



Toxic Mixture

Teens, Alcohol and Drugs

Amen Kush

SAP Specialist

704-207-4878

Caron Quick Facts



- Nationally recognized chemical dependency treatment facility
- Addiction treatment services (50 yr history)
- Student assistance services/prevention (20yr history)
- Offers a full spectrum of treatment programs (adolescents to seniors) (gender specific)
- Caron will help find a the right fit



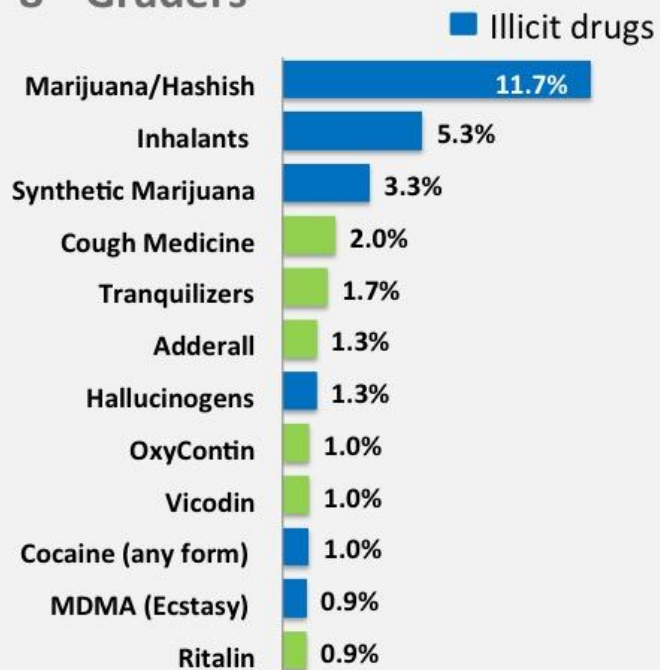
Current Trends



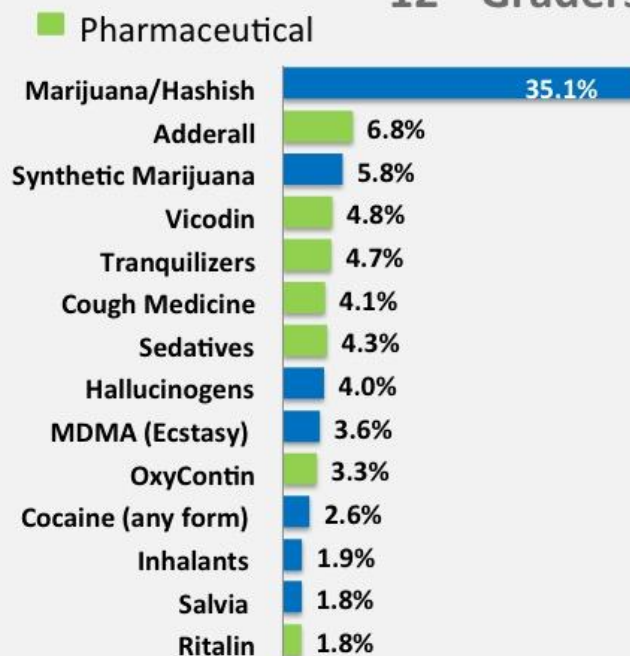
- **The Good News...**
 - The use of prescription drugs continues to decline
 - There continues to be a decline in alcohol consumption including binge drinking
 - Marijuana use did not increase
- **Areas of concern...**
 - Use of electronic cigarettes is high
 - Perceived harm in taking drugs continues to decrease

Top Drugs among 8th and 12th Graders, Past Year Use

8th Graders



12th Graders




* Only 12th graders surveyed about sedatives use

Source: University of Michigan, 2014 Monitoring the Future Study








Drugs In Our Schools

- **17%** of high school students smoke, drink or use drugs at school.
- **81%** of teens say drugs are easily obtainable.
- **60%** say they can get them at school.


Kids could be easily fooled...


