Drug Trends 2014: Substances, behaviors, signs of use and how to prevent it

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## The Rule of 5

- o 5 year plan
  - o How old is your kid? What do you want them to know 5 years from now?
- Start talking
- o 5 years of age
- o This is the average age experts advise you should start having the drug talk

#### Push 'em toward their PASSION

- o #1 Reason teens use drugs...
  - Boredom
- What are you passionate about?
  - o Sports/Fitness team, classes, 5K
  - o Dancing classes, fun, events
  - o Pets rescue, shelters, volunteer, vetinarian
  - o Music singing, listening
  - o Reading for fun, as a volunteer
  - o Writing songs, poetry, books
  - o Teaching any classes
  - o Art are the creative? Photography, drawing, painting
  - o Computers games, social media, websites

#### Love this Life

- Commit to long term planning
- o Friday is not long term planning
- o What do you want to do? Where do you want to go?
- Take the lead
  - o Be strong, independent, confident... do what matters
- o Make decisions now for later
- Choose wisely Know your choices impact others
  - o ... and your future
- Reduce your risks and...
  - o Extend your opportunity of life



"Teens' behavior is strongly associated with their parents' behavior and expectations, so parents who expect their children to drink and use drugs will have children who drink and use drugs."



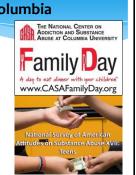
#### **Roles models help define Norms**

Where the norms come from are IMPORTANT

- Parents
- Teachers
- Grandparents
- Music instructor
- Counselors
- Sports coaches
- o Positive Peer after school program
- Neighbors
- o Aunts/Uncles
- Pastors
- o SROs
- Youth group leaders
- Bosses
- - Important adults

#### **Center on Addiction and Substance** Abuse - Columbia

- www.CASAfamilyday.org
- www.casacolumbia.org
- http://www.casacolumbia.o rg/upload/2012/20120822tee nsurveyslides.pdf



## **Prevalent Drugs of Abuse:**

- **✓ ALCOHOL**
- **✓ CIGARETTES**
- **✓ MARIJUANA**
- \* Prescription Drugs

Source: Monitoring the Future Survey, Institute for Social Research, University of Michigan, 1999.

# CAUTION

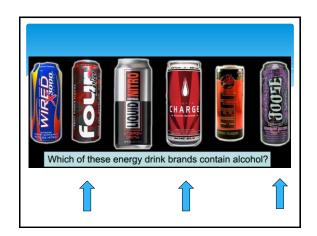
"Legal" **Does NOT Mean Safe** 

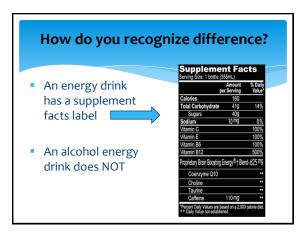
#### **Risks of Energy Drinks for Teens**

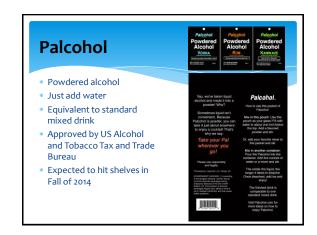
- Potential harms, caused by too much caffeine or similar ingredients - heart palpitations, seizures, strokes and even sudden death
- Some cans 4 to 5 times more caffeine than soda
- Energy drinks are the fastest growing US beverage market
  - 2011 sales expected to top \$9 billion
  - o 1/3 of teens & young adults regularly consume energy drinks

Clinical report on energy drinks expected soon from American Academy of Pediatrics that may include guidelines for doctors

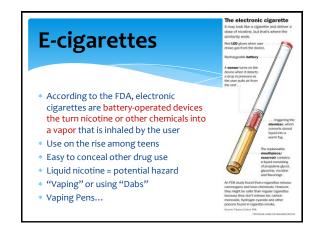
Medical Journal: Pediatrics, February, 2011













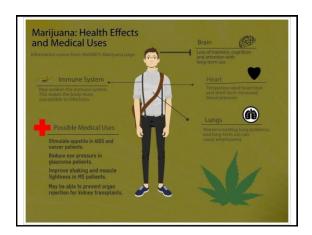




## Teens who routinely smoke marijuana risk a long term drop in their IQ

- \* Findings fit earlier signs that drug is especially harmful to developing brain
- Study participants were tested for IQ at age 13, likely before significant marijuana use, and again at age 38
  - Mental decline was seen only in those who started regularly smoking pot before age 18
  - Quitting didn't remove the problem still at decline at 38

Proceedings of the National Academy of Sciences, 2012

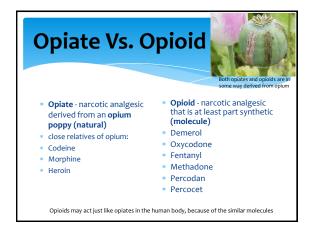


## Rx Drug Use - An Epidemic

\* "Prescription drug abuse is the nation's fastest-growing drug problem"

