
Drug Trends

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Substance Use Overview

- Drug use changes brain chemistry in adolescents (whose brains are still developing)...hijacks the brain
 - Most commonly used = alcohol and marijuana (parental attitude/messaging an issue)
 - Biggest increase in use = Rx drugs
 - IV drug use and heroin use have increased
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**Addiction is a
pediatrically-acquired
disease.**

**90% of addicted
Americans begin use
before age 18.**

Addiction Risk Factors

- Age of first use (younger, higher risk)
 - Learning disabilities, behavioral problems, psychological disorders
 - Trauma (abuse, divorce, bullying)
 - Stress (feelings of inadequacy & insecurity...adolescents have little life experience to help them cope, turn to destructive behaviors)
 - Quality of parenting (parents who use...or sanction use... have kids who use)
 - Genetic history = 4x more likely to become addicts
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Protective Factors

- High self-esteem
 - Emotional self-control and regulation
 - Resiliency (coping skills and problem-solving skills)
 - Family structure and supervision
 - Clear family expectations of behavior and values
 - Opportunities for positive connections: peer, school, athletics, religious, community
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Protective Factors for Parents of Adolescents & Young Adults

- Lock up everything in your home that contains alcohol (liquor cabinet etc)
 - Lock up all OTC and Rx medications
 - Talk to your teen (help them feel heard)
 - Know your teen's friends and hangouts
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Common Signs and Symptoms

***Not so common anymore!**

- Sudden or gradual drop in grades
- Tardiness or absences from school
- Lying/blaming others
- Unusual need to access money
- Changes in peer group
- Denial when concerns are expressed regarding use
- Sneaking around drugs and alcohol
- Unusual sleeping patterns
- Burns on hands or clothes
- Personality or physical changes
- Stomach problems
- Drug paraphernalia (may not be obvious; may be hiding in plain sight)

**Using kids now look like any other kid,
making use more difficult to detect!**

Urine Drug Screens (UDS)

- Drug screens are drug-specific
 - Drug screen that shows every possible drug = does not exist
 - Drug screens can be one tool in our tool kit but assessment and collateral interviews (parents, therapist) must be included for clearer picture.
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Drug Culture

- What drives drug trade...money, getting high, doing what they want (celebrity influence often glamorizes use)
 - Sex, drugs, alcohol, violence...These messages are 24/7, bombarding our kids.
 - Concealment industry (containers and system cleaners)
 - Most popular concealment containers = energy drinks and water bottles
 - Head shops (liquor stores, tobacco shops, vaping shops), malls (Lids, Spencer's Gifts), Ebay, Amazon, smokecartel.com, happyleaves.com
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Drug Reference Clothing

- ❑ HUF socks
 - ❑ Aperture (stash spots)
 - ❑ DGK (Dirty Ghetto Kids)
 - ❑ Seedless
 - ❑ SRH
 - ❑ Stefan's Head
 - ❑ Urban Stash Spot
 - ❑ Kings of NY
 - ❑ DARE tshirt trend-dealer wears it to party to let others know who has the goods; DARE=Drugs Are Really Expensive
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Adolescent Drug Trends

The great escape...