ST. LOUIS COUNTY
DRUG TASK FORCE

ORIG: 314-427-4104
FAX: 314-427-3633
WWW.STLOUSENB.COM/POLICE

**NEW DRUG - "CANDY WEED"
JUNE 2012**



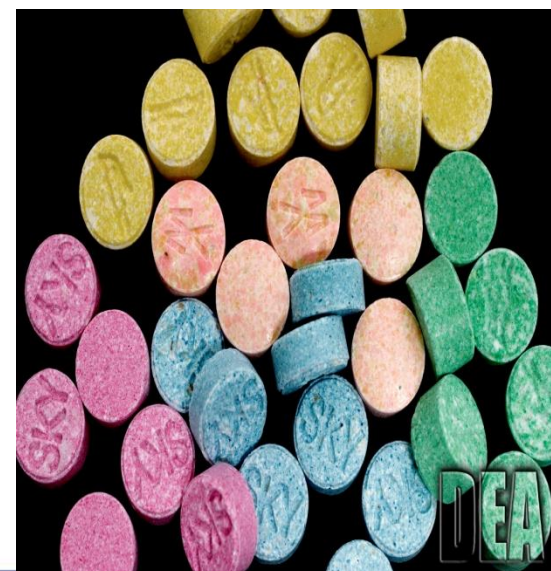
On April 13, 2012, the items pictured above were seized from a suspect in the South County Precinct. The suspect referred to these items as "candy weed" during his arrest. He stated that he gets them from a friend who drives to California and pays \$10 apiece for them. When confiscated, they were each wrapped individually and placed into a plastic Ziploc baggie.

Upon analysis by the St. Louis County Crime Lab, it was found that these items do, in fact, contain high levels of THC. Research on this drug revealed that these items are made by grinding marijuana into a fine powder, heating it in vegetable oil for up to an hour, then passing it through cheesecloth to remove any solids. More sophisticated manufacturers have been known to use a highly concentrated extract whipped up in a special device that cooks the oil down to its purest form, leaving just a liquid pool of THC at the end. This oil or extract is then mixed with sugar, water and corn syrup and cooked. The finished product is then broken down into bite sized pieces (as shown above) and can be smoked, but is usually eaten.

Any officer who comes across someone in possession of this drug during their course of duty is asked to notify the drug task force at (314) 427-4104 or drugenforcement@stlouisco.com.

LAW ENFORCEMENT SENSITIVE
THIS BULLETIN MUST BE TREATED AS CONFIDENTIAL POLICE INFORMATION AND SHOULD NOT BE DISPLAYED TO THE GENERAL PUBLIC.





Common Slang Terms

tanked

Getting
pissed

blitzed

sloshed

Crunked

Pre-game

lubricated

smashed

Getting
lit

Get the Facts



- Two out of every three students have consumed alcohol by end of high school
- Children under the age of 21 drink 11% of the alcohol consumed in the U.S.



Alcohol Trends

- Drinking games
- Pre-Gaming
- Alco-Pop drinks
- Alcohol and energy dr
- Pocket Shots
- Boozie Bears
- Alcohol eye-ball shots
- Extracts (Lemon, Mint)
- Hand Sanitizer



Binge Drinking



The CDC released a report that one in five high school girls engage in binge drinking.

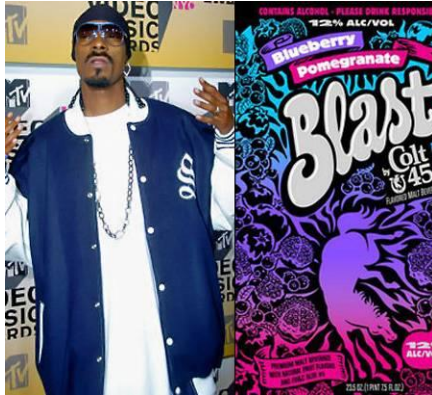


The Gross Factor

Alcohol Trends



Alcohol Trends



BLAST- “Binge in a Can”



“Whipanol”



Scotch in a Can



Dirty Sprite



Snobars

Smoking Alcohol



- Due to the alcohol bypassing the digestive system, it can lead to alcohol poisoning much faster.
- Could cause lung irritation, inflammation and infection.



Get the Facts



- More than 380,000 12-to-13-year-olds and almost four million 14-to-17-year-olds have smoked.
- 6.7% of high school seniors are daily smokers.
- 46 % of illicit drug users smoke tobacco



Electronic Cigarettes



- Use of e-cigarettes among middle and high schools students doubled between 2011 and 2012
- Increased from 5% to 10% in high school Students (Unregulated)



Tobacco Current Trends

- Cigarette use dropped **33%** from 2000 to 2011.
- During that same time period, people's consumption of other types of tobacco products climbed **123%**



Common Slang Terms



Mary Jane

Kush

Headies

Dutch

haze

Pot

Weed

Reggie

Loud

toke

Kick back

Chronic

hydro

blaze

Blunt

Burn

J

Dank

L

Herb

Roach

Spliff

420

Bud

Trees

Get the Facts



- Today, one in every 15 high school seniors is a daily or near-daily marijuana user
- 40% of high school students have tried Marijuana.

