

Questions?

Submit to: communications@nccsk12.org

Why This Conversation Now?

What is fentanyl?

- It is a deadly synthetic opioid that is being pressed into fake pills or cut into heroin, cocaine, and other street drugs to drive addiction.

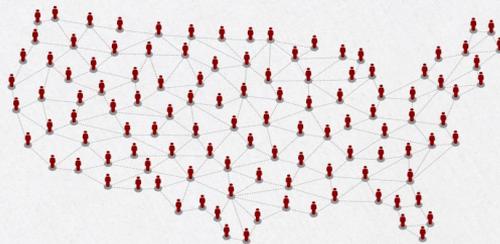
FENTANYL IS

50x

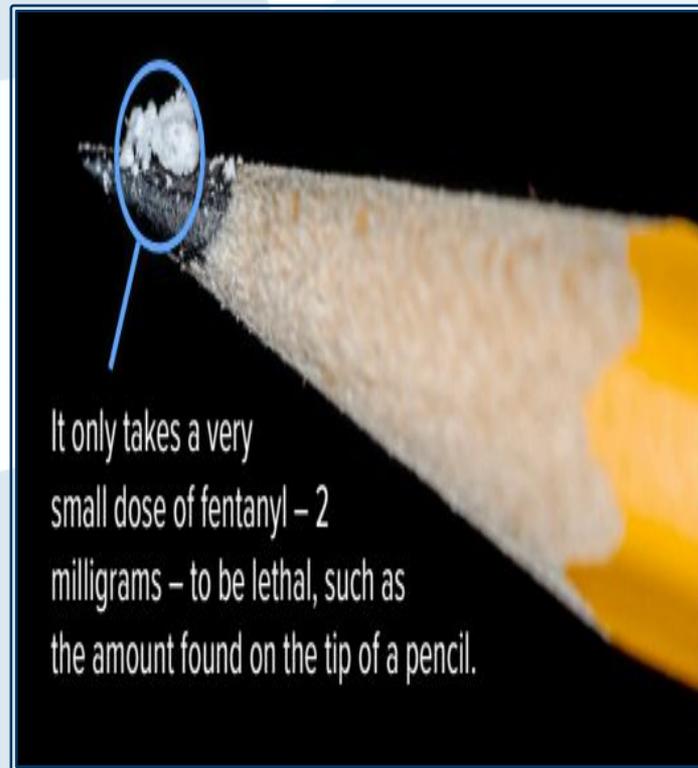
MORE POTENT
THAN HEROIN



The record quantities of fentanyl that DEA seized in 2021 are enough to **kill every American.**



**ONE
PILL CAN
KILL**



It only takes a very small dose of fentanyl – 2 milligrams – to be lethal, such as the amount found on the tip of a pencil.

With Fentanyl in the Drug Supply, the Number of Young Victims is on the Rise



Coty
(forever 17)



Luca
(forever 13)



Zach
(forever 17)



Issaiah
(forever 15)



Olivia
(forever 15)



Zelaya
(forever 17)



Kinhthi
(forever 19)



Brian
(forever 18)



Zachariah
(forever 17)



Ellison
(forever 17)



Tristain
(forever 16)



Cal
(forever 18)



Deenilson
(forever 19)



Layno
(forever 15)

