

# The Fentanyl Crisis:

What you should know



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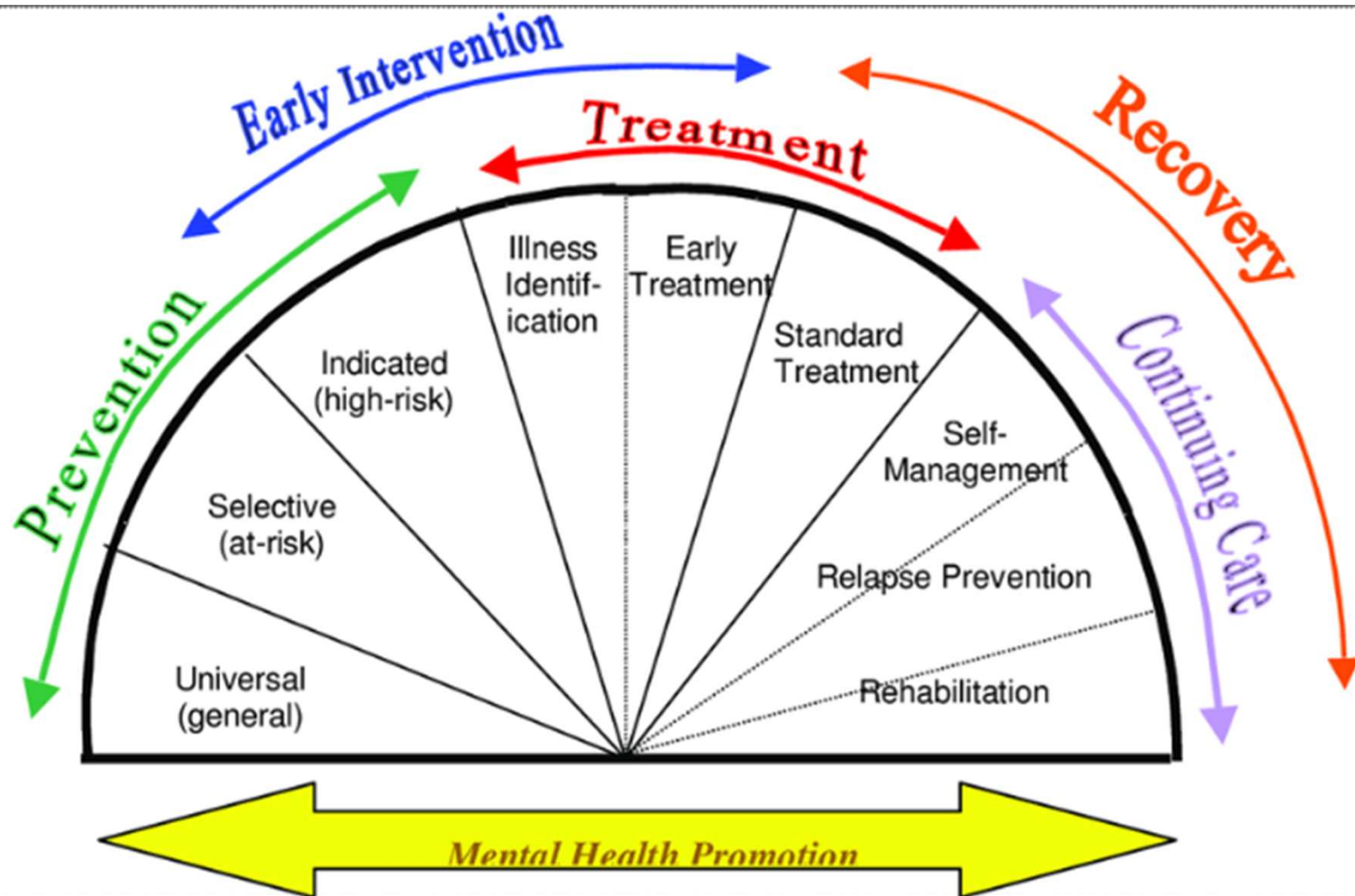
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COUNTY HEALTH**

# Presentation Overview

- Reasons people use substances
- Substance use disorder
- Signs and symptoms of drug use
- Basics about drugs, with a focus on opioids & fentanyl
- Harm reduction
- Opioid Overdose
- Treatment options
- Prevention strategies
- Youth Mental Health
- What can you do as a community member?



