

BE KIND TO YOUR MIND!!

Choose Not To Use!



Drug Awareness & Fentanyl Poisoning Prevention



Hawai'i Island
Community
Health Center



HAWAI'I HEALTH
& HARM REDUCTION CENTER

Fentanyl is now the #1 cause of death for Americans age 18 to 45.



OXYCONTIN[®] II
(OXYCODONE HCl CONTROLLED-RELEASE) TABLETS

10 mg	20 mg	40 mg
80 mg	100 mg	

Lifetime Nonmedical Oxycontin Use
Age 12 or Older

Year	Use
2007	221,000
2011	957,000

CN1CC[C@]23[C@@H]4OC(=O)C=C5C2(C1OC5=O)C

Exemplar by Purdue Pharma LP and Abbott Laboratories

Rainbow Fentanyl

INSIDE



A DRAMATIC DECLINE

Reading, math scores fell sharply during pandemic, data show

▶ PAGE 3A



BACK IN THE WATER

Queen Liliuokalani Outrigger Canoe Races return

▶ SPORTS, 1B



TILE WAREHOUSE, INC.

CARBIDE QUARTZ GLAZED, NATURAL STONE GLAZED, PORCELAIN TILE, GLAZED TILE, NATURAL STONE TILE, LANTERN TILE, NATURAL, AND MORE

2865 Koapaka Street
Honolulu, HI
(808) 840-8855

73-4076 Hulikoa Drive
Kalihi Kona, HI
(808) 329-8855

www.tilewarehousehawaii.com

West Hawaii Today

THURSDAY, SEPTEMBER 1, 2022

WESTHAWAII.TODAY.COM

\$1

'It's just a matter of time'



The Drug Enforcement Agency this week warned about "rainbow fentanyl," a new take on the deadly drug targeting young users that is sweeping the mainland. DEA/SPECIAL TO WEST HAWAII TODAY

BRIGHTLY-COLORED FENTANYL BEING USED TO TARGET YOUNG AMERICANS YET TO BE FOUND ON BIG ISLAND

BY LAURA RUMINSKI
WEST HAWAII TODAY
lruminski@westhawaii.com

The Drug Enforcement Agency this week warned about "rainbow fentanyl," a new take on the deadly drug targeting young users that is sweeping the mainland. However, members of the Hawaii Island Fentanyl Task Force and law enforcement have yet to encounter the brightly colored pills and powder on

the island.

"We know it's just a matter of time," said Dr. Kimo Alameda, task force leader.

The DEA on Tuesday advised the public of an alarming emerging trend of colorful fentanyl available across the United States. In August alone, the brightly-colored



Alameda

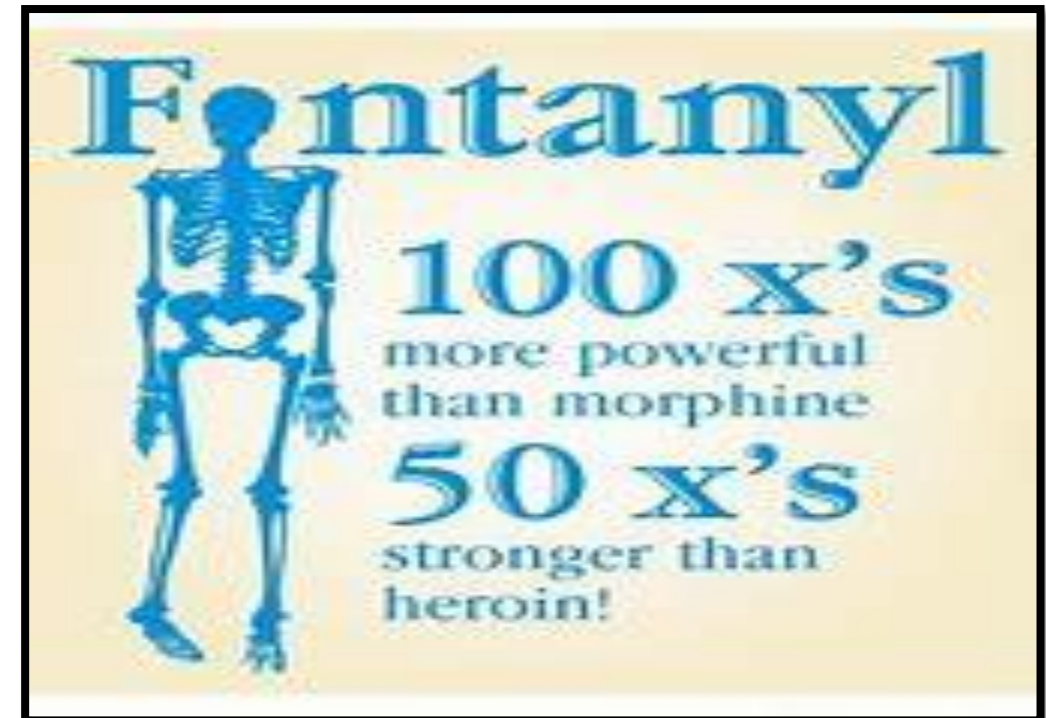
fentanyl and fentanyl pills were found in 18 states. Dubbed "rainbow fentanyl" in the media, this trend appears to be a new method used by drug cartels to sell highly addictive and potentially deadly fentanyl made to look like candy to children and young people.

