



PREP:

Prevention Resources & Education for Parents/Caregivers

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Caron Quick Facts




- National leader in behavioral healthcare & addiction treatment since 1957
- Full spectrum of treatment programs to meet the needs of everyone from teens to older adults
- Student Assistance Program since 1990



Maybe you feel...


We're just glad you're here!




I hope this is quick! I have a million things to do.



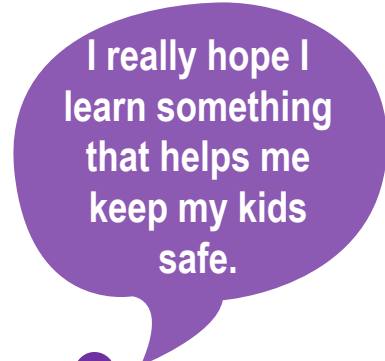
I'm so psyched to be here!



I've never even used drugs.



I'm terrified my kids will do what I did!



I really hope I learn something that helps me keep my kids safe.

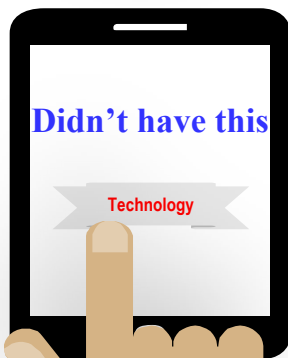


Learning Objectives

- Review current trends in teen substance use
- Highlight key risk & protective factors for adolescent use
- Understand the science of addiction and teen brain development
- Discuss best practice approaches for preventing or intervening

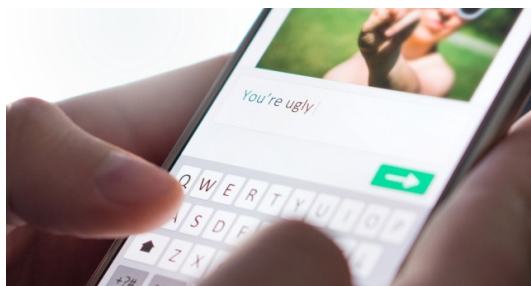


Remember the “good old days?”



- We talked on telephones
- Gossip was spread by word of mouth
- We socialized in person
- We played outside until dark
- Our nicotine was smoked and marijuana was weak

Today



- We communicate through devices
- Gossip, pictures and other info can be sent to many in an instant
- Social media dominates
- More time spent indoors
- Nicotine, and other drugs, can be vaped



Monitoring the Future 2018

Lifetime Usage

	8 th %	10 th %	12 th %
Alcohol	23.5	43.0	58.5
Been Drunk	9.2	26.2	42.9
Marijuana	13.9	32.6	43.6
Cigarettes	9.1	16	23.8
Smokeless Tobacco	6.4	10	10.1
Vaping (Past Month)	21.5	36.9	42.5
Inhalants	8.7	6.5	4.4
Hallucinogens	2.2	3.9	6.6
MDMA	1.6	2.4	4.1
Cocaine	1.4	2.6	3.9
Heroin	0.6	0.4	0.8



Monitoring the Future 2018 Past Year Abuse

	8 th %	10 th %	12 th %
Over the Counter Drugs	2.8	3.3	3.4
Oxycontin	0.8	2.2	2.3
Vicodin	0.6	1.1	1.7
Adderall	1.8	4.1	4.6
Rx Tranquilizers	2.0	3.9	3.9

