THE POWER OF PARENTS:
Preventing Youth Substance Use

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Current Cigarette Use
Percent of students who report smoking cigarettes in the past 30 days in 2018

Source: 2018 Healthy Youth Survey
Current E-Cigarette/Vape Use
Percent of students who report using e-cig or vape in the past 30 days in 2018

<table>
<thead>
<tr>
<th>Grade</th>
<th>Madison/West Seattle</th>
<th>State</th>
</tr>
</thead>
<tbody>
<tr>
<td>6th Grade</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>8th Grade</td>
<td>8</td>
<td>10</td>
</tr>
<tr>
<td>10th Grade</td>
<td>17</td>
<td>21</td>
</tr>
<tr>
<td>12th Grade</td>
<td>36</td>
<td>30</td>
</tr>
</tbody>
</table>

Source: 2018 Healthy Youth Survey

9% in 2016
2018-19 SPS Middle & High School Tobacco Offenses

- Vaping: 97%
- Other nicotine products: 3%
Current Alcohol Use

Percent of students who report having drunk a glass, can, or bottle of alcohol in the past 30 days

<table>
<thead>
<tr>
<th>Grade</th>
<th>Madison/West Seattle</th>
<th>State</th>
</tr>
</thead>
<tbody>
<tr>
<td>6th</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>8th</td>
<td>5</td>
<td>8</td>
</tr>
<tr>
<td>10th</td>
<td>22</td>
<td>18</td>
</tr>
<tr>
<td>12th</td>
<td>48</td>
<td>28</td>
</tr>
</tbody>
</table>

Source: 2018 Healthy Youth Survey
Current Marijuana Use
Percent of students who report using marijuana in the past 30 days

<table>
<thead>
<tr>
<th>Grade</th>
<th>Madison/West Seattle</th>
<th>State</th>
</tr>
</thead>
<tbody>
<tr>
<td>6th Grade</td>
<td>&lt;1</td>
<td>1</td>
</tr>
<tr>
<td>8th Grade</td>
<td>5</td>
<td>7</td>
</tr>
<tr>
<td>10th Grade</td>
<td>17</td>
<td>18</td>
</tr>
<tr>
<td>12th Grade</td>
<td>39</td>
<td>26</td>
</tr>
</tbody>
</table>

Source: 2018 Healthy Youth Survey
Current Prescription Drug Use

Percent of students who report using prescription drugs not prescribed to them in the past 30 days

<table>
<thead>
<tr>
<th>Grade</th>
<th>Madison/West Seattle</th>
<th>State</th>
</tr>
</thead>
<tbody>
<tr>
<td>6th Grade</td>
<td>3</td>
<td>6</td>
</tr>
<tr>
<td>8th Grade</td>
<td>11</td>
<td>7</td>
</tr>
<tr>
<td>10th Grade</td>
<td>15</td>
<td>7</td>
</tr>
</tbody>
</table>

Source: 2018 Healthy Youth Survey
Recent increase in overdose deaths linked to fentanyl-laced pills and powders

- Between mid-June and mid-September 2019, there have been 141 suspected and confirmed drug overdose deaths.

- 4 young people have recently died by accidental overdose in King County.

- The young people who died by overdose did not know they were taking fentanyl.
Fentanyl has been found locally in these substances:

**M30 pills**
These are the most common pills containing fentanyl in our area.

**V48 & A215 pills**
These pills, although less common, may also contain fentanyl.

**Powders**
Fentanyl can also be found in white powders.

*Public Health Seattle & King County*

*September 26, 2019*
Recent increase in overdose deaths linked to fentanyl-laced pills and powders

Public Health encourages everyone to be aware of the risks and to share this information throughout our community:

- Do not consume any pill that you do not directly receive from a pharmacy or your prescriber.
- Pills purchased online are not safe.
- Counterfeit pills look like legitimate pills, but contain fentanyl and fillers. You cannot smell or taste fentanyl.
- If you witness an overdose, call 9-1-1 right away. The Good Samaritan law will protect you and the person who is overdosing.
Look for these signs of overdose early to save your friend’s life.

