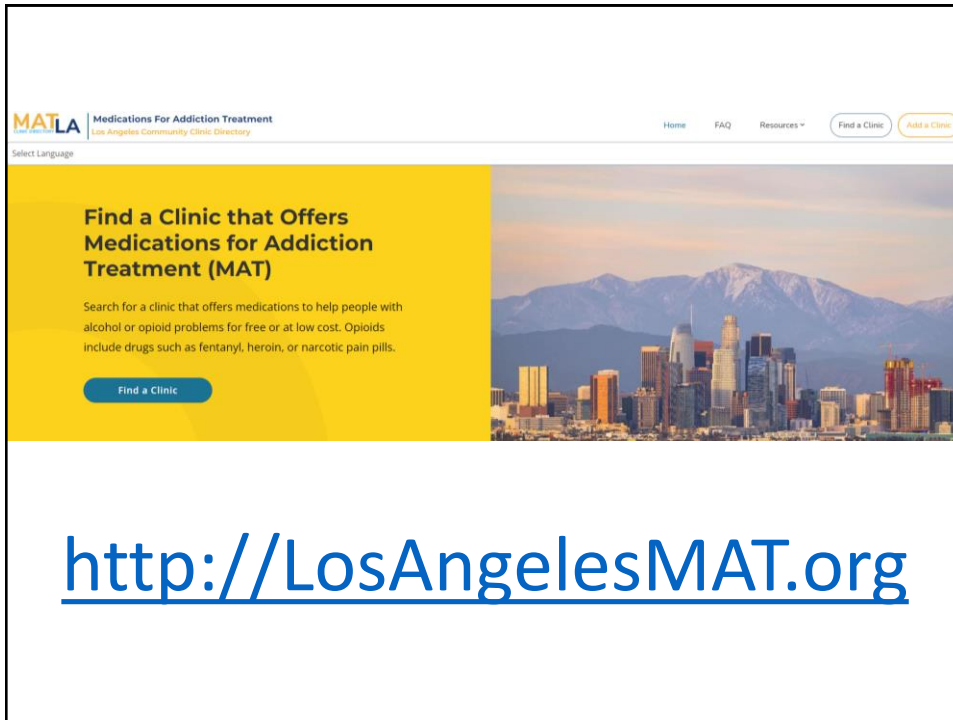
28

## Benefits of MAT: Decreased Mortality



Dupouy et al., 2017  
Evans et al., 2015  
Sordo et al., 2017

29



30



31



**SafeMedLA**

**LA County Prescription Safety Coalition**

Prescription Drug Abuse Coalition  
Los Angeles County

County of Los Angeles  
**Public Health**

Email [hviramontes@ph.lacounty.gov](mailto:hviramontes@ph.lacounty.gov) to obtain the calendar invitation

32

32

## Substance Abuse Service Helpline (SASH)

**SUBSTANCE ABUSE SERVICE HELPLINE**

 **1.844.804.7500**

• Toll-free, available 24/7, year-round • Interpretation available, including TTY •



**1. Anyone can call the SASH**  
(adults, youth 12+)



**2. Clinicians/Counselors conduct**  
a screening and connect the  
caller to a treatment provider



**3. The SASH operator will**  
connect you with a treatment  
provider or provide you with  
a referral option

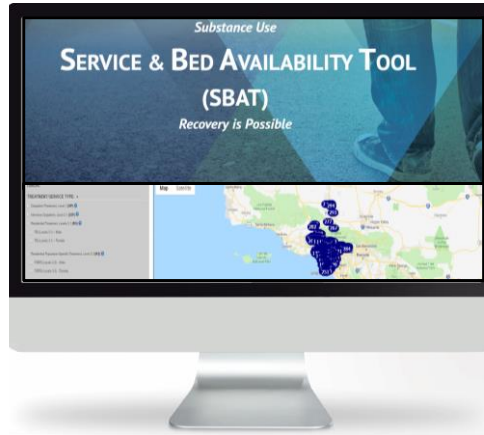
33

## Service & Bed Availability Tool (SBAT)

**The SBAT Website allows anyone with an Internet connection to find SUD treatment services and site contact information.**

**Filter by:**

- Distance
- Treatment/Service Type
- Languages Spoken
- Clients Served (e.g. youth, perinatal, disabled, LGBTQIA, homeless, re-entry, etc.)
- Night/Weekend availability

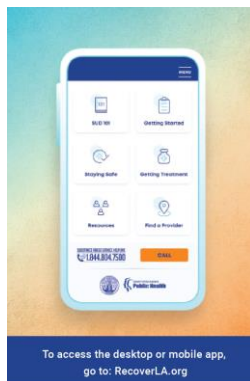


<https://sapccis.ph.lacounty.gov/sbat/>

34

34

## Recover LA Mobile App



- Free mobile app
- Provides education and resources for those seeking substance use services for themselves or others
- Available in 13 languages
- [RecoverLA.org](https://RecoverLA.org)

QR code can be used to access the app as well




35

35

If you, a loved one, or someone you know needs help here is how they can connect

- Substance Abuse Services Hotline (SASH):  
**1-844-804-7500**
- SAPC Email  
[SUDTransformation@ph.lacounty.gov](mailto:SUDTransformation@ph.lacounty.gov)
- SAPC Website's Public and Patient Portal:  
<http://publichealth.lacounty.gov/sapc/PatientPublic>
- Service and Bed Availability Tool:  
<http://sapccis.ph.lacounty.gov/sbat/>



