

What You Need

TO KNOW ABOUT

OPIOIDS



PRESCRIPTION PAINKILLERS

FENTANYL

HEROIN



**VENTURA COUNTY RX ABUSE
& HEROIN WORKGROUP**

Preventing Opioid Abuse in Ventura County

**9% OF 9TH GRADERS AND
14% OF 11TH GRADERS
IN VENTURA COUNTY SAY
THEY'VE USED PRESCRIPTION
MEDICATIONS TO GET HIGH.***



What Are Opioids?

PRESCRIPTION PAINKILLERS

Opioids are powerful psychoactive chemicals that have the ability to effectively relieve serious pain by binding with key receptors in the brain. When used as prescribed, opioids may help relieve and control severe or chronic pain.

Because prescription opioids can create a sense of euphoria, some people misuse them to get high. **If used too much, dependency and addiction can occur and the risk of overdose increases.**

Commonly misused opioids include: hydrocodone (Vicodin), oxycodone (OxyContin, Roxicodone), tramadol and codeine (cough medicine).

FENTANYL

Fentanyl was developed as a strong prescription painkiller for patients with severe, long-term pain. It is similar to morphine but is 50 to 100 times more potent and **extremely dangerous to misuse**. Improperly ingesting or touching even a tiny amount can cause overdose or death.

HEROIN

Heroin is a **dangerous and illegal street opioid**. People sometimes try it as a replacement for legal pain medication but it has no medical use. It is highly addictive and often deadly.

What You Can Do

WATCH OUT FOR PRESCRIPTION

- Experimenting or sharing
- Ignoring label directions
- Combining unknown drugs
- Taking meds to get high

LOOK FOR WARNING SIGNS

- Changes in physical appearance
- Loss of interest or motivation
- Different friends or activities
- Unexplained pills or paraphernalia

DON'T MAKE IT EASY

- Track and secure all medications
- Block access to online drug sources
- Properly dispose of unused medications
- Go to VenturaCountyResponds.org for disposal information
- Report suspicious activity private pharm.tip@ventura.org

IF YOU NEED HELP

Get support. Talk to your health care professional, school counselor, prevention/treatment professional, friends or family.

**For confidential treatment services
CALL 1-844-385-9200**

VENTURA COUNTY RX ABUSE & HEROIN WORKGROUP
Preventing Opioid Abuse in Ventura County



Lo que debe

saber sobre los

OPIOIDES

NARCÓTICOS POR RECETA
EL FENTANILO
LA HEROÍNA



**VENTURA COUNTY RX ABUSE
& HEROIN WORKGROUP**

Prevención del uso abusivo de opioides
en el Condado de Ventura

EN EL CONDADO DE VENTURA
UN 9% DE LOS ESTUDIANTES DE
9º GRADO Y UN 14% DE LOS DE
11º GRADO REPORTARON HABER
CONSUMIDO FÁRMACOS POR
RECETA PARA DROGARSE.*



¿Qué son los opioides?

NARCÓTICOS POR RECETA

Los opioides son sustancias químicas psicoactivas potentes que alivian eficazmente el dolor intenso al unirse a los receptores principales del cerebro. Si se usan según lo recetado, los opioides ayudan a aliviar y controlar el dolor severo o crónico.

Los opioides por receta pueden crear una sensación de euforia y por ello algunas personas lo usan para drogarse. **Si se usa demasiado, se crea dependencia y adicción y el riesgo de una sobredosis es mayor.**

Entre los opioides más utilizados están: la hidrocodona (Vicodin), la oxicodona (OxyContin, Roxicodone), el tramadol y la codeína (medicamento para la tos).

FENTANILO

El fentanilo se desarrolló como un fuerte analgésico por receta para pacientes con un dolor severo a largo plazo. Es similar a la morfina, pero de 50 a 100 veces más potente y **extremadamente peligroso si se usa indebidamente**. Consumirlo o tocarlo de forma inapropiada, aunque sea muy poco, puede causar una sobredosis o la muerte.

HEROÍNA

La heroína es un opioide **peligroso e ilegal** de la calle. La gente a veces la prueba como sustituto de los fármacos legales para el dolor, pero no tiene un uso médico. Es altamente **adictiva y puede ser fatal**.

