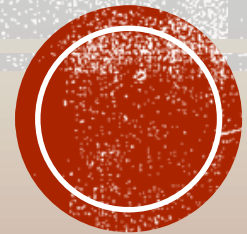


TEEN SUBSTANCE USE

Johnson County Health Department

Amber Terhune, RN, BSN, Health Educator

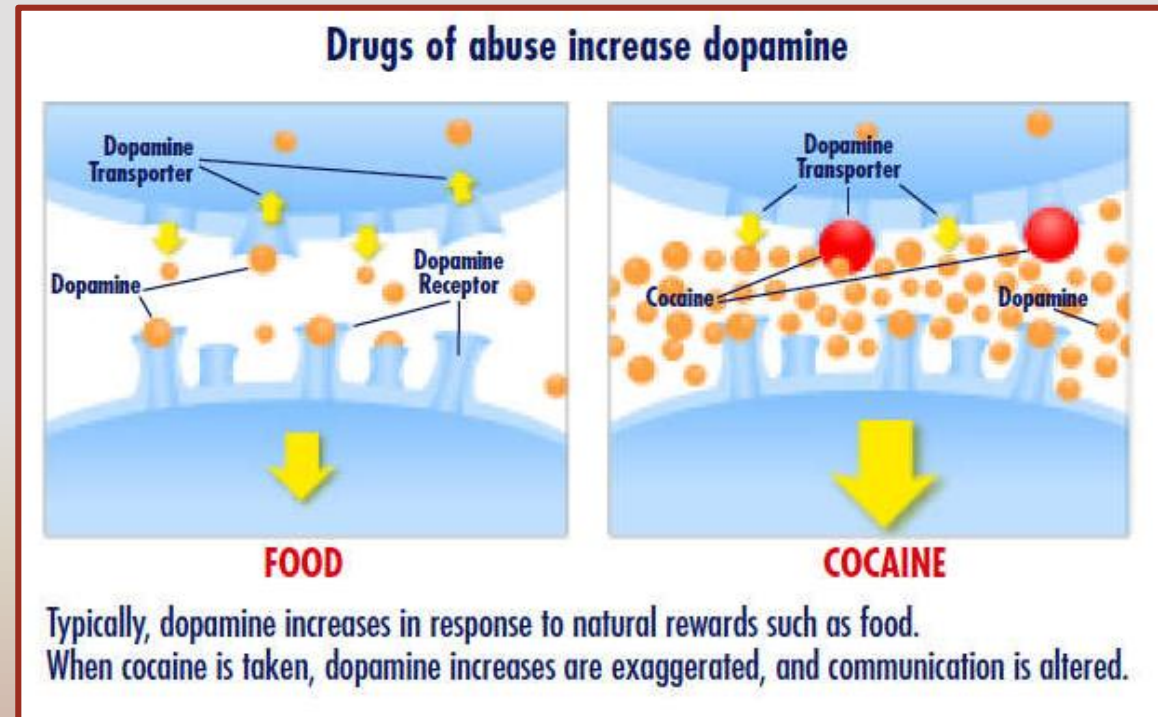
September 2017



INTRODUCTION

Drugs

- ❑ Dangerous
- ❑ Raise dopamine levels
- ❑ Create desire to repeat intense feelings
- ❑ Harder to achieve feelings with repeated use
- ❑ All are or can be addictive

