Street, Script and Synthetic:
Old School to New School Gateway Drugs, Opiate Epidemic & the World of Synthetics

Stephanie Siete
Public Information Officer
CommunityBridgesAZ.org
Be in the Know

- **Be knowledgeable** – get educated
  - Can’t talk to your kids if you don’t know what to say
- **Tell others:** friends, neighbors, golf partner, co-workers, sister, etc.
- **Take action**... learn and react
  - Recognize signs and symptoms... Don’t ignore!
  - Ask questions – start conversations
  - Properly dispose of medications at community sites
  - Show/tell others what to do and where
The Rule of 5

- **5 years of age**
  - This is the average age experts advise you should start having the drug talk

- **5 year plan**
  - How old is your kid? What do you want them to know 5 years from now?
  - Start talking
Drugs look like candy
You never know what you are getting

<table>
<thead>
<tr>
<th>Would you know the difference?</th>
<th>Sweetarts Candy</th>
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<tr>
<td>Equate Cold Medication</td>
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<tr>
<td>Jelly Bean Candy</td>
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<td>Iron Vitamin</td>
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<td>M&amp;M Mini Chocolate</td>
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<td>Sudafed Decongestant Medication</td>
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<td>Skittles Candy</td>
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<tr>
<td>Drixoral Cold and Allergy Medication</td>
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</table>
Love this Life

- Commit to long term planning
  - Friday is not long term planning
  - What do you want to do? Where do you want to go?
- Take the lead
  - Be strong, independent, confident... do what matters
  - Make decisions now for later
- Choose wisely
  - Know your choices impact others
  - ... and your future
- Reduce your risks and...
  - Extend your opportunity of life
“Teens' behavior is strongly associated with their parents' behavior and expectations, so parents who expect their children to drink and use drugs will have children who drink and use drugs.”

Joseph A. Califano, Jr., CASA's chairman and founder and former U.S. Secretary of Health, Education, and Welfare
12.5

Average age to start experimenting with drugs and alcohol
Social Norms in the Media

I was banging 7 gram rocks and finishing them! That’s how I roll!

Failed drug test... again
Some don’t make it though...
Push ‘em toward their PASSION

- #1 Reason teens use drugs...
  - Boredom

- What are you passionate about?
  - **Sports/Fitness** – team, classes, 5K
  - **Dancing** – classes, fun, events
  - **Pets** – rescue, shelters, volunteer, veterinarian
  - **Music** – singing, listening
  - **Reading** – for fun, as a volunteer
  - **Writing** – songs, poetry, books
  - **Teaching** – any classes
  - **Art** – are the creative? Photography, drawing, painting
  - **Computers** – games, social media, websites
Roles models help define Norms
Where the norms come from are IMPORTANT

- Parents
- Teachers
- Grandparents
- Music instructor
- Counselors
- Sports coaches
- Positive Peer – after school program
- Neighbors
- Aunts/Uncles
- Pastors
- SROs
- Youth group leaders
- Bosses
- Important adults
What are we fighting?

- **Teen brain**
  - Lack of life experience
  - We all suffered from it
    - Today vs. when you were growing up

- **Irrational brain**
  - Drug addicted
  - Addicts “normal” is different

- **Behaviors**
  - Inappropriate vs. appropriate
  - “learned” or self taught

- **Technology**
  - Easy access to early exposure
Center on Addiction and Substance Abuse - Columbia

- www.CASAfamilyday.org
- www.casacolumbia.org
- Family Activity Kit
Prevalent Drugs of Abuse:

✓ Alcohol
✓ Cigarettes
✓ Marijuana

* Prescription Drugs

CAUTION

“Legal” Does NOT Mean Safe
Highs in the Home

You don’t need to know a drug dealer to get high

- Cabinets
  - Medicine
    - Prescription, OTC
  - Liquor
  - Office
    - Dust off, whiteout, markers,
- Kitchen
  - Air freshener, cleaners, aerosols
- Garage
  - Paints, cleaners, etc.
Inhalants

- Not classified as drugs, classified as poisons
- “Inhalants kill more first time users than any other substance used as a drug” Buzzed, 2014
- Deprives oxygen to the brain
- Examples:
  - paints, whip cream canisters, markers, whiteout, cooking spray, superglue, gasoline, nitrous oxide “whippets”, aerosols – hairspray, etc.

www.inhalants.org
10 Common Energy Drink Ingredients

Buyer beware. Almost every energy drink has its own "energy blend" of proprietary ingredients. And keep in mind that manufacturers aren’t required to tell you how much of each ingredient their product contains.