Current Trends



Nicotine Trends



JUUL
SMOKING EVOLVED



Popular Vaping Products



JUUL



cool
mint

fruit
medley

creme
brulee

virginia
tobacco



Suorin



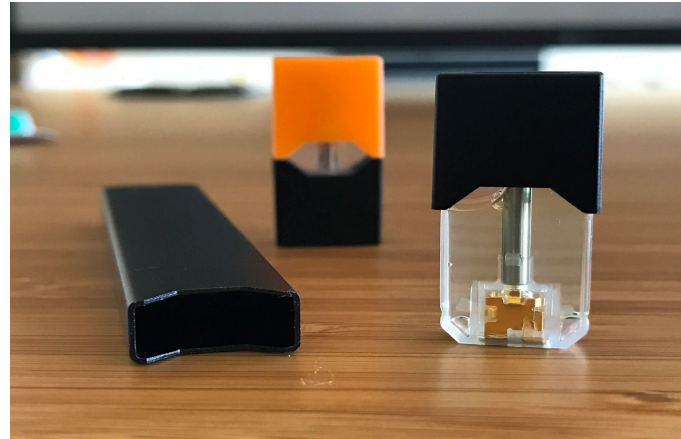
Smok



Phix



Juul



Over 70% of e-cigarette market



New & Emerging Products



Price
\$19.99



Price
\$22.99



Price
\$29.99



Price
\$44.99



Price
\$49.95

What We Know

- Many users believe they are inhaling harmless water vapor



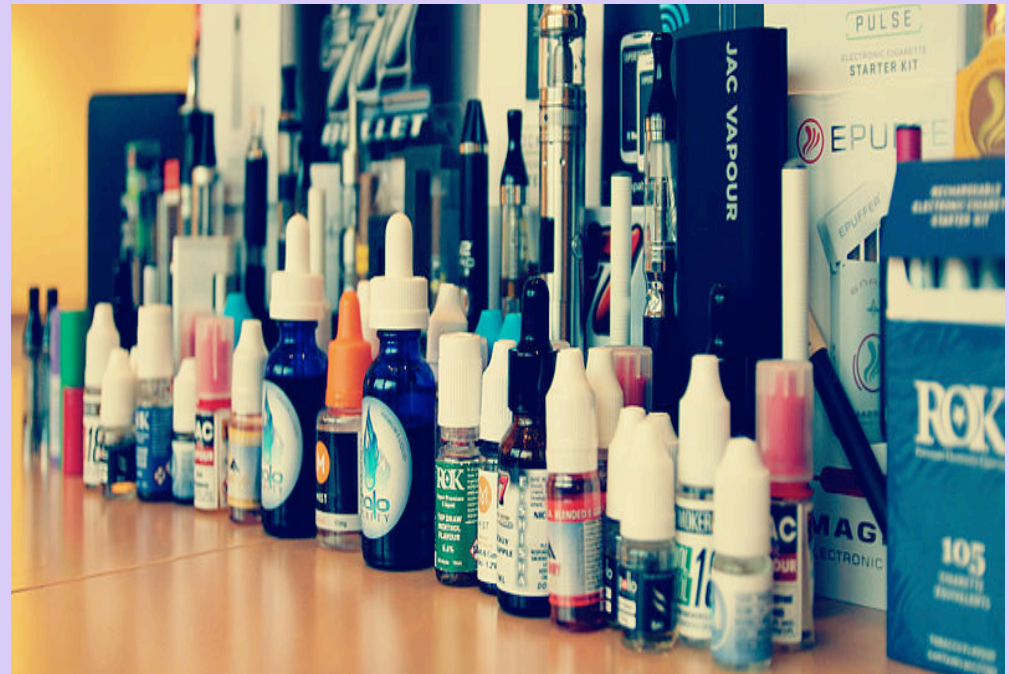
- What they **ARE** inhaling is aerosol produced by solvents in the liquid

E-Juice/Liquid



Typical E-Liquid Ingredients

- Propylene Glycol
- Vegetable Glycerin
- Distilled Water
- Nicotine
- Flavoring Chemicals



Risks

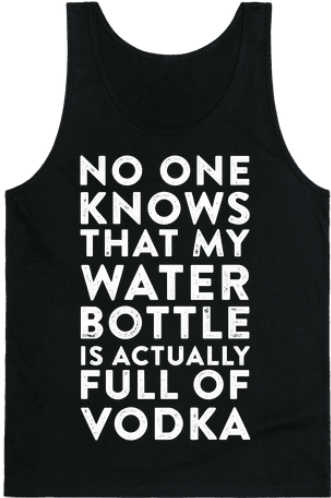


- Nicotine addiction
- Injuries and poisonings
- Dangers of inhaling aerosol properties
- Unknown long-term effects
- Increased chances of using tobacco products
- Using the devices to vape other drugs

