



Alcohol and Drug Prevention Mountainside High School November 29, 2018

Genevieve Ellis

Senior Program Coordinator

Washington County Children, Youth & Families



WASHINGTON COUNTY
OR
Department of Health and Human Services

What we will talk about:

- ▶ Perception vs. reality
- ▶ Data from WA Co. and BSD
- ▶ Emerging trends
- ▶ Reasons for substance use
- ▶ The adolescent brain, coping, and resilience
- ▶ Questions!



Perception

“People who abuse drugs or alcohol have low morals or weak character.”

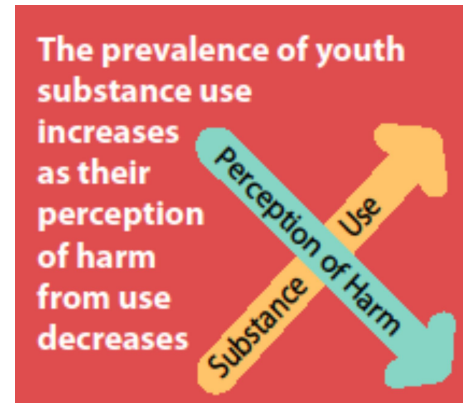
“Addiction to drugs or alcohol can be overcome by simple will power.”

“Marijuana is not addictive.”

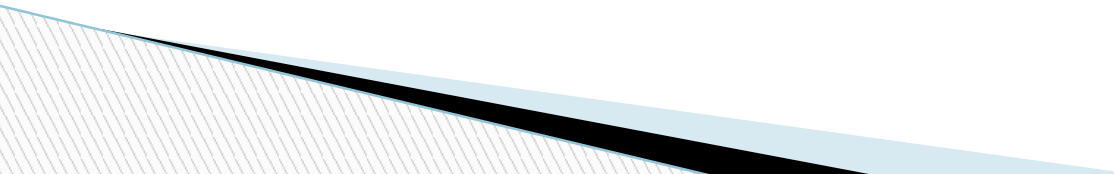
“Prescription drugs are safer.”

“The majority of youth use drugs or alcohol.”

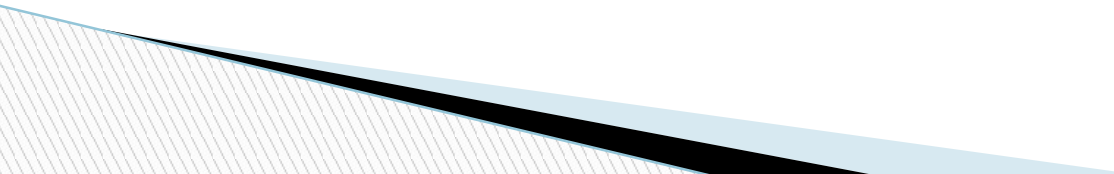
Are these views correct?



In the last month are 8th-graders...

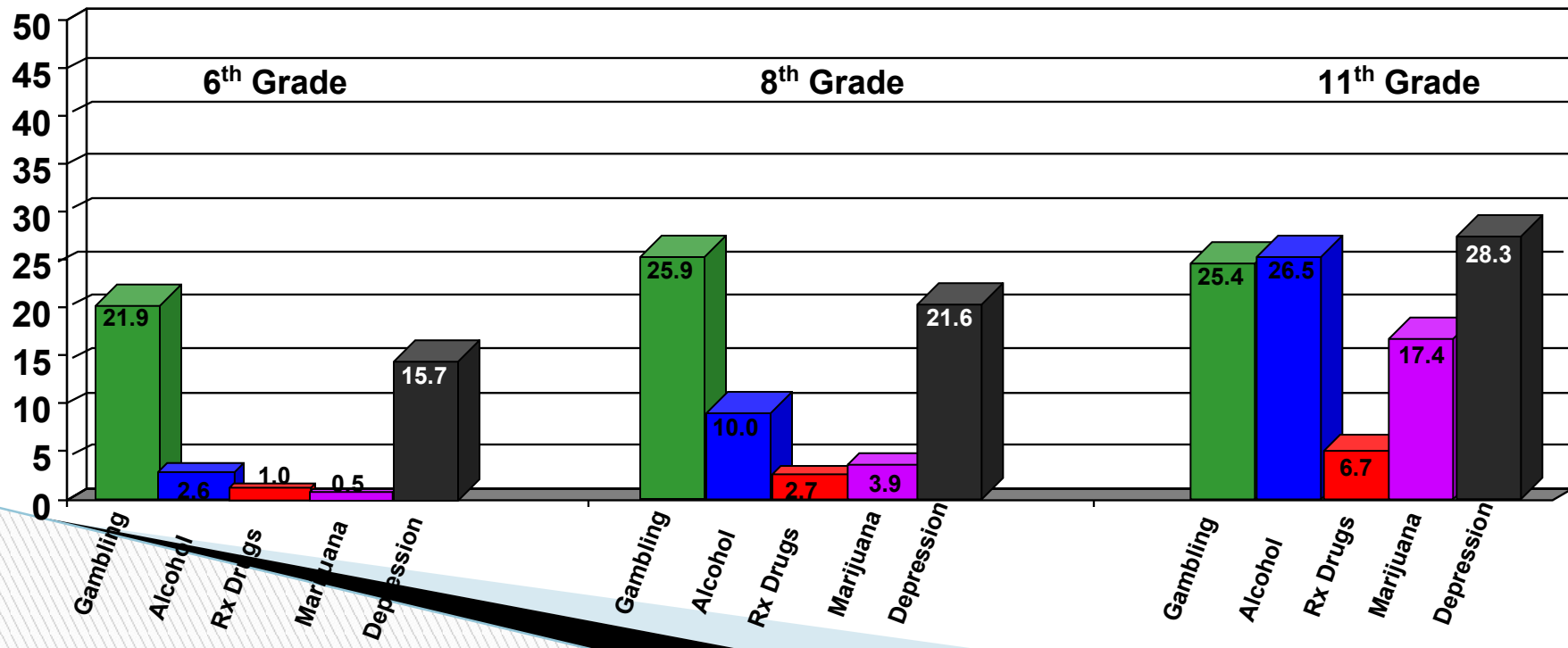
- A. Drinking alcohol more
 - B. Ingesting THC more
 - C. **Gambling more**
 - D. Using Rx meds more
- 

