

K-12 TELEBRIEFING



June 2, 2026

Welcome!

SUBJECT MATTER EXPERTS



Dr. Beatty

Assistant Medical Director
County of San Diego



Dr. Motadel

Chief Pediatric Officer
County of San Diego



Tracy Schmidt

Senior Director, Attendance, Safety,
& Student Engagement, SDCOE



Jackie Stiles, MSN, RN

Coordinator, School Nursing
SDCOE

SPECIAL GUESTS



William Perno

Senior Prevention Specialist
SAY San Diego



Negin Javaherchian

Community Health Program Coordinator
Rady Children's Health



Monica Angeles

Supervisor, Population Health
and Network Quality
Rady Children's Health

EDUCATION SECTOR TEAM



Nicole Cardoza



Allison Hirahara



Grace Huynh

AGENDA



Agenda Item	Speaker/Presenter
Welcome & Announcements	Nicole Cardoza
Fentanyl, Opioids & Naloxone/Narcan Training: What You Learn Can Save A Life!	William Perno
KIDS-Rady iCAN - Rady Children's Youth Advisory Council	Monica Angeles
Rady Children's Health Project ADAM Overview	Negin Javaherchian
Public Health Updates	Dr. Beatty
Q&A Session	All Panelists



Announcements

Strengthening Oral Health Through School and Community Partnerships Webinar



California School-Based Health Alliance is hosting a free webinar exploring how Federally Qualified Health Centers are advancing oral health through partnerships and prevention. The session highlights how school partnerships can expand access to early detection and preventive care, along with key takeaways for implementing schoolwide oral health screening programs.

June 3, 11:30 am, on Zoom

[Register to Join!](#)

Beyond Burnout: Focusing on Well-Being in a High-Performance Culture



Join a free in-person *Advancing Through the Year* event in collaboration with Do Good Leadership Collective and California Schools VEBA to connect with peers, explore workplace well-being in leadership, and gain practical tools to boost creativity, decision-making, and resilience while reducing burnout.

Wednesday, June 17, 9:00 AM – 12:00 PM

CalVEBA Resource Center: 5520 Ruffin Rd,
San Diego, CA 92123

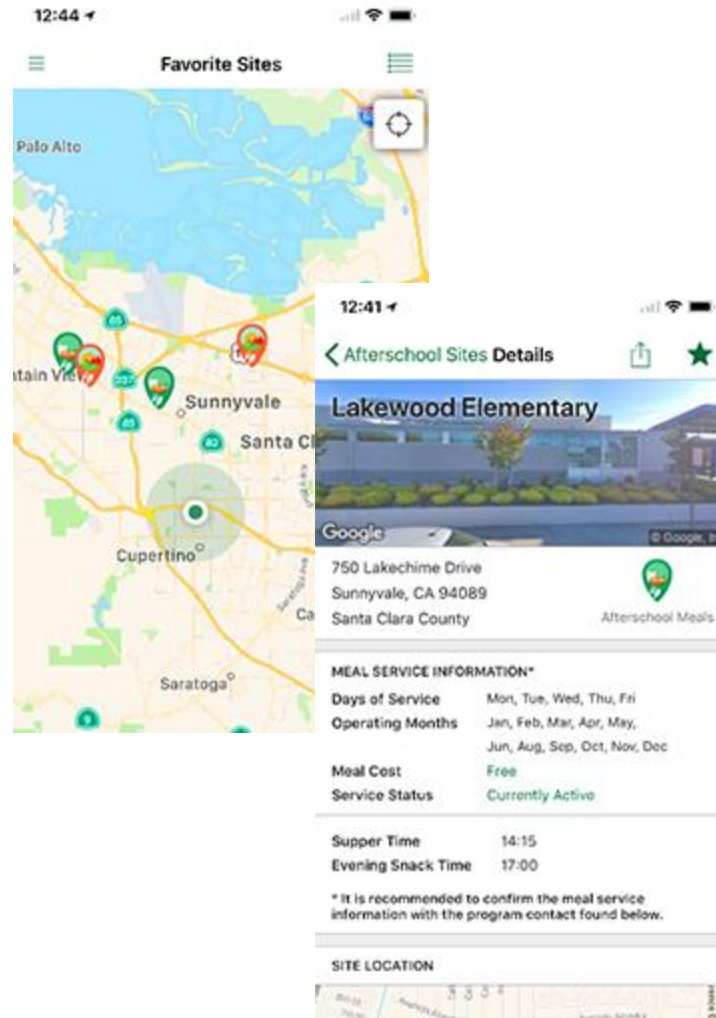
[Register to Participate!](#)

2026 SUN Bucks Outreach Toolkit



The No Kid Hungry [Sun Bucks Outreach Toolkit](#) provides resources to help raise awareness about summer grocery benefits available to children and teens. The toolkit includes information on eligibility, how to apply, and outreach materials to support families in accessing food assistance during the summer.

CA Meals for Kids App



The [CA Meals for Kids mobile application](#) helps families find nearby afterschool and summer meal program sites.

The app includes information about the sites, including location, directions, days of service, contacts, and more.

E-Bike Training Programs



Help promote e-bike safety by sharing the following safety programs for youth and families:

- [Scripps Health E-bike Training Program for Teens](#)
- [Ride Ready SD E-bike Training Course](#)
- [California Highway Patrol E-bike Safety Course](#)

Epinephrine Standing Order



CDPH has updated their standing order allowing California schools to keep emergency stock epinephrine on hand for severe allergic reactions. Guidance is also provided for schools on program eligibility, staff training requirements, and proper administration protocols.

[CDPH Epinephrine Standing Order](#)



Fentanyl, Opioids & Naloxone/Narcan Training

What You Learn Can Save A Life!

William Perno

Senior Prevention Specialist

Retired, San Diego County Deputy Sheriff

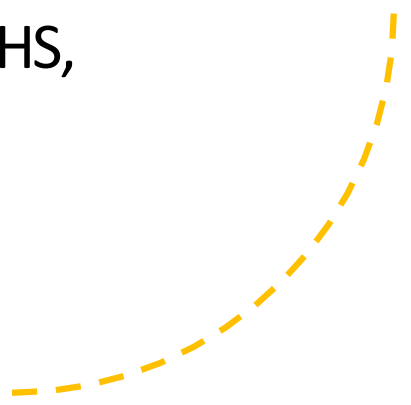
*(Some Slides Courtesy of A New Path and James Fontaine,
San Diego District Attorney's Office)*

<https://www.saysandiego.org>

Funded by the County of San Diego Health and Human Services Agency, Behavioral Health Services

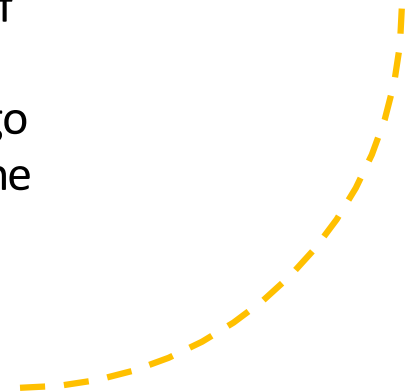
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Funding Provided By

- This PowerPoint presentation was developed, in part, with funding from the County of San Diego, Health and Human Services Agency (HHSA), Behavioral Health Services (BHS).
 - The views, opinions, and content of this publication are those of the authors and contributors, and do not necessarily reflect the views, opinions, or policies of HHSA, BHS, and should not be construed as such.
- 
- A yellow dashed line is located in the bottom right corner of the slide, curving upwards and to the left.

