

Spring Branch ISD

parent@u

A Family Learning Experience

Parent U

Vaping 101: What Every Parent Needs to Know



**Every
Child**



**Collective
Greatness**



**Collaborative
Spirit**



**Limitless
Curiosity**



**Moral
Compass**

Our Values: The Spring Branch Way



T 2-4 For Every Child



**Academically
Prepared**



**Ethical &
Service-minded**



**Empathetic &
Self-Aware**



**Persistent &
Adaptable**



**Resourceful
Problem-solver**



**Communicator
& Collaborator**

Our T-2-4 goal defines what our graduates will achieve - *they need more.*

Together, our community created a list of six **Core Characteristics** that students need to master by high school graduation to ensure future success. These characteristics inform the experiences our students have as they move through our system from Pre-k through Grade 12 on their way to T-2-4. They define **our aspiration for who we want our students to become.**

AGENDA

- Introductions
- Latest Trends “Hidden in Plain Sight”
- Warning Signs of Substance Use
- Co-Occurring Behaviors/Mental Health
- Prevention
- Having the Talk
- Question & Answer Session

Introductions

January Davis
Spring Branch ISD
Mental Health and Crisis
Counselor

Amy Hancock
Spring Branch ISD
Substance Abuse
Counselor





Latest Trends

Amy Hancock

**Spring Branch ISD
Substance Abuse
Counselor**



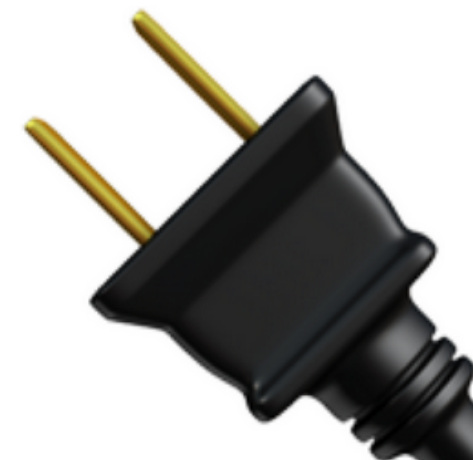
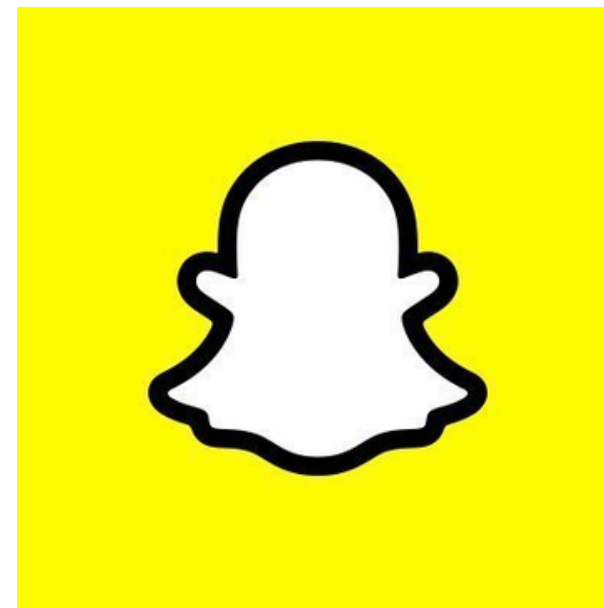
Do You Know The Latest Trends?

- Pop Up Shops
- Telegram Messaging
- Wax Pens (Dabs)
- Nicotine Vaping
- Edibles/Gummies
- Zyn Pouches

