



# Substance Use Prevention

ADA Compliant 05292024

# Learning Intentions

- Understand Utah youth substance use trends.
- Understand the consequences of youth substance use.
- Identify the warning signs of substance use.
- Learn effective ways of communicating with youth about substance use.
- Identify where to go for additional resources.

# Youth Substance Use Prevention

- Electronic cigarettes and other nicotine/tobacco products
- Illicit drugs
- Marijuana
- Misuse of prescription medication, over-the-counter medication, and inhalants
- Underage drinking

# Youth Substance Use

# 2023 SHARP Survey Results: State Average

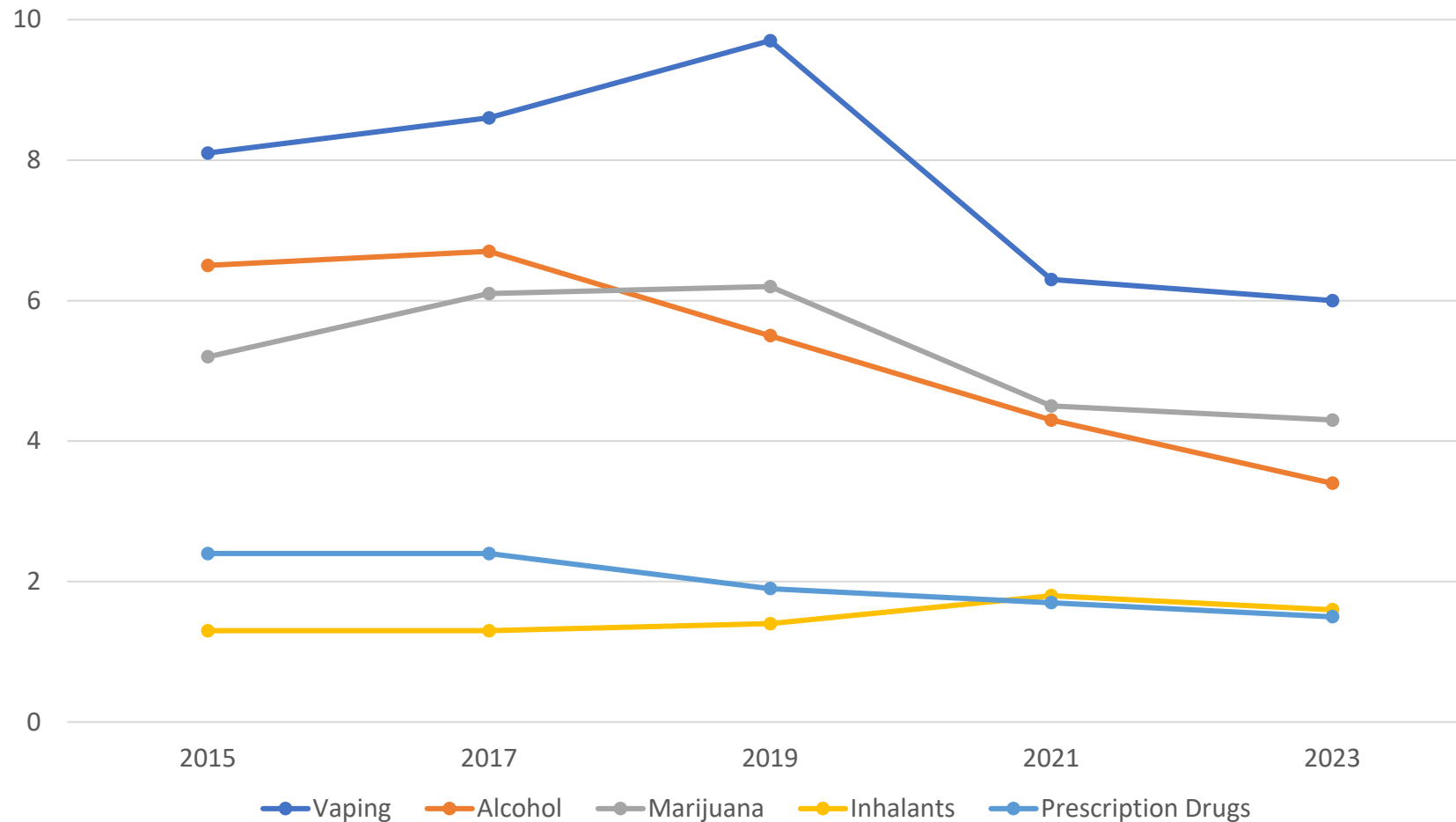
	Lifetime use	Past 30 days
Vaping	11.2%	4.9%
Alcohol	11.2%	3.4%
Marijuana	9.5%	4.3%
Inhalants	6.7%	1.6%
Prescription Drugs	5.2%	1.5%
Cigarettes	5.0%	0.7%

Cocaine, Methamphetamine, and Heroin rates are below 0.5%.

