



HOLY
GHOST
PREP

Welcome Parents

A stylized illustration of a lighthouse with red and white horizontal stripes, a red lantern room, and a small grey door at the base, situated on a sandy beach with a blue wave in the foreground.

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Student Assistance Program
Coordinator



Caron Quick Facts



- Nationally recognized chemical dependency treatment facility
- Addiction treatment services (60+ year history)
- Student assistance services/prevention (28 year history)
- Offers a full spectrum of treatment programs to meet the needs of everyone (adolescents to seniors)



Agenda

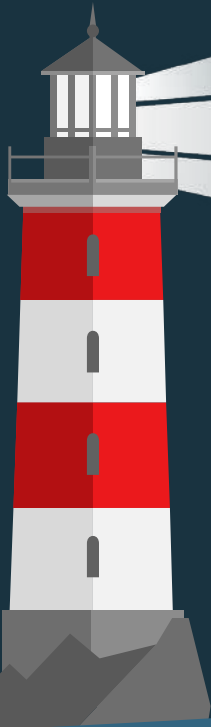


Then and Now
Risk Factors
Substances and the Body
Current Trends:

- **Nicotine**
- **Alcohol**
- **Marijuana**

What Can Parents Do
Resources





P.R.E.P.

Prevention Resources & Education for Parents



Right now, you might feel...

- ★ A little nervous. This topic makes you uncomfortable.
- ★ Tired. You have other things you could be doing.
- ★ Looking forward to learning new information.
- ★ Unsure how to talk to you child about this subject.
- ★ You are not alone....
- ★ We're glad you're here.



The Adolescent experience is different today.



Back in the day...

Today...

Our Nicotine was smoked.

Our Marijuana was weak.

It was a simpler time.

Nicotine and Marijuana can be vaped.

Marijuana is SO much stronger.

The Adolescent experience is different today.



Back in the day...

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Is anything the same?



Still Most Common

Alcohol
Nicotine
Marijuana

The Pandemic Has Changed Us All



A bit more on that later



**But, We Know
More Today!**

Understanding Substance Use Disorder (SUD)

Knowledge of the Teen Brain

- **Brain is still developing**
- **Risk-takers**
- **Group-orientated**
- **Emotion over logic**

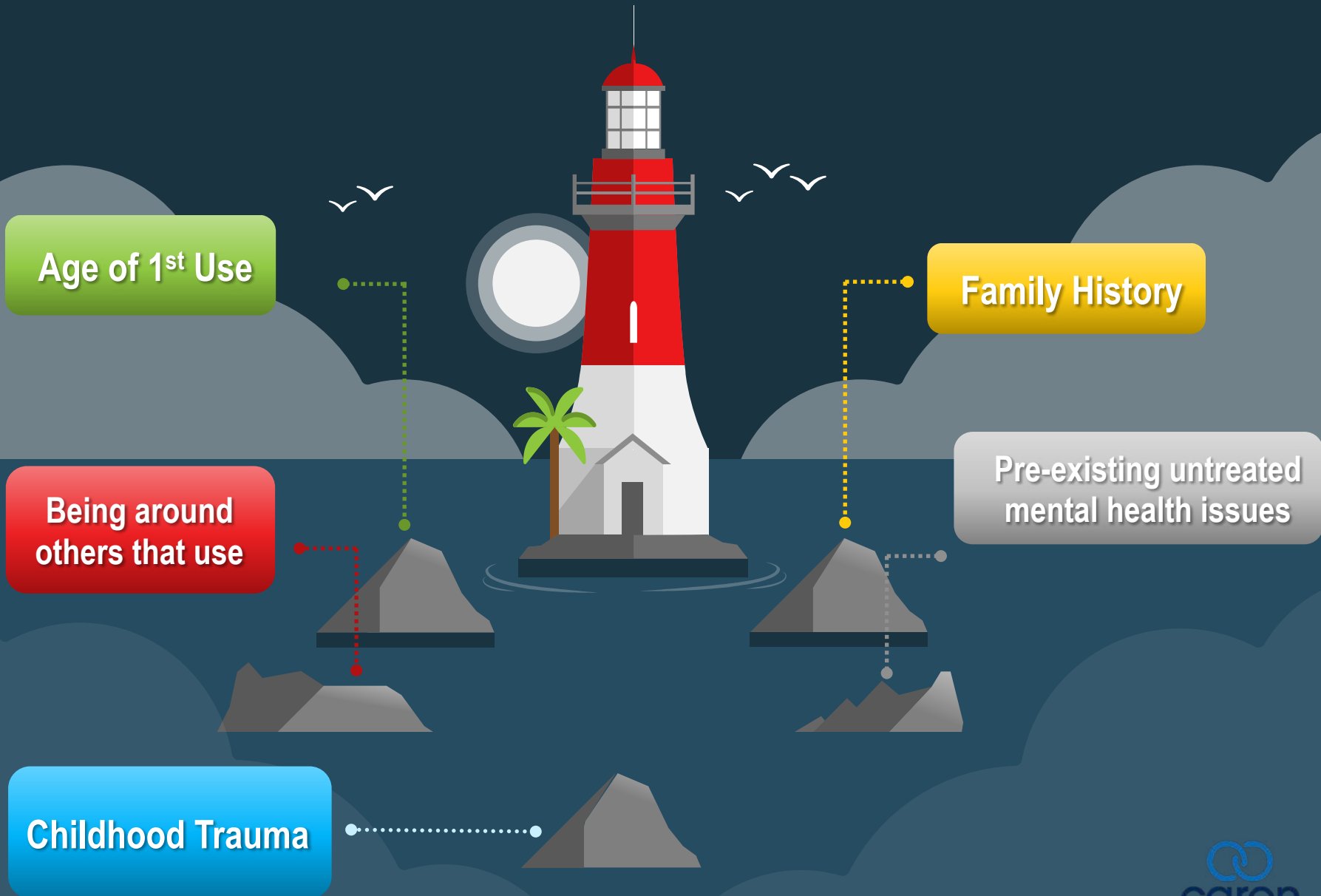
Our message is delay!

