COVID-19 Behavioral Health Task Force

May 28, 2021
Welcome to today’s Behavioral Health Task Force Meeting

We will begin shortly. All lines have been automatically muted.
While you are waiting TEST YOUR AUDIO.
LISTEN FOR MUSIC.
Please use the chat feature for questions or raise your hand.

Thank you.
Behavioral Health Task Force Agenda

• Welcome: Dr. Sara Salek
• ADHS Update: Rachel Garcia
• Fentanyl Overdose Prevention: Merilee Fowler & Shelley Mowrey (15 min)
• Social Connectedness Campaign: Chris Minnick (15 min)
• Paxis Update: Dr. Dennis Embry & Carmen Irving (15 min)
• Questions, Open Discussion & Wrap-Up: All
ADHS Update

Rachel Garcia
Fentanyl Overdose Prevention

Merilee Fowler, Executive Director
MATFORCE and Community Counts
Shelly Mowrey, Director
Prevention Works AZ
The Rise of Fentanyl

Saving Lives by Moving Communities from Understanding to Action

Substance Abuse Coalition Leaders of Arizona
• Apache County Youth Council
• BeMedSmart
• Casa Grande Alliance
• Chandler Coalition Against Youth Substance Abuse
• Copper Basin Coalition
• Fountain Hills Substance Abuse Prevention Coalition
• Graham County Substance Abuse Coalition
• Help Enrich African American Lives
• HOPE Coconino
• LPKNC
• Marana Prevention Alliance
• MATFORCE
• Mayahuel Prevention Consortium
• Mesa Prevention Alliance
• Mohave Substance Abuse Treatment & Education Partnership
• Nexus Coalition for Drug Prevention
• PAACE Coalition
• Pima County Community Prevention Coalition
• South Mountain W.O.R.K.S. Coalition
• Tempe Coalition to Reduce Underage Drinking and Drug Use
• Safe Out LGBTQ+ Youth Coalition
• Santa Cruz County Drug Free Community Coalition
• Way Out West Coalition
Prevention and Education Initiative
based on 27 community forums
Fentanyl and Counterfeit Pills

Toolkit – 4 Tabs

- Fentanyl and Counterfeit Pill Education and Awareness
- Naloxone Education and Awareness
- Youth Resiliency
- Addressing Stigma

Materials in English and Spanish
Tab 1:
Fentanyl and Counterfeit Pill – Education & Awareness

PowerPoints – Adults and Youth
Media Materials
PSA’s
Posters
Social Media Creative
Takeaways for Community
Fact Sheets
Talk Tips
Postcards
The Rise of Fentanyl in Arizona
From Understanding to Action

I took percs and fentanyl and now I can barely breathe.

I'm scared to go back to jail. Please don't tell.

Call your mom now. You're not alone.
You have a lot more to lose than you realize.

I can't breathe
Fentanyl Facts and One Sheets

- Fentanyl Facts
- Families
- Pediatrists
- Older Adults
- Young Adults
- Schools
- Behavioral Health

Fentanyl Facts for Families

What is fentanyl and how does it work in the body?
Fentanyl is a powerful synthetic opioid that is 100 times more potent than morphine. It binds to the same opioid receptors in the brain as natural opioids, but it works more rapidly and has a shorter duration of effect.

Why is fentanyl a problem in Arizona?
Fentanyl is the most common cause of accidental opioid deaths in Arizona, often as young as 14 years old have overdosed and died.

How can you help?
- Talk to your child about the dangers of drugs and the importance of staying safe.
- Encourage them to seek help if they feel tempted to try fentanyl.

Fentanyl Facts for Schools

What can schools do to prevent fentanyl use?
- Educate students about the dangers of fentanyl and the importance of staying safe.
- Encourage them to seek help if they feel tempted to try fentanyl.

Fentanyl Facts for Behavioral Health

What can behavioral health professionals do to prevent fentanyl use?
- Educate patients about the dangers of fentanyl and the importance of staying safe.
- Encourage them to seek help if they feel tempted to try fentanyl.

Fentanyl Facts for Older Adults

What can older adults do to prevent fentanyl use?
- Talk to their healthcare provider about the dangers of fentanyl and the importance of staying safe.
- Encourage them to seek help if they feel tempted to try fentanyl.

Fentanyl Facts for Young Adults

What can young adults do to prevent fentanyl use?
- Talk to their parents and close friends about the dangers of fentanyl and the importance of staying safe.
- Encourage them to seek help if they feel tempted to try fentanyl.

