Trinity High School Parent Presentation on Drugs and Alcohol

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Reasons



- The thrill of a new experience
- Peer motivation/pressure (acceptance, avoid rejection)
- Self-medicating (ADHD, anxiety, depression)
- Stress
- To perform better in school



(National Institute on Drug Abuse, 2014)

Adolescent Emotional Development

- Normal Adolescence is characterized by……
  - Sensation-seeking (or risk-taking) – differs with each kid how much risk is involved
  - Increase in conflicts with family members
  - Desire to be with friends and increased connection with social media
  - Beginning to challenge rules/authority





(Arain et al, 2013)

Adolescent Development

- Physical development (body structure, puberty) has steadily accelerated in last 20 years.
- We know physical build and sexual maturity do not equal having the ability to make rational, socially responsible decisions.
- The brain undergoes a considerable amount of development during the teen years.
- Consequential thinking does not begin to develop until young adulthood (ages 22-27)
- The last area to develop is the prefrontal cortex, which is involved in planning, decision-making and impulse control.

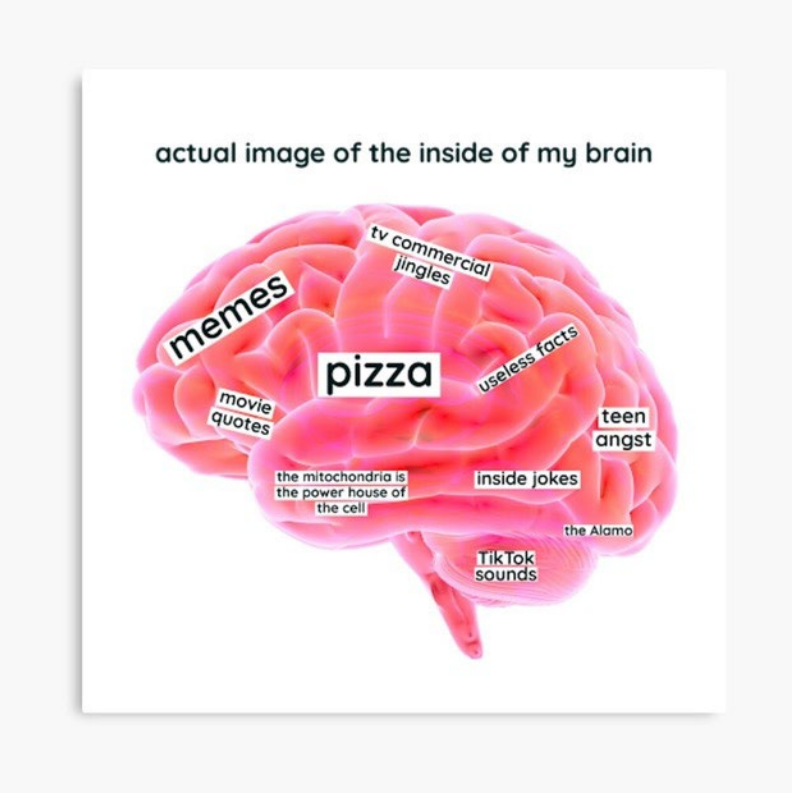


(Arain et al, 2013)

Oh look, they've started to make teenager mannequins.



