



# “It Wasn’t Like This When You Were a Teen!”

Adolescent Drug Trends

# Synthetic Drugs

The American Association of Poison Control Centers reports at least 2,700 individuals have fallen ill from synthetic drugs use within the first quarter of 2011 – compared to 3,200 cases in all of 2010.

- 2010's big seller was fake marijuana, marketed under brands such as "K2" or "Spice."
- 2011's trend is bath salts with names like "Ivory Wave" and "Vanilla Sky."



# Synthetic Drugs

K2 (Spice), K3, K4



K2 and Spice are marketed as herbal incenses. They are packaged to look like marijuana, and users typically smoke it, but the high is more comparable to cocaine.

- It's about 3 - 4 times more active than THC, the active ingredient in marijuana.
- Synthetic marijuana typically involves dried plant material sprayed with one of several chemical compounds.



# Synthetic Drugs

## Bath Salts and Plant Food

**Bath Salts** – Powders marketed as bath salts, but are not salts for bathwater.

**Plant Food** – Labeled as plant food, this is normally distributed in capsule form.

- These products are believed to contain the chemicals *Methylenedioxypropylamphetamine* (MDPV) and *Methylmethcathinone* (4-MMC, or mephedrone), which are not approved for medical use in the U.S.
- 4-MMC may also appear in certain brands of imported plant food packaged in small plastic bags.

# Synthetic Drugs

## Effects of Bath Salts/Plant food



- When used inappropriately (snorted or smoked) despite their warning labels – the effect is the same as cocaine or meth.
- These mind-altering substances cause increased heart rate and blood pressure, as well as agitation, hallucinations, extreme paranoia, delusions, and in some cases, suicidal thoughts.
- The primary psychological effects have a duration of 3-4 hours, while after effects may last 6 – 8 hrs. Once symptoms start to abate, a depressed mood may develop.

# Synthetic Drugs

- Synthetic drugs don't show in common drug tests.
- They can be sold at convenience stores, head shops or on the Internet.
- HB 641 banned synthetic drugs.



# 2C-I or “SMILES”

- Newest synthetic drug.
- Hallucinogen
- Usually sold in powder form. Also in tablet form.
- Often mixed with a stabilizer, like chocolate or candy before ingesting.
- Related to amphetamines.
- Obviously since they are not controlled, they can be easily tainted.
- A few OD deaths have been reported.

# Lazy Cakes

The World's First **Relaxation** Brownie



- Brownies containing melatonin, valerian root, passion flower and rose hips
- Approximately .2 mg of melatonin will induce sleep in the average adult. Each of these cakes contain 7.8 mg.
  - Melatonin can cause impairment to the central nervous system, trouble breathing, and nausea.
- Can be purchased at some convenience stores and on the Internet

# [Insert Word Here] In a Can

## Blackout in a Can / Alcohol Energy Drinks

Mixes a strong stimulant with a depressant. The caffeine stimulates the system while the alcohol depresses it, making students feel less drunk than they actually are.

- A drink called Four Loko made it much easier to get dangerously intoxicated, faster.
  - One can is the approximate equivalent of drinking four beers.
  - It's dangerous mix of lots of caffeine and lots of alcohol made it a target of the FDA, which eventually outlawed the beverage.
- Energy Drinks have been linked to seizures, strokes, heart problems, and even deaths.



# [Insert Word Here] In a Can

## Binge in a Can / Alcohol Drinks

Blast - New drink by Pabst/Colt 45

- Alcoholic content of five beers packed into one 23.5-ounce can. More than enough to constitute binge drinking when consumed within two hours.
- Fruity flavors and low cost
- Endorsed by rapper Snoop Dogg



# [Insert Word Here] In a Can

## Relaxation in a Can - Downer Drinks

Drank (the original) – a sweet purplish potion touted to deliver extreme relaxation.

- Contain melatonin and valerian root, which are comparable to valium or tranquilizers.
- Sold in 2 oz. shots or full size beverages.

# [Insert Word Here] In a Can

## Downer Drinks

- More than 350 kinds of relaxation beverages available for purchase to the general public and at least 20 brands can be purchased on-line.
- Since these are non-alcoholic, there is no age restriction on who can purchase them.
- When consumed in high doses or when mixed with other depressants, it can lead to cardiac arrest.

