



FOUNDATION FOR A
DRUG-FREE WORLD
SOUTHERN CALIFORNIA CHAPTER

October

NEWS

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Happy month of October! Hope everyone has had a great start to the new school year.

The Month of October is special because it includes *Red Ribbon Week*.
RED RIBBON WEEK is Celebrated Annually October 23-31.



Red Ribbon Week highlights the importance of living a drug-free life. It presents an opportunity for parents, educators, and communities to reinforce the drug-free messages they share with their children throughout the year. During Red Ribbon Week, youth and adults around the nation pledge to increase their knowledge by learning more about the destructive effects of drug abuse, including prescription drug misuse, and renew their commitment to live a healthy, drug-free lifestyle.

In the spirit of this campaign, I am hoping to bring you more awareness and facts about drugs in this newsletter.

Unfortunately, there are still many people out there who believe marijuana smoking is harmless and some even think it is safer than smoking cigarettes. I recently read an article that shed some light on that, so

please read on.

“There is unequivocal evidence that habitual or regular marijuana smoking is not harmless and causes respiratory symptoms and airway inflammation....

If you take biopsies from the airways of those who smoke “cocaine, cannabis, and/or tobacco,” compared to nonsmokers, there is significantly more damage in the lungs of people who smoke, whether cocaine, marijuana, or tobacco. What’s more, the levels of damage seemed comparable, especially between the marijuana smokers and tobacco smokers. This is remarkable since the tobacco smokers were smoking about a pack a day, whereas the marijuana smokers were only smoking about 20 joints a week, rather than 25 cigarettes a day, and those smoking cocaine were just doing a gram or two a week. So, to see similar rates of damage between marijuana smokers and cigarette smokers suggests each joint is way worse than each cigarette.



Indeed, we've known for 30 years that smoking three or four joints is the equivalent of smoking about a pack a day of cigarettes, in terms of bronchitis symptoms and acute lung damage. How is that possible? Well, it may be the way they're smoked. Pot smokers inhale more deeply and then hold in that smoke four times longer, resulting in more tar deposition in the lungs. And, joints are more loosely packed and unfiltered, resulting in both hotter smoke and smokier smoke. So, even though in many ways smoke is smoke, the different method of smoking may explain how a few joints a day appear to cause as much inflammation as an entire pack of cigarettes a day.

With tobacco, the airways get inflamed. What about with cannabis? You get the same kind of inflammation in your lungs on pot as you do with tobacco. But, what's crazy is that this inflammation is with just 5 joints a day, compared to 26 cigarettes a day."

So again, we come to the conclusion that there is plenty about drugs we don't know, and more and more facts are coming out. Don't just believe what you are told by a drug dealer and drug user, drug companies and ads given by the drug industry as our health and well-being is not their goal! That is your goal!

Remember, 1000 people repeating the same lie does not make it truth!

Do what you can to become more aware of what drugs can do and use our program and materials along with any other materials you have to educate yourselves and your community and kids! If they are safe, you will be safe!

Have a safe and fun Halloween!

Koko

**Join us for the Drug-Free Heroes of Los Angeles
Gala**

CELEBRATING

the

HEROES

of Los Angeles

Awards Banquet

28 October - 5 PM

Presented by:

Strike Out Against Drugs
Drug-Free World Los Angeles
New Challenge Ministries

Venue: Church of Scientology Los Angeles
4810 W Sunset Blvd - LA - 90027

Kindly RSVP by Oct 25th
Scan Here:



Click here for your complimentary tickets.

COMPLIMENTARY TICKETS →

Myth Buster

Myth: “I only drink on the weekends, so it’s not a problem.”

Truth: An alcohol misuse problem does not have to be a daily occurrence. Binge drinking does not have to happen every day for it to constitute alcohol misuse. Just one instance of binge drinking is an instance of misusing alcohol. If a person consumes more than two drinks per day (for a man) or more than one drink per day (for a woman), that constitutes drinking too much.

Furthermore, if someone drinks on any day and consumes more than four drinks (for a man) or more than three drinks (for a woman), that constitutes heavy drinking and cannot be justified by saving such drinking habits for “only on the weekend.”



Pop Quiz

Question: What is Carfentanil?

