TAKING BACK OUR FUTURE

An adaptation of Windham Middle School's project-based learning experience titled

TAKING BACK MAINE'S FUTURE
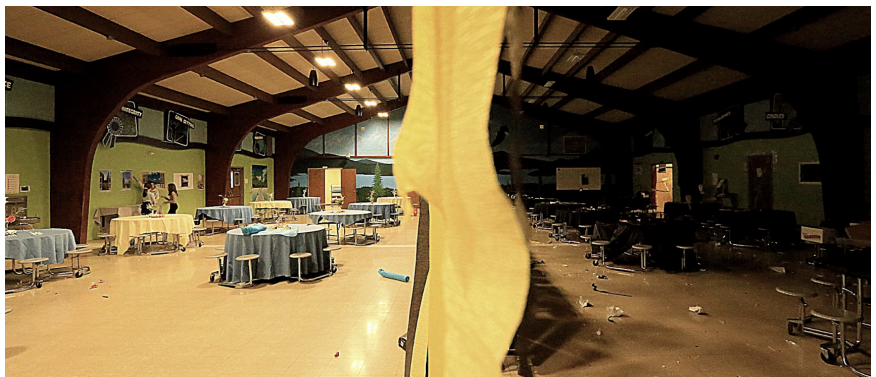
Fighting the Opioid Epidemic in partnership with Drug Free Communities

Picture It:

Students learn about the opioid epidemic in all content areas and create the front page of a newspaper "brought back" from the future. Through research and data analysis, students predict what their community will be like 30 years from now. Some predict a bright future where the current opioid epidemic has been conquered. Others must envision a dark and dangerous future where the crisis has steadily worsened. The multi-week project culminates in an event showcasing student work. To draw guests and community members to the event, a real *Back to the Future* DeLorean time machine is present at the event, making for memorable photo opportunities. Upon entering a futuristically decorated room, guests travel two very different paths. A *bright side* depicting the bright future discovered by some of the "time traveling" students is adorned with flowers and colorful decorations. Conversely, the other portion of the room is a *dark side* depicting the specter of a dark future, with pill bottles, tipped trash cans, and an array of garbage strewn about. The students' newspaper projects are located on their respective sides of the room. The bright side represents the prosperous and positive future from which half of the newspapers have been brought back. The dark side similarly displays the newspapers originating from the negative potential future, tainted by unbridled opioid misuse.

Student-made exemplar: A newspaper from 30 years into the bright Future!	Student-made exemplar: A newspaper from 30 years into the dark Future!

Left newspaper (bright future)

Maine Daily Telegram

$0.99
Tuesday
May 4, 2055

EST. 2022

WEATHER:
Increasing sun
High of 57

JAILS CLEARING OUT DUE TO OPIOID CRISIS CONCLUDING

Jails are being emptied from prisoners charged with a drug-related crime

By VIOLET BOATMAN
Staff Writer

Jails are being completely cleared out since opioid crimes are no longer existent; but is this a good idea? Cumberland county chief of police, Quentin Lance, responds "We are trying to slowly reintroduce the prisoners charged with drug-related crimes back to a normal life." However, Biddeford Mayor, Sheila Connor, disagrees "Yes, the crisis is over. But these people are still criminals." Since all drugs have been eliminated, there is no worry about the "criminals doing anything they please anymore. The few people left in jail for non-drug-related crimes are being moved together, to hopefully be able to clear areas for parks, stores, and communities.

When asked what Maine senator, Shawn Pratt thought of this whole ordeal he replied: "Things are looking better than ever. The overall crime rate has gone down almost 75% over the past 10 years, and the environment has gotten so much better. It's time we leave the opioid crisis in the past and start looking toward the future. So to answer your question, yes, I believe releasing the prisoners is gonna be a good way to start moving forward."

So far, over 15,500 people have been released over the past few months. Over 150 people were released from Cumberland county jail (as seen above) as of yesterday. Statistics show that a little over 15% of the total released became homeless, and police are currently working on a solution. In an interview with Lance, when asked what they were doing to help, he replied "We're doing everything we can. Right now we have small apartments rented out for them while they try to get jobs or other arrangements, and hopefully soon we can find a more permanent solution."

Oliver Woods/Photographer
Over 150 people were released from Cumberland county jail on May 3rd 2055

Featured Obituary

Dwayne "The Rock" Johnson (Age 83) died of cardiac sarcoma on May 2nd 2055. Dwayne was arguably one of the most recognizable and successful film stars, and a retired WWE professional wrestler. He had a wife and two children to which he entitled most of his will. His funeral ceremony will take place on May 10th in Los Angeles and a memorial will be held at his family's home afterward.

