



# Fairfax County Youth Substance Use Prevention Initiatives

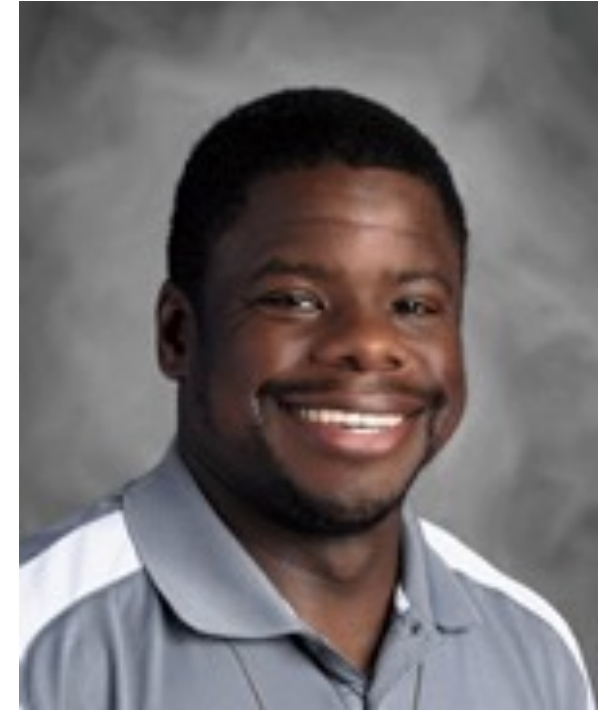
August 24, 2023

Stefan Mascoll, Coordinator, Student Safety and Wellness Office, Fairfax County Public Schools (FCPS)  
Raymond Paden, Behavioral Health Prevention Supervisor, Fairfax-Falls Church Community Services Board (CSB)  
Ellen Volo, Fairfax County Opioid and Substance Use Task Force Coordinator

- Ellen Volo, Fairfax Opioid and Substance Use Task Force Coordinator
- Coordinates Fairfax County's multi-pronged, cross-systems opioid response strategy
- Background in public policy, government affairs and consulting



- Stefan Mascoll, FCPS Student Safety and Wellness Coordinator
- Former Assistant Principal and Prevention Specialist
- Provides education, prevention and intervention strategies throughout the division K-12
- Highlights:
  - Youth substance use
  - Bullying prevention and response
  - Student mentoring
  - Gang prevention



- Raymond Paden, Program Manager for the Fairfax County Wellness, Health Promotion and Prevention Team with the Community Services Board
- Facilitator in various prevention initiatives including Mental Health First Aid, Opioid Overdose Naloxone Education (Revive), Talk They Hear You, Question, Persuade, Refer (QPR), Adverse Childhood Experiences (ACEs)
- Has a counseling background with experience working in Mental Health, Substance Misuse, and Prevention Services



