



## School Safety & Social Wellness

# Youth Substance Use in Arizona: Current Trends and Prevention Practices to Mitigate Risk

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Comprehensive School Wellness Program

October 24th, 2022

# Welcome to our speakers!

## Shomari Jackson



Shomari's dedication to serving, advocating, and creating change is driven by a desire to reshape the systems that have led to the constant loss he and others have experienced because of health inequities.

## Mark Person



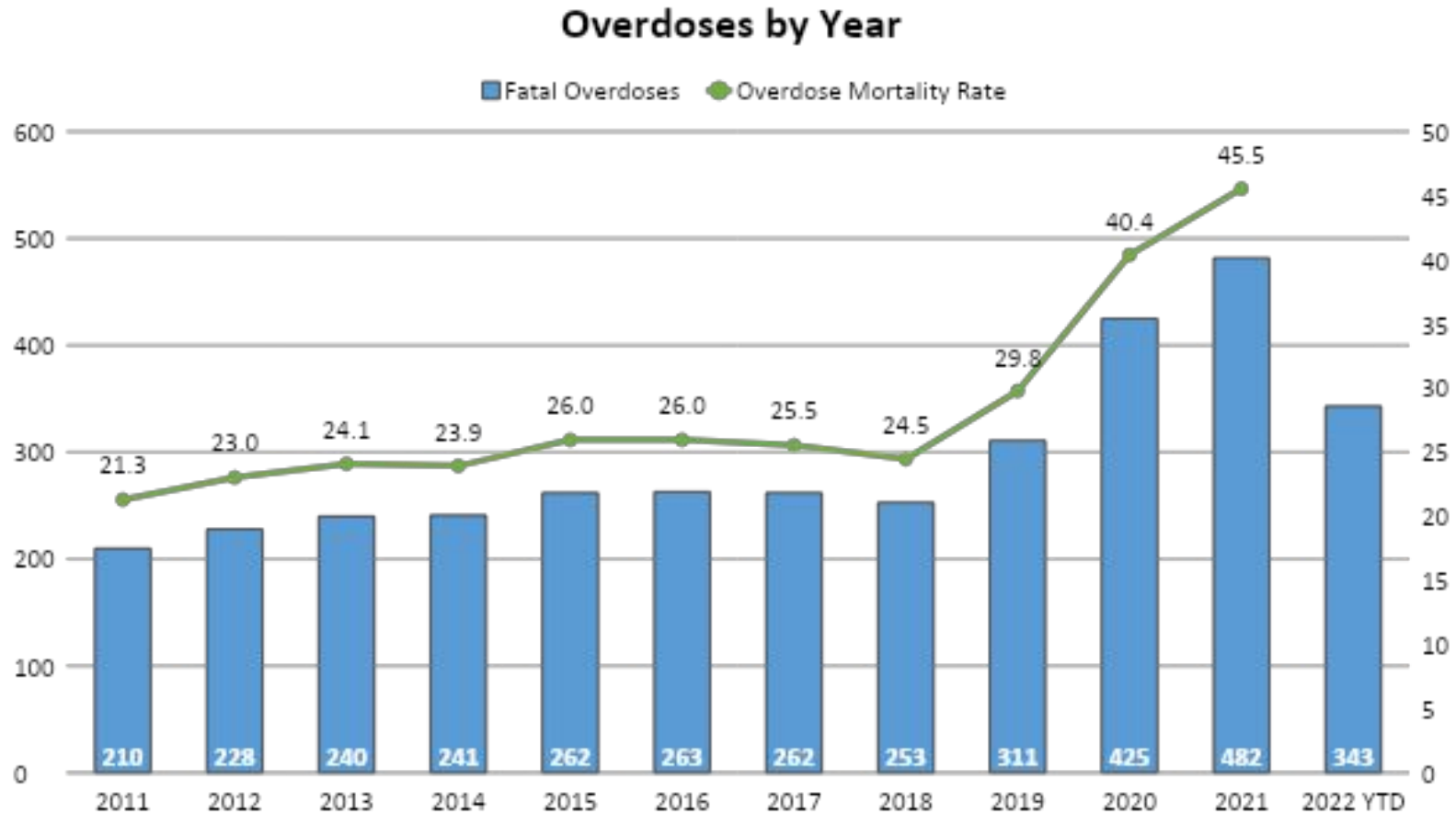
Mark supports individuals and families dealing with severe mental illness, substance use, trauma, chronic disease, homelessness, and justice involvement.

# Youth Substance Use Trends 2017-2022

Pima County Health Dept.  
Community Mental Health and  
Addiction Program  
2022



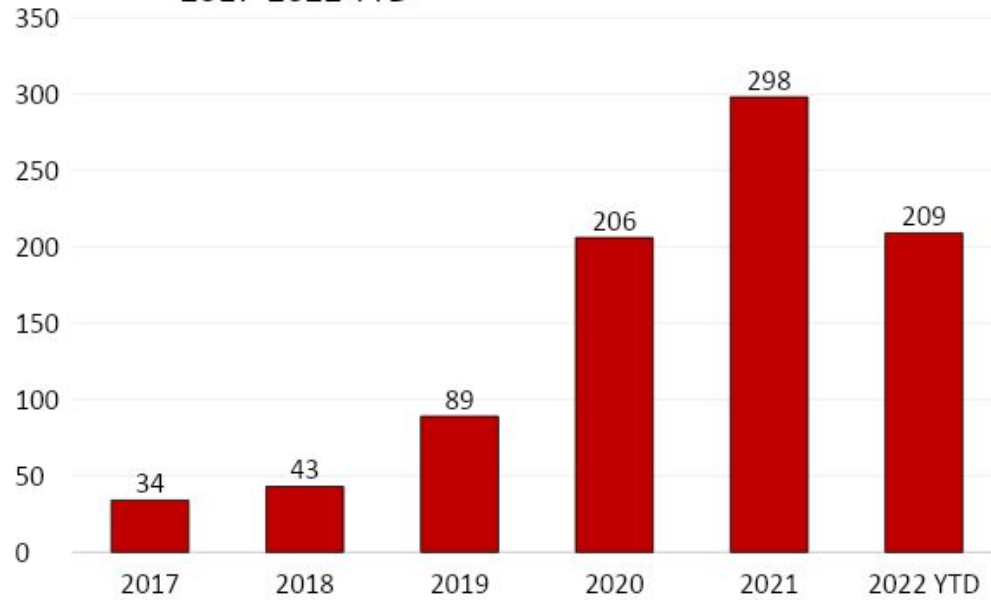
# Pima County Overdose Deaths (All ages)



