



Formerly Families Against Narcotics

Adolescent Substance Use Trends:
Understanding and Addressing Emerging
Patterns



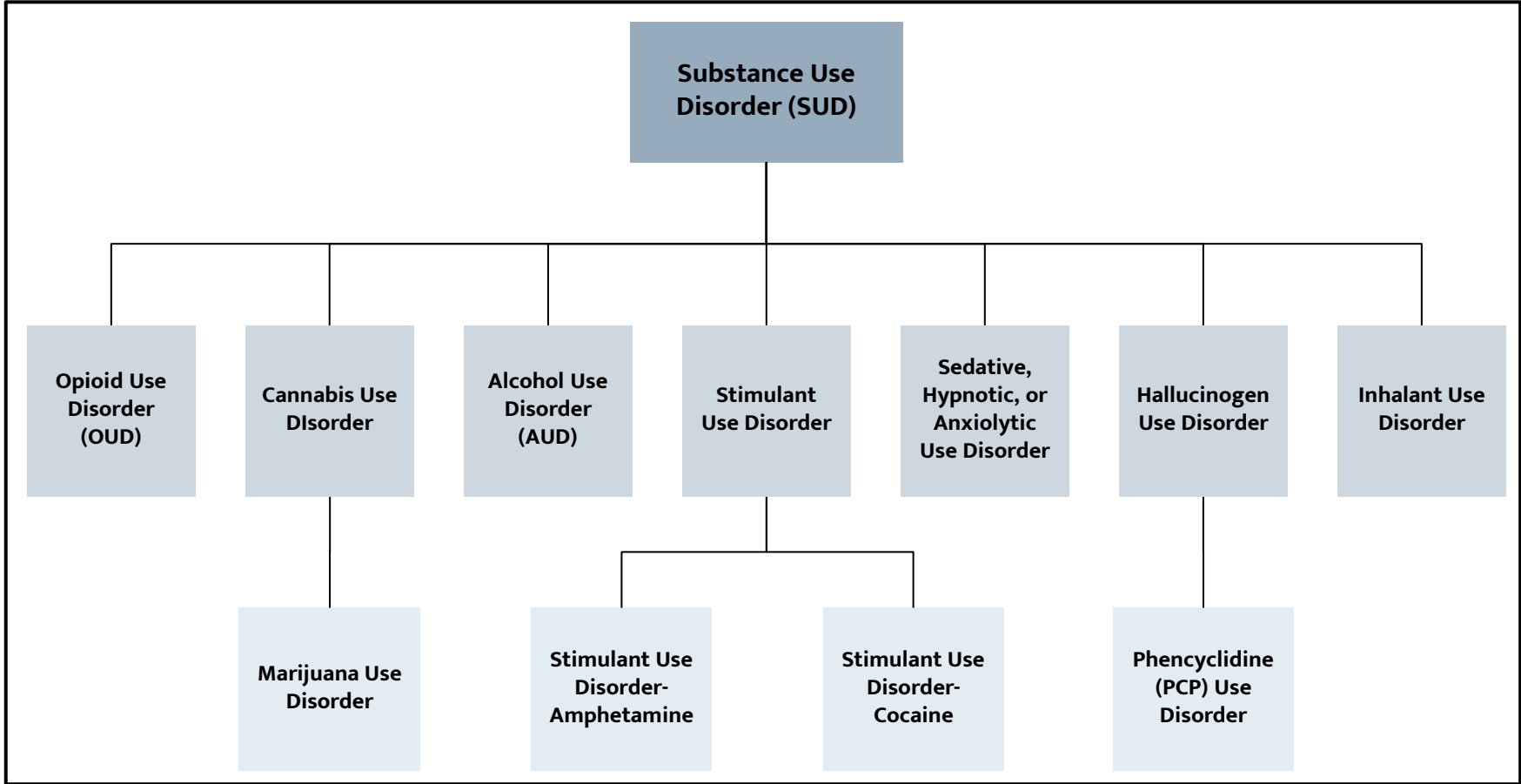
Formerly Families Against Narcotics

FAN's mission is to compassionately assist individuals and families who have been affected by substance use disorder. We do this by offering community and evidence-based services to individuals and families who've been affected by the disease.

All of FAN's programming, which helps individuals and families affected by addiction, is offered to the public completely free of charge.

Substance Use Disorder (SUD)

A treatable, chronic medical disease involving complex interactions among brain circuits that can be influenced by genetics, the environment, and an individual's life experiences.