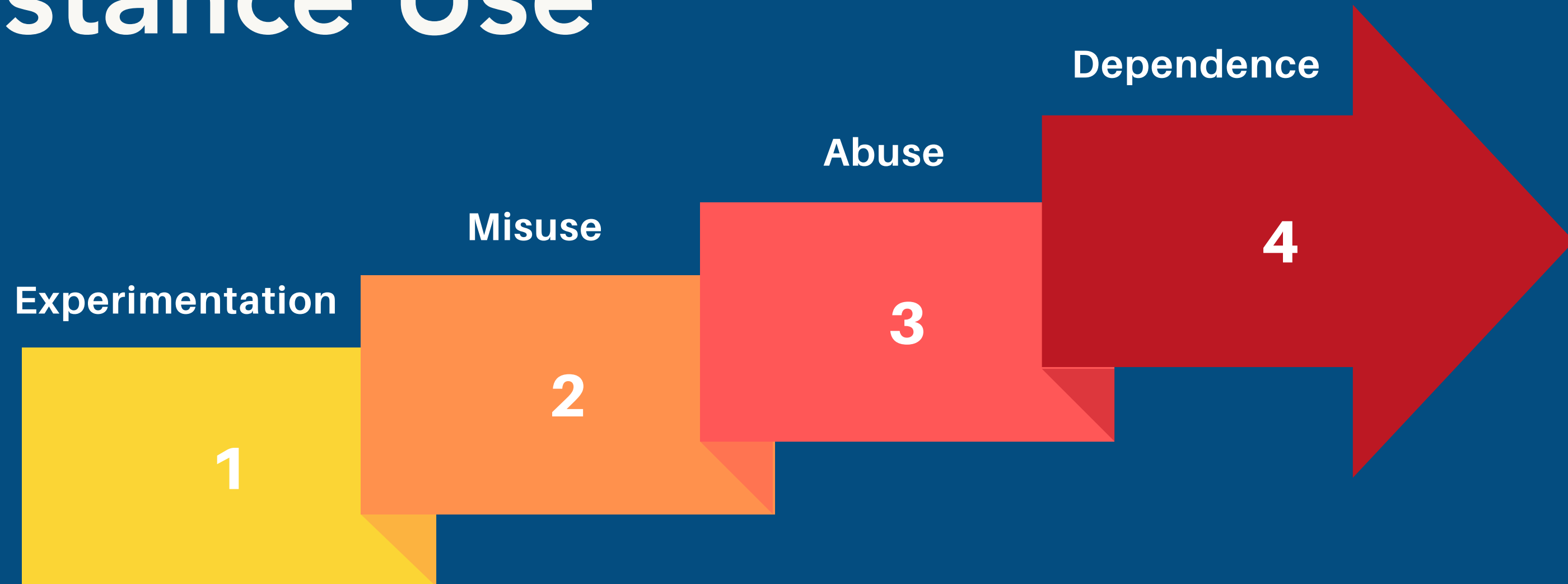
Hidden in Plain Sight



Emojis Teens Use to Text About Drugs



Stages of Substance Use



Experiment - Prevention through Education
Misuse - Education & Therapy
Abuse - Outpatient and Peer Groups
Dependence - Intensive Outpatient

Do You Know The Warning Signs?

Physical

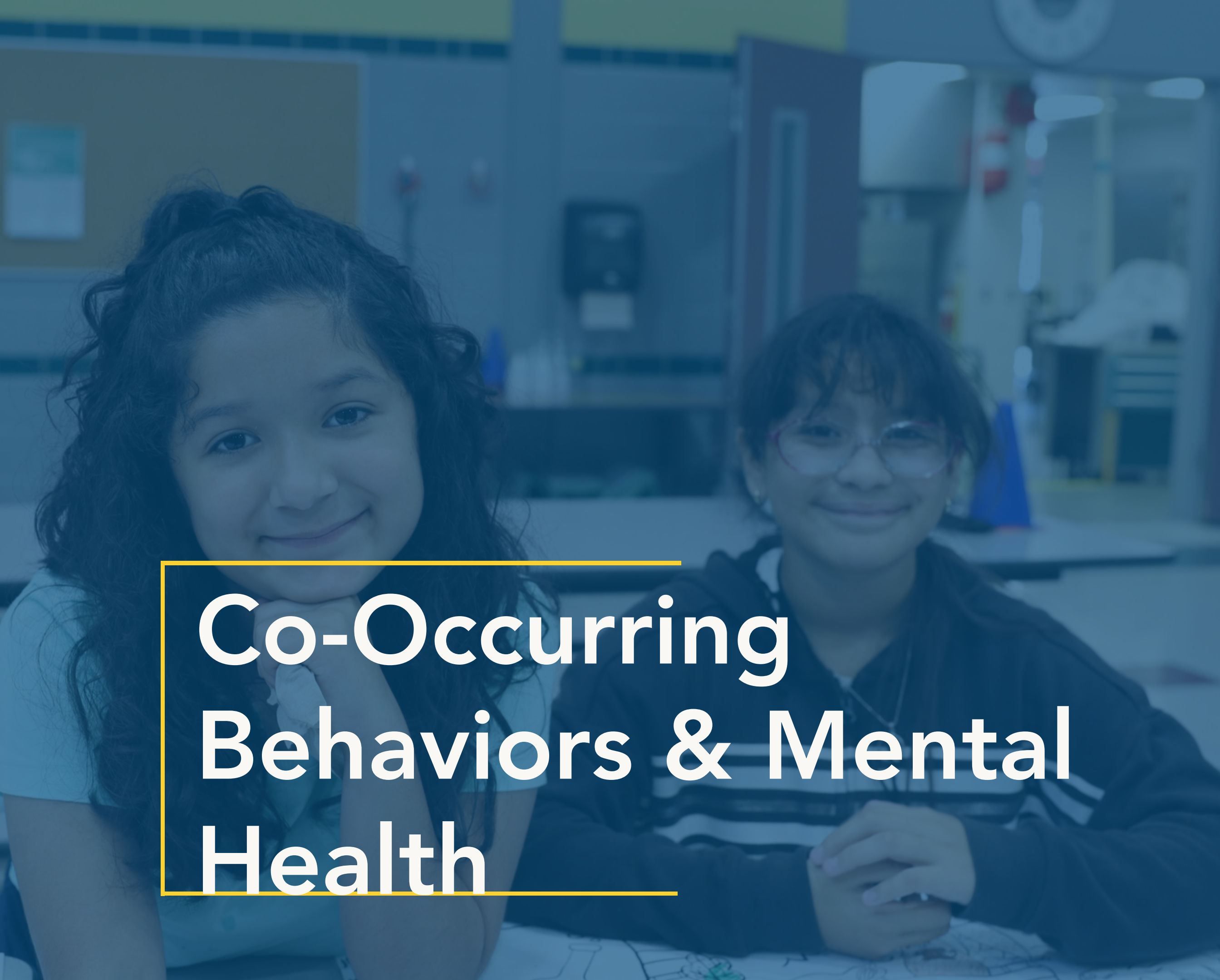
Dry and red eyes
Neglecting one's appearance
Loss of coordination

