

## **The United States of Numb: Current Adolescent Drug Trends 2016**

**Satellite Conference and Live Webcast  
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Produced by the Alabama Department of Public Health  
Video Communications and Distance Learning Division

## **Faculty**

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## **Setting the Stage...**

- Drug use changes brain chemistry in adolescents (whose brains are still developing)...hijacks the brain
- Most commonly used = alcohol and marijuana
- Biggest increase in use = Rx drugs
- Synthetic use has increased
- IV drug use and heroin use have increased

**Addiction is a pediatrically-  
acquired disease**

**90% of addicted Americans  
begin use before age 18**

## **Addiction Risk Factors**

- Two main questions:
  - Does the adolescent smoke?, and
  - Is there a family history of addiction?
- Age of first use (younger, higher risk)
- Learning disabilities, behavioral problems, psychological disorders
- Trauma (abuse, divorce, bullying)

## **Addiction Risk Factors**

- Stress (feelings of inadequacy and insecurity...little life experience to help them cope, turn to destructive behaviors)
- Quality of parenting (parents who use...or sanction use... have kids who use)
- Genetic history = 4x more likely to become addicts

### **Protective Factors**

- High self-esteem
- Emotional self-control and regulation
- Resiliency (coping skills and problem-solving skills)
- Family structure and supervision
- Clear family expectations of behavior and values

### **Protective Factors**

- Opportunities for positive connections: peer, school, athletics, religious, community

### **Protective Steps for Parents**

- Lock up everything in your home that contains alcohol (liquor cabinet, etc.)
- Lock up all OTC and Rx medications
- Talk to your teen (help them feel heard)
- Know your teen's friends and hangouts

### **Common Signs and Symptoms**

**\*Not So Common Anymore!**

- Sudden or gradual drop in grades
- Tardiness or absences from school
- Lying / blaming others
- Unusual need to access money
- Changes in peer group
- Denial when concerns are expressed regarding use

### **Common Signs and Symptoms**

**\*Not So Common Anymore!**

- Sneaking around drugs and alcohol
- Unusual sleeping patterns
- Burns on hands or clothes
- Personality or physical changes
- Stomach problems
- Drug paraphernalia (may not be obvious; may be hiding in plain sight)

### **Common Signs and Symptoms**

**\*Not So Common Anymore!**

- Using kids now look like any other kid, making use more difficult to detect!

### **A Clean Drug Screen Can Be Very Misleading!**

#### **Can Be Detected**

- Alcohol
- Marijuana
- Heroin / Opiates
- Benzos
- Cocaine
- Amphetamines

### **Difficult or Impossible To Detect**

- Inhalants
- LSD, Mushrooms
- DXM / Dextromethorphan
- GHB

**Drug screens are only one tool in your bag; don't let a clean drug screen give a false sense of security**

### **Synthetic Drug Screens**

- Difficult to maintain stable screens for these since chemicals change from formulation to formulation
- Current specialty screens available at various labs (not included on standard panels):
  - Synthetic marijuana: tests for JWH-018, JWH-073, cannabinoids

### **Synthetic Drug Screens**

- Synthetic cocaine/stimulants: tests for mephedrone and MDPV
- Synthetic heroin: (Kratom) tests for mitragynine

### **System Cleansers/ Dilution Products**

- Total Stealth Body Toxin Eliminator
- Speed Detox
- Quick Fix Plus
- Whizinator
- Shampoo
- Mouthwash

### **System Cleansers/ Dilution Products**

- Niacin
- Sure Gel / Pectin

### **Progression of Addiction**

- Stress, anxiety, depression, other undesirable feelings
- Drugs and alcohol create euphoria and numb these negative emotions (\*Addiction for many begins with nicotine...cigs, dip, e-cigs)
- Difficult for teens to delay rewards; they understand but don't fear consequences

### **Progression of Addiction**

- Consequences start slowly for many, making it difficult to connect the dots
- Parental attitudes / beliefs can interfere with detection
  - (Not my child...as long as it's ONLY pot and / or alcohol)

### **Progression of Addiction**

- As use continues there are more things to escape from, creating vicious cycle of use and increased consequences
- Addiction sets in with teens who continue to use despite the negative consequences (increased tolerance, trying more dangerous and higher quantities of drugs)

### **Progression of Addiction**

- The good news is most kids respond to negative consequences
- For those who continue to use, early intervention is key!

