



VERDUGO ANNUAL HEALTH FEST

The Verdugo Annual Health Fest is a health and resource fair on campus for students and staff. Peer Health Advocates will lead in training attendees in naloxone administration and Hands Only CPR. Other on-campus groups and external partners will table to share health education information and resources.

EVENT INFORMATION

Thursday, April 4, 2024
Verdugo Hills High School
10625 Plainview Ave.
Tujunga, CA 91024
12:21pm - 1:49pm

THE ISSUE

Young people are concerned with the ongoing issues they see in their communities with drugs and shortened life spans due to preventable diseases. With the surge in accidental overdose deaths and continuing premature deaths due to heart disease, the Student Wellbeing Center is focused on working with LAUSD to support the student body of Verdugo Hills High School with training and education on overdose prevention and Hands Only CPR.

HOW IT IMPACTS THE COMMUNITY

Students often don't seek help for their substance use, mental health, or even sexual health concerns due to fear or judgment. By changing attitudes on campus and empowering students to take charge of their health and recognizing the signs and prevention of overdoses alongside supportive adults, we can move towards healthier habits, improved wellbeing, and closing gaps in academic achievement. Furthermore, students who receive Hands Only CPR training, will more likely try to save the life of someone experiencing cardiac arrest and increase that person's chance of survival by two or three times.

WHAT PUBLIC HEALTH IS DOING

In 2019, the department launched the Student Wellbeing Center (SWBC) program, establishing centers in schools in high need areas throughout LA County. Currently there are 38 sites in high schools and 1 site in a middle school, providing services and programs inside the centers, in classrooms, and throughout the campus. Services include health education, mental health support, substance use prevention, sexual health services, a Teen Call line, and a peer leadership training. Peer Health Advocates are trained to share with their peers and community about overdose prevention, Hands Only CPR, and many other health topics. The SWBCs are working with LA County high schools to increase awareness of opioid use and empowering students and staff to learn how to administer naloxone to prevent overdose.

BY THE NUMBERS

- 7 out of 10 sudden cardiac arrests happen in homes. If a friend, family member, or neighbor suffers from cardiac arrest, immediate response can double or triple their chance of surviving. However, only 40% of people receive immediate help before an ambulance or other emergency professionals arrive.
- According to the Verdugo Hills Hospital 2019 Needs Assessment, the average age of initiation for current users ages 12-17 in SPA 2 is 13.7 or 14 years old.
- According to SAPC data, young people ages 18-25 have the second highest fentanyl overdose-related death rate at 11.4 per 100,000 in SPA 2.
- LAUSD recognizes the opioid epidemic as a community crisis with fentanyl and methamphetamine related overdose deaths have increased in Los Angeles County at alarming rate; LAUSD is taking action to protect students by increasing Naloxone availability, education, proactive support from trained staff across campuses.

RESOURCES & SUPPORT

TELEPHONE: 323-776-5312
Jazzteen Rae Arizala
Youth Educator Supervisor