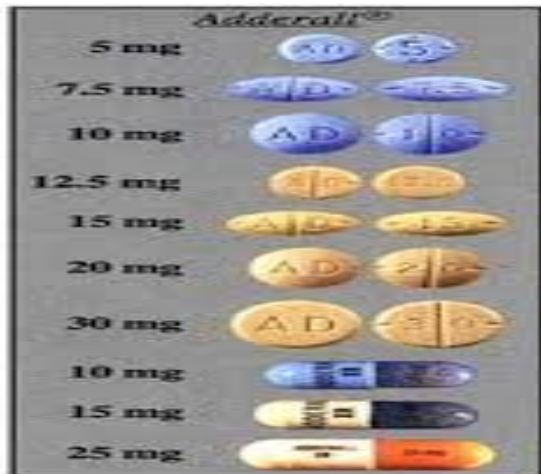
Marijuana Trends



Alcohol Trends



OTC and Rx Trends



Other Drug Trends



Comparing the size of lethal doses of heroin, fentanyl, and carfentanil. The vials here contain an artificial sweetener for illustration. (New Hampshire State Police Forensic Laboratory)



Drugs can be tools with many functions



- Relaxation & pleasure
- Socialization
- Avoidance of emotional pain
- A way to forget about problems
- Satisfy curiosity
- Avoid alienation
- Find excitement
- Achieve an advantage
- Feel like part of the crowd
- Go to sleep, or wake up
- Cope with failure
- Relieve boredom
- Rebel

