



Youth Substance Use Prevention + Harm Reduction

Dr. Bonnie Halpern-Felsher & Alexie Orr



Zoom Webinar Logistics

- Only panelists and hosts can share video and audio.
- Please enter your comments and questions in the chat and Q&A.
- Be respectful and curious.
- If you work with the media, please let us know if you plan to report on this webinar and email alison26@uw.edu



Welcome & Poll

- **Who are we?**

- [Center for Community-Engaged Drug Epidemiology Education and Research](#) at UW Addictions, Drug & Alcohol Institute
- What does your program do around prevention education and harm reduction?
- What barriers do you have to incorporating harm reduction into your youth work?



Youth overdose data

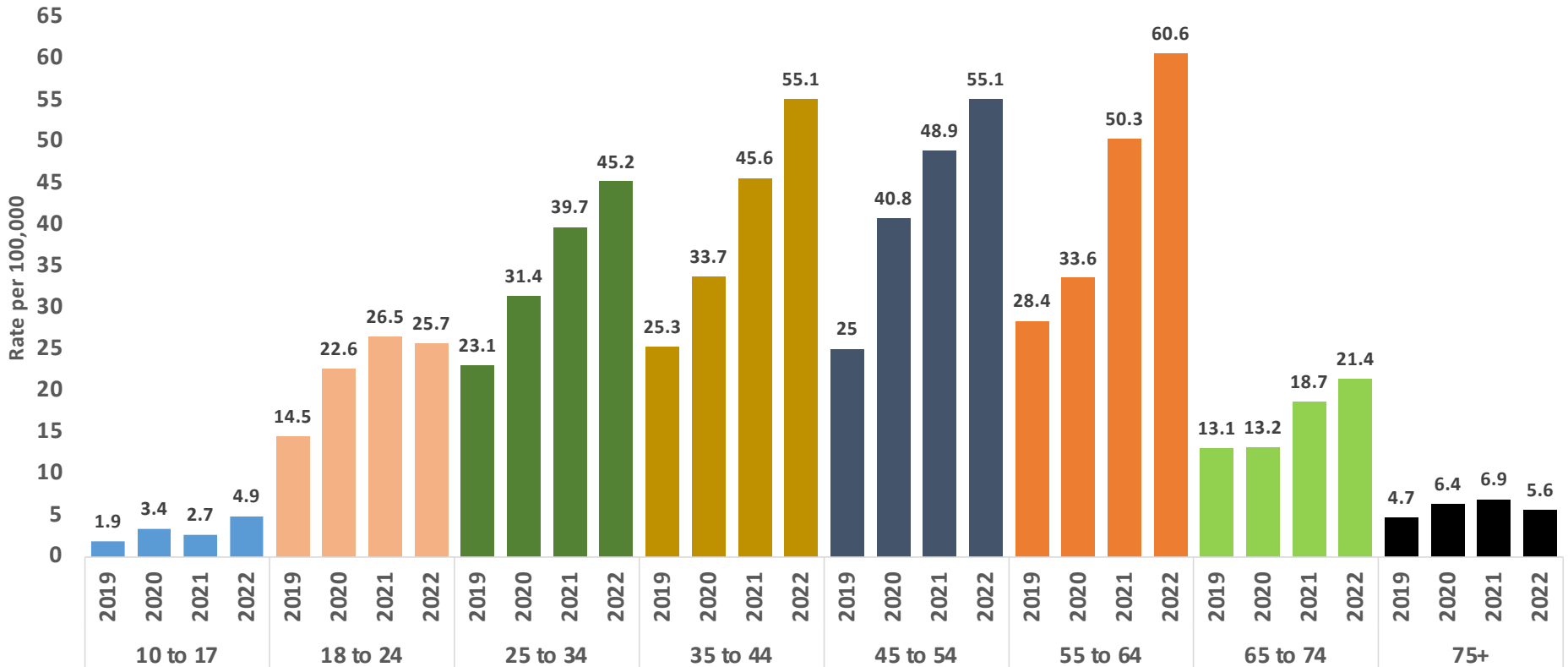
“The overdose crisis among US adolescents,” Joseph Friedman PhD, MPH & Scott Hadland MD, MPH New England Journal of Medicine

- Overdose deaths among young people continue to climb due to fentanyl, while use overall continues to drop.
- WA State has the third highest rate of youth (14-18 years old) overdose deaths from 2020-2022, with 9.72 deaths per 100,000 (representing 130 deaths), twice the national average.
- Three groups of youth at risk for overdose:
 - Experiment but don't have opioid use disorder
 - Have mental illness of trauma and use to cope
 - Have opioid use disorder
- Education should focus on risks, but also how to prevent and respond to overdose. Safety First is an example of how to do this.
- Overdose prevention for youth should also include mental health supports and high-quality accessible treatment.

