Drug and Alcohol Awareness and Education

SAMOHI  PTSA
Parent Education Meeting
September 26, 2017
Topics and Speakers

- Teen Development and Risk Taking -- Reasons Why Kids Use
  Shuli Lotan, Coordinator of Mental Health Counseling, SMMUSD
- What Drugs are Out There and What Paraphernalia Looks Like
  Beatriz Gutierrez, School Resource Officer, SMPD
- Health Effects of Use on Teen Brains and Bodies
  Dr. Emily DeFraites, Psychiatrist and Samohi alumni
- Signs of What to Look For and Stages of Use
- How to Talk to Your Kids About Drugs and Alcohol
- Coping Skills and Healthy Alternatives
  Shawn Davis, Drug and Alcohol Prevention Manager, CLARE Foundation
  Ana Jara, Youth and Family Services Coordinator, SMPD
- Resources Available to Students and Families
  Shuli Lotan, Coordinator of Mental Health Counseling, SMMUSD
- Questions and Answers
  Moderated by Dr. Antonio Shelton, Samohi Principal
Teen Development and Risk Taking

Reasons Why Kids Use

Shuli Lotan, Coordinator of Mental Health Counseling, SMMUSD
Adolescent Development and Risk-taking

Teen years often considered the most difficult and vulnerable period of a person’s life, especially these days.

Transition from childhood to adulthood often involves risk-taking, due to changes in brain development.

Substance use is one of the common risk-taking behaviors in adolescence.

Half of Santa Monica 11th graders surveyed report substance or alcohol use over the past month, a rate that is above the county average.

33% of 11th graders report “binging” on alcohol, which is 5 or more drinks in a row.

(2014 Youth Wellbeing report card)
Why Are Teen Brains Designed for Risk-taking?

(Nina S. Mounts, Ph.D – Psychology today)

Adolescents and young adults take more risks than any other age group. (Texting and driving, drug use, binge drinking, risky sexual behavior)

Despite educational efforts to provide teens with information about risky behavior, many adolescents continue to engage in risky behavior.

According to some research, adolescents are just as good as adults at evaluating risk across a broad range of risky behavior - So, teens know that the behaviors are risky, but they still engage in them. Why?
Brain changes = “the perfect storm”

Increased interest and susceptibility to peer relationships

Teens more more distressed than adults when excluded by peers

Right ventrolateral prefrontal cortex (PFC) might be important in helping people cope with negative evaluation from peers by reducing distress - undeveloped in adolescents so they may not be as effective at controlling distress during peer social exclusion.

Lateral prefrontal cortex (PFC), responsible for mature self-regulation – also not yet developed in teens
Common reasons WHY teens use drugs and alcohol

1) Peer Pressure
2) To look and feel “grown up”
3) Modeling parents behavior
4) Curiosity
5) Boredom
6) Self-medication
7) Rebellion
8) Ignorance
9) To have fun
10) They’ve become addicted

Promises Treatment Center,
https://www.promises.com/articles/teens/10-reasons-teens-abuse-alcohol-or-drugs/
What drugs are out there &
What paraphernalia looks like

School Resource Officer B. Gutierrez
Santa Monica Police Department
What do they look like?
But also....
Ecstasy
Paraphernalia
Paraphernalia
Paraphernalia
Paraphernalia
Paraphernalia

Aluminum Can Pipe - Easy

1. Bend the can to the middle so you have a flat surface with high sides. Don't flatten the can too much or else the sides will hold all your smoke.
2. Use anything pointy, like a blade, and poke a circular puch of metal into the flattened surface of the can. This will be the hole that holds your marijuana, put some glass over the hole and light it up.
3. Inhale. Through the mouth opening while you light the marijuana bowl.