Behavioral

Sleepiness
Mild euphoria
Hunger

Psychological

Anxiety
Paranoia
Impaired perception



Co-Occurring Behaviors & Mental Health

January Davis

**Spring Branch ISD
Mental Health and
Crisis Counselor**





What is Self-Awareness?



Self-Awareness



Conscious knowledge of one's own character, feeling, motives, and desire

Substance Use on the Brain



- Significantly affects brain development
- Can cause permanent damage to the brain and long lasting effects on wellbeing
- Substance use during adolescence may increase risk for developing a substance use disorder

Vaping: The Hit Your Brain Takes



Co-Occurring Behaviors-Mental Health



Coexistence of Both Mental Illness and Substance Use Disorder

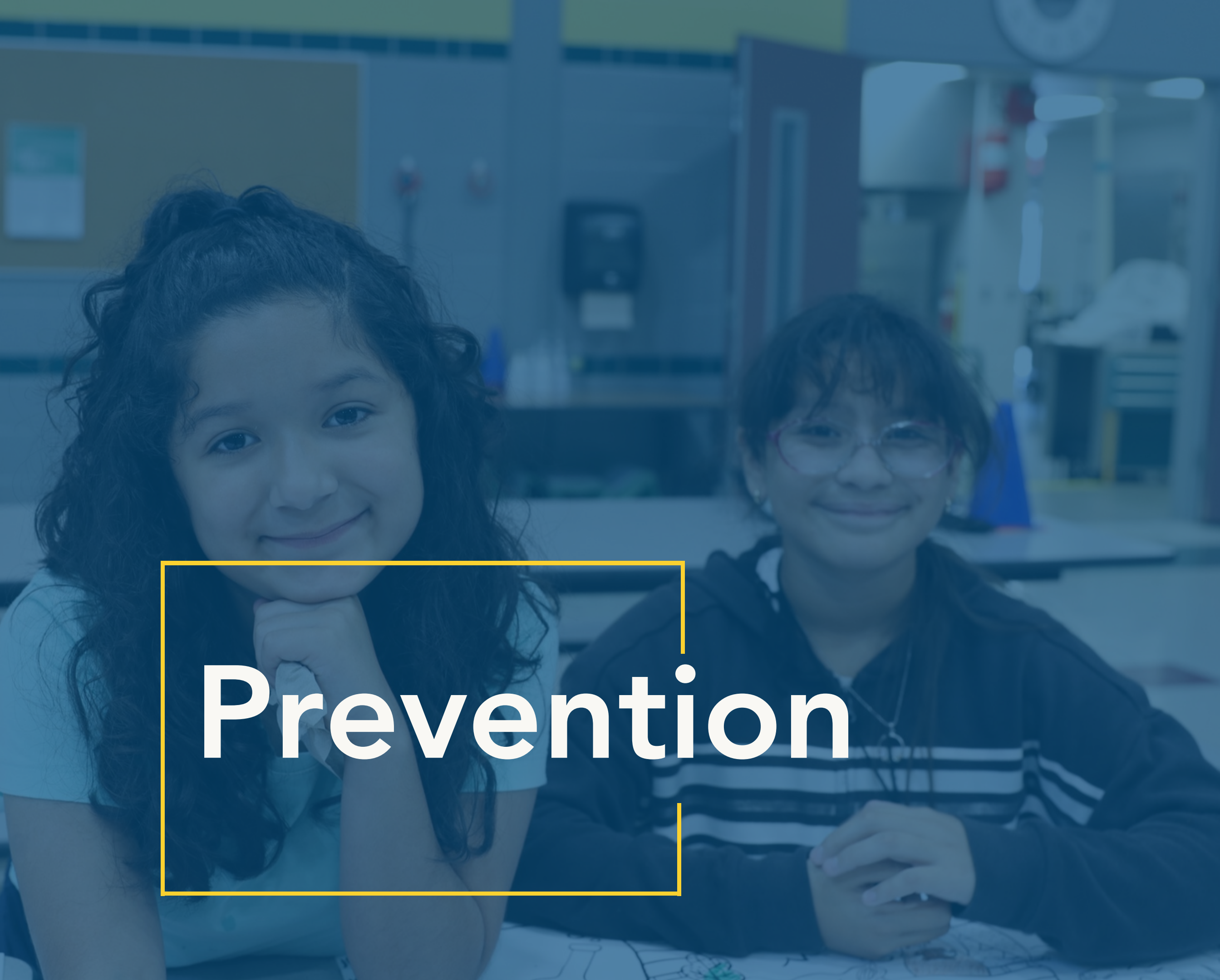
Top 5 Co-Occurring Behaviors-Mental Health



- 1 – Generalized Anxiety Disorder (GAD)
- 2 – Attention Deficit Hyperactivity Disorder (ADHD)
- 3 – Post Traumatic Stress Disorder (PTSD)
- 4 – Clinical Depression
- 5 – Bipolar Disorder

Mental Health Resource Guide





Prevention

Amy Hancock

**Spring Branch ISD
Substance Abuse
Counselor**



Strategies for prevention:



- Know your child's friends.
- Be aware of your child's activities.