- Caffeine
- Ginseng
- B Vitamins
- Sugar
- Taurine

- Green Tea Extract
- Guarana
- Green Coffee Extract
- Ginkgo Biloba
- Carnitine
Teen dies after drinking latte, Mountain Dew and an energy drink within 2 hours

- 16 year old Davis Allen Cripe of South Carolina died after consuming excessive amounts of caffeine within 2 hours
- Caffeine induced arrhythmia
  - Irregular heartbeat
- More teens consuming caffeine than ever before
  - Adults – 400 mg vs Teens – 100 mg
  - Parents, talk to your kids...
Risks of Energy Drinks for Teens

- Potential harms, caused by too much caffeine or similar ingredients: heart palpitations, seizures, strokes and even sudden death
- Some cans - 4 to 5 times more caffeine than soda
- Energy drinks are the fastest growing US beverage market:
  - 2011 sales expected to top $9 billion
  - 1/3 of teens & young adults regularly consume energy drinks

Clinical report on energy drinks expected soon from American Academy of Pediatrics that may include guidelines for doctors.  
Medical Journal: Pediatrics, February, 2011
Which of these energy drink brands contain alcohol?
How do you recognize difference?

- An energy drink has a supplement facts label
- An alcohol energy drink does NOT
ALCOHOL? ENERGY? BOTH?

LOOKS CAN BE DECEIVING

Many people do not realize that certain energy drinks contain alcohol. 

ALCOHOLIC DRINKS specify alcohol content and have a warning on the can or bottle.

A 23.5 ounce container with 12% alcohol contains more alcohol than 4 cans of beer plus a heavy dose of caffeine and other stimulants!

The Problem:
- The mixture of a depressant (alcohol) and a stimulant (such as caffeine) can lead to serious health and safety issues.
- This dangerous mix can create a “wide awake drunk” – someone who is intoxicated but does not feel it and who, as a result, may engage in risky behavior such as driving under the influence. Inexperienced, young drinkers are the most vulnerable to these risks.
- Alcoholic energy drinks (AEDs) build on the popularity of non-alcoholic energy drinks among young people, using similar marketing appeals, website designs, and packaging. In many stores, the two products are side by side.
- Law enforcement officers, teachers, parents, and even retail clerks have difficulty distinguishing AEDs from non-alcoholic energy drinks. The packaging and marketing makes it much easier for young people to purchase and consume AEDs without being detected. And they are usually cheaper than their non-alcoholic cousins.

Ingredients:
- Caffeine
- Guarana
- Gluconolactone
- Taurine
- Wormwood
- Other Stimulants,
- plus alcohol

Alcoholic Energy Drinks

Alcohol content: 6%-12%
Container Size: 12-23.5 ounces

Sample Prices:
- Alcoholic
  - Jones: $3.59 (23.5 oz $1.16/oz)
  - Red Bull: $3.59 (15 oz $0.23/oz)
  - Bud Light: $2.99 (16 oz $0.18/oz)
  - Four Loko: $2.59 (23.5 oz $0.11/oz)

- Non-Alcoholic
  - Red Bull: $3.59 (15 oz $0.23/oz)
  - Monster: $3.29 (16 oz $0.20/oz)

Palcohol

- Powdered alcohol
- Just add water to bag
- Equivalent to standard mixed drink
- Approved by US Alcohol and Tobacco Tax and Trade Bureau
- Available online
Purple Drank