In the past month, are 11th-graders...

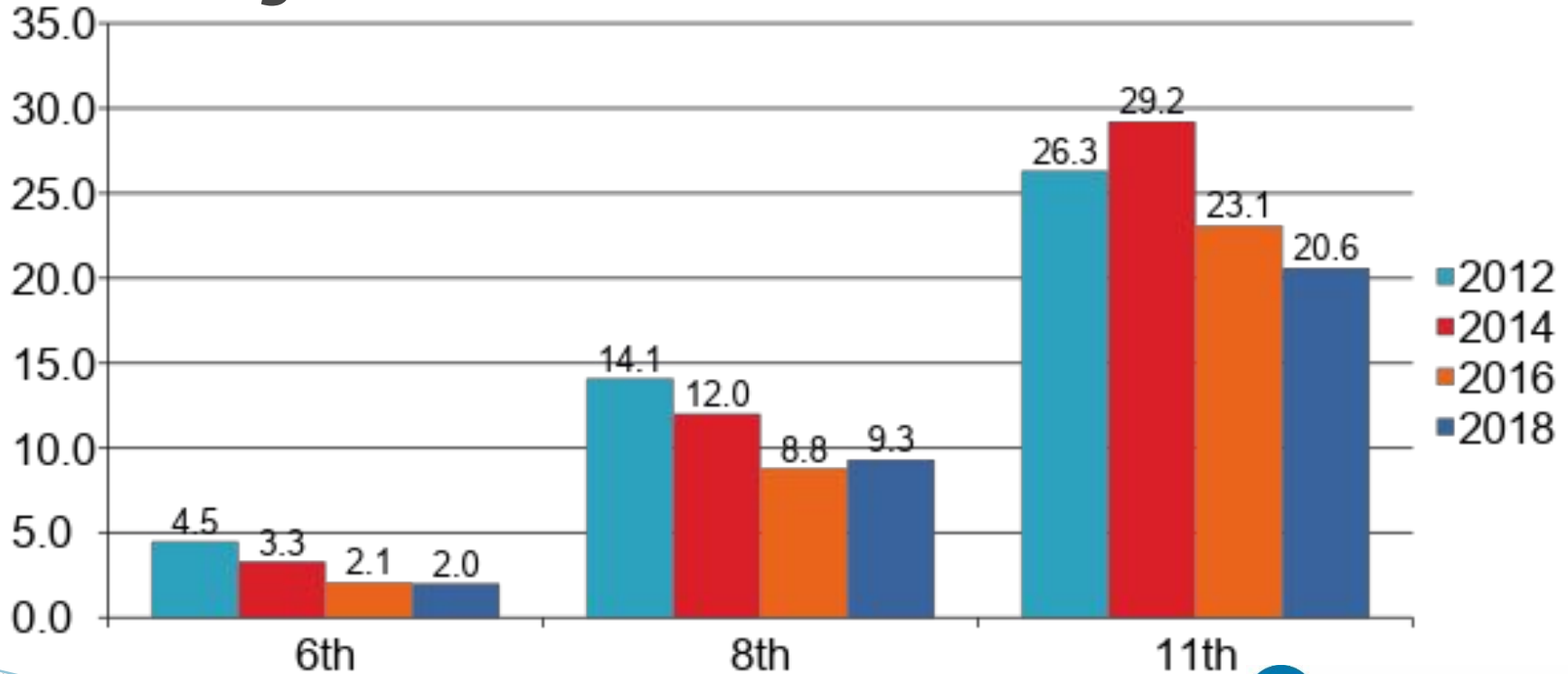
- A. Ingesting THC (marijuana) more?
 - B. **Drinking alcohol more?**
 - C. Using Rx meds more?
 - D. Gambling more?
- 

Risky Behavior and Washington County youth Past 30-Day Use

(2016 Oregon Student Wellness Survey n=9,112)