# Changing Trends

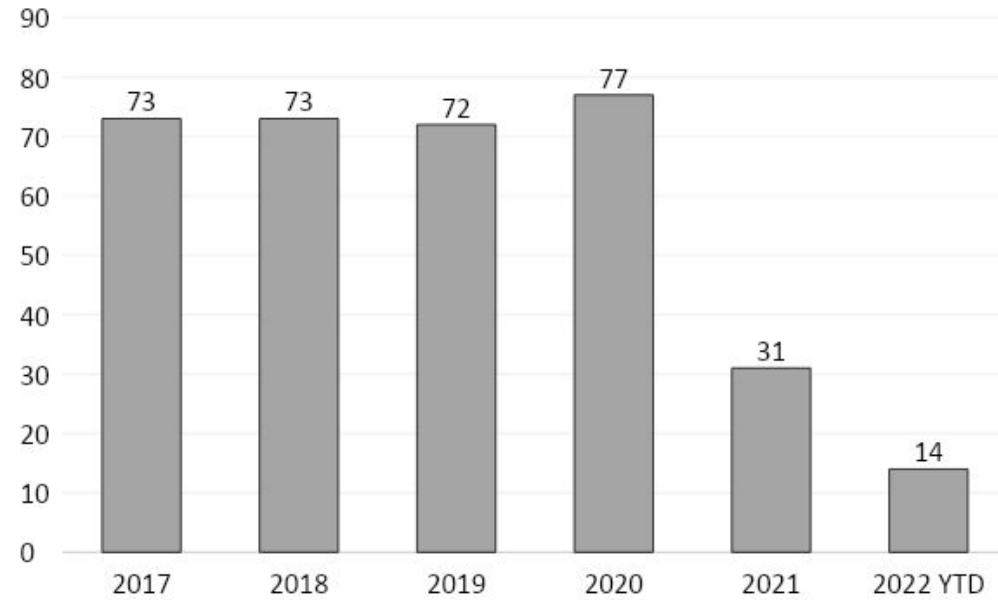
## Pima County Fentanyl-Involved Overdose Deaths

2017-2022 YTD



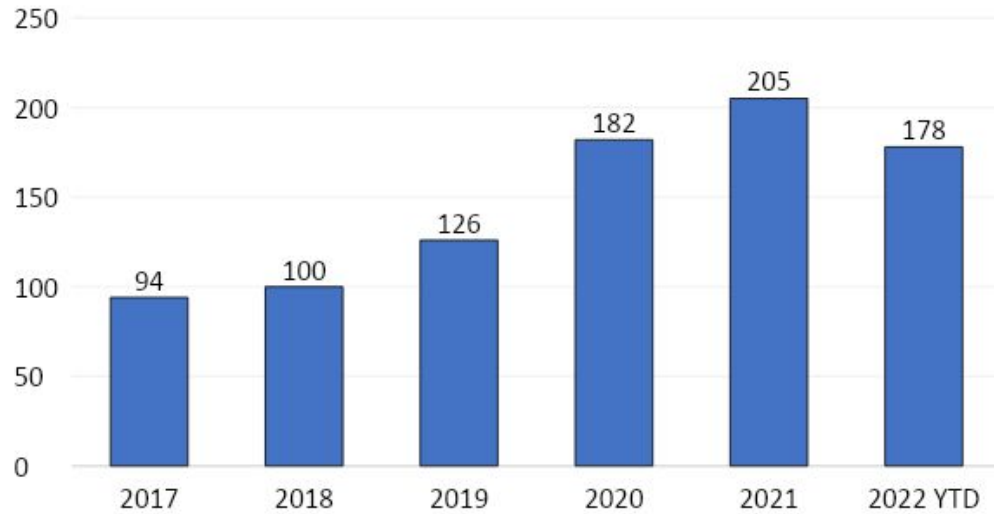
## Pima County Heroin-Involved Overdose Deaths

