



Arrive Alive California Inc.
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www.ArriveAliveCA.com

Anne Bestgen
Teacher
West Campus High School
5022 58th Street
Sacramento, CA 95820

October 13, 2023

Dear Ms. Bestgen,

Thank you for hosting Arrive Alive California. We look forward to bringing you an amazing program. Please feel free to invite parents, various dignitaries from your city, and/or local law enforcement. We believe the information provided during our time together will help *everyone* who attends make an informed decision and truly understand the epidemic in our community.

Assembly:	Future Focused: Fentanyl Education and Awareness (Classroom)
Location of Assembly:	West Campus High School ~ Gymnasium
Date:	Tuesday, October 17, 2023
Assembly Time:	11:10am—12:10pm

- ☐ Thank you for allowing us to use your equipment for the assembly. Our team will arrive **30 minutes** prior to the start time, to ensure everything is setup and ready to go.
- ☒ **We will be using our own equipment for your assembly. Our team will arrive 30-60 minutes prior to the start time, to ensure everything is setup and ready to go.**

Arrive Alive CA could not bring this programming to you without the generous funding from our grantors, sponsors, and partners. As such, it is important we receive student feedback on our programming. This ensures we are meeting the objectives set forth by our partners and measures the effectiveness of our programming.

Please help us get feedback from as many students as possible. The next page includes a pre-survey link and QR code that we ask students complete prior to our arrival. Additionally, a post-survey link and QR code will be made available at the conclusion of the assembly. Thank you for your assistance.

As required by our grantors and partners, we will be taking photographs and/or video at each assembly. If you have students whose parents have opted out of their child being included in media, we respectfully ask that those students not attend the assembly. Thank you for your understanding.

A checklist of items we need, information about fentanyl, and instructions on how to prepare for your assembly is included in this package.

If you have any questions, please contact me directly on my cell phone at (916) 761-2649.

Sincerely,

Angela Y. Webb

Angela Y. Webb, CEO
Arrive Alive California Inc.
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Future Focused: Fentanyl Education and Awareness Program

Pre-Assembly Student Survey

Please have students participating in the assembly complete this **short** survey prior to your scheduled assembly. We appreciate your participation and look forward to seeing you soon.

<https://www.surveymonkey.com/r/AACPreFentanyl>





ASSEMBLY SET-UP CHECKLIST

Items Needed:

- ☐ (10) folding chairs set up in front for the VIP section (if applicable).
- ☐ Access to room 1 hour prior to start time.
- ☐ Available Restroom (Unlocked)
- ☐ Access to room lighting control
- ☐ (2) 6' tables

Day/Night Before the Event:

- ☐ Provide all items above and place in the room.
- ☐ All windows/doors "blacked out" blocking as much natural light as possible.
- ☐ Make sure students have completed the short survey that will be sent to you prior to the event.

Morning of the Event:

- ☐ Provide access to the room at least 1 hour prior to presentation.
- ☐ Students seated in room no later than five minutes before start of the program.
- ☐ Make sure NO BELLS go off during the presentation.

Suggested:

- ☐ Promote the event among the student body.
- ☐ Encourage students to come up with questions for the speakers.
- ☐ Invite members of the School District.
- ☐ Invite the School District Media Personnel.

(Please let me know who plans to be in attendance.)



Song for Charlie / Arrive Alive Fentanyl Fact Sheet

August 5, 2022

Quick Explainer Video

You Need to Know (4 minutes)

<https://www.songforcharlie.org/video-resources?pgid=l15dxmic2-124a5e5c-58f4-4f06-b10e-4c6c2d41e516>

Poisoning vs Overdose- Why it Matters

The terms “poisoning” and “overdose” are both used by the CDC, medical examiners and law enforcement professionals to describe drug related deaths. So, from a governmental reporting standpoint, fentanyl deaths are indeed called both “poisonings” and/or “overdoses”. However, these terms are not always used consistently between organizations, making the reporting of “poisonings” and “overdoses” complicated and sometimes inaccurate.

