

Alcohol & Marijuana

*The Intoxicating Truth
All Parents Need to Know*

By: Amy Ronshausen

Topics to cover



Impacts of Use



Common Myths



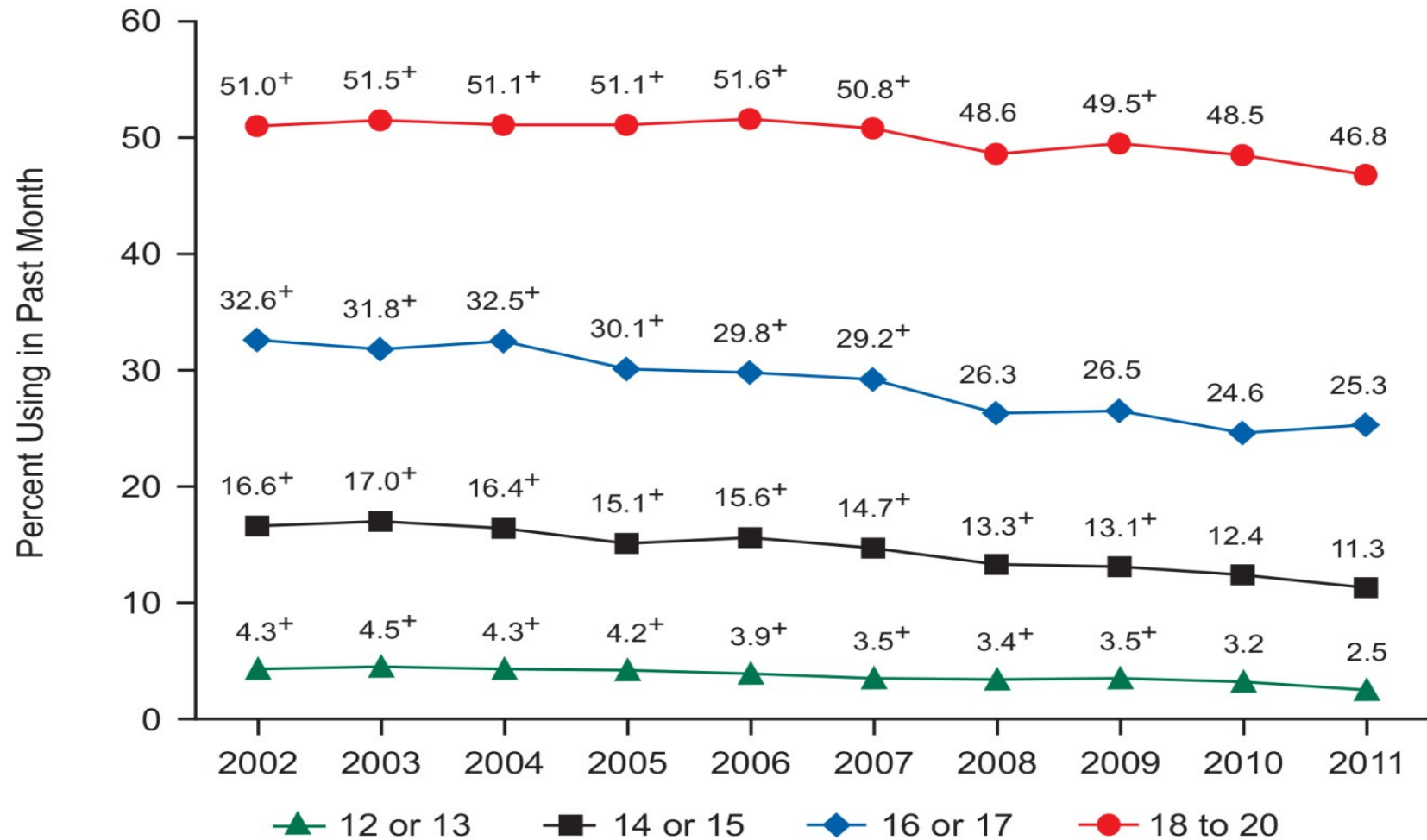
Emerging Trends

Underage Drinking



- #1 substance used by youth
 - Another persons home
 - Home
 - Paid for
 - At a store
 - Paid someone to purchase for them

