



Communities Talk; Underage Drinking and Drugs, Prevention, and Getting Help

Facilitator: Dr. Lucy R. Cannon, LCSW, LICSW, CCDP-D, MATS

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The Substance Abuse and Mental Health Services Administration (SAMHSA) – Our Sponsor of this Event

The Substance Abuse and Mental Health Services Administration (SAMHSA) is the agency within the U.S. Department of Health and Human Services (HHS) that leads public health efforts to advance the behavioral health of the nation.

SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities.

Topics

- What do you know about alcohol and marijuana Quiz?
- What you need to know about the effects of alcohol and marijuana
- The risk factors of underage and high-risk drinking
- To identify the signs and symptoms of alcohol, other drugs, and vaping use
- To be aware of when your child is in trouble with drugs and other mental health related problems
- What can parents do to educate their children
 Video: "SAMHSA's Talk. They hear You"
- Treatment and where to get help/resources
- Prevention strategies and ideas on how to develop a prevention of underage alcohol and drug use program in churches and communities settings





What do you know about alcohol and marijuana Quiz?













(E-CIGARETTES)



PRESCRIPTION DRUGS



What We Need to Know About Alcohol

- Nearly 15 million American youth aged 12-20 drink alcohol, illegally and dangerously.
- Alcohol is the most frequently used and misused substance in the United States, and it can have devastating consequences.
- More people over age 12 in the United States have used alcohol in the past year than any other drug or tobacco product.
- Alcohol use disorder is the most common type of substance use disorder in the United States.
- Alcohol misuse is especially problematic among youth and college-aged populations. People who drink to excess, including binge and heavy drinkers, are at even greater risk.
- Car crashes are the #1 leading causes of teens death.
- 1 in 4 car crashes with teenagers involve an underage drunk driver (Mothers Against Drunk Drivers Statistics).
- 4,300 people are killed each year due to teen alcohol use. This is more than all other drugs combined.

Facts about alcohol

- Alcohol damages the brains for instance, by damaging the ends of neurons. This can make it difficult for those neurons to send important nerve signals.
- Alcohol may also damage the brain by increasing the risk of strokes, head injuries, and accidents.
- Alcohol affects short-term memory by slowing down how nerves communicate with each other in a part of the brain called the hippocampus.
- The hippocampus plays a significant role in helping people form and maintain memories.
- Many long-term effects of alcohol use can cause permanent damage to the brain, as well as to various organs (liver and kidneys).





How much is too much to drink

- In the United States, a "standard drink" (also known as an alcoholic drink-equivalent) is any drink that contains about 0.6 fluid ounces or 14 grams of pure alcohol.
- Although the drinks pictured here are different sizes, each contains approximately the same amount of alcohol and counts as one U.S. standard drink or one alcoholic drink-equivalent..



Beer has about 5% alcohol



Wine as about 12% alcohol



1.5 fl oz shot of 80-proof distilled spirits (gin, rum, tequila, vodka, whiskey, etc.) is considered one drink of alcohol



When is drinking in moderation still too much?

- Taking medications that interact with alcohol
- Managing a medical condition that can be made worse by drinking
- Under the age of 21, the minimum legal drinking age in the United States. It is against the law to drink if you are under the age of 21.
- Recovering from alcohol use disorder (AUD) or unable to control the amount you drink
- Pregnant or might be pregnant Females who drink while being pregnant can cause a great deal of harm to their unborn child. Many of these children end up with Alcohol Fetal Syndrome a condition in a child that results from alcohol exposure during the mother's pregnancy. Fetal alcohol syndrome causes brain damage and growth problems. The problems caused by fetal alcohol syndrome vary from child to child, but defects caused by fetal alcohol syndrome are not reversible.



What we need to know about Marijuana

Fast Facts

 38% of high school students report having used marijuana in their life.¹



 Research shows that marijuana use can have permanent effects on the developing brain when use begins in adolescence, especially with regular or heavy use.²



 Frequent or long-term marijuana use is linked to school dropout and lower educational achievement.³





How marijuana use effects teens

Marijuana use in adolescence or early adulthood can have a serious impact on a teen's life. Teens say that marijuana (cannabis) is easy to get, and it tends to be the first illegal drug they try.

