

Virtual Town Hall on Fentanyl Poisoning & Overdose - Q&A April 13, 2021

Q. What is Narcan and how do you get it? Do you recommend keeping on hand in the house?

A. Narcan reverses the effect of opioids. It removes the opioid from the receptor sites and reverses overdose. We recommend having Narcan available throughout the community but particularly in environments where opioids are used, including private homes. Granite Wellness Centers (GWC) is a community based distributor of Narcan and you can contact any GWC location to request a kit. You can also purchase Narcan from any pharmacy without a prescription.

Q. Narcan is also available over the counter without a prescription.

<https://www.walgreens.com/topic/pharmacy/naloxone.jsp>.

Q. For Granite Wellness: How do you test a pill for fentanyl? Can you test one pill from a bag? Can you test part of a pill?

A. Yes, a single pill or a partial pill can be tested. However, there are very specific instructions for use of Fentanyl test strips. Click [HERE](#) for Instructions.

Q. You can test a partial pill and take the rest if you get a negative?

A. NO! There can be uneven distribution (like a chocolate chip cookie) of fentanyl, so the part of the pill you test might not be the part with the fentanyl.

Q. If someone doesn't think they need it how can we assist other than telling stories of incidents?

A. Great question, without an easy answer. 1) Compassion 2) Patience. Using what we call motivational interviewing, help the person identify a discrepancy between current behaviors/risks and a desired future state, including safety.

Q. I am a psychologist, and work with many teenagers. Many know people who have died from opioid related overdoses. How do you recommend they be prepared to act, in case they interact with or find themselves in a situation where someone needs narcan? What kind of training is available for teenagers?

A. Depending on the age of the youth, there are excellent videos on Narcan administration online. We are just about to launch a "GWconnect" app that has a link to a Narcan administration video. This app was developed in collaboration with youth, by youth. We will post the link for the app on the Granite Wellness site at www.granitewellness.org once the app is officially launched.

A. Yes, teenagers can be trained to administer Narcan. It can be as simple as watching a short online video.

Q. Would you recommend to have Narcan on site at schools for caution?

A. I am not current on school health regulations regarding Narcan. I recommend you check in with your local school nurse. As a provider and an adolescent health specialist I do not see any downside with having Narcan on campus.

A. This Sgt. Ty Conners, I am actually working with the schools and discussing that with them. Some schools have it on hand, but not all, so my goal is to have it at the schools

Q. Particularly in reference to our youth, since they are the ones impacted, how can we get information to them specifically on how/where to access narcan, harm reduction services and any other resources that can help protect them???

A. I am going to work with the various school districts to come up with a plan. There are 16 school districts in Placer County so we have a lot of work to do.

Q. That's a step in the right direction. Thank you for doing what you do!

Q. Will the video from this meeting be available to share on social media afterwards?

A. Yes, we are recording this session and will send it to all of the attendees tomorrow. We will also be posting it on our YouTube channels, websites and social media pages. You can follow us on Facebook at www.facebook.com/granitewellnesscenters and www.facebook.com/CALYCoalition.

Q. Can you speak to some of the policies or education that we want to spread in the community to help prevent deaths? For example, people can always call 911 for an overdose and they will not be punished for their drug use during that call. Kids (and adults) should know they can call if someone takes something and is experiencing a problem - they should and can always call for help. How are we spreading that information?

A. We are working at spreading the word through events like these. We also need help from all of you. Please spread the word and provide us with your ideas on how we can further our outreach.

Q. Are there resources available we can share to the public or social media? Flyers? Infographic?

A. We will share a resource list following this webinar. Please follow and refer to the following websites and social media pages for ongoing resources: www.granitewellness.org, www.RaisingPlacer.org, www.facebook.com/granitewellnesscenters, and www.facebook.com/CALYCoalition.

Q. Thank you Rob Oldham! Fentanyl test strips are not practical for the new problem of fake pills, yet they are actively promoted by the harm reduction community. The manufacturer says you must dissolve and test 100% of your intended dose to be sure the pill is safe. Are we making that recommendation or not?