# Teen Rx/OTC Drug Abuse

Although the percentage of teens using illegal drugs is down, the number of teens abusing prescription (Rx) medication and over-the-counter (OTC) drugs has reached record highs.

- Many teens think these drugs are safe because they have legitimate uses, but taking them without a prescription to get high or self-medicate can be as dangerous – and addictive – as using other illicit drugs.
- Misuse of Rx drugs has recently surpassed marijuana use
- Painkillers, depressants, and stimulants are the medications most frequently abused.



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# Teen Rx/OTC Drug Abuse

- 11.1% of Missouri high school students say they have abused Rx drugs in their lifetime (Missouri Student Survey 2010)
- April 2011 Take Back Day netted over 12,000 pounds of medication in Missouri . April 2012 collected over 22,000 pounds!!! Over the last four take backs in Missouri, we have collected 52,274 pounds of medication. That is almost the weight of four school buses!
- Only 15.1 % of prescription drug abusers **bought** the drugs they most recently abused, meaning that the overwhelming majority of users got the drugs absolutely **free**. (National Survey on Drug Use and Health- 2009)
- Teens are getting Rx drugs from friends, relatives, doctors, Internet, and/or drug dealers



# Teen Rx/OTC Drug Abuse

## Why?

- To party, to escape reality, to experiment, or to relieve boredom
- Beyond just getting high some teens say they abuse these drugs to help them cope, deal with pressures, stay alert, fall asleep, loose weight, or improve physical appearance
- Teens believe it is not illegal, there is less shame attached to using them, there are fewer side effects than street drugs, and that some parents don't care as much if you get caught
- Easily accessible and often free

# Teen Rx/OTC Drug Abuse

## Effects of Abusing Rx and OTC

- The abuse of Rx drugs can cause increases in blood pressure or heart rate, damage to brain and other organs, accidental overdose/poisonings, physical dependence, addiction, disruption in breathing, seizures, and death.
- The abuse of OTC cough/cold medications can cause impaired judgment, nausea, loss of coordination, headache, vomiting, numbness of fingers and toes, irregular heartbeat, seizures, panic attacks, psychosis euphoria, dizziness, insomnia, high-blood pressure, coma or even death.
- Many teens report mixing multiple drugs and alcohol. Using a combination of these drugs can cause respiratory failure and death.

# Inhalants

- Inhalants are common, inexpensive and, for the most part, legal
- 552,027 Americans under 18 have used inhalants for the first time within the past 12 months (2009 National Survey on Drug Use and Health)
- The average age of first use in Missouri is 11.95 years old, or 6<sup>th</sup> grade (Missouri Student Survey 2010)

# Inhalants

There are 5 Subcategories of Inhalants:

- **Volatile Solvents** – Adhesives, aerosols, solvents and gases, cleaning agents, and food products.
- **Fuels** – Butane fuel, spray paint, gasoline, cooking spray, body spray/deodorant.
- **Aerosols/Gases** – Air fresheners, hair spray, spray paint
- **Anesthetics** – Engine starting fluid, canned whipped cream (Reddi Whip)
- **Nitrates** – Amyl Nitrate and Butly Nitrate. Typically found in “head shops”, sold under the names of “Rush”, “Locker Room”, “Bolt”, and “Climax”. It is now illegal to possess these in the State of Missouri



# Inhalants

## How Are Inhalants Used?

- These products are sniffed, snorted, bagged (fumes inhaled from a plastic bag), or “huffed” (inhalant-soaked rag, sock, or roll of toilet paper in the mouth) to achieve a high. Inhalants are also sniffed directly from the container.

# Inhalants

## Effects

- Within seconds of inhalation, the user experiences intoxication along with other effects similar to those produced by alcohol. Alcohol-like effects may include slurred speech, an inability to coordinate movements, dizziness, confusion and delirium
- Because intoxication lasts only a few minutes, abusers frequently seek to prolong their high by continuing to inhale repeatedly over the course of several hours. By doing this, abusers can suffer loss of consciousness and death.