- Listen to them when they need to talk.
- Provide support.
- Establish rules and consequences.
- Set a good example.
- Know what is available to them.
- Know the legal policies/laws.



9 in 10 people who struggle with drug addiction started when they were teens



Did you know?

Students who **wait** to use drugs or alcohol until age 21 are likely to **NEVER** have problems with addiction during their lifetime.



Students who have a genetic predisposition to addiction and wait to use until age 21, are **40% less likely** to have problems with addiction.

Adolescents on average are more:



- Creative
- Willing to try new things
- Impulsive (likely to take risks)
- Emotionally volatile
- Vulnerable to peer pressure
- Aware of peers emotions/struggles
- Focus on short-term payoffs
- Underplay long-term consequences

Why am I telling you this?



Vaping Tobacco and Marijuana





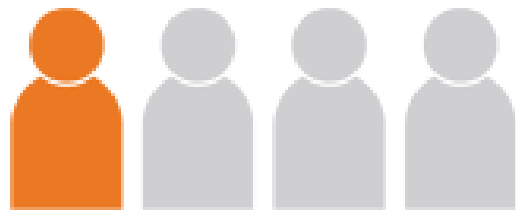
Adolescents and Nicotine

NYTS
2023

More than **2.1 million**
youth currently use e-cigarettes,
with a **decline** in high school students currently using e-cigarettes in 2022-2023

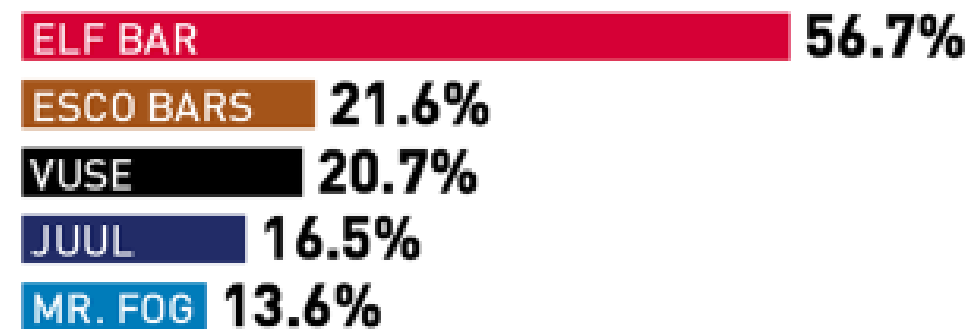
Among youth who reported current use of e-cigarettes:

More than **1 in 4**



use e-cigarettes daily

The most popular brands include disposable and cartridge-based products, and the most commonly reported products were:



Almost
9 out of 10



use flavored e-cigarettes



WHAT'S IN THAT E-CIG?



DIACETYL
(BUTTER FLAVOR)



LEAD
(CAR BATTERIES)



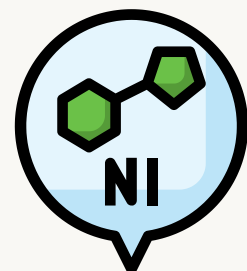
CADMIUM
(BATTERIES)



TOLUENE
(PAINT THINNER)



BENZENE
(GASOLINE)



NICOTINE
(TOBACCO)



N-NITROSONORNICOTINE
(PESTICIDES)



NICKEL
(CHEAP JEWELRY)



FORMALDEHYDE
(DEAD TISSUE PRESERVATIVE)



Adolescents and Marijuana

3 in 10 people who use cannabis have a Cannabis Use Disorder

Cannabis Use Disorder*

Risk of developing this disorder is highest during adolescence

*When someone is unable to stop using cannabis, even if it causes them health or social problems.

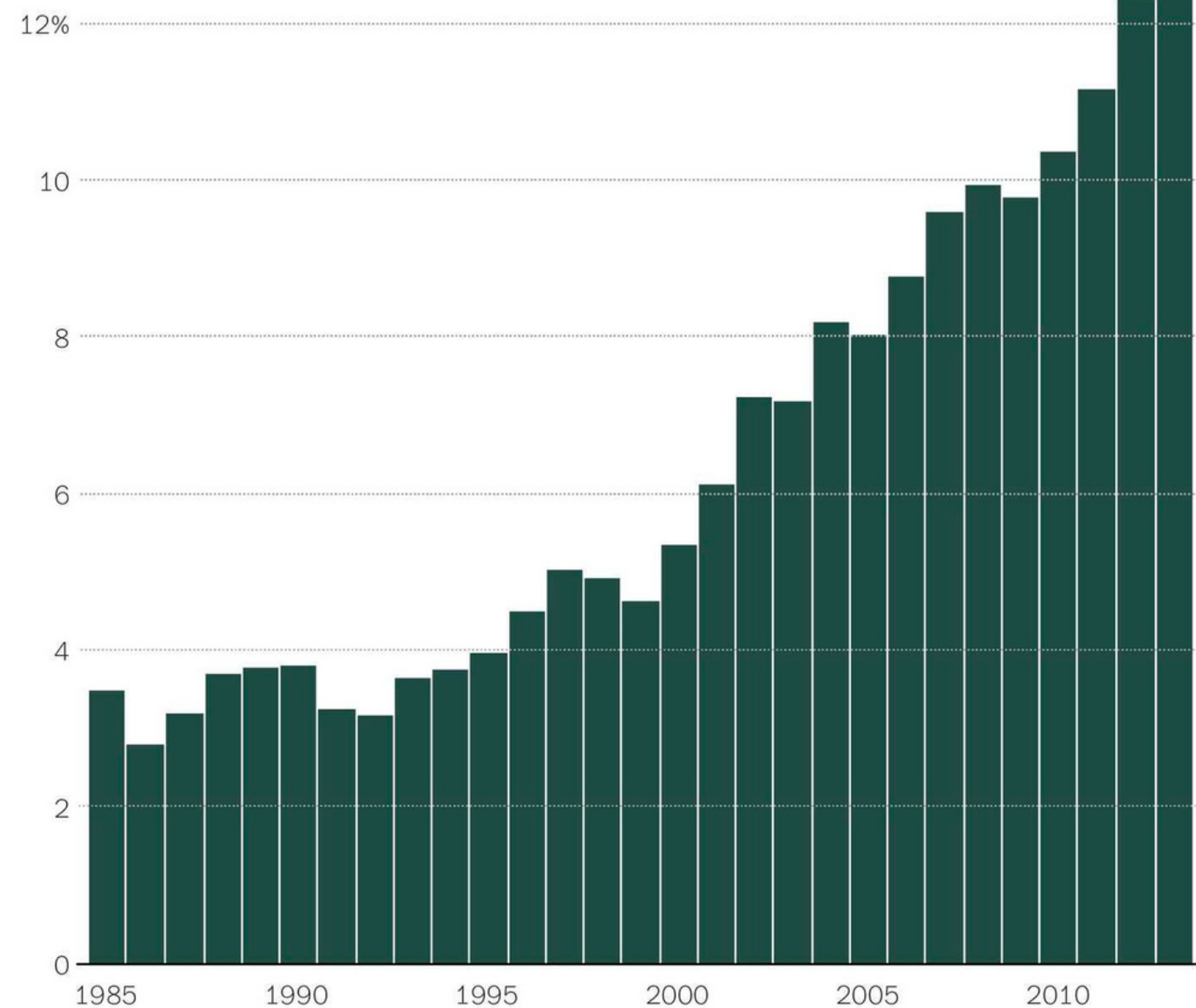


Why is Marijuana a Concern?

- Different methods of use
- Difficult to determine the amount of marijuana being consumed
- Marijuana negatively impacts brain development

Weed is getting stronger

Average THC percentage in federal seizures of imported marijuana, 1985 – 2013



THE CANNABIS INDUSTRY SPENDS A LOT OF TIME AND MONEY MARKETING **ESPECIALLY** TO YOUTH



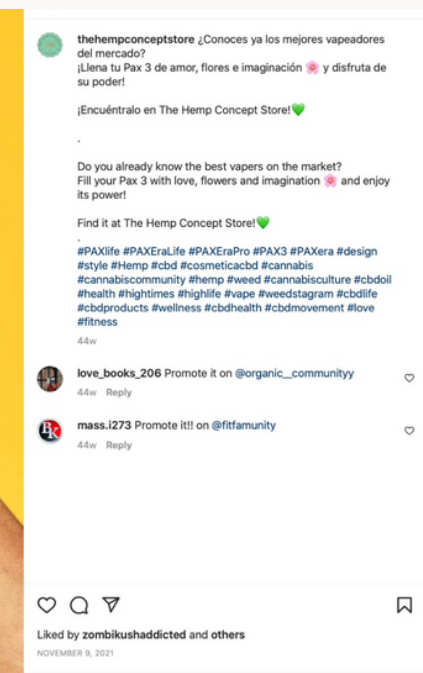
TV SERIES



BILLBOARDS



SOCIAL MEDIA







Having The Talk



Tips for Having the Talk



- Know facts
- Be patient and ready to listen, resist the urge to lecture.
- Be mindful of any family history of substance use disorders.
- If your child has used substances, try to explore the reasons.
- Know when (and how) to intervene.