36


36

Where Can I Find More Support?			
Name	Description	Call Toll free	Web Address
Los Angeles County Substance Abuse Service Helpline (SASH)	24/7 helpline screening and referral of free substance use disorder treatment services in Los Angeles County	<b>(844) 804-7500</b>  24 hours per day/ 7 days a week	Web based tool of available Substance Use Disorder Treatment Services in Los Angeles County: <a href="http://sapccis.ph.lacounty.gov/sbat/">http://sapccis.ph.lacounty.gov/sbat/</a>
988 Suicide & Crisis Lifeline (formerly known as the National Suicide Prevention Lifeline)	988 Suicide & Crisis Lifeline provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.	<b>988 Call &amp; Text</b> 24 hours per day/ 7 days a week  Línea de Prevención del Suicidio y Crisis 988  For TTY Users: Use your preferred relay service or dial 711 then 988.	<a href="http://988lifeline.org">Lifeline (988lifeline.org)</a>
Department of Mental Health (DMH) Access Hotline	24/7 Mental Health Services include screening, assessment, referral & crisis counseling	<b>(800) 854-7771</b> 24 hours per day/ 7 days a week	List of Mental Health Services: <a href="https://dmh.lacounty.gov/our-services/">https://dmh.lacounty.gov/our-services/</a>
Department of Social Services (DPSS)	To apply for Medi-Cal, food stamps and income support for low-income families and individuals	<b>(866) 613-3777</b> Monday-Friday 7:30am - 5:30pm	<a href="http://dpss.lacounty.gov/wps/portal/dpss">http://dpss.lacounty.gov/wps/portal/dpss</a>
Substance Abuse and Mental Health Services Administration (SAMHSA)	National Hotline free and confidential referrals/information about mental and/or substance use disorders, prevention, treatment and recovery	<b>(800) 662-HELP (4357)</b> 24 hours per day/ 7 days a week	<a href="http://www.samhsa.gov">www.samhsa.gov</a>

37

 <b>....Where Can I Find More Support?</b>			
Name	Description	Call Toll free	Web Address
Office of Immigration Affairs (OIA)	Connection to free or low-cost attorney if you have questions regarding the "public charge" test and your immigration status	<b>(800) 593-8222</b> Monday-Friday 8:00am-4:30pm	<a href="http://oia.lacounty.gov">oia.lacounty.gov</a>
Alcoholics Anonymous (AA)	Peer supported program for people in recovery from alcohol use disorder who meet regularly	<b>(800) 923-8722</b>	<a href="http://www.AA.org">www.AA.org</a>
Narcotics Anonymous (NA)	Peer supported program for people in recovery from other illicit substances who meet regularly	<b>(800) 974-0062</b>	<a href="http://www.NA.org">www.NA.org</a>
National Alliance on Mental Illness (NAMI)	Provides education support & advocacy to improve the lives of those living with mental illness	<b>(800) 950 6264</b>	<a href="http://www.nami.org">www.nami.org</a>
Nicotine Anonymous	Peer supported program for people in recovery or who need support to stop use of tobacco and nicotine products who meet regularly	<b>(877) 879-6422</b>	<a href="https://www.nicotine-anonymous.org/">https://www.nicotine-anonymous.org/</a>
Al-Anon Al-Anon Los Angeles	Members who are worried about someone important to them with a substance use issue	<b>(888) 425-2666</b> <b>(818) 760-7440</b> -Los Angeles	<a href="http://www.al-anon.org">www.al-anon.org</a>
Los Angeles Helpline	Central source for providing information/referrals for all health and human services in LA County.	<b>211</b> 24 hours per day/ 7 days per week	<a href="http://www.211la.org">www.211la.org</a>

38



## Questions?

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[bhurley@ph.lacounty.gov](mailto:bhurley@ph.lacounty.gov)

Interested in more? Come to:

39



# FENTANYL IN LA COUNTY

In Los Angeles County, overdose deaths among teenagers doubled from 2019 to 2020 (during the covid pandemic), and in 2021, fentanyl was identified in about 77% of adolescent overdose deaths nationally. We are experiencing the worst overdose crisis in Los Angeles County history. Recent local tragedies include three Los Angeles County youth had overdosed from MDMA that had been contaminated with fentanyl in May 2022. On September 13, 2022, a 15-year-old Bernstein HS student was found dead on campus in Hollywood after ingesting a pill containing fentanyl. There have been at least other 7 reported overdoses of other Los Angeles County youth.

Fentanyl can now be found within counterfeit pills and other illicit drug within Los Angeles County and the presence of fentanyl is causing an increased rate of overdose and death. The landscape of overdose deaths no longer primarily among those who are using regularly. Due to fentanyl, we are seeing people overdose and die the first time they try an illicit substance or counterfeit pill.

## **What is fentanyl?**

Fentanyl is an opioid that is sold illicitly on its own but can also be mixed in with illicit substances. When taken by someone without tolerance to opioids, fentanyl that can rapidly cause someone to stop breathing and die. Fentanyl is 50 times more potent than heroin and 100 times more potent than morphine. The DEA has stated that they believe 100% of the counterfeit pills being sold online contain fentanyl.

## **What does it do?**

Fentanyl works on opioid receptors in the brain to decrease pain throughout the body, but it can also make people feel euphoric, confused, sedated, drowsy, dizzy, constipated, and nauseated, and can decrease your rate of breathing.

## **Why is it so dangerous?**

Fentanyl is more potent than other opioids, even in small quantities. A few grains of fentanyl can cause death from an overdose, and because it is colorless and odorless, it is difficult to detect without testing.

## **Why is it put in other pills or drugs?**

Fentanyl is very cheap to manufacture and when mixed with other substances (such as MDMA, cocaine, heroin, methamphetamine) and put in counterfeit pills (illicit opioid pain pills such as oxycodone, morphine, norco, Vicodin), it can increase potency and euphoria.

