



Prescription & Heavy Drug Use

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GenerationRx

Prescription Drug Abuse and Your Teens



AGE

11-12



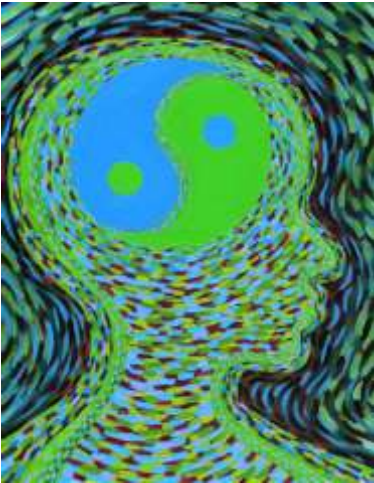
24-25

200

100



USE IT OR LOSE IT PRINCIPLE



Pruning (Apoptosis) clears out unneeded wiring to make way for more efficient and faster information-processing (thicker myelin)

Rich experiences = Promotes building **long chains** of nerve cells needed for demanding problem-solving

Prefrontal Cortex Thinking: The Executive Function Skills

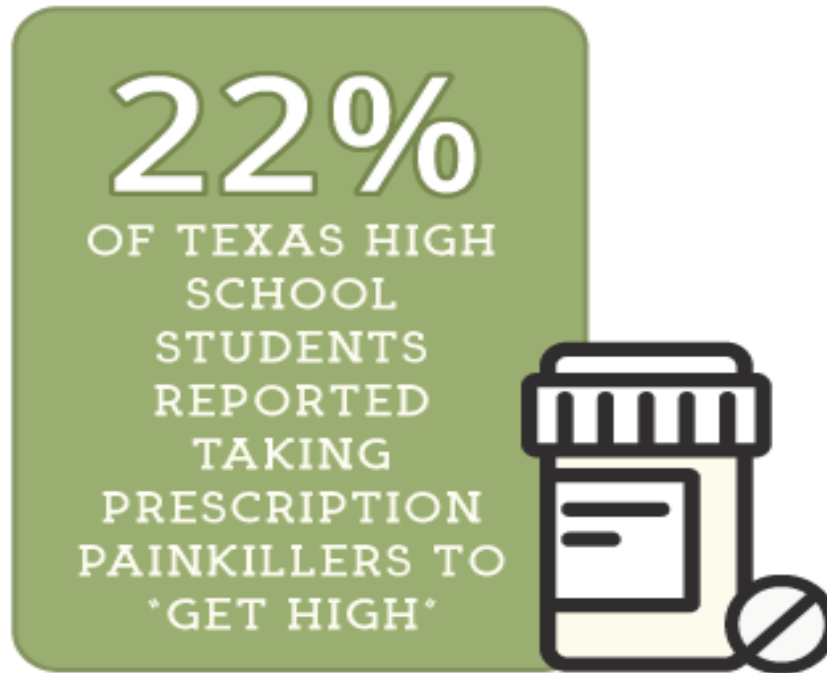
CEO

- Abstract; conceptual understanding
 - Impulse Control
 - Problem-Solving
 - Decision-Making
 - Judgment
 - Emotion Regulation
 - Frustration Tolerance
 - Ability to Feel Empathy

Commonly Abused Rx Drugs

- **Opioids**—Usually prescribed to treat pain
- **Stimulants**—Most often prescribed to treat ADHD
- **Central nervous system (CNS) depressants**—Prescribed to treat anxiety and sleep disorders
- For more facts, visit PEERx at <http://teens.drugabuse.gov/peerx>








- https://www.youtube.com/watch?v=wQ_e4MCS0uU



So, what exactly is prescription drug abuse?

-  Taking a medication that was not prescribed to you
-  Purposefully taking the wrong dosage of a prescribed medication
-  Taking a prescribed medication for something other than its intended purpose

Why should we care?

- **Four of the top five drugs abused by 12th graders are prescription or over-the-counter medications.**
- **20% of teens are abusing prescription drugs.**



(Source: National Institute on Drug Abuse for Teens, NIDA)

What are they using?

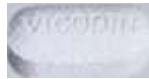
Opiates (Painkillers)



OxyContin®



Percocet®



Vicodin®

Sedatives & Tranquilizers



Ativan®



Valium®



Xanax®

Stimulants



Adderall®



Ritalin®



Dexedrine®

OTCs (Over-the-Counter)



Products containing dextromethorphan (a cough suppressant)

Why are teens turning to prescription drugs?



