



P.R.E.P

Prevention Resources and Education for Parents

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Caron Quick Facts



- National leader in behavioral healthcare & addiction treatment
- Nearly 60 year history
- Student Assistance Program – 26 year history
- Full spectrum of treatment programs to meet the needs of everyone



Objectives

- Program goals
- Teen Brain Development
- Current Trends
- Action Steps



What's the difference?





Who?

The most dangerous words...

“Not my...”



Drugs can be tools with many functions:

- Relaxation & pleasure
- Socialization
- Avoidance of emotional pain
- A way to forget about problems
- Satisfy curiosity
- Avoid alienation/fit in
- Find excitement
- Achieve an advantage
- Self-medicate (ADHD, depression, anxiety, trauma)
- Go to sleep, or wake up
- Cope with failure
- Relieve boredom
- Rebel



Wiring of the Teen Brain



- Wired toward taking risks
- Wired to seek immediate gratification rather than fear long-term consequences
- Emotional center often trumps logical center





Current Trends Update



**Monitoring the Future
(2017 National Study)
Past Year Usage**

	8th %	10th %	12th %
Alcohol	18.2	37.7	55.7
Been Drunk	6.4	20.4	35.6
Marijuana	10.1	25.5	37.1
Cigarettes (past 30 days)	1.9	5	9.7
Smokeless Tobacco (past 30 days)	1.7	3.8	4.9
Vaping	13.3	23.9	27.8
Inhalants	4.7	2.3	1.5
Hallucinogens	1.1	2.8	4.4
MDMA	0.9	1.7	2.6
Cocaine	0.8	1.4	2.7
Heroin	0.3	0.2	0.4

Caffeine

- A stimulant drug
- Can become addictive
- Causes sleep disturbance
- Creates an unhealthy jolt and crash cycle
- Energy drinks have been blamed for several deaths



Youth Tobacco Use

- Early nicotine use causes brain changes associated with increased risk for mental illness and other addictions.
- Addiction can happen quickly for some.
- Withdrawal symptoms begin 30 minutes after last use: irritability, fatigue, headaches, increased appetite, difficulty concentrating, cravings.



Nicotine Trends



- Cigarettes:



- Smokeless tobacco:



- Snus:



- Hookah/
Shisha:



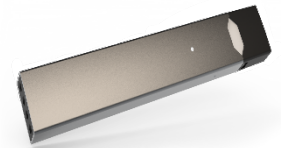
- Flavored little cigars/cigarillos:



- Dissolvables:



- Vaping Devices:



E-Cigarettes & “Vape” Pens Generations



Cig-a-Like

E-cigarettes came onto the market around 2007

Most delivered nicotine and were disposable.

Variations

Variations on the first e-cigarettes included products like e-hookah and rechargeable versions

“Vape” Pens

These have higher capacity batteries that can reach higher temperatures, have refillable e-liquid cartridges, and allows users to regulate the frequency of inhalations.

“Mods”

Large size, modifiable e-cigarettes allow for more aerosol, nicotine, and other chemicals to be breathed into the lungs, at a faster rate.

Tobacco Prevention Toolkit

Division of Adolescent Medicine, Stanford University

www.tobaccopreventiontoolkit.stanford.edu

JUUL



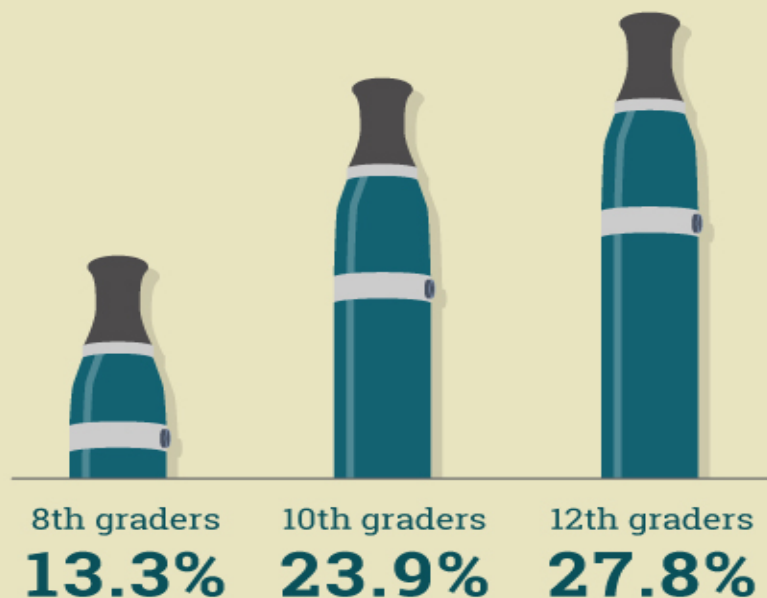
- Popular with youth
- Flavors (mango, crème brulee, fruit medley)
- Ease of use
- Sleek Design
- Powerful



