



Welcome



We will start at 9:35 PM.

¡Bienvenidos!
 Comenzaremos a las 9:05 AM.
 Si puedes escuchar la música, tu audio está funcionando
 ¡Siéntete libre de presentarte en el chat!

Chào mừng
 Chúng tôi sẽ bắt đầu lúc 9:05 AM chiều.
 Nếu bạn có thể nghe thấy âm nhạc, âm thanh của bạn đang hoạt động.
 Hãy tự giới thiệu bản thân trong cuộc trò chuyện!

خوش آمدید
 ہم شام 9:05 بجے شروع کریں گے۔
 اگر آپ موسیقی سن سکتے ہیں، تو آپ کا آڈیو کام کر رہا ہے۔
 چیٹ میں اپنے آپ کو متعارف کرانے کے لئے آزاد محسوس کریں!

እንኳን ደህና መጣህ
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**IN PERSON & VIRTUAL
 FAMILY COFFEE:**

**DRUG ABUSE
 PREVENTION FOR YOUTH**

- LEARN ABOUT CURRENT TRENDS IN THE COMMUNITY AND ISSUES WITH VAPING, THC VAPES/EDIBLES, AND FENTANYL.
- GET A BASIC UNDERSTANDING OF ALCOHOL, NICOTINE, CANNABIS, AND OPIOIDS.
- UNDERSTAND THE RISK FACTORS FOR DRUG MISUSE.
- UNDERSTAND THE SYMPTOMS OF DRUG MISUSE AND WITHDRAWAL.
- KNOW WHAT YOU CAN DO AS CAREGIVER

GUEST SPEAKERS:
OFFICER JEREMY HARVEY
 CHARLISA BECKLUND,
 MSW
 SUBSTANCE ABUSE
 PREVENTION SPECIALIST
 FAIRFAX COUNTY PUBLIC
 SCHOOLS

**TUESDAY, MARCH 12
 9:30AM-10:30AM**

 PARTICIPATE IN PERSON AND VIRTUALLY ON ZOOM



Date:3-12-2024

Time: 9:30



I

Agenda



Time	Item	Presenter
9:35	Welcome/ Tech Tips	Mel/Alem/ Admin
9:35- 10:05	Presentation on Drug	PFC Harvey Fairfax County Police Department SRO – Holmes MS
10:05-10:20	Presentation on Alcohol	Charlisa Becklund, MSW Substance Abuse Prevention Specialist Fairfax County Public Schools
10-25-10-30	Questions and Answers/ upcoming Family coffee	Presenters /Alem

A large red circle is centered on a white background. Inside the circle, the letters "REC" are written in a white, bold, sans-serif font.

REC

Interpretation Languages Available

In Person	Virtually on Zoom
<p>In person</p> <ul style="list-style-type: none">● Arabic- Aburoqtti, Ruba● Dari-pashto - Ahmad Azizi● Spanish -Susan Ortiz Garcia● Amharic-Alem Oncho	<p>Virtual:</p> <ul style="list-style-type: none">● Urdu- Ahmed, Rubina● Vietnamese- Dang, Thu● Spanish- Zeh, Fiorella● Amharic- Woldemichael, Lemlem● Arabic- Chehade, Zeina



REC

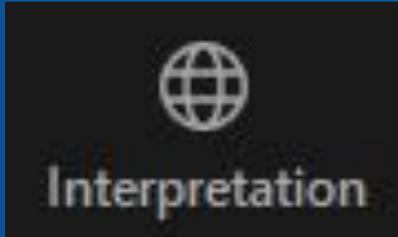
Zoom Support:

- **Mel Mollick**
School-Based Technology Specialist

Tech Tips for Today

1

Click
“Interpretation” to
translate speaker
into your language.