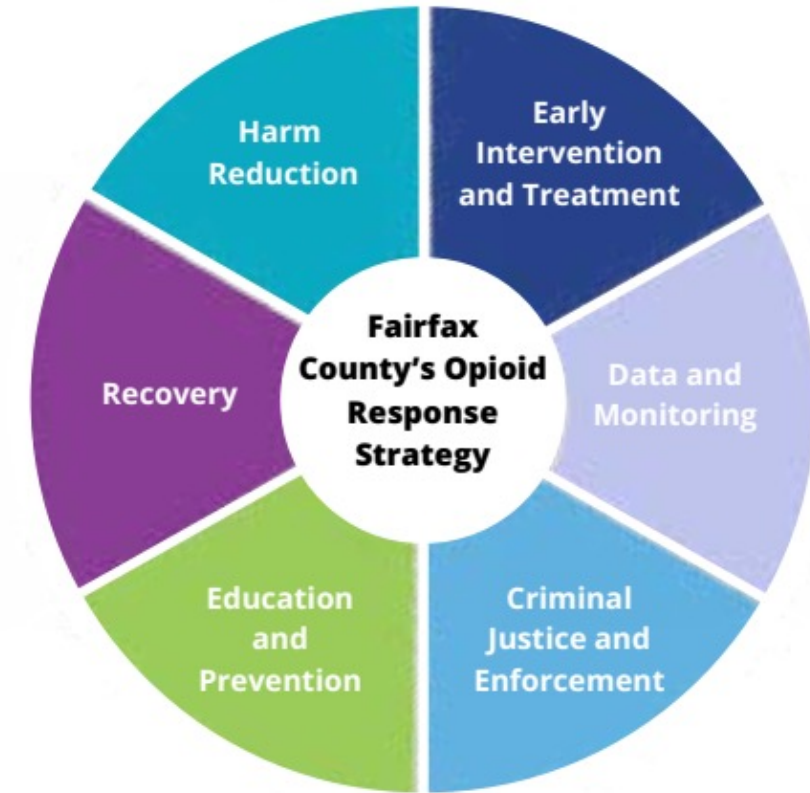
# Agenda

- Overview of Fairfax County's Opioid Response Strategy
- School-Based Prevention Initiatives
- Community Services Board (CSB)-led Prevention Initiatives



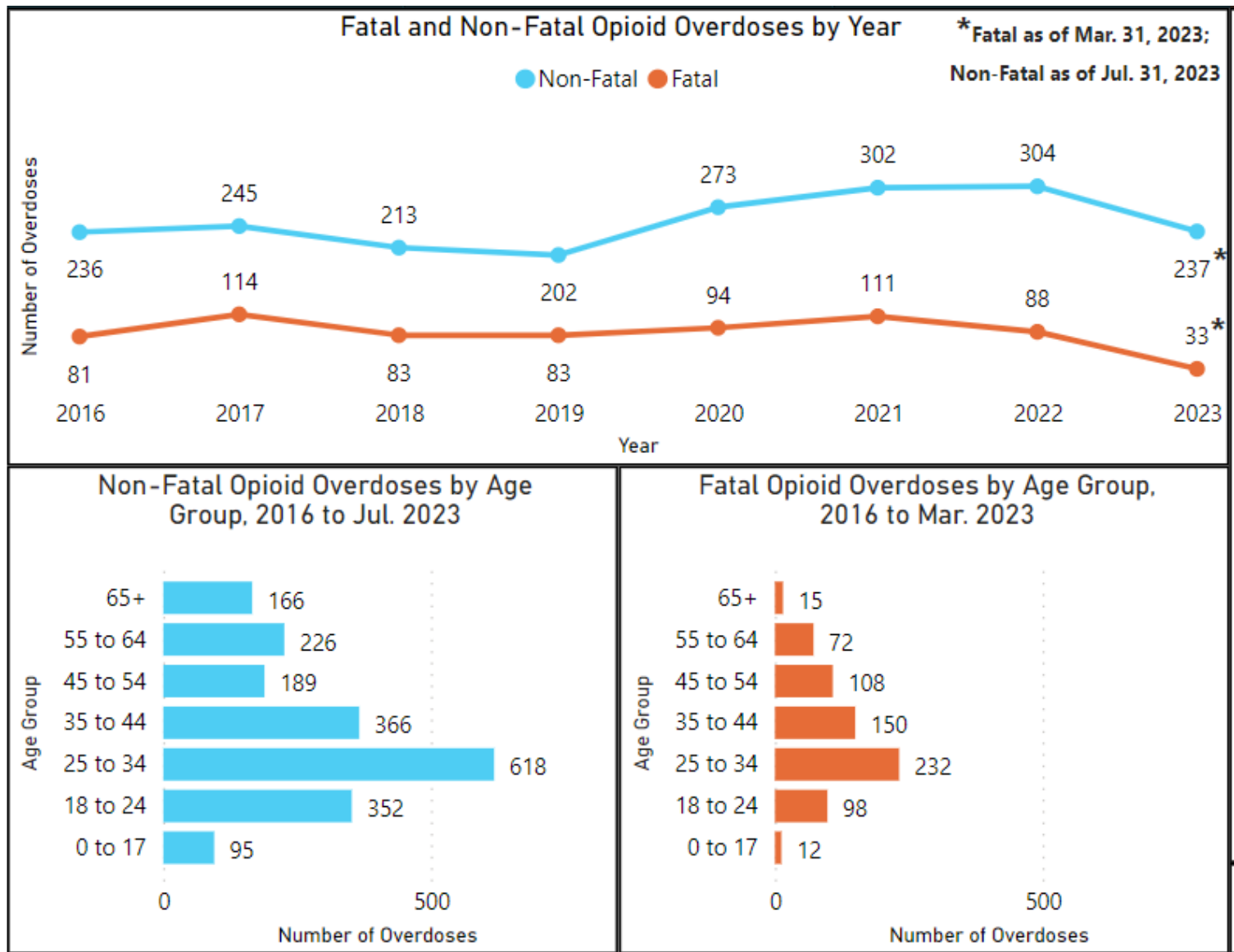
# Fairfax County's Opioid Response Strategy

