

K-12 TELEBRIEFING



January 6, 2026

Welcome!

SUBJECT MATTER EXPERTS



Dr. Beatty

Assistant Medical Director
County of San Diego



Dr. Motadel

Chief Pediatric Officer
County of San Diego



Jackie Stiles, MSN, RN

Coordinator, School Nursing
SDCOE



Dr. Taras

Physician Consultant
SDCOE

SPECIAL GUESTS



Jim Crittenden

Coordinator – Alcohol, Tobacco, and Other
Drug Prevention
San Diego County Office of Education



Lana Findlay

Marketing and Outreach Manager
Department of Parks and Recreation
County of San Diego

EDUCATION SECTOR TEAM



Nicole Cardoza



Allison Hirahara



Audrey Staton

AGENDA



Agenda Item	Speaker/Presenter
Welcome & Announcements	Nicole Cardoza
Department of Parks & Recreation Updates	Lana Findlay
Substance Use and Misuse Trends in Adolescents	Jim Crittenden
Public Health Updates	Dr. Beatty
Q&A Session	All Panelists



Announcements

MENTAL HEALTH RESOURCES



These resources offer practical tips and conversation guides to support mental health for youth, peers, and families:

[Never a Bother: Tips and Resources](#)

[Supporting Kids' Mental Health: A Guide for Parents](#)

[School Breaks & Student Mental Health](#)

STORM PREPAREDNESS



Storms can be a serious threat to the safety and health of a community. Making sure Californians are informed and prepared for storms, and knowledgeable about what to do before, during, and after storms, is key to saving lives: [Storm Preparedness Toolkit](#)

[Join the Rural Sector Telebriefing on Thursday, January 29 at 1:00pm](#) to learn about the San Diego County Flood Alert System and accessing supportive services in rural areas.

THE CONTINUED EVOLUTION OF PUBLIC HEALTH - WEBINAR



Join for an update on recent federal and state public health changes. Panelists will discuss evolving vaccine guidance, current California recommendations, the winter respiratory virus season, and efforts to promote science-based decision-making.

Tuesday, January 13 from 12:00 – 1:00 PM

[Virtual Grand Rounds: The Continued Evolution of Public Health – Recent Federal and State Changes](#)

TEACHING THE SKILL SETS OF ACCOUNTABILITY & FORGIVENESS



Register to join this interactive session that explores accountability and forgiveness through a restorative lens. Designed for educators, this free community meeting offers practical skills to move beyond blame, support healing and repair, and strengthen relationships in schools and communities.

Friday, January 26 at 3:30 PM

[From Harm to Healing: Teaching the Skills Sets of Accountability and Forgiveness](https://bit.ly/harm2healing)

THANK YOU FOR YOUR INPUT!



How you prefer to engage with us in 2026:

- Virtual telebriefings
- E-newsletters
- Occasional in-person events

Topics you want to see prioritized:

- Health updates (e.g., immunizations, infectious diseases, outbreaks)
- Community and family resources (e.g., food, housing)
- Mental health (e.g., bullying, suicide prevention)
- Student and family wellness (e.g., substance use, physical activity, sexual health)
- Laws and policies affecting schools





Department of Parks & Recreation

Lana Findlay

Substance Use and Misuse Trends in Adolescents

K-12 Telebriefing

Jim Crittenden, ATOD Prevention Coordinator, San Diego County Office of Education

January 6, 2026

Current Use Trends

- Number of students reporting any drug use is declining
- Students that do use, appear to be using more frequently
 - More socially acceptable
- Alcohol is still the most abused substance by teens
- Substances are much more potent and dangerous
 - High potency THC and Fentanyl
- More available
- Less expensive
- More socially acceptable and normalized than ever

Let's Talk Marijuana



Marijuana is Big Business



- California's adult-use retail market had its best year on record (netting more than \$5.2 billion in taxable sales) in 2021
 - According to year-end data released Feb. 23 by the state's Department of Tax and Fee Administration (CDTFA).
- CA is the largest legal marijuana market in the world

Not So Natural

- GMO created products
- High potency – colorful packaging
- Vape pods, stizzy pens, edibles, lotions