## **How do we know if something has fentanyl?**

No one can tell if a pill or drug contains fentanyl by looking at it or smelling it. Fentanyl test strips purchased online can be used by they will not show how much fentanyl is in it or how potent it is. You can purchase them affordably online at: [BTNX](#), [Dose Test](#), [Dance Safe](#), [Wisebatch](#), or [TACO](#).

## **How can you prevent overdose deaths?**

**Narcan/naloxone** is a lifesaving medication that reverses an opioid overdose. It can be administered via a nasal spray or intramuscular injection that will restore normal breathing in someone who has overdosed on an opioid and stopped breathing. Los Angeles County Residents can ask their healthcare provider for a prescription for naloxone. Additionally, some pharmacies may provide naloxone, and a list of participating pharmacies is available online [here](#). Lastly, Los Angeles County residents can visit <http://www.LAodprevention.org> for a list of online resources. For more information about substance use prevention and treatment, visit [www.RecoverLA.org](http://www.RecoverLA.org).



# FENTANILO EN EL CONDADO DE LOS ÁNGELES

En el Condado de Los Ángeles, las muertes por sobredosis entre adolescentes se duplicaron de 2019 a 2020 (durante la pandemia de Covid-19), y en 2021, el fentanilo se identificó en alrededor del 77 % de las muertes de adolescentes a causa de sobredosis a nivel nacional. Estamos experimentando la peor crisis de sobredosis en la historia del Condado de Los Ángeles. Las tragedias locales recientes incluyen a tres jóvenes del Condado de Los Ángeles que sufrieron una sobredosis de MDMA que había sido contaminado con fentanilo en mayo de 2022. El 13 de septiembre de 2022, un estudiante de 15 años de Bernstein High School fue encontrado muerto en el campus de Hollywood tras ingerir una píldora que contenía fentanilo. Se ha informado de al menos 7 casos de sobredosis en otros jóvenes del Condado de Los Ángeles.

Ahora el fentanilo se puede encontrar dentro de píldoras falsas y otras drogas ilícitas dentro del Condado de Los Ángeles y la presencia de fentanilo está causando un aumento en la tasa de sobredosis y muerte. El escenario de muertes por sobredosis ya no recae principalmente entre quienes consumen de forma regular. Debido al fentanilo, estamos viendo cómo las personas sufren sobredosis y mueren la primera vez que prueban una sustancia ilícita o una píldora falsa.

## **¿Qué es el fentanilo?**

El fentanilo es un opioide que se vende ilícitamente por sí solo, pero que también puede mezclarse con sustancias ilícitas. Cuando lo toma alguien que no tiene tolerancia a los opioides, el fentanilo puede hacer que la persona deje de respirar rápidamente y muera. El fentanilo es 50 veces más potente que la heroína y 100 veces más potente que la morfina. La DEA ha declarado que cree que el 100 % de las píldoras falsas que se venden en internet contienen fentanilo.

## **¿Para qué sirve?**

El fentanilo actúa sobre los receptores opioides del cerebro para disminuir el dolor en todo el cuerpo, pero también puede hacer que las personas se sientan eufóricas, desorientadas, sedadas, somnolientas, mareadas, estreñidas y con náuseas, y puede disminuir la frecuencia respiratoria.

## **¿Por qué es tan peligroso?**

El fentanilo es más potente que otros opioides, incluso en pequeñas cantidades. Unos pocos granos de fentanilo pueden causar la muerte por sobredosis y, como es incoloro e inodoro, es difícil de detectarlo sin realizar pruebas.

## **¿Por qué se agrega a otras píldoras o drogas?**

El fentanilo es muy barato de fabricar y cuando se mezcla con otras sustancias (como MDMA, cocaína, heroína o metanfetamina) y se agrega a pastillas falsas (analgésicos opioides ilícitos como la oxicodona, la morfina, el Norco o el Vicodin) puede aumentar la potencia y la euforia.

## **¿Cómo sabemos si algo tiene fentanilo?**

Nadie puede saber si una píldora o droga contiene fentanilo mirándola u oliéndola. Las tiras reactivas de fentanilo compradas en internet pueden utilizarse, pero no muestran la cantidad de fentanilo que contiene ni su concentración. Puedes comprarlas de forma económica en línea en: [BTNX](#), [Dose Test](#), [Dance Safe](#), [Wisebatch](#) o [TACO](#).

## **¿Cómo se pueden prevenir las muertes por sobredosis?**

**Narcan/la naloxona** es un medicamento salvavidas que revierte una sobredosis de opioides. Puede administrarse mediante un aerosol nasal o una inyección intramuscular que permitirá restablecer la respiración normal en alguien que haya sufrido una sobredosis por opioides y haya dejado de respirar. Los residentes del Condado de Los Ángeles pueden pedir a su proveedor de atención médica una prescripción para naloxona. Asimismo, algunas farmacias pueden proveer naloxona y en línea se encuentra disponible una lista de farmacias participantes [aquí](#). Por último, los residentes del Condado de Los Ángeles pueden visitar <http://www.LAodprevention.org> para obtener una lista de recursos en línea. Para obtener más información sobre la prevención y el tratamiento del consumo de sustancias, visite [www.RecoverLA.org](http://www.RecoverLA.org).