Brain growth



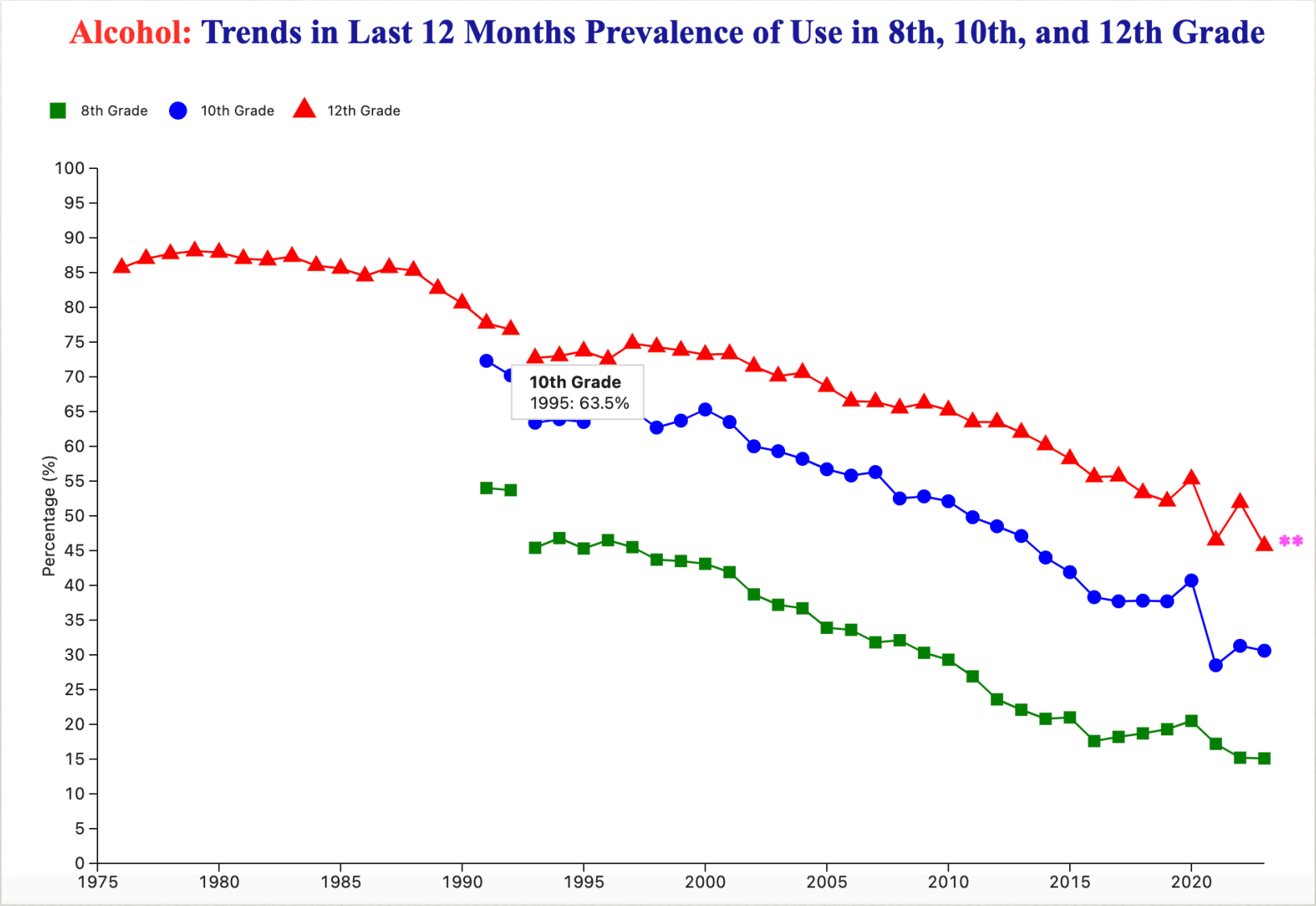
- The prefrontal cortex is the part of the brain that enables a person to think clearly, to make good decisions and to control impulses.
- It is primarily responsible for how much priority to give incoming messages like "Do this now" versus "Wait! What about the consequences?"
- Prefrontal cortex is the first part of the brain to be affected by substance use (hence some REALLY poor decisions made when drinking/using)
- A teenager's brain "has a well-developed accelerator but only a partly developed brake." (Laurence Steinberg)

(U.S. Department of Health and Human Services. www.hhs.gov)

Alcohol

- Alcohol most widely abused substance for American teens:
  - Used more than nicotine or marijuana
  - Adolescents and young adults binge drink. (4 or more drinks in a row)
  - Adverse effects:
    - Brain development
    - Impairs judgment which:
      - Increases school and/or legal issues
      - Increases likelihood of risky behaviors
    - Increased risk of developing addiction
      - 1:4 teens abusing substances will develop addiction (1:25 if abuse begins after age 21)

www.niaaa.nih.gov



(Monitoring the Future, 2024)