- Haga clic en Interpretación para traducir el hablante a su idioma.
- Nhấp vào Thông dịch để dịch người nói sang ngôn ngữ của bạn.
- اپنی زبان میں اسپیکر کا ترجمہ کرنے کے لیے تشریح پر کلک کریں۔
- ተናጋሪን ወደ ቋንቋዎ ለመተርጎም ክርካሜን ጠቅ ያድርጉ።

2

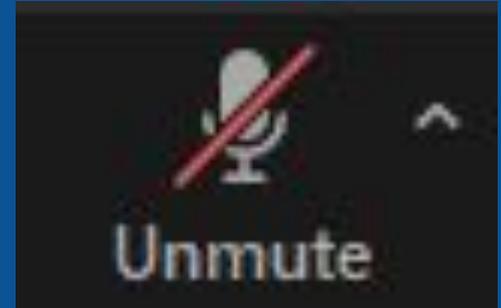
Optional: Mute Original
Audio if the English is
distracting



- Opcional: silencia el audio en inglés si te distrae
- Tùy chọn: Tắt âm thanh tiếng Anh nếu nó gây mất tập trung
- اختیاری: انگریزی آڈیو کو خاموش کریں اگر یہ پریشان کن ہے۔
- አማራጭ: የሚረብሽ ከሆነ የእንግሊዝኛ ድምጽ ድምጽ-ከል ያድርጉ

3

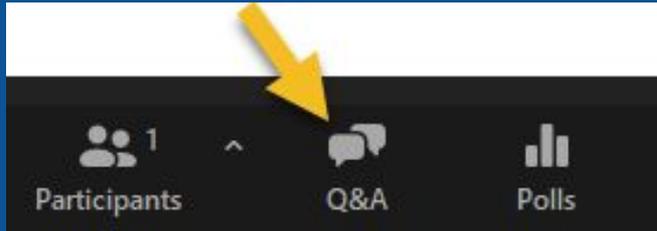
When you speak, you will
be heard in the English
room.



- Cuando hable, se le escuchará en la sala de inglés.
- Khi bạn nói, bạn sẽ được nghe trong phòng tiếng Anh.
- جب آپ بولیں گے تو آپ کو انگلش روم میں سنا جائے گا۔
- ሲናገሩ በእንግሊዝኛ ክፍል ውስጥ ይሰማዎታል።

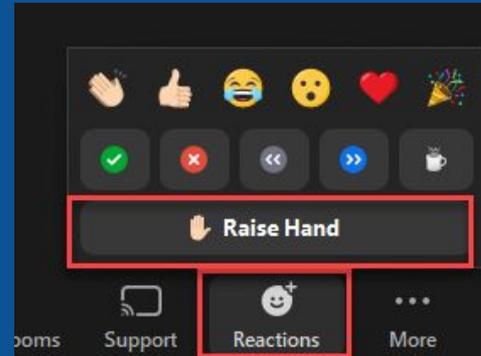
Tech Tips for Today

4 Use the Q&A to ask questions. Chat is disabled.



- Utilice las preguntas y respuestas para hacer preguntas. El chat está deshabilitado.
- Sử dụng phần Hỏi đáp để đặt câu hỏi. Trò chuyện bị vô hiệu hóa.
- استخدم الأسئلة والأجوبة لطرح الأسئلة. تم تعطيل الدردشة
- ጥያቄዎችን ለመጠየቅ Q&A ይጠቀሙ። ቻት ተሰናክሏል።

5 Raise your hand if you want to use your microphone.



- Levanta la mano si quieres usar tu micrófono.
- Hãy giơ tay lên nếu bạn muốn sử dụng micrô của mình.
- اگر آپ اپنا مائیکروفون استعمال کرنا چاہتے ہیں تو اپنا ہاتھ اٹھائیں
- ማይክሮፎንዎን ለመጠቀም ከፈለጉ እጅዎን ከፍ ያድርጉ-

Today's Guest Speakers

Jeremy Harvey

School Resource Officer, Holmes Middle School
Fairfax County Police Department
Phone: 703-256-8035
jharvey@fcps.edu

Charlisa Becklund, MSW

Substance Abuse Prevention Specialist
Fairfax County Public Schools
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FAIRFAX COUNTY POLICE DEPARTMENT
PFC J.C. HARVEY
SCHOOL RESOURCE OFFICER
HOLMES MIDDLE SCHOOL

TOBACCO DANGERS

- **Contrary to what many people believe, tobacco is a drug, and contains a complex mixture of chemicals that affect the body in many ways.**
- **Nicotine is one of the main ingredients in tobacco. It is the substance that causes tobacco craving and a variety of health problems.**

TOBACCO DANGERS

- **Cigarette smoking/vaping causes serious health problems among children and teens, including:**
 - **Coughing**
 - **Shortness of breath**
 - **More frequent headaches**
 - **Increased phlegm (mucus)**
 - **Respiratory illnesses**
 - **Worse cold and flu symptoms**
 - **Reduced physical fitness**
 - **Poor lung growth and function**
 - **Worse overall health**
 - **Addiction to nicotine**

