Drug Prevention Training for Parents

Presented by

FCD Prevention Works
Part of the Hazelden Betty Ford Foundation
Presenter

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FCD Prevention Works
FCD Prevention Works

- Private nonprofit organization
- 38 years of school-based substance abuse prevention
- 2 million students, 65 countries

- Prevention is a **climate** and not a program
FCD’s Prevention Approach

- A collaborative process promoting healthy young people by:
  - Reducing risks
  - Intervening on unhealthy behaviors
  - Nurturing protections
Addiction

Addiction – an individual’s repetitive, compulsive use of a substance (or performance of a behavior) despite negative consequences.
Protective Factors Against Addiction

- Family History
  - Awareness
- Age of first use
  - Delay
- Cravings
  - Delay
- Tolerance
  - Delay
- Surroundings
  - Inaccessibility, healthy attitudes
Human Brain Development

Proliferation and decline in synaptic connections in children
The Teenage Brain

- Alcohol and other drugs interfere with forming connections in a teen’s brain.
- These connections are intended to be formed without the presence of alcohol or other drugs.
- A brain in transition from child to adult is more vulnerable to addiction.
The Teenage Brain

Front brain functions that develop during adolescence:

- Abstract thinking
- Higher-order logic and reasoning (moral dilemmas)
- Self Control (emotions, impulses)
- Future-oriented thinking
- Organization
The Pleasure Principle

- Drugs *unnaturally* activate or imitate pathways in the brain.

- Teen brains, *already dopamine rich*, are primed for pleasure.
Current Concerns

- Always alcohol
- Marijuana
- Nicotine
  - E-cigarette
  - Chew and dip
- Prescription medicines
- Heroin
National Trends

- Marijuana use has leveled off
  - Perceived risk is declining

- Alcohol use at all time lows

- Prescription drugs a growing concern
  - Opioids
  - Ritalin and Adderall
  - Benzodiazepines

- Nicotine use
  - E-cigarettes
The Effect of Alcohol

- Most abused substance
- Prevents messages from being translated into instructions in the brain:
  - Affects memory, abstract thinking, problem solving, attention and concentration
- Reduces level of serotonin, encouraging risky activities
Teenagers and Marijuana

- Health and addiction
- Chronic use
- Emotional development
- Other drug use
- Learning and memory
- Legal issues
- Discipline issues at school
Current methods of use: Wax

- Butane Hash Oil
- Easy to make
- Up to 80% THC
- Smoked
- Vaporized
Current methods of use: Vaporize
Current methods of use: Edibles

- Unregulated doses
- Low or no odor
- Corporate marketing
- Appeals to children
- Overdose
  - Paranoia
  - Anxiety
  - Long lasting
“Study Drugs”

- Adderall & Ritalin
  - ADD and ADHD
  - Stimulants
- Side effects
  - Nervousness
  - Restlessness
  - Excitability
  - Dependence

![Graph showing the use of Adderall and perceived risk of harm by 12th graders from 2009 to 2012. The graph indicates a significant increase in use from 2009 and a significant decrease from the previous year in perceived risk. Source: The Monitoring the Future study, the University of Michigan.]
Why Do Kids Use Alcohol and Other Drugs?

- “To have fun.”
- “Everybody does it.”
- “All the cool kids drink.”
- Stress
- Curiosity
- Lack of information
- Unknown expectations
Social Norms

- People tend to do what they perceive everyone else is doing.
- What people think everyone else is doing becomes the norm. But...
- ...perceptions are not always accurate. Still...
- ...behaviors occur based on false norms.
Why Do Our Kids Hold False Beliefs?

- Movies
- Internet
- Advertisements
- News media
- Political arguments
- What they hear all around them
What Parents Can Do

- Model healthy, appropriate attitudes and behaviors
- Set clear limits, expectations and consequences
- Know what is going on:
  - after school
  - on weekends
  - during breaks/vacations
  - When stress is high
- Get to know their friends
What Parents Can Do

- Eat together
- Talk with your teens about alcohol and other drugs
- Listen to your teens thoughts about alcohol and other drugs
- Continue to share your thoughts and concerns
- Spend the time you can with them
Preventing Teen Addiction

- Remember most students are healthy. Your children are most likely in the majority.
- Be in tune with your child's emotional state.
- If you suspect your child is using alcohol, tobacco or other drugs be proactive.
- Early intervention and assessment are key.
Common Early Warning Signs

- Academic changes
- Less motivation to listen, learn, participate
- Less connected to family
- Sleepiness or avoiding sleep
- Smelling like marijuana or alcohol
- Matches, lighters and other paraphernalia
- Excuses, lying, short cuts
- Challenges at home or school
- Changes in social groups
- Personality shifts
- Signs of stress, frustration, irritation
Prevention, Intervention & Recovery

FCD Prevention Works

- Comprehensive Prevention Planning
- Intensive Student Education
- Student Attitudes and Behavior Survey
- Parent Workshops
- Faculty Workshops
- Community coalition partnerships
Prevention, Intervention & Recovery

Hazelden Betty Ford Foundation

▶ Teen Intervene
▶ Residential Evaluation
▶ Chemical Use Assessments
▶ Residential Addiction Treatment
▶ Outpatient Addiction Treatment
▶ Mental Health Clinics
▶ Family Programs
Resources

www.hazelden.org

www.fcd.org
CIGNA BEHAVIORAL HEALTH AWARENESS

If you are a Cigna customer and have questions about Substance Use treatment or about your benefits and how to use them, please contact me:

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