Low Potency Products are not A Popular Purchase Item

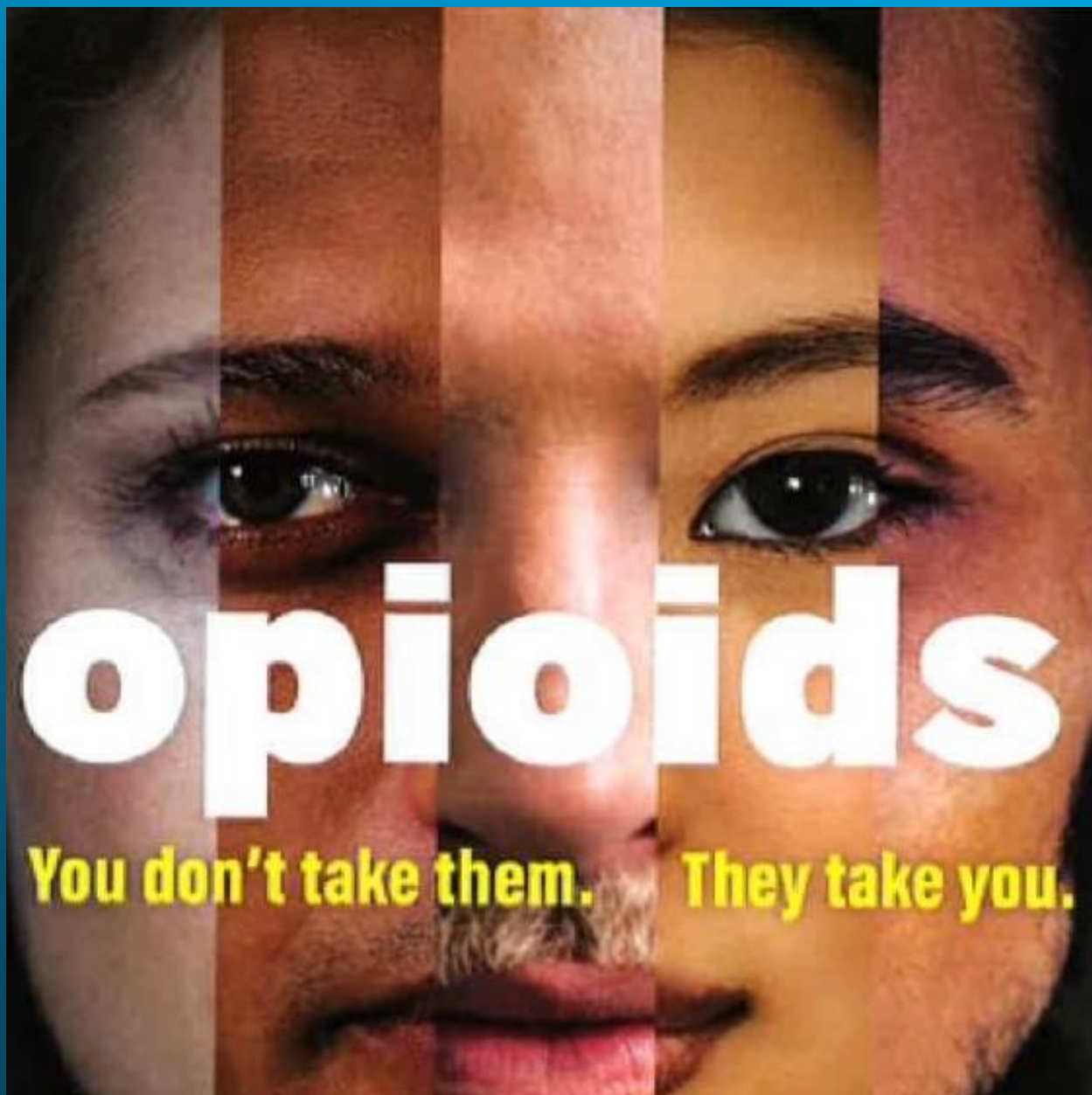
- Meeting with several marijuana outlet owners:
 - At our local marijuana storefront, 86% THC is the most popular item
 - Mostly oils, waxes, tinctures, lotions
 - Today's marijuana is up to 40x stronger than 20 years ago



Edibles



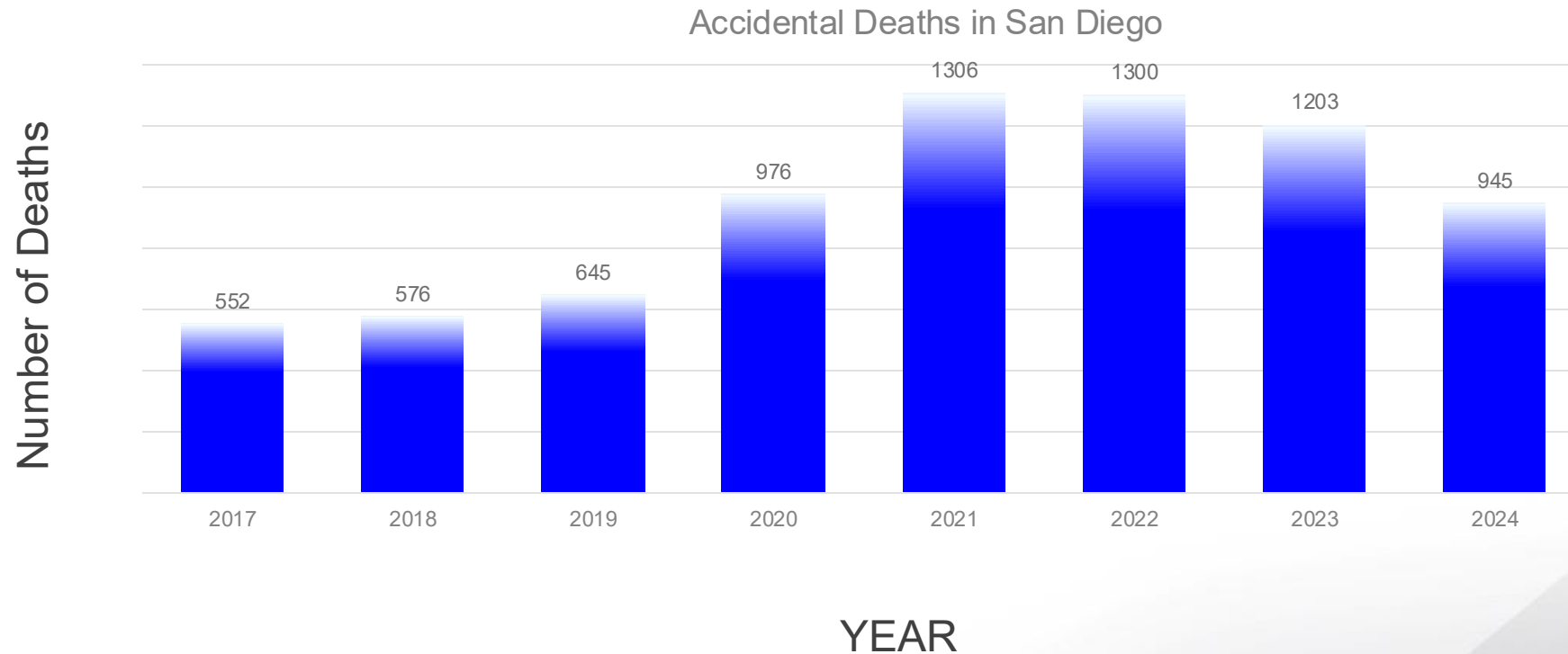
- Can take longer to feel the effects
- Can be more of a head high
- In some cases, users report highs from 8 hours to a day
- Can interact with driving and prescription drugs



