













COVID-19 Behavioral Health Task Force

May 28, 2021





Welcome to today's Behavioral Health Task Force Meeting

We will begin shortly. All lines have been automatically muted.

While you are waiting TEST YOUR AUDIO.

LISTEN FOR MUSIC.



Please use the chat feature for questions or raise your hand.

Thank you.



Behavioral Health Task Force Agenda

- Welcome: Dr. Sara Salek
- ADHS Update: Rachel Garcia
- Fentanyl Overdose Prevention: Merilee Fowler & Shelley Mowrey (15 min)
- Social Connectedness Campaign: Chris Minnick (15 min)
- Paxis Update: Dr. Dennis Embry & Carmen Irving (15 min)
- Questions, Open Discussion & Wrap-Up: All



ADHS Update

Rachel Garcia



Fentanyl Overdose Prevention

Merilee Fowler, Executive Director
MATFORCE and Community Counts
Shelly Mowrey, Director
Prevention Works AZ



The Rise of Fentanyl

Saving Lives by Moving Communities from Understanding to Action





- Apache County Youth Council
- BeMedSmart
- Casa Grande Alliance
- Chandler Coalition Against Youth Substance Abuse
- Copper Basin Coalition
- Fountain Hills Substance
 Abuse Prevention Coalition
- Graham County Substance Abuse Coalition
- Help Enrich African
 American Lives

- HOPE Coconino
- LPKNC
- Marana Prevention Alliance
- MATFORCE
- Mayahuel Prevention Consortium
- Mesa Prevention Alliance
- Mohave Substance Abuse Treatment & Education Partnership
- Nexus Coalition for Drug Prevention

- PAACE Coalition
- Pima County Community
 Prevention Coalition
- South Mountain W.O.R.K.S. Coalition
- Tempe Coalition to Reduce Underage Drinking and Drug Use
- Safe Out LGBTQ+ Youth Coalition
- Santa Cruz County Drug Free Community Coalition
- Way Out West Coalition



Prevention and Education Initiative

based on 27 community forums



Fentanyl and Counterfeit Pills

Toolkit – 4 Tabs

- Fentanyl and Counterfeit Pill Education and Awareness
- Naloxone Education and Awareness
- Youth Resiliency
- Addressing Stigma

Materials in English and Spanish



Tab 1: Fentanyl and Counterfeit Pill – Education & Awareness

PowerPoints – Adults and Youth

Media Materials

PSA's

Posters

Social Media Creative

Takeaways for Community

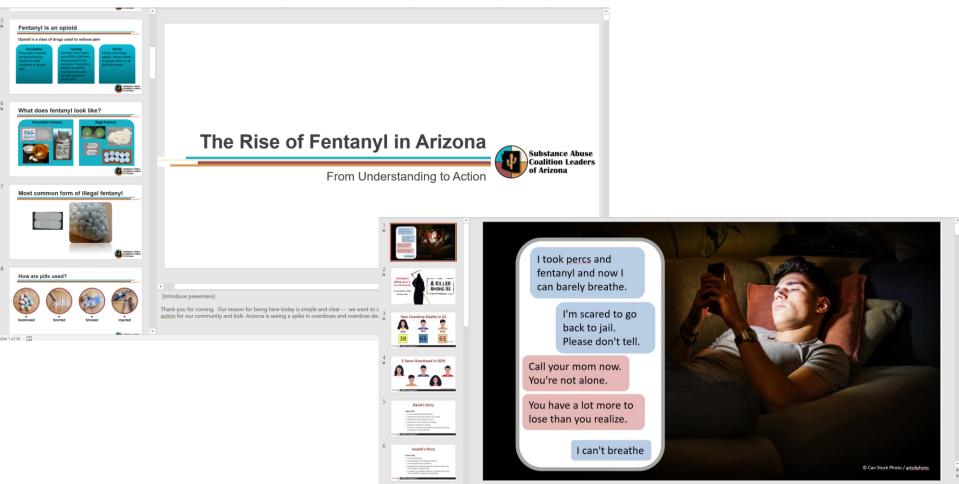
Fact Sheets

Talk Tips

Postcards



Power Point presentations with scripts



Fentanyl Facts and One Sheets



What is fentanyl and how does it work in the body?

