**Overview**

The Commonwealth Football Coaches Association (CFCA) has partnered with the Virginia Attorney General’s Office to launch the **Coaches vs. Overdoses** program for schools, student-athletes, parents, coaches, and communities across the Commonwealth. Founded in 2022 by Dallas Cowboys legend Randy White, the program combines training, prevention tips, awareness, and community resources to educate the public about the dangers of opioids, overdoses, and fentanyl.

**How It Works**

**Training and Education** – Coaches receive training and resources from the CFCA, developed through the **Coaches vs. Overdoses** program. During preseason meetings—when coaches typically cover topics such as concussion protocols and heat-related illness—they are also asked to share the message that One Pill Can Kill and to emphasize the importance of never taking medication that isn’t prescribed.

**Resources for Students and Parents** – As part of preseason or in-season meetings, coaches are asked to distribute the **Prevention Playbook** to student-athletes and their parents. The **Prevention Playbook**is a 22-page, pocket-sized booklet containing prevention and education materials. It includes information about both prescription and illicit drug use (such as fake pills and vapes), access to Narcan, the 988 mental health and suicide crisis lifeline, treatment resources, parent conversation starters, and drug disposal options.

**Community Awareness** – Schools and teams are encouraged to host a **Coaches vs. Overdoses**gameday (similar to Coaches vs. Cancer events) to raise awareness in their communities. A Coaches’ Toolkit is available from the CFCA, which includes sample public address announcements, graphics, and implementation examples to assist athletic departments.

**For More Information**

If you're interested in receiving a Coaches’ Toolkit to bring this program to your school, please contact me at [cfcavafb@gmail.com](mailto:cfcavafb@gmail.com) **or your regional CFCA Representative**. Thank you for your commitment to the safety and well-being of our student-athletes.