[VIEW THE ANSWER →](#)

Fentanyl-Related Teen Deaths Triple in Three Years

Analysis by Dr. Joseph Mercola - Fact Checked

September 13, 2023



STORY AT-A-GLANCE

- 84% of all teen overdose deaths in 2021 were related to fentanyl.
- Fentanyl-related adolescent overdose deaths nearly tripled between 2019 and 2021, and a quarter of those deaths involved counterfeit drugs — pills like valium, Xanax or Percocet, often obtained from friends or bought through social media.
- Fentanyl is an incredibly potent synthetic opioid. It's 50 times stronger than heroin and 100 times stronger than morphine. Just 2 milligrams, equal to 10 to 15 grains of table salt, can be lethal.

- Having the right tools, such as fentanyl test strips and Narcan (naloxone) in your home or school medical kit can also save lives. Never buy fentanyl tests from friends or online. Always get them from your local health department or a trusted community organization, such as addiction recovery programs, as counterfeit tests are in circulation. Also make sure they're legal to obtain in your state.
- Drug makers are now working on anti-opioid vaccines, one for heroin, one for oxycodone and one for fentanyl. The fentanyl vaccine is said to work by preventing the drug from entering the brain, thus eliminating the "high" users experience, as well as the risk of respiratory depression. The other vaccines work on the same premise.

Even as opioid deaths have become a leading cause of death among Americans younger than 50, another horrifying trend is emerging: Teen deaths caused by fentanyl-laced counterfeit drugs.

According to the Centers for Disease Control and Prevention, 84% of all teen overdose deaths in 2021 were related to fentanyl, an incredibly potent synthetic opioid. It's 50 times stronger than heroin and 100 times stronger than morphine. Just 2 milligrams, equal to 10 to 15 grains of table salt, can be lethal. As reported by USA Today:

"Fentanyl accounted for more than 67,000 preventable deaths in

2021, which represents a 21% increase since 2020, according to the National Safety Council. More than 5,600 of those deaths occurred in people ages 15 to 24."

Other data show fentanyl-related adolescent overdose deaths nearly tripled between 2019 and 2021, and a quarter of those deaths involved counterfeit drugs — pills like valium, Xanax or Percocet, often obtained from friends or bought through social media.

While far deadlier than other opioids, fentanyl is much easier and cheaper to manufacture, which is why it's being used in counterfeits. It's potency, however, makes it risky. If unevenly distributed, you can easily end up with lethal doses in some pills.

In 2022, 75,000 of the nearly 110,000 overdose deaths were fentanyl-related, and again, thousands of those were teens. In Hays County, Texas, nearly 40% of fentanyl-related overdoses in 2022 were among people under 18 — a statistic attributed in part to the rise in mental health problems among teens during the COVID pandemic.

President Biden's **open border policy** has also been identified as a contributing factor, as fentanyl and other illicit drugs are flowing in unimpeded. Insufficient access to mental health care and substance abuse treatment are others.

We Need to Revive Drug Education

Schools across the country are now struggling with how to best address this new trend. Many do not stock the overdose reversal drug Narcan, which could be helpful, but even more importantly, schools rarely educate kids and teens about the dangers of drugs anymore.

Most educational programs are currently run by families who lost a child or loved one to fentanyl. Examples include Project 1 Life, founded by Avery Kalafatas, an 18-year-old from the Bay Area whose cousin died from a fentanyl overdose after taking what he thought was a Percocet tablet.

"This isn't like the drug crisis we were dealing with 20 years ago, it's a completely different ballgame," Kalafatas told NPR. It's a different ballgame because students rarely intentionally go looking for fentanyl. They're seeking out other drugs, and end up taking counterfeits laced with it.

Many also aren't aware of just how deadly fentanyl can be, and how prevalent counterfeit drugs are. Another group focused on fentanyl education for teens is Song for Charlie, founded by Ed and Mary Ternan, who lost their son, Charlie, to an accidental fentanyl overdose.

"We need to revive drug education in America," Ed told NPR, adding that the old "just say no" adage doesn't work on today's teens. They need fact-based messages, which is what Song for Charlie puts out on social media.

"Rather than focus on 'Don't do drugs, they might harm you,' Song for Charlie's messaging is: 'You're getting ripped off. These dealers advertising on social media do not care. They don't know you, they're not your friend, and they are lying to you about what they're selling you,'" NPR writes.

"That's what happened to Ternan's youngest son, Charlie ... In May 2020, Charlie was on his college campus in northern California. He was weeks away from graduation, and was prepping for a job interview. He was also in pain. Ternan says his son had recently undergone back surgery.

