



# **Adolescent Drug Terminology and Trends: 2017-18 Edition**

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# Vaping

**Term used to describe when a substance is heated to the point of releasing vapor but not combusted (*lit on fire*).**

- Increasing in popularity as a way to ingest nicotine and cannabis, often in an electronic device that looks like a pen
- Usually relatively odorless and difficult to distinguish between nicotine and cannabis vape device



# Juul (pronounced jewel)

**Specific vaping product from Pax Labs similar to an e-cigarette used to ingest nicotine**

- Liquid contains nicotine salts extracted from the tobacco leaf (2x nicotine of previous e-cigs)
- Variety of flavors
- Cool mint
- Mango
- Crème brule



# Dabs

**Dabs is a highly concentrated butane hash oil (*BHO*) created in a process where high quality cannabis is blasted with butane and extracted.**

- Heated and inhaled
- Contains 70-90% THC compared to 5-15% THC in regular cannabis
- Wax, oil, shatter, crumble
- Sauce, distillate



# Rig

**A rig is a device used to vaporize and inhale dabs.**

- Looks similar to a water pipe or bong
- Usually a nail is heated with a handheld torch to a high temperature and a small piece of the concentrate is 'dabbed' onto a nail
- Vapor released is then inhaled through the pipe



# Edibles

- Increasingly popular alternative to smoking marijuana
- Produced to infuse marijuana into various ingestible forms
- Problem is that effects are hard to predict and difficult to know dose



# Other Terms for Cannabis

- Bud
- Dank
- Nug
- Loud
- Fire
- Gas



# Bars (Ladders)

Another name for the rectangular shaped Xanax (*anti-anxiety medication*) with three lines in them (*typically 2mg per 'bar'*).

- The term “barred out” means being highly sedated due to Xanax consumption.
- School bus (yellow ‘bar’)
- Hulks, green monsters (green)



# Addies

**Slang term for ADHD medication Adderall. It is a mixture of amphetamine salts.**

- Commonly prescribed for ADHD
- Occasionally abused by students seeking a competitive advantage in their studies
- Replaced Ritalin as ADHD med
- Vyvanse



# Lean (sizzurp/purple drank)

- Prescription strength cough syrup mixed with sprite (promethazine and codeine are active ingredients)
- Danger arises in high doses because both are depressants increasing overdose risk
- Several popular members of hip hop community have died from respiratory depression due to ingestion



# Fentanyl

- Powerful synthetic opioid pain medication used to manage chronic pain
- More powerful than heroin
- Increase in illegal fentanyl shipped from China
- Often added to heroin or pressed into pills
- More overdose deaths



## Acetyl Fentanyl

- October 2015: 72 overdoses in 74 hours in Chicago from Acetyl Fentanyl
- 100x more powerful than heroin

## Carfentanil

- “Elephant Tranquilizer”
- 10,000x more potent than morphine

## W-18

- “Super Heroin”
- 100x more potent than Fentanyl

# Hookah

- Instrument used to smoke flavored tobacco (often ornate in appearance)
- Smoke is passed through a water basin before inhalation
- Exposure to toxic chemicals not filtered by water
- Research has shown 70 fold increase in nicotine and other toxin levels after one evening of hookah use (source: 2014 American Association for Cancer Research)



## Dextromethorphan (DXM)



- Similarly, DXM is a common cough suppressant in cold medicines.
- Robitussin, NyQuil, Dimetapp, Coricidin, TheraFlu
- When abused in higher doses, it produces dissociation, distorted bodily perceptions, and loss of sense of time

## Monitoring the Future

- The University of Michigan has an ongoing research project called Monitoring the Future that has followed adolescent substance abuse trends since 1975.
- The project anonymously surveys 8th, 10th, and 12th grade students across the nation including annual follow-up surveys for a number of years after graduation.
- Each year over 45,000 students from approximately 400 schools across the county are surveyed.

## What is this research telling us?

- Teenagers' use of drugs, alcohol and tobacco declined in 2016 (lowest since the 1990s).
- Use of several particularly dangerous illicit drugs—including MDMA (ecstasy, molly), heroin, amphetamines and synthetic marijuana—also showed a decline this year (and since 2011).
- Evidence of a spike in heroin use in recent years, covered in many recent media reports, seems to be driven mainly by people of older ages and not adolescents.
- Marijuana use remained level from 2015 to 2016 among 12<sup>th</sup> graders. After rising for several years, the annual prevalence of marijuana has more or less leveled out since about 2010.

