

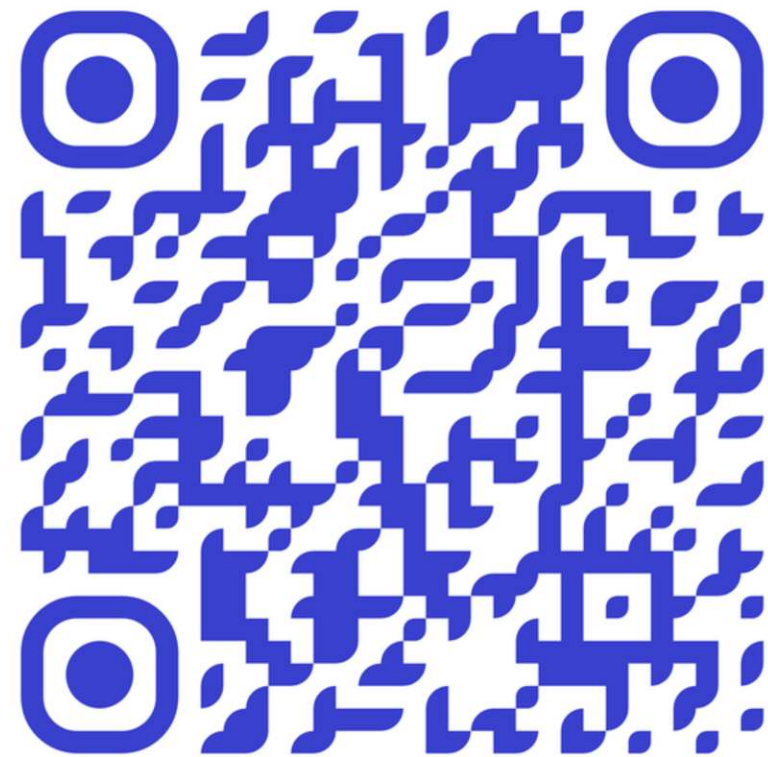


CABINET FOR HEALTH
AND FAMILY SERVICES

From Risk to Resilience:

**Understanding and Prevention of Youth Opioid Overdose
Through Shared Risk and Protective Factors**

Welcome





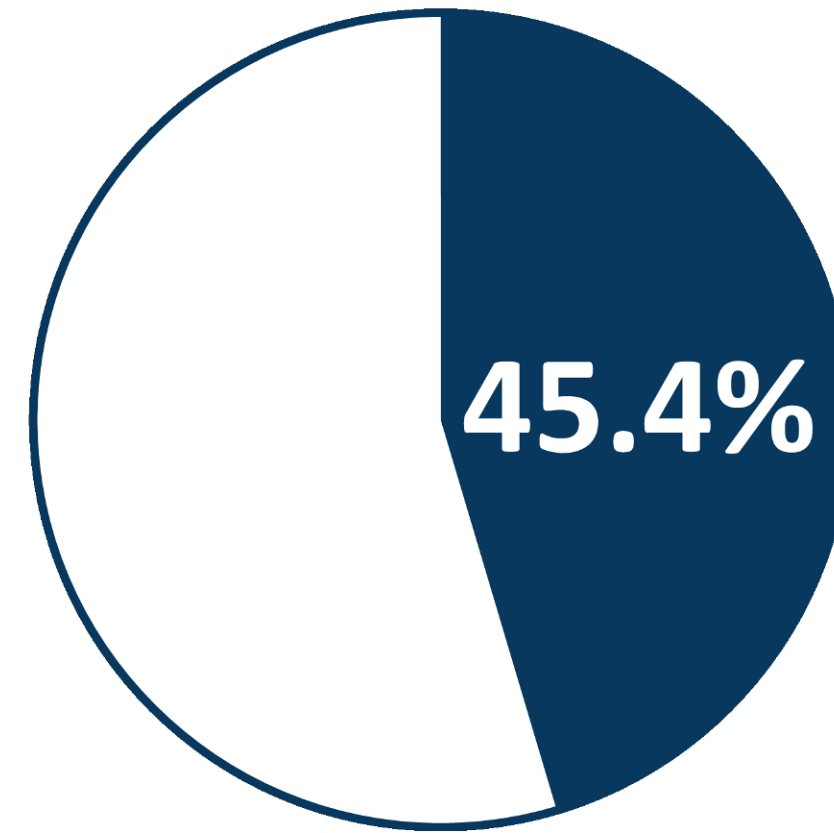
Why Focus on Youth?