# The Continuum of Care



# Why Do People Use Drugs?

- Stress / Anxiety
- Pain
- Boredom
- Health condition
- Depressed/sad
- Peer pressure
- Celebrities, friends using
- “Everyone’s doing it”
- “Change how I feel”
- Trauma



# Substance Use Disorder

- Having a substance use disorder is a chronic brain disease. It causes a person to take drugs repeatedly, despite the harm they cause.
- Repeated drug use can change the brain and lead to addiction.
- The brain changes from addiction can be lasting, so having a substance use disorder can mean "relapsing" occurs.



# Risk Factors

- People of any age, sex or economic status can become addicted to a drug.

Certain factors can affect the likelihood and speed of developing an addiction:

- **Family history of addiction**
- **Mental health disorder-** Using drugs can become a way of coping with painful feelings, such as anxiety, depression and loneliness, and can make these problems even worse.
- **Peer pressure.** Peer pressure is a strong factor in starting to use and misuse drugs, particularly for young people.
- **Lack of family involvement-** Difficult family situations or lack of a bond with your parents or siblings may increase the risk of addiction, as can a lack of parental supervision.
- **Early use-** Using drugs at an early age can cause changes in the developing brain
- **Taking a highly addictive drug**

# Signs of Drug Use

- Bloodshot eyes
- Pinpoint pupils (opioid use)
- Dilated pupils (stimulant & psychotropic drugs)
- Sleepy appearance
- Sluggishness
- Reduced motivation
- Change in personality
- Difficulty focusing
- Distorted sensory perceptions



# Effects of Substance Use

Substance	Short Term	Long Term
Alcohol	Loss of coordination, sluggishness, slurred speech, disorientation, numbing of pain	Dependency, cirrhosis, neurological damage, increased risk of cancer, increased risk of bodily injury
Cannabis	Slowed reaction time, loss of coordination, numbing of pain, hallucinations, delusions, increased appetite or thirst	Chronic bronchitis, psychosis (schizophrenia), depression, anxiety, learning/memory problems, lower IQ
Opioids	Blocks pain, calming mood, drowsiness, itching, constipation,	Physical dependence, hyperalgia, hormone imbalance, respiratory depression





# What are opioids?

- Type of drug used to induce pleasure & reduce pain
- Produce a temporary state of euphoria or high, and are extremely addictive
- More opioid use = more tolerance (need higher levels to achieve same effect)

## Common Opioids Include:

Generic	Brand Name
Hydrocodone	Vicodin, Lorcet, Lortab, Norco, Zohydro
Oxycodone	Percocet, OxyContin, Roxicodone, Percodan
Morphine	MSContin, Kadian, Embeda, Avinza
Codeine	Tylenol with Codeine, TyCo, Tylenol #3
<b>Fentanyl</b>	Duragesic, Actiq
Hydromorphone	Dilaudid
Oxymorphone	Opana
Meperidine	Demeral
Methadone	Dolophine, Methadose
Buprenorphine	Suboxone, Subutex, Zubsolv, Bunavail, Butrans

\*Heroin is also an opioid

# Why are Opioids Prescribed?

- Primarily used for acute pain relief
  - Including surgical care
  - Less common: long term, unmanageable chronic pain (not recommended)
- Suppression of diarrhea
- Opioid Use Disorder treatment
- Suppressing cough



# How do opioids work?

- Alter the way a person perceives pain
  - Drug attaches to opioid receptors (nerve cells) in the brain
  - Nerve cells send inaccurate message about pain severity = person feels less pain
- Affect how the brain feels pleasure
  - Results in feelings of elation
  - Next deep relaxation and/or sleepiness

# Potential Short-Term Effects of Opioids



Major mood swings

Slowed Breathing

Clouded mental functioning

Nausea

Vomiting

Sedation

Drowsiness

Hypothermia (body temperature lower than normal)

Coma

Death (due to an overdose)

# Fentanyl

- It's a manufactured opioid used for pain management
- Is extremely strong & highly addictive

*(100x Morphine, 50x Heroin)*

- Forms: Injectable, lozenges and patches
- Most Fentanyl is tasteless, odorless, and colorless