Charlie purchased what he thought was a Percocet off of Snapchat. It contained fentanyl. 'He actually took it a couple hours before he was supposed to have a job interview on the phone,' Ternan says. 'And so he died very quickly in his room at his frat house waiting for the phone to ring at about four o'clock on a Thursday afternoon.'

After his son's death, Ternan says most of the information about fentanyl he could find was buried on government websites and in a

smattering of news articles.

'You can put that information in those places for the next 10 years, and Charlie and his friends would never have seen it because that's not where they are.' Where they are is on social media.

Ternan says their messages also appeal to teenagers' strong social bonds. He's learned that telling teens to warn their friends about fentanyl is more powerful than stoking fear of their own harm."

Increasing Awareness Can Save Lives

Increasing awareness about the risks of fentanyl and counterfeit drugs could save a lot of lives. According to CDC research, bystanders were present at two-thirds of teen overdose deaths. Had they recognized the warning signs and known how to respond in case of a suspected overdose, they may have been able to save many of those kids.

Never buy fentanyl tests from friends or online. Always get them from your local health department or a trusted community organization, such as addiction recovery programs, as counterfeit tests are in circulation. Also make sure they're legal to obtain in your state.

Having the right tools, such as fentanyl test strips and Narcan

(naloxone) in your home or school medical kit is also part of it.

Fentanyl test strips can be used to detect the presence of fentanyl in a wide variety of drugs, including pills, powders and injectables — anything that can be dissolved in water. To test for fentanyl:

- Place a small amount of the drug in a clean, dry container
- Add a small amount of water and mix
- Place the wavy end of the test strip into the mixture for about 15 seconds
- Remove the strip and place it on a flat surface for two to five minutes
- Read the results: A single pink line means fentanyl has been detected (positive result). Two lines mean no fentanyl has been detected (negative result)

Caution is warranted, however, because counterfeit fentanyl test strips are also in circulation. Never buy them from friends or online. Your best bet is to get them from your local health department, or a trusted community organization, such as addiction recovery programs.

Are Fentanyl Tests Legal in Your State?

Also, check your state laws. Fentanyl test strips are still considered illegal "drug paraphernalia" in most states, although several states have exceptions for fentanyl tests, and some have decriminalized

them and taken them off the drug paraphernalia list.

As of January 2022, states where fentanyl test strips were still illegal included the following. Many states are now reconsidering this ban, so be sure to double check the current status in your state.

Alabama
Georgia
Illinois
Kentucky
Mississippi
New Hampshire
Oklahoma
South Dakota
Vermont

Arkansas
Hawaii
Indiana
Louisiana
Missouri
North Carolina
Oregon
Tennessee

Florida
Idaho
Iowa
Michigan
Montana
North Dakota
Pennsylvania
Texas

Utah and Washington have distribution programs that allow certain entities to legally distribute fentanyl test strips, despite being otherwise banned as drug paraphernalia. Similarly, North Dakota and Vermont permit the use of fentanyl test strips by harm reduction programs only.

California, Connecticut, Maine, New Jersey and Ohio also have specialized distribution programs for fentanyl tests, while still legally classifying them as banned drug paraphernalia. So, in all of these states, you have to make sure you're getting them from a legal source. States and territories where fentanyl test strips have been

legalized include:

Alaska
Nebraska
Virginia

Colorado
New York
Washington D.C.

Maryland
South Carolina
Wyoming

What You Need to Know About Narcan

The U.S. Food and Drug Administration approved naloxone (brand name Narcan) in nasal spray form for over the counter (OTC) sale without a prescription in late March 2023. Naloxone is also available in injectable form, but requires a prescription.

The drug reverses the fatal effects of an opioid (including oxycodone, heroin and fentanyl) overdose. It works by displacing opioid molecules from the opioid receptors in the brain, so it won't work if the person has overdosed on a non-opiate drug. It won't make matters worse, however, so when in doubt, use it.

People recommended to carry naloxone on their person include:

- People who use opioids and benzodiazepines together.
- People who use illicit opioids like heroin.
- People taking high-dose opioid medications prescribed by a doctor.

Ideally, ask your doctor to co-prescribe naloxone. You may also want to talk to your doctor about low-dose naltrexone (LDN).

As described in "**The Remarkable Benefits of Low-Dose**

Naltrexone (LDN)," by using microdoses (0.001 milligrams or 1 microgram) of naltrexone, long-term opioid users who have developed a tolerance to the drug and are on high doses, can, over time, lower their dose and avoid withdrawal symptoms, as the LDN makes the opioid more effective. This, in turn, will lower your risk of experiencing an opioid overdose in the first place.

