

Vaping, Marijuana, Alcohol and Other Drug Awareness

Wednesday, October 30, 2024



Conejo
Health





AN INTRODUCTION TO TREATMENT OF SUBSTANCE USE DISORDER

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10/30/2024

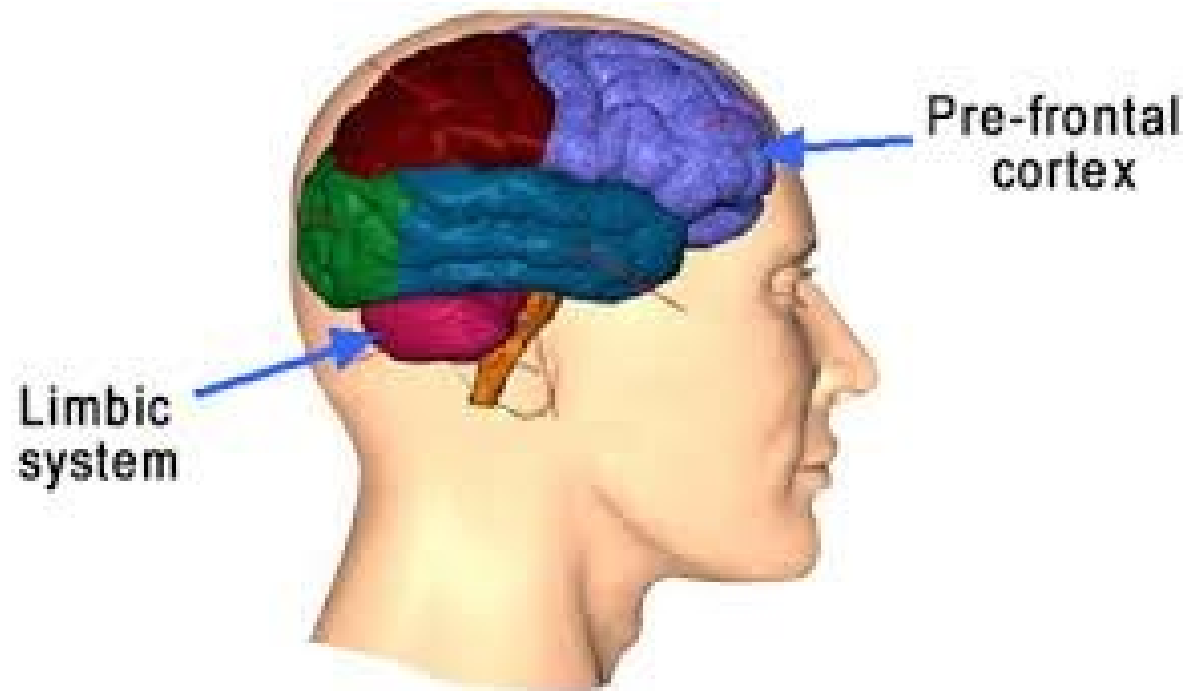
WHAT IS A SUBSTANCE USE DISORDER

- A disease that affects a person's brain and behavior and leads to an inability to control the use of a drug
 - Certain drug's require escalating doses to achieve the same effect over time leading to worsening dependence. A Dysregulation of the rewards pathway leads to continued use despite adverse consequences (Social, Physical, Personal, Economic, etc)
 - Drugs with potential for Addiction are
 - Alcohol
 - Hypnotics/Benzodiazepines
 - Opioids
 - Stimulants
 - THC
-

SUBSTANCE USE DISORDER TREATMENT IN A PHYSICIAN'S OFFICE

- 1) Treatment of cravings through medications
 - Medication options vary depending on substance
 - 2) Treatment of comorbid medical/psychiatric conditions
 - Can exist independently or in concurrence with a Substance Use Disorder
 - No Everyone who uses drugs/alcohol suffers from a Substance Use Disorder
 - 3) Pipelining to other treatment modalities
 - 12 Step
 - Intensive Outpatient
 - Residential
 - Therapy/Clinic Psychology
 - Etc
-

MEDICATION ASSISTED THERAPY VS COGNITIVE BEHAVIORAL THERAPY



GOLD STANDARD OF CARE IN ADOLESCENTS

- All children in a community should have access to a Pediatric Psychiatrist and an Addiction Specialist
 - Ideally, the two specialty physicians should be working closely together
 - Long wait times for specialists can be the difference between life and death
-

HARM REDUCTION

- Naloxone/Narcan kits are easy to use
- Save lives
- Allow people to get into treatment
- Naloxone/Narcan kit possession and use is a civic duty