*Making it nearly impossible to detect*

- Is commonly added to street drugs, often unknown to the user



lethal dose of heroin vs. fentanyl

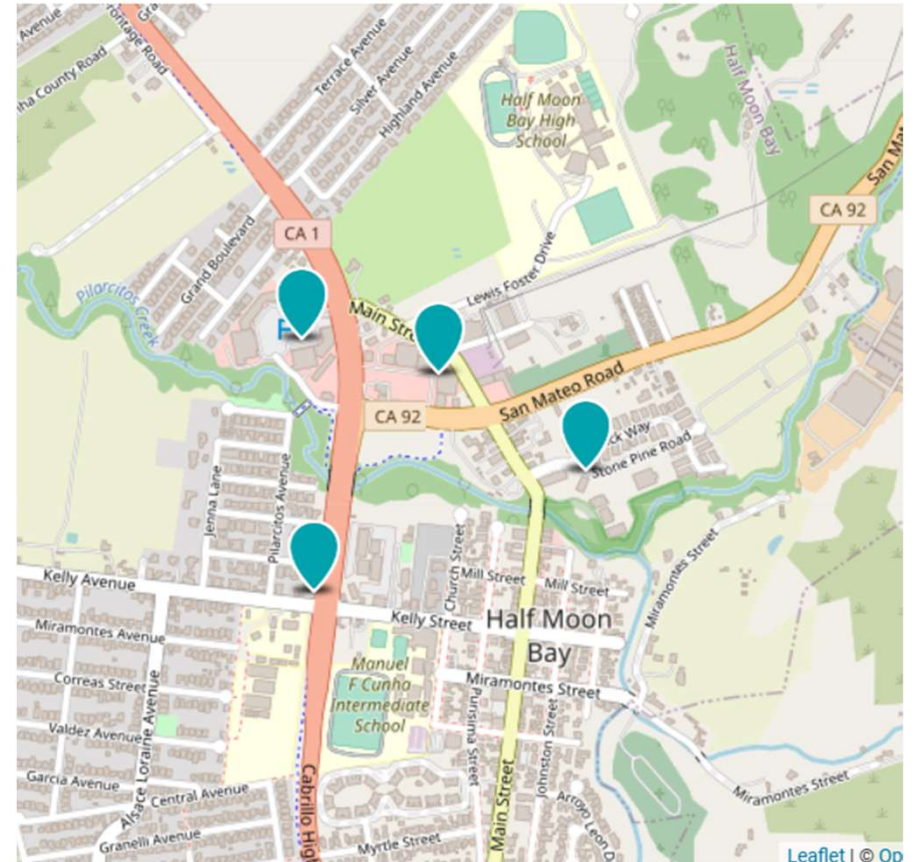


# What You Can Do at Home

- Ask your Dr. for alternative pain treatments
  - Exception: hospitalization, acute pain
- Don't keep extra pills at home
  - Don't flush or put in garbage
  - Take-back programs (pharmacy, law enforcement)
- Increase awareness
  - Prescription drugs can be dangerous
  - Need more \$ for prevention and treatment programs
  - Reduce stigma – talk about the issue
- **Don't buy drugs off the street or online**

# Safe Disposal Programs

- HMB Pharmacy
- Rite Aides
- CVS
- SMC Sherriff's Office



[Convenient Locations - MED Project \(med-project.org\)](http://med-project.org)

## EXAMPLES OF HARM REDUCTION IN OTHER AREAS



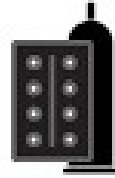
SUN  
SCREEN



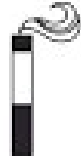
SEAT  
BELTS



SPEED  
LIMITS



BIRTH  
CONTROL



CIGARETTE  
FILTERS



## WORDS MATTER



### 4 GUIDELINES TO USING NON-STIGMATIZING LANGUAGE



Person who  
uses substances

Use **people-first**  
language

Drug user  
Addict

Person experiencing  
problematic  
substance use

Use language  
that reflects the  
medical nature

Abuser  
Junkie

Person experiencing  
barriers to accessing  
services

Use language that  
promotes recovery

Unmotivated  
Non-compliant

Positive test results  
Negative test results

Avoid **slang**  
and **idioms**

Dirty test results  
Clean test results



# Individuals actively using opioids

## Harm reduction

- Safe consumption sites, syringe exchange
- Psychoeducation, client-centered approach
- Condoms
- Fentanyl Test strips
  - What it does
  - Who has them
  - How can people get them?

## In cases of suspected overdose

- Naloxone distribution (Narcan is the brand name)
- How it works?
- How can someone get it?

# SIGNS OF AN OPIOID OVERDOSE

Learn how to spot an overdose and what to do.



