

UPCOMING TESTING

Spring 2018 Achievement Test Windows

February 5 - March 23, 2018:
AZELLA Spring Reassessment Testing

April 2 - 10, 2018: AzMERIT Paper-Based Testing at TDB, TILC, and TPLC

April 2 - 27, 2018: AzMERIT Computer-Based Testing at TMS & WRHS

March 26 - April 20, 2018: AIMS Science Testing (Grade 4, 8, & 10)

District Post-Benchmark Testing

April 9-20, 2018: Galileo Testing (Grade 1-6)

April 20-30, 2018: DIBELS Testing

May 1-11, 2018: Galileo Testing (Grade 7-12)

May 1-11, 2018: PEG Writing



Opioid Overdose Crisis Terilyn Yazzie, Prevention Specialist Navajo Treatment Center for Children and Their Families

According to the National Institute on Drug Abuse (NIH), everyday more than 115 Americans die after overdosing on opioids (NIH, 2018). Opioids is drugs in which relieves pain on the nervous system (Foundation for drug-free world, 2018). Examples of the misuse and addiction to opioids include prescription pain relievers, heroin, and artificial or synthetic opioids such as fentanyl. How did opioid overdose crisis happen? In the late 1990s, pharmaceutical companies reassured the medical community that patients would not become addicted to prescription opioid pain reliever. Therefore, health care providers began to prescribe them at greater amounts. This led to widespread diversion and misuse of these medications before it became clear the medications can be very addictive (NIH, 2018). The opioid crisis: Patients who were prescribed opioids for chronic pain misused them which is about 21% to 29%. The development of an opioid use disorder is between 8% and 12%. A person who misuses prescription opioids switched to heroin, this is approximately 4% to 6%. People who used heroin first misused prescription opioids, about 80%. The opioid overdose crisis is a public health crisis with disturbing consequences with an added increase in opioid misuse and related overdoses. The U.S. Department of Health and Human Services (HHS) is providing help in five major priorities in the response to the opioid crisis: improving access to treatment and recovery services; promoting use of overdose-reversing drugs; strengthening our understanding of the epidemic through better public health surveillance; giving support to advanced research on pain and addiction; and having advanced practices for pain management (NIH, 2018). Additionally, the US Department of Health and Human Services has priority areas to address this crisis: opioid prescriber education, community naloxone access, and improved access to medications for opioid use disorder. The usefulness of opioid overdose education and community naloxone distribution (OEND). Naloxone is a strong opioid antagonist, which can help in an opioid overdose with respiratory or central nervous system depression. Naloxone can be injected into veins, into muscles to deliver medication, under the skin, and through nasal pathways. Naloxone does not effect a person who is not taking opioids. OEND programs educate individuals to recognize opioid overdose and instruct them how to administer naloxone to reverse respiratory depression (Kerensky & Walley, 2017). According to *Drugs: Shatter the Myths*, A question asked, how can prescription (RX) drugs be harmful when they are prescribed by doctors? Prescription drugs are not bad, they do indeed help people, prescription drugs depends on *who, how* and *why* of its use. *Who* were they prescribed for (you or someone else)? *How* are you taking them (as prescribed or not)? *Why* (to get well or to get high)? Some teenagers abuse stimulants thinking it will improve their grades; in fact, it may do the opposite. A fact: Prescription Drug Abuse is Drug Abuse (NIH, 2015).

Take the mini quiz: It's safe to use prescription drugs when:

1. You've checked out WebMD and know what you are doing.
2. You've taken them before for another problem.
3. They were prescribed for you by a doctor for a current problem.
4. Your mom gave them to you from her prescription.
5. All of the Above.

Answer is C. Mixing pills with other drugs or with alcohol really increase your risk of death from accidental overdose (NIH, 2015).

References:

Foundation for a drug-free world. Prescription Drug Abuse. (February 26, 2018). Available online: <http://www.drugfreeworld.org/drugfacts/prescription/opioids-and-morphine-derivatives.html>

Kerensky & Walley. Opioid overdose prevention and naloxone rescue kits: what we know and what we don't know. *Addict Sci Clin Pract* (2017) 12:4 DOI 10.1186/s13722-016-0068-3.

NIH. (February 2018) National Institute of Drug Abuse. Opioid Overdose Crisis. Available online: <https://www.drugabuse.gov/drugs-abuse/opioids/opioid-overdose-crisis>

NIH Publication No. 15-7589. *Drugs: Shatter the Myths*. Prescription drugs. Printed October 2010. Revised April 2011, July 2013, and March 2015.