PRESENTATION

Nationwide Children's

Dublin ACT Coalition

Know More. Do More.

Understanding Substance Misuse in Teens

Does our community have a substance abuse problem?

This information was made possible by the Dublin ACT Coalition in partnership with Nationwide Children's Hospital.

Nationwide Children's Dublin ACT Coalition

Does our community have a substance abuse problem?

If state and national trends are any indication — and they are — the answer is, yes.

This information was made possible by the Dublin ACT Coalition in partnership with Nationwide Children's Hospital.

Nationwide Children's Dublin ACT Coalition

STEP 1: Become informed

Our role as a community is to protect our kids from dangerous substances — including prescription drugs, alcohol, tobacco and marijuana.

- Know the risks and signs of misuse
- Help the kids in your world make the right choices
- When needed, help them access support

This information was made possible by the Dublin ACT Coalition in partnership with Nationwide Children's Hospital.

STEP 1: Become informed

In the United States, about a third of the 2.4 million Americans who used prescription drugs non-medically for the first time were kids ages 12 to 17.

800,000+
KIDS AGES 12-17 START MISUSING PRESCRIPTION DRUGS

This information was made possible by the Dublin ACT Coalition in partnership with Nationwide Children's Hospital.

STEP 1: Become informed

Prescription drugs are among the most commonly used drugs taken non-medically by 12th graders.

- In the United States, 13.9% of 12th graders have used a prescription drug non-medically in the past year.
- In Ohio, 12.2% of teenagers have used prescription pain relievers without a doctor's prescription one or more times.

This information was made possible by the Dublin ACT Coalition in partnership with Nationwide Children's Hospital.

Know More.
Do More.

Understanding Substance Misuse in Teens

STEP 1: Become informed

Prescription drugs are among the most commonly used drugs taken non-medically by 12th graders.

- Nearly 1 in 23 12th graders in the United States misused the opioid pain reliever Vicodin®.

- About 1 in 13 12th graders in the United States used the prescription stimulant Adderall® non-medically in 2020.

This information was made possible by the Dublin ACT Coalition in partnership with Nationwide Children's Hospital.

Nationwide Children's Dublin ACT Coalition

STEP 1: Become informed

Experimenting and use start as early as middle school.

This information was made possible by the Dublin ACT Coalition in partnership with Nationwide Children's Hospital.

These numbers all have names and faces. With our help, our kids can have healthy, happy fu-tures.

This information was made possible by the Dublin ACT Coalition in partnership with Nationwide Children's Hospital.

Nationwide Children's

Dublin ACT Coalition

What is drug misuse?

Drug misuse is the non-medical use of a prescription drug. Easy access is a key reason for prescription misuse.

This information was made possible by the Dublin ACT Coalition in partnership with Nationwide Children's Hospital.

What is drug misuse?

Drug misuse typically happens a number of ways:

- Taking a medicine in a manner or dose other than what's prescribed or directed
- Taking a medicine to get high or to enhance performance
- Taking someone else's prescription, even if it's for a valid medical complaint — like pain

This information was made possible by the Dublin ACT Coalition in partnership with Nationwide Children's Hospital.

What is drug misuse?

Where do teens get prescription drugs?

- 3.9% from a dealer
- 70.9% from a friend or relative
- 20% from a doctor

This information was made possible by the Dublin ACT Coalition in partnership with Nationwide Children's Hospital.

What is drug misuse?

The 3 most commonly misused prescription medicines:

- Opioids
- Central nervous system (CNS) depressants
- Stimulants

This information was made possible by the Dublin ACT Coalition in partnership with Nationwide Children's Hospital.

Know More.
Do More.

Understanding Substance Misuse in Teens

What is drug misuse?

OPIOIDS — pain relievers you can get legally by prescription

COMMONLY KNOWN AS

- Vicodin®, OxyContin® or Percocet®, among others

STREET NAMES

- Happy Pills, Hillbilly Heroin, OC, Oxy, Percs, Vikes

This information was made possible by the Dublin ACT Coalition in partnership with Nationwide Children's Hospital.

Nationwide Children's Dublin ACT Coalition

What is drug misuse?

CNS DEPRESSANTS — medicines that slow brain activity and are used to treat anxiety and sleep problems

COMMONLY KNOWN AS

- Valium®, Xanax®, Ambien®, among others

STREET NAMES

- A-minus, Barbs, Candy, Downers, Phennies, Red Birds, Reds, Sleeping Pills, Tooies and Tranks

This information was made possible by the Dublin ACT Coalition in partnership with Nationwide Children's Hospital.

Know More.
Do More.

Understanding Substance Misuse in Teens

What is drug misuse?

