Loudoun County Public Schools

Beyond Academics: A Conversation about Substance Use for Parents and Teens

Department of Pupil Services
Student Assistance Services
Perception of Risk in Alcohol and Drug Use

When the perceived risk of harm is low, generally drug use increases.

When the perceived risk of harm is high, generally drug use decreases.
Tobacco

Increase in use of e-cigarettes has led to an increase in the number of teens who smoke.

School Violation:
3 days in In-School-Restriction

Tobacco Education Program Completed

Examples: cigarettes, cigars, pipes, smokeless tobacco
Overview of Vaping and E-cigarettes
Why is JUUL so popular?

- JUUL device superior to other vapes (it’s cool)
- Trending on social media (YouTube, Snapchat, Twitter)
- Easy to conceal
- Uses salt nicotine
- Delivers flavored nicotine aerosol that is inhaled
- Not being used by teens for smoking cessation
Pictures of JUUL
What is a JUUL?

- https://wjla.com/features/7-on-your-side/are-your-kids-juuling-at-school-7-on-your-side-investigates
One JUUL pod is equivalent to how many cigarettes?

A. One pack
B. 5
C. 1
E-Juice/E-Liquid

E-Liquid Ingredients
- Nicotine
- Propylene Glycol
- Vegetable Glycerin
- Flavoring Chemicals
ALCOHOL - central nervous system depressant, which is carried throughout the bloodstream

Short-term Effects:
- Dizziness
- Slurred speech
- Nausea/vomiting
- Impaired coordination/motor skills
- Impaired judgment
- Impaired memory
- Possible blackouts

Binge use continues: 90% of teens who drink, drink to get drunk.

Alcohol content is slowly increasing
Marijuana

What to look for:

- Inflammation of the whites of eyes
- Pupils dilate but are back to normal within an hour
- Eye flutters and fine muscle tremors Increased vital signs (particularly heart rate)
- Forgetfulness in conversation
- Distorted perception
- Drowsiness and fatigue (after initial high)
- Lack of focus

Negative Impacts:
- brain
- lungs
- learning skills
- memory
- motivation
- concentration
- coordination
- reaction time

Marijuana can cause:
- Paranoia, Anxiety
- Mood Changes
MARIJUANA IS NOT A BENIGN SUBSTANCE

Use makes brain more vulnerable to addiction to other substances.

Marijuana today is four times more powerful than what was used in the 70's.

17% of those who start using at a young age become addicted.

Pot smokers have a 41% increased risk of developing psychotic disorders.

Study followed individuals (age 13-38) who started using in their teens and found a decline of 8 IQ points. Cognitive abilities were not restored in those who quit smoking as adults.
New ways of using marijuana

- E-cigarettes can be used to smoke marijuana in wax or oil form
- Vape pens: oil is most commonly used
- Butane honey oil. Very little odor.
- Wax/Dabbing/"Goo" (honey oil) Dabs can be 70% THC
- Shatter/amber: in sheet form and breaks into pieces. 90% THC
- Edibles/Candy: Gummies, tootsie rolls, mints
Prescription Drug Abuse

- 4 out of 5 parents report talking about the dangers of alcohol, marijuana, cocaine and other drugs but only 15% report discussing the dangers of prescription drugs.

- Abuse = Taking a prescription drug that was prescribed for someone else or taking the drug a manner or dosage other than what was prescribed for the purpose of getting high.

- Taking drugs without a prescription or sharing a prescription drug with another person is actually breaking the law.
Cough medicine is the most commonly abused OTC medication. These products contain a common ingredient called “Dextromethorphan” or “DXM”.

Examples: Coricidin (3C’s), Robitussin, Benadryl, Nyquil.

Short-term effects: loss of muscle control, abdominal pains, loss of consciousness, slurred speech, blurred vision.

Long-term effects: seizures, death

“Lean, Sizzurp, Purple Drink, Spice” : a prescription-strength cough syrup containing Codeine and Promethazine mixed with Sprite soft drink or Mountain Dew and pieces of Jolly Rancher
Why Do Teens Use?

- Initially—BOREDOM, curiosity, peer pressure
- Secondary—to cope with:

**Underlying stressors**
- blended families
- peer relationships
- academic concerns

**Underlying MH concerns**
- depression
- anxiety
- trauma
Signs of Drug & Alcohol Use

- Bloodshot eyes
- Smell of alcohol or pot
- Skipping class and/or school
- Loss of interests
- Staying out late
- Lying
- Stealing
- Poor grades
- Poor hygiene
- Isolation
- Change of friends
- Mood swings
- Conflict with parents
- Legal problems
- Manipulating others
When to be concerned…. 