TOBACCO – VIRGINIA LAW

- **Virginia law restricts access to tobacco to those under 21 years of age, with the exception of active duty military personnel. (*Code of Virginia § 18.2-371.2*).**

TOBACCO PENALTIES

- **If anyone under 21 purchases or possesses any tobacco product – even from a vending machine – including items such as cigarettes, cigars, bidis, rolling papers, nicotine vapor products, and alternative nicotine products, and hemp products intended for smoking, they may be punishable by:**
- **A civil penalty not to exceed \$100 for the first violation, and \$250 for subsequent violations.**
- **Up to 20 hours of community service for a first violation and up to 40 hours of community service for a subsequent violation. (*Code of Virginia § 18.2-371.2 (E)*).**

TOBACCO – OTHER LAWS

- **Other laws govern tobacco use:**
- **Virginia law limits tobacco use in schools, certain restaurants, and many public places, regardless of the age of the user.**
- **Anyone who smokes in a designated no-smoking area and anyone who continues to smoke after being asked to refrain from smoking is subject to a civil penalty. (*Code of Virginia § 15.2-2824*)**

TOBACCO RECAP

- **It is illegal for any person under the age of 21 to purchase, attempt to purchase, or possess any tobacco product, including rolling papers.**
- **It is illegal for stores to sell tobacco products to anyone under 21 years of age.**
- **Regardless of the user's age, Virginia laws limit tobacco use in many public places, in schools, and in restaurants.**



MARIJUANA DEFINITION

- **“Marijuana” is defined in Virginia law as “any part of a plant of the genus Cannabis, whether growing or not, its seeds or resin; and every compound, manufacture, salt, derivative, mixture, or preparation of such plant, its seeds, its resin, or any extract containing one or more cannabinoids.” (Code of Virginia § 4.1-600).**
- **The term “marijuana products” is defined in Virginia law as “(i) products that are composed of marijuana and other ingredients and are intended for consumption, ointments, tinctures or (ii) marijuana concentrate.” (Code of Virginia § 4.1-600). This includes edibles, rubs, oils, etc.**

MARIJUANA LAW

- **Virginia law restricts possession and consumption of marijuana or marijuana products by those under 21 years of age, excepting a law enforcement officer when possession of marijuana is necessary in the performance of his duties. (*Code of Virginia* § 4.1-1105.1).**

MARIJUANA – PENALTIES

- **It is illegal to sell, distribute, possess with intent to sell, give, or distribute, or manufacture marijuana.**
- ***(Code of Virginia § 18.2-248.1).***

- **Drug sale or distribution occurs when a person sells, provides, gives away, delivers, or distributes a controlled substance.**

BEWARE COUNTERFEIT EDIBLES

- **THC is the main psychoactive compound in marijuana. It is illegal to sell THC-infused edibles to juveniles, but certain distributors are selling THC-infused substances in packaging that looks like popular candy and snack brands. This is also illegal.**
- **Pay close attention to notices on packaging and do not eat any products that mention Cannabis or THC.**
- **The National Poison Control Centers received over 10,000 exposure cases in a 16-month period involved with THC edibles, with 77 percent of them involving patients age 19 or younger.**

REVIEW AND RECAP

- **That the Good Samaritan Law offers some protection to those who get help for someone in danger from an alcohol or drug overdose (Breakdown in following slides)**
- **Some strategies for staying safe and sober.**
- **That tobacco use poses a serious health threat to young people.**
- **That there are laws restricting the possession of tobacco/marijuana products by persons under age 21 and laws against selling such products to those under age 21.**



EVIDENCE • EVIDENCE • EVIDENCE
SEAL DO NOT BREAK SEAL





FENTANYL

- **Considered a Synthetic Opioid**
- **Fatal dosage is the size of a few grains of table salt**
- **Primarily comes in powder form**
- **2.0 MG=Overdose**
- **250 MG=Lethal Dose**
- **1 KG Kills 500,000 People**
- **Schedule II**



WHAT IS FENTANYL

Fentanyl is a synthetic opioid that is **80-100** times stronger than morphine. Pharmaceutical fentanyl was developed for pain management treatment of cancer patients, applied in a patch on the skin. Because of its powerful opioid properties, Fentanyl is also diverted for abuse. Fentanyl is added to heroin to increase its potency or be disguised as highly potent heroin. *Many users believe that they are purchasing heroin and actually don't know that they are purchasing fentanyl – which often results in overdose deaths.* Clandestinely-produced fentanyl is primarily manufactured in Mexico.