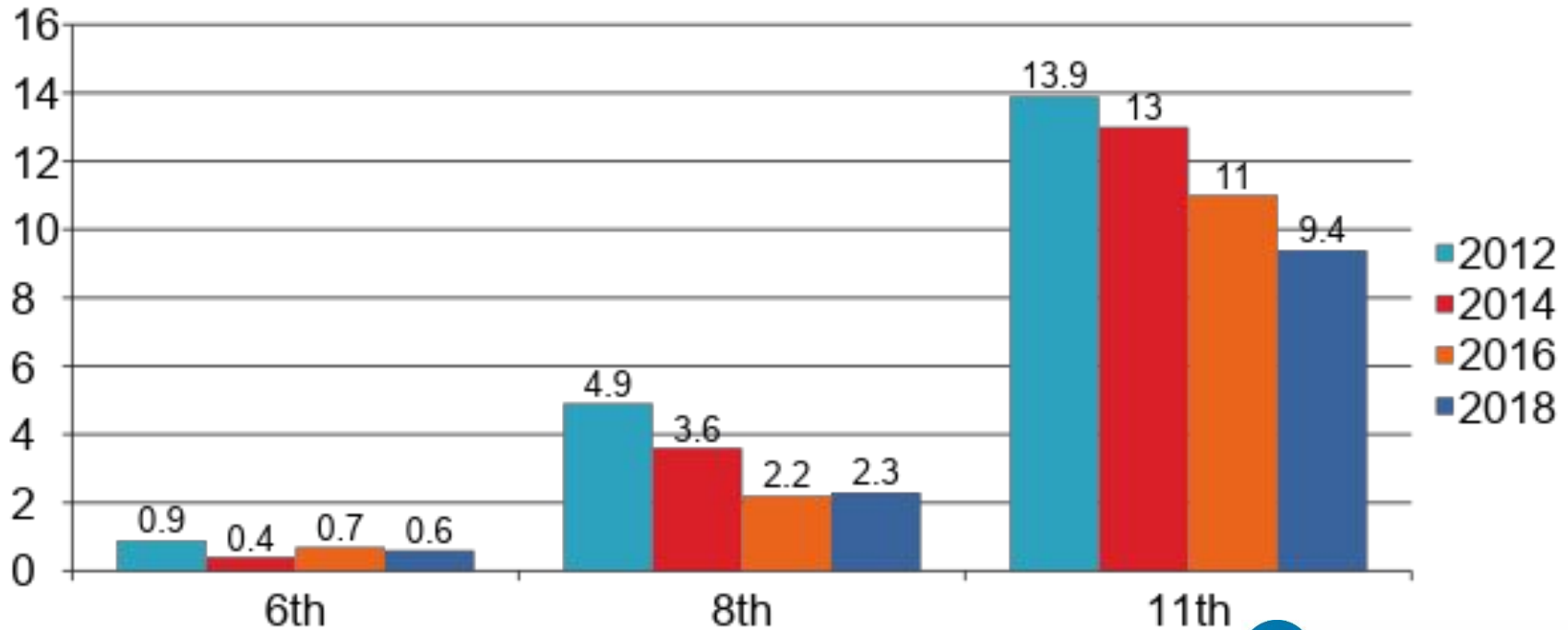


30 Day Alcohol Use (BSD)



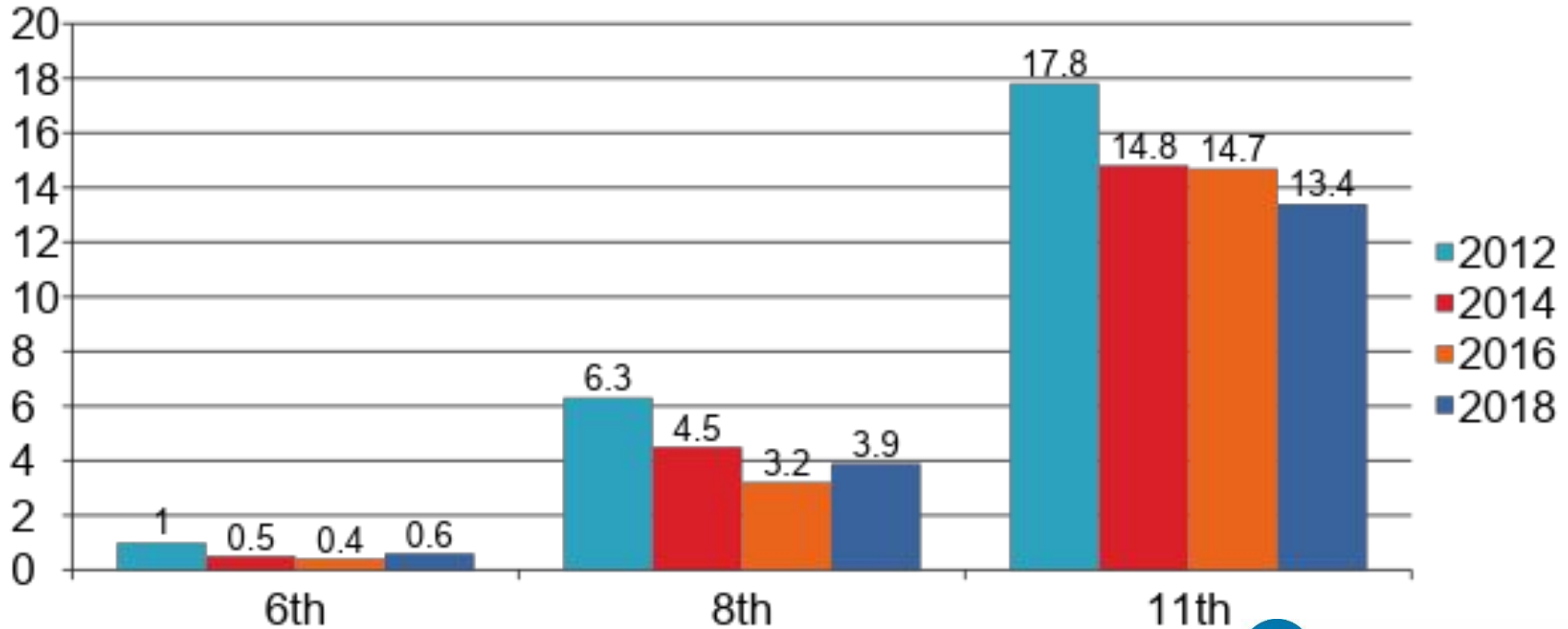
Data are percentages (%)