ADDICTION AND THE COMMUNITY

- Substance use leads to more substance use in a community
 - Sobriety leads to more sobriety in a community
 - Treatment leads to less of a market for substances in a community
 - Decrease crime, foster care, domestic violence, etc.
 - Robust treatment of addiction of all ages is imperative for the success of youth in a community
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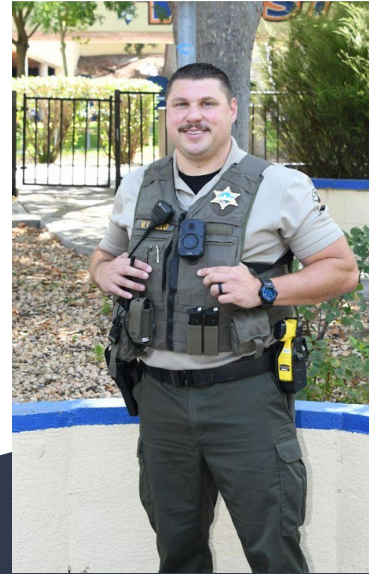
Please submit questions for the presenters by scanning the QR code below.

Vaping, Marijuana, Alcohol and
Other Drug Awareness Q&A



Substance Use Awareness

- Deputy Vince Grillo
- School Resource Officer - Westlake High School
- Ventura County Sheriff's Office - 11 Years
- Ventura County Probation Agency - 5 Years



Ventura County Sheriff's Office

Drug Trends

Marijuana - Dried leaves from Cannabis plant containing mind altering chemical THC (tetrahydrocannabinol) - High Grade - 15-20% THC Level

Honey Oil - THC extracted from the marijuana creating a marijuana concentrate 40-80% THC Level

- 35% of 12th graders smoked marijuana in the past year*
- 21% of 12th graders smoked marijuana in the last 30 days
- 17% of 10th graders smoked marijuana in the last 30 days
- About 1 in 16 high school seniors use marijuana every day



Drug Trends

Marijuana Vapes

How to tell the difference between nicotine and marijuana vape:

Look for CA marijuana logo

Honey colored liquid

When in doubt Google brand name

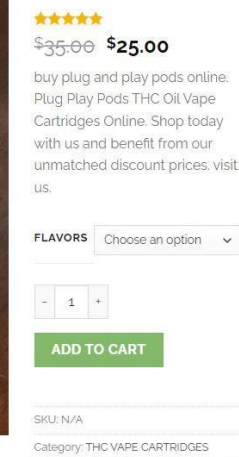
Nicotine vapes can be hacked to add marijuana

Using a cannabis product with a THC potency of over 15% is linked to an increase in the likelihood of experiencing mental health and other problems.

These can include:

- Increased anxiety - Suicidal thoughts - Psychosis
- Difficulty with critical thinking skills

Possession Under 21 Years Old - Infraction



Drug Trends

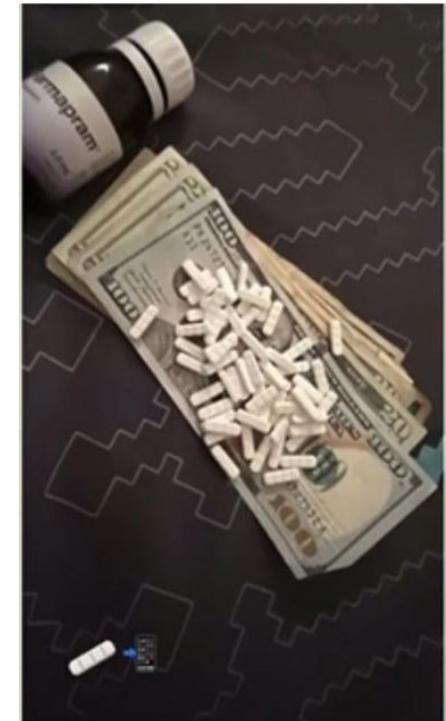
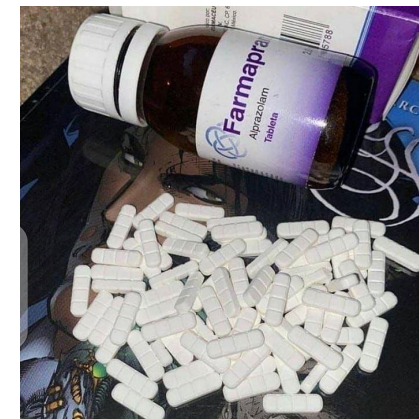
Xanax - Brand name for Alprazolam is used to treat anxiety and panic disorders. It belongs to a class of medications called benzodiazepines which act on the brain and nerves (central nervous system) to produce a calming effect.

