



# P.R.E.P.

## Prevention Resources and Education for Parents

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# Caron Quick Facts

- Nationally recognized chemical dependency treatment facility
- Addiction treatment services (60 year history)
- Student assistance services/prevention (25 year history)
- Offers a full spectrum of treatment programs to meet the needs of everyone (adolescents to seniors)

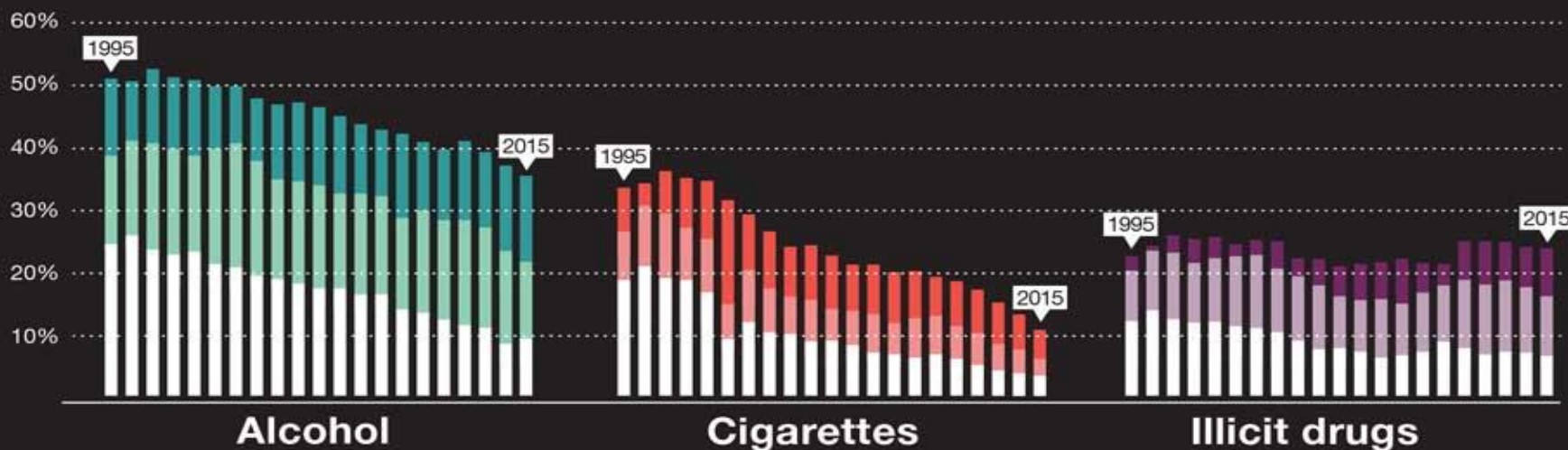


# MTF 2015









## LAST TWO DECADES OF ALCOHOL, CIGARETTE, AND ILLICIT DRUG USE\*

\*Past-month use



2015

 35.3% OF 12TH GRADERS  
 21.5% OF 10TH GRADERS  
 9.7% OF 8TH GRADERS

 11.4% OF 12TH GRADERS  
 6.3% OF 10TH GRADERS  
 3.6% OF 8TH GRADERS

 23.6% OF 12TH GRADERS  
 16.5% OF 10TH GRADERS  
 8.1% OF 8TH GRADERS

# Current Trends: The Good News



- Past-year prescription opioid misuse continued to decline and heroin use is at the lowest rate since the MTF survey began
- Marijuana use remained steady among 8th, 10th, and 12th graders over the past 5 years despite softening of perceived risks
- Significant decline in past-year use of synthetic cannabinoids
- Five-year trends continue to show significant decreases in alcohol use among all grades
- Cigarette smoking continues to drop and is currently at its lowest rate in the survey's history

# Areas of Concern



- The use of e-cigarettes remains high among teens
- Past-month marijuana use continues to exceed cigarette use among high school seniors and, for the first time, daily cigarette use was lower than daily marijuana use





# Why Do Teens Use Drugs/Alcohol?



- Drugs alter perceptions of reality in ways that often feel pleasant
- Drug use may temporarily satisfy emotional or social needs



# Drugs can be a tool with many functions:

- Relaxation & pleasure
- Socialization
- Avoidance of emotional pain
- A way to forget about problems
- Satisfy curiosity
- Avoid alienation
- Achieve an advantage
- Find excitement
- Feel like part of the crowd
- Go to sleep, or wake up
- Cope with failure
- Relieve boredom
- Rebel



