

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 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:

933%

- 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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CALL NOW  
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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!**



## 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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