Source: <https://sumh.utah.gov/data-reports/sharp-survey/>

# State Average SHARP Survey: Past 30-Day Substance Use Trends

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# Consequences of Youth Substance Use

## Impacts on the developing brain:

- Attention
- Learning
- Mood
- Impulse control
- Increased risk for future addiction

## Teen substance use linked to:

- Higher absenteeism
- Low or failing grades

## Teen substance use is linked to impaired decision-making, which has led to:

- Drinking and driving
- Unprotected sex
- Violence
- Injury
- Death

Source: National Institute on Drug Abuse

# Optional Videos

- [Effects of Substances on the Teen Brain - Social Media Video](#)
- [Effects of Substances on the Teen Body](#)
- [Teen Brain Development](#)



# Vaping Devices/E-Cigarettes

- Battery operated devices used to inhale an aerosol, flavorings and other chemicals.
- The aerosol typically contains nicotine and can also be used to deliver THC (the psychoactive ingredient found in Marijuana) and other drugs.
- Vaping is the most used form of nicotine among youth in the U.S.
- Can be easy to hide from parents and teachers.

**Source:** National Institute on Drug Abuse: Vaping Devices (Electronic Cigarette) DrugFacts

# Vaping Devices



**Photo Credit:** <https://seethroughthevape.org/what-is-vaping/>

# Potential Health Effects of Vaping

- Nicotine is highly addictive, is especially harmful for youth, and can change the way their brain develops.
- E-cigarettes contain toxic chemicals that can cause lung and cardiovascular disease.
- Long-term effects can include:
  - Mood disorders
  - Greater inability to focus
  - Lower impulse control
  - Depression
  - Anxiety

**Source:** <https://seethroughthevape.org/dangers-of-vaping/>

# “Nic-Sick” or “Nic’d Out”

Within the first 15 minutes of exposure:

- Nausea or vomiting
- Stomachache and loss of appetite
- Increased heart rate and blood pressure
- Headache
- Mouth watering
- Quick, heavy breathing
- Dizziness or tremors
- Confusion and anxiety

Within the first 30 minutes and up to 4 hours later:

- Diarrhea
- Shallow breathing
- Slower heartbeat and blood pressure
- Extreme fatigue
- Weakness, slow reflexes, or unable to control muscles
- Pale skin

# Potential Health Effects of Underage Drinking

- Brain development interference
- Increased risk of alcohol problems later in life
- Increased risk of physical and sexual assault
- Impaired judgment
- Increased risk of injury
- Increased risk of death

# Marijuana

- Refers to the dried leaves, flowers, stems, and seeds from the *Cannabis sativa* or *Cannabis indica* plant.
- Contains THC, which is psychoactive/mind-altering.
- People smoke marijuana in hand-rolled cigarettes (joints), pipes (bongs), or vape devices. They may also mix it in food or drinks (edibles).
- Dabbing is the name for inhaling high concentrations of THC which may come in various forms:
  - Hash oil or honey oil- a gooey liquid.
  - Wax or budder- a soft solid with a texture like lip balm.
  - Shatter- a hard, amber-colored solid.

**Source:** National Institute on Drug Abuse

# Edibles Confiscated in Utah Schools



# Potential Health Effects of Marijuana Use

- Researchers are still studying how long marijuana's effects last, but they do know that in youth, marijuana impacts brain development and may impair:
  - Thinking
  - Memory
  - Learning functions
- The amount of THC in marijuana products has significantly increased over the years. Higher THC levels may also mean a greater risk for addiction if regularly exposed to high doses.



# Potential Health Effects of Marijuana Use Continued

- Health effects can include:
  - Breathing problems
  - Increased heart rate
  - Intense nausea and vomiting
  - Anxiety
  - Temporary paranoia
  - Hallucinations (when taken in high doses)
  - Delusions (when taken in high doses)
  - Psychosis (risk is highest with regular use of high potency marijuana)

**Source:** National Institute on Drug Abuse

# Fentanyl

- Fentanyl is a highly potent prescription drug that is also made and used illegally.
- Fentanyl is being mixed with other drugs, such as heroin, cocaine, methamphetamine, and MDMA and people may be taking a drug with fentanyl without realizing it.

**Source:** National Institute on Drug Abuse

# Fentanyl



**Photo Credit:** <https://www.dea.gov/factsheets/fentanyl>

# Potential Health Effects of Fentanyl

- Fentanyl is addictive.
- People taking drugs with fentanyl are at a higher risk for overdose and death.
- Overdoses may be reversed if Naloxone, an over-the-counter medication is administered, and medical help is received.
- Other effects can include:
  - Drowsiness
  - Nausea
  - Confusion
  - Constipation
  - Sedation
  - Unconsciousness

**Source:** National Institute on Drug Abuse

# Social Media

- Electronic cigarettes, marijuana and other drugs are often distributed to teens through social media, particularly Snap Chat.
- Be mindful of your child's social media usage.
- Have conversations with your child related to internet safety.

# Tips for Talking with Youth

Adapted from: [A Division for Advancing Prevention & Treatment's \(ADAPT\) Talking with Youth About Substance Use](#)



Remember:

These types of conversations are best built upon a foundation of a strong relationship, so find ways to continuously bond with your child.

# Share Out

- What tips do you have for strengthening your relationship with your child?
- What activities do you enjoy doing with your child?