"Rainbow fentanyl — fentanyl pills and powder that come

SEE DRUG PAGE 6A


How Dangerous?

Fentanyl powder has the power to kill with ingestion, or inhalation of **just 2 milligrams**. By comparison, a sweetener packet contains 1,000 milligrams per packet. **It is more deadly than cyanide.**



Hawaii Island –

1 overdose death

every  --**11** days.

There has been an 81% increase in Big Island overdose deaths in the most recent 18 months reported (most were from fentanyl) (source: CDC, NCHS).



But...Where does Fentanyl come from?

Opioids

3 Sources



-From the **opium plant** (opium, heroin);

-From that **plant and synthetically augmented** by chemical reaction (hydrocodone, oxycodone);



-**100% synthesized** in a legal or illegal laboratory (**fentanyl**, methadone).

- **Pain medications** are the most commonly prescribed medications in the United States.



“Pain Killers”

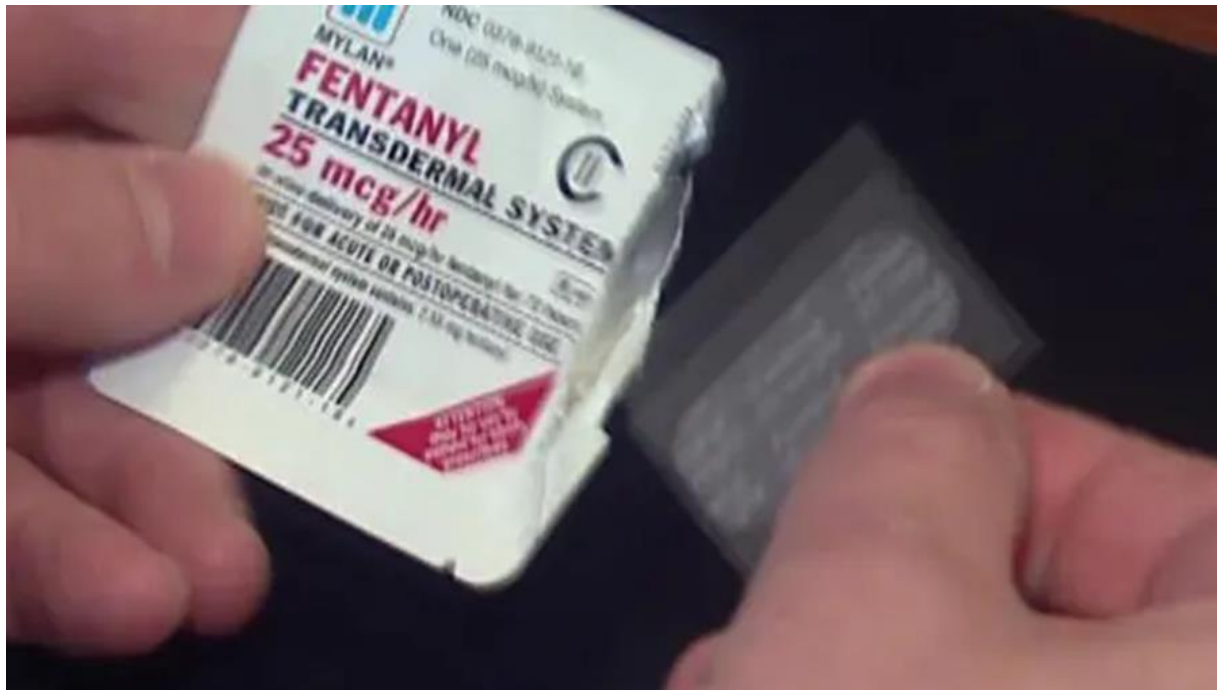


- The “hook” to addiction is...:
Relaxation, and feelings of contentment.