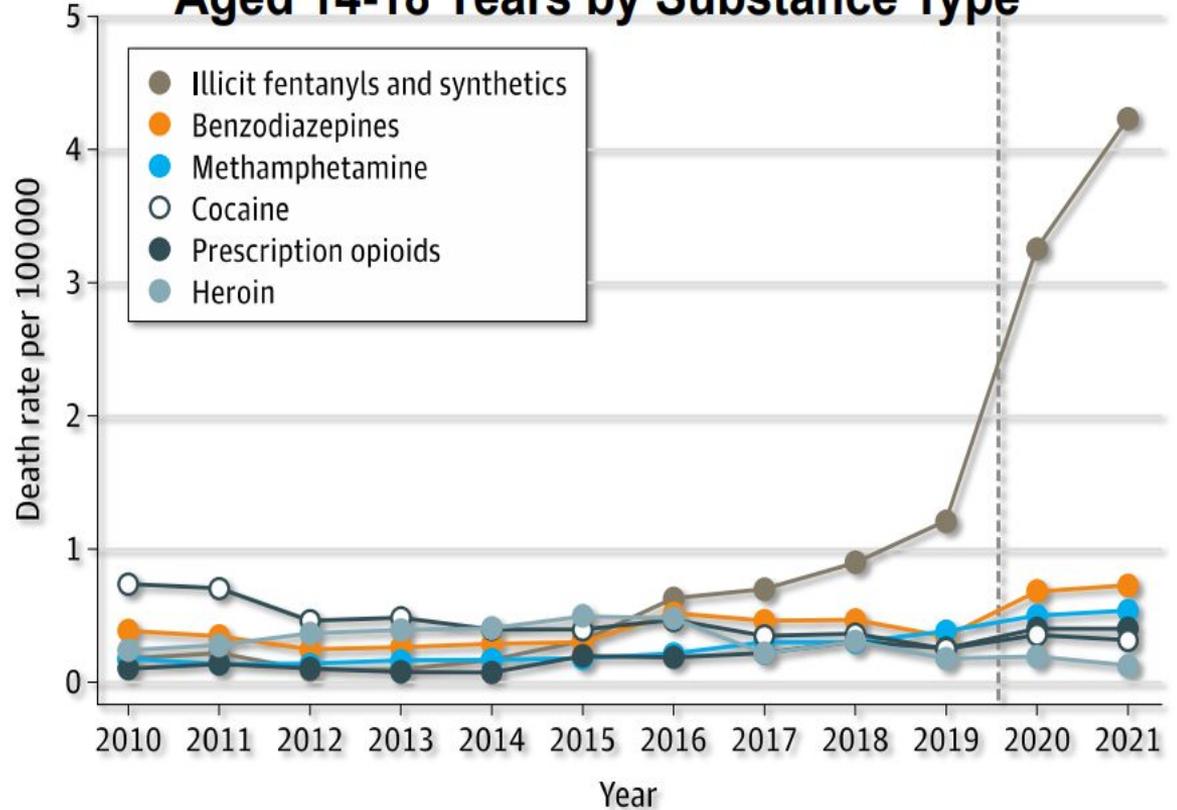


Makayla
(forever 16)



Overdose mortality in adolescents has risen dramatically, driven by illicitly-manufactured fentanyl

Overdose Mortality Among Adolescents Aged 14-18 Years by Substance Type



One Family's Story

- In September 2021, the DEA issued its first safety alert in 6 years to warn Americans of “the alarming increase in the lethality and availability of fake prescription pills containing fentanyl and methamphetamine.” The DEA has seized counterfeit pills in every state in unprecedented quantities.
- The DEA points to advertisements on social media platforms like Snapchat, Tiktok, and Instagram. Officials say that young people find pills especially appealing because they're cheap, more socially acceptable than meth or heroin and don't have a tell-tale smell like alcohol or marijuana.
- **Zach Didier, Forever 17**

The “Why”

Potential reasons behind the use of vaping products,
edibles, etc.

Why Do Teens Use Substances?

Why Do Teens Use Substances?

- Peer Pressure
- “Fun”/Experimentation/Curiosity
- Self-medication of mental health symptom
- Impact of the Pandemic
 - University of Michigan’s Annual “Monitoring the Future” Study
 - <https://monitoringthefuture.org/wp-content/uploads/2023/01/mtfoverview2022.pdf>



Why the Increase?

Why is There an Increase in Vaping & Edibles?

- Availability of vaping products to the public
- Shifting public perception and legality of cannabis and related products
- Discrete nature of vaping and edibles

Where to Seek Help?