- <u>Decline in school performance</u>. Students who smoke marijuana may get lower grades and maybe more likely to drop out of high school than their peers who do not use.
- Increased risk of mental health issues. Marijuana use has been linked to a range of mental health problems in teens such as depression or anxiety. Psychosis has also been seen in teens at higher risk like those with a family history.
- Impaired driving. Driving while impaired by any substance, including marijuana, is dangerous. Marijuana negatively affects a number of skills required for safe driving, such as reaction time, coordination, and concentration.
- <u>Potential for addiction</u>. A Research shows that about 1 in 6 teens who repeatedly use marijuana can become addicted, which means that they may make unsuccessful efforts to quit using marijuana or may give up important activities with friends and family in favor of using marijuana.
- Source: https://www.cdc.gov/marijuana/pdf/Marijuana-Teens-508.pdf

Vaping, what is it?

- Vaping is the inhaling of a vapor created by an electronic cigarette (e-cigarette) or other vaping device.
- E-cigarettes are battery-powered smoking devices. They have cartridges filled with a liquid that usually contains nicotine, flavorings, and chemicals. The liquid is heated into a vapor, which the person inhales.
- Vaping puts nicotine into the body. Nicotine is highly addictive.





Vaping Impact on the body

- It slows brain development in kids and teens and affect memory, concentration, learning, self-control, attention, and mood.
- Vaping increase the risk of other types of addictions as adults.

E-cigarettes also:

- irritate the lungs
- may cause serious lung damage and even death
- can lead to smoking cigarettes and other forms of tobaccouse



Danger Signs of Vaping- Your child needs help

Call your doctor right away to get treatment if your child or teen vapes and has:

- coughing, shortness of breath, or chest pain
- nausea, vomiting, or diarrhea
- tiredness, fever, or weight loss
 (Gordon, 2019)

Source: https://kidshealth.org/en/parents/e-cigarettes.html



Vaping Images





Causes and risk factors of alcohol addiction

Genetic: Addiction is known to have a familial component.

- Teens who are born into families in which addiction affects a close relative are four times more likely to develop an addiction themselves than peers without a similar history.
- However, addiction does develop in many without a family history.

<u>Physical</u>: With chronic, repeated use, alcohol use can actually change the structure and function of the still-developing brains of teenagers.

 Without treatment, these changes may result in addiction to alcohol and other drugs.

Environmental: Teens who are under intense amounts of personal stress are at greater risks for using alcohol as a means to cope with the pressures of daily life.



Causes and Risk Factors Cont.

- Racial groups such as Native Americans and Alaskans are at greater risk for developing an addiction to alcohol
- Presence of mental health disorders
- Being male
- Family influence teens who live in a home in which alcohol is available are at greater risk for developing an alcohol use disorder
- Peer influence if using alcohol and achieving intoxication is acceptable and encouraged in a peer circle, a teen has a greater risk for developing alcoholism



Risk Factors

- Underage alcohol use has many troubling consequences:
- Almost \$24.3 billion (about 10 percent) of the total \$249 billion economic cost of excessive alcohol consumption is related to underage drinking, much of it due to premature mortality of underage youth.
- Motor vehicle crashes are the greatest mortality risk for underage drinkers. In 2016, 24 percent of drivers ages 15–20 who were killed in motor vehicle traffic crashes had a BAC of 0.01 or higher. Impaired youth also die from suicide, homicide, poisoning, drowning, and falls.
- <u>Blood Alcohol Concentration (BAC) levels represent the percent of your blood that is concentrated with alcohol</u>.
- Alcohol use is associated with a greater likelihood of using other substances, including marijuana, tobacco, and other drugs.
- Young people's use of alcohol with other drugs, as for adults, can be deadly.
- Hospitalizations of 18- to 24-year-olds for overdoses involving a combination of opioids and alcohol tripled between 1998 and 2014.



How does drinking effects the body?

- A BAC level is the primary method of seeing if a person is intoxicated.
 Usually this is done using a breathalyzer, because the alcohol levels
 present in a person's breath are a proven match to a person's blood
 concentration.
- Your body can get rid of one drink per hour. One drink is 1.5 oz. of 80 proof liquor, 12 oz. of beer, or 5 oz. of table wine.
- Blackouts tend to begin at blood alcohol concentrations (BACs) of about 0.16 percent (nearly twice the legal driving limit) and higher. At these BACs, most cognitive abilities (e.g., impulse control, attention, judgment, and decision-making) are significantly impaired.
- What BAC causes brain damage?
- 0.25-0.4 BAC: Your body and brain's functions are very impacted, and there's a high risk of asphyxiation and injury. Greater than 0.35 BAC: With extremely hampered respiration and circulation, there is the potential to go into a coma.