30 Day Binge Drinking (BSD)



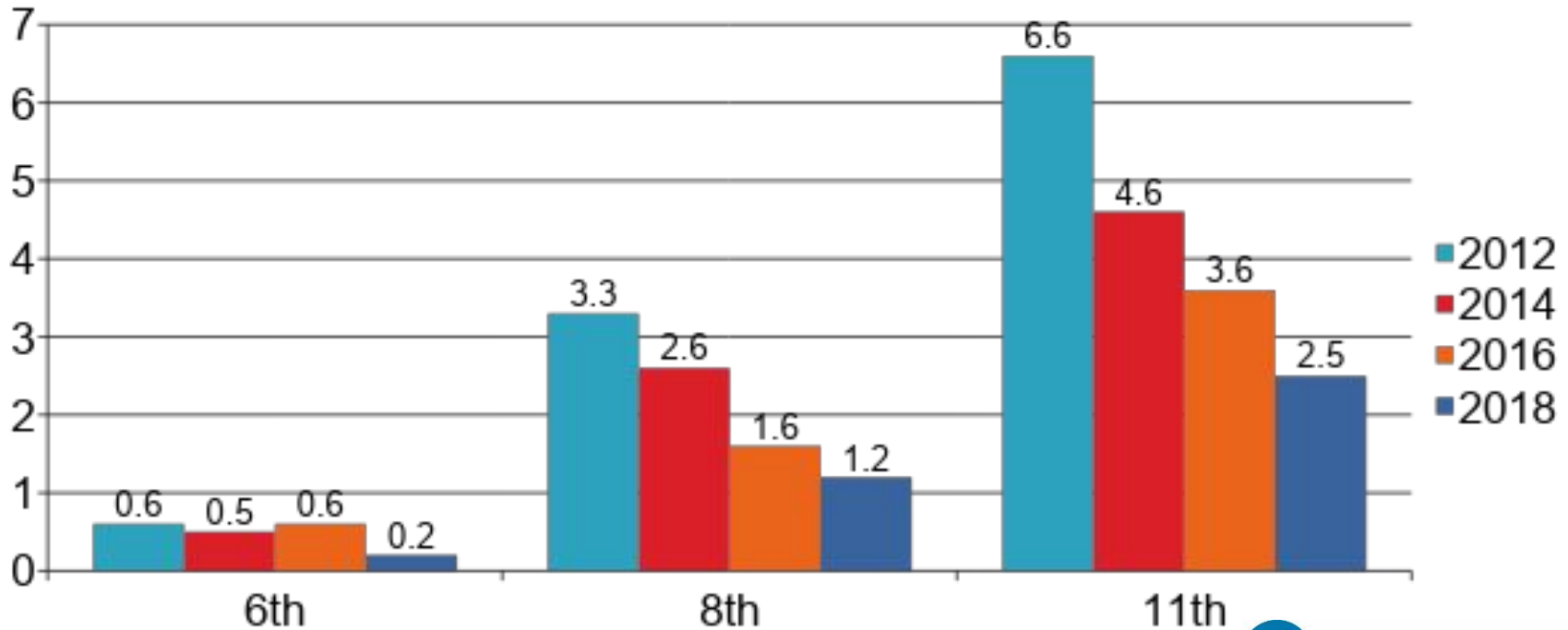
Data are percentages (%)

30 Day Marijuana Use (BSD)



Data are percentages (%)

30 Day Cigarette Use (BSD)



Data are percentages (%)

So what is trending up?

E-cigarettes and vaping (or “juuling”)

2018 Student Wellness Survey Data **(BSD in red)**

- ▶ 29% of 11th graders have tried an e-cigarette/vaping product at some point **(24%)**
- ▶ 16% used some time in the last 30 days **(13%)**
- ▶ 55 % felt it would be “sort of easy or easy” to get e-cigs, vape-pens, or e-hookahs **(52%)**
- ▶ 43% don’t disapprove of their peers using e-cigs/vape devices **(38%)**
- ▶ 60% of students don’t believe there is risk of harm using e-cigs/vape **(58%)**

VAPING



Healthier
than
Smoking?