2017-2022 YTD

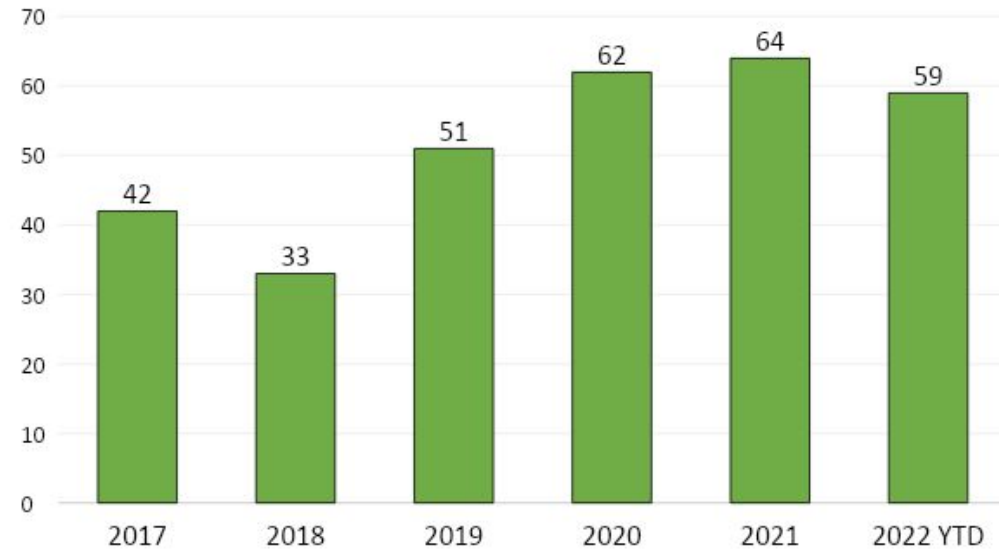


# Trends continued...

**Pima County  
Methamphetamine-Involved  
Overdose Deaths  
2017-2022 YTD**



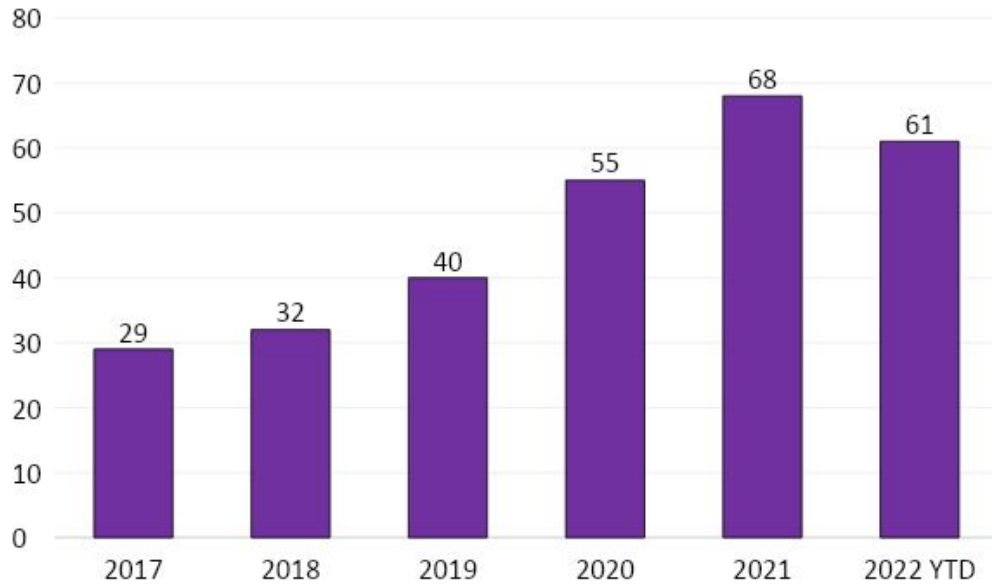
**Pima County Cocaine-Involved  
Overdose Deaths  
2017-2022 YTD**



# Trends continued...

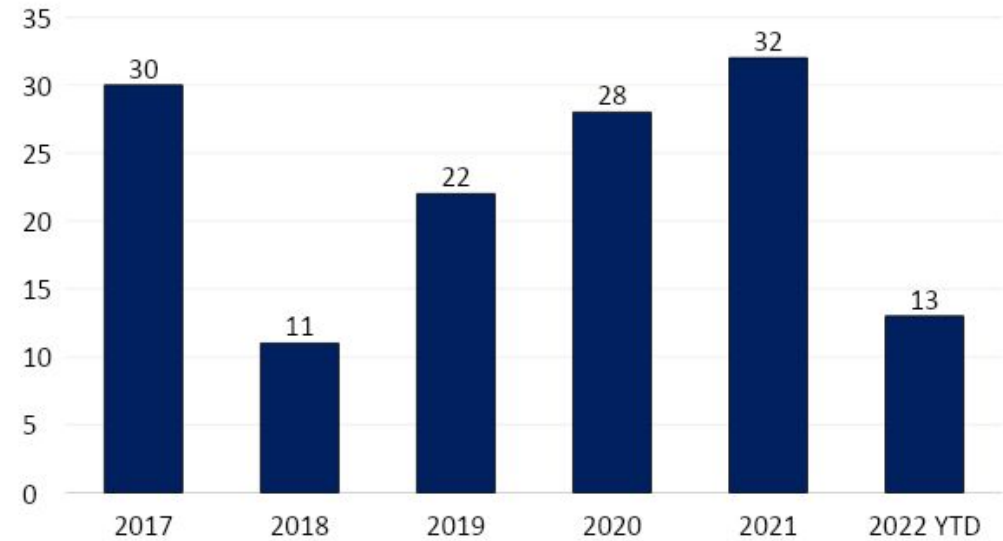
## Pima County Alcohol-Involved Overdose Deaths