To get high



To focus better (get better grades)







To fit in







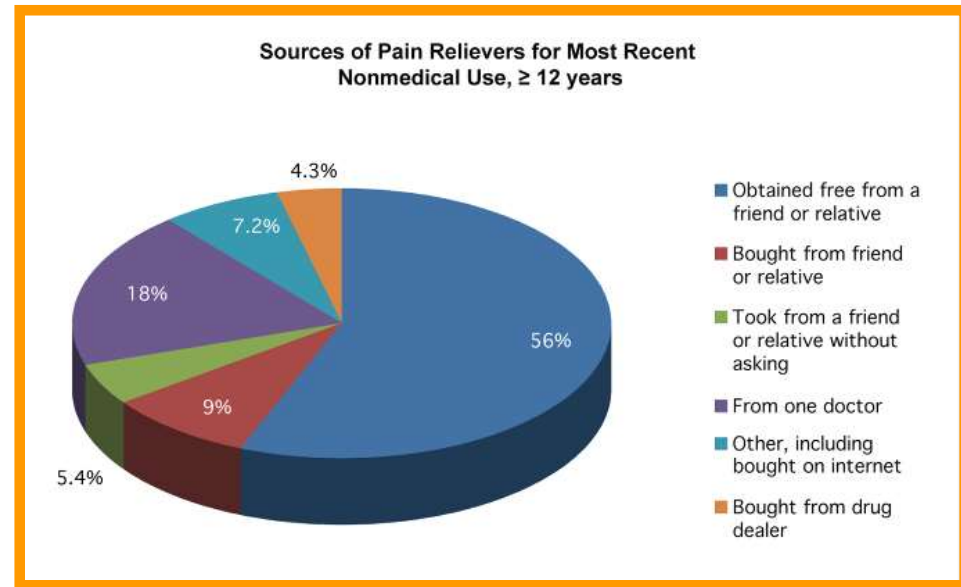
Why are teens turning to prescription drugs?

-  Over half of teens (56%) do not see a great risk in trying prescription pain relievers without a doctor's prescription.
-  They believe prescription drugs are safer than street drugs and not addictive.
-  They believe prescription drugs are more difficult to detect than street drugs.
-  Prescription drugs are much easier to attain than street drugs.

Where do they get them?

 Nearly 20% of teens can get prescription drugs (in order to get high) in an hour. More than 33% can get prescription drugs within a day.

 **70%** of teens get the prescription drugs from family or friends.



Source: SAMHSA, 2008 National Survey on Drug Use and Health

How do they figure out what to do?



Teens visit **websites**, **chat rooms**, and **blogs** to obtain dosage information, identify pills, and learn about drug interactions and effects.



What should you look for?

In Your Teen...



- Avoidance behaviors
- Decline in social activity
- Sudden lack of motivation and interest
- Depressed mood
- Unusual lack of hygiene
- Sudden change in behavior

What should you look for?

Around the house...






● Missing pills

● Unfamiliar pills

● Empty cough and cold medicine bottles or packages

What are the risks?

-  Addiction and physical dependence
-  Accidental overdose and poisonings
-  Death



Cocaine

- Cocaine is a local anesthetic and central nervous system stimulant
- Powder or crystal form
- Made from the coca plant native to south America
- It was first isolated by German chemist Albert Niemann in the early 1800s. Its early uses were in surgery to numb nose and throat areas.
- Short, intense, euphoric high
- Most often injected, snorted, or smoked



<https://www.youtube.com/watch?v=vxI7PTVRfhQ>

Short-term effects

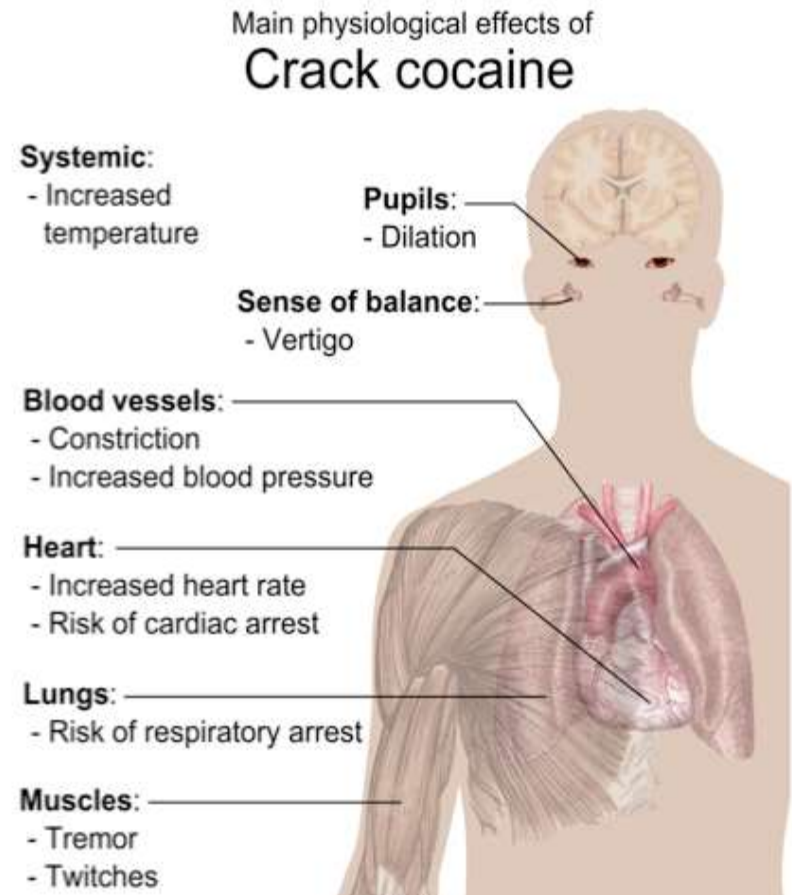
- Euphoria
- Energy and talkativeness
- Raising heart rate and blood pressure
- Dilates pupils
- Increases body temperature
- Decreases appetite
- Increases sex drive
- Increased energy levels
- More alert
- Exhilaration
- Pain relief
- Excitement
- Increased confidence
- Euphoria

