

The Fentanyl Crisis:

What you should know



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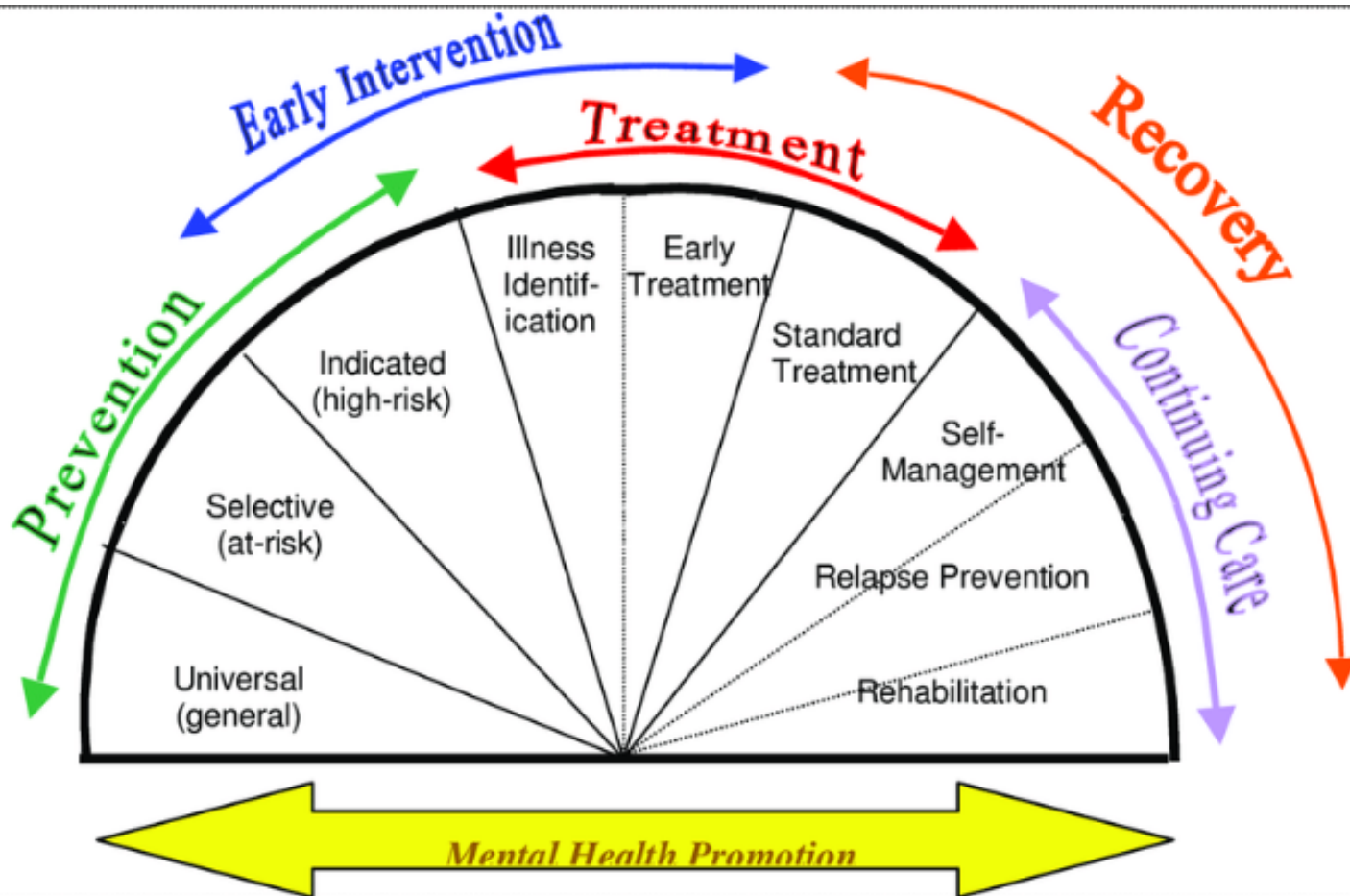
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Presentation Overview

- Reasons people use substances
- Substance use disorder
- Signs and symptoms of drug use
- Basics about drugs, with a focus on opioids & fentanyl
- Harm reduction
- Opioid Overdose
- Treatment options
- Prevention strategies
- Youth Mental Health
- What can you do as a community member?