Schedule 4 Controlled Substance



Farmapram - Mexican equivalent of Xanax

- Not regulated or inspected by FDA
- May contain dangerous additives like fentanyl
- In Mexico allowed to purchase less than 50 pills over the counter without prescription



Farmas(Xanax)

6\$ a pop

10-55\$

20-120\$ 54 5:25 PM

Possession - Misdemeanor

Sales - Felony

Drug Trends

Shrooms - A type mushroom which contains psilocin or psilocybin. Also known as magic mushrooms.

- Causes hallucinations.
- Often consumed by ingestion via eating dried mushrooms.
- Also comes in powdered form added to teas or other beverages.
- Effects can last 3 to 6 hours.
- Legalized in Colorado and Oregon.
- Some cities in California have decriminalized.

Possession - Misdemeanor
Sales - Felony



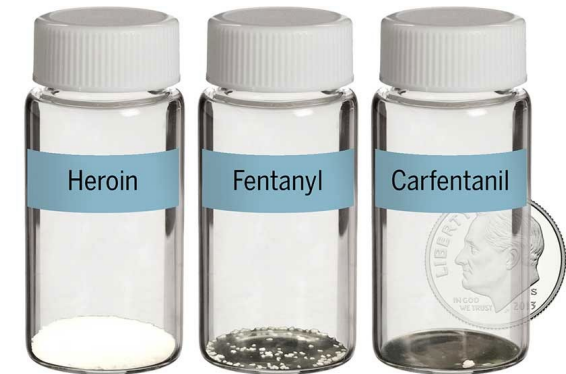
Drug Trends

Fentanyl - Is a potent synthetic opioid drug used as an analgesic (pain relief). It is approximately 100 times more potent than morphine and 50 times more potent than heroin.

- Often found as a white powder or pill form
- Can be snorted, smoked, injected
- One of the most common reasons for overdoses.

Possession - Misdemeanor

Sales - Felony



Drug Trends

Methamphetamine - is a powerful, highly addictive stimulant that affects the central nervous system. It takes the form of a white, odorless, bitter-tasting crystalline powder that easily dissolves in water or alcohol.

- Causes increased activity, talkativeness, rapid speech, decreased appetite.
- Legally available through prescription to treat ADHD but is rarely prescribed

Possession - Misdemeanor

Sales - Felony



Role of Parents in Prevention

You are the most important and powerful influence in your child's life.

- Monitor cell phone activity
 - Be on the lookout for these emojis
- Open Communication
 - Establish Trust
- Education & Awareness
 - Risks/Consequences of Drug Use
- Recognize Warning Signs
 - Change in behavior/mood
- Promote Healthy Lifestyle
 - Physical Activity / Good Nutrition



DRUG ENFORCEMENT ADMINISTRATION

ONE
PILL CAN
KILL

EMOJI DRUG CODE | DECODED

COMMON EMOJI CODES

FAKE PRESCRIPTION DRUGS

PERCOCET & OXYCODONE



XANAX

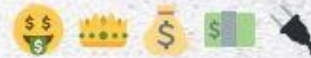


ADDERALL



DEALER SIGNALS

DEALER ADVERTISING



HIGH POTENCY



UNIVERSAL FOR DRUGS



LARGE BATCH



OTHER DRUGS

METH



HEROIN



COCAINE



MDMA & MOLLIES



MUSHROOMS



COUGH SYRUP



MARIJUANA



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Health**

www.conejohealth.com

Supporting Families Through Behavioral Changes and Recovery

Counseling and Support Perspective
Ian Anderson CADC-II, MATS, CCHW

Identifying Behavioral Changes

Key DSM-V Criteria for Substance Use Disorders

- **Giving up important social, occupational, or recreational activities because of substance use**
 - Loss of interest in hobbies, failure to participate in school or family functions, changes in important social circles from high accountability relationships to low accountability relationships
- **Spending an inordinate amount of time getting, using, or recovering from the effects of a substance**
 - Can present in weight loss, changes in appearance, changes in sleep habits, changes in grooming and activities of daily living (eating habits, neglected hygiene, etc.)
- **Tolerance/Withdrawal**
 - Needing larger doses to achieve the desired effects/withdrawal symptoms when unable to maintain consistent use.
- **Taking more than intended to, for longer periods of time than meant to**



