

## Panther Forum for Parents – Resources

### Level 1

|                    |  |       |                         |
|--------------------|--|-------|-------------------------|
| Heydi Elenes       | A-L (9 <sup>th</sup> Grade Counselor)  | x5768 | helenes@smjuhsd.org     |
| Rocio Trujillo     | M-Z (9 <sup>th</sup> Grade Counselor)  | x5763 | rtrujillo@smjuhsd.org   |
| Nadia Ventura      | A-L (10 <sup>th</sup> Grade Counselor)   | x5767 | nventura@smjuhsd.org    |
| Miriana Del Toro   | M-Z (10 <sup>th</sup> Grade Counselor)   | X5754 | mdeltoro@smjuhsd.org    |
| Chris Carrillo     | A-L (11 <sup>th</sup> Grade Counselor)   | x5198 | ccarrillo@smjuhsd.org   |
| Susan Avrit        | M-Z (11 <sup>th</sup> Grade Counselor)   | X5775 | savrit@smjuhsd.org      |
| Sandra Gonzalez    | A-L (12 <sup>th</sup> Grade Counselor)   | X5765 | sgonzalez@smjuhsd.org   |
| Rebecca Leadbetter | M-Z (12 <sup>th</sup> Grade Counselor)   | X5766 | rleadbetter@smjuhsd.org |
| Daniel Garcia      | Community Liaison  | X5758 | dgarcia@smjuhsd.org     |
| Angela Collins     | Crisis Intervention Specialist<br><b>Positive choices and drug/alcohol group therapy</b> | X5558 | acollins@smjuhsd.org    |

### Level 2

|                                  |  |       |   |
|----------------------------------|--|-------|---|
| Jazmin Gavilanes/ Jazlyn Navarro | Por Vida - Serves underserved youth through academic, attendance, and social emotional.<br>Joven Noble sessions and individual sessions. | x5705 | jgavilanes@smjuhsd.org/<br>jnavarro@smjuhsd.org |
| Neida Bernal                     | Fighting Back SMV<br><b>Vaping Cessation and Cannabis program</b>  | x5114 | neida@fbsmv.com                                 |
| Ramiro Ruvalcaba                 | Fighting Back SMV- <b>Homeless Liaison</b>   | x5319 | ramiro@fbsmv.com                                |

### Level 3

|                   |  |              |                        |
|-------------------|--|--------------|------------------------|
| Erica Tajon       | School Psychologists                                   | x5712        | etajon@smjuhsd.org     |
| Serina Rodriguez  | School Psychologists                                   | X5757        | srodriguez@smjuhsd.org |
| Elizabeth Sanchez | ESS MFT Program Coordinator                            | X5382        | elsanchez@smjuhsd.org  |
| April Ezparza     | CADA- Adolescent Use Disorder (SUD) Treatment Provider | 805-357-5781 | aesparza@cadab.org     |

**OPIOIDS** – are a class of drug that include heroin, Fentanyl and Pain relievers.

**Fentanyl** is a powerful synthetic opioid that is like morphine but is 50 to 100 times more potent. It is a medicine that was used to treat patients with severe pain. It is a drug that is also made in labs and used illegally. Synthetic opioids, including fentanyl are now the most common drugs involved in drug overdose deaths in the U.S.

- In **Santa Barbara County**: The number of opioid-related deaths involving fentanyl specifically **increased** from **6** in 2016 to **65** in 2021.
- When **used illegally**, fentanyl is often **made into pills** that look like other prescription opioids, or in a powder form that can be **smoked, injected, or ingested**.
- Drug dealers are also **mixing fentanyl with other drugs** such as: heroin, cocaine, and methamphetamine.
- Fentanyl is quickly becoming the drug of choice for young people.
- Fentanyl can lead to a fatal overdose after just one use and is **highly** addictive
- An overdose can happen when opioid use suppresses breathing in a way that oxygen can't reach vital organs, and the body begins to shut down. It's important to note that an overdose can occur anywhere from 20 minutes to 2 full hours after drug use.
- Common physical and social signs: Fatigue, drowsiness, dark circles under eyes, mood changes such as agitation, change in friends, skipping school, isolating from family and friends.

Santa Barbara county also recently started the **Fentanyl is Forever** campaign:

- They are currently running campaign ads/commercials on radio and TV in both English and Spanish.
- Mrs. Herrera was recently given Fentanyl is Forever posters and she has posted them around campus.
- **FentanylisForeverSB** : There is a link "Get Naloxone" where families can get information on where they can obtain Narcan for FREE to be mailed to their Santa Barbara County address for FREE.

### REFERENCES:

- <https://www.fentanylisforeversb.org/>
- <https://opioidsafetysb.org/>
- <https://www.countyofsb.org/531/Alcohol-Other-Drugs>