[January 11, 2024](#), N Engl J Med 2024; 390:97-100, DOI: 10.1056/NEJMp2312084

Drug overdose death rates by age

Comparing 2019, 2020, 2021 and 2022



Ages 9 and under are suppressed.

<https://doh.wa.gov/data-and-statistical-reports/washington-tracking-network-wtn/opioids/overdose-dashboard>

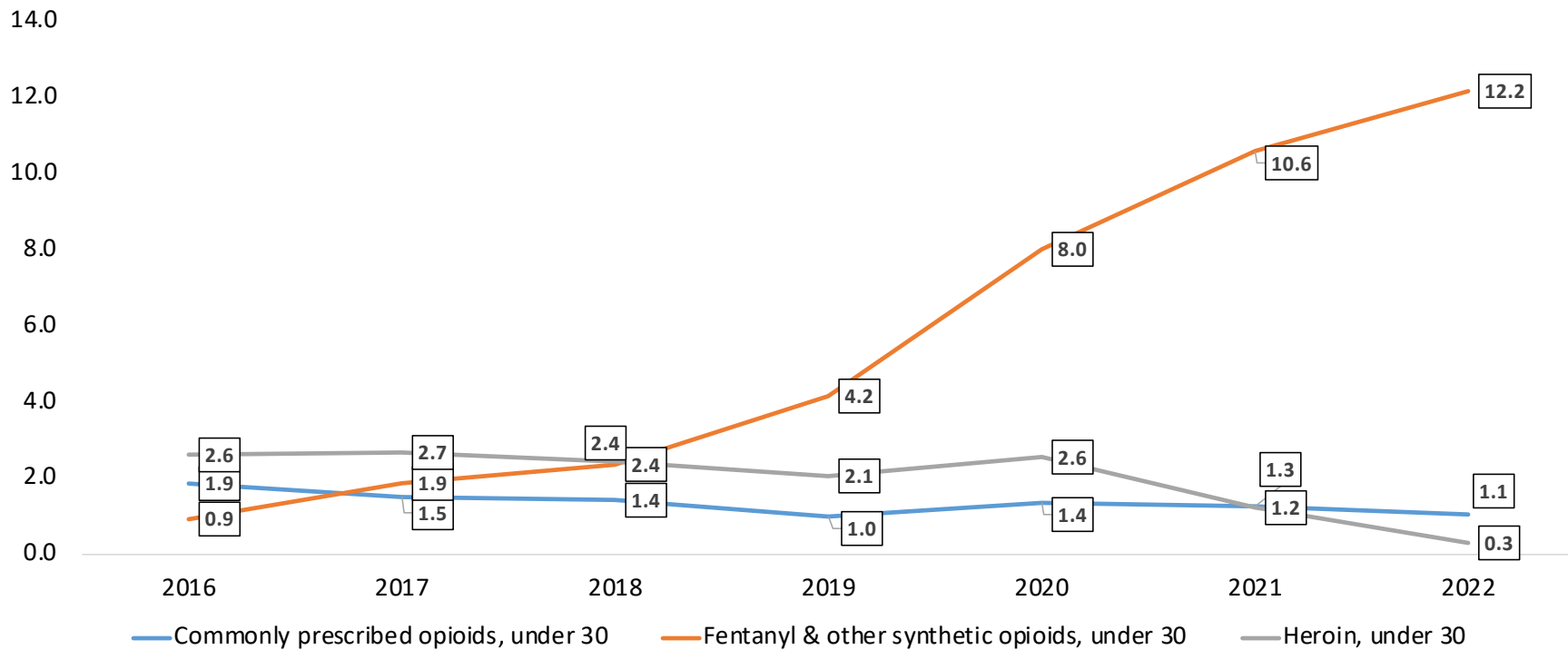


Washington State Department of Health

Source: WA DOH death certificates



Opioid-involved drug deaths in WA State, per 100,00 residents in age group



Data analyzed by UW ADAI, provided by WA Dept of Health https://adai.uw.edu/wadata/heroin_versus_fentanyl.htm



Engaging and Serving Youth and YA

Foundation for Youth Resiliency and Engagement



FYRE

- Mission & Vision
 - We advocate for equitable opportunities that allow all youth to thrive. Our team envisions an Okanogan County where the opportunity for healthy minds, bodies, and homes exists for all young people.
- We serve young people ages 12-24 in Okanogan County and nearby outlying areas
 - BIPOC, LGBTQIA+, systems involved, undocumented, those who have experienced harm, young parents
- Approach and Belief
 - Youth voice matters
 - With young people, everything is upstream (from prevention to reintegration)
 - Whole person with a continuum of care so that we can engage them whenever and however
 - Safety and access for BIPOC, neurodiverse, and LGBTQIA+ youth; emphasis on harm reduction





