



As you come in:
Introduce yourself to
someone around you.
Tell them something great
about your teen!

Teens, Marijuana, Alcohol, and
Reality.. Setting the framework
for healthy communication

Welcome!

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Three important questions to consider:

1. What are teens are telling us about drug use?
2. How does alcohol impact teens differently than adults?
3. What can you do as a parent?



Reflection

At what age do you think it's appropriate for your child to:

- Drink alcohol?
- Get drunk?
- Use marijuana?
- Have sex with someone?



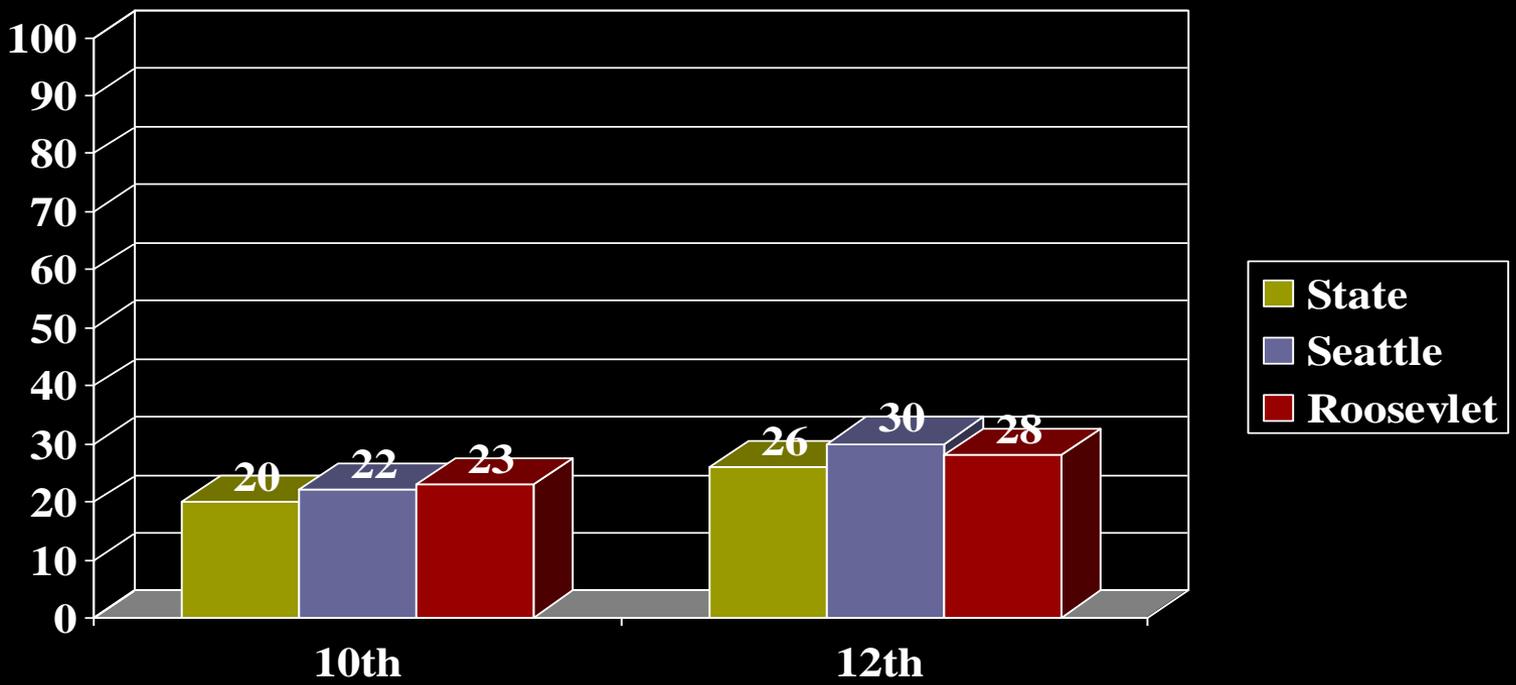
Parent Quiz

