

Engaging 4-H Staff and Volunteers in Early Recognition and Prevention of Youth Opioid Use Disorder (OUD) in New Mexico Communities.

DNP QI project by Jamie Wymer, RN, BSN, DNP candidate NMSU

Learning objectives

- Defining opioid use disorder (OUD) and opioid abuse
- Preventing opioid abuse
- The impact of OUD from world-wide to your community
- Identifying opioids
- How to recognize opioid use, intoxication, and withdrawal
- What to do for an opioid overdose
- Resources/referrals for those abusing opioids
- Resources for Extension professionals, parents, and volunteers

PRE-TEST link

- You will be asked if you consent to take the survey, and you will be asked to create a unique 4-digit number so that I may match your pre-and post-tests. Please select your number carefully and write it down to use again for your post-test.
- The Qualtrics survey will launch in your web-browser, but Zoom should still be running in the background, I will be available for technical assistance.
- Please click on the following link located in the “chat” feature of this zoom meeting or hand type into your web-browser to start the survey:

https://chssnmsu.az1.qualtrics.com/jfe/form/SV_1SIGTdtXiQ9IBB3

What are opioids?

- We will come back to that in more detail later, but....
- Opioids are narcotics, like oxycodone, Vicodin, heroin, morphine, that work on the human body to reduce pain.

Prevention

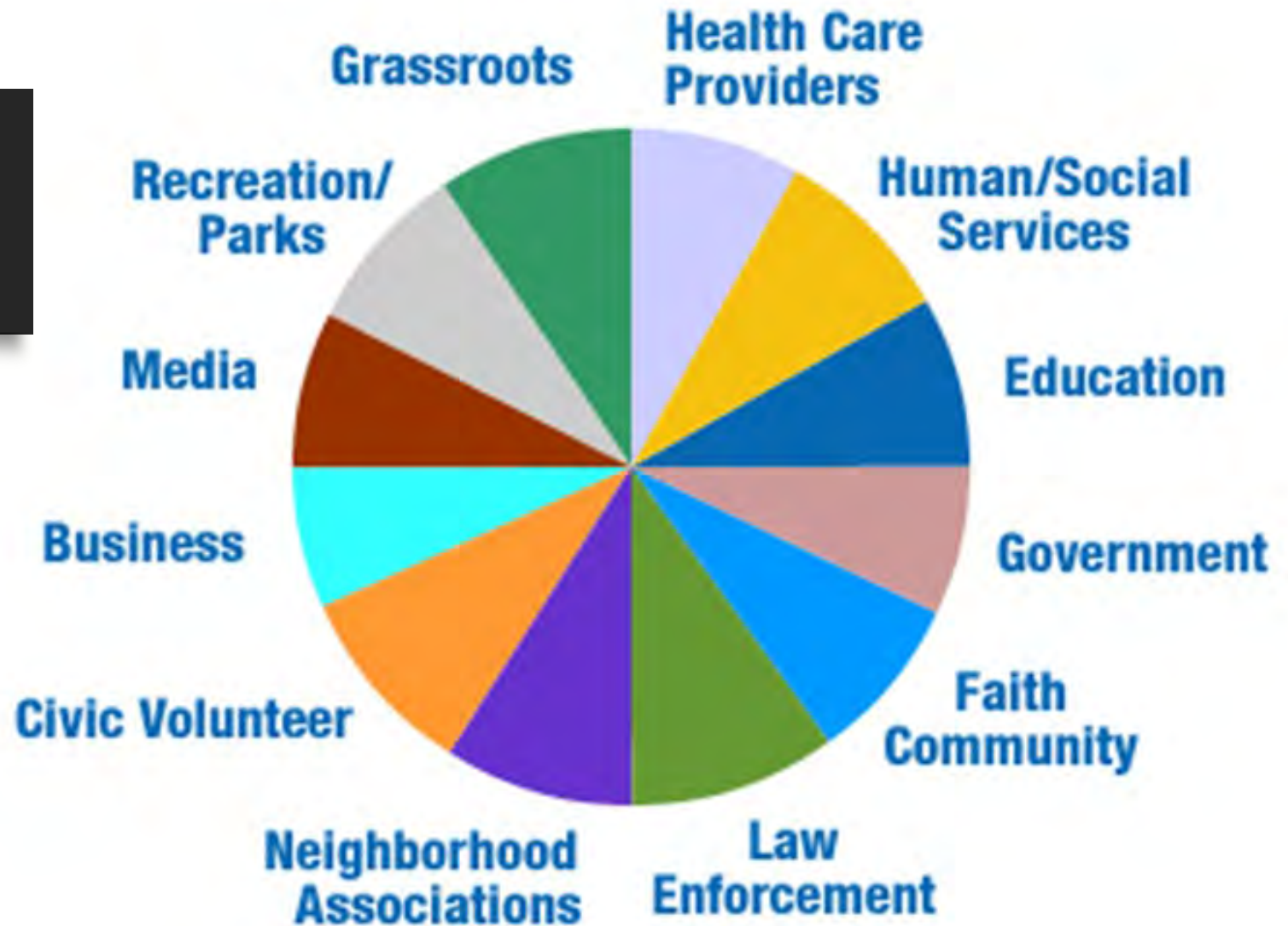
The Center for Substance Abuse Prevention defines drug abuse prevention as:

“a process that attempts to prevent the onset of substance use or limit the development of problems associated with using psychoactive substance. Prevention efforts may focus on the individual or their surroundings.”

Prevention

We generally have 5 domains of prevention:

- The individual
- Family
- Peers
- School
- Community
 - (NIDA, 2020)
- Educational and social systems, like 4-H, play a large role in the community domain.



