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*To inspire each student to  
extraordinary achievement  
every day*

Oct. 12, 2022

Dear TR Families,

We have critical information to share regarding an alarming issue affecting families, schools and entire communities nationwide, including Twin Rivers Unified.

This week, two TR students were transported to local hospitals due to possible drug overdoses. The students are doing OK, but this situation is not OK. As educators, parents and community members, our challenge has never been greater, and here's why.

The [California Department of Public Health recently issued an alert concerning fentanyl](#), an extremely potent and dangerous synthetic opioid. Fentanyl is a major contributor to drug overdoses, including among teenagers. The information on fentanyl is beyond frightening—80 to 100 times more potent than morphine and 50 times more potent than heroin. Some fentanyl overdoses occur among people who are aware that they are using the synthetic opioid. However, authorities say an increasing number of fentanyl overdoses are occurring among individuals using other substances like cocaine, methamphetamine and counterfeit pills resembling Percocet and Xanax.

Another sobering reality—drug traffickers are making fentanyl to look like candy in an effort to appeal to kids. It comes in a variety of bright colors, shapes and sizes and is referred to as rainbow fentanyl.

**To be clear, any pill that does not come from a health care provider or licensed pharmacist can contain fentanyl and should be disposed of immediately.** In the words of an assistant professor at the Harvard T.H. Chan School of Public Health, "The risk with fentanyl isn't just addiction or other side effects—it's simply death."

**What is Twin Rivers doing?**

- Expanding partnerships with different agencies like Arrive Alive California to increase student and parent awareness regarding opioids and fentanyl use. We will host community town hall meetings and notify the community of dates and times.
- The district continues to roll out Narcan to all school site health offices following the guidelines for TRUSD medication procedures in schools. **Narcan is a lifesaving medication designed to help reverse the effects of an opioid overdose in minutes. Narcan is currently at all secondary sites. K-8 health offices and elementary offices will be stocked over the next couple of weeks.**
- All credentialed school nurses and Twin Rivers police officers have Narcan doses to carry as they travel between school sites.
- Holding staff trainings on the use of Narcan and establishing strict Narcan policies within the district—only trained staff can administer the medication.
- The district's Tobacco Use Prevention Education (TUPE) program and TR health services will host a districtwide virtual parent night this month to increase awareness about alcohol, tobacco and drugs. Parents will be notified of the date, time and Zoom link.

**How you can help?**

- Communicate the dangers of fentanyl to your children and help them understand the risks and consequences of drug use.
- Remind them to only take pharmaceutical pills prescribed by their physician, and only take them as directed. Do not share or sell medicines and do not buy medications not prescribed to them.
- Clean out your medicine cabinet regularly. Dispose of unused and expired medications at one of Sacramento County's safe disposal locations. Click [HERE](#) for more information on disposal of unused or expired medications.

**The links below can be helpful in understanding the issue of drug abuse and in talking with your children:**

- [Drugs, Opioids, and Fentanyl – What Can Parents Do?](#)
- [TR Emergency Numbers](#)
- [TR Social Emotional & Behavior Resources](#)
- [One Pill Can Kill](#)
- [Zach's Story](#)
- [California Department of Public Health \(CDPH\) California Overdose Surveillance Dashboard](#)

Awareness and education are crucial to curbing drug use. Please know that Twin Rivers Unified will do everything possible to promote good behavioral health inside and outside of the classroom to maintain a safe and healthy learning environment for all students.

Respectfully,



Steve Martinez, Ed.D.  
Superintendent, Twin Rivers Unified