- **Who's at greater risk**
- **What are the warning signs**
- **What Parents can do**

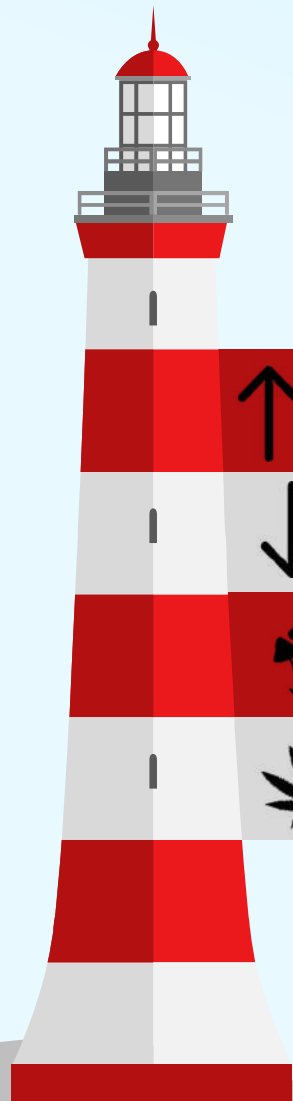
Openness replaces shame.

There is always hope.

Risk Factors for Substance Use Disorder



Drugs and the Central Nervous System



Stimulants: Speed up HR



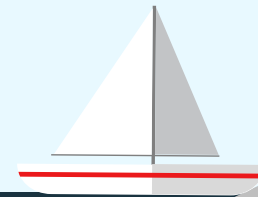
Depressants: Slow down HR



Hallucinogens: Alter Perception of Reality



Cannabinoids: Can be ALL three



Mind altering substances fall into 4 categories



Current Trends

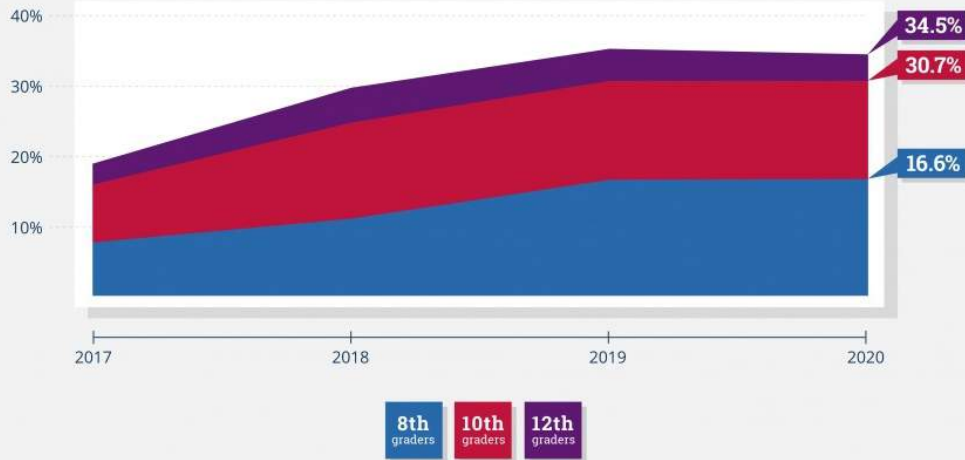
Trends in Nicotine

The *Other* Epidemic

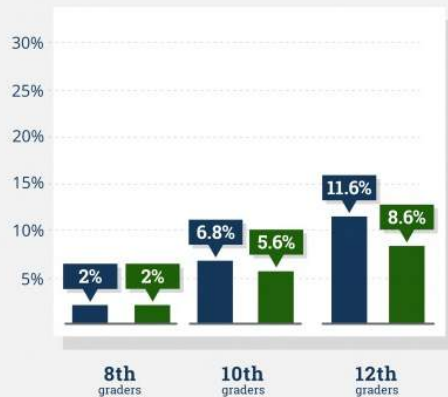


Surge of Nicotine Vaping Levels Off, but Remains High

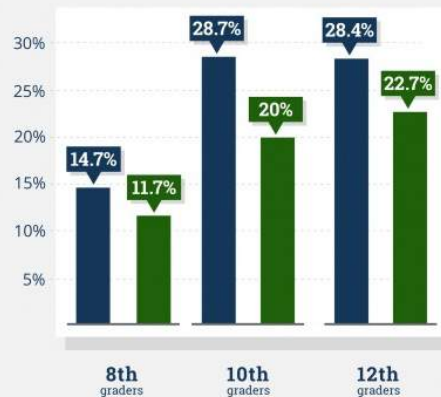
Past-Year Nicotine Vaping Held Steady



Daily or Near-Daily Nicotine Vaping



Past-Year JUUL Use Dropped Significantly Among Older Grades



The Good News:

10th and 12th grades have remained steady.

10th and 12th grade use of JUUL brand has declined.

The Concerns:

Teens are still vaping at alarming rates.

COVID-19 & Vaping is especially unhealthy.

Teens who vape nicotine are more likely to vape marijuana

Positive Change in Laws



