

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](#)

Conversations Save Lives

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

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

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Additional Resources for Your Family

1. [Families Anonymous](#) is a 12 step groups for the family and friends of those individuals with drug, alcohol or related behavioral issues
2. [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. [AI-anon for teens](#) have virtual and in-person for youth people aged 13 to 18 who have been affected by someone else's drinking