### **Drug Culture**

- What drives drug trade...money, getting high, doing what they want (celebrity influence often glamorizes use)
- Sex, drugs, alcohol, violence...These messages are 24/7, bombarding our kids.
- Drug clothing, hiding in plain sight
- Concealment industry (containers and system cleaners)

### **Drug Culture**

- Most popular concealment containers = energy drinks and water bottles
- Head shops (liquor stores, tobacco shops, vaping shops), malls (Lids, Spencer's Gifts), Ebay, Amazon, smokecartel.com, happyleaves.com

## Adolescent Drug Trends The Great Escape...

### Nicotine

- First drug of abuse for most adolescents
- Effect: Central nervous system stimulant, makes you feel energized, then not, making one want to use again to get energized effect
- Causes brain cell damage and loss at any age

### Nicotine

- Worse for an adolescent's hippocampus (the mind's memory bank)
- Also causes more cases of depression when compared to adult smokers
- Not enough is known about e-cigs to yet weigh the effects of this use

### Alcohol

- Binge drinking (availability issues), combining with Rx and OTC drugs
- Household items with alcohol: mouthwash, cold medication, cooking sherry, vanilla extract, hand sanitizer
- Vodka-soaked tampons (male and female), vodka in eye dropper
- "Smoking" alcohol

### Alcohol

- Palcohol-can be snorted, person can be dosed. Premium vodka, Puerto Rican rum, equivalent to 5 oz alcohol. FDA approved but only distributed from outside US now
- Dewshine-mixing Mountain Dew and racing fuel (methanol); 2 deaths reported in Tennessee as of 1/26/16, TN Poison Control reports additional cases

### Alcohol

- Urine = 6-24 hrs, Hair = up to 90 days, Blood = 12-24 hrs
- Slang: handle, yack, krunk = high on alcohol and chronic (mj)

### **Marijuana**

- More potent than 20 years ago
- Universal smoke time “420”; look for related paraphernalia
- Gas pump emoji = I’ve got weed or I need weed
- Finger hands = roach clip
- Cost per ounce can be \$250 or more for high-quality

### **Marijuana**

- Many kids deal or serve as middle - man to support use
- Urine = 30 days or more with heavy use or users w/high body fat, Hair = up to 90 days, Blood = up to 2 weeks if heavy use

### **Marijuana**

- Slang: skunk weed, cookie, moonshine haze, sour diesel, blueberry OG, krunk = high on alcohol and chronic (mj)

### **Marijuana Waxes / Oils Concentrates / Edibles**

- Wax-Looks like butter/honey; also called budder \$60/gm
- Oil-Oil substance, little to no smell; \$60/gm or \$50/shot pack
- Shatter-Breakable, bendable, amber colored; \$70/gm
- Bubble Hash-Water extraction method
- Much less odor than traditional mj

### **Marijuana Waxes / Oils Concentrates / Edibles**

- Cooking can easily cause explosion (pooled butane in home or room + spark from a/c, fridge = explosion)
- Highs are more intense, longer lasting, cause hallucinations
- Already seeing people passing out from this use, and experts believe overdoses are not far behind

### **Marijuana Waxes / Oils Concentrates / Edibles**

- Mj user’s argument that “No one has ever died from marijuana use” is already invalid (3 deaths as of 12/31/15; one accident, one suicide, one murder attributed to high levels of THC/edibles)
- Edibles-being brought out of legalized states and through TSA in trail mix, peanut M&Ms, etc.

