

Adolescent Substance Use

Debbie Smith, M.Ed., LCPC
Director, McHenry County & Wisconsin Services

Learning Points

Current drug trends

Signs and symptoms

Treatment options



Even the very best school is a
difficult place for a child.

Michael Thompson, Ph.D., *The Pressured Child*



Adolescents struggling with anxiety and depression will often self-medicate with drugs and alcohol.

Watch for Emerging Mental Health Issues

- ‘I can’t handle the pressure of school/sports/family life (anxiety)’
- ‘I don’t like myself/feel comfortable in my own skin (depression)’
- ‘I can’t take the memory of what happened/is happening (abuse/trauma)’
- ‘I can’t focus in school (ADHD)’



What are the risk factors?

- Early initiation
- Behavior Problems
- Poor emotional regulation
- Poor grades
- Too much work
- Attitudes
- ADHD
- Common Liability Model.



Cannabinoids

Marijuana is the most widely available and used illegal drug in the U.S.

Cannabinoids

Effects

- Increased heart rate
- Bloodshot eyes
- Dry mouth
- Increased appetite
- Brain changes causing developmental delays
- Short-term memory loss
- Paranoia
- Aggression
- Psychosis
- Mood changes



Cannabis

Withdrawal symptoms

Irritability, difficulty sleeping, anxiety and depression

Mental/Emotional

Pleasant sensations and colors, intensified perception of sound, impaired short term memory, reduced ability to perform tasks requiring concentration, reduced motivation, depression, anxiety

Cannabinoids

How High?

- 'High' lasts 2-3 hours, up to 6 hours in some studies
- THC percentage higher
- Impairment can last up to 24 hours
- Effect on driving- delayed reaction (DUI drug)



Vaping/e-cigs

Battery-operated devices designed to deliver nicotine w/flavorings and other chemicals to users in vapor rather than smoke

- Gateway to traditional cigarettes
- Usually relatively odorless and difficult to distinguish between nicotine and cannabis vape device
- Not regulated by FDA



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 brûlée



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



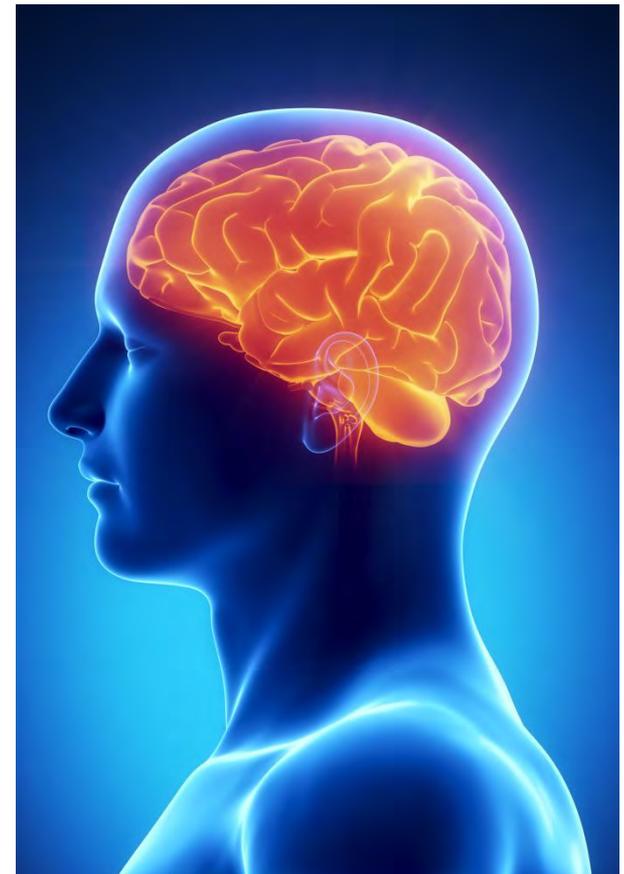
Other Terms for Cannabis

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



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)



Cannabis Use Disorders

Clients served at RGW in 2017

Alcohol



In 2014, 45% percent of Illinois seniors reported having attended or hosted a party at which alcohol was served with parent's knowledge or consent.

Illinois Youth Survey, 2014

Sobering facts

- People who drink before the age 14: up to 8 times more likely to develop alcoholism than those who start drinking after age 21.



Substance Abuse and Mental Health Services Administration, *Results from the 2014 National Survey on Drug Use and Health: Summary of National Findings.*

Prescription drugs

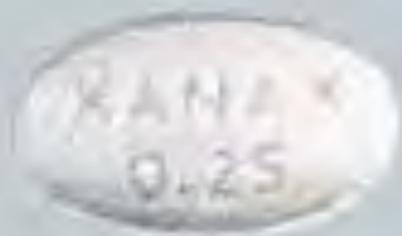
More teens abuse prescription drugs than any illicit drug except marijuana.