A. Refer to Fentanyl Test Strip Instructions [HERE](#).

Q. Where can families dispose of narcotics, not prescription medication, without repercussions from law enforcement? At this time, dousing the drugs is all I'm aware of.

A. If you find narcotics, you can call the Sheriff's non-emergency line 530-886-5375, advise them that you have narcotics that were found and want to turn them in. I have taken in numerous drugs for disposal.

Q. Is there a plan to educate schools and parents and kids about how easy it is to get these fake prescription deadly drugs over social media? I'm a Placer county parent of young people and I had no

idea that this was happening until my friend Laura lost her beloved son Zach. We need to tell people about how huge this risk is. Let's spread this information so no more families lose children to this.

A. Granite Wellness Centers and the Coalition for Auburn and Lincoln have been sharing information with schools and the broader community about the threat and dangers of these counterfeit pills and will continue to do so. Coalition partners are meeting with teachers and students later this week to discuss increasing awareness about these issues.

Q. Great speakers

Q. Can there be an email that goes out of the resources that have been talked about?

A. We will be sending out a link to this recording as well as resources tomorrow.

Q. Can Placer County HHS commit to a public health campaign to educate our young people about fake prescription pills obtained via social media platforms like SnapChat?

A. Great question. We will follow up with Placer County HHS and prevention partners about this.

Q. What are the symptoms of overdose - so we know when to administer Narcan?

A. Slow breathing, small pupils, confusion/unresponsiveness, blue skin/lips, etc. are a few signs/symptoms of overdose

Q. Thank you for hosting this!

A. Thank you for being an incredible community advocate for these students to go to. WE love the Placer Wellness Center!! Thank you for all you do.

Q. Can someone talk about the chocolate chip analogy as an example of how to talk with teens about fentanyl danger

A. Answered live

Q. How do I talk to my grandchildren about not taking any food, candy, pills, drinks, or anything from peers? Thank you so much.

A. Thank you for this question. Please refer to this resource: <https://www.samhsa.gov/underage-drinking/parent-resources/why-you-should-talk-your-child>.

Q. Are you seeing fentanyl laced in vape cartridges and in marijuana and other drugs?

A. According to law enforcement partners, fentanyl has been found in marijuana products. See Placer County Sheriff's Office Fentanyl PSA [HERE](#).

Q. How about school assemblies regarding the dangers of substance abuse, opioids/fentanyl, addiction AND preventative resources/harm reduction? Maybe have someone come in and share their story of addiction and recovery?

A. Thank you for this question. We have done this in the past and look forward to the next opportunity to do a student assembly. With COVID this past year, there has not been an opportunity for on campus activities.

Q. How much do The fake pills cost in case we are monitoring bank accounts or missing cash? Also is there any connection to the smoke shops that are selling vapes to minors?

A. Great questions. As we continue to work with law enforcement, parents and youth to determine how and where youth are getting access, we will seek to learn more about this as well.

Q. Can there be a community awareness outreach for youth via contest, video, music, or blurbs on social sights? How serious is this topic taken by our youth? Their families?

A. Great questions. In addition to raising awareness among youth and the community, these are great examples of the types of activities our prevention coalitions work on.

Q. What are some other things we (parents) can be looking for with our teens? Not just the conversation, what indicators that there may be opioid usage?

A. Changes in mood and behaviors, frequently tired, changes in sleep patterns, small and constricted pin point pupils.

Q. I came on late, will there be a list of with the presenters' contact email and contact information? Thank you for this!

A. Feel free to email rberg@granitewellness.org and we will do our best to direct your question to the appropriate person.

Q. I think parents needs to advocate for narcan in the school community, and the community at large. I wonder what the districts' positions are on this.... ? Can anyone speak to that? I think we need to make the leaders realize making narcan available is not encouraging nor permitting drug use! It will save lives of those who are in need of a life saving intervention! Just like with Zach's family, I am SURE many of us would be shocked by becoming aware at the time of an experimental experience gone very bad!