Current Alcohol Use among Persons Aged 12 to 20, by Age: 2002-2011

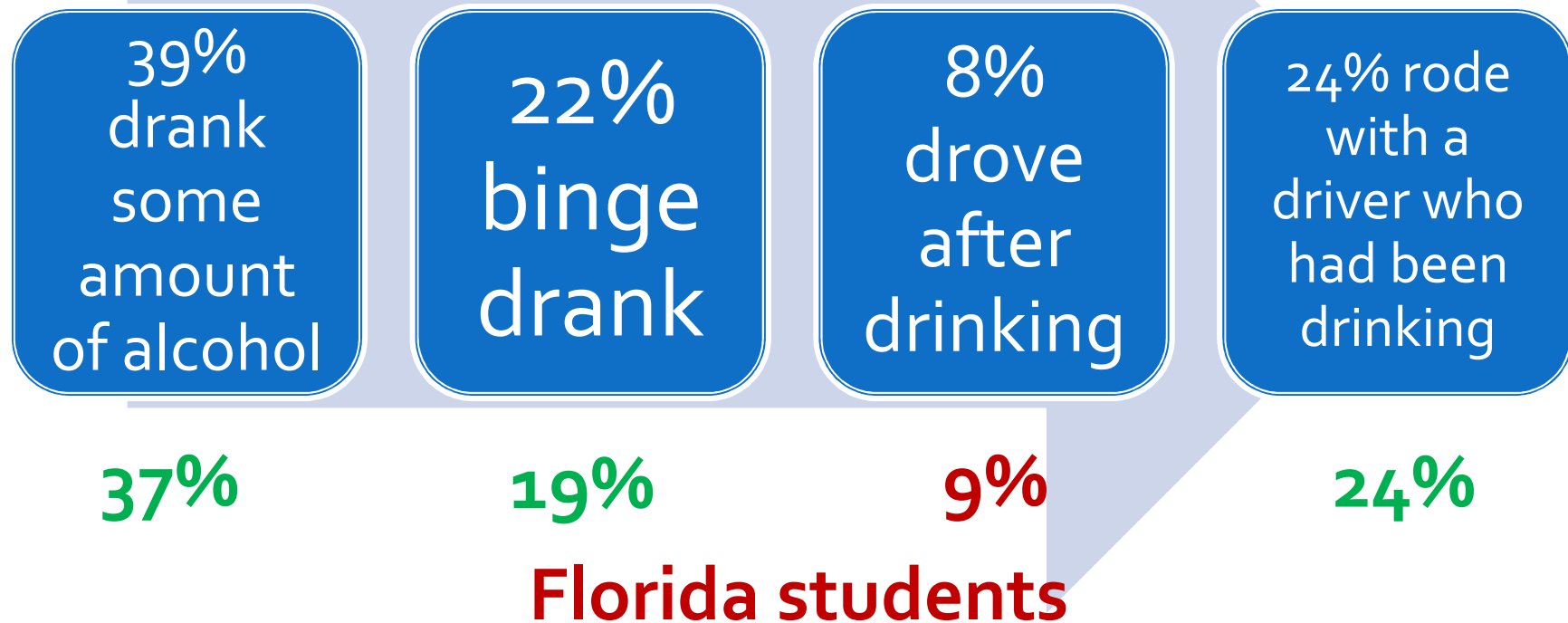


⁺ Difference between this estimate and the 2011 estimate is statistically significant at the .05 level.

2011 National Survey on Drug Use and Health: Summary of National Findings

Youth Risk Behavior Survey

High School Students Surveyed Nationally



Source: 2011 Youth Risk Behavior Surveillance, US

Youth Alcohol Consumption

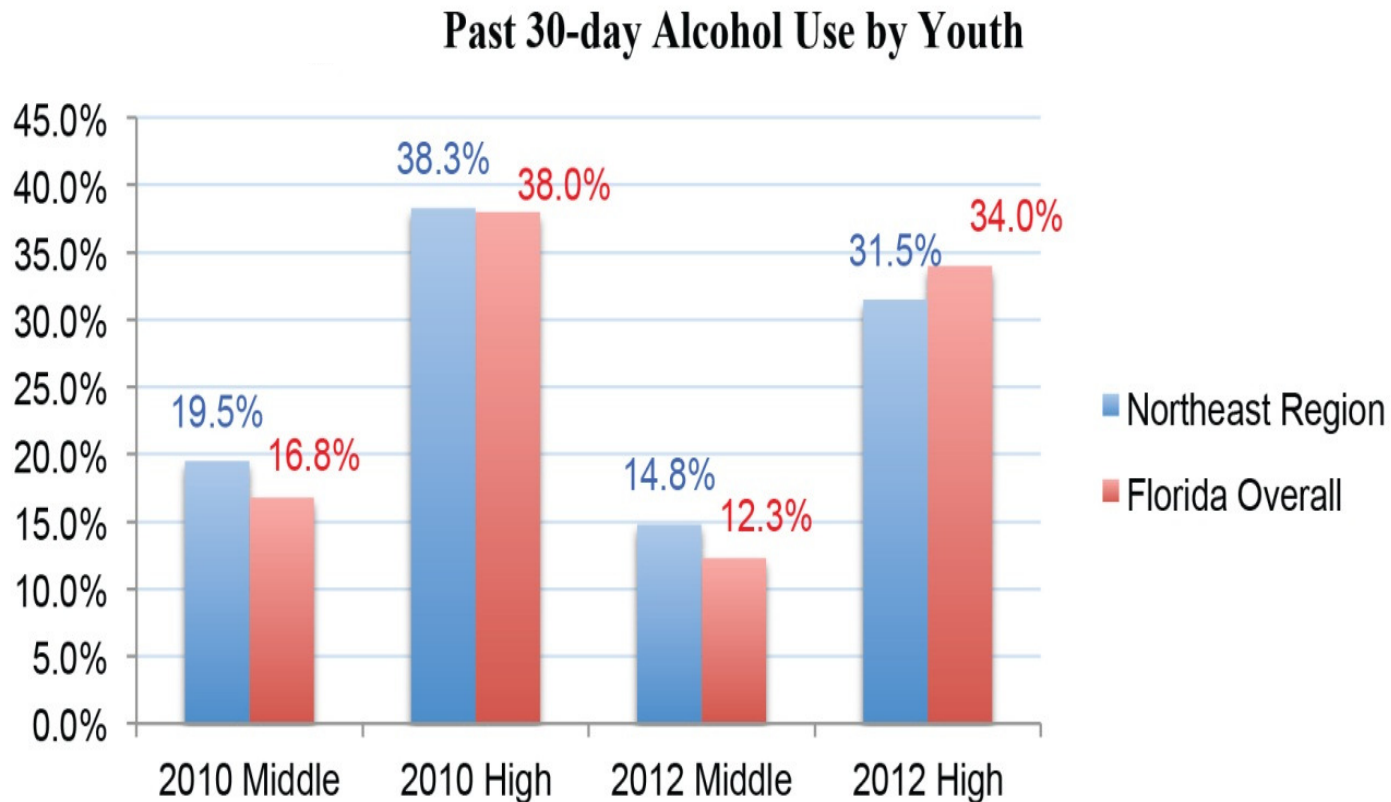


- Youth consume **11%** of all alcohol consumed in the United States
- More than 90% of this alcohol is consumed in the form of binge drinks

Sources: Office of Juvenile Justice and Delinquency Prevention. Drinking in America: Myths, Realities, and Prevention Policy, 2005.