Reporters from CBS News interviewed the families of the released, here's what one had to say. "I'm just so overjoyed! I have been longing for the moment I could hug my daughter again, and now I finally can. Thank you so much!" From a loving sister hoping for a better relationship with her brother; "I lost both of my parents due to opioids, but I always had my brother with me. When I found out he had gotten involved with drug dealing I was heartbroken, but I'm hoping that this is an opportunity to reconnect and have our relationship go back to how it was." However, some families are not as excited "When he first started doing drugs he separated himself from the world. When he left we were in a really bad place and I haven't seen him since then."

Other interviews with the Maine State House show positive messages that will hopefully ring true. From all the information we've seen, it looks like this decision to clear out jails was a good one that will help Maine and its communities to come back to life.

Elena Worthington Makes Public Statement About Opioid Crisis

Celebrity speech sparks change for opioid crisis

By EMILY CROPPER
Staff Writer

After her husband Peter's death, Elena Worthington, a former actress and now age 61, made a public statement at an opioid prevention conference in Portland, Maine on December 15th of last year about the worldwide opioid crisis. While on holiday in Maine, Peter became an addict when fentanyl was found in his dessert. The owners of the restaurant were sued and the establishment is now closed. After his accidental overdose in October of 2047, Elena became a full supporter of rehab centers for people struggling with opioid abuse disorder. As of February this year, she had donated a total of $250,000 to ORAM (Overdose Response Association of Maine), since Maine holds a special place in her heart.

During the conference, Worthington commented that "although the crisis has been a personal toll, I've done what I can to reverse the

Charles Sanderson makes speech about efforts against opioid crisis in Maine

effects for others... I hope that my efforts will save at least one life and raise awareness. It's not just something on the news, it's a real-life issue that has swept the world of wonderful people, and I know that on a personal level." Charles Sanderson, mayor of Penobscot County in Maine, attended the conference, which appeared on the news. He discussed the issue and what they are doing to help. Since the statement in December, seven rehabilitation centers were closed in the state of Maine, no longer needed.

Worthington's speech appeared on the global news channel KRB 8, making a global impact. The news coverage can be viewed on krb8news.com, where it shows Elena's heartfelt message. The statement reached many places in Europe where the issue is quite potent, such as Denmark, Germany, Scotland, and her home of the United Kingdom. After being spoken of by

Elena, a beloved actress who starred in many films, this issue was prodigiously changed. Fourteen facilities said to have been selling opioids or contaminating goods with those substances have been investigated and closed when deemed responsible for the addiction and unfortunate inevitable death of customers. Since Worthington's statement, the third anniversary of her husband's death, an approximation of 100,000 opioid-related deaths have been prevented (according to ORAM), and many more people struggling with opioid misuse disorder have sought help and are on their way towards recovery. "Elena's remarks on the 15th of December have assuredly made an impact on the numbers of this global crisis, and we are still seeing a sharp decline in the number of deaths and opioid sales," says ORAM neuroscientist Kristene Martin. The statement and following conference made a lasting impression on the world, and the footprint left by the speaker and her eloquent speech is something to be remembered. If you know anyone who can benefit from help, you can reach out to ORAM by finding information on their website, oramfoundation.org.

Dog Breed Word Search

(word search grid)

Maltese
Pug
Siberian Husky
Golden Retriever
Beagle
Boxer
Dachshund
Chihuahua
Great Dane
Rottweiler
Bulldog
German Shepherd
Labrador
Pomeranian
Poodle
Shih Tzu

Right newspaper (dark future)

The truth behind the opioid crisis: Naloxone supply can't keep up with overdose rate. Opioid waste causing harm to kids.

Help wanted on **page 11**

Maine Daily Telegram

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Tuesday
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Increasing Sun
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OPIOIDS FOUND IN PUBLIC HARM OTHERS

Littered opioids have been found in Portland causing harm to the residents leading them to seek medical care.

By KATHLEEN LOPES
Staff Writer

PORTLAND-As the opioid crisis continues to worsen, so does the waste. Maine residents have been finding opioid waste, such as used heroin needles and other used supplies. This has led people to become curious as to what they are finding in parks and along sidewalks and streets. These curious people then become victims and have to be taken to see professional medical care. Researchers say this uprise in opioid usage may have been in 2020 when the COVID-19 Pandemic began and people used opioids as pain relievers or to distract themselves from the recent events of the world.