Medical Fentanyl:

No pills, No powder



Street Fentanyl

Pills and Powder



Fentanyl powder, can be mixed into anything, it is clear, tasteless, odorless.



Fake oxycodone

Pressed fake pills



Norco, Vicodin, hydrocodone



Adderall



REAL

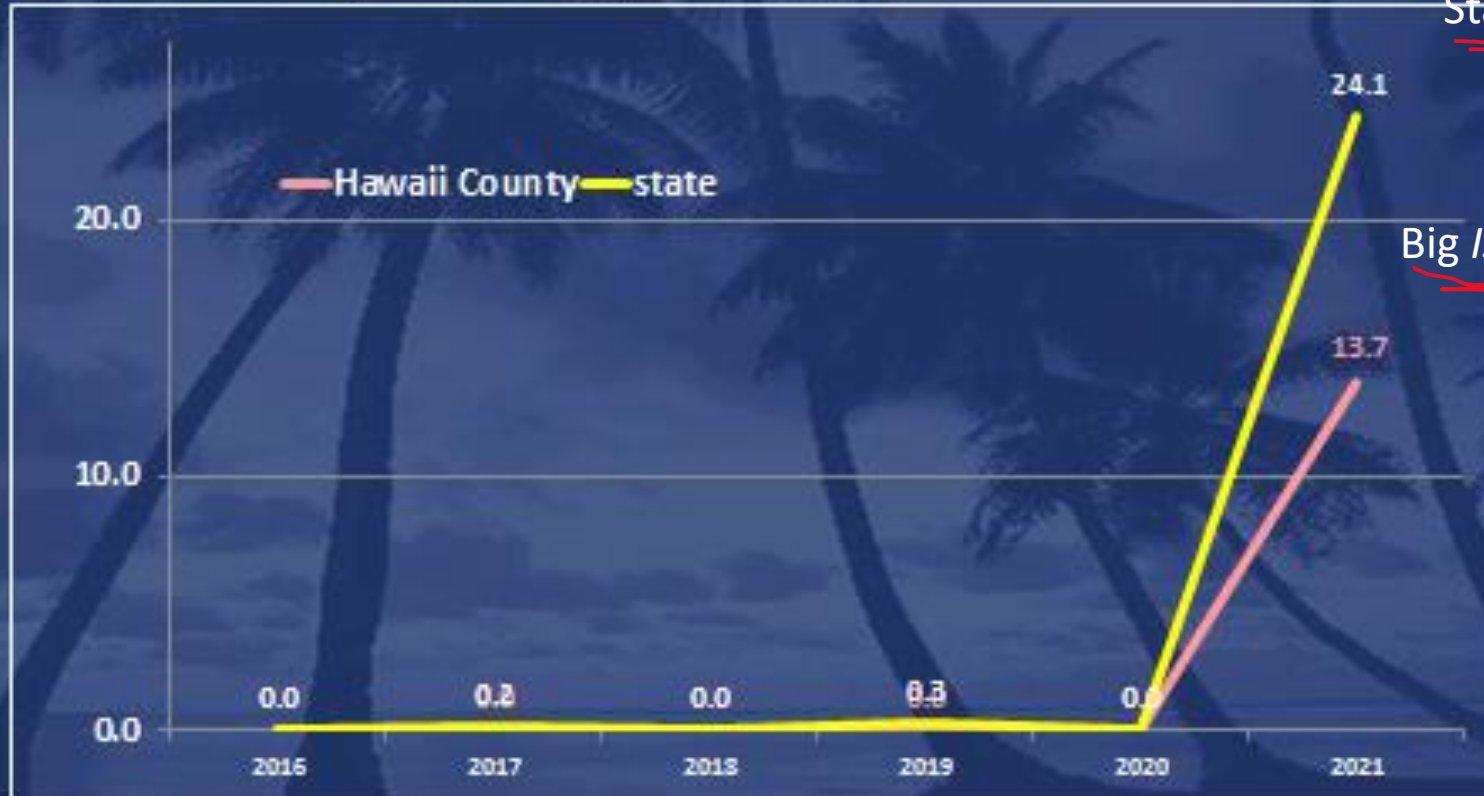
FAKE

Source: SF Public Health



Annual amount (Kg.) of fentanyl seizures, in Hawaii County and state of Hawaii, 2016-2021

(*Data source is Hawaii HIDTA (High Intensity Drug Trafficking Area), from Rico Witt, Drug Intelligence Officer.)