National Research Council and Institute of Medicine, Reducing Underage Drinking: A Collective Responsibility. Committee on Developing a Strategy to Reduce and Prevent Underage Drinking, 2004

Regional Alcohol Use by Youth



Source: NORTHEAST FLORIDA Needs Assessment and Indicator Report of Alcohol and Other Drug Use - 2014

Impacts of youth alcohol use



Sources: U.S. Department of Health and Human Services. The Surgeon General's Call to Action to Prevent and Reduce Underage Drinking. Rockville, MD: U.S. Department of Health and Human Services; 2007.

Bonnie RJ and O'Connell ME, editors. National Research Council and Institute of Medicine, Reducing Underage Drinking: A Collective Responsibility. Committee on Developing a Strategy to Reduce and Prevent Underage Drinking. Division of Behavioral and Social Sciences and Education. Washington, DC: The National Academies Press, 2004.

- Higher school absence rates and poor or failing grades.
- Higher risk for suicide and homicide.
- Memory problems.
- Abuse of other drugs.
- Changes in brain development that may have life-long effects.
- Death from alcohol poisoning.

Associated Risks....

Illicit Drug Use

- 20% of underage drinkers were more to use illicit drugs within 2 hours of alcohol use

School

- prior month use experience a 12% increase in days skipped & 4% increase in sick days

Suicide

- 8.15% of student binge drinkers contemplated suicide and 2.34% attempted suicide

Sources: MedicineNet.com Alcohol and Teens, Roxanne Dryden-Edwards, MD. 2014
Austin, Wesley A. 2012 The effects of alcohol use on high school absenteeism The Free Library (September, 22),
[http://www.thefreelibrary.com/The effects of alcohol use on high school absenteeism.-a0306753111](http://www.thefreelibrary.com/The+effects+of+alcohol+use+on+high+school+absenteeism.-a0306753111) (accessed May 07 2014)

Associated Risks...



Teens who drink are more likely to:

- engage in sexual activity
- have unprotected sex
- have sex with a stranger
- be the victim or perpetrator of a sexual assault

Source: MedicineNet.com *Alcohol and Teens*, Roxanne Dryden-Edwards, MD. 2014

Binge Drinking

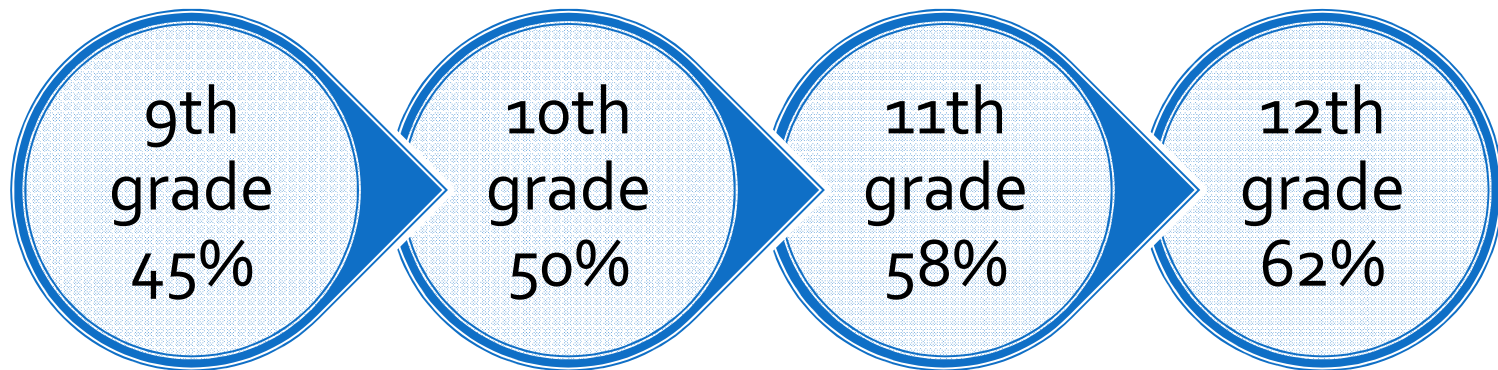
SHORT TERM

- Nausea
- Vomiting
- Fainting
- Difficulty breathing
- Seizures
- Coma
- Alcohol poisoning
- Death may also occur

LONG TERM

- Stomach ulcers
- Liver problems
- Cardiovascular disease
- Neurological damage

Binge Drinking



Trends-Inhaling Alcohol

- Bypasses stomach and goes directly to the brain and bloodstream
- More concentrated making it easier to overdose on
- Damages lungs and respiratory system
- Dries out nasal passages making one prone to infection



Source: The Partnership at DrugFree.org

Trends-Alcohol Energy Drinks



- High levels of caffeine mask the drunk feelings- “wide-awake drunkenness”
- double the risks associated with alcohol intake
- Alcohol dehydrates and caffeine is a diuretic, making you loose more water. The combo could cause severe dehydration.



Trends- Powdered Alcohol

- Alcohol on the go, just add water
- Could be mixed with any liquids
- Used on food or snorted?