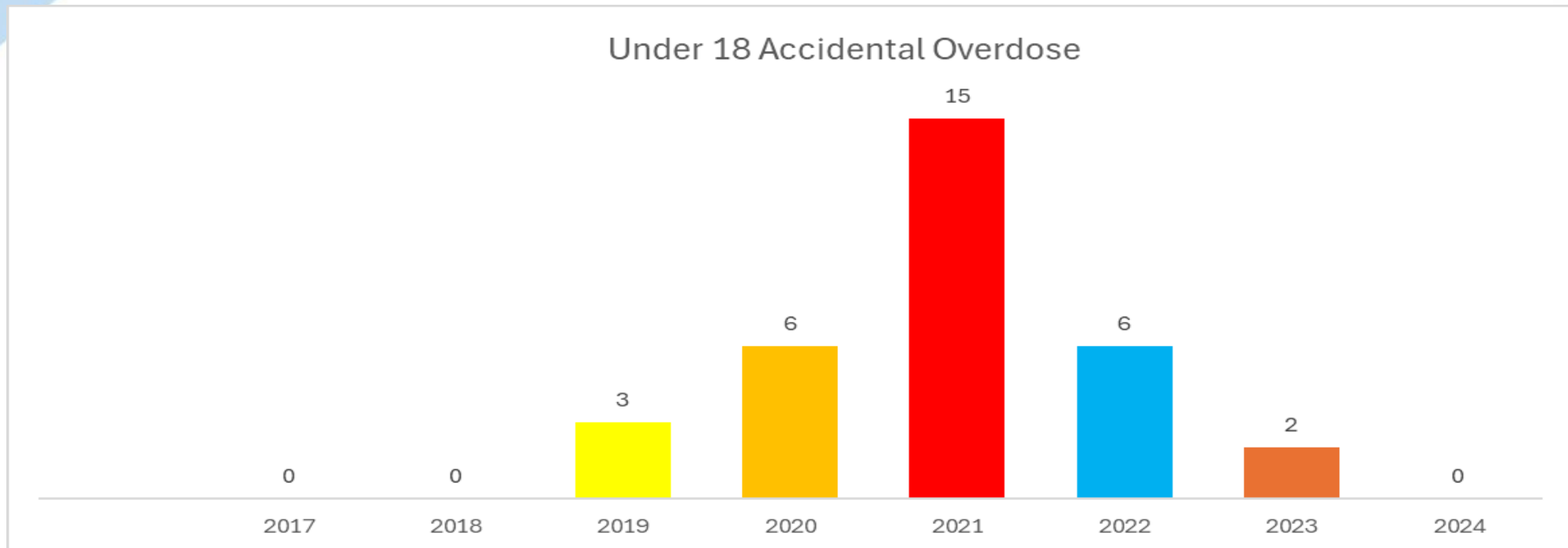
opioids

You don't take them. They take you.

2024 Overdose Data



2024 Overdose Data



Fentanyl



Fatal dose of fentanyl
(2 mg or 2000 mcg)

Carfentanil



Fatal dose of carfentanil
(0.02 mg or 20 mcg)

These amounts will kill.

What they appear to be:

Vicodin



Oxycodone



Roxicodone



Xanax



Spice



What the DEA lab found:

Fentanyl



Fentanyl



Fentanyl

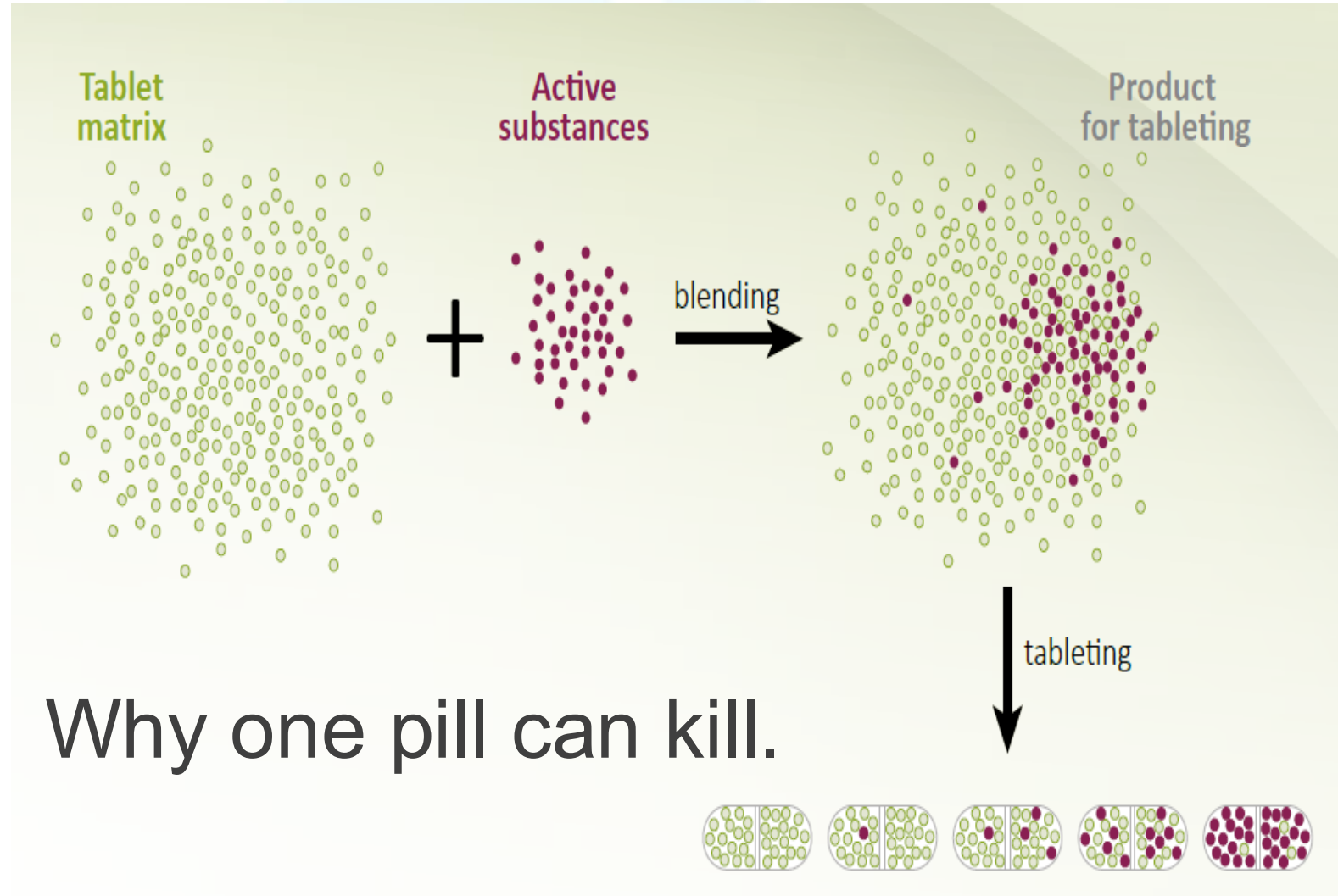


Fentanyl



Fentanyl





Naloxone – “Narcan” Opioid Overdose Antidote





What You Need to Know About Vaping?