Similar to other opioid analgesics, Fentanyl produces effects such as relaxation, euphoria, pain relief, sedation, confusion, drowsiness, dizziness, nausea, vomiting, urinary retention, pupillary constriction, and respiratory depression.

Intense, short-term high, temporary feelings of euphoria, slowed respiration and reduced blood pressure, nausea, fainting, seizures, death

Apace, China Girl, China Town, China White, Dance Fever, Goodfellas, Great Bear, He-Man, Poison and Tango & Cash,
<https://www.dea.gov/factsheets/fentanyl>

Only **2 milligrams** of Fentanyl is considered a lethal amount, depending on the size of the person. To appreciate how small 2 milligrams is, a typical sweetener packet on a restaurant table contains approximately **1,000 milligrams**.

§ 18.2-251.03. Arrest and prosecution when experiencing or reporting overdoses.

A. For purposes of this section, "overdose" means a life-threatening condition resulting from the consumption or use of a controlled substance, alcohol, or any combination of such substances.

B. No individual shall be subject to arrest or prosecution for the unlawful purchase, possession, or consumption of alcohol pursuant to § 4.1-305, unlawful purchase, possession, or consumption of marijuana pursuant to § 4.1-1105.1, possession of a controlled substance pursuant to § 18.2-250, intoxication in public pursuant to § 18.2-388, or possession of controlled paraphernalia pursuant to § 54.1-3466 if:

1. Such individual (i) in good faith, seeks or obtains emergency medical attention (a) for himself, if he is experiencing an overdose, or (b) for another individual, if such other individual is experiencing an overdose; (ii) is experiencing an overdose and another individual, in good faith, seeks or obtains emergency medical attention for such individual, by contemporaneously reporting such overdose to a firefighter, as defined in § 65.2-102, emergency medical services personnel, as defined in § 32.1-111.1, a law-enforcement officer, as defined in § 9.1-101, or an emergency 911 system; or (iii) in good faith, renders emergency care or assistance, including cardiopulmonary resuscitation (CPR) or the administration of naloxone or other opioid antagonist for overdose reversal, to an individual experiencing an overdose while another individual seeks or obtains emergency medical attention in accordance with this subdivision;

2. Such individual remains at the scene of the overdose or at any alternative location to which he or the person requiring emergency medical attention has been transported until a law-enforcement officer responds to the report of an overdose. If no law-enforcement officer is present at the scene of the overdose or at the alternative location, then such individual shall cooperate with law enforcement as otherwise set forth herein;

3. Such individual identifies himself to the law-enforcement officer who responds to the report of the overdose; and

4. The evidence for the prosecution of an offense enumerated in this subsection was obtained as a result of the individual seeking or obtaining emergency medical attention or rendering emergency care or assistance.

WHAT IS NALOXONE (NARCAN)

•*How does it work?*

Naloxone is an opioid antagonist that is used to temporarily reverse the effects of an opioid overdose, namely slowed or stopped breathing. Naloxone is a safe antidote to a suspected opioid overdose and, when given in time, can save a life. Naloxone can be administered nasally or by injection into a muscle or below the skin to a person suspected of an overdose.

Naloxone will not reverse overdoses from other drugs, such as alcohol, benzodiazepines, cocaine, or amphetamines. More than one dose of naloxone may be needed to reverse some opioid overdoses. Naloxone alone may be inadequate if someone has taken large quantities of opioids, very potent opioids or long-acting opioids. For this reason, ***always call 9-1-1 and seek emergency medical assistance in the event of a suspected overdose. An overdose is a life-threatening medical emergency.***

Naloxone only works in the body for **30 to 90** minutes. It is possible for a person to still experience the effects of an overdose after naloxone wears off or need multiple doses if a potent opioid is in a person's system.

•*What are the signs/symptoms of an opioid overdose?*

The primary symptoms of an opioid overdose are lack of response to stimuli such as pinching, shaking or calling the person's name loudly; pinpoint pupils; and lack of or very shallowing, slow breathing.

•*What is Narcan? How does it differ from naloxone?*

Narcan® is a brand-name form of the drug naloxone. Narcan® and naloxone are chemically identical. Evzio® is another brand-name form of naloxone.