### **Marijuana Transdermal Patches / Gels / Topicals**

- Hot trio of products launched 4/20/15 at Denver Cannabis Cup
- Sustained release lasts 8-12 hours
- User does not appear stoned, just relaxed
- Delivery method similar to nicotine patch; gel is applied to inside wrist or top of foot

### **Marijuana Transdermal Patches / Gels / Topicals**

- Cannabis delivered straight to bloodstream
- No odor
- 10mg patch equivalent to 80mg edible

### **Synthetic Marijuana**

- “Fake Marijuana” (but not really...)
- Illegal in all 50 states
- Agitation, vomiting, hallucinations, paranoia, tremors, seizures, chest pain, stroke, kidney damage, acute psychosis, brain damage, death
- Drug test doesn't detect all formulations

### **Synthetic Marijuana**

- Over 400 different brand names; ex. Spice, K-2, Jwh-018, Crazy Clown, Atomic Bomb, Baby J, Krunk Max, K-bomb, Nightmare, Purple Haze, Rasta Spice, Scooby Snax

### **Synthetic Cocaine**

- Bath salts
- Can be injected, snorted, or ingested
- Small foil packages left behind after bath salt usage
- Users may become paranoid, experiencing hallucinations; causes sweating / overheating
- Users may become suicidal
- Slang: Scarface, White Bull, Ivory Wave

### **Bath Salts: Flakka**

- Raises body temp to 105-107 degrees
- Hallucinations, psychotic episodes, violence
- Users report blacking out for 2-3 days
- Snorted, smoked, injected, swallowed
- Cut with rat poison, insecticide
- Sold online

### **Bath Salts: Flakka**

- Brought into U.S. from China
- \$3-\$5 per dose
- Also called “gravel” and “\$5 Insanity”

### **Synthetic Heroin**

- Vivazen, Pegasus-liquid, sold in convenience stores
- Currently legal in majority of states as of 1/2016
- Also known as Mr. Smiley, Black Flame Kratom

### **Synthetic Heroin**

- Kratom-Sold as a tea (natural tea extract), currently not illegal unless head shop owner refers to it as a drug; sold as liquid and capsules
- Made from leaves of tree grown in southeast Asia (*mitragyna speciosa*)
- In small doses, stimulant; high doses, sedative

### **Synthetic Heroin**

- 30 pills for \$30; \$4.99-11.99 per bottle liquid
- Nervousness, aggression, sleeplessness, tremors

### **Synthetic LSD**

- 25i/25c/Nbome
- Psychedelic drug similar to lsd
- Taken orally, sublingual, nasal
- Can be mistaken for blotter acid
- Effects can last 4-12 hours
- 19 deaths linked within last 1.5 years

### **Synthetic Vaping**

- Any water-soluble synthetic drug can be converted into a liquid and used in vaping pen
- No odor to detect use
- Popular names include Cloud 9, Hookah Relax, Crown, Bizaro, Shisha, Mad Hatter, Darth Vapor



### **Synthetic Vaping**

- Many e-liquid drugs don't list active ingredients, hiding the facts about dangers of use
- Effects may be worse due to mixing liquid substances and often new users have no idea what they're vaping

### **Dextromethorphan**

- Any cough/cold remedy that contains DXM (dextromethorphan)
- Hallucinations, sense of dissociation
- Often shop-lifted
- Often taken in very large dosages (up to 40 at a time)

### **Dextromethorphan**

- Dex Slang: Triple C's, Cordies, Skittles, Orange Crush, Robo-Trippin', Robofizzing, rojo, velvet, dexing
- Crunk = Drink made from cough syrup and Rx pain pills, sometimes also mixed with grape or orange soda
- Two Styrofoam cups stacked = dex/syrup

