

Because prevention takes a village.

Mental Health and Wellness Series:
Parent Presentation Substance Abuse
Trends

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What is a Student Assistance Specialist [SAS]?



Consultation



Education



Support

- ❑ Master's level trained mental health professionals [i.e. LPC, LCSW, LSATP]
- ❑ 18 SAS's primarily each assigned to a cluster of schools.
- ❑ Member of UMHT in each school.

<https://www.lcps.org/StudentAssistanceServices>

When **perceived risk** of harm is **low**, generally drug use **increases**



When **perceived risk** of harm is **high**, generally drug use **decreases**

VAPING- what is the BIG deal?



- 12.1% of 8th graders, 19.5% of 10th graders, and 26.6% of 12th graders reported vaped nicotine in the last year (NIDA, 2021)
- Increases risk of other drug use:
 - Nicotine primes the brain for addiction
 - Teens aged 12 - 17 who vape are 4.3X more likely to use marijuana than teens who don't vape (NIDA, 2019).



Marijuana

- Not just smoking it
- Not like it used to be
- Increased risk of addiction
- Links to serious mental illness
- Impact of legalization
- The legal age to use is 21

Marijuana remains the most widely used illicit drug among adolescents.

Perceived risk associated with using marijuana continues to decline.

Code of Virginia § 4.1-1100 (Effective July 1, 2021)

A. Except as otherwise provided in this subtitle and notwithstanding any other provision of law, a person 21 years of age or older may lawfully possess on his person or in any public place not more than one ounce of marijuana or an equivalent amount of marijuana product as determined by regulation promulgated by the Board.

SIGNS OF MARIJUANA USE OR IMPAIRMENT:



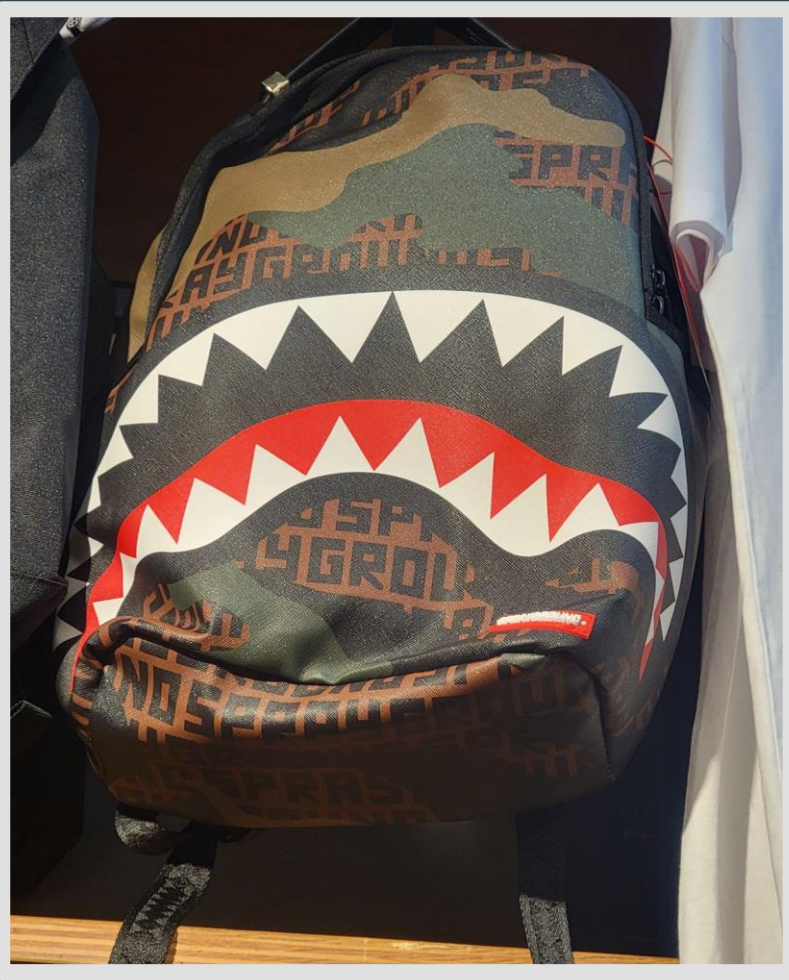
Signs & Symptoms of marijuana intoxication:

Disoriented, drowsy, dry mouth, impaired memory, mood changes (panic/paranoia), bloodshot eyes, slowed reactions, increased appetite, poor concentration.

Overdose (“greening out”):

Paranoia, psychosis, fatigue, excessive vomiting, panic attack, seizure, unable to move.

Concealment in plain sight...



Alcohol

Remains the most widely used substance among teens-
77% of teens in 2021 report that alcohol would be fairly or very easy to get.



DEA Warns of Brightly-Colored Fentanyl Used to Target Young Americans



Rainbow fentanyl — fentanyl pills and powder that come in a variety of bright colors, shapes, and sizes

ONE PILL CAN KILL

#OnePillCanKill



ONE PILL CAN KILL

Fake prescription pills are now easily available through social media and e-commerce. Pills often contain fentanyl or methamphetamine, which can be deadly.

ONE PILL CAN KILL

Many counterfeit pills are made to look like prescription opioids such as oxycodone, hydrocodone, alprazolam, or even stimulants like amphetamines.

In one study, a DEA testing lab found that 4 out of every 10 pills with fentanyl contained a potentially lethal dose.

 gordie.org



AUTHENTIC
oxycodone
M30 tablets



***FAKE**
oxycodone M30 tablets
containing fentanyl

Substance Use? Mental Health? ... or both?

Substance Use

- Low motivation/energy
- Sleep Disturbance
- Appetite Disturbance
- Irritable/angry
- Depressed mood
- Decline in school performance
- Loss of interest/pleasure in activities
- Thoughts of self-harm
- Problems with primary support group

Mental Health

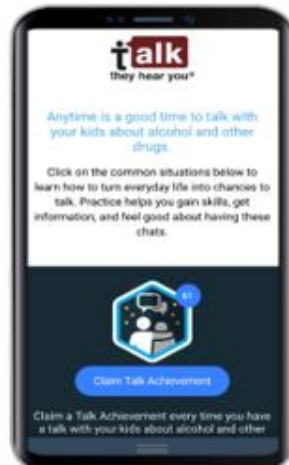
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Signs of Substance Use

- Appearing high
- Seems unfazed by consequences
- Associating with using peers or change in peer group
- Secretive
- Unable to account for money or possessions
- School refusal
- Change in physical appearance
- Illegal activity
- Increased conflict with peers, parents, staff
- Attempts at intervention aren't working



SAMHSA's "Talk. They Hear You."® Campaign Launches New Mobile App for Parents



The Substance Abuse and Mental Health Services Administration's (SAMHSA) new **"Talk. They Hear You."® campaign mobile app** helps parents and caregivers prepare for some of the most important conversations they may ever have with their kids. The app shows parents how to turn everyday situations into opportunities to **talk with their kids about alcohol and other drugs**. It also equips them with the necessary **skills, confidence, and knowledge** to start and continue these conversations as their kids get older.



The most important factor for adolescents is a strong and open relationship with a parent or trusted caregiver.

WHAT PARENTS CAN DO:

- Be involved.
- Monitor social media.
- Watch for changes.
- Provide accurate information.
- Be honest.
- Develop a plan with your teen.

Scare tactics are ineffective.



The best way to reach a young adolescent is to treat them as an expert in their own life, avoid lecturing, continually focus on helping them develop critical-thinking skills, and provide them with age-appropriate and factual information.

Questions?

Thank You!

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