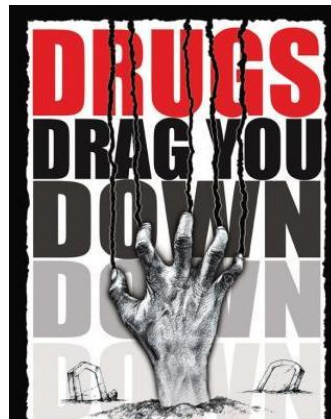


Alcohol and Other Drug Use Awareness



Today's Agenda

- ▶ Discuss Common Reasons Teens Use Alcohol and Other Drugs (AOD)
- ▶ Effects of AOD Use
- ▶ Stages of AOD Use
- ▶ Tolerance
- ▶ Rebound Effect
- ▶ AOD Use and Emotional Development
- ▶ Resources

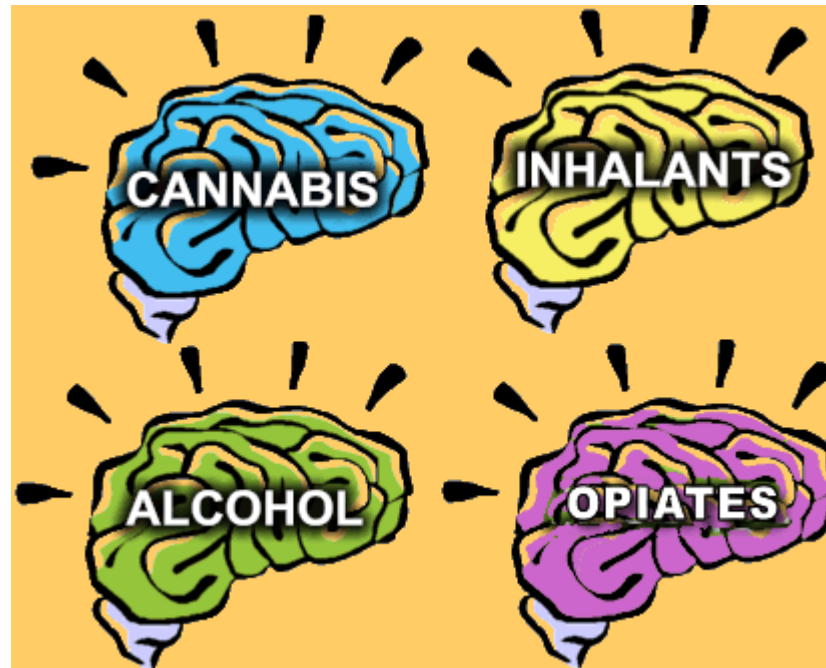


Discussion Questions

- A.** What do you think most people your age feel about alcohol and other drugs?
- B.** What messages have you received from the media that have promoted and/or discouraged drug use?

Common Reasons for Alcohol and Other Drug Use

What do you think are common reasons why teenagers use alcohol and/or other drugs?



Common Reasons Teens Use Alcohol and Other Drugs

- Boredom
- Availability
- Conformity
- Curiosity
- Fun
- Escape
- Rebellion
- Friends
- Movies and TV shows that glamorize drug use
- Desire to look cool
- Peer Pressure
- Desire to alter mood
- Escape negative emotions



Effects of Alcohol and Other Drug Use

Physical

- Disruption with learning, memory, and concentration
- Affects judgment and decision making
- Increases risk of mental health disorders

Emotional

- Increased feelings of loneliness and ostracism
- Increased irritability
- Increased anxiety
- Depression
- Feelings of low self-esteem

Stages of Use

Non Use



Experimental Use



Occasional Use



Regular Use



Abuse



Dependency

Every user has the potential to be an *abuser*.

Stages of Use

Non Use

- The use of no substances

Experimental
Use

- Trying a substance a few times

Occasional
Use

- Once and awhile
- Not regularly done
- Not getting drunk every time

Stages of Use

Regular Use

- Routine
- Part of a pattern, i.e., every weekend, every other weekend
- Doesn't get drunk every time

Abuse

- Use interferes with functioning
- Loss of control over amount ones uses/intends to use
- Loss of control over behavior

Dependency

- Addiction
- Compulsion
- Extreme change in attitudes, behaviors and feelings

Stages of Use

Researchers have determined:

- Teenagers move through these stages at a **greater rate** of speed than adults.
- It takes 8-10 years for an adult to travel from experimentation with alcohol and/or other drugs to becoming chemically dependent
- It takes a teenager anywhere from **3-15 months**.

Rebound Effect

- What goes up must come down.
- Alcohol and/or drugs use causes a **temporary “high”** which eventually leads to “crashing” or **“coming down.”**
- A drugs “high” lasts a short time, depending on the drug and dose. The changes in the brain that result from continued drug use, however, can be **permanent.**



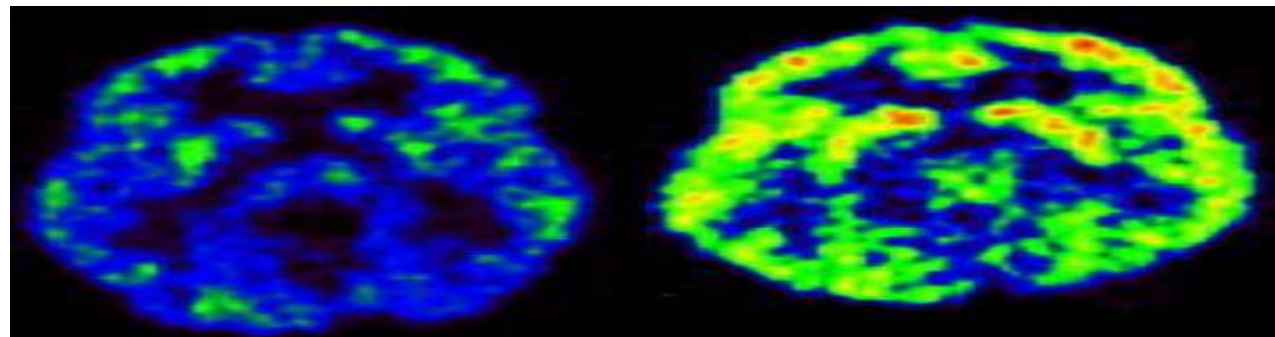
Drug Tolerance

- Tolerance develops when a person needs to increase doses of alcohol and/or other drugs to achieve the same “high.”



AOD Use and Emotional Development

- When teenagers use alcohol and/or other drugs to **avoid negative emotions**, they are learning to escape feelings of anxiety and stress.
- As adults, they fail to learn how to cope with these negative feeling and become **emotionally “stuck.”**
 - For example, someone who starts to abuse AOD at 16 years-old will grow up to have a 16-year old emotional skill set.



Alcoholic
Darker Colouring
indicates depressed
brain activity

Normal
Healthy levels of
brain activity

Resources

Al-Anon/Alateen: Helps teenagers and families of alcoholics. Practices the Twelve Steps by giving comfort, understanding and encouragement to the families of alcoholic. <http://www.al-anon.alateen.org/english.html>

Addiction Recovery Guide: Helps those struggling with drug addiction and alcoholism find help that best suits their needs- from evaluation to residential treatment. <http://www.addictionrecoveryguide.org/>

Treatment Referral Helpline: (1-800-662-HELP) Refers callers to treatment facilities, support groups, and other local organizations that can provide help for their specific need.
www.findtreatment.samhsa.gov

National Institutes of Health (NIH): This website has information on the science behind drug abuse. <http://teens.drugabuse.gov/>