State total 53 lbs

Big Island total 30 lbs

Source:
HIDTA and
Dr. Dan
Galanis,
Hawaii
Department
of Health

Hawaii Island is home to 14% of the state's population, yet 57% of the fentanyl confiscated in the entire state was from our island. And since 2 mg of fentanyl can be a lethal dose in a non-opioid-tolerant user, 30 lbs could kill 6.8 Million people. Cyanide is not as deadly.

If fentanyl is now the
#1 cause of death for Americans
age 18 to 45, how do we
stop this trend???

**Decrease the
DEMAND through
Education and
PREVENTION**



Empower the Youth

It's not enough to tell kids "just say no"!

Better approach... replace
Just Say "No" with "Know"!...because if you
"know" you may not go..... knowledge is
power and for youth, knowing can be a
superpower."



“Nobody goes from chocolate
candy to fentanyl”

There is a Gateway!!



Alcohol- Quick facts



- The **number one drug of choice** for youth.
- By **Grade 10**, over **90% of youth** have tried it.
- **The “hook”**: Enhanced relaxation, short-term stress release, sleep.
- Can lead to addiction. What is addiction?
- **I like it--I want it--I need it!**



You know you “need it” when you stop drinking and you get withdrawal symptoms like **anxiety, depression, and insomnia**.

Tobacco/Nicotine- 2 key points



- Once nicotine enters the brain, it **begins to mimic (or copy) ONE of the brain's OWN most powerful chemicals.**

The “hook”: Enhanced pleasure, decreased anxiety, and relaxation.

- Because of this positive reinforcement **each time** a cigarette is smoked, smoking can quickly become an addiction (**I like it--I want it--I need it**).

Vaping (E-Cigarettes) – Be aware!

Similar effect as Tobacco but, the **aerosol** created when vaping often **contains other harmful ingredients** like:

- Enhanced Nicotine
 - Ultrafine particles
 - Organic compounds (e.g., Propylene Glycol, found in most antifreeze products)
 - Heavy metals (e.g., nickel, tin, lead)
- ...And it can be mixed with other drugs (e.g., **marijuana**)



The “hook” : Enhanced pleasure, decreased anxiety, and relaxation.

Vaping (E-Cigarettes)-Don't Be Tricked!



harmless water vapor?

Vaping.

Found in E-cigs

- Propylene Glycol
- HEAVY METALS
- Toluene
- benzene
- NICOTINE
- formaldehyde
- Nickel
- Acetaldehyde
- LEAD
- N-Nitrosomornicoting
- isoprene
- CADMIUM

Your health is your wealth,
your body is your bank. deposit wisely!

Youth-friendly designs and flavors



4 out of 5 kids who have used tobacco products started with a flavored product.

Jolly Rancher Blast



(I like it--I want it--I need it).

Marijuana (Cannabis) – 2 key points



- Once cannabis enters the brain, it **begins to copy ONE of the brain's OWN most powerful chemicals** (*where did you hear this before?*).

The “hook”:



Relaxed feeling. Distorts how the mind perceives the world.

Methods of use:

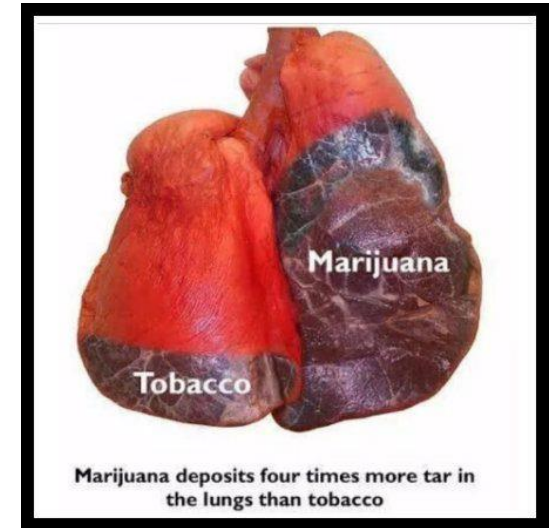


- Smoking** joints; **Inhalation** from water pipes called *bongs*; **Vaping** similar to that of an E-Cigarette; and **Eating** food with marijuana cooked into it, like brownies.

