



PANAPTIC

COMPREHENSIVE MARIJUANA PREVENTION

Opioids and Fentanyl in our Community: An Information Night for Parents, Families, and Adult Allies

A collaboration with Petaluma City Schools, Petaluma Police Department,
and Sonoma County Department of Health Services, Behavioral Health Division

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Introduction: Why We Are Here

Petaluma City Schools

Opioids and Fentanyl in our Community: What do I need to know?



Opioids

Opioids are a class of drugs naturally found in the opium poppy plant

Some prescription opioids are made from the plant directly, and others are made by scientists in labs

Opioids contain chemicals that relax the body and can relieve pain

Opioids are generally safe when taken for a short time and as prescribed, but have potential for misuse

Regular use—even as prescribed by a doctor—can lead to dependence. When misused, opioid pain relievers can lead to addiction, overdose incidents, and deaths.

What is Fentanyl?



Fentanyl is a powerful synthetic opioid. It is a prescription drug that is also made and sold illegally.



Fentanyl is **30-50x** more powerful than heroin and **50-100x** more potent than morphine.



Often sold illegally as a powder, dropped onto blotter paper, put in eye droppers and nasal sprays, or made into pills that look like other prescription opioids.



Some drug dealers are mixing fentanyl with other drugs, such as heroin, cocaine, methamphetamines, cannabis, and MDMA.

How do Opioids and Fentanyl Impact the Body & the Brain?

Opioids & Fentanyl Impact the Body

- Opioids & Fentanyl affect the spinal cord and brain to reduce the perception of pain, as well as areas of the brain that control emotion.
- They slow down the actions of the body, such as breathing and heartbeat.
- Even a single dose of an opioid can cause severe respiratory depression (slowing or stopping of breathing), which can be fatal.



Opioids & Fentanyl Impact the Brain

- Opioids and Fentanyl bind to the brain cells involved with sensations of pain and one's emotions.
- They create a feeling of euphoria or "high" that many people find pleasurable.
- After taking opioids many times, the brain adapts to the drug, making it hard to feel pleasure from anything besides the drug.