We think the language used to describe drug deaths should be updated to accommodate recent developments brought on by the emergence of fake pills. An overdose occurs when a person ingests too much of a known substance, resulting in either illness or death. Deaths from pills made of fentanyl are different. The consumer is being deceived. Many people ingest a fentapill (fake pill made of fentanyl) believing they are taking a legitimate prescription medication such as oxycodone or Percocet. They typically ingest the recommended dose of their intended drug - a single pill - and die from fentanyl toxicity. Because of the deception, such a death is most accurately classified as poisoning.

Updating the language is necessary to address the problem appropriately. The solutions we have historically applied to the opioid “overdose” crisis do not apply across the board in the age of fentanyl and fake pills. In addition, calling these deaths “poisonings” or “overdoses & poisonings” is more likely to catch the attention of people historically not sympathetic to drug death victims and help to convey the dramatic change in today’s drug landscape due to the introduction of fentanyl into street drugs.

The Numbers

- All 50 states have reported deaths from fake prescription pills made of fentanyl. (from Partnership for Safe Medicines)
- A safe dose of pharmaceutical fentanyl 10-100 mcg in a hospital. The average amount of illicit fentanyl found in a fake pill varies widely, but the average is about 2mg, which is 2,000 mcg. 4 out of 10 counterfeit pills contain a potentially lethal dose. (DEA)
- While teen drug use has been dropping for the past 20 years (Monitoring the Future), teen drug deaths have increased dramatically in the past 5 years (CDC), mostly due to the introduction of fentanyl into the street drug supply.
- Latest CDC data:
 - Teens (14-18) have been disproportionately impacted by fentanyl
 - Teens suffered their highest number of recorded drug-induced deaths in 2021, 77% of them from fentanyl. This is far higher than the US total fentanyl share of deaths (66%), and together with college age youth, the highest share compared to all other age groups.
 - Teen drug deaths, driven by fentanyl, are growing fastest. This number nearly doubled in 2020 vs 2019 which was the highest one year growth rate ever recorded for any age group. For the 3 year period ending in 2021, teen drug deaths grew faster than any other age group. Fentanyl involved deaths for teens were about 4x higher in 2021 than 2018.
 - The Western region of the US, closest to fake pill supply from the southern border, was hardest

hit by fentanyl. 84% of teen drug deaths in the west involve fentanyl and these death rates are about twice what they are in any other region.

- Nearly 40% of the US total teen fentanyl deaths in 2021 occurred in the western region though less than a quarter of all US teens live there. California alone has more than twice as many fentanyl deaths as any other state. It's quite bad also in AZ and NM, though all states in this region are affected

(From CDC National Center for Health Statistics Provisional Mortality on CDC WONDER Online Database. <http://wonder.cdc.gov/mcd-icd10-provisional.html> Jul 2022. Drug overdose deaths include unintentional, suicide, homicide, and undetermined intents. Fentanyl is MCD – ICD-10 code T40.4. A single death may include multiple drugs.)

What Kids are Getting, and How

- Youth are asking for prescription pills they are familiar with, but are instead being given fake pills made of illicit fentanyl. Fentanyl is also in almost every other street drug. Where is fentanyl being found:

<u>Fake Pills</u>	<u>Other Drugs:</u>	<u>Drugs to Watch*:</u>
Percocet	Heroin	Adderall made of methamphetamine
OxyContin	Cocaine	Marijuana
Vicodin	MDMA (Ecstasy, Molly)	Vape Pens
Norco	Methamphetamine	
Xanax		*Instances reported, but not widespread at this time
Valium		

- Fake pills made of fentanyl are being ordered on social media (including SnapChat, Facebook/Meta, Instagram, Tiktok, and more) and on the dark web. Fake pills can be delivered to your door, through the U.S. mail, at work, in schools, & by friends. Friends are also passing friends pills, often not knowing what is in the pill they are passing.
- The only safe pill is the pill you get from a pharmacy in a bottle with your name on it.

The sole safe avenue with pills is to only take those prescribed to you!

Real Talk about Naloxone and Fentanyl Test Strips

- Naloxone
 - Laws/access vary by state
 - Works for opioid overdoses only, but safe to use any time
 - Needs to be administered immediately
 - May need multiple doses to revive victim
 - Call 911; effects wear off
 - Cannot self-administer
- Fentanyl Test strips
 - Laws/access vary by state
 - Research on reliability for pills is pending
 - Does not detect all analogs of fentanyl, or other drugs
 - Entire dose of drug must be dissolved in a precise amount of liquid for testing; testing portion of pill/batch is not enough
 - Don't believe anyone who says their pill has been tested & is safe.

