



# ***What Parents Need to Know Current Trends***

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# **Understanding Youth Addiction**

- Youth who have 1 parent with SUD have 50% chance of having a substance use disorder
- Youth with 2 parents have a 90% chance
- Brain stops developing at 25
- Youth who start to use at 15 are 5x's more likely to become addicted than those that wait to 18
- nearly 60% of people with a substance use disorder have some sort of mental health illness
- Average age of first use 9 years old NJ



# Where are they getting it from

- **High Tech and Friendly Customer Service**
  - Credit Cards Accepted
  - Gift Card
  - Home Delivery
  - As easy as downloading the latest music
- **No More Middle Man**
  - No Personal Contact at All
  - No risk of arrest



# What is out there?

- **E.N.D.S**

E-Cigarettes, Vape Pens, E-Hookahs, dry herbal vaporizer

- **Marijuana**

concentrates, edibles

- **Synthetic Drugs**

Molly, Marijuana( Potpourri/plant food), Bath Salts

- **Sizzurp/Lean**

- **Prescription Medication**

- **Heroin**



MINI E-CIG



MID-SIZED



MODIFIED



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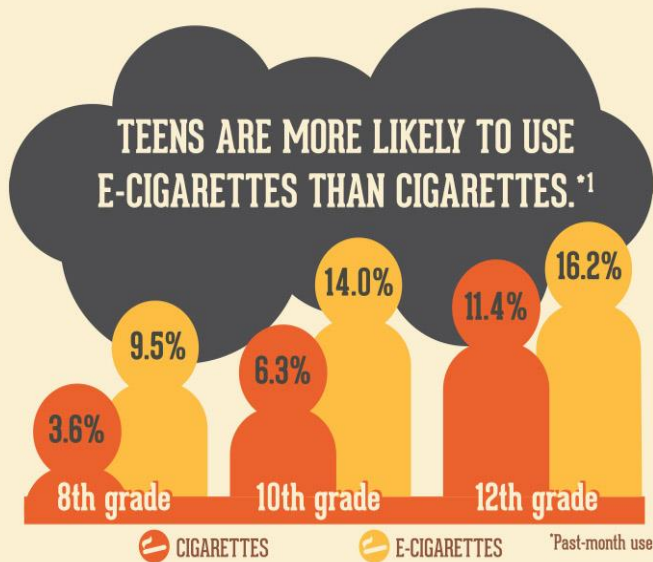
**Viceroy**  
*FILTER*  
**the Smoke!**

VICEROY  
Filter 10s  
CIGARETTES

As your Dentist,  
I would recommend  
**VICEROYS**



# Teens and E-cigarettes



## Vaping- What we know

- 1 in 3 HS Students have used  
(monitoring the future 2017)
- High exposure to ads on internet
- ↑ poison control calls
- Nicotine levels as high as 50 ml
- Not regulated- devices/liquid
- Most made in China

51.8% of high school seniors believe that the substance they were vaping was "just flavoring."

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# Understanding nicotine amounts

- A 30ml bottle 6mg/ml
- 1 ml of e-liquid is about 20 drops
- every milliliter contains 6 mg of nicotine
- **1 ml = 200 puffs** (equal to approximately 20 cigarettes or 1 pack of cigarettes)
- **30ml = 6000 puffs** (equal to 600 cigarettes or 30 packs of cigarettes)



# POPCORN LUNG

- harmful chemicals associated with "popcorn lung" are present in many types of flavored e-cigarettes
- \*\*particularly those with flavors like fruit and candy that may appeal to young smokers
- Of the 51 flavored e-cigarettes tested, flavoring chemicals were found in 47
- Diacetyl specifically in 39 samples



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# How does it work?