Signs and symptoms of alcohol use/addiction

- The signs and symptoms of alcohol use in teens will vary tremendously based upon individual genetic makeup, presence of other drugs, amount of alcohol consumed, and the frequency in which a teen consumes alcohol.
- The most common signs and symptoms of teen alcohol abuse include:
- Behavioral Symptoms
- Physical Symptoms
 - Cognitive Symptoms
- Psychosocial Symptoms



Behavioral Symptoms- Teens are in trouble when these behaviors are present

- Drastic changes in academic performance
- Changing groups of friends
- Loss of interest in previouslyenjoyed activities
- Decreased personal hygiene
- Marked behavioral changes
- Sudden, inexplicable need for money

- Increased interpersonal struggles
- Unusually passive or argumentative behaviors
- Increased legal problems
- Alcohol use in spite of consequences
- Neglecting responsibilities at school, work, or home
- See Signs of an Alcohol Problem with Underage Drinking Questionnaire Handout



Physical Symptoms- Your teen needs help

- Smell of alcohol on breath or clothes
- Glazed, bloodshot eyes
- Flushed, reddened skin
- Slurred, garbled speech
- Appearing intoxicated

- Changes in sleep pattern
- Notable deterioration in physical appearance
- Coordination problems
- Double vision



Other symptoms of alcohol abuse

Cognitive Symptoms:

- Difficulty concentrating
- Short-term memory deficits
- Difficulty paying attention during class

Psychosocial Symptoms:

- Depression
- Mood swings
- Anxiety
- Using alcohol to numb extreme emotions





Physical appearances of Teens who are abusing alcohol















Signs and symptoms of alcohol overdose- Your teen needs help

- Marked confusion
- Vomiting
- Seizures
- Respiratory depression less than 8 breaths per minute
- Irregular breathing gap of greater than 10 seconds between breath
- Cyanosis of the lips and fingernails- a bluish discoloration of the skin
- Pale, clammy skin
- Hypothermia
- Unconsciousness without the ability to be roused- Your teen needs immediate detox treatment in a medical setting with medical personnel.



Signs of Marijuana Use- indicators that your child needs help

Recognizing the signs of drug use is the first step in getting help for your child, but some signs are vague. Consider marijuana or other drug use if your child:

- Spends less time with family and friends and more time alone or away from home
- Often seems moody or irritable
- Begins to skip classes, often shows up late for school, or has a drop in grades
- Buys things like CDs and T-shirts with pro-marijuana messages or symbols
- Loses interest in hobbies
- Comes home high (talkative, giggly, red or glassy eyes) or goes straight to his/her room
- Smells of marijuana
- Possesses drugs or drug paraphernalia



Marijuana Abuse















5 CONVERSATIONAL GOALS PARENTS SHOULD HAVE WITH THEIR CHILDREN ABOUT ALCOHOL AND OTHER DRUGS

- 1. Show you disapprove of underage drinking and other drug misuse.
- 2. Show you care about your teen's health, wellness, and success.
- 3. Show you're a good source of information about alcohol and other drugs.
- 4. Show you're paying attention and you will discourage risky behaviors.
- 5. Build your teen's skills and strategies for avoiding drinking and drug use.

SOURCE: https://www.samhsa.gov/sites/default/files/TTHY-Mini-Broch-Bleed-2020.pdf



What Else Can Parents Do?

- The main reason most children choose not to drink is because their parents talk to them about it early.
 Studies have shown that it is important to:
- Talk early and often with children and teens about your concerns—and theirs—about alcohol.
- Adolescents who know their parents' opinions about youth drinking are more likely to fall in line with their expectations.
- Establish policies early on, and be consistent in setting expectations and enforcing rules.

What Can Parents Do? Cont.

- Adolescents do feel that parents should have a say in decisions about drinking, and they maintain this deference to parental authority as long as they perceive the message to be legitimate consistency is central to legitimacy.
- Work with other parents to monitor where kids are gathering and what they are doing. Being involved in the lives of adolescents is key to keeping them safe.
- Work in and with the community to promote dialogue about underage drinking and the creation and implementation of action steps to address it.
- Be aware of your State's laws about providing alcohol to your own children.
 - Never provide alcohol to someone else's child. See Video