Fentanyl Facts for Schools

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Fentanyl – Counterfeit Pill Handouts

Can you tell which pill contains a deadly dose of Fentanyl?

Neither can your child.

Arizona teens and young adults are using their phones to buy and sell counterfeit pills laced with Fentanyl ...

... and they’re overdosing at an alarming rate. Don’t wait until it’s too late. Here are 3 simple things you can do:

1. Talk with your child about NEVER taking a pill that’s not prescribed to them.
2. Monitor your child’s texts and social media.
3. Get the FACTS on Fentanyl at TalkNowAz.com

Even if you don’t think your child is taking pills, talking with them could be the reason they never do.
Social Media

Can you tell which pill contains a deadly dose of Fentanyl?

Neither can your child.

Meet the new drug dealer in town.

Arizona teens and young adults are using their phones to buy and sell counterfeit pills laced with Fentanyl. ...and they're overdosing at an alarming rate.

I took percs and fentanyl and now I can barely breathe.

I'm scared to go back to jail. Please don't tell.

Call your mom now. You're not alone.

You have a lot more to lose than you realize.

I can't breathe

David was 14.
This was his last text before he died of an overdose.
Community Outreach

Can you tell which pill contains a deadly dose of Fentanyl?

Neither can your child.

EVEN DAY, Arizona youth are buying counterfeit pills laced with Fentanyl through texts and social media.

They’re OVERDOSING at an alarming rate.

DON’T WAIT until it’s too late. Here’s what you can do to prevent it:

1. Talk with your child about NEVER taking a pill that’s not prescribed to them.

2. MONITOR your child’s texts and social media.

3. Get the FACTS on Fentanyl at TalkNowAz.com

Even if you don’t think your child is taking pills, talking with them could be the reason they never do.
The Newest Drug Dealing Trend
How youth are accessing substances from places we thought were safe
What you can do to protect them

NAME OF PRESENTER AND COALITION INFORMATION

Substance Abuse Coalition Leaders of Arizona
Snapchat and Social Media

• Snapchat and Social Media Power Point
• Fact Sheet
• Online and Social Media Contracts for Families
Community Awareness - Radio

- English
  - 3 Things
  - 30 Seconds
  - Just One
  - New Drug
  - Parents
  - Save a Life

- Spanish
  - 30 Seconds
  - Parents
  - Save a Life
I hate that it had to be you son. I cannot have this tragedy happen and not spread awareness.

The doctors kept my son alive long enough for me to get to him. I was given the option to pull the plug. The damage was too far, his organs were shutting down, his brain was too damaged. I said to him, “Son, mommy is here, and you do not have to be scared. I love you and it’s ok to let go.”

Her son was 15 years old
Naloxone and the Good Samaritan Law Tab
Community Awareness

you have the power to save a life.
ARE YOU PREPARED TO REVERSE AN OVERDOSE?

#CARRYNALOXONE

NaloxoneAZ.com

WITH NALOXONE YOU CAN SAVE A CHILD’S LIFE.

#CARRYNALOXONE

NaloxoneAZ.com
Naloxone Business Cards

**WHAT IS NALOXONE?**

Naloxone is a medication designed to rapidly reverse an opioid overdose. It can very quickly restore normal respiration to a person whose breathing has slowed or stopped as a result of overdosing with fentanyl, heroin, or prescription opioid pain medications. Always call 911 if someone is overdosing. Naloxone is a TEMPORARY treatment and medical attention is critical.

**¿QUÉ ES NALOXONA?**

Naloxona es un medicamento diseñado para revertir rápidamente una sobredosis por opioides. Puede restaurar rápidamente la respiración normal a una persona que su ritmo respiratorio ha disminuido o se ha detenido como resultado de una sobredosis por fentanilo, heroína, o analgésicos opioides recetados. Siempre llame al 911 si alguien está pasando por una sobredosis. Naloxona es un tratamiento TEMPORAL y la atención médica es crítica.
A Naloxone Presentation

Reverse an Overdose.

Community Naloxone and Overdose Training

#CARRYNALOXONE
How to Use Naloxone

1. Remove nasal spray from box
2. Open the packaging
3. Hold the nasal spray with your thumb on the bottom of the plunger and your first and middle fingers on either side of the nozzle
4. Insert the tip of the nozzle in either nostril
5. Press the plunger firmly to give the dose
6. If no reaction in 2-3 minutes or person stops breathing again, give second dose in OTHER nostril using a new device

Stay with the person. Naloxone loses its effect in 30 - 60 minutes and the symptoms may return.
The combination of you and naloxone can help save lives in our community.