# Explore and Promote Critical Thinking About What They Already Know

- Provide youth with an opportunity to share what they know about different substances.
- Fill in any knowledge gaps.
- Correct misinformation.
- Suggest you work together to learn more.

# Address Peer Pressure

- Explore how your child might respond in a situation in which they were offered substances.
- Acknowledge that peer pressure is real and can leave someone feeling conflicted about what to do.
- Help your child develop a plan for how they will respond to peer pressure.
- Teach your child how to use assertive communication.
- Provide an opportunity for your child to practice saying their response aloud.
- Create a plan for how to get out of risky situations and develop a code word or signal that can be communicated when help is needed.

# Be Clear About Your Values and Expectations

- Set clear expectations and family rules around substance use.
- Decide on consequences together.
- State and national data indicate that kids who know that substance use is not approved by their parents are less likely to engage in substance use.

# Have Frequent, Small Conversations

- Integrate the topic into everyday conversations.
- Allow for discussions during everyday activities. (In the car, while going for a walk, etc.)
- Hold the conversation when you and your child are engaged and focused.
- Avoid conversations when emotions are high.

# Create Opportunities for Healthy Peer Activities and “Natural” Highs

- Create opportunities for positive social connections.
- Support older adolescents by planning and hosting fun activities and events for their friends.

# Teach Skills Related to Creating and Maintaining Connections with Others

- Youth who have the skills to build and maintain skills with peers engaged in positive activities are less likely to engage in substance use.
- Youth who have re-entered substance use treatment have said they feel lonely and isolated and don't know how to connect with pro-social peers.
- Teach skills such as:
  - Relationship building
  - Communication
  - Social problem solving

# Avoid:

- Blaming, shaming, and lecturing.
  - Instead, keep the conversations respectful and collaborative.
- Fear-based messaging and scare tactics.
  - Research has shown that fear-based messaging can be ineffective.
- Stigmatizing language.
  - By reducing negative stigma about people who use substances, youth may be more likely to share instances of substance use if it happens.
- Assuming that information is enough to prevent substance use.
  - Pair education with strategies for how to respond in high-risk situations and offer to practice those strategies.

# Activity

- Read through your assigned framing example with your group.
- Be prepared to share:
  - Your framing example.
  - Why it can be useful in talking with youth.
  - One sample phrase to use.





# Warning Signs

# Physical Indicators

- Bloodshot eyes or pupils that are smaller or larger than normal.
- Unusual smells (clothing, breath)
  - Using incense, perfume, air freshener to hide the smell of smoke or drugs.
- Shakes, tremors, incoherent or slurred speech, impaired or unstable coordination.



# Behavior Changes with No Apparent Cause

- Acting withdrawn
- Frequently tired or depressed
- A change in peer group
- Carelessness with grooming (E.g., not showering or changing clothes)
- Decline in academic performance
- Missing classes or skipping school
- Loss of interest in favorite activities
- Changes in eating or sleeping habits
- Deteriorating relationships with family members and friends



**Source:** National Institute on Drug Abuse

# What if My Child is Already Using Substances?

- Show your concern.
- Stay calm & avoid judgement.
- Be direct.
  - “Your grades have been dropping.”
  - “That looks like an e-cigarette.”
- Let them know you value their honesty.
- Be curious. Ask questions about how they got started and thoughts on quitting.
- Elicit change talk.
- Get professionals involved, as needed.

# Motivational Interviewing



Spirit of Motivational  
Interviewing

Partnership, Acceptance, Compassion,  
Evocation



Motivational Interviewing Core  
Skills

Open Ended Questions, Affirmations,  
Reflections, Summaries

# Resources

# Youth Drug and Alcohol Prevention

## [DEA Growing Up Drug-Free: A Parent's Guide to Prevention](#)

Resource includes:

- Drug information
- Why kids use substances
- How to talk to kids about drugs
- What parents can do if they think their child is using drugs

## [SAMHSA: Talking to Your Kids About Prescription Drug Abuse](#)

Resource includes:

- Recognizing the signs of prescription drug misuse
- Tips for preventing youth prescription drug misuse

## [Parents Empowered](#)

Resource includes:

- Information on how underage drinking can impact youth brain development
- How parents can prevent underage drinking

# Youth Marijuana and Vaping Prevention

## [Gray Matters](#)

Resource includes:

- Information on how youth marijuana use can impact youth brain development
- How parents can prevent youth marijuana use

## [FDA Tobacco Education Resource Library](#)

Resource includes:

- How parents can talk to kids about vaping
- How to spot covert vaping devices

## [See through the Vape](#)

Resource includes:

- Vaping overview
- Dangers of vaping
- Help quitting
- How parents can help their teen quit



# Communicating with Youth

## [Talking with Youth About Substance Use](#)

Resource includes:

- When to raise the topic of substance use
- How to frame the conversation

# SafeUT

- SafeUT is a crisis chat and tip line that provides real-time crisis intervention for students, parents/guardians, and educators through live chat and a confidential tip line-right.



# Additional Utah Resources



211utah.org



Local Substance Abuse Area Authority: <https://sumh.utah.gov/contact/location-map>



USBE Substance Use Prevention Website

Thank You!