The Community Wheel

Prevention

Risk factors are things that INCREASE the risk of drug abuse.
Protective factors are things that DECREASE the risk of drug abuse.

Risk Factors	Domain	Protective Factors
Early Aggressive Behavior	Individual	Impulse Control
Lack of Parental Supervision	Family	Parental Monitoring
Substance Abuse	Peer	Academic Competence
Drug Availability	School	Antidrug Use Policies
Poverty	Community	Strong Neighborhood Attachment

Prevention: individual factors

Risk Factors

- Having drugs around
- Trying or using other substance like MJ or alcohol
- Depression, anxiety, and other mental health issues
- Problematic aggressive behaviors
- Impulsive behavior like as seen in ADHD
- Thrill-seeking, high risk behavior (don't think about consequences)

Protective Factors

- Doing well in school
- Feeling a sense of connection to others (peer, family, school, etc.)
- Involved in hobbies or sports
- Healthy peer relationships
- Can control impulses
- Understanding that others disapprove of drug use (it's not normalized)

Prevention: what can you do?

Know	Keep yourself educated about opioid risk.
Store	Keep your medications in a locked box and dispose of unused narcotics safely.
Talk	Provide open communication with your children.
Set	Set expectations for your children regarding drug use.
Prevent	Talk about opioids BEFORE they learn about them from other sources.

Prevention, what can you do? continued



How 4-H matters!

- 4-H has a long history of helping youth
- 4-H creates leaders among youth
- 4-H provides learning and collaboration on a national level
- 4-H has educational resources to prevent substance abuse in youth
- 4-H is facing a new challenge as meetings and education have been moved online due to COVID-19



How 4-H matters!



- “4-H is uniquely positioned to mitigate these effects through intentional positive youth development efforts, we present a call to action for 4-H educators and Extension administrators as we move from initial reaction to recovery and beyond.” -Arnold & Rennekamp, 2020

Identifying Opioids

Difference Between an Opioid and an Opiate



An **OPIATE** is a drug naturally derived from the opium poppy plant. On the other hand, **OPIOID** is any compound attached to opioid receptors that can be partially or fully synthetic.

- Opiates are a subset of Opioids
- Not all Opioids are Opiates

Opioids	Opiates
Vicodin Percocet Oxycodone Fentanyl etc.	Opium Morphine Heroin Codeine etc.

Identifying Opioids

- Prescription opioids are given for pain.
- Long-acting opioids, like methadone or oxycontin (oxycodone controlled release) are meant for “round the clock pain” .
- Short-acting opioids like codeine and morphine only last a few hours.
- Combining short-acting and long-acting opioids **INCREASES** the risk of overdose.

Identifying Opioids

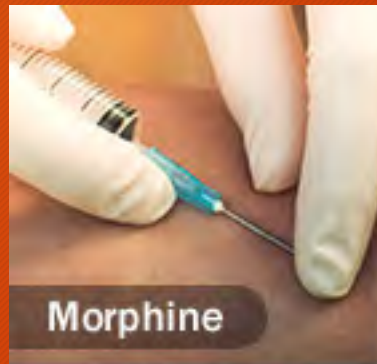
EXAMPLES OF OPIOID CONTAINING MEDICINES

Generic	Brand Names*
Prescription Opioids	
Codeine	Tylenol with codeine #3 or #4, Promethazine (often in cold syrups)
Fentanyl	Actiq, Duragesic, Lazanda, Sublimaze
Hydrocodone with acetaminophen	Lortab, Norco, Vicodin
Hydromorphone	Dilaudid, Exalgo, Hydrostat
Meperidine	Demerol
Morphine	Kadian, MS Contin, MSIR, Oramorph SR
Oxycodone	Oxycontin, Oxyfast, Roxicodone
Oxycodone (with acetaminophen)	Percocet, Roxicet, Roxilox
Oxymorphone	Opana
Tramadol	Conzip, Ryzolt, Ultram
Tramadol (with acetaminophen)	Ultracet
Illegal Opioids	
Heroin	Diamorphine
Fentanyl and its analogues	Illicitly manufactured fentanyl and its analogues (acrylfentanyl, carfentanyl, U47700, and others) have no brand name.
Opioid Prescribed for Medication Assisted Treatment	
Buprenorphine	Bunavil, Suboxone, Subutex
Methadone	Dolophine, Methadose

How to recognize opiates



Opioid paraphernalia



Opioids may be swallowed, smoked, or injected

<https://www.wuwm.com/post/grip-heroin-part-1-trends-wisconsin#stream/0> (image of drug paraphernalia)

<https://www.webmd.com/pain-management/ss/slideshow-opioids> (image of various opioids)

Defining opioid use disorder (OUD) and opioid abuse



- **Opioid use disorder** is a term that describes a clinical health disorder. Defining OUD helps providers define severity and treat opioid abuse.
- **Symptoms of an OUD *can* include:** cravings; desire but inability to stop using; spending time and resources using; failures to maintain social, family, school and work obligations; needing more of the drug over time (tolerance), and having withdrawal symptoms when stopping (DSM-5, 2013)
- **Opioid abuse** (purposeful misuse) is the term used by the general public to describe OUD. Opioid misuse (accidentally using it wrong, especially for hard of sight persons, or misunderstanding directions) can also lead to dire health consequences.