Fentanyl is a powerful synthetic opioid, similar to morphine but 50 to 100 times more potent. In its prescription form it is prescribed for pain, but fentanyl is also made illegally and distributed as a street drug. Illegal fentanyl is old as a powder or made into pills that look like real prescription opioids (pain relievers).

pain and emotions. Its effects include europorial drowsiness, pauseal confusion, constination, sedation, tolerance addiction, respiratory depression and arrest, unconsciousness, coma, and death

Why is fentanyl a problem in Arizona?

Fentanyl is the most common substance found in opioid overdose deaths in Arizona - teens as young as 14

Illegal fentanyl is being mixed with other drugs, such as cocaine, heroin and methamphetamine. This is especially dangerous because people are often unaware that fentanyl has been added. The high optency of lentarryl greatly increases risk of overdose, especially if a person who uses drugs is unaware that a powder or pill ontains it. Naloxone is a medicine that can be given to a person to reverse a fentanyl overdose. Multiple naloxone oses might be necessary because of fentanyl's potency.

What Can You Do?

Talk | It's never too early to have a conversation about alcohol set up accounts consider having them sign a social media safety and other drugs. The sooner you talk about the dangers of contract with you. Find a social media contract at TalkNowAZ. underage drinking and substance use, the greater chance you com. have of influencing your child's decisions about using them.

sold as counterfeit OxyContin*, Xanax*, and other prescription if there is an overdose. drugs. Knowing one of these pills could be deadly, a child may consider the consequences of trying one of these too risky. Visit TalkNowAZ.com to help get this conversation started.

Monitor | Because substances, including counterfeit pills laced with fentanyl, are being bought and sold through texting and social media sites be sure to monitor where your children go online and ask about who they follow and what they are seeing and hearing online. Before allowing your child to go online and

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Take Action | Naloxone is medicine that can reverse an overdose Get Specific About Fentanyi | When you talk with your child, Naloxone can be picked up at pharmacies in Arizona without a don't leave out the details. Be specific about the drug fentanyl prescription. It is easy to administer and can be lifesaving. To and the dangers of its use. Let your child know that it is being find naloxone near you visit NaloxoneAZ.com. Always call 911

> Treatment works and there is hope. Medication along with behavioral therapies have been shown to be effective in treating those with an addiction to fentanyl and other onioids

> If you're concerned about someone's opioid or fentanyl use call the Arizona Opioid Assistance Referral line at 1-888-688-4222 for information about treatment and counseling options.



Fentanyl Facts

- Families
- Pediatricians
- Older Adults
- Young Adults
- Schools
- **Behavioral Health**





¿Qué es el fentanilo y cómo actúa en el cuerpo?

El fentanilo es un poderoso opioide sintético, similar a la morfina pero de 50 a 100 veces más potente. En forma de prescripción médica se prescribe para el dolor, pero el fentanilo también se fabrica ilegalmente y se distribuye como droga callejera. El fentanilo ilegal se vende en polvo o en pastillas que parecen opioides reales

El fentanilo actúa uniéndose a los receptores opioides del cuerpo, que se encuentran en áreas del cerebro ue controlan el dolor y las emociones. Sus efectos incluyen euforia, somnolencia, náuseas, confusión treñimiento, sedación, tolerancia, adicción, depresión y paro respiratorio, inconsciencia, coma y muerte.

¿Por qué el fentanilo es un problema en Arizona?

El fentanilo es la sustancia más común que se encuentra en las muertes por sobredosis de opioides en Arizona: adolescentes de hasta 14 años han sufrido una sobredosis y han muerto.

El fentanilo ilegal se está mezclando con otras drogas, como cocaína, heroina y metanfetamina. Esto es pecialmente peligroso porque las personas a menudo no saben que se ha agregado fentanilo. La alta potencia del entanilo aumenta en gran medida el riesgo de sobredosis, especialmente si una persona que consume drogas no sabe que un polyo o una pastilla lo contienen. La naloxona es un medicamento que se puede administrar a una persona para revertir una sobredosis de fentanilo. Es posible que se necesiten múltiples dosis de naloxona debido

¿Qué Puede Hacer Usted?