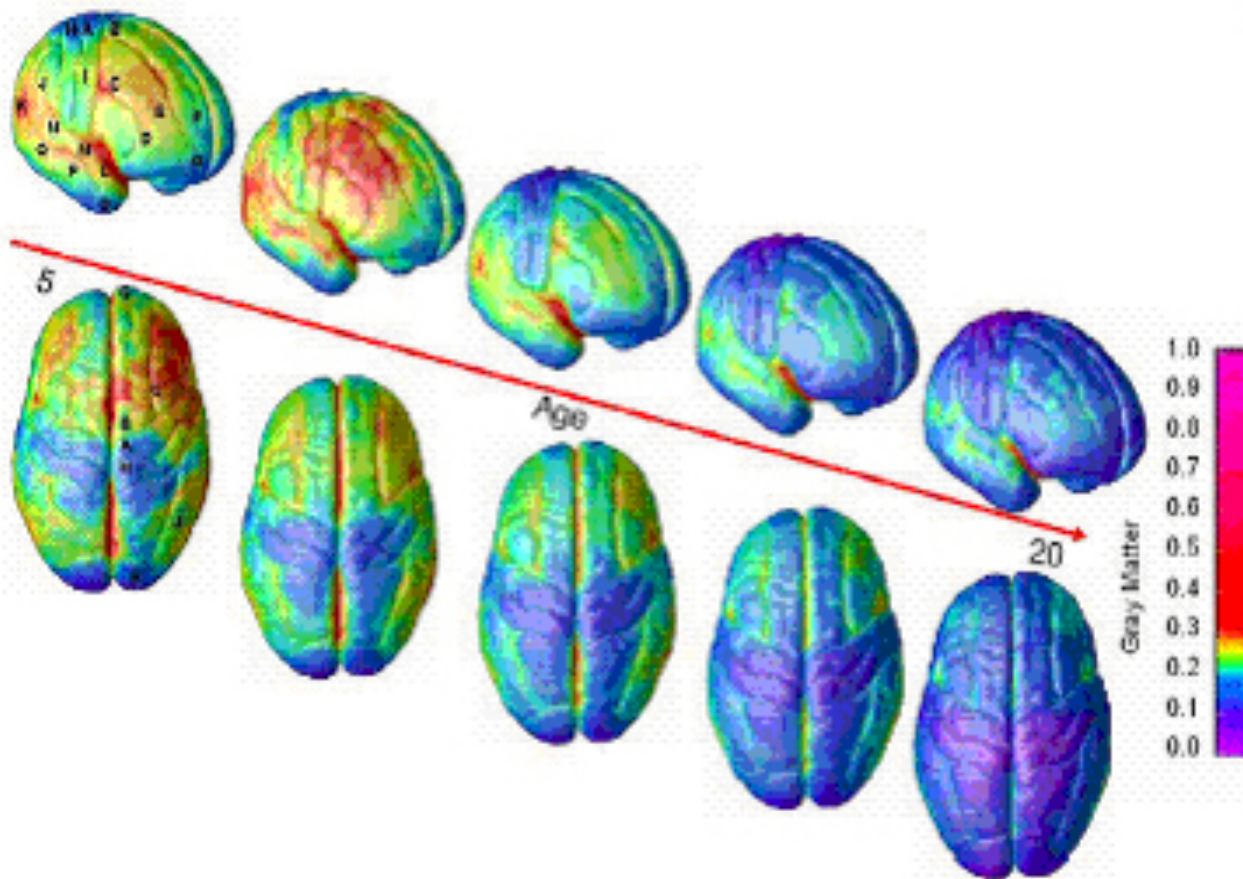
Wiring of the Teen Brain



- **Wired toward taking risks**
- **Wired to seek immediate gratification rather than fear long-term consequences**
- **Emotional center often trumps logical center**



