

# Gateway South

A Satellite Facility of

## Gateway Rehabilitation Center

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# ADOLESCENTS AND SUBSTANCE ABUSE

Local Trends in 2011

# Adolescents and Substance Abuse

## Local Trends in 2011

- WHO . . . . is at risk to begin using; who is at risk to become addicted?
- WHAT . . . substances are kids using?
- WHEN . . . do kids begin experimenting?
- WHERE . . .do kids get drugs or \$ for drugs; where do kids use drugs?
- WHY . . . . do kids use alcohol or other drugs?
- HOW . . . .can we tell if kids are using; how can we prevent kids from using; how can we intervene or get them help if needed; how can we best support them if they need treatment?

**WHO** is at risk  
to begin using alcohol and other drugs (AOD)?

➤ **No one is 100% risk free!!!**

- Kids who have an older sibling who uses
- Kids who live in a household where substances are abused
- Kids who hang out with other kids who use
- Kids who don't do well in school or do not have AOD-free hobbies, interests or are not involved in AOD-free extra-curricular activities

**WHO** is at risk  
to begin using alcohol or other drugs (AOD)?

➤ **No one is 100% risk free!!!**

- Kids with self-esteem issues – feel they don't fit in, believe they are not liked or accepted by parents, peers, teachers, etc.
- Kids whose parents are permissive about AOD or kids who *perceive* their parents are permissive
- Kids who perceive there is little or no risk associated with using alcohol, marijuana and sometimes other drugs

**WHO** is at risk  
to begin using alcohol or other drugs (AOD)?

% of Teens Who View Great Risk In Drinking \*

- |   |     |
|---|-----|
| ➤ Drinking one or two drinks nearly every day   | 27% |
| ➤ Drinking four or five drinks nearly every day | 55% |
| ➤ Drinking five or more drinks nearly every day | 55% |

\*Partnership (for a Drug Free America) Attitude Tracking Survey (PATs) 2010  
Results released April 6, 2011

**WHO** is at risk  
to begin using alcohol or other drugs (AOD)?

Disapproval of Teens Your Age \*

➤ Using heroin	65%
➤ Using cocaine	63%
➤ Using LSD	61%
➤ Sniffing or huffing things like glues, gas, or sprays to get high	59%
➤ Using Oxycontin to get high	55%
➤ Using Vicodin to get high	53%
➤ Using marijuana	42%
➤ <b>Getting drunk</b>	31%

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**WHO** is at risk  
to begin using alcohol or other drugs (AOD)?

The Six "M",s That Increase the Risk of Adolescents Using AOD

1. **Money**
2. Access to a major **Metropolitan** area
3. Access to a major shopping **Mall**
4. Access to **Mass transportation**
5. **Mobility** (driver's license, access to a car, and/or friends who drive)
6. And new in the last decade, **Multi-Media** influences

**WHO** is at risk  
to become addicted once they begin using AOD?

## **The Three Greatest Risk Factors for a Teen to Become Addicted**

1. Having a genetic predisposition
2. Age at onset of use
3. Having a secondary diagnosis



# WHAT DRUGS ARE KIDS USING?

**GATEWAY DRUGS** – Tobacco  
Alcohol  
Marijuana

Inhalants  
OCDs (cough/cold remedies, diet/caffeine pills)  
Prescription Drugs

**INHALANTS** – butyl or amyl nitrites  
anesthetics (nitrous oxide – Whippets, gaseous anesthesia agents for surgery – halothane, ether)  
solvents, paints, sprays, fuels (toluene, gasoline, glues, canned spray paint, air freshener, duster etc.)

**STIMULANTS** – amphetamine, methamphetamine, crystal meth,  
Ritalin, Adderall, Dexadrine  
ephedra/ephedrine, phenylpropanolamine, caffeine

**DEPRESSANTS** – barbiturates – Nembutal, Seconal, Amytal, Tuinal  
methaqualone – Quaaludes  
benzodiazepines (tranquilizers) – Valium, Librium, Ativan, Halcion,  
Rohypnol, Xanax  
GHB – Gamma-hydroxybutyrate (Liquid X)

# **WHAT DRUGS ARE KIDS USING?**

**HALLUCINOGENS** – phencyclidine (PCP), ketamine (Special K), lysergic acid diethylamide (LSD – Acid), mescaline and peyote, psilocybin (magic mushrooms, 'shrooms), salvia divinorum, K2 (synthetic cannabis)

**NARCOTICS – opiates** – opium, heroin, morphine, codeine, oxycodone, meperidine, hydrocodone, fentanyl, propoxyphene, OxyContin, Opana  
Brand Names: Percocet, Percodan, Demerol, Vicodin, Sublimaze, Darvon, Darvocet

**ANABOLIC STEROIDS** – testosterone, methyltestosterone, and several other drugs that mimic testosterone – Equipoise, Dianabol, Winstrol, Durabolin, Dex-Durabolin, Finajet, Maxibolin, Halotestin, Anavar, Anadrol