Effective Communication With Teens



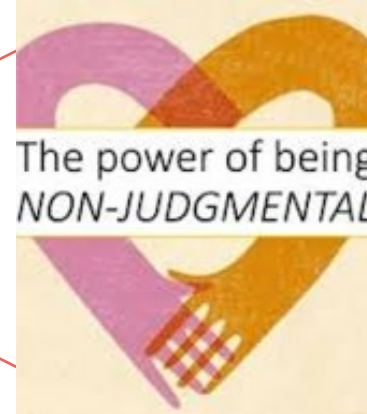
BE INVOLVED

Family therapy is well known to improve outcomes for substance use disorders in adolescents



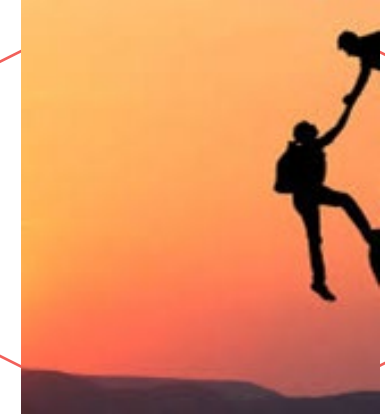
AVOID STIGMATIZING LANGUAGE

Youth is the best time to establish patterns of person centered language



NON-JUDGEMENTAL STANCE

Safe conversations invite transparency



ESTABLISH TRUST THROUGH CONSISTENCY

Consistency creates safety



Effective Communication With Teens

Important Facts

1. Parents Have a **Significant Influence** in Their Children's Decisions to Experiment With Alcohol and Other Drugs
1. It's Better to Talk Before Children Are Exposed to Alcohol and Other Drugs
1. Not Talking About Alcohol and Other Drugs Still Sends Kids a Message - **That conversations about hard things are not welcome.**

Context

1. One of the most influential factors during a child's adolescence is maintaining a **strong, open relationship with a parent.**
1. If you talk to your kids **directly and honestly**, they are more likely to respect your rules and advice about alcohol and drug use.
1. Kids don't always have all the facts when it comes to alcohol and other drugs. **Having a conversation allows parents to set clear rules about what they expect from their kids when it comes to alcohol and other drugs.**



Effective Communication

Over 80 percent of young people ages 10–18 say their **parents are the leading influence on their decision whether to drink.**

Show you're a good source of information about alcohol and other drugs.



Show you're paying attention and you'll discourage risky behaviors.



Show you're aware of what your child is up to, as young people are more likely to drink or use other drugs if they think no one will notice.

Social Media use averaging 2hrs/day has been strongly linked to increased likelihood of adolescent drinking, drug use, nicotine use, and risky sexual behaviors
- *BMJ* 2023;383:e073552

**Where Performance is Measured,
Performance Improves**



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<https://www.samhsa.gov/talk-they-hear-you>

Words Matter

How does stigma affect people with SUD?

- Feeling stigmatized can reduce the willingness of individuals with SUD to seek treatment.
- Stigmatizing views of people with SUD are common; this stereotyping can lead others to feel pity, fear, anger, and a desire for social distance from people with an SUD.
- Stigmatizing language can negatively influence health care provider perceptions of people with SUD, which can impact the care they provide.

INSTEAD OF...	USE...	BECAUSE...
Addict User Substance or drug abuser Junkie Alcoholic Drunk Former addict Reformed addict	• Person with opioid/substance use disorder or person with opioid addiction • Patient • Person in recovery or long-term recovery For heavy alcohol use: • Unhealthy, harmful, or hazardous alcohol use • Person with alcohol use disorder	• Person-first language. • The change shows that a person 'has' a problem rather than 'is' the problem. • The terms to avoid elicit negative associations, punitive attitudes, and individual blame.
IV drug user	• Person who injects drugs	• Person-first language.
Habit Relapse	• Substance use disorder • Drug addiction • Return to use/slip	• Inaccurately implies that a person is choosing to use substances or can choose to stop. • 'Habit' may undermine the seriousness of the disease.
Clean	For toxicology screen results: • Testing negative Referring to a person: • Being in remission or recovery • Abstinent from drugs • Not drinking or taking drugs • Not currently using drugs	• Use clinically accurate, non-stigmatizing terminology the same way it would be used for other medical conditions. • Set an example with your own language when treating patients who might use stigmatizing slang. • Use of such terms may evoke negative and punitive subconscious thoughts.
Dirty	For toxicology screen results: • Testing positive Referring to a person: • Person who uses drugs	• Use clinically accurate, non-stigmatizing terminology the same way it would be used for other medical conditions. • May decrease patients' sense of hope and self-efficacy for change.