"I'm calling on the Food and Drug Administration, the FDA, to immediately step in, investigate Palcohol based on its obvious health risks and prohibit this ludicrous product from going to market"

What can I do....



Good News!

You can make a difference!!

- Clear communication and expectations
- Adequate supervision
- Extracurricular activities
- Educate about appropriate coping and stress-management strategies
- Seek help for mental health issues





Marijuana

Pot
Weed
Ganga
Mary Jane
Skunk
Gangsta
Kif
Chronic
Funk
Funny Stuff
Boom
Blue Sage
Cheeba

#1 illicit drug used by both youth and adults, second only to alcohol of all substances used.



“Yesterday’s” Marijuana....

- In 1969 4% of Americans had tried Marijuana
- In 1978 average THC potency was 1.37%



Source:

Dr. Mahmoud El Sohley, Marijuana Project at the National Center for Natural Products Research,
School of Pharmacy, University of Mississippi.

Pure Analytics: Cannabis Potency & Safety Screening.

Today's Marijuana...



Source:

Dr. Mahmoud El Sohley, Marijuana Project at the National Center for Natural Products Research,
School of Pharmacy, University of Mississippi.
Pure Analytics: Cannabis Potency & Safety Screening.

- In 2013 48% of Americans have tried marijuana.
- 2009 – average rate was over 10% with some samples exceeding 30%
- In 2012 N. CA, THC potency average 16-17%

Marijuana Myths

Not addictive

A blue downward-pointing arrow with a white outline, connecting the first box to the second.

Harmless (safer than alcohol)

A blue downward-pointing arrow with a white outline, connecting the second box to the third.

Medicine?

Myth #1

Marijuana is not addictive

REALITY....

MARIJUANA IS ADDICTIVE



9% of people who try marijuana become addicted



17% (or 1 in 6) for those who start using in their teens



20-50% for daily users

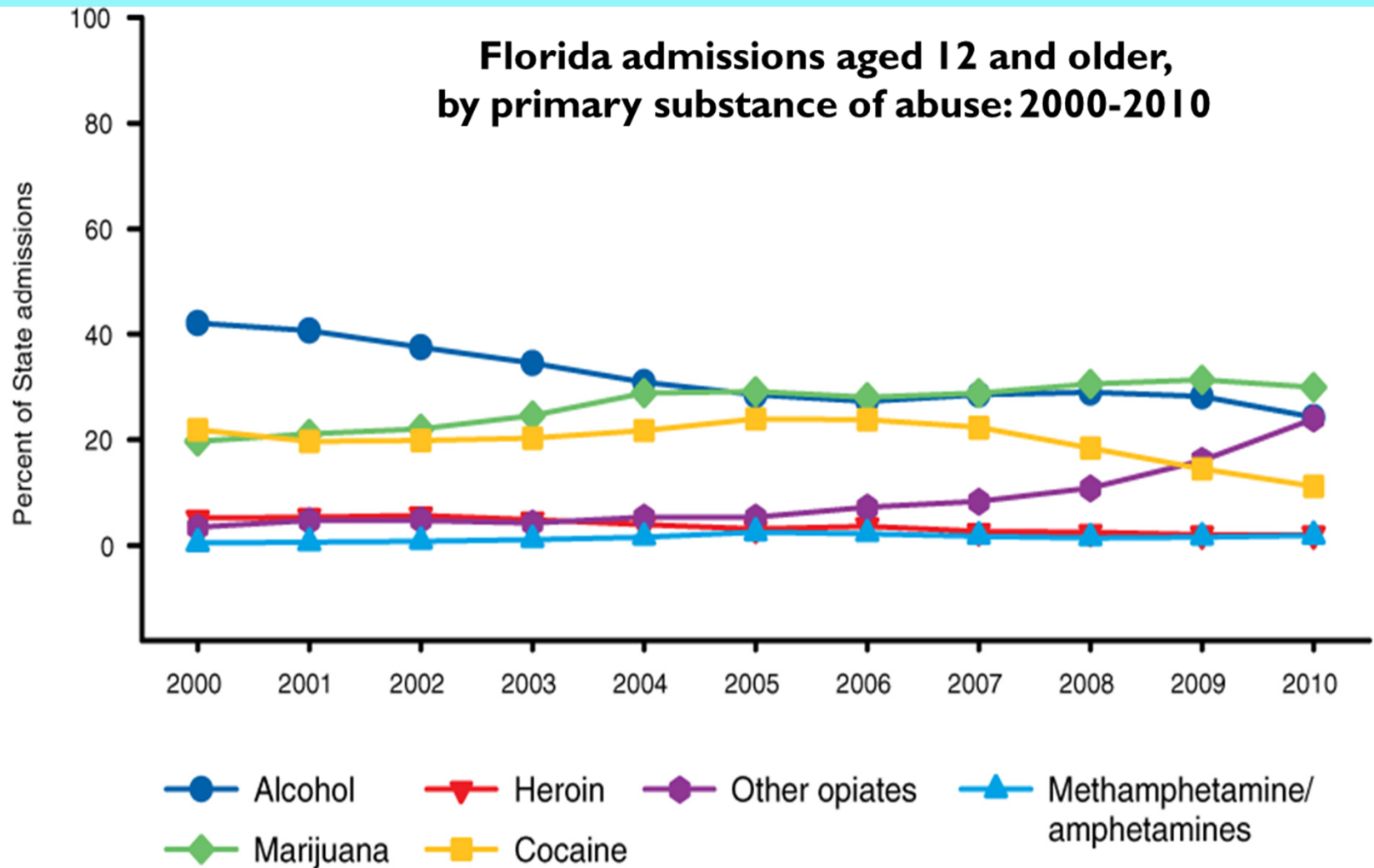
Sources:

Anthony, J.; Warner, L.A.; and Kessler, R.C. Comparative epidemiology of dependence on tobacco, alcohol, controlled substances, and inhalants: Basic findings from the National Comorbidity Survey. *Exp Clin Psychopharmacol* 2:244–268, 1994.