Trending Devices

Glugbar



Strawberry Kiwi



Energy



Peach Mango Watermelon



Strawberry Mango



Sakura Grape



Watermelon Ice



Red Mojito



Lemon Mint



Mango Peach



Cranberry Grape



Kiwi Passionfruit Guava



Blue Razz Ice

Reasons Someone Might Start Vaping

Peer pressure

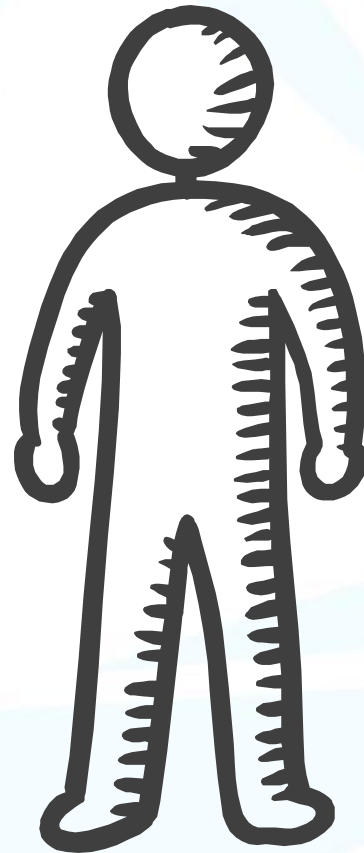
Stress/Anxiety

To experiment

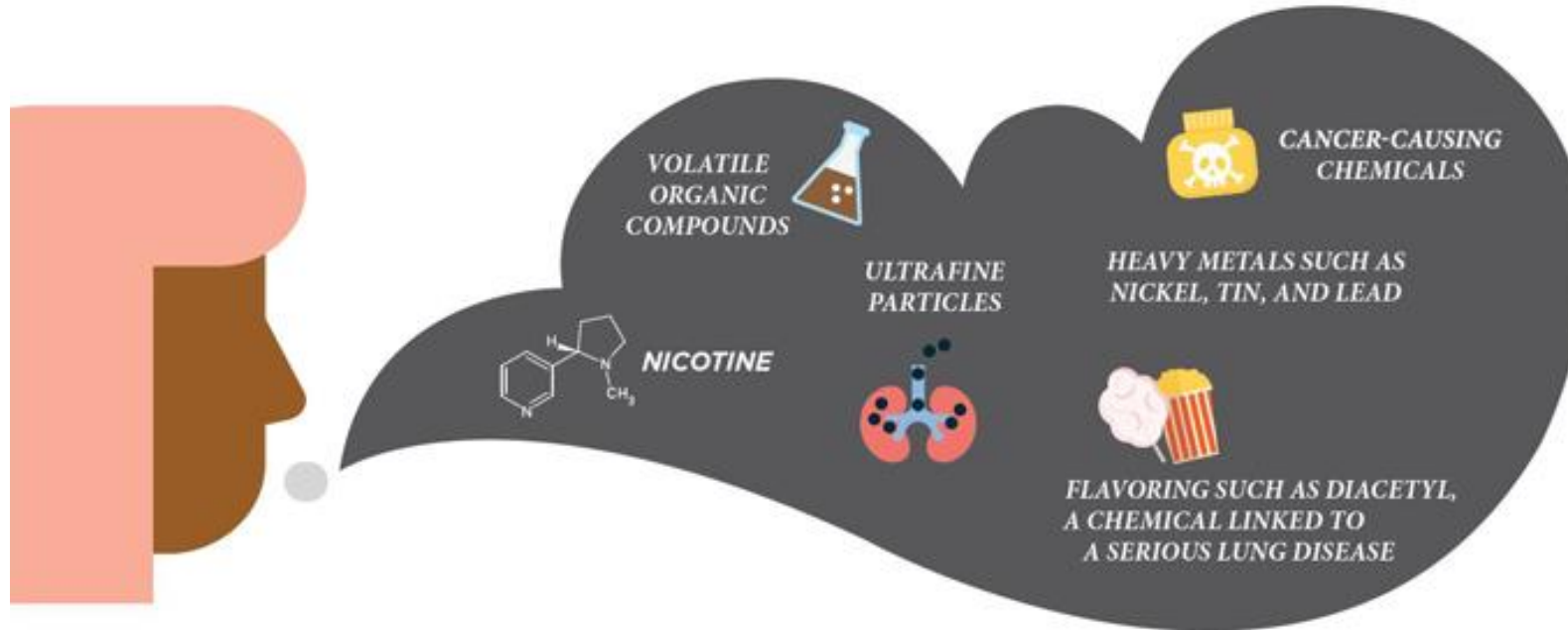
Doesn't seem harmful

Family/friends do it

Advertisements



What's Being Inhaled



SDCOE Prevention Efforts

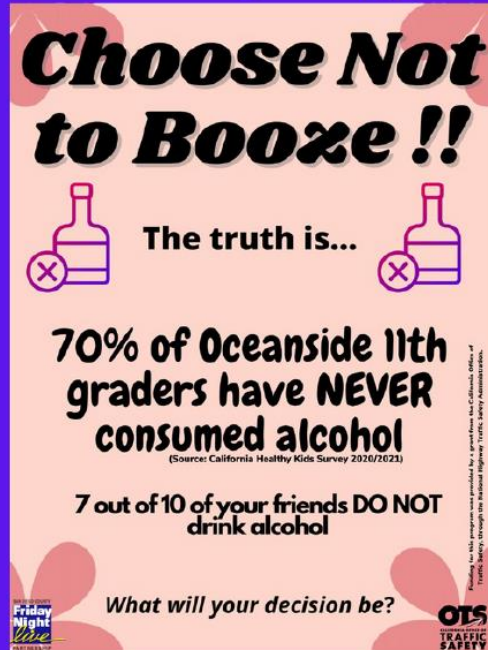
- Project Alert
 - Contract with the County of San Diego Behavioral Health Services
 - Provides research validated prevention curriculum to grades 6 - 8
 - Nearly 13,000 students served in 2024-25 across 26 schools
 - Currently in 37 schools for 2025-26
- I Choose My Future
 - Assembly style presentations
 - 6 lesson video series
- Classroom Based Presentations
 - Cannabis/THC, Vaping, Alcohol, Opioids

SDCOE Prevention Efforts

- Friday Night Live is a statewide youth leadership development program that works with young people to be active leaders in their school/community.
 - Asset building approach that purposely seeks to meet youth needs and build youth competencies relevant to enabling them to become successful adults.
 - Youth are not recipients but **Resources & Partners**.
 - Not focusing on the problem, but build young people's assets so they can navigate through problems & issues life may bring.

Youth-Led Prevention Campaigns

Social Norms Campaigns



Store Assessments and Sticker Shock



Photo Voice Assessments



SDCOE and Prevention Partners

- DEA San Diego, Operation Prevention San Diego
 - <https://sites.google.com/view/operationpreventionsandiego/home>
- HIDTA/National Guard
 - Positive Action, OPSD, Keeping it Real
- County Funded Regional Prevention Providers
- County Funded Regional Treatment Providers
- County Prevention Initiatives
 - Cannabis Public Health Initiative
 - Substance Use and Overdose Prevention Taskforce
 - Binge and Underage Drinking Initiative

Thank you!

- Jim Crittenden, ATOD Prevention Coordinator
 - jcrittenden@sdcoe.net
- More information and resources at www.sdcoe.net



Public Health Updates

Dr. Beatty

RESPIRATORY VIRUS UPDATE



LIVE WELL
SAN DIEGO

COVID-19

Hospitalizations
1,940

Deaths
68

Outbreaks*
98

6/29/2025 – 12/27/2025

Influenza

Hospitalizations
434

Deaths
5

Outbreaks*
3

6/29/2025 – 12/27/2025

RSV

Hospitalizations
108

Deaths
2

Outbreaks*
0

6/29/2025 – 12/27/2025

*In residential congregate settings

[Respiratory Virus Surveillance Report](#)

Figure 1.1. San Diego County COVID-19 Cases
(N=10,708)

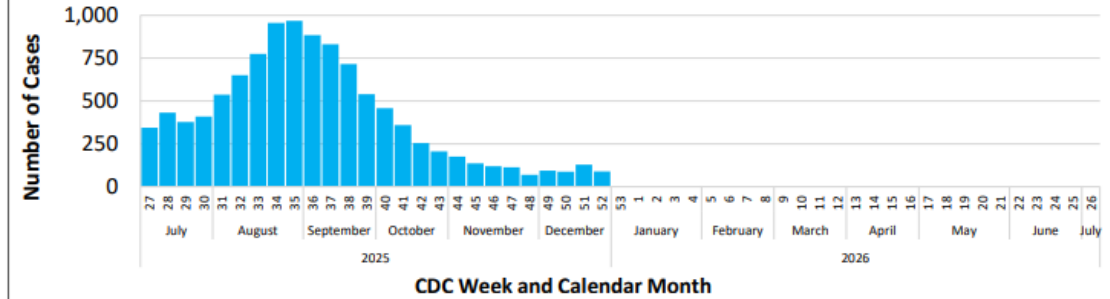


Figure 1.2. San Diego County Influenza Cases
(N=4,231)