- Created in 2017
- 40+ programs/activities are underway or in development involving 15+ County agencies and many other stakeholders
- Goals of [FY23-25 Opioid Response Plan](#):
  - Reduce opioid-related deaths
  - Improve the quality of life of individuals impacted by opioid use disorder
  - Use data to describe the problem, target and improve interventions, and evaluate effectiveness
- Historically, most youth activities were in the education/prevention area
- Recalibrating to build out youth activities across the spectrum from prevention to recovery



# Opioid Overdoses Occurring in the Fairfax Health

**687**  
opioid overdose  
fatalities in our  
community  
from 2016-2023 Q1.



Scan to view the  
Fairfax Opioid  
Dashboard



[www.bit.ly/ffx-opioid-data](http://www.bit.ly/ffx-opioid-data)

# Examples of Programs/Activities

**Education and Prevention:** Communications Campaign (February 2023), Fairfax Prevention Coalition

**Early Intervention and Treatment:** Community-based and jail-based medication for opioid use disorder (MOUD) programs

**Data and Monitoring:** Opioid Dashboard

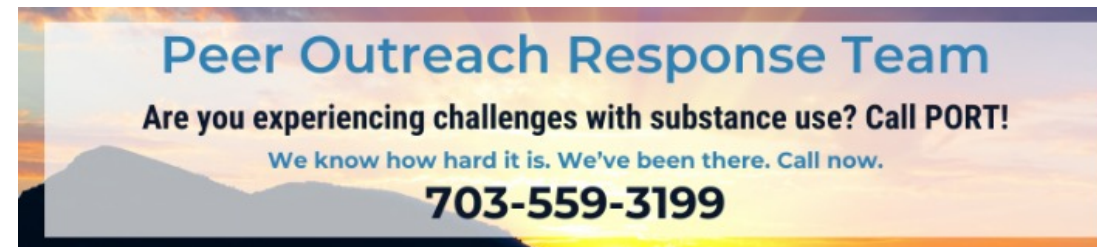
**Criminal Justice and Enforcement:** FCPD Overdose Investigation Unit