# Risk/Protective Factors

## Risk

Early age of onset —————>

Perception of parental approval —>

Friends use —————>

Family abuses drugs/alcohol —>

Low perception of harm —————>

Strained family dynamics —————>

Easy access and availability —————>

Poor school achievement/  
connection to school —————>

## Protective

Later age of onset

Perception of parental disapproval

Friends don't use

Family use is responsible

High perception of harm

Strong family cohesion

No access or availability

Success in school/strong connection  
to school



# Match the slang term with the drug

- **Marijuana**
  - **RX Medications**
  - **Inhalants**
  - **Cocaine**
  - **MDMA**
  - **Meth**
  - **Heroin**
  - **Alcohol**
  - **OTC Drugs**
  - **Hallucinogens**
- Blow/Yayo
  - 25i/Smiles
  - Duster/Whippets/Airblast
  - Molly/X
  - Perks/Oxy/Benzos
  - Crunk/Pregame
  - Cheese/Brown
  - Loud/Dabs
  - Glass/Tweak
  - Dexing/Skittles

# Answers



- **Marijuana**
- **RX Medications**
- **Inhalants**
- **Cocaine**
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- **OTC Drugs**
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Loud/Dabs  
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25i/Smiles



What is the #1  
abused substance in  
America?

# Surprised?



# Caffeine



- It is a stimulant drug
- It can cause sleep problems
- It can become addicting
- Creates an unhealthy “jolt and crash” cycle
- Powdered caffeine





# Energy Drinks

- Several studies have linked energy drink consumption to higher abuse of other substances
- The drinks can cause insomnia, headaches, seizures, fast heartbeat and nervousness



# Alcohol

- The most widely abused drug by teens and adults
- 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 drinks
- Pocket Shots
- Boozie Bears
- Extracts (Lemon, Mint)
- Hand Sanitizer
- Smoking alcohol
- Palcohol





# More Alcohol Trends



# Nicotine Delivery Products





# Electronic Cigarettes



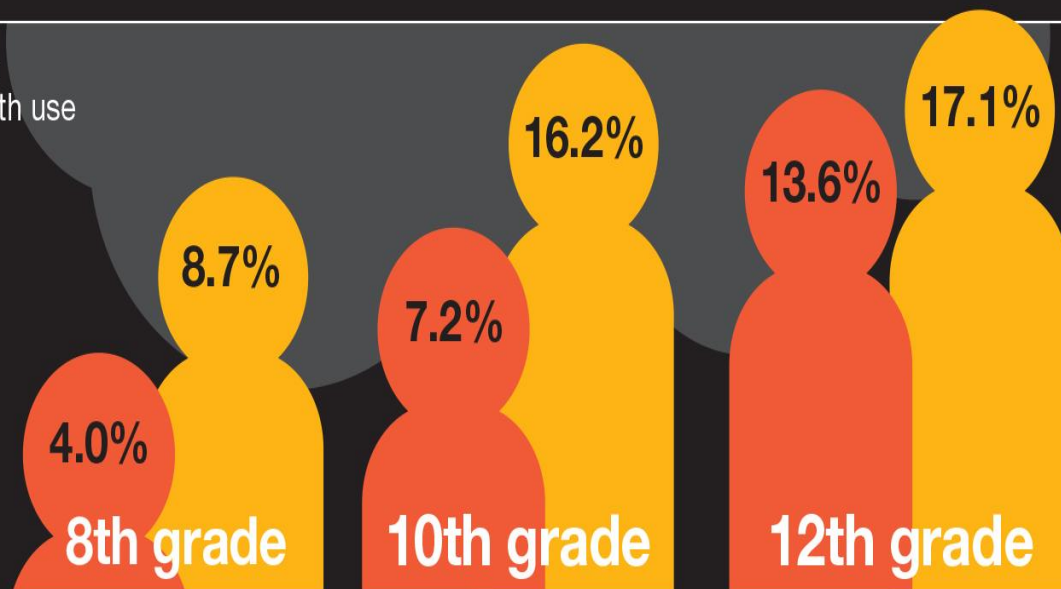
A battery powered device that simulates smoking by producing a vapor that looks like smoke by heating a liquid solution typically made from vegetable glycerin, nicotine and tobacco flavoring

