



Department of Human Services

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DEPARTMENT OF HUMAN
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North Kitsap Substance Abuse Prevention Coalition

Monday, April 8, 2024

1:00 p.m. - 2:30 p.m.

(Workgroups: 12:00 - 1:00 & 2:30 - 3:00 p.m.)

[Click here to JOIN the Meeting](#)

Meeting ID: 699 110 4058

Call in: 1-253-215-8782

AGENDA

Welcome, Land Acknowledgment and Introductions

- Community and Partner Updates
 - Events, Activities and Opportunities
 - News and Updates
- Youth Connection
 - Updates and feedback/youth voice opportunity
 -

Prevention Education

- Spotlight: Community Connections – Poulsbo Resource Center, Summer Anderson

Prevention Efforts

- Programs and Progress
 - Updates
- Strategic Planning
 - Where are we and where do we want to go
 - In Person meeting option updates
- Coalition events, activities
 - What can we commit to
 - Whose interested in participating

New Business

Next Meeting Dates: 5/13/24, 6/10/24 and 7/8/24. Upcoming meeting only available virtually until further notice. Hope you can join us.

<https://www.kitsapgov.com/hs/Pages/PREVENTION-Landing.aspx>

Mission: To create a framework of resources, support and partnerships to combat youth substance abuse in North Kitsap thus providing for a safe and healthy environment for all.



North Kitsap Substance Abuse Prevention Coalition

Thursday, March 11, 2024

Announcement:

- Volunteer opportunities available. Please contact Deanne Jackson, djackson@kitsap.gov if you are interested.
- Rebranding efforts: coalition input provided to designer and we are awaiting first drafts for coalition review.
- Community Connections activity – February ‘Acts of Love’ needs drive for Fishline was very successful. A special thank you to all of those who participated in hosting boxes, gathering items and supporting final collections.
- Communities Mobilizing for Change on Alcohol youth volunteers have been identified and confirmation and details and implementation dates will be announced soon.
- Leadership recruitment is NOW. If you or someone you know is interested in supporting and engaging in substance abuse prevention efforts, nominations (including self-nominations) are welcomed. Voting will be in June. Submit your nominations to Deanne.
- Potlach has been moved to June 2.
- Official Community Survey results will be out soon (3/13/2024)! Reviewing County Level data spoiler, prevention efforts works. We all have played a valuable part. Great job and thank you!

PARTNER HIGHLIGHTS:

- Commission of Children and Youth RFP is out.
- Kitsap Public Health Dist. – is participating in outreach efforts with the Juv. Correction Center and with youth in transition. My Shoes My Story will be added to their work there.
- PGST – youth leadership interested in My Shoes My Story. Currently running active after school program.
- KHS- Prevention Ed. Series was just completed. Currently planning is underway for an awareness event at the end of the month. More assessments will be made over Spring break.
- Coalition review of coalition results for community survey and a re-visit of Coalition Assessment. Next steps to follow.

Moving Forward – Next Steps:

- Calling all interested youth. Opportunities available for current and upcoming events and activities..
- Community Survey and Coalition Assessment data and more, will be used to determine our Strategic Plan updates. Efforts to make these changes are underway calling for any additional data and information to assist this process.

EVENTS:

- Various professional and community trainings (watch email for new ones as they are announced)

- Human Rights Youth Rally – Mar. 19 @ Olympic College
- Parent Night Out Virtual Training –Apr. 11 and May 13
- WA. Breathes 5th Annual Teaching Cannabis Awareness and Prevention virtual conference Apr. 17-18
- Volunteer Appreciation Week – Apr. 21-27
- Olympic Prevention Partnership meeting – Mar. 13
- Community Court Resource Fairs –June 1, Sept. 1 @ Marvin Williams Center 12-4 pm
- Juneteenth Resource Fair – June

Get informed.
Be prepared.
Take action.

TRUE NORTH
AT CAPITAL REGION ESD 113

PARENT NIGHT OUT

*Learn tips to talk confidently to
your kids about drugs and alcohol.*

**13
DEC**

6:30 pm | Zoom
REGISTER:
bit.ly/3sPfvSM

**11
MAR**

12 pm | Zoom
REGISTER:
bit.ly/3QHpy4c

**18
JAN**

12 pm | Zoom
REGISTER:
bit.ly/47oe6So

**11
APR**

6:30 pm | Zoom
REGISTER:
bit.ly/40NS8Wk

**15
FEB**

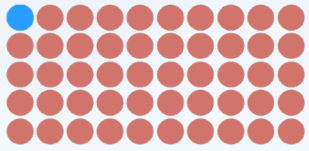
6:30 pm | Zoom
REGISTER:
bit.ly/3GctWmY

**13
MAY**

12 pm | Zoom
REGISTER:
bit.ly/3R9qQq8

What's up with fentanyl?

