

Preventing Substance Use and Opioid Overdoses in Youth

- **Opioid-related overdose is a national public health crisis.** Overdoses and deaths caused by illicit fentanyl are increasing among youth.
- **What is MCPS doing?** MCPS works with the Montgomery Goes Purple community coalition to coordinate prevention and support around substance use by:
 - Increasing awareness of and access to the emergency overdose medication naloxone (Narcan)
 - Connecting schools with youth supports and programs
 - Offering resources so families are empowered to address substance use with youth and act if they are concerned



*For more information, see our 12/9/22 [Community Message](#) about illicit fentanyl

Youth Overdose in Montgomery County: 2021-2022

Youth Overdoses	2021	2022	% Change 2021 to 2022
Fatal	5	11	+120%
Non-fatal	22	37	+68%
Grand Total	27	48	+78%

These data show only fatal and non-fatal overdose events to which MCPD personnel responded

Most opioid related overdoses were due to illicit fentanyl, often found in other substances including counterfeit pills (e.g., Oxycontin, Percocet, Xanax, Adderall).

- These data are collected by the Montgomery County Police Department (MCPD)
- For county residents overall, non-fatal overdoses were down 21%, and fatal overdoses were down 26%, in 2022 compared to the prior year
- However, overdoses **INCREASED** for youth in 2022 and continue to increase

What can parents/caregivers do to help?

- [Get smart about youth substance use](#) and the dangers of illicit fentanyl
- [Speak to your kids about the dangers of drug use](#) including illicit fentanyl, how to avoid use, family expectations around use, and the availability of help and support
- Learn to [recognize potential signs of substance use, trauma, and mental health symptoms](#) so individuals can access support as early as possible
- Use [non-stigmatizing language](#) around substance use – this makes it easier for people to seek help when they need it
- [Learn about naloxone \(Narcan\)](#) and consider stocking it in your home as part of your home medication safety plan

If someone you know needs help...

If someone you know needs help with substance use:

Montgomery Goes Purple (<https://montgomerygoespurple.org/>):

Montgomery County's coalition of government agencies, community organizations and individuals collaborating to provide education, resources and support regarding substance use and recovery, for the entire community. Check out their section on [Youth and Family Resources](#).

Child & Adolescent Assessment Services (CAAS)

The CAAS program in the Montgomery County Crisis Center conducts mental health and substance use assessments for Montgomery County Youth. For more information contact CAAS@montgomerycountymd.gov.

SAMHSA's National Helpline and Online Treatment Locator

A federal resource offering a free and confidential 24/7 referral and information service for mental health and substance use issues. Call the [National Helpline](#) or use the [online treatment locator](#).

If someone you know needs help...

Symptoms of an Overdose

- Slow, shallow or stopped breathing
- Sleepy and unable to talk, or unconscious
- Blue lips or fingertips
- Pale/grayish skin
- Loud snoring or gurgling sounds

If you suspect an overdose:

- Overdose is a medical emergency - call 911 and give naloxone (Narcan) if available
- Click [here](#) for more information about responding to an overdose and [accessing Narcan training and resources](#)
- Maryland's [Good Samaritan Law](#) protects people assisting with an emergency overdose situation from arrest or prosecution for certain crimes

If someone you know needs help...

If you or someone you know
needs support now,
call or text **988**
or
chat **988lifeline.org**



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If you or someone you know is suicidal or having any mental health emergency:

Call or text 988

- 988 can be accessed by telephone call, text, or chat (at 988lifeline.org)

Montgomery County Crisis Center

- Call the Crisis Center at 240-777-4000 or walk in at 1301 Piccard Dr., Rockville, MD 20850
- Open 24 hours, 365 days per year

In July 2022, the National Suicide Prevention Lifeline became the "988 Suicide and Crisis Lifeline"