2017-2022 YTD



## Pima County Benzodiazepine-Involved Overdose Deaths

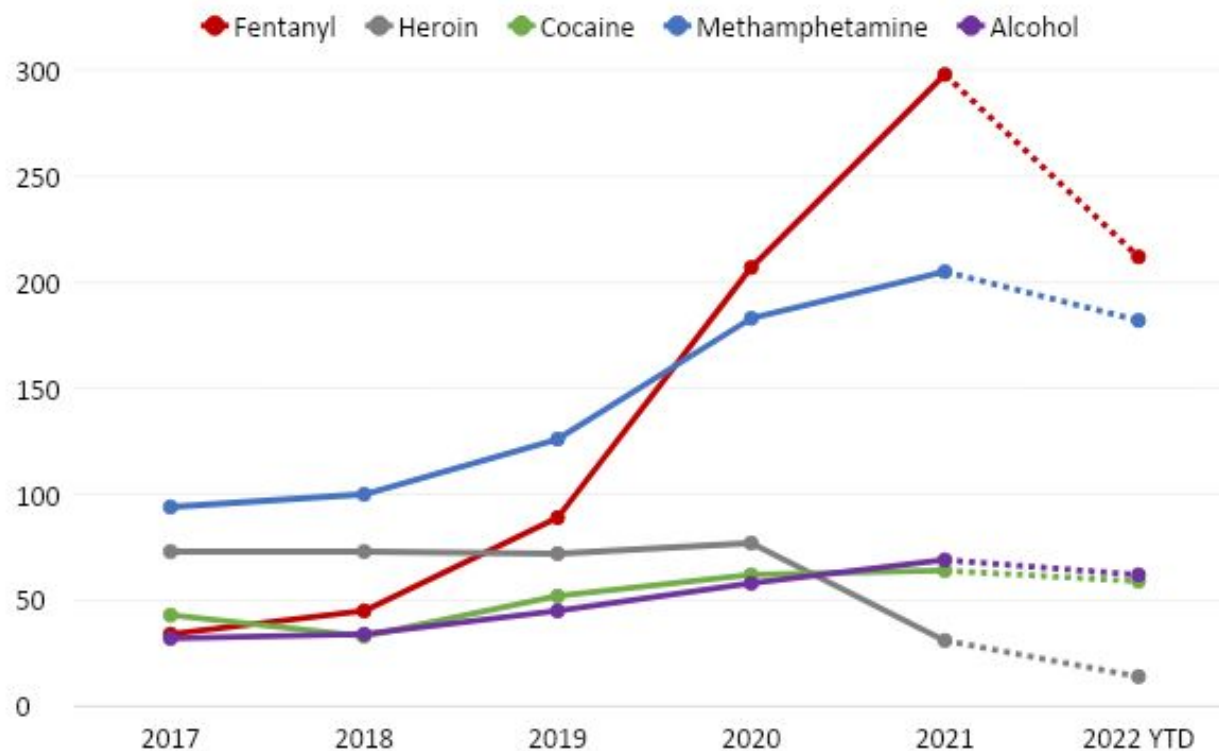
2017-2022 YTD





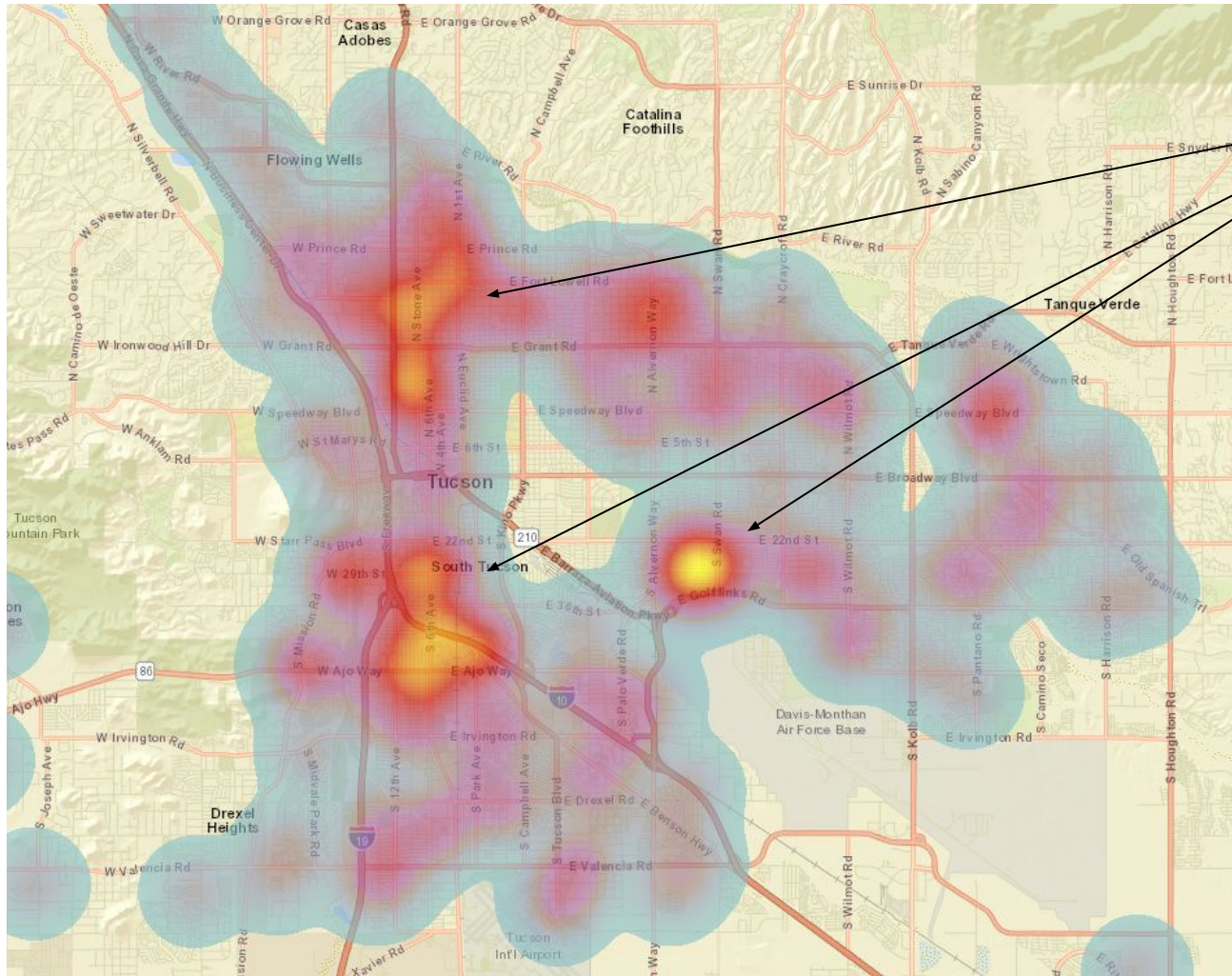
## Pima County Overdose Deaths by Most Common Drug Type