**CLUB DRUGS** – methylenedioxymethamphetamine (MDMA – Ecstasy, Molly), GHB, ketamine, Rohypnol (roofies), meth, LSD

**DATE RAPE DRUGS** – Rohypnol, GHB, Ecstasy, Alcohol

**ALCOHOL IS THE #1 DATE-RAPE DRUG!!!!**

## **WHEN** DO KIDS BEGIN EXPERIMENTING?

- 62% report taking their first full alcoholic drink by the age of 15\*
- 25% report taking their first drink as young as age 12 or younger\*
- Average age at onset of use is 14\*

\*Partnership (for a Drug Free America) Attitude Tracking Survey (PATS) 2010  
Results released April 6, 2011

# **WHERE** DO KIDS GET DRUGS?

- In their own homes (tobacco, alcohol, marijuana, inhalants, OCD's, prescription medications)
- In the homes of other family members (grandparents, aunts and uncles, older siblings, etc.)
- From their friends/peers, from their friends' homes
- From kids at school
- From people where they work
- On the streets in their own or nearby communities
- On the streets in parts of the city where drugs are more heavily used/sold

# **WHERE** DO KIDS GET \$ FOR DRUGS?

- From their allowance, their paycheck, spending money they receive from Mom and Dad, or they use money their parents give them to buy other things, such as lunch money or money to buy clothes
- From gift money (Christmas, birthday, graduation, etc.)
- By selling their own possessions to get money for drugs, (electronics, video games, CDs, DVDs, clothing, jewelry, etc.)
- By stealing from their families (cash, bank withdrawals, forging checks, credit/debit cards, or possessions to sell)
- By stealing from friends/peers and/or others outside the home
- By selling drugs

**NOTE:** In early stages of use, teens will provide AOD for their friends, or members of a group will “chip in” so they can share the expense.

Many young females don't have to pay for AOD for quite a while until they become addicted and their friends can no longer afford to maintain their habit for them.

# **WHERE** DO KIDS USE DRUGS?

- At home
- At friends' homes (especially where there is no parental supervision or where parents are permissive about AOD use)
- At your local parks
- While driving in cars
- Before, during and after school or school sponsored events, on school buses or on school property

# WHY DO KIDS USE DRUGS?

Stated Reasons Why Teens Tried Alcohol in the Past Year\*

➤ To have fun	60%
➤ To help me forget my troubles	32%
➤ To relax	28%
➤ Don't know why	28%
➤ To deal with problems at home	24%
➤ To look cool	22%
➤ Because it feels good	20%
➤ To deal with pressures and stress of school	20%
➤ To feel better about myself	19%
➤ It's a habit and I can't stop	14%

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# **HOW CAN WE TELL IF KIDS ARE USING AOD?**

## LOOK FOR UNEXPLAINED CHANGES:

- Changes in appearance
- Changes in eating or sleeping patterns
- Changes in friends
- Changes in mood/attitude
- Changes in school or work performance
- Changes in activities or hobbies



# **HOW CAN WE PREVENT KIDS FROM USING AOD?**

- Be a healthy role model.
- Become educated about adolescent substance abuse.
- Communicate openly and often with your teen about this and other topics related to decisions he/she will be faced with on a daily basis.
- Set clear limits and boundaries and enforce appropriate consequences cohesively and consistently.
- Talk with your teen about family, social or religious values.
- Talk to your teen about ways to handle peer pressure.
- Get to know your teen's friends and their parents.
- Help your teen develop outside interests.

# **HOW** CAN WE INTERVENE OR GET THEM HELP IF NEEDED?

## What Should I Do If I Suspect My Teen Is Using AOD?

- Talk calmly to your teen about your concerns.
- Be prepared to present facts regarding physical, behavioral and other changes that are causing your concerns.
- Remind your teen of the rules and enforce the consequences. For a repeat violation of the rules you may consider writing a home contract.
- Include in your contract that repeated violation of the rules will result in your teen having to seek help from a professional.
- Call Gateway South at 412-941-4126 for assistance and/or to schedule a free evaluation.

## **HOW** CAN WE INTERVENE OR GET THEM HELP IF NEEDED?

What Should I Do If I Suspect My Teen Is Using AOD?

- If you believe your teen needs treatment and he/she refuses to go to treatment willingly, you may obtain information about **PA Act 53**, which is a resource for parents of teens under the age of 18 that allows parents to petition the court to have their child mandated to comply with treatment and all treatment recommendations.

## **HOW** CAN WE SUPPORT OUR TEEN IF HE/SHE NEEDS TREATMENT?

- Commit to have your teen attend treatment sessions on a regular basis and follow the recommendations of treatment professionals.
- Attend family group sessions on a weekly basis.
- Support your teen in becoming involved in the 12 Step Program (Alcoholics Anonymous – AA, or Narcotics Anonymous – NA) for sober support in learning how to live a drug and alcohol-free lifestyle.
- Attend support group meetings for family members of alcoholics/addicts (Al-Anon, Nar-Anon) to become educated about how to best support your teen in learning to live drug and alcohol free, and to learn about self-care while letting go of enabling behaviors.

**TIME FOR QUESTIONS**

**THANK YOU  
FOR YOUR  
TIME AND ATTENTION**