

MT. DIABLO UNIFIED SCHOOL DISTRICT GOVERNING BOARD  
RESOLUTION 20/21-55  
in Recognition of March as Prescription Drug Abuse Awareness Month

WHEREAS when used as prescribed by a doctor, prescription medicines such as stimulants, sedatives and opioids can be helpful in treating many illnesses, but when these medications are misused, they can have serious consequences<sup>1</sup> such as an increased risk of infectious disease and overdose death<sup>2</sup>; and

WHEREAS anyone who takes prescription opioids can become addicted to them. In fact, as many as one in four patients receiving long-term opioid therapy in a primary care setting struggles with opioid addiction. Once addicted, it can be difficult to stop<sup>3</sup>; and

WHEREAS prescription opioid overdose deaths also often involve benzodiazepines. Benzodiazepines are central nervous system depressants used to sedate, induce sleep, prevent seizures, and relieve anxiety. The Centers for Disease Control and Prevention (CDC) recommends avoiding taking benzodiazepines while taking prescription opioids whenever possible<sup>3</sup>; and

WHEREAS in 2019 in Contra Costa County there were 565,236 opioid prescriptions given to patients which is an age-adjusted rate of 417.1 per 1,000 residents, higher than the state rate of 400.6<sup>4</sup>; and

WHEREAS in 2019, a total of 11,767 emergency department visits occurred in California that were related to any opioid overdose and 258 of those visits occurred in Contra Costa County<sup>4</sup>; and

WHEREAS according to the Center for Disease Control and Prevention (CDC) data, among the 70,630 drug overdose deaths nationally in 2019<sup>5</sup>, 49,860 (70.6%) of those deaths involved opioids<sup>5</sup> and 91 of those opioid related deaths occurred in Contra Costa County<sup>4</sup>; and

WHEREAS overdose deaths involving synthetic opioids other than methadone, which largely consist of illicitly manufactured fentanyl; psychostimulants with abuse potential (e.g., methamphetamine); and cocaine have increased in recent years necessitating response efforts focused on polysubstance use<sup>5</sup>; and

WHEREAS it is estimated that the “economic burden” of prescription opioid misuse alone in the United States is \$78.5 billion a year, including the costs of healthcare, lost productivity, addiction treatment, and criminal justice involvement<sup>6</sup>; and

WHEREAS Americans that have participated in DEA’s nineteen National Prescription Drug Take-Back Days have turned in nearly 13.7 million pounds of medication since the Fall of 2010 at take-back sites available in all 50 states and U.S. territories<sup>7</sup>. In Contra Costa County, during the last Prescription Drug Take Back Day in October 2020, 1,366 pounds of unwanted or unused prescription medication were turned in; and

WHEREAS the Mt. Diablo Unified School District supports April 27, 2021 as “National Prescription Drug Take Back Day” as declared by the DEA and encourages residents to locate their local collection site and safely dispose of their accumulated unwanted, unused prescription drugs; and

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<sup>1</sup> <https://www.drugabuse.gov/drug-topics/prescription-medicines>

<sup>2</sup> <https://www.drugabuse.gov/drug-topics/commonly-used-drugs-charts#prescription-opioids>

<sup>3</sup> <https://www.cdc.gov/drugoverdose/opioids/prescribed.html>

<sup>4</sup> <https://discovery.cdph.ca.gov/CDIC/ODdash/>

<sup>5</sup> [https://www.cdc.gov/mmwr/volumes/70/wr/mm7006a4.htm?s\\_cid=mm7006a4\\_w](https://www.cdc.gov/mmwr/volumes/70/wr/mm7006a4.htm?s_cid=mm7006a4_w)

<sup>6</sup> <https://www.drugabuse.gov/drug-topics/opioids/opioid-overdose-crisis>

<sup>7</sup> <https://www.getsmartaboutdrugs.gov/content/national-take-back-day>

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 2021 as Prescription Drug Abuse Awareness Month, and encourages all citizens 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:

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Cherise Khaund, Board President

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Debra Mason, Board Vice President

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Linda Mayo, Board Member

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Erin McFerrin, Board Member

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Keisha Nzewi, Board Member

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Dr. Adam Clark, Superintendent

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*Resolution 20/21-55*

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

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