2017-2022 YTD



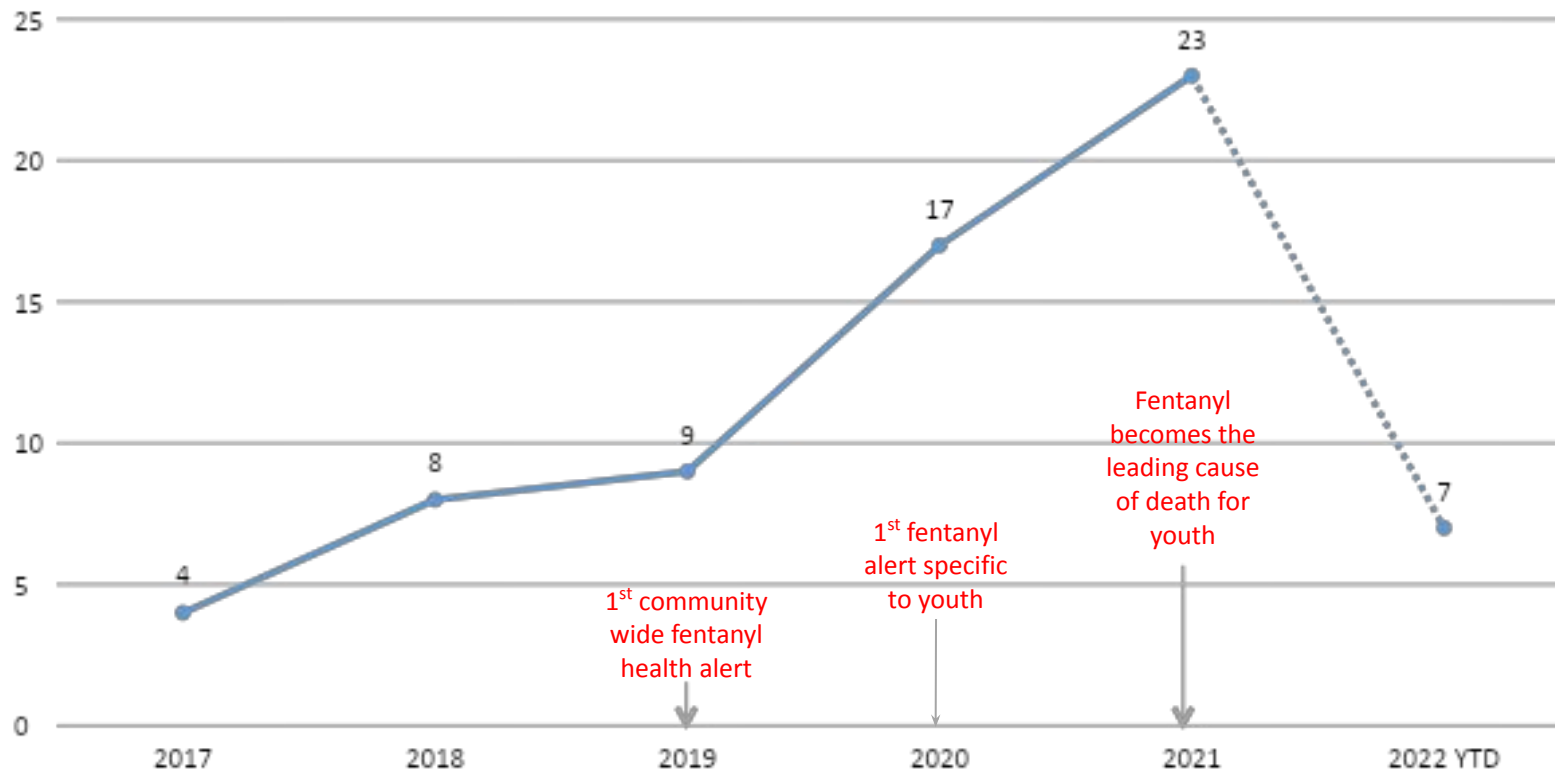


# Drug Overdose Heat Maps (2022 YTD)

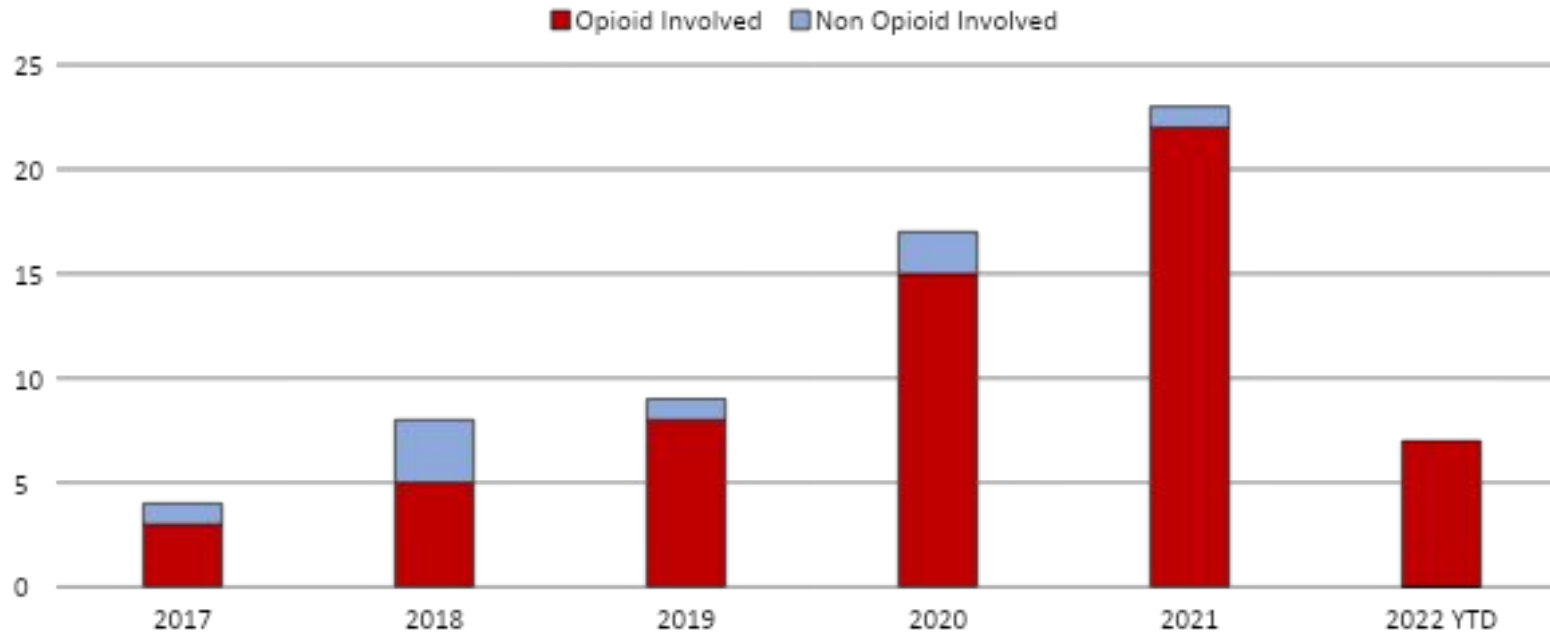


Overdose hotspots in close proximity to the largest districts (based on student population).