THC

- THC not “harmless”
  - Decrease quality of connection in the brain which affects:
    - Learning and memory
    - Coordination
    - Judgment



- THC use among teens dropped during pandemic
  - Past 30-day use for 10th graders
    - 2022 – 19.5%
    - 2023 – 17.8%
    - 2019 – 28.8%





(Monitoring the Future, 2024)

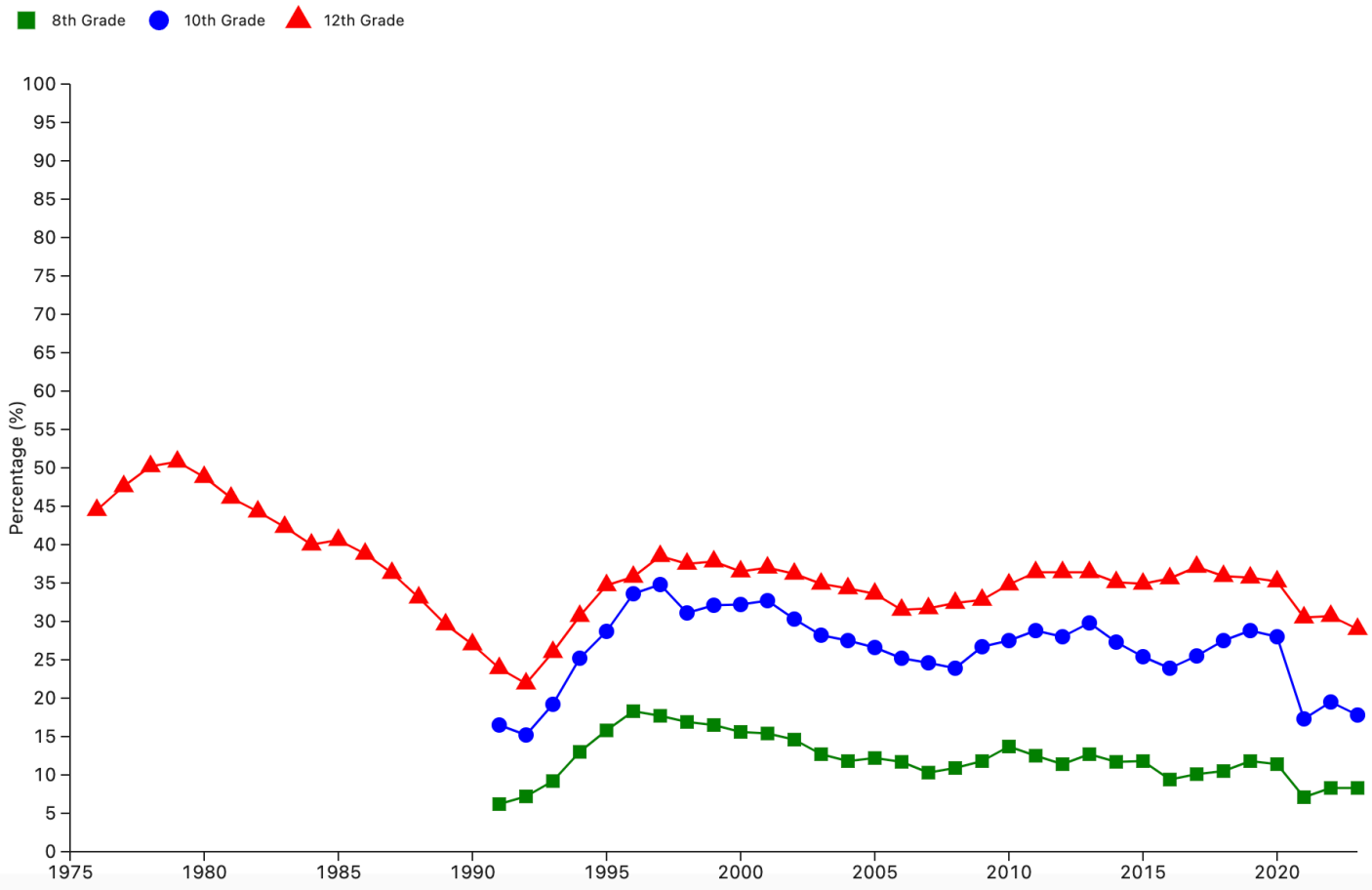
THC

- Delta-8
  - Derivative of cannabis sativa plant (hemp, marijuana)
  - Similar effects to Delta-9
  - 56% of adverse incidents involving Delta-8 were under 20 years old.
  - Legal in Kentucky for 21 and over



(United States Drug Enforcement Administration, 2024)

Marijuana (Cannabis): Trends in Last 12 Months Prevalence of Use in 8th, 10th, and 12th Grade



(Monitoring the Future, 2024)

…myths and misconceptions…

- Just a plant. Also, cocaine and poison ivy are plants.
- Confusion about medical THC and legalization of THC. Many see those issues as an endorsement of its harmlessness.
- THC is not addicting. But lots of people can tell you how difficult it is to give up.
- Better than alcohol? Not legal for a reason and affects functioning and development.
- Be wary of information sources

(National Institute on Drug Abuse. www.drugabuse.gov)

Vaping



- E-cigarettes /Vapes
  - Nicotine – concentrated
    - Heated e-liquid has 25 times level of lead than before it is heated – Columbia University 2018
  - THC
  - CBD (often has THC in it and CAN show positive on a test)
  - Synthetic mood-altering substances