- E Cigarettes
- PVs (Personal Vaporizers)
- ENDS (Electronic Nicotine Delivery System)



## TEENS ARE MORE LIKELY TO USE E-CIGARETTES THAN CIGARETTES

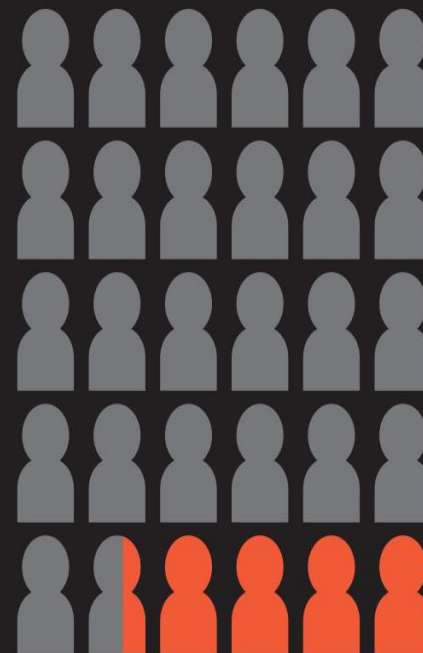
\*Past month use



CIGARETTES



E-CIGARETTES



**ONLY 14.2% OF 12TH GRADERS VIEW E-CIGARETTE USE AS HARMFUL, WHICH IS LESS THAN 5 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](http://www.drugabuse.gov).

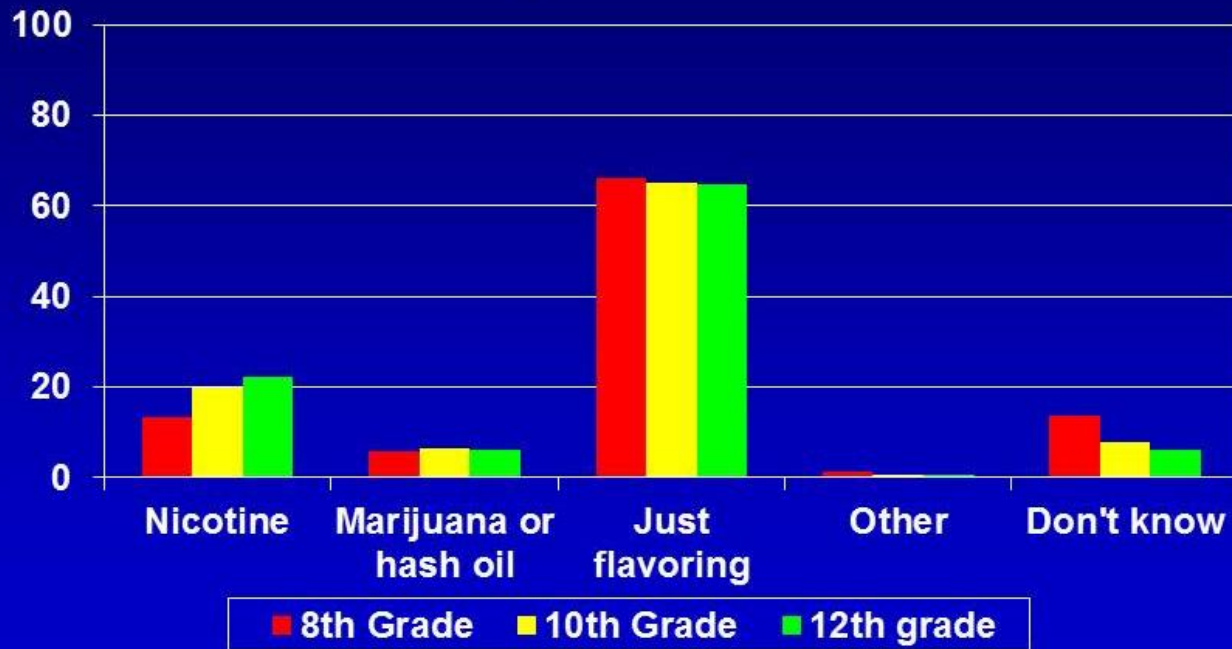
# Other Vaping Devices

- “Hookah pens”, “hookah sticks”, “e-hookahs”, “vape pipes”, “vape pens”
- Similar in construction to an e-cigarette