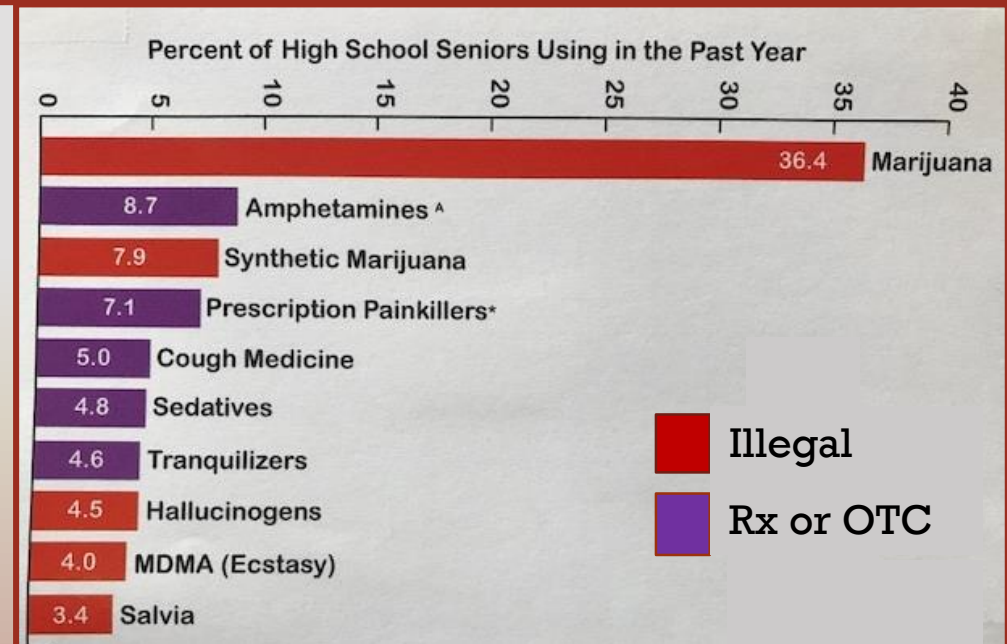


NIDA. *Drugs, Brains, and Behavior: The Science of Addiction*, 2014 July. <https://www.drugabuse.gov/publications/drugs-brains-behavior-science-addiction/drugs-brain>

WHAT ADOLESCENTS ARE USING

- ❑ Alcohol
- ❑ Tobacco
- ❑ Marijuana
- ❑ Inhalants
- ❑ Synthetic marijuana
- ❑ Prescription medication
- ❑ Over-the-counter medication
- ❑ Other illicit drugs

Most Commonly Abused Drugs by High School Seniors (Besides Tobacco and Alcohol)

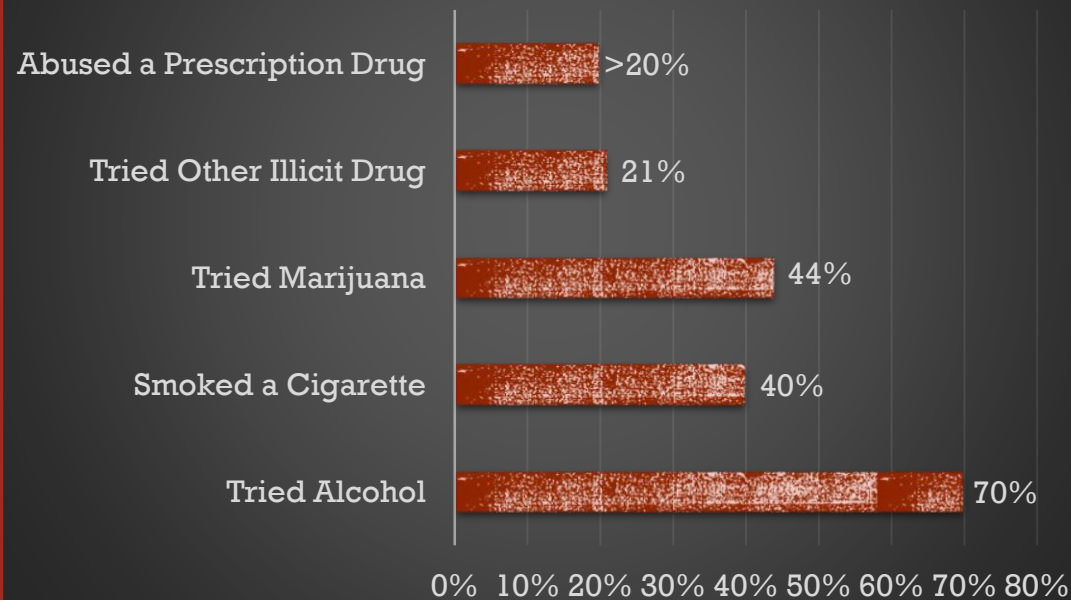


NIDA. *Principles of Adolescent Substance Abuse Disorder Treatment: A Research-Based Guide*, 14 Jan. 2014. <https://www.drugabuse.gov/publications/principles-adolescent-substance-use-disorder-treatment-research-based-guide/frequently-asked-questions/why-do-adolescents-take-drugs>