### Pima County Fatal Overdoses of Ages 0-19 2017-2022 YTD

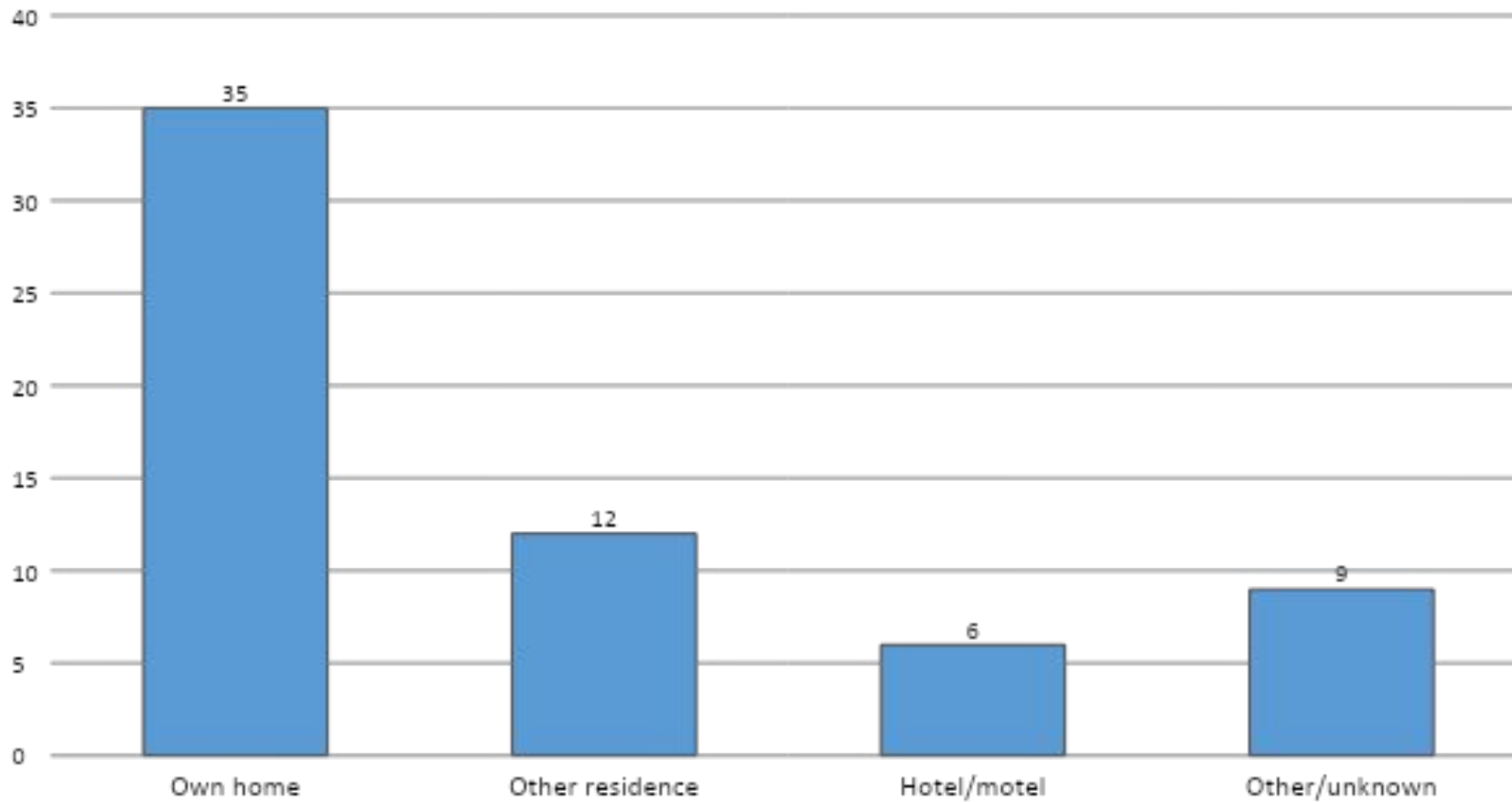


### Pima County Fatal Overdoses in 19 and Younger by Opioid Involvement 2017-2022 YTD



### Injury Location of Fatal Overdoses of Ages 0-19

2017-2022YTD



# Fast Facts About Youth Substance Use

## • Youth Fatal Overdose Facts 2021-2022

- 100% of all accidental overdose deaths involved fentanyl
- 69% of the accidental overdoses were solely caused by fentanyl
- 31% of the accidental overdoses involved fentanyl and at least one other drug, such as methamphetamine, cocaine, alcohol and benzodiazepines.

## • According to the 2022 Arizona Youth Survey

- 16% of respondents said their parents or guardians had spoken to them about the dangers of fentanyl
- 10% of respondents said it would be “sort of easy” or “very easy” to obtain fentanyl
- 69% of respondents thought there was a “great risk” of harm from using fentanyl
- 3% of respondents indicated that they have used fentanyl before

-END-

# PREVENTING YOUTH SUBSTANCE USE

APPLYING STRATEGIES AND ACCESSING RESOURCES

Shomari B. Jackson MPA , October 24th 2022





# TODAY'S AGENDA

- YOUTH SUBSTANCE USE IN AZ
- PROMOTING PROTECTIVE FACTORS
- EVIDENCE BASED PROGRAMS AND PRACTICES
- REDUCING HARM AND IMPROVING RESILIENCE



# AZ YOUTH SUBSTANCE

**STUDENTS MOST FREQUENTLY REPORTED HAVING EVER USED ALCOHOL (40%), ECIGARETTES (29 %), AND MARIJUANA (28 %), PRESCRIPTION (5 %)**

A SMALLER PERCENTAGE OF YOUTH REPORTED USING E-CIGARETTES, ALCOHOL, MARIJUANA, AND PRESCRIPTION DRUGS FROM 2018 TO 2020

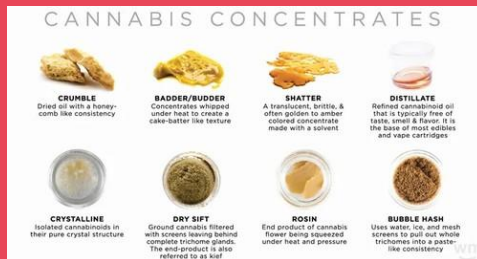
MORE STUDENTS USED MULTIPLE DRUGS AT THE SAME TIME ( E. G., ALCOHOL, PRESCRIPTION MEDICATIONS, MARIJUANA, AND OTHER ILLEGAL DRUGS)

MORE POLY USE ( 12 %) THAN PRESCRIPTION USE ALONE



# YOUTH SUBSTANCE USE TRENDS

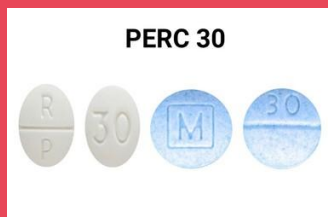
## MARIJUANA CONCENTRATES



## E-CIGARETTES



## RX COUNTERFIT PILLS



Concentrates is a broad term referring to all products that have been extracted from the marijuana plant. Tend to be especially potent, with THC levels documented at an average of about 40%-70% and reported to exceed 80%. These higher doses of THC are more likely to produce anxiety, agitation, paranoia, and psychosis.