White House Office on National Drug Policy

- 1.3 million emergency room visits in 2010, a 115% increase since 2004
- \* Overdose deaths on opioid pain relievers surpassed deaths from heroin and cocaine for the first time in 2008





More people are dying from drug overdoses than from any other cause of injury death, including traffic accidents, falls or guns

- \* Drug overdoses were responsible for 38,329 deaths in 2010
- 30,006 of which were unintentional
- \* That's a rate of 105 every day
- 6,748 people treated every day for the misuse or abuse of drugs
- \* In comparison, in 2010:
  - \* 33,687 deaths from traffic accidents
  - \* 31,672 people from firearms
  - 26.852 died as a result of falling

Centers for Disease Control, 2010

#### Opioids drive continued increase in drug overdose deaths

Drug overdose deaths increase for 11th consecutive year

#### \*Drugs Deaths on the Rise in the US

- \* 6.100 in 1980
- \* 16,849 in 1999 (4,030 opioid analgesics)
- \* **36,500** in 2008
- \* 37,004 in 2009 (15,597 opioid analgesics)
- \* 38,329 in 2010 (16,651 opioid analgesics)
- In 2012 the number-one cause of death in 17 US states was prescription drug abuse (Source: American Society of



#### The Rx Nation

 Every day 2,700 teens try a prescription drug to get high for the first time Partnership for Drug Free America, 2010

In 2010, nearly 60 percent of the drug overdose deaths (22,134) involved pharmaceutical drugs

\* Opioid analgesics, such as oxycodone, hydrocodone, and methadone, were involved in about 3 of every 4 pharmaceutical overdose deaths (16,651), confirming the predominant role opioid analgesics play in drug overdose deaths

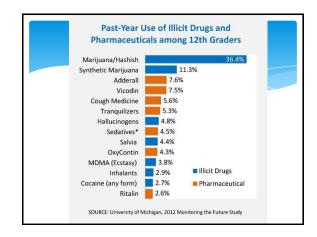
## **Teen Prescription Drug Abuse**

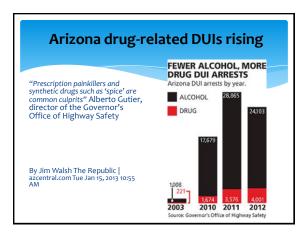
According to the New PATS Data (2008-2012)

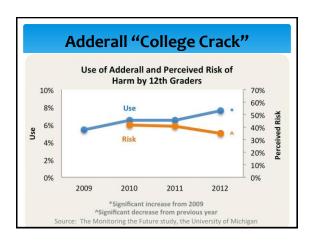
- One in four teens (24 percent) reports having misused or abused a prescription drug at least once in their lifetime
  - 18 percent in 2008
  - 24 percent in 2012
  - Translates to about 5 million teens. This is a 33 percent increase over a five-year period  $\,$
- Of those kids who said they abused Rx medications, one in five (20 percent) has done so before age 14
- More than a quarter of teens (27 percent) mistakenly believe that misusing and abusing prescription drugs is safer than using street

#### Parental Lax attitude about Teen Rx Use

- One in six parents (16 percent) believes that using prescription drugs to get high is safer than using street drugs
- More than half of teens (56 percent) indicate that it's easy to get prescription drugs from their parent's medicine cabinet. About half of parents (49 percent) say anyone can access their medicine cabinet.
- One in five parents (20 percent) report that they have given their teen a prescription drug that was not prescribed for them
- Survey also found that 17 percent of parents do not throw away expired medications, and 14 percent of parents say they themselves have misused or abuse prescription drugs within the past year







# "Doda" or "Dode" – Poppy Husk / Pod Tea Doda (aka Dode) is a powder made by crushing opium poppy husks Typically prepared as an herbal tea or added to water or tea Effects: euphoria, drowsiness, warming & flushing, pupillary constriction; higher

 Openly sold in foreign countries & on the Internet
 "the poor man's heroin" because it's a

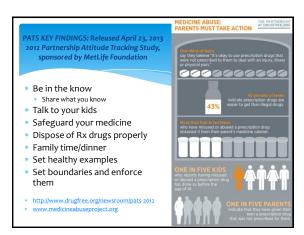
doses can lead to nausea, itching, vomiting, respiratory arrest leading to

 "the poor man's heroin" because it's a narcotic derived from the same plant: the opium poppy