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SAFETY FIRST

Youth Substance Use Prevention Education + Harm Reduction

Bonnie Halpern-Felsher, PhD, FSAHM

**Marron and Mary Elizabeth Kendrick Professor
in Pediatrics II**

Founder & Executive Director, REACH Lab and Curriculums

The REACH Lab



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Devin McCauley, PhD
Postdoctoral Scholar



Jessica Liu, PhD
Postdoctoral Scholar



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Co-Founder VISIT

REACH Youth Action Board (YAB)



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Behavioral Health Services



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Why Youth Use Drugs



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Decision Theories Applied to Adolescent Risk Behavior

Adolescents Take Risks Because They:

- Cannot judge risks appropriately
- Believe they are invulnerable to harm
- Are pressured by peers
- Have poor decision-making skills



3 I's of Adolescence...

- Invulnerable





3 I's of Adolescence...

- Invulnerable
- Invincible






3 I's of Adolescence...

- Invulnerable
 - Invincible
 - Infertile
- 



But...

- There ARE Real and Perceived Risks and Benefits to Using
- 



What Can We Do?





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Honest Drug Education

- Based in science
- Based on how adolescent learn and make decisions
- Keep teens safe!



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Goal

- Normalize drug education communication not normalize drug use!
- Create “designated drivers”

Halpern-Felsher REACH Lab

Our Team +

Research -

Publications

Preventions and Interventions

Advocacy

In the News

YAB Corner

Parent Corner

Resources

Marketing and Promotion

Lab Fun



Research

Our research is driven to improve adolescent and young adult (AYA) health by:

- Conducting interdisciplinary, high-impact research focused on health-related decision-making
- Translating evidence into effective programs that reduce and prevent AYA risk behavior
- Informing and supporting policies that improve AYA health
- Training the next generation of leaders in AYA health and risk prevention

Current research projects/evaluations:

Understanding the Potential Impact of FDA Authorization and Marketing on Adolescents' Young Adults', and Adults' Perceptions, Intentions, and Actual Use of Tobacco (funded by the NIH) +



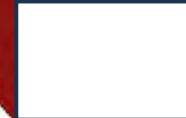


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Stanford REACH Lab offers **free** curriculums and resources to supplement prevention, education, harm-reduction, interventions and cessation on: vaping/e-cigarettes, cannabis, drugs and other substances. Scan the QR code below to learn more!

PREVENTION, EDUCATION & AWARENESS CURRICULUMS

TOBACCO/VAPE




You & Me, Together Vape-Free
Elementary, Middle & High School Curriculum

CANNABIS




Smart Talk: Cannabis Prevention & Awareness
Elementary, Middle & High School Curriculum

HARM-REDUCTION & INTERVENTIONS

DRUG EDUCATION



A Comprehensive Drug Education and Harm-Reduction Curriculum

CANNABIS/TOBACCO



Self-Paced or Group Led Alternative-to-Suspension

DATA DASHBOARD FOR EDUCATORS & ADMINISTRATORS



We have developed and launched a data dashboard for educators, where you can see, in **real time**, anonymous student survey responses related to the curriculum and interventions you are implementing.

GET STARTED

or visit tinyurl.com/reachlabdatadashboard



Connect with us and learn more by scanning the QR Code:



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**A Comprehensive, Harm-Reduction
Based, Drug Intervention Curriculum**

NEW VERSION UPDATED & AVAILABLE!

What is a
harm
reduction
drug
education
curriculum?



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For the REACH Lab, we define it as:

A harm reduction approach to drug education discourages young people from using drugs but offers more than an abstinence-only approach by providing teenagers with information to keep themselves and others safer if, and when, they encounter these substances.

What's the concept of harm reduction



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- **Safety First Does:**
 - See abstinence as an important, and primary, strategy in reducing drug harms.
 - Empower teens to make healthier choices through accurate information.
 - Recognize that some teens will try drugs.
 - Encourage teens to take steps to reduce the potential harms of drug use.
- **Safety First Does Not:**
 - Encourage or condone teen drug use.
 - Teach teens how to use drugs
 - Judge teens who use drugs.



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- Comprehensive, harm reduction
 - 13 lessons (~50 minutes each)
 - Brain and addiction
 - Stress, coping, wellness
- Alcohol, opioids/fentanyl, e-cigs, cannabis, hallucinogens, stimulants
 - Marketing
- Skill building and refusal skills



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Goals of the Curriculum

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Educating and empowering teenagers to make safe and healthy choices must be our highest priority.