STIMULANTS — medicines that increase alertness, attention, energy, blood pressure, heart rate and breathing rate; often used to treat ADHD (attention-deficit hyperactivity disorder)

COMMONLY KNOWN AS

- Adderall® and Ritalin®, among others

STREET NAMES

- Bennies, Black Beauties, Hearts, Roses, Skippy, Speed, The Smart Drug, Uppers, Vitamin R

This information was made possible by the Dublin ACT Coalition in partnership with Nationwide Children's Hospital.

Nationwide Children's Dublin ACT Coalition

Know More.
Do More.

Understanding Substance Misuse in Teens

What is drug misuse?

Prescription drug misuse — know the signs and symptoms

Personal appearance changes, such as:

- Messy, careless appearance and poor hygiene
- Red, flushed cheeks or face
- Heavy sweating
- Fatigue
- Itchy skin
- Rapid weight loss

Behavioral changes, such as:

- Decreased motivation
- Hostility or anger
- Unusually clumsy, lack of coordination
- Slurred speech
- Loud or obnoxious behavior
- Being deceitful or secretive

Changes in routine, such as:

- New friends and/or being secretive about them
- Lying about new interests and activities
- Loss of interest in school or things they once cared about
- Money/valuables missing from home
- Demand for more privacy, locked

This information was made possible by the Dublin ACT Coalition in partnership with Nationwide Children's Hospital.

Nationwide Children's Dublin ACT Coalition

Alcohol, tobacco and marijuana — the potential pathways to prescription drug addiction.

This information was made possible by the Dublin ACT Coalition in partnership with Nationwide Children's Hospital.

Nationwide Children's Dublin ACT Coalition

Know More.
Do More.

Understanding Substance Misuse in Teens

Alcohol, tobacco and marijuana

Alcohol is the most widely used drug among teens and can often lead to experimenting with other drugs.
In Ohio...

- 25.9% of high school students had at least one drink on one or more of the past 30 days.
- 13.4% of high school students had five or more drinks in a row on one or more of the past 30 days.
- 10.3% of eighth graders report ever taking a prescription medication without a doctor's prescription or differently than how a doctor told them to take it.
- The percentage of 8th graders who misused amphetamines, inhalants, and cough medicine over the past 12 months continues to increase.

This information was made possible by the Dublin ACT Coalition in partnership with Nationwide Children's Hospital.

Nationwide Children's Dublin ACT Coalition

Alcohol, tobacco and marijuana

Alcohol — Know the signs and symptoms

- Empty bottles, shot glasses, bottle openers
- Water or soda bottles (or other containers) used to conceal liquor
- Smell of alcohol on the breath
- Slurred speech
- Lack of coordination
- Nausea and vomiting
- Hangovers

This information was made possible by the Dublin ACT Coalition in partnership with Nationwide Children's Hospital.

Alcohol, tobacco and marijuana

Tobacco — Smoking, chewing and dipping all involve nicotine, and use of tobacco in any form is unsafe for teens. In Ohio...

- Nearly 9 out of 10 adult smokers report having started smoking by the age of 18.
- Half of these smokers will die early from tobacco-related diseases.

This information was made possible by the Dublin ACT Coalition in partnership with Nationwide Children's Hospital.

Alcohol, tobacco and marijuana

Tobacco — 82% of U.S. teens think e-cigarettes are less harmful than regular cigarettes. They're wrong. e-cigarettes are dangerous!

Teens who use e-cigarettes are more likely to go on to use traditional cigarettes than those who don't.

- 29.8% of high schoolers use electronic vaping products.
- 11.9% of middle schoolers use electronic vaping products.

This information was made possible by the Dublin ACT Coalition in partnership with Nationwide Children's Hospital.

Alcohol, tobacco and marijuana

Tobacco — Know the signs and symptoms

- Having tobacco products around, including cigarettes, lighters, loose tobacco, rolling papers, chew tins, spit bottles, vape pens, e-cigarettes and vape juice
- Strong smell of smoke on the child, clothing, bedding, carpet and car interiors
- Mood changes, including anxiety, irritability, stress or anger
- Burns or soot on fingers or lips

This information was made possible by the Dublin ACT Coalition in partnership with Nationwide Children's Hospital.

Know More.
Do More.

Understanding Substance Misuse in Teens

Alcohol, tobacco and marijuana

Marijuana is the most often used illegal drug in this country and the second-leading substance people are being treated for today in the United States.
In Ohio...

- 10.2% of middle school students have used marijuana.
- 29.7% of high school students used marijuana one time or more in their life.
- 20.5% of 12 graders used marijuana one time or more during the past 30 days.

This information was made possible by the Dublin ACT Coalition in partnership with Nationwide Children's Hospital.