Strong



Fentanyl is a very strong opioid, **50x stronger** than heroin.

Fast



Overdose can happen in **seconds** or **minutes**.

Higher Risk



Most overdose deaths in WA State now involve fentanyl.

What does it look like?

In WA State, most fentanyl has been in blue pills with a "M30" stamp. It's sometimes in drugs that look like powder, or a rock like crack cocaine.



Fentanyl could be in any drug you buy on the street or online. What fentanyl looks like will continue to change.

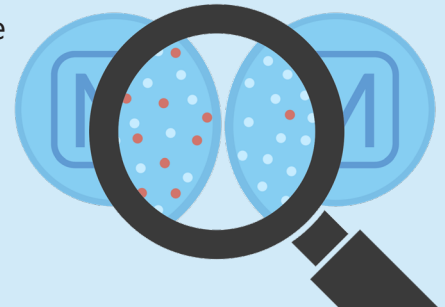


What's the risk?

The amount and strength of fentanyl **can vary a lot**.

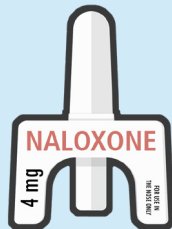
One pill might have a deadly amount.

Another pill might have very little, if any, fentanyl.



Naloxone works on fentanyl.

Carry naloxone. Tell people you have it and how to use it. Because fentanyl is so strong, it may take more than one dose to work. Keep extra kits around.



Meth does not protect from OD.

Using meth along with fentanyl actually **increases the chance of overdose**.

If you use both meth and fentanyl, use one at a time, and pace yourself slowly with small amounts.



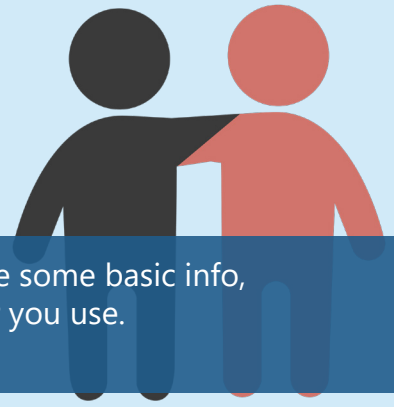
Mythbusting Facts

1 You can overdose on fentanyl **however you use it:** if you smoke, swallow, snort, or inject.

2 It's safe to respond to a fentanyl overdose! You can't overdose just by touching fentanyl or drugs that contain fentanyl.

What can I do?

- Start with a **small amount** and **go slow**. Use one drug at a time.
- When you can, **use around other people**. Use one person a time. That way, if someone overdoses, one person can respond.
- If you do use alone, **let a friend know they should check on you**.



Try **neverusealone.com** or call **(800) 484-3731**. You provide some basic info, and they stay on the phone with you for a few minutes after you use. If you stop responding, they call 911.

- **Watch your tolerance**. If you take a break from using fentanyl or other opioids, use way less when you start again.

Signs of a fentanyl OD:

- Not breathing. Gurgling or heavy snoring.
- Won't wake up.
- Blue or gray skin, lips or fingernails.
- Chest muscles may get stiff.



What to do in an OD:

- **Call 911 right away**. You don't have to say there's been an overdose, just that someone is not breathing.
- **Give a dose of naloxone**. You may need to give another dose every 2 minutes. Do rescue breathing until they start to breathe on their own.



Learn more about fentanyl and find naloxone at:
StopOverdose.org & LacedAndLethal.com

STOPOVERDOSE
.org

**LACED &
LETHAL**

Tentative Spring Youth Forum Update

► Spring Youth Forum

- ▶ Tentative: Great Wolf Lodge in Grand Mound, WA (TBD)
- ▶ Tentative: May 7-8, 2024
- ▶ Visit our website for more info:
<https://springyouthforum.org/>

2024 SPRING YOUTH FORUM

**LEADING PREVENTION
TOGETHER**