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The Vast Majority of Kids Are NOT Using Drugs

- In San Diego County, **14.25%** of youth ages 12 to 17 report having used *drugs or alcohol* in the prior month.
- Grade 7: **4%** [96% don't use]
- Grade 9: **9%** [91% don't use]
- Grade 11: **16%** [84% don't use]
- Non-Trad: **28%** [72% don't use]



<https://calschls.org/reports-data/public-dashboards/f882f1e2-dfco-4448-b9ob-f49cef6e6d3f/>

Adverse Childhood Experiences (ACEs)

- ACEs are potentially traumatic events that occur in childhood (0-17 years).
- People have physical injuries and sometimes they have emotional injuries.
- This can cause people to use drugs sometimes, due to the environment they live in.
- Resources can include therapy, talking to parents and friends, counselors at school
- ACEs can be prevented and treated!

What Is Addiction?

- Addiction is a complex condition, a brain disease that is manifested by compulsive substance use despite harmful consequences.
- People with addiction (severe substance use disorder) have an intense focus on using a certain substance(s), such as alcohol or drugs, to the point that it takes over their life.
- **They keep using alcohol or a drug even when they know it will cause problems.**
- Yet a number of effective treatments are available, and people can recover from addiction and lead normal, productive lives.

Source: <https://www.psychiatry.org/patients-families/addiction/what-is-addiction>

Fentanyl Warning San Diego County

FENTANYL

is here and killing San Diego County Residents



Fentanyl can be found in all illicit drugs including powders and pills.



Avoid illicit drugs.

Have someone with naloxone close by.

Fentanyl can be found in **any** pill you buy on the street...or in cocaine and meth...and can kill you instantly.



FATAL DOSE OF FENTANYL

For information and recovery options call:
San Diego County Access and Crisis Line:
1-888-724-7240 free assistance 24/7.

Photos: Images used with permission from Evergreen Reflections.

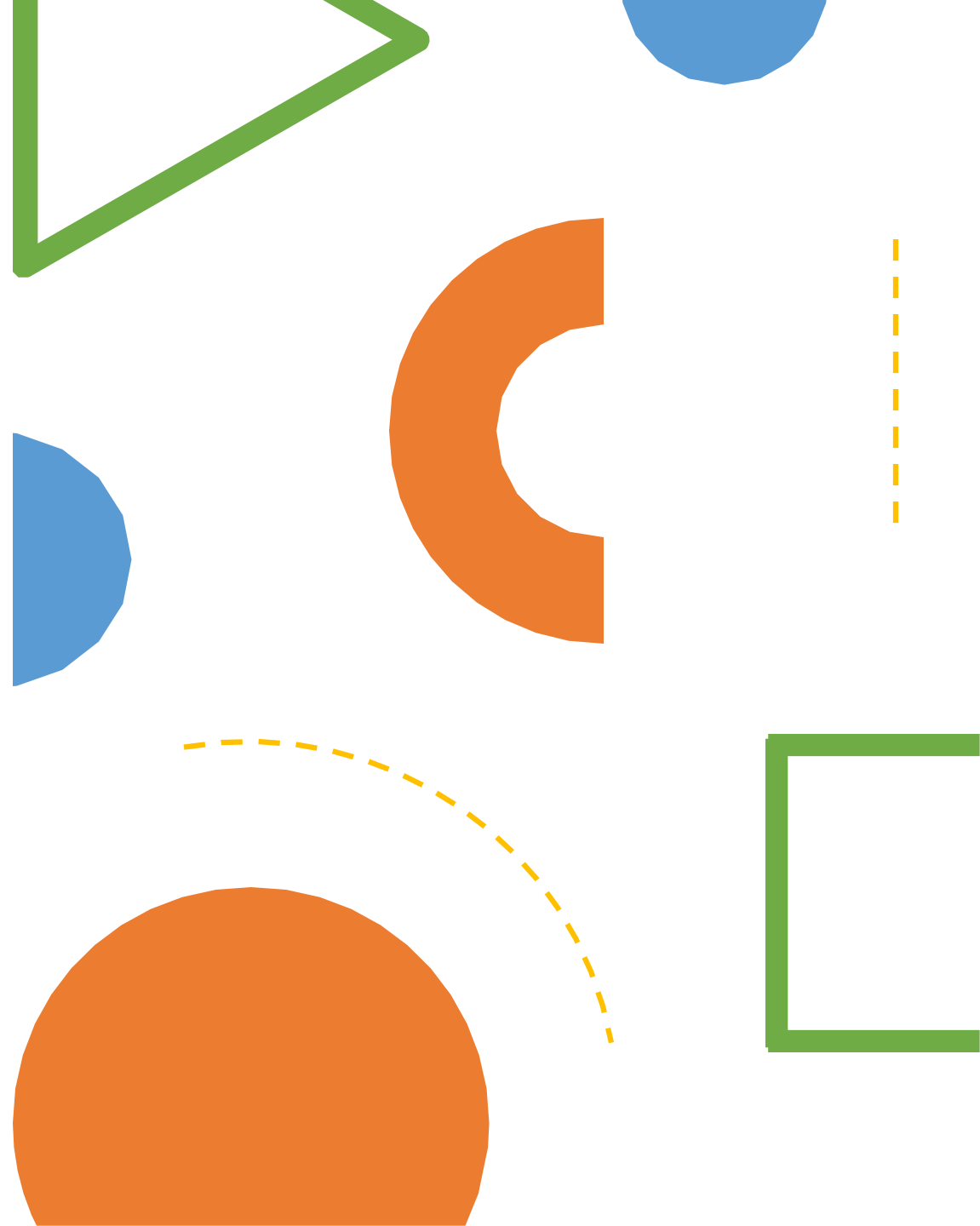
www.livewellsd.org

What are Opioids?

The group of drugs called opioids includes:

- ❖ Heroin
- ❖ Morphine
- ❖ Codeine
- ❖ Oxycodone
- ❖ Other prescription pain killers ie.)
Vicodin or Percocet
- ❖ Fentanyl (synthetic)
- ❖ Carfentanil (synthetic)

(Not benzodiazepines)



What is Fentanyl?

- Extremely powerful narcotic / pain medication
- Pharmacy and Hospital Use
 - Used in surgical procedures to induce anesthesia
- Opioid that is 100 times stronger than morphine
- 30 to 50 times stronger than heroin
- Used for Severe Pain – Schedule II Narcotic
- High Risk for Dependency / Addiction
- **Increasingly found in illicit drug supply**
 - **Odorless and tasteless**
 - **Many do not know it has been added to the illicit drug(s) they are using**

Sources of Fentanyl

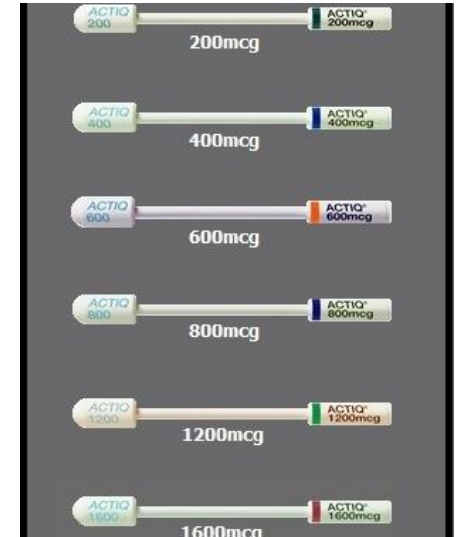
Legitimate Use by Pharmaceutical Industry

- Pharmacy and Hospital Use

Illicit Manufacturing and Use by Mexican transnational criminal organizations

- Foreign Countries supply precursor chemicals
- China and India
- Criminal organizations Manufacture Fentanyl and smuggle it into the USA
- Majority of fentanyl is smuggled through California, then moved throughout the USA

Forms of Fentanyl



Fentanyl: It doesn't take much

- As little as **2mg** of fentanyl can cause an overdose and death in an otherwise healthy adult.
- A recent DEA laboratory study found that of the **counterfeit pills** that contained fentanyl, **5 out of 10 contained a potentially fatal dose.**
- Over **50 million** counterfeit pills were seized in the U.S. in 2022.