Key statistics



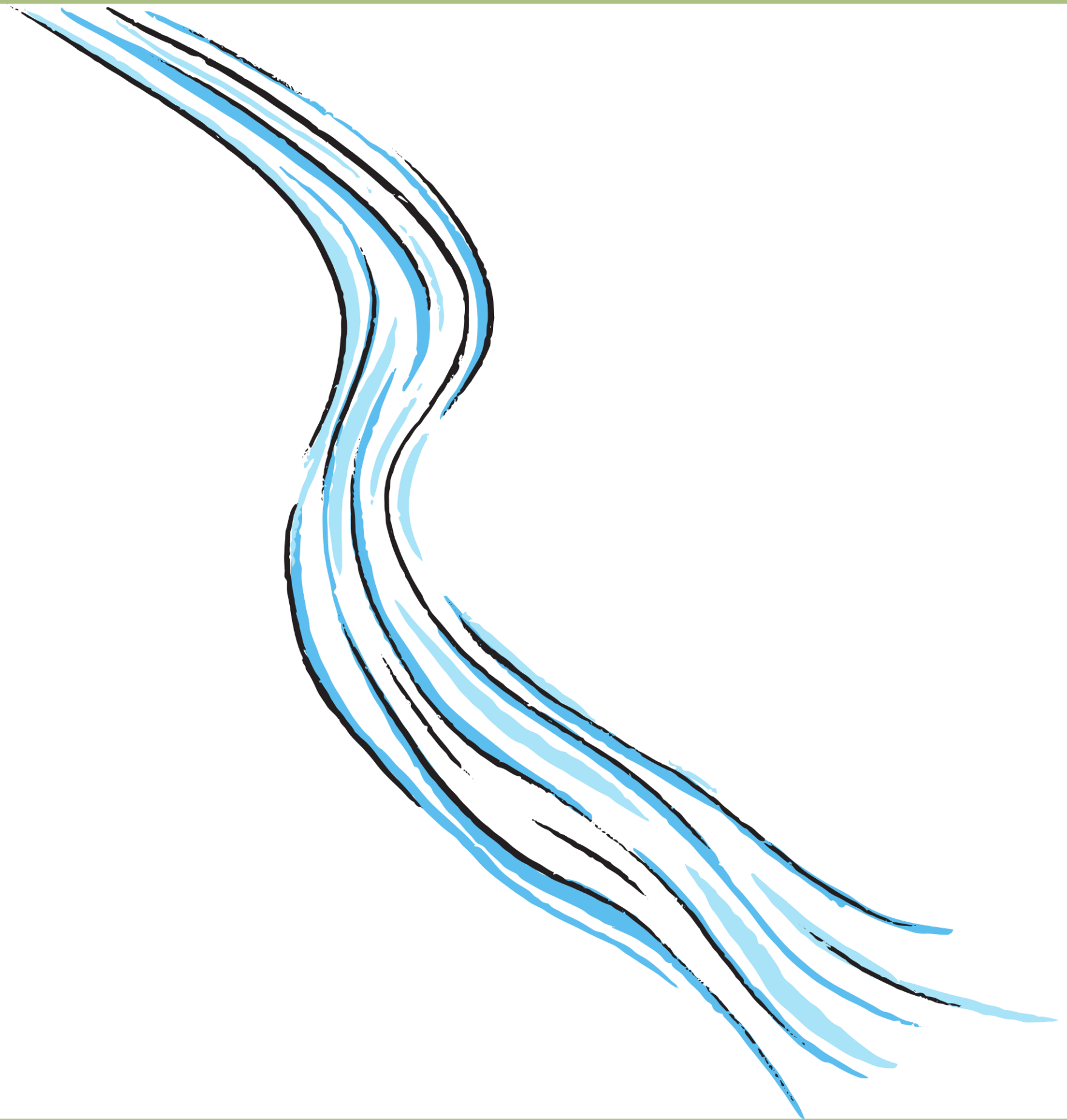
Kentucky Overdose Fatality Report

Fentanyl adds to the risk

