GOYFF SUBSTANCE USE PREVENTION TOOLKIT

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AZ National Guard Counterdrug Task Force

GOYFF

STRATEGY 1 - INCREASE PUBLIC AWARENESS

COUNTERFEIT PILL

What you need to know about counterfeit pills and fen



KNOW THE FACTS:

Fentanyl is a powerful synthetic opioid that is similar to morphine but is 100 times
Counterfeit opioids, specifically fentanyl, is now the most common drug involved i
overdose deaths not only in the United States, but more specifically, in Arizona.

ARIZONA RX MISUSE AND ABUSE TOOLKIT (PREVIOUSLY KNOWN)

In response to the Opioid Epidemic, the Arizona Rx Misuse and Abuse Toolkit provided awareness and action steps to the state. This was an effective way to initiate a community response by way of accessibility to strategical guidelines and resources through reactive strategies. These strategies included:

Strategy 1 – Inform the Community / Promote Safe Storage and Disposal / Plan a Take Back Day

Strategy 2 – Coalition Efforts / CSPMP / Prescribing Guidelines / Tools for Pharmacists

Strategy 3 – Naloxone Distribution / PMP for Law Enforcement / Take Back & Drop Off / Training Opportunities

Strategy 4 – Community / Schools / Parents / Business / Training 360

Strategy 5 – Signs and Symptoms / SBIRT Screening / Locate Treatment

ARIZONA RX MISUSE AND ABUSE TOOLKIT (PREVIOUSLY KNOWN)

1 > 2ti	rategy 2-Coalition Efforts		
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ess	naloxone-brochure-public	Microsoft Edge PDF Docu	673 KE
A	naloxone-brochure-public-spanish	Microsoft Edge PDF Docu	273 KE
ids 🖈	NAS healthy Baby Flyer- English	Microsoft Edge PDF Docu	124 KE
nts 🖈	NAS Healthy Baby Flyer- Spanish	Microsoft Edge PDF Docu	109 KI
#	Strategy2-CSPMP Delegates	Microsoft Word Document	310 KI
's Justic	Strategy2-Pharmacist Tools and Resources 12 28 16[1]	Microsoft Word Document	319 KE
- Persor	Strategy2-Registering and Using CSPMP	Microsoft Word Document	3,844 KI
	Strategy2-SampleInformedConsentForm	Microsoft Word Document	158 KE
	Strategy2-SamplePatientAgreementForm	Microsoft Word Document	171 KE
cts	Strategy2-Why Does AZ Have A Controlled (CSPMP)	Microsoft Word Document	10,290 KE

PROPOSAL TO UPDATE TOOLKIT

We proposed that the Arizona Rx Misuse and Abuse Toolkit be renamed, realigned, and updated to reflect current drug trends affecting Arizona communities and focus areas specific to mental health and trauma-informed care. The realignment will broaden the toolkit to provide information and resources beyond the focus of prescription misuse and abuse. The redesign of the toolkit will also allow for the continuous ability to expand based on the needs of communities across the state.

The updated strategies will be as follows:

Strategy 1 – Increase Public Awareness

Strategy 2 – Enhance Community Prevention Efforts

Strategy 3 – Strengthen Supportive Efforts for Parents/ Caregivers

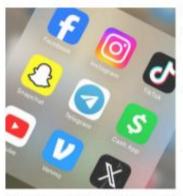
Strategy 4 – Enhance Referral to SUD Treatment and Recovery

*Each strategy will include 1-pagers that will be easy to access by way of a one-click download.

CURRENT DRAFTS

STRATEGY 1 - INCREASE PUBLIC AWARENESS

HIDDEN DANGERS OF SOCIAL MEDIA



KNOW THE FACTS:

- · Youth who spend more than 3 hours per day on social media face a higher risk of experiencing poor mental health outcomes including symptoms of depression and anxiety.
- Social media can expose youth to harmful content, including violence, substance use and sales, sexually explicit material and marketing, cyber bullying, cyberstalking, drug trafficking, and human traffick
- . The big 7 -nap st, Telegram, and Cash App are the mo ... mmon has used for drug marketing ani ales.

To avoid social media distractions and harm daily use vouth, consider the following tips:

- · Establish achievable social media boundaric
- . Prioritize quality sleep and implement a dev. v. etc., dime routine.
- . Develop a family media agreement ... pervice youth social media usage.
- · Initiate candid conversations out the danger of using applications like Snapehat, Instagram, Telegram, and Signal.

COMMON DR' G EM II I ODES:



















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DATA TRENDS:

- · 95% of teenagers between 13 and 17 years old reported using a social media platform, with more than 33% indicating they are on social media "almost constantly." (hhs.gov)
- · 41% of young people who extensively use social media rate their overall mental health as poor or very poor. (apa.org)
- · Cyberbullying is highest in middle schools at 33%, followed by high schools at 30%. (cdc.gov)

STRATEGY 1 - INCREASE PUBLIC AWARENESS

MENTAL HEALTH

Mental Health Issues Have Increased Significantly in Young Adults.