The Continuum of Care



Why Do People Use Drugs?

- Stress / Anxiety
- Pain
- Boredom
- Health condition
- Depressed/sad
- Peer pressure
- “Everyone’s doing it”
– to fit in
- “Change how I feel”
- Trauma
- Celebrities, friends



Substance Use Disorder

- Substance Use Disorder: a disorder that affects a person's brain and behavior, causing an inability to control their use.
- Repeated use of drugs leads to changes in the brain that cause addiction
- Changes are long lasting and can cause relapse.



Risk Factors

People of any age, sex or economic status can become addicted to a drug.

Certain factors can affect the likelihood and severity of addiction:

- Family history of addiction
- Mental health disorder
- Peer pressure
- Lack of family involvement
- Early use
- Taking a highly addictive drug

Signs of Drug Use

- Bloodshot eyes
- Pinpoint pupils (opioid use)
- Dilated pupils (stimulant & psychotropic drugs)
- Sleepy appearance
- Sluggishness
- Reduced motivation
- Change in personality
- Difficulty focusing
- Distorted sensory perceptions



Effects of Substance Use

Substance	Short Term	Long Term
Alcohol	Loss of coordination, sluggishness, slurred speech, disorientation, numbing of pain	Dependency, liver cirrhosis, neurological damage, increased risk of cancer, increased risk of bodily injury
Cannabis	Slowed reaction time, loss of coordination, numbing of pain, hallucinations, delusions, increased appetite or thirst	Chronic bronchitis, psychosis (schizophrenia), depression, anxiety, learning/memory problems, lower IQ
Opioids	Blocks pain, calming mood, drowsiness, itching, constipation,	Physical dependence, intensified pain, hormone imbalance, slow/ineffective breathing



What are opioids?

- Type of drug used to induce pleasure & reduce pain
- Produce a temporary state of euphoria or high, and are extremely addictive
- More opioid use = higher tolerance (need higher levels to achieve same effect)

Common Opioids Include:

Generic	Brand Name
Hydrocodone	Vicodin, Lorcet, Lortab, Norco, Zohydro
Oxycodone	Percocet, OxyContin, Roxicodone, Percodan
Morphine	MSContin, Kadian, Embeda, Avinza
Codeine	Tylenol with Codeine, TyCo, Tylenol #3
Fentanyl	Duragesic, Actiq
Hydromorphone	Dilaudid
Oxymorphone	Opana
Meperidine	Demeral
Methadone	Dolophine, Methadose
Buprenorphine	Suboxone, Subutex, Zubsolv, Bunavail, Butrans

*Heroin is also an opioid

Why are Opioids Prescribed?

- Primarily used for acute pain relief
 - Surgical care
 - Less Common: long term, unmanageable chronic pain (not recommended)
- Suppression of diarrhea
- Opioid Use Disorder treatment
- Suppressing cough



How do opioids work?

- Alter the way a person perceives pain
 - Drug attaches to opioid receptors (nerve cells) in the brain
 - Nerve cells send inaccurate message about pain severity = person feels less pain
- Affect how the brain feels pleasure
 - Results in feelings of elation
 - Deep relaxation and/or sleepiness



Potential Short-Term Effects of Opioids

- Major mood swings
- Slowed Breathing
- Clouded mental functioning
- Nausea
- Vomiting
- Sedation
- Drowsiness
- Hypothermia
- Coma
- Death (due to an overdose)



Fentanyl



lethal dose of heroin vs. fentanyl



- A manufactured opioid used for pain management
- 100x stronger than Morphine & highly addictive
- Forms: Injectable, lozenges and patches
- Tasteless, odorless, and colorless
- Commonly added to street drugs