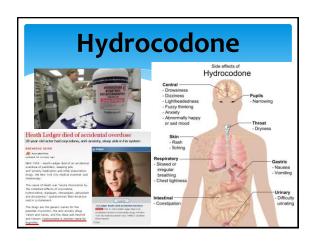
#### Over-prescription of Rx drugs

- \* In Arizona, **585 million pills were prescribed in 2012**. Pain Relievers accounted for over 50% of these scripts
- \* Nearly three out of four prescription drug overdoses are caused by prescription painkillers. Opiate overdoses (once almost always due to heroin use), are now increasingly due to abuse of prescription painkillers
- In AZ, 1,176 Rx deaths were attributed to drug overdoses in 2010



## Hydrocodone

- According to DEA hydrocodone most frequently prescribed opiate in the US
  - Over 139 million prescriptions for hydrocodone-containing products dispensed in 2010
  - Over 36 million in the first quarter of 2011
- Seizures of pills containing hydrocodone are second only to those of oxycodone. In 2010, almost 45,000 pills containing hydrocodone were seized in the US













## **Arizona**

- \* Arizona City
- \* Buckeye
- \* Casa Grande
- Chandler
- \* Clifton
- \* Coolidge
- \* Duncan
- \* Eloy\* Flagstaff
- \* Florence 4 units
- \* Maricopa
- \* Mesa 4 units

- Morenci
- \* Payson
- \* Phoenix
- \* Pima
- \* Pinal County-3
- \* Safford 2 units
- Scottsdale 3 unitsSedona
- \* Sierra Vista-4 units
- \* Thatcher
- \* Tucson
- \* Yuma

## Heroin



- A "downer" that affects the brain's pleasure systems and interferes with the brain's ability to perceive pain
- Most widely abused illicit narcotic in US
- Physical tolerance build up is fast
  - Use to avoid pain of withdrawal "getting sick" seek to "get well"
- Purity levels vary too much pure heroin can result in respiratory arrest and death
  - Overdose is a daily possibility

## **Heroin Purity**



• 1990 = 18% pure

1998 = 41% pureToday = 60-90% ???

- No longer have to inject heroin to feel the effect. Purity so high effects felt by snorting or smoking
- 1996-1998 19 young people die of heroin overdoses in Plano, Texas
  - Purity levels ranged up to 75%

#### Heroin on the Rise in the US

 From 2007 to 2012, the number of Americans using heroin nearly doubled, from 373,000 to 669,000

\* The number of people meeting Diagnostic and Statistical Manual of Mental Disorders, 4th edition (DSM-IV) criteria for dependence or abuse of heroin doubled from 214,000 in 2002 to 467,000 in 2012

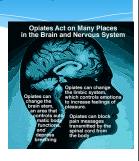
National Survey on Drug Use and Health - 2012



## **Heroin and Respiratory Arrest**

\* Lungs – Heroin suppresses your cough reflex and slows down your breathing, causing hyperventilation. This can put you at risk of lung disease. An overdose of heroin can cause respiratory failure and death.

 Nervous system – At higher doses, sedation takes over and you become drowsy. An excessive dose can produce stupor and coma, and possible death.



## **Withdrawal**

- Symptoms—which can begin as early as a few hours after the last drug administration
- \* Restlessness
- \* muscle and bone pain
- \* Insomnia
- \* diarrhea and vomiting
- cold flashes with goose bumps ("cold turkey") and kicking movements ("kicking the habit")
- \* Users also experience severe craving for the drug during withdrawal, which can precipitate continued abuse and/or relapse





## Heroin

#### A Bad Batch?

- \* Heroin laced fentanyl
- \* Fentanyl up to 100 times stronger than morphine
- \* 22 people died within a week in Pennsylvania (Feb. 2014)
- 28 more people in Philadelphia died after using heroin laced with the painkiller fentanyl between March 3 and April 20, the city announced May 12<sup>th</sup>, 2014
  - 22 to 53 years of age
- \* Sold as "Theraflu" or "Bud Ice"
- \* The Dangers of Fentanyl-Laced Heroin ABC News
- \* Actor's Overdose Death Sheds New Light On Fentanyl-Laced Heroin Issue « CBS Pittsburgh







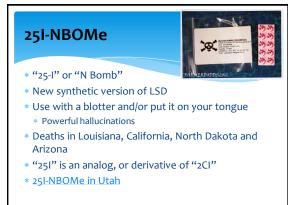
#### **End Results For Users**

- Initially the injection site turns a yellow/green and the surrounding flesh begins to grow lesions
- Lesions break open into gaping wounds.
  - These areas are then highly susceptible to gangrene
- Continued use the flesh begins to eat away, sometimes to the bone
- Vital organs of the user's body began to decay and fail
- Longest know life span of an addict is 2-3yrs
- One year is the typical length

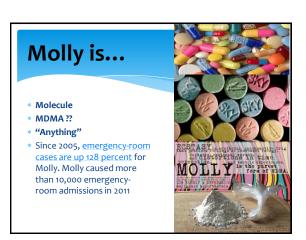
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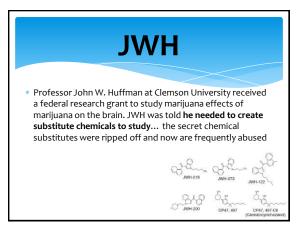