The Teen Brain is More Vulnerable to the Effects of Drugs

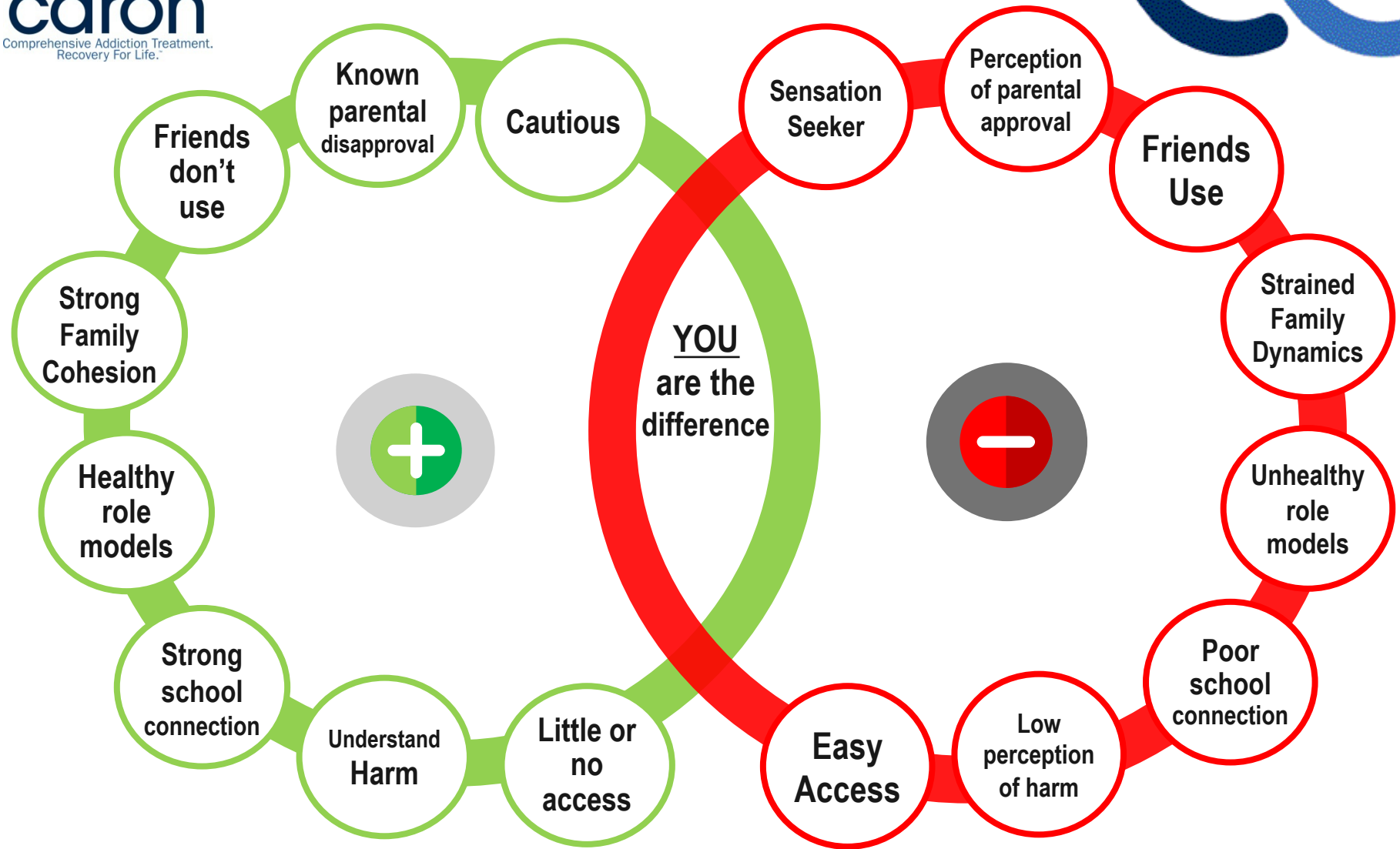




The diagram features a central vertical grey bar with an upward-pointing arrow at the top and a downward-pointing arrow at the bottom. A red plus sign is on the upward arrow, and a green minus sign is on the downward arrow. A green hand icon with a thumbs-up gesture is on the right, with a green arrow pointing left towards the central bar. A red hand icon with a thumbs-down gesture is on the left, with a red arrow pointing right towards the central bar. The text 'Risk Factors & Protective Factors' is centered over the bar, with 'Risk Factors' in red and 'Protective Factors' in green.