Youth who use e-cigarettes may be more likely to smoke cigarettes in the future. Some e-cigarettes look like regular cigarettes, cigars, or pipes. Some look like USB flash drives, pens, and other everyday items. E-cigarette devices can be used to deliver marijuana and other drugs

Counterfeit pills like Percocet is often laced with other addictive and deadly drugs, such as fentanyl or heroin. However, fake "Percs" usually look just like real Percocet. But these fake pills do more than just cause addiction— they lead to fatal overdoses.

<https://nida.nih.gov/publications/drugfacts/cannabis-marijuana-concentrates>

# WHAT PROTECTS OUR KIDS?

## REASONS FOR USING

- To have fun
- To deal with stress/sadness
- To feel good

## REASONS FOR NOT USING

- Parents/Adult Disappointment
- Illegal/Arrested
- Bodily Harm

## PROTECTIVE FACTORS

When youth are recognized and rewarded for their contributions at school, they are less likely to be involved in substance use and other problem behaviors.

When youth are given opportunities to participate meaningfully in important activities at school, they are less likely to engage in drug use and other problem behaviors

When parents and other family members praise or encourage activities done well by a child, youth are less likely to engage in substance use and other problem behaviors



# PROMOTING PROTECTIVE FACTORS



## INDIVIDUAL

At the individual level, evidence is strongest for the protective nature of self-regulation skills, relational skills, and problem-solving skills.



## RELATIONSHIP

The well-being of parents and other caregivers, the presence of a caring adult, and positive relationships with peers improve a child's well-being.



## COMMUNITY

A positive school environment, a positive community environment, and economic opportunities are important for the at-risk populations.



# EVIDENCE BASED PREVENTION

Includes the adoption of programs, policies, or other strategies that have been evaluated and demonstrated to be effective in preventing health problems

Are the best practice solutions any community can implement

Prevention providers have to know the cultural beliefs, societal norms, and local attitudes towards substance misuse and mental health

# RESOURCES AND PRACTICES

THERE ARE MULTIPLE DATABASES AND REGISTRIES THAT LIST PREVENTION PROGRAMS THAT ARE BEING USED TO BUILD SELF EFFICACY AND YOUTH LED PROGRAMS



## RESOURCES

[Substance Abuse Coalition Leaders of Arizona AZ](#)

[Prevention Resources](#)

[SAMHSA EBP Registry](#)

[AZ ACEs Consortium](#)



## PRACTICES

Youth Leadership

Life Skills Training

Public Information and Social Marketing

Community Education



# Drug-Free Communities













# ACES DEFINED

ADVERSE CHILDHOOD EXPERIENCES (ACES) ARE POTENTIALLY TRAUMATIC EVENTS THAT CAN HAVE NEGATIVE, LASTING EFFECTS ON HEALTH AND WELL-BEING. THESE EXPERIENCES RANGE FROM PHYSICAL, EMOTIONAL, OR SEXUAL ABUSE TO PARENTAL DIVORCE OR THE INCARCERATION OF A PARENT OR GUARDIAN.

*AMERICAN JOURNAL OF PREVENTIVE MEDICINE 14 (4), 1998*

WHAT'S WRONG WITH YOU?



ABUSE	NEGLECT	HOUSEHOLD DYSFUNCTION	
 Physical	 Physical	 Mental Illness	 Incarcerated Relative
 Emotional	 Emotional	 Mother treated violently	 Substance Abuse
 Sexual		 Divorce	