Fatal Doses Heroin, Fentanyl & Carfentanil



As little as 2 Milligrams of Fentanyl Can Cause An Overdose and Death in an Otherwise Healthy Adult



- 2.83 Grams = 2,830 Milligrams (mg) in one sugar packet.
- 2.83 Grams of Fentanyl could be enough to cause an overdose and death for **1,415 Adults!**
- Less than 2mg for an overdose and death in Children, Toddlers, and Babies...



Street Sales – Unequal Mixing of Fentanyl and
Higher Concentration in Some Areas

Pill/Tablet Presses





Die Stamps for
Pill/Tablet Presses

Oxycodone



Oxycodone



Xanax



Oxycodone



Hydrocodone



Counterfeit Pills with Fentanyl from Overdose Death Scenes

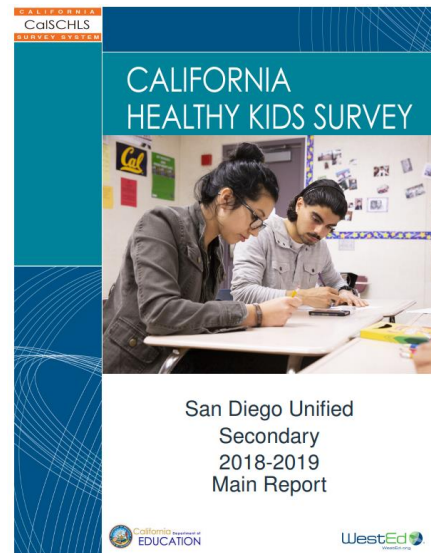
Source: San Diego Medical Examiner's Office

Student Perception of Risks

Table Z2.12

Prescription pain killers (VicodinTM, OxyContinTM, PercodanTM, LortabTM) - How much do people risk harming themselves physically and in other ways when they use any of the following substances without a Doctor's order (with the intent to get high)?

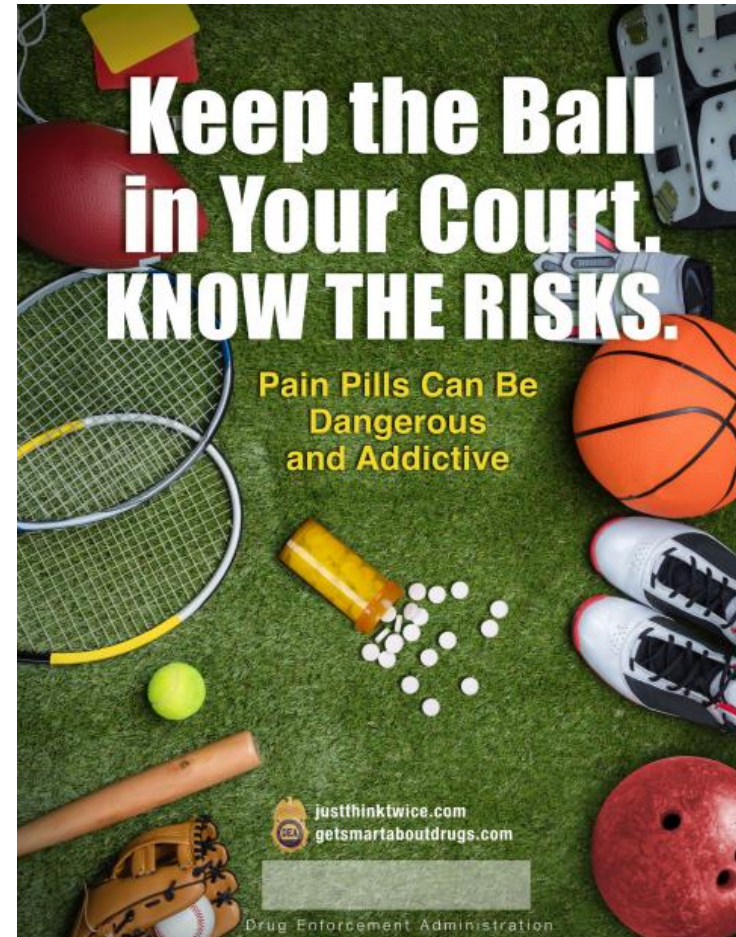
	Grade			Total
	9th	11th	NT	
	%	%	%	%
Great	51	58	47	53
Moderate	19	18	15	18
Slight	8	6	7	7
None	23	19	31	21



Source: <https://calschls.org/reports-data/search-lea-reports/>

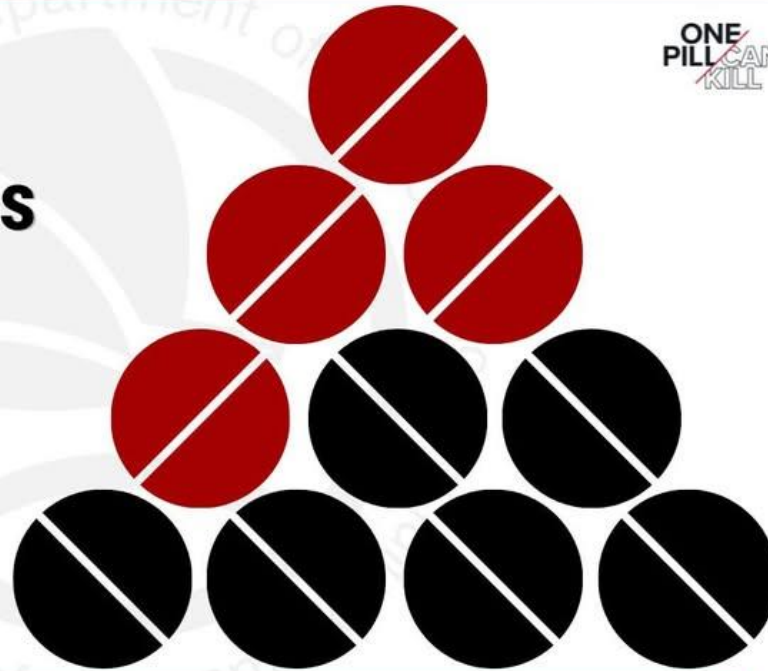
Youth May Be Prescribed Opioids for:

- Sports Injuries
- Dental Procedures –
Wisdom Teeth removal
- Some surgeries
- You or Your Parents Can
Ask for a Pain
Medication that is Not
an Opioid



DEA Tested Counterfeit Pills (2024) (50%)

4 out of 10
DEA tested pills
with fentanyl
are potentially
DEADLY



Source: https://www.dea.gov/sites/default/files/2024-11/DEA-OPCK_FactSheet_November_2024.pdf

Overdoses and Deaths

“It Can Happen To
Anyone”



Source: Alexander Neville Foundation <https://anfhelp.org/>

Teen girl dead from fentanyl-laced pills at Hollywood school is latest in rash of student overdoses



Students make their way to Los Angeles' Helen Bernstein School, where a 15-year-old girl was found dead after an apparent fentanyl overdose. (Mel Melcon / Los Angeles Times)

A teenage girl who died Tuesday night from an apparent fentanyl overdose at Bernstein High School in Hollywood and three other students who were hospitalized were the latest in a rash of student overdoses stemming from drugs being sold at a nearby park, according to officials.

Six students, not including the four from Tuesday night, have overdosed in the last three weeks from drugs obtained at Lexington Park, located just a few blocks from Bernstein, according to Los Angeles Unified School District Supt. Alberto Carvalho.

Carvalho met with the parents of the deceased girl Wednesday morning and confirmed that two of the four girls who overdosed, including the one who died, are 15-year-olds from Bernstein. The third girl was a 17-year-old from Hollywood High School and Carvalho didn't have information on the fourth victim.