1. What percent of 10th grade students at Roosevelt report using marijuana in the past 30 days?



Recent Marijuana Use

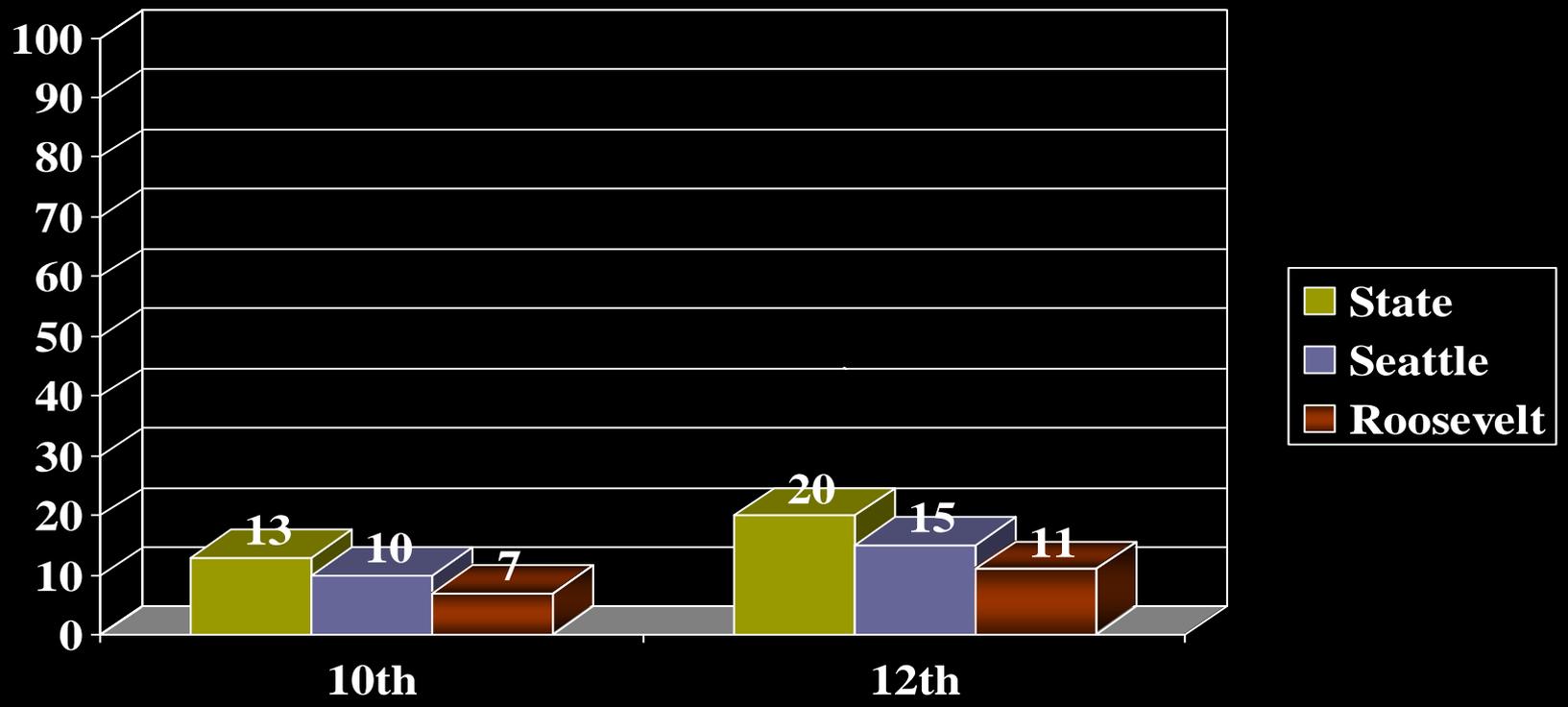
Past 30 days





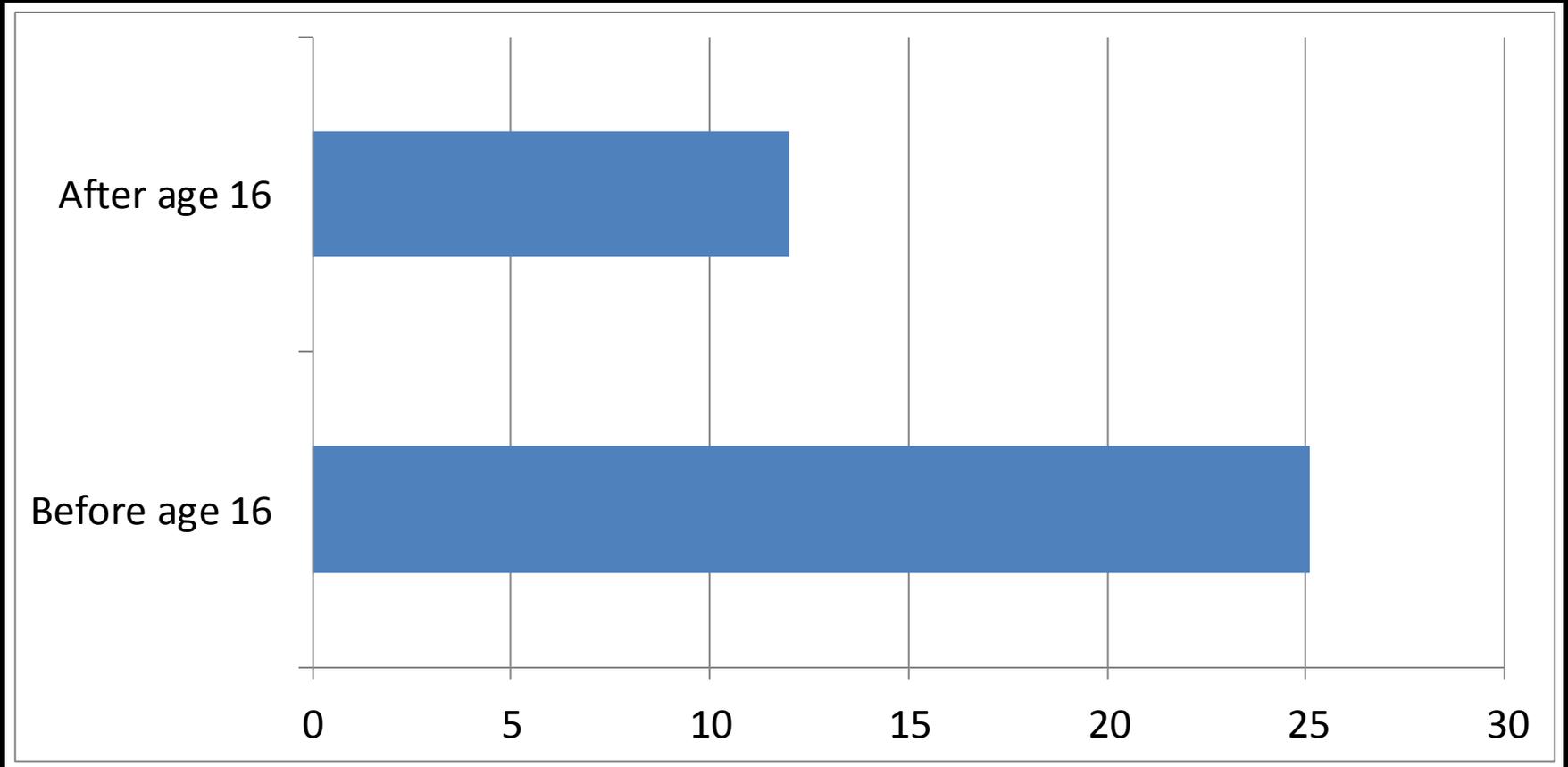
Recent Cigarette Use

Past 30 days



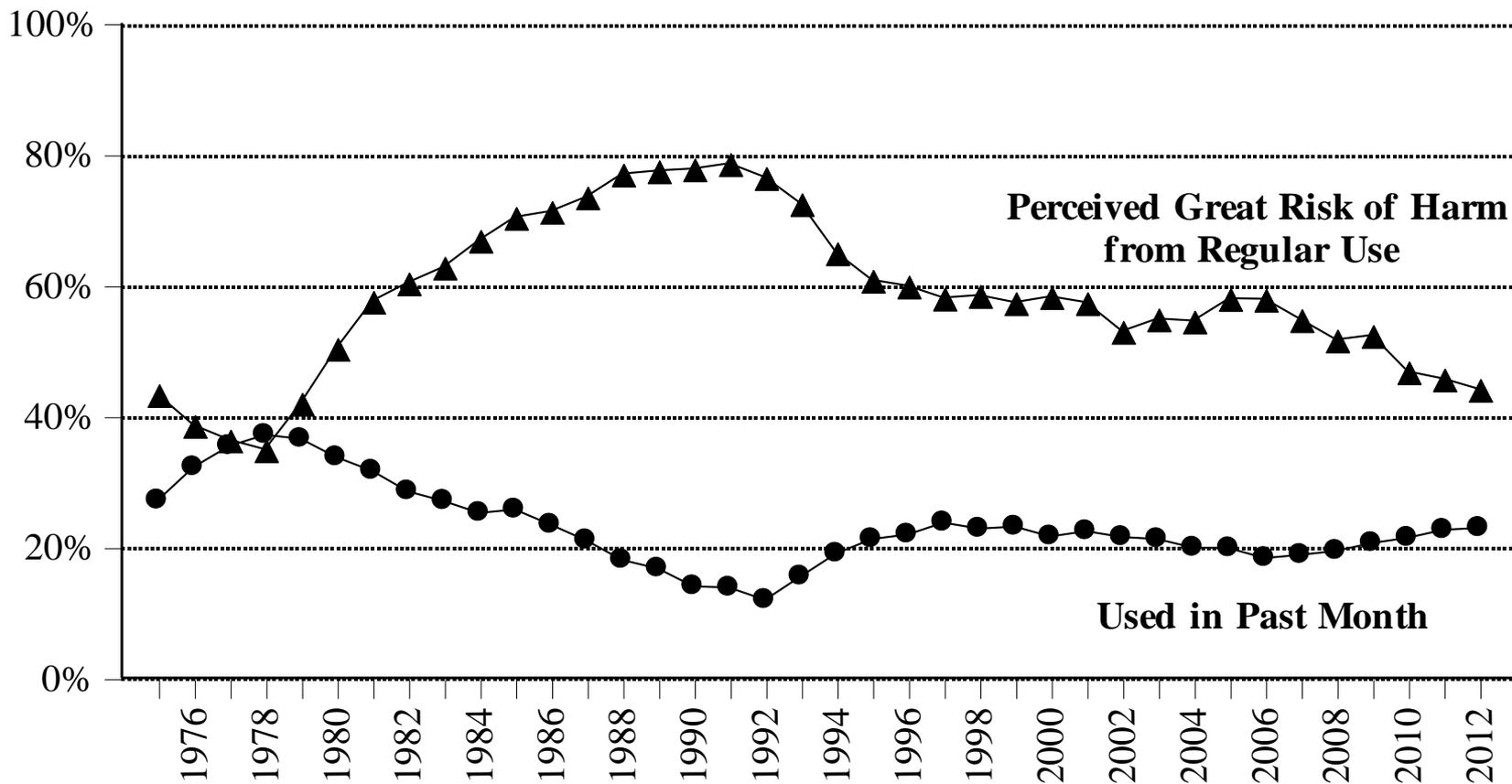


Early Initiation of Marijuana increases later use



Marijuana Smokes Per Week

Percentage of U.S. Twelfth Grade Students Reporting Past Month Marijuana Use and a Perceived Great Risk of Harm from Regular Marijuana Use, 1975-2012

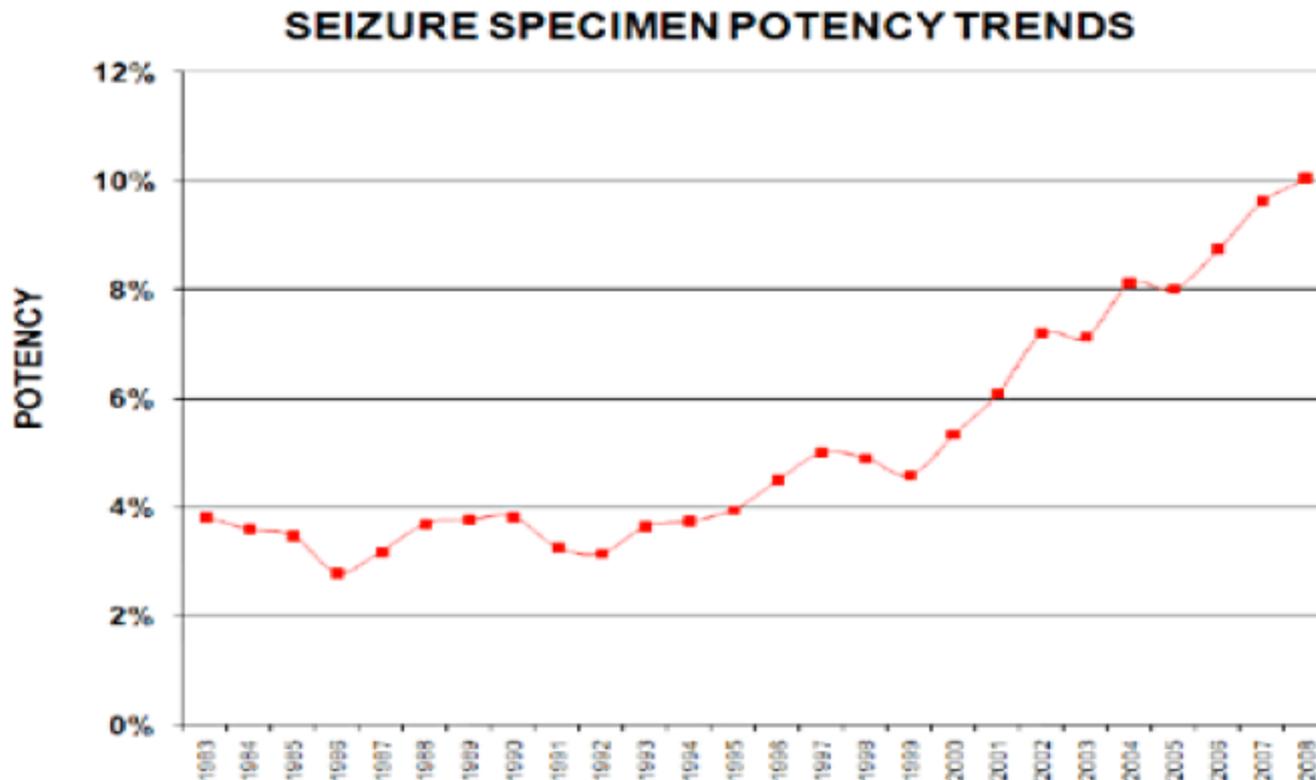


Monitoring the Future Drug and Alcohol Press Release: Text, Figures, & Tables, December 19, 2012.



