

Spring Branch Independent School District System of Care

Signs of Substance Use



Agenda

- What is Substance Use?
- Signs of Substance Use
- Impact of Substance Use
- Role of Parent/Guardian
- Resources



What is
substance
use?

Substance Use Defined...

“Substance use” refers to the use of drugs or alcohol, and includes substances such as cigarettes, illegal drugs, prescription drugs, inhalants and solvents (Substance Use, Health Link BC)





Signs of Substance Use



Signs of Substance Use

- Change in behavior
- Change in peer group
- Poor personal hygiene
- Decline in academic performance

- Missing/skipping classes and/or school
- Loss of interest in favorite activities
- Changes in eating/sleeping habits
- Deteriorating relationships

Signs of
substance
use
continued...

Red Flags

- Illegal activity
- Short/Long-term memory loss
- Poor concentration
- Coordination problems
- Runny nose/Nosebleeds
- Unexplained disappearances for significant periods of time



Who's Using What?

50% of 9th-12th graders reported marijuana use

40% of 9th -12th graders reported having smoked a cigarette at least once

17% of 8th graders reported vaping

4% of 12-17 year olds reported misusing opioids





E-cigs & Vaping

- Battery-powered device, contains cartridge, produces vapor
- Packaging and advertisements target teens
- Often contain nicotine or THC; may also contain spice, DMT, or flakka
- Long-term harm to brain development and respiratory system
- 530 illnesses; 8 deaths as of 9/19
- Additional research is needed!

- “Juul...Ignited Public Health Crisis” (Time Magazine, Sept. 2019)
- “Teen now has lungs like a 70 y/o” (CNN, 2019)
- “Teen vaping surges to more than 1 in 4 high schoolers” (CNBC, Sept. 2019)
- Cases of Vaping-Related Lung Illness Surge (The NT Times, Sept 2019)





Impact of Substance Use

- Academics
- Physical and Mental Health
- Relationships
- Social & economic consequences
- Delinquency

Impact of Substance Use



**So what can
YOU do??**





Role of Parent or Guardian

- Observation
- Communication
- Action





Observation

- Physical & behavioral changes
- Drug paraphernalia or residue
- Missing medication, alcohol, cigarettes, etc.
- Missing cash or other resources

Communication

- Be knowledgeable
- Be honest
- Be prepared

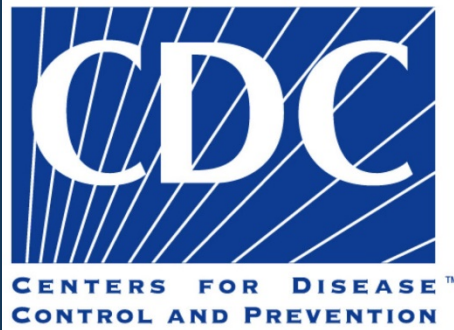
TAKE ACTION

- Contact a medical professional
- Establish goals
- Be consistent





Resources



Spring Branch Independent School District
Academics

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