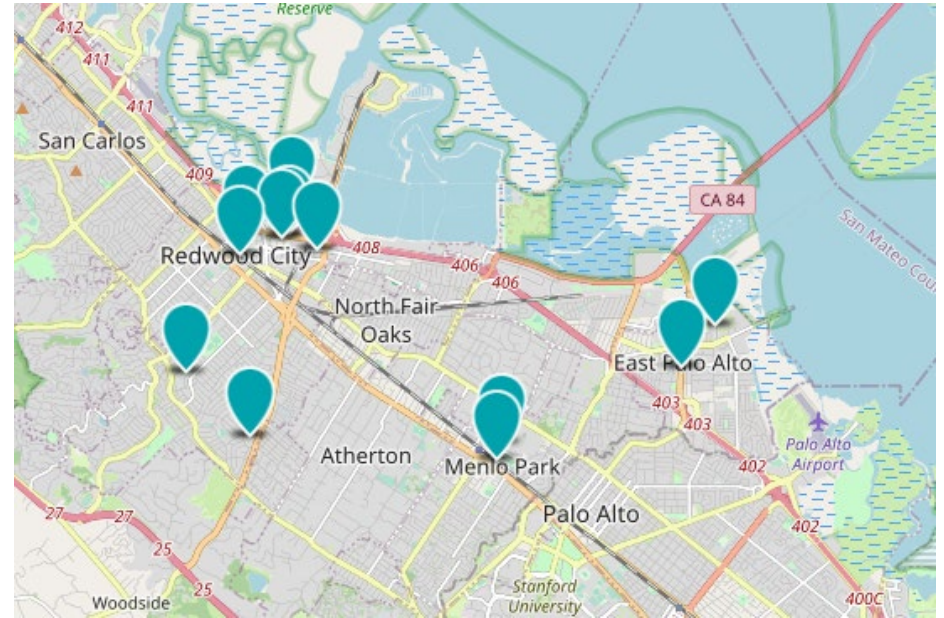
What You Can Do

- Ask your healthcare provider for alternative pain treatments
 - Exception: hospitalization, acute pain
- Don't keep extra pills at home
 - Take-back programs
- Increase awareness
 - Need more \$ for prevention and treatment programs
 - Reduce stigma – talk about the issue
- **Don't buy drugs off the street or online**



Safe Disposal Programs

- Rite Aides
- CVS
- Kaiser Pharmacy
- SMC Sherriff's Office



[Convenient Locations - MED Project \(med-project.org\)](http://med-project.org)

EXAMPLES OF HARM REDUCTION IN OTHER AREAS



SUN
SCREEN



SEAT
BELTS



SPEED
LIMITS



BIRTH
CONTROL



CIGARETTE
FILTERS



WORDS MATTER



4 GUIDELINES TO USING NON-STIGMATIZING LANGUAGE



Person who
uses substances

Use people-first
language

Drug user
Addict

Person experiencing
problematic
substance use

Use language
that reflects the
medical nature

Abuser
Junkie

Person experiencing
barriers to accessing
services

Use language that
promotes recovery

Unmotivated
Non-compliant

Positive test results
Negative test results

Avoid slang
and idioms

Dirty test results
Clean test results



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Individuals actively using opioids

Harm reduction

- Safe consumption sites, syringe exchange
- Psychoeducation, client-centered approach
- Condoms
- Fentanyl Test strips
 - What it does
 - Who has them
 - How can people get them?

Prevent Overdose

- Never Use Alone
- Carry Naloxone
- How it works and how to get it

SIGNS OF AN OPIOID OVERDOSE

Learn how to spot an overdose and what to do.



Breathing
slow or absent



Cannot be woken up
or not moving



Choking
or coughing, gurgling,
or snoring sounds



Cold
or clammy skin



Dizziness
and disorientation



Pupils
extremely small



Discolouration
of lips and nails

- Is the person responsive?
 - *Think CPR (shake and shout)*
- Is the person breathing?
 - *Watch for chest rise and fall*
- Can the person speak?
- How does their skin, lips and fingernails appear?
 - *blue, grey, clammy etc.*
- If you think someone is in danger of overdosing, **DO NOT LEAVE THEM**
- See if there is someone in the area to help you call 911 immediately

CALL 911 IMMEDIATELY!

Your address: _____

THEN:



Give breaths
1 breath every
5 seconds



Use naloxone
if you have it

What's Real and What Is Fake?



What's Real and What Is Fake?



