



May 22, 2023

Dear Parents & Guardians,

Sunapee School District has not experienced any issues with fentanyl in our schools but would like to share with you that synthetic opioid fentanyl is a growing risk to students throughout our state and can be found in more substances that require awareness and caution. We are dedicated to maintaining a safe environment for students and staff, which is why we are sending you this letter to stress that there is **no safe experience** with any substance without a prescription, and used only as directed by the person it is intended for.

In partnership with the “**No Safe Experience**” campaign through the New Hampshire State Police, we want parents and guardians to be aware of the presence of fentanyl in numerous substances such as counterfeit pills, heroin, cocaine, methamphetamine and other illicit substances. It is now seen in fake pills branded as Oxycodone® and Percocet®, among others. In some cases, fentanyl is being dyed with bright colors to potentially appear more candy-like to make it more appealing to youth. All of these illicit substances are widely accessible and often marketed on social media and e-commerce platforms, making them available to anyone with a smartphone, including your children. You should assume that all substances are laced with fentanyl.

Please see the information listed below to begin educating yourself and your children.

#### **What is fentanyl?**

- Fentanyl is a synthetic opioid that is 50 times more powerful than heroin, and 100 times stronger than morphine.
- Two milligrams of fentanyl is enough to be lethal, which is equivalent to a few grains of salt.
- Fentanyl has no taste or smell and is not detectable by sight.
- A recent report by the U.S. Drug Enforcement Administration indicates that some illicit drug mixtures, when combined with fentanyl, may require additional life-saving methods in addition to Narcan®.
- More facts about fentanyl may be found here:  
<https://www.cdc.gov/stopoverdose/fentanyl/index.html>

Our objective is not to spread fear, but rather to use education as our greatest tool in preventing substance use and premature loss of life. With your help, you can have a conversation with your child(ren) about the presence of fentanyl in our New Hampshire communities, and the danger this poses.



### How You Can Help

1. Talk with your student(s) and alert them to the current risk. Remind them that there is **no safe experience** with any substance without a prescription, and used only as directed by the person it is intended for. Do not share or sell medicines, and do not buy or take medications that are not prescribed.
2. Clean out your medicine cabinet regularly. Dispose of unused and expired medications at a safe disposal location. Visit <https://www.doj.nh.gov/criminal/documents/prescription-drug-drop-box.pdf> to find a location near you.
3. If you think a loved one is experiencing challenges with substance use, here are some options:
  - Call 911 if in need of immediate assistance, such as an overdose.
  - Call 211 to be connected to a Doorway, New Hampshire's access points to treatment.
  - Call/text New Hampshire's Rapid Response Access Point line (833) 710-6477 where you can talk with trained professionals if you or someone you care about is experiencing a mental health and/or substance use crisis.
  - Call the national suicide and crisis line at 988.
4. Review more resources and information at [NoSafeExperience.org](https://www.nosafeexperience.org)

Thank you for joining us to protect our community. We look forward to continued collaboration and appreciate your attention to this information.

Sincerely,

Russell Holden  
Superintendent of Schools  
Sunapee School District, SAU #85