- Recreational drug popular in the hip-hop community
- Promethazine (antihistamine), codeine (narcotic), maybe some vicodin, jolly rancher, sprite
- **Slang:** Sizzurp, Screw, Lean, Syrup, Purple Tonic, Texas Tea and Purple Sprite
- **Effects:** drowsiness, sedation, blurred vision, euphoria, nervousness, insomnia & hallucinations
E-cigarettes

- According to the FDA, electronic cigarettes are battery-operated devices the turn nicotine or other chemicals into a vapor that is inhaled by the user
- Use on the rise among teens
- Easy to conceal other drug use
- Liquid nicotine = potential hazard
- “Vaping” or using “Dabs”
- Vaping Pens...

The electronic cigarette

It may look like a cigarette and deliver a dose of nicotine, but that’s where the similarity ends.

Red LED glows when user draws gas from the device.

Rechargeable battery

A sensor turns on the device when it detects a drop in pressure as the user pulls air from the end.

...triggering the atomizer, which converts stored liquid into a warm fog.

The replaceable mouthpiece/reservoir contains a liquid consisting of propylene glycol, glycerine, nicotine and flavorings.

An FDA study found that e-cigarettes release carcinogens and toxic chemicals. However, they might be safer than regular cigarettes because they don’t release tar, carbon monoxide, hydrogen cyanide and other poisons found in cigarette smoke.

Sources: Tobacco Control, FDA
Electronic Nicotine Delivery Systems (ENDS)

• Vaporizers, vape pens, hookah pens, electronic cigarettes, e-pipes, etc.
E-cig use and teens

- Use among middle and high school students tripled from 2013-2014
- High School
  - 4.5% to 13.4%
  - 660,000 – 2 million
- Middle School
  - 1.1% to 3.9%
  - 120,000 – 450,000
ENDS and Teen Use

- More than 3 million middle and high school students were current users of e-cigs in 2015

- In 2014, 81% of current youth e-cig users cited the availability of appealing flavors as primary reason for use

- How do they obtain:
  - Visa Gift Cards → Amazon Account = Purchase
What does it look like?

Vaping pens

Regular Cigarettes, Electronic Cigarettes, Vaporizer Pens
JUUL
“Juuling”
#JUULVAPOR

JUUL Starter Kit $37.49
Juul Vapor e-cigarette

- The Juul is barely 9cm long and 1.5cm in width. It’s basically the size of a long USB stick and weighs about the same! Ideal for putting in your pocket and taking around with you.

- 4 different flavor pods that are easily inserted into the device. You get 4 pods: Miint, Fruut, Bruule and Tabaac. You also get a magnetic USB charging device and a 1 year warranty.

- Each Juul pod flavor cartridge contains 0.7mL of juice with 5% nicotine by weight.

- The total prize for the kit is $49.99.
Mods

“Modding”

- They have more features than regular e-cigarettes, customizable options, long battery life, and most importantly, they produce more vapor
- “Modifying” them to accommodate larger batteries and higher resistance atomizers, and better cartridges and tanks
More Mods
E-cig explosions

16 year old teen suffers 2\textsuperscript{nd} degree burns to face
Teens and Vape explosions
Man loses 7 teeth after vaping explosion

Man loses part of tongue after vaping explosion
E-cig Explosions

- E-Cig Blows up in Man's Pocket
- E-cig lodges into ceiling after blowing up in man's hand
5 Tips to help avoid vape battery explosions

1. Consider using vapes with safety features such as firing button locks, vent holes, and protection against overcharging.

