Substance Use and youth: Current Trends, Engagement Techniques, and the benefits of Wraparound supports

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Drug Trends

- Prescription pills
- Benzodiazepines
- Marijuana Concentrates
- Vaping
Prescriptions for Opiates is the **number one prescription in the US**, with cholesterol lowering drugs being second

Prescriptions for opiates have **increased 1000%** since the late 1990’s

**In NJ**, for the very first time, people coming into treatment, **opiates have surpassed alcohol** as the primary drug reported upon admission

In **2011**, accidental overdoses surpassed car accidents as the leading cause for accidental deaths in the US

**In 2014**, overdoses doubled that of car accidents in NJ
Swing Is Alive

Swing in the right direction with OxyContin®
(Oxycodeone HCl Controlled-Release) Tablets

Bergen’s Promise
Healthy Families. Safe at Home
While painkiller addicts think of heroin as a low class drug that they would never touch, the reality is that they are already addicted to a form of it

- **Pills** on the street usually sell for between $.50 to $1 per mg, thus a **30mg pill can cost $30**
- The average bag of **heroin** can cost between $4 - $10 per bag
- A rough translation is **1 bag or heroin is approximately similar to a 30mg pill**, though some users report a bag of heroin being stronger than a 30mg pill
• They're known on the streets as **benzos, tranks, downers or BZs**
• Among **teenagers**, emergency room admissions related to benzos and other pharmaceuticals **rose by 45 percent** in the period between 2004 and 2010
• While benzodiazepines have many useful applications, these drugs are also addictive, and the **rate of overdose among adolescents is growing**
Benzodiazepines

- **Polysubstance abuse** is estimated to be present in **95% of people** seeking treatment for benzodiazepines.
- In about 82% of benzo-related treatment admissions, another drug is the primary substance of abuse. Many teens mix benzodiazepines with **depressants such as opioids or alcohol** to enhance feelings of intoxication.
- Others may use benzos as a way to come down from the effects from stimulants, such as **Adderall or cocaine**.
- This practice of polydrug abuse can quickly lead to negative consequences including overdose and death.
THE NUMBER OF OPIOID OVERDOSES INVOLVING BENZODIAZEPINES

Number of Deaths in thousands

1999 2001 2003 2005 2007 2009 2011

Not Involving Benzodiazepines

Involving Benzodiazepines

IN 2015, THERE WERE

6,872 overdose deaths from benzodiazepines, and

5,826 of those deaths involved opioids.

(National Institute on Drug Abuse)

DrugRehab.org

Nearly 80 Percent of Benzodiazepine Abusers use benzos with other drugs, including Alcohol and Opioids.
Heroin use is part of a larger substance abuse problem.

Nearly all people who used heroin also used at least 1 other drug.

Most used at least 3 other drugs.

**Heroin** is a highly addictive opioid drug with a high risk of overdose and death for users.

People who are addicted to...

- Alcohol are 2x
- Marijuana are 3x
- Cocaine are 15x
- Rx Opioid Painkillers are 40x

...more likely to be addicted to heroin.

• 60’s - 80’s: about a 2%-5% THC potency
• Today: plant marijuana ranges 24%-35%
• No long term studies on today’s marijuana
Purple Kush
Marijuana Concentrates

A newly popular method of use is smoking or eating different forms of **THC-rich resins extracted from the marijuana plant**—called "dabbing" and there are various forms:

- **Hash oil** or honey oil— a gooey liquid (7/10)
- **Wax** or budder— a soft solid with a texture like lip balm
- **Shatter**— a hard, amber-colored solid

What temperatures your product has been exposed to before and during extraction will affect the consistency.

These extracts can deliver **extremely large amounts of THC** to users, and their use has sent some people to the emergency room.
Marijuana Concentrates

- Contain extraordinarily high THC levels ranging from 40 to 90 percent.
- Can be up to four times stronger in THC content than high grade or top shelf marijuana, which normally measures around 20 percent THC levels.
- Another danger is in preparing these extracts, which usually involves butane (lighter fluid).
- A number of people who have used butane to make extracts at home have caused fires and explosions and have been seriously burned.

Marijuana Concentrates
WEED SHATTER

WEED WAX
Electronic cigarettes (also called e-cigarettes) are battery-operated devices designed to deliver nicotine with flavorings and other chemicals to users in vapor instead of smoke.

While e-cigarettes are often promoted as safer alternatives to traditional cigarettes, which deliver nicotine by burning tobacco, little is actually known yet about the health risks of using these devices.

In many e-cigarettes, puffing activates the battery-powered heating device, which vaporizes the liquid in the cartridge.

The resulting aerosol or vapor is then inhaled (called "vaping").