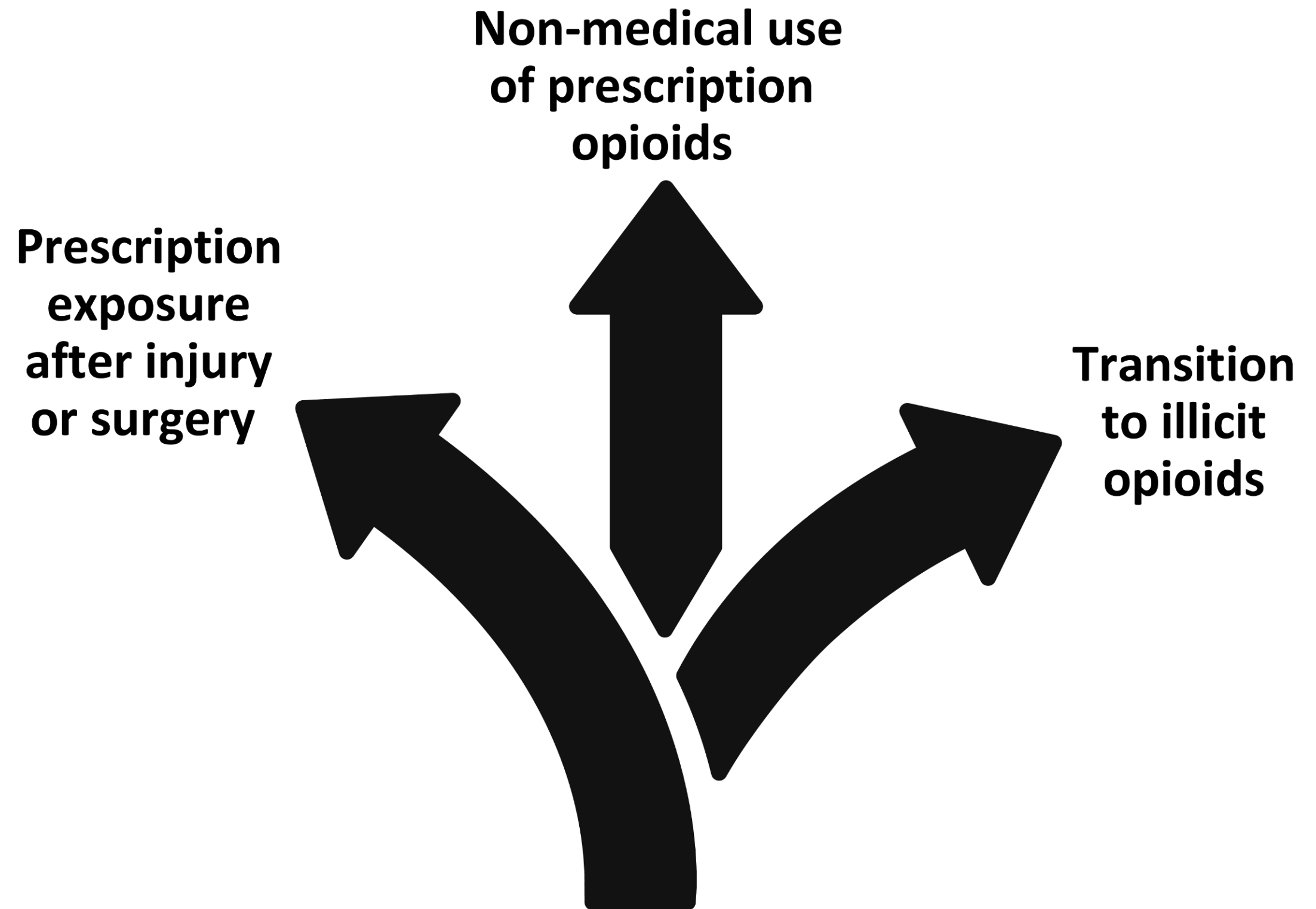


**Fentanyl was identified in
45.4% of overdose deaths in
Kentucky in 2025**

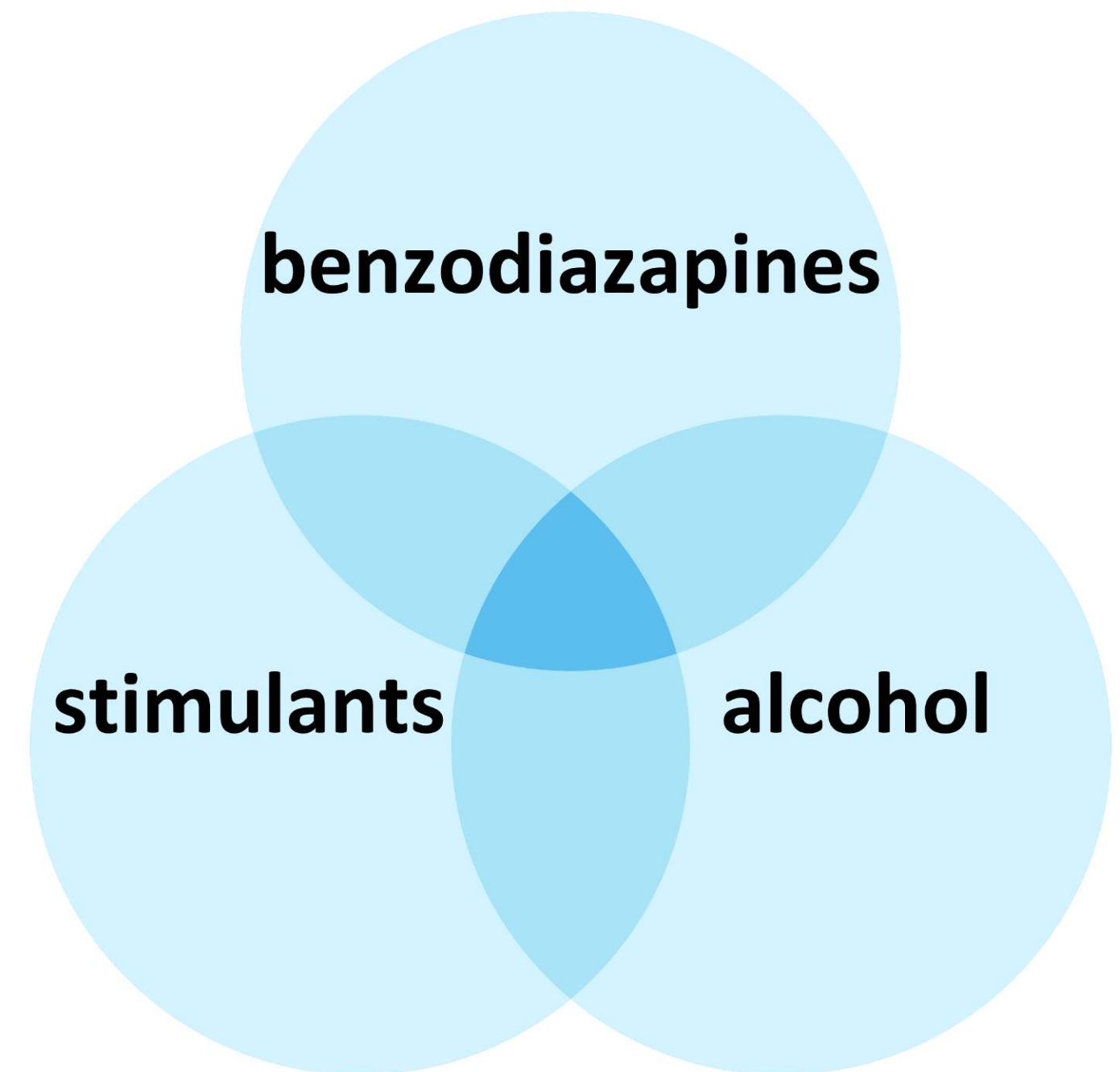