Age to purchase up from 18 to 21

- Will reduce access.
- Will help keep vapes out of schools.
- Will likely delay onset of daily use.



Ban on Flavored Pods

- Applies to pods.
- Does not include a ban on menthol or tobacco flavor.
- Does not include flavor ban on e-juice for tank systems.

Typical Tank System





Laws Change, Vapes Change

The Rise of the Disposable Vape.

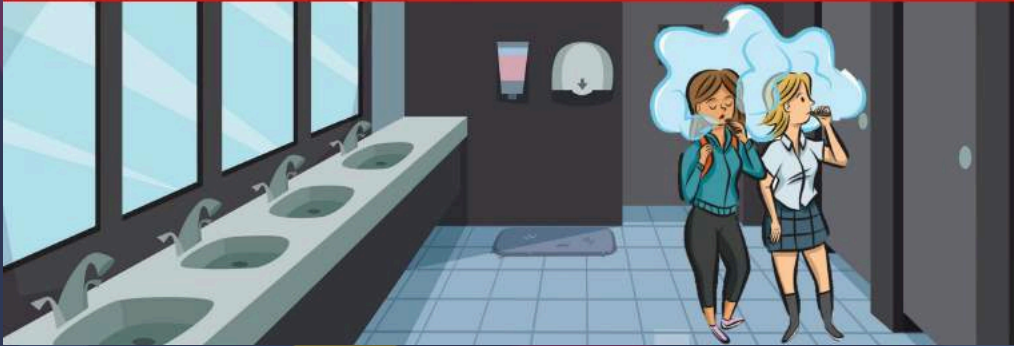
Hyppe
Posh
NJoy
Puff Bar
Cali Bar
Stig

ad infinitum

Skirts FDA ban on flavored e-cigs
because they are 'self-contained' vs.
pod based



WHY KIDS VAPE



Top 5 Reasons Why Kids Vape

Reason	E-Cig Users	E-Cig and Tobacco Users
I Was Curious About Them	56.10%	38.40%
Friend or Family Used Them	23.90%	22.20%
They Are Available in Flavors Such as Mint, Candy, Fruit or Chocolate	22.30%	26.60%
I Can Use Them to do Tricks	22.00%	29.00%
They Are Less Harmful Than Other Forms of Tobacco, Such As Cigarettes	17.00%	19.10%



Parents Guide to Detecting Teen Vaping

Environmental Signs

- Unusual faint smells (air freshener, incense)
- Vanilla or fruity smells
- Hazy room
- Bathroom is common location
(Is the fan running?)