Everyone of these pills is counterfeit and laced with fentanyl, except for the 30mg IR Adderall

Treatment for Opioid Use Disorder



- Ask your **primary care doctor** if they prescribe MAT
 - Ask your **psychiatrist** if they prescribe MAT
 - If you live in San Mateo County call **IMAT: 650.573.2735**
- If you live outside San Mateo County:
Call SAMHSA's National Helpline: 800.662.HELP (4357)
Go to the Substance Use Treatment Locator at <https://findtreatment.gov/>

Learn more about MAT
samhsa.gov/medication-assisted-treatment

Find Local
12-Step meetings at:
[AA.org](https://aa.org) or [NA.org](https://na.org)

NEED NARCAN?
Help prevent an
accidental overdose:
Ask your Doctor or
local pharmacy

For **Peer support** call **Never Use Alone**
(800) 484-3731 neverusealone.com

**RECOVERY
RESOURCES**



Get Connected to MAT

Medi-Cal clients: Access Call Center (800) 686-0101

TTY (for hearing impaired): dial 711



Drugs Most Commonly Used by Youth

1. Alcohol
2. Cannabis
3. Tobacco – including vaping
4. OTC medications – e.g. cough syrup
5. MDMA/Ecstasy



California Health Kids Survey Data

× Lifetime Use

- ✦ Alcohol, Marijuana, and Prescription drugs were the most reported for lifetime use.

× Current Use

- ✦ Alcohol and Marijuana were the most reported substances reported for past 30-day use



AOD Youth Prevention Programming

- AOD Education presentations
- Social media, PSA campaigns
- Youth groups
- Promotion of safe disposal program locations throughout the County
- Policy work- ie: school suspension policies
- Brief Intervention

Youth Mental Health

Over the past several years youth mental health has been a topic of significant concern for many groups.

- 2021 – American Academy of Pediatrics & others declare a national state of emergency in children’s mental health
 - [AAP, AACAP, CHA declare national emergency in children’s mental health | AAP News | American Academy of Pediatrics](#)
- 2021 – Surgeon General’s Report: mental health of children
 - [Youth Mental Health — Current Priorities of the U.S. Surgeon General \(hhs.gov\)](#)
- 2022 – Stanford Study: Pandemic stress aged teens brains several years
 - https://news.stanford.edu/2022/12/01/pandemic-stress-physically-aged-teens-brains-new-study-finds/?utm_source=nextdraft&utm_medium=email
- 2023 – Surgeon General’s Report 2023: Loneliness & isolation
 - <https://www.hhs.gov/surgeongeneral/priorities/connection/index.html#advisory>

What Can You Do: Youth

- Create a trusted friend group for support
- Learn clear & firm refusal skills
- Leave an unsafe situation
- Talk with others about how you are feeling
- Find a trusted adult for support & help
- Never use substances alone
- Educate yourself with facts & accurate information

What You Can Do: Parents

- Acceptance & support for who they are
- Communicate expectations & boundaries clearly and hold them accountable
- Know their friends & their parents
- Know where they are and with whom
- Assure them their feelings are normal
- Be there for them
- Know the signs and symptoms of mental health challenges and drug use
- Get help early

What You Can Do: Schools

- Create a safe learning environment
- Consider student physical, social, and emotional needs
- Facilitate onsite services
- Review disciplinary policy equity impacts across student groups
- Ensure your school is prepared to address an overdose

San Mateo County Office of Education: [Naloxone for Schools Program and Toolkit](#)
CDC [What Works In Schools: Safe and Supportive School Environm](#)



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How do I get help?


Call the BHRS Access Call Center

1-800-686-0101

- Phones answered 24 hours a day
- Confidential and respectful services
- Trained professionals



How do I get help for my alcohol and drug use in San Mateo County?



1. If you live in San Mateo County, call the ACCESS Call Center at 1-800-686-0101.
Pick the language you speak and pick option 4 for "mental health and substance use". It is important that YOU call or give permission to allow family or friends to speak for you.
2. Give your name, birthday and phone number or email address.
3. If you have insurance give this information.
You do not need to have insurance to get help.
4. You will be connected to speak to a trained person who will ask you more questions to help you find the right type of care.
Anything you tell this person on the phone will not be shared unless you allow it.

How much does it cost to get help for my alcohol and drug use?



Services are available if you have:

- Medi-Cal
- Care Advantage/Cal Medi-Connect
- Healthy Kids
- Health Work
- Access and Care for Everyone (ACE)

If you have either or no insurance the ACCESS Call Center can still help you find care. The Call Center can also help you get insurance if you want it.



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All together better.

You have the right to receive services in the language you speak. If you are not happy with the care or services you receive, please call: 1-800-388-6385.

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Thank You!

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