

## Upcoming Events:

### January

National Blood donor  
Month

National Mentoring  
Month

It's Okay to Be Different  
Month

**1/21:** Martin Luther King  
Jr. Day.

**1/22-27:** National Drug  
and Alcohol Fact Week

**1/24:** National  
Compliment Day

### February

Black History Month  
Teen Dating Violence

Awareness Month  
National School

Counselors Week (first  
week)

National Kindness Week  
(second week)

## SAP Updates:

## Fentanyl Becomes the Deadliest Drug in America

The number of total drug overdoses has jumped 54% each year between 2011 and 2016 (Partnership News Service Staff). There were 63,632 drug overdose deaths in the year 2016 alone.

Centers for Disease Control and Prevention has found that fentanyl is now the most commonly used drug involved in overdose fatalities. The rate of deaths involving this synthetic opioid has significantly increased, about 113 percent each year from 2013-2016.



Fatal dose of Heroin vs. Fatal Dose of Fentanyl

According to this report, which analyzed death certificates for drug overdose deaths between 2011 and 2016, fentanyl was involved in nearly 29% of all these deaths in 2016 (Kounang, 2018). In 2011, fentanyl was involved in just 4% of these fatalities. 2011 was a time where oxycodone was the most commonly involved drug, accounting for 13% of all fatal drug overdoses (Kounang, 2018).

CDC also reports that the majority of overdoses involve more than one drug with two-fifths of cocaine-related overdose deaths in 2016 also involving fentanyl, and almost one-third of fentanyl-related overdoses also involved heroin. Additionally, More than 20% of meth-related fatal overdoses also involved heroin (Kounang, 2018).

Many experts blame the overprescribing of prescription painkillers as the cause of the US opioid crisis, saying it has transformed, first into a heroin crisis and now into a fentanyl epidemic. These findings are cautioned by Dr.'s not to be interpreted as the end to the prescription drug abuse problem, since states such as Oklahoma have overdose deaths due to prescription opioids that outnumber heroin and fentanyl fatalities (Kounang, 2018).



Much of the emphasis of the drug overdose crisis has been on opioids, but there has also been an increase in the rates and numbers of cocaine- and methamphetamine-related deaths (Kounang, 2018). Furthermore, the study found that while fentanyl and heroin were the leading causes of unintentional overdoses, prescription drugs were more likely to be involved in suicidal overdoses.

Retrieved From: <http://www.wfmz.com/health/fentanyl-deadliest-drug-in-america-cdc-confirms/926650589>

[https://drugfree.org/learn/drug-and-alcohol-news/fentanyl-most-commonly-used-drug-involved-in-overdose-deaths/?utm\\_source=pns&utm\\_medium=email&utm\\_campaign=fentanyl-most-commonly-used-drug-involved-in-overdose-deaths](https://drugfree.org/learn/drug-and-alcohol-news/fentanyl-most-commonly-used-drug-involved-in-overdose-deaths/?utm_source=pns&utm_medium=email&utm_campaign=fentanyl-most-commonly-used-drug-involved-in-overdose-deaths)

## Helpful Resolutions

### Students Can Make:

1. Stop Procrastinating Work.
  2. Communicate with Teachers and Parents, they're there to help!
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3. Commit yourself to your schoolwork.
  4. Don't do it all! It's better to be involved in a few activities and excel at them.
  5. Keep a calendar to stay on track of deadlines
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6. Try something new! A new club, sport, musical, instrument, etc.
  7. Banish Self-Doubt. Say no to thoughts like "I can't do this."
  8. Spend less time communicating over phones & more time in person with friends & family.



## Holiday Break Brings Increased Risk of Underage Drinking

The holidays are a joyous time of year where extended time is spent with family and friends attending gatherings and parties. For teens, it means school is out and at times a lack of parental supervision. Parents may struggle to find positive activities during the holiday break from school and many teens are left with lots of idle time. Their attempt to find ways to entertain themselves can lead teens to experiment with alcohol and other illicit substances.

According to SAMHSA, over 11,000 young people aged 12 to 17, will try alcohol for the first time on an average December day (Harding, 2018). Some unable to make it to the new year due to prevalence of alcohol related deaths.

Underage drinking can be an overlooked but significant issue in the US as more teens use alcohol than tobacco or other substances.

Those ages 12 to 20 years drink 11% of all alcohol consumed in the United States, with over 90% of this consumed in the form of binge drinks (Harding, 2018).

While this age group tends to drink less frequently than adults do, they drink much more, having 5 or more drinks at a time (SAMHSA, 2018). SAMHSA's 2014 National Survey found that 5 million youth between 12-20 report being binge drinkers and 1.3 million being heavy drinkers. 77% of current underage drinkers drink while in a group, and 65% obtain alcohol from friends and family, making social gatherings over extended breaks especially crucial to monitor (SAMHSA, 2018).

Retrieved from: <https://blog.samhsa.gov/2014/12/09/lets-talk-about-underage-drinking-during-the-holidays>

<https://safeandsoberparents.com/2017/06/21/119/>

### Ways to Help Teens Avoid Alcohol During the Holiday Season:

- Don't allow teen alcohol use in any amount or for any reason
- Provide supervision at family gatherings and neighborhood parties
- Talk to your teen about avoiding alcohol use
- Lock up alcohol in the house
- Set up a "bailout" plan for your teen

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