Mythbusting

- **The truth about touching fentanyl and inhaling fentanyl.**

There have been media reports of first responders overdosing after coming into casual contact with fentanyl powder, either by touching it or inhaling it. The vast majority of these incidents have been debunked, and it is important to correct these misperceptions to establish credibility with our audience. There are several reasons why it is extremely unlikely to be harmed by coming into contact with powdered fentanyl:

- Street fentanyl is rarely if ever 100% pure and at its full potency.
- Fentanyl must enter the bloodstream to have any effect. This requires ingestion by snorting, swallowing or injecting, **or through contact with a mucous membrane.**
- Fentanyl powder cannot be absorbed through the skin. The fentanyl patches prescribed by doctors for pain patients are engineered to facilitate skin absorption by adding a mix of chemicals not found in the raw powder.
- Overdose by inhaling airborne fentanyl particles requires such high quantities and prolonged exposure that it is extremely unlikely to happen in real world encounters.

Fentanyl CAN be absorbed via the mucous membranes in the mouth, nose and eyes. In the event that a person encounters any residue they think might be fentanyl or another dangerous substance, they should wash their hands with soap and water at once and avoid touching their mouth, nose and eyes.

Resource: [DEA's Safety Recommendations to first Responders](#)

- **Fentanyl laced weed has caused widespread fatalities. FALSE.**

While there have been anecdotal instances of people overdosing on fentanyl-laced weed, these are unconfirmed. It is true that some cannabis seized by law enforcement has tested positive for fentanyl, but this is thought to be mostly due to contamination. There is no financial incentive to lace low margin weed with high margin fentanyl.

There is a technical reason that fentanyl-laced weed is unlikely to cause an overdose. Fentanyl ignites at a lower temperature than cannabis flower, so it burns off before the user can ingest it. This is why people who "smoke" fentanyl heat the powder on foil and inhale the vapors.

The misperception that fentanyl laced weed is causing overdoses arises from three factors:

1. Law enforcement has seized cannabis that tests positive for fentanyl in their labs.
2. Many drug related deaths occur during a time frame in which the victim ingests multiple substances.
3. Many drug related deaths are "polysubstance," meaning that multiple substances are present in the toxicology report.

It is understandable that one might conclude that a laced joint caused a death, but this is a case of "correlation without causation." Weed contaminated with fentanyl exists and people die with both substances in their systems. But that doesn't mean that they consumed them together and died from that specific cause.

- **The opioid/fentanyl epidemic is a problem for the addiction community. FALSE.** With the introduction of fentanyl and other synthetic opioids, the number of young victims is increasing dramatically. Because these drugs are so powerful, youth who show no signs of substance use disorder and are in early phases of experimentation or self medicating are dying before there is a chance to intervene, sometimes on their first use. This is not just an issue for traditionally high risk groups... victims include kids as young as