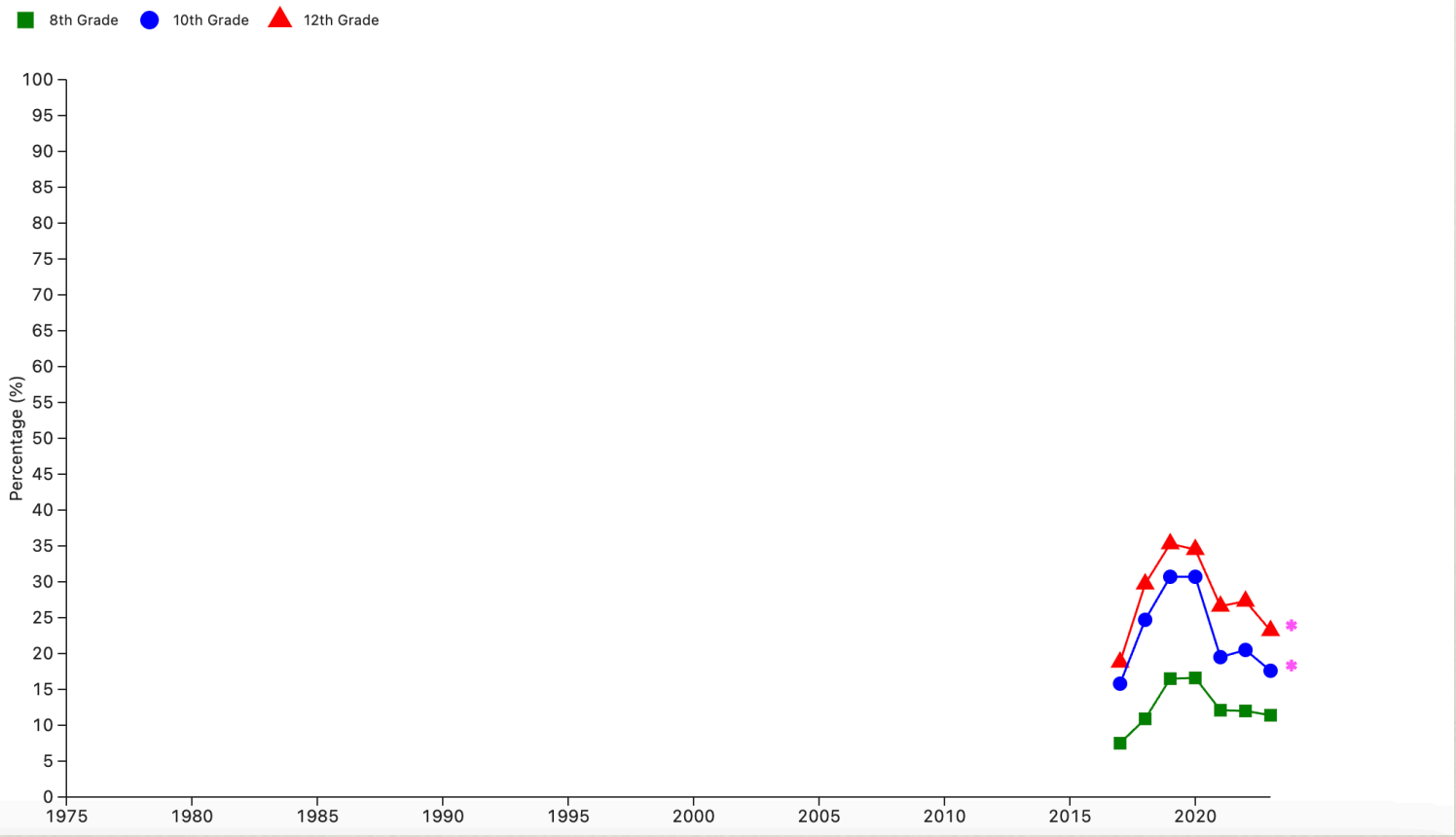


- Prevalence dropped during the pandemic
  - Nicotine – past 30-day use for 10th graders concentrated
    - 2019 – 30.7%
    - 2022 – 20.5%
    - 2023 – 17.6%
  - THC - past 30-day use for 10th graders
    - 2019– 19.4%
    - 2022 – 15.0%
    - 2023 – 13.1%



(Monitoring the Future, 2024)