Oily Stains

- In Room
- On clothes



Parents Guide to Detecting Teen Vaping

Environmental Signs

Tools of the Trade



Vape coils

Mysterious chargers and cords



Parents Guide to Detecting Teen Vaping

Physical Signs

Dry mouth

Increased thirst and water consumption

Caffeine sensitivity

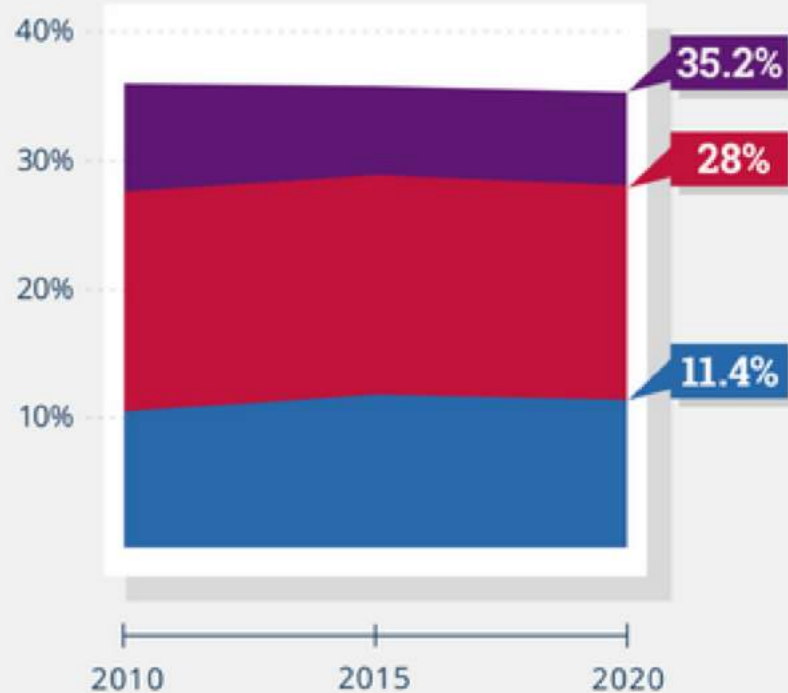
Nicotine withdrawal, moodiness

Sleeplessness

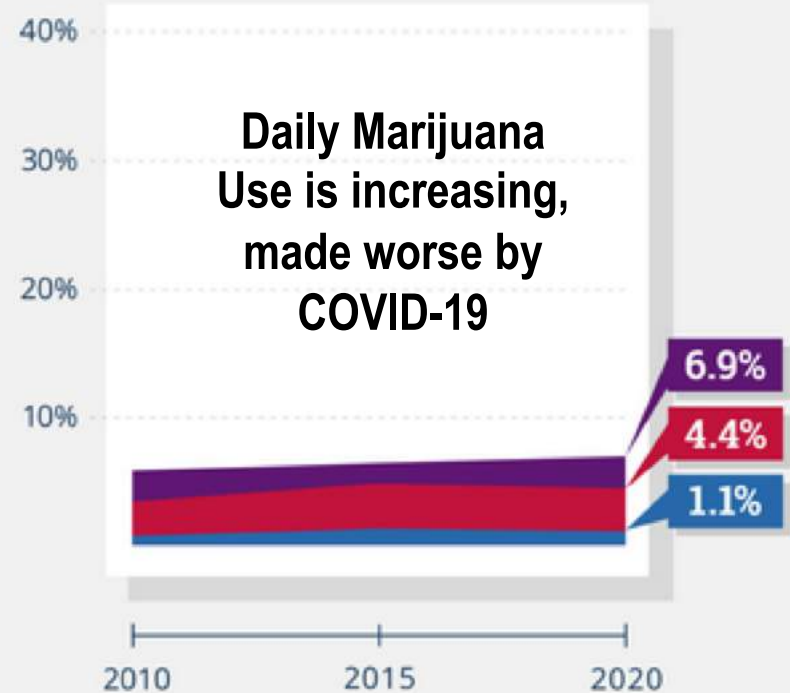
They could also be vaping marijuana.

Marijuana Use Remains Steady

Past-Year Marijuana Use



Daily Marijuana Use



8th
graders

10th
graders

12th
graders

“Unless you have consumed a THC based product that was commercially produced in the last couple years, your construct of what cannabis is, is so antiquated that it’s pretty irrelevant.” Ben Cort

Teens are getting a mixed message about Marijuana today.

Our message is clear.

Marijuana is unacceptable for developing brains.



It's MUCH more potent these days.



Before human intervention.

Prior to the 1960's
THC content < .5%.

In the 1960's and 70's the THC content was about 1%.