KNOW THE FACTS:

- . Adverse Childhood Experiences (ACEs): These are * Jumatic events Jabuse, neglect, or witnessing violence during childhood. They can have be a term physical, emotional, and mental health problems.
- . Only half of the children and teens with diag us. "ent health conditions get the treatment they need. Early support can prevent problem That is, I dering with their development.
- . Teens with mental health issue ve at | ther ri of developing addictions rapidly. Without proper mental health treatment, . develop a substance use disorder.
- . Factors to consider w' a findi, reas. . o the increase of mental health disorders: untreated childhood neglect a ... yuma, inc. ased use of electronic communication and digital media, lack of social interaction, suc. a culty al changes, lack of sleep effecting brain development, and societal trends.

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DATA TRENDS:

- · 3 out of 4 people with mental health problems showed signs before they were 24 years old. (samhsa.gov)
- · 1 in 6 young people have experienced a major depressive episode.
- · 86.9% of youth reported that the main reason for not receiving care was they felt they should have been able to handle their mental health on their own. (mhsa.org)
- . In 2024, 30.8% of 8th graders who completed the Arizona Youth Survey reported using substances due to feeling sad/down. (azcjc.com)

CURRENT DRAFTS

STRATEGY 3 - STRENGTHEN SUPPORT FOR PARENTS / CAREGIVERS

MENTAL HEALTH: WARNING SIGNS AND RESOURCES



Behavioral Changes

- Spending more time alone, struggling in school, and making risky decisions—such as binge drinking, vaping, dangerous drinking, and bullying behavior can be concerning signs.
 Emptional Signals
- Mood swings, increased anxiety, and aggression or anger.
 Worning Signs in Communication
- Negative self-talk, expressing helplessness, and lack communication.

USEFUL TIPS:

- Regular physical activity benefits your factory and mental well-being, like going for evening all to, the or playing a game of basketball.
- Help youth build strong ret onship by so. Ying time on activities they enjoy, like gan a read or watching their favorite show:
- Limiting screen time to try thefree dinners or family game nights to strongered.
- Like physical heart, rofession, help may be needed. Don't, hesitate to seek it, as s. Trails? creasing.



RESOURCES

- Call or text 988 suicide and crisis lifeline
- Teen Lifeline 602-248-8336 or Statewide 800-248-8336
- Ask the school counselor for a recommendation.
- If you have health insurance, see their list of providers.
- Find a provider experienced in your youth's specific needs.

STRATEGY 3 - STRENGTHEN SUPPORT FOR PARENTS / CAREGIVERS

SOCIAL MEDIA: TIPS FOR PARENTS

STAY IN THE KNOW ON TRENDS AND

- Connect with online communities through parenting blogs or Facebook groups, where parents share tips, discuss social media trends, and talk about optential risks.
- Limit social media use on platforms that show counts of likes, comments, or views as these can encourage excessive use and focus of popularity or validation.
- Use the screen time settings available on most devices and plat?
 to help this set limits and develop self-control. You can find this option under "Screen Time" in your sobile whose sets.

IMPACT OF EXCESSIVE SOCIAL MEDIA SE:

- Screen time disrupts youth's routines, including scholaw.
 "Andrags, and activities, according to the American Psychological Association.
- According to the American Psychology Ar , n. You after choose social media over in-person interactions.
- Algorithms fuel youth's continued use on triggering reward-driven behavior
 ma. There to disconnect, even when they want to stop.

ACT ON PLAN:

For additional information, scan QR code:





. " ald Trust with Open Communication

Ask questions like:

What are your favorite apps to use? What's something cool or funny you saw online recently?

2. Provide influence (Leading by Example)

Show responsible social media habits by balancing screen time, encouraging positive and healthy use of social media, and using privacy settings wisely.

3. Start talking and listening

Schedule regular check-ins to talk about social media experiences. Use these opportunities to:

- Review privacy settings
- Talk about any negative experiences like bullying or unwanted messages



For additional information, T scan CR code:





TALK ABOUT WARNING SIGNS OPENLY:

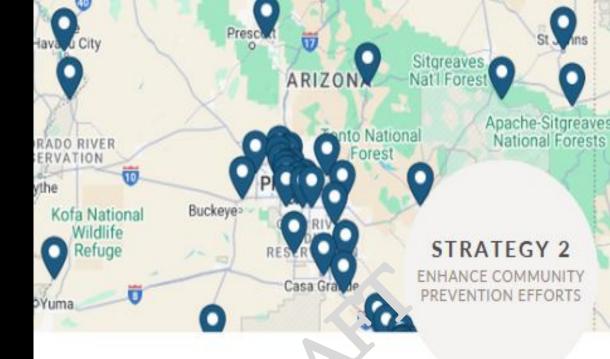
Clear Communication

- Check in with your youth by asking open-ended questions to encourage honest conversations.
- Listen carefully to what they're sharing. Avoid overreacting or dismissing their feelings, as validating their emotions is important.

Empathy and Support

- Approach conversations with understanding avoiding criticism or judgement to make them feel safe opening up.
- Your youth may be hesitant to talk, so reassure them that it's safe to be open with you.

QUESTIONS?



PROMOTE COMMUNITY ENGAGEMENT

CONNECT WITH SUBSTANCE USE PREVENTION COALITIONS...

Raising awareness about substance issues and educating on the harms of drugs are two primary ways that substance abuse prevention coalitions work to prevent youth drug use. The Substance Awareness Coalition Leaders of Arizona (SACLAz) focuses on creating collective impact to prevent youth substance use in Arizona. Use the coalition locator to find a coalition near you.

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