In Portland, and smaller surrounding towns, the ongoing Maine opioid crisis has been worsening, but there had been no plans to try to resolve the epidemic. If there had been plans, an issue arose making it unable to be put into action. With this worsening epidemic, more opioids have been used, but so does the waste it produces. Portland residents have found used heroin needles littering

the streets and sidewalks. Many people walk the streets of Portland everyday, which can lead to more people finding these used opioids and potentially hurting themselves or becoming too curious. To potentially save the lives of our innocent Maine residents we need to make even more of an effort to have opioids be less common so this waste does not lead to even more accidental deaths.

Researchers believe that humans appeal to opioids because they are curious about how they will make them feel and being put under peer pressure. But over time your brain adapts to these opioids and they rewire your brain to become addicted. Addiction can feel like you can not live without them. As if you will only feel pain when using them. Many Maine residents have been taken by the opioid crisis and more are to come. We believe that the 2020 COVID-19 Pandemic is what caused more opioid usage because, in the previous years, the epidemic had been getting better, but then as soon as the first COVID-19 case

appeared in Maine, the number skyrocketed. Jake Jonathan, a former opioid addict undergoing recovery, has accepted our request to speak with them about their misuse and what they did with the waste. "While I misused heroin, I had all I was focused on getting. Getting that dopamine and even just feeling normal. I had been using opioids for so long that I grew a tolerance for it,

but while I was so focused on getting these supplies, I didn't realize the economic impact I was putting on the planet. I just threw the used needles on the ground once I used them so I would not feel pain." This statement from Jonathan shows how much heroin and other drugs can impact your brain to not care about important things like the environment and the welfare of the community.

This picture shows a person being carried away in a stretcher because they accidentally got hurt by littered opioids on the sidewalks.

Naloxone Production Increase

A scarcity of naloxone all across Maine causes more opioid deaths.

By LILIANA ITH
Staff Writer

SCARBOROUGH - Throughout the years, overdoses and deaths have been on the rise, but how do we treat them? Naloxone, better known as its company name, Narcan. It works like a nasal spray and can sometimes come in syringes to work like an injection. It is used to stop an overdose and prevent someone from dying. It will not work on someone if they are unconscious and not misusing a substance.

But the issue here is that there have been so many recent overdoses that the production of Naloxone can not keep up. This means that with a shortage of Naloxone, people who

have overdosed may not live due to the fact of this scarcity. This shortage can be very straining on healthcare workers and police dispatchers. Researchers have stated that hospitals were already understaffed due to the COVID-19 pandemic that occurred in 2020. Sarenna Lee, a medical student at the University of New England says, "We have a massive opioid crisis in Maine and Narcan is the only solution to prevent it. Our population is slowly decreasing due to these companies not producing enough Naloxone. So how much Naloxone would we need to end this epidemic?" Pharmacists and other healthcare workers would not exactly know how much to manufacture, how many companies they need to ship naloxone, or how much the state should budget for. Naloxone typically costs up to $20 or more, though it is unclear if that price will differ as the market

fluctuates. If companies were forced to purchase their Naloxone at a retail rate, it would cost over $40 per person, multiplied by millions of people in the state they have to serve. To compute the amount of Naloxone still needed, healthcare workers and police dispatchers have identified an end goal of naloxone being available in 80% of observed overdoses. Tommy Smith, a police detective at the Saco police department says in response, "We concluded that very few towns met this requirement, and some needed more than 2,000 additional kits per 100,000 people to accomplish this goal". Local harm hospitals acknowledge that there are people who will still use drugs by providing Naloxone and having syringe exchange centers. Kevin Nguyen who is a healthcare professor at the University of New England stated, "I am aware there's a Naloxone shortage, and We want to be mindful. Our state cannot run out. Without supply companies such as Maine Narcan, our overdose crisis will only get worse." Maine Narcan has been handing out Naloxone for over 5 years, recording more than 6,900 overdoses that were reversed. Nguyen roughly calculated that without the life-saving Naloxone on hand, hundreds of overdoses every year would end in death.

Here are some boxes of Naloxone getting shipped out from a warehouse.

TODAY'S LOTTERY NUMBERS 02-05-09-98

Opioid Word Search
(word search grid)

Genshin Impact: The New World
(text block - illegible)

Guiding Questions:

1. Is the rising tide of the opioid epidemic drowning our state or community?
2. How can our state or community overcome adversity?
3. What prompts people to misuse opioids?