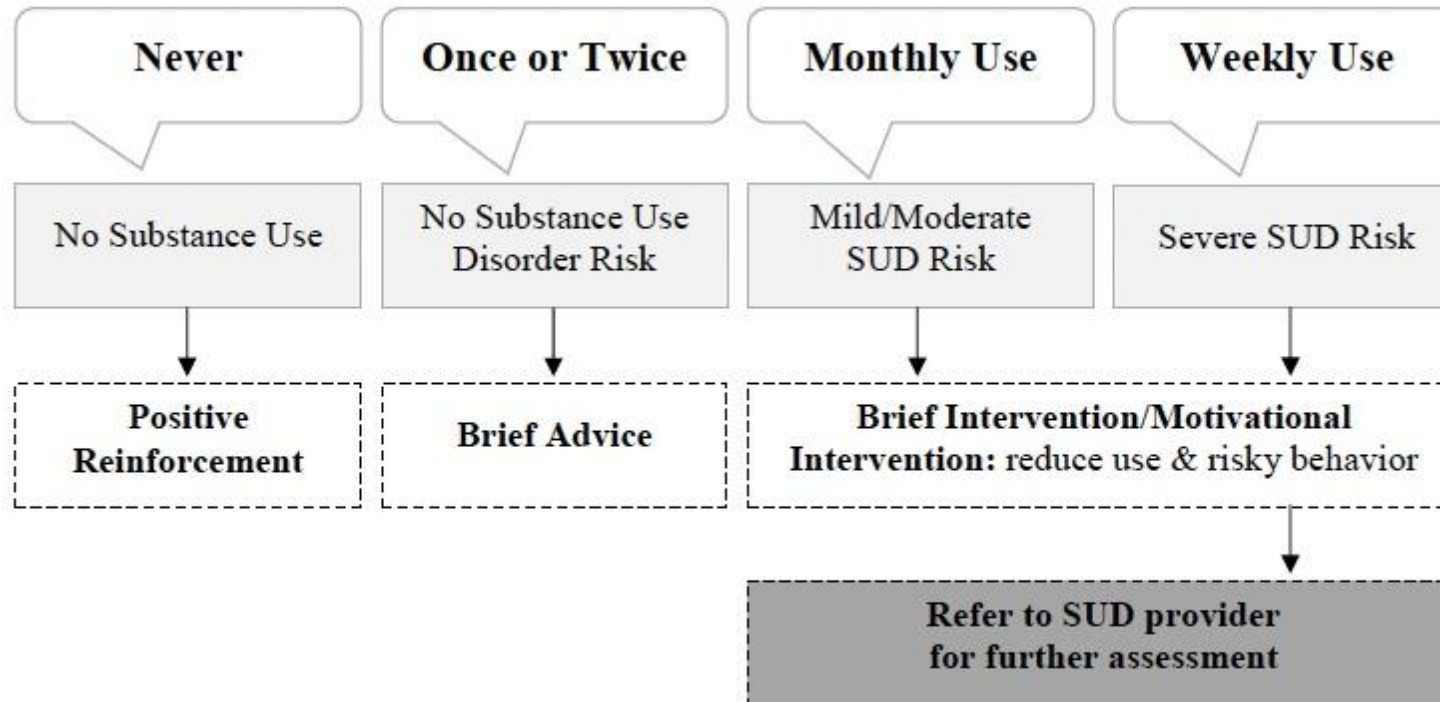
(This information was adapted from a NIDA Words Matter handout drugabuse.gov/sites/default/files/nidamed_wordsmatter3_508.pdf)



Support and Recovery Systems

Appropriate Interventions

S2BI Algorithm



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Coping Strategies for Families

Encourage Self-Care for Parents

Learning Cognitive Behavioral and Motivational Interviewing Techniques have been shown to increase family cohesion and decrease rates of substance use

Home-Based & Parent-Led interventions improve outcomes. Family therapy works!



Resources and Help Lines

Ventura County Al-Anon & Alateen alanonventura.org

24/7 information and support line: 805-253-7188

Ventura County Behavioral Health Youth and Family Services

1-866-998-2243

Conejo Health Substance Use Navigators - Certified Alcohol and Drug Counselors can assist families in finding the right level of care for struggling loved ones. Call 850-SUD-ASAP & email support@conejohealth.com

California Lutheran University Community Counseling Services

Westlake Village: 805-493-3390 **Oxnard:** 805-493-3059





**Conejo
Health**

www.conejohealth.com

Conejo Health is a 501 (c)3 nonprofit dedicated to providing overdose training and Naloxone along with other low-cost medical equipment and services to communities and hospitals in California.



Conejo
Health

Thank you

conejohealth.com

&

narcans.me

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