Long-term effects

- Restless
- Paranoid
- Over excited
- Nausea
- Weight loss and eating disorders
- Depression
- Psychosis
- Insomnia
- Sexual dysfunction
- Anhedonia
- Irregular heartbeat
- Impaired thinking

Lethal Effects

- Heart Attacks
- Stroke
- Seizures
- Brain hemorrhage
- Convulsion
- Death





Cocaethylene

- Cocaethylene produces a feeling of euphoria more powerful and longer lasting than that produced by cocaine alone. In addition, the chemical can apparently trigger a number of serious or potentially fatal health risks, including increased chances of experiencing a heart attack, increased chances of dying suddenly, and indirect encouragement of excessive short-term alcohol intake

Methamphetamine

- Crystal Methamphetamine Hydrochloride is an especially damaging CNS stimulant, and is currently the most heavily abused synthetic drug on the market. The drug gives users a euphoric experience of bursts of energy and pleasure. Side effects of teenage meth abuse have been described as similar to those of cocaine, but are much more pronounced and lingering. Many meth users undergo stark facial weathering and aging, both of which are dramatic effects of the drug. Commonly referred to as: Ice, Crystal, Tina, Shards, Glass, and Chrissy.

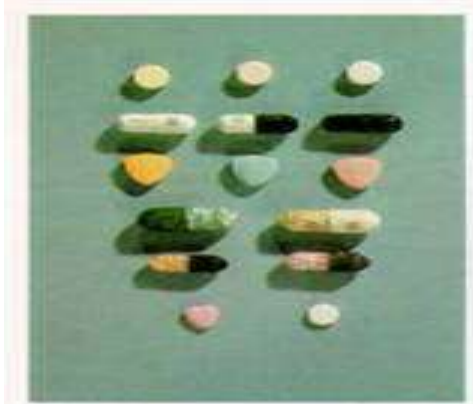


Meth vs. Cocaine

- In general, MA causes **three times** more release of dopamine than cocaine and has a half life of 12 hours compared to cocaine's one hour. If administered via smoking, MA produces a high for 8-24 hours, whereas cocaine produces a high for 20-30 minutes.



How is it used?



Methamphetamine

Short-term Physical Effects

Increases

- Heart rate
- Blood pressure
- Pupil size
- Respiration
- Sensory acuity
- Energy

Decreases

- Appetite
- Sleep
- Reaction time

Methamphetamine

Short-term Psychological Effects

Increases

- Confidence
- Alertness
- Mood
- Sex drive
- Energy
- Talkativeness
- Well-being

Decreases

- Boredom
- Loneliness
- Timidity

Long-term Effects

- Psychotic behavior
- Paranoia
- Aggression
- Anxiety
- Fatigue
- Depression
- Delusions
- Mood swings
- Confusion
- Insomnia
- Hallucinations
- Stroke
- Brain damage
- Heart attack
- Weight loss
- Vision problems
- Meth-mouth
- Death





1 Year of Use

1 Year of Use

2 Months of Use

4 Years of Use



The human face of "Ice" addiction

5 Years of Use

6 Months of Use

7 Months of Use

11 Months of Use



8 Months of Use

5 Years of Use

4 Months of Use

1.5 Years



3 Months of Use

2.5 Years of Use

4 Years of Use

2.5 Years of Use

Personality/Physical changes of regular ice users/addicts

- Loss of weight
- Withdrawal from activities
- Scabs on skin (from excessive scratching)
- Rotting teeth
- Strong chemical body odor
- Unusual obsessive/repetitive behavior
- Aggressive behavior
- Uncontrolled, often violent emotional outbursts
- Paranoia/Delusions
- Full-blown toxic psychosis



Hallucinogens & Club Drugs

Ecstasy/MDMA

- Ecstasy is among the most common drugs at clubs and parties. Teens turn to ecstasy because of the discreetness of the drug's pill and capsule forms — in contrast to alcohol, which may be more difficult for teens to secretly consume in a public setting. Hallucinogenic and stimulant effect combined. Signs of ecstasy use include extreme happiness and friendliness, which can drive teens into compromising situations. More serious risks include hallucinations and paranoia. Teens often refer to ecstasy as “E,” “X” or “molly.”