# Substances Vaporized

## Substance Vaporized the Last Time e-Cigarette Used



SOURCE: University of Michigan, 2015 Monitoring the Future Study



# Marijuana





# Butane Hash Oil (BHO)

- Concentrated cannabis extract derived from marijuana
- Made by boiling cannabis with a solvent and then using a “vacuum” for refinement
- Has resulted in dangerous explosions
- No discernable odor



# Types of Dabs



- Butane honey oil



- Earwax



- Shatter

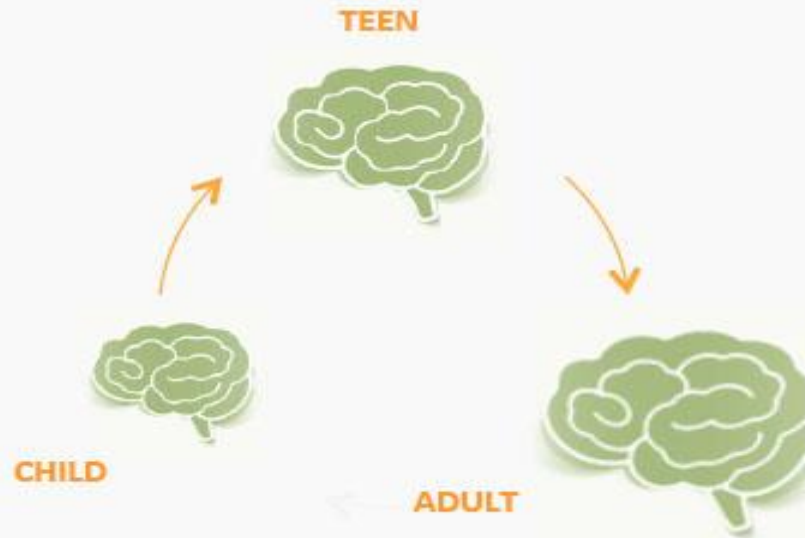


- Honeycomb



# MARIJUANA MAY HURT THE DEVELOPING TEEN BRAIN

The teen brain is **still developing** and it is especially vulnerable to drug use.



**↓ IQ**

Regular heavy marijuana use by teens can lead to an IQ drop of up to **8 points**<sup>3</sup>