Claims

- ▶ Safer
- ▶ Cleaner
- ▶ Vape isn't the same as smoke
- ▶ Better for the environment
- ▶ Cessation aid



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What's in there?

FORMALDEHYDE.

ALSO FOUND IN DEAD PEOPLE.



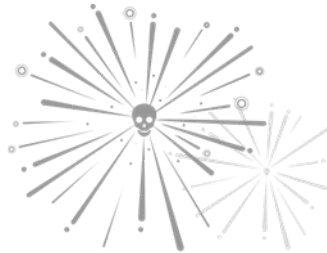
ARSENIC.

LIKE IN BUG SPRAY.



RUBIDIUM.

THE STUFF THAT TURNS FIRWORKS PURPLE.



BENZALDEHYDE.

MAKES PERFUME SMELL NICE.



CADMIUM.

LIKE IN BATTERIES.



LITHIUM

IT'S NOT ROCKET SCIENCE.

IT'S ROCKET FUEL.



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Designs



Flavors

- ▶ There are more than 7,700 unique e-cigarette flavors available online.
- ▶ An average of more than 240 new flavors are being added per month.
- ▶ One national study found that the odds increased by 89% that a flavored tobacco product would be used if the user was aged 18–24 years old compared to those aged 25–34 years old.



- Zhu, S-H, et al., "Four Hundred and Sixty Brands of E-cigarettes and Counting: Implications for Product Regulation," Tobacco Control, 23(Suppl 3):iii3–iii9, 2014.
- Campaign for Tobacco-Free Kids, *Flavored Tobacco Products Attract Kids*, June 6, 2016 / Laura Bach
- Villanti, AC, et al., "Flavored Tobacco Product Use Among U.S. Young Adults," American Journal of Preventive Medicine 44(4):388–391, 2013



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On September 12th, 2018 the FDA called e-cigarette use among youth an "epidemic" that requires "historic action."

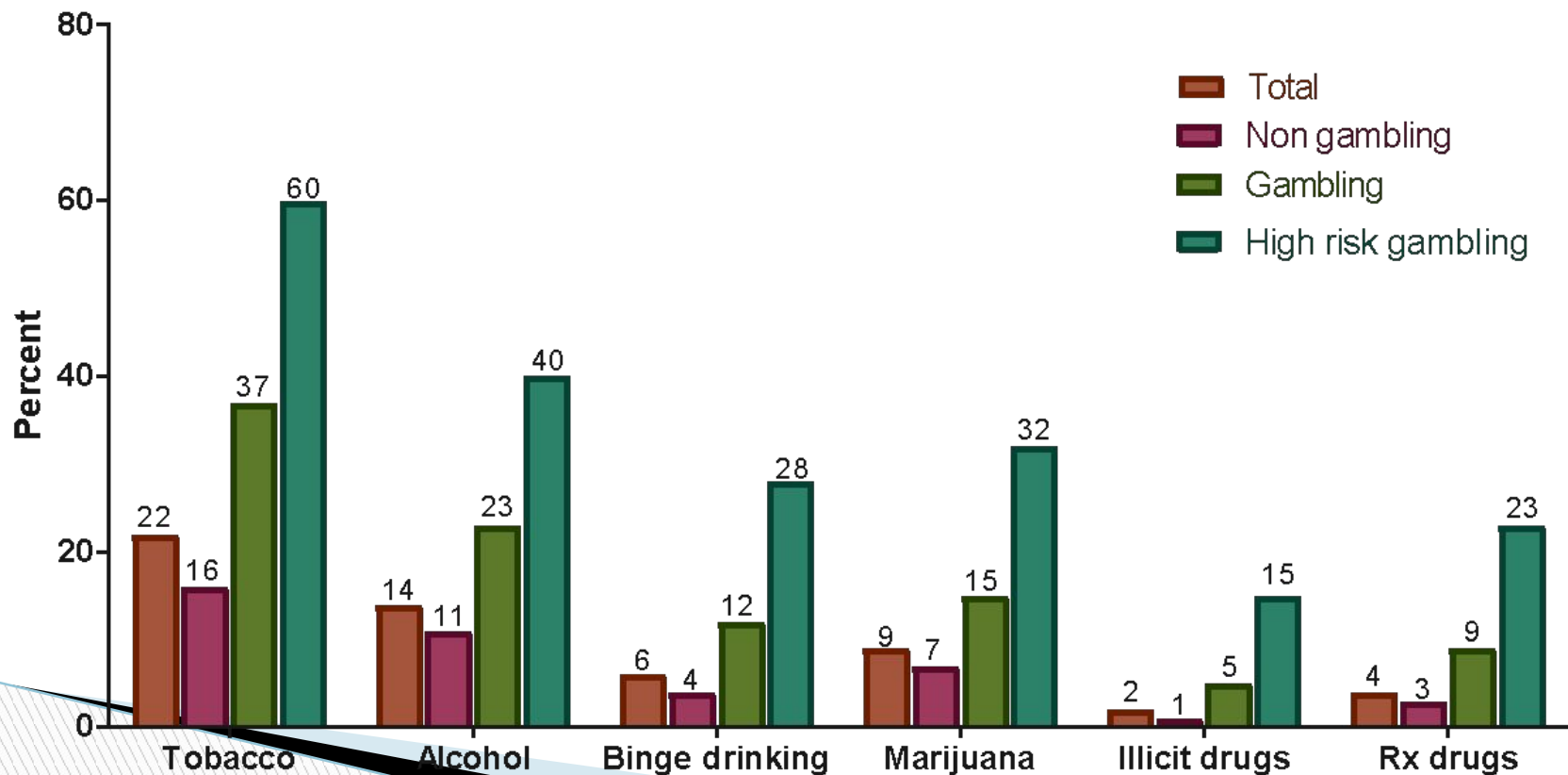


Which population has a higher rate of disordered gambling?