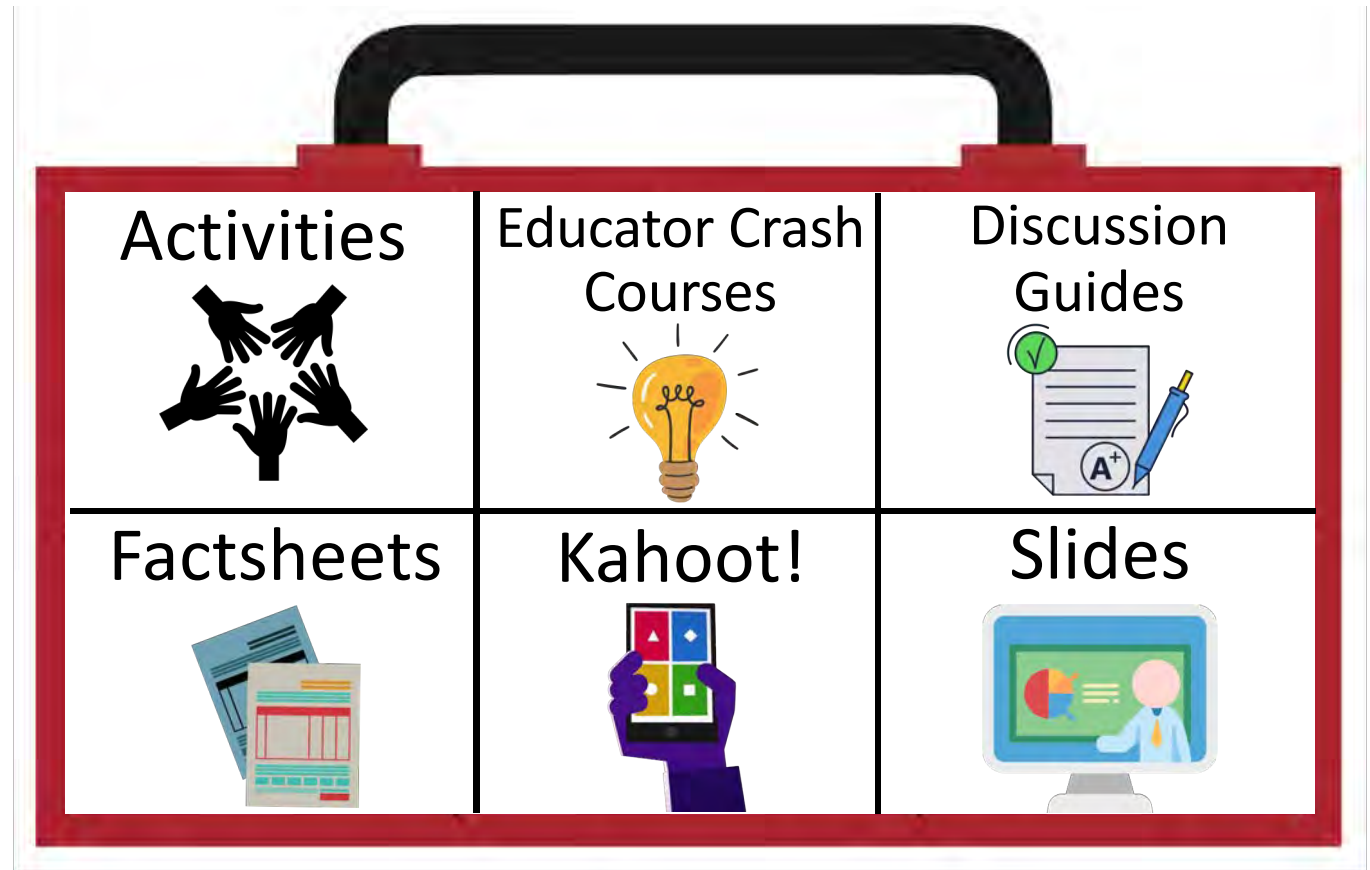
- Encourage youth not to use drugs in the first place
- Encourage youth who are already using to stop or at least cut back or make alternative choices to reduce their risk
- Provide straightforward, science-based information
- Explore the risks and real and perceived benefits of drugs
- Prioritize safety through personal responsibility and knowledge.