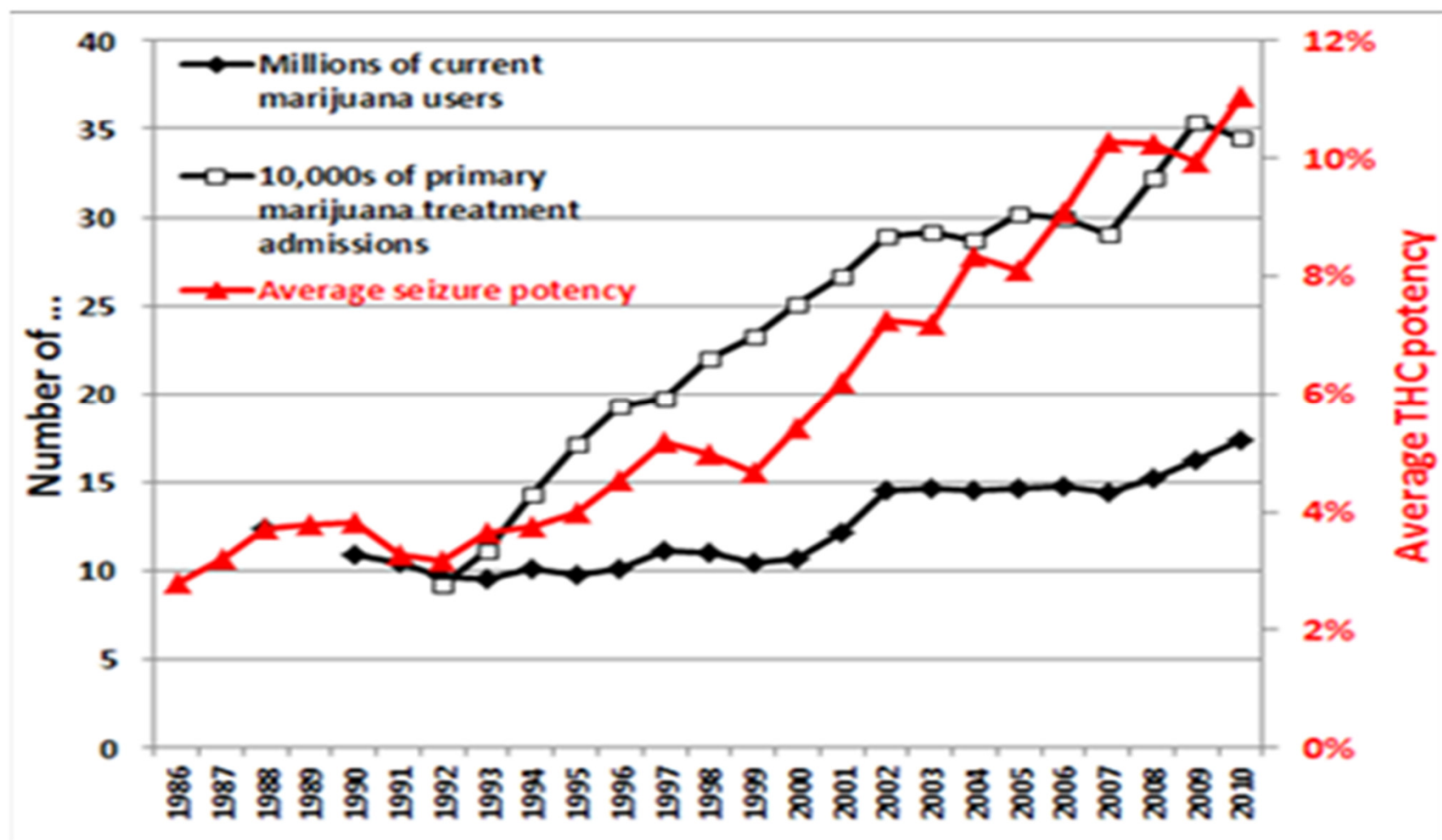
Hall, W.; and Degenhardt, L. Adverse health effects of non-medical cannabis use. *Lancet* 374:1383–1391, 2009.

Hall, W. The adverse health effects of cannabis use: What are they, and what are their implications for policy? *Int J of Drug Policy* 20:458–466, 2009

Marijuana is listed as the primary substance of abuse for 26.7% of treatment admissions in FL; 54.5% were between the ages of 12-17



**MARIJUANA USERS, TREATMENT ADMISSIONS, AND AVERAGE POTENCY:
1986-2010**



Sources: [NSDUH](#), [TEDS](#), National Seizure System

Myth #2 Marijuana use is harmless and safer than alcohol

- **Addiction**
- **Memory Impairment**
- Chronic Bronchitis
- Respiratory Problems
- Risk of Heat Attack
- **Brain damage**
- **Schizophrenia**
- Aggression
- Paranoia
- **Depression**
- **Anxiety**
- **Suicidal Thoughts**
- Cellular Damage
- Immunosuppressant
- **Birth defects**