Lo que puede hacer

ESTÉ AL TANTO DEL USO INDEBIDO DE FÁRMACOS POR RECETA

- Probar o compartir
- Ignorar las instrucciones de la etiqueta
- Combinar medicamentos desconocidos
- Usar fármacos para drogarse

ESTÉ AL TANTO DE LAS SEÑALES DE

- Cambios en la apariencia física
- Pérdida de interés o motivación
- Amigos o actividades diferentes
- Pastillas inexplicables o parafernalia para drogas

EVITE EL ACCESO FÁCIL

- Controle y asegure todos los medicamentos
- Bloquee el acceso electrónico a fármacos en línea.
- Elimine adecuadamente los medicamentos no utilizados.
- Vea en **VenturaCountyResponds** cómo eliminar medicamentos de forma segura.
- Reporte cualquier actividad sospechosa anónimamente a: pharm.tip@ve

SI NECESITA AYUDA

Busque apoyo. Hable con su médico, el personal de la escuela, un profesional de prevención de tratamiento, amigos o familiares.

Para servicios de tratamiento confidencial llame al **1-844-385-9200**

VENTURA COUNTY RX ABUSE & HEROIN WORKGROUP
Prevención del uso abusivo de opioides en el Condado de Ventura



CANNABIS AND DRIVING DON'T MIX

DID YOU KNOW? IT'S ILLEGAL....

...TO DRIVE AFTER USING CANNABIS.

You can get a DUI for cannabis, alcohol, prescription medication or any other drug that can impair your ability to drive.



...TO HAVE AN OPEN CONTAINER IN A VEHICLE. Put it in the trunk.

...TO SMOKE OR CONSUME IN A VEHICLE.

A DUI CAN COST YOU:

- More than \$16,000 for a first conviction
- A criminal record
- Loss of driver's license
- Additional jail time if there are injuries



IT'S RISKY:

- Reduces reaction time
- Slows coordination
- Distorts perception
- In combination with alcohol, affects driving more than either alone



PLAN AHEAD. Get a ride, not a DUI.



VENTURA COUNTY
BEHAVIORAL HEALTH
ALCOHOL DRUG PROGRAMS

KEEP CANNABIS AWAY FROM KIDS

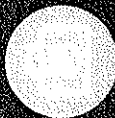
CANNABIS CAN MAKE KIDS VERY SICK

- Accidental use by children includes inhaling and eating.
- Cannabis edibles can be confused with regular food or candy.
- Symptoms in children may include sleepiness, trouble breathing, difficulty walking or sitting up.



STORE IT SAFELY

- Keep it in a childproof container.
- Lock it up where it can't be seen or reached.
- Adjust how cannabis is stored: kid-proof for a young child may not stop older, curious kids and teens.

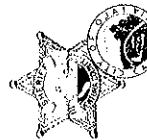


IF YOU THINK YOUR CHILD HAS EATEN OR INHALED CANNABIS PRODUCTS

- **CALL POISON CONTROL: 1-800-222-1222**
- Calls are free and confidential.
- For immediate attention, **call 911.**



PLAN AHEAD. Keep your kids safe.



VENTURA COUNTY
BEHAVIORAL HEALTH
ALCOHOL & DRUG PROGRAM



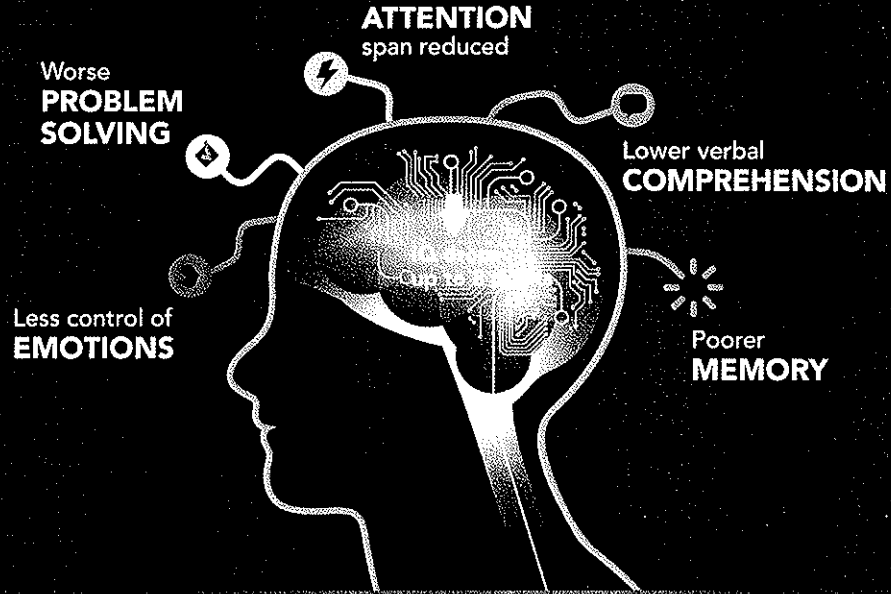
MARIJUANA FACTCHECK

FOCUSED ON FACTS



"Marijuana use by teens has been linked to a permanent decrease in IQ."