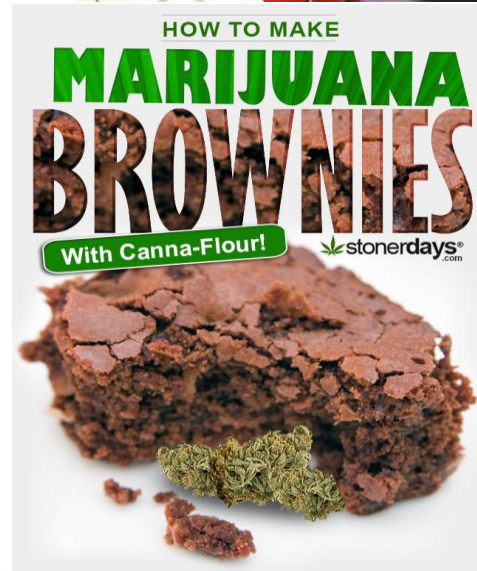


Marijuana- How is it smoked?



Edible Marijuana

- “Bud Butter”/“Canna Butter”
- Brownies
- Green Dragon



Marijuana Edibles



Butane Hash Oil



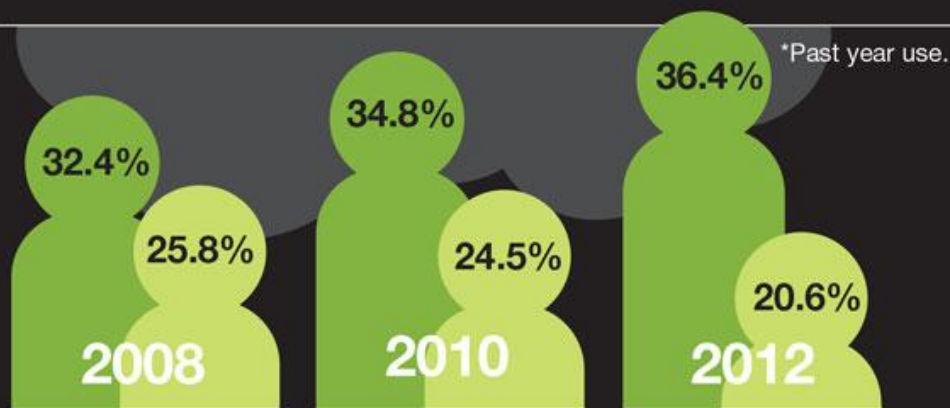
- Dabbing, Wax, Dabs, Oil, Errl, Earwax, Budder, or Shatter



- Oils usually have the consistency of molasses and are amber or golden in color

Marijuana & Perceived Risk

MARIJUANA USE AMONG 12TH GRADERS* VS. PERCEIVED RISK



USING



PERCEPTION OF RISK

(saw great risk in smoking marijuana occasionally)



**36.4% EQUATES TO
ABOUT 11 STUDENTS IN
THE AVERAGE CLASS**



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.

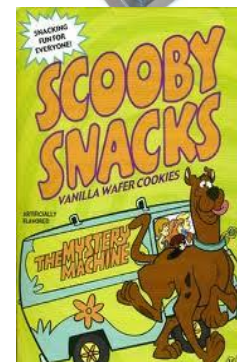
Why is Marijuana Abuse so Difficult to Tackle Amongst Youth?

- Belief that it's harmless
- There is a culture attached to its use
- Belief that “everyone smokes weed”



Synthetic Drugs

- Synthetic Cannabinoids and Cathinones
- Sold as “herbal incense,” “plant food” or “bath salts” with warning labels that state “not for human consumption”



Signs of Use



- Strong clove smell
- Coffee grinder – finer the powder, easier to smoke
- Drug paraphernalia (pipes, screens, etc.)
- Typically smoked



- **Physical signs include:**
 - Loss of control
 - Lack of pain response
 - Pale skin
 - Seizures
 - Profuse sweating
 - Elevated blood pressure and heart rate
 - Uncontrolled, spastic body movements

Common Slang Terms

Love Drug

X

Triple Stack

XTC

MOLLY

Candy Flippin

Vitamin E

plugging

E

Rollin

MDMA (Ecstasy)

- A synthetic drug with amphetamine-like and hallucinogenic properties
- Repeated use may damage the cells that produce serotonin



