

# **WILLIAMSBURG MIDDLE SCHOOL**

## **SUBSTANCE ABUSE PREVENTION OVERVIEW**

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# OBJECTIVES

- Why Adolescents Use Drugs
- Symptoms and Warning Signs of Substance Use
- The Role of your School Resource Officer
- Substance Use Reported by APS Students
- What a Parent Can do to Help

# WHY ADOLESCENTS USE DRUGS?

- To fit in
- To feel good
- To feel better
- To do better
- To experiment

# THE DANGERS OF ADOLESCENT SUBSTANCE USE

- Detrimental impact on the brain
- School failure
- Problems with family and other relationships
- Loss of interest in normal healthy activities
- Impaired memory
- Mental health problems—including substance use disorders of varying severity
- Increased risk of overdose death

# THE ROLE OF THE SCHOOL RESOURCE OFFICER

## The School Resource Unit :

- Interacts with students and school staff on a daily basis
- Works closely with administrators, school based counselors, substance abuse specialists, resource assistants, etc.
- Teach lessons to students about:
  - Drugs / alcohol use
  - Driving instruction
  - Bullying prevention
  - Internet safety

# SIGNS AND SYMPTOMS

## **Physical Signs:**

- Neglected appearance
- Unexplained weight loss or gain
- Sleeping or exhaustion in class
- Red, watery eyes
- Smell of substance on breath, body, or clothes
- Running nose
- Hacking cough
- Lack of energy and/or motivation

## **Behavioral Signs:**

- Change in attitude/personality
- Change in friends
- Drop in grades or poor academic performance
- Excessive tardiness, absence or skipping class, truancy
- Difficulty maintaining attention
- Paranoia, hallucinations
- Excessive need for privacy
- Secretive or suspicious behavior

# SUBSTANCE USE REPORTED BY APS STUDENTS

- Alcohol
- Marijuana
- Prescription medication
  - Xanax
  - Opiates/opioids
- Vaping
- Over-the-Counter Medication

# ALCOHOL

- Ethyl alcohol or ethanol, is the intoxicating ingredient found in wine, beer, and liquor
- Central Nervous System (CNS) depressant, which is rapidly absorbed from the small intestines (80%) and stomach (20%) into the blood stream
- Alcohol touches every single organ in the human body
- Lowers inhibitions and affects memory
- Poor decision making ability
- Loss of coordination and control
- Death



# MARIJUANA



## Signs of use:

- Red eyes
- Dry mouth
- Anxiety and paranoia
- Distorted perception
- Learning and memory issues
- Coordination problems



# PRESCRIPTION MEDICATION



# PRESCRIPTION MEDICATION

Type	Classification	Examples	Effects
Narcotics	Opiates/Opioids	Morphine, OxyContin, Demerol, Percocet	Euphoria Sedation Nausea/Vomiting Constricted pupils Labored breathing Reduced heart rate
Depressants	Benzodiazepines, Barbiturates	Xanax, Klonopin, Amytal	Slow brain function Slowed pulse and breathing Lowered blood pressure Poor concentration Confusion Fatigue Dizziness Slurred speech
Stimulants	Amphetamines	Adderall, Ritalin,	Intense feelings of happiness Suppressed appetite Increased heart rate and blood pressure Increased body temperature Muscle tremors

# PRESCRIPTION MEDICATION: XANAX



- Benzodiazepine
- Acts on the brain and central nervous system by producing a calming or tranquilizing effect
- Commonly prescribed for the treatment of panic disorder, generalized anxiety disorder or social anxiety disorder
- Physicians write more than 50 million benzodiazepine prescriptions every year — more than one per second

# THIS IS A PROBLEM!

## Fake Xanax Pills Overdose Warning!



real Xanax vs. fake Xanax

Fake Xanax pills contain dangerous amounts of Fentanyl (which is an opiate like morphine or heroin) are being sold in the area. There has already been one fatal overdose and four folks admitted to the emergency room. Be very careful if you are taking these fake street Xanax pills as the Fentanyl can cause an OD.

If anyone is overdosing on these fake pills, please call 911. If you have Narcan you can administer Narcan to revive them.

For more info and if you need  
Narcan contact your local  
needle exchange.



# PRESCRIPTION MEDICATION: OPIATES/OPIOIDS

## Opioids (synthetic or man-made)

- Fentanyl
- OxyContin
- Vicodin
- Percocet
- Demerol

## Opiates (derived from the opium poppy)

- Heroin
- Morphine
- Codeine

## How they work:

- Attach to the molecules that protrude from certain nerve cells in the brain called opioid receptors, then they send messages to the brain that are not accurate measures of the severity of the pain that the body is experiencing. Thus the person who has taken the drug experiences less pain
- Cause a deep relaxation and/or sleepiness



# HEROIN

The impact:

Enters the brain rapidly and binds to opioid receptors on cells located in many areas, specifically: those involved in feelings of pain and pleasure and in controlling heart rate, sleeping, and breathing.