- Won’t wake up
- Cold & clammy skin
- Slow or no breathing
- Blue lips or nails
- Tiny pupils
- Gurgling or snoring
Recent increase in overdose deaths linked to fentanyl-laced pills and powders
VAPING AND JUULING
VIDEO LINK: HTTPS://YOUTU.BE/9DZS_RNIAKo
Why does it matter?
As of October 15, 2019, 1479 cases of vaping-related lung injury have been reported nationwide—with seven cases reported in Washington State.

Thirty-three deaths have been confirmed in 24 states.

The investigation by CDC is ongoing and the number of known cases of this injury is expected to grow.
## What’s in your vape?

<table>
<thead>
<tr>
<th>Compounds in yellow</th>
<th>Compounds in white</th>
</tr>
</thead>
<tbody>
<tr>
<td>Compounds in FDA 2012, Harmful and Potentially Harmful Substances – Established List</td>
<td></td>
</tr>
</tbody>
</table>

- Propylene glycol
- Glycerin
- Flavorings (many)
- Nicotine
- NNN
- NNK
- NAB
- NAT
- Ethylbenzene
- Benzene
- Xylene
- Toluene
- Acetaldehyde
- Formaldehyde
- Naphthalene
- Styrene
- Benzo(b)fluoranthene
- Chlorobenzene
- Crotonaldehyde
- Propionaldehyde
- Benzaldehyde
- Valeric acid
- Hexanal
- Acenaphthylene
- Acenaphthene
- Fluoranthene
- Benz(a)anthracene
- Chrysene
- Retene
- Benzo(a)pyrene
- Indeno(1,2,3-cd)pyrene
- Benzo(ghi)perylene
- Acetone
- Acrolein
- Silver
- Nickel
- Tin
- Aluminum
- Chromium
- Boron
- Copper
- Selenium
- Arsenic
- Nitrosamines
- Polycyclic aromatic hydrocarbons
- Cadmium
- Silicon
- Lithium
- Lead
- Magnesium
- Manganese
- Potassium
- Titanium
- Zinc
- Zirconium
- Calcium
- Iron
- Sulfur
- Vanadium
- Cobalt
- Rubidium
Current E-Cigarette/Vape Use
Percent of students who report using e-cig or vape in the past 30 days in 2018

Source: 2018 Healthy Youth Survey
JUUL – how is it different?

Video link: https://youtu.be/WzGX13YI6P8
Adults need to know about the “new marijuana”
Average THC and CBD Levels in the US: 1960 - 2011