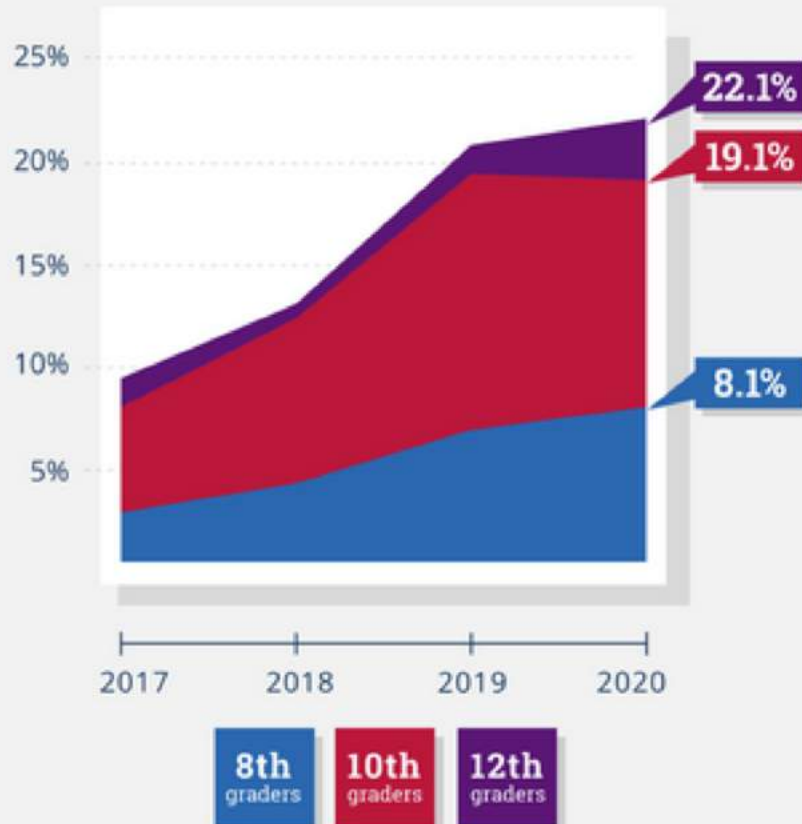
In the 1980's and 90's it
was up to 3-4%.

Today's average THC content is 20%.

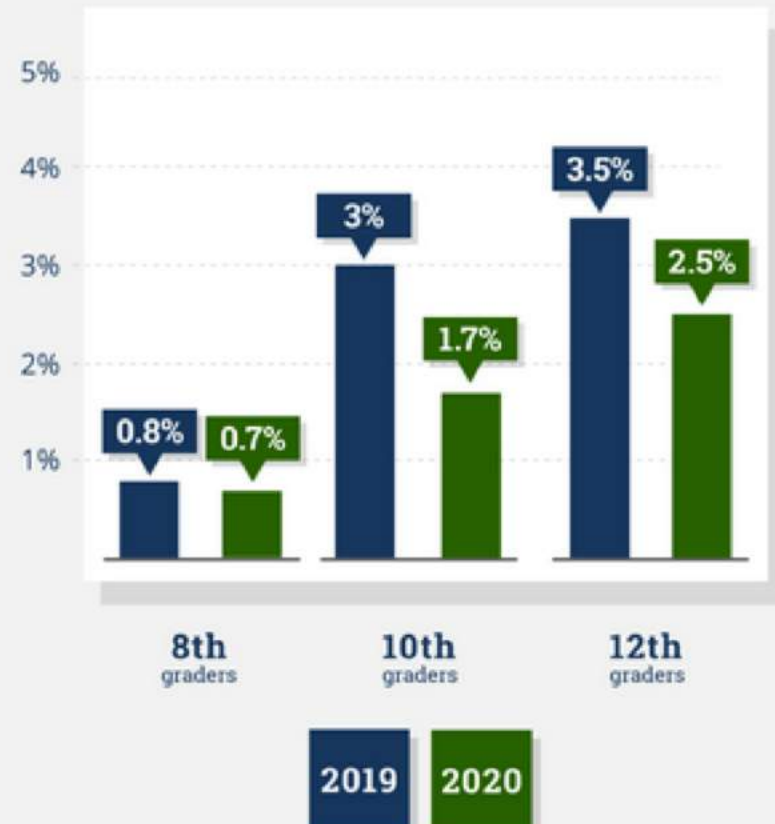
That's just the dried green stuff!

Past-Year Marijuana Vaping Holds Steady

Past-Year Marijuana Vaping



Daily or Near-Daily Marijuana Vaping Decreases Significantly Among 10th Graders



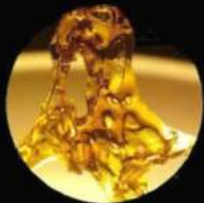
THC concentrates have a potency between 40-99%.

- These products are inhaled through various devices.
- Sometimes eaten.