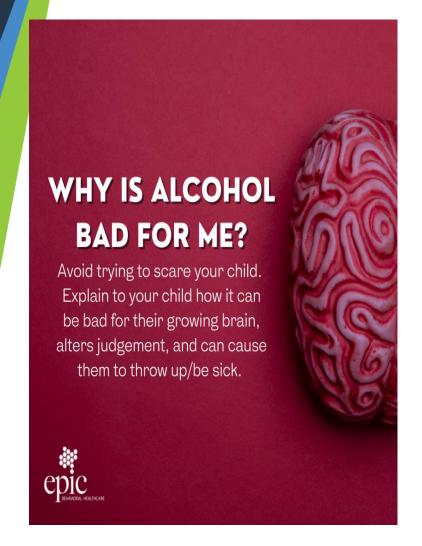


Video - "SAMHSA's Talk. They hear You" https://www.youtube.com/watch?v=S0xTq15pzJU





Parenting Tips







Parenting Tips





Treatment and Resources

StopAlcoholAbuse.gov/CommunitiesTalk





Resources Needed to Help Your Child

When Is It Time for Treatment?

Signs of an Alcohol Problem

- Alcohol use disorder (AUD) is a medical condition that doctors diagnose
 when a patient's drinking causes distress or harm. The condition can
 range from mild to severe and is diagnosed when a patient answers "yes"
 to two or more of the following questions (See handout).
- See Signs of an Alcohol Problem with Underage Drinking Questionnaire (If your child/teenager answers yes to 2 or more of the 11 questions, parents need to get substance abuse/mental health treatment for your child. The family needs to also be involved in professional counseling.
- Signs of Marijuana use and abuse
- Signs of vaping/smoking that is impacting behavior and school problems



Treatment Programs-See Handout

- Types of Treatment:
- Comprehensive Assessments of the problem (s) by substance abuse addiction and mental health counselors, nurse, and physician
- Individual Counseling
- Family Counseling
- Case Management Services to assist with locating resources for the family
- Need for Peer Support (Someone who is in recovery)
- Residential Programs
- Support Groups



Prevention Strategies Laws for Underage Drinking

- Passage of the National Minimum Drinking Age Act in 1984 represented a major step forward in federal efforts to respond to the public health crisis of underage drinking.
- The minimum legal drinking age (MLDA) of 21—now the law in all states and the District of Columbia—has saved an estimated 31,417 lives since 1975, when states first began adopting such laws.



SAMHSA Recommended Strategic Prevention Framework (SPF)

The SPF includes these five steps:

- 1 . Assessment: Identify local prevention needs based on data (e .g ., What is the problem?)
- 2. Capacity: Build local resources and readiness to address prevention needs (e.g., What do you have to work with?)
- 3. Planning: Find out what works to address prevention needs and how to do it well (e .g ., What should you do and how should you do it?)
- 4. Implementation: Deliver evidence-based programs and practices as intended (e.g., How can you put your plan into action?)



SFP Strategies

- 5 . Evaluation: Examine the process and outcomes of programs and practices (e .g ., Is your plan succeeding?)
- The SPF is also guided by two cross-cutting principles that should be integrated into each of the steps that comprise it:
- Sultural competence. The ability of an individual or organization to understand and interact effectively with people who have different values, lifestyles, and traditions based on their distinctive heritage and social relationships.
- Sustainability. The process of building an adaptive and effective system that achieves and maintains desired long-term results.

Source: https://www.samhsa.gov/sites/default/files/ebp_prevention_guidance_document_241.pdf (SAMHSA Prevention Strategies Handbook)



Setting Prevention Priorities

- Every community struggles with multiple substance use-related problems, but no community can address them all—at least not all at once. Setting clear priorities requires understanding which problems are most important for a community to address first, and which problems a community is most capable of changing.
- By engaging in a thorough assessment of local prevention needs and capacity, and in a collaborative prioritization process, planners can identify their community's priority problem.
- This begins to focus their prevention initiative.
- Discussion What can we as a community do to develop a Underage and Drugs Prevention Program?
- What are our next steps?
- Poem- "The Mask"



I WEAR A MASK

Hiding the hurt, hiding the pain, Hiding the tears that fall like rain. Saying I'm fine when I'm anything but. This ache in my soul rips at my gut. My skin is on fire; I burn from within. The calm on my face is an ongoing sin. The world must stay out; I've built up a wall. My fragile lie will collapse should it ever fall. Loneliness consumes me; it eats away the years Until my life is swallowed by unending fears. Waiting for someone to see I wear a mask And care enough to remove it; is that too much to ask?

Questions and Answers?