- Make your values and your rules clear

Start The Conversation



- Find the right moment.
- Ask your child's views.
- Discuss reasons not to use drugs.
- Consider media messages.
- Discuss ways to resist peer pressure.
- Be ready to discuss your own drug use.

Answer Their Questions



- Why don't you want me to use....?
- What's the big deal about.....?
- I (or my friends) have tried _____ and it was no big deal.
- You used_____, so why shouldn't I?

Keep The Conversation Going



- **Connect and encourage.**
- **Remind and repeat.**
- **Share facts and resources.**

Questions & Answers

Parental Open Discussion



DISTRICT/COMMUNITY PARTNERS

- **January Davis**, Spring Branch ISD Mental Health & Crisis Counselor
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- **Amy Hancock**, Spring Branch ISD Substance Abuse Counselor
Amy.Hancock@Springbranchisd.com
- Choices: A program of The Council on Recovery
 - www.councilonrecovery.org

References/**Resources**



- Having The Talk
- TIPS for Communicating
- Know The Risk
- Harvard Research
- The National Institute on Drug Abuse: <https://nida.nih.gov>
- Substance Abuse and Mental Health Services Administration: www.samhsa.gov/
- Centers for Disease Control and Prevention: www.cdc.gov
- www.getsmartaboutdrugs.gov
- www.councilonrecovery.org
- Mental Health Website
- Mayo Clinic Tween and Teen Health
- Stanford REACH Lab
- CDC: E-Cigarettes and Youth, What Parents Need to Know



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Inspiring minds. Shaping lives.

www.springbranchisd.com