Greater risk of SUD

Greater risk of failing to succeed

Greater risk of mental health issues



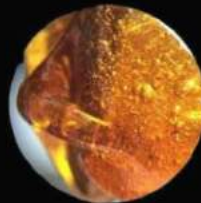
SHATTER



WAX



CO₂ OIL



ROSIN



KIEF



BUDDER



CRUMBLE



LIVE RESIN



CANNABINOID
ISOLATE (CLEAR)



HASH

Marijuana use is not a behavior the majority of teens engage in.

Despite what your teen might say.

These are some of the risks associated with THC.

- **Problems with memory, learning & problem-solving**
- **Distorted perception**
- **Apathy**
- **Increased risk of mental illness**
- **Increased risk of developing SUD**
- **Unpredictability, (even hospitalization) especially with edibles**
- **CHS: Cannabinoid Hyperemesis Syndrome**

The New Strangers in Town

Delta 8 THC
Delta 10 THC
THC – O: THC Acetate

**The are synthetic drugs made from CBD
They're currently legal and available in almost every state**

- They are only Vaped.
- Unregulated.
- More toxic.
- Tested samples contained high levels of acids and metals.

"How wrong do your parents feel it would be for you to smoke marijuana?"

Parental Acceptability of Marijuana

Their perception
of YOUR attitude

	Marijuana Lifetime Use	Marijuana Past 30-Day Use
	Has used in lifetime	Has used in past 30 days
Not Wrong at All	48.1	35.8
A Little Bit Wrong	61.3	40.3
Wrong	34.2	18.4
Very wrong	9.0	4.0

Fully developed brains *may be able* to use marijuana or alcohol without serious consequences.

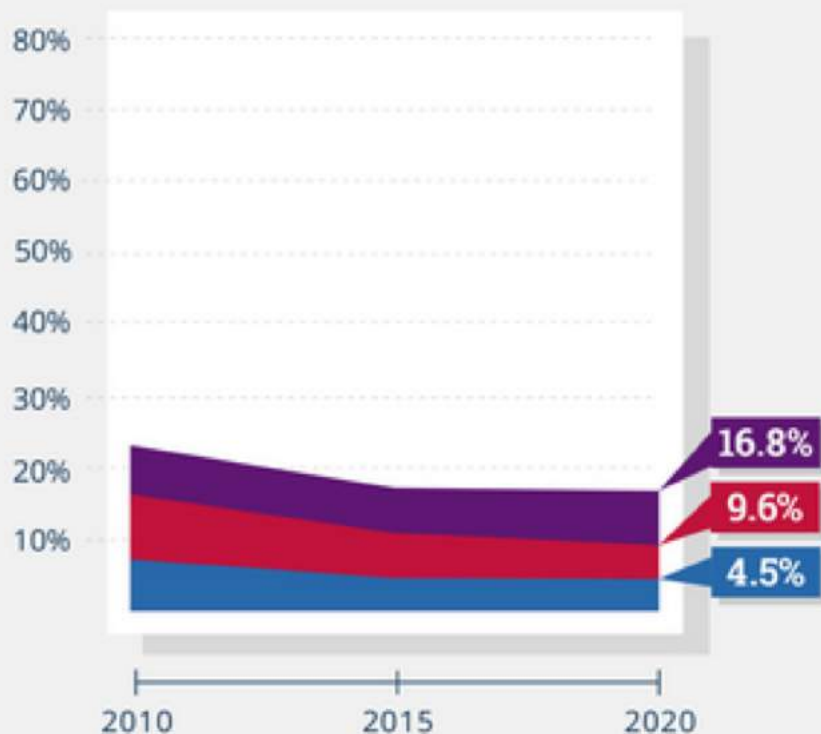
This is less true for undeveloped brains.

It's not hypocritical to use...yet insist they do not.

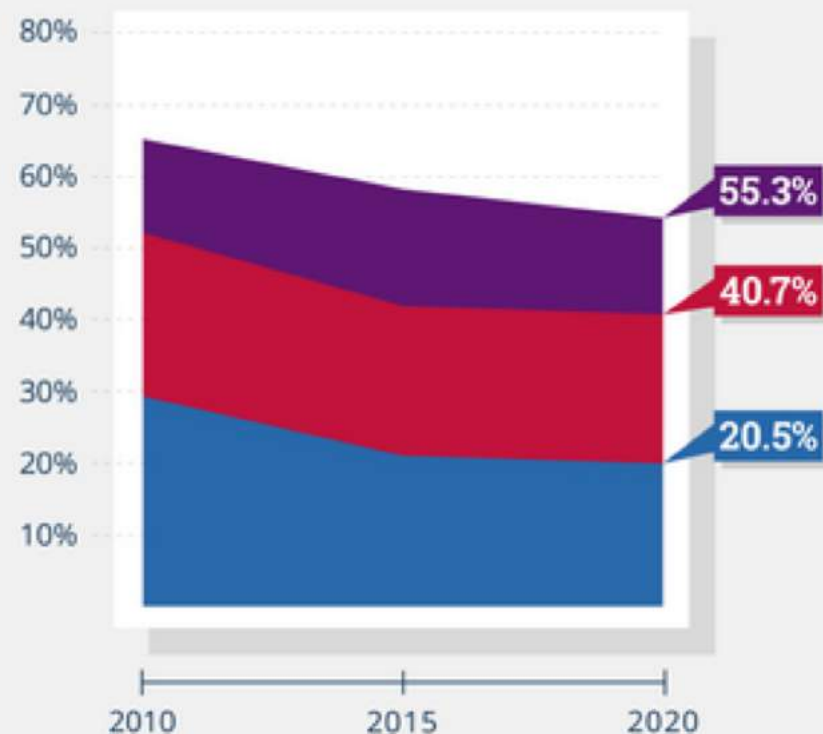
#1 substance teens are treated for is marijuana.