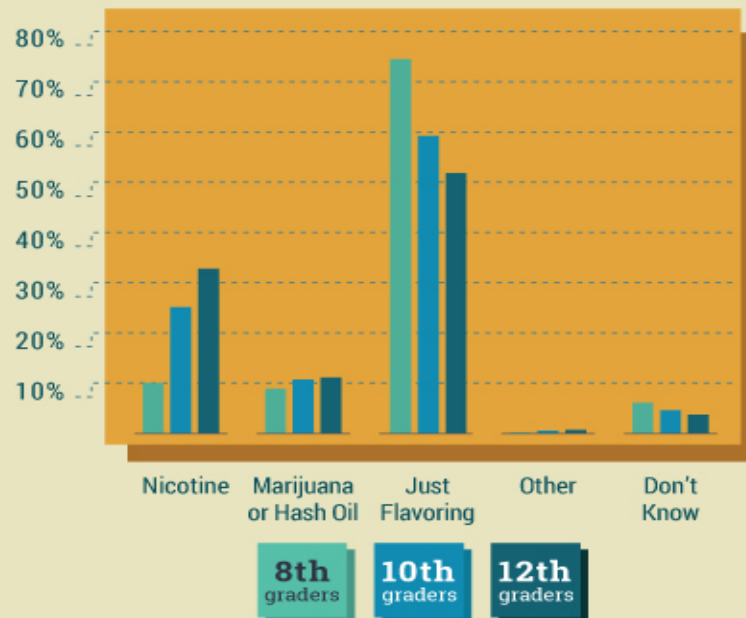
How Do They Get Them?

- **Social Source**, meaning a friend or relative
- In most communities the buyer must be 18 years of age and show a valid ID
- Many online vendors also sell vape devices and e-juice. Underage youth may use Visa Gift Cards or PayPal accounts
- Parents should look for packages delivered to home

PAST-YEAR E-VAPORIZER USE AND WHAT TEENS ARE INHALING



When asked what they thought was in the e-vaporizer mist students inhaled the last time they smoked, these were their responses:



NEARLY 1 IN 3 STUDENTS IN 12TH GRADE REPORT PAST-YEAR USE OF E-VAPORIZERS, RAISING CONCERNS ABOUT THE IMPACT ON THEIR LONG-TERM HEALTH.