**Why
prevention
must start
early**



Pathways to opioid misuse



Polysubstance use



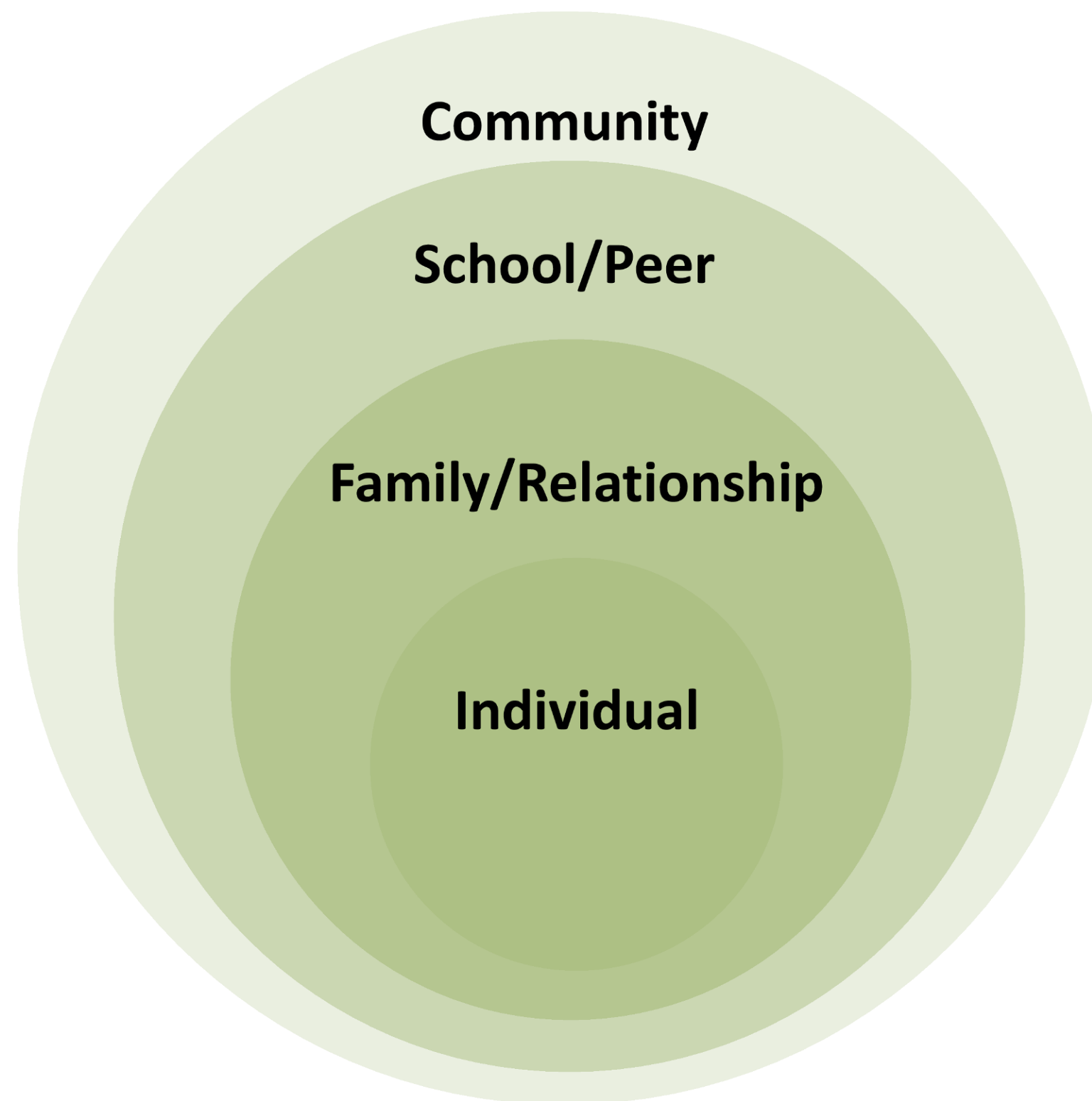
Risk and Protective Factors

Risk Factors: are associated with a higher likelihood of negative or problem outcomes.