Notes: Not bad in a pinch, cans are everywhere. Can be made quickly, easily, and works well enough. I'm not going to go over the hazards of smoking with aluminum cans; just do some research.
Concealing
Concealing

Inside Safe Dimensions:
1.25 inches diameter at mouth & 4 inches deep
Things to know

There is no such thing as parents violating their children’s (minor) right to privacy

- This includes their person, belongings, room, car....
- Parent vs. friend?
  - Cool vs. safe
- Penal code 272- Contributing to the delinquency of a child
  - Penal code 273(a) child endangerment
Health Effects of Substance Abuse On Teenage Brains and Bodies

Dr. Emily DeFraitites, Psychiatrist and Samohi alumni
Addiction is a Brain Disease

abuse
Risk Factors for Substance Use in Teens

• NIDA estimates that about 50% of a person’s risk of becoming addicted to nicotine, alcohol or other drugs is due to genetic make up

• Social and Family Stressors also play a role:

• Early aggressive behavior, lack of parental supervision, academic problems, undiagnosed mental health problems, peer substance use, drug availability, poverty, peer rejection, and child abuse or neglect are risk factors associated with increased likelihood of youth substance use and abuse
Adolescence: Vulnerable Period

- Adolescence is a **critical period** in brain development.
- The brain is still developing until approximately age 24 or 25.
- At age 11-12, there is neuronal pruning and later increased myelination of brain neurons.
- Thus, disruptions in this brain development by substances or chemicals can have negative lasting effects.
The Brain’s Info Superhighway:
Myelinated axons = White Matter Tracts
*In normal brain development, there are fewer but faster neuronal connections
Brain Develops Back to Front

Frontal Lobe
Temporal Lobe
Brain Stem

Parietal Lobe
Occipital Lobe
Cerebellum
• Adolescence is period in which “normal” risk taking and individuation can be risk factors for substance abuse if genetic factors and environmental factors negatively interact

• Earlier initiation of substance use related to poorer outcomes
Marijuana

--Brain effects: Decreased working memory, attention, processing speed, visuospatial functioning

--Decreased IQ by 5-6 points at age 38 (see Dunedin Study)

--Endocrine Effects: Use before age 16 correlated with shorter height; possible increased testicular CA

--Respiratory Issues: Regular MJ users report more cough, bronchitis, wheezing, SOB and sick days

* MJ generally unfiltered and held in lungs longer

--Impairs driving functioning
The Dunedin Study (New Zealand) (N=1,037)

13 yrs (Pre-initiation)  18 yrs  21 yrs  32 yrs  38 yrs

1 2 3 4 5

Assessment ages

Source: Meier et al. PNAS, 2012
Regular marijuana use during adolescence found to increase risk 2 to 5 times of developing psychosis, schizophrenia, anxiety, and depression in adulthood.

Source: Malone DT et al. Adolescent cannabis use and psychosis: epidemiology and neurodevelopmental models. Brit J...
Marijuana Withdrawal Symptoms

- Restlessness, anxiety
- Increased irritability, anger, aggression
- Difficulty falling and staying asleep, nightmares/strange dreams
- Decreased appetite
- Weight loss
LONG-TERM EFFECTS OF ALCOHOL ON THE BODY

HEART
- Increases blood pressure
- Enlarges heart
- Irregular heart rate

BRAIN
- Brain damage
- Memory loss
- Confusion
- Hallucinations

MUSCLES
- Shrinking of muscles

PANCREAS
- Pain and swelling

SKIN
- Redness/flushing
- Increased sweating

MALE SEX ORGANS
- Shrinking of testes
- Impotence
- Fewer sperm

NOSE
- Broadening of the nose

LUNGS
- Increases chances of infections

LIVER
- Cancer
- Cirrhosis
- Hepatitis
- Extreme pain and swelling

STOMACH
- Bleeding
- Ulcers
- Inflammation of the lining

FEMALE SEX ORGANS
- Increased risk of gynaecological problems
- Harm to unborn babies

INTESTINES
- Ulcers
- Inflammation of the lining
*Stimulants—"cognitive enhancers", caffeine, energy drinks
  --Increase BP, palpitations/anxiety, mania, psychosis

*Benzodiazepines, like Xanax, Ativan, Klonopin
  --Respiratory suppression, OD possible

*Alcohol and Benzodiazepine Withdrawal:
  --Tremor, tongue fasciulations, seizure, coma, death
No easy answers
Just thoughtful conversation
Hello!