48.7
Million

people age 12
or older in
the U.S. are
struggling
with SUD

Understanding Addiction in the Brain

Limbic System

- The pleasure system of the brain
- The emotional part of the brain
- Highly responsive to pleasurable experiences
- Fully developed in childhood

Prefrontal Cortex

- The executive part of the brain
- Responsible for planning, judgment, and decision making
- Not fully developed until 25 years of age

Changes in the Brain Associated with SUD

1. The brain uses neurotransmitters such as dopamine to regulate behavior essential for life
2. The brain changes with continued substance use
3. Dopamine that is typically released with any pleasurable behavior will progressively become reserved for substance use or addictive behavior
4. The person experiencing SUD will prioritize the substance use because it is the only behavior that produces pleasure in the brain

Warning Signs of Adolescent Substance Use

**Not all warning signs may be the result of substance use*

Behavioral

- Loss of interest in normal activities and hobbies
- Declining school performance
- Changes in friend groups
- Secrecy, lies, distraction
- Mood swings
- Risky behaviors
- Isolation
- Financial issues- asking for money or sudden appearance of money

Physical

- Rapid weight loss or weight gain
- Poor hygiene
- Dilated or pinprick pupils
- Red or “bloodshot” or glossy eyes
- Unexplained injuries
- Changes in sleep patterns
- Unusual smells
- Slurred speech

Emotional & Psychological

- Depression
- Anxiety
- Paranoia
- Lack of Motivation
- Memory problems
- Unexplained anger or aggression
- Inability to concentrate
- Absenteeism/tardiness at school, sports, hobbies, or work

SUD Risk Factors

- Family history of SUD
- Substance use at a young age
- Adverse Childhood Experiences
- Trauma
- Mental Health Disorder
- Peer Pressure

Factors that increase the likelihood of a Substance Use Disorder

Risk Taking In Adolescents

Risk-taking is a normal part of adolescent development.

There is always a desire to try new things and become more independent.

Reported Adolescent Substance Use In the Past Year

Alcohol

8th grade: 15.1%

10th grade: 30.6%

12th grade: 45.7%

Marijuana

8th grade: 8.3%

10th grade: 17.8%

12th grade: 29%

Vaping

8th grade: 11.4%

10th grade: 17.6%

12th grade: 23.2%

Other Illicit Drugs

8th grade: 4.6%

10th grade: 5.1%

12th grade: 7.4%

Prescription Drug Misuse

15% of Michigan high school seniors admitted to misusing prescription medications in one of the following was at least once during the school year:

1. Using medications for reasons other than they were prescribed or a different dose than prescribed.
2. Taking someone else's prescription, even if for a legitimate medical complaint such as pain.
3. Taking a medication to feel euphoria or to get high.

10%

Of national
overdose
deaths are
people ages
15-24

Why should we be concerned?

The drug landscape is **different** than it was when many people in this room were growing up, even over the last few years it has **changed drastically**.

All parents and caregivers should be educated on current drug threats and informative conversations with kids.

SUD Protective Factors

- Family Involvement and Support
- Emotional Control
- Community Engagement
- Peer Support
- Concrete Supports
- Spirituality
- Early prevention efforts

Factors that build supports in a person's life to promote resilience over risk factors

1 in 3
teens

get information about drugs, alcohol and nicotine from unreliable sources, such as other teens, the Internet or social media.

Prevention Program Types

06 Criminal Legal

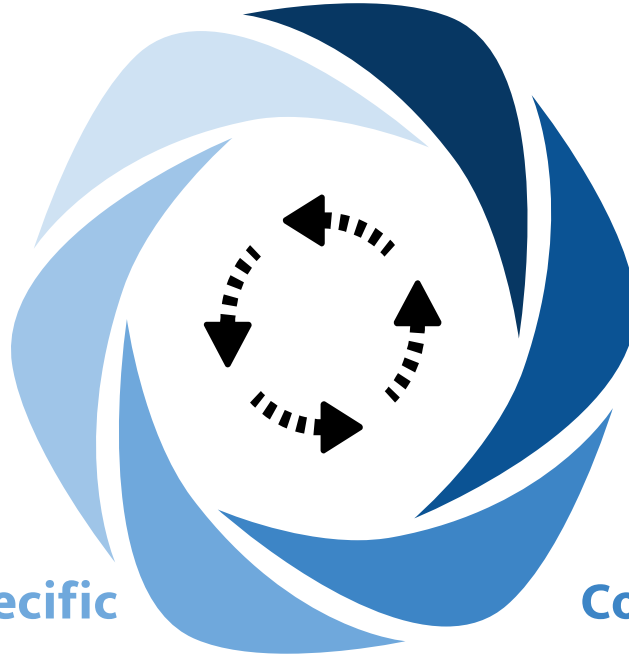
05 Healthcare

04 Population-Specific

Family-Based 01

School-Based 02

Community-Based 03



PREVENTION MYTHS	PREVENTION FACTS
Prevention programs expose kids to substances, which in turn causes them to use substances at a younger age.	There is no data that proves that attending prevention programs increase the likelihood of substance use due to exposure. Prevention programs reduce the likelihood of adolescent substance use.
My child isn't exposed to drugs and alcohol and wouldn't do them anyways.	1 out of 4 Michigan high school students say that they were offered, sold, or given illegal drugs on school property.
Strict parenting prevents teen substance use.	Being a strict or overbearing parent isn't guaranteed to keep your child away from substances. In fact, it may cause them to be more sneaky or less likely to come to you when they need help.
Most teens will use drugs even if they think they are dangerous.	Research has shown that when teens think a drug is harmful, they are less likely to use the substance. PREVENTION IS IMPORTANT!
Teen prevention programs should only be focused on alcohol, marijuana, and vaping.	Prevention programs should address all forms of drug abuse, alone or in combination, including the underage use of legal drugs, the use of illegal drugs, and the inappropriate use of legally obtained substances prescription medications, or over-the-counter drugs.