## **Marijuana is the biggest concern among teens based on trends**

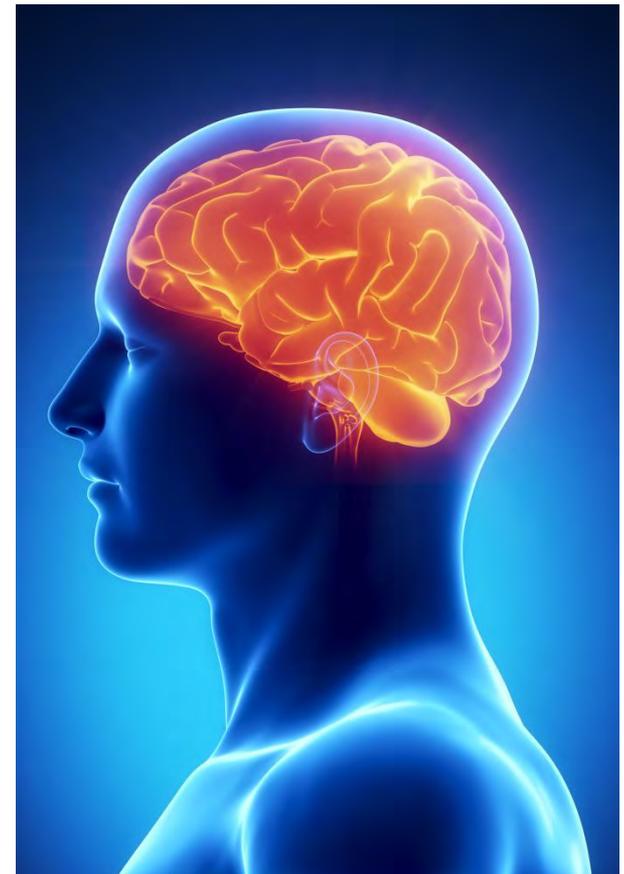
- "The proportion of our young people smoking marijuana frequently remains a matter of concern," Professor Lloyd Johnston (study's principal investigator) said.
- He notes that the percent of students who see regular marijuana use as carrying a great risk of harm has declined substantially since about 2005, and is still declining. Over the past 10 years, the percent seeing a great risk in regular marijuana use has fallen among 8<sup>th</sup> graders from 74 percent to 58 percent, among 10th graders from 66 percent to 43 percent and among 12th graders from 58 percent to 32 percent.

## Marijuana and Perceived Risk

- "Perceived risk is usually a deterrent to use and it is clear that this deterrent has weakened considerably," Johnston said. "In sum, there is a lot of good news in this year's results, but the problems of teen substance use and abuse are still far from going away.
- "We see a cyclical pattern in the more than 40 years of observations we have made with this study. When things are much improved is when the country is most likely to take its eye off the issue of drug abuse, as happened in the early 1990s, and fail to deter the incoming generation of young people from using drugs, including the many new drugs that inevitably come along."

## Here's the problem with marijuana...

- Rapid brain growth in key parts of the brain continues into the 20s.
- Marijuana use in adolescence interferes with natural brain development in some of these key areas.
- Hippocampus (memory), amygdala (emotion and anxiety), nucleus accumbens (motivation), hypothalamus (appetite, stress), cerebellum (muscle coordination)



# Alcohol and the Brain



- Studies show that adolescent alcohol use impairs development of prefrontal cortex and hippocampus among other regions
- These are regions responsible for judgment, decision making, impulsivity, and memory

## Uh-oh Colorado

- Marijuana-related traffic deaths have increased 66% since legalization
- Youth past month use increased 12% and was 55% higher than national average
- Seizures of Colorado marijuana in U.S. mail increased 914%