### **Ecstasy / Molly (MDMA)**

- Two-for-one drug, acts as a stimulant and a hallucinogen
- Depletes the Serotonin levels in the brain (90%-2 weeks)
- Raves, techno/electro music scene
- Pacifiers/mouth guards are used to keep from grinding teeth

### **Ecstasy / Molly (MDMA)**

- Cost \$10-\$20 (Ecstasy), \$50 (Molly)
- Urine = 24 hrs, Hair = up to 90 days, Blood = 24 hrs

### **Tesla (MDMA)**

- Super potent form of MDMA
- Some reports have indicated MDMA mixed with opiates and other drugs, but primarily high dose MDMA
- European press pill
- Orange tablet in shield shape, 200-260 mg
- Also called Superman

### Tesla (MDMA)

- MDMA content is 2.5-3x stronger than most MDMA tabs
- Pill glows under blacklight
- Aftereffects can last 2-3 days after use
- Rollsafe.org = MDMA users' harm reduction guide

### Heroin

- Mexican Brown Power, Black Tar; 98.6% pure
- Cost \$15 for 100mg (same high as \$100-\$120 worth of opiates)
- Can be injected, smoked, or inhaled; IV has become normalized
- Liquid O=black tar heroin/warm water, eyedropper vial-inhaled through nose, costs \$5-\$10/drop

### Heroin

- Baby Heroin = Crush Tylenol PM snorted with H for first time to make snorting easier
- Heroin in pill form: Originating in Mexico, appear to be Oxy
- High risk of OD and death

### Heroin

- Narcan (Naloxone)-Opiate antagonist (nasal spray, injection); intubation is being used frequently now due to potency of drug
- Urine = 3-4 days, Hair = up to 90 days, Blood = 1-2 days
- Slang: Aunt Hazel, Dirt, Salt

### Fentanyl - Laced Heroin

- Called Theraflu, Bud Ice, Income Tax
- Being seen more frequently across the US
- Fentanyl 100x more potent than morphine
- Laced heroin produces stronger high and is more addictive (creating more business for dealer)
- Many overdoses and overdose deaths are attributed to this mixture since user does not know the drug is laced

### Prescription Medications

- Opiates / Narcotic pain relievers
- Stimulants / Study Drugs
- Tranquilizers / Benzos



### **Opitates / Narcotic Pain Relievers**

- Lortab, Lorcet, Hydrocodone, Methadone, Oxycontin, Dilaudid, Demerol, Fentanyl
- Originally created for only two types of pain: Orthopedic surgery pain and cancer pain

### **Opitates / Narcotic Pain Relievers**

- Single large dose can cause severe respiratory depression and death
- Cost \$25-50 per pill (cost pharmacy .75)
- Urine = 2-4 days, Hair = up to 90 days, Blood = 1-3 days
- Slang: PK's, mud, nose drops, Aunti Emma

### **Stimulants / Study Drugs**

- Adderall, Ritalin, Concerta; Vyvanse considered least abusable
- Increase in alertness, attention, and energy
- Increases blood pressure, heart rate, respiration and blood glucose and constricts blood vessels
- Cost \$3-6 per pill
- Slang: The A Train, Bennies

### **Tranquilizers / Benzodiazepines**

- Klonopin, Xanax, Valium, Ativan
- Used to treat anxiety, panic attacks, and sleep disorders
- Produces a drowsy or calming effect
- Withdrawal can cause seizure and death
- Xanax-injected gummy bears

### **Tranquilizers / Benzodiazepines**

- Cost \$1-5 per mg
- Urine = therapeutic use 7 days/chronic use 4-6 wks, Hair = up to 90 days, Blood = 6 to 48 hours
- Slang: Tranx, Bars, Valley Girls

### **Other Drugs...**

- Cocaine / Crack
- Crystal Meth
- Inhalants (Axe Body Spray)
- GHB, Roofies (mainly college campuses as Date Rape Drug; Ambien used as DRD, Visine as DRD)

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