FDA regulations as of May 5, 2016
Vaping devices can be broken down into **4 categories**:

- **Cig-A-Likes** (First Generation)
- **Vape Pens** (Second Generation)
- **Mods** (Third Generation)
- **Pod Mods**
CIG-a-likes
Vape pens
• Version of e-cigarettes contain a battery-powered heating element that vaporizes a liquid containing nicotine
• **Vape pens for marijuana** use the same mechanism, but the devices are optimized to vaporize the active molecules in concentrated marijuana oils, not nicotine
• **Different types of pens made** depending on the concentrate (plant, oil, wax)
• **Do not smell** the marijuana
• A **vape mod** or Mechanical **Vape Mod** is a **vape pen** on steroids.

• Its a much bigger, more powerful **vape pen**. ... The **Vape Pen Mod** is armed with a much bigger, and bulkier, battery which produces the increased vapor production and overall flavor of your **vape**.
• In essence, vape pods are somewhere between an e-cigarettes and a vape mod.
• Shifting to a more advanced mod can be a little bit of a scary prospect, what with all the buttons, flashing lights, coils, and refillable tanks.
• Pod mods are a nice middle ground because you don’t have to fuss with all that.
Vaping exposes the lungs to flavoring chemicals when the e-liquids are heated and inhaled. Since the flavoring chemicals are considered safe to eat, e-cigarettes are often considered — and advertised — as a healthier alternative to traditional cigarettes. However, the health effects of inhaling these chemicals are not well understood.
E-cigarettes: A Threat to Health

More than 7,700 flavors of e-cigarettes exist, including fruit and sweet flavors that appeal to children and youth.

It is not safe to use e-cigarettes near children: There are cancer-causing chemicals in the exhaled e-cigarette vapor.

Minors can easily purchase e-cigarettes online, or - in some states - at convenience stores.

Less than half a teaspoon of a nicotine-containing e-cigarette solution can be fatal to the average toddler.

Ads for e-cigarettes are targeting adolescents and appear on TV, radio, and online.

Most e-cigarettes contain nicotine. Nicotine is a highly addictive, harmful drug.
HIGH TEEN EXPOSURE TO E-CIG ADVERTISING

7 in 10 exposed to ads

- 52.8% Retail Ads
- 56.3% Internet Ads
- 35.8% Internet Ads
- 42.9% Internet Ads
- 34.1% TV/Movie Ads
- 38.4% TV/Movie Ads
- 25.0% Newspaper & Magazine Ads
- 34.6% Newspaper & Magazine Ads

Middle School Students
High School Students
E-cigarette use among youth is rising as e-cigarette advertising grows

Dollars spent on e-cigarette advertising
Past 30-day e-cigarette use among youth

1. Precontemplation
   - Definition: Not yet considering change or is unwilling or unable to change
   - Primary Task: Raising awareness

2. Contemplation
   - Definition: Sees the possibility of change but is ambivalent and uncertain
   - Primary Task: Resolving ambivalence, Helping to choose change

3. Determination
   - Definition: Committed to changing but still considering what to do
   - Primary Task: Help identify appropriate change strategies

4. Action
   - Definition: Taking steps toward change but hasn't stabilized in the change process
   - Primary Task: Help implement change strategies and learn to eliminate potential relapses

5. Maintenance
   - Definition: Has achieved the goals and is working to maintain change
   - Primary Task: Develop new skills for maintaining recovery

6. Recurrence
   - Definition: Experienced a recurrence of the problems
   - Primary Task: Cope with consequences and Determine what to do next

Stages of Change: Primary Tasks
SAMHSA’s 4 Dimensions that support a life in recovery

- **Health**—overcoming or managing one’s disease(s) or symptoms—for example, **abstaining from use of alcohol, illicit drugs, and non-prescribed medications if one has an addiction problem**—and, for everyone in recovery, making informed, healthy choices that support physical and emotional well-being
- **Home**—having a **stable and safe place to live**
- **Purpose**—conducting **meaningful daily activities**, such as a job, school volunteerism, family caretaking, or creative endeavors, and the independence, income, and resources to participate in society
- **Community**—having **relationships and social networks** that provide support, friendship, love, and hope
Wraparound model of care

- Pastor, Priest or Rabbi
- Teacher
- Aunt/Uncle
- Care Coordinator
- Youth
- Coach
- Parent
- Neighbor or Friend
- Psychiatrist
- Therapist
- Family or Youth Partner (Peer Support)
Principles of Wraparound

Wraparound has 10 Guiding Principles:

- Team Based
- Natural Supports
- Collaboration
- Community Based
- Cultural & Linguistic Competency
- Individualized
- Individualized
- Strength Based
- Persistence
- Outcome Based

Family Voice & Choice
Shared decision-making is an emerging best practice in that aims to help people in treatment and recovery have informed, meaningful, and collaborative discussions with providers about their health care services.

People in treatment and recovery can then weigh that information against their personal preferences and values.

Shared decision-making tools empower people who are seeking treatment or in recovery to work together with their service providers and be active in their own treatment.
Community Based
Often times, people seeking substance abuse treatment find themselves in situations where the essential lines of communication within the family unit are broken.

Family involvement in treatment can help repair damaged relationships and help families to ascertain the tools to build a foundation for a healthier future.
Persistence

Don't Quit
Conclusion