THC potency is increasing

Average Marijuana Seizure Potency Exceeds 10% in 2008



Source: Univ of Mississippi Marijuana Potency Monitoring Project, Report 104, Mar. 23, 2009



Long Term Effects of Marijuana Use

- Cognitive Impairment (learning, memory, attention)
- Affects REM (dream) sleep
- Interferes with the maturation process, has the capacity to induce regression, “irreversible immaturity”
- May affect brain development during adolescence
- Early heavy use can reduce I.Q.
- Produces tolerance and dependence (1:9 adults, 1:6 youth)
- Withdrawal: irritability, restlessness, poor concentration, decreased appetite
- Connection to more serious mental health conditions



Research on Marijuana and Mental Health

- Young people who use marijuana weekly have double the risk of depression later in life.¹
- Teens aged 12-17 who smoke marijuana weekly are three times more likely than non-users to have suicidal thoughts.²
- There is evidence of increased risk for schizophrenia in later years in some teens who smoke marijuana.³

1Patton, G.C., et. al. (2002) Cannabis use and mental health in young people: cohort study. BMJ 325, 1195-1198

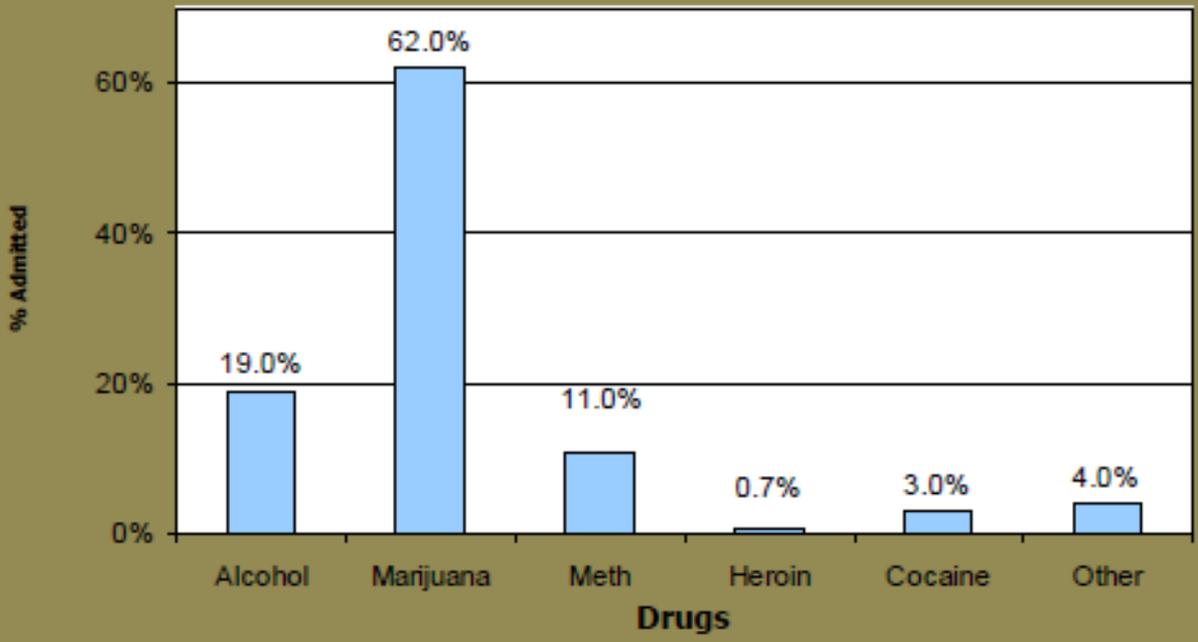
2Greenblatt, J. (1998), Adolescent self-reported behaviors and their association with marijuana use. National Household Survey on Drug Abuse, 1994-1996 SAMHSA

3Arseneault, L., et. al. (2002), Cannabis use in adolescence and risk for adult psychosis longitudinal prospective study. BMJ



Marijuana is ADDICTIVE and ILLEGAL

WA Youth
Publically
Funded
Treatment
Admissions





Discussion Question:

- Given the relatively high prevalence of marijuana use, and legalization for adults, what are appropriate expectations for a parent to have of:
 - A 9th grade student
 - 10th grade student
 - High school senior?

