

THIS FALL

# VALLEY HEALTH ASSOCIATES SOLEDAD UNIFIED SCHOOL DISTRICT

## WHAT'S GOING ON?

**Who:** Valley Health Associates is a nonprofit organization offering intervention, prevention, and treatment services for those suffering from substance abuse disorders.

**What:** Valley Health Associates is partnering with Soledad Unified School District to bring their services to Soledad.

**When:** This 10-12 week program will take place this fall in Ms. Aldaco's room

**Why:** Our goal is to help educate and support youth who suffer from chronic substance abuse disorders, such as opioid use disorder and stimulant use disorder.



## DID YOU KNOW?

In 2019 there were 93 opioid related deaths including fentanyl in Monterey County as Reported by the Monterey County Weekly. That was a

933% increase from the year 2018. To help support the youth currently living with a substance abuse disorder, Valley Health Associates will be on campus to help youth by making the following life areas attainable:

- Family connectedness
- Healthier friendships
- School engagements
- Goal setting and accomplishments
- Decrease in risky behaviors
- Excitement for life
- and more!

Have questions, or want to learn more contact

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## KNOW YOUR STUFF

### What are Opioids?

Opioids can be a form of pain relievers prescribed by a doctor as well as illegal drugs like heroin, synthetic opioids, and fentanyl.

### What are Stimulants?

Stimulants are drugs that increase alertness, energy, and attention. They can be prescription drugs such as Adderall or illegal drugs like cocaine and ecstasy.

Let's talk knowledge, recovery and more!



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## OTHER NAMES FOR OPIOIDS AND STIMULANTS

### OPIOIDS

#### Other Names

- O.C
- Percs
- Loads
- Blue Pill
- OXY
- Vike
- M
- Lean

#### Effects

- Reduced sex drive
- Heart & lung problems
- Constipation
- Impaired Concentration and more

### STIMULANTS

#### Other Names

- Speed
- Study Buddies
- Smarties
- Bennies
- Wake- Ups
- Uppers

#### Effects

- Rapid heart rate
- Mood swings
- Anxiety
- Dehydration and more

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