



Combating Substance Use

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- What is a SAS?
- What are common challenges for teens?
- Teen substance use trends
- Fentanyl
- Supports available



What is a SAS or Who is your Student Assistance Specialist

- Master's-level, often licensed, mental health professionals (LPCs, LCSWs, LSATPs)
- Provide education and support to students and their families
- Provide professional development and consultation for staff on substance use, bullying, suicide and improving the social-emotional well-being of the student body.



Common Challenges for Teens



Common Challenges for Teens

Academics

Complex Coursework

Comparing with peers

Expectations of independence

Relationships

Increasingly complex social situations

More emphasis placed on peer connections

Social media

Mental Health

Lack of mental health skills

Emerging mental illness

Developing Brain
“Prime Time for Growth”



Why Do Teens Use?

- Peer Pressure
- Connect with others
- Cope with mental health symptoms
- Curiosity
- Experimentation
- Relieve Boredom
- Show their Independence



Substance Use Trends



E-cigarettes / Vapes

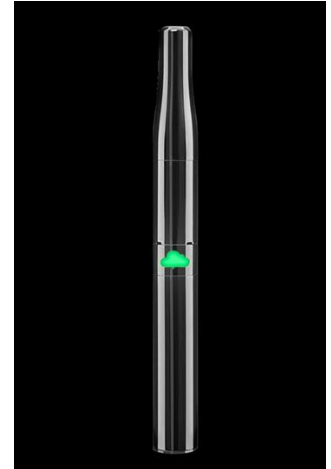
- Rise in popularity of disposables due to loophole in Tobacco 21 law
- Increased nicotine content
- Nicotine salts- marketed as tobacco-free nicotine, are synthetic and are more potent
- “Nic sick” - nausea, vomiting, stomach ache, loss of appetite, increased HR and BP, headache, dizziness, confusion, anxiety
- Signs of intoxication (10-30 minutes)





"Carts"

- Highly concentrated form of Delta-9 THC derived from the Cannabis plant
- THC content in marijuana in the 60s/70s - 3%
- THC content in THC concentrates - 80 - 90%
- Signs of intoxication (15 min - 3 hrs):
 - Disoriented, drowsiness, dry mouth & throat, impaired memory, mood changes, panic reactions, altered perceptions, slowed reaction time, increased appetite, bloodshot eyes, sedation, body tremors, paranoia, alterations in thought formation, lack of concentration, eyelid tremors, decreased coordination



THC Edibles/Drinkables

- Highly concentrated Delta-9 THC infused into food products (primarily candies and baked goods)
 - Can be easily mistaken for other products
 - Appealing to teens
 - High risk of overdose
- Signs of intoxication (15 min - 3 hrs):
 - Disoriented, drowsiness, dry mouth & throat, impaired mood changes, panic reactions, altered time/distance perceptions, slowed reaction time, increased appetite, bloodshot eyes, sedation, body tremors, paranoia, alterations in thought formation, relaxed inhibition, lack of concentration, eyelid tremors, decreased coordination



Stash items



Facts about Fentanyl

- There is no way to tell a real pill from a fake pill
- Fentanyl is a powerful opioid that is 50x stronger than heroin and 100x stronger than morphine
- Fentanyl is potent and cheap



This is a lethal dose of fentanyl (2 mg)



Laboratory testing indicates 7 out of every 10 pills seized by DEA contain a lethal dose of fentanyl.

DEA has seized a record 62 million fentanyl pills to date in 2023, which already exceeds last year's totals of 58 million pills.

Signs of Opioid Overdose

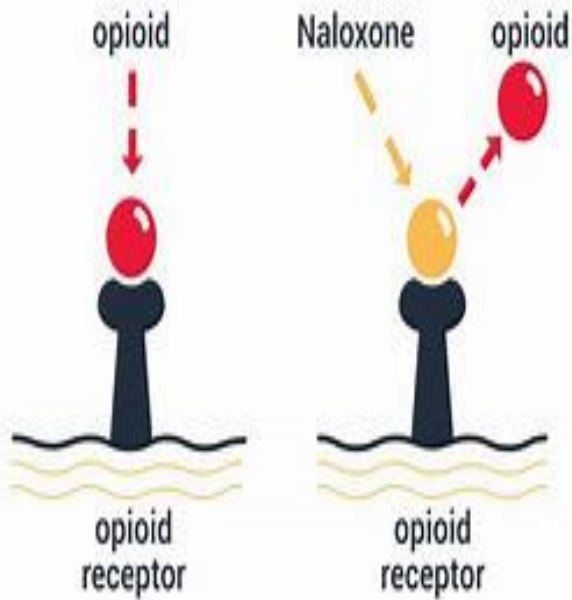
- Small, constricted “pinpoint pupils”
- Falling asleep or losing consciousness
- Slow, weak, or no breathing
- Choking or gurgling sounds
- Limp body
- Cold and/or clammy skin
- Discolored skin (especially in lips and nails)