**Harm Reduction:** Fire and Rescue Department Leave Behind Narcan Kits

**Recovery:** Peer Outreach Response Team



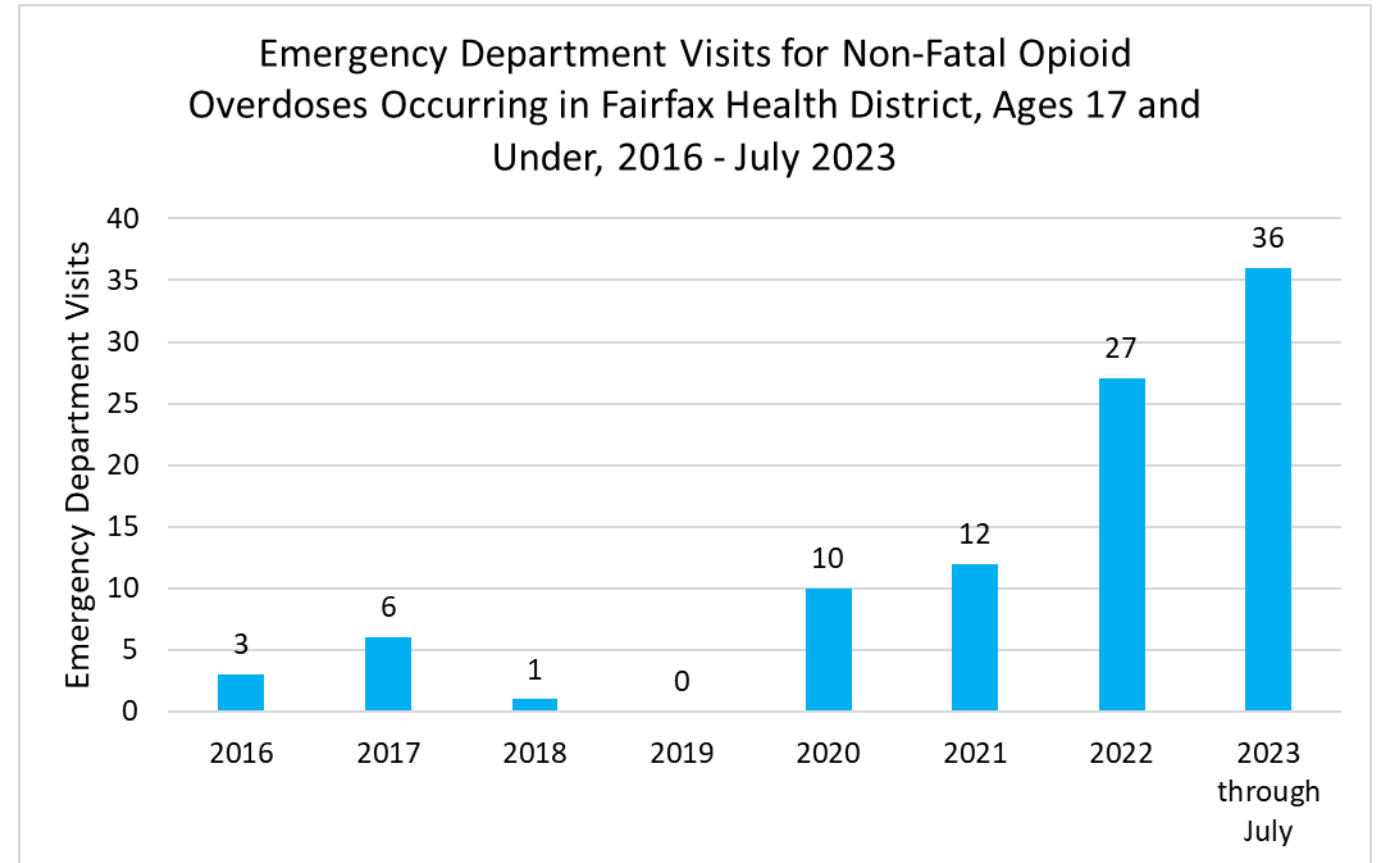
*“At the Fairfax County Adult Detention Center, it’s hard to describe how differently incarceration of addicted people looks compared to the vomit buckets and overcrowded cells I witnessed in so many other American jails.” – Raising Lazarus, by Beth Macy (author of NYT Bestseller Dopesick)*





# Youth Overdose Data

- From 2020 through 2022, there have been 7 fatal opioid overdoses in youth, all involving fentanyl
- Increase in ED visits for non-fatal opioid overdose among youth ages 17 and under from 2019 through present



National increase in youth fatal overdoses involving illicit fentanyl:  
[https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9006103/#:~:text=There%20were%20518%20deaths%20among,%20100%20000\)%20in%202021.](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9006103/#:~:text=There%20were%20518%20deaths%20among,%20100%20000)%20in%202021.)

*Source: Electronic Surveillance System for the Early Notification of Community-based Epidemics (ESSENCE), Virginia Department of Health*

# Examples of Youth Programs/Activities

- Substance Abuse Prevention Specialists (SAPS) Program - provides substance use prevention, education and intervention services to youth and their parents.
- Expanded Narcan availability in FCPS and the community
- Trainings available for County/school staff and community members (parents and youth)
- Public messaging and community presentations
- Post-overdose outreach for youth encountered by public safety for a nonfatal overdose
- Enhancing/expanding local treatment options for youth with substance use disorder
  - OAA cooperative grant award providing funds for youth substance use disorder withdrawal management/residential treatment in DBHDS Region 2 (NOVA CSBs)

## There aren't enough facilities to treat all kids hooked on opioids



Analysis by Zachary B. Wolf, CNN

Published 9:15 AM EDT, Sat Apr 8, 2023



Craig Kohlruess/Fresno Bee/Getty Images

<https://www.cnn.com/3202/04/08/politics/narcan-fentanyl-opioids-what-matters/index.html>

# FCPS Substance Abuse Prevention Program

Substance Abuse Prevention Specialists are based in each high school and provide youth substance use prevention, education and intervention to all pyramid schools using a tiered approach.