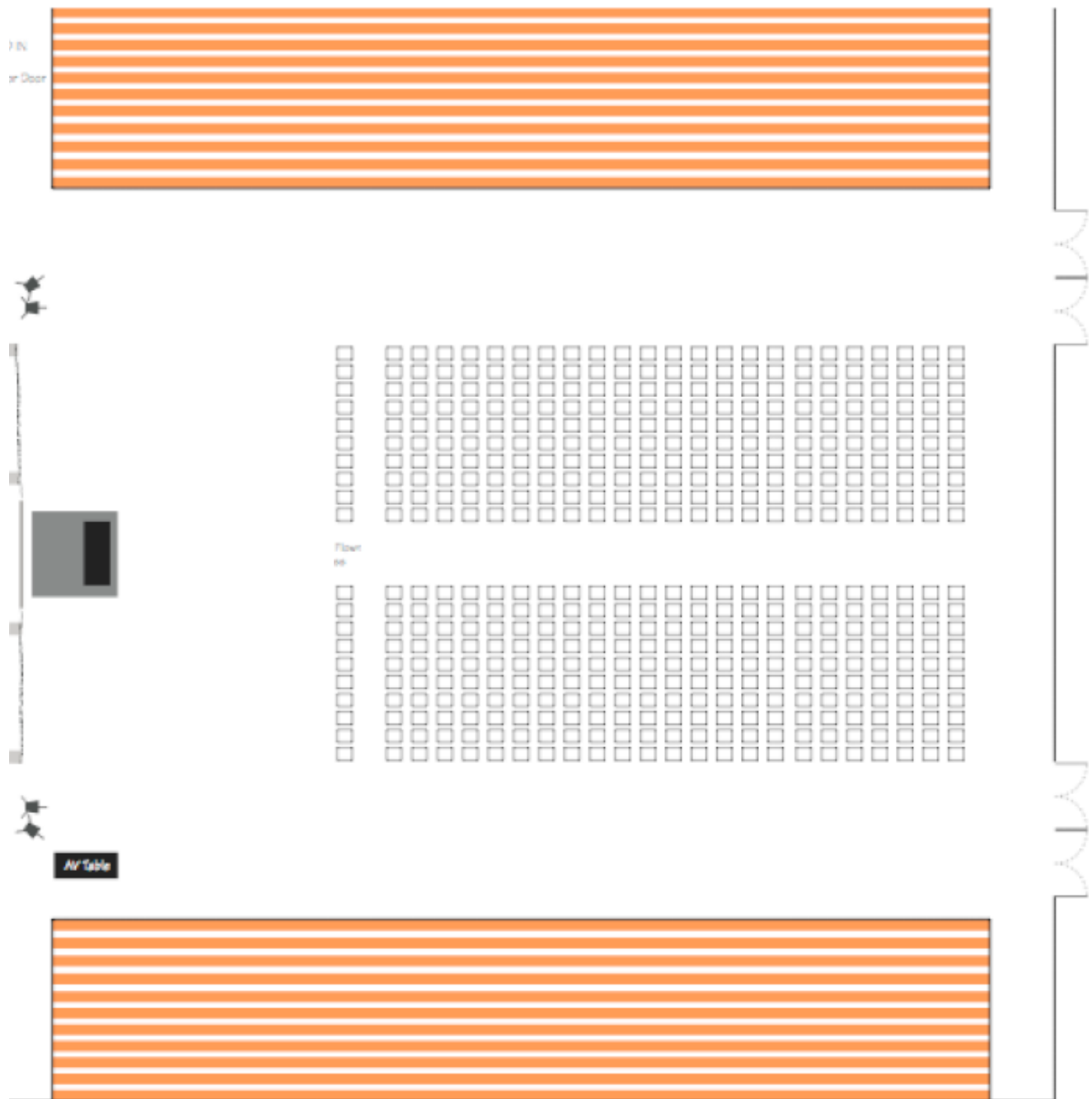
12, boys, girls, people in all 50 states... this an issue everyone needs to understand. Any youth with a phone and who has gone through trauma (Covid) could be considered at risk.

Resources & Background Information

- Heart of the Matter host Elizabeth Vargas as she sits down with Ed and Mary Ternan (45 min): <https://drugfree.org/article/heart-of-the-matter-guests-song-for-charlie-ed-and-mary-ternan/>
- In the Bubble with Andy Slavitt interviews Ed Ternan (55 minutes): <https://www.facebook.com/100069819180226/posts/pfbid031H35MGzhWUofuu8WX37R7F6bnX1S3tQGorqpxxUjB7xtQsMNvGuJLTBwbZAebUnl/?d=n>
- Song for Charlie facts about fentanyl: <https://www.songforcharlie.org/facts-about-fentanyl>
- DEA Resources
 - <https://www.dea.gov/onepill>
 - <https://www.getsmartaboutdrugs.gov/sites/default/files/2021-08/Fentanyl-2020.pdf>
 - <https://www.dea.gov/resources/facts-about-fentanyl>
 - <https://operationprevention.com/opioid-and-prescription-drugs#ms>
- CDC Resources:
 - <https://www.cdc.gov/opioids/basics/fentanyl.html>

Seating Arrangement Example: Gymnasium

Suggestion: For a large assembly utilize both sides of the bleachers as well as the center court with chairs.



Seating Arrangement Example: Gymnasium

For improved visibility utilize only one side of the bleachers.

If additional seating is needed we ask that
you add chairs to the gymnasium floor.