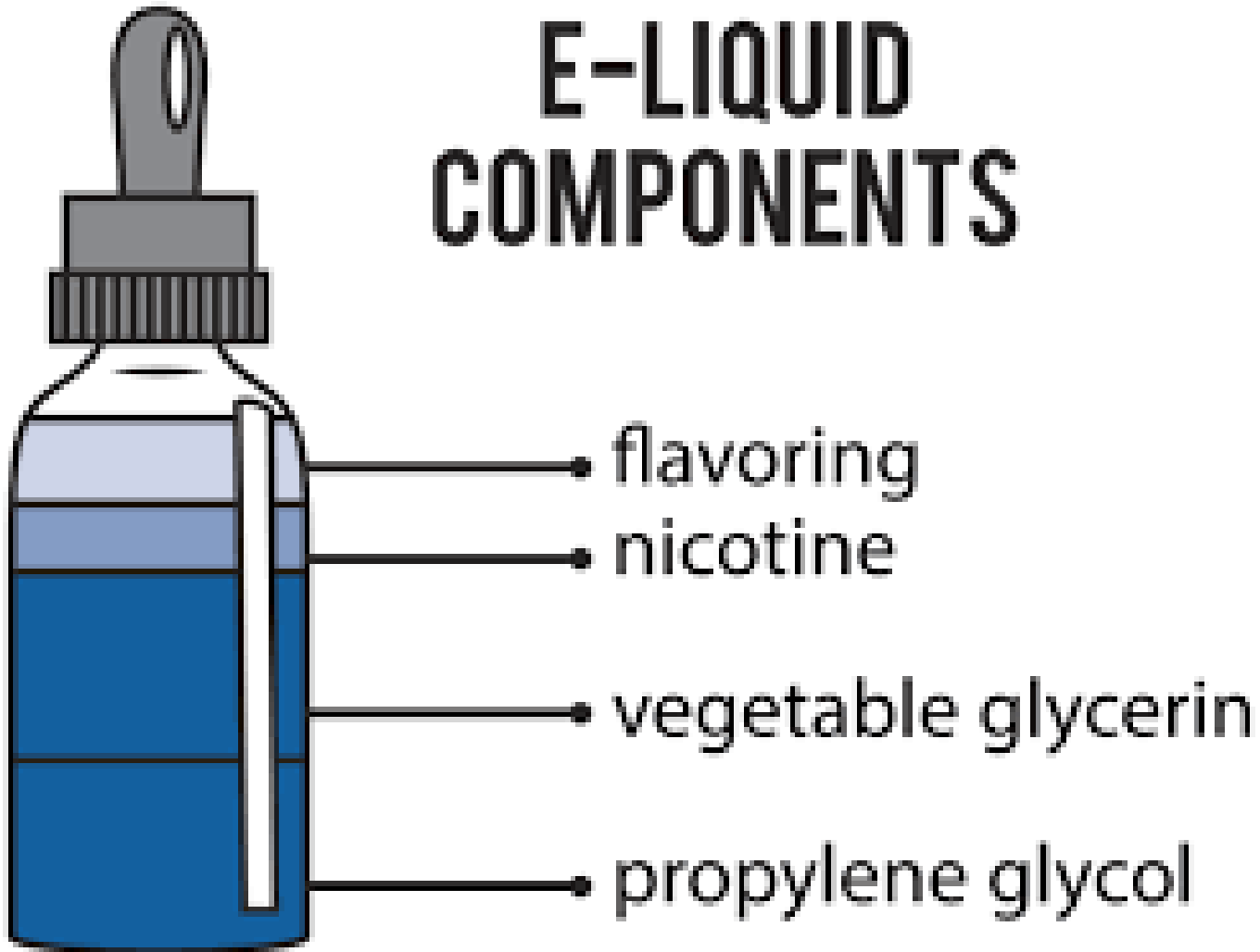


National Institute
on Drug Abuse

DRUGABUSE.GOV



E-LIQUID COMPONENTS





Cigarettes Smoked	E Liquid Strength	
0-5 per day	None	- 0mg
5-10 per day	X.Low	- 6mg
10-15 per day	Low	- 11mg
15-20 per day	Medium	- 18mg
20-25 per day	High	- 24mg
25+ per day	X.High	- 36mg



What are the dangers of vaping?

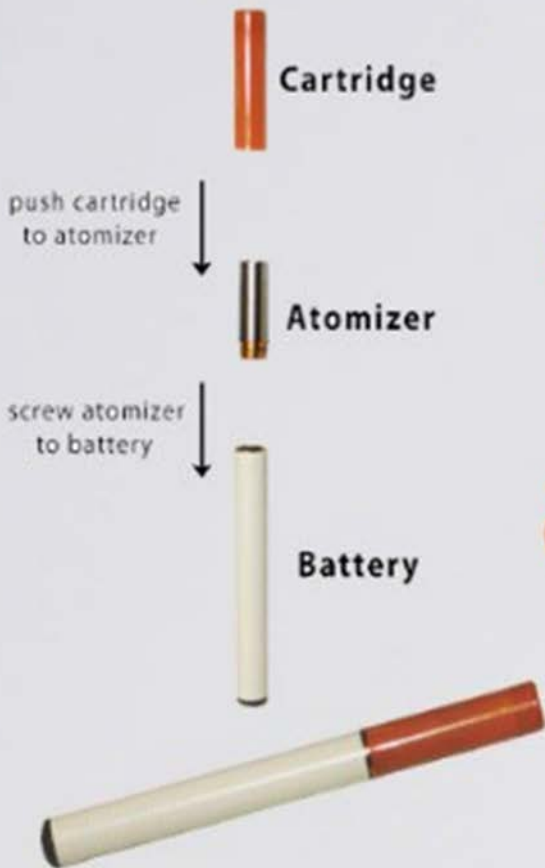
- **No medical studies have been conducted on the long-term effects** of inhaling glycerin, propylene glycol, or any kind of flavoring.
- Not fully regulated yet, so there is not consistency in what is added.
- Certain e-cigarette devices may also release metals during use as well as other impurities known to be toxic and/or carcinogenic.

