Can You Imagine ...?

Understanding teen drug use and addiction
notMYkid Prevention Programs

Founded in 2000 as a 501(c)3 non-profit

notMYkid inspires positive life choices by educating

Faculty
Parents
Youth

On six topics concerning the destructive decisions our kids will face today

- Substance Abuse
- Depression
- Body Image
- Digital Behavior
- Unhealthy Relationships
- Bullying
What are the common drugs of abuse and consequences of their misuse?

What is the prevalence of drug use among Arizona Teens?

How can I have open and honest dialogue about drug use with my family?

What are specific strategies for addressing and preventing drug use in the home?
What percentage of addiction begins before age 18?

- 10-20%
- 30-50%
- 60-80%
- 90%

9 out of 10 addicts started smoking, drinking or using drugs before the age of 18.

- Columbia University, Center for Addiction and Substance Abuse
Why do kids use drugs?

- Peer Context
- School Culture
- Social Pressure
- Family Dynamic
## Perception vs. Reality

**What percentage of parents believe their child would use drugs to cope with stress?**

- **< 10%**
- **20 – 40%**
- **50 – 60%**
- **> 70%**

7% of parents believe their child would use drug to cope with stress

- Columbia University, Center for Addiction and Substance Abuse
What percentage of kids who use drugs attribute the use to coping with stress?

- < 10%
- 20 – 40%
- 50 – 60%
- > 70%

7% of parents believe their child would use drug to cope with stress

73% of substance abusing kids attribute their use to stress

- Columbia University, Center for Addiction and Substance Abuse
Arizona Is:

7th in the nation for teen Alcohol Abuse & Dependence

2nd for Illicit Drug Use

2nd for Non-medical use of pain medication

- The SAMHSA Report
Arizona Is:

9th in the nation for teen Suicide

43rd in the Nation for High School Graduation

- EPE Research Center
- The SAMSHA Report
- notMYkid™
Children who drink before the age of 15 are 5 times more likely to struggle with addiction later in life.

90% of teen drinking is binge drinking.

2/3 of High School Students are Regular Drinkers.

- SAMSHA
“Most young people will have seen approximately **100,000** alcohol ads by the time they turn 18.”

Inhalants

There are more than **1,400 household** products in different forms that can be used as inhalants to get high.

**Sudden Sniffing Death Syndrome** is heart failure resulting from an irregular heartbeat usually **caused by stress or strenuous activity after using inhalants**.

**22% of inhalant abusers** who died of Sudden Sniffing Death Syndrome had no history of previous inhalant abuse — they were **first-time users**.
Marijuana

Psychologically Addictive
Gateway Drug
Increased THC Levels

Persistent cannabis use accounts for:

- 7-8 point drop in IQ
- Impaired cognition and increase the risk for psychiatric diseases
- Increased drop out rate from High School
- Lower relationship and life satisfaction

- Madeline H. Meier, Avshalom Caspi, ... Persistent cannabis users show neuropsychological decline from childhood to midlife
- Sylvina M Raver, Sarah P Haughwout and Asaf Keller, Adolescent Cannabinoid Exposure Permanently Suppresses Cortical Oscillations in Adult Mice
- Fergusson, D.M., and Boden, J.M. Cannabis use and later life outcomes

notMYkid®
INSPIRING POSITIVE LIFE CHOICES
Prescription drugs are the most commonly abused substance by 12th graders after alcohol, marijuana, and cigarettes.

- National Institute on Drug Abuse, Monitoring the Future
Girls abuse prescription drugs more than boys

50% of high school seniors said that opioid drugs other than heroin would be fairly or very easy to get.

Each day, 2,000 teenagers will abuse prescription drugs for the first time.
Drugs

Synthetic Spice
Designed to simulate effects of marijuana
10-100 times more potent than marijuana

Bath Salts
Designed to simulate effects of Meth and Cocaine
Recent studies have shown drug to be more dangerous than Methamphetamines
Synthetic Drugs

Drugs

- Synthetic Spice: Designed to simulate effects of marijuana, 10-100 times more potent than marijuana.
- Bath Salts: Designed to simulate effects of Meth and Cocaine. Recent studies have shown drug to be more dangerous than Methamphetamines.
- N-BOMB: Designed to simulate effects of LSD, suspected to have claimed 9 lives across the nation in 2013.
Releases large amounts of serotonin, dopamine, and norepinephrine – producing emotional and pro-social effects.

Serotonin releases hormones that play important roles in love and sexual arousal.

Extensive use of MDMA can cause:

- Long lasting confusion
- Depression
- Memory impairment

- National Institute on Drug Abuse, Monitoring the Future
Addiction

**Chemical Balance**

- GABA
- Dopamine ● Serotonin
- Acetylcholine ● Noradrenaline ● Epinephrine

**Feeling Great**

**Feeling Depressed**
Addiction

Drugs

Alcohol

Chemical Balance

GABA
Dopamine • Serotonin
Acetylcholine • Noradrenaline • Epinephrine

Feeling Great

Feeling Depressed
Meth

Central Nervous System Stimulant

Nearly 500 metric tons of meth is produced each year.
Prescription opioid abusers switch to heroin as tolerance builds
Heroin provides a more effective “high” at 1/3-1/2 of the cost

First time users ages 12 to 17 jumped 80% from 2002
Teen users are usually from middle class homes

- The Substance Abuse and Mental Health Service Administration
- National Institute on Drug Abuse
Adolescents

Planning
Right from wrong
Forming ideas
Decision making
Self-control

An individual's brain is not fully developed until 21-25 years of age.
Signs of Drug Use or Typical Teen Age Behavior?

- A drop in grades
- Isolates from family
- Poor achievement
- Moods are up and down
- Dishonest about whereabouts
- Dishonest about a lot of things
- Early cigarette smoking
- Change in peer groups
- Often draws pot leaves, drugs, or drug symbols
- Parental defiance
- Red, watery, or glassy eyes
- Uses eye drops to hide red eyes
- Late or unexplained hours
- Rejection of parental values
- Have found unexplained paraphernalia
- Disappearance of money or possessions
- Defensive about drug use
- Antisocial behavior
- Loss of interest in previous hobbies and activities
Paraphernalia
Paraphernalia
Consistency

Teens whose parents do not agree completely with each other about what they say about drugs are:

More than 3 times likelier to smoke marijuana

3 ½ times likelier to try drugs

- Columbia University, Center for Addiction and Substance Abuse
Teens who say that they talk to their parents about what’s going on in on their lives over dinner are less likely to smoke, drink and use marijuana.

Teens in families with weak Family ties are:

- 4 times likelier to have tried tobacco
- 4 times likelier to have tried marijuana
- 3 times likelier to have tried alcohol

- Columbia University, Center for Addiction and Substance Abuse
What Does Not Work

Facebook

Twitter

Pinterest

Instagram

Snapchat

Formspring

Ignoring or dismissing the problem – “not my kid”

Blaming your child for:

   Being different

   Not fitting in

   Being the problem – “What did you do …?”

Not following up with your child and the school

Waiting for an issue to arise to talk with your child about substance abuse
Creating a Family Prevention Plan

- Consistency
- Communication
- Education
- Honesty
- Deterrence
- Monitoring
- Community
- Verification

**Identify**
Identify and create prevention strategies that you will implement in your home

**Discuss**
Sit down as a family and discuss the prevention plan

**Follow**
Post the plan in plain sight and consistently follow it
A Powerful Tool

Open lines of communication
Serves as a deterrent
Gives an acceptable “out”
Prevent first use
Intervene Early, It may be YOUR KID