Risk Factors & Protective Factors

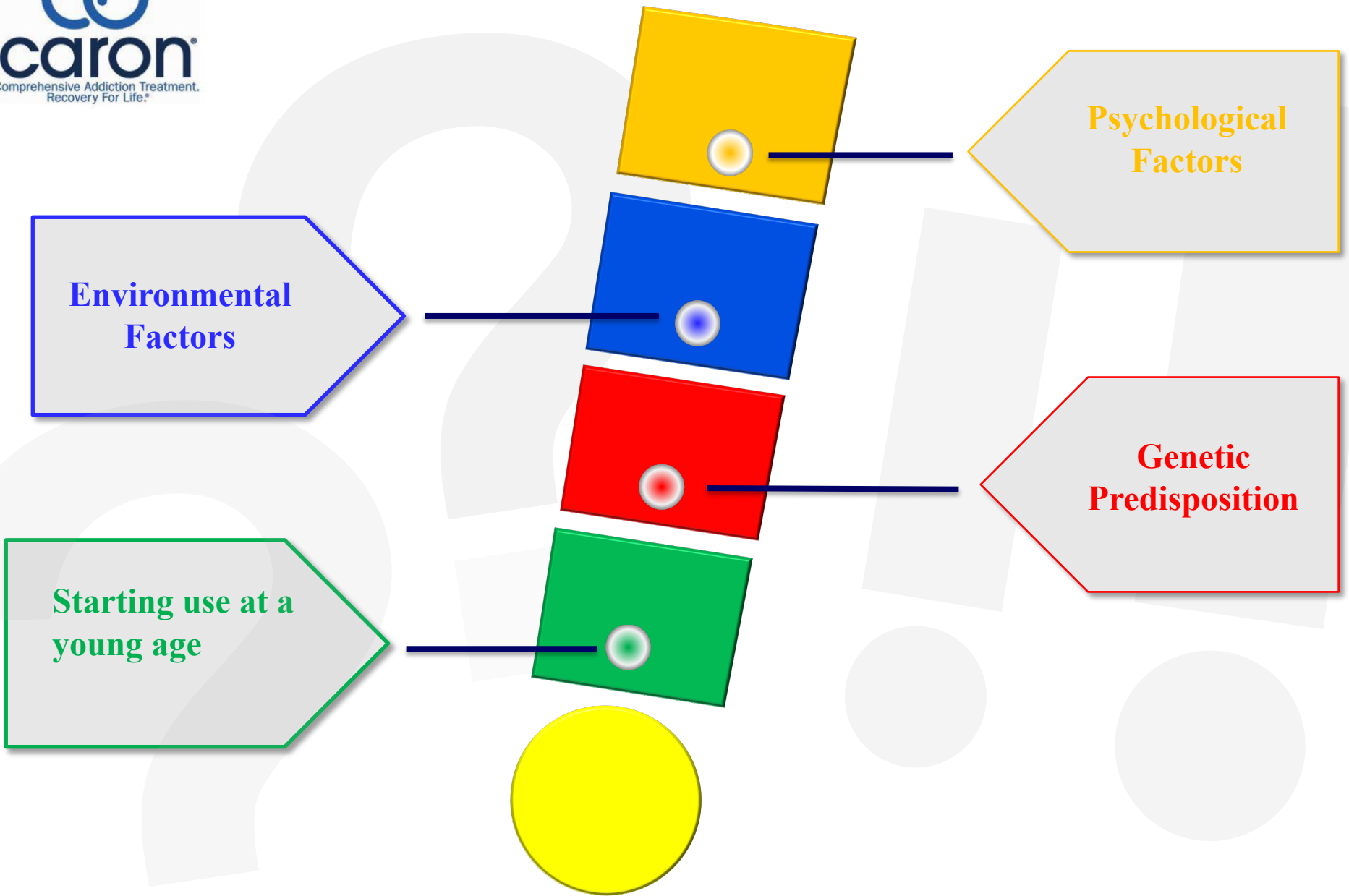
For Substance Use





RISK FACTORS

FOR
ADDICTION



What Can You Do?



1. Talk Early and Often

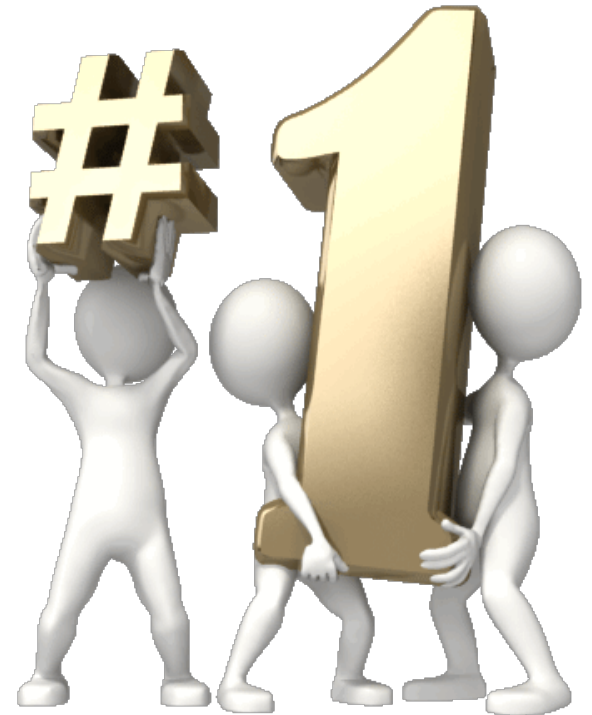
2. Send Clear Messages

3. Ask For Help If You're Concerned



1. Talk Early and Often

Parents- you are the **#1
Influence on your child's
relationship with Drugs
and Alcohol.**



Tips on Talking About Drug and Alcohol Use



- **State clear & consistent messages of disapproval**
- **Provide facts about the dangers**
- **Allow opportunities for them to feel that that they've been heard**
- **Practice refusal skills**