Popcorn Lung





ELECTRONIC CIGARETTE



Vapor
vs
Smoke



- Tar Free
- Odorless
- Save money
- No ash

- Tar & Ash
- Bad smell
- Cigarette butts
- Deadly smoke

Alcohol Trends



- Binge drinking
- Drinking games
- Pre-Gaming
- Alco-Pop drinks
- Alcohol and energy drinks
- Drunken Gummy Bears
- Snorting alcohol
- Vaporizing Alcohol
 - Bypasses stomach and liver



Marijuana

- Problems with memory & learning
- Distorted perception
- Trouble with thinking & problem-solving
- Loss of motor control
- Increased heart rate
- Apathy
- Marijuana and Mental Illness
- Marijuana strength is leading to addiction



What's in **TODAY'S Marijuana?**

- Contains about **500** components, most of which we know little about
- Most prominent component, THC, is what produces the “high” users experience
- In today's street marijuana, which is usually smoked, producers have increased THC levels by more than **4 TIMES!**

How is it used?



Marijuana: Get the Facts



- Today, one in every 17 high school seniors is a daily or near-daily marijuana user
- 80% of 12th graders each year have said that they could get marijuana fairly easily or very easily



THC Concentrates

(80-90% THC) Concentrates



"Green Crack"
wax



"Ear Wax"



Butane Hash Oil
(BHO)



Hash Oil Capsules

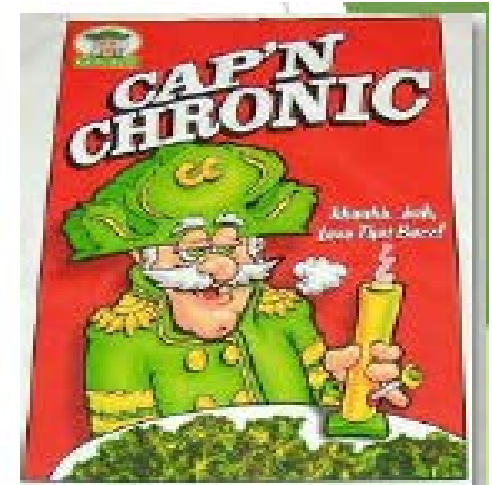


"Budder"



"Shatter"

Edible Marijuana



Drugs as Candy



Inhalants



- Any time an inhalant is used it could be a fatal episode
- “sniffing”, “snorting”, “bagging” (fumes inhaled from a plastic bag), “huffing” (inhalant soaked rag in the mouth)
- Examples:
 - Nitrous balloons
 - “Dusting”
 - Amyl Nitrite “Poppers”
 - “Whippets”



Most Commonly Abused OTC Drugs...

- **Cough suppressants, cough syrups, motion sickness drugs, diet pills and laxatives.**
- **Dextromethorphan (DXM) is the drug that causes the high, and the most widely abused of OTC drugs.**



Lean

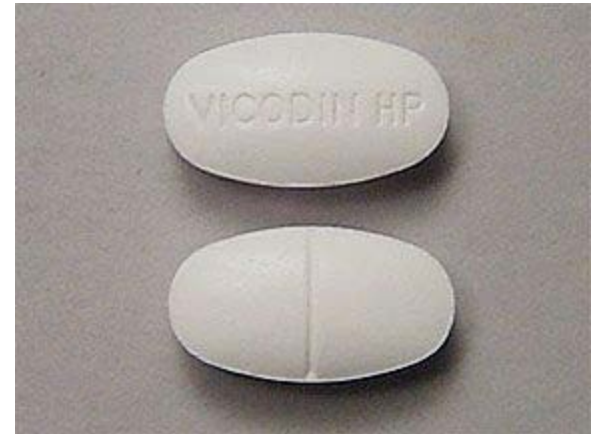
- Mixture of codeine/promethazine (cough suppressant) or DXM with Mountain Dew or Sprite[®]
- Can also be combined with Xanax
- Often add LifeSavers[®] or Jolly Ranchers[®]
- Also called Dirty Sprite, Purple Drank or Sizzurp



Prescription Drug Abuse



- 1 in 6 teens has used a Rx drug in order to get high or change the way they feel.
- Teens have grown up associating medicine with solving problems.
- Teens have easy access to medicine.
- Many teens don't see this behavior as risky.



