

## **Fentanyl and Overdoses in Los Angeles County**

A Resource Toolkit for Parents

Conduct open and honest conversations with your kids early and regularly about drugs. This provides children a space to ask questions and for you to listen to their concerns and provide information.

- 1. Stanford parent guide:
  - a. Create a safe, non-judgmental space.
  - b. Be clear about your expectations.
  - c. Show that you care about their health and wellness.
  - d. Ask what they know about substances.
  - e. Let them know you are a reliable source of information and that if you don't know something, you will go to a trusted source for more information.
  - f. Help them think through the different kinds of situations they might face in making decisions around using drugs and alcohol.
  - g. Discuss any family history of substance use disorders.
  - h. Avoid lecturing or utilizing scare tactics.
- 2. National Institute on Drug Abuse (NIDA) Talking to your kid about drugs.
- 3. Substance Abuse and Mental Health Services Administration: "Talk. They Hear You."
- 4. Get Smart About Drugs: Tips to prevent drug use with your child

#### Be aware of the risk posed by fentanyl.

- 1. Parent flyer about Fentanyl from the Drug Enforcement Agency (DEA) (English)
- 2. Facts about Fentanyl from the Centers of Disease Control (CDC) (English)
- 3. Facts about Fentanyl from the Centers of Disease Control (CDC) (Spanish)
- 4. Facts about Opioids from the Centers of Disease Control (CDC) (English)
- 5. Facts about Opioids from the Centers of Disease Control (CDC) (Spanish)

# Become Informed About Drugs

**Conversations** 

**Save Lives** 

Reversing an opioid overdose can save a life. Here you can learn more about the medication that reverses opioid overdoses.

- 1. Facts about Naloxone from the National Institute of Drug Abuse (NIDA) (English)
- 2. Facts about Naloxone from the National Institute of Drug Abuse (NIDA) (Spanish)
- 3. Video: Administering Narcan to reverse opioid overdose.
- 4. Narcan:
  - a. is the antidote to an opioid overdose.
  - b. saves lives and will help people breathe again
  - c. it does not increase the risk of developing a substance use disorder.
  - d. it only has an effect if someone has used an opioid, not if they have used any other substances including other drugs or alcohol.
- 5. How to obtain Narcan in LA County

### Learn How to Respond to an Overdose





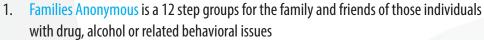


**Additional Resources** 

for Your Family

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- NACOA provides tools for your child to prevent substance use if it is common in your family history
- 3. Be Prepared if you have to talk about death from an overdose with your child
  - a. These strategies can help when processing grief after an overdose death.
- 4. Understanding how people sell drugs to youth via social media: Decoding Emoji's
- 5. Being aware of changes in behavior that could indicate something isn't right and they need additional support
  - a. Fentanyl testing strips can be used to detect fentanyl in illicit substances to help people understand what they would be using
- 6. Keep naloxone (Narcan) in the household
- 7. No one should use substances alone. People can use with someone who can monitor for an overdose and administer naloxone (Narcan) or call NeverUseAlone at 1-800-484-3731
- 8. Substances can be tested for fentanyl with a fentanyl testing strip, which can be purchased online through BTNX, Dose Test, Dance Safe, Wisebatch, or TACO
- 9. Video: How to use a fentanyl test strip

Additional Materials to Learn More About Substance Use Disorders in Teens

- 1. Podcasts that discuss teen drug use:
  - a. My child and addiction
  - b. SAMHSA Talk They Hear

Where Youth Can Get Help with Substance Use

- 1. RecoverLA is available in 13 languages and provides basic information about substance use and how to get treatment
- 2. The SASH Hotline 1-844-804-7500 is open 24/7 and will assist eligible LA residents with free substance use disorder treatment
- 3. The Los Angeles County Department of Mental Health has a 24/7 hotline that links LA residents of all ages to help with their mental health: 1-800 854-7771
- 4. Headspace: Sign up for free to access meditations, as well as sleep and movement exercises, designed to help you care for your mind
- 5. Connect to other teens working to address their substance use
  - a. Alcoholics Anonymous for teens is available virtually or in-person
  - b. Smart Recovery for teens: Discuss issues related to recovery, and share ideas and strategies for things like peer pressure, dealing with urges, and managing emotions
  - c. Al-anon for teens have virtual and in-person for youth people aged 13 to 18 who have been affected by someone else's drinking