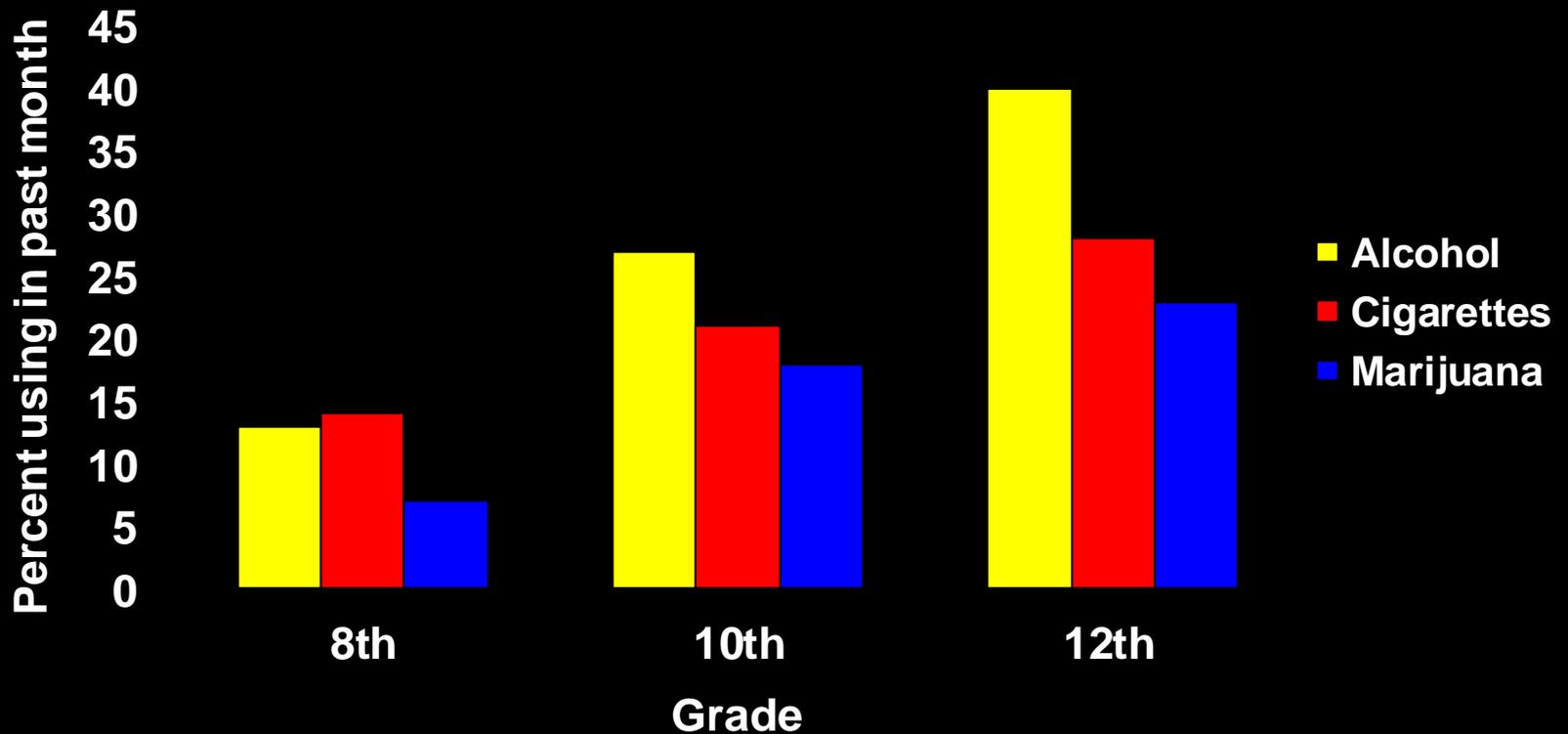


Parent Quiz

2. What is the most commonly used drug by teens in the United States?



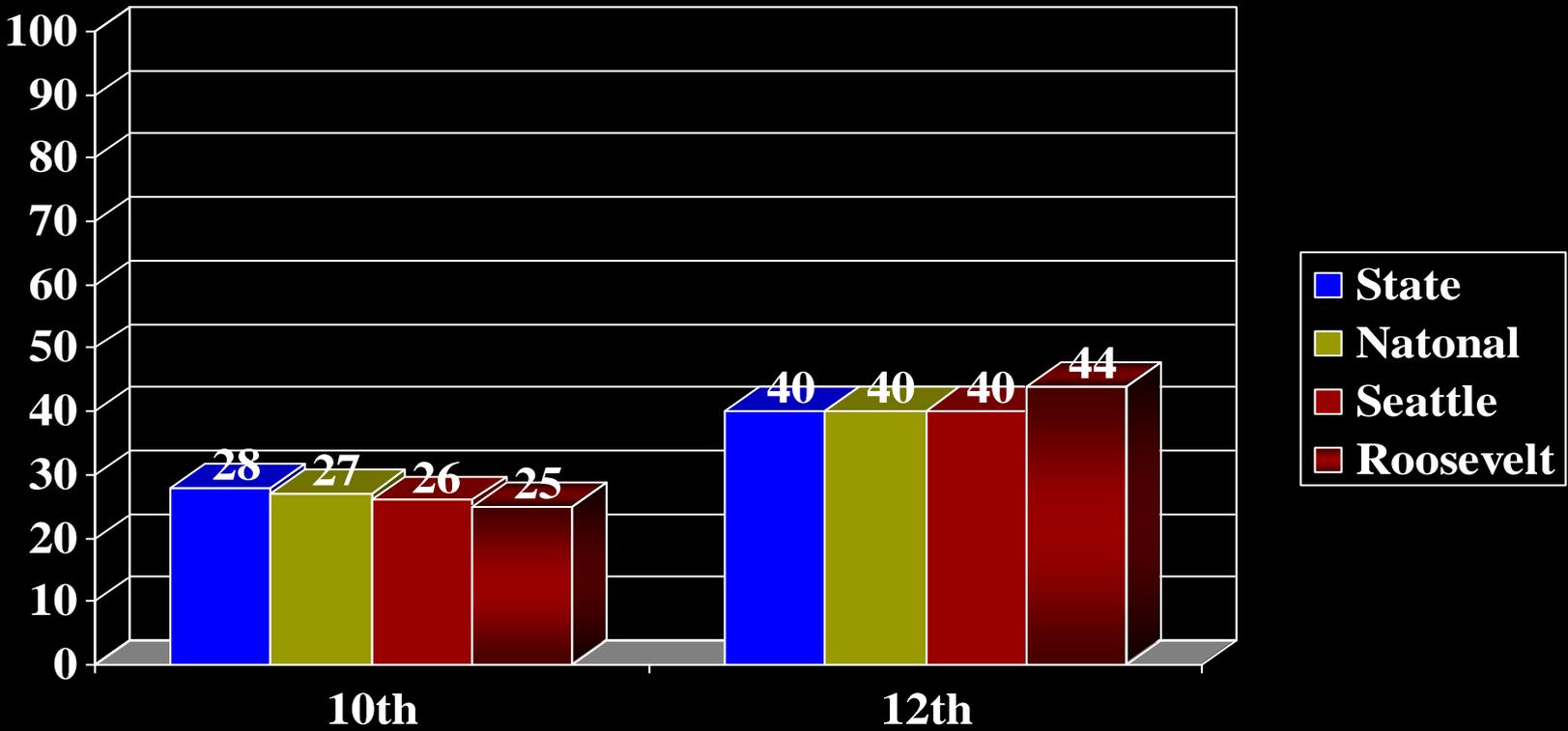
Alcohol is the Most Commonly Used Drug Among 8th -12th graders





Recent Alcohol Use

Past 30 days

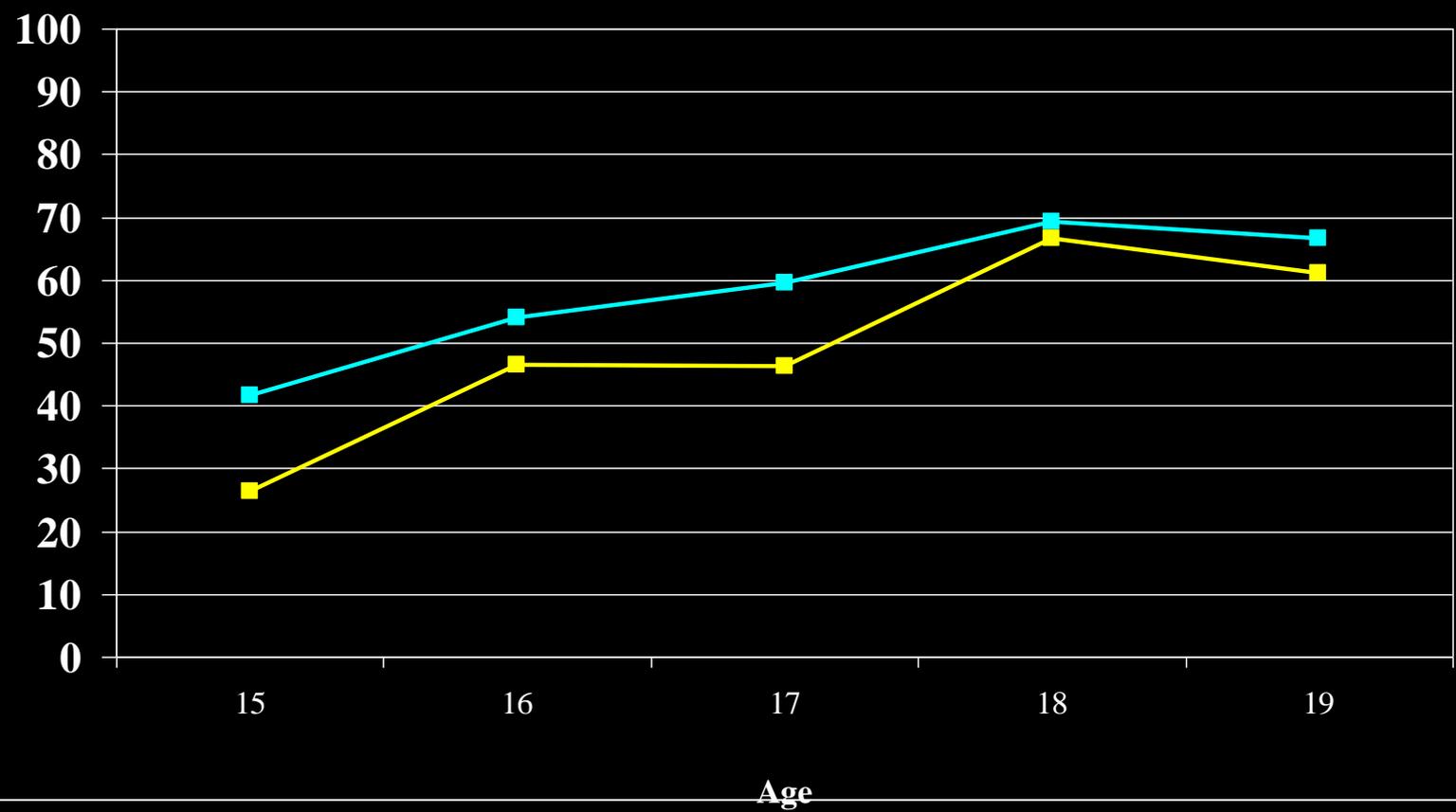


ESD/State: Healthy Youth Survey 2010



Alcohol Use Among High School Students

Which is higher? Boys or Girls?



