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
• 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?
• 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.

Drug overdose death rates by age

Comparing 2019, 2020, 2021 and 2022

Rate per 100,000

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
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
REACH Youth Action Board (YAB)
Special Thanks to Our Sponsors

CASA – Los Gatos

NIH
National Institutes of Health

TOBACCO-RELATED DISEASE RESEARCH PROGRAM

WILLIAM G. NASH FOUNDATION

CVS Health FOUNDATION

NCPC
UC MERCED Nicotine & Cannabis Policy Center

HAWAI‘I COMMUNITY FOUNDATION

Presidio Giving Circle

COUNTY OF SANTA CLARA Behavioral Health Services

PATHWAY SOCIETY INC.

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MATERNAL & CHILD HEALTH RESEARCH INSTITUTE
Why Youth Use Drugs
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?
Honest Drug Education

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

- Normalize drug education communication not normalize drug use!
- Create “designated drivers”
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)
Stanford REACH Lab offers free curriculums and resources to supplement prevention, education, harm-reduction, interventions and cessation of vaping/e-cigarettes, cannabis, drugs and other substances. Scan the QR code below to learn more.

PREVENTION, EDUCATION & AWARENESS CURRICULUMS

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

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

HARM-REDUCTION & INTERVENTIONS

- Safety First
  A Comprehensive Drug Education and Harm-Reduction Curriculum

- Healthy Futures
  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:
safety first

A Comprehensive, Harm-Reduction Based, Drug Intervention Curriculum

NEW VERSION UPDATED & AVAILABLE!
What is a harm reduction drug education curriculum?

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

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

Goals of the Curriculum

- 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.
Interactive Online Free

Activities

Educator Crash Courses

Discussion Guides

Factsheets

Kahoot!

Slides
Introduction to Safety First Drug Education

LESSON 1

Stanford Medicine
REACH Lab

safety first
Keeping You Safe,
Reducing Your Harm:
An Overview

LESSON 2
DOSE
How much?

DOSAGE
How often?
&
How long?
USE ONLY AS RECOMMENDED

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

Set refers to someone’s thoughts and emotions.

Setting refers to the physical and social environment.
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.
CHECK THE SUBSTANCE

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?
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.
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.
DRUGS AND THE YOU-TH BRAIN

LESSON 3
STIMULANTS
E-CIGARETTES & VAPING

Lesson 6

safety first
Cannabis
Prescription & Other Opioids/Fentanyl

LESSON 9
I will learn to...

1. Describe what opioid drugs are and their general effects on the brain and body.

2. Identify the potential harms and real and perceived benefits of using opioid drugs.

3. Recognize and know how to respond to signs of an opioid overdose.
Hallucinogens

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Stanford Medicine | REACH Lab
LESSON 10
Media Literacy
Understanding The Portrayal of Drugs
Lesson 11
ZERO-TOLERANCE
UNDERSTANDING SCHOOL DRUG POLICY

LESSON 12
LOOKING BACK,

LOOKING FORWARD!

Lesson 13
ADDRESSING THE FENTANYL CRISIS

Use our curriculum to talk to your students.

To learn more, visit: tinyurl.com/stanfordsafetyfirst
FAST FENTANYL FACTS

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.

A lethal dose of
fentanyl is

equivalent to less

See our curriculum for more information.
HOW TO USE NALOXONE

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

Click here to mail order Narcan or learn more

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

*Narcan does not cause harm if there is no overdose
FENTANYL.
Can you tell the difference?

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

Bonnie.halpernfelsher@Stanford.edu
• **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