**Breathing**  
slow or absent



**Cannot be woken up**  
or not moving



**Choking**  
or coughing, gurgling,  
or snoring sounds



**Cold**  
or clammy skin



**Dizziness**  
and disorientation



**Pupils**  
extremely small



**Discolouration**  
of lips and nails

- Is the person responsive?
  - *Think CPR (shake and shout)*
- Is the person breathing?
  - *Watch for chest rise and fall*
- Can the person speak?
- How does their skin, lips and fingernails appear?
  - *blue, grey, clammy etc.*
- If you think someone is in danger of overdosing, **DO NOT LEAVE THEM**
- See if there is someone in the area to help you call 911 immediately

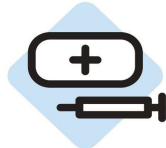
## CALL 911 IMMEDIATELY!

Your address: \_\_\_\_\_

**THEN:**

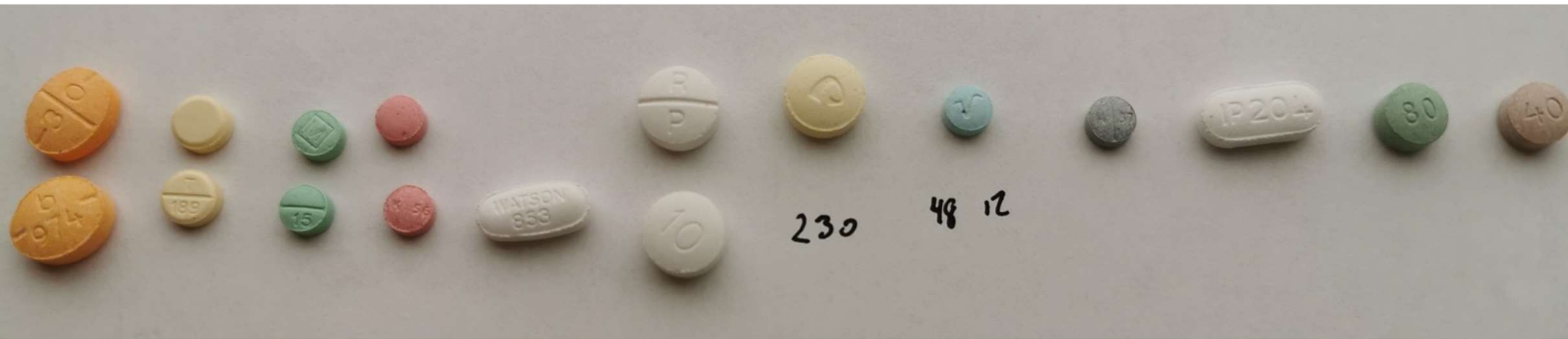


**Give breaths**  
1 breath every  
5 seconds



**Use naloxone**  
if you have it

# What's Real and What Is Fake?



# What's Real and What Is Fake?



Everyone of these pills is counterfeit and laced with fentanyl, except for the 30mg IR Adderall

# Treatment for Opioid Use Disorder

Get  
Connected  
to MAT

- Ask your **primary care doctor** if they prescribe MAT
- Ask your **psychiatrist** if they prescribe MAT
- If you live in San Mateo County call **IMAT: 650.573.2735**

If you live outside San Mateo County:  
Call SAMHSA's National Helpline: 800.662.HELP (4357)  
Go to the Substance Use Treatment Locator at <https://findtreatment.gov/>

Learn more about MAT  
[samhsa.gov/medication-assisted-treatment](https://samhsa.gov/medication-assisted-treatment)

Find Local  
12-Step meetings at:  
[AA.org](https://aa.org) or [NA.org](https://na.org)

RECOVERY  
RESOURCES

**NEED NARCAN?**  
Help prevent an  
accidental overdose:  
Ask your Doctor or  
local pharmacy

For **Peer support** call **Never Use Alone**  
(800) 484-3731 [neverusealone.com](https://neverusealone.com)

Naloxone is now  
available over the  
counter!



Medi-Cal clients: Access Call Center (800) 686-0101  
TTY (for hearing impaired): dial 711

Harm Reduction and Overdose Prevention for Opioids & Alcohol.

**NEED HELP**

USING **FENTANYL** or **OPIOIDS**?  
DRINK TOO MUCH **ALCOHOL**?