Studies have shown that using marijuana frequently as a teen can lead to impaired brain development. IQ intelligence tests showed scores dropping up to 8 points. IQ did not rise again after stopping use as an adult.



www.mjfactcheck.org

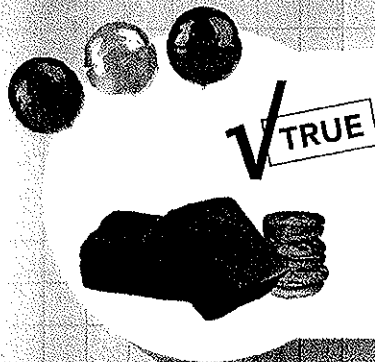
REVIEWING THE LATEST RESEARCH RELATED TO KID'S HEALTH & SAFETY

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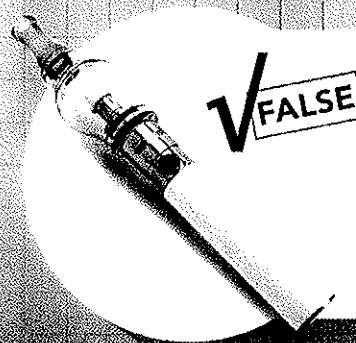
MARIJUANA FACTCHECK

FOCUSED ON FACTS



EDIBLES

Can marijuana edibles send a child to the ER? After recreational marijuana stores opened in Colorado, twice as many children under age 10 went to emergency rooms after consuming marijuana. Almost half of the cases involved kids accidentally eating marijuana edibles.



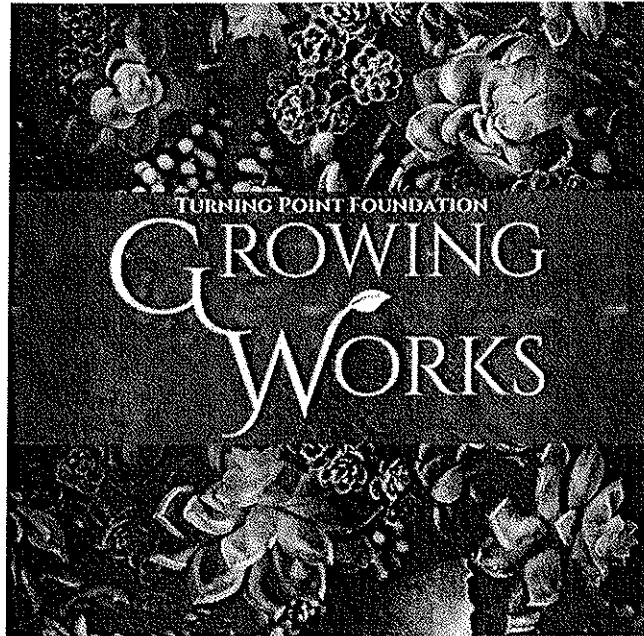
VAPING & E-CIGARETTES

A safer alternative to smoking marijuana? Experts say *no*. It is difficult to measure how much THC is inhaled, and the risk of overusing is high, especially for inexperienced users. Burns and injuries from exploding e-cigarettes and vaping devices are increasing.

www.mjfactcheck.org

REVIEWING THE LATEST RESEARCH RELATED TO KID'S HEALTH & SAFETY

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Planting the Seed

Like Johnny Appleseed spreading the seeds of bounty to places near and far, the successful Growing Grounds Farm in San Luis Obispo planted the seed for our Growing Works nursery in Camarillo.

Their successful model of job training and horticultural therapy for people with mental illness is based on decades of experience. We are so appreciative of how generously they've shared their knowledge with us, we thought it most appropriate that our first large purchase of plants for our Growing Works nursery should come from their nursery!



Providing an Environment for Growth

With these initial plants (giant coreopsis, ceanothus, salvias, buckwheat, lavender, etc.), our program has begun! Its popularity is already evident in the dozens of clients of the County's Behavioral Health Department who signed up for the program in these first two weeks. For many, this is the first chance in years to do productive work. Their participation and pride in the outcome of the nursery has added more positive energy to the project.



Turning Point Foundation, the non-profit overseeing the Growing Works program has Mark Schumacher directing the program. He has selected team leaders who are peer coaches for the employees. Along with our nursery developer extraordinaire Dennis Perry, who has dedicated all of his spare hours volunteering to get Growing Works up and going, we have amassed an incredible leadership team! The result is a work environment where employees can gain skills that will not only help them be successful in the workforce, but in other facets of their life too.