(I like it--I want it--I need it).

Marijuana – 3 more...

- Marijuana smokers inhale both carbon monoxide and tar into their lungs just like cigarette smokers.
 - What is **tar** used for? **Roads!**
 - What is **carbon monoxide**? Found in **car exhaust**, fumes from gas stoves.
- Cannabis withdrawal is strong which drives people back to using. (Remember addiction path of ***“I like it”, “I want it”, and now “I need it”.***)
- But some say **Marijuana is natural.... so is Poison Ivy!**



1st Key Message

If you haven't started, Don't!.

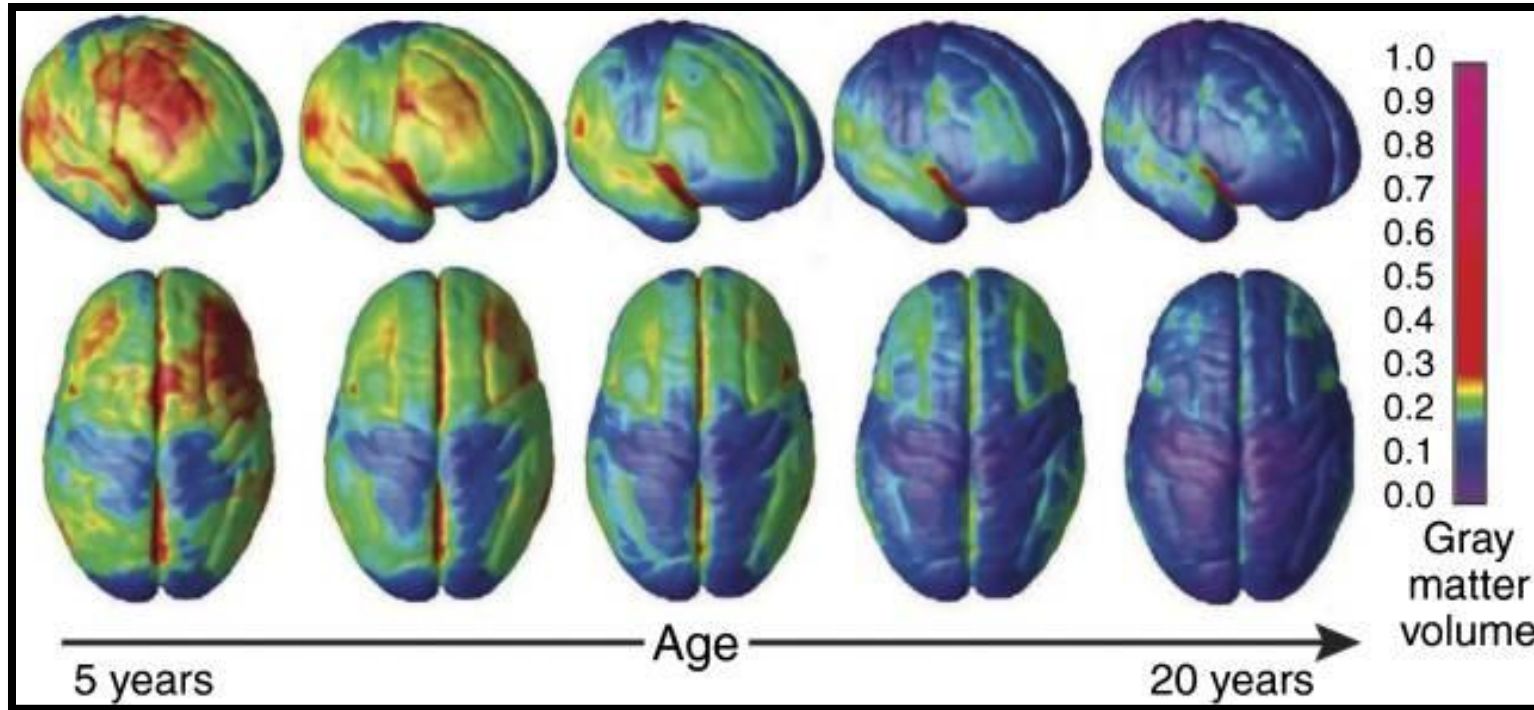
Choose Not To Use!



...but why?