**IMAT** can help

**CALL: San Mateo Medical Center**

**650.573.2735**

**7 DAYS A WEEK**

[SMCHEALTH.ORG](http://SMCHEALTH.ORG)

Integrated Medication Assisted Treatment (IMAT)

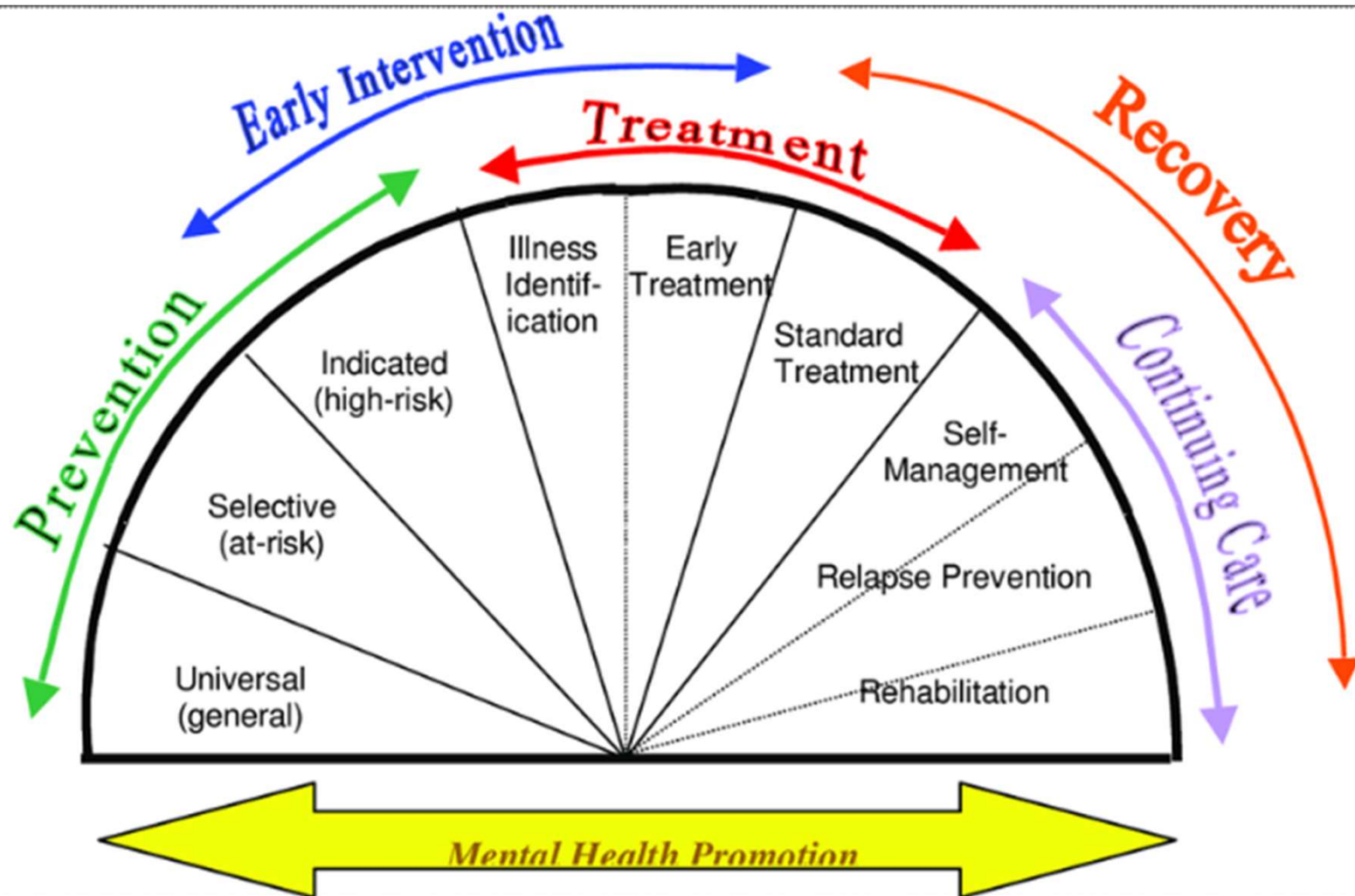
# IMAT

## Integrated Medication Assisted Treatment

San Mateo Medical Center  
Emergency Department



# The Continuum of Care



# Drugs Most Commonly Used by Youth

1. Alcohol
2. Cannabis
3. Tobacco – including vaping
4. OTC medications – e.g. cough syrup
5. MDMA/Ecstasy



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# California Health Kids Survey Data

**Table A9.5**

***Current AOD Use, Past 30 Days***

	Grade 7 %	Grade 9 %	Grade 11 %	NT %
Alcohol (one or more drinks of alcohol)	5	11	36	–
Binge drinking (5 or more drinks in a row)	0	5	24	–
Marijuana (smoke, vape, eat, or drink)	2	7	25	–
Inhalants	1	1	0	–
Prescription drugs to get “high” or for reasons other than prescribed	na	1	3	–
Other drug, pill, or medicine to get “high” or for reasons other than medical	0	1	2	–