Vape Nicotine (E-cigarettes): Trends in Last 12 Months Prevalence of Use in 8th, 10th, and 12th Grade



(Monitoring the Future, 2024)

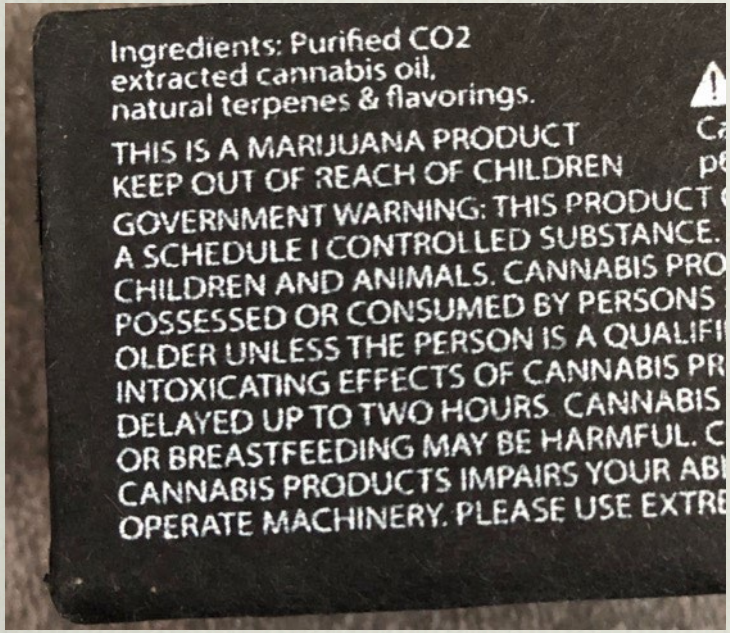
Vape Marijuana (Cannabis): Trends in Last 12 Months Prevalence of Use in 8th, 10th, and 12th Grade



(Monitoring the Future, 2024)