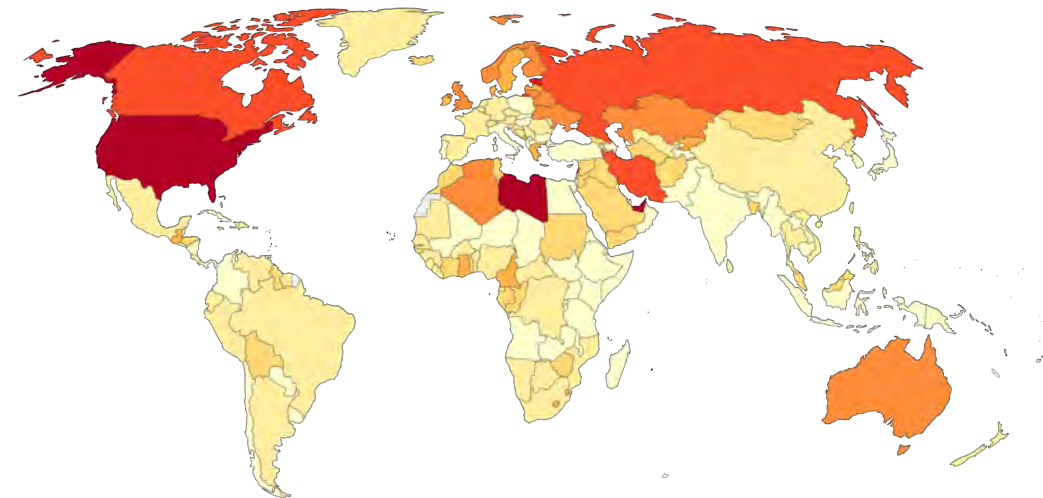
The impact of OUD from world-wide to your community

- Death rates aren't the only way to see opioid abuse, but they are perhaps the most important.
- The U.S. rate is 21.7 deaths per 100,000 people, which is the highest in the world
(Hedegaard, Miniño, & Warner, 2018)

Death rate from opioid overdoses, 2017

Death rates from opioid use disorders are measured as the number of deaths per 100,000 individuals.

Our World
in Data

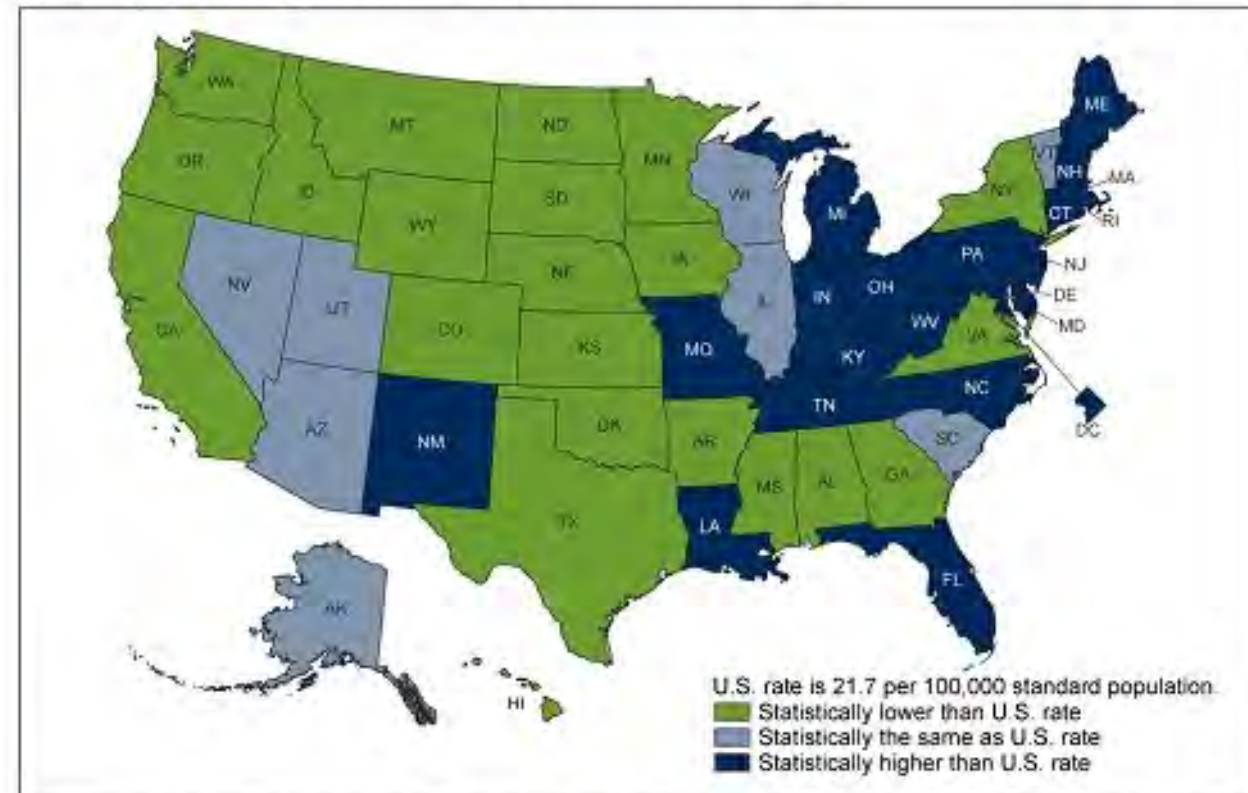


Source: IHME, Global Burden of Disease (GBD) to allow comparisons between countries and over time this metric is age-standardized. • CC BY

The impact of OUD from world-wide to your community

- New Mexico has higher rates than the US. At 24.8 of 100,000 population (vs. US at 21.7) (NMDH, 2017)
- Some things we see more of in New Mexico are populations: with lower socioeconomic presence, are in rural areas, and have more people of color, particularly Hispanic.