# Talking to Parents and Youth About Fentanyl

## FENTANYL IN LA COUNTY

In Los Angeles County, overdose deaths among teenagers doubled from 2019 to 2020 (during the covid pandemic), and in 2021, fentanyl was identified in about 77% of adolescent overdose deaths nationally. We are experiencing the worst overdose crisis in Los Angeles County history. Recent local tragedies include three Los Angeles County youth had overdosed from MDMA that had been contaminated with fentanyl in May 2022. On September 13, 2022, a 15-year-old Bernstein HS student was found dead on campus in Hollywood after ingesting a pill containing fentanyl. There have been at least other 7 reported overdoses of other Los Angeles County youth.

Fentanyl can now be found within counterfeit pills and other illicit drug within Los Angeles County and the presence of fentanyl is causing an increased rate of overdose and death. The landscape of overdose deaths no longer primarily among those who are using regularly. Due to fentanyl, we are seeing people overdose and die the first time they try an illicit substance or counterfeit pill.

**Conversations can save lives.**

### **What to say to youth about fentanyl and overdoses:**

- 1) Anyone who uses illicit substances (such as cocaine, methamphetamine, MDMA (ecstasy), or heroin), counterfeit pills (purchased from online or in-person dealers such as, oxycodone, morphine, or sedatives like Xanax), or who obtains medication that is *not* prescribed to them and picked up from a pharmacy is at risk for an overdose.
- 2) Fentanyl is being found in many illicit substances and counterfeit pills. Drug dealers do not consistently know what is in the pills they are selling.
- 3) If you are going to experiment with substances:
  - a. Have Naloxone (Narcan) with you.
  - b. Do not use alone (Having someone who can monitor for an overdose and administer Naloxone (Narcan)) or calling [NeverUseAlone](#) at 1-800-484-3731.
  - c. Test substances for fentanyl with a fentanyl testing strip, which can be purchased online through [BTNX](#), [Dose Test](#), [Dance Safe](#), [Wisebatch](#), or [TACO](#).
  - d. Do not purchase substances from unknown sources.
- 4) Please reach out for help to your counselor, pediatrician, therapist, parents if you want to use substances.



# Talking to Parents and Youth About Fentanyl

## FENTANYL IN LA COUNTY

### **How parents can talk to their children about fentanyl and drugs:**

1. Have open and honest conversations about drugs with your kids early and often.
2. Be clear about your expectations.
  - a. Saying “be smart” may mean something different to you than it does to your child. Being direct by saying something like “I expect that you will not drink and drive or use illicit substances” is clearer.
3. Use age-appropriate language and contexts to help them understand what illicit drugs can do.
  - a. For elementary school kids: Discussing that you don’t take anyone else’s medication and that you only take medication when it is prescribed by your doctor or approved by your parents.
  - b. For teens: Try asking questions about what they know about substances and let them share with you. Provide accurate information if they ask questions and be honest when you don’t know something and seek out resources together. Avoid trying to lecture them.
4. Create a safe, nonjudgmental space.
5. Always listen to what they know and answer their questions as honestly as you can.
6. Ask for help when you need it.
7. Additional guidance for parents and families is available [here](#) and [here](#).

Visit [www.RecoverLA.org](http://www.RecoverLA.org) for more information.



# Hablando con padres y jóvenes sobre fentanilo

## Fentanilo en el Condado de Los Ángeles

En el Condado de Los Ángeles, las muertes por sobredosis entre adolescentes se duplicaron de 2019 a 2020 (durante la pandemia de Covid-19), y en 2021, el fentanilo se identificó en alrededor del 77 % de las muertes de adolescentes a causa de sobredosis a nivel nacional. Estamos experimentando la peor crisis de sobredosis en la historia del Condado de Los Ángeles. Las tragedias locales recientes incluyen a tres jóvenes del Condado de Los Ángeles que sufrieron una sobredosis de MDMA que había sido contaminado con fentanilo en mayo de 2022. El 13 de septiembre de 2022, un estudiante de 15 años de Bernstein High School fue encontrado muerto en el campus de Hollywood tras ingerir una píldora que contenía fentanilo. Se ha informado de al menos 7 casos de sobredosis en otros jóvenes del Condado de Los Ángeles.

Ahora el fentanilo se puede encontrar dentro de píldoras falsas y otras drogas ilícitas dentro del Condado de Los Ángeles y la presencia de fentanilo está causando un aumento en la tasa de sobredosis y muerte. El escenario de muertes por sobredosis ya no recae principalmente entre quienes consumen de forma regular. Debido al fentanilo, estamos viendo cómo las personas sufren sobredosis y mueren la primera vez que prueban una sustancia ilícita o una píldora falsa.

### Las conversaciones pueden salvar vidas.

#### Qué decirles a los jóvenes sobre el fentanilo y las sobredosis:

- 1) Cualquier persona que consuma sustancias ilícitas (como cocaína, metanfetamina, MDMA [éxtasis] o heroína), pastillas falsas (compradas a traficantes en línea o en persona, como oxicodona, morfina o sedantes como Xanax) o que obtenga medicamentos que *no* le hayan sido recetados y que retire en una farmacia, corre el riesgo de sufrir una sobredosis.
- 2) El fentanilo se encuentra en muchas sustancias ilícitas y en píldoras falsas. Los traficantes de drogas no siempre saben qué contienen las pastillas que venden.
- 3) Si vas a experimentar con sustancias:
  - a. Lleva contigo naloxona (Narcan).
  - b. No lo consumas solo (es preferible estar con alguien que pueda controlar una sobredosis y administrar naloxona [Narcan]) o llamar a [NeverUseAlone](#) al 1-800-484-3731.
  - c. Prueba las sustancias para detectar el fentanilo con una tira de prueba de fentanilo, que se puede comprar en línea a través de [BTNX](#), [Dose Test](#), [Dance Safe](#), [Wisebatch](#) o [TACO](#).
  - d. No compres sustancias de fuentes desconocidas.
- 4) Por favor, pide ayuda a tu consejero, pediatra, terapeuta, padres si quieres consumir sustancias.