Family-Based

- Enhance family bonding, relationships, and include parenting skills
- Practice developing, discussing, and enforcing family policies on substance use
- Enhance parental monitoring and supervision
- Enhance rule-setting, techniques for monitoring activities, praise for appropriate behavior
- Moderate and utilize consistent discipline that enforces defined family rules

Substance prevention education from parents or caregivers reinforces what children are learning about the harmful effects and risks of drugs

60% of teens report that their parents have **not** talked with them about the risks of using drugs

Community-Based

- Research the substance use patterns in your community
- Target modifiable risk factors and strengthen identified protective factors
- Encourage the community to see how substance use risk factors relate to community issues
- Build on existing resources- current prevention programs or coalitions

**Reach different populations in multiple settings:
clubs, faith-based organizations, community
organizations, coalitions, and the media.**

1 in 5 Americans
live in a
community with
a substance use
prevention
coalition

FAN School-Based Prevention Programs

Comprehensive Education

Presentation Topics:

- Substance Use 101
- Prescription Drug Misuse
- Vaping Education
- Stigma Reduction
- Youth Trends
- Naloxone (Narcan) Administration
- Real People, Real Stories
- Customized topics

Flexible duration

In-person or virtual delivery

UP2U- 5th and 6th Grade Students

Program Highlights:

- Prevention-focused curriculum
- Collaboration with law enforcement
- Empathy-building lessons
- Assertive communication lessons

6 week long program

In-person delivery

I'm Still A Person Graphic Novel

Program Highlights:

- High school program
- Graphic novel-based curriculum
- Real-life stories and testimonials
- Interactive lessons
- Encouragement for early intervention

Flexible duration

In-person or virtual delivery

Professional Development

Presentation Topics:

- Substance Use 101
- Prescription Drug Misuse
- Vaping Education
- Stigma Reduction
- Youth Trends
- Naloxone (Narcan) Administration
- The Importance of Prevention

Flexible duration

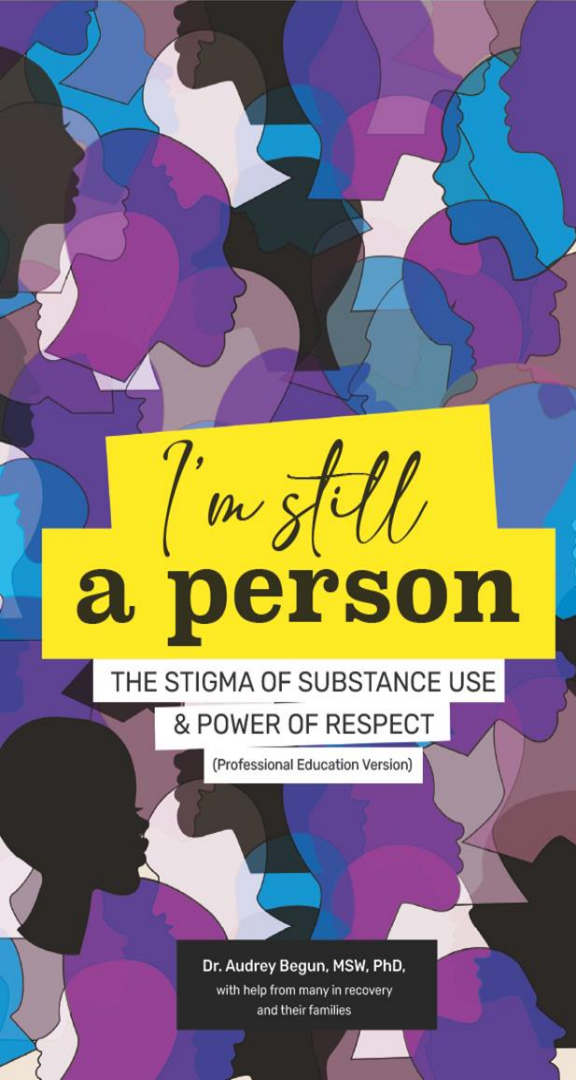
In-person or virtual delivery

Prevention programs should be long-term with repeated interventions to reinforce the original prevention goals.

Research shows that the benefits from middle school prevention programs diminish without follow up programs in high school.

Prevention Action Steps

	Action 1	Action 2	Action 3
Parents	Develop positive familial environments	Increase awareness by consistent communication	Know your community resources
Educators	Discuss peer pressure & SUD regularly	Review and revise current programs	Implement new programs and interventions
Community Members	Assess the substance patterns in your community	Build on existing resources & organizations	Host or attend public educational sessions



I'm still **a person**

THE STIGMA OF SUBSTANCE USE
& POWER OF RESPECT

(Professional Education Version)

Dr. Audrey Begun, MSW, PhD,
with help from many in recovery
and their families



I'm still **a person**

THE STIGMA OF SUBSTANCE USE
& POWER OF RESPECT

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I'M STILL A PERSON

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FAN FACE
ADDICTION
NOW

Thank You!

**Does anyone
have any
questions?**

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