

Loudoun County Public Schools

Beyond Academics: A Conversation about Substance Use for Parents and Teens



Department of Pupil Services
Student Assistance Services

Perception of Risk in Alcohol and Drug Use



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



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

Tobacco

Increase in use of e-cigarettes has led to an increase in the number of teens who smoke.

School Violation:

3 days in In-School-Restriction

Tobacco Education Program Completed

**Examples: cigarettes, cigars, pipes,
smokeless tobacco**



Overview of Vaping and E-cigarettes



Why is JUUL so popular ?



JUUL DEVICE
SUPERIOR TO
OTHER VAPES
(IT'S COOL)



TRENDING ON
SOCIAL MEDIA
(YOU TUBE, SNAP
CHAT, TWITTER)



EASY TO CONCEAL



USES SALT
NICOTINE

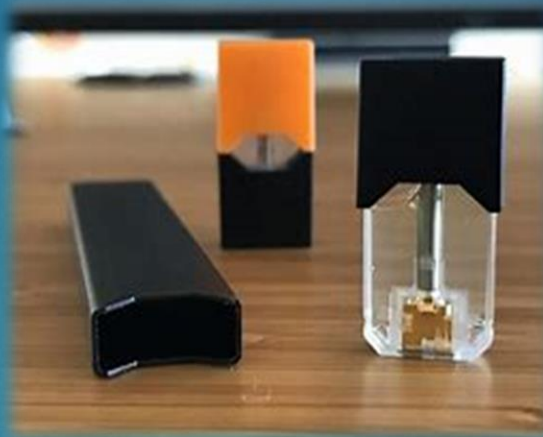


DELIVERS
FLAVORED
NICOTINE
AEROSOL THAT IS
INHALED



NOT BEING USED
BY TEENS FOR
SMOKING
CESSATION

Pictures of JUUL



What is a JUUL?

- ▶ <https://wjla.com/features/7-on-your-side/are-your-kids-juuling-at-school-7-on-your-side-investigates>



One JUUL pod is
equivalent to how
many cigarettes?

- A. One pack
- B. 5
- C. 1

E-Juice/E-Liquid



E-Liquid Ingredients

Nicotine

Propylene Glycol
Vegetable Glycerin
Flavoring
Chemicals



Alcohol

ALCOHOL - central nervous system depressant, which is carried throughout the bloodstream

Short-term Effects:

- ▶ Dizziness
- ▶ Slurred speech
- ▶ Nausea/vomiting
- ▶ Impaired coordination/motor skills
- ▶ Impaired judgment
- ▶ Impaired memory
- ▶ Possible blackouts

Binge use continues: 90% of teens who drink, drink to get drunk.

Alcohol content is slowly increasing



Marijuana



What to look for:

- ▶ Inflammation of the whites of eyes
- ▶ Pupils dilate but are back to normal within an hour
- ▶ Eye flutters and fine muscle tremors Increased vital signs (particularly heart rate)
- ▶ Forgetfulness in conversation
- ▶ Distorted perception
- ▶ Drowsiness and fatigue (after initial high)
- ▶ Lack of focus

Negative Impacts:

brain
lungs
learning skills
memory motivation
concentration
coordination
reaction time

Marijuana can cause:

Paranoia, Anxiety
Mood Changes

MARIJUANA IS NOT A BENIGN SUBSTANCE

Use makes brain more vulnerable to addiction to other substances.

Marijuana today is four times more powerful than what was used in the 70's.

17% of those who start using at a young age become addicted.

Pot smokers have a 41% increased risk of developing psychotic disorders.

Study followed individuals (age 13-38) who started using in their teens and found a decline of 8 IQ points. Cognitive abilities were not restored in those who quit smoking as adults.

New ways of using marijuana

- ▶ E-cigarettes can be used to smoke marijuana in wax or oil form
- ▶ Vape pens: oil is most commonly used
- ▶ Butane honey oil. Very little odor.
- ▶ Wax/Dabbing/"Goo" (honey oil) Dabs can be 70% THC
- ▶ Shatter/amber: in sheet form and breaks into pieces. 90% THC
- ▶ Edibles/Candy: Gummies, tootsie rolls, mints





Prescription Drug Abuse

- ▶ 4 out of 5 parents report talking about the dangers of alcohol, marijuana, cocaine and other drugs but only 15% report discussing the dangers of prescription drugs.
- ▶ Abuse = Taking a prescription drug that was prescribed for someone else or taking the drug a manner or dosage other than what was prescribed for the purpose of getting high.
- ▶ Taking drugs without a prescription or sharing a prescription drug with another person is actually breaking the law.



Types of Over-the-Counter Medication

- ▶ Cough medicine is the most commonly abused OTC medication. These products contain a common ingredient called “Dextromethorphan” or “DXM”.

Examples: Coricidin (3C's), Robitussin, Benadryl, Nyquil.

Short-term effects: loss of muscle control, abdominal pains, loss of consciousness, slurred speech, blurred vision.