OPIOID EFFECTS

- **Warm flushing of the skin**
- **Dry mouth**
- **Heavy feeling in the extremities**
- **Nausea**
- **Vomiting**
- **Severe itching**
- **Drowsy (nodding off mid sentence)**
- **Mental function is clouded**
- **Heart function slows**
- **Breathing severely slowed**

OVERDOSE SYMPTOMS

- **Blue or purple fingernails**
- **Unresponsiveness to voice or touch**
- **Pin-sized pupils**
- **Slow heartbeat or low blood pressure**
- **Slow, irregular, or stopped breathing (snoring)**
- **Pale, clammy skin**
- **Vomiting or gurgling**
- **Muscle spasms**

- PLUG = DEALER
- GET HIGH = JAM
- TERMS FOR OXY/XANAX:
 - ERKS
 - BLUES
 - 30'S
 - M BOX
 - BARS
 - SCHOOL BUSES
 - FOOTBALL



EMOJI DRUG CODE | DECODED

COMMON EMOJI CODES

FAKE PRESCRIPTION DRUGS

PERCOCET & OXYCODONE



XANAX



ADDERALL



DEALER SIGNALS

DEALER ADVERTISING



HIGH POTENCY



UNIVERSAL FOR DRUGS



LARGE BATCH



OTHER DRUGS

METH



HEROIN



COCAINE



MDMA & MOLLIES



MUSHROOMS



COUGH SYRUP



MARIJUANA



This reference guide is intended to give parents, caregivers, educators, and other influencers a better sense of how emojis are being used in conjunction with illegal drugs. Fake prescription pills, commonly laced with deadly fentanyl and methamphetamine, are often sold on social media and in person. This guide is not intended to be used as a diagnostic tool for identifying drug use.

Authentic Oxycodone



Fake Oxycodone



Authentic Xanax



Fake Xanax



DEA

Authentic Adderall
(20mg)