Hablar | Nunca es demasiado pronto para tener una Actúe | La naloxona es un medicamento que puede revertir sobre los peligros del consumo de alcohol y sustancias por parte de Arizona sin receta médica o de forma gratuita a través de las decisiones de su hijo sobre su consumo.

no omita los detalles. Sea específico sobre el medicamento hay una sobredosis. fentanilo y los peligros de su uso. Hágales saber a los jóvenes El tratamiento funciona y hay esperanza. Se ha demostrado que se vende como OxyContinº, Xanaxº y otros medicamentos que la medicación junto con las terapias conductuales son recetados falsificados, Sabiendo que una de estas pildoras eficaces para tratar a las personas con adicción al fentanilo y puede ser mortal, un niño puede considerar que las otros opioides. consecuencias de probar una de estas son demasiado riesgosas. Si le preocupa el uso de opioides o fentanilo de alguien, llame a Visite TalkNowAZ.com para ayudar a iniciar esta conversación. Monitoree | Debido a que las sustancias, incluidas las pildoras 1-888-688-4222 para obtener información sobre las opciones falsificadas mezcladas con fentanilo, se compran y venden a de tratamiento y asesoramiento. través de mensajes de texto y sitios de redes sociales, asegúrese de monitorear dónde se conectan los jóvenes y preguntar sobre a quién siguen y qué yen y escuchan en línea. Antes de permitir que los jóvenes se conecten a Internet y configuren cuentas, considere pedirles que firmen un contrato de seguridad en las redes sociales con usted.

Encuentre un contrato de redes sociales en TalkNowAZ.com.

conversación sobre el alcohol y otras drogas. Cuanto antes hable una sobredosis. La naloxona se puede comprar en las farmacias de menores de edad, mayores posibilidades tendrá de influir en una coalición local de prevención del uso de sustancias. Es fácil de administrar y puede salvar vidas. Para encontrar naloxona Sea específico sobre el fentanilo | Cuando hable con los jóvenes, cerca de usted, visite NaloxoneAZ.com. Siempre llame al 911 si

la línea de referencia de Asistencia para Opioides de Arizona al



Fentanyl – Counterfeit Pill Handouts

Can you tell which pill contains a deadly dose of Fentanyl?



Neither can your child.

Arizona teens and young adults are using their phones to buy and sell counterfeit pills laced with Fentanyl ...

... and they're overdosing at an alarming rate.

Don't wait until it's too late. Here are 3 simple things you can do:

Talk with your child about NEVER taking a pill that's not prescribed to them.



Get the FACTS on Fentanyl at TalkNowAz.com

Even if you don't think your child is taking pills, talking with them could be the reason they never do.



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Social Media

Can you tell which pill contains a deadly dose of Fentanyl?



Neither can your child.







Social Media





Community Outreach



Can you tell which pill contains a deadly dose of Fentanyl?

Neither can your child.



SACLAz.org





EVERY DAY, Arizona youth are buying counterfeit pills laced with Fentanyl through texts and social media.

They're OVERDOSING at an alarming rate.

DON'T WAIT until it's too late. Here's what you can do to prevent it:

- Talk with your child about NEVER taking a pill that's not prescribed to them.
- MONITOR your child's texts and social media.
- Get the FACTS on Fentanyl at TalkNowAz.com

Even if you don't think your child is taking pills, talking with them could be the reason they never do.



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The Newest **Drug Dealing Trend**

How youth are accessing substances from places we thought were safe What you can do to protect them

> NAME OF PRESENTER AND COALITION **INFORMATION**



Click to add notes



Snapchat

Snapchat and Social Media



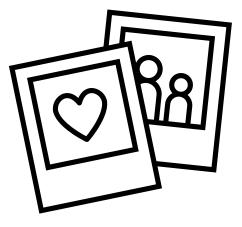
- Snapchat and Social Media Power Point
- Fact Sheet
- Online and Social Media Contracts for Families



Community Awareness - Radio

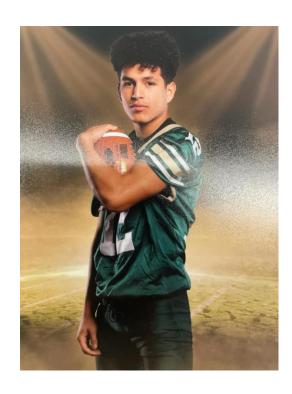
- English
 - 3 Things
 - 30 Seconds
 - Just One
 - New Drug
 - Parents
 - Save a Life
- Spanish
 - 30 Seconds
 - Parents
 - Save a Life











I hate that it had to be you son.

I cannot have this tragedy happen and not spread awareness.

The doctors kept my son alive long enough for me to get to him. I was given the option to pull the plug. The damage was too far, his organs were shutting down, his brain was too damaged. I said to him, "Son, mommy is here, and you do not have to be scared. I love you and it's ok to let go."