## HEAVY MARIJUANA USE BY TEENS IS LINKED TO<sup>4</sup>:

### Educational Outcomes



**lower**  
grades and exam scores



**less likely**  
to graduate  
from HS or college



**less likely**  
to enroll in college

### Life Outcomes



**lower**  
satisfaction  
with life



**more likely** to  
earn a **lower**  
income

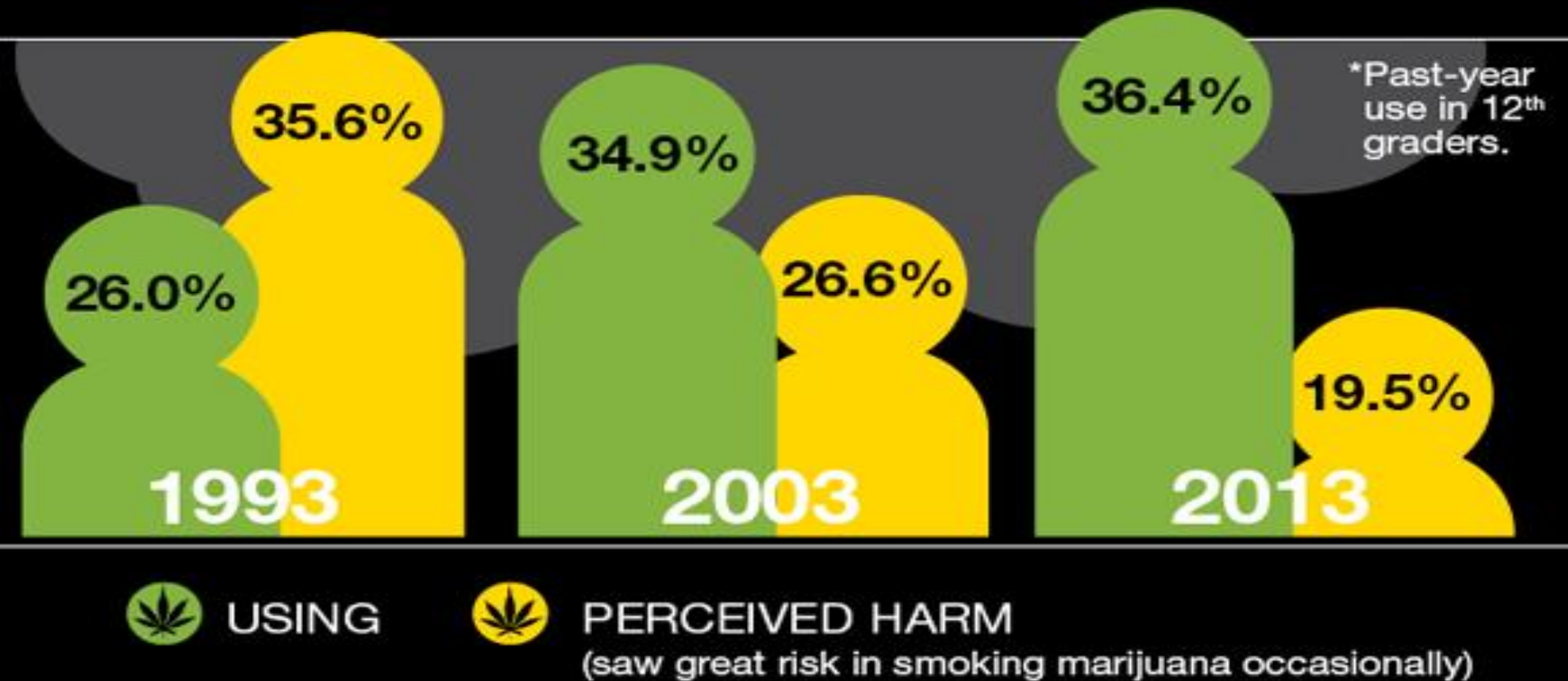


**more likely** to be  
unemployed

# Marijuana & Perceived Risk



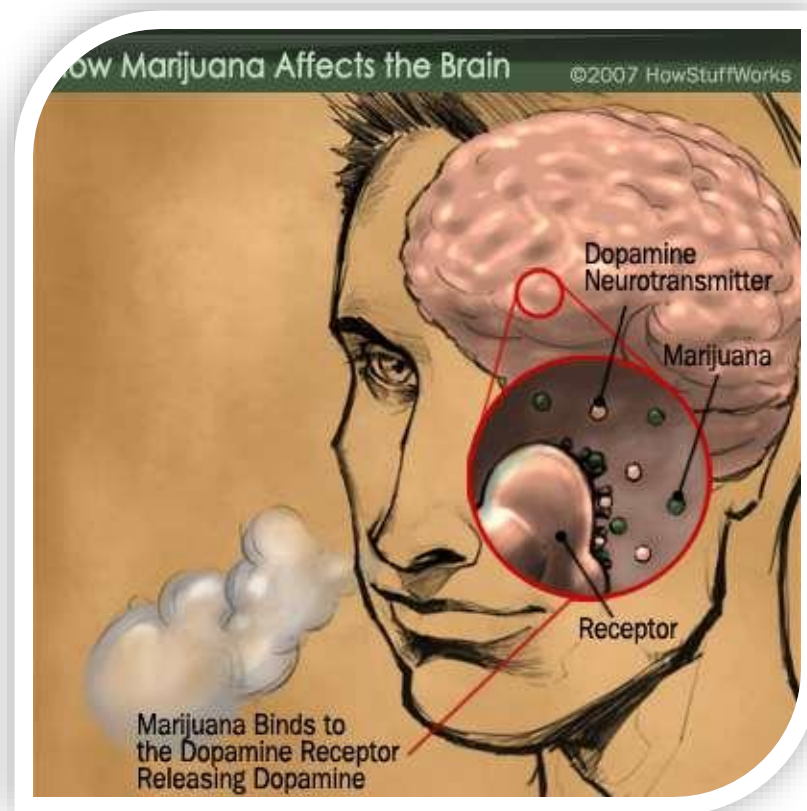
## MARIJUANA: AS PERCEIVED HARM DROPS, USE GOES UP