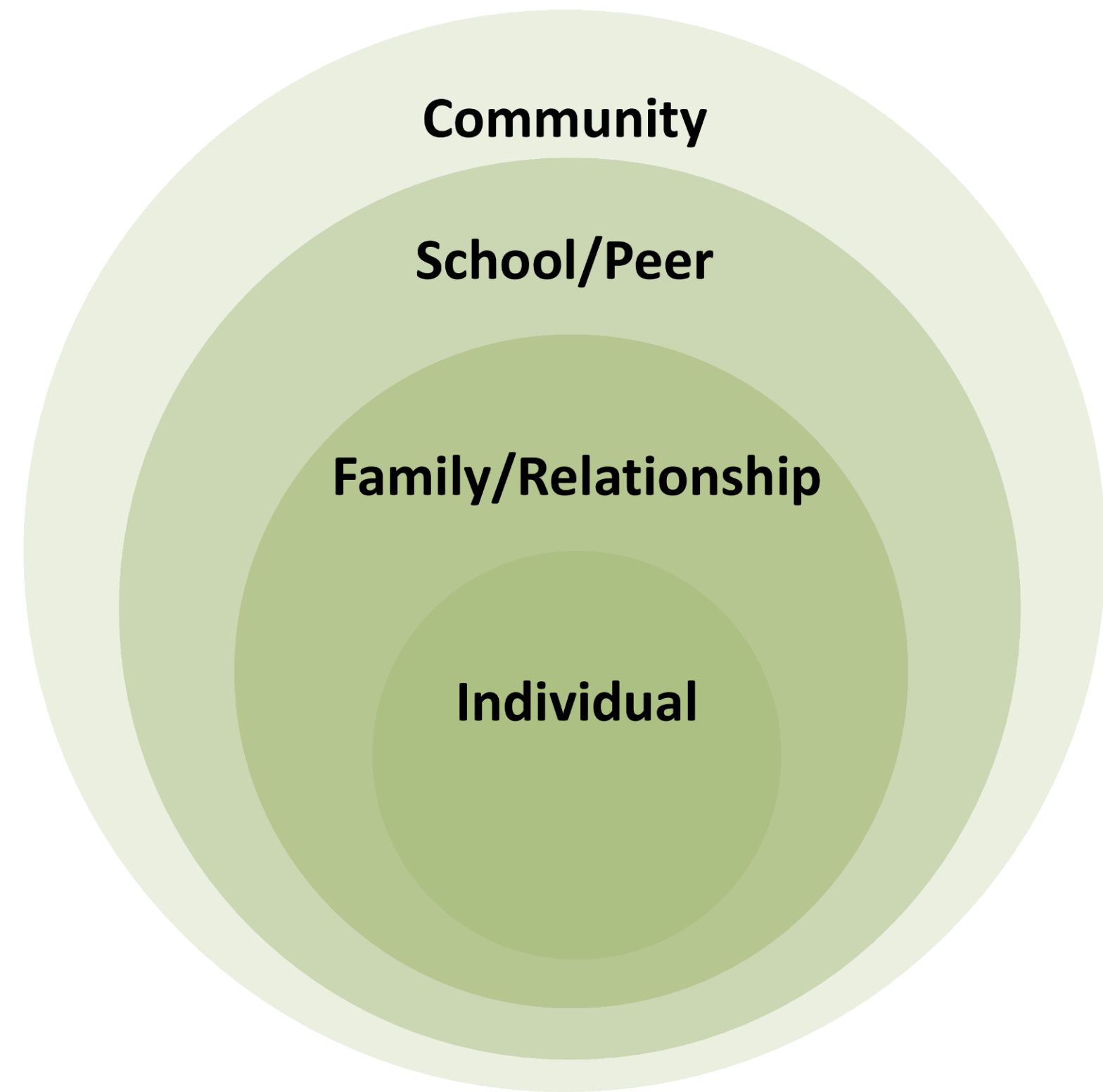
Protective Factors: are associated with a lower likelihood of negative outcomes or reduce a risk factor's impact.