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)





0.25 mg



0.5 mg



1 mg



2 mg

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



Prescription opiates

Common types

- Vicodin
- Norco
- Oxycontin
- Fentanyl
- Percocet
- Tylenol with codeine

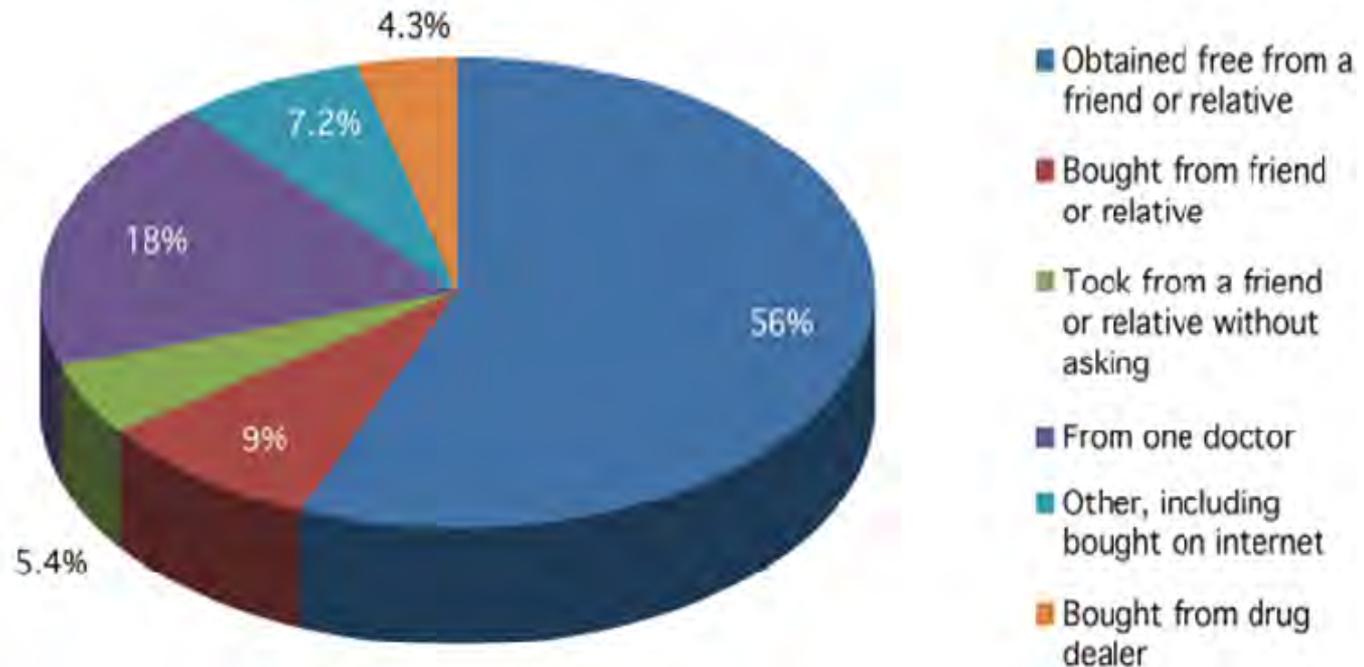
Routes of admission

- Injected
- Taken orally
- Snorted
- Smoked



Where do you get these drugs?

Sources of Pain Relievers for Most Recent Nonmedical Use, ≥ 12 years



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



Hiding Places

- Writing Utensils
- Personal Hygiene Items
- Cars
- Toilets and Vents
- Altoid Tins
- Posters
- Books
- Clothes



Hiding Places

- Soda Cans
- Hair brush
- “Axe” bottle
- Candles
- Wall Safe
- Chap stick



Hiding Places

- Bottle opener
- Surge protector
- Flip flops



Signs & Symptoms

Physical/Emotional

- Unexplained extreme mood swings, nodding off
 - Increased aggression or anxiety
 - Change in dress or appearance/hygiene
 - Changes in sleeping habits
 - Inability to focus
 - Dilated or constricted pupils and bloodshot eyes
- Threats and attempts of suicide
 - Nosebleeds/unexplained burns
 - Loss of appetite yet periods of binge eating



Signs & Symptoms

Social

- Changes in friends
- Drug use by friends
- Engaging in risky behavior
- Avoids contact with concerned persons
- Loses interests in hobbies/activities
- Secretive and defensive regarding actions and possessions
- Possession of paraphernalia



How do we Identify someone using substances in school?

- Misses excessive time from school
- Fails to turn in assignments
- Sleeps in class
- Exhibits persistent behavioral problems
- Reduced grades
- Increased tardiness
- Reduced interest in extracurricular activities

How To Help

Positive change occurs in the context of authentic relationships—people need to know someone cares and will be there unconditionally for them. It is a transactional and facilitating process of supporting change and capacity building—not fixing.



How Can I Help?

- Gather information from the adolescent
- Communicate concerns with parents, teachers, counselors
- Make a referral for a free assessment



What You Can Do

- **Educate yourself about addiction.**

 - What does addiction look like for teens?
What's normal behavior and what's not?

- **Don't go it alone.**

 - Involve key people and build support and opportunity for intervention with others.

- **An intervention is not a one time event.**

 - “Getting past no!” is a process. Continue to monitor with concern.