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Interactive
Online
Free



Activities



Educator Crash
Courses



Discussion
Guides



Factsheets

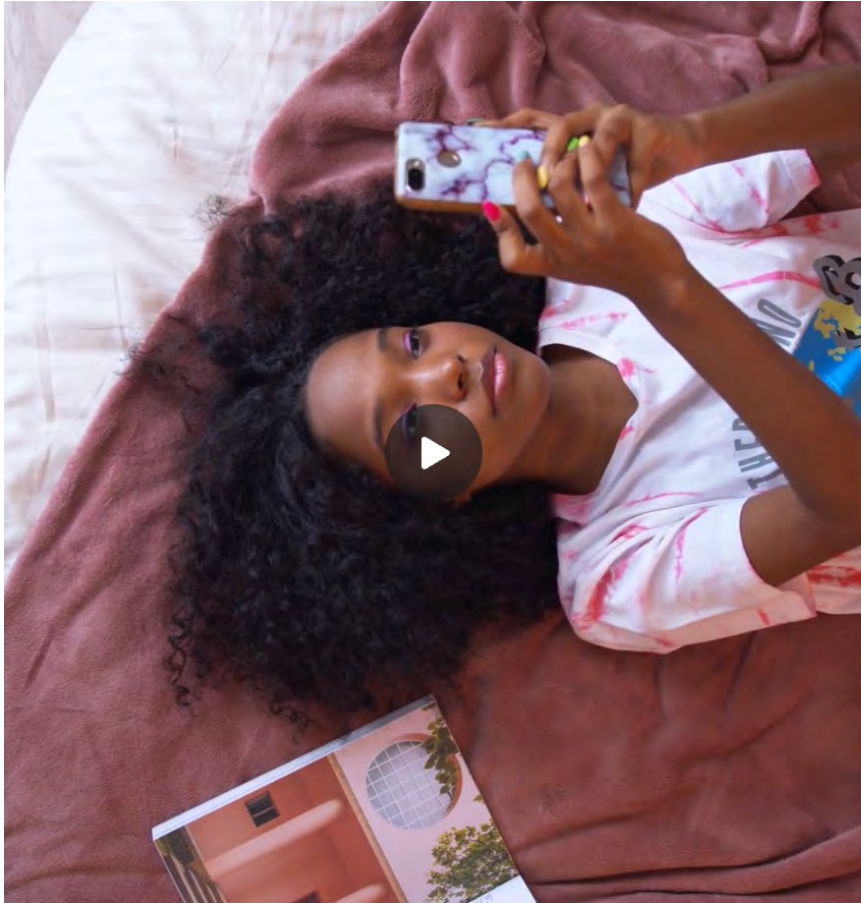


Kahoot!



Slides





Introduction to
Safety First
Drug
Education

LESSON 1

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Keeping You Safe,

Reducing Your Harm:

An Overview

LESSON 2

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DOSE

How much?



DOSAGE

How often?
&

How long?



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USE ONLY AS RECOMMENDED

If 200 mg of ibuprofen will
relieve the pain, start with
that - don't jump to a higher
dosage.



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SET & SETTING

Set refers to someone's thoughts and emotions.



Setting refers to the physical and social environment.

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DRUG ADULTERATION

! WATCH OUT !

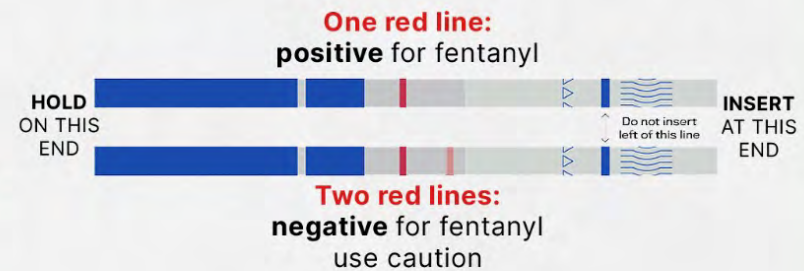
Substances may be adulterated with a variety of chemicals, toxins, fillers, or even poisons—from bulking agents to crushed prescription medications to heavy metals.

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CHECK THE SUBSTANCE

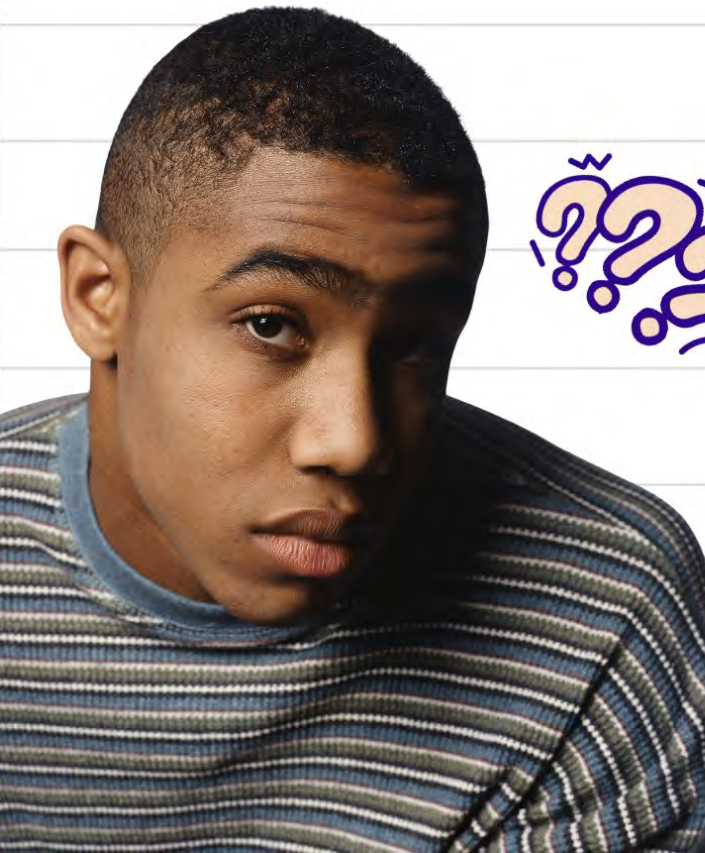
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Drug checking allows a person to get more information about what's actually in a substance.