Her son was 15 years old



Naloxone and the Good Samaritan Law Tab



Community Awareness

POWER LIfe.





SAVE A LIFE

WITH NALOXONE YOU CAN SAVE YOUR BROTHER'S LIFE.





Substance Abuse Coalition Leaders of Arizona NALOXONEAZ.COM

CON NALOXONA PUEDES SALVAR LA VIDA DE TU VECINO







Substance Abuse Coalition Leaders Of Arizona NALOXONEAZ.COM





NALOXONEAZ.COM



Substance Abuse Coalition Leaders Of Arizona NALOXONEAZ COM





Substance Abuse Coalition Leaders of Arizona

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Substance Abuse Coalition Leaders of Arizona

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Naloxone Business Cards







NALOXONEAZ.COM

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WHAT IS NALOXONE?

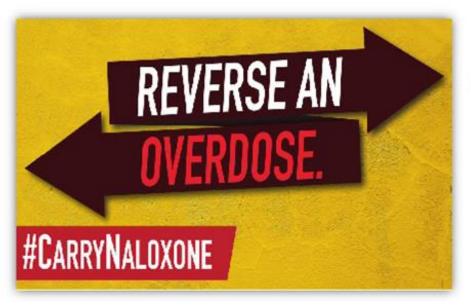
Naloxone is a medication designed to rapidly reverse an opioid overdose. It can very quickly restore normal respiration to a person whose breathing has slowed or stopped as a result of overdosing with fentanyl, heroin, or prescription opioid pain medications. Always call 911 if someone is overdosing. Naloxone is a TEMPORARY treatment and medical attention is critical.

¿QUÉ ES NALOXONA?

Naloxona es un medicamento diseñado para revertir rápidamente una sobredosis por opioides. Puede restaurar rápidamente la respiración normal a una persona que su ritmo respiratorio ha disminuido o se ha detenido como resultado de una sobredosis por fentanilo, heroína, o analgésicos opioides recetados. Siempre llame al 911 si alguien está pasando por una sobredosis. Naloxona es un tratamiento TEMPORAL y la atención médica es crítica.



A Naloxone Presentation



Community
Naloxone
and
Overdose
Training



How to Use Naloxone

- 1. Remove nasal spray from box
- 2. Open the packaging
- 3. Hold the nasal spray with your thumb on the bottom of the plunger and your first and middle fingers on either side of the nozzle
- 4. Insert the tip of the nozzle in either nostril
- 5. Press the plunger firmly to give the dose
- 6. If no reaction in 2-3 minutes or person stops breathing again, give second dose in OTHER nostril using a new device





Stay with the person. Naloxone loses it's effect in 30 - 60 minutes and the symptoms may return.

The combination of you and naloxone can help save lives in our community.

How to Respond to an Overdose

What does an overdose look like?

Loss of consciousness
Shallow/no breathing or
gurgling sound
Pale/blue cold skin
Small or pinpoint pupils
NO response to stimulation

What if someone is experiencing an overdose?

- 1. Ask LOUDLY, "Are you ok?"
- 2. Perform a sternum rub
- 3. Check for signs of breathing
- 4. Administer naloxone
- 5. Call 9-1-1 immediately after administering naloxone
- 6. Perform CPR until professional help arrives

Always Call 9-1-1 after administering naloxone

Individuals who have overdosed are being left to die because those around them are afraid to call for help.

The Good Samaritan law provides immunity from arrest when a person calls 9-1-1 for assistance with an overdose.

For more information visit NaloxoneAZ.com

#Saveal ife

Arizona has a Good Samaritan law that provides immunity from arrest when a person calls 9-1-1 for assistance with an overdose.

If you believe someone is experiencing an overdose call 9-1-1 immediately.



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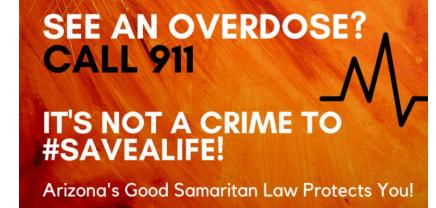


Good Samaritan Law



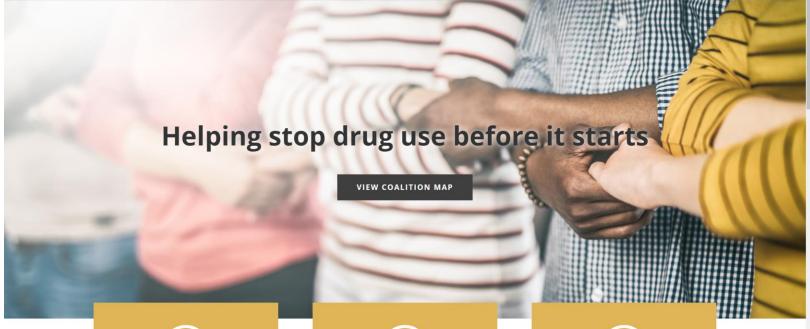














TOOLKI

Find resources to help educate your community on the harms of counterfeit pills laced with fentanyl and methamphetamine.



