

RESOLUTION NO. 18/25-26

IN SUPPORT OF PRESCRIPTION DRUG ABUSE AWARENESS MONTH, MARCH, 2026

WHEREAS, when used as prescribed by a doctor, prescription medicines such as stimulants, sedatives and opioids can be helpful in treating many illnesses, but when these medications are misused, they can have serious consequences such as an increased risk of infectious disease and overdose death; and

WHEREAS, anyone who takes prescription opioids can become addicted to them. In fact, as many as one in four patients receiving long-term opioid therapy in a primary care setting struggles with opioid addiction, and that once addicted, it can be hard to stop; and

WHEREAS, prescription opioid overdose deaths also often involve benzodiazepines, which are central nervous system depressants used to sedate, induce sleep, prevent seizures, and relieve anxiety. The Centers for Disease Control and Prevention (CDC) recommends avoiding taking benzodiazepines while taking prescription opioids whenever possible¹; and

WHEREAS, there were 447,583 prescriptions for opioids (excluding buprenorphine) in Contra Costa County in 2023. In 2023, California's annual crude opioid prescribing rate was 296.0 prescriptions per 1,000 residents, reflecting a slight increase of about 1.7% from the 2022 rate of approximately 291.0 prescriptions per 1,000 residents. In 2022, there were 13,640,794 opioid prescriptions dispensed statewide. Updated statewide prescription counts for 2023 are not yet available.

WHEREAS, in 2023, a total of 22,000 emergency room visits occurred in California that were related to opioid overdoses and 407 of those visits occurred in Contra Costa County²;

WHEREAS, overdose deaths involving synthetic opioids other than methadone, which largely consist of illicitly manufactured fentanyl; psychostimulants with abuse potential (e.g., methamphetamine); and cocaine have increased in recent years necessitating response efforts focused on polysubstance use; and

WHEREAS, San Ramon Valley Unified School District supports the last Saturday of the months of April and October as "National Prescription Drug Take Back Days" as declared by the DEA⁴ and encourages residents to locate their local collection site and safely dispose of their accumulated unwanted, unused prescription drugs; and

WHEREAS, the Contra Costa County Medication Education and Disposal Safety (MEDS) Coalition³ engages youth and adult stakeholders from across the county to participate in Prescription Drug Abuse Awareness Month activities to raise awareness about prescription drug dangers, promote safe medication storage and disposal and ensure naloxone is available for those at high risk of overdose.

WHEREAS, San Ramon Valley Unified School District is committed to preventing fentanyl overdoses by participating in the California Department of Health Services' Naloxone Distribution Project (NDP). All district sites have a stock of the opioid overdose rescue medication Naloxone and have trained staff volunteers who know how to administer the medication, ensuring we are equipped to the best of our ability to respond quickly to suspected overdoses and try to reverse them, and save students' lives.

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NOW, THEREFORE, BE IT RESOLVED that San Ramon Valley Unified School District's Board of Education proclaims the month of March as Prescription Drug Abuse Awareness Month, and encourages all citizens to participate in prescription drug abuse related prevention programs and activities. Be it also resolved that this Board of Education encourage all community members to pledge, "Spread the Word... One Pill Can Kill".

PASSED AND ADOPTED by the following called vote this 19th day of August 2025.

BUDGET IMPLICATION: None

AYES: *Clark, Ordway, VanZee, Hurd, Bratt*

NOES: *None*

ABSENT: *None*

ABSTAINED: *None*


CJ Cammack, Superintendent and Secretary to
the Governing Board of San Ramon Valley
Unified School District

¹ <https://www.cdc.gov/opioids/basics/epidemic.html>

² Opioid Overdose Surveillance Dashboard - <https://skylab.cdph.ca.gov/ODdash/>

³ <https://cccmedscoalition.org/>

⁴ https://www.deadiversion.usdoj.gov/drug_disposal/takeback/

<https://www.drugabuse.gov/drug-topics/opioids/opioid-overdose-crisis>

<https://www.hhs.gov/opioids/about-the-epidemic/opioid-crisis-statistics/index.html>