For opioid dependence, the typical starting dose is 1 microgram twice a day, which will allow them to lower their opioid dose by about 60%. When the opioid is taken for pain, the LDN must be taken four to six hours apart from the opioid in order to not displace the opioid's effects.

Also, since you cannot administer naloxone to yourself, be sure to let people around you know that you have it, where you keep it and, ideally, how to use it, so they can help you in case you experience an overdose.

If you cannot afford OTC or prescription naloxone, you may be able to get it free of charge from a community-based naloxone program or your local syringe services program. Nextdistro.org and Nasen.org can help you locate naloxone resources in your state.

How to Use Naloxone

Before you use naloxone, first, determine whether the person has overdosed on opioids. Symptoms of an opioid overdose include:

- Slowed breathing, gurgling or no breathing
- Pupils narrowed to a pinpoint
- Blue or purple lips and/or fingernails
- Clammy skin
- Cannot be roused by shaking and shouting

The OTC Narcan box contains two nasal sprays with plungers, each containing 4 mg of naloxone. Do not prime the plunger as this will release the contents. Wait until you're ready to administer the dose.

1. Get the Narcan ready, then tilt the person's head backward and insert the spray tip into one nostril until both of your fingers are touching the nose. Push the plunger down to administer the dose.
2. Call emergency services (911 in the U.S.) after you've given the first dose, as every second counts.
3. Next, roll the person onto their side. Place one of their hands under their head and bend the leg that is on top at the knee to prevent them from rolling over. Narcan can trigger acute withdrawal symptoms, including vomiting, so make sure the airways are kept clear to avoid choking.
4. If the person has not regained consciousness after two to three minutes, repeat the process and administer the second dose into the other nostril.

5. Stay with them until emergency services arrive, or for at least four hours to make sure their breathing returns to normal.

A Vaccine Against Fentanyl Overdoses?

Not willing to let a crisis go to waste, the vaccine industry is now hard at work to create an injectable solution. November 14, 2022, the University of Houston announced positive results from an animal study in which they tested a vaccine against fentanyl. The vaccine is said to work by preventing fentanyl from entering the brain, thus eliminating the "high" users experience, as well as the risk of respiratory depression.

The study's lead author, Colin Haile, described the potential vaccine as a "significant impact on a very serious problem" since the user doesn't experience the euphoria associated with fentanyl and "can 'get back on the wagon' to sobriety."

The vaccine includes a deactivated diphtheria toxin and an adjuvant derived from *E. coli* called dmLT. The researchers reported this adjuvant had been combined with other vaccines in other human clinical trials, but in each of those trials, the dmLT was administered orally and therefore exposed to the digestive tract.

In this case, the vaccine is administered by injection, which means dmLT enters the muscles and bloodstream directly. The shot was given to 28 male and female mice, after which the researchers

measured antibodies.

Serum testing showed antibody levels rose significantly after the third dose, between weeks four and six. They tested whether fentanyl had reached the brain by gauging pain reactions since opioids are used to dull pain sensation.

The three-shot series triggered the animal to create anti-fentanyl antibodies that bound with fentanyl, preventing it from entering the brain and allowing it to be eliminated through the kidneys. Other vaccines, based on the same premise, are being made to target heroin and oxycodone.

No acute side effects were reported in this rodent trial, but long-term side effects remain unknown. The research team is preparing to launch Phase 1 human trials sometime in 2024 — one for a heroin vaccine and another for fentanyl. Eventually, they hope to develop a multivalent vaccine that targets both.

If you ask me, this sounds like another Big Pharma scheme where the companies that create the opioids will end up profiting from anti-opioid vaccines, just like the Sackler family did.

They created OxyContin and fraudulently marketed it as nonaddictive, thereby sparking the opioid crisis. Then, rather than pulling back and making OxyContin harder to obtain, they created and sold an overdose antidote, a naloxone spray called Nyxoid,

instead.

Where to Find Help for Addiction

If you or a loved one is struggling with drug addiction, the Substance Abuse Mental Health Service Administration³¹ can be contacted 24 hours a day at 1-800-622-HELP. Your workplace Employee Assistance Program may also be able to help.