# Marijuana Addiction

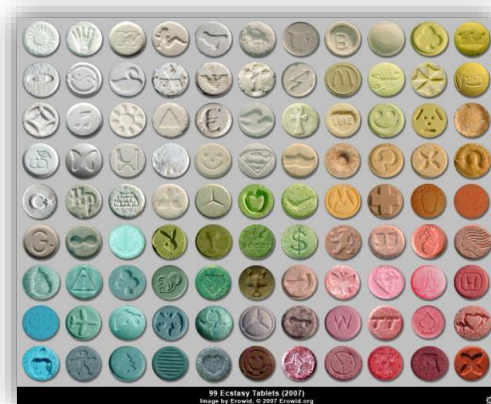
- Approximately **9%** of users become addicted
- Approximately one in 6 or **17%** for those who start at a young age
- Potency: **4%** in 1980's; **10-15%** now.  
Measured as high as **38%**





# MDMA

- Synthetic psychoactive drug
- Stimulant and hallucinogenic properties
- Pill form known as Ecstasy
- Powder form often known as “Molly” which is slang for molecular
- **Signs and Symptoms:** reduced inhibitions, euphoria, heightened senses, poor judgment, memory problems, teeth clenching, increased BP and heart rate



# Inhalants



- One of the most dangerous experimental behaviors
- “Sniffing”, “snorting”, “bagging” or “huffing”
- Nearly all produce effects similar to anesthetics
- Spray paints, markers, glue, cleaning fluids, cooking spray, shoe polish, computer cleaner
- **Signs or symptoms:** Paint or other stains on face/clothing, slurred speech, strong chemical odor, red or runny nose, disoriented appearance, sores around nose/mouth



# OTC and Rx



# Benzodiazepines



Sometimes prescribed to relax muscles, treat anxiety, acute stress reactions, insomnia and panic attacks they include:

- Xanax
- Ativan
- Valium
- Librium
- Klonopin
- Serax
- Halcion



Xanax



# Stimulant Medications

- Often prescribed to treat ADD and ADHD
- Ritalin<sup>®</sup> or Adderal<sup>®</sup> most commonly abused
- Addy, Study, Vitamin R
- Similar effects to cocaine and meth when abused
- Taken orally, snorted or injected
- **Signs and symptoms:** increased BP, heart rate and body temp, decrease in sleep and appetite, paranoia



# Opioids



- Heroin
- Methadone
- Darvocet
- Morphine
- Codeine
- Hydrocodone  
/Vicodin/Nor  
co/Lortab
- Oxycontin/  
Oxycodone
- Percocet/Pe  
rcodan
- Tylenol 3
- Tylox
- Demerol
- Fentanyl
- Dilaudid



# Items of Concern

- Empty mint tins
- Pens/glue sticks that have been disassembled
- Aluminum foil
- Water or soda bottles with holes cut into them
- Stash cans
- Cough medicines, bottles/boxes
- Empty whipped cream cans/aerosol cans
- Detox teas/Niacin
- Lighters/matches
- Rolling papers
- Beer bottle caps



# Wiring of the Teen Brain



- Wired toward taking risks
- Wired to seek immediate gratification (reward) rather than fear long-term consequences (risks)
- Emotional center trumps logical center
  - Examples:
    - the social rewards of staying out past curfew might outweigh the likelihood of getting in trouble
    - the physical pleasure of getting drunk might outweigh the concern over tomorrow's hangover
- They can get addicted faster, longer and stronger





## **PART II:**

# **PARENTS HAVE THE POWER**

*As Parents We Can Make A Difference*

# Parent's Role in Prevention...

- Parents are the # 1 influence in a child's life – not their friends
- Many teens report they want their parents to talk with them about substance use
- CASA's most recent study shows that drugs are teen's #1 concern – above social and academic pressure, crime, and violence
- Teens consistently identified “disappointing their parents” as a major deterrent of drug use



# How to Have the Talk



# Basic Principles of Drug Education

- Begin early to educate your children about the dangers of drugs
- Convey your values clearly to your children when they are still young enough to want to hear them
- Set the example – be the example. Role model the behavior you want your kids to follow
- Consider having other trusted family members like an uncle or grandparent speak with your kids as well to reinforce your message





# Good Times to Talk



- When doing everyday things in the house, like prepping for dinner
- While walking the dog
- Right before bed time, when saying goodnight
  - It is a quiet time with less distractions
- In the car
  - You have a captive audience. Your teen isn't going anywhere. You don't have to make eye contact