#### Cómo pueden los padres hablar con sus hijos sobre el fentanilo y las drogas:

1. Mantenga conversaciones abiertas y sinceras sobre las drogas con sus hijos desde una edad temprana y con regularidad.
2. Sea claro con respecto a sus expectativas.
  - a. Decir "sé inteligente" puede significar algo diferente para usted que para su hijo. Ser directo diciendo algo como "espero que no bebas y conduzcas ni consumas sustancias ilícitas" es más claro.
3. Utilizar un lenguaje y contextos adecuados a la edad para ayudarles a entender lo que pueden provocar las drogas ilícitas.
  - a. Para niños de primaria: hablar de que no se toma el medicamento de nadie más y que sólo se toma el medicamento cuando la prescribe el médico o la aprueban los padres.



# Hablando con padres y jóvenes sobre fentanilo

## Fentanilo en el Condado de Los Ángeles

- b. Para los adolescentes: tratar de hacerles preguntas sobre lo que saben acerca de las sustancias y dejar que las compartan con usted. Proporcionar información precisa si hacen preguntas y ser honesto cuando no tenga conocimiento de algo y buscar recursos juntos. Evite tratar de sermonearlos.
4. Genere un espacio seguro y sin prejuicios.
5. Escuche siempre lo que saben y responda a sus preguntas con la mayor honestidad posible.
6. Pida ayuda cuando la necesite.
7. orientación adicional para los padres y las familias se puede encontrar [aquí](#) y [aquí](#) .

Visita [www.RecoverLA.org](http://www.RecoverLA.org) para obtener más información.



# Learn more about Naloxone

## FENTANYL IN LA COUNTY

### **What is naloxone (Narcan)?**

Naloxone, which also goes by the brand name Narcan, is a lifesaving medication that reverses an opioid overdose. It is a nasal spray or injection that will restore the normal breathing of someone who has overdosed on an opioid and stopped breathing. Naloxone will work within 1-2 minutes after administration and additional doses can be administered every 90 seconds if the person hasn't started breathing again. Multiple doses of naloxone may be needed for high potency opioids such as fentanyl.

### **What does it do?**

Naloxone blocks the opioid receptors in the brain. It removes opioids that activate opioid receptors and reverses the effects of the opioids to restore breathing. Naloxone can stay in someone's system for about 30-60 minutes until help can arrive.

### **Who can administer naloxone (Narcan)?**

Anyone can administer naloxone after watching naloxone training videos that are [readily available online](#). The CA Good Samaritan Law protects anyone acting in good faith from any civil prosecution if they administer Narcan to someone in an emergency overdose situation. Naloxone is effective for youth who have overdose, and possession of naloxone and rescuing youth who have overdoses with naloxone does not require parental consent.

### **When does naloxone (Narcan) expire?**

Each Narcan will have an expiration date printed on the box and typically has a shelf life of 36 months. The expiration date can be extended by a couple of years if it is stored in a cool, dry place.

### **Can someone get addicted to naloxone (Narcan)?**

No. Naloxone reverses the effects of opioids, is an antidote to opioid overdose, and is not an addictive substance.

### **What are some other common misconceptions about Narcan:**

Having a naloxone kit does not increase a person's opioid or other substance use. If naloxone is administered to someone who has overdosed on anything other than an opioid—including alcohol, benzodiazepines (such as Xanax), stimulants, or psychedelics—Narcan will not have any effect, and would not worsen the person's non-opioid overdose.

### **What are common side effects to Narcan?**

After administering Narcan, people who have overdosed on opioids including fentanyl will start breathing again. People can experience flushing, dizziness, anxiety, irritability, body aches, and some confusion.

### **Where can someone get naloxone (Narcan)?**

Los Angeles County Residents can ask their healthcare provider for a prescription for naloxone. Additionally, some pharmacies may provide naloxone without a prescription, and a list of participating pharmacies is available online [here](#). Lastly, Los Angeles County residents can visit <http://www.LAodprevention.org> for a list of additional online resources.





# Obtenga más información sobre la naloxona (Narcan)

## Fentanilo en el Condado de Los Ángeles

### **¿Qué es la naloxona (Narcan)?**

La naloxona, también conocida por el nombre de la marca Narcan, es un medicamento que salva vidas revierte una sobredosis de opioides. Es un aerosol nasal o una inyección que permite restablecer la respiración normal de una persona que ha experimentado una sobredosis de opioides y ha dejado de respirar. La naloxona actúa luego de 1 o 2 minutos de su aplicación y se puede administrar dosis adicionales cada 90 segundos si la persona no consigue volver a respirar. Puede ser necesario administrar múltiples dosis de naloxona para opioides de alta potencia como el fentanilo.

### **¿Para qué sirve?**

La naloxona bloquea los receptores opioides en el cerebro. Elimina los opioides que activan los receptores opioides y revierte los efectos de los opioides para recobrar la respiración. La naloxona puede permanecer en el organismo de una persona entre 30 y 60 minutos hasta que llegue la ayuda.

### **¿Quién puede administrar naloxona (Narcan)?**

Cualquier persona puede administrar naloxona después de ver los videos de entrenamiento sobre naloxona que están [disponibles en Internet](#). La Ley del Buen Samaritano de California protege a cualquier persona que actúe de buena fe ante cualquier proceso civil si administra Narcan a alguien en una situación de emergencia provocada por una sobredosis. La naloxona es eficaz para los jóvenes que sufren una sobredosis, y la posesión de naloxona y el rescate de jóvenes que experimentan una sobredosis de naloxona no requiere el consentimiento de los padres.