BECAUSE: Our Brain is not Fully Developed until about Age 25

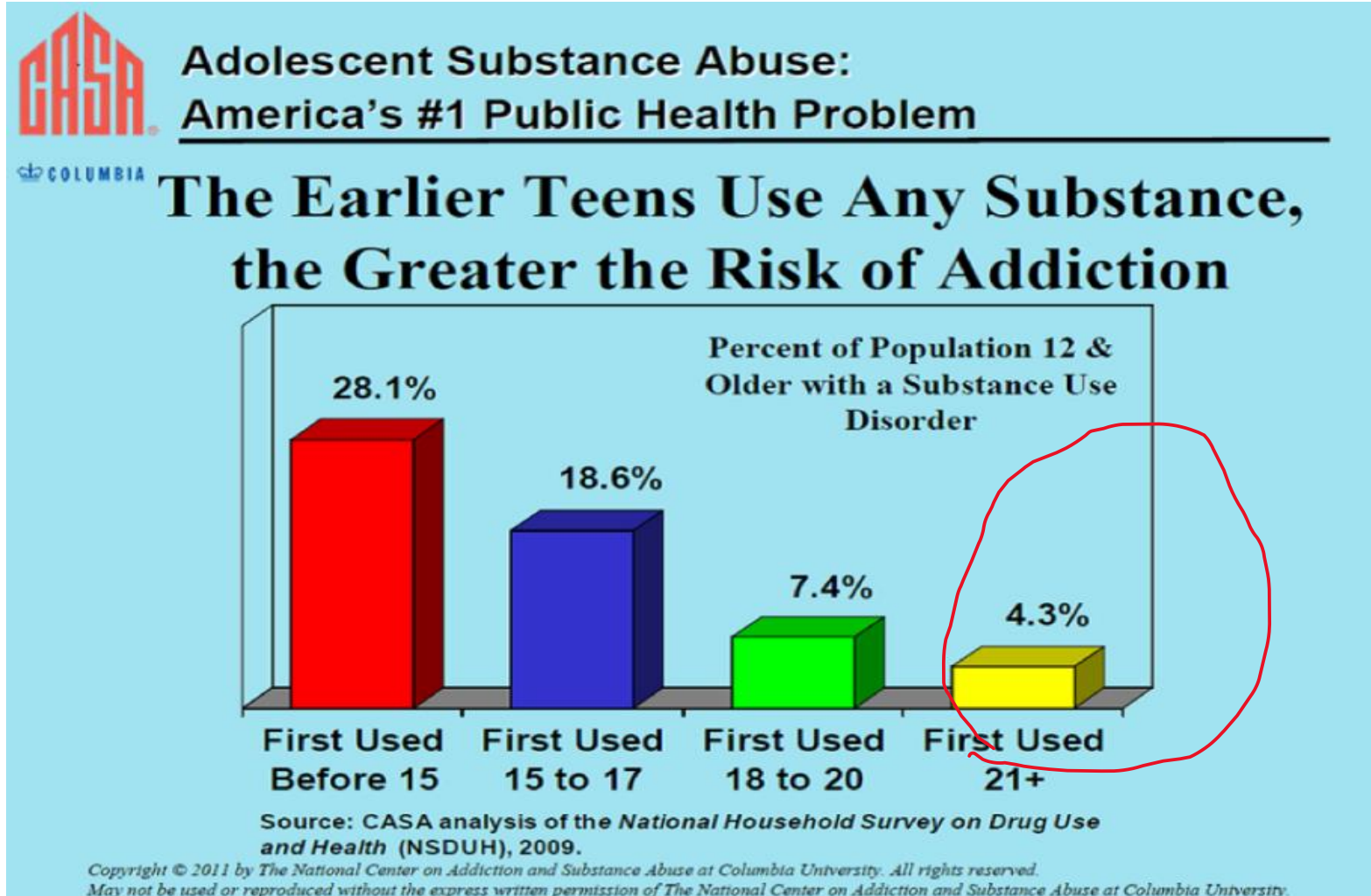


So...
Addiction
is a
Pediatric
Disease!

Note: The **blue** indicates the areas of the brain that have fully developed; while the **green** indicates areas that are still developing. Although the photo ends at age 20, you'll still see spots of green but at 25 it'll be all Blue.

Take HOME MESSAGE. Don't get started, especially if you are under age 25. **BE KIND TO YOUR MIND!**
(shake on it)

The longer you put off using any drug, the better chances you have of **not getting this “brain disease”!.**



A youngster under age 15 who starts using anything, has a **28%** of his brain being addicted as an adult, etc.

