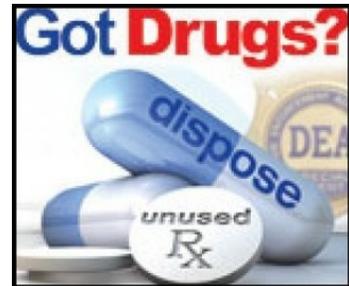




## The Opioid Epidemic Takes a Life Every 12 Minutes No One is Safe - Protect Your Child Now

Dental procedures, broken bones, car accidents or playground boo-boo's. It's inevitable. Your child will end up in urgent care, an emergency room or dentist office and you'll be faced with a choice on how to treat their pain.

When faced with how to manage your child's pain in acute situations like getting their wisdom teeth out or suffering a broken bone, reconsider the use of opioids. Non-steroidal anti-inflammatories such as acetaminophen or ibuprofen effectively control moderate pain and can significantly reduce even severe pain.



In fact, the National Safety Council found the most effective pain relief is an ibuprofen acetaminophen combination. If your doctor or dentist prescribes your child an opioid pain reliever, ask if you could try a prescription acetaminophen or ibuprofen first. If the child does not get relief, then you can step up to an opioid pain reliever like hydrocodone (Vicodin) or oxycodone (Oxycontin).

If opioids are prescribed, the Mayo Clinic believes opioids are safest when used for three or fewer days to manage acute pain. If your child needs opioids for acute pain, work with their doctor to take the lowest dose possible, for the shortest time needed, exactly as prescribed.

Help prevent addiction in your family and community by safeguarding opioid medications while you use them and disposing of unused opioids properly.

On [October 27th from 10am to 2pm](#), the Maricopa County Sheriff's Office will have a prescription drug take back day at Town Hall. If you have medications that you would like to dispose of right now, before National Take Back Day, there is a prescription drug drop box inside Town Hall next to the Sheriff's Office substation.

- Click [HERE](#) for our flyer on Rx Take Back Day
- Click [HERE](#) for a parent talk kit on preventing medicine abuse

## Save the Date! Thursday, October 25th

What will life be like for our kids in 2019? As a 9-18 year old, the world has shifted and navigating the abyss of tween and teenhood is often daunting.

Come to campus and meet Katey McPherson from the Gurian Institute. Katey will offer a one hour keynote that offers immediate strategies to relate and connect with your child



JOIN US FOR THIS FREE PRESENTATION

as they manage the schoolyard, virtual world and beyond.

AFTER DROP OFF

CONTINENTAL BREAKFAST PROVIDED  
No reservation required

- 7:45 am for families of High School students
- 8:45 am for families of Elementary and Middle School students

## Fountain Hills Coalition Visits McDowell Mountain Elementary



Last week we partnered with McDowell Mountain Elementary School to do an activity around healthy bodies, healthy friendships and healthy choices.



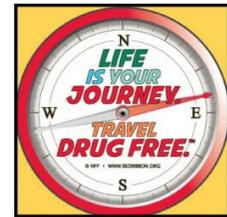
Every second and third grader received a bee themed bookmark and sticker that encourages students to: Bee a good friend, Bee nice, Bee safe, Bee happy, Bee proud of yourself and Bee Drug Free!

Students proudly showed off their artistic shields and explained to fellow students what makes them feel special, strong and "proud to Bee me".



McDowell Mountain Elementary Principal, Mrs. Dehombreux, with some of the students displaying their one-of-a-kind shield drawings.

## FH Middle School Celebrates Red Ribbon Day



Fountain Hills Middle School celebrated Red Ribbon Day the morning of October 4th. Every year students in grades 4-8 learn the dangers of underage drinking and illegal drug use through their participation in a dozen interactive games and activities. "Life is Your Journey-Travel Drug Free" is this year's theme and offered students an opportunity to win prizes after receiving stamps in their travel passport.

Once again, FHMS, Boys and Girls Club McKee Branch, Fort McDowell Yavapai Nation, the Town and Recreation Department, MCSO and FH Coalition came together to host this educational and fun event. Students from NJHS, and FHHS Key Club were instrumental in running many of the stations that kept students challenged and engaged throughout the event.



A middle school student's message.



FHHS freshman Fatima Naranjo (L) and Katelyn Clark assist Coalition board member Doug Hebert with a lesson on the dangers of vaping.



Students play the "Wheel of Misfortune" to learn about the negative consequences in taking

illegal drugs.



Students proudly display their completed passports that they turned in for a prize drawing!



## THANK YOU! SPOTLIGHT

Thank you to Patti Schultz and Julie Goodell for all of the planning, organization and hard work that went into this year's Red Ribbon Day. It was an overwhelming success thanks to your efforts!