## Tier 1

- Parent & family support
- Staff support
- Student prevention
- Government & division support
- Community support

## Tier 2

- Brief screening & education
- Student intervention

## Tier 3

- Student intervention
- Warm Hand-off



# School-based Response, Intervention, Prevention, and Education

- Health & P.E. Alcohol and Other Drug Education (K-10)
  - 11th & 12th grade education
- Substance Abuse Prevention Specialists (SAPS)
- Overdose Response Protocols
- Policy and Regulation
  - Naloxone is stocked in all schools
  - Students may carry naloxone on their person on school grounds
  - Select school staff have been trained to administer naloxone
  - Naloxone is available on buses
- Community Education




**REVIVE!**  
Opioid Overdose and Naloxone Education

REVIVE! provides training on how to recognize and respond to an opioid overdose emergency.

**Sign up for a free virtual**



# Substance Abuse Prevention Programming



**ROBINSON**  
Parent, Teacher, Student Organization  
**PTSO**

**OPIOIDS Abuse & Misuse**  
talk by  
**Tiffany Jones**

Hybrid Meeting @ 7pm  
In Person @ Media Center  
& via zoom  
Meeting ID: 962 6182 2600  
Passcode: 629858

**15th MARCH  
2023**



**SEPTA**  
Fairfax County

**FCPS**

## What Parents Need to Know About Drugs and Their Students with Disabilities

A special presentation for the  
Fairfax County Special Education PTA  
by Tiffany Jones, FCPS Senior  
Substance Abuse Prevention Specialist  
FCPS Student Safety & Wellness Office

**You will learn:**

- Basic info about alcohol, nicotine, cannabis, & opioids
- Medication safety practices, drug interaction, & misuse risk factors
- About ADHD & substance misuse
- Prevention & coping techniques

**Join us on Zoom**  
**Tuesday, April 25 at 7:00pm**

Register **FREE** at this link:  
<https://tinyurl.com/SEPTAAprilGenMem>





## **Fairfax-Falls Church Community Services Board Wellness, Health Promotion and Prevention**

*"The Fairfax-Falls Church Community Services Board's (CSB) Wellness, Health Promotion & Prevention Team strengthens our community's emotional health and ability to handle challenges related to mental health concerns and substance misuse through trainings, workshops, presentations, and campaigns."*

# Defining Prevention

Mental health and substance misuse prevention is defined as intervening to minimize mental health and substance misuse problems by addressing determinants of mental health and substance misuse problems before a specific mental health/substance misuse problem has been identified in the individual, group, or population of focus with the goal of reducing the number of future mental health and substance misuse problems in the population.

# Prevention Strategies for Youth

## Ineffective Prevention Strategies

- Fear Arousal (Scare Tactics)
- One-time events
- Personal Testimonies (ex. from someone in recovery)
- Reinforcing exaggerated social norms (ex. sensationalizing about high rates of use)
- Fact sheets/Knowledge based interventions

## Effective Prevention Strategies

- Building social and personal skills
- Cite immediate consequences
- Communicate positive peer norms
- Involve youth
- Interactive approaches – give youth an opportunity to practice learned skills

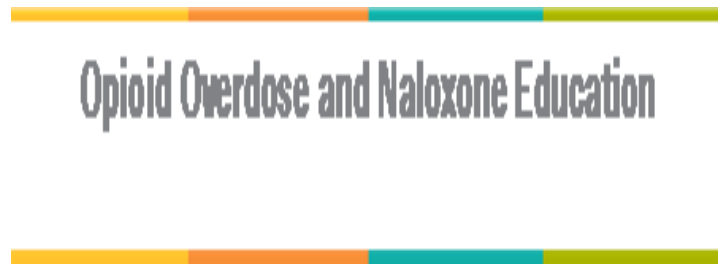
# Prevention Successes and Challenges

## Successes

- Increased engagement in communities where there are limited resources with the intention to build consistency which improves trust
- Focused on increasing inclusion of youth participation and developing targeted initiatives with their input
- Partnerships with other health and human services agencies