How to Respond to an Overdose

What does an overdose look like?
- Loss of consciousness
- Shallow/no breathing or gurgling sound
- Pale/blue cold skin
- Small or pinpoint pupils
- NO response to stimulation

(source: CDC.gov)

What if someone is experiencing an overdose?
1. Ask LOUDLY, “Are you ok?”
2. Perform a sternum rub
3. Check for signs of breathing
4. Administer naloxone
5. Call 9-1-1 immediately after administering naloxone
6. Perform CPR until professional help arrives

Always Call 9-1-1 after administering naloxone

Individuals who have overdosed are being left to die because those around them are afraid to call for help.
The Good Samaritan law provides immunity from arrest when a person calls 9-1-1 for assistance with an overdose.
If you believe someone is experiencing an overdose, call 9-1-1 immediately.

#SaveaLife

Arizona has a Good Samaritan law that provides immunity from arrest when a person calls 9-1-1 for assistance with an overdose.
For more information visit NaloxoneAZ.com.

Substance Abuse Coalition Leaders of Arizona

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Good Samaritan Law

IT'S NOT A CRIME TO #SAVEALIFE

If you see an overdose
Arizona's Good Samaritan Law Protects You!

SEE AN OVERDOSE?
CALL 911

IT'S NOT A CRIME TO
#SAVEALIFE!

Arizona's Good Samaritan Law Protects You!
Helping stop drug use before it starts

VIEW COALITION MAP

TOOLKIT
Find resources to help educate your community on the harms of counterfeit pills laced with fentanyl and methamphetamine.

REPORTING
SACLAz members involved in the State Opioid Response grant can now submit reports online.

ENROLL IN SACLAZ
Substance abuse coalition leaders throughout Arizona that are focused on primary prevention are encouraged to enroll as a member of SACLAz.
Coalitions Activate in Response to Fentanyl Crisis

Substance use prevention coalitions from across Arizona are working together in a first-of-its-kind effort to save lives in Arizona. With the alarming rise of fentanyl and counterfeit pill deaths, coalition leaders created a toolkit to aid communities in preventing and reversing overdoses. The toolkit contains educational materials and resources that can be customized for each community the coalition serves.

The following substance use prevention coalitions contributed to this toolkit and are utilizing the materials and resources to prevent and reduce overdoses and build healthier communities across Arizona.

- Apache County Youth Council
- BeMedSmart
- Casa Grande Alliance
- Chandler Coalition Against Youth Substance Abuse
- Copper Basin Coalition
- Fountain Hills Substance Abuse Prevention Coalition
- Graham County Substance Abuse Coalition
- Help Enrich African American Lives
- HOPE Coconino
- LPKNC
- Marana Prevention Alliance
- MATFORCE
- Mayahuel Prevention Consortium
- Mesa Prevention Alliance
- Mohave Substance Abuse Treatment & Education Partnership
- Nexus Coalition for Drug Prevention
- PACE Coalition
- Pima County Community Prevention Coalition
- South Mountain W.O.R.K.S. Coalition
- Tempe Coalition to Reduce Underage Drinking and Drug Use
- Safe Out LGBTQ+ Youth Coalition
- Santa Cruz County Drug Free Community Coalition
- Way Out West Coalition

In addition, the following organizations contributed to the contents of this toolkit. Arizona Health Care Cost Containment System, Health Choice, Arizona High Intensity Drug Trafficking Area, and Compass Evaluation and Research.

Select a section below to view available elements of the toolkit.
Next Steps

April
Coalition Training

May
Implementation in communities

late May
Media Messaging to begin late May early June – aligns with highest months historically for opioid overdoses
Thoughts and Questions
Social connectedness campaign

Chris Minnick
PAX Arizona Update
PAX Good Behavior Game
PAX Tools Variations

Increasing Peace, Productivity, Health and Happiness with Simple, Proven Strategies
Arizona is funding population level...