Also consider having Narcan on hand, and fentanyl test strips (where legal). While neither of these do anything to fix the problem of addiction, the test strip can prevent the accidental overdosing on a fentanyl-laced drug, and Narcan can save your or someone else's life in case of an overdose, giving you/them another chance to make a different choice.

Our Truth About Drugs materials simply work! It is the program that does not lecture and does not scare but challenges kids and adults to find out for themselves! Equipped with the truth and facts people often will make the right decision. Millions of people across the world use this program as it is the largest non-governmental drug education and prevention program in the world and I thought to share one of the recent successes with you:

“On 20 June 2004 my only brother was killed at the age of 16 when he and some friends were experimenting with

prescription pain medications in order to get high. In this case the drug was Dilaudid, a powerful narcotic used for pain management in cancer patients. He died in his sleep while his 'friends' left him alone on a couch in a rundown trailer.

"I had to fly home to New Brunswick to bury my little brother on what would have been his 17th birthday. I couldn't understand why this happened to him and not someone else, but I knew that God had a plan. When I saw the Drug-Free World booth, I knew part of the plan was coming together.

"I feel that if I can help educate kids and adults about the dangers of drugs then maybe I can prevent another family from getting that awful call or knock on the door that my family did.

"I knew that my brother would have never knowingly done harm to himself. He did so unknowingly. He did not realize the consequences. Knowledge may have saved my brother. This is why I feel Drug-Free World is so important and why I gladly sacrifice my sleep to come out to events—even after long shifts.

"The feeling I get when I see the kids read the books and ask questions is better than any high a drug could produce. When you see a 'light bulb' switch on when speaking to teens and young adults, and we've taught them something they didn't

know or had been lied to about, I know that what we do is saving lives.”

“That’s why I became a Drug-Free World Marshal.”

– D.F., Law Enforcement Officer, K-9 Unit, Canada

THE TRUTH ABOUT – Prescription Drugs



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START THIS FREE COURSE →

START AN Online Classroom



WELCOME TO THE DRUG-FREE WORLD ONLINE EDUCATION
THE FULL CURRICULUM ONLINE

No one questions the severity of the drug problem and its devastating impact on youth. Accidents, health care and even worse, drug undermine health and destroy young lives.

The best solution is to reach young people with effective, fact-based drug education—before they start experimenting with drugs.

The Truth About Drugs education curriculum is the latest supplemental aid for teachers, instructors and drug prevention specialists. The curriculum is now available online, providing lesson plans and resources ready for download and use anywhere and anytime.

[learn more >](#)

IPAD DRUG EDUCATION APP

The full Truth About Drugs curriculum is now available on the iPad, with full access to the education curriculum right at your fingertips.

Download it now from the App Store.

[Available on the App Store](#)

[learn more >](#)

IPHONE DRUG EDUCATION APP

The Drug-Free World Truth About Drugs Education iPhone App. With this app, you will be able to review and grade your students' lesson right from your phone, with the information fully synchronized with your other mobile devices.

Download it now from the App Store.

[Available on the App Store](#)

FREE SIGN UP

SIGN UP AS TEACHER | **ENROLL AS STUDENT**

Email Address:

Username:

Repeat Password:

First Name:

Last Name:

Country:

Language:

Enter Class Name:

[Continue >>](#)

Start a Class Today!

3.1
3.2
3.3 R
3.4 Op
3.5 Op
3.6 Stim
3.7 Antide
3.8 Ketamir
3.9 Abuse of
the-counter Drugs

3 m
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1 m
4 m



Pop Quiz Answer

Question: What is Carfentanil?

Answer: Carfentanil is surfacing more and more on the streets and is extremely dangerous and often disguised as heroin. So you should know what it is and know that it is out there! Carfentanil is a synthetic opioid that is 10,000 times more potent than morphine and 100 times more potent than fentanyl, which itself is 50 times more potent than heroin.

Carfentanil is a Schedule II substance under the Controlled Substances Act and is used as a tranquilizing agent for elephants and other large mammals. The lethal dose range for carfentanil in humans is unknown. However, as noted, Carfentanil is approximately 100 times more potent than fentanyl, which can be lethal at the 2-milligram range, depending on route of administration and other factors.

Carfentanil and other fentanyl-related compounds are a serious danger to public safety, first responder, medical, treatment, and laboratory personnel. These substances can come in several forms,

including powder, blotter paper, tablets, and spray. They can be absorbed through the skin or accidental inhalation of airborne powder.

Interested in volunteering?
We'd love to work with you!

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Have questions? We'd love
to hear from you.

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