Symptoms:

- Pinpoint pupils
- Sleepy eyes
- Tendency to nod off
- Slow breathing
- Flushed skin
- Runny nose
- Dry mouth
- Itchiness
- Nausea
- Vomiting
- Use
  - Sniffed/Snorted
  - Smoked
  - injected

# THE ARLINGTON OPIOID CRISIS IN PERSPECTIVE (AS OF 12, 2018)

2017

- Total Cases 157
- Non fatal-55
- Fatal-19

Total cases 157

2018

- Total Cases
- Non Fatal- 38
- Fatal-10

Total cases 147

# VAPING/ELECTRONIC CIGARETTES

- Vaping refers to inhaling and exhaling aerosol (vapor and chemicals) from electronic cigarettes and other devices
- Unregulated by the federal drug administration (FDA)
  - Nearly 500 brands and 7,700 flavors on the market- none of them have been evaluated by the FDA
  - Unknown contents
  - Studies have found toxic chemicals, including an ingredient used in antifreeze and formaldehyde in e-cigarettes
  - Because the FDA doesn't regulate these products, there are no requirements around ingredient disclosure, warning labels or youth access restrictions.
- They contain nicotine
  - Some contain 2-3% nicotine; others contain 7-10%, which can be fatal)
- Not effective in helping individuals quit smoking
- Use of e-cigarettes for middle and high school students has tripled since 2013
- Help hide marijuana usage
  - Concentrated marijuana or hash oil is often used in vapes
  - There is no way to determine how much oil is inhaled

# ADDITIONAL DANGERS...

- Lowers body's ability to fight infection
- Can cause a condition known as “popcorn lung”, which is related to the flavored chemicals placed into the device (2,3-pentanedione and diacetyl). These chemicals systematically destroys the lungs' smallest airways
- Lithium Ion-powered Vapes Can explode
- Levels of nicotine that are placed in the juice are infrequently monitored
- Ingestion of the liquid or juice can be lead to poisoning
- Metal particles can be found in the smoke
- May contain Formaldehyde
- Increased risk of pneumonia



Another Reason To Avoid Vaping: Man Says Vaping Burned A Hole In His Lung





# OVER-THE-COUNTER MEDICATION

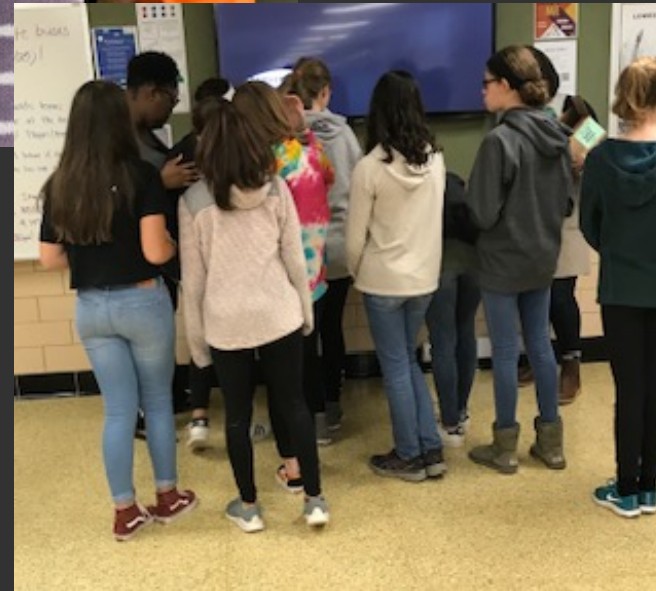
- Dextromethorphan
  - Large doses can cause an increased heart rate, hallucinations, vomiting, blurred vision, shakiness, and brain damage
  - Robitussin, Dayquil, Nyquil, Tylenol cough and cold, Coricidin, Dimetapp, Mucinex
- Pseudoephedrine
  - Irregular heartbeat, shortness of breath, high blood pressure, dizziness and seizures
  - Active ingredient in crystal meth production
  - Advil allergy sinus, Advil cold and sinus, Sudafed
- Dimenhydrinate
  - Hallucinations, ringing in the ears, nausea, irregular heartbeat, seizures, coma and death
  - Dramamine

# Prevention Starts with Parents

- Actions speak louder than words. Children really do notice what their parents say and do.
- Prevention Starts When You as a parent **Start Talking**—and Listening
- Encourage positive friendships and interests.
- Help your child learn the importance of being a responsible individual and what it means to be a real friend.
- Establish
- Help Your Child Learn Different Ways To Say “No!”

# WILLIAMSBURG AND OUR FOCUS ON PREVENTION

- Red Ribbon Week
- Drug and Alcohol Facts Week
- Prevention Week
- Staff Trainings
- Prevention Groups
- Parent Consultation and Support
- Staff Consultation
- 1:1 Counseling Support for Students



# CONTACT INFORMATION

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