# Who/What are the marketing?

**Vaporizer Pens**

- Best for Wax and Oil Concentrates
- Very Small and Discreet
- Not Good with Dry Herb
- Inexpensive

[Learn More](#)



**Maple pancakes**

0 Calories | 50 Servings

**Vanilla Cupcake**

0 Calories | 50 Servings



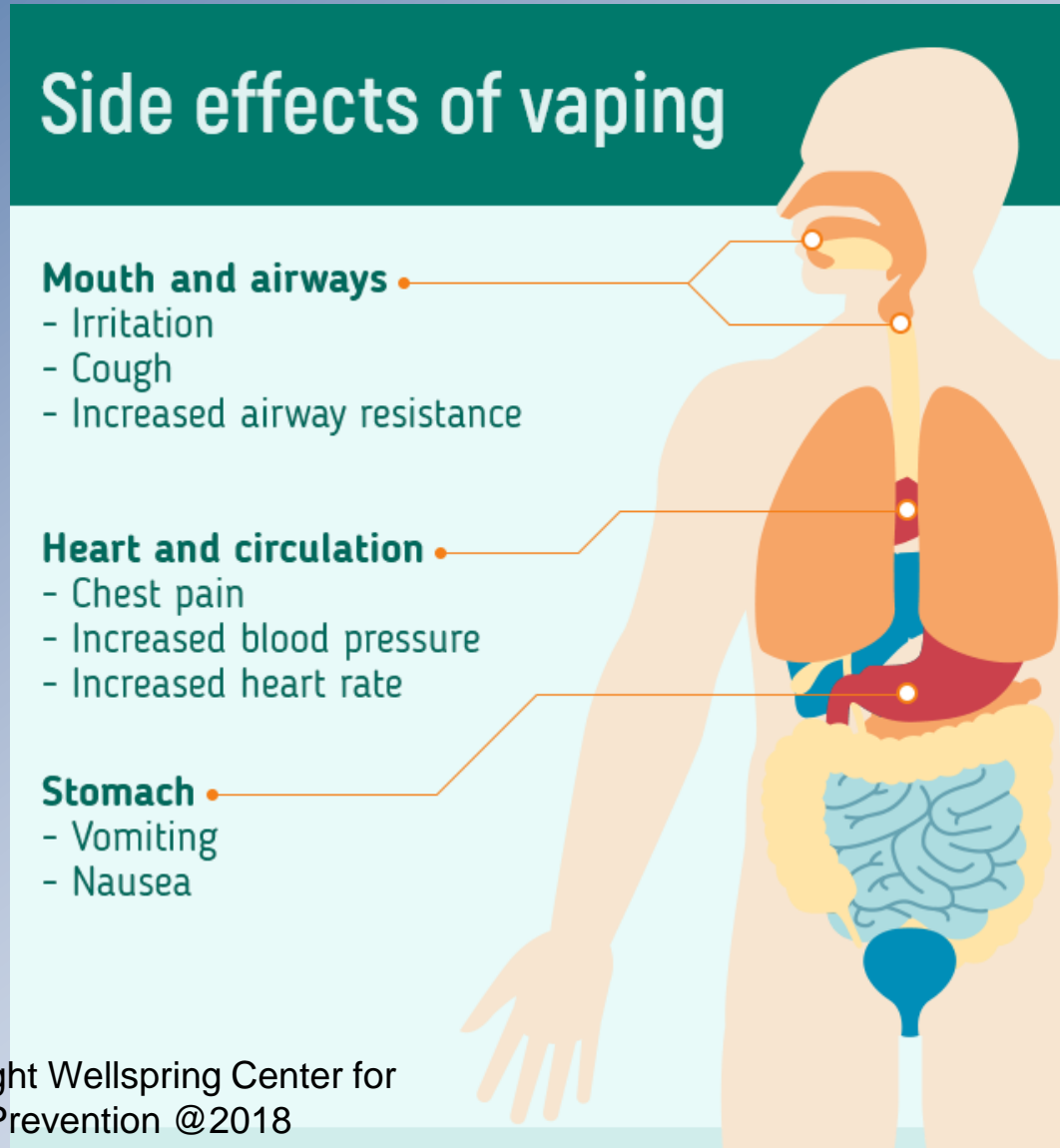
DISCREET VAPE - APPEARS TO BE A COMMON INHALER PLUS - IT'S SMALL & PORTABLE!