2. Keep your vape covered. Don’t let it come into contact with coins or loose batteries in your pocket.

3. Never charge your vape with a phone or tablet charger. Always use the charger that came with it.

4. Don’t charge your vape overnight or leave it charging unattended.

5. Replace the batteries if they get damaged or wet. If your vape gets damaged and the batteries are not replaceable, contact the manufacturer.
Electronic Cigarettes and Liquid Nicotine Exposures - AAPCC

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<tr>
<td>2012</td>
<td>460</td>
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<td>2015</td>
<td>3,774</td>
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<td>2016</td>
<td>2,886</td>
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<td>2017 (thru May)</td>
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More than half of these reported exposures have occurred in young children under the age of 6
Butane Honey Oil (BHO)
Dabs, Wax, Budder, Shatter

- Similar to oils, but more concentrated; thus greater high
- Cooked like meth; acts like meth: psychotic breaks
- Passing butane through a tube packed with marijuana
- Leaves extracted resin behind as a sticky, thick oil–like substance
- Risk of explosion
- 90% THC
The BHO Process
How To Make Quality BHO Shatter In 5 Easy Steps

www.dailydabs420.com
BHO Explosions - video

WARNING

The following video contains content that may be disturbing to some. Viewer discretion is advised.
BHO Explosions

Extremely dangerous for you, loved ones, neighbors, the community
THC Extraction Lab Explosions

Number of Explosions

<table>
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<tr>
<th>Year</th>
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<td>0</td>
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<td>0</td>
<td>12</td>
<td>32</td>
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</table>

SOURCE: Rocky Mountain HIDTA, Investigative Support Center
THC’S MANY FORMS

**Smoking Marijuana**  
Dried flower buds from the cannabis plant

**Smoking Cannabis or Hashish Oils**  
Made from resin extracted from the flower cluster and top leaves of the plant

**Using a Vaporizer**  
Cannabis that’s heated and vaporized, not burned

**Marinol**  
FDA-approved medicine that contains synthetic THC

**Edibles**  
Food, drinks, oils
Edibles

- How do you differentiate between food and marijuana infused?

- How do you know which marijuana chemicals are in the product?

- How do you know the potency?

- Do you know the serving size for the chemicals?

Marijuana Edibles Look Like Candy to Kids - Today Show May 25, 2016
41 this morning on Russia reports candy that could send your child to the...
Third Death in Colorado Linked to Marijuana Edibles


1. Colorado dad pleads not guilty to shooting his wife dead in front of their three sons after 'hallucinating on pot candy’ March, 2015
   - Kristine Kirk, 44, was shot dead at her Denver home in April 2014. She was on the phone to 911 reporting her husband's 'scary' behavior. He was 'talking about the end of the world', she said to the dispatcher

2. Wyoming college student Levy Thamba Pongi, 19, who took a leap from a Denver hotel balcony after eating pot-infused cookies. “Marijuana intoxication” was listed by the coroner as a significant factor in his death.

3. Luke Goodman, 23, killed himself Saturday, March 27, 2015 in a condo at Colorado’s Keystone Ski Area. Goodman’s family and friends suspect that edible marijuana was a factor in the self-inflicted gunshot death. His mother, Kim Goodman, blames her son’s death on “a complete reaction to the drugs.”
Then

- 1960-1970s – 2-3% THC (leafy green)
- 420 (chemicals, time to smoke, date to party)
- Smoked weed
Now

- 20-30% THC (leafy green)
- 710 (oil, concentrated with more chemicals)
- Vaped, smoked, edible, dabbing
- Might not smell it
- Looks like butter, honey, oil
- Synthetic: cooked with butane
  - 90% THC
  - Psychotic breaks
  - Violent behaviors
BHO is 710 is Oil

710

OIL
Marijuana Clothing

Top No Evil

Live on Pot
THC

- Tetrahydrocannabinol
- Psychoactive ingredient in marijuana (high)
- Can cause paranoia or anxiety
- Mind altering
- Induce sleepiness
CBD

- Cannabidiol
- AKA: Medical Marijuana
- Non-psychoactive (no high – does not act on same receptors as THC)
- May reduce anxiety
- May have antipsychotic properties - reducing the psychosis-like effects of THC
- Promote wakefulness
What does CBD do?