- PAX Good Behavior Game in Arizona Schools
  - Visit [www.goodbehaviorgame.org](http://www.goodbehaviorgame.org)

- PAX Tools (evidence-based kernels used in GBG) that can be applied effectively by parents and caregivers in non-school settings. (visit [www.paxtools.org](http://www.paxtools.org))

- For info, please call 520-299-6770
Predicted Benefits of PAX GBG in Your School, District, Tribe or Community When First Grade Students Reach Adulthood After 1-2 Years of PAX GBG Exposure*

Site Estimate for: 71,000 Arizona First Graders
Enter number of First Graders at school, district, Tribe or community: 71,000 <<< Targeted Goal Request

6,107 Fewer young people will need any form of special education services
3,952 More boys will likely graduate from high school.
4,742 More boys will likely enter university
6,302 More girls will likely graduate from high school
4,924 More girls will likely enter university
690 Fewer young people will commit and be convicted of serious violent crimes
6,826 Fewer young people will likely develop serious drug addictions
4,670 Fewer young people will likely become regular smokers
2,515 Fewer young people will likely develop serious alcohol addictions
3,444 Fewer young women will likely contemplate suicide
4,670 Fewer young men will likely attempt suicide

$924,420,000 Predicted financial net savings to students, families, schools, communities, state/federal governments

One Semester Benefits of Province-Wide Mental Health Benefits of PAX GBG v. Control

- Moderate Problem Students Moving to Low Risk
- High-Problem Students Moving to Moderate Risk
- High-Problem Students Moving to Low Risk

Control

PAX

(p<.01)
(Statistical significant @ 1-out-of-100 chances)
N = 5,000

PAX GBG
Control

Improved Mental Health =
- Fewer conduct problems
- Fewer emotional problems
- Less hyperactivity
- Fewer peer problems
- Better prosocial skills


June 22-24, 2021
Copyright PAXIS Institute, 2021 www.paxis.org
PAX Good Behavior Game for School

- **Initial Teacher Training**
  - 30 initial trainings for teachers

- **Next Steps Training**
  - 16 trainings providing professional development for PAX educators

- **PAX Partner Training**
  - 1 training provided - 5 trainings scheduled in June

- “At-large” registration at [https://www.paxis.org/pax-arizona](https://www.paxis.org/pax-arizona)

- Or contact paxarizona@paxis.org to schedule a training
Back to School with PAX

- **Initial Teacher Training**
  - Online self-paced training for anyone trained in PAX
  - Provides strategies for supporting students upon their return
  - Focus on challenges posed by the pandemic and social isolation
  - Professional development to “kickstart” a return to a PAX classroom
  - Online, self-paced system allows teachers to complete training at their convenience

- At-large” registration at [https://www.paxis.org/pax-arizona](https://www.paxis.org/pax-arizona)
- Or contact [paxarizona@paxis.org](mailto:paxarizona@paxis.org) to schedule a training
PAX Good Behavior Game for Congregate Care

- Completed 9 trainings for congregate care staff
- 9 trainings scheduled including 5 “at-large” events for smaller homes
- To learn more about Congregate Care trainings, contact paxarizona@paxis.org
PAX Tools Community Educator Training

- Trained over 200 Parent and Community Educators throughout Arizona
- Trainings scheduled monthly throughout the remainder of the grant
- “At-large” registration at https://www.paxis.org/pax-arizona
- Or contact paxtools@paxis.org to schedule a training
PAX Tools for Human Services

- Completed 14 trainings for Youth Workers throughout Arizona
- “At-large” registration at [https://www.paxis.org/pax-arizona](https://www.paxis.org/pax-arizona)
- Or contact [paxtools@paxis.org](mailto:paxtools@paxis.org) to schedule a training
PAX Arizona Summit June 22-24, 2021

- 3-day virtual event for those trained in PAX to learn more
- Additional opportunities for new stakeholders to learn more

Register now
https://www.surveymonkey.com/r/KT8JW8W
SESSION TOPICS

SCHOOL-BASED PAX
- What is PAX GBG?
- Teaching Behavior as a Skillset
- Setting Up a PAX Classroom
- Integration with School-based Initiatives
- Becoming a PAX Partner
- Becoming a PAX Principal

COMMUNITY-BASED PAX
- What is PAX TOOLS?
- Teaching Behavior as a Skillset
- Integration into your professional work
- Presenting Bilingual Workshops
- PAX Tools for Human Services Preview
- Using PAX Tools in Community Settings

June 22-24, 2021
Questions, Open Discussion & Wrap Up

Next Meeting: June 25th
Thank you!

- See the Behavioral Health Task Force web page for meeting past meeting presentations - https://www.azahcccs.gov/AHCCCS/CommitteesAndWorkgroups/BehavioralHealthTaskForce.html

- Send future topics you want to discuss to lauren.prole@azahcccs.gov