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# Side effects of Vaping

- Dry mouth
- Dizziness
- Cough
- Dry skin\dry eyes
- nose bleeds
- Bleeding gums
- Itchiness



# What you need to know

- Dried leaves, flowers, stems, and seeds from the hemp plant
- Mind-altering chemical THC
- Most commonly used illicit drug in the USA
- Medical Marijuana is Legal In NJ
  - 24 states have medical marijuana
- 5 dispensaries(Cranbury/Woodbridge/Montclair/Egg Harbor Township/Camden County)
- Register, registration fee, \$300.00 an ounce
- REAL concern for legalization in NJ



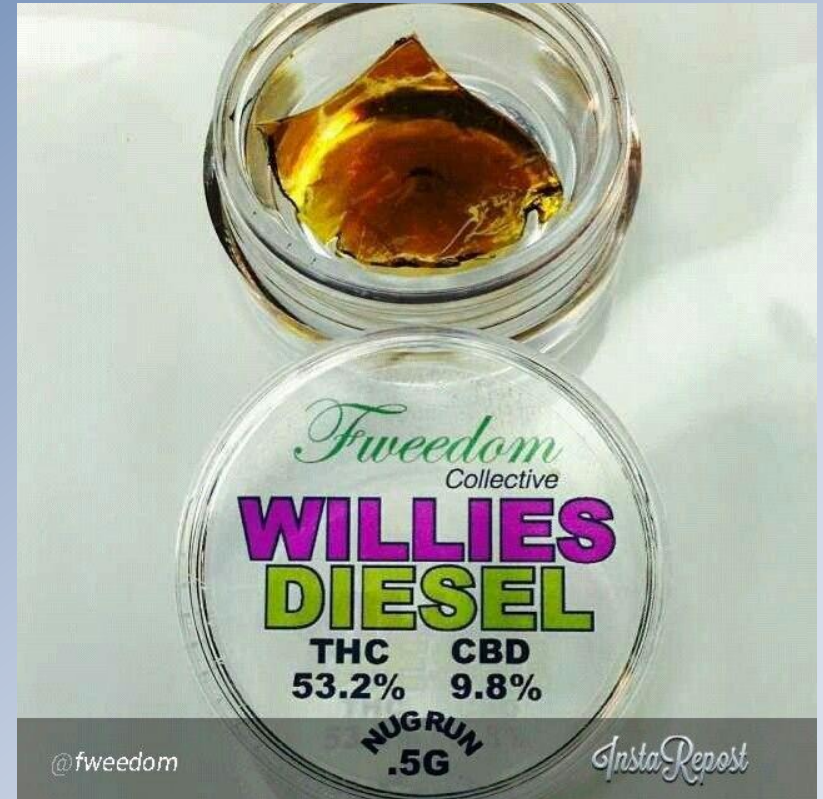
# Shatter, wax, honeycomb, oil, crumble, sap, budder, pull-and-snap



# Understanding Concentrates



vapes &  
hash oil



- <https://www.youtube.com/watch?v=zbAY763zt4M>

# **What you need to know!**

## **Increased pesticides**

**Over 80% of concentrates are contaminated with poisonous solvents from extraction process**

## **Increase potential for withdrawal and abuse**

## **more psychologically and physically intense**

**paranoia, anxiety, panic attacks, and hallucinations**



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# SYNTHETIC DRUGS

**2 categories** \*THESE ARE ANALOGS (sugar vs. splenda)

## Cannabinoids “fake marijuana/herbal mixture”

- Base is plant material, looks like potpourri
- Chemicals are dissolved and sprayed on, flavoring added



## Cathinones “bath salts”

- contain chemical compounds that mimic the effects of cocaine, ecstasy or meth
- Creates an excited delirium
- Pill, capsule, powder



# Synthetic Cannabinoids



# **Herbal incense-fake marijuana**

## **Symptoms**

- **Anxiety**
- **Nausea**
- **Paranoia**
- **Discomfort**
- **Confusion**
- **Desire for the feeling to end**

## **Effects**

- **Short-term memory**
- **Motivation**
- **Reasoning ability**
- **Emotional stability**
- **Learning**
- **Stamina**

# Bath Salts



[https://www.youtube.com/watch?v=Wh\\_nZiuFC4o](https://www.youtube.com/watch?v=Wh_nZiuFC4o)



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# Know the Signs:

- Anxious and jittery behavior
- Insomnia, rapid heart rate, nausea, reduced motor control, seizures
- Severe paranoia, panic attacks, depression, agitation and suicidal thoughts
- Erratic behavior with potential for hallucinations, violence and self-mutilation
- Lack of appetite



# Know the signs of alcohol poisoning

## Life-threatening signs of alcohol poisoning include:



**Inability to wake up**



**Irregular breathing**  
*(10 seconds or more between breaths)*



**Vomiting**



**Seizures**



**Slow breathing**  
*(fewer than 8 breaths per minute)*



**Hypothermia** *(low body temperature), bluish skin color, paleness*

SOURCE: National Institute for Alcohol Abuse and Alcoholism.