Source: <https://tinyurl.com/4zrp3pfr>

Melanie's Law

California Education Code 32282

- Pupil health: opioid overdose prevention and treatment: Melanie's Law.
- This law requires a comprehensive school safety plan, and the school safety plan of a charter school, for a school serving pupils in any of grades 7 to 12, inclusive, to include the development of a protocol in the event a pupil is suffering or is reasonably believed to be suffering from an opioid overdose. By creating new duties for local educational agencies, the bill would impose a state-mandated local program.
- <https://legiscan.com/CA/text/SB10/id/2845936>
- Effective January 01, 2024.

Prevention – One Pill Can Kill!

- **Avoid taking prescription medications, unless prescribed for you and you know the source is from an actual pharmacy.**
- You need to pick up the prescription, so you know the medication is from a legitimate, licensed pharmacy.
- Be careful with online pharmacies – make sure they are legitimate, licensed pharmacies.
- **Do not take pills from anyone else!** You don't know the true source of the pills. Did they come from a drug dealer? There is no way to tell!
- **Take medication only as prescribed!**

Prescription Drug Abuse Prevention

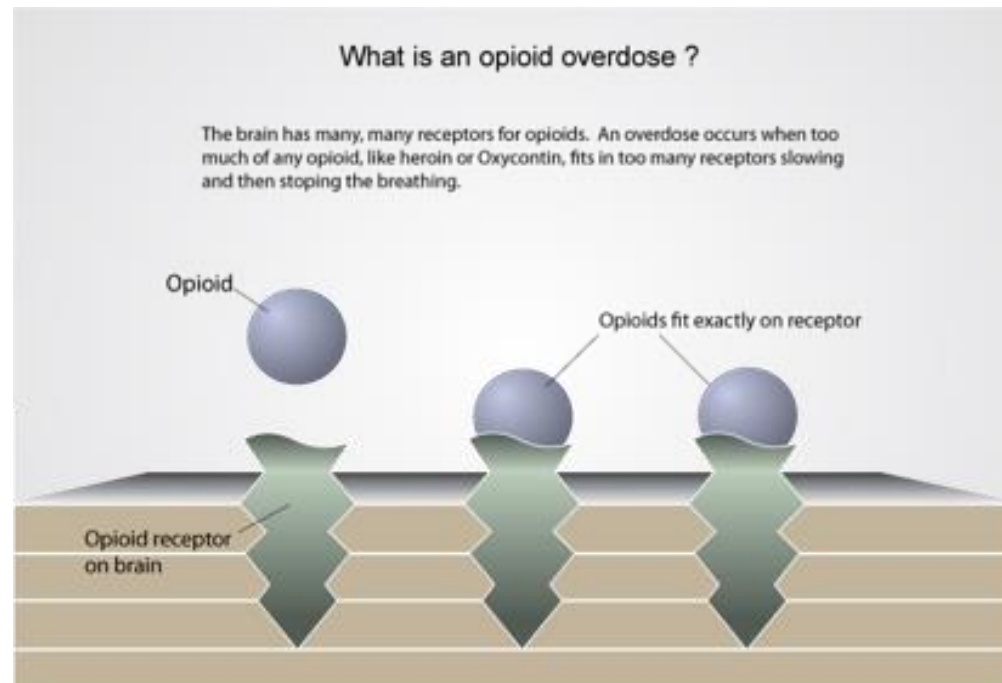
- Monitor
- Secure
- **Don't Share with others**
- Safe Disposal of Unused and/or Expired Medications
- **DEA Take Back Days**
- Don't Flush Medications Down The Toilet or Throw Into Trash
 - This avoids contamination of water and soil



Opioid Overdoses

What is an Opioid Overdose?

- The brain has many receptors for opioids
- Too much of an opioid fitting in too many receptors slow and stop breathing



Opioid Overdose Signs



Not Responding

Doesn't move and can't be woken.



Slow or Not Breathing

A breath every 5 seconds is normal.



Making Sounds

Choking, gurgling sounds or snoring



Blue Lips & Nails



Cold or Clammy Skin



Tiny Pupils

Source: <https://foundrybc.ca/articles/how-to-respond-to-an-opioid-overdose/>

Know what to do if someone overdoses

 1	 2	 3	 4
Call 911 Don't stress about calling. The Good Samaritan Law can keep you and the person overdosing out of legal trouble. Good Samaritan Law 	Give them naloxone Place the nozzle in their nose and press the plunger. Wait 2–3 minutes. Repeat in the other nostril if they don't wake up. Learn how 	Start hands-only CPR* Push hard and fast in the middle of their chest. The emergency dispatcher can give you CPR instructions if you need them. *Perform rescue breathing if you have a pocket mask/face shield or the person is known to be non-infectious.	Stay with them Naloxone only lasts for 30–90 minutes. Stick around until help arrives. They'll still need professional medical care.

If no response after two minutes, administer a second dose of Naloxone in their other nostril. Continue giving additional doses of naloxone every two minutes if no response.

Source: <https://www.sandiegoopioidproject.com/instant-death>

Narcan – Naloxone

Can Reverse an Opioid Overdose

**Narcan will not harm anyone
that doesn't need it!**



You can get free Narcan training
and a box of Narcan!

Purchase at Retail Stores “Over-
The-Counter” Sales

Call 911

Use Naloxone (If
you have it)

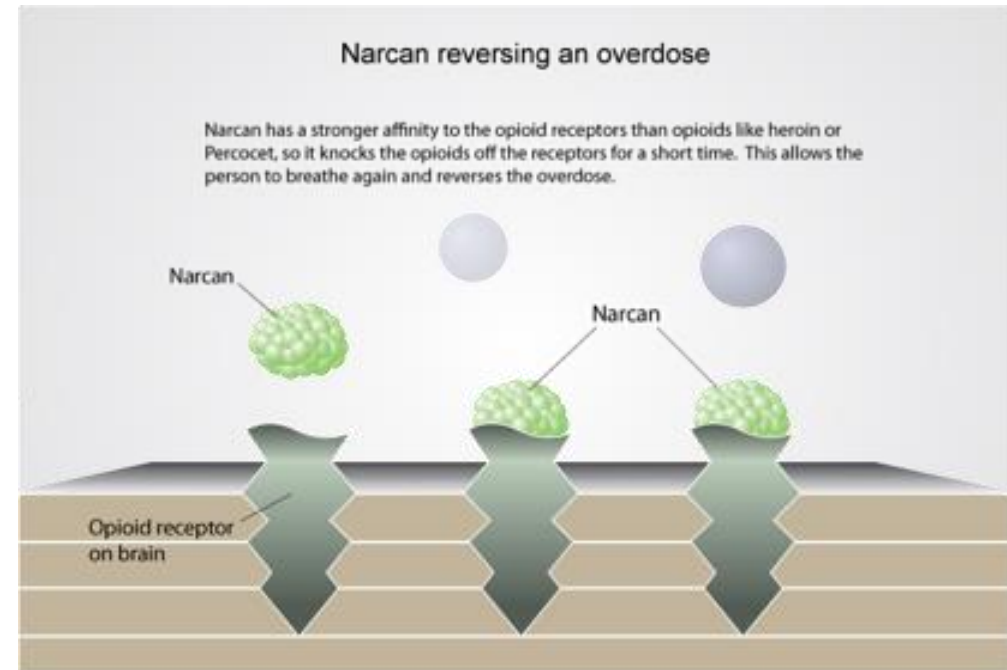
CPR

Rescue Breathing

AED Machine

Police, Firefighters,
and Paramedics
carry Narcan!

Naloxone reversing an Overdose



Naloxone Can Be Used On

- Pregnant Women
- Babies over 28 days of age
- Children, Teens, Adults
- Persons experiencing an opioid overdose
 - Intentional drug use
 - Accidental exposure
 - **Prescription Opioid Pain Medications**
 - Toddlers, Babies, Infants
 - Elderly adults who may forget they have already taken their pain medication
- Naloxone Expiration Date (Bottom of the Box)
- Temperature for storing (Below 77 degrees)
 - Excursions permitted up to 104 degrees
 - Do not freeze or expose to excessive heat above 104 degrees
 - Protect from light
- OK to Travel with Narcan (FDA Approved Medication)
- **In Mexico, Narcan is considered a psychoactive drug. A prescription is required to have Narcan/Naloxone in Mexico.**



Narcan - Naloxone

- Fire Extinguisher and Smoke Alarm
- Have them and hope you never need them.
- Same with Narcan – Naloxone...
- Business, Home, Person, Vehicle...

