

# Youth Drug Prevention Services

All Services Offered at No Cost in Sacramento County

- **In Person Workshops**
- **Live Webinars (In Class Option Available)**
- **Exhibits**
- **Documentary Screenings**
- **Model Program Certification**
- **Free Videos**
- **Handouts (various languages available)**

**CHOICES  
MAKE  
CHANGES**



**EMPOWERING YOUTH TO BE DRUG FREE**

[www.omniyouth.net](http://www.omniyouth.net)

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# In Person Workshops

## Live Webinars

- “Myths or Facts – What’s the Truth About Drugs?”
- “Party Safe”
- “Prescription Drugs – What’s the *BIG* Deal?”
- “Facts About Fentanyl”
- “Student Athlete Night”
- “Mental Health Hacks for Teens”
- “Drug Proof Your Youth”
- “Is My Youth Abusing Opioids?”
- “How To Talk To Youth About Opioids & Fentanyl”
- “Supporting Youth’s Mental Health At Home and Away”

**Is My Child Abusing Opioids?**  
WEBINAR SERIES

- 1**  
February 23  
Physical Signs  
What are some of the physical signs & symptoms?
- 2**  
March 16  
Behavioral Signs  
What is normal teen behavior & what is cause for concern?
- 3**  
April 20  
How To Intervene  
What do I say & how do I talk to my child about the dangers of opioids?

1:00p - 1:45p Presentation 1:45p-2:00p Q & A

Pre-Registration is free & required  
[omniyouth.net/post/lots-to-love-at-omni-this-february](https://omniyouth.net/post/lots-to-love-at-omni-this-february)

With the prevalence of fentanyl overdoses and deaths, many parents, educators, and professionals are concerned about how to spot the warning signs of opioid abuse and what we can do to intervene. This 3 part series discusses signs that a young person may be misusing opioids or other prescription drugs.

Since 1979  
Omni YOUTH

LIVE WEDNESDAY, AUG. 24TH @ 6PM

**Let's Talk About... Fentanyl Poisoning**

For the first time in history overdose is the most common cause of death for 18-45 year olds in the United States.

**WHAT?**  
What is fentanyl and why is it so dangerous?

**HOW?**  
How can I help protect myself and others?

**LETS TALK!**  
Get your questions answered live.

@OYPrograms

**MENTAL HEALTH HACKS**  
For Teens

LIVE

October 26  
5 - 5:30 PM

LIVE Wednesday, Feb. 9th  
5pm  
@OYPrograms

How do you know if a friend is overdosing?

**"Know Overdose" Series**

- Part 1: Opioids
- Part 2: ALCOHOL MARCH 22ND
- Part 3: MARIJUANA APRIL 13 WEDNESDAYS

**Judgement Free Zone**

How do you know if a person is high or overdosing? Learn the signs of opioid overdose and what causes them. Discover ways you can intervene and help if you think someone is overdosing. Send your questions to [shari@omniyouth.net](mailto:shari@omniyouth.net)

HOW TO SUPPORT YOUTH'S MENTAL HEALTH AT HOME & FROM A DISTANCE

LIVE

REGISTRATION REQUIRED

**7 TIPS TO USE**

WHEN TEENS GO TO A PARTY

HOW YOU CAN HELP KEEP TEENS SAFE IN & OUT OF THE HOME

# Exhibits

## Documentary Screenings



“The focus oftentimes is about the worst day when it comes to speaking about addiction and not the first day. Kids need to understand how this begins rather than how it ends. Prevention starts on the first day.”

- CHRIS HERREN -



# Model Program Certification for Youth & Adults



Self guided in-home program for families with teens/tweens



## “FAMILIES MATTERS” PROGRAM

- 4 Program Booklets sent sequentially by email/mail, completed by parents & family, with weekly support phone calls from staff.
- Train staff, interns or volunteers to outreach, engage & retain families.
- Very low overhead and staffing requirements
- Perfect for hard to engage populations

No Cost Model Program Trainings & CEHs  
SAMSHA & NREPP Approved

www.omniyouth.net



## FAMILY MATTERS



### BOOKLET 3

*Alcohol, Marijuana, Nicotine and Prescription Use Rules Are Family Matters*

### Certificate of Completion

CONGRATULATIONS!  
You Have Completed  
**Family Matters**  
Part 2: Helping Families Matter to Teens