Figure 3. Age-adjusted drug overdose death rates, by state: United States, 2017



NOTES: Deaths are classified using the International Classification of Diseases, 10th Revision. Drug-poisoning (overdose) deaths are identified using underlying cause-of-death codes X40–X44, X60–X64, X85, and Y10–Y14. Access data table for Figure 3 at: https://www.cdc.gov/nchs/data/databriefs/db329_tables-508.pdf#3.

SOURCE: NCHS, National Vital Statistics System, Mortality.

The impact of OUD from world-wide to your community

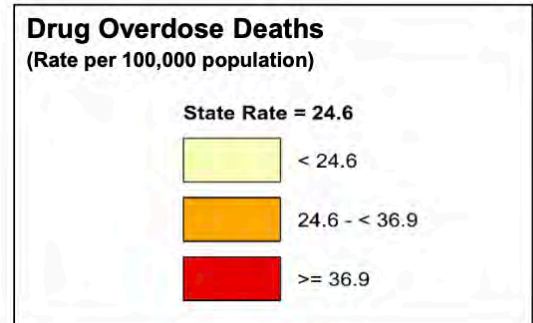
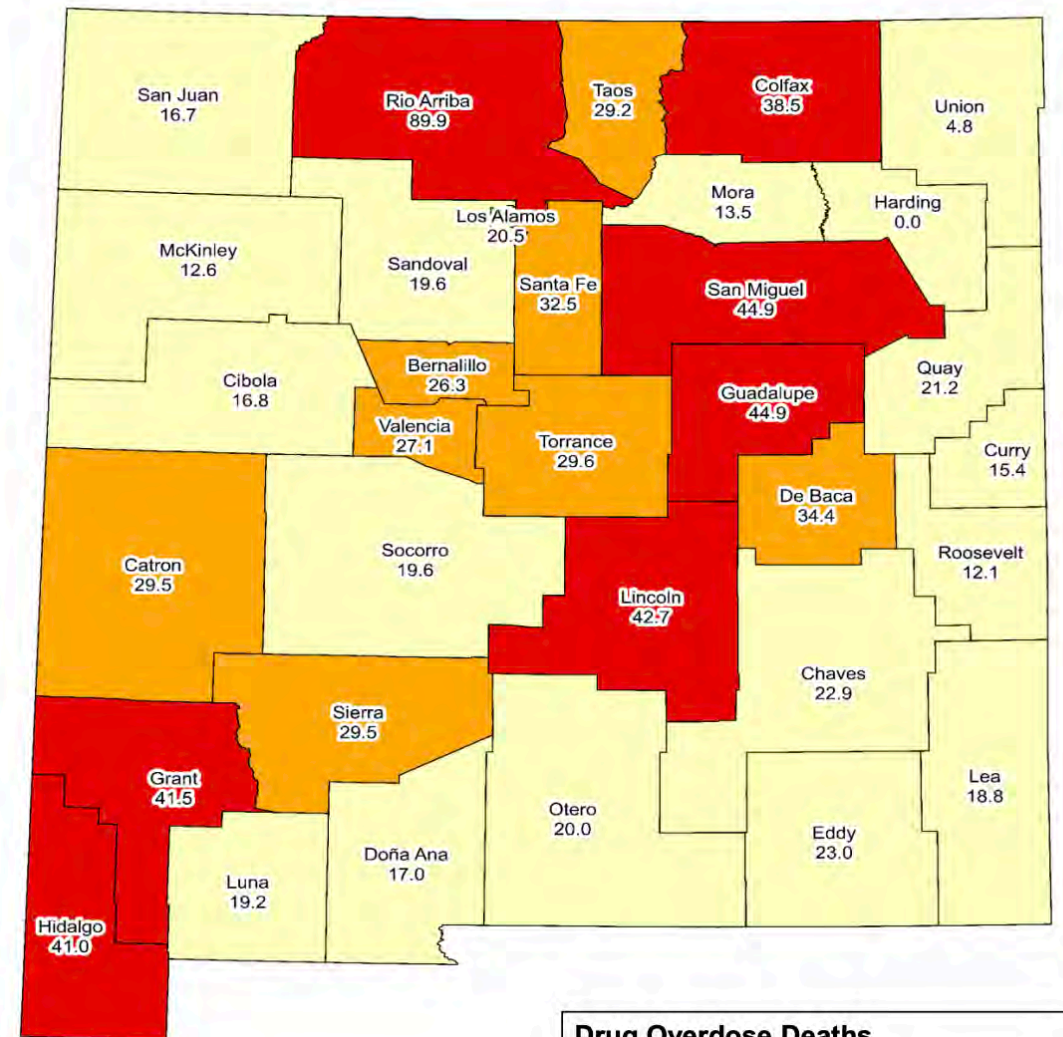
Deaths due to Drug Overdose by Year, New Mexico and U.S., 1990-2017



In 2016, New Mexico had the thirteenth highest total drug overdose death rate in the nation, including DC (most recent data available).