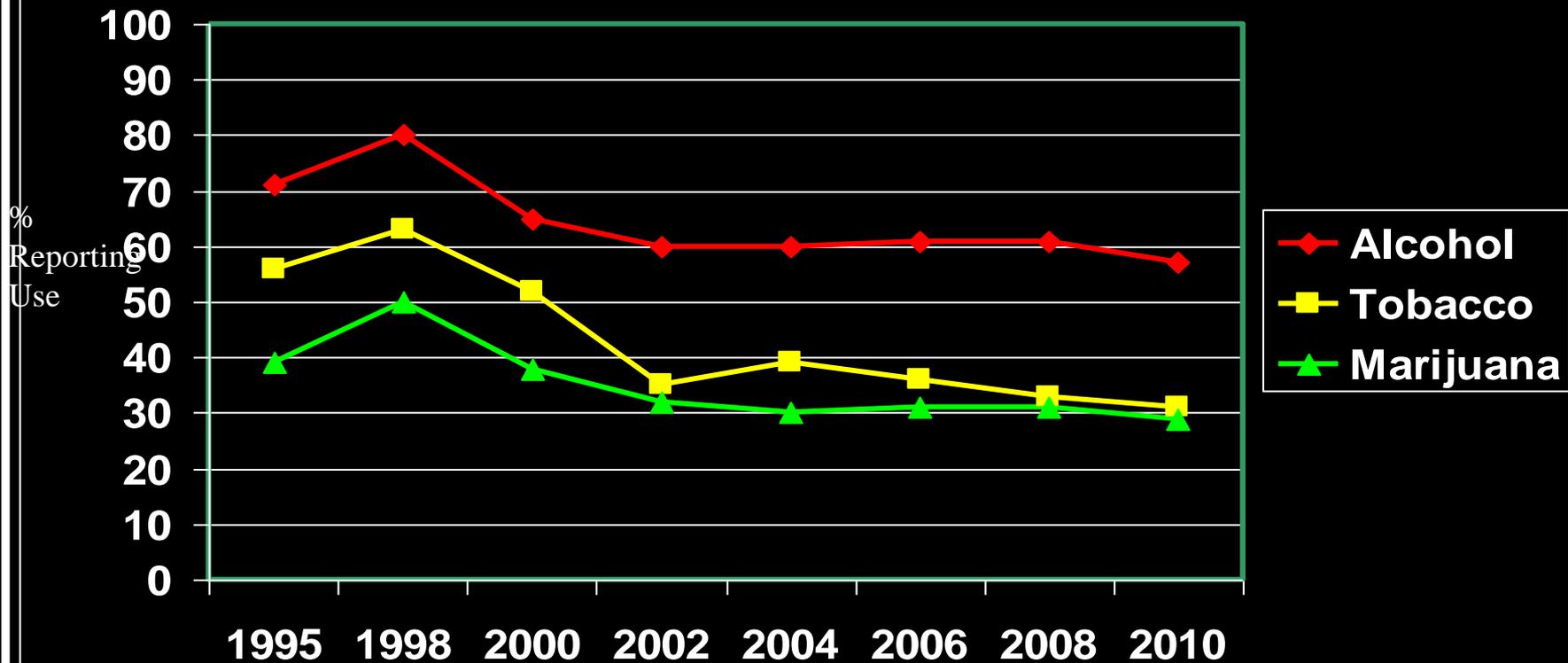
% Who Used Alcohol in Last Year

Gateway Drug Progression





State Trends in 10th grade use, 1995-2010—ever use



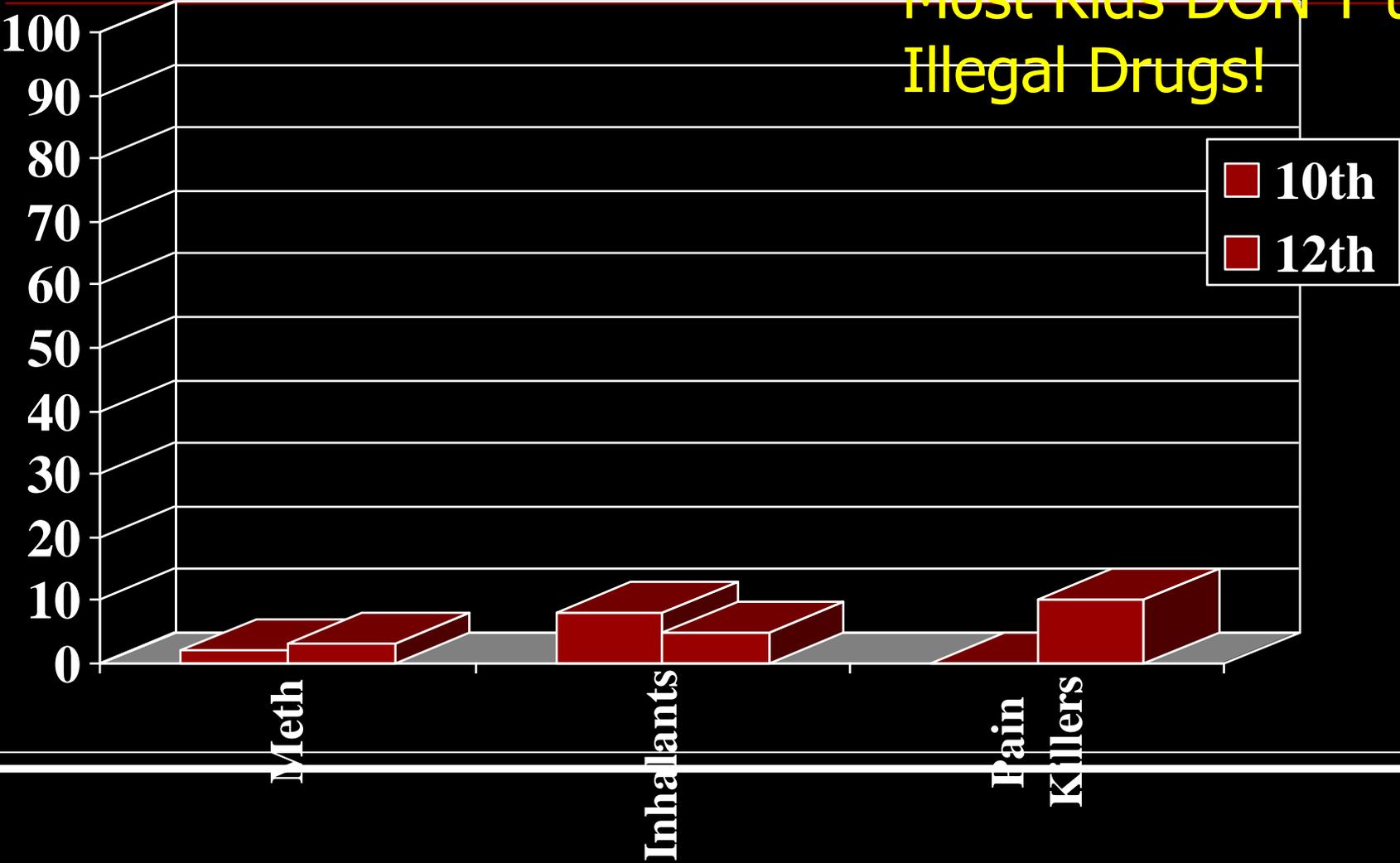
Wa St. Survey of Health Behaviors, 1995

Health Behavior Survey, 2002/2006/2008/2010



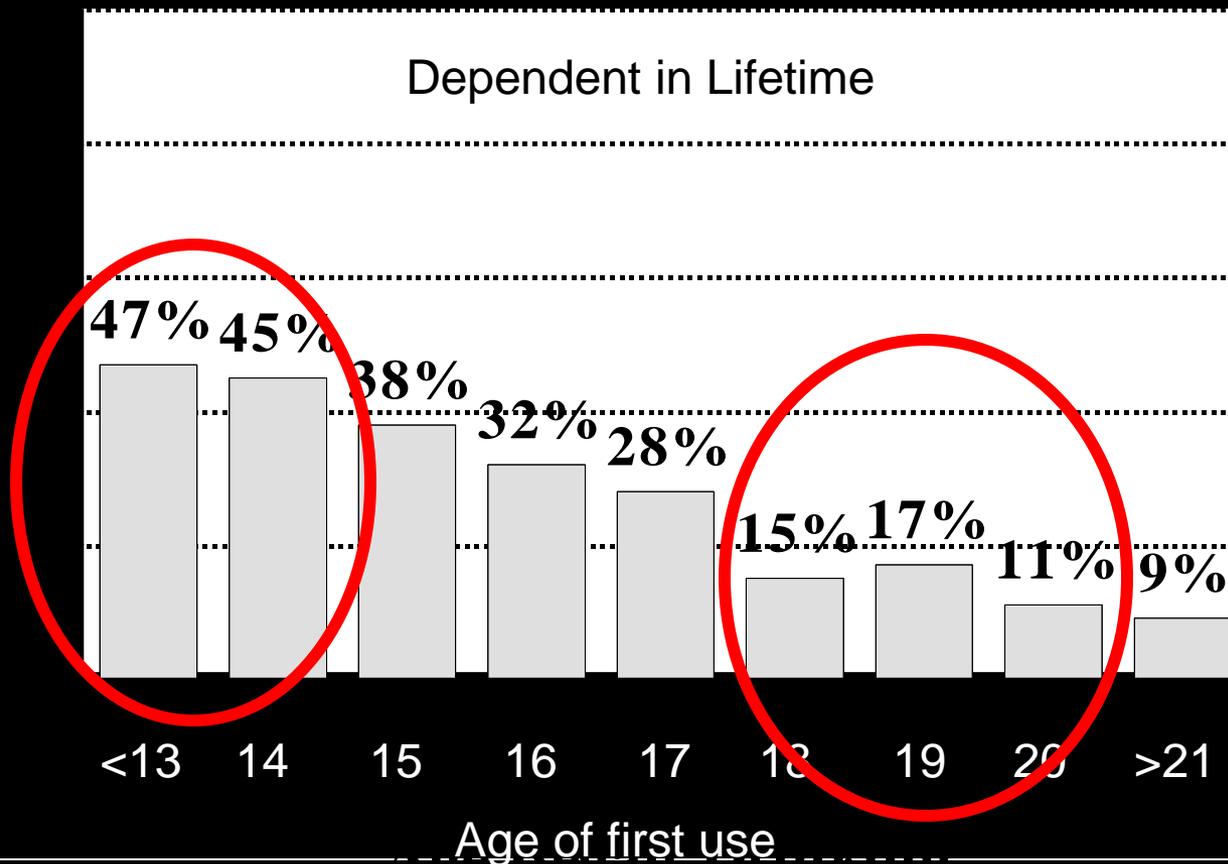
Other Illegal Drug Use (Ever)

Most Kids DON'T use
Illegal Drugs!





