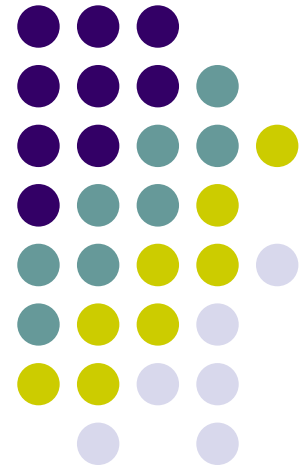
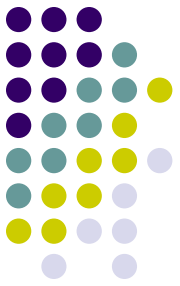


# **SUBSTANCE USE & ABUSE AMONG ADOLESCENTS**

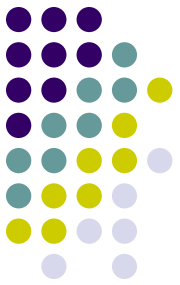
Grace Haltiwanger  
Erika Motes





# Users and Abusers

- Older Middle School Students
- High School Students
  
- Substance use and abuse are not racially, ethnically, or gender specific: Everyone and anyone is susceptible



# Some Statistics

Illicit Drug Use	8 <sup>th</sup> Grade	10 <sup>th</sup> Grade	12 <sup>th</sup> Grade
Lifetime	21.5	39.8	51.1
Annual	15.5	31.1	38.8
30-day	8.4	18.3	23.4



# What are illicit drugs?



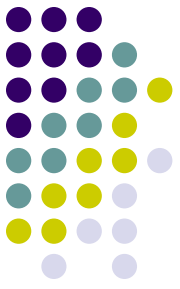
- Inhalants
- Prescription Drugs
- Ritalin
- Rohypnol
- Vicodin
- OxyContin
- Marijuana
- MDMA (Ecstasy)
- Methamphetamine
- GHB and Ketamine
- LSD
- Anabolic
- Cocaine, not Crack
- Cigarettes/Nicotine
- Alcohol
- Heroin
- Crack cocaine
- PCP
- Amphetamines
- Tranquilizers
- Sedatives
- Methaqualone

# What to Look for...



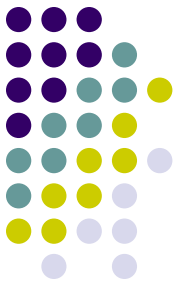
- Absenteeism
- Change in Behavior
- Change in Academic Performance
- Problems controlling mood and behavior
- Neglected Physical Appearance
- Weight loss
- Peer concern
- Some Physical Signs: bruises and other marks on arms or other vein-laden areas (neck, behind knees), bloodshot eyes, sniffing nose, dilated pupils, etc.

# Why might an adolescent use or abuse illicit drugs?



- Escapism: family issues, low self-esteem, depression or other mood disorders
- Recreation: pleasure-seeking
- Peer pressure
- Addiction
- Availability
- Heredity
- Family history, environment, influence
- .....OR ANY COMBINATION THEREOF

# What can YOU do?



## MENTAL HEALTH THERAPISTS:

- Assess need for in-patient facility
- Assess necessity of referral to substance abuse specialist
- Look for “roots” of problem:  
heredity, family history, mood disorder, peer situation, etc.

## SCHOOL COUNSELORS OR OTHER SCHOOL PERSONNEL:

- Classroom guidance: “Dangers of Substance Use”
- Faculty Presentation: “How to Spot...”
- Parent Workshops: “What to Know...”/“What to Look for...”
- Individual Counseling
- Referral to Outside Agencies: daniel, inc, Child Guidance
- “Red Ribbon Week” activities for entire school
- Motivational Speakers: “survivors,” treatment center counselor
- No-Tolerance, Anti-Drug Campaign (Schoolwide)
- Chair Anti-Drug/Drug Education club
- Make sure Health teachers provide lessons on the dangers of substance use and abuse
- Refer parents to Alcoholics Anonymous-Teens

# **Critical Data Elements to be Impacted by Prevention/Intervention:**



- Attendance
- Academics: All Elements
- School Climate
- Behavior





# References

National Institute on Drug Abuse:  
<http://www.nida.nih.gov/index.html>

*Lambie, G. W., & Sias, S. M. (2005). Children of Alcoholics: Implications for Professional School Counseling. Professional School Counseling, 8, 266 – 274.*