ROVE
DREAM
HYBRID
Total Cann (82%)828mg
THC (75%)757mg
CBD (3.98%)40mg


CA


Ingredients: Purified CO2
extracted cannabis oil,
natural terpenes & flavorings.
THIS IS A MARIJUANA PRODUCT
KEEP OUT OF REACH OF CHILDREN
GOVERNMENT WARNING: THIS PRODUCT
A SCHEDULE I CONTROLLED SUBSTANCE.
CHILDREN AND ANIMALS. CANNABIS PRO
POSSESSED OR CONSUMED BY PERSONS
OLDER UNLESS THE PERSON IS A QUALIFI
INTOXICATING EFFECTS OF CANNABIS PR
DELAYED UP TO TWO HOURS. CANNABIS
OR BREASTFEEDING MAY BE HARMFUL. C
CANNABIS PRODUCTS IMPAIRS YOUR AB
OPERATE MACHINERY. PLEASE USE EXTRE




Big Chief
EXTRACTS
EST. 2020
HIGH POTENCY - LAB TESTED
THC DISTILLATE CARTRIDGE
PESTICIDE FREE
ORGANIC
OG KUSH
CA




VUSE
VUSE
VUSE
VUSE
VUSE




AVITAS

What to know

(Monitoring the Future, 2024)

- Can buy online (including social media)
- More concentrated (nicotine, THC, etc)
- More difficult to detect (no smell on their clothes, looks like pen/flash drive/etc) (Office of Adolescent Health – 2018)
- Prevalence is concerning! Estimated 2,110,150 new nicotine vaping initiates in 8th-12th grade 9/2021-5/2024

Fentanyl



- Increasingly found in “harmless” substances
- Pill presses more sophisticated
  - 7 out of 10 counterfeit pills have a lethal dose (2 mg)
- Reason for additive
  - More potent
  - More addictive

(United States Drug Enforcement Administration, 2024)

Perception changes



- Perception of risk indicates likelihood of trying a substance
- 10th graders perception of risk
  - 2003
    - Try it – 21.1%
    - Occasional use – 34.9%
    - Regular use – 63.9%
  - 2013
    - Try it – 15.7%
    - Occasional use – 25.1%
    - Regular use – 46.5%
  - 2023
    - Try it – 16.8%
    - Occasional use – 24.4%
    - Regular use – 47.0%

(Monitoring the Future, 2024)

Model of Progression

- No Use
- **Exploratory or Experimental**
- **Social**
- Emotional or Instrumental
- Dependent or Compulsive
  - Impulsivity and reward-seeking is a vulnerability factor in progressive use

(Khurana et al., 2015)

Below is a list of tasks adolescents need to accomplish (drug use interferes with those tasks)

- Learn to deal with feelings.
- Learn to think through things.
- Learn to entertain self.
- Develop social confidence.
- Learn to develop real relationships.

****Preparing to be healthy adults****

(Arain et al, 2013)

Stopping and/or getting help

- “The Need to Quit”
- “Get Trust Back With My Family”
- “Be a Positive Role-Model for My____”
- “Have Better Self-Esteem”
- “Be Happier and Cope With My Emotions”
- “I Don’t Have a Problem…I want prove I can quit!”
- “Too many consequences”

(Arain et al, 2013)



1 in 5…

…parents feel there is little they can do about their child's substance use.

Parental Influence



❖ Research consistently shows that parents are central to preventing teen drug use. In fact, kids themselves say that losing their parents' trust and respect are the most important reasons to not use drugs.

❖ Kids who learn a lot about the risks of drugs and alcohol from their parents are up to 50% less likely to use than those who do not

❖**MYTH: You can TEACH your child how to drink or use drugs by letting them drink and use at home.** That is inaccurate. It gives the message that it is okay to drink and use.

(U.S. Department of Health and Human Services. www.hhs.gov)

Parent Disapproval

- A majority of youths aged 12 to 17 (88.4 percent) reported that their parents would strongly disapprove of their trying THC once or twice.
- Current THC use was much less prevalent among youths who perceived strong parental disapproval for trying it at all vs those who think their parents don't really care (4.1 vs. 29.3 percent).