### **¿Cuándo expira la naloxona (Narcan)?**

Cada caja de Narcan tendrá una fecha de vencimiento impresa y normalmente tiene una vida útil de 36 meses. La fecha de caducidad puede prolongarse un par de años si se almacena en un lugar fresco y seco.

### **¿Alguien puede desarrollar una adicción a la naloxona (Narcan)?**

No. La naloxona revierte los efectos de los opioides, es un antídoto contra la sobredosis de opioides y no es una sustancia adictiva.

### **¿Cuáles son otros conceptos erróneos comunes sobre el Narcan?**

Disponer de un kit de naloxona no eleva el consumo de opioides ni de otras sustancias de una persona. Si se administra naloxona a una persona que ha experimentado una sobredosis de cualquier cosa que no sean opioides (incluido el alcohol, las benzodiacepinas, como Xanax, los estimulantes o los psicodélicos), Narcan no tendrá ningún efecto y no empeorará una sobredosis que no sea de opioides de la persona.

### **¿Cuáles son los efectos secundarios más comunes de Narcan?**

Luego de administrar Narcan, las personas que han sufrido una sobredosis de opioides, incluido el fentanilo, empezarán a respirar de nuevo. Las personas pueden experimentar enrojecimiento, mareos, ansiedad, irritabilidad, dolores corporales y cierta confusión.

### **¿Dónde se puede conseguir naloxona (Narcan)?**

Los residentes del Condado de Los Ángeles pueden pedir a su proveedor de atención médica una prescripción para la naloxona. Asimismo, algunas farmacias pueden proporcionar la naloxona sin necesidad de exigir una receta, y en línea [aquí](#) está disponible una lista de farmacias participantes. Por último, los residentes del Condado de Los Ángeles pueden visitar <http://www.LAodprevention.org> para obtener una lista de recursos adicionales en línea.





# Get Informed, Stay Safe

## FENTANYL IN LOS ANGELES COUNTY

More adolescents have overdosed and died in Los Angeles County than ever before because of a drug called **fentanyl** that is often mixed into counterfeit pills and other illicit drugs.

**Fentanyl** is an opioid drug that is stronger than other types of opioids – it is 50 times stronger than heroin and 100 times stronger than morphine and exponentially stronger than other prescription opioids.

Fentanyl is colorless and odorless. It is **impossible** to know whether fentanyl has been mixed into a counterfeit pill or other drug without testing it. Even a few grains of fentanyl kill someone because fentanyl can cause someone to stop breathing.



**Protect yourself and others by informing yourself of the risks of overdose and how to respond if someone overdoses.**

### Get informed about fentanyl and overdose:

- 1) All pills acquired from a place other than a pharmacy or healthcare provider should be presumed to be a counterfeit pill that contains fentanyl.
- 2) Fentanyl can be mixed with:
  - a. Illicit substances (e.g., cocaine, methamphetamine, MDMA [ecstasy], or heroin)
  - b. Counterfeit pills (e.g., prescription opioids like Percocet, Vicodin, or Oxycontin, or sedatives like Xanax purchased online or outside of pharmacy)
  - c. Any medication that is not prescribed through a pharmacy
- 3) People who sell drugs do not always know whether fentanyl is in the pills they are selling
- 4) People who use drugs should:
  - a. Keep naloxone (Narcan) nearby (see below for how to access naloxone)
  - b. Not use alone (having someone who can monitor for an overdose and administer naloxone (Narcan) or calling [NeverUseAlone](https://www.911.org) at 1-800-484-3731)
  - c. Test substances for fentanyl with a fentanyl testing strip, which can be purchased online through [BTNX](#), [Dose Test](#), [Dance Safe](#), [Wisebatch](#), or [TACO](#)
  - d. Fentanyl can be mixed into drugs purchased from unknown sources or received from people you know, such as your friends







# Get Informed, Stay Safe

FENTANYL IN LOS ANGELES COUNTY

## Recognizing Overdose

## Responding to Overdose

<p>Someone might be overdosing if they have any of the following after using a drug:</p>	<p>If someone overdoses:</p>
<ul style="list-style-type: none"> <li>• Fall asleep and cannot be woken</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Call 911</b>, notify an adult, and ask for medical help for the person who overdosed.</li> </ul>
<ul style="list-style-type: none"> <li>• Have slow and shallow breathing</li> </ul>	<ul style="list-style-type: none"> <li>• Administer naloxone (Narcan): Watch this <a href="#">Video</a> to learn more and know you are protected by law from being arrested if you administer naloxone in an emergency situation.</li> </ul>
<ul style="list-style-type: none"> <li>• Choke or make gurgling sounds</li> </ul>	
<ul style="list-style-type: none"> <li>• Have a limp body or discolored &amp; cold skin</li> </ul> 	<ul style="list-style-type: none"> <li>• Keep the person awake and breathing.</li> </ul>
<ul style="list-style-type: none"> <li>• The pupils in their eyes become small and constricted.</li> </ul> 	<ul style="list-style-type: none"> <li>• Lay the person on their side to prevent choking.</li> <li>• Do not leave the person alone until help arrives.</li> </ul> 

## Where to get naloxone (Narcan)?

Anyone can ask their healthcare provider for a prescription for naloxone. Some schools have naloxone to rescue someone who overdoses on campus. Ask your teacher or other school staff where on-campus naloxone can be found. More about obtaining naloxone is available here: <http://publichealth.lacounty.gov/sapc/public/overdose-prevention.htm>



## Help is available

- 1) Please reach out for help to your counselor, pediatrician, therapist, or parents if you are using or thinking about using drugs. You can also receive help and a prescription of naloxone without your parents knowing.
- 2) [RecoverLA](#) is mobile-friendly and has information about substance use and how to get help.
- 3) The [Substance Abuse Services Telephone Hotline](#) 1-844-804-7500 is open 24/7 and will assist eligible Los Angeles residents with finding substance use disorder treatment.
- 4) The [Los Angeles County Department of Mental Health](#) has a 24/7 hotline that links Los Angeles residents of all ages to help with their mental health: 1-800 854-7771.