**Vital**<sup>CDC</sup>signs<sup>TM</sup>

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[www.cdc.gov/vitalsigns/alcohol-poisoning-deaths](http://www.cdc.gov/vitalsigns/alcohol-poisoning-deaths)

# 911 Bill

**Save a Life!**

**Don't think twice!**

**Call 911**

**NJ's Good Samaritan Law protects people  
who seek help for victims of overdose.**

*"No life is disposable. A life saved from overdose can be a life restored."*

*Governor Chris Christie - May 2, 2013*



**Emergency**



# Understanding Consent

# Sizzurp- purple drank, syrup and lean

Promethazine w/Codeine syrup



## Side Effects

- Drowsiness
- Sedation
- Dizziness
- Hallucinations
- Blurred vision
- Seizures



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# Edibles

- You can poison yourself
- Difficult to regulate
- Body processes differently
  - Eat- high last 4-10 hours
- High amounts of THC
- Can take up to an hour to have effect
- Serving size- 1 square of chocolate
  - 10 servings-1 bar 100 mg of THC
  - 1 joint 15 mg THC



# MOLLY

- Lab created
- psychoactive drug that has similarities to both the stimulant amphetamine and the hallucinogen mescaline
- Not pure MDMA, powder
- Stimulant-lasts 3-6 hours
- Feel-increased energy, euphoria, emotional warmth and empathy toward others, and distortions in sensory and time perception.

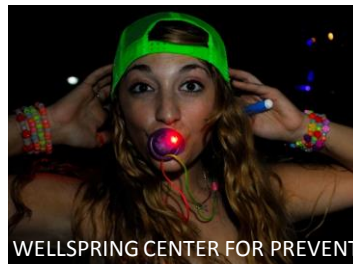


# Side Effects

Can't regulate body temperature =hyperthermia

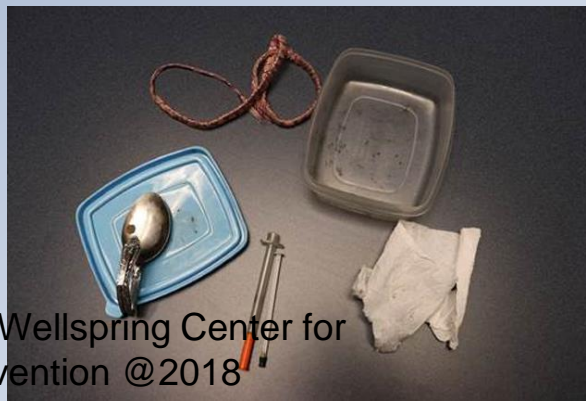
Can cause prolonged panic attacks, psychosis, sleep problems, depression and anxiety

High Blood Pressure	seizures
Raid Heartbeat	sweating
dehydration	confusion
Eye twitching	Jaw clenching



# Heroin

- Naturally grows, extracted from seed pod of poppy plant
- White or brown powder, black sticky=tar
- Can be injected, inhaled or smoked
- Surge of euphoria (“rush”), dry mouth, warm flushing of the skin, heaviness of the extremities, and clouded mental functioning
- Nodding, hypoxia (suppression of breathing)



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# **How bad is it?**

- **New Jersey's heroin overdose death rate is nearly triple the U.S. heroin overdose death rate**
  - **1,901 in 2016**
- **Approximately 128,000 NJ residents are addicted to heroin or Rx**
- **Average age group remains in the 18-25 year-old range with experimentation**
- **On average, 3 out of 4 heroin users started with prescription opioids**
- **On average, Naloxone was administered 28 times a day in NJ, in excess of 10,300 administrations in 2016**