Local Resources for Substance Abuse Treatment & Support:

- **The Addictions Care Center of Albany, Inc.**

www.theacca.net

Address: 90 McCarty Ave. Albany, NY 12202

Phone: (518) 465-5470

- **Conifer Park**

www.coniferpark.com

Address: 79 Glenridge Rd Glenville, NY 12302

Outpatient Clinic in Troy

Phone: (800) 926-6433

- **Hope House, Inc.**

www.hopehouseinc.org

Address: 573 Livingston Ave. Albany, NY 12206

Multiple Locations

Phone: 518-482-HOPE (4673)

- **St. Peter's Addiction Recovery Center (SPARC)**

www.sphp.com

Multiple Locations

Phone: (518) 783-5381 (Latham Branch)

Resources for Vaping and Nicotine Use

Smoke-Free.Gov

<https://teen.smokefree.gov/quit-vaping>

NYS Quits

https://www.health.ny.gov/prevention/tobacco_control/campaign/e-cigarettes/



North Colonic Health Education Administrative Team

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North Colonie Health Education Team

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Shaker High School

Sam Halpern

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Grade 6

Healthy Habits

- **Social, emotional, and physical health**

Assertive Communication

- **Styles of Communication**
- **Refusal Skills**
- **Peer Pressure**

Healthy Risk Taking

- **Understanding Risk Taking Behavior**
- **Identifying Risky Situations**
- **Identify Benefits of Positive Risk Taking**
- **Decision Making Techniques**

Grade 7

Reflecting on the Health Triangle

Goal setting

Assertive communication and refusal skills

Decision making and values

***Family Values Project**

**Gateway drugs- Alcohol, Nicotine, THC,
Inhalants, Prescription Drugs**

- **Effects on the developing brain & body**
- **Potential consequences**

***Natural High project**

FAMILY VALUES PROJECT



Due Dates

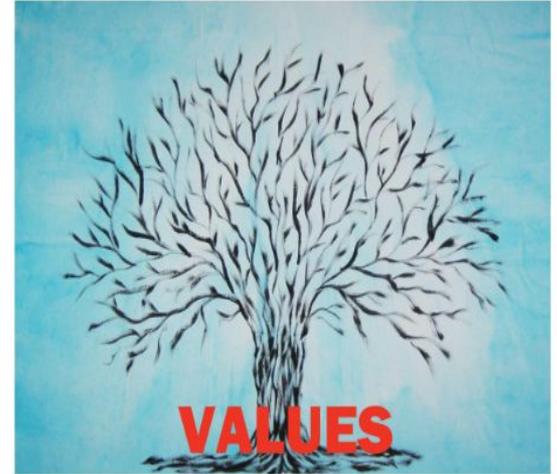
Part I: Schedule Family Meeting

Part II: Have Family Meeting

Part III: Values

Part IV: Family Logo (in class)

Part V: Reflection (in class)





READING BOOKS
makes you
BETTER



BOOKS
ARE
Magic



1,200 x 1,600



Grade 8

Reflecting on Dimensions of Wellness

Longevity and the factors that influence it

Mental health with a focus on reaching out for help

Stress management with a focus on healthy coping skills

Substance use and addiction

- Impact on self, families, relationships, etc.
- Vaping- analyzing influences

Stress Bookmark Project

What happens when I am stressed

Red Flags

- ❖ Hard time focusing
- ❖ Tired
- ❖ Biting nails
- ❖ Depressive thoughts
- ❖ Decreased personal hygiene

Healthy Coping Skills for Stress Management

Taking a nap



Listening to music



Eat ice cream



Get some fresh air



Talk about your problems



High School Health

Substance Use and Abuse

- **Cycle of Addiction, Brain science/development**
- **Analyzing Impact of Addiction**
- **Gateway Drugs, ATOD**
- **DECIDE Model**
- **Refusal Skills/Assertive Communication**
- **Analyzing Influences**

Stress Management (Mental Health Toolbox)

Short and Long Term Goal Setting

- **4 Tactics to Intentional Living**
- **Vision Board Project**



My Mental Health Toolbox



Coping with Stress:

- Understanding Distress vs Eustress
- Recognizing my Fight or Flight Symptoms (ie. heartbeat, breathing, etc)
- Helping Others

The Steps for Effectively Managing Stress:

- Changing my perspective (ie. Fight or Flight is helpful)
- Asking: "Is this a Big Deal or a Little Deal?"
- Time Management/Emotion Management **before** Diversion/Relaxation in order to fix, or to create a plan to fix, what is in my control

Time Management Strategies
Emotion Management Strategies
Diversion Strategies
Relaxation Strategies



Building Resilience:

- Talk, Talk, Talk about it
- Learning from Past Experiences
- Borrow Resilience
- Tackle issues one step at a time
- Do things to increase Happiness
- Always tell an adult who can get you professional help if needed
- Move toward your goals in life – be forward looking
- Change the narrative (reflect on the positives)
- Face your fears
- Practice Self-Care
- Cultivate Forgiveness



Mindfulness Strategies:

- Breathing techniques (with or without voice instructions)
- Music Scribbles
- Stress-Relieving Music
- Meditation
- Guided Meditation
- Intricate Coloring
- Single-Tasking (being in the moment)
- Yoga



***Remember that there are many additional ways to approach mindfulness – there is a strategy for everyone

Building Happiness Into My Life:

- Smiling & Laughing
- Flow Activities/Natural Highs
- Exercise
- Sleep – Quality and Quantity
- Anticipation of New or Upcoming Things (that you are happy or excited about)
- Trying New Things
- Music
- Kindness
- Practicing Gratitude
- Practicing Thankfulness



High School Health

Building My Self-Confidence & Self-Esteem:

- Spend time engaging in activities in which you find success – ie. Natural Highs/Flow Activities
- Be a critical consumer of media images/messages – remember that they are not realistic, nor are they real
- Create a positive support network filled with those who lift you up
- Learn new things
- Be less critical of yourself – learn to accept that flaws are ok – everyone has them and it is something we all have in common
- Don't be afraid to fail, and learn to be flexible because things change, and because we may not achieve everything that we want to achieve in exactly the way we want to



Understanding Threshold:

Sometimes, despite having a strong Mental Health Toolbox, the things we are dealing with are more than we can realistically manage on our own. Some ways to determine if this is something you need help with include:

- it feels overwhelming;
- you have tried some strategies from your Mental Health Toolbox and they are not working; and/or,
- it is interfering with your ability to enjoy your everyday life.

*****Seeking help when you need it is a sign of strength*****

What Can Parents Do About Fentanyl?

Address any underlying concerns that may lead to your child taking fentanyl intentionally or unintentionally. Parents of fentanyl victims often report that their children took a pill or other drug to try deal with issues related to sleep, anxiety, loneliness, or other emotional challenges.

Talk with your kids about fentanyl. They likely know someone who has died from fentanyl poisoning or overdose. Share concerns fentanyl raises for you both. Don't threaten but talk about risks and that even one pill from someone they trust can kill. A mistake can be deadly.

Keep an eye on your kid's backpack, room, car, or phone. Fentanyl is most often smoked using a pill crusher, small piece of tinfoil, lighter, and straw to inhale the smoke. Other items indicating use may be needles, small mirrors, scales, blotter paper, unlabelled candies, blue M-30 pills, Xanax "bars", or other pills/tablets/capsules.

What Can Parents Do About Marijuana Edibles?

Marijuana edibles look appealing to children because they look like treats. Here are some tips:

- **Store them safely (same as medicine)**
- **Use w/ caution (not in front of kids)**
- **Avoid buying edibles that come in packages that look like real candies**
- **Talk to family members, friends, caregivers or anyone else your child may spend time with and educate them about these tips.**



What to Do if Your Child Eats an Edible?

If your child unintentionally eats a marijuana edible, try to find out what and how much they ate. Look at the edible wrapper to see how much THC it contains.

Call the free poison control hotline—1-800-222-1222—as soon as possible for fast help.

If your child's symptoms seem severe, call 911 or go to an emergency room right away.



How to Talk to Teens About Edibles.

Federal statistics show that as more states legalize marijuana, fewer young people view it as harmful. But this perception doesn't line up with proven risks, especially from edible marijuana.