REPORTING

SACLAz members involved in the State
Opioid Response grant can now submit
reports online.



ENROLL IN SACLAZ

throughout Arizona that are focused on primary prevention are encouraged to enroll as a member of SACLAz.



Coalitions Activate in Response to Fentanyl Crisis

Substance use prevention coalitions from across Arizona are working together in a first-of-its-kind effort to save lives in Arizona. With the alarming rise of fentanyl and counterfeit pill deaths, coalition leaders created a toolkit to aid communities in preventing and reversing overdoses. The toolkit contains educational materials and resources that can be customized for each community the coalition serves.

The following substance use prevention coalitions contributed to this toolkit and are utilizing the materials and resources to prevent and reduce overdoses and build healthier communities across Arizona.

- Apache County Youth Council
- BeMedSmart
- Casa Grande Alliance
- Chandler Coalition
 Against Youth Substance
 Abuse
- Copper Basin Coalition
- Fountain Hills Substance Abuse Prevention Coalition

- Graham County Substance Abuse Coalition
- Help Enrich African
 American Lives
- HOPE Coconino
- LPKNC
- Marana Prevention
 Alliance
- MATFORCE

- Mayahuel Prevention Consortium
- Mesa Prevention Alliance
- Mohave Substance Abuse Treatment & Education Partnership
- Nexus Coalition for Drug Prevention
- PAACE Coalition
- Pima County Community Prevention Coalition

- South Mountain W.O.R.K.S. Coalition
- Tempe Coalition to Reduce Underage Drinking and Drug Use
- Safe Out LGBTQ+ Youth Coalition
- Santa Cruz County Drug Free Community Coalition
- · Way Out West Coalition

In addition, the following organizations contributed to the contents of this toolkit. Arizona Health Care Cost Containment System, Health Choice, Arizona High Intensity Drug Trafficking Area, and Compass Evaluation and Research.

Select a section below to view available elements of the toolkit.









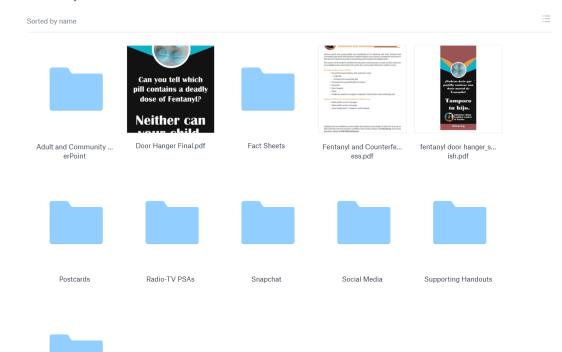








1. Fentanyl-Counterfeit Pill Education and Awareness





Next Steps



Coalition Training



late May

Media Messaging to begin late May early June – aligns with highest months historically for opioid overdoses

Implementation in communities





Thoughts and Questions



Social connectedness campaign

Chris Minnick



Paxis Update

Dr. Dennis Embry Carmen Irving



PAX Arizona Update

PAX Good Behavior Game PAX Tools Variations

Increasing Peace, Productivity, Health and Happiness with Simple, Proven Strategies



Arizona is funding population level...

- PAX Good Behavior Game in Arizona Schools
 - See it in action at http://bit.ly/EDC-SAMSHA-Video
 - Visit www.goodbehaviorgame.org
- PAX Tools (evidence-based kernels used in GBG) that can be applied effectively by parents and caregivers in non-school settings. (visit www.paxtools.org)
- For info, please call 520-299-6770









based Programs and Practices

Predicted Benefits of PAX GBG in Your School, District, Tribe or Community When First Grade Students Reach Adulthood After 1-2 Years of PAX GBG Exposure*