(U.S. Department of Health and Human Services. www.hhs.gov)

Messages


REFLECTING Grace
THERE'S A CHANCE THIS COULD BE
Wine


MOMMY
needs a
DRINK


I'm the reason my mommy drinks

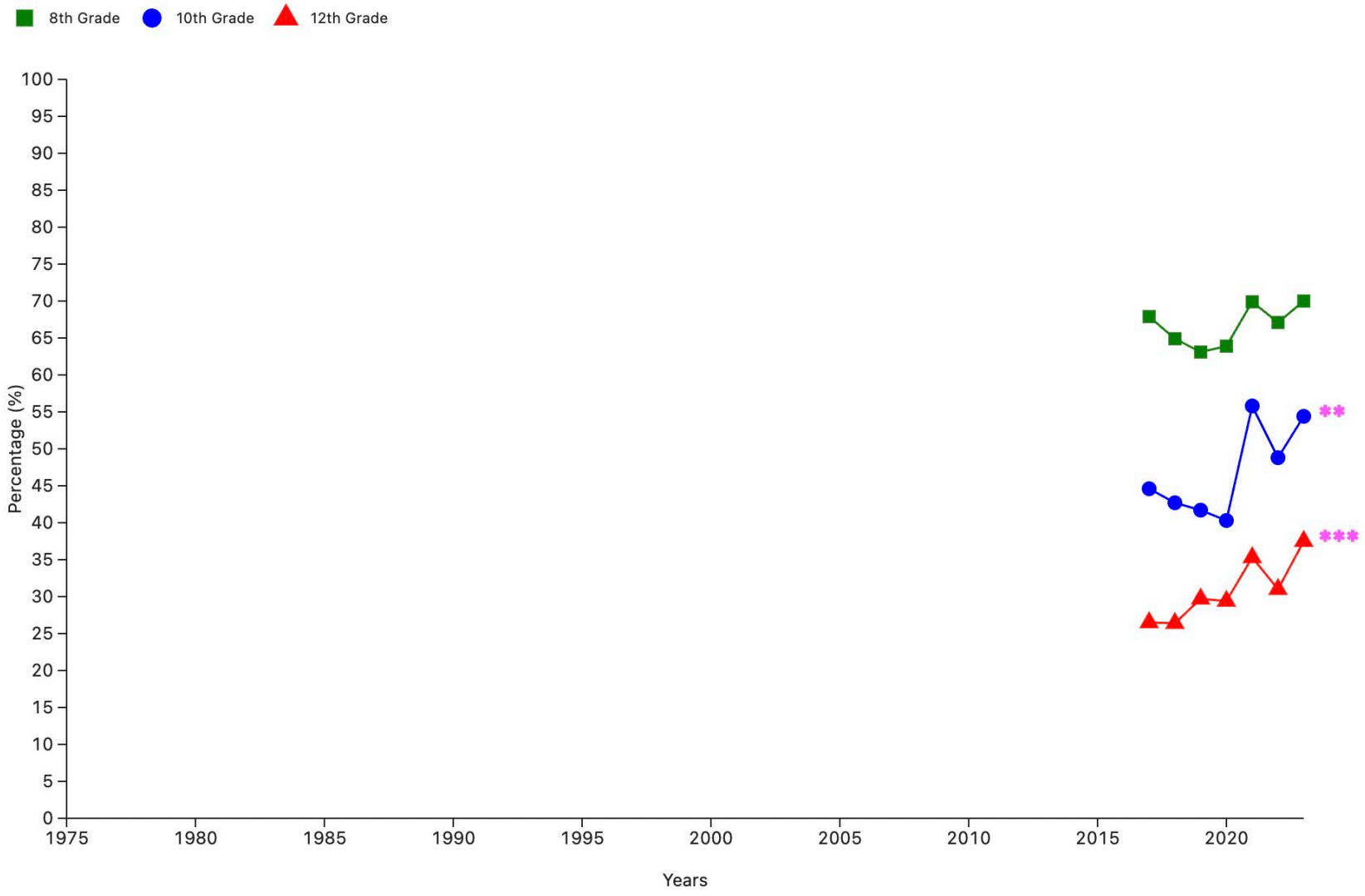
Parental Involvement

• Parent behaviors that reduce the likelihood of teens using substances:

- Give a clear message about your stance on teen alcohol and drug use
- Make a plan to say “no”
- Be involved with homework
- Give responsibilities
- Praise them
- Appropriately monitor (peak time is 2p-6p)
- Limit screen time
- Get to know friends and do not be afraid to tell on a kid
- Eyeball teens when they come home

(U.S. Department of Health and Human Services. www.hhs.gov)

Abstainers: Trends in Lifetime Prevalence of Use in 8th, 10th, and 12th Grade



What is out there?