- Teen or adult led teen groups for prevention
- We train teens and adults
- Six 2 hour sessions (can be split up)
- Parent or Staff led groups for AOD prevention
- We train adult facilitators
- Six 2 hour sessions (can be split up)

~Reaching Goals~ ~Communicate Without Fighting~  
~ Mutual Respect ~ ~Eliminate Power Struggles~  
~Responsibility & Freedom~ ~Risk Prevention Strategies~  
~School, Social, and Life Success

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www.omniyouth.net



# Free Resources @omniyouth.net



All Resources Can Be Downloaded and Distributed

- Short Videos on YouTube for Parents & Youth
- Handouts (various languages available)
- Blog Articles
- Treatment & Other Resource Guides



### 12 Questions to Ask Before Taking Opioids

Whether your teen has surgery, an injury, or a dental procedure that may require the use of prescription opioids, there are questions you can ask the doctor to help successfully manage pain while limiting addiction risks.

Take this list of questions with you to your next appointment.

1. Is this prescription an opioid? Why are you prescribing it?
2. How long and how often should this medication be taken?
3. Will this interact with any other medications? (List any medications being used)
4. Are there any side effects, and can I do anything to reduce or prevent them?
5. What are the rates of addiction with this particular opioid, and can we do anything to help prevent addiction?
6. Does this medication effect the ability to drive or sleep?
7. Addiction runs in our family. Should I take this medication? OR I have a history of substance abuse. Should I still take this opioid?
8. Is starting with a lower dose or fewer pills an option?
9. Are there any non-opioids that can be taken as an alternative?
10. After I finish this medication, how can I discard it?
11. If I have concerns about this medication in the future, whom do I contact?
12. Can you recommend any treatment options or therapies to manage pain that do not involve taking medication?

SACRAMENTO COUNTY SCCY www.sacramentocounty.org

### راهکار های گفتگو: صحبت با نوجوانان درباره ماری جوانا

سوالات متداول

- چه زمانی چه بگویم
- علائم استقاده
- منابع

www.omniyouth.net

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چگونگی شناسایی نازم دارویی

### A Parent Guide to Drug Paraphernalia & Physical Evidence of Teen Drug Use

Whether your teen is an all-around upstanding citizen or known to get into trouble here and there, peer pressure and the inclination of...

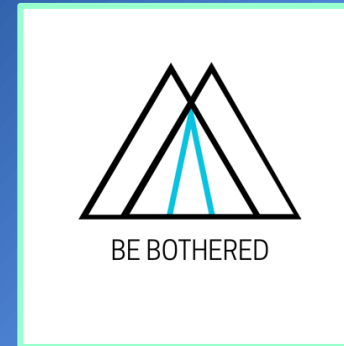
26 views 0 comments

# Center for Collaborative Planning

- **Be Bothered Movement**  
**Preventing Underage Alcohol and Marijuana Use in Sacramento County**
- **After School Program @ JFK High School**  
**~ Special Program With Athletes**
- **See Her Bloom**  
**Focused on Reducing Stigma & Providing Resources for Black Women Experiencing Opioid Use Disorder**



[www.connectccp.org](http://www.connectccp.org)



Watch our  
Be Bothered Movement  
Underage Alcohol and  
Marijuana Use Prevention video  
for parents and caring adults.



**Sandie Burgess**  
Health Educator  
[sandie@connectccp.org](mailto:sandie@connectccp.org)

[www.seeherbloom.org](http://www.seeherbloom.org)

# PRO Youth & Families

- **Life Skills Training**  
Improve youth's level of knowledge regarding substance use prevention, increase their perception of harm of alcohol or other drug use, and increase in the belief that they can make a difference in the community through advocacy projects.
- **Mentoring**  
Engages high school students as mentors to younger youth. High school students develop leadership skills while being role models for younger children in their neighborhood.
- **Advocacy**  
Campaigns advocating youth drug prevention and social norm change.



[proyouthandfamilies.org](http://proyouthandfamilies.org)

## BUILDING HEALTHIER FUTURES

For Youth, Their Families,  
and Their Communities



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