# Fentanyl and Overdoses in Los Angeles County

## A Resource Toolkit for Parents

Conduct open and honest conversations with your kids early and regularly about drugs. This provides children a space to ask questions and for you to listen to their concerns and provide information.

1. [Stanford parent guide:](#)
  - a. Create a safe, non-judgmental space.
  - b. Be clear about your expectations.
  - c. Show that you care about their health and wellness.
  - d. Ask what they know about substances.
  - e. Let them know you are a reliable source of information and that if you don't know something, you will go to a trusted source for more information.
  - f. Help them think through the different kinds of situations they might face in making decisions around using drugs and alcohol.
  - g. Discuss any family history of substance use disorders.
  - h. Avoid lecturing or utilizing scare tactics.
2. [National Institute on Drug Abuse \(NIDA\) Talking to your kid about drugs.](#)
3. [Substance Abuse and Mental Health Services Administration: "Talk. They Hear You."](#)
4. [Get Smart About Drugs: Tips to prevent drug use with your child](#)

### Conversations Save Lives

Be aware of the risk posed by fentanyl.

1. [Parent flyer about Fentanyl](#) from the Drug Enforcement Agency (DEA) (English)
2. [Facts about Fentanyl](#) from the Centers of Disease Control (CDC) (English)
3. [Facts about Fentanyl](#) from the Centers of Disease Control (CDC) (Spanish)
4. [Facts about Opioids](#) from the Centers of Disease Control (CDC) (English)
5. [Facts about Opioids](#) from the Centers of Disease Control (CDC) (Spanish)

### Become Informed About Drugs

Reversing an opioid overdose can save a life. Here you can learn more about the medication that reverses opioid overdoses.

1. [Facts about Naloxone](#) from the National Institute of Drug Abuse (NIDA) (English)
2. [Facts about Naloxone](#) from the National Institute of Drug Abuse (NIDA) (Spanish)
3. Video: [Administering Narcan to reverse opioid overdose.](#)
4. Narcan:
  - a. is the antidote to an opioid overdose.
  - b. saves lives and will help people breathe again
  - c. it does not increase the risk of developing a substance use disorder.
  - d. it only has an effect if someone has used an opioid, not if they have used any other substances including other drugs or alcohol.
5. [How to obtain Narcan in LA County](#)

### Learn How to Respond to an Overdose

# Fentanyl and Overdoses in Los Angeles County

## A Resource Toolkit for Parents



### Additional Resources for Your Family

1. [Families Anonymous](#) is a 12 step groups for the family and friends of those individuals with drug, alcohol or related behavioral issues
2. [NACOA](#) provides tools for your child to prevent substance use if it is common in your family history
3. Be Prepared if you have to talk about death from an overdose with your child
  - a. [These strategies can help when processing grief after an overdose death.](#)
4. Understanding how people sell drugs to youth via social media: [Decoding Emoji's](#)
5. Being aware of [changes in behavior](#) that could indicate something isn't right and they need additional support
  - a. Fentanyl testing strips can be used to detect fentanyl in illicit substances to help people understand what they would be using
6. Keep naloxone (Narcan) in the household
7. No one should use substances alone. People can use with someone who can monitor for an overdose and administer naloxone (Narcan) or call [NeverUseAlone](#) at 1-800-484-3731
8. Substances can be tested for fentanyl with a fentanyl testing strip, which can be purchased online through [BTNX](#), [Dose Test](#), [Dance Safe](#), [Wisebatch](#), or [TACO](#)
9. Video: [How to use a fentanyl test strip](#)

### Additional Materials to Learn More About Substance Use Disorders in Teens

1. Podcasts that discuss teen drug use:
  - a. [My child and addiction](#)
  - b. [SAMHSA Talk They Hear](#)

### Where Youth Can Get Help with Substance Use

1. [RecoverLA](#) is available in 13 languages and provides basic information about substance use and how to get treatment
2. The [SASH Hotline](#) 1-844-804-7500 is open 24/7 and will assist eligible LA residents with free substance use disorder treatment
3. The [Los Angeles County Department of Mental Health](#) has a 24/7 hotline that links LA residents of all ages to help with their mental health: 1-800 854-7771
4. [Headspace](#): Sign up for free to access meditations, as well as sleep and movement exercises, designed to help you care for your mind
5. Connect to other teens working to address their substance use
  - a. [Alcoholics Anonymous for teens](#) is available virtually or in-person
  - b. [Smart Recovery for teens](#): Discuss issues related to recovery, and share ideas and strategies for things like peer pressure, dealing with urges, and managing emotions
  - c. [AI-anon for teens](#) have virtual and in-person for youth people aged 13 to 18 who have been affected by someone else's drinking





# Fentanyl and Overdoses in Los Angeles County

## A Resource Toolkit for Students



### Learn About Drugs and Alcohol and How They Affect the Brain and Body

1. [Drugs and the brain](#)
2. [For more information about specific drugs and what they do in your body and brain](#)
3. [Why is hard to stop using substances?](#)