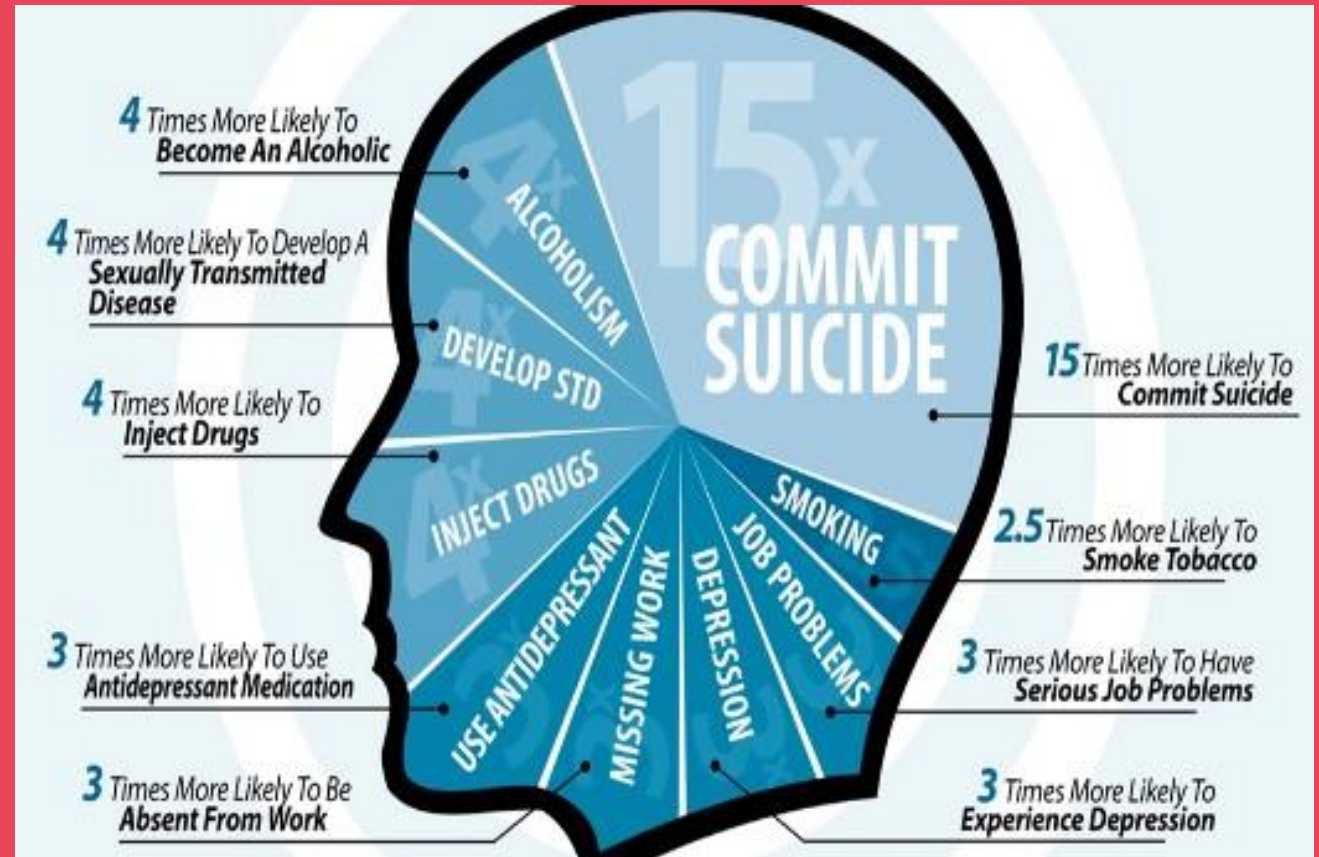
Adverse  
Childhood  
Experiences

WHAT HAPPENED TO YOU?

# Arizona Youth Ages 12 – 17

(Arizona Youth Survey, 2020)

- 61% have experienced one or more ACEs
- Most common?
  - 40% - Parents separated or divorced
  - 33% - Living with adults who insulted you
  - 29% - Living with an alcoholic
- Ethnic minority children have disproportionately higher share of 6+ ACEs





## WORKSHOP: BECOMING A TRAUMA-INFORMED COLLEGE



**FACT:** Arizona ranks last in the nation for children with adverse childhood experience. South Phoenix youth are among the most vulnerable in the state.





# HEALTHY RESILIENT COMMUNITY



# CULTURE | CONNECTION | HEALING



## SANKOFA

“It is okay to go back and get what was lost”





# AFFIRMING BELIEFS AND BUILDING IDENTITY



# AZ ACES CONSORTIUM

THE ARIZONA ACES CONSORTIUM IS A COLLABORATION OF MORE THAN ONE HUNDRED INDIVIDUALS, STATE, COUNTY, AND PRIVATE ORGANIZATIONS WORKING TOGETHER.

## **CERTIFICATION**

The ACEs Consortium is growing its community of certified ACEs trainers that provide trainings to spread the awareness of ACEs, toxic stress and resilience.

## **TRAININGS**

Trainings for school staff, administration, and educators on the short-term and long-term impact of trauma

## **TIC SCHOOLS**

To network, gather resources, information and knowledge, spread awareness of the impact of trauma, and increase support to ensure that children traumatized by ACEs succeed in school.



Arizona Adverse Childhood Experiences Consortium

# HARM REDUCTION

HARM REDUCTION IS A SET OF PRACTICAL STRATEGIES AND IDEAS  
AIMED AT REDUCING NEGATIVE CONSEQUENCES ASSOCIATED  
WITH DRUG USE.

## GUIDING PRINCIPLES

ILLICIT DRUG USE IS PART OF OUR WORLD  
DRUG USE IS COMPLEX & MULTI- FACETED  
QUALITY OF LIFE AND WELL- BEING  
NON- JUDGMENTAL PROVISION OF SERVICES & RESOURCES  
PWUD ROUTINELY HAVE A REAL VOICE  
PWUD ARE THE PRIMARY AGENTS OF REDUCING HARM

# ONE SIZE DOES NOT FIT ALL



## Abstinence goals

- May Not Resonate
- Lack of Acknowledgment
- Perceived Effects of SU



## Variations and inequities

- Inadequate In Addressing SU
- Limitation of Current Programs
- Limited Youth Perspective





## **Reasons to incorporate harm reduction in your youth programming...**

...Must provide services to aLL youth in need especially those at the highest risk. Failure to use Harm Reduction excludes many youth with the greatest need of service

# HARM REDUCTION WITH YOUTH



## PEER TRUST

Centering Youth Experiences & perspectives

## RESOURCES & ENGAGEMENT

Engaging youth in community OD outreach  
and community support

## PEER SUPPORT

Young people who have successfully navigated life  
challenges promoting belonging, hope and empathy to  
their peers

## REDUCING STIGMA

Educate students about smashing the stigma of  
addiction to drugs and alcohol to eliminate shame  
and change public opinion

# WHAT IS USED TO REVERSE AN OVERDOSE

**NALOXONE IS A SAFE DRUG, AND IT IS DESIGNED ONLY FOR THOSE WHO HAVE AN OPIOID OVERDOSE**

**GROWING CONCERNS ABOUT STUDENT OPIOID USE AND FENTANYL SPECIFICALLY**

**NALOXONE CAN QUICKLY REVERSE AN OVERDOSE - AND SAVE LIVES**



**EVERYONE SHOULD HAVE ACCESS TO NALOXONE AND SAFER USE SUPPLIES TO STAY SAFE AND HEALTHY.**

**FIND OUT WHERE TO GET SUPPLIES NEAR YOU - EMAIL SONORAN PREVENTION WORKS AT [SUPPLIES@SPWAZ.ORG](mailto:supplies@spwaz.org)**

# Thank you

UBUNTU - "I Am Because We Are"

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480 . 292 . 6942







# School Safety & Social Wellness

## Q & A

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Please ask your questions by utilizing the Q & A feature on this Zoom webinar.



# School Safety & Social Wellness

Evaluation Survey



# Thank You

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Comprehensive School Wellness Program

<https://www.azed.gov/wellness/csw>

(602) 542-1442