Get the Facts

- Molly is perceived to be pure MDMA powder/crystal form
- A lot of it is “bath salts” methadrone (stimulant) or cathinone



Common Slang Terms



oxy

Xanie bars

Pharm party

Blues

OCs

Kibbles and Bits

Bricks

Beans

Rittys

Z bars

Get the Facts

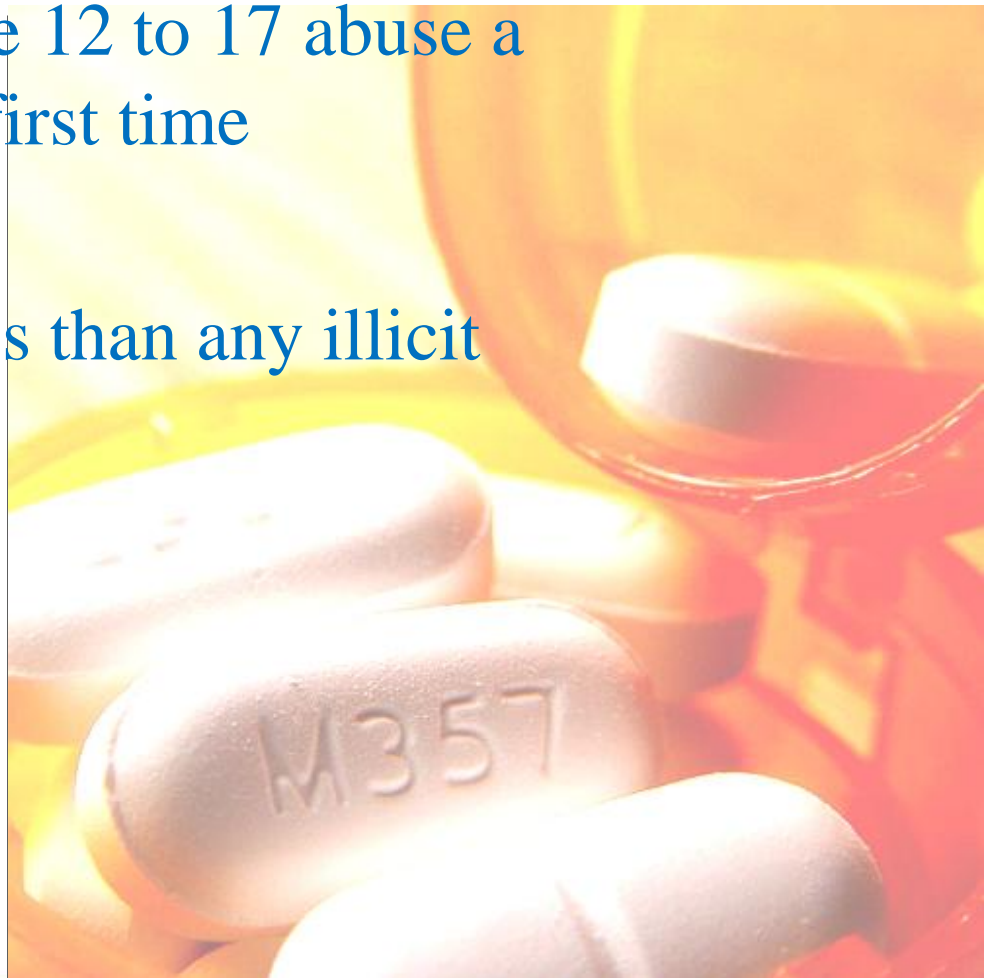


- Between 1995 and 2005, treatment admissions for prescription painkillers increased more than **300%**
- Nearly 1 in 12 high school seniors reported nonmedical use of Vicodin; 1 in 20 reported abuse of OxyContin



Get the Facts

- Every day **2,500** youth age 12 to 17 abuse a pain reliever for the very first time
- More teens abuse Rx drugs than any illicit drug except marijuana



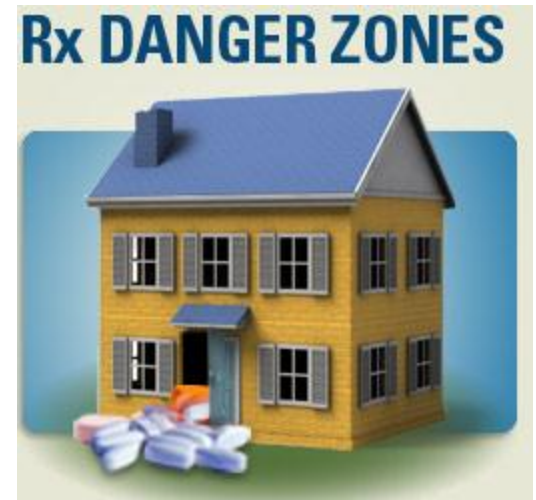
Why do they use?