Commonly Abused Rx Drugs



Of all the classes of drugs abused, the following three are the most commonly abused prescription drugs

3

most abused
drug classes

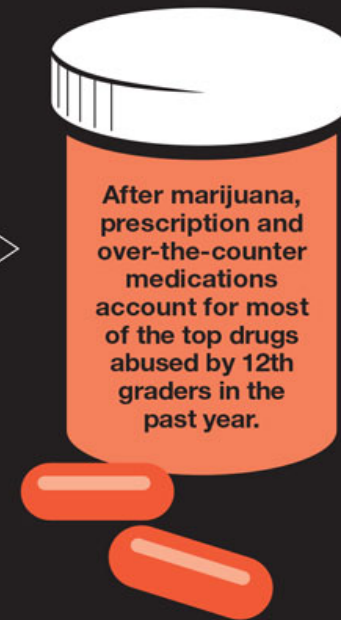
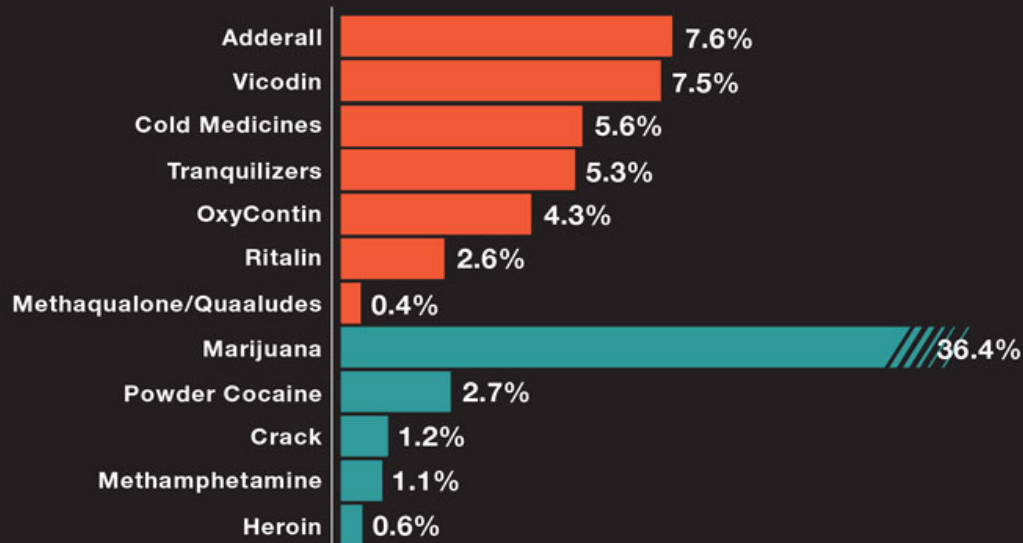


RX vs. Illicit Drugs



PRESCRIPTION/OVER-THE-COUNTER VS. ILLICIT DRUGS*

*The percentage of 12th graders who have used these drugs in the past year.



PRESCRIPTION



ILLICIT DRUGS



National Institute on Drug Abuse

The National Institute on Drug Abuse is a component of the National Institutes of Health, U.S. Department of Health and Human Services. NIDA supports most of the world's research on the health aspects of drug abuse and addiction. Fact sheets on the health effects of drugs of abuse and information on NIDA research and other activities can be found at www.drugabuse.gov.

Heroin



- A highly addictive drug derived the dried SAP of the poppy plant.
- It is a “downer” or depressant that affects the brain’s pleasure systems and interferes with the brain’s ability to perceive pain.
- Often begins with addiction to painkillers.
- Cheap & Pure: Approximately \$110 Per Bundle – 10-12 Bags/ Bundle



Synthetics

Synthetic Marijuana: K2, Spice lawn clippings sprayed with chemicals

Synthetic Cocaine/Amphetamine:
Bath salts, FLAKKA

Paranoia, agitation, hallucinations,
superhuman strength

Lab created

“not for human consumption”



Synthetic Opioids



Deadly doses: 30mg, 3mg, .02mg

MDMA (Ecstasy)



- A synthetic drug
- Hallucinogenic-stimulant
- Repeated use may damage the cells that produce **serotonin**, which has an important role in the regulation of mood, appetite, pain, learning and memory



MOLLY



- Perceived to be pure MDMA in powder/crystal form. However, most of what is seized is **not** MDMA



Cocaine



- Cocaine is a drug extracted from the leaves of the coca plant.
- Potent brain stimulant and one of the most powerfully addictive drugs.
- Research has demonstrated that vulnerability to cocaine is much higher in the teen years, when the brain is developing, increasing risks for addiction.
- When combined with alcohol, there is an increased risk of heart attack. The two drugs interact to produce a highly toxic substance in the liver.



What Can You Do?