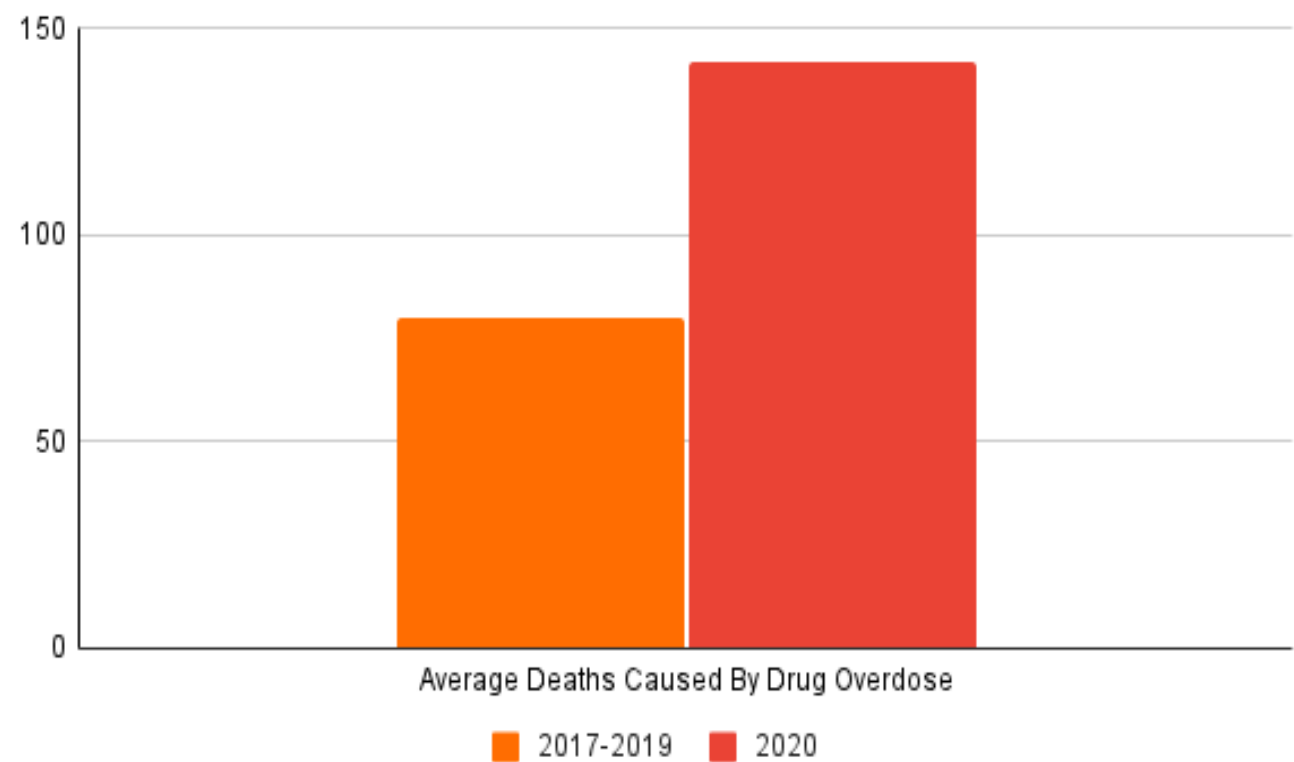


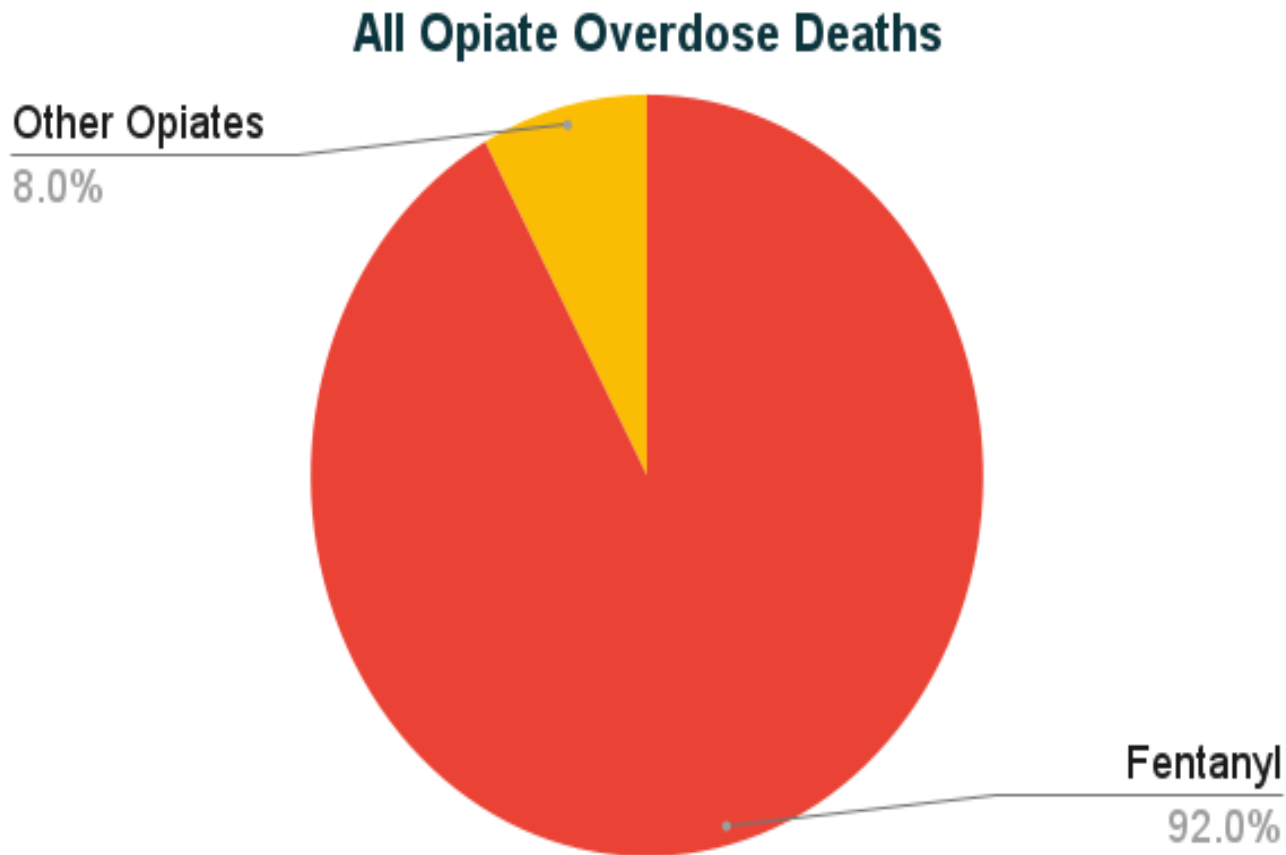
Opioids & Fentanyl in our Community

Petaluma Police Department

Data from the Sonoma County department of health services indicate that Sonoma County has seen a **78.2% increase in drug overdose related deaths in 2020**, compared to the 2017-2019 average.

Average Deaths Caused by Drug Overdose





Fentanyl has been involved in 92% of all opiate overdose deaths.

Heroin-related overdose deaths have dropped significantly during 2020.



In Petaluma, we have seen 41 overdose deaths since January 2021 reported to the PPD.

If you are concerned that someone is at risk of overdose, **please call 911.**

In California, **Health and safety code section 11376.5** protects those **individuals who seek medical assistance** either for themselves or another person who is experiencing a drug-related overdose even in the event one or both individuals are under the influence or in possession of drugs or drug paraphernalia.



How can we join together as a
community to
protect our youth?



As adults in our community, **we each have a role to play** in protecting our youth. Your voice matters!

Even **ONE conversation** about substance use with a caring adult or peer can change the trajectory of a young person's life.

Store and Dispose of Medications Safely

- Keep opioids and other prescription medicine up and away in a secure place.
- Return leftover prescriptions to a hospital, doctor's office, or pharmacy.
- Make sure your teens understand that it is illegal to try medications that they are not prescribed or to share opioid medications.



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Safe medicine disposal in Sonoma County

Sonoma County residents can drop off or mail back their unwanted medications at no charge at locations throughout the region.

Petaluma Locations

- Petaluma Police Department (969 Petaluma Blvd North)
- Household Toxics Facility – Central Disposal Site (500 Meecham Rd)