Long-term effects: seizures, death



“Lean, Sizzurp, Purple Drink, Spice” : a prescription-strength cough syrup containing Codeine and Promethazine mixed with Sprite soft drink or Mountain Dew and pieces of Jolly Rancher

Why Do Teens Use?

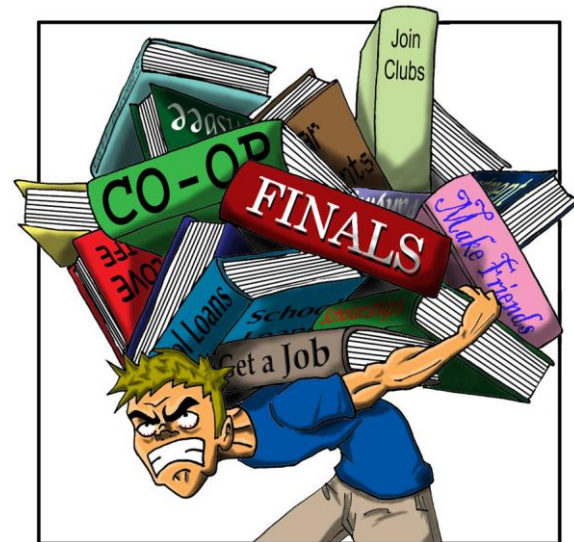
- ▶ Initially—BOREDOM, curiosity, peer pressure
- ▶ Secondary—to cope with:

Underlying stressors

blended families
peer relationships
academic concerns

Underlying MH concerns

depression
anxiety
trauma



Signs of Drug & Alcohol Use



- ▶ Bloodshot eyes
- ▶ Smell of alcohol or pot
- ▶ Skipping class and/or school
- ▶ Loss of interests
- ▶ Staying out late
- ▶ Lying
- ▶ Stealing
- ▶ Poor grades
- ▶ Poor hygiene
- ▶ Isolation
- ▶ Change of friends
- ▶ Mood swings
- ▶ Conflict with parents
- ▶ Legal problems
- ▶ Manipulating others

When to be concerned....



Remember: physical, emotional, and intellectual changes are normal in adolescent development



The key is CHANGE- in physical appearance, personality, friends, interests, attitudes, and behavior

When in Doubt – Go with Your GUT

- ▶ Trust your parental instincts
- ▶ Act quickly if you suspect trouble
 - ▶ Early identification and prompt intervention is KEY to good outcome
 - ▶ Ask for professional help:
 - ▶ Objective/nonjudgmental (another pair of eyes)
 - ▶ Help to visualize the situation and make suggestions
 - ▶ Can enhance parent/child communication skills
 - ▶ Serves to validate concerns and identify solutions



Parents can make a difference!



Teens who learn about the risks of using drugs at home are half as likely to abuse drugs than those whose caregivers do not teach them about risks.



2/3 of youth, ages 13-17, say that upsetting their parents or losing the respect of family & friends is one of the main reasons they don't smoke marijuana or use other drugs.

Tips for Parents

Be a good listener.

Set clear expectations about drug and alcohol use, including real consequences for not following family rules.

Help your child deal with peer pressure to use drugs.

Get to know your child's friends and their parents.

Monitor your child's whereabouts.

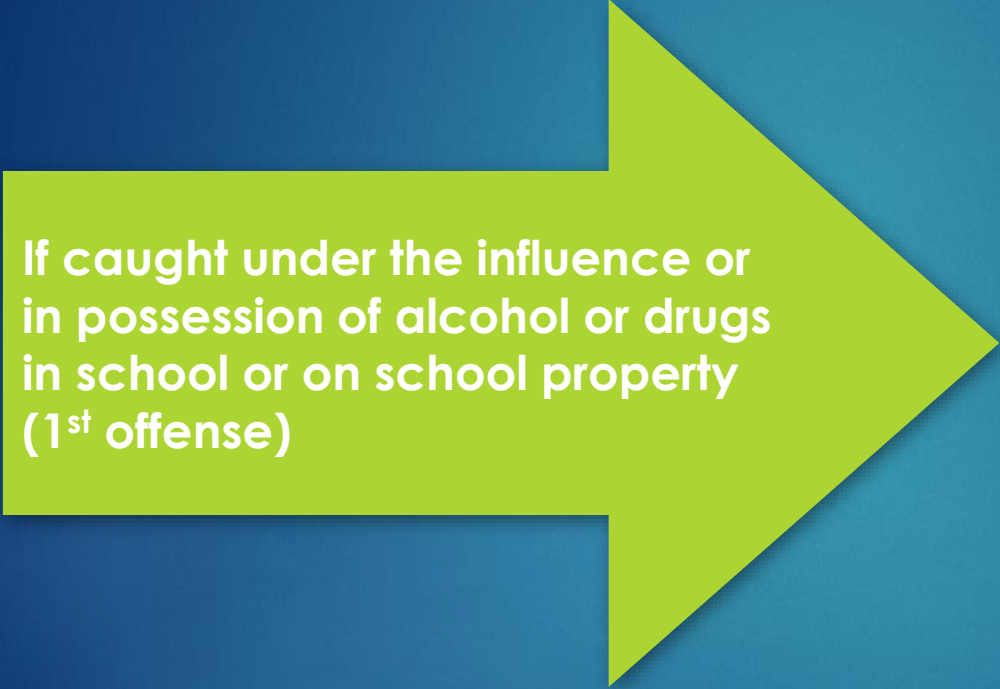
Supervise teen activities.