Medical Properties of CBD

- Antiemetic
- Anticonvulsant
- Antipsychotic
- Anti-inflammatory
- Anti-oxidant
- Anti-tumoral/Anti-cancer
- Anxiolytic/Anti-depressant

Effects

- Reduces nausea and vomiting
- Suppresses seizure activity
- Combats psychosis disorders
- Combats inflammatory disorders
- Combats neurodegenerative disorders
- Combats tumor and cancer cells
- Combats anxiety and depression disorders
Average THC and CBD Levels in the US: 1960 - 2011

CBD vs THC

- Need regulation differentiating
- CBD is only medical marijuana
- High level THC is dangerous
- THC is legal under current regulation
- THC damages developing brains
- Today’s THC cooks and acts like meth
How Much is Too Much?

100% THC Allowable

LIMITS
What’s happening in states with legalized marijuana?

- **Colorado now has the highest use rate of marijuana in the nation.** Teen illicit use is 74% higher in Colorado than the national average—a 20% increase since 2012. ([2015 SAMHSA Report](http://example.com))

- Increase in marijuana-related traffic fatalities, hospitalizations, and emergency room visits as well as marijuana-related calls to poison control centers. ([Rocky Mountain HIDTA](http://example.com))

- In marijuana-friendly states, **accidental ingestion by youth is up over 600 percent.** ([Journal of Clinical Pediatrics](http://example.com))

- **Black market is thriving, hiding in plain sight in Colorado.** A recent AP report says: “Illegal drug traffickers are growing weed among [Colorado’s] sanctioned pot warehouses and farms, then covertly shipping it elsewhere and pocketing millions of dollars from the sale.” ([AP Jan. 2016](http://example.com))
COLORADO STATE PATROL

77% of total DUID involve Marijuana

41% of DUID involve Marijuana

Tanya Guevara & Baby, killed by marijuana impaired driver
Almost 60 percent of new marijuana users each year are under age 18.

9 percent of 8th graders have vaped in the past 30 days.

U.S. NSDUH 2014 Survey Results
April 2014
Levy Thamba Pongi, 19 year old student, leapt to his death after consuming marijuana-infused cookie while visiting Colorado.

March 2015
While on a ski vacation in Colorado, 23 year old Luke Goodman ate several marijuana-infused candies. Shortly after, he died of a self-inflicted gun shot wound to the head.
According to the FBI's Preliminary Semianual Uniform Crime Report for the first six months of 2015, the number of violent crimes in Anchorage (the only city reporting for Alaska) increased 34% compared to the same period in 2014. Murders were up 167%, and aggravated assaults increased 32% versus the first six months of 2014.

The increase in violent crimes that occurred at the same time pot was legalized is striking. Between 2006 and 2014, the number of violent crimes was stable. Once marijuana legalization took place in early 2015, the crime rate went up dramatically.
Legal pot blamed for some influx of homeless in Denver
2014

Haven of Hope: 500% rise over normal in homeless in summer 2014 (50 to 300)

Salvation Army: 33% rise since 2014 compared to 2013

Salvation Army: Survey 25% increase related to marijuana

Jim Johnson said his company has encountered so many job candidates who have failed pre-employment drug tests because of their THC use ... it is actively recruiting construction workers from other states.

GE Johnson

http://gazette.com/drug-use-a-problem-for-employers/article/1548427
Marijuana Businesses
- Starbucks
- McDonalds

Denver, CO

233

25

390
The Pot Industry Coast to Coast

Marijuana is legal in some form in more than two-dozen states, with more states preparing to consider legalization. Industry growth comes with an array of safety concerns, which some observers say points to the need to develop pot-specific consensus codes and standards.

- **Recreational & medicinal**
- **Medicinal**
- **Medicinal, with recreational on 2016 ballot**
- **Medicinal on 2016 ballot**
More about Marijuana in AZ

• The RTMA can be viewed in its entirety at:

• Arizonans for Responsible Drug Policy
  • https://ardp.org/
Rx Drug Use – An Epidemic

• “Prescription drug abuse is the nation's fastest-growing drug problem”
  White House Office on National Drug Policy

• 1.3 million emergency room visits in 2010, a 115% increase since 2004

• Overdose deaths on opioid pain relievers surpassed deaths from heroin and cocaine for the first time in 2008
US loves Rx

At least **HALF**

of all opioid overdose deaths involve a **prescription opioid**.