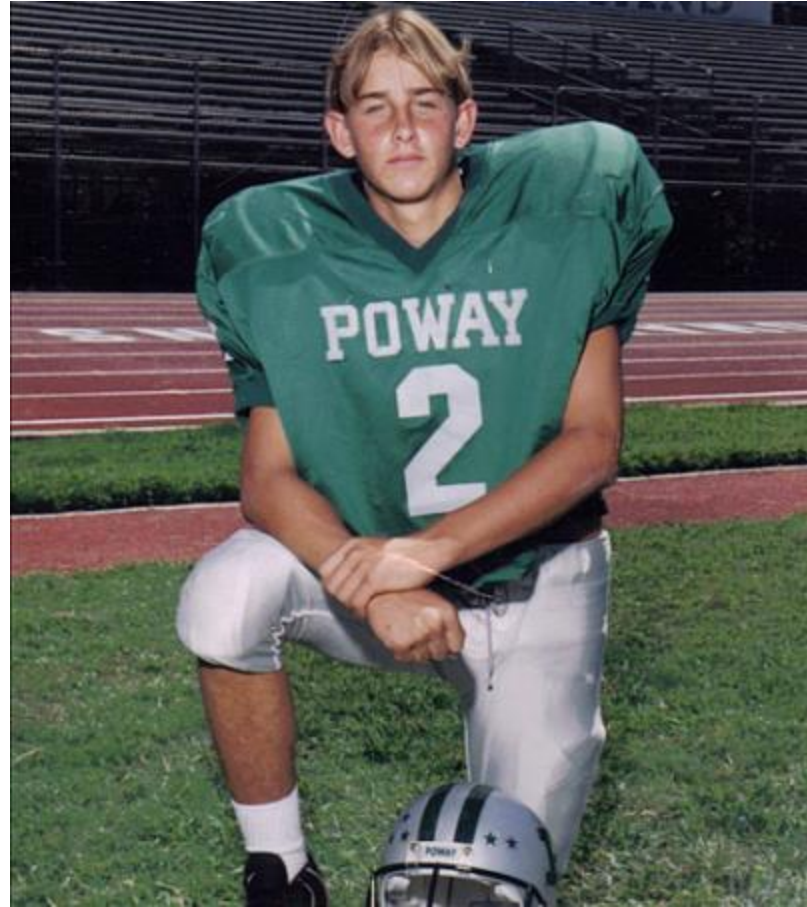
EVERYONE HAS THE POWER TO SAVE A LIFE



Barriers to calling 911:

- Youth - Getting in Trouble from:
 - Parents/Caregivers
 - Police
 - School
- Fear of legal risk (outstanding warrants, CPS/DSS involvement, Deportation, loss of public housing)
- Zero Tolerance - Admin Separation (Military)
- Fear of judgment from family/community
- Personal embarrassment/shame
- Other punitive measures (students lose federal financial aid)

Aaron Rubin (Behind the Orange Curtain)



Source: <https://www.youtube.com/watch?v=kZVI7TzdPgs>

Aaron Rubin (Behind the Orange Curtain)



Source: <https://www.youtube.com/watch?v=kZVI7TzdPgs>



California 911
“Good
Samaritan Law”

“Overdose
Protection Law”

- **California Health and Safety Code Section 11376.5**
 - It shall not be a crime for a person to be under the influence of, or to possess for personal use, a controlled substance, or drug paraphernalia, **IF that person, in good faith, seeks medical assistance for another person experiencing a drug-related overdose that is related to the possession of a controlled substance.**
 - **Includes the person experiencing the overdose or one or more other persons at the scene of the overdose, who in good faith, seek medical assistance for the person experiencing the overdose.**
 - **Law Effective on January 01, 2013**
 - Source: <https://tinyurl.com/2k36za5v>
- 

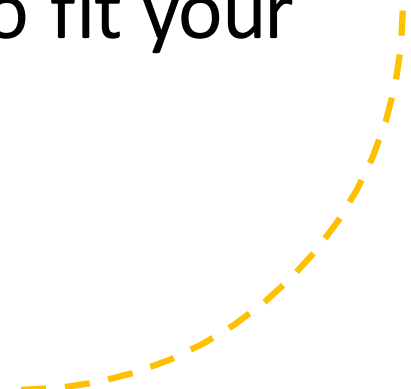


Resources



Presentations

FREE RESOURCES, NO COST FOR TRAINING!

- Free Naloxone/Narcan Nasal Spray and Training!
 - In-Person and/or Virtual Trainings Available
 - Students, Staff, Parents, & Community!
 - Presentations can be tailored to fit your needs and time constraints
- 

If You Need To Talk To Someone For Any Reason - YOU ARE NOT ALONE!

- **San Diego Access & Crisis Line** - 24 hours a day/ 7 days a week
- **Phone: (888) 724-7240** It's free and confidential, and the lines are answered by licensed clinicians 7 days/week, 24 hours/day.
- **Dial 211 From Any Telephone** for many resources including Treatment Providers, Social Workers, Therapists
- **Dial 988** for Suicide and Crisis Lifeline -Available 24 hours
- **For help with Substance Use Disorders in San Diego County**
- https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/substance_use_outpatient_services.html

AB 2998 Opioid Overdose Medication- Pupil Administration (49414.35 Education Code)

- Prohibits LEAs from prohibiting a pupil 12 years of age or older, while on a school site or participating in school activities, from carrying or administering, for the purposes of providing emergency treatment to persons who are suffering, or reasonably believed to be suffering, from an opioid overdose, a naloxone hydrochloride nasal spray or any other opioid overdose reversal medication that is federally approved for over-the-counter, nonprescription use.
- **Source:** <https://tinyurl.com/57afvdvs>

FREE Narcan - County of San Diego Regional Public Health Centers

- **Central Region**

- 5101 Market St, San Diego, CA 92114
- Phone: 619-229-5400

- **North Central Region**

- 5055 Ruffin Road, San Diego, CA 92123
- Phone: 858-573-7300

- **South Region**

- 690 Oxford Street, Chula Vista, CA 91911
- Phone: 619-409-3110

- **North Coastal Region**

- 3609 Ocean Ranch Blvd., Suite 104, Oceanside, CA 92056
- Phone: 760-967-4401

- **North Inland Region**

- 649 West Mission Ave., Suite 2, Escondido, CA 92025
- Phone: 760-740-3000

- **East Region**

- 367 North Magnolia Ave, El Cajon, CA 92020
- Phone: 619-441-6500

Updated More Locations and Info at <https://tinyurl.com/3ypb5ndx>

Medication Assistance Treatment (MAT) and Naloxone Resource Interactive Map

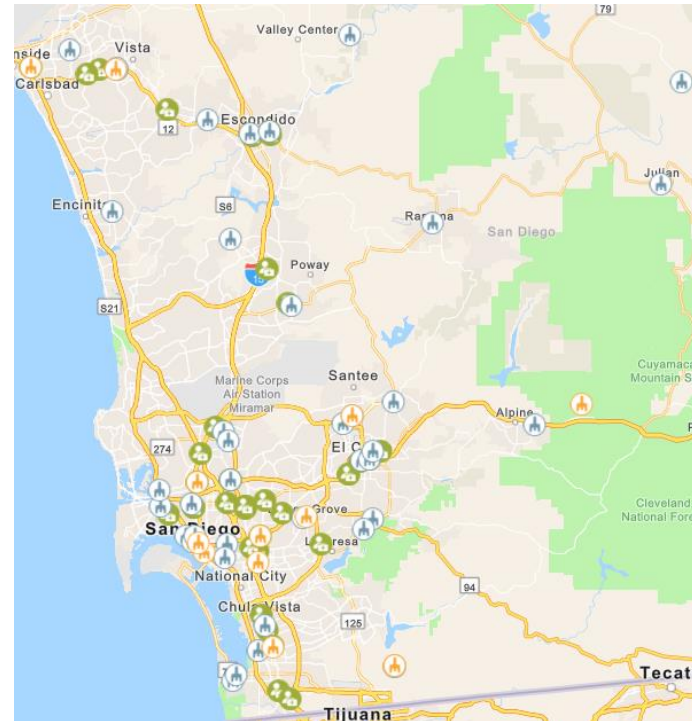
This map allows you to search the following sites nearest you:

CA Bridge Hospitals (red icons)

MAT Resources (green icons)

FREE Naloxone Access Sites (blue icons)

FREE Naloxone Vending Machines (orange icons)



Source: <https://tinyurl.com/vrus68sn>

Treatment & Counseling Services

Substance Use and Overdose Prevention Taskforce

<https://www.suopt.org/treatment>

La Maestra Youth Opioid Response (YOR) Program

<https://yorcalifornia.cibhs.org/la-maestra-community-health-centers/>

(619) 510-4644

(619) 285-7097

Union of Pan Asian Communities (UPAC)

<https://www.upacsd.com/>

McAlister Institute

<https://www.mcalisterinc.org/>

VISTA HILL

Phone: 858.514.5100

<https://www.vistahill.org/programs-services/programs-and-services-for-families/info@vistahill.org>

Open Heart Leaders (Counseling Services)

<https://www.openheartleaders.org/>

Life@openheartleaders.org

(858) 256-6736



San Diego County Substance Use and Overdose Prevention Taskforce

Supporting Our Community, Saving Lives Together

Welcome to the San Diego County Substance Use and Overdose Prevention Taskforce! Our mission is to provide essential resources and support to individuals and families affected by substance use and overdose in our community. Visit SUOPT.org to access:

- **Resource Hub:** Find valuable resources, toolkits, and handouts to help you or a loved one navigate substance use challenges.
- **Education and Awareness:** Discover informative training videos and materials to increase your understanding of substance use disorders and prevention strategies.
- **Support Services:** Connect with local support groups, counseling services, and treatment options to get the help you need.

Resource Highlight: Scan the QR code to learn where to dispose of unwanted medications in San Diego County.



Resource Highlight: Scan the QR code to learn where to access treatment resources and naloxone throughout San Diego County.



NIDA for Teens, Parents, Guardians & Educators



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Parents & Educators



©Getty Images/SDI Productions

Find the latest science-based information about drug use, health, and the developing brain. Designed for young people and those who influence them—parents, guardians, teachers, and other educators—these resources inspire learning and encourage critical thinking so teens can make informed decisions about drug use and their health.

Information provided by NIDA is not a substitute for professional medical care.

Source: <https://nida.nih.gov/research-topics/parents-educators>

National Institute on Drug Abuse (NIDA) Parent Conversation Starters

- <https://nida.nih.gov/research-topics/parents-educators/conversation-starters>

Parents: Conversation Starters

Get information to help you talk with your teens about drugs and their effects, and learn where to go to get help.



Start A Conversation: 10 Questions Teens Ask About Drugs and Health

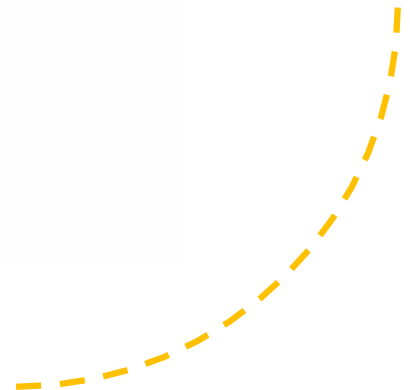
Thousands of teens asked questions about drugs and health. Learn the answers to 10 popular questions.



What Are the Signs of Having a Problem With Drugs?

One important sign of addiction is that a person continues to use drugs even though it's harming their life.

Questions and Answers



Contact Information

- William Perno, SAY San Diego
Senior Prevention Specialist
- E-Mail:
WPERNO@SAYSANDIEGO.ORG
- <https://www.saysandiego.org>



Funded by the County of San Diego Health and Human Services Agency, Behavioral Health Services



“Being Part of Something Bigger than Yourself”



International Children's Advisory Network (iCAN)

- **Mission:** To foster a greater global understanding of the importance of the pediatric patient and caregiver voice in healthcare, clinical trials, and research.
- Comprised of 31 chapters, representing 13 countries
- Rady Chapter = KIDS-Rady

Titan



Warrior



Steward



Guardian



Ally



Friend



PERRY ELLIS INTERNATIONAL

In loving memory of
Kate Palermo

In loving memory of
Emory Spear Nesbit

Community Partners



Proud Partner of FDA CDRH and TAP Program



Values of iCAN Membership

Be a Community Voice and Impact through Advocacy and Leadership

Mattering



Coping



Empowerment



Career
Development



Community



Sense of
Summit



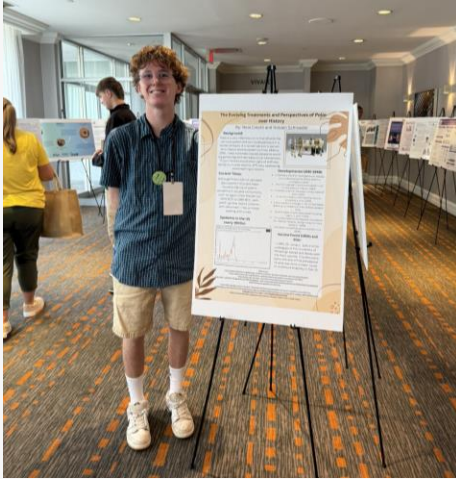


Coping & Mattering For Yourself and Others

- Learning more about medical conditions
- Talking about challenges
- Feeling understood and supported
- Being able to help others
- Belong to a larger community where being your unique self is welcomed

“...It’s just really nice to see other people that are going through similar stuff, and just kind of know what you are going through...”

The Voice of an iCAN member



Empowerment through Collaboration and Leadership

Leadership Development

- Build Resume Experience for Job Applications
- Prepare for College, Scholarship, and Job/Internship Applications

Skill Building

- Problem Solving
- Presenting
- Advocating
- Collaborating

Improve

- Critical Awareness in various healthcare issues

“...I feel empowered to share my voice...and explain what it’s like from my point of view..”

The Voice of an iCAN member



Career Development & Engaging with Healthcare Industry Partners

Learning Opportunities

- Pediatric Medicine, Innovation and Research (MIR)
- Science, Technology, Engineering and Math (STEM)
- Meet with and talk to doctors, researchers, scientists and other professionals

"...I joined because I am very interested in the healthcare profession and the field of medicine."

The Voice of an iCAN member





Community Building

Networking Opportunities

- Brings kids and teens together from diverse medical, cultural, and educational backgrounds



"...I think you will learn so much in groups that are built with different kinds of people."

"...You make friends..."

The Voices of an iCAN member



Community Service and Giving Back

- Provide community service inside and outside of Rady Children's
 - Earned Presidential Volunteer Service Awards
- Events supported include:
 - Diabetes Technology Fair
 - Asthma Education Session
 - Sickle Cell Family Day
 - American Heart Association Walk
 - Sharon's Epilepsy Walk
 - Food Bag Packing
 - Therapeutic Toolkit Packing
 - Recreation Art Therapy
 - Military Teen Resilience
 - Dinner with a Scientist
 - Enhanced Care Management Fair
 - Transplant Holiday Party
 - and more!