Rohnert Park

Rohnert Park Department of Public Safety (500 City Center Dr)

**See the Sonoma County Safe Medicine Disposal page for more information:
<https://www.safemedicinedisposal.org/>**

Children who **learn about the risks of drugs at home** are **less likely to use drugs** than those who don't learn this at home.

It is never too early to talk with your child, and it is also never too late!



Strategies for Success



Show interest in and discuss your child's daily ups and downs.

How do I know if a teen needs help?

A change in peer group

Carelessness with grooming

Decline in academic performance

Loss of interest in favorite activities

Trouble in school or with the law

Deteriorating relationships with friends

Missing classes or skipping school



Know the signs of overdose and what to
do

Opioid Overdose

Know the signs: difficulty breathing, severe sleepiness, and not being able to wake up.

Learn about Narcan: It can save a life!

Narcan can be injected into the muscle or sprayed into the nose to rapidly block the effects of the opioid on the body.

Always call 911 if you believe someone is experiencing an overdose, even if you administer Narcan.

Narcan is not a substitute for medical care, but it can save someone's life until they can receive medical care.

When we
come together
to support teens
to make healthy
decisions regarding
substance use,
it can make all the
difference in their lives.

Thank you for being
here, and for your **care**
for our students &
community.



Resources for Continued Learning and Support

Petaluma City Schools

Jimena Gomez, Wellness Coordinator

jgomez@petk12.org

Sonoma County Department of Health Services

Donna Newman-Fields, Alcohol & Other Drugs Prevention Coordinator

Donna.Newman-Fields@sonoma-county.org

Carla Denner, Alcohol & Other Drugs Prevention

Carla.Denner@sonoma-county.org

Questions? How can we support you?





THANK YOU for joining us!
Please feel free to reach out if we
can be of support.