Water, Good Soil and Sunshine

Still in its infancy, the nursery continues to need lots of loving care, now and into the future. To make it environmentally sustainable we'll use recycled water, though it requires significant investment in setting up a reverse osmosis filtering system.

Agromin, a major regional greenwaste recycling company, donated its premium soil so we can grow healthy plants.

We also have dreams for solar panels, and a rainwater-capture system that will make Growing Works a truly "green" nursery.



Tending the Garden

We're adding two acres of Demonstration Gardens for the nursery employees to tend too, which will further their job skills. We'll use cuttings from the Gardens to supplement the nursery stock, and landscapers will see in the Gardens how big the nursery plants grow. The Gardens will also include a 70'-wide labyrinth with paths lined with rocks and plants for our neighbors at the homeless shelter (RAIN Project), foster youth home (Casa Pacifica) and for the public to enjoy.



Seed Money

Growing Works could not happen without your donations. You can click [here](#) to schedule a tour, order plants, volunteer, donate, or contribute to Growing Works. You can also check out the [Growing Works Wish List](#) that includes everything from rakes and pruning shears, to a pick-up truck! There are also sponsorship opportunities to help us reach our dreams. Perhaps never before have you been asked for seed money... that will actually go to seeds! Look to upcoming emails about our community planting day, ribbon cutting, and once planted, our Garden Party!

"The glory of gardening: hands in the dirt, head in the sun, heart with nature. To nurture a garden is to feed not just the body, but the soul."

— Alfred Austin



Growing Works Website

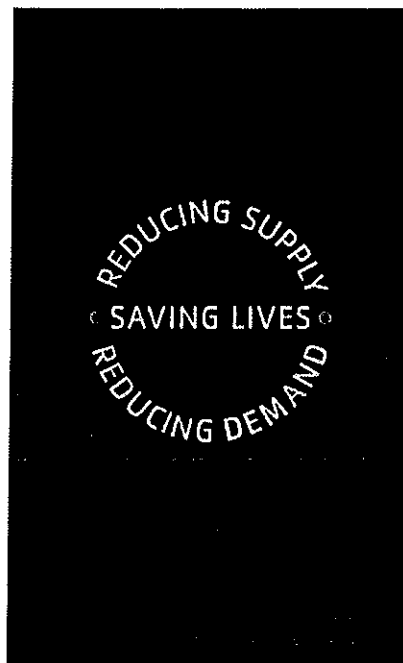
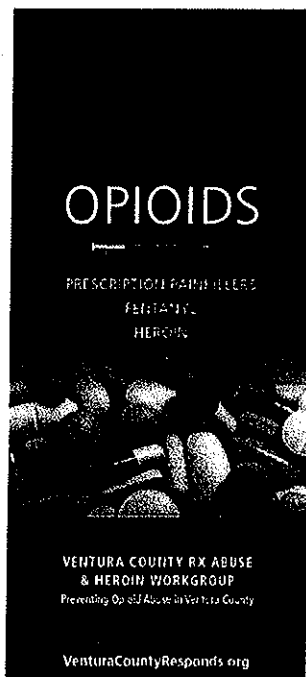


Turning Point Foundation | (805) 652-0000 | www.turningpointfoundation.org

STAY CONNECTED

Prevention Services Community Outreach Snapshot – FY 17/18 (July 1, 2017 to June 30, 2018)

1. Total Number of Community Outreach Events & Presentations – 184
2. Total Number of Community Outreach Meetings – 61
3. Total Number of Community Outreach Events, Presentations and Meetings - 245
4. Total Number of Community Outreach Events, Presentations and Meetings targeted to a Spanish-speaking Audience – 159.
5. Total Percentage of Community Outreach Events, Presentations and Meetings targeted to a Spanish-speaking Audience – 69%
6. Total Number of Community Outreach Events, Presentations and Meetings related to addressing the Opioid Crisis & Prescription Drug Abuse Initiative – 200
7. Total Percentage of Community Outreach Events, Presentations and Meetings related to related to addressing the Opioid Crisis & Prescription Drug Abuse Initiative – 81%
8. Total Number of People Reached – 20,930
9. Total Number of Brochures Distributed – 15,989



David Deutscher



NAMIWalks

La Alianza Nacional de Enfermedades Mentales



Sábado 13 de Octubre, 2018

Playa de San Buenaventura (estacionamiento del muelle)

¡Regístrese y done hoy!