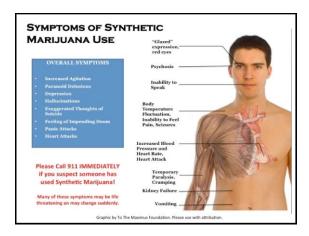












## **Possible Health Risks**

- Hallucinations, delusions, severe agitation, elevated heart rate and blood pressure, vomiting, tremors, and seizures
- In the most severe cases users have blacked out for several hours, had feelings of cardiac arrest, and/or recorded feelings of psychosis
- Some of symptoms such as increased agitation, elevated blood pressure, and heart rates severely increase in "Spice"
- Marijuana label is mislabeling!
- Spice is NOT pot

## **Thalidomide**



- \* OTC tranquilizer released in the late 1950s
- Marketed in 46 countries as sleep aid, alleviating nausea "given with complete safety to pregnant women and nursing mothers without any adverse effect on mother and child."
  - During 4 years it was on market, doctors prescribed it as a nontoxic antidote to morning sickness and sleeplessness—sold to millions.
- Affected 100,000 pregnant women, causing over 90,000 miscarriages and thousands of deformities to the babies who survived
- \* Effects: deaf, blind, curved spines, born without arms or legs, shortened limbs, heart and brain damage

#### **DAWN Report – Synthetic Drugs**

December 4, 2012 (Drug Abuse Warning Network

- \* In 2010:
- \* 11,406 ER visits for synthetic cannabinoids
- \* ¾ or 75% of patients were ages 12-29 years of age
- \* The majority (76%) did not receive follow up care after discharge from ER
- \* 59% of 12-29 year old patients only presented with spice no other substance found

#### ln 2011...

According to the U.S. Drug Abuse Warning Network, some 28,531 emergency room visits in 2011 were caused by known synthetic cannabinoids, more than double the 2010 number.



- First effects 20-60 seconds Peak effects within 5-20 minutes
- What happens with use?
- what nappens with use:

  2-dimensional hallucinations, out of body experiences, becoming an object, traveling back in time, being in more places at once and uncontrolled laughing:

  Safety Suggestions: do not operate machinery or drive, have someone present during use (sitter), no sharp objects nearby Repeated use of hallucinogens can promote a dissociation from reality even when not taking the drug

- No Federal regulations... varies in states

www.salvia.net



#### What are Substituted Cathinones? "Bath Salts"

- Derivatives of cathinone, a psychoactive substance with stimulant properties occurring naturally in the khat plant
  - effects are similar to amphetamines like ecstasy and cocaine
- Abyssinian Tea, African Salad, Catha, Chat, Kat, Oat
- Powder and crystal form that crumbles easily
- White to light brown in color
- Sold in 50 mg to 500 mg packets/containers
- Labeled "not for human consumption"
- Sold for \$5 to \$75
- Easily available online



#### Gravel



- \* Similar to cathinone AKA bath salts (alpha-PVP)
- \* Sold as plant fertilizer
- \* "Gravel" rock like substance
- \* Effects: Increased blood pressure, elevated heart rate, violence, paranoia, hallucinations and brain damage
- \* Unknown long term effects; however may result in deterioration of tissue around injection site
- \* Seizures have contained meth, Klonopin and bath salts

## **Effects**



- \* High similar to cocaine, methamphetamine, MDMA (Ecstasy) or LSD
- \* Initial euphoria last 3-4 hours
- \* Psychosis, hallucinations, suicidal thoughts can last 3-4 days
- \* Unknown long term effects
  - \* 3-4 months after last initial use
- \* Cited as "imminent threat to public safety" by DEA

#### **Bath Salts Common Names**

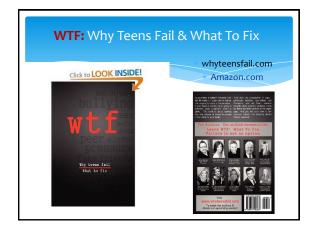
- Ivory Wave
- Cloud 9
- Ocean Bliss
- Eight Ballz
- White Lightning
- Hurricane Charlie
- Charge Plus
- Scarface
- Red or White Dove
- White Water Rapid
- Amped Ladybug Attractant Snowman Glass Cleaner
- Joker
- Scooby Doo





## **Helpful Websites**

www.communitybridgesaz.org
www.partnerupaz.org
www.health.org
www.drugfreeaz.org
http://www.timetotalk.org
http://www.getsmartaboutdrugs.com
www.jointogether.org



Call your local poison center at 1-800-222-1222.
Poison centers are open 24 hours a day, seven days a week, every day of the year for poisoning emergencies and for informational calls, too.

WWW.aapcc.org