- A. Adults
- B. Youth
- C. They're about the same



Substance use in past 30 days by gambling type in Washington County Student Wellness Survey 2016



WAIT BUT WHY

The image features the text "WAIT BUT WHY" in a bold, orange, sans-serif font. Above the letters, several stick figures are positioned as if they are climbing or standing on the text. A figure is on top of the 'I' in "WAIT", another on the 'T'. In the "BUT" section, a figure is on the 'U' and another on the 'T'. In the "WHY" section, a figure is on the 'Y'. To the left of the first figure, there is a drawing of a person in a parachute, suggesting a theme of risk or waiting.

Stress/Trauma and the Adolescent Brain

- ▶ Stress can impact a youth's body:
 - Higher resting heart rate
 - High startle response
 - High reactivity
 - Hyper-arousal
- ▶ Stress can impact a youth's brain:
 - Reduced frontal activity, increased lower brain activity
 - Difficulty problem-solving
 - Inhibited emotion-regulation
 - Lowered impulse control



*"Young man, go to your room and stay there
until your cerebral cortex matures."*



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“Flipping One’s Lid”



→ Prefrontal cortex
P.F.C.
“THE WISE LEADER”

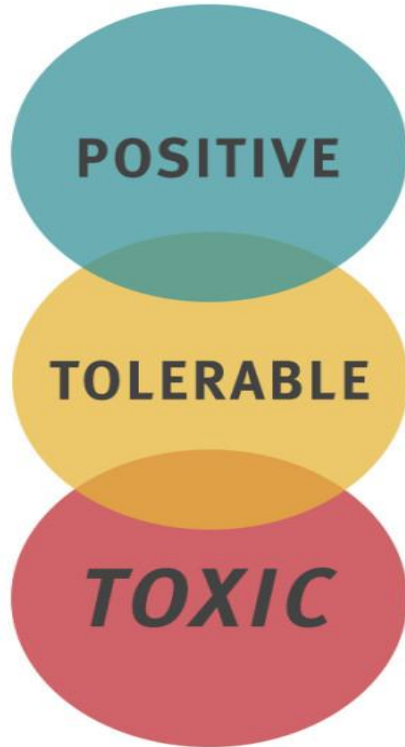


← “Flipped Your Lid”

← The big emotions, anger, fear,
anxiety etc...
The AMYGDALA - The alarm center
Acts on instinct
fight, flight or freeze

Credit: Daniel Siegel, V.D. is the creator of this metaphor
and expression “Flipped Lid”. Copyright © 2014 www.sharonSelby.com

Stressors/Trauma Defined



Brief increases in heart rate,
mild elevations in stress hormone levels.

Serious, temporary stress responses,
buffered by supportive relationships.

Prolonged activation of stress
response systems in the absence
of protective relationships.



January

				 Physical	 Sexual	 Emotional	
 Mental Illness	 Discrimination	 Neglect	 Poverty	 Use in home	 Bullying	 Other???	
							
		T	O	X	I	C	
S		R	E	S	S		!