CLARE Foundation
CLARITY for Youth Prevention Program
and
Santa Monica Police Department
Youth Diversion Program
Presentation Overview

◉ Services
◉ Statistics
◉ Teen Brain
◉ Signs, Symptoms, Behaviors
◉ What Can YOU Do?
Mission

The CLARE Foundation is a nonprofit organization providing compassionate prevention, treatment and recovery services for alcoholism and substance abuse to individuals, families, and the community.
Prevention is fundamentally about caring connected relationships and an open exchange of information. **There are no easy answers** just thoughtful conversations.
Recent research

- Those who begin drinking alcohol before 15 years of age are 6.6 times more likely to develop alcohol problems later in life.
  -THE SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION

- Alcohol takes a greater toll on brain development of those under twenty-one than on any other age group.
  -THE AMERICAN MEDICAL ASSOCIATION

- Alcohol is responsible for 4700 underage deaths annually.
  -CENTER FOR DISEASE AND CONTROL (CDC)
Community Issue

Youth Statistics
Youth Well-Being Report

Youth ages 0–24 make up 21% of Santa Monica’s Population

Issues: Physical Development, Learning, Social Skills, Mental Health

**Emotional Maturity and Mental Health**

27% of middle schoolers in Santa Monica experience significant episodes of extreme sadness and hopelessness

The level of alcohol use for 11th graders is higher than the countywide level.

**Alcohol Use Statistics**

- 36% of 11th graders have used Alcohol in the past month.
- 22% percent of SaMoHi 11th grade students report binge drinking (5 or more drinks at once) in the past 30 days.
- 76% percent of Santa Monica High School 11th grade students report that alcohol is ‘Very Easy’ or ‘Fairly Easy’ to get

*California Healthy Kids Survey 2015-2016*
2015 Westside Impact Project Survey:

Who responded to the survey?

A total of 177 Santa Monica youth took the survey between June - August 2015.

Age:
- 16: 22%
- 17: 41%
- 18: 16%
- 19: 10%
- 20: 11%

Schools:
- 63% Santa Monica High School
- 20% St. Monica Catholic High School
- 14% Other

Race/Ethnicity:
- 45% Latino/Hispanic
- 32% White
- 15% Black/African-American
- 14% Asian and Pacific Islander

*Infographic from West Side Impact Project*
Overall Use of Alcohol & Marijuana

**Alcohol use**
- 60% Have used alcohol at least once in their lifetime
- 37% Have used alcohol on at least one day in the past month

**Marijuana use**
- 33% Have used marijuana at least once in their lifetime
- 17% Have used marijuana on at least one day in the past month

*Infographic from West Side Impact Project*
Conclusions

- Santa Monica youth have higher rates of alcohol use compared with LAUSD youth.
- Most youth access alcohol in social settings and through their social networks, such as parties and gatherings, and through friends and other teenagers.
- Alcohol and marijuana use are highly correlated. That means that youth who are using alcohol are also generally using marijuana.
- Alcohol and marijuana use are highly correlated with risky behaviors, such as driving while under the influence, getting in the car with someone who is under the influence, and buying or selling alcohol on school grounds.

*Infographic from West Side Impact Project*
Marijuana more potent now than 20 years ago. Marijuana is often laced with other drugs such as hallucinogens, embalming fluid, and other drugs. There are 400+ chemicals found in Marijuana today.
Infused Products, Edibles & Drinks

• Overdose or overconsumption of edibles is a greater risk among children & youth.
• Items infused with marijuana are more likely to be accidentally ingested.
• It takes the body longer to process, however it produces stronger and longer lasting effects.
• There are no FDA regulatory standards on these products.
Marijuana Culture
Low Perceptions of Harm

• Students who are frequent users are:
  • 3x less likely to enter college
  • 4x less likely to earn a college degree
  • 6x more likely to drop out of school than non-users.