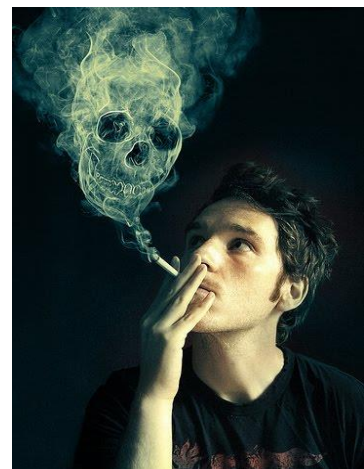
# Times That Probably Aren't as Good



- When they are in a bad mood or are overly stressed
- At breakfast
  - People are tired and maybe grumpy
  - Everyone is trying to get ready to go somewhere, don't have full attention
- In a crowded place
  - There might be distractions

# Tips on Talking About Drug and Alcohol Use

- State your clear disapproval about any use. When parents strongly disapprove, kids are less likely to use
- Provide facts about the dangers and risks to your teens
- Be prepared for them to push back and stand firm in your no-use message
- Allow opportunities for them to feel that that they've been heard, but again stand firm





# Utilize Teachable Moments

- Instead of thinking of having one “big talk” about something important to you like sex or drug and alcohol use, think about conveying your messages consistently and often over time when the topic comes up naturally



# FACT



Consistent messages of parental disapproval of substance use are strongly linked to lower rates of children's substance use



# Things you can do as a parent



- Refuse to supply alcohol to anyone under 21
- Be at home when your teen has friends over
- Make sure that alcohol is not brought into your home or property by your child's friends
- Talk to other parents about not providing alcohol at other events your child will be attending
- Create alcohol-free opportunities and activities in your home so teens will feel welcome
- Report underage drinking (1-800-UNDER -21)

# Things you can do as a parent



- Get involved in their lives
- Be accessible/keep tabs after school
  - The after-school hours of 3-6 pm are the most dangerous times for teens to be on their own
- Nurture your relationship with your child
- Provide structure
- Accentuate the positive/  
asset-building



130658H [RF] © www.visualphotos.com

# An ounce of prevention...

- Move to a prevention orientation
- Focus on the developmental assets - Represent the relationships, opportunities, and personal qualities that young people need to avoid risks and to thrive





## The State of Assets Among U.S. Youth

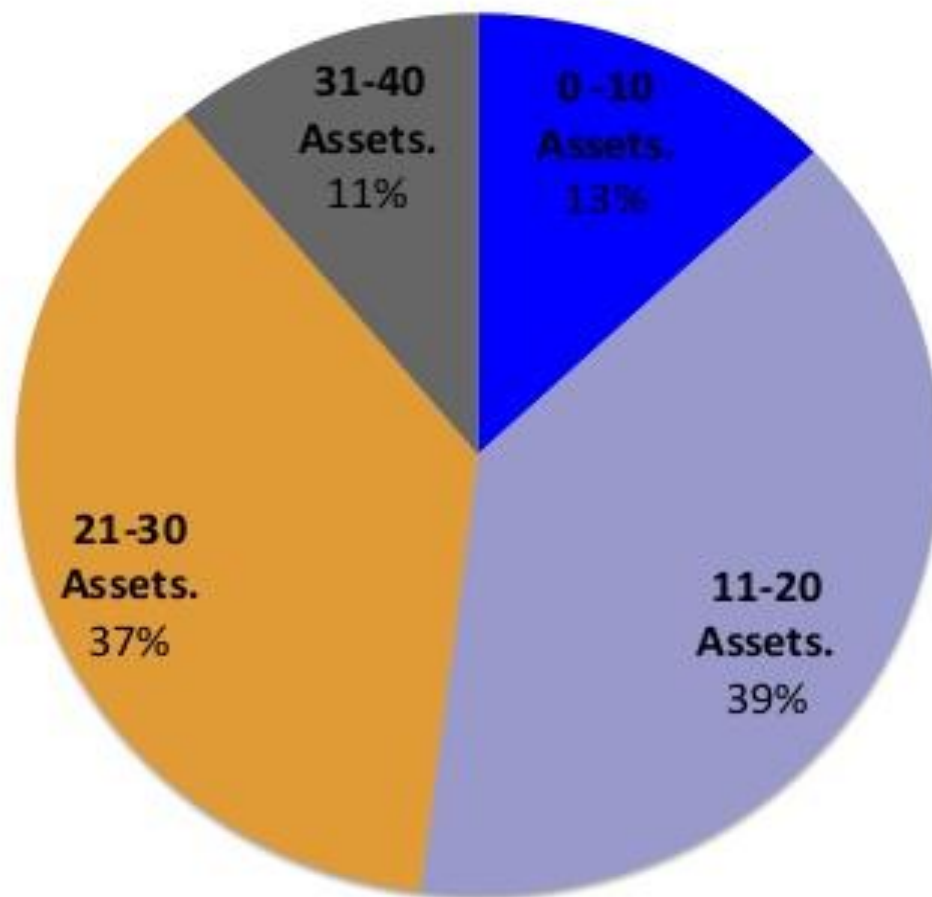
**THE BOTTOM LINE:** On average, youth, grades 6 to 12, surveyed in the United States in 2010 experienced 19 of the 40 Developmental Assets.\*