- **Teach your kids to ask permission first before eating food they find. This gives a chance for an adult to make sure the food is safe to eat.**
- **Discuss the potential harmful effects marijuana (and other recreational substances that are legal, yet harmful and addictive such as alcohol, tobacco, e-cigarettes) can have on their developing minds and bodies**
- **Remind them to never drive under the influence of marijuana, or ride in a car with a driver who is under the influence of THC. Adults and teens regularly get into serious and even fatal car crashes while under the influence of marijuana and marijuana products.**

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Contact your school's Student Assistance Counselor or Social Worker

Prevention Support Resources

Websites



For Parents, Educators, and Caregivers



For Teens

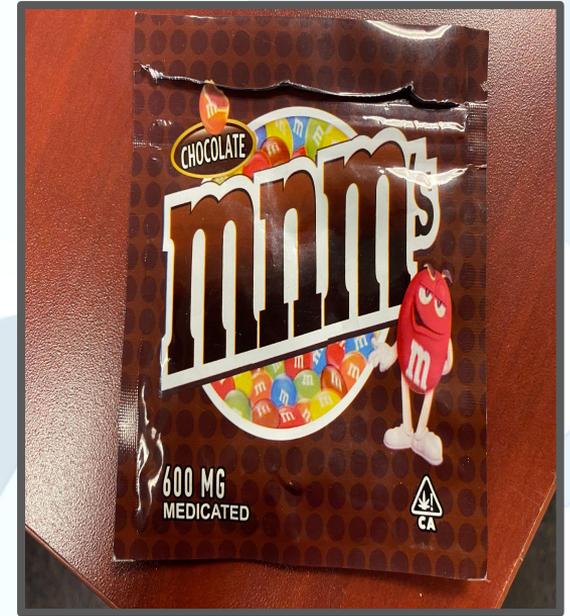


For Teachers



For Higher Education

Examples of THC-based Edibles Found at Shaker High School



Examples of THC-based Vaping Devices & Packaging Found at Shaker High School



Examples of nicotine based vaping devices & packaging found at Shaker High School



Examples of Flavors of Nicotine-Based Vape Devices

DRiP BAR

DISPOSABLE DEVICE | **BUILT IN TANK** FOR SAFETY AND BEST FLAVOR | **CRAFTED IN USA**

20 FLAVORS | 5% SALT NICOTINE | 400+ PUFFS | 1.6ML

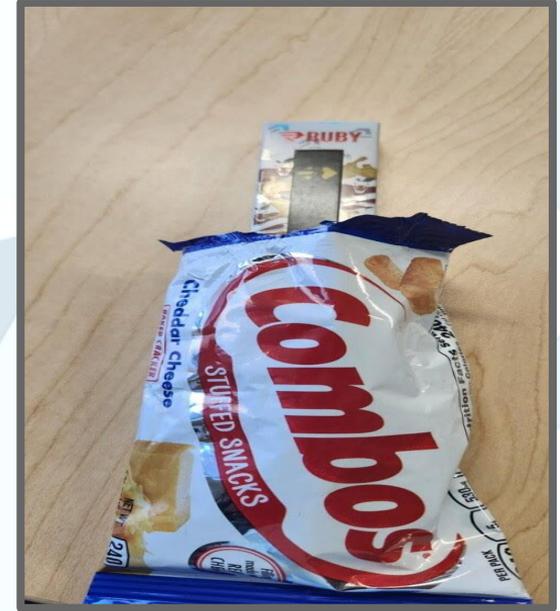
 ICE PEACH	 ICE GRAPE	 ICE BANANA	 COTTON CLOUDS	 BLUE STIX
 MINT	 MELON PEACH RINGS	 MELON CHEWS	 LYCHEE ICE	 LUSH ICE
 ORANGE SODA	 WATERMELON	 STRAWBERRY ICE	 RED APPLE ICE	 PINE COLADA ICE
 BLUE RAZZ	 APPLE CRUSH	 ICE MANGO	 ICE COLA	 SOUR APPLE

Examples of THC Edibles Found at Shaker Middle School



Baked Goods -
Chocolate Chip Cookie

Examples of THC Vaping Devices Found at Shaker Middle School



Examples of Nicotine Vaping Devices Found at Shaker Middle School