• In California, all counties are reporting an increase in suspensions due to marijuana use and possession at school.

Marijuana Use: Detrimental to Youth, American College of Pediatricians, September 2015.
Prescription Drugs

“Lean, Purple Drank & Syrup”
• Slang terms for cough or cold syrup mixed with soda and other sweet flavored items
• Ingredients: codeine, promethazine and choice of sweetener (eg. Jolly Rancher)
Practical Information to Review with Your Teen: Alcohol Use – If It All Goes Wrong:

Drinking very large amounts in one session (binge drinking) can lead to alcohol poisoning, unconsciousness, coma or even death. If it all goes wrong, it’s essential to get emergency help...

If someone loses consciousness after drinking too much, here’s what to do:
- Call 911
- Keep them on their side with their head turned to the side (the recovery position).
- Make sure they’re breathing and their mouth and airways are clear.
- Loosen any tight clothing that might restrict their breathing.
- Keep them warm (but not too hot) - with blankets or a coat.
- Call an ambulance but don’t leave them... ask someone reliable to call.

If someone vomits you should:
- Try to keep them sitting up. If they must lie down, make sure they’re in the recovery position and that their mouth and airway are clear
- If they begin to choke, get help immediately
- Don’t leave them even if you can’t bear the sight or smell of someone vomiting. Alcohol poisoning is extremely dangerous. It can lead to a coma and in extreme cases, death.
- The amount of alcohol it takes to cause alcohol poisoning depends on many factors, including size, weight, age, etc.
- Teenagers and inexperienced drinkers are particularly vulnerable.
Teen Feelings and Behaviors

Preparing for Adulthood
Parent might feel teenager is distancing when they are exploring their independence & trying to find themselves.

Identity
Figuring out who they are: Who am I? What are my goals? What are my likes and dislikes?

Appearance
Preoccupation with how he or she looks. Teens are often motivated by appearance, image, and peer approval. They want to feel secure and accepted.

Styles and Trends
Styles and trends can be important to your teen and it’s normal for them to change their appearance like hair color for example.

Other Typical Behaviors
Being argumentative. Emotional rollercoaster/ups and downs.

Watch For!
- Extreme weight gain/weight loss/ or an obsession with weight.
- On-going anxiety, sadness, or loneliness.
- Unexplained, confusing change in personality and/or attitude.
- Sudden mood changes, irritability, angry outbursts or laughing at nothing.
- Periods of unusual hyperactivity or agitation.
- Lack of motivation; inability to focus, appears lethargic or “spaced out.”
Additional Teenage Risks

- Genetic component to drugs and alcohol. If there’s a family history of addiction, teen is at more risk of developing an addiction.
- Drug use can trigger other mental health disorders, especially if there is family history.
- Many parents have good intentions that drinking at home is safer because they believe it keeps teens safe. In the long run, a 2001 study has shown that a relaxed attitude about drug and alcohol use sets the tone for what is normal and acceptable behavior. These social norms predict whether young adults will engage in risky or unhealthy substance use later in life.
THE STAGES OF ADDICTION

STAGE 1 DRUG EXPERIMENTATION
The use of alcohol or illicit/mood-altering drugs at any time for experimentation.

STAGE 2 REGULAR OR SOCIAL USE
The use of alcohol or illicit/mood-altering drugs in social situations or for social reasons.

STAGE 3 PROBLEM OR RISKY USE
The presence of dysfunction related to the person’s use of alcohol or other drugs.

STAGE 4 DEPENDENCY
Substance use becomes addiction: a chronic relapsing disorder changing body, mind, & behavior. Inability to control usage despite negative consequences.
A person who begins drinking as a young teen is 4 times more likely to develop alcohol dependence than someone who waits until adulthood to use alcohol.
How do parents create a space for teens to explore who they are and allow them to practice separation in a healthy way?

This a really tough and big question that most parents face daily:
The (not so easy) answer= communication.

Communication can be broken down into 6 steps:
Communication

**Step 1: LISTEN**
It’s important to listen to what teens have to tell us about their lives and their feelings.
Suspend judgment
Let them know they can speak freely
Advice is best heard when requested
Breathe deeply and show that you are grateful when they share their experiences.