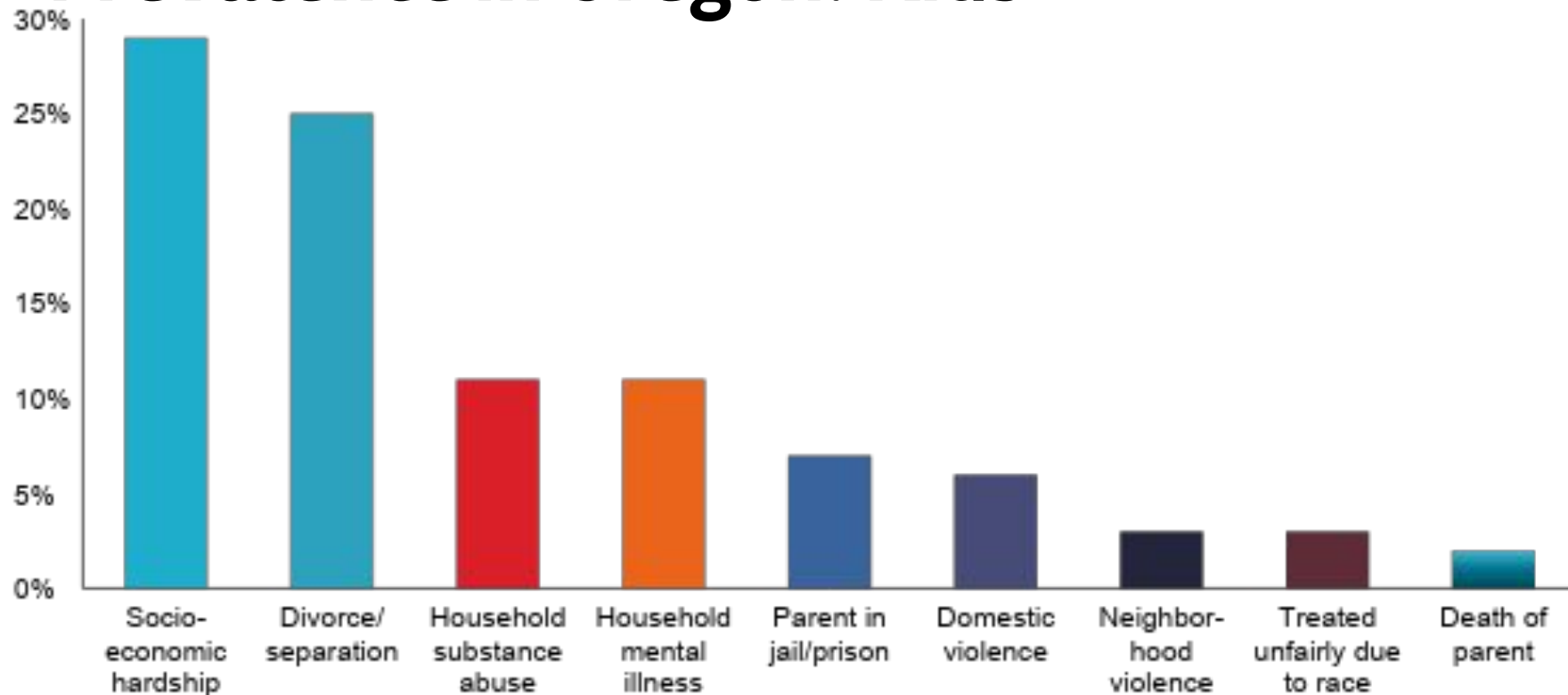
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Prevalence in Oregon: Kids



Warning Signs

- Mood changes: flare-ups of temper, irritability, and defensiveness.
- School problems: poor attendance, low grades, and/or recent disciplinary action.
- Rebellion against family rules.
- Friend changes: switching friends and a reluctance to have you get to know the new friends.
- A “nothing matters” attitude: sloppy appearance, a lack of involvement in former interests, and general low energy.
- Drug presence: finding it in your child’s room or backpack, or smelling like drugs on his or her breath/clothes.
- Physical or mental problems: memory lapses, poor concentration, bloodshot eyes, lack of coordination, or slurred speech.

Resilience builders/ protective factors:

- ▶ Eating meals together as family
- ▶ Attending religious services
- ▶ Family reads together
- ▶ Family sings or tells stories together
- ▶ Youth has adult mentor



Cut out these pieces and put in random places on your bingo card. You won't use every piece!

TAKE A DEEP BREATH 	RIDE A BIKE 	COUNT TO 10 	TAKE A BREAK 	WRITE 
CALL SOMEONE ON THE PHONE 	TAKE A WALK 	SEE A MOVIE 	PLAY SOCCER 	LISTEN TO MUSIC 
USE POSITIVE SELF-TALK 	USE AN I-STATEMENT 	GO SWIMMING 	TALK TO A FRIEND 	TALK TO A PARENT 
TALK TO A TEACHER 	GO FISHING 	PLAY FOOTBALL 	IMAGINE A CALM PLACE 	TAKE A BATH OR A SHOWER 
GO FOR A RUN 	RAKE LEAVES 	COOK 	READ A BOOK 	SHOP 
CLEAN YOUR ROOM 	GO OUT TO EAT 	FLY A KITE 	PLAY WITH CLAY 	TAKE A NAP 
COUNT TO 50 	COUNT TO 100 	DRAW 	STOP & THINK 	PLAY WITH PETS 