Nationwide Children's Dublin ACT Coalition

Alcohol, tobacco and marijuana

Marijuana is 10 to 20 times more potent than it was 50 years ago and often leads to experimenting with stronger, more deadly substances.

This information was made possible by the Dublin ACT Coalition in partnership with Nationwide Children's Hospital.

Know More.
Do More.

Understanding Substance Misuse in Teens

Alcohol, tobacco and marijuana

Marijuana — Know the signs and symptoms

- Disrupted learning and memory
- Trouble with thinking and problem solving
- Loss of motor coordination
- Distorted perception (sights, sounds, time, touch)
- Increased heart rate
- Anxiety
- Loss of motivation

This information was made possible by the Dublin ACT Coalition in partnership with Nationwide Children's Hospital.

Nationwide Children's Dublin ACT Coalition

Misuse of alcohol and other drugs in kids up to age 24 disrupts critical brain development and can create addiction patterns that last a lifetime. Limit exposure!

This information was made possible by the Dublin ACT Coalition in partnership with Nationwide Children's Hospital.

Nationwide Children's

Dublin ACT Coalition

Know More.
Do More.

Understanding Substance Misuse in Teens

Alcohol and other drugs

Risk factors for addiction

50% of addiction is the result of genetic predisposition.
Children of addicts are 8x more likely to develop an addiction.

- FAMILY HISTORY
- MENTAL HEALTH
- ALCOHOL & OTHER DRUGS IN THE HOME
- SEXUAL ABUSE
- PHYSICAL ABUSE
- ADDICTION

This information was made possible by the Dublin ACT Coalition in partnership with Nationwide Children's Hospital.

Nationwide Children's Dublin ACT Coalition

Alcohol and other drugs

The unintended consequences of alcohol and other drug misuse

- Impaired judgment can lead to risky behaviors, such as driving under the influence (DUI), unprotected sex, and needle or syringe sharing.
- Drug and alcohol misuse can affect a teen's heart rate and body temperature and/or result in psychotic episodes, overdose and death.

This information was made possible by the Dublin ACT Coalition in partnership with Nationwide Children's Hospital.

What can you do to help?

This information was made possible by the Dublin ACT Coalition in partnership with Nationwide Children's Hospital.

Nationwide Children's

Dublin ACT Coalition

What can you do to help?

Watch for signs and symptoms of misuse of prescrip-tion drugs, alcohol, tobacco and marijuana.

This information was made possible by the Dublin ACT Coalition in partnership with Nationwide Children's Hospital.

Know More.
Do More.

Understanding Substance Misuse in Teens

What can you do to help?

Remember 4 simple steps if a child is taking prescription opioids.

MONITOR Only allow your child to take medicines as prescribed. No one else should take this medicine. Know where medicines are at all times, and keep count.

SECURE Keep your child's medicine in a locked cabinet or lock box AND out of the reach of children. Always keep medicine in the original bottle from the pharmacy.

TRANSITION Get your child off of opioid medicine and on a non-opioid painkiller as soon as you can.

DISPOSE Medicine should be disposed of responsibly when it is no longer needed. Use drop-off disposal locations or use neutralizing agents you can buy in retail pharmacies.

This information was made possible by the Dublin ACT Coalition in partnership with Nationwide Children's Hospital.

Nationwide Children's Dublin ACT Coalition

What can you do to help?

Know who to call if a child needs a higher level of care.

- **Franklin County Psychiatric Crisis Line**
  for kids ages 17 and under (614) 722.1800
  for kids 18 and older (614) 276.CARE (2273)
  or (888) 276.CARE

- **HandsOn Central Ohio 2-1-1**
  Connecting residents in Franklin county
  with comprehensive and up-to-date information
  about social, health and government services
  (614) 221-6766 www.211centralohio.org

- **SAMHSA Behavioral Health Treatment Sources**
  1-800-662-HELP www.samhsa.gov/find-help

This information was made possible by the Dublin ACT Coalition in partnership with Nationwide Children's Hospital.

What can you do to help?

Stay informed. Some of the resources you'll find helpful include:

- National Institute on Drug Abuse (NIDA)
- National Institutes of Health (NIH)
- U.S. Department of Health and Human Services National Survey on Drug Use and Help
- Partnership for Drug Free Kids
- 2019 Ohio Youth Risk Behavior Survey
- The Teen Treatment Center
- Addictionsandrecovery.org

This information was made possible by the Dublin ACT Coalition in partnership with Nationwide Children's Hospital.

What can you do to help?

Get involved — join us in our cause.

This information was made possible by the Dublin ACT Coalition in partnership with Nationwide Children's Hospital.