For More Information on How You Can Improve Communication With Your Child



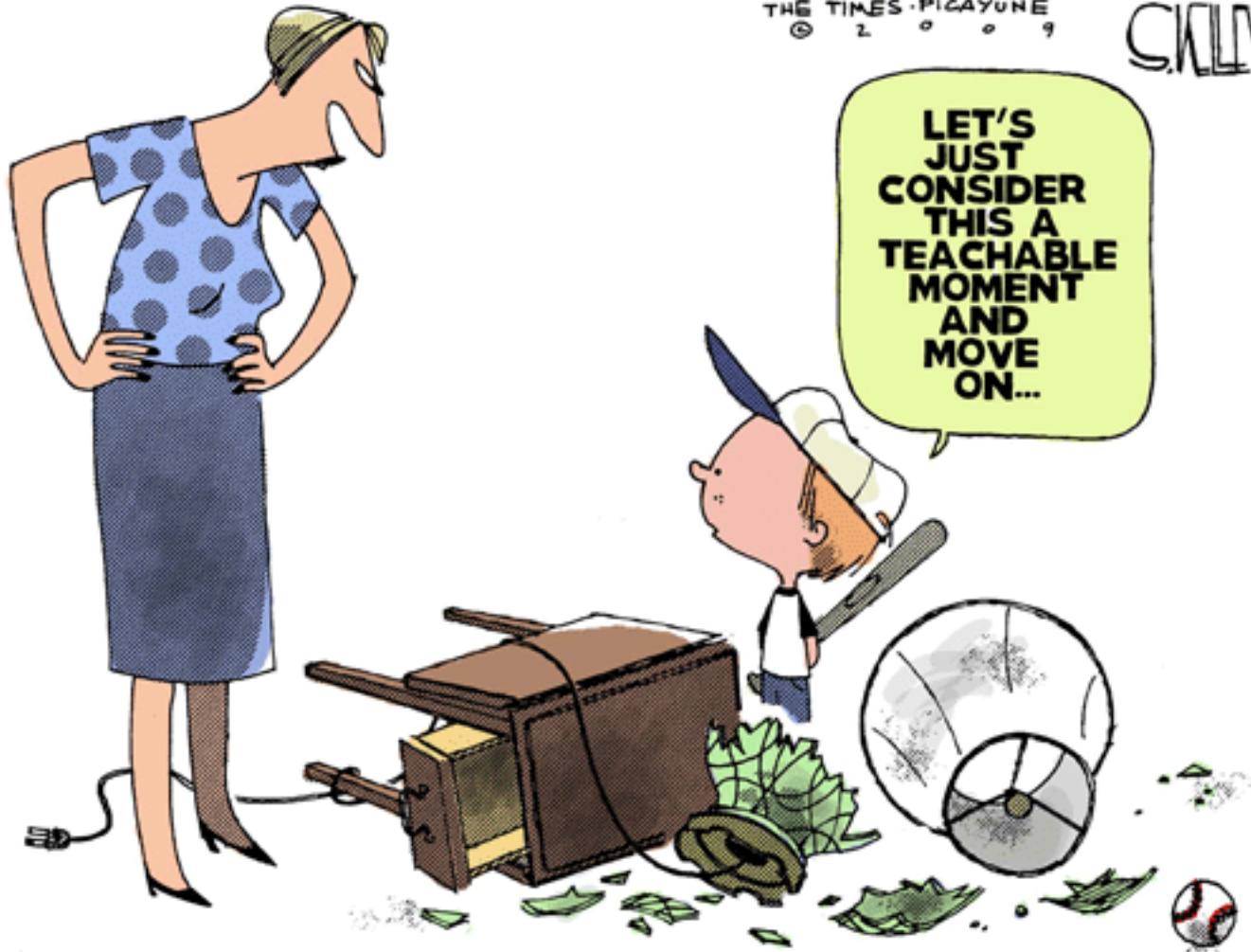
Good Times to Talk



- **Prepping for dinner**
- **While walking the dog**
- **Right before bed time**
- **In the car**



Utilize Teachable Moments



How to talk to your kids about drugs if you did drugs.

The fact that you've had experience may actually be an advantage. Read on:

1. THIS ISN'T ABOUT YOU. We all want to warn our kids against the dangers of drug abuse. But the single biggest reason so many of us are reluctant to start the conversation is because we're afraid we'll be asked that uncomfortable question: "Mom, Dad...did you do drugs?" So let's start by stating the obvious: This isn't about what you did or didn't do. It's about what your child is going to do or not do. So let's talk about how your personal experiences might help steer your child in a good direction.

2. EXPERTS DISAGREE. For every psychologist who recommends openness and honesty about your past, another advises caution. The fact is, you can say too much. A good place to start is by considering your child. Some kids demand candor. Others are happy just to talk. Use your judgement. You know your kids better than anyone.

3. WHEN TO LIE. In our opinion? Never. Some parents who used drugs in the past choose not to tell the truth, but risk losing their credibility if their kids discover the real story from a talkative uncle at a family party. Many experts recommend you give an honest answer – or no answer at all.

4. THE WHOLE TRUTH? Try to avoid giving your child more information than she or he asked for. (No need to reveal you smoked marijuana 132 times!) This is not a courtroom; it's a conversation.

5. SAY WHAT YOU MEAN TO SAY. Like other important conversations you'll have with your kids, the point you're trying to make is what really matters. In this case, it's crucial your kids understand that you don't want them to use drugs. Don't beat about the bush; say so. ("I don't want you to use drugs.") Then



give your reasons why. ("Drugs are dangerous, expensive, unpredictable, distracting...") And yes, it's okay to have a lot of reasons.