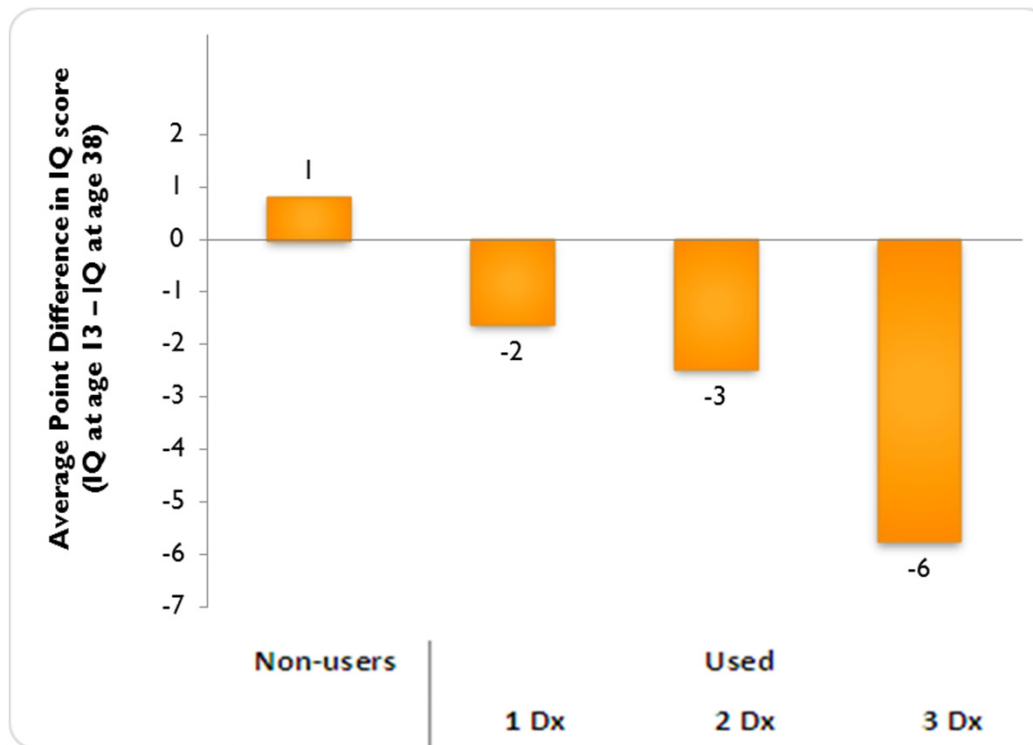
- **Addiction**
- **Memory Impairment**
- Cardiovascular Disease
- Liver Disease
- **Depression**
- **Anxiety**
- **Schizophrenia**
- **Suicidal Thoughts**
- **Brain Damage**
- Coronary Heart Disease
- Cancer
- Cirrhosis
- **Birth Defects**
- Stroke
- Panic Disorders



Do either look safe??

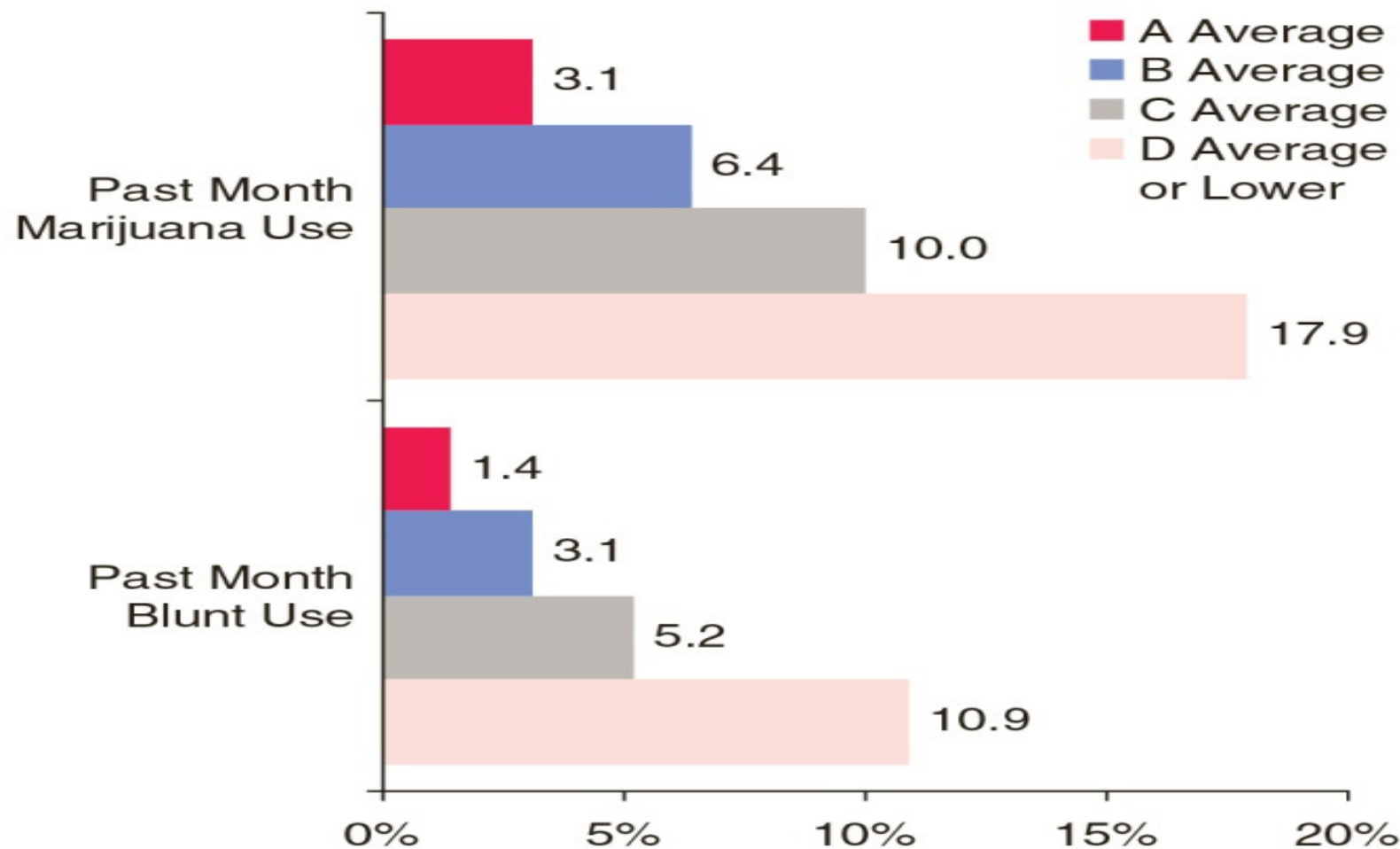
Early & persistent MJ use negatively affects IQ scores