Percentage of U.S. Adults Aged 18 and Older Dependent on Alcohol, By Age of Drinking Onset



Hingson, R.W., Heeren, T., and Winter, M.R. "Age at Drinking Onset and Alcohol Dependence," *Archives of Pediatrics and Adolescent Medicine* 160(7):739-746, 2006.



How does alcohol impact
teens differently than
adults?



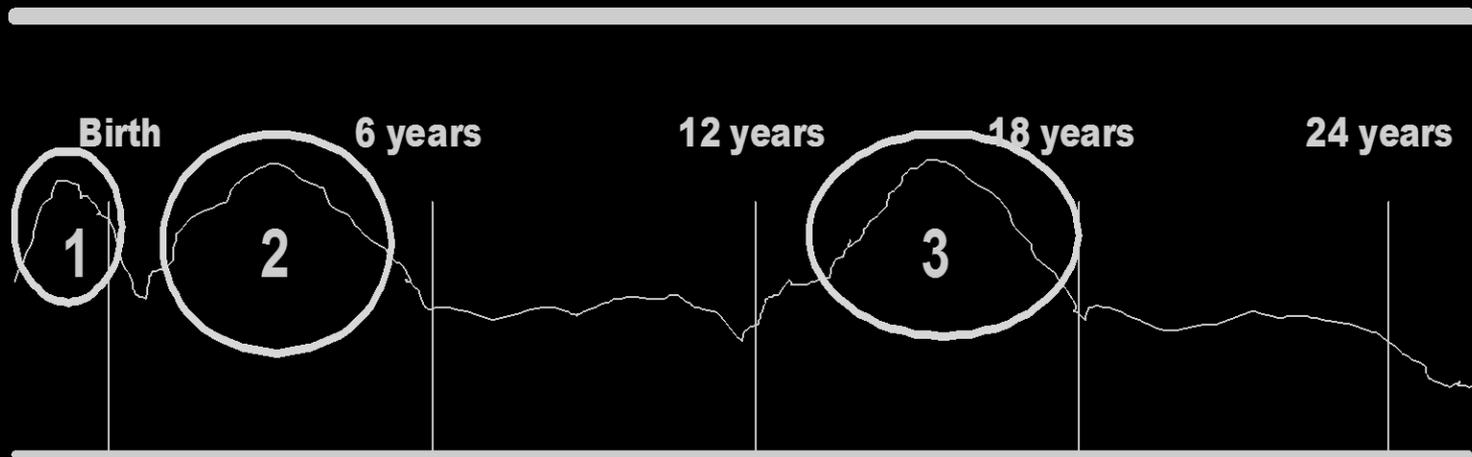
The teen brain is developing.....



- Judgment
- Planning
- Organization Problem Solving
- Impulse Control
- Abstraction
- Analysis/synthesis
- Self-awareness
- Self-concept
- Identity
- Stress Management
- Spirituality



Brain Activity: Big in early childhood and teen years.



Physical

Basic physical needs

How to Learn

Managed by others

Mental

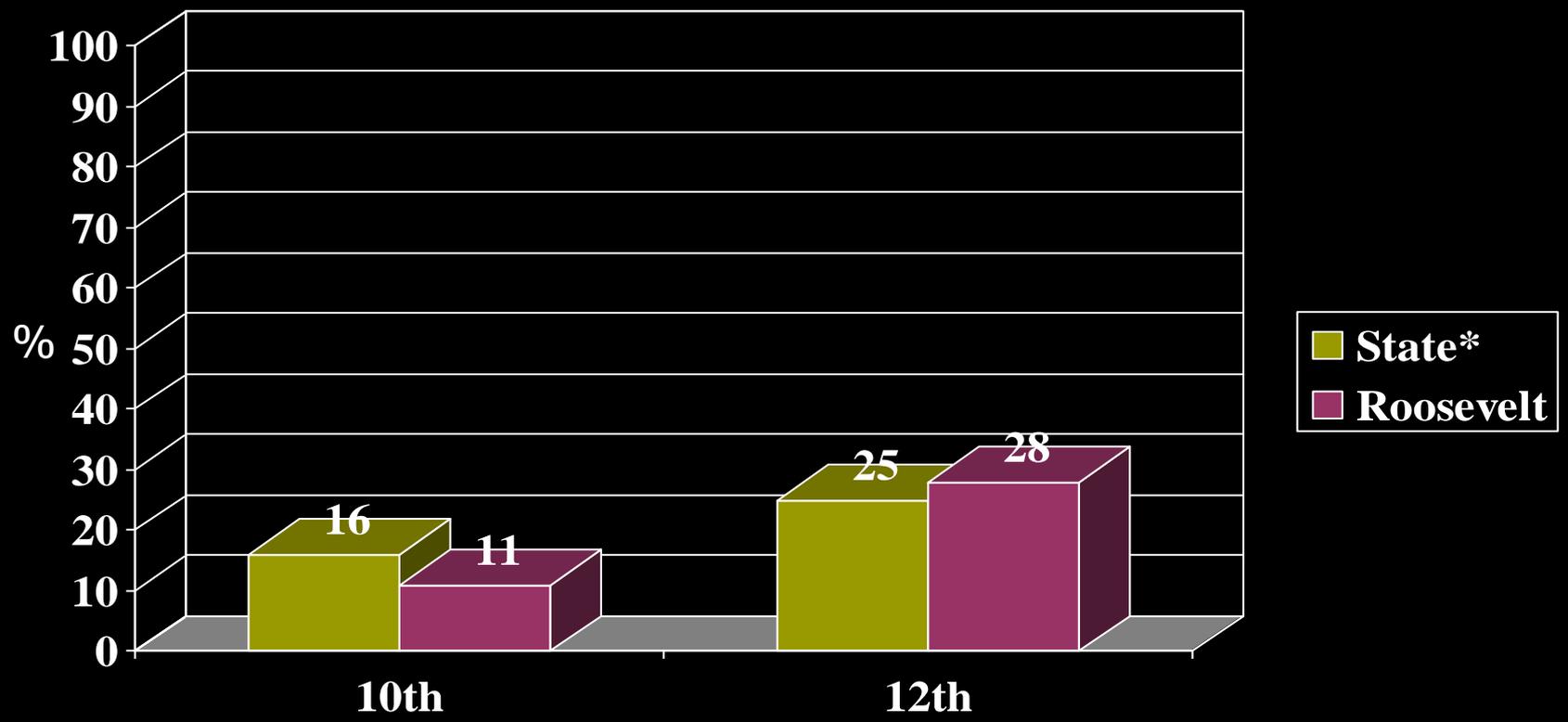
Social Emotional Skills

Complex relationship skills

Self Management Skills



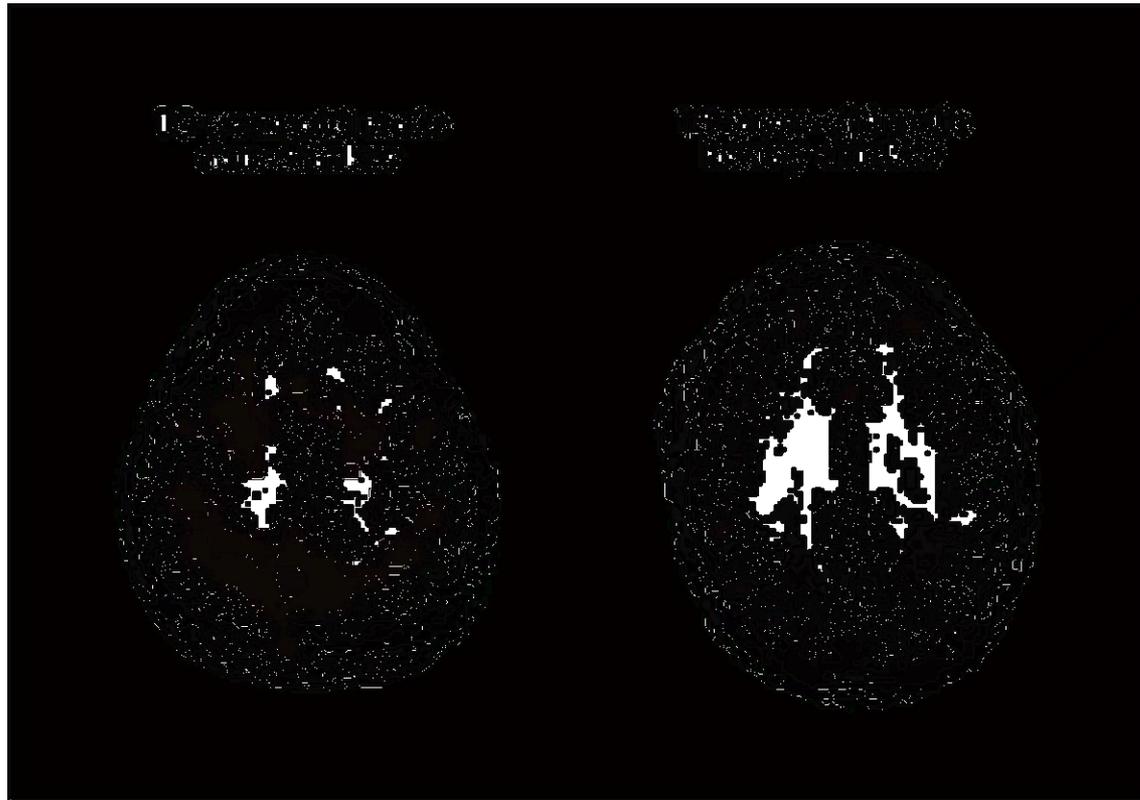
Binge Drinking (five or more drinks in a row in past 2 weeks)