## Challenges

- Having specific programing targeted to youth that is strengths focused and relatable
- Having youth participating in planning and discussions
- Working in silos and overlap
- Engaging children who are ages 5-12 (**exposure to negative influences/activities in the environment**)





# Some ways we work with youth in the Fairfax County area

- Facilitate trainings in community and in schools (Opioid Overdose Naloxone Education)
- Engaging youth at community events throughout the county and the Fairfax Prevention Coalition
- Working and supporting initiatives that are specific to youth (Photovoice)
- Partnering with other public safety, health and human services agencies

# Partners include:

- Fairfax County Public Schools
- Fairfax Health Department
- Fairfax Neighborhood and Community Services
- Fairfax Fire and Rescue Department
- Fairfax County Police Department
- Fairfax Sheriff's Office
- Fairfax Court System partners
- Faith-based and community organizations
- Fairfax Opioid and Substance Use Task Force
- Fairfax Prevention Coalition
- Fairfax County Equity Team
- And more!

# How do we collaborate with our partners to serve youth and their families?

- Collaborating consistently at community events (town halls, school events, resource fairs, etc.)
- Facilitating trainings for our community partners and youth served in the area (Opioid Overdose Naloxone Education)
- Ongoing workgroups and meetings to find positive and effective ways to engage youth in the Fairfax County area

## Example #1 – Opioid Educational Town Halls

These informational sessions were held in partnership between FCPS, Board of Supervisors, Health Department, Police Department, Opioid Task Force, and the Community Services Board joining together to do presentations where we talked directly to parents, youth, and concerned community members about the realities of the opioid epidemic





**Example #2 - Barbershop Talks** are a collaboration between the Health Department, Community Services Board, Police Department, Local Business Owners and Concerned Residents. Community voices, experiences, and needs are elevated. These events allow the community to take the lead while we provide the support.



## Example #3 – Community Impact Coalition

This is event series that came out of work we did with the Barbershop Talk events where partners including Neighborhood Community Services (NCS), Health Department, Local Business Owners, Faith-Based Community, Community Services Board, Fairfax Police Department



## Example #4 Opioid Overdose Naloxone Education Training series with Boy Scouts of America –

This event was a partnership between Faith-Based Organizations, Community Services Board, the Boy Scouts of America, and concerned parents and residents who wanted to learn about Opioid Overdose and Naloxone Education



# Where are we going with our prevention services?

- Keep increasing our partnership activities for a cross sectional approach with cohesive messaging
- Developing targeted prevention interventions for youth with youth included in the conversations and development ("nothing about us without us")
- Making sure we are inclusive of families in all prevention efforts
- Continued evaluation of prevention services to ensure they are effective to the community

# Initiatives we will be working on over the next year include:

- Lift Up Virginia (LUV)
- Problem gambling
- Cannabis (and other substances including Xylazine)
- Mental Health Education for youth focused on anxiety, depression, stress
- Activate Your Wellness
- Engaging with the most in need communities who have a lack of resources and access to services







# Questions?

For more information:

<https://www.fairfaxcounty.gov/topics/opioids>

Raymond Paden: [Raymond.paden@fairfaxcounty.gov](mailto:Raymond.paden@fairfaxcounty.gov) or 703-481-4170

Stefan Mascoll: [smascoll@fcps.edu](mailto:smascoll@fcps.edu) or 571-423-4270

Ellen Volo: [ellen.volo@fairfaxcounty.gov](mailto:ellen.volo@fairfaxcounty.gov) or 703-324-7073

# FCPS SAPS

- ❖ Parents/Guardians can call their child's school front office staff or ask their counselor to connect to their school's assigned SAP Specialist.



OR

- ❖ Contact the Office of Student Safety and Wellness:  
<https://bit.ly/3tG5Mw0>  
571-423-4270

Additional SAP Program info:



- ❖ FCPS resources
  - Search Keywords: ATOD, SSAW, Vaping



# CSB Resources

If the situation is immediately life-threatening, call 911.