ACTIVITY:

Which
Pitcher?



DON'T MIX DRUGS!

Why might
mixing drugs be
harmful?



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KNOW HOW TO RESPOND TO AN EMERGENCY



Never be afraid to call 911 or seek medical help!

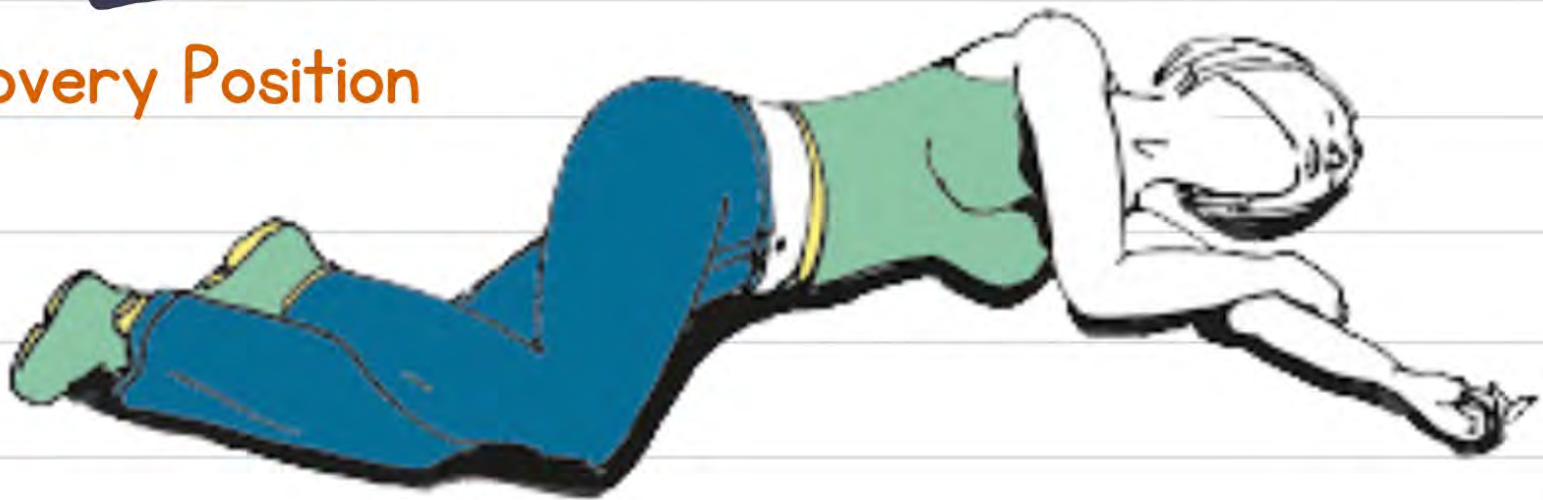
Good Samaritan Laws protect people who call 911 for help.

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KNOW HOW TO RESPOND TO AN EMERGENCY



Recovery Position



What to do in the event of an Overdose

Naloxone can reverse opioid overdoses and is carried by EMTs.

Does our school have Naloxone and if yes, where is it located?

Good Samaritan laws or 911 drug overdose laws protect people who call to report drug overdoses.