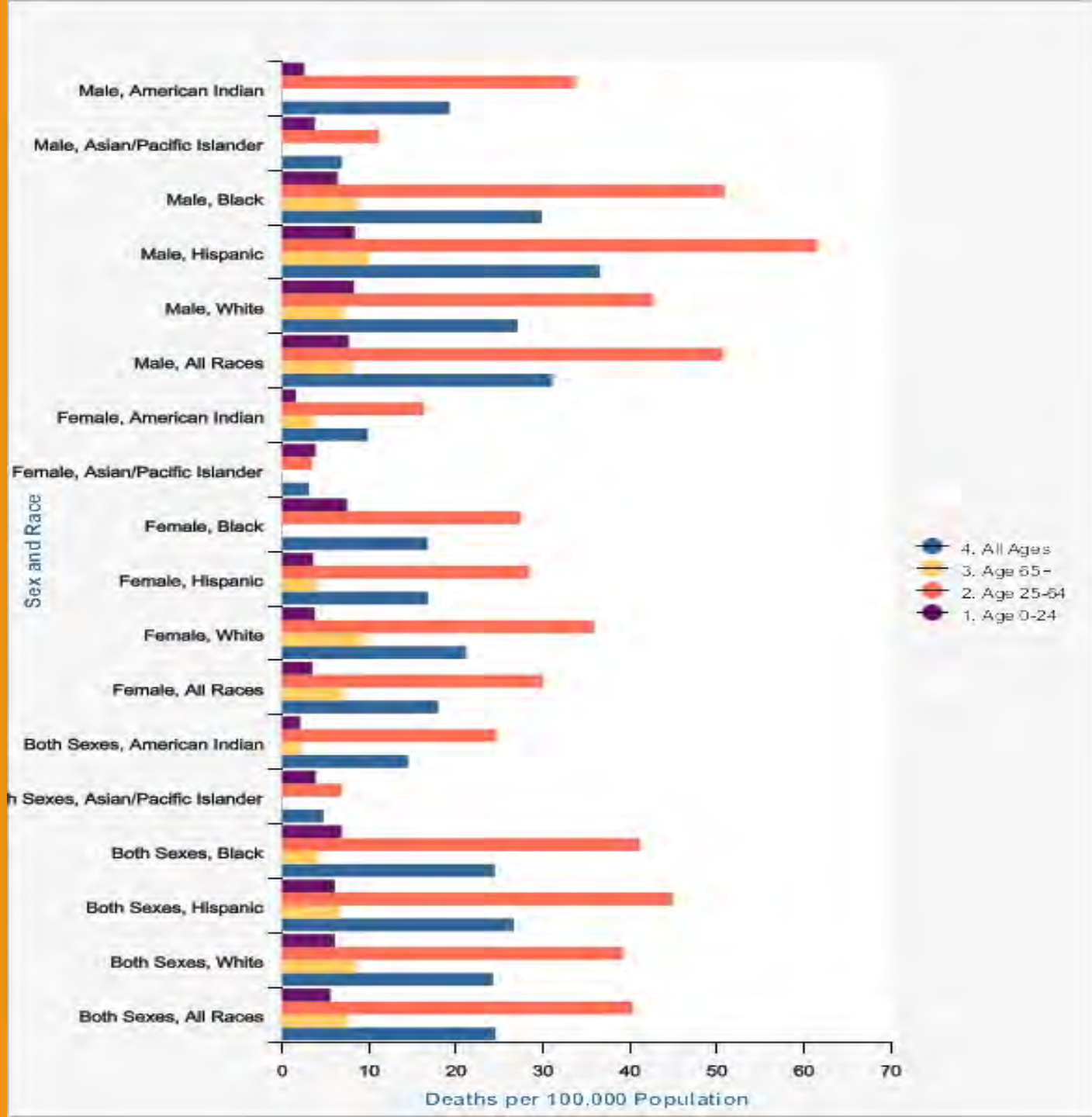
The impact of OUD from worldwide to your community

- New Mexico counties with the highest rates in descending order:
- Rio Arriba
- San Miguel
- Hidalgo
- Lincoln
- Grant
- Catron
- Guadalupe
- Colfax
- Sierra



New Mexico Drug Overdose by age, sex, and race

- Sadly, children, adolescents, and young adults up to age 24 make a measurable percent in overdose deaths in New Mexico.
- The highest OD death rates are in Hispanic males.



Where do teens get opioids?

From the Street: heroin, dope, smack, H, black tar, china white, horse, fent, M, monkey, vikes, oxy

From the Home:

- Legal prescription: a prescription in their name
- Illegal prescription: a prescription NOT in their name
- “Pharming” or “pill party” where teens bring and share family pills taken from medicine cabinet