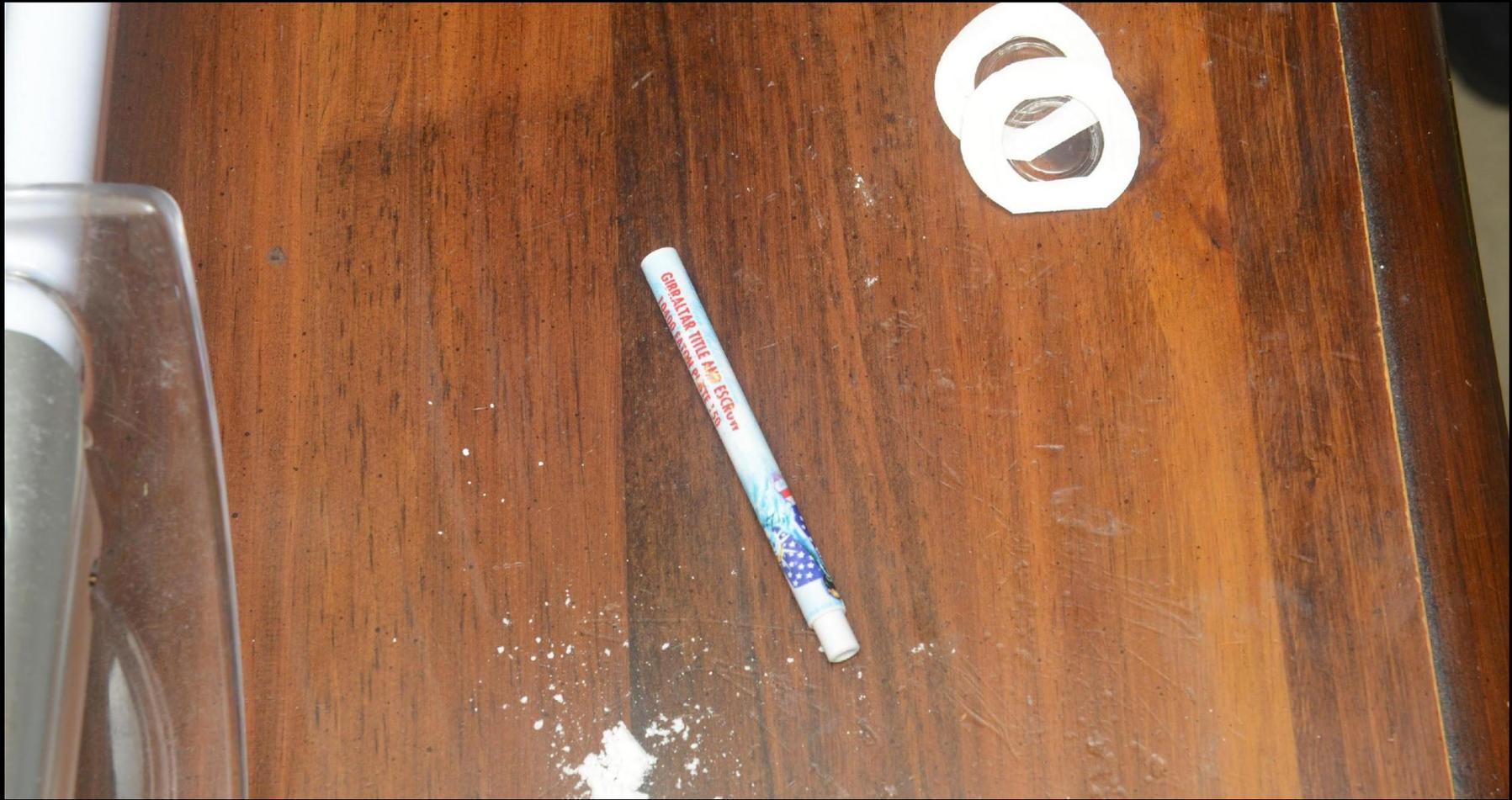


Fake Adderall
(30mg)











LINKS

<https://ecigarettes.surgeongeneral.gov>

<https://www.getsmartaboutdrugs.gov/>

<https://www.dea.gov/onepill>



Fairfax County
PUBLIC SCHOOLS

ENGAGE • INSPIRE • THRIVE

**SEL AOD PRESENTATION:
ALCOHOL & BINGE
DRINKING
Grades 11 & 12**

Substance Abuse Prevention Specialist
Office of Student Safety and Wellness

Portrait of a Graduate Skills

Being a **Goal-Directed and Resilient Individual:**

- Engages in healthy and positive practices and relationships to promote overall physical and mental well-being
- Shows strong understanding and belief of self to engage in reflection for individual improvement and advocacy.





**Alcohol is the #1 abused drug
among teenagers.**

A. TRUE

B. FALSE

Alcohol – One Drink



The liver can generally process one drink per hour...but what is one drink?



Liquor

1-1.5oz

Wine

5 oz

Beer

12oz

What does Blood Alcohol Content (BAC) mean?

- BAC levels represent the percent of blood that is concentrated with alcohol.
- A BAC of .10 means that .1% of your bloodstream is composed of alcohol .



What is BINGE DRINKING?

- ▶ **4** drinks for women and **5** drinks for men in the same occasion or about a **2** hour period



THE DEFINITION OF BINGE DRINKING:



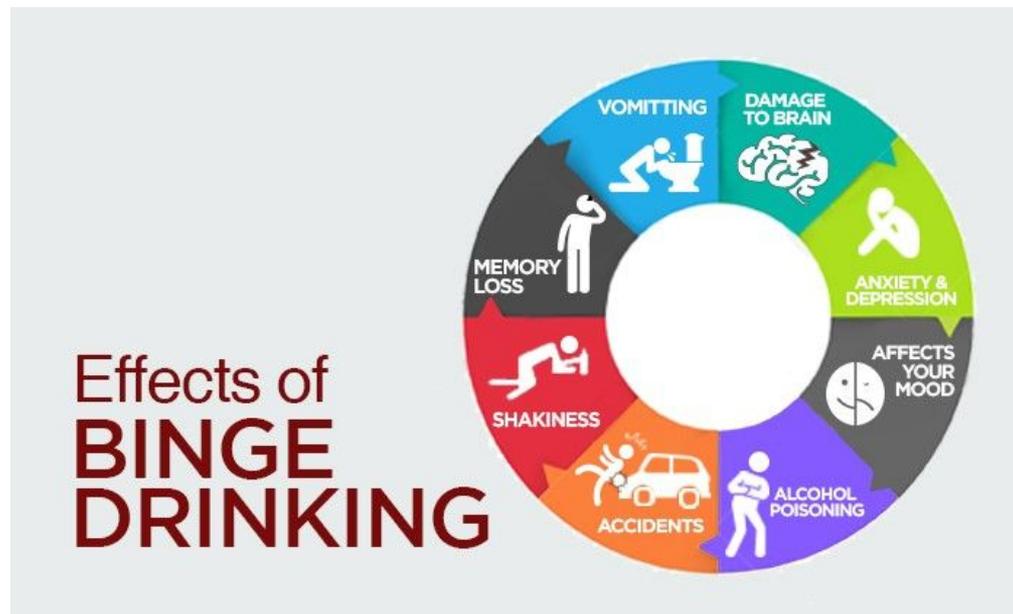
BuzzBallz



Why is Binge Drinking a Problem?

Increased risk of:

- Alcohol Poisoning/Death
- Unintentional injury/death due to car crash, burns, falls, etc.
- Assault
- Sexual assault
- Alcohol use disorder
- Health problems
- Academic problems
- Memory problems
- Legal problems
- Social problems
- Disruption of normal growth and development
- And the list goes on



Source:
<https://www.cdc.gov/alcohol/faqs.htm#excessivealcohol>

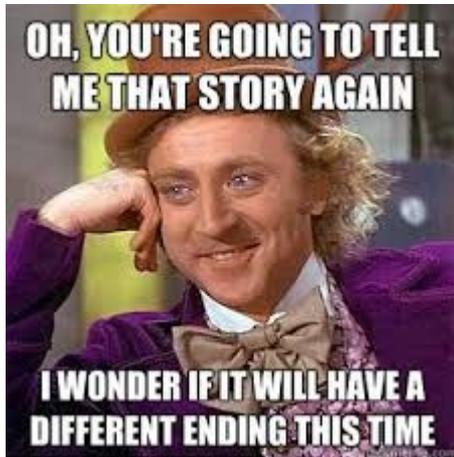
Poll Question 2

What's the difference between blacked out and passed out?

- A. Blacking out is loss of consciousness and passing out is loss of memory
- B. Blacking out and passing out are the same thing
- C. Blacking out is loss of memory and passing out is loss of consciousness

Blacked Out vs. Passed Out

- Blacking out: loss of memory
- Passing out: losing consciousness and not being able to be awakened



What is Hazing?

Humiliating & sometimes **dangerous** initiation rules, especially as imposed on college students seeking membership in a fraternity/sorority, sports teams, and organizations or clubs.



Source:

<https://hazingprevention.org/home/hazing/facts-what-hazing-looks-like/>



Did you know?

47%

of students are hazed
before they enter college

3 in 5

college students are
subjected to hazing

Alcohol consumption, humiliation, isolation,
sleep deprivation, and sex acts are hazing
practices common across student groups

Dangers of Hazing

**“RAW AND REAL.
IT’S SOMETHING THAT
PARENTS AND TEENS
NEED TO SEE.”**



What do you do with someone who is passed out?

- A. get out a sharpie
- B. make them drink water
- C. try to make them walk
- D. Call 911 for help

When to call 911?



What are signs my friend might be using?

Signs of Intoxication (varies by drug)

- Slurred Speech
- Clumsiness
- Sleepy
- Red, glassy eyes
- Poor muscle control
- Irritability
- Aggression
- Hearing voices
- Seeing things that aren't there
- Hyperactivity
- Poor Judgement
- And the list goes on

Signs of Substance Abuse

- Change in attitude/personality
- Change in personal grooming habits (stop taking showers, etc.)
- Sleeping all the time or never sleeping
- Loss of interest in hobbies/activities
- Lack of energy, motivation, self-esteem
- Changes in eating habits
- Nausea
- Tremors
- Sweaty palms
- Too many to name

What can I do to help my friends?

- Check in on your friends. Don't be afraid to ask them what's going on. Talking about depression or suicide won't make them more depressed or suicidal.
- Contact a trusted adult in your world or their world.
- Contact me or another member of the clinical team. (I take anonymous referrals)
- Give them a resource or find someone who can.



Questions?

Upcoming Family Coffee

April 18 9:30-10:30

Topic: positive discipline

**Do you want to learn Positive Discipline strategy for
kids?**

**Please Mark your Calander for April 18 9:30-10:30am t
in person or virtual. We will share the details soon.**

Holmes Middle School Family Survey

<https://docs.google.com/forms/d/e/1FAIpQLSc3zwdWS..>



**Fill out
the
Family
Survey**