Nicotine



Nicotine

- First drug of abuse for most adolescents
 - Effect: Central nervous system stimulant, makes you feel energized, then not, making one want to use again to get energized effect
 - Causes brain cell damage and loss at any age
 - Worse for an adolescent's hippocampus (the mind's memory bank)
 - Also causes more cases of depression when compared to adult smokers
 - Cigarette smoke, chewing tobacco, loose dip, pouch dip
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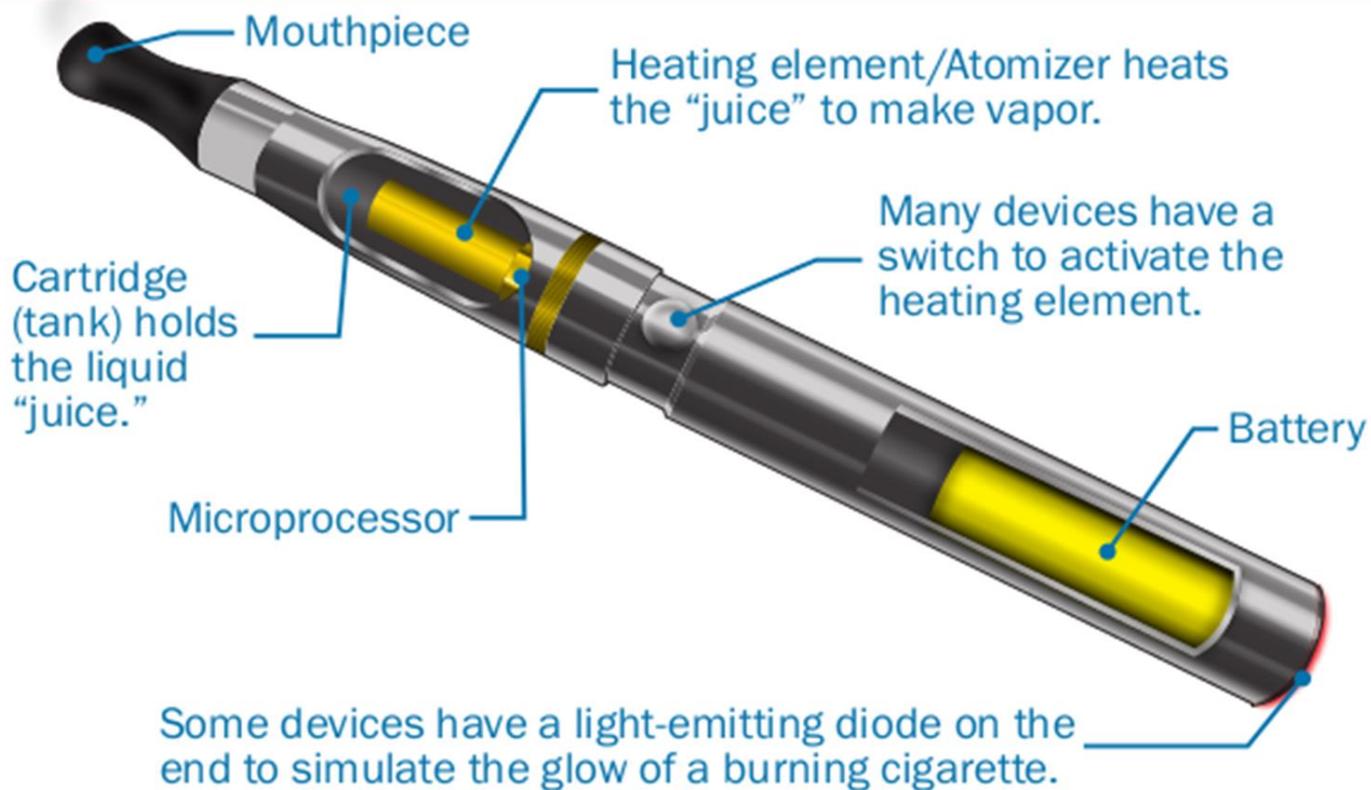
Vaping & Juuling



Vaping & Juuling

- Nicotine, marijuana, methamphetamine, synthetic drugs, alcohol
- Juul device-growing concern at school
- As small as a cigarette
- Looks like USB thumb drive (charges in USB laptop port)
- Popcorn lung

Parts of an Electronic Cigarette



Evolution of the e-cigarette

Generic combustible tobacco cigarette



First generation e-cigarette



Second generation e-cigarette



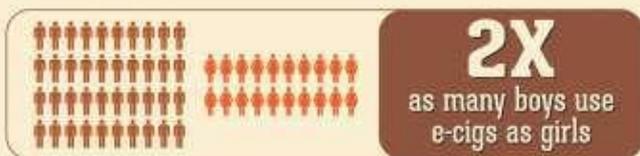
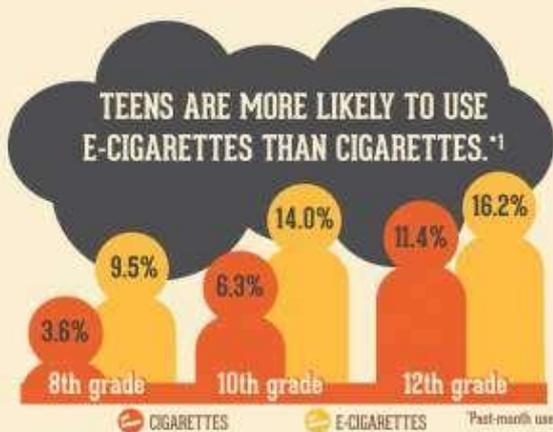
Third generation e-cigarette



Shown to demonstrate approximate scale

Source: National Academies of Sciences, Engineering and Medicine, Public Health Consequences of E-Cigarettes

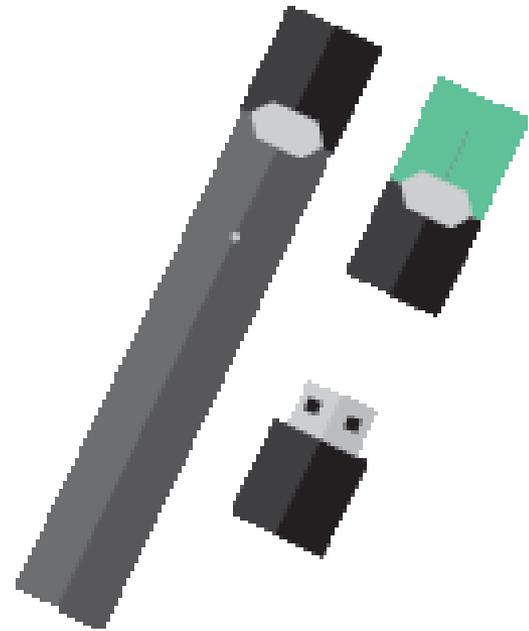
Teens and E-cigarettes



- **Teens are more likely to use e-cigarettes than cigarettes.** Past-month use of cigarettes was 3.6 percent among 8th graders, 6.3 percent among 10th graders, and 11.4 percent among 12th graders. Past-month use of e-cigarettes was 9.5 percent among 8th graders, 14.0 percent among 10th graders, and 16.2 percent among 12 graders.
- Two times as many boys use e-cigs as girls.