**Fairfax-Falls Church Community Services Board (CSB) Emergency Services (24/7)** - Available for people who have a mental illness, substance use disorder, and/or developmental disability in need of immediate help

703-573-5679 | <https://bit.ly/CSB247>

**CSB Fairfax Detoxification Center (24/7)** - short-term residential program to help adults safely detoxify from the effects of drugs and/or alcohol

703-502-7000 | <https://bit.ly/CSBdetox>

**CSB Entry and Referral** - Assessment and referral services available for youth, adults, and pregnant women including office-based opioid treatment

Call 703-393-8500 M-F 9AM-5PM | <https://bit.ly/CSBentry>

**Walk-in Services** – Youth and adults can also come in person, without prior appointment, to be screened for services at the Sharon Bulova Center for Community Health, M-F 9AM-3PM. First come, first served.

**CSB Peer Outreach Response Team (PORT)** - Peer support specialists available

703-559-3199 | <https://bit.ly/CSBPORT>

**CR2 (24/7)** - Provides rapid response to children, youth and adults facing a mental health or substance use crisis.

572-364-7390 | [www.cr2crisis.com](http://www.cr2crisis.com)

**REACH (24/7)** - Crisis stabilization for persons with developmental disabilities.

855-897-8278 | <https://bit.ly/3Lc6YwX>

Scan this QR  
code for more  
information.



# Local Resources - Education/Awareness

## Trainings/presentations:

- March 2023 webinar *Preparing Families for Difficult Conversations about Alcohol & Drugs*, hosted by FCPS in collaboration with FCPD and CSB
  - <https://www.youtube.com/watch?v=6ABUcTqgQbl>
- Opioid Overdose Education and Training- how to recognize and reverse opioid overdoses (residents receive free Narcan upon completion of the training) <http://bit.ly/revive-csb>
- Mental Health First Aid - how to identify, understand, and respond to signs of mental health challenges and substance use disorder (youth and teen-specific versions available) <http://bit.ly/CSB-MHFA>
- Spring 2022 Youth Substance Use Trends Webinar (FCPS and Fairfax County government)
  - <https://www.fcps.edu/resources/student-safety-and-wellness/substance-webinar>
- **Fairfax County Neighborhood and Community Services Prevention:** prevention programs on topics such as substance use and effective parenting available upon request by schools/organizations; email: [ncs-prevention@fairfaxcounty.gov](mailto:ncs-prevention@fairfaxcounty.gov)

## Communication tools

- NewsCenter article:
  - Text can be edited for use in newsletters; includes information on fentanyl and community resources available
  - <https://www.fairfaxcounty.gov/news/opioids-learn-how-get-help-and-prevent-overdoses>
- Communications toolkit:
  - Social media graphics in multiple languages available for use by community members and organizations
    - <https://www.fairfaxcounty.gov/topics/opioids-communications-toolkit>

## **National Suicide Prevention Lifeline: 988**

- Veterans – Press 1
- En Espanol: 1-800-628-9454

[suicidepreventionlifeline.org](https://suicidepreventionlifeline.org)

## **Crisis Text Line: Text HOME to 741741**

- A live, trained Crisis Counselor receives the text and responds through a secure online platform.

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

## **PRS CrisisLink: 988 Text line: CONNECT to 855-11**

- offers crisis intervention, suicide prevention, and support to individuals in order to foster self-sufficiency by providing problem-solving skills and information on community resources so callers and texters can better cope with emotional trauma, personal and family crises.

<https://prsinc.org/crisislink/>



# Additional Resources

**Healthy Minds Fairfax:** provides information on identifying behavioral health needs and finding care  
<https://bit.ly/36OAha0>

**Chris Atwood Foundation:** local non-profit providing a wide range of substance use services  
<https://www.thecaf.org/>

**Child Mind Institute:** provides resources parents can use to teach kids mental health and coping skills  
<https://childmind.org>

**One Pill Can Kill:** U.S. DEA education/prevention materials on counterfeit pills <https://www.dea.gov/onepill>

**Operation Prevention:** No-cost, online prevention tools for educators, families, and professionals, developed by the U.S. DEA in partnership with Discovery Education [www.operationprevention.com](http://www.operationprevention.com)

**National Institute on Drug Abuse:** leads scientific research on drug use and addiction [www.nida.nih.gov](http://www.nida.nih.gov)

**Substance Abuse and Mental Health Services Administration:** online locator for substance use and mental health treatment [www.samhsa.gov/find-treatment](http://www.samhsa.gov/find-treatment)