# Understanding the Connection

- Oxycodone 30mg –

Average street value \$30 per pill



- Heroin –

Street value approximately \$55 a gram

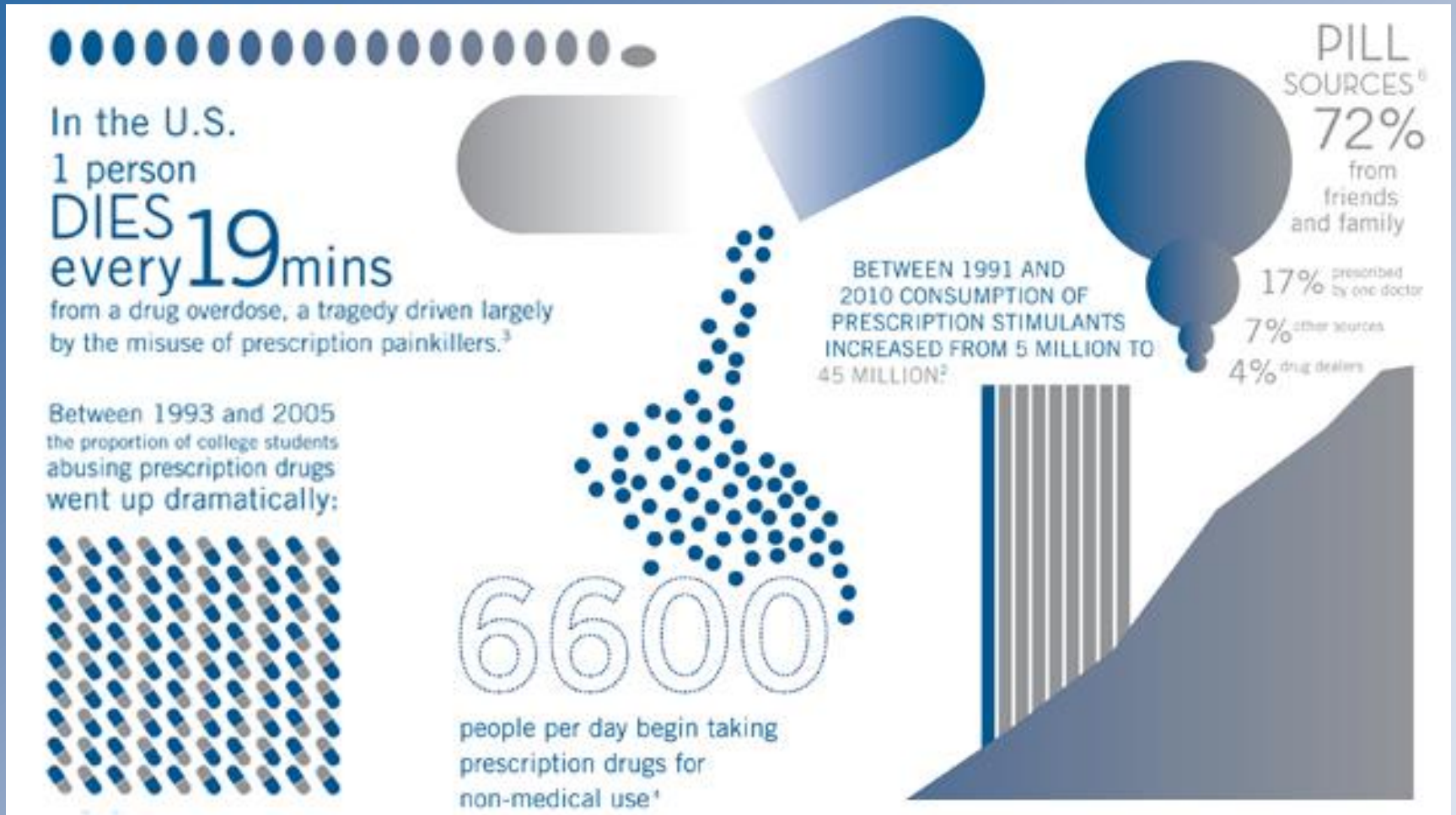


- Heroin bag –

Average street value \$5 per bag



# Misuse & Abuse of Prescription Meds

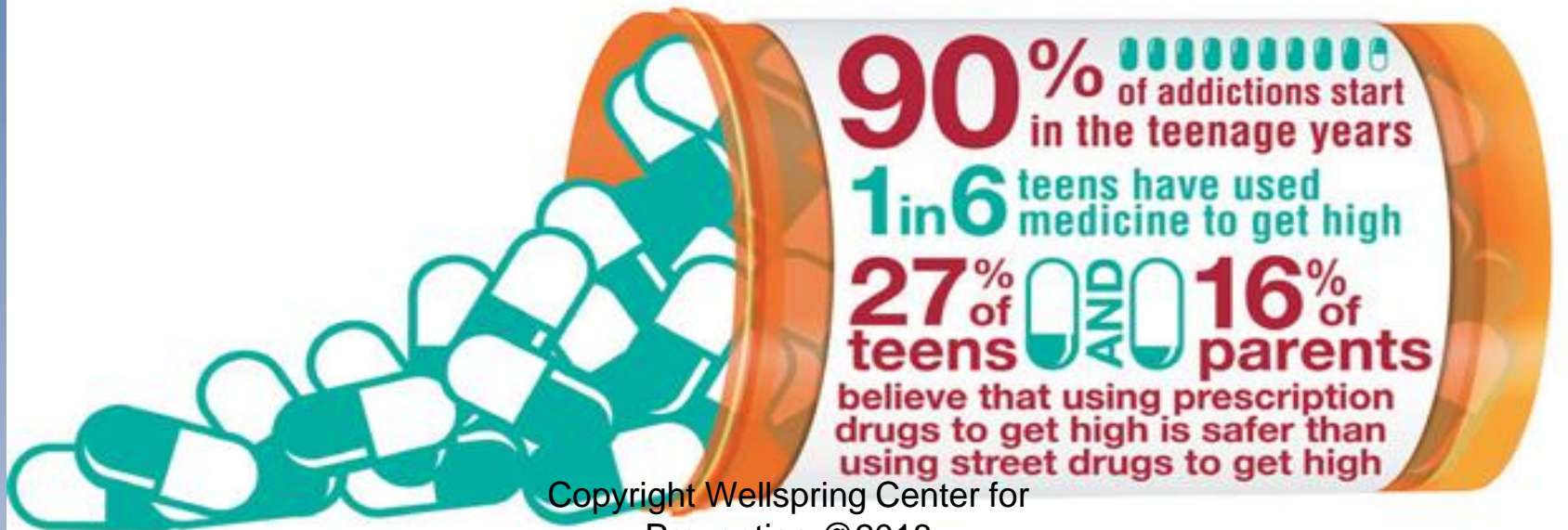


# 4 out of 5 heroin users



had previously used *painkillers*.

Source: White House Office of National Drug Control Policy



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# Misuse/Abuse of Prescription Medication

**44%**

**OF TEENS**

have at least one friend  
who abuses painkillers



**2/5 TEENS**

believe prescription drugs are  
safer than street drugs

**60% OF**

overdose deaths are caused by

**PRESCRIPTION  
PAINKILLERS**

**25%**

**OF TEENS**

take prescription drugs not  
prescribed to them

# Fentanyl

**Heroin's synthetic cousin-It's deadly because it's so much stronger**

- On the left is a lethal dose of heroin = about 30 milligrams



- On the right is a 3-milligram dose of fentanyl enough to kill an average-sized adult male.

**Deaths since 2013 2000% increase**

**Fentanyl, according to the Centers for Disease Control and Prevention, is up to 100 times more potent than morphine and many times that of heroin.**

# Trending Right Now!

- Carfentanil

A potency approximately 10,000 times that of morphine and 100 times that of fentanyl

- Marijuana laced with heroin

- Kratom is here in NJ

- Synthetic Marijuana laced with rat poison causing internal bleeding

- Fake prescription medication laced with fentanyl

- Rapper Lil Peep takes Zaney (Xanax) bars laced with fentanyl



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# **Sources**

- **Middlesex County PRIDE survey 2016/2017**
- **Healthy Kids Colorado Survey**
- **SAM (Smart Approaches to Marijuana)**
- **SAMHSA**
- **CDC**
- **MTF( Monitoring The Future)**



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