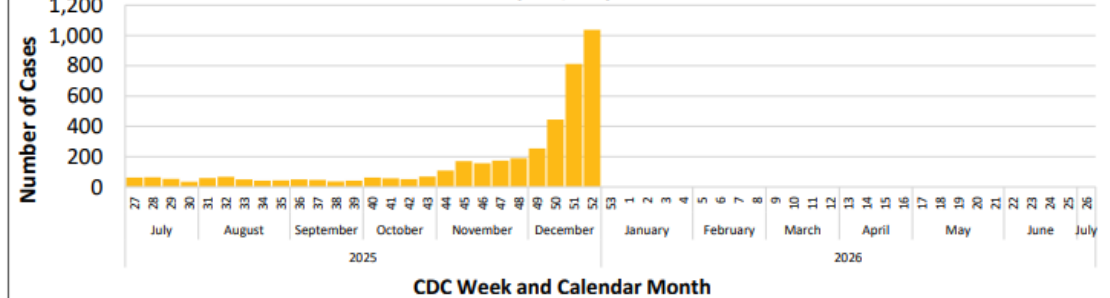
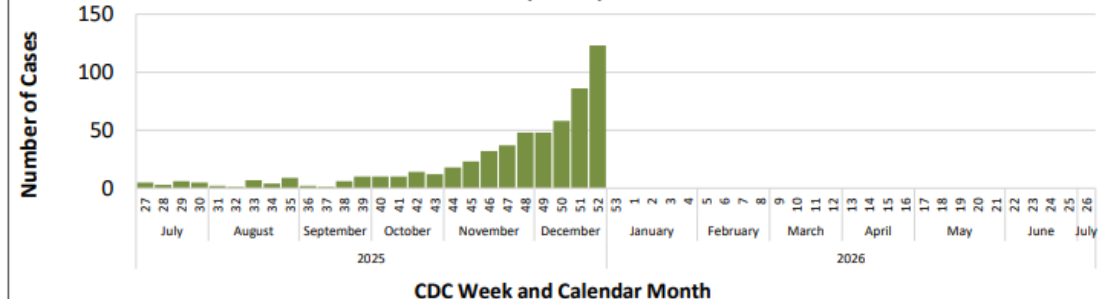
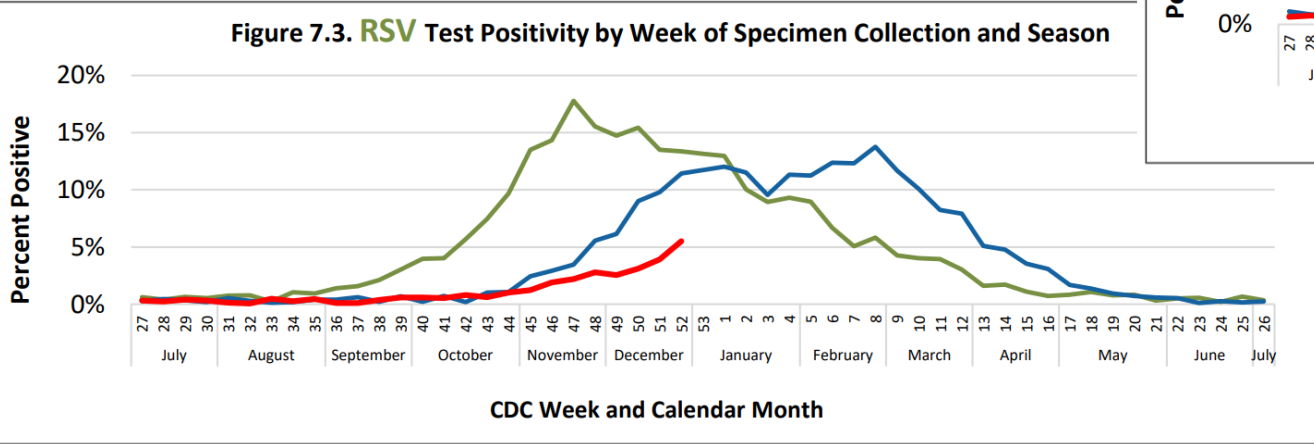
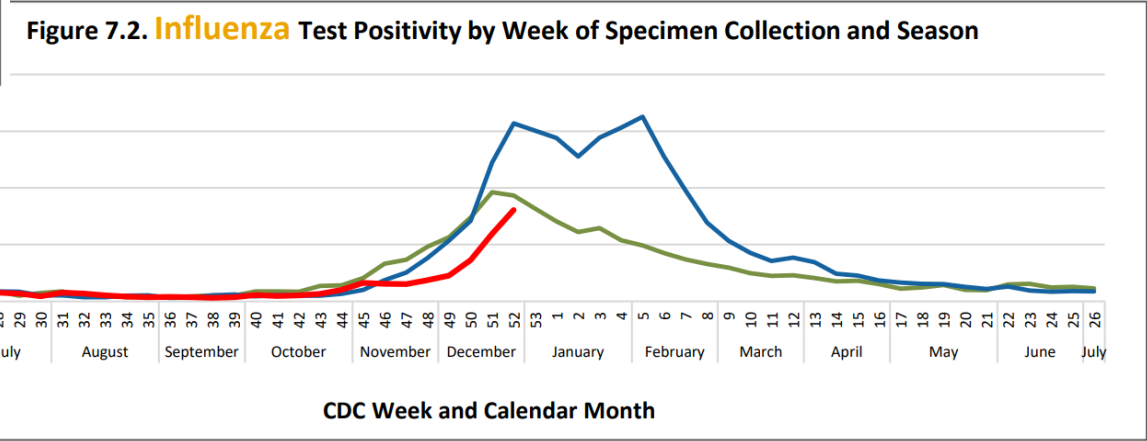
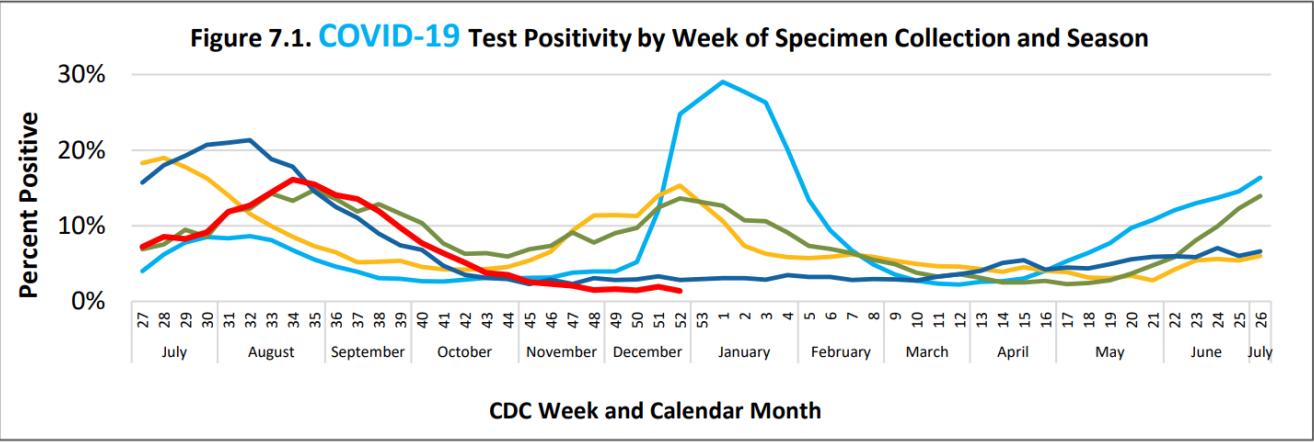


