



Substance Use Prevention

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

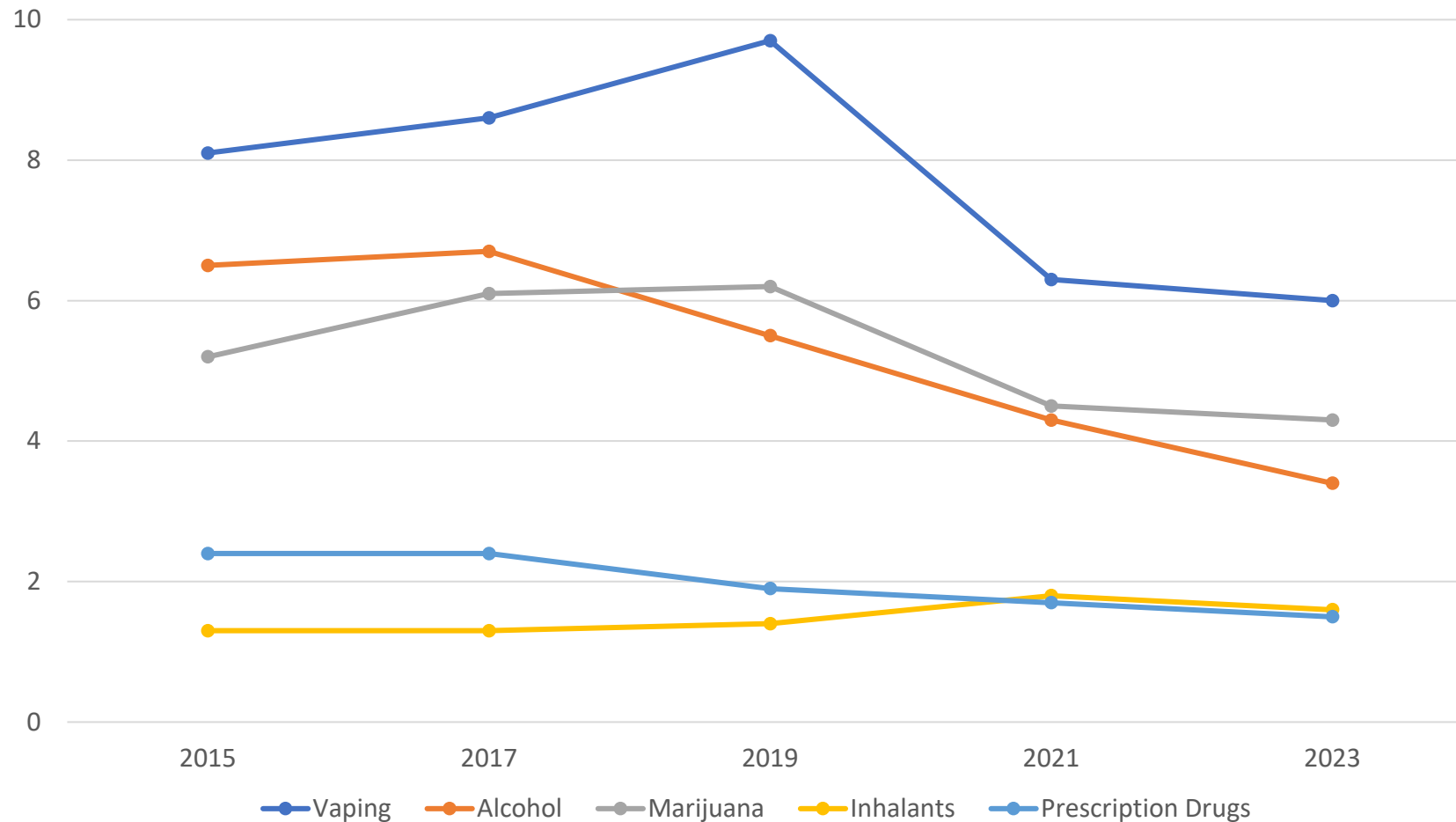
	Lifetime use	Past 30 days
Vaping	11.2%	4.9%
Alcohol	11.2%	3.4%
Marijuana	9.5%	4.3%
Inhalants	6.7%	1.6%
Prescription Drugs	5.2%	1.5%
Cigarettes	5.0%	0.7%

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

12



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!