Short-term effects

- Feelings of well-being and empathy
- Reduced anxiety
- Enhanced self-confidence
- Greater acceptance of others
- Sense of acceptance and belonging
- Increased energy
- Increased desire for physical contact and visual stimulation
- Intensified awareness of senses (rolling)

Ecstasy's downside

- Increases in heart rate and blood pressure
- Nausea
- Loss of appetite
- Jaw tightness
- Compulsive chewing and teeth clenching
- Anxiety, panic, and depression
- Health risks increase if ecstasy is combined with another drug

What comes after the “high”?

- Hungover feeling and depression—“e-tarded”
- Moodiness, anxiety, and paranoia
- Irritability
- Loss of appetite
- Insomnia
- Chills or sweating
- General tiredness



Ecstasy can be deadly

- Overheating, dehydration, inability to regulate temperature and water content
- Hyperthermia, rapid or irregular heartbeat
- Ecstasy-related deaths are associated with body temperatures as high as 109 degrees
- Water loss that comes with high fever causes most of these deaths



Signs of “rave” culture

- Pacifiers
- Surgical masks and mentholated rub
- Neon glow sticks
- Brightly colored beads
- Clothing with the letters PLUR
- Excessive neon clothing and accessories
- Happy faces



Ketamine

- Ketamine is commonly used as an anesthetic at veterinary clinics. But it is distributed and used at parties to trigger staggering out-of-body experiences. Short term effects include temporary amnesia and immobilization (K-Hole). Because of these risks, ketamine is among the most common date rape drugs. Nicknames for ketamine include “K” and “special K.”



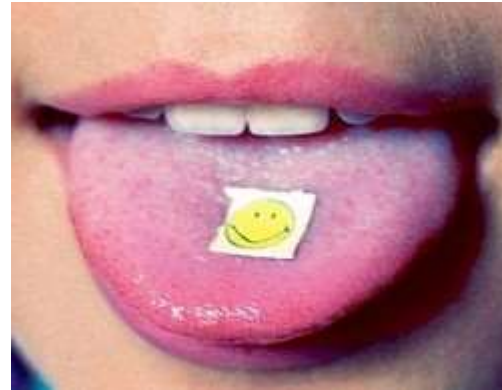
Psychedelic Mushrooms

- Psilocybin Mushrooms are powerful, triggering drug-induced spiritual experiences and disordered perception. Even small doses can cause a strong and unpredictable intoxication. They are usually eaten, but can be brewed in teas, and are often combined with other drugs. Nicknames for the drugs include “shrooms” and “magic mushrooms.”



LSD (“acid”)

- Lysergic acid diethylamide (LSD) has been a popular rave drug for decades. This drug is taken as a “strip,” which looks like a little piece of paper. The drug itself is “blotted” onto the strip of material. Symptoms of LSD use include hallucinations, extreme trembling and heart racing. Some street names include “acid” and “L.”



How You Can Help

● Communicate



● Family Code



● Educate and Intervene
(random testing/behavior
contract/consequences)









How You Can Help

Provide Your Teens With an Escape Route

Suggest responses they could use to get out of tough situations.



-  “I don’t want to ruin my season and get in trouble with the coach.”
-  “I can’t, I have to drive home.”
-  “I can’t, my parents drug test me.”
-  Or simply say, “No thanks.” and walk away (ego strength).



How You Can Help

Safeguard Your Medications and Use Proper Disposal Techniques



Lock up your medicine cabinet










Monitor the quantities of medications kept in your home



Dispose of expired and unused medications



Resources You May Use

-  The Generation Rx Initiative
<http://pharmacy.osu.edu/outreach/generation-rx/>
-  D.A.R.E. America
www.dare.com
-  Community Anti-Drug Coalitions of America
www.cadca.org
-  National Institute on Drug Abuse
www.nida.nih.gov
-  Partnership for a Drug-Free America
www.drugfree.org
-  Substance Abuse and Mental Health Services
Administration Center for Substance Abuse Treatment
www.samhsa.gov
-  Your Family Doctors and Local Pharmacists

Contact Information

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