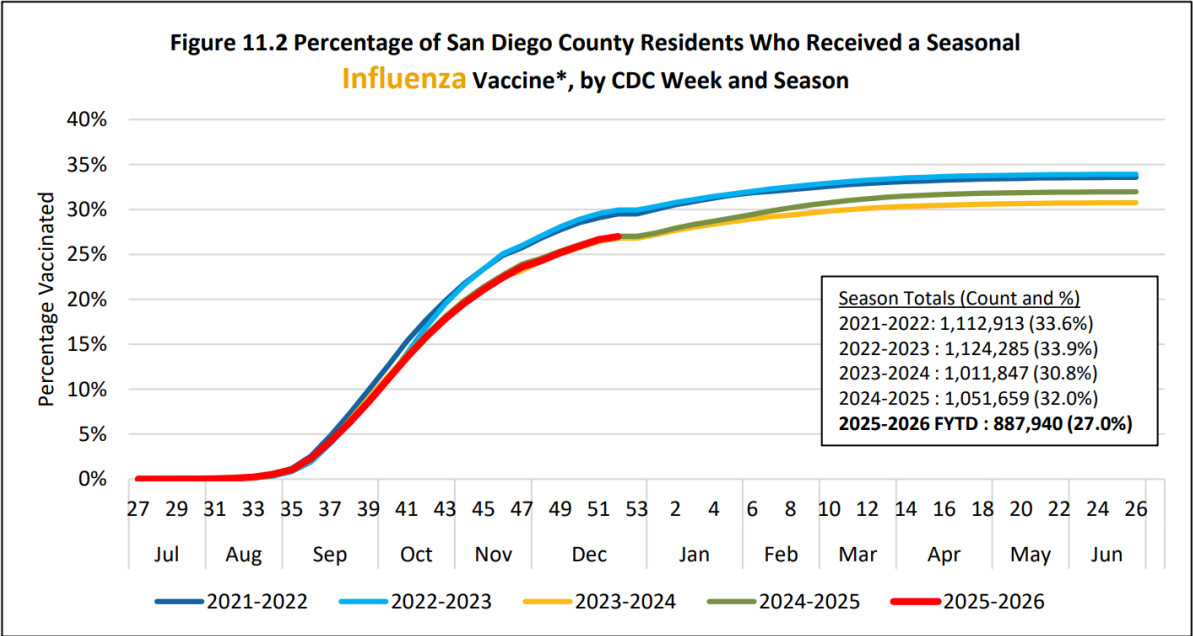
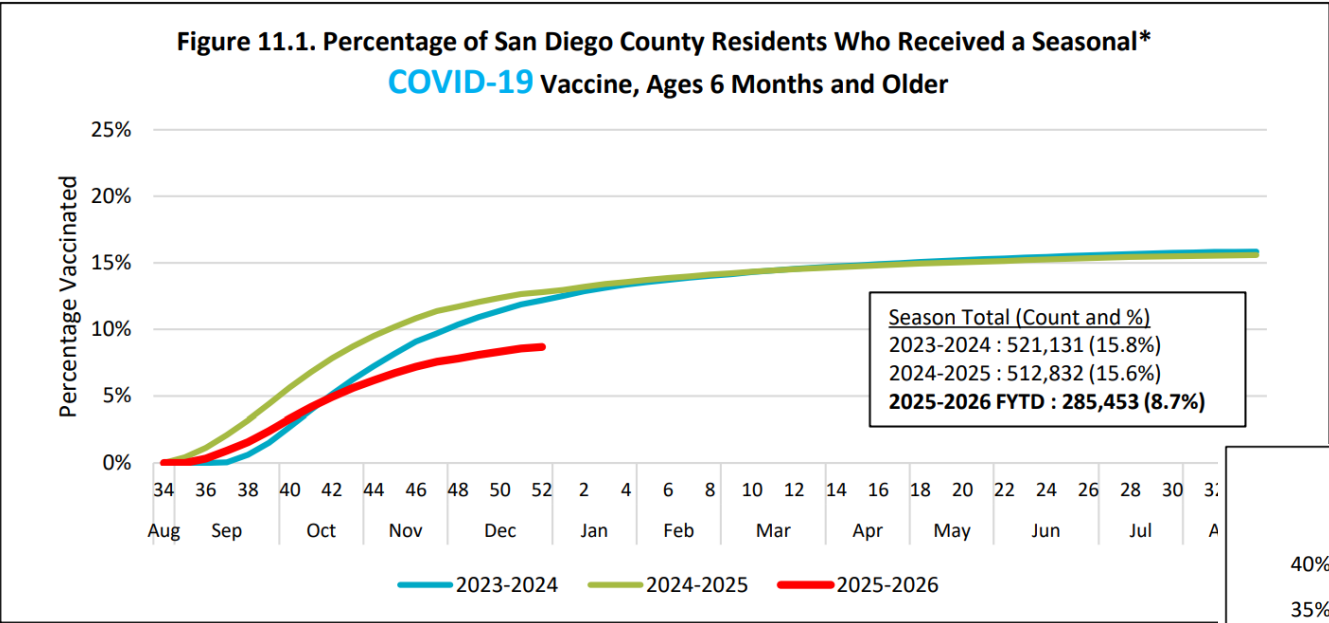
Figure 1.3. San Diego County RSV Cases
(N=580)