What Is JUUL?

- News outlets and social media sites report widespread use of JUUL by students in schools, including classrooms and bathrooms.
- JUUL is a battery-powered device that heats a nicotine-containing liquid to produce an aerosol that is inhaled.
- Although JUUL is currently the top-selling e-cigarette brand in the United States, other companies sell e-cigarettes that look like USB flash drives.



“JUULing”

- All JUUL e-cigarettes have a high level of nicotine. According to the manufacturer, a single JUUL pod contains as much nicotine as a pack of 20 regular cigarettes.



- Pods contain 59mg/mL nicotine
- In 2018, JUUL was 72% of the e-cigarette market share
- December 2018, Altria (Philip Morris) purchased a 35% stake for \$13 billion

Alcohol



Alcohol

- Effect: Anesthetic (“feeling no pain”), confidence increases, judgment decreases
 - Causes brain nerve damage, problems with communication between nerves in the brain and other parts of the body (influences attention span in teen males and the ability to comprehend visual information in teen females)
 - Damage seen in two areas: Hippocampus (memory, learning) and the prefrontal lobe (planning, judgment, decision making, impulse control)
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Marijuana



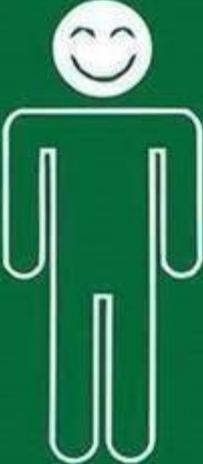
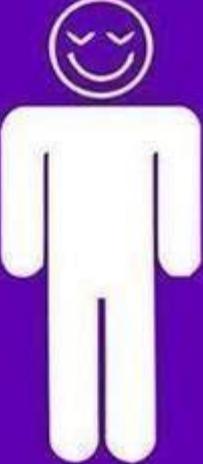
Marijuana

- More potent than 20 years ago
 - One of the highest = Banana OG (AKA Chiquita Banana)-34%
 - Universal smoke time “420”; look for related paraphernalia
 - Finger hands = roach clip
 - Cost per ounce can be \$250 or more for high-quality
 - Urine = Occasional use = 10 days, Regular Use = 45 days, Constant use = 90 days
 - Fat soluble drug so thinner people w/higher metabolism experience reduced time in system
 - Slang: skunk weed, cookie, moonshine haze, sour diesel, blueberry OG, krunk = high on alcohol and chronic (mj)
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Top 10 Emojis used for Marijuana



KNOW THE DIFFERENCE

SATIVA		INDICA	
 <p>TALLER LESS DENSE & LEAVES ARE LONGER & MORE NARROW</p>		 <p>SHORTER BUSHIER & LEAVES ARE SHORTER & WIDER</p>	
 <p>ALERTNESS</p>	 <p>HEAD HIGH</p>	 <p>BODY HIGH</p>	 <p>DEEP RELAXATION</p>
 <p>UPLIFTING & EUPHORIC</p>		 <p>APPETITE STIMULANT</p>	
 <p>CREATIVITY</p>		 <p>SLEEP AID</p>	
 <p>INCREASED ENERGY</p>		 <p>PAIN RELIEF</p>	
 <p>BETTER SUITED FOR DAYTIME</p>	 <p>BETTER SUITED FOR NIGHTTIME</p>		

Marijuana Waxes/Oils/Concentrates



Marijuana Edibles



Disclaimer: These are intended to be reference points. Tolerances, digestion, and effects vary. Please consult your physician as needed.

Guide to Edibles

Edible with

10 mg of THC



1 Edipure | Sour Gummi Bear

Edible with

25 mg of THC



1 Dixie Edibles | Roll

Edible with

70 mg of THC



1 Cheeba Chews | Sativa

Edible with

100 mg of THC



1 Sensi Chew | 100 Energy

Effects from digesting THC may take 30-90 mins.

Smoking**

1/2 g of Herb*



Personal Size Joint

Smoking**

1 g of Herb*



King Size Joint

Smoking**

3 g of Herb*



3 King Size Joints

Smoking**

4 g of Herb*



4 King Size Joints

Marijuana Edibles

- Effect different than smoking flower
 - Enters bloodstream through stomach
 - Takes 25-45 minutes to feel effect
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Marijuana Transdermal Patches/Gels/Topicals



Marijuana

Transdermal Patches/Gels/Topicals

- Sustained release lasts 8-12 hours
 - User does not appear stoned, just relaxed
 - Delivery method similar to nicotine patch; gel is applied to inside wrist or top of foot
 - Cannabis delivered straight to bloodstream
 - No odor
 - 10mg patch equivalent to 80mg edible
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