STATISTICS

Earlier you start, higher probability of substance abuse later

Percent of Teens Who Have Tried Drugs by 12th Grade



Adolescent Alcohol Use

- ❑ > 4300 Deaths per year
- ❑ 2011: 188,000 ER visits for alcohol-related injuries
- ❑ 2015 Study of high school students over 30 day period:
 - ❑ 33% Drank alcohol
 - ❑ 20% Rode with impaired driver

WHY ADOLESCENTS USE

New Experience

Peer Pressure



Tackett, Brittany. Project Know. *How Teens are Exposed to Drugs and Alcohol*, 2017.
<http://www.projectknow.com/research/drugs-and-alcohol/>

Feel Better



Gongala, Sagari. Mom Junction. *13 Causes and 7 Management Tips of Teen Stress*, 9 Jan. 2017.
http://www.momjunction.com/articles/causes-stress-teens_0010099/#gref

Media
Glamorizing

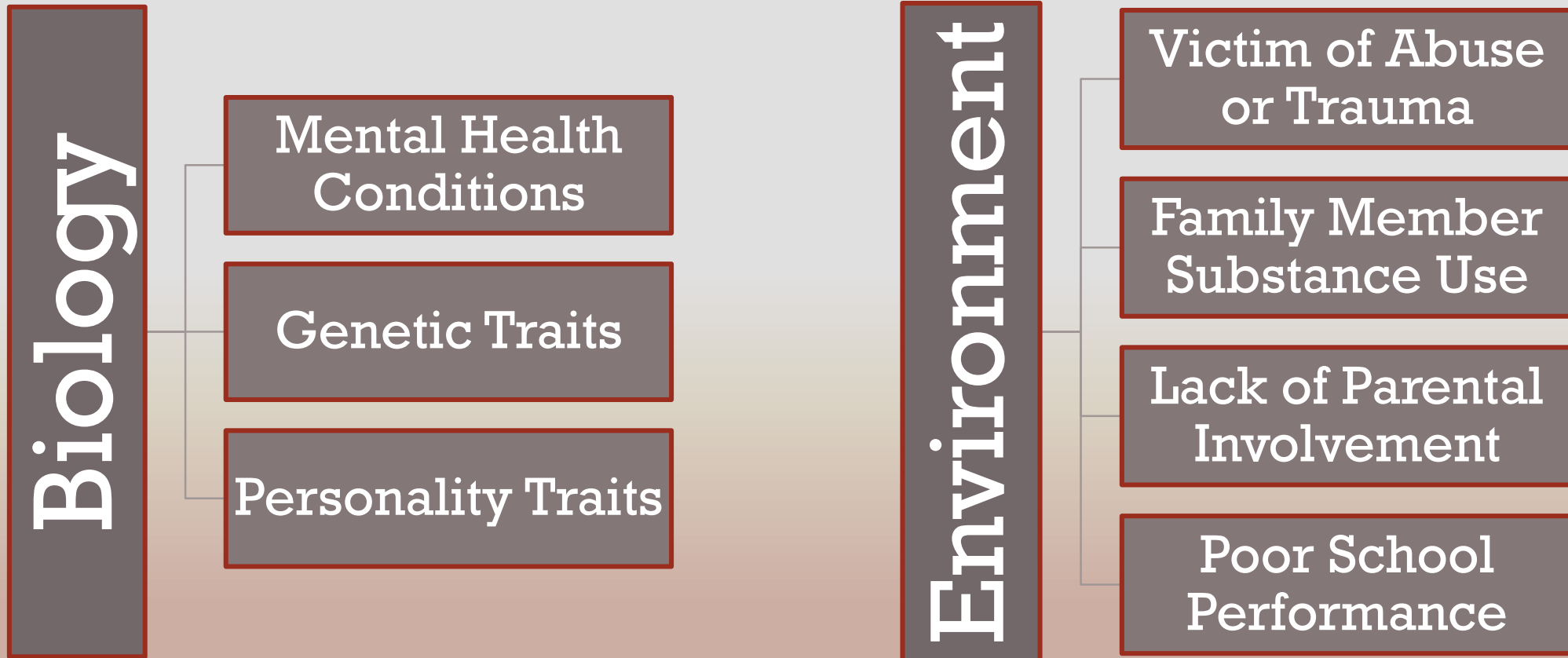
Perceive Harmless

Available



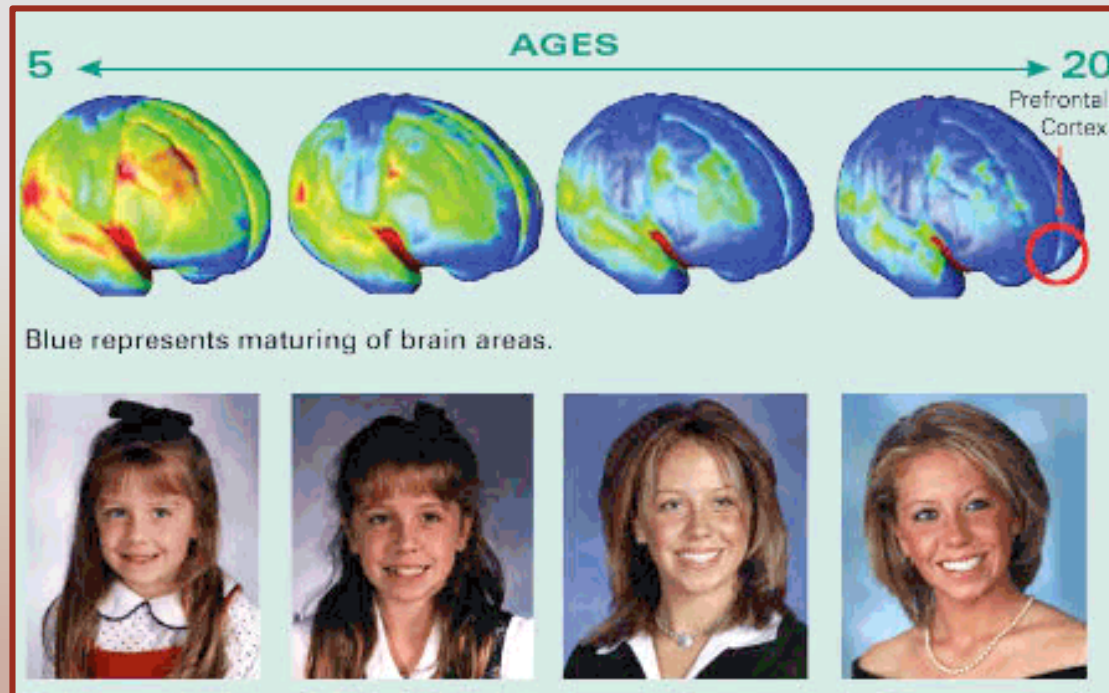
NCADD. *Prescription Drugs*, 2017.
<https://www.ncadd.org/about-addiction/drugs/prescription-drugs>

RISK FACTORS



ISSUES WITH TEENAGE SUBSTANCE USE

Brain Still Developing



- More likely to
 - Binge drink
 - Hide use
 - Continue use despite personal and legal issues
- Less likely to seek treatment
- May resort to illegal behavior to afford

NIDA. *Comorbidity: Addiction and Other Mental Illnesses*, 1 Sep. 2010.
<https://www.drugabuse.gov/publications/research-reports/comorbidity-addiction-other-mental-illnesses/why-do-drug-use-disorders-often-co-occur-other-men>

EFFECTS AND CONSEQUENCES

Risk of Dependence

- ❑ Legal issues
- ❑ Difficulty with relationships
- ❑ Poor school/work performance
- ❑ Impaired memory/thinking ability
- ❑ Risky behavior



- ❑ Increased risk of infectious diseases
- ❑ New or worsening mental health problems
- ❑ Organ damage
- ❑ Other health issues
- ❑ Risk of death

The National Center on Addiction and Substance Abuse. *Teen Substance Abuse*, 14 Apr. 2017.
<https://www.centeronaddiction.org/addiction-prevention/teenage-addiction>