Only 11% of youth experience at least 31 of the 40 assets—a level that suggests they are thriving.

SOURCE: Surveys of 89,000 U. S. youth, grades 6 to 12, in 2010. See [A Fragile Foundation: The State of Developmental Assets Among American Youth](#)

SURVEY: [Profiles of Student Life: Attitudes and Behaviors](#)

### Youth Experiencing Each Level of Development Assets



\* Developmental Assets are supports, strengths, and non-cognitive skills they experience in themselves, their families, their schools, and their communities.

# Eat Dinner Together



- Of those teens who have 0-2 family dinners per week:
  - 48% have ever used alcohol
  - 29% have ever used tobacco
  - 27% have ever used marijuana
- As opposed to those teens who have 5-7 dinners per week:
  - 30% have ever used alcohol
  - 13% have ever used tobacco
  - 11% have ever used marijuana



# Stereotypes Can Fuel Teen Misbehavior



- The more parents expect their teens to engage in risky behaviors, the more likely their teens are to follow through with those behaviors
- Parents may lower the rate of risky behavior among their adolescent children by expecting that they can resist negative peer pressure and instead engage in positive behavior

# Recommended Rules

- Clearly establish **no use rules** for children **everywhere** (at home, in school, at parties, etc)
- Clearly establish significant consequences to these rules, and follow through if they disobey (curfews, limiting social activities, etc)
- Consider having them sign a no use contract with you





# Make sure your teen's parties are free from drugs and alcohol!



## Party checklist:

- ☐ Find out where the party is
- ☐ Who is supervising
- ☐ Talk to the parents to make sure they will be home
- ☐ Have your teen call or text to check-in
- ☐ Set a reasonable curfew
- ☐ Work out a system to be able to pick them up if  
drugs & alcohol are present
- ☐ Tell your child to NEVER ride with a driver who has  
been drinking





# Spotting and Responding to Signs of Substance Use

- Warning signs are not always clear cut
- Some behaviors should get your attention
  - Physical changes
  - Changes in behavior and attitude
  - Productivity changes



# What can we do???

- Be informed
- Provide a clear message
- Stay connected
- Maintain a zero-tolerance policy
- Be aware of things that could place teens at higher risk
- Become an asset builder
- Implement education, prevention and intervention programs



*\* Prevention is the key: 95% of people who are dependent on ATODs started before they were 20*

# Where to go if you are concerned



- Student Assistance Program/Counseling Department at school
- Family physician
- William James College INTERFACE Referral:  
888 244-6843
- ARMS (MA General): 617-643-4699
- Caron: 800-678-2332



# Parent Websites

- **Community of Concern** - Parent Site  
[www.thecommunityofconcern.org](http://www.thecommunityofconcern.org)
- **MVPParents** - Parent Site (Search Institute Sponsored)  
[www.parentfurther.com](http://www.parentfurther.com)
- **Not My Kid. Org** - Parent Site  
[www.notmykid.org](http://www.notmykid.org)
- **The Partnership for a Drug-Free Kids** - Parent Site  
[www.drugfree.org](http://www.drugfree.org)
- **National Institute on Drug Abuse**  
[www.drugabuse.gov/parents-teachers](http://www.drugabuse.gov/parents-teachers)
- **Search Institute**  
[www.search-institute.org](http://www.search-institute.org)





# Parents Have the Power

Thank you for your participation!