Annual Summit

- An opportunity to hear from international healthcare industry experts and provided input to clinicians and researchers in interactive sessions.
- Previous Summits:
 - San Diego, California
 - Bari, Italy
 - Montreal, Canada
- 2026 Summit = **Dublin, Ireland!**



Ways to Support!

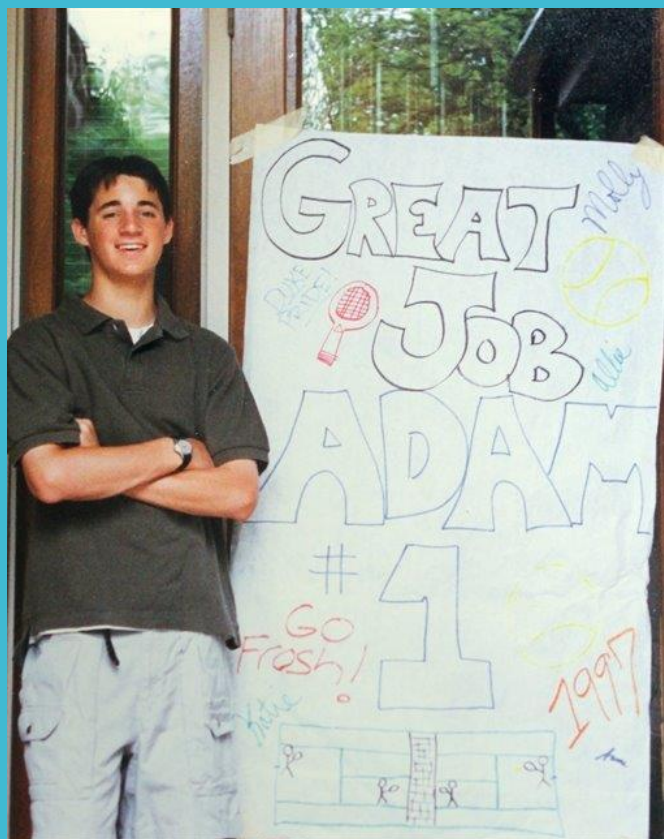
Recruitment

Rady Children's Health Project ADAM Overview

Coordinator – Negin Javaherchian, MPH



Project ADAM[®]
SAVES LIVES



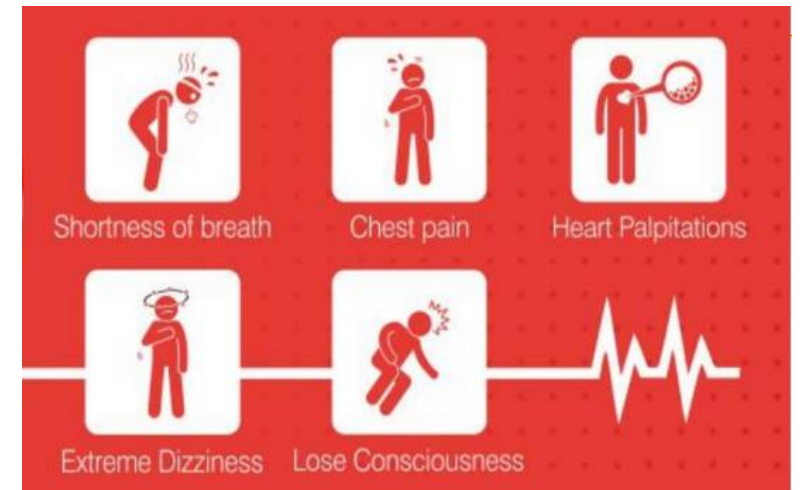
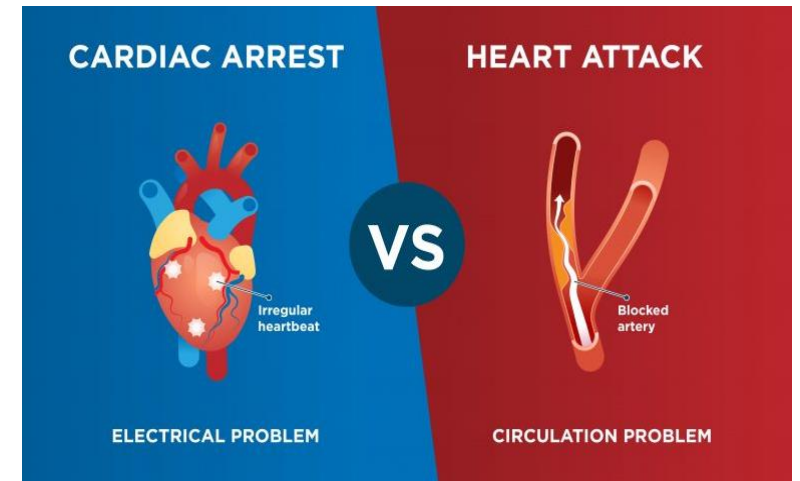
Project ADAM

(Automated Defibrillators in Adam's Memory)

- National non-profit community outreach program that was established in 1999 in memory of Adam Lemel, a 17-year-old who tragically lost his life to sudden cardiac arrest during a high school basketball game.
- **Mission:** Project ADAM saves lives by empowering schools and communities to be prepared for sudden cardiac arrest.
- **Vision:** Eradicate sudden cardiac death through school and community prevention.
- Has saved over 300 lives since 1999

What is Sudden Cardiac Arrest? (SCA)

- When the heart suddenly stops beating due to an irregular heartbeat
- Without treatment, death can occur within minutes
- Can happen to anybody at any age!
- Signs of SCA:
 - Unconscious or unresponsive
 - Not breathing normally
 - Seizure or convulsion like activity
- AED = Automated External Defibrillator
 - Used to evaluate heart rhythm and deliver a shock if needed



Sudden Cardiac Arrest (SCA)



- 350,000+ Sudden Cardiac Arrests happen outside of a hospital each year, with over 90% leading to death
 - Only ~40% of victims have been found to receive bystander CPR
 - Survival decreases by 7-10% each minute without defibrillation
- 1 in 300 youth have an undetected heart condition
 - 23,000+ youth under the age of 18 suffer SCA annually
- Sports related SCA account for ~39% of youth cases
 - #1 cause of death for student athletes

Heart Safe Schools

- Project ADAM strives to assist schools in establishing an emergency plan in the incidence of a SCA.
- Project ADAM provides the foundation for schools to develop their program, including templates, resources, and guidance on how to help prevent sudden cardiac death in the school setting.
- After the completion of the program checklist, the school is designated as “Heart Safe” for three years.
- **California AB 2887 now requires that all schools have a cardiac emergency response plan in place as part of their safety plans moving forward.**



Project ADAM Heart Safe School Program Checklist

A comprehensive program of sudden cardiac arrest preparedness in schools.

This document will serve as your guide through the Heart Safe School program implementation process.

Instructions:

1. Complete and return your initial evaluation to your local Project ADAM affiliate site and they will serve as your partner to guide you through the program. If there is not an affiliate site in your area, we encourage you to utilize our [Project ADAM Resources](#) and contact the National Office for support at projectadam@childrenswi.org.
2. Once all criteria are completed, contact your local Project ADAM affiliate site (if available) to submit necessary documentation to achieve local recognition. Retain a copy in your school files.

