

Maryvale High School has implemented the High School Health and Wellness (HSHW) grant in partnership with the Governor's Office of Youth, Faith and Family. HSHW is a substance use prevention grant that allows the Maryvale community to utilize a comprehensive evidenced based prevention curriculum, provide prevention resources, and workshops/in services to all stakeholder groups. The goal of the HSHW grant is to create a drug-free learning environment by increasing awareness to prevent, reduce or eliminate risk behaviors. The HSHW team has created this newsletter to educate staff members on substance use trends and empower staff to support and refer students who may be at-risk. For more information or to schedule a workshop, please reach out to a HSHW Prevention Team member.

Side Note

How to share the facts

As an adult on a PUHSD campus, it might feel challenging to share information relating to substance use with students. Here are some resources to make talking to youth easier:

- [OPIOIDS AND ADOLESCENTS](#)
- [A LETTER TO TEENS](#)
- [PRESCRIPTION DRUG MISUSE IMPACTING TEENS](#)
- [E-BOOK ON HEROIN, FENTANYL, AND OTHER OPIOIDS](#)
- [INFORMATION ON ADDERALL](#)

If you are unsure where to begin, please call a High School Health and Wellness Team Member on your campus. HSHW staff can arrange a workshop for students on any topic relating to drugs and alcohol.

What's impacting schools today?

Prescription Drugs

The Arizona Department of Health Services reported 20,541 suspected opioid overdoses have occurred in Arizona over the past year. According to Phoenix Union High School District's AYS data, opioids were the highest used substance after alcohol, cigarettes (e-cigarettes and traditional), and marijuana. Other prescription drugs trailed close behind.

Definition of Prescription and Over the Counter Drugs:

- *Prescription Pain Relievers (opioids):* Pain relieving drugs naturally derived from either poppy flowers or lab-made substitutes. Commercial and/or street names include: Codeine, Fentanyl, Morphine, Oxycodone, Tramadol
- *Prescription Stimulants:* Medications generally used to treat attention-deficit hyperactive disorder and narcolepsy. Commercial and/or street names include: Ritalin and Adderall.
- *Prescription Sedatives:* Prescription medication that acts as central nervous system depressants. Generally labeled sleeping pills. Commercial and/or street names include: Xanax, Valium, Limbitrol, Sonata, and Lunesta.
- *Over-the-counter-drugs (OTCD):* Drugs sold directly to consumers without a prescription from a healthcare professional. The most popular OTCD used by young people are cough syrup and cold medicine. Commercial and/or street names include: Nyquil, Robitussin, Delsym, and Tylenol cough.



Signs of use:

Pain Relievers (opioids): nausea, slow breathing, confusion, lack of coordination, constipation

Perception Stimulants: dilated pupils, restlessness, hyperactivity, loss of appetite, weight loss, sweating

Prescription Sedatives: sleepiness, slurred speech, problems with concentration, memory, slower breathing, problem walking and dizziness

Over the Counter Drugs (cough syrup and cold medicine): agitation, vivid nightmares, slurred speech, violet behavior, hallucinations, dissociation