Strategies to get past NO

- **Act quickly when the time is right!**
Use a crisis to expedite treatment or action.
- **“Think outside the box.”**
Remove barriers as they are presented.
- **Don’t underestimate the power of consequences and boundaries**
Fewer boundaries for teens today. Make the connection between behavior and consequences.

Tips for working with youth

- Start with normal conversation. Express that you care.
- Say with 'this is what I have observed' rather than accusing.
- Use data: Grades, smelling of alcohol, coming home high or late- concrete examples
- Don't ask 'have you ever?', instead ask 'when did you' or 'how much' or 'how often'
- Point out that this is a serious health issue. You're concerned about their health.

Visit our website

www.rosecrance.org

The screenshot shows the Rosecrance website homepage. At the top, there is a navigation bar with the Rosecrance logo (a stylized bird) and the tagline "life's waiting". To the right of the logo are links for "CAREERS", "LEARNING", and "EVENTS". Further right are two orange buttons: "GET HELP NOW" with the subtext "CLICK HERE OR CALL 888.928.5278" and "GIVE" with the subtext "MAKE A DONATION". Below the navigation bar is a "LATEST" news section with two items: "Berry Campus to celebrate Children's Mental Health Awareness Day" (posted 7 days ago) and "Rosecrance's Megan Cox wins Frank Ware Award". The main content area features a large, scenic photograph of a modern, multi-story building with a large wooden bridge in the foreground. Below the photo is a white sidebar with the Aspen Counseling & Consulting, L.L.C. logo and a search bar. The sidebar contains a "Life's waiting" section with a sub-header "Life's waiting" and a paragraph: "At Rosecrance, we understand how addiction and mental health issues can affect your life and the lives of those you care about. Recovery requires a practical approach. We can help. Rosecrance is dedicated to providing the highest quality care and the best evidence-based practices to treat substance use disorder and mental health issues. We're focused on one thing. Providing the best opportunity for lasting recovery. Life's waiting." Below this text is a row of three small images: a group of people outdoors, a woman smiling, and a man smiling. To the right of the sidebar is a "LATEST NEWS" section with a list of recent news items, each with a date and a brief description. At the bottom of the sidebar is a "NEWS ARCHIVE" link.

rosecrance
life's waiting

CAREERS LEARNING EVENTS

GET HELP NOW
CLICK HERE OR CALL 888.928.5278

GIVE
MAKE A DONATION

LATEST | Berry Campus to celebrate Children's Mental Health Awareness Day posted 7 days ago | Rosecrance's Megan Cox wins Frank Ware Award

WHO WE ARE SUBSTANCE ABUSE MENTAL HEALTH FACILITIES FOUNDATION RESOURCES FOR PROFESSIONALS

Aspen COUNSELING & Consulting, L.L.C.

Life's waiting

At Rosecrance, we understand how addiction and mental health issues can affect your life and the lives of those you care about. Recovery requires a practical approach.

We can help.

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Search

LATEST NEWS

MAY 6, 2013
Register Star reports on new Ipsen Conservatory

MAY 1, 2013
Rosecrance Berry Campus to celebrate Children's Mental Health Awareness Day

APRIL 29, 2013
Rosecrance's Megan Cox wins Frank Ware Award of Excellence

APRIL 24, 2013
The Joint Commission makes Triennial Survey visit to Rosecrance

APRIL 24, 2013
May 7 workshop helps families deal with substance abuse

NEWS ARCHIVE »

Rosecrance Healing Garden

at the Griffin Williamson Campus





Rosecrance Griffin Williamson Campus

1601 N. University Dr.
Rockford, IL 61107

Services offered:

- Free confidential drug and alcohol and mental health evaluations
- Partial hospitalization
- Residential substance abuse treatment & Specialized Mental Health Services 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.



Lakeview

Adult Services:

- Free Assessments
- Individual/Family Counseling
- Intensive Outpatient Program
- Day Treatment
- Recovery Home



Naperville

Services:

- Free Assessments
- Early Intervention Services
- Urine drug screens offered at an additional cost
- Resources and trainings for parents, professionals and community members



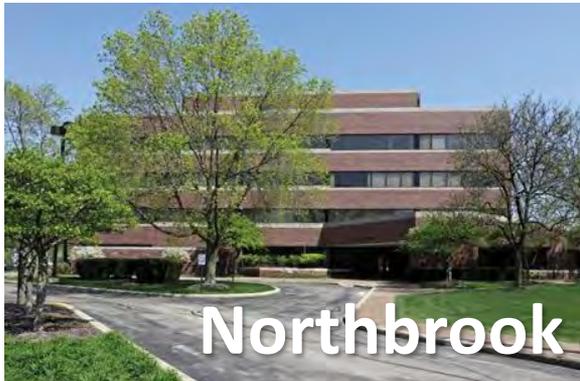
Frankfort



La Grange

Teen & Adult Services:

- Free Assessments
- Early Intervention Services
- Intensive Outpatient Program
- Urine drug screens offered at an additional cost
- Resources and trainings for parents, professionals and community members



Northbrook



Oak Park



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life's waiting

**Debbie Smith, M.Ed., LCPC
Director, McHenry County &
Wisconsin Services
815-528-9132**