THC: Psychoactive Ingredient

CBD: NON-Psychoactive Ingredient

Mehmedic et al., 2010
<table>
<thead>
<tr>
<th>Product Name</th>
<th>THC %</th>
<th>Grower</th>
<th>Availability</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bean’s Widow</td>
<td>20.01%</td>
<td>Royal Roots</td>
<td>3.5g for $24 // grown by Royal Roots</td>
</tr>
<tr>
<td>Mt. Rainier #10</td>
<td>23.3%</td>
<td>Green Rush</td>
<td>2g for $26 or 7g for $92 // grown by Green Rush</td>
</tr>
<tr>
<td>Hawaiin Dutch</td>
<td>24.8%</td>
<td>Subdued Excitement</td>
<td>3.5q for $53 and 7q for $103</td>
</tr>
<tr>
<td>Blue Dream</td>
<td>19%</td>
<td>Double Delicious</td>
<td></td>
</tr>
<tr>
<td>Black Russian</td>
<td>20.5%</td>
<td>Inflorescence</td>
<td>3.5q for $40 and 14q for $140</td>
</tr>
<tr>
<td>Raspberry Kush</td>
<td>21%</td>
<td>Inflorescence</td>
<td>3.5q for $40 and 14q for $140</td>
</tr>
</tbody>
</table>
Concentrates
<table>
<thead>
<tr>
<th>Product</th>
<th>THC Percentage</th>
<th>by</th>
<th>Rating</th>
</tr>
</thead>
<tbody>
<tr>
<td>Orange Kush</td>
<td>79.97%</td>
<td>High Breed</td>
<td>4.1/5</td>
</tr>
<tr>
<td>Cookie Monster</td>
<td>84.26%</td>
<td>High Breed</td>
<td>4.5/5</td>
</tr>
<tr>
<td>Taffy Chem</td>
<td>72.91%</td>
<td>High Breed</td>
<td></td>
</tr>
<tr>
<td>Lemon OG</td>
<td>67.33%</td>
<td>High Breed</td>
<td>4.3/5</td>
</tr>
<tr>
<td>Remedy</td>
<td>93.1%</td>
<td>Double Delicious</td>
<td>4.6/5</td>
</tr>
<tr>
<td>Purps 1</td>
<td>84.2%</td>
<td>Double Delicious</td>
<td>3.8/5</td>
</tr>
</tbody>
</table>
Over the Counter - DXM

- Hallucinogen
- Easily Accessible
- Seen as “safe” by youth
Over the Counter - DXM

Risks of DXM Abuse:
- Hallucinations
- Disorientation
- Dissociation
- Aggression
- Nausea and Vomiting
- Diarrhea
- Breathing Problems
- Seizures
- Brain Damage
- Liver Failure
- Irregular Heart Rate
- Increased Blood Pressure
- Loss of Consciousness
- Coma
- Overdose / Death
Lock it up
Monitor your supply
Return unused meds
Why does it matter?
EARLY INITIATION

Blue represents maturing of brain areas.
EARLY INITIATION

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

<table>
<thead>
<tr>
<th>Age of first use</th>
<th>Dependent in Lifetime</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt;13</td>
<td>47%</td>
</tr>
<tr>
<td>14</td>
<td>45%</td>
</tr>
<tr>
<td>15</td>
<td>38%</td>
</tr>
<tr>
<td>16</td>
<td>32%</td>
</tr>
<tr>
<td>17</td>
<td>28%</td>
</tr>
<tr>
<td>18</td>
<td>15%</td>
</tr>
<tr>
<td>19</td>
<td>17%</td>
</tr>
<tr>
<td>20</td>
<td>11%</td>
</tr>
<tr>
<td>&gt;21</td>
<td>9%</td>
</tr>
</tbody>
</table>

Families are #1
Key Strategies

- Model Healthy Behavior
- Communicate
- Set Expectations
- Keep track of your children
- Network
Model Healthy Behavior

Teens who have seen their parents drunk are:
- More than twice as likely to get drunk in a typical month
- 3 times likelier to use marijuana and smoke cigarettes

(51% of 17-year olds have seen one or both of their parents drunk)

Children whose parents have a positive attitude toward marijuana use are five times more likely to use marijuana by 8th grade

National Survey of American Attitudes on Substance Abuse XIV: Teens and Parents CASA 2009
Top Reported Reasons for Substance Use (N=166)

- To fit into a group I like: 5
- So I won't feel left out: 6
- Helps me enjoy a party: 7
- Cheer me up when in bad mood: 18
- To forget about my problems: 25
- Like the feeling: 57
- It's fun: 58
- To have fun with others: 68

# of Times Reason Was Chosen Among "Top 2"
G = Guidelines
   Know what you want and why
M = Monitor
   Check to see if you get it
C = Consequences
   • When you get what you want, acknowledge and celebrate
   • When you don’t get what you want, “correct the course” with consistent and appropriate consequences
Tough Conversations

**P:** Positive Communication

**I:** Using “I” statements

**U:** Offer Understanding

**S:** Share the responsibility