- Alcohol
- THC (vape, smoke, edibles, Delta 8/Delta 9)
- Nicotine (vape, pouches, dip, cigarettes)
- Stimulants - Adderall/ methamphetamine/ cocaine
- Benzos - Xanax/Klonopin/Ativan
- Opiates – heroin/ LorTab/ OxyCodone/Fentanyl
- Inhalants
- Club drugs (ecstasy, molly, etc.)

What do they call it?

Water
Smir (or other shortened name)
Hooch
Crunk
Mellow Yellow
K-pin
Xanax
Zannies
X
Molly
Huff
Whippets
Oxies
Tabs
Addys
Study Buddies
Dexies
Georgia Home Boy (GHB)

Blow
Booger Sugar
Snow
Velvet
Drank
Sizzurp
Ice
Crystal
Meth
Speed
Marijuana
Weed
Pot
Dabs
Devil's lettuce
Devil's spice
Herb
420

Dro
Dank
Chronic
MaryJane
Ganja
Garden
Blunt
Bud
Bush
Cheeba
Doobie
Exotic
Reefer
Spliff
Toke
Tree
Carts
Dab pens
Za

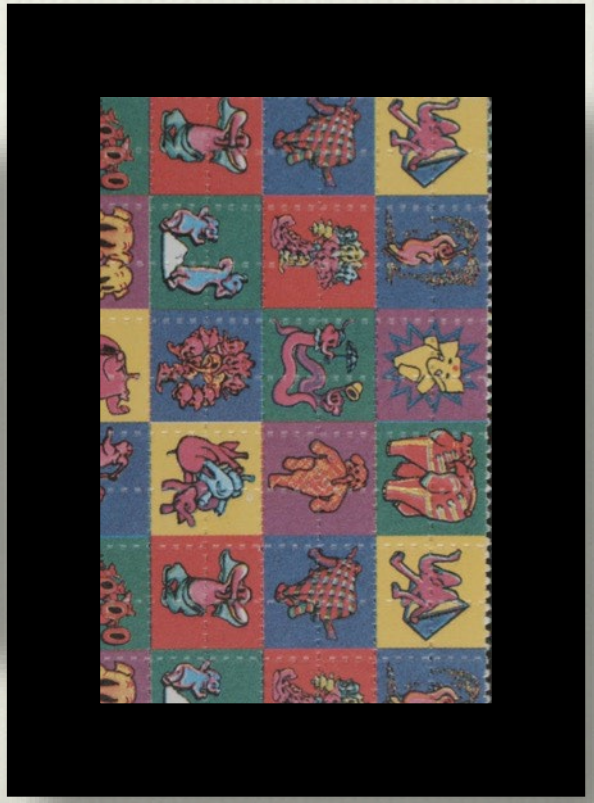
Text/Venmo



Photo Album













How do I know?

- Major behavior changes
  - Sleep changes
  - Attitude changes
  - Friend group changes
  - Activity changes
  - School performance
  - Communication changes

LISTEN TO YOUR GUT!!

(U.S. Department of Health and Human Services. www.hhs.gov)

Talking to your child about their substance use

- Start with love and concern.
- Give reasons for concerns (consequences of use, etc.)
- Let them know how you feel
- Listen to their response
- Talk about solutions with them
- What you will do to HELP them.
  - Evaluation
  - Counseling
  - Treatment

(U.S. Department of Health and Human Services. www.hhs.gov)

Questions?
Feedback?



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References

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