***Student Sample for Core Module***

	Grade 7	Grade 9	Grade 11	NT <sup>A</sup>
<b><i>Student Sample Size</i></b>				
Target sample	211	246	238	–
Final number	184	209	191	–
<b>Response Rate</b>	87%	85%	80%	–



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# AOD Youth Prevention Programming

- AOD Education presentations
- Social media, PSA campaigns
- Youth groups
- Promotion of safe disposal program locations throughout the County
- Policy work- ie: school suspension policies
  
- Brief Intervention

# Youth Mental Health

- Pandemic- Adverse Childhood Experiences
- National State of Emergency 2021
- Surgeon General's Report 2021- mental health of children
- Surgeon General's Report 2023- loneliness
  - Boost the country's connectedness.
  - join community groups and put down their phones when they're catching up with friends
  - employers to think carefully about their remote work policies
  - health systems to provide training for doctors to recognize the health risks of loneliness.

- [https://news.stanford.edu/2022/12/01/pandemic-stress-physically-aged-teens-brains-new-study-finds/?utm\\_source=nextdraft&utm\\_medium=email](https://news.stanford.edu/2022/12/01/pandemic-stress-physically-aged-teens-brains-new-study-finds/?utm_source=nextdraft&utm_medium=email)
- [AAP, AACAP, CHA declare national emergency in children's mental health | AAP News | American Academy of Pediatrics](#)
- [Youth Mental Health — Current Priorities of the U.S. Surgeon General \(hhs.gov\)](#)
- [https://www.smdailyjournal.com/news/national/loneliness-poses-risks-as-deadly-as-smoking-surgeon-general/article\\_0eea5876-e923-11ed-9602-c75c2e8ad209.html](https://www.smdailyjournal.com/news/national/loneliness-poses-risks-as-deadly-as-smoking-surgeon-general/article_0eea5876-e923-11ed-9602-c75c2e8ad209.html)

# What Can You Do: Youth

- Create a trusted friend group for support
- Learn clear & firm refusal skills
- Leave an unsafe situation
- Talk with others about how you are feeling
- Find a trusted adult for support & help
- Never use substances alone
- Educate yourself with facts & accurate information

# What You Can Do: Parents

- Acceptance & support for children for who they are
- Communicate expectations & boundaries clearly and hold your children accountable
- Know their friends & their parents
- Know where they are and with whom
- Keep talking and listening
- Assure them their feelings are natural
- Be there for them
- Know the signs and symptoms of possible mental health challenges and drug use
- Be proactive & get help early if needed!

# What You Can Do: Schools

- Create a safe environment for learning
- Consider the physical, social, and emotional needs of students along with their academic needs
- Facilitate onsite provision of services when possible
- Review discipline policies/practices and their equity impact across student groups
- Ensure your school campus has Naloxone (e.g. Narcan) and is prepared to address an overdose

San Mateo County Office of Education: [Naloxone for Schools Program and Toolkit](#)  
CDC [What Works In Schools: Safe and Supportive School Environments](#)

# How do I get help?

Call the BHRS Access Call Center

**1-800-686-0101**

- Phones answered 24 hours a day
- Confidential and respectful services
  - Trained professionals



**How do I get help for my alcohol and drug use in San Mateo County?**

1. If you live in San Mateo County, call the ACCESS Call Center at 1-800-686-0101.  
Pick the language you speak and pick option 4 for "mental health and substance use". It is important that YOU call or give permission to allow family or friends to speak for you.
2. Give your name, birthday and phone number or email address.
3. If you have insurance give this information.  
You do not need to have insurance to get help.
4. You will be connected to speak to a trained person who will ask you more questions to help you find the right type of care.  
Anything you tell this person on the phone will not be shared unless you allow it.

**Services are available if you have:**

- Medi-Cal
- Care Advantage/Cal Medi-Connect
- Healthy Kids
- Health Works
- Access and Care for Everyone (ACE)

If you have other or no insurance the ACCESS Call Center can still help you find care. The Call Center can also help you get insurance if you want it.

**How much does it cost to get help for my alcohol and drug use?**

**SAN MATEO COUNTY HEALTH**  
All together better.

You have the right to receive services in the language you speak. If you are not happy with the care or services you receive, please call: 1-800-368-5285.

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# Thank You!

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