WARNING SIGNS

❑ Change in friends

❑ Change in appearance

❑ Change in eating and sleeping habits

❑ Finding drugs or paraphernalia

Skipping class

Getting into trouble

Sleeping in class

Drop in grades

SCHOOL

Frequent use of eyedrops

Dilated or Constricted pupils

Red eyes

Drastic weight loss/gain

PHYSICAL

PERSONALITY

Secretive/suspicious behavior, lying

Easily upset, angrier/grumpier

Sexually reckless

Loss of interest in hobbies

SOCIAL

Avoiding old friends

Fighting with peers/family

Withdrawing and isolating

Job performance deteriorating

WHAT TO DO IF ABUSE IS SUSPECTED

Talk. Don't Wait!

- Open communication
- Provide support
- Refer to treatment early

Project Know. *Teen Drug Addiction*, 2017.
<http://www.projectknow.com/research/teen-drug-addiction/>

IDENTIFYING TEEN DRUG ADDICTION

During adolescence, many of the signs of drug addiction, such as mood swings or irritability, are very similar to normal teen behavior. However, [NIDA](#) states that there are questions you can ask to determine whether or not you have a drug abuse problem. While these do not conclusively indicate a drug addiction, answering “yes” to any of these questions suggest a problem is developing, and intervention may be necessary. These questions are as follows:

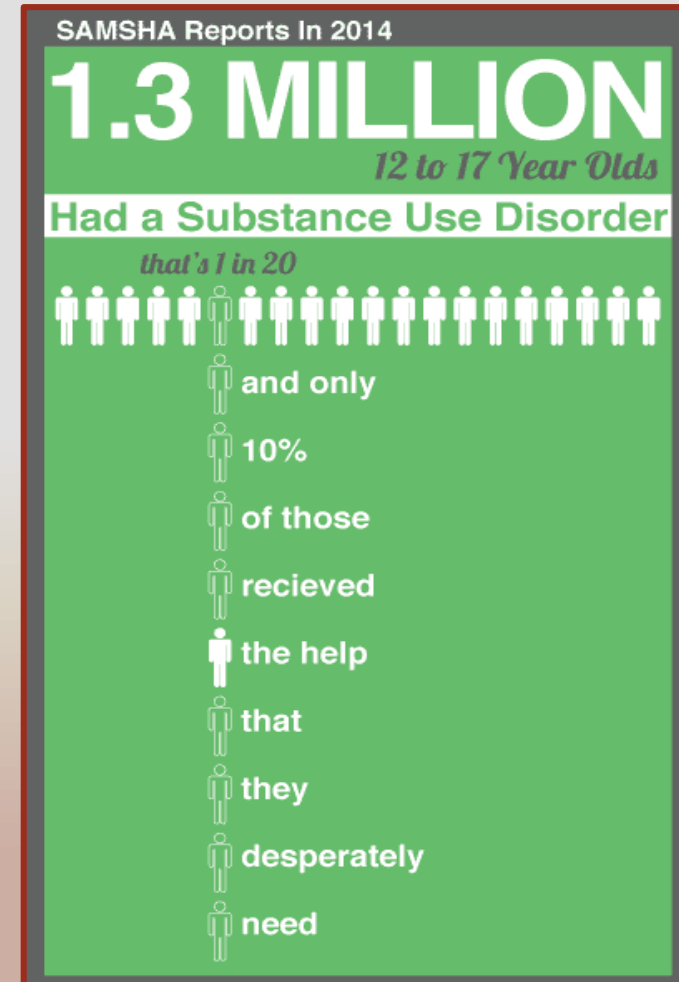
1. Have you ever been a passenger in a car driven by someone who had consumed alcohol or drugs? Have you ever driven a car while after using drugs or drinking alcohol?
2. Do you use drugs to chill out, feel good, or to fit in with your friends?
3. Do you use drugs while on your own, with no one else around?
4. Do you blackout or not remember things that you did while drinking or using drugs?
5. Have family members or friends ever told you that you need to cut down on your drinking or drug use?
6. Have you ever gotten into trouble, at school, with your family or with the law, because of drug or alcohol use?