State is 5 or more drinks in past 2 weeks

Healthy Youth Survey 2010

Effects of binge drinking on the brain last even two weeks after



Even after two weeks of NO drinking the effects are evident in the brain scan On the right



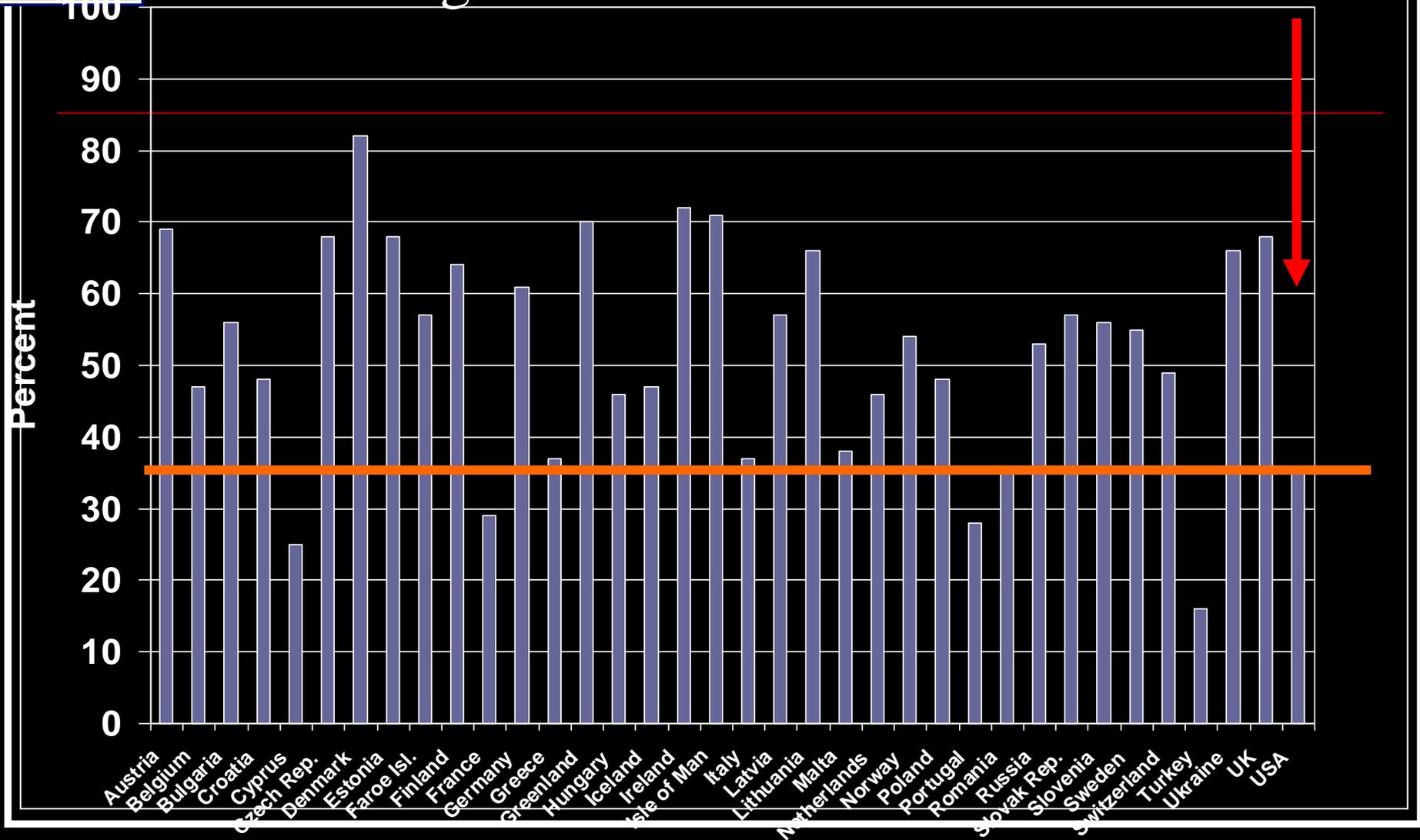
Are adolescents more susceptible to alcohol than adults?

Most certainly YES

- 1 Reduced sensitivity to intoxication**
- 2 More sensitive to social disinhibitions induced by alcohol**
- 3 Greater adverse effects to cognitive functioning**
- 4 Medicates “excitability”**



Frequency of being drunk in last 12 months: Students age 15- ESPAD 2003



Comment: Of 35 European countries 31 had a higher percentage of 15 year olds than in the U.S. who reported being drunk in the past year

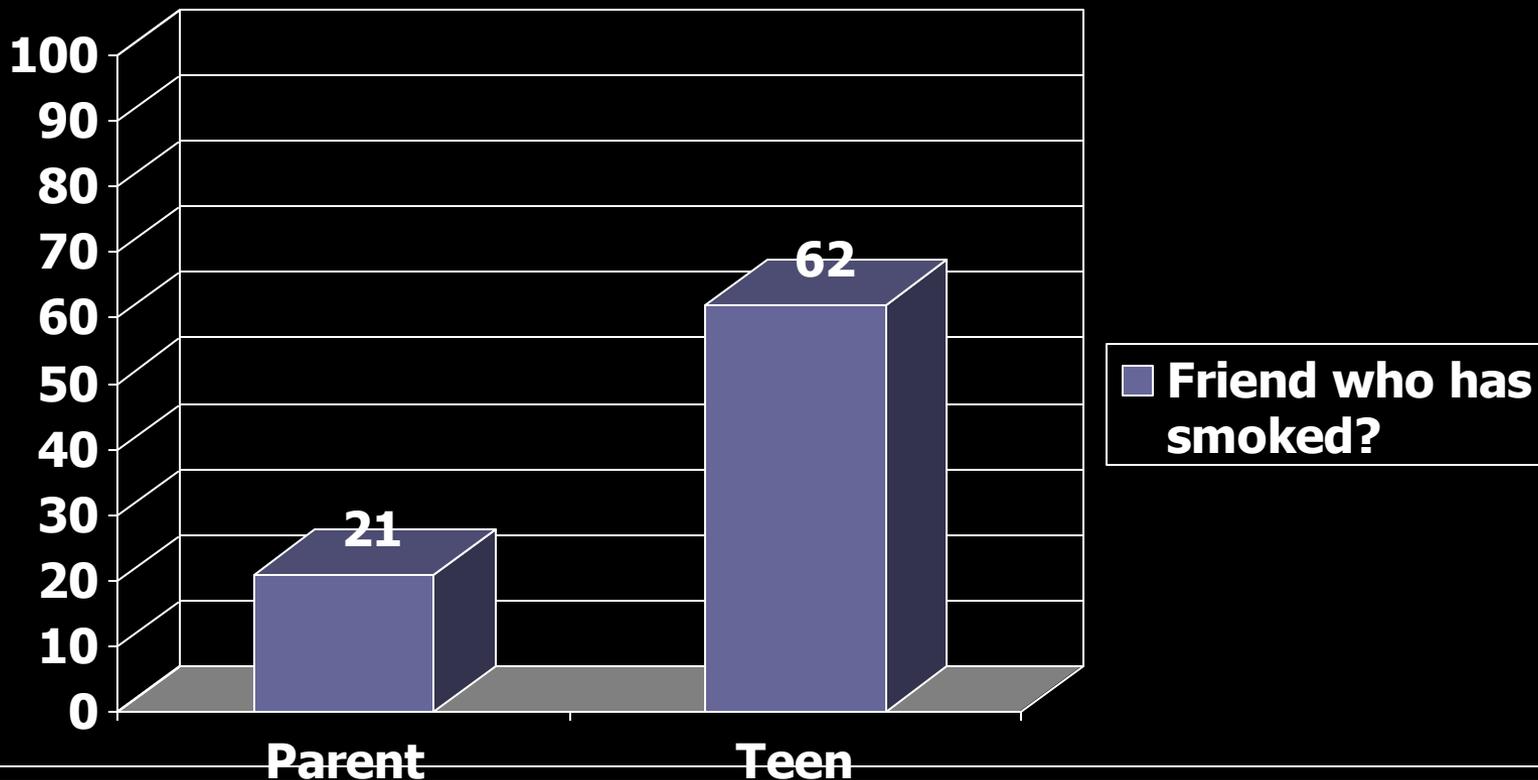


Parent Quiz....