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DRUGS AND THE

YOU-TH BRAIN

LESSON 3

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Lesson
4

Stress, Coping, and Wellness



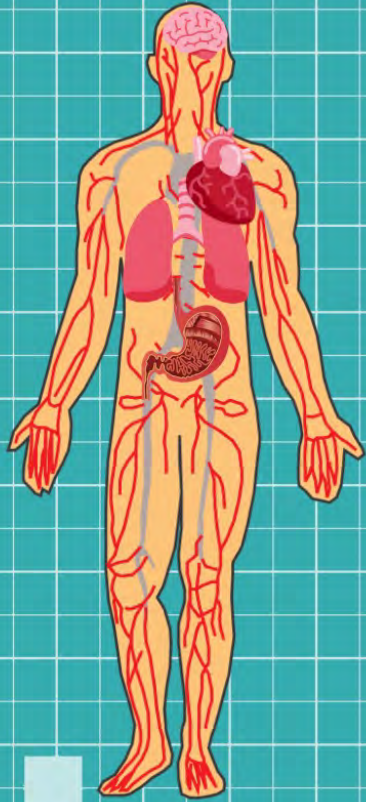


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LESSON 5



A decorative header for the lesson slide featuring a row of six diverse people dancing joyfully. A close button (an 'X' in a square) is located in the top right corner of this header.

E-CIGARETTES & VAPING

Lesson 6

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A white mouse cursor with a blue shadow is pointing at the 'safety first' button.



LESSON 7

Cannabis

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An astronaut in a white space suit is floating in space against a dark blue background with stars and a nebula. Three horizontal stripes in yellow, orange, and green pass behind the astronaut. A white speech bubble with a red heart icon contains the text 'safetyfirst'.

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ALCOHOL & OTHER DEPRESSANTS

Lesson 8

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Prescription & Other Opioids/Fentanyl

LESSON 9

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I will learn to...



DESCRIBE WHAT OPIOID DRUGS ARE AND THEIR GENERAL EFFECTS ON THE BRAIN AND BODY.



IDENTIFY THE POTENTIAL HARMS AND REAL AND PERCEIVED BENEFITS OF USING OPIOID DRUGS.



RECOGNIZE AND KNOW HOW TO RESPOND TO SIGNS OF AN OPIOID OVERDOSE.

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Hallucinogens

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LESSON 10

Marijuana: is it time to stop using a word with racist roots?

As racial animosities deepened in the early 20th century, the word grew over a term prohibitionists hoped would appeal to xenophobia.



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Mixing it up with @sawadee @BILKINLinton @MICHTECHLOGY @vape @growhouse #cann #mari

Media Literacy

Understanding The Portrayal of Drugs

Lesson II



Uploads

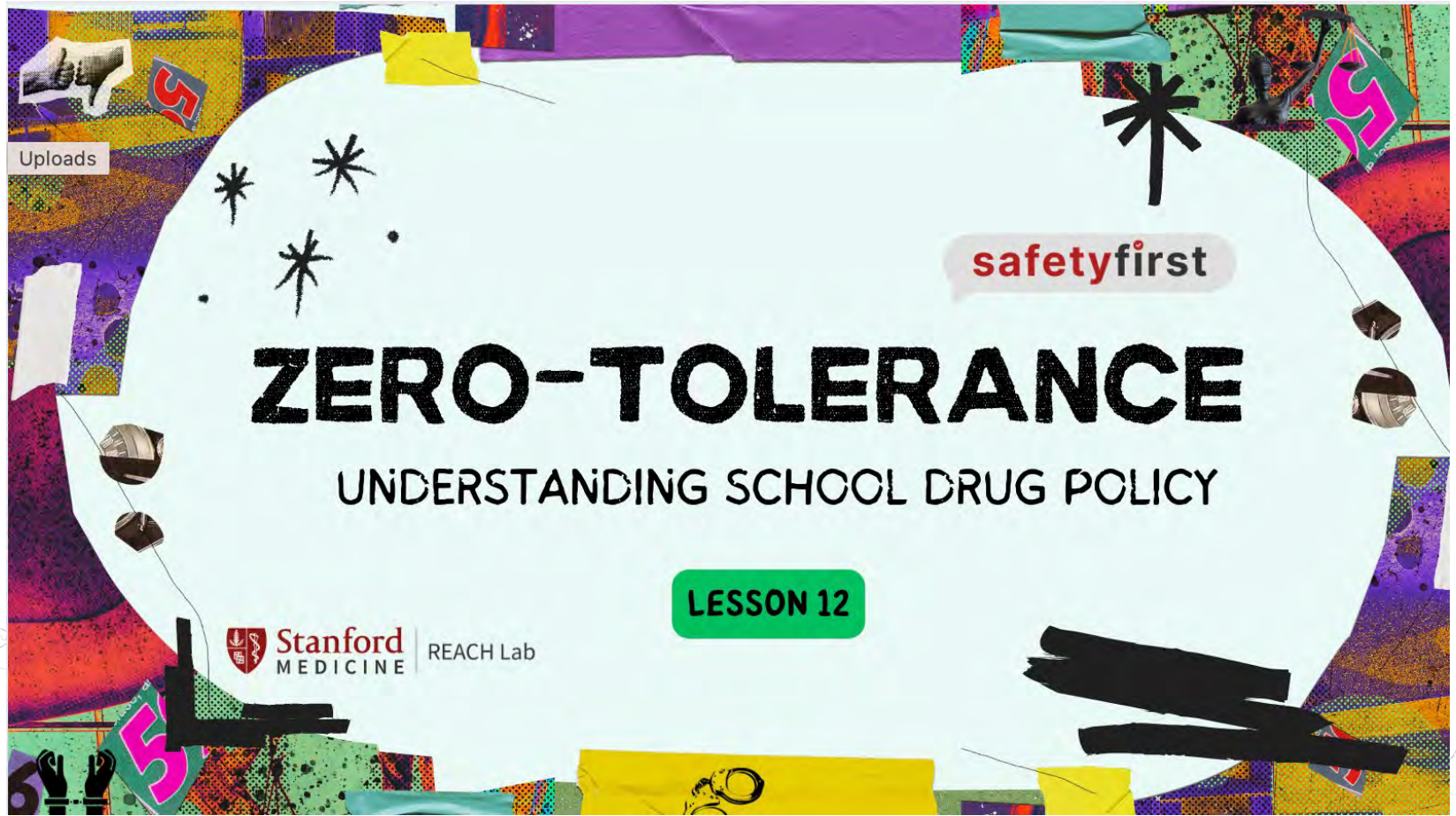
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ZERO-TOLERANCE