## Uh-oh Colorado

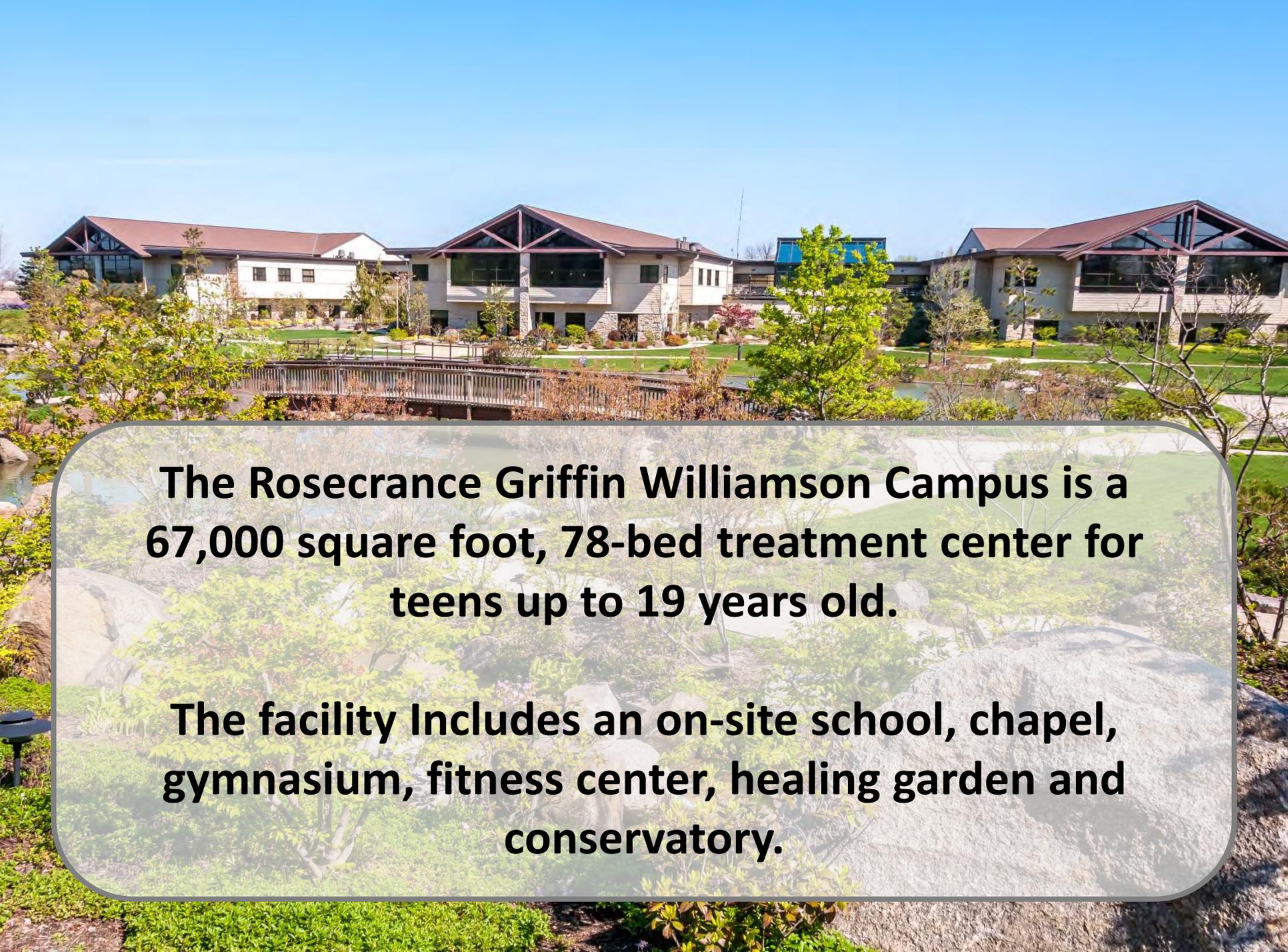
- 491 retail marijuana stores compared to 392 Starbucks and 208 McDonald's
- 66% of local jurisdictions have banned medical and recreational marijuana businesses
- Colorado's annual tax revenue from sale of marijuana accounted for 0.8% of the total budget
- Marijuana-related hospitalizations increased 72% since legalization

# DuPage County

<b>ALCOHOL-FREE</b>	<b>2016</b>
Students (all 8 <sup>th</sup> , 10 <sup>th</sup> , 12 <sup>th</sup> graders surveyed) who have not consumed alcohol for the past 30 days (43 schools total, 27 middle, 16 high).	81%
Students who have not consumed alcohol in the past year.	68%
Students who do not drink alcohol (Answered “Never” to “How often [if ever] do you drink alcohol?”)	67%

# DuPage County

<b>MARIJUANA-FREE</b>	<b>2016</b>
Students who have not smoked marijuana in the past 30 days.	85%
Students who have not smoked marijuana in the past year.	84%
Students who do not smoke marijuana (Answered “Never” to “How often [if ever] do you smoke marijuana?”)	84%



**The Rosecrance Griffin Williamson Campus is a 67,000 square foot, 78-bed treatment center for teens up to 19 years old.**

**The facility Includes an on-site school, chapel, gymnasium, fitness center, healing garden and conservatory.**



## Rosecrance Griffin Williamson Campus

1601 N. University Dr.  
Rockford, IL 61107

### Services offered:

- Free confidential drug and alcohol evaluations
- Partial hospitalization
- Residential substance abuse treatment
  - Gender specific counseling
  - Experiential therapies including art, music, recreation, and horticulture
  - Family education and support
  - Transition planning
  - Alumni program
- Recovery homes for teens also offered in Rockford.

# Healing Garden at RGW





## Rosecrance Naperville

2135 City Gate Lane #300  
Naperville, IL 60563

### Services offered:

- Free confidential drug and alcohol evaluations
- Early intervention services
- Assistance to families who need help finding resources
- Prevention resources and presentations for parents and students
- Substance abuse awareness training and education for professionals, community organizations and parents
- Urine drug screens offered at an additional cost



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