- Who do teens report as having the most important influence on their decisions



Parents who believe their teen has a friend who has smoked marijuana versus their teen's report.



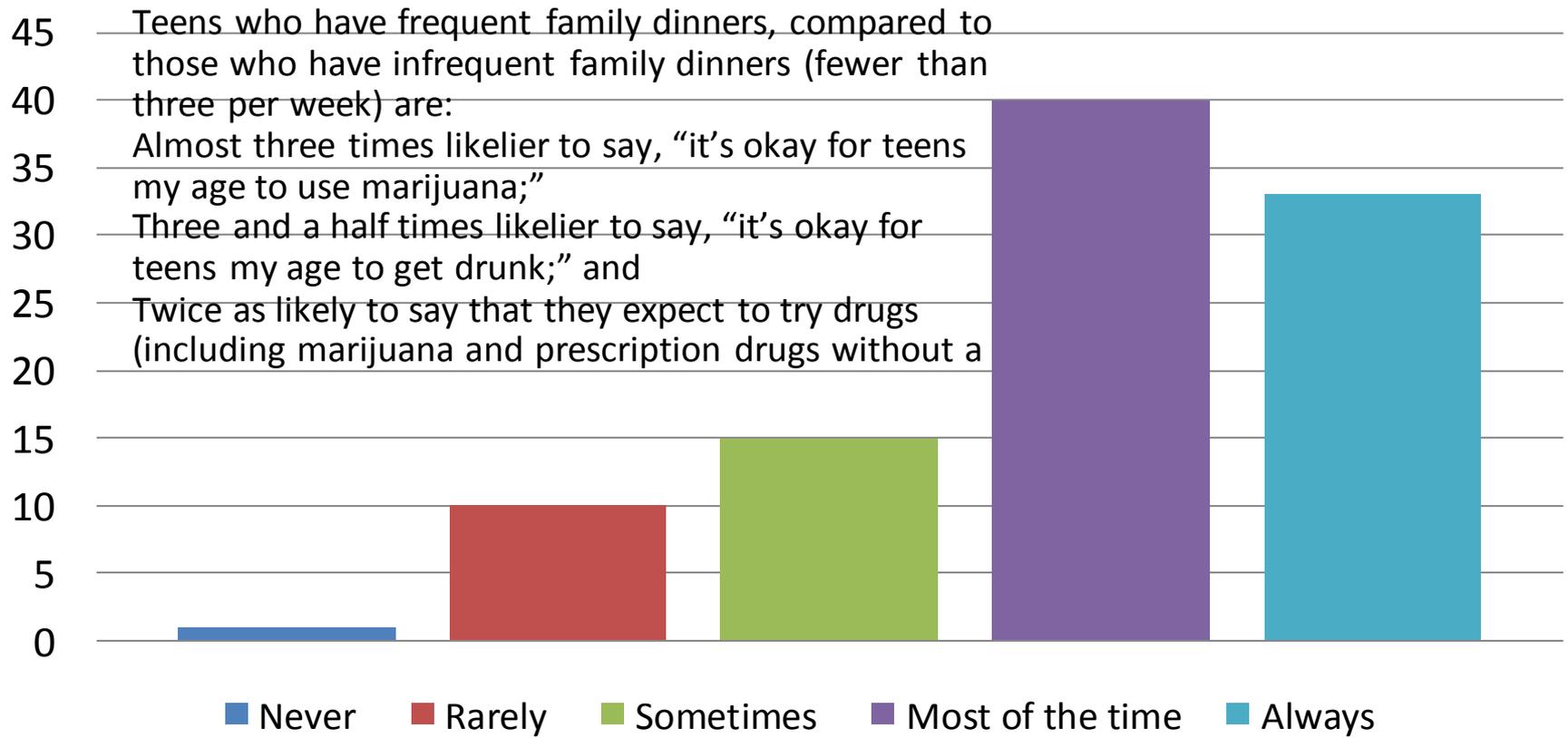


What can parents do?

Freedom and Independence



Frequency of having Dinner Together





Developing Clear Guidelines

G = *Clear and Specific Guidelines*

M = *Monitor*

C = *Consequence & Problem-
Solving*



Guidelines



© Victor Lucas 2006



Principles for Setting Guidelines

Guidelines Should Be:

- **Stated Simply**
- **Stated in Positive Terms**
- **Kept to a Minimum Number**
- **Enforceable**



Monitoring





Principles for Monitoring



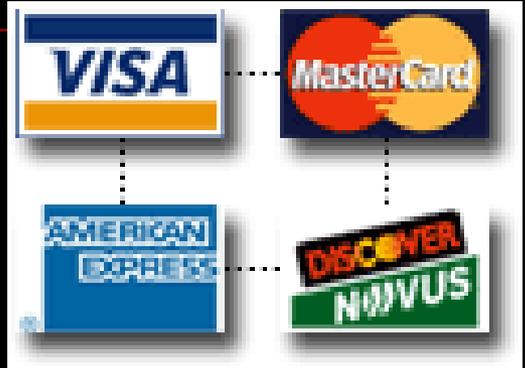
Ensure standards are followed



Maintain a strong bond with your child



Consequences





Consequences

Should:

- Show kids what's been done wrong
- Give them ownership of problem
- Give them options to solve problems
- Leave their dignity intact

Cell phone

Cash/Credit

Computer

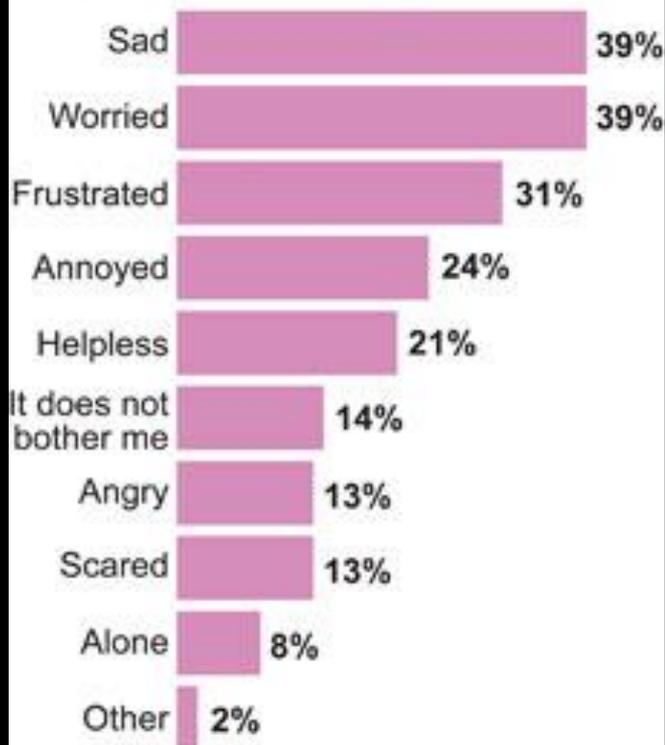
Car



-
- When teens are asked "If you were granted one wish that could change the way your parent's work affects your life, what would that be?"
 - How do they most commonly respond?

Teens feel parental stress

How kids ages 8-17 reported feeling when their parent is stressed:



Source: American Psychological Association
By Frank Pompa, USA TODAY





Key Principles

- **Think Problem Solving**
- **Decide What Matters**
- **Take Time**
- **Allow for Mistakes**
- **Celebrate, Recognize and Reward**
- **Show Your Love**





Common Mistakes

- We talk too much
- We fail to grow with our children
- We attend to the negative
- Telling our children what NOT to do, not what TO do.
- We forget to have FUN with our kids!



Resources

www.samafoundation.org/about_addiction.html

Family Navigator call (206) 322-SAMA [7262]

Recovery Help Line

[1-866-789-1511](tel:1-866-789-1511)

www.parenting.org

National Parenting Helpline 1-800-448-3000

Drug Abuse Treatment Locator

<http://findtreatment.samhsa.gov/>



If I were born with all of my knowledge at birth, I would have said to my parents something like this:

***As I grow, push, but do not shove;
talk, but do not scream; teach, but do
not lecture; hold me, but do not pull
me; guide, but do not take my place;
and lastly love me without measure.***

15 year old boy

Durham, North Carolina