Persistent Cannabis Users Show A Significant IQ Drop between Childhood and Midlife



Source: Persistent cannabis users show neuropsychological decline from childhood to midlife. Meier MH, Caspi A, Ambler A, Harrington H, Houts R, Keefe RS, McDonald K, Ward A, Poulton R, Moffitt TE. Proc Natl Acad Sci U S A. 2012 Oct 2;109(40):E2657-64. doi: 10.1073/pnas.1206820109. Epub 2012 Aug 27.

Figure 2. Percentages of Past Month Marijuana and Blunt Use among Students Aged 12 to 17, by Past Semester Grade Average*: 2005**



Source: SAMHSA, 2005 NSDUH.

How MJ undermines student learning

Marijuana use is consistently associated with reduced educational attainment (e.g., grades and chances of graduating).

If teens didn't use marijuana before the age of 18 there would be:

17% fewer high school dropouts

5% fewer college non-attendees

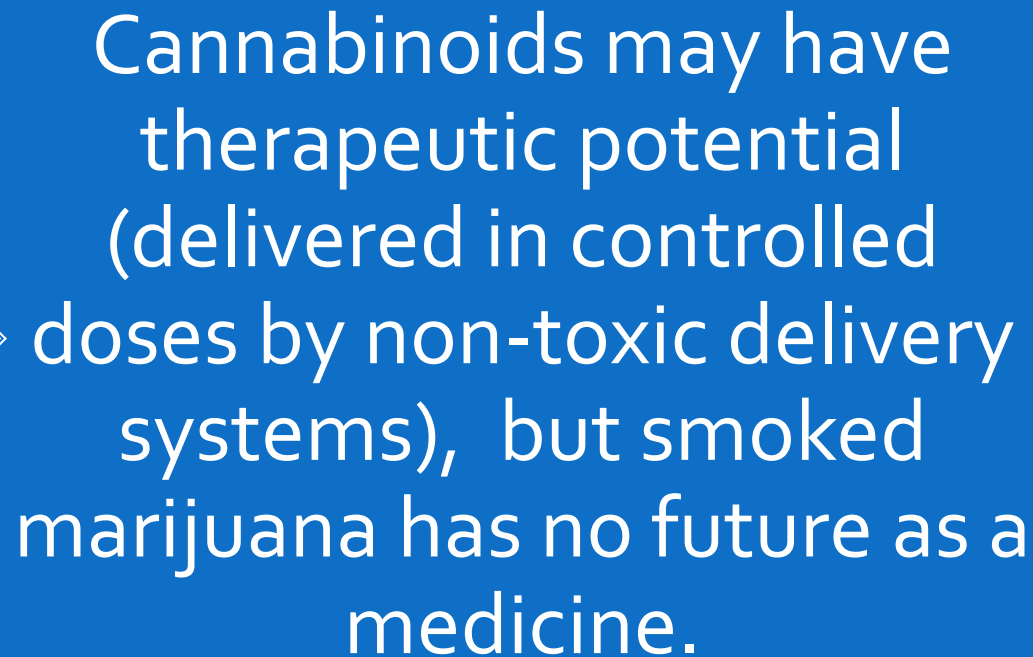
3% college dropouts.

Fergusson, D.M.; and Boden, J.M. Cannabis use and later life outcomes. *Addiction* 103(6): 969-976; discussion 977-968, 2008.

Macleod, J.; Oakes, R.; Copello, A.; Crome, I.; Egger, M.; Hickman, M.; Oppenkowski, T.; Stokes-Lampard, H.; and Davey Smith, G. Psychological and social sequelae of cannabis and other illicit drug use by young people: A systematic review of longitudinal, general population studies. *Lancet* 363(9421): 1579-1588, 2004.

Myth #3

Smoked Marijuana is Medicine



Cannabinoids may have therapeutic potential (delivered in controlled doses by non-toxic delivery systems), but smoked marijuana has no future as a medicine.

Would you use these as medicines?



Yes....just not in these forms



MJ should be subject to the same process

The Real Medical Marijuana



Already on market

On track for FDA approval

What does FDA approval mean?

- effectiveness and risks as a medicine
- interactions with other drugs
- impact on pre-existing conditions.
- establish quantity of dose
- frequency and duration of administration
- route or method of administration



Trends-Dabbing

What is Dabbing?

“Dabs” are small amounts of super-high concentrated cannabis resin in which the plant material is removed that what's left is between 50-to-80 percent active ingredients (such as THC).



Dabs are what Everclear is to Alcohol!