SEEKING TREATMENT

Focus on Adolescent

- Inpatient
- Outpatient
- Behavioral therapy
- Follow-up support
- No medications are FDA approved for adolescents*

The Teen Treatment Center. *Substance Abuse Treatment for Teens*, 2017.
<https://www.teentreatmentcenter.com/substance-abuse-treatment/>

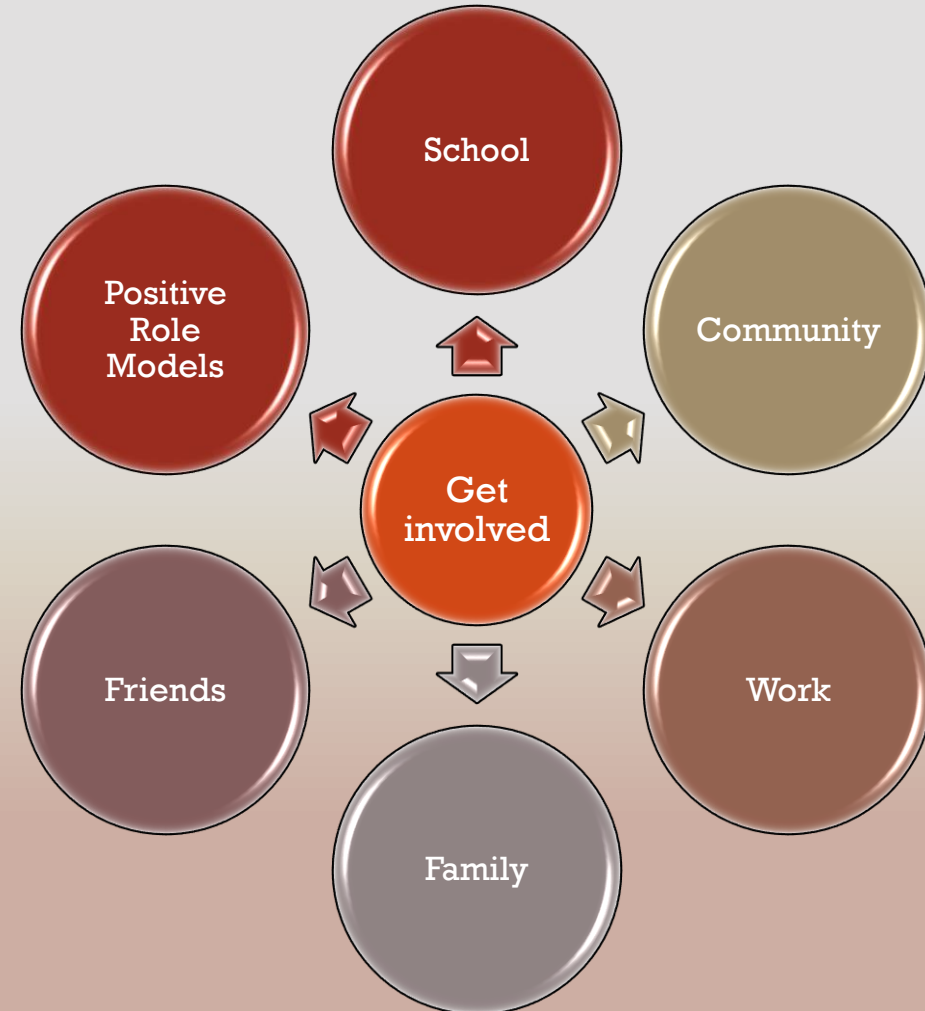


HOW TO DECREASE RISK FACTORS

- ❑ Reduce exposure potential
- ❑ Educate yourself on risks



Ken. Our Kids. *Teen Problems into Teen Success-Going Out into the World*, 12 Feb. 2011. <http://www.ourkids.net/blog/teen-problems-17648/>



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- Not My Kid. "Substance Abuse: Alcohol, Drugs, and Trouble." *NotMyKid.org*, n.d. <https://notmykid.org/>. Accessed 5 Sep. 2017.
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- WebMD. "Teen Alcohol and Drug Abuse: Topic Overview." *WebMD.com*, n.d. <http://www.webmd.com/mental-health/addiction/tc/teen-alcohol-and-drug-abuse-topic-overview#1>. Accessed 1 Sep. 2017.