Narcan



How Does Naloxone Work?



- Naloxone (known to many as Narcan) can be used to reverse an opioid overdose.
- LCPS has partnered with Mental Health, Substance Abuse and Developmental Services Prevention Staff to provide naloxone trainings to LCPS staff.
- Administrators, student health services staff, student assistance specialists, directors of school counseling, athletic trainers, athletic directors, and all safety and security officers received the training.
- Naloxone is in all of our school buildings.



6 minute

REVIVE! Training



Student Assistance Services

lcps.org/studentassuranceservices

DEA Fentanyl Awareness

dea.gov/fentanylawareness

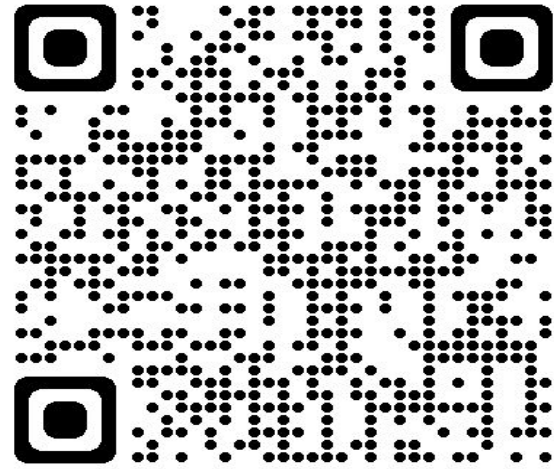
Student Mental Health Services

www.lcps.org/smhs

Drug Enforcement Administration

[Emoji Drug Code Decoder](#)

Helpful websites



To learn about emoji codes [Social Media: Understanding a Teen's World](#)



loudoun.gov/5235/Safe2Talk-App

<https://store.samhsa.gov/product/talk-they-hear-you>



Tips to Support your Teen



Tips For Parents

- -What is your philosophy towards drugs and alcohol
- What would be your response if your child became involved with vaping/alcohol/drugs
- Have a conversation with your child
 - Better to be proactive than reactive
 - Tailor your conversation to your audience
 - Discuss what your actions would be if...
 - Gives your child a refusal response
 - They have an idea of what your actions would be



Tips For Parents

- Educate yourself on Technology
 - Apps used to purchase drugs
 - Facebook is not the only technology!
 - All social media is web based
- -Be aware of their friends
 - introduce yourself, invite them when they stop by, get out of the car when you drop them off
- Be aware of what medications are in your house
- Keep track of how much money you're giving your child
- Be cautious of sharing your own history



Collaborative Efforts



2023-2024 Efforts

Opioid Awareness Task Force-Creation of Opioid Task Force (with MHSADS and DBHDS). LCPS created this task force working with local law enforcement agencies and Loudoun County government to provide Fentanyl prevention and information awareness sessions.

Fentanyl Awareness School Board Presentation

February 15th, 2024 Woodgrove High School 7-8:30om

Naloxone Training - Student health services, student assistance specialists, administrators, athletic directors, athletic trainers, coaches, directors of school counseling were trained by Loudoun Mental Health Substance Abuse and Developmental Services and Student Health Services staff.



2023-2024 Efforts

Student Assistance Services - provide individual and group counseling services, respond to violations of 8240 policy, provide substance use prevention lessons/presentations to students at secondary level as part of the unified mental health teams.

Community Partner-Loudoun County Sheriff's Department, Leesburg Police Department, Loudoun County Mental Health.

Expanded Community Partnerships - The Williams Center for Wellness and Recovery, additional partnerships focused on ongoing parent coaching and assistance with navigating treatment services. Creation of Opioid Task Force (with MHSADS and DBHDS).



Wrap Up and Questions