- To party, to escape reality, to experiment, or to relieve boredom, to help them cope
- To deal with pressures, self-medicate, belief that it is not illegal, less shame and fewer side effects
- Because “parents don’t care as much if you get caught.”



Where Do They Get Them?

- More than **70%** of people who abuse Rx painkillers say they get them from family or friends
- About **40%** of 12th graders say that painkillers are fairly or very easy to get



Heroin

- Processed from morphine, an opiate that reduces sensitivity to pain
- Can be injected, snorted, and smoked
- Cheaper than opiate based prescription drugs
- Heroin deaths in Metro Atlanta doubled last year



Signs and Symptoms of D & A Use



- Dramatic changes in behavior
- Negative changes in schoolwork (missing school, - grades)
- Increased secrecy about possessions and activities
- Use of incense, room deodorizer, perfume/cologne
- Subtle changes in conversations with friends (coded messages)

Signs and Symptoms of D&A Use

- New friends
- Change in clothing choices
- Increase in borrowing \$\$
- Drug paraphernalia
- Bottles of eye drops
- New use of mouthwash or breath mints
- Missing Rx drugs
- Apathy

An ounce of prevention...

- Move to prevention orientation
- Support staff can influence more students through this perspective
- Develop interventions that help ALL students cope in difficult times
- Focus on the developmental assets

Developmental Assets



- Represent the relationships, opportunities, and personal qualities that young people need to avoid risks and to thrive
- Research shows that the more assets = less likely to engage in a wide range of high-risk behaviors and the more likely they are to thrive
- Have power for all young people, regardless of their gender, economic status, family, or race/ethnicity
- Levels of assets are better predictors of high-risk involvement and thriving than poverty or being from a single-parent family

Level of Assets

Percentage of 6th- to 12th-Grade Youth Reporting Selected High-Risk Behavior Patterns, by Level of Developmental Assets

High Risk Behavior	0-10 Assets	11-20 Assets	21-30 Assets	31-40 Assets
Problem alcohol use —Has used alcohol three or more times in the past month or got drunk once in the past two weeks.	45%	26%	11%	3%
Violence —Has engaged in three or more acts of fighting, hitting, injuring a person, carrying or using a weapon, or threatening physical harm in the past year.	62%	38%	18%	6%
School Problems —Has skipped school two or more days in the past month and/or has below a C average.	44%	23%	10%	4%

Support



- During school conferences and parent meetings, focus on the positive
- Interact with students so they learn to interact with others
- Start a lunchtime, study hall or after-school discussion group
- Psycho educational support groups

Empowerment



- Encourage students to get involved in community service
- Cultivate leadership skills in many students, not just a select few
- Include service learning as part of the regular school curriculum
- Train teenagers how to help, tutor and befriend younger children
- Establish a peer mediation or peer leadership program

Boundaries & Expectations



- Include parents in meetings with students regarding problem behaviors and broken rules
- Notice and celebrate times when students follow school policies and respect school boundaries
- Have clear policies about D & A use and provide support services for policy violators

Constructive Use of Time



- Honor school staff who volunteer with youth programs
- Encourage coaches, club sponsors and others not to over schedule students
- Train adult leaders to help kids to set priorities

Commitment to Learning



- Relate curricula to real-life situations & issues
- Homework help chat room or bulletin board
- Volunteer opportunities for parents
- Create library of student-created books

Positive Values



- Honor and affirm students who help others. Give special awards and recognition for service
- Offer a unit of study on people who have made a difference in the world through activism and service
- Make it easier for students to be honest than to be dishonest

Social Competencies



- Let students plan class projects, assignments, even school-wide activities
- Use teaching styles that promote interaction and friendship-building
- Provide activities that increase students' awareness and acceptance of differences
- Make conflict resolution training available to students, faculty and staff

National Resources



- SAMHSA www.samhsa.gov
- Al-Anon www.al-anon.alateen.org
- Partnership at Drugfree.org www.drugfree.org
- National Institute on Drug Abuse
www.drugabuse.gov
- Above the Influence www.abovetheinfluence.com
- National Family Partnership www.nfp.org
- Monitoring the Future www.monitoringthefuture.org



Thank you!

Amen J Kush
akush@caron.org