Namiwalks.org/venturacounty

Para más información contacte: Roberta Griego

roberta@namiventura.org (805) 641-2426

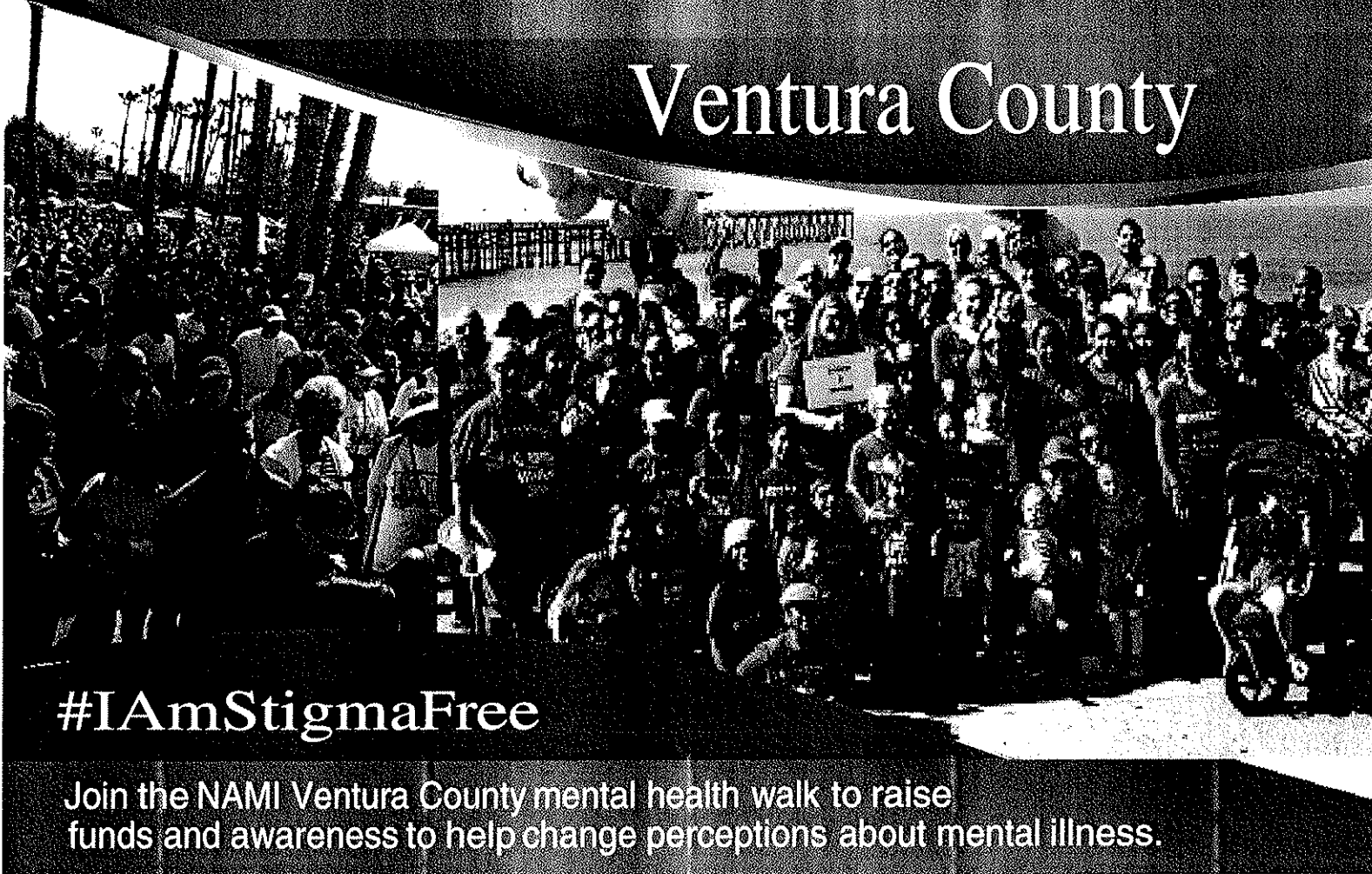
#NAMIWalksVENTURACOUNTY



David Deutsch
namiwalks

National Alliance on Mental Illness

Ventura County



#IAmStigmaFree

Join the NAMI Ventura County mental health walk to raise funds and awareness to help change perceptions about mental illness.

JOIN THE MOVEMENT

Saturday, Oct. 13, 2018

San Buenaventura State Beach Parking Lot (pier lot)

Register and Donate Today!

Namiwalks.org/venturacounty

For more information contact: Roberta Griego, roberta@namiventura.org (805) 641-2426

#NAMIWalksVENTURA COUNTY