UNDERSTANDING SCHOOL DRUG POLICY

LESSON 12

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LOOKING BACK, ✓

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LOOKING FORWARD!

Lesson 13

ADDRESSING THE FENTANYL CRISIS

Use our **safety first** curriculum to talk to your students.



To learn more, visit:
tinyurl.com/stanfordsafetyfirst

EAST

FENTANYL

FACTS



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Fentanyl effects can include: **dizziness** and **drowsiness**, **vomiting** and **nausea**, **euphoria**, **pain relief**, and **respiratory failure**



There are 2 types of fentanyl: pharmaceutical and illegally made fentanyl. **Most overdoses are due to illegally made fentanyl**



Carry **Narcan** to stop overdoses of those around you



Fentanyl can be sold in a pill, powder form, or as an injectable; **you can't see, smell or taste it**



Use test strips to **test drugs** to see if they are **laced with fentanyl**



PENNY



GRAIN OF RICE



LETHAL DOSE OF FENTANYL

A **lethal dose** of fentanyl is equivalent to **less than a grain of rice**

Treatment is available. Here is a resource to find a treatment center:
findtreatment.gov/locator

See our **safetyfirst** curriculum for more information



HOW TO USE

NALOXONE



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Use our **safetyfirst** curriculum to talk with your students

Recognize a Fentanyl Overdose

Knowing the signs of opioid overdose is crucial in saving a life.

Signs Include:

- Slow, shallow, and erratic breathing
- Unconscious and unresponsive
- Slow or no pulse
- Pale and clammy

Respond to the Emergency

Here are the steps to follow:

- Have Narcan ready to use
- Hold the device with your thumb on the bottom plunger and two fingers on the nozzle
- Insert the tip into either nostril
- Firmly press the plunger to release the dose
- Dial 911
- Repeat with additional Narcan

Click [here](#) to mail order Narcan or learn more



*Narcan does not cause harm if there is no overdose





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FENTANYL.

Can you tell the difference?



Talk to your teens about Fentanyl using
Stanford REACH Lab's Safety First Curriculum



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**REGISTRATION
NOW OPEN!**

5TH Annual Teaching Cannabis Awareness & Prevention Virtual Conference

APRIL 17TH & 18TH, 2024
8:00 A.M. - 2:00 P.M. (PST)

A Focus on the Triangulum of
Cannabis, Tobacco/Nicotine, & Vaping

Early Bird Pricing: \$125 if registered by March 1st, 2024;
After March 1st, registration will be **\$150**

◆ To Obtain CME Credit: **Additional +\$25***



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Bonnie Halpern-Felsher, PhD, FSAHM
Professor, Adolescent Med/Peds
Founder & Executive Director, TPT, CAPT, & VISIT

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Resources

- [Safety First](#)-school-based prevention and substance use education curriculum
- [WA Department of Health Overdose Education and Naloxone Distribution Program](#)
 - Overdose education and TA and naloxone distribution program
- [StopOverdose.org](#)-Overdose education and naloxone map
 - [Youth Overdose Education](#)
 - [Fentanyl](#)
 - [Schools](#)
- [UW ADAI Clearinghouse](#)-order printed materials
- Youth-focused campaigns
 - [Laced & Lethal](#)-King County-focused
 - [Friends for Life](#)-funded by the WA State Health Care Authority
 - [Prevent Overdose WA](#)-funded by the WA Dept of Health