Long-term trend of decreasing alcohol use among all grades levels off.

Binge Drinking*



Past-Year Alcohol Use



*5 or more drinks in a row
in the past two weeks

8th
graders

10th
graders

12th
graders

Adolescents & Alcohol

Lifetime Use: 2020 MTF

	Any Use	Been Drunk
8 th Grade		
10 th Grade		
12 th Grade		

The majority of teens have never been drunk.

- Teen culture tends to normalize use.
- We need to push back.

Adolescents & Alcohol

How Teens Obtain Alcohol in Pennsylvania
PAYS 2019

#1

#2

#3

Keep an eye on your alcohol.

Discuss family values with
older children.

If you drink, role model
healthy behavior.

Alcohol & Parental Risk

Social Host Liability Laws- PA

You cannot give alcohol to your teen's friends under the age of 21 under any circumstance, even in your own home, *even with* their parent's permission.

You cannot knowingly allow a person under 21 to remain in your home or on your property while consuming or possessing alcohol.

Side note: You do not have the right to serve alcohol to someone else's child.



The impact of the Pandemic

Mental Health concerns are at an all time high

It's impacted parental health as well

- Trouble sleeping
- Increased use of drugs and alcohol
- Increased emotional distress.

46% of 1000 parents responding to a University of Michigan survey say their teen is showing signs of a new or worsening mental health condition.

For most substances, the % of teen users decreased except:
Frequency of alcohol and marijuana

Whether the concern is mental health or drug use an important gauge is:

- Frequency
- Intensity
- Duration



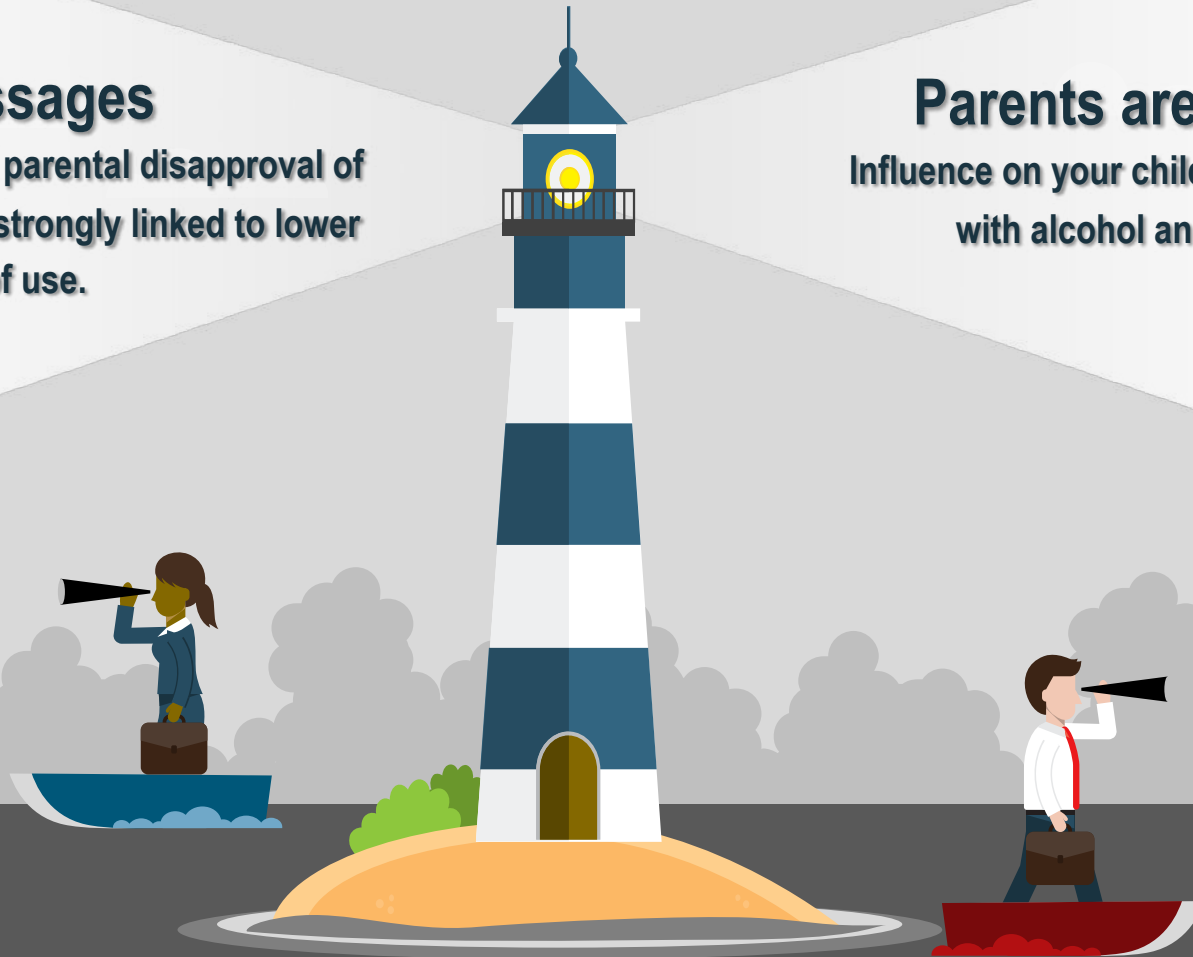
Tips for your Toolbox

Clear Messages

Consistent messages of parental disapproval of teen substance use are strongly linked to lower rates of use.

Parents are the #1

Influence on your child's relationship with alcohol and drugs.



What's *YOUR* Vantage Point?

Teens often have a false perception of their peer's substance use.

They underestimate healthy behaviors.

"Everybody is vaping"

"All my friends smoke weed"

"I'm the only kid with a curfew"

They tend to grossly **OVERESTIMATE** the unhealthy behaviors of their peers.



That FALSE perception leads to the normalization of unhealthy behaviors.



Tips for Talking

Be calm and relaxed.

Allow opportunities for your teen to be heard.

Don't Lecture.

Keep an open mind.

Be clear about your views.

Be Positive.

Possible Conversation Starters

"Why do you think some teens drink or use substances?"

"Do you know you can talk to me about anything?"

"What's the hardest part of being your age?"

"Let's talk about ways to refuse drugs or alcohol?"

"Do you think adults role model good behavior?"

"How do you think social media impacts the social scene?"

"Have you ever seen anything at a party that scared you?"

The Dreaded Question

Many parents fear discussing this topic with teens.

“What if they ask me about MY past experience?!”

Unfortunately, we all know at least ONE person who has a substance abuse issue.

Keep that person in mind.

You can't guarantee that your child will 'use'... then move on.

Maybe YOU did.

Your friend, brother, co-worker, college roommate did not.

What if they end up like your friend?

THAT's why you do not want your child to use drugs or alcohol.

Your past is not permission.

- ★ Take action.

- ★ Investigate further.

- ★ Ask them directly and explain your observations.

- ★ Enforce limits and consequences.

- ★ Seek professional behavioral health assessment.

- ★ Get help from a *reputable* treatment center.



**If you
suspect use...**

Reach out.
We can help you find resources.



Websites

The Search Institute, Keep Connected

<https://keepconnected.searchinstitute.org/>

The Partnership for a Drug-Free Kids

<http://www.drugfree.org>

National Institute on Drug Abuse

<http://www.drugabuse.gov/parents-teachers>

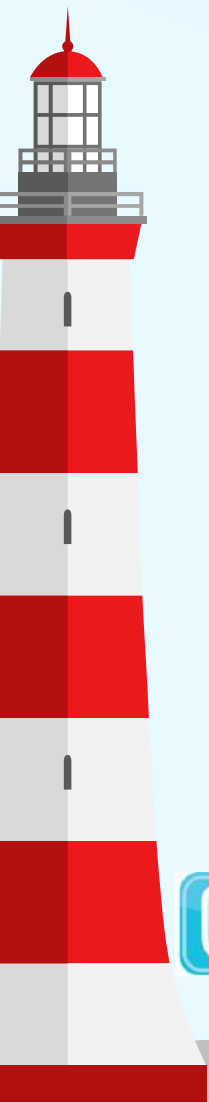
Get Smart About Drugs

<https://getsmartaboutdrugs.com>

SAMHSA: Talk. They Hear You

<http://www.samhsa.gov/underage-drinking>





Gretchen Hagenbuch

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