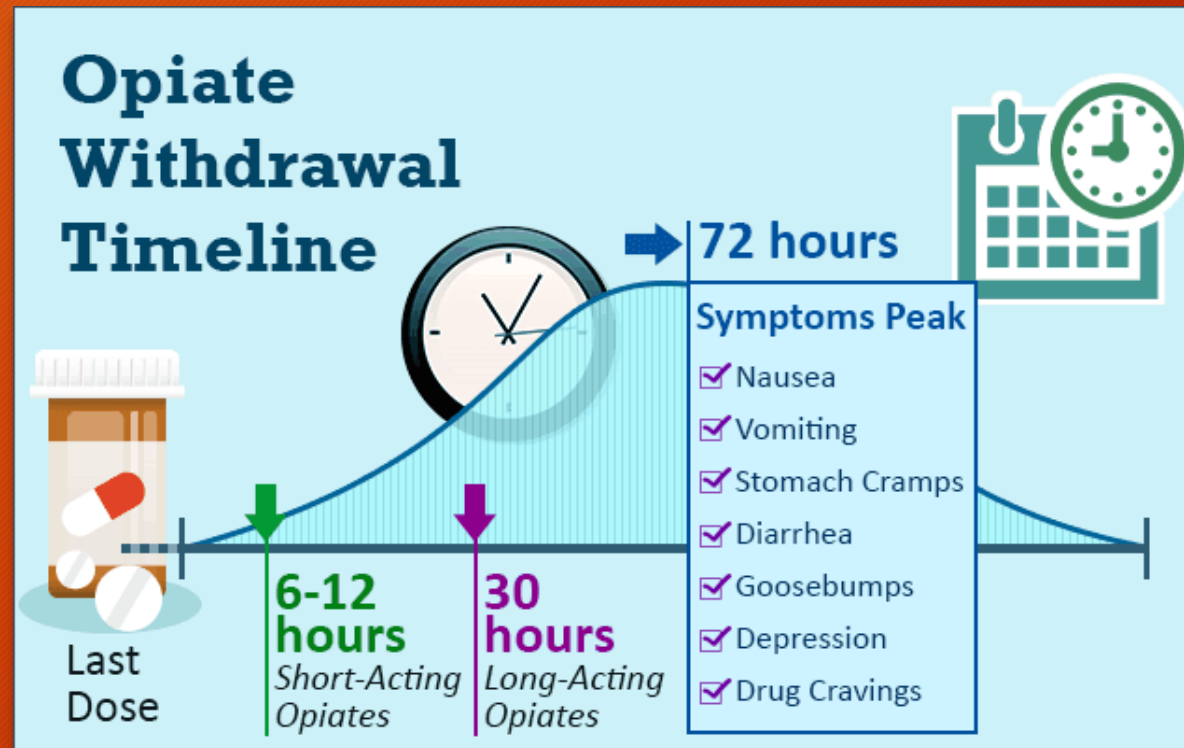


- Changes in behavior are often the first sign: skipping personal hygiene, changes in mood, social conflict, dropping grades, skipping school, loss of interest in hobbies, involvement with law enforcement, stealing money
- Presence of paraphernalia
- Signs of intoxication: extreme drowsiness, confusion, nausea, slowed breathing, pinpoint pupils

How to recognize opioid abuse and intoxication

How to recognize opioid abuse and withdrawal

- People who abuse opioids will experience withdrawal symptoms when they cut back or stop taking opioids.
- Withdrawal symptoms can include: restlessness, muscle and bone pain, insomnia, irritability, depression, nausea, vomiting, diarrhea, runny nose, yawning, and goosebumps, and cravings.



How to recognize an opioid overdose and what to do to

Look for these potential signs and symptoms...



Blue or purple
fingernails and lips



Unresponsiveness to
voice or touch



Pinpoint-sized
pupils



Recognizing an Opioid Overdose



When a person overdoses, breathing will slow dangerously and may stop altogether, eventually leading to brain damage or death.



Slow heartbeat or
low blood pressure



Slow, irregular, or
stopped breathing



Pale, clammy skin



If you suspect an opioid overdose, call 911 and get emergency medical assistance immediately.

How to recognize an opioid overdose and what to do to

- Try to wake the person up, yell or give a sternal rub
- Call 911
- If directed by 911, or you are certified, give CPR or rescue breathing
- Give Narcan to reverse the effect of an opioid overdose (if available)
- If they are breathing you can put them in the "recovery position"
- Stay with them until help arrives
- Remember, an untreated opioid overdose is often fatal, it's better to "over react" than "under respond".

Emergency Response for Opioid Overdose

nasal naloxone

harm reduction COALITION

Try to wake the person up

- Shake them and shout.
- If no response, grind your knuckles into their breast bone for 5 to 10 seconds.

Call 911

If you report an overdose, MedWatch (a program that protects you and the overdosed person from being charged with drug possession, even if drugs were shared)

Administer nasal naloxone

- Assemble nasal naloxone.
- Spray half up each nostril.
- Repeat after 2 to 5 minutes if still not conscious.

Check for breathing

Give CPR if you have been trained, or do rescue breathing:

- Tilt the head back, open the mouth, and pinch the nose.
- Start with 2 breaths into the mouth. Then 1 breath every 5 seconds.
- Continue until help arrives.

Stay with the person

- Naloxone wears off in 30 to 90 minutes.
- When the person wakes up, explain what happened.
- If you need to leave, turn the person on his or her side to prevent choking.

<https://harmreduction.org/Issues/overdose-prevention/overview/overdose-basics/responding-to-opioid-overdose/>

Resources for Extension professionals, parents, leaders, and volunteers



National Institute on Drug Abuse (NIDA) and National Institutes of Health (NIH):

Provides excellent resources for teens, teachers, and parents:

<https://teens.drugabuse.gov/>

The screenshot shows the top portion of the NIDA for Teens website. At the top, there is a dark purple banner with the "NIDA FOR TEENS" logo on the left, which includes the tagline "THE SCIENCE BEHIND DRUG USE". To the right of the logo, the text "NIDA for Teens" is displayed above a horizontal line, followed by the description: "The trusted source for science-based information on teen drug use and its effects." Below the banner, a white navigation menu is visible, featuring the heading "Get The Facts" and three main categories: "Teens", "Teachers", and "Parents". Each category is accompanied by a representative image and a brief description of the resources available.

Teens
Get the latest on how drugs affect the brain and body. Featuring videos, games, blog posts and more!

Teachers
Lessons, activities, and drug facts to educate teens about the effects and consequences of drug use.

Parents
Get information to help you talk with your teens about drugs and their effects, and learn where to go to...

(screenshots provided by respective website)

Resources for Extension professionals, parents, leaders, and volunteers



Steps to follow towards treatment for youth and for their caretakers:

<https://www.drugabuse.gov/publications/step-by-step-guides-to-finding-treatment-drug-use-disorders/table-contents>

Publications

Step by Step Guides to Finding Treatment for Drug Use Disorders Table of Contents

This publication is filled with resources and information to help you or someone you care about who might have a drug use problem.