Site Estimate for:		71,0000 Arizona First Graders	
Enter number of First Graders at school, district, Tribe or community>>>>>		71,000	<<< Targeted Goal Request
6,107	Fewer young people will need any form of special education services		
3,952	More boys will likely graduate from high school.		
4,742	More boys will likely enter university		
6,302	More girls will likely graduate from high school		
4,924	More girls will likely enter university		
690	Fewer young people will commit and be convicted of serious violent crimes		
6,826	Fewer young people will likely develop serious drug addictions		
4,670	Fewer young people will likely become regular smokers		
2,515	Fewer young people will likely develop serious alcohol addictions		

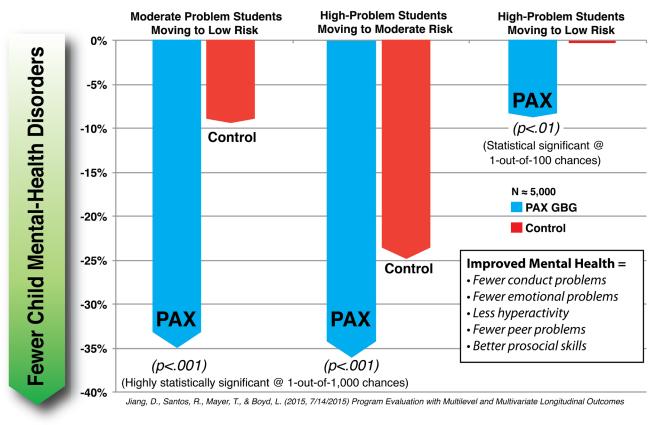
Fewer young women will likely contemplate suicide

Predicted financial net savings to students, families, schools, communities,

Fewer young men will likely attempt suicide

state/federal governments

One Semester Benefits of Province-Wide Mental Health Benefits of PAX GBG v. Control





3,444

4,670

\$924,420,000







PAX Good Behavior Game for School

- Initial Teacher Training
 - 30 initial trainings for teachers
- Next Steps Training
 - 16 trainings providing professional development for PAX educators
- PAX Partner Training
 - 1 training provided 5 trainings scheduled in June
- "At-large" registration at https://www.paxis.org/pax-arizona
- Or contact paxarizona@paxis.org to schedule a training



Back to School with PAX

- Initial Teacher Training
 - Online self-paced training for anyone trained in PAX
 - Provides strategies for supporting students upon their return
 - Focus on challenges posed by the pandemic and social isolation
 - Professional development to "kickstart" a return to a PAX classroom
 - Online, self-paced system allows teachers to complete training at their convenience
- At-large" registration at https://www.paxis.org/pax-arizona
- Or contact <u>paxarizona@paxis.org</u> to schedule a training



PAX Good Behavior Game for Congregate Care

- Completed 9 trainings for congregate care staff
- 9 trainings scheduled including 5 "at-large" events for smaller homes
- To learn more about Congregate Care trainings, contact paxarizona@paxis.org



PAX Tools Community Educator Training

- Trained over 200 Parent and Community Educators throughout Arizona
- Trainings scheduled monthly throughout the remainder of the grant
- "At-large" registration at https://www.paxis.org/pax-arizona
- Or contact <u>paxtools@paxis.org</u> to schedule a training



PAX Tools for Human Services

- Completed 14 trainings for Youth Workers throughout Arizona
- "At-large" registration at https://www.paxis.org/pax-arizona
- Or contact <u>paxtools@paxis.org</u> to schedule a training



PAX Arizona Summit June 22-24,2021

- 3-day virtual event for those trained in PAX to learn more
- Additional opportunities for new stakeholders to learn more

Register now
 https://www.surveymonkey.com/r/KT8JW8W

Arizona

SESSION TOPICS

SCHOOL-BASED PAX

- What is PAX GBG?
- Teaching Behavior as a Skillset
- Setting Up a PAX Classroom
- Integration with School-based Initiatives
- Becoming a PAX Partner
- Becoming a PAX Principal

COMMUNITY-BASED PAX

- What is PAX TOOLS?
- Teaching Behavior as a Skillset
- Integration into your professional work
- Presenting Bilingual Workshops
- PAX Tools for Human Services Preview
- Using PAX Tools in Community Settings









Questions, Open Discussion & Wrap Up

Next Meeting: June 25th



Thank you!

 See the Behavioral Health Task Force web page for meeting past meeting presentations https://www.azahcccs.gov/AHCCCS/CommitteesAndWorkgroups/BehavioralHealthTaskForce.html

Send future topics you want to discuss to lauren.prole@azahcccs.gov