A. Several school districts are currently considering Narcan policies.

Q. It's my belief that several districts in our state are beginning to have mental health professionals on campus. For example, Wellness Together. Can those people do somewhat of a media blitz to get information out to students allowing a safe space with someone who is not a school official?

A. We will continue to work with schools to raise awareness among students, educators and the community about fentanyl, opioids and other substances.

Q. Most people think pills are the only way to get fentanyl. Many teens/ young people think "marijuana is safe." Have you seen od's from vape/ thc products that are laced w fentanyl? Or is this urban myth?

A. According to law enforcement partners, fentanyl has been found in marijuana products. See Placer County Sheriff's Office Fentanyl PSA [HERE](#).

Q. Why do drug dealers want to risk killing their customers? I get that they are trying to create a highly addictive drug at low cost and high profit, but if it's so deadly in small amounts why would the drug dealers keep doing it? I'm confused.

A. Answered live

Q. Hi, my name Matt Haygood. I currently work with the CA National Guard Drug Demand Reduction team. We would love to get in front of youth in our communities to provide prevention education and provide mentoring.

A. Hi Matt, we would definitely like to connect with you and talk about a plan to collaborate.

Q. Same question - can the student from Whitney HS respond too? What would he recommend we (parents) know and look for?

A. Answered live

Q. Is there a difference in terms of access to county level mental health and substance use disorder services based on whether you have private or public health insurance? If you have private insurance, do you have to go through your insurance provider for help? Example: A Kaiser member seeking services from the county.

Q. @Julia those with private health insurance would often be directed to their provider, but the folks who run the county's intake lines (for screening) are familiar with private insurance resources as well and can do an assessment and help direct anyone to the appropriate resources for their level of need

Q. Hi Cristina can we please roll out the what I wished my parents knew program?

A. Not answered.

Q. Thx you Sg Conners re: picking up narcotics. Would the law enforcement officer press charges? I've had ER nurses ask this question as well as parents and grandparents on Mental Health First Aid trainings.

A. Not answered

Q. Brayden, what sort of messages do you think teens would be receptive to in order to discourage ordering what they think are prescription pills?

A. I believe the message, go to us first. You are going to be the most supportive. Teens are going to want to experiment. They want an open ear. Most likely vocalize the dangers, and be as open and close with your kids as possible. So when something does come up they feel they can ask you.

Q. I am hearing more about 25i. Can you talk about other drugs that can be laced? There is a lot of PTSD for years after use.

A. See Placer County Sheriff's Office Fentanyl PSA [HERE](#).

Q. I hope the statistics become more public, and are posted and made public along with the ages of the people who have overdosed. Plus the stats for narcan administration. I understand HIPPA, however this info is so valuable and often the teens know about it because they all talk on social media. The adults need to know too.

Q. Thank you to all the panelists!!

Q. I really appreciate you asking my questions!!!! You did a wonderful job sharing our thoughts and questions!

Q. Comment: People that are deeply addicted are LOOKING for this fentanyl, believing that "they can handle it" and "it will be the next best high"it is very dangerous thinking.

Q. I would say it's hard for parents to recognize detachment because most teens are trying to detach and become individuals. No way of knowing when it's unhealthy.

A. Brilliant to look from this angle.. Let me know if you ever want to dig deeper on this

Q. Thank you to all of our panelists!

Q. The Pathway Program in Rocklin is a great place for THC Vape questions. Great people lots of knowledge. Not to be confused with Pathways in Sac.

Q. Thank you to all the panelists! Wow!

Q. Yes, thank you so much! Appreciate ALL of you!!

Q. It would be great to have another zoom to give parents resources to help with children using drugs or with use disorders.

Q. Thank you to everyone for this informative event!

Q. Very informative. Thank you!

Q. I can listen and watch.. what do I do next if I see reasons to be concerned?

A. You can reach out to Granite Wellness Centers at www.granitewellness.org or (855) 467-3496, or visit Placer 211 at www.211connectingpoint.org/placer-county for many helpful resources.

Q. Thank you presenters for sharing your experience and for sharing. Awareness and education is currently one of our biggest impact and prevent needless loss of life.