Process of Dabbing- Butane Extraction



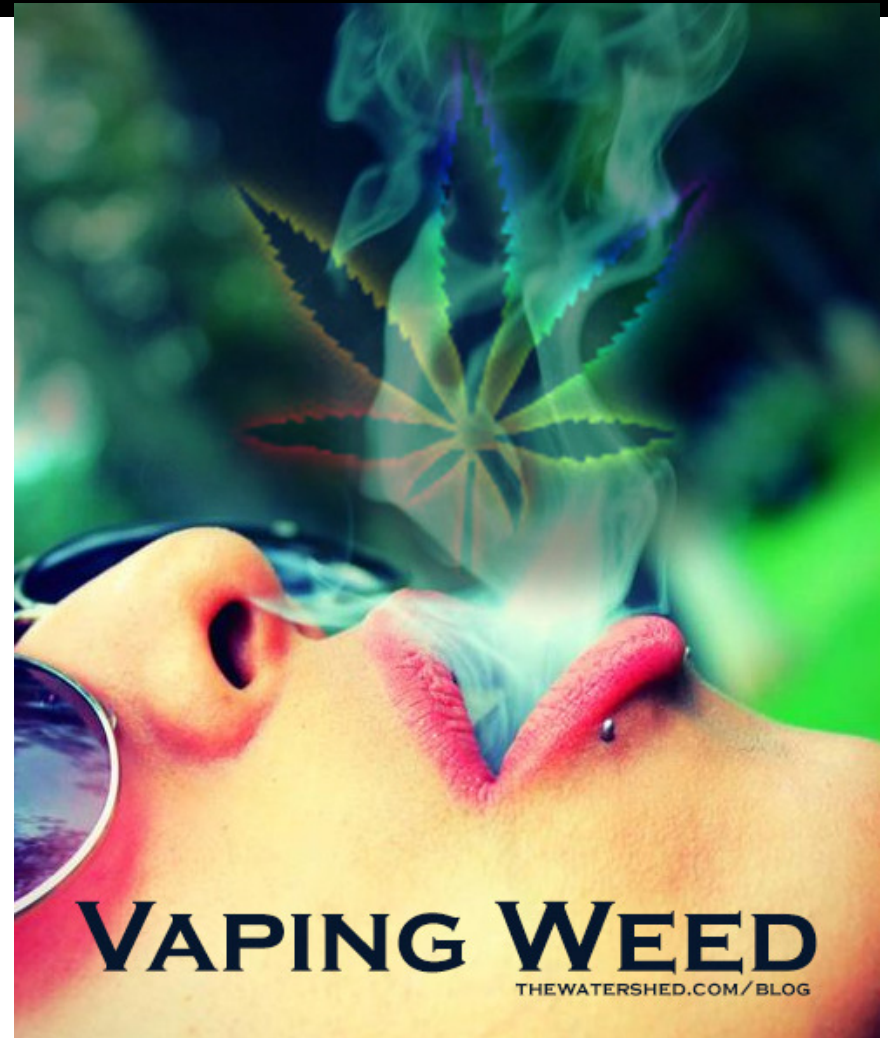
- Fill a container with marijuana
- Drench with butane
- Bring to a boil
- When butane is burned away you are left with a golden oil

Impacts of Dabbing

- Immediate and intense high
- Can cause extreme manic behavior
- Butane can leave behind neurotoxins
- Ingesting concentrated levels of other chemicals
- Meth-lab-like explosions
- Overdose

Trends- Vaping

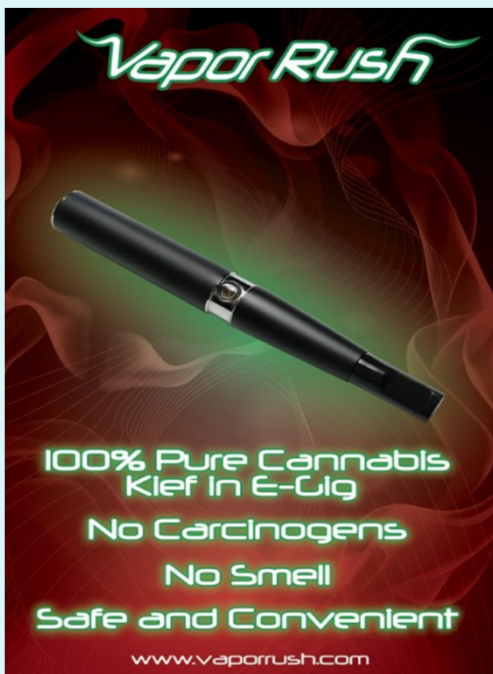
Vaporizing is the process of boiling to create a vapor instead of the burning process used with bong and pipes



E-Cigarettes and Vapor Pens

- No smoke
- No smell
- No burn
- No regulation





Concerns....

- Harder for parents to notice
- Easy access means it could be used more often
- Use of THC extract
- Lack of product regulation
- % of middle and high school students who smoke e-cigarettes with nicotine and other additives doubled from 2011 to 2012
- % of students who reported ever using e-cigarettes rose from 4.7 % in 2011 to 10% in 2012

Call to Action

- Be ready to provide research-based information on the topic. Its not enough to “Just Say No” - today’s youth want to know WHY they should say NO.
- Give them the facts so they can make informed healthy choices.

Drug use is NOT inevitable!

Additional Resources

- WWW.DONTLETFLGOTOPOT.COM
- DFAF www.dfaf.org
- SOS www.saveoursociety.org
- CADFY www.cadfy.org
- SAM www.learnaboutsam.com