**Remember:** physical, emotional, and intellectual changes are normal in adolescent development

The key is CHANGE- in physical appearance, personality, friends, interests, attitudes, and behavior
When in Doubt – Go with Your GUT

- Trust your parental instincts
- Act quickly if you suspect trouble
  - Early identification and prompt intervention is KEY to good outcome
  - Ask for professional help:
    - Objective/nonjudgmental (another pair of eyes)
    - Help to visualize the situation and make suggestions
    - Can enhance parent/child communication skills
    - Serves to validate concerns and identify solutions
Parents can make a difference!

Teens who learn about the risks of using drugs at home are half as likely to abuse drugs than those whose caregivers do not teach them about risks.

2/3 of youth, ages 13-17, say that upsetting their parents or losing the respect of family & friends is one of the main reasons they don’t smoke marijuana or use other drugs.
Tips for Parents

Be a good listener.

Set clear expectations about drug and alcohol use, including real consequences for not following family rules.

Help your child deal with peer pressure to use drugs.

Get to know your child’s friends and their parents.

Monitor your child’s whereabouts.

Supervise teen activities.

Talk to your child often

Awareness of Adolescent Life Transitions

(8th grade to High School; High School to Adulthood)
LCPS Alcohol & Drug 8240 Violation Policy

If caught under the influence or in possession of alcohol or drugs in school or on school property (1st offense):

• 7 days out-of-school suspension
• 3 day Insight class at Douglass School
If second offense or distribution:

- 10 day out-of-school suspension
- 10 days SUEP at Douglass school
- 3 Day Insight class
If caught using or in possession of tobacco, e-cigarettes, other device in school or on school property (1st offense)

- 3 days of In-School Restriction
- Tobacco Education
Second offense

- 3 days out-of-school suspension
- Referral to Student Assistance Specialist
LCPS Alcohol & Drug 8240
Violation Policy – Tobacco, E-cigarettes, and Vaping

Third offense

- 5 days out-of-school suspension
- 3 Day Insight Class
Services Provided within the Schools

School based groups
- Concerned Students
- Pre-Recovery
- Recovery
- Young Men’s Group
- Young Women’s Group

Classroom Presentations

Sources of Strength

The Insight Program
- 3 day early education and early intervention class.

PEER Program in the High Schools

Assessments and Referrals

Restorative Practices
Safe Disposal of Prescription Medications

Article about free sponsorship of drug disposal kits:
http://drugfreeva.org/drug-disposal-kits-now-available-throughout-virginia/

Flyer for medication disposal at Leesburg Police Department
https://www.lcps.org/Page/1398
https://www.loudoun.gov/DocumentCenter/View/114958

Database of where to find disposal sites from DEA
https://apps.deadiversion.usdoj.gov/pubdispsearch/spring/main?execution=e1s3

State disposal tips:
http://www.oag.state.va.us/files/Tips.pdf;
http://www.oag.state.va.us/files/OAG_Drugs_TipCard2_Print.pdf
Web Resources

LCPS Student Assistance Services

LCPS Mental & Behavioral Health Services

NIDA for Teens/Parents

Drug Enforcement Administration Parent Tool Kit

Prevent Drunk Driving

Partnership for Drug-Free Kids: Get Help Parent Tool Kit

Kids Health

National Institute of Mental Health

National Institute on Drug Abuse Monitoring Future Survey

Addiction Policy Forum
More Web Resources

Addiction Resource Center
Alcoholics Anonymous
Narcotics Anonymous
The Chris Atwood Foundation
Ryan Bartel Foundation
Al-Anon
Suicide Prevention
Just Think Twice
www.samanthonyspeaks.com
www.samanthonyspeaks.com
Think of a dirty 4 letter word

$#@?
“How are you?”

Confused; Betrayed
Broken

Useless
Never good enough
Fragile; Anxious
I'm falling apart
You don't notice it

Rejected
Lonely
Pathetic; Annoying
Defeated
Top Abused Prescription Drugs

- Percocet (Oxycodone) - 5/325 generic
  - Treats moderate to severe pain
  - Sells for $1 per milligram

- Roxicodone 30mg - snorted, smoked or injected
  - Sells for $1 per milligram, this one pill is $30.

- Vicodin, Lortab, Lorcet, Norco
  - (Hydrocodone) - 5/325 generic
  - Sells for $1 per milligram
Top Abused Prescription Drugs

- Adderall (Amphetamine) - Used to treat ADHD.
- Can be sniffed or taken orally.
- Sells for $1 per milligram

- Xanax (Aprazolam) - Used for anxiety.
- Can be sniffed or taken orally.
- Sells for $1 per milligram
Why Prescription Pills?

- Prescriptions are easier to obtain; a family members or strangers medicine cabinet, a doctor, or classmates.
- Beliefs that prescriptions are “legal drugs” and less chance of “overdose”.
- Quality control, users know exactly what their getting.