6. WHAT HAVE YOU LEARNED? Before you talk, take stock. You've lived your entire life in a culture where drugs are a fact of life. From the headlines on TV to your own experiences, you've seen too many examples of how drugs can change young lives for the worse. Your own experiences with drugs are just part of the bigger picture. The real opportunity here is to share what you've learned.

7. YOU COULD SAY IT LIKE THIS: "I tried drugs because some kids I knew were experimenting, and I thought I needed to try drugs to fit in. It took me a while to discover that's never a very good reason to do anything. Do you ever feel pressured like that?"

8. OR LIKE THIS: "Everyone makes mistakes and trying drugs was a mistake I made. It made me do some dumb things. And it's hard to look back and see that I got anything good out of the experience. I love you too much to watch you repeat bad decisions I made."

9. OR EVEN LIKE THIS: "My experience with drugs is no guarantee that yours would be the same. Drugs affect everyone differently. So I wanted to share my experiences with you, because even if drugs didn't ruin my life, I've seen them ruin other people's lives. And God forbid you should be one of those people."

10. DON'T JUST TALK. LISTEN. You can anticipate that your child's first reaction when you raise the subject of drugs will be to be quiet. So do your darndest to make it a two-way conversation. Ask what they think. Ask if it's a subject their friends talk about. Ask what they think of celebrities who use drugs. Keep asking questions. And listen to the answers.

11. STAY CALM. Whatever happens, try not to raise your voice. If you do lose your temper, try to catch yourself. It's okay to admit that these conversations aren't easy for you, either. And if things aren't going so well, suggest talking about it again another time. ("I didn't mean to surprise you or make you feel awkward. Let's talk again in a day or two.")

12. GOOD LUCK. Yes, it's difficult to know how to talk to your kids about drugs. You don't want them to hold your history up as some kind of a precedent to follow, or as a tool to use against you. But you may be able to use your life experiences as a teachable moment. So even if you're nervous, don't put off having the conversation. This isn't about your past. This is about your child's future.

For more on how to talk to your children about the dangers of drug use, please visit drugfree.org

THE PARTNERSHIP
AT DRUGFREE.ORG

You are not alone

2. Clear Messages



Consistent messages of parental disapproval of substance use are strongly linked to lower rates of children's substance use.



**Make sure your teen's parties
are free from
drugs and alcohol!**

Party checklist:

- Find out where the party is
- Talk to the parents to make sure they will be home
- Have your teen call or text to check-in
- Set a reasonable curfew
- Work out a system to be able to pick them up if drugs & alcohol are present
- Tell your child to **NEVER** ride with a driver who has been drinking or using drugs
- Be awake when they arrive home



What parents should know about party hosting



- **Social host liability laws**
- **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**

Action Steps for Parents

- **Eat dinner together**
- **Use a balanced parenting style**
- **Don't buy into teen stereotypes-have high expectations**
- **Boost their Resilience**





3. Ask for Help if You're Concerned



Warning signs of Substance Use



Pay attention to:

- **Physical Changes**
- **Behavior and Attitude Changes**
- **Productivity Changes**
- **Evidence of paraphernalia**



If You Suspect Use



- **Take action**
- **Ask your child if they are using drugs...& why**
- **Investigate further**
- **Enforce consequences for negative behavior**
- **Create a contract**
- **Seek a professional behavioral health assessment**
- **Get help from a treatment or counseling organization or support group for yourself**





1. Talk Early and Often

2. Send Clear Messages

3. Ask For Help If You're Concerned



Caron's Digital Learning Program



Visit www.caron.org/digital-learning

Parent 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>



Parent Websites- Vaping Specific

- Check out the **U.S. Surgeon General's Report** on E-Cigarette Use Among Youth and Young Adults
- FDA's **The Real Cost** campaign
- **Help for your child:** If your child vapes or smokes, visit: teen.smokefree.gov for resources to help them quit including the **quitSTART app** and a text messaging program (**Text "Quit" to 47848**)
- **Truth Initiative:** To access the new e-cigarette quit program, users can **text "QUIT"** to **(202) 804-9884**. Users can also enroll in This is Quitting or BecomeAnEX®, free digital quit programs from Truth Initiative that integrate the text program
- You can also talk to an expert by calling **800-QUIT-NOW** (800-784-8669).



Thank You

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