# Heroin

- Heroin is a highly addictive drug derived from morphine. It is a “downer” or depressant that affects the brain’s pleasure systems and interferes with the brain’s ability to perceive pain.
- Potency: 5% in the 70’s – today – 50-80% pure
- Higher potency allows for snorting or smoking it to achieve the longer, sustained high – rather than injecting it (as needed with lower potency)

# Heroin

## Effects

- After an injection of heroin, the user reports feeling a surge of euphoria (“rush”) accompanied by a warm flushing of the skin, a dry mouth, and heavy extremities.
- Following this initial euphoria, the user goes “on the nod,” an alternately wakeful and drowsy state. Mental functioning becomes clouded due to the depression of the central nervous system.
- Other effects included slowed and slurred speech, slow gait, constricted pupils, droopy eyelids, impaired night vision, vomiting, constipation.

# Heroin

## Long Term Effects

- Infectious diseases (particularly in users who inject the drug)
- Chronic users can develop collapsed veins
- Infection of the heart lining and valves
- Liver or kidney disease
- Chronic use of heroin leads to physical dependence

# Heroin

- 180,000 Americans aged 12 or older have used heroin for the first time within the past 12 months (2009 National Survey on Drug Use and Health )
- Heroin is relatively cheap and easy to obtain
- Heroin users are buying Sudafed for meth cooks and then in turn they use the money to buy Heroin.
- There has been an increase in deaths caused by heroin overdoses in the St. Louis area the past couple of years

# Marijuana

- Marijuana is the most often used illegal drug in this country
- It is usually smoked as a cigarette (joint) or in a pipe
- Potency: 1-3% THC levels in the 70's to 80's  
8-30% THC levels today
- More Missouri kids entered treatment with a primary diagnosis of marijuana dependence than for **all** other illicit drugs combined (2010 Status Report on Missouri's Alcohol and Drug Abuse Problems)
- 50% of all Missourians admitted for marijuana treatment were under 25 (2010 Status Report on Missouri's Alcohol and Drug Abuse Problems)
- 17.7% of Missouri youth have used marijuana in their lifetime (Missouri Student Survey 2010)
- The average age of first use in Missouri is 13.53 years old, or 8<sup>th</sup> grade (Missouri Student Survey 2010)



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# Marijuana

## Effects

- Problems with memory and learning
- Distorted perception (sights, sounds, time, touch)
- Loss of motor coordination
- Trouble with thinking and problem-solving
- Increased heart rate

- Anxiety



# Marijuana

## Long Term Effects:

Marijuana smoke contains some of the same cancer-causing compounds as tobacco, sometimes in higher concentrations.

- Cancer
- Lung and airway problems
- Memory Loss
- Lower immune system

# Alcohol

Underage and binge drinking remains a huge problem for youth, especially in MO

- The average age of first alcohol use in Missouri is 12.5 years old, or 7<sup>th</sup> grade (Missouri Student Survey 2010)
- Underage drinking is the leading contributor to death from injuries, which is the leading cause of death for people under 21 (Surgeon General Call to Action 2007)
- Easy for teens to get – social norms about alcohol seem to be lax – “It’s only alcohol.”

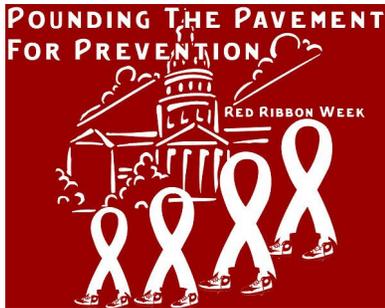


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# Methamphetamine (Meth)

- Still an issue in Missouri.
- 2011 lab seizures:
  - 2,096 – Missouri
  - 10,238 – Nationwide
- 2012 lab seizures:
  - 1,113 – Missouri
  - 5,905 – Nationwide

# ACT Missouri - What we're doing *right now!*



## Statewide Training and Resource Center

- More trainings like this one!
- The Partnership at Drugfree.org
- Red Ribbon 5K



## Missouri's Youth/Adult Alliance

- Statewide Permanent Drug Drop Boxes
- Red Ribbon Week
- Statewide SADD coordinator



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