



MT. DIABLO UNIFIED SCHOOL DISTRICT GOVERNING BOARD
RESOLUTION 21/22-58
in Recognition of March as Prescription Drug Abuse Awareness Month

WHEREAS prescription drugs are strong medications, which require a prescription from a doctor or dentist: such as Vicodin, Zyrtec, Advil, Prozac, and Ritalin; and

WHEREAS every medication has some risk for harmful effects, doctors and dentists consider the potential benefits and risks to each patient before prescribing medications and take into account a lot of different factors, described below. When prescription drugs are misused, they can be just as dangerous as drugs that are made illegally; and

WHEREAS there are three kinds of prescription drugs that are commonly misused: opioids used to relieve pain, depressants used to relieve anxiety or help a person sleep, and stimulants used for treating attention deficit hyperactivity disorder (ADHD) ; and

WHEREAS misuse of prescription drugs means taking a medication in a manner or dose other than prescribed; taking someone else's prescription, even if for a legitimate medical complaint such as pain; or taking a medication to feel euphoria (i.e., to get high) ; and

WHEREAS repeated misuse of prescription opioids can lead to a substance use disorder (SUD), a medical illness which ranges from mild to severe and from temporary to chronic. Addiction is the most severe form of an SUD. An SUD develops when continued misuse of the drug changes the brain and causes health problems and failure to meet responsibilities at work, school, or home; and

WHEREAS there were 14,867,426 prescriptions for opioids, 2020 (per the CA Department of Public Health, California Overdose Surveillance Dashboard); and

WHEREAS there were 16,537 Emergency Department visits related to opioid overdose, 2020 (per the CA Department of Public Health, California Overdose Surveillance Dashboard); and

WHEREAS there were 5,502 deaths related to opioid overdose, 2020 (per the CA Department of Public Health, California Overdose Surveillance Dashboard); and

WHEREAS there were 3,946 deaths related to fentanyl overdose, 2020 (per the CA Department of Public Health, California Overdose Surveillance Dashboard); and

WHEREAS there were 198 sites in California participated in the DEAs 21st National Prescription Drug Take Back Day on October 23, 2021 and 41,970 pounds of medication were turned in; and

WHEREAS the Mt. Diablo Unified School District supports the DEA's next National Prescription Drug Take Back Day which is April 30, 2022 – 10AM to 2PM. The National Prescription Drug Take Back Day aims to provide a safe, convenient, and responsible means of disposing of prescription drugs, while also educating the general public about the potential for abuse of medications; and

WHEREAS the Contra Costa County Medication Education and Disposal Safety (MEDS) Coalition engages youth and adult stakeholders from across the county to participate in Prescription Drug Abuse Awareness Month activities to raise awareness about prescription drug dangers, promote safe medication storage and

disposal and ensure naloxone is available for those at high risk of overdose; and

THEREFORE, BE IT RESOLVED THAT the Mt. Diablo Unified School District does hereby declare March 2022 as Prescription Drug Abuse Awareness Month, and encourages all community members to participate in prescription drug abuse related prevention programs and activities;

BE IT ALSO RESOLVED THAT the Mt. Diablo Unified School District Board members encourage all community members to pledge, "Spread the Word... One Pill Can Kill."

AYES: NOES: ABSENCES: ABSTENTIONS:

Debra Mason, Board President

Keisha Nzewi, Board Vice President

Cherise Khaund, Board Member

Erin McFerrin, Board Member

Linda Mayo, Board Member

Dr. Adam Clark, Superintendent

Resolution 20/21-55

Adopted at the meeting of the MDUSD Governing Board of Education on 03/10/2021

Additional Resources:

<https://www.drugabuse.gov/drug-topics/prescription-medicines>

<https://www.drugabuse.gov/drug-topics/commonly-used-drugs-charts#prescription-opioids>

<https://www.cdc.gov/drugoverdose/opioids/prescribed.html>

<https://discovery.cdph.ca.gov/CDIC/ODdash/>

https://www.cdc.gov/mmwr/volumes/70/wr/mm7006a4.htm?s_cid=mm7006a4_w

<https://www.drugabuse.gov/drug-topics/opioids/opioid-overdose-crisis>

<https://www.getsmartaboutdrugs.gov/content/national-take-back-day>

<https://skylab.cdph.ca.gov/ODdash/>