### Be Informed About Opioids and the Dangers of Fentanyl

1. [What are opioids and how do they work in the body?](#)
2. [Fentanyl Facts](#)
3. [Rainbow Fentanyl](#)

### Recognize the Signs of Overdose and How to Respond

1. What puts someone at [risk for an overdose](#)
2. Video: [Recognize opioid overdoses](#)
3. Video: [Reverse opioid overdoses with Narcan](#)
4. Video: [Opioid overdose prevention and response](#)
5. Information: [How to obtain Narcan in LA County](#)

### Be Prepared

If you or someone you know uses drugs:

1. Keep naloxone (Narcan) nearby
2. Never use substances alone. Use with someone who can monitor for an overdose and administer naloxone (Narcan) or call NeverUseAlone at 1-800-484-3731
3. Test substances for fentanyl with a fentanyl testing strip, which can be purchased online through [BTNX](#), [Dose Test](#), [Dance Safe](#), [Wisebatch](#), or [TACO](#)
4. Video: [How to use a fentanyl test strip](#)

### Ask for Help

Talk with someone about how you are feeling. If you are using or contemplating using drugs and want help to avoid/stop using or want to use more safely:

1. [RecoverLA](#) is available in 13 languages and provides basic information about substance use and how to get treatment
2. The [SASH Hotline](#) 1-844-804-7500 is open 24/7 and will assist eligible Los Angeles residents with free substance use disorder treatment
3. The [Los Angeles County Department of Mental Health](#) has a 24/7 hotline that links Los Angeles residents of all ages to help with their mental health: 1-800 854-7771
4. [Headspace](#): Sign up for free to access meditations, as well as sleep and movement exercises, designed to help you care for your mind
5. Connect to other teens working to address their substance use
  - a. [Alcoholics Anonymous for teens](#) is available virtually or in-person
  - b. [Smart Recovery for teens](#): Discuss issues related to recovery, and share ideas and strategies for things like peer pressure, dealing with urges, and managing emotions
  - c. [Al-anon for teens](#) have virtual and in-person for youth people aged 13 to 18 who have been affected by someone else's drinking



### Additional Resources

1. [Books](#) that can help process grief if someone you know died from an overdose
2. [TV shows](#) about youth with substance use disorders and their recovery



# Fentanyl and Overdoses in Los Angeles County


A Resource Toolkit for Teachers and School Staff

The curricula below incorporate prevention messaging effective for youth

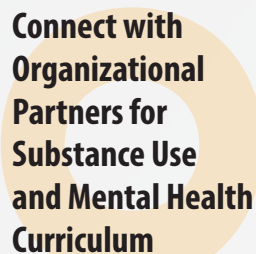
1. Everfi: Interactive, self-paced, virtual courses that can be assigned to students and tracked for completion. Teachers can also download and instruct the lesson plan themselves.

Sample courses:

- a. [Wellness Matters: K-12 Health & Wellness Courses](#)
  - b. [High School Prescription Drug Education for Misuse Prevention](#)
2. Substance Abuse and Mental Health Services Administration (SAMHSA): “Talk. They Hear You.”
    - a. [School & Educator Resources on how to teach lessons around drugs](#)
  3. National Institute on Drug Abuse (NIDA) Lesson Plan and Activities
    - a. Free lessons and activities on the science and consequences of drug use both in English and Spanish Sample useful may be the lessons:
      - [Opioids: What You Need to Know](#)
      - [Mind Matters: The Body’s Response to Opioids](#)
  4. NIDA Scientist Virtual Q&A Videos: Teacher’s Guide
    - a. [Students can watch videos and learn answers to teens’ top questions about drug use and addiction](#)
  5. GenerationRX: Resources designed to educate teens about the importance of using medications safely, as well as teaching teens key skills to turn down invitations to misuse and positive alternatives to cope with stress:
    - a. [Handouts, video examples, and facilitator manuals for discussing prescription medication and drugs with teens](#)
  6. Incorporating Harm Reduction Principles into curriculum:
    - a. [The free curriculum consists of 15 lessons that can be completed in a class period](#)
    - b. [Sample harm reduction curriculum](#)



## Teach Students About Risks of Drug Use



## Connect with Organizational Partners for Substance Use and Mental Health Curriculum




## Recognize and Respond to Overdose

1. [The JED Foundation](#) raises awareness about teen and young adult emotional health and suicide prevention. JED partners with high schools and colleges to strengthen their mental health, substance abuse and suicide prevention programs and systems.

1. [California Department of Public Health: Reverse Overdose with Naloxone](#)
  - a. Video: [Administering Naloxone](#)
2. [Los Angeles County Department of Public Health: Overdose Prevention](#)
  - a. Video: [Responding to an Overdose with Naloxone](#)
3. Maintain awareness of where on-campus naloxone is stored to rescue individuals who overdose on campus

# Fentanyl and Overdoses in Los Angeles County

A Resource Toolkit for Teachers and School Staff



## Support and Guidance for Affected / Grieving Students Following an Overdose

1. [The role social media plays in grief.](#)
2. [Talking with youth about grief, overdose, and death](#)
3. [These strategies can help when processing grief after an overdose death.](#)
4. [Other additional resources to support grieving](#)

## Where Students Can Get Help with Substance Use

1. Counselors, pediatricians, & therapists help students who are or contemplating using drugs
2. [RecoverLA](#) is mobile-friendly and has information about substance use and how to get help
3. The [Substance Abuse Services Telephone Hotline](#) 1-844-804-7500 is open 24/7 and will assist eligible LA residents with finding substance use disorder treatment
4. The LA County Department of Mental Health has a 24/7 hotline that links LA residents of all ages to help with their mental health: 1-800 854-7771

TOOLKIT

