



The Loudoun Education Alliance of Families

November 20, 2023



November 20 Agenda

- **Call to Order and Welcome** – Erika Daly
- **Public Comment** – Agenda Topic Specific
- **Action Item**
 - Approval of the October 16, 2023 Minutes
- **Information Items**
 - School Board Message from Ms. Erika Ogedegbe: School Board Member, Leesburg District - Read into the Record
 - Presentation/Discussion: Fentanyl - Director, Student Mental Health Services
 - Housekeeping – Erika Daly
- **Adjourn**



Self-Identified Guiding Principles

- Neutrality/Impartiality
- Consistency of Communication
- Empathetic
- Student-centered
- Open Mindset
- Trust



Public Comments

Agenda Specific Comments Only



ACTION ITEM

Approval of Minutes



INFORMATION ITEMS



Information Item:

School Board Message from Ms. Erika Ogedegbe

Erika Daly

LEAF Planning Chair



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Information Item: Fentanyl

Jennifer Evans, M.Ed, LPC

Director, Student Mental Health Services



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Combating Substance Use

Student Services

November 20, 2023

Tonight's Agenda

- What are common challenges for teens?
- Teen substance use trends
- Fentanyl
- Supports available
- Tabletop Discussion



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

Emergency mental illness



Substance Use Trends



E-cigarettes / vapes

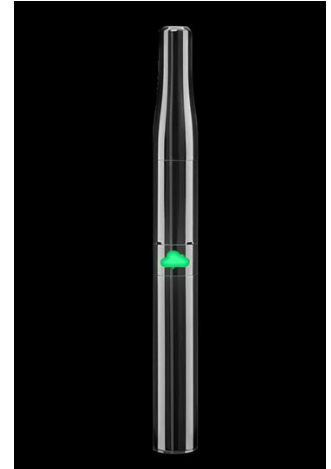
- Rise in popularity of disposables due to loophole in Tobacco 21 law
- Increased nicotine content
- Nicotine salts- marketed as tobacco-free nicotine, are synthetic and are more potent
- “Nic sick” - nausea, vomiting, stomach ache, loss of appetite, increased HR and BP, headache, dizziness, confusion,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





REVIVE! Training

Student Assistance Services

lcps.org/studentassistanceservices

DEA Fentanyl Awareness

dea.gov/fentanylawareness

Student Mental Health Services

www.lcps.org/smhs

Drug Enforcement Administration

[Emoji Drug Code Decoder](#)



Collaborative Efforts



2022-2023 Efforts

Opioid and Fentanyl Awareness: What Parents Need to Know - LCPS coordinated 6 events in collaboration with our community partners. Park View, Loudoun County, Independence, John Champe, Woodgrove, and Broad Run reaching over 250 parents and community members.

Fentanyl Awareness School Board Presentation - May 9, 2023

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.



2022-2023 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.

Expanded Community Partnerships - The Williams Center for Wellness and Recovery, additional partnerships focused on ongoing parent coaching and assistance with navigating treatment services.



Next Steps

- Ongoing Fentanyl Awareness Events
- Supplemental fentanyl education lessons at middle school level
- Certify 8 central office staff will REVIVE! Trainers
- Additional naloxone trainings
- Review of medication policy
- Explore ways to remove barriers to substance use treatment
- Consider alternative settings to meet student needs:
 - Recovery High School
 - Transition Centers
 - 30 Day Program



Tabletop Discussion



Tabletop Discussion

At your table, please discuss and document your thoughts/ideas:

- We've reached 450 people across multiple schools with our awareness events.
 - How can we reach more?
Please help us with your ideas.
- What questions came up during this presentation?
- What will you take away from this presentation?



Wrap Up and Questions



Information Item: Housekeeping

Erika Daly

Vice Chair Planning



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Housekeeping: A Look Ahead

- Community Listening Sessions
- Title I school informational meetings
- Communications Audit (virtual) meeting opportunity
- Think about: Communication Loops



A Look Ahead

- **Next Meeting: February 12, 2024**
 - Topics TBD
 - Considerations (based on Member Activity Feedback):
 - ALL in VA (staff available to attend the meeting)
 - Community Connections