Hook: *OUR FUTURE DEPENDS ON OUR PRESENT DAY CHOICES. THE OPIOID EPIDEMIC THREATENS THE FUTURE OF OUR STATE OR COMMUNITY.*

Time Frame: seven weeks
Funding: Grants, fundraising, school budget (Estimate - $1,000 - $3,000 per year)

Timeline:

	Behind the scenes	In the Classroom
Prior to Kickoff	Book DeLorean for culminating event https://www.deloreanrental.com/ Email: info@deloreanrental.com Contact: Jason Alspaugh Make your own kickoff video framing the project (see exemplar) Schedule facilities for Back to the Future movie screening, kickoff, and culminating event Plan kickoff and invite guests to be part of the panel Send parent invite for kickoff event Send press release to local media stations about kickoff	Optional book studies: The Seventh Wish by Kate Messner The Wild Path by Sarah R. Baughman Watch Back to the Future movie (tv edit available for order online)* Students take pre-survey about the topic of the opioid epidemic Prepare questions for the panelists with students
Week 1	Schedule classroom guest speaker series Prepare content lessons Get addresses for thank you letters to panelists Connect with guidance to support students with prior opioid related trauma	Kick off event Content focus: Science - brain and neurons Students write thank you letters to panelists
Week 2	Prepare promotional materials for culminating event Arrange media coverage for culminating event Invite top tier guests to culminating event (governor, police chief, district attorney, EMS, local politicians, school board, town council)	Guest speaker 1 Content focus: Math - Opioid related data in your state Social Studies - National comparison of how opioids are impacting the nation, social impact Science - The science of addiction Language Arts/Social Studies - Read current articles about the opioid epidemic in your region
Week 3	Continue the above	Content focus: Math/Social Studies - Mean, median, mode extrapolation of data, predictions Language Arts - Learn how to write a

| | | newspaper article

Guest speaker 2

Give google partner form form to assist with creating partnerships |
|---|---|---|
| Week 4 | Create partnerships using google partner form

Budget and arrange for printing of newspapers (print shop or in house printer) | Guest speaker 3

Brainstorm newspaper article topics

Future Chip Selection Ceremony

Begin writing newspaper articles |
| Week 5 | Culminating event prep - secure volunteers for refreshments

Invite related organizations to have a booth at culminating event

Post promotional materials on social media

Send press release blast to local media outlets - print, radio, tv | Finish writing newspaper articles

Peer editing of articles including peer read aloud with checklist

Create secondary components

Edit secondary components |
| Week 6 | Collect supplies to decorate culminating event

Post promotional materials around town

Round two - Send press release blast to local media outlets

Collect newspapers and send to the printer | Layout - introduce layout procedure and students practice how to insert article and components

Newspaper layout - teams use newspaper template to insert their articles and secondary components

Peer editing of newspapers with layout checklist
Teacher editing of newspapers

Document learning process through poster timeline to be displayed at the culminating event |
| Week 7 | | Students take post-survey

Culminating event |

Kickoff:

The kick-off presentation includes a *Back to the Future* themed video ([exemplar](#)) describing the project and a presentation from a panel, consisting of a variety of people from the community: police officers, people in recovery, medical community and counselors.

Panel members:
      Online recovery support
      Stigma specialist
      School resource officer
      Director or Opiate Response under the governor's office
      Person in recovery
      Fire/EMS Department Captain
      District Attorney

12:00 Setup

12:15 Enter to music (use music from artists who lost their lives to drug overdose)

12:20 Opening by guest MC

12:25-12:30 Slideshow of information framing the opioid epidemic with some basic information about why it is relevant to our students today

12:30- 1:00: Guest speakers (people in recovery)

1:00-1:30 Panel introduction - Why are you here and how are you connected to this issue? Use pre-designed questions from students facilitated by a teacher in the audience with a microphone

1:30-1:40 Introduce and share the kick off video.

NUTS & BOLTS:

Possible guest speakers for classroom series:
Family members of people who have struggled with substance misuse, recovery professionals, pharmaceutical students, persons in recovery, persons in harm reduction or law enforcement, drug counseling

Future Chip Selection Ceremony:
A dramatic selection ceremony where students are gathered together to learn who their project partners will be and which future (bright or dark) they will be writing about in their newspaper articles. Dry ice can be used to create a dramatic effect when drawing yellow chips that represent the bright future and black chips representing the dark future.