Talk to your child often

Awareness of Adolescent Life Transitions

(8th grade to High School; High School to Adulthood)

LCPS Alcohol & Drug 8240 Violation Policy



If caught under the influence or
in possession of alcohol or drugs
in school or on school property
(1st offense)

- 7 days out-of-school suspension
- 3 day Insight class at Douglass School

LCPS Alcohol & Drug 8240 Violation Policy

**If second offense or
distribution**

- 10 day out-of-school suspension
- 10 days SUEP at Douglass school
- 3 Day Insight class

LCPS Alcohol & Drug 8240

Violation Policy – Tobacco, E-cigarettes, and Vaping



If caught using or in possession of tobacco, e-cigarettes, other device in school or on school property (1st offense)

- 3 days of In-School Restriction
- Tobacco Education

LCPS Alcohol & Drug 8240 Violation Policy – Tobacco, E-cigarettes, and Vaping



Second offense

- **3 days out-of-school suspension**
- **Referral to Student Assistance Specialist**

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LCPS Alcohol & Drug 8240

Violation Policy – Tobacco, E-cigarettes, and Vaping



Third offense

- **5 days out-of-school suspension**
- **3 Day Insight Class**

Services Provided within the Schools

School based groups

- ▶ *Concerned Students*
- ▶ *Pre-Recovery*
- ▶ *Recovery*
- ▶ *Young Men's Group*
- ▶ *Young Women's Group*

Classroom Presentations

Sources of Strength

The Insight Program

- ▶ *3 day early education and early intervention class.*

PEER Program in the High Schools

Assessments and Referrals

Restorative Practices

Safe Disposal of Prescription Medications

Article about free sponsorship of drug disposal kits:

<http://drugfreeva.org/drug-disposal-kits-now-available-throughout-virginia/>

Flyer for medication disposal at Loudoun Police Department

<https://www.loudoun.gov/DocumentCenter/View/114958>

Database of where to find disposal sites from DEA

<https://apps.deadiversion.usdoj.gov/pubdispsearch/spring/main?execution=e1s3>

State disposal tips:

<http://www.oag.state.va.us/files/Tips.pdf>;

http://www.oag.state.va.us/files/OAG_Drugs_TipCard2_Print.pdf

Web Resources

[LCPS Student Assistance Services](#)

[LCPS Mental & Behavioral Health Services](#)

[NIDA for Teens/Parents](#)

[Drug Enforcement Administration Parent Tool Kit](#)

[Prevent Drunk Driving](#)

[Partnership for Drug-Free Kids: Get Help Parent Tool Kit](#)

[Kids Health](#)

[National Institute of Mental Health](#)

[National Institute on Drug Abuse -Monitoring Future Survey](#)

[Addiction Policy Forum](#)

More Web Resources

Addiction Resource Center

Alcoholics Anonymous

Narcotics Anonymous

The Chris Atwood Foundation

Ryan Bartel Foundation

Al-Anon

Suicide Prevention


Just Think Twice

www.samanthonyspeaks.com



www.samanthonyspeaks.com

Think of a dirty 4 letter word



\$#@?

"How are you?"

Confused; Betrayed
Useless
Broken

Never good Enough

Fragile; Anxious

I'm falling apart and
you don't notice it

Pathetic; Annoying
Rejected
Lonely
Defeated

Top Abused Prescription Drugs

- Percocet (Oxycodone) - 5/325 generic
- Treats moderate to severe pain
- Sells for \$1 per milligram
- Roxicodone 30mg - snorted, smoked or injected
- Sells for \$1 per milligram, this one pill is \$30.
- Vicodin, Lortab, Lorcet, Norco
- (Hydrocodone) - 5/325 generic
- Sells for \$1 per milligram



Top Abused Prescription Drugs

- Adderall (Amphetamine) - Used to treat ADHD.
 - Can be sniffed or taken orally.
 - Sells for \$1 per milligram
-
- Xanax (Alprazolam) - Used for anxiety.
 - Can be sniffed or taken orally.
 - Sells for \$1 per milligram



Why Prescription Pills?



- Prescriptions are easier to obtain; a family members or strangers medicine cabinet, a doctor, or classmates.
- Beliefs that prescriptions are “legal drugs” and less chance of “overdose”.
- Quality control, users know exactly what their getting.

help





@samalucania



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www.samanthonyspeaks.com