1. Talk Early and Often
2. Send Clear and Consistent Messages
3. Break the pattern of use
4. Ask For Help If You're Concerned





1. Talk Early and Often

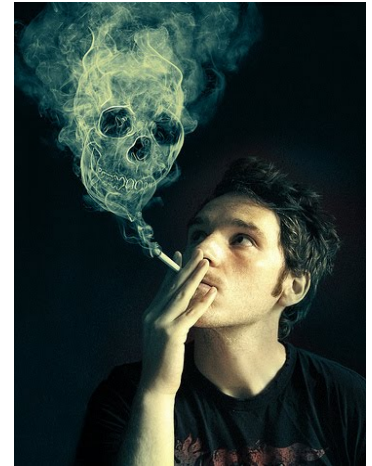
**You are the #1 Influence on your Child's
Relationship with Drugs and Alcohol.**

SAMHSA: Talk They Hear You



Tips on Talking About Drug and Alcohol Use

- State your clear messages of disapproval.
- Provide facts about the dangers.
- Allow opportunities for them to feel that that they've been heard.
- Refusal Skills.



Good Times to Talk



- Prepping for dinner
- While walking the dog
- Right before bed time.
- In the car





Utilize Teachable Moments





2. Clear Messages

Consistent messages of parental disapproval of substance use are strongly linked to lower rates of children's substance use.



Make sure your teen's parties are free from drugs and alcohol!

Party checklist:

- Find out where the party is
- Practice refusal skills
- Talk to the parents to make sure they will be home
- Have your teen call or text to check-in
- Set a reasonable curfew
- Work out a system to be able to pick them up if drugs & alcohol are present
- Tell your child to NEVER ride with a driver who has been drinking or using drugs
- Be awake when they arrive home



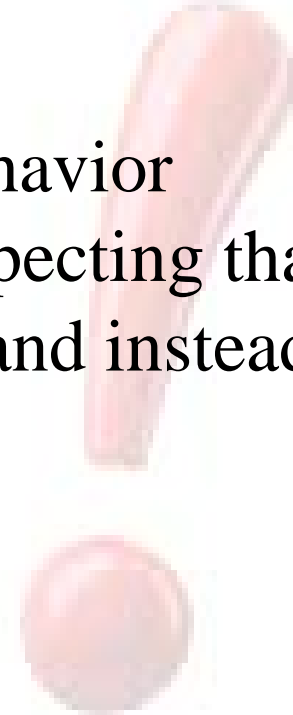
What parents should know about party hosting

- Social host liability laws
- You cannot give alcohol to your teen's friends under the age of 21 under any circumstance, even in your own home, even with their parent's permission
- You cannot knowingly allow a person under 21 to remain in your home or on your property while consuming or possessing alcohol

Stereotypes Can Fuel Teen Misbehavior



- The more parents expect their teens to engage in risky behaviors, the more likely their teens are to follow through with those behaviors
- Parents may lower the rate of risky behavior among their adolescent children by expecting that they can resist negative peer pressure and instead engage in positive behavior



Recommended Rules



- Clearly establish no use rules for children everywhere
- Clearly establish consequences to these rules, and follow through if they disobey





Things You Can Do

Eat dinner together




Have high expectations





For More Information on How You Can Build Resiliency in Your Child



Great Relationships Don't
Just Happen.

Strengthen
Yours Here.

Start with a short quiz about
parent-kid relationships and
preparing kids for success.

ParentFurther.
© Search Institute resource for families



3. Ask For Help If You're Concerned



Spotting and Responding to Signs of Substance Use

Pay attention to:

- Physical Changes
- Behavior and Attitude Changes
- Productivity Changes
- Evidence of paraphernalia





**Anything out of the ordinary...
ask why?**



If You Suspect Use



- Take action
- Ask your child if they are using drugs
- Investigate further
- Enforce consequences for negative behavior
- Create a contract
- Seek a professional behavioral health assessment
- Get help from a treatment or counseling organization or support group for yourself



Parent Websites



- **Parent Further**
www.parentfurther.com
- **The Partnership for a Drug-Free Kids**
<http://www.drugfree.org>
- **National Institute on Drug Abuse**
<http://www.drugabuse.gov/parents-teachers>
- **Community of Concern**
<http://www.thecommunityofconcern.org>
- **Not My Kid**
<http://www.notmykid.org>



Remember....



1. Talk Early and Often
2. Send Clear Messages
3. Ask For Help If You're Concerned





Parents Have the Power

Thank you for your participation!