Risk Factors



Protective Factors



Unique risk factors for youth overdose



Misperception of medication safety



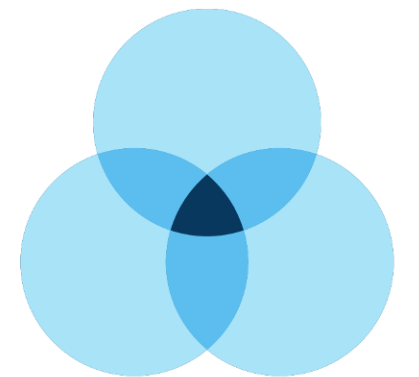
Counterfeit pills



Using substances alone



Lack of awareness of overdose signs



Polysubstance use



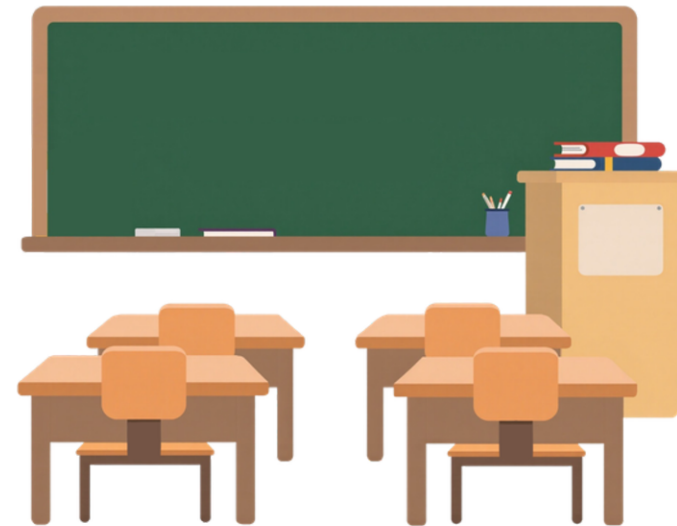
Evidence-Based Prevention Strategies

Primary Prevention

Goal: Prevent opioid misuse before it starts

Strategies:

School-based prevention programs



Parent education on safe medication storage



Youth skill building
(coping, refusal skills)



Proper medication disposal programs



Overdose Prevention

Reducing overdose risk among youth who may already be experimenting with substances.

Overdose prevention does not encourage use—it **prevents death**.



Roles of parents, schools, and communities



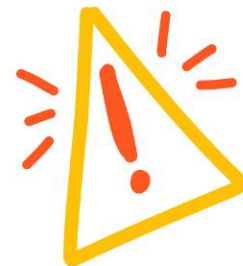
Parents



- Secure medications



- Talk early and often about substance use



- Know warning signs



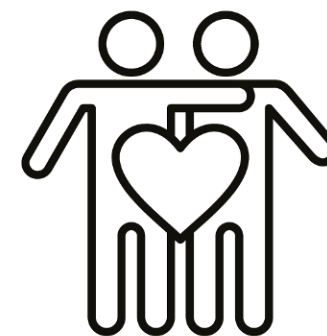
Schools



- **Prevention education**



- **Mental health supports**



- **Peer support initiatives**

Community



- Medication take-back events



- Youth engagement programs

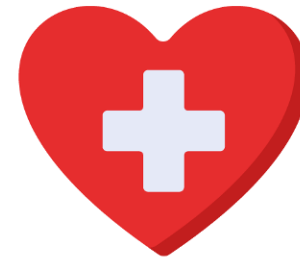


- Cross-sector partnerships
(schools, health, prevention
coalitions)

Opportunities for Prevention Partnerships



**Partners may
include, but are
not limited to:**



- Public health departments



- Schools



- Healthcare providers



- Prevention coalitions
- Youth-serving organizations



- Law enforcement and first responders

Key Takeaways

- Youth overdose is preventable
- Prevention must include risk reduction and protective factor building
- Families, schools, and communities all play a role



Final message:
**Prevention works best when we
strengthen the environments where
youth live, learn, and grow.**



THANK YOU