**Step 2: LEARN**
Familiarize yourself with:
The world of the teenager
Media
Drugs available/popular
Parents and teachers need to take the responsibility for learning about the physiological, psychological and sociological effects of alcohol and other drugs. Thanks for coming!
Drugfree.org has great resources
Communication

Step 3: ACT
Keep teenagers engaged and busy with extracurricular activities. Highest risk of use is between 3 pm and 6 pm. Have the drug talk even if it’s scary.

Step 4: LEAD
Take a leadership role in your community. Reach out to other parents and work together to promote safety strategies. The emphasis on safety is to affirm that teens’ welfare is our top priority.

Step 5: HELP
Call 9-1-1. Do not let a teen that has consumed alcohol lie on their back—risk of choking. Provide resources for parents who have identified problem use.
Step 6: SELF-CARE

Taking care of teenager can be a full time job but in order to best care for our kids, we need to remember to take care of ourselves.
Phone a friend.
Seek your own counseling.
Take a few minutes out of every day to breathe deeply.
Prevention is:
caring connected relationships
and an open exchange of information
Any questions? Comments? Concerns?

You can reach us at:
- (310) 314-6200 x4053
- sdavis@clarefoundation.org
- ana.jara@smgov.net

Thanks!
Resources Available to Students and Families
Local agencies / programs

**CLARE Foundation** - Clarity for Youth school-based prevention and treatment programs. Adult residential, outpatient, and sober living programs.
909 Pico Blvd
Santa Monica, CA 90405
310-314-6200

**Didi Hirsch** – Individual, family, and group outpatient drug, alcohol, and other substance abuse counseling to adolescents
12420 Venice Blvd. Suite 200
Los Angeles, CA 90066
310-751-1200

**Visions Drug Treatment Program** - Residential, Outpatient, and Extended Day treatment programs for adolescents.
818-889-3665
www.visionsteen.com

More resources for mental health counseling and other social services can be found at
http://www.smmusd.org/health/mentalhealth.html
Websites

http://drugfree.org/download/marijuana-talk-kit/
Learn why pot is still risky for teens, what you should and shouldn't say when talking with your teen, and how to respond to their questions. (you don’t have to put in an email address, just click "download")

http://drugfree.org/breakingpoints/
**BREAKING POINTS**, directed by Tucker Capps, is a 30-minute documentary intended for adults that explores the stress and pressures our teens face every day, as well as the unhealthy ways that many of them cope, including abusing prescription stimulants.

http://www.santamonicacradletocareer.org/
Santa Monica’s Cradle to Career initiative - or smC2C for short - is a collective impact collaboration among the City of Santa Monica, Santa SMMUSD, Santa Monica College, and community members working together to find the answers to two key questions: How are our children doing? What can we do to help our children thrive? Utilizing the Collective Impact model, smC2C:

- Shares resources and knowledge
- Provides updates on active policy reform
- Coordinates data sharing
- Develops initiatives and workgroups to address concerning data portrayed in the wellbeing index and youth wellbeing report card

http://youthprograms.smgov.net/programs.aspx
"Program Finder" for youth programs and social services in Santa Monica
List of the speakers and topics from tonight’s presentation

Teen Development and Risk Taking, Reasons Why Kids Use, Resources Available to Students and Families - Shuli Lotan, Coordinator of Mental Health Counseling, SMMUSD

lotan@smmusd.org

What Drugs are Out There and What Paraphernalia Looks Like - Beatriz Gutierrez, School Resource Officer, SMPD

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Health Effects of Use on Teen Brains and Bodies - Dr. Emily DeFraites, Psychiatrist and Samohi alumni

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Healthy Alternatives - Shawn Davis, Drug and Alcohol Prevention Manager, CLARE Foundation Ana Jara, Youth and Family Services Coordinator, SMPD

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Questions and Answers - Moderated by Dr. Antonio Shelton, Samohi Principal

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