

# Facilitator Guide



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## Prescription Drugs and Opioids

### Remember Your Job as Peer Ambassador:

- Make sure you display the meeting conversation **GROUND RULES** and cover them. This is the 4th slide in your PowerPoint Topic Awareness Presentation.
- You have 20 minutes for your group discussion. Elect a **timekeeper** who tells you when you have 5 minutes remaining.
- Your job is to keep the meeting focused and on track given the time allotted.
- Your job is to ensure that most discussion questions are covered and that **EVERYONE** who feels comfortable can contribute to the conversation.
- All opinions and points of view are accepted.
- Remember, based on personal experience, some people may get very emotional.
- Show **EMPATHY** with kindness in the tone of your voice.
- When people talk, try to help them stay on topic.

**Slide 1:** Introduce yourself and welcome members.

**Slide 2:** The topic we are covering today is Prescription Drugs and Opioids.

**Slide 3: READ SLIDE: REVIEW MEETING AGENDA**

**Slide 4: STATE:** Before we start let's go over these ground rules:

- No phone use, please
- No side conversations
- All opinions accepted
- It's important to share
- Try to stay on topic

**Slide 5:** Let's begin our meeting with our clubhope™ Affirmation. Let's say the Affirmation out loud together.

- We respect and honor all opinions and feelings.
- It is okay not to talk but all are encouraged to participate when ready.
- No one is judged, we show respect and empathy for each other.
- No one is perfect, we all face problems, and we try to improve our situation one day at a time.
- I may come to learn that others are dealing with the same issue I face.
- It is understandable that some of us possess untold truths about the way we feel and what we have experienced.
- We gather to have meaningful conversations to recognize we are not alone.
- Seeking professional support can help me, there is no shame in asking for help.
- We want to help others and ourselves.
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**Slide 6:** Teen Prescription drug use defined as:

- When teens take prescription medications that have been prescribed to someone else.
- When a teen takes medication in a way other than as prescribed, or with the intention of getting high, he or she is abusing prescription drugs.

**Slide 7:** There are different types of drug use.

**Medically Appropriate Use:** This refers to the proper and supervised use of prescription medications as directed by a healthcare provider to treat a diagnosed medical condition.

For example, you take prescribed antibiotics for an infection.

**Slide 8:** Here are the most misused and abused prescription drugs teens use.

- Read off the slide

**Slide 9:** These are the most negative side effects experienced when taking prescription drugs that are comprised of anxiety and stimulant medications.

- Read off the slide

**Slide 10:** When we abuse prescription drugs it can often lead to a path of physical dependence as your body continuously builds up a tolerance for the medication.

Physical dependence is:

- The body's response to long-term use of a drug.
- People who are physically dependent on a drug may:
  - Need increasingly higher doses to get the same effects.
  - Experience withdrawal symptoms when cutting back or abruptly stopping the drug.

**Slide 11:** By now we have all heard about the opioid crisis. What was once an epidemic in just our country's cities has rapidly escalated to the distribution of these illegal drugs in every town, suburb, and community in the US.

- The opioid crisis refers to a significant increase in the misuse and abuse of opioid drugs, including prescription painkillers, heroin, and synthetic opioids like fentanyl.
- It became a widespread issue in the United States and many other countries,

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leading to increased rates of addiction, overdose, and death.

- It impacted teens and adults.
- A great number of teens and adults continue to die.
- The crisis remains ongoing.

**Slide 12:** Does anyone have an idea regarding how many people have died since 1999 from drug overdose mainly attributed to opioids and now fentanyl at an alarming rate?

**Slide 13:** Over 1 million people since 1999 many of whom were our age.

- Synthetic opioids, primarily fentanyl, caused nearly two-thirds (64%) of all drug overdose deaths in the 12-month period ending April 2021, up 49% from the year before, the CDC's 's National Center for Health Statistics found.