COVID-19, INFLUENZA, & RSV POSITIVITY



COVID-19 & INFLUENZA VACCINATIONS



CHILDHOOD VACCINE SCHEDULE



- On Monday, January 5, the CDC announced an updated childhood vaccine schedule that recommends 11 vaccines, compared with the 18 previously included on the schedule.
 - This decision was based on a brief review of other countries' practices, and not the typical evidence-based review and recommendation process.
- CDPH and the County of San Diego have been following recommendations made by the West Coast Health Alliance.

From the President

American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN®

Press Statement by Andrew D. Racine, MD, PhD, FAAP, AAP President:

January 5, 2026

AAP Opposes Federal Health Officials' Unprecedented Move to Remove Universal Childhood Immunization Recommendations

"Today's announcement by federal health officials to arbitrarily stop recommending numerous routine childhood immunizations is dangerous and unnecessary. The longstanding, evidence-based approach that has guided the U.S. immunization review and recommendation process remains the best way to keep children healthy and protect against health complications and hospitalizations."

IMMUNIZATION RECOMMENDATIONS



- AB 144, signed on 9/17/25, establishes CDPH as the source for immunization recommendations and preventive services guidelines for the state program
- In collaboration with the West Coast Health Alliance
- Beginning Jan 1 2025, CDPH will make vaccine recommendations based on guidance from professional organizations:
 - American Academy of Pediatrics (AAP)
 - American Academy of Family Physicians (AAFP)
 - American College of Obstetricians and Gynecologists (ACOG)



[Frequently Asked Questions about Respiratory Virus Vaccines](#)

[County Public Health Services Page - Vaccine Recommendations](#)

HEPATITIS B VACCINE



- In alignment with the [California Department of Public Health and the West Coast Health Alliance](#), County public health officials continue to recommend hepatitis B virus (HBV) immunization be given within 24 hours of birth.
- Hepatitis B is a highly infectious virus that attacks the liver and can cause serious illness and death.
- The hepatitis B vaccination is an effective way to prevent infection and its complications.



[County News Center: County Public Health Officials Recommend Hepatitis B Vaccine for Newborns](#)

VACCINE GUIDANCE & AUTISM



- County of San Diego Public Health Services has posted guidance on its immunization website that vaccines are not linked to autism.
- The information on the County's [Getting Your Vaccines](#) website is based on decades of studies cited by the [California Department of Public Health](#), the [American Academy of Pediatrics](#) (AAP), and other experts, and reflects high-quality evidence that vaccines are not linked to autism.
- Parents are encouraged to continue following the recommended vaccine schedule and talk with their child's healthcare provider if they have any questions.



[County News Center: County Posts Autism Advisory Guidance](#)

ACETAMINOPHEN AND PREGNANCY



- Decades of research show that autism has complex causes, and that there is no strong evidence showing a causal relationship between the appropriate use of acetaminophen (Tylenol) during pregnancy and harmful effects on fetal development.
- Acetaminophen is one of the few options available to pregnant patients to treat pain and fever, which can be harmful to pregnant people when left untreated.



[California Issues Statement on Credible Medical Information Regarding Acetaminophen and Pregnancy](#)

FORMULA LINKED TO INFANT BOTULISM OUTBREAK



- County health officials have issued a second reminder about a nationwide outbreak of infant botulism linked to ByHeart Whole Nutrition Infant Formula.
- Parents and retailers are urged to dispose of all ByHeart formula products.
- Infant botulism is a rare but serious illness that primarily affects babies younger than 6 months.
- The outbreak has caused 37 cases across 17 states, including California. No cases have been reported in San Diego County.



[County Issues Second Reminder to Discard Baby Formula in National Recall](#)



Thank You!



Q&A



THANK YOU FOR ATTENDING!

For more information, please visit our website: LiveWellSD.org/Education

You can also email us at: LiveWellEducation@sdcounty.ca.gov

Next Telebriefing: Tuesday, February 3, 10:00 AM