COPING TOOLS: What Helps Me

- | | |
|---|--|
| <input type="checkbox"/> Read A Book or Magazine  | <input type="checkbox"/> Ride a Bike or Skateboard  |
| <input type="checkbox"/> Hug or Climb a Tree  | <input type="checkbox"/> Create Origami  |
| <input type="checkbox"/> Journal or Write a Letter  | <input type="checkbox"/> Cook or Bake  |
| <input type="checkbox"/> Use Kind & Compassionate Self-Talk  | <input type="checkbox"/> Ask for Help  |
| <input type="checkbox"/> Make a Collage or Scrapbook  | <input type="checkbox"/> Talk to Someone You Trust  |
| <input type="checkbox"/> Rest, Nap or Take a Break  | <input type="checkbox"/> Weave, Knit or Crochet  |
| <input type="checkbox"/> Go on a Hike, Walk or Run  | <input type="checkbox"/> Build Something  |
| <input type="checkbox"/> Take Good Care of the Earth  | <input type="checkbox"/> Get a Hug  |
| <input type="checkbox"/> Drink Water  | <input type="checkbox"/> Visualize a Peaceful Place  |
| <input type="checkbox"/> Play a Board Game  | <input type="checkbox"/> Stretch  |
| <input type="checkbox"/> Do Something Kind  | <input type="checkbox"/> Make Art  |
| <input type="checkbox"/> Make and Play with Slime  | <input type="checkbox"/> Use Positive Affirmations  |
| <input type="checkbox"/> Discover Treasures in Nature  | <input type="checkbox"/> Take Slow, Mindful Breaths  |
| <input type="checkbox"/> Take a Shower or Bath  | <input type="checkbox"/> Clean, Declutter or Organize  |
| <input type="checkbox"/> Exercise  | <input type="checkbox"/> Use Aromatherapy  |
| <input type="checkbox"/> Drink a Warm Cup of Tea  | <input type="checkbox"/> Cry  |
| <input type="checkbox"/> Forgive, Let Go, Move On  | <input type="checkbox"/> Try or Learn Something New  |
| <input type="checkbox"/> Practice Yoga  | <input type="checkbox"/> Listen to Music  |
| <input type="checkbox"/> Garden or Do Yardwork  | <input type="checkbox"/> Use a Stress Ball or Other Fidget  |
| <input type="checkbox"/> Jump on a Trampoline  | <input type="checkbox"/> Get Plenty of Sleep  |
| <input type="checkbox"/> Cuddle or Play with Your Pet  | <input type="checkbox"/> Kick, Bounce or Throw a Ball  |
| <input type="checkbox"/> Practice Gratitude  | <input type="checkbox"/> Take or Look at Photographs  |
| <input type="checkbox"/> Do a Puzzle  | <input type="checkbox"/> Eat Healthy  |
| <input type="checkbox"/> Blow Bubbles  | <input type="checkbox"/> Play Outside  |
| <input type="checkbox"/> Smile and Laugh  | <input type="checkbox"/> Sing and/or Dance  |

Coping Skills

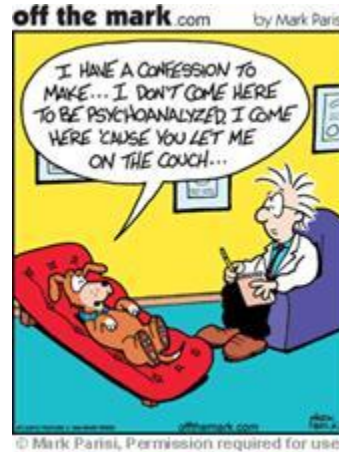


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Who can Help?

- Psychiatrist
- Psychiatric Nurse
- School/Guidance Counselor
- School Psychologist



- Psychologist
- Therapist
- Counselor
- Social Worker

Hawthorn

WALK-IN CENTER



Mental Health & Addictions Care

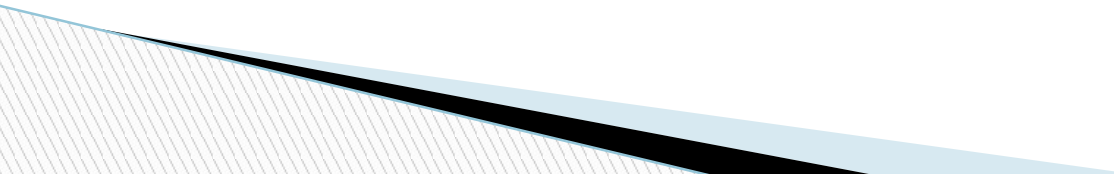
5240 NE Elam Young Parkway, #100
Hillsboro, OR 97124
503.846.4555



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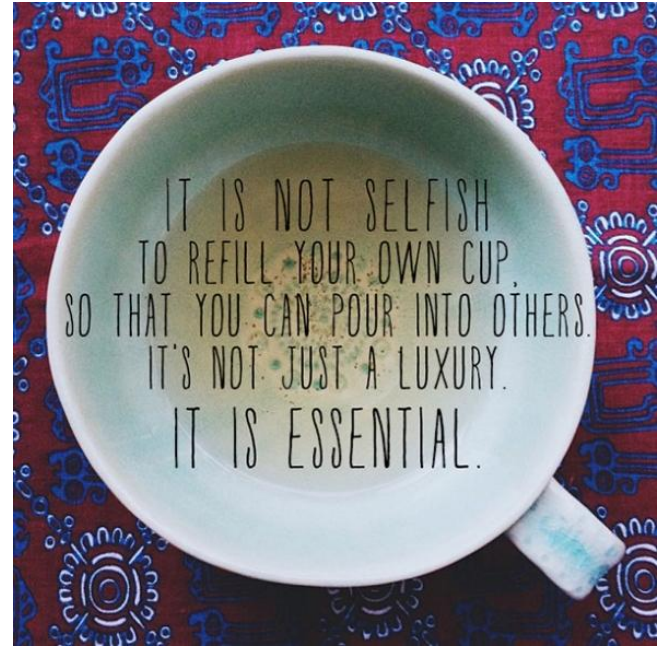
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Resources

- Washington County Crisis Line 503-291-9111
 - Alcohol and Drug 503.244.1312
 - Alateen 800-344-2666
 - Gambling Treatment 1-877-695-4648
 - Suicide Prevention Lifeline (Local Lines for Life) 1-800-273-TALK
 - Youth Line 1-877-968-8491
 - Text teen2teen at 839863
 - 211 Information Line 503.222.5555
- 

Thank you!

Genevieve_ellis@co.washington.or.us



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