Need help for a Substance Use issue? Choose the Step-by-Step guide that is right for you.

- You are an Adult Seeking Help
- You are a Teen or Young Adult
- You Want to Help an Adult Seek Treatment
- You Care for a Teen or Young Adult
- Step by Step Guide [en español](#)

Teacher resources including lesson plans, activity finder, drug facts, infographics, videos, and educational games:

<https://teens.drugabuse.gov/teachers>

Teachers: Classroom Resources on Drug Effects

Lessons, activities, and drug facts to educate teens about the effects and consequences of drug use.

- Lesson Plan and Activity Finder**
Search for free lessons and activities on the science and consequences of drug use. All lessons are based on national science and education standards and were developed by scientists from leading universities and the National Institute on Drug Abuse.
- Drug Facts**
Facts on the health effects and consequences of drug use for students.
- Scholastic Heads Up: Real News About Drugs and Your Body**
Educate teens about drugs, drug use, and life skills with activities and lessons from Scholastic.

Teachers

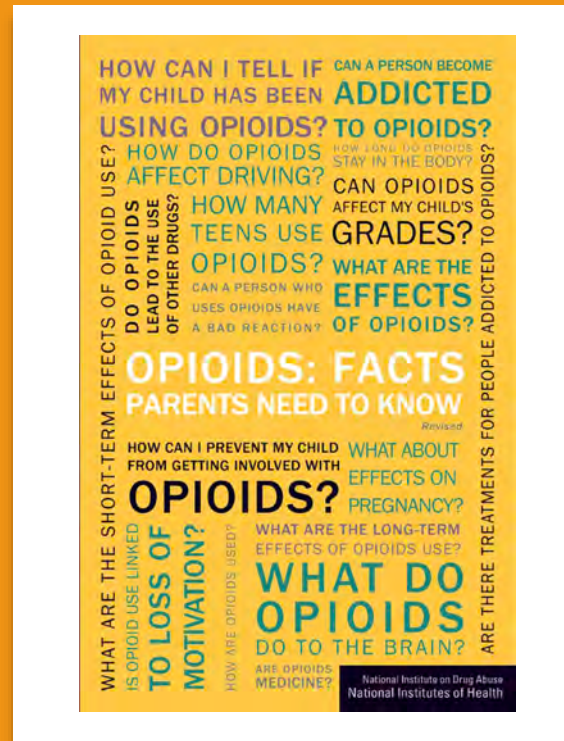
- Lesson Plan and Activity Finder
- Drug Facts
- Scholastic Heads Up: Real News About Drugs
- NIDA Kahoot!
- Drugs and Health Blog
- Addiction Science Award
- Mind Matters Series
- Brain Power Series
- Stats & Trends in Teen Drug Use with Interactive Chart
- Science on Demand: NIDA's Drug and Alcohol Lessons and Activities
- National Drug and Alcohol Facts Week®
- Videos: Exploring Drug Effects
- Infographics: Teen Drug Use

(screenshots provided by respective website)

Resources for Extension professionals, parents, leaders, and volunteers

“Opioids: facts parents needs to know”

https://www.drugabuse.gov/sites/default/files/opioid_factsforparents.pdf



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Resources for Extension professionals, parents, leaders, and volunteers: General knowledge

Center for Disease Control and Prevention (CDC)
<https://www.cdc.gov/drugoverdose/index.html>

Centers for Disease Control and Prevention
CDC 24/7: Saving Lives, Protecting People™

Opioid Overdose

Drug overdose remains a leading cause of injury-related death in the United States. Overdoses involving prescription drugs are on the rise every day. Take action and learn how to prevent and reduce harms associated with drug use, misuse, and overdose.

Fast Facts
The basics of the opioid overdose epidemic

Overdose Data to Action
Data to inform prevention and response efforts

Substance Abuse and Mental Health Services Administration (SAMHSA) <https://www.samhsa.gov/>

U.S. Department of Health & Human Services
SAMHSA
Substance Abuse and Mental Health Services Administration

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Current Topics

Second Lady and Dr. McCance-Katz discuss Mental Health EO in Philadelphia

HHS announces \$20 billion in new funding for provider relief

New mobile app: My Mental Health Crisis Plan

Statement: SAMHSA Remains Committed to the Nation's Mental Health

NSDUH 2019 shows key findings on mental health and substance use

Watch a video from Dr. McCance-Katz on NSDUH 2019

Dr. McCance-Katz delivers message celebrating Recovery Month

\$1.5 billion to states, tribes to combat opioid crisis

COVID-19 Guidance and Resources

Get Help

FindTreatment.gov
Millions of Americans have a substance use disorder.

National Suicide Prevention Lifeline

Behavioral Health Treatment Services Locator

National Helpline
1-800-662-HELP

Resources for Extension professionals, parents, leaders, and volunteers

4-H *Health Rocks!* Program has many health resources, and a fun interactive game:

<https://ianr.unl.edu/health-rocks-app>



Resource and referrals for those abusing opioids

Substance Abuse and Mental Health Services Administration (SAMHSA), a large, comprehensive resources for all, including their helpline 1-800-622-HELP (4357)

<https://www.samhsa.gov/find-help/national-helpline>

U.S. Department of Health & Human Services

SAMHSA
Substance Abuse and Mental Health Services Administration

Home | Site Map | Contact Us

Search SAMHSA.gov Search

Find Treatment | Practitioner Training | Public Messages | Grants | Data | Programs | Newsroom | About Us | Publications

Home » Find Treatment » National Helpline

Find Treatment

- Alcohol, Tobacco, and Other Drugs
- Behavioral Health Treatment and Services
- Behavioral Health Treatment Services Locator
- Disaster Distress Helpline
- Early Serious Mental Illness Treatment Locator
- Implementing Behavioral Health Crisis Care
- Mental Health and Substance Use Disorders

National Helpline

- National Suicide Prevention Lifeline [↗](#)
- Opioid Treatment Program Directory
- Recovery and Recovery Support

NATIONAL HELPLINE

SAMHSA's National Helpline – 1-800-662-HELP (4357)

SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.