Almost **2 million** Americans abused or were dependent on prescription opioids in 2014.
Rx by the #s

- As many as 1 in 4 people who receive prescription opioids long term for non-cancer pain in primary care settings struggles with addiction

- Every day, over 1,000 people are treated in emergency departments for misusing prescription opioids
Football Player Found Dead

Zach Hemmila

Wildcats' Starting Center Found Dead
Body found Sunday; Coaches notified team this morning
Teacher, supplier face drug allegations

Doug McMurdo
Miner Staff Reporter

LAKE HAVASU CITY - A kindergarten teacher was arrested Friday and charged with assorted drug crimes following a month-long multi-agency undercover operation.

There is no evidence to suggest Stefanie Courson, 42, a kindergarten teacher at Havasupai Elementary School, sold drugs at the school or that "other employees or students are involved," according to Lake Havasu City Police spokesman Sgt. Troy Stirling.

Following a tip from a caller who told police Courson was selling drugs, members of the Mohave Area General Narcotics Enforcement Team mounted an operation. MAGNET consists of detectives from every law enforcement agency in the county, including the Arizona Department of Public Safety and prosecutors with the Mohave County Attorney's Office.
Opioid side effects, even when taken as directed

- **Tolerance**—you may need to take more of a medication for the same pain relief
- **Physical dependence**—symptoms of withdrawal when the medication is stopped
- Increased sensitivity to pain
- Constipation
- Nausea, vomiting, and dry mouth
- Sleepiness and dizziness
- Confusion
- Depression
- Low levels of testosterone that can result in lower sex drive, energy, and strength
- Itching and sweating
Opioids Act on Many Places in the Brain and Nervous System

- Opioids can **depress breathing** by changing neurochemical activity in the brain stem, where automatic body functions such as breathing and heart rate are controlled.

- Opioids can increase feelings of **pleasure** by altering activity in the limbic system, which controls emotions.

- Opioids can **block pain** messages transmitted through the spinal cord from the body.
Signs of Use

- “On the nod”
- Tired
- “Doped out” “Dope sick”
- Cold, clammy skin
- Short, shallow breath
- “pinpoint” pupils
The number of prescriptions written for opioid pain relievers in the U.S. has risen from around 76 million a year in 1991 to nearly 207 million a year in 2013.

In August, 2015, the FDA granted approval to Purdue Pharma to prescribe the powerful and often abused opioid OxyContin for patients as young as 11.
Opioids drive continued increase in drug overdose deaths

Drug overdose deaths increase for 11th consecutive year

**Drugs Deaths on the Rise in the US**

- **6,100** in 1980
- **16,849** in 1999 (**4,030 opioid analgesics**)
- **36,500** in 2008
- **38,329** in 2010 (**16,651 opioid analgesics**)
- **43,982** in 2013 (**16,235 opioid analgesics**)
- **47,055** in 2014 (**18,893 opioid analgesics**)
- **52,404** in 2015 (**33,091 opioid analgesics**)

- In 2012 the number-one cause of death in 17 US states was prescription drug abuse  
  (Source: American Society of Interventional Pain Physicians)
Overdoses now leading cause of death of Americans under 50

How the Epidemic of Drug Overdose Deaths Ripples Across America

By HAEOUN PARK and MATTHEW BLOCH  JAN. 19, 2016

Overdose deaths per 100,000

2003 | 2004 | 2005 | 2006
2007 | 2008 | 2009 | 2010
2011 | 2012 | 2013 | 2014
New CDC Guidelines for Opioids

- Provides recommendations to primary care providers about appropriate prescribing of opioids to improve pain management and patient safety

- Recommendations focus on the use of opioids in treating chronic pain (i.e., pain lasting longer than three months or past the time of normal tissue healing) in patients 18 years and older

- Guidelines not intended for patients who are in active cancer treatment, palliative care, or end-of-life care