90% of those hooked on alcohol, tobacco, and drugs starting using them before age 18.

(National Center on Addiction and Substance Abuse at Columbia University, June 20, 2011.)

**BECAUSE ...Once the “*gates*
have opened”**



POWDERED METH
Snorting, ingesting



METH ICE
Mainly for smoking



METH CRYSTALS
Modified and injected

**... the risk is much higher for
more drug use, like *opioids*
*uppers, and others.***

Uppers



- Used to **increase energy, concentration, and wakefulness.**
- Examples of Stimulants include:
 - **Adderall, Cocaine, Meth**
 - Hawaii has been the **“capital of methamphetamine”** in the United States since the 1980s.
 - The estimates for the number of people addicted to meth in the state reach as **high as 120,000** (total pop: 1.4 million).

Meth (“ice”, “batu”)-The Facts



POWDERED METH
Snorting, ingesting



METH ICE
Mainly for smoking



METH CRYSTALS
Modified and injected

- Long-term users may **have tooth decay, weight loss, and sores caused by picking**. **Tweaking symptoms** include feeling like bugs are crawling under their skin, unable to sleep, and **self-harm**. Also, **stroke and heart failure** increases significantly.



- **Ice is in crystals** that is typical smoked, or cooked into a liquid to be injected. Meth can **be pressed into pills**.





Cocaine or Crack

- Cocaine is a **white powder** that comes from the leaves of coca plant.
- **Typically snorted**
- Crack cocaine looks like **small whitish colored chunks of rock**
- Crack is smoked and can be cooked to be injected

Ok... so what do we do

in the mean time?...

First, you need to know that drugs are not the same as the “old days”... Many more choices, and potentially much worse outcomes!

- “Old days”



- “Nowadays”, the above plus these:



Fentanyl could be in any of these.... by chance!



**what can we do to
“feel good”?**

**SECOND, YOU NEED TO FIND
THE PEOPLE, PLACE, OR ACTIVITY
THAT MADE YOU HAPPY AND GO
THERE WHEN FEELING DOWN,
ANXIOUS, DEPRESSED, ETC..**

7 ways to trigger the “feel good” chemicals in our brains so we don’t need the addictive “outside” chemicals?

- 1. Exercise (walking, jogging, running, weight training)
- 2. Exercise with others (sports, teams, clubs, a running partner).
- 3. Music (playing and listening)
- 4. Set Goals (feeling of accomplishment, achievement, little “wins”)
- 5. Meditation (prayer, yoga, sauna, positive self-talk)
- 6. Talk Story, Good Friends, Laughter (includes a support group, or formal therapy)
- 7. Starting Something New (a garden, a new recipe, a hobby)

NOTE: Smartphones, Social media, Netflix, Video games, Gambling, etc... can also increase the “feel good” chemicals in our brains much like these chemicals, thus Be Careful---Utilize the self-test of

Remember..... “I like it, I want it, I need it” – check yourself.

5 Take Home Messages

If you Choose to Use, then...

1. **Wait** until age 25! Allow brain to develop
2. Adopt a lifestyle that triggers **dopamine naturally**.
3. **Learn** about addictive substances. **BE EDUCATED!**
4. If you're in "**I need it**" -- Get help early.
5. Know that **Treatment** works & **Recovery** is always possible.

Treatment **Works!**

You are not alone...



THEN



NOW



Recovery is possible – From over 12yrs of struggling with meth to an honors student in college.

....**Treatment Provides**

HOPE (Hold On, Pain Ends)..

So you don't....

FEAR... Instead, you can....

Face **E**verything **A**nd **R**ecover!

In the mean time, help us prevent overdose by staying away from gateway, street, and party drugs, and know about Narcan.

This device can save a life..



Key Steps to Administering

1 PEEL back the package to remove the device.



2 PLACE the tip of the nozzle in either nostril until your fingers touch the bottom of the patient's nose.



3 PRESS the plunger firmly to release the dose into the patient's nose.



The naloxone will still work even if the person is not breathing



MO-HOPE Project

Request Narcan to be mailed to your home for FREE-- <https://www.hhhrc.org/naloxone>

CARES line



Coordinated Access Resource Entry System
(CARES) Line of Hawaii

1-(800) 753-6879

Supports the person with linking them to
substance use and mental health services

‘Ohana Coaching program for families