

Fentanyl and Overdoses in Los Angeles County

A Resource Toolkit for Teachers and School Staff

The curricula below incorporate prevention messaging effective for youth

1. Everfi: Interactive, self-paced, virtual courses that can be assigned to students and tracked for completion. Teachers can also download and instruct the lesson plan themselves.

Sample courses:

- a. [Wellness Matters: K-12 Health & Wellness Courses](#)
 - b. [High School Prescription Drug Education for Misuse Prevention](#)
2. Substance Abuse and Mental Health Services Administration (SAMHSA): “Talk. They Hear You.”
 - a. [School & Educator Resources on how to teach lessons around drugs](#)
 3. National Institute on Drug Abuse (NIDA) Lesson Plan and Activities
 - a. Free lessons and activities on the science and consequences of drug use both in English and Spanish Sample useful may be the lessons:
 - [Opioids: What You Need to Know](#)
 - [Mind Matters: The Body’s Response to Opioids](#)
 4. NIDA Scientist Virtual Q&A Videos: Teacher’s Guide
 - a. [Students can watch videos and learn answers to teens’ top questions about drug use and addiction](#)
 5. GenerationRX: Resources designed to educate teens about the importance of using medications safely, as well as teaching teens key skills to turn down invitations to misuse and positive alternatives to cope with stress:
 - a. [Handouts, video examples, and facilitator manuals for discussing prescription medication and drugs with teens](#)
 6. Incorporating Harm Reduction Principles into curriculum:
 - a. [The free curriculum consists of 15 lessons that can be completed in a class period](#)
 - b. [Sample harm reduction curriculum](#)

Teach Students About Risks of Drug Use

Connect with Organizational Partners for Substance Use and Mental Health Curriculum

Recognize and Respond to Overdose

1. [The JED Foundation](#) raises awareness about teen and young adult emotional health and suicide prevention. JED partners with high schools and colleges to strengthen their mental health, substance abuse and suicide prevention programs and systems.

1. [California Department of Public Health: Reverse Overdose with Naloxone](#)
 - a. Video: [Administering Naloxone](#)
2. [Los Angeles County Department of Public Health: Overdose Prevention](#)
 - a. Video: [Responding to an Overdose with Naloxone](#)
3. Maintain awareness of where on-campus naloxone is stored to rescue individuals who overdose on campus

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Support and Guidance for Affected / Grieving Students Following an Overdose

1. [The role social media plays in grief.](#)
2. [Talking with youth about grief, overdose, and death](#)
3. [These strategies can help when processing grief after an overdose death.](#)
4. [Other additional resources to support grieving](#)

Where Students Can Get Help with Substance Use

1. Counselors, pediatricians, & therapists help students who are or contemplating using drugs
2. [RecoverLA](#) is mobile-friendly and has information about substance use and how to get help
3. The [Substance Abuse Services Telephone Hotline](#) 1-844-804-7500 is open 24/7 and will assist eligible LA residents with finding substance use disorder treatment
4. The LA 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

TOOLKIT