**Slide 14:** Synthetic opioids are:

- Man-made compounds that mimic the effects of natural opioids, which are pain-relieving substances produced by the body.
- These synthetic versions are designed to interact with opioid receptors in the brain and nervous system, primarily used for pain relief. However, they can also lead to side effects and potential misuse due to their addictive properties **and are** very deadly.
- Examples of synthetic opioids include fentanyl, tramadol, and methadone.
- Fentanyl is the drug that is running rampant in every community now in America given it is cheap to make and dealers know how to push it.

**Slide 15:** Here are the dangers of fentanyl, when you take these pills you are not even playing Russian Roulette, rather there are strong odds in your favor you will die. Fentanyl is so deadly because of its potency.

Fentanyl is:

- 50 to 100 times more potent than morphine and 50 times more potent than heroin.
- Because of its potency, it has a very high risk of overdose and causes your body to stop breathing which leads to unconsciousness and death.
- Is often presented to look like a real prescription drug by dealers so many people are unaware it can be fatal when they take it.
- It can also be packaged to look like candy or chalk to make it more enticing for young people to take.

**Slide 16:** These are the signs of an opioid or fentanyl overdose:

- Pale face
- Clammy to the touch
- Limp body

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- Blue/purple-hued fingernails/lips
- Vomiting and gurgling noises
- Lack of consciousness/ability to speak
- Slow/pausing of breathing or heartbeat

**Slide 17:** Different drugs have different really bad side effects. Here is the breakdown of the most popular abused prescriptions.

- Read off the slide

**Slide 18:** To avoid the trap of potential drug abuse or addiction, if you are currently on prescribed medications for legitimate medical and physical conditions, follow this advice:

- Make sure you're getting the right medicine
- Check-in with your healthcare provider
- Follow directions carefully
- Know what your medicine does
- Never use another person's prescription
- Don't order prescriptions online unless they're from a trustworthy pharmacy

**Slide 19:** Why do so many young people avoid seeking professional help when they are addicted to drugs?

**Slide 20:** We are often afraid to seek help because of the stigma surrounding our condition, this includes avoiding dealing with the problem because of:

- Fear of judgment from family and peers
- Privacy concerns about being found out
- Perception of invincibility and a false sense of an addiction can be controlled
- Prone to more risk-taking and experimentation as your identity forms
- Peer pressure - stopping an addiction takes you away from peer group

**Slide 21:** The first step is acknowledging that you have a problem. This can be difficult, but it's essential to be honest with yourself about your situation.

**Slide 22:** Talk to someone you trust about your problem and what you are honestly going through. It can be anyone you are comfortable with who will respect your privacy including:

- Parent



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- Family member
- Guardian
- Teacher
- School Counselor
- Coach

**Slide 23:** Here's what you need to do if you have a problem:

- Research treatment options
- Reach out to these professionals who can provide expert guidance, and coping strategies, and offer a safe place to talk about your struggles:
  - Mental health professional
  - Counselor
  - Therapist
- Ask family members or close friends who you trust if they know of anyone they have heard good things about.
- Actually, speak with different professionals and do an informational interview by asking them how they can help you. Doing this will align you with a professional you are very comfortable working with.

**Slide 24:** You can also call this nationally recognized free confidential hotline.

**Slide 25:** Okay, it's time to talk about this subject as a group. I am going to ask the group some questions and I would like people to weigh in on what I am asking.

**Slide 26: FACILITATE GROUP DISCUSSION (LOOK AT CLOCK TO DETERMINE HOW MUCH TIME YOU HAVE - THIS DISCUSSION IS SLATED FOR 20 MINUTES)**

**Slide 27:** We had some great conversations on today's Topic Awareness Presentation. I would like you to please follow clubhope™ on Instagram.

**Slide 28: COVER: (ANY CLUB FUNDRAISER, BUSINESS OR OTHER ACTIVITIES. ASK FOR VOLUNTEERS. WRITE DOWN WHO IS DOING WHAT AND BY WHEN)**

**STATE: DATE AND TIME OF NEXT CLUB MEETING.**

**Slide 29:** Thank you for today!

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