

**RESOLUTION NO. 17/23-24**

**IN SUPPORT OF PRESCRIPTION DRUG ABUSE AWARENESS MONTH, MARCH, 2024**

---

**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 such as an increased risk of infectious disease and overdose death; 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, and that once addicted, it can be hard to stop; and

**WHEREAS**, prescription opioid overdose deaths also often involve benzodiazepines, which 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>1</sup>; and

**WHEREAS**, there were 498,097 prescriptions for opioids in Contra Costa County in 2021. The annual crude opioid prescribing rate for 2021 was 429.58 per 1,000 residents. This represents a 12% decrease in prescribing from 2019. There were 14,777,578 prescriptions for opioids in California in 2021. The annual crude opioid prescribing rate for 2021 was 369.87 per 1,000 residents, a 17% decrease in prescribing from 2019, and

**WHEREAS**, in 2021, a total of 21,016 emergency department visits occurred in California that were related to any opioid overdose and 341 of those visits occurred in Contra Costa County<sup>2</sup>;

**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; and

**WHEREAS**, San Ramon Valley Unified School District supports April 27, 2024 and October 26, 2024 as "National Prescription Drug Take Back Days" as declared by the DEA<sup>4</sup> and encourages residents to locate their local collection site and safely dispose of their accumulated unwanted, unused prescription drugs; and

**WHEREAS**, the Contra Costa County Medication Education and Disposal Safety (MEDS) Coalition<sup>3</sup> 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.

**WHEREAS**, San Ramon Valley Unified School District is committed to preventing fentanyl overdoses by participating in the California Department of Health Services' Naloxone Distribution Project (NDP). All district sites have a stock of the opioid overdose rescue medication Naloxone and have trained staff

**RESOLUTION NO. 17/23-24  
IN SUPPORT OF PRESCRIPTION DRUG ABUSE AWARENESS MONTH, MARCH 2024**

volunteers who know how to administer the medication, ensuring we are equipped to the best of our ability to respond quickly to suspected overdoses and try to reverse them, and save students' lives.

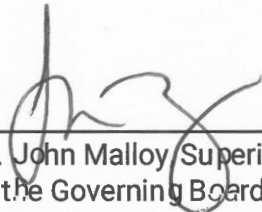
**NOW, THEREFORE, BE IT RESOLVED** that the San Ramon Valley Unified School District hereby declares the month of March, 2024 as Prescription Drug Abuse Awareness Month, and encourages all citizens to participate in prescription drug abuse related prevention programs and activities. Be it also resolved that this Board of Education encourage all community members to pledge, "Spread the Word... One Pill Can Kill".

---

**PASSED AND ADOPTED** by the following called vote this 15th day of August 2023.

**BUDGET IMPLICATION:** None

**AYES:** Hurd, Bratt, Clark, Ordway, vanZee  
**NOES:** None  
**ABSENT:** None  
**ABSTAINED:** None



---

Dr. John Malloy Superintendent and Secretary  
to the Governing Board of San Ramon Valley  
Unified School District

<sup>1</sup> <https://www.cdc.gov/opioids/basics/epidemic.html>

<sup>2</sup> Opioid Overdose Surveillance Dashboard - <https://skylab.cdph.ca.gov/ODdash/>

<sup>3</sup> <https://cccmedscoalition.org/>

<sup>4</sup> [https://www.deadiversion.usdoj.gov/drug\\_disposal/takeback/](https://www.deadiversion.usdoj.gov/drug_disposal/takeback/)

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

<https://www.hhs.gov/opioids/about-the-epidemic/opioid-crisis-statistics/index.html>