Today's Date

CPR-AED Site Coordinator or Contact Person:

Email: Phone:

Name of School: Name of District:

☐ Pre-school ☐ Elementary ☐ Middle ☐ High School ☐ Private ☐ Other

AUTOMATED EXTERNAL DEFIBRILLATORS (AEDs)	Initial Evaluation	Criteria Completed	Progress Notes
AED equipment location(s) on a school campus are clearly marked and make it possible to retrieve an AED, apply pads and deliver a shock (if needed) to an unresponsive victim in under three minutes.	☐	☐	
The AED(s) is checked for performance readiness at least monthly, or per manufacturer's directions and documented each time.	☐	☐	
We keep a first responder kit near or attached to the AED which includes: CPR barrier device, scissors, gloves, razor and towel.	☐	☐	
CARDIAC EMERGENCY RESPONSE TEAM	Initial Evaluation	Criteria Completed	Progress Notes
A CPR-AED Site Coordinator is identified, who oversees the CPR-AED program activities and training.	☐	☐	
There is a designated Cardiac Emergency Response Team comprised of at least 10% of staff or five to 10 people.	☐	☐	

Heart Safe School (HSS) Checklist Themes

Cardiac Emergency Response Plan (CERP) in place

AEDs that are easily accessible and functional

Cardiac emergency response team with CPR training identified

Annual SCA education and cardiac emergency drill

Next Steps: Attaining Heart Safe School Designation

Contact Rady Children's Project ADAM Coordinator to begin the process for your school



Find checklist and additional resources on the Project ADAM HSS Website:

[Project-ADAM-HSS-Program-Checklist_11-2025.pdf](#)



Complete a preliminary draft of the HSS Checklist and send to Coordinator



Coordinator to collaborate with school to complete missing pieces

Let's work together to ensure the safety of all on your campuses!

Contact Coordinator: Negin Javaherchian, MPH

Email: njavaherchian@rchsd.org

Phone: (858) 966 – 1700 Ext 243840





Public Health Updates

Dr. Beatty

New Guidance About Recess at School



- The American Academy of Pediatrics (AAP) has released the updated guidance about recess at school: [The Crucial Role of Recess in School](#)
- The guidance cites the latest research, emphasizing how recess is vital to supporting good health, academic success, and social and emotional growth.
- Given the benefits of recess, the AAP recommends that recess be protected and never withheld for academic or punitive reasons.



E-Bike-Related Injuries



San Diego County E-Bike–Involved Injury Data (2024)

Outcome	All ages	<12 years of age
Emergency Department	865	56
Hospitalizations	186	7

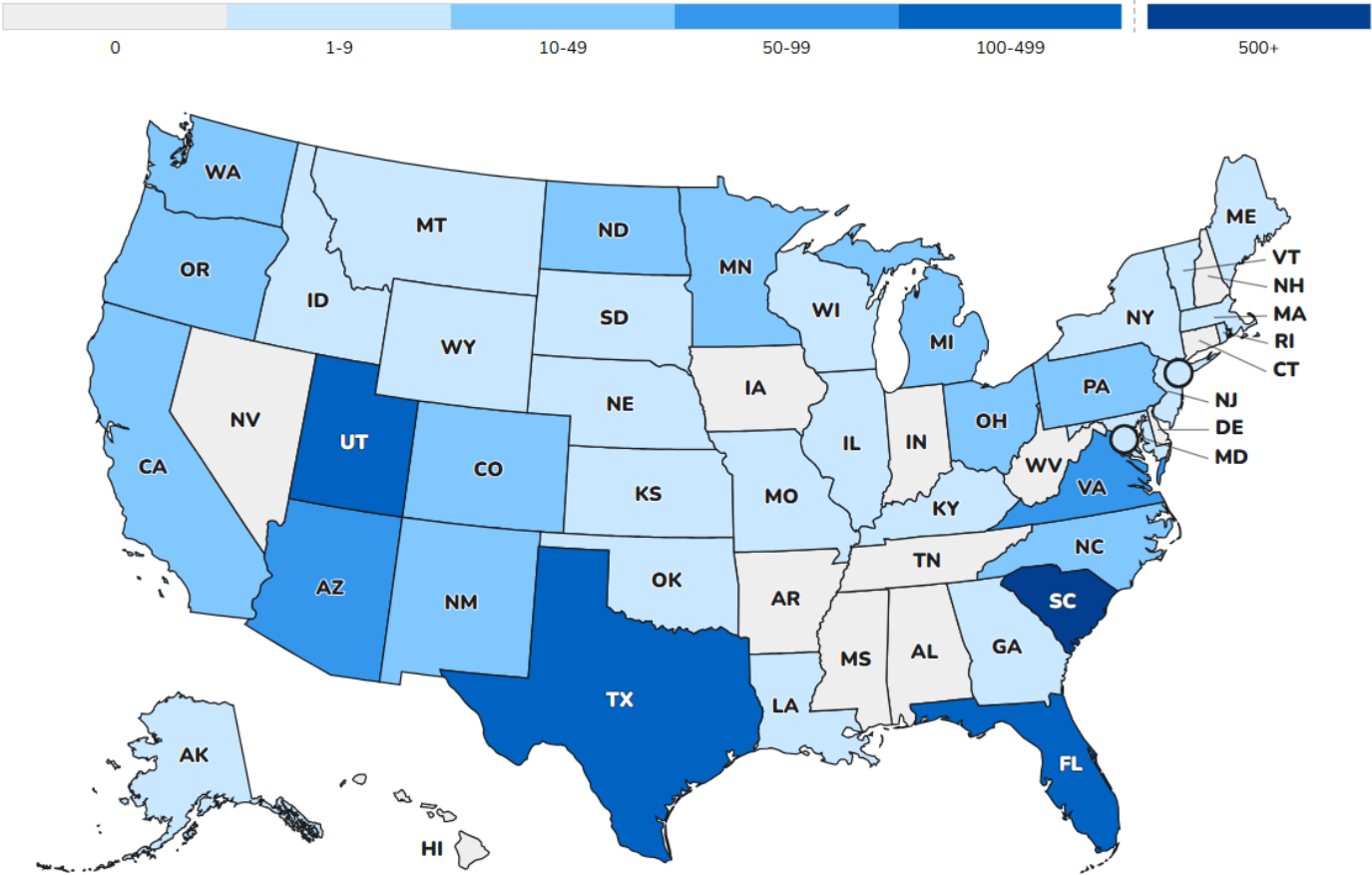
Outcome	Central	East	North Central	North Coastal	North Island	South
Emergency Department	81	90	157	246	194	97
Hospitalizations	29	15	34	48	31	29

- E-bike-related injuries are increasing in San Diego County, with 856 emergency department visits in 2024. Youth are disproportionately affected.
- There are resources available for e-bike safety training, including [Electric Bicycle Safety and Training | Rise 360](#) or [RideReadySD | E Bike Safety](#).

MEASLES CASES AMONG U.S. RESIDENTS



Updated 5/29/26



	2026 To date	2025 Full year
Total Cases	1,983	2,288
Age		
Under 5 years	417 (21%)	584 (26%)
5-19 years	1,006 (51%)	1,016 (44%)
20+ years	554 (28%)	675 (30%)
Age unknown	6 (0%)	13 (1%)
Vaccination Status		
Unvaccinated or Unknown	92%	93%
One MMR dose	4%	3%
Two MMR doses	4%	4%

County Reports Two Unrelated Measles Cases



- In May, County public health officials confirmed two unrelated cases of measles.
- Both people who got sick travel to San Diego for work. One of the cases involved public exposure.
- The best prevention against measles is vaccination. With outbreaks reported in several states, officials urge everyone to ensure they are fully vaccinated, especially travelers.
 - Infants between 6 and 12 months of age who travel should get one dose. Anyone over 12 months who travels should receive two doses at least four weeks apart.



[County Reports Two Unrelated Measles Cases; Public Exposure Possible at Two Locations](#)

West Nile Virus



- County workers found West Nile virus in two dead crows picked up near Rolando and Skyline.
- There are no local human cases so far this year. West Nile virus mainly affects birds, but mosquitoes can pass it to people if they bite an infected bird and then bite a person.
- The County is reminding everyone to follow three steps to protect themselves from mosquitoes: Prevent, Protect, and Report.
- Prevent mosquito breeding at home, protect yourself from bites, and report mosquitoes and dead birds to the Vector Control Program.





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

The next telebriefing will be in late August 2026

Stay tuned for details!