Frequently Asked Questions

What is SAMHSA's National Helpline?

SAMHSA's National Helpline, [1-800-662-HELP \(4357\)](tel:1-800-662-HELP), (also known as the Treatment Referral Routing Service) or TTY: [1-800-487-4889](tel:1-800-487-4889) is a confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations. Callers can also order free publications and other information.

Also visit the [online treatment locators](#).

What are the hours of operation?

The service is open 24/7, 365 days a year.

What languages are available?

English and Spanish are available if you select the option to speak with a national representative.

How many calls do you receive?

Resource and referrals for those abusing opioids

Buprenorphine Practitioner Locator, search by city to find specialist in OUD and treatment:

<https://www.samhsa.gov/medication-assisted-treatment/find-treatment/treatment-practitioner-locator>

The screenshot shows the SAMHSA website's Medication-Assisted Treatment (MAT) section. At the top, the SAMHSA logo is displayed with the text "Substance Abuse and Mental Health Services Administration". Navigation links include Home, Site Map, and Contact Us. A search bar is present with the text "Search SAMHSA.gov" and a "Search" button. Below the navigation bar, a dark blue menu contains links for Find Treatment, Practitioner Training, Public Messages, Grants, Data, Programs, Newsroom, About Us, and Publications. A "SHARE" button with social media icons is also visible.

The main content area features a sidebar on the left with a red header "Medication-Assisted Treatment" and several menu items: "MAT Medications, Counseling, and Related Conditions", "Find Medication-Assisted Treatment", "Become a Buprenorphine Waivered Practitioner", "Find Buprenorphine Waiver Training", "Buprenorphine Practitioner Resources and Information", "Pharmacist Verification of Buprenorphine Providers", "Become an Accredited and Certified Opioid Treatment Program (OTP)", "OTP Resources and Information", "State Opioid Treatment Authority (SOTA)", and "Statutes, Regulations, and Guidelines".

The main content area displays a map of the United States with state abbreviations. Below the map is a search form with the following fields: "ZIP Code" (containing "88012"), "Distance from ZIP" (a dropdown menu set to "250 Miles"), "City" (an empty text input), and "State" (a dropdown menu set to "New Mexico"). "Apply" and "Reset" buttons are located at the bottom of the form.

Resource and referrals for those abusing opioids

Your local health department has lots of resources, as well as providing Narcan (naloxone, opiate “antidote ” in case of overdose):

<https://www.nmhealth.org/>



THANK YOU!

This concludes the informational webinar!

- If you opted to take the pre-test, please take the **POST-TEST**
- Click on the following link located in the “chat” feature of this zoom meeting or hand type into your web-browser:

https://chssnmsu.az1.qualtrics.com/jfe/form/SV_1SIGTdtXiQ9IBB3

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- <http://www.oecd.org/els/health-systems/opioids.htm> (Image of vial and pills)
- <https://anrclinic.com/blog/opioid-vs-opiate/> (figure Difference between and opioid and an opiate)
- <https://harmreduction.org/issues/overdose-prevention/overview/overdose-basics/responding-to-opioid-overdose/> (responding to overdose figurer and guidelines)
- <https://ibis.doh.nm.gov/query/result/mort/Indicator/Drug.html>
- <https://ourworldindata.org/illicit-drug-use> (figure Death Rates from opioid overdose)
- <https://dph.illinois.gov/topics-services/opioids/idph-data-dashboard.html>
- <https://www.drstacygreen.com/opioid-withdrawal/> (figure, opioid withdrawal timeline)
- <https://www.k12academics.com/substance-abuse/substance-abuse-prevention>
- https://www.keepcalmandposters.com/poster/6206132_keep_calm_and_be_4_h_strong_keep_calm_and_be_4_h_strong (4-H strong picture)

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- <https://www.nmhealth.org/publication/form/105/> (age of consent for treatment information)
- <https://www.nsc.org/home-safety/safety-topics/opioids/what-you-can-do> (image, examples of opioid containing medications)
- <https://www.webmd.com/pain-management/ss/slideshow-opioids> (image of various opioids)
- <https://www.wuwm.com/post/grip-heroin-part-1-trends-wisconsin#stream/0> (image of drug paraphernalia)
- **Mirininstitute.org (community wheel figure)**
- **New Mexico Department of Health. (2017). Complete Health Indicator Report of Drug Overdose Deaths.**
<https://ibis.doh.nm.gov/query/result/mort/Indicator/Drug.html>. (Deaths due to Drug Overdose by Age, Sex and Race/Ethnicity, New Mexico, 2013-2017)
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- **NIDA. 2020, June 10. Prevention Principles.** Retrieved from <https://www.drugabuse.gov/publications/preventing-drug-use-among-children-adolescents/prevention-principles> on 2020, November 3 (Prevention information)
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- **Source: National Institute on Drug Abuse; National Institutes of Health; U.S. Department of Health and Human Services.**
<https://www.drugabuse.gov/> (NIH, NIDA, home page)
- **U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES NIH Publication No. 19-DA-8076 Printed June 2019 Source: National Institute on Drug Abuse; National Institutes of Health; U.S. Department of Health and Human Services.**