Text and online resources:
Dreamland: The True Tale of America's Opiate Epidemic by Sam Quinones
Addiction: A Problem of Epidemic Proportions by Stephanie Lundquist-Arora
Prescription Opioids Affecting Lives by Jeanne Marie Ford
The Opioid Epidemic and the Addiction Crisis by Elliott Smith
Big Pharma and the Opioid Epidemic from Vicodin to Heroin by Eric Braun
Journey magazine
Drugs, Brains, and Behaviors: The Science of Addiction
https://www.cdc.gov/opioids/data/index.html
The Brain's Response to Prescription Drugs
Drugs: Shatter the Myths
www.teens.drugabuse.gov
https://nida.nih.gov/
kickoff video exemplar

Culminating event booths:
Local recovery programs
Local police
Local anti-drug organizations
After school opportunities for kids
Refreshment booth

Fundraising connections - Rotary grant, Parent Teacher Association grant, Substance abuse prevention grant

Curriculum Connections

Math	Science
Math ● Drug Abuse Epidemic Statistics & Analysis ● Reading and creating a variety of graphs ● Mean, median, mode ● Making predictions ● Optional - box and whisker and mean absolute deviation	**Science** ● Anatomy of the brain ● The role neurons play in sending messages throughout the body ● Brain science: rewiring and how opioids hijack the brain
Language Arts ● Anchor novel <u>The Seventh Wish</u> by Kate Messner ● Research ● Scholarly Articles and Texts ● Relevant vocabulary ● Newspaper article writing	**Social Studies** ● Economic impact in Maine ● Impact on Maine's families ● Read and analyze actual newspaper articles
Guiding Principles ● A responsible and involved citizen ● A creative and practical problem solver ● A collaborative and quality worker	**Habits of Work** ● Academic Responsibility ● Social Responsibility

Standards

Math	Statistics and Probability summarize and describe distributions -I can create a variety of graphs including histograms, box plots, and line plots. -I can describe overall patterns and any striking deviations, such as outliers. -I can make predictions based on data.
Science	Obtaining, evaluating, and communicating scientific information -I can obtain, evaluate, and communicate scientific information relating to the rewiring of the brain that occurs from exposure to drugs.
Social Studies	Application of Social Studies Processes, Knowledge, and Skills -I can identify a problem impacting a community. -I can generate ideas as possible solutions.
Language Arts	Informational Writing - Structure -I can structure my writing to include a lead, an ending, transitions, and organization. -I can interest the reader in a topic by explaining its significance or providing a compelling fact, statistic, or anecdote. -I can make it clear what parts of this topic the text will tackle and how the ideas and information in the text will unfold.

Information Writing - Development
-I can develop my writing piece to include elaboration and craft.
-I can include a variety of information such as facts, quotations, examples, and
 definitions.
-I can analyze or explain the information, showing how the information fits with the
 key points or subtopics, including graphics where appropriate.
-I can consistently incorporate and cite sources.
-I can work to make my topic compelling as well as understandable.
-I can bring out why it matters and why the audience should care about it.

Information Writing - Language Conventions
-I can use grade level appropriate spelling and punctuation in my writing piece.
-I can check spelling for technical, domain specific words.
-I can vary my sentence structure, sometimes using simple and compound sentence
 structure.
-I can use internal punctuation appropriately within sentences and when citing
 sources, including commas, dashes, parentheses, colons, and semicolons.

Newspaper Project Descriptor

Taking Back Our Future

Positive or Negative

Guiding Questions	1. Is the rising tide of the opioid epidemic drowning our state or community? 2. How can our state or community overcome adversity? 3. What prompts people to misuse opioids?
Directions	1. A drawing will determine which newspaper front page you create. 2. Each front page will include two or three headline articles and two secondary components. Each partner will create one headline article and one secondary component.

Headline Articles *(Choose 1)*	Secondary Components *(Choose 1)*
● Human Interest ● Interview ● Drug Deaths ● Criminal Activity ● Economic Impacts ● Environmental Impacts ● Government and State Spending ● Laws ● Education ● Political ● Brain Science ● Fatalities ● Healthcare ● Prevention	● Advertisement for product or services ● Poem ● Art/Photography with caption ● Cop Shop ● Coupons ● Real Estate ● Advice Column (Dear Abby) ● Movie Review ● Graph ● Game (crossword, sudoku)

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