



A New Lens HIDDEN IN PLAIN SIGHT

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Why Hidden in Plain Sight.

- Give parents insight into what to look out for if they have a concern that their teen might be drinking and/or using drugs.
- Provide education to parents about the different items and what they might mean.
- Start a dialogue between teens and their parents about risky behaviors.

‘My kid may be drinking, but at least he’s not doing drugs.’ ”

1. Alcohol and tobacco are the drugs most commonly abused by adolescents, followed by marijuana.
2. Obtained alcohol either at their own home or in someone else's house
3. 6.03 million Americans between the ages of 12 and 20 report current alcohol consumption

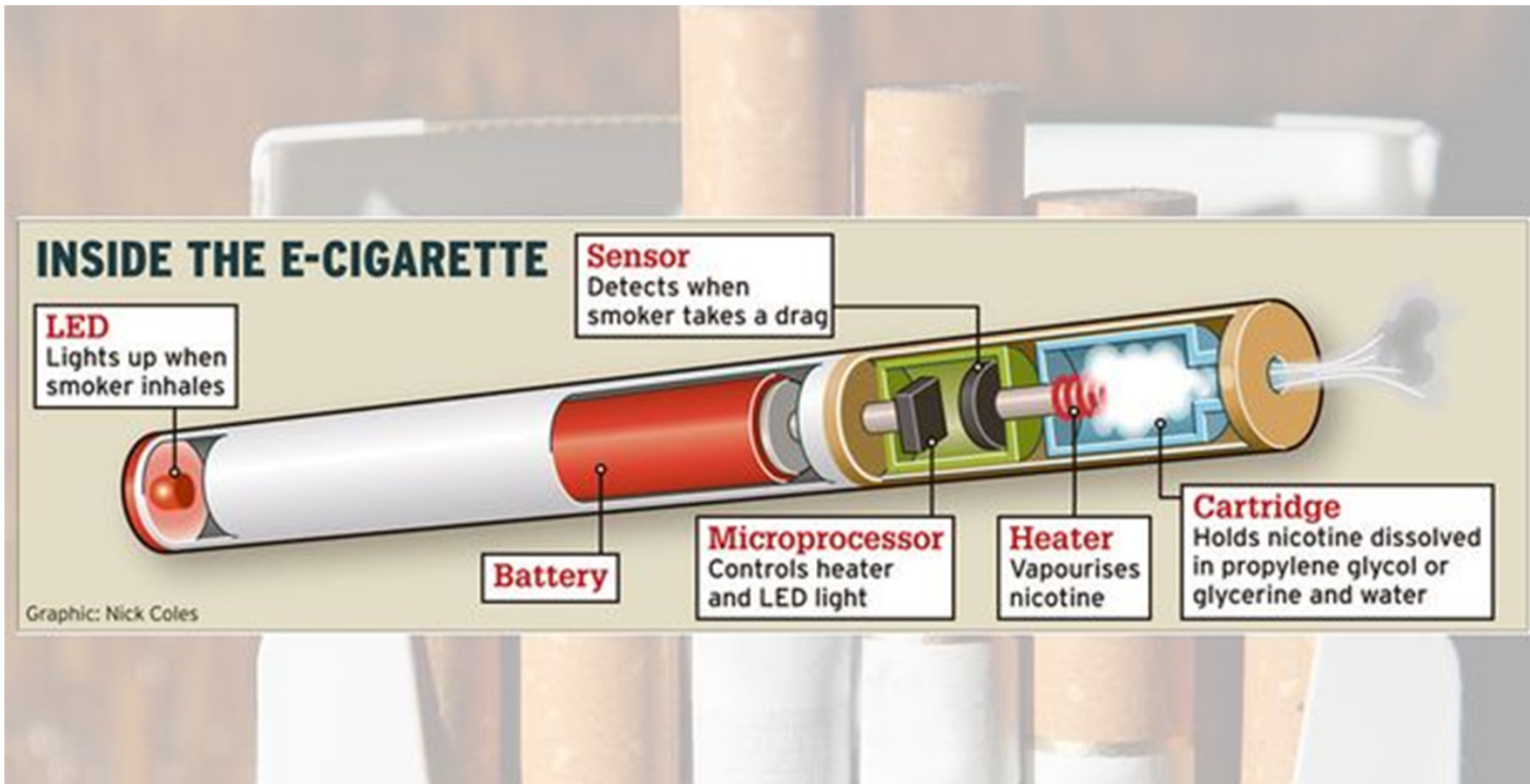
Vaping A National Health Crisis

The CDC reports 2.55 million U.S. middle and high school students reported current e-cigarette use in 2022.

Formaldehyde- nickel-tin- lead- Ultrafine metal particles can be inhaled deep into the lungs

Nicotine- Unregulated higher levels than stated on labels.

1 Pod = the nicotine found 1 pack of cigarettes, the younger you start increases your risk of developing an addiction.



Let's Talk about Alcohol

- Alcohol is the most commonly used substance among young people in the U.S.³
- The 2019 [Youth Risk Behavior Survey](#) found that among high school students, during the past 30 days
- 29% drank alcohol.
- 14% [binge drank, 3-5 drinks within 2 hours](#)
- 5% of drivers drove after drinking alcohol.
- 17% rode with a driver who had been drinking alcohol.

Binge Drinking

Preteens and teens- 12- to 17-year-olds 4.9 percent of people in this age group reported binge drinking in the past month.

Young adults: 18- to 22-year-olds 27.7 percent of people in this age group who are not enrolled in college full-time
33.0 percent of full-time college students in this age group reported binge drinking in the past month.

Let's Talk about the New Marijuana

- THC -Tetrahydrocannabinol is the psychoactive compound in cannabis that produces the high.
- The level of THC in Marijuana in the 1960-1970's 3-5%, 1980-2017, 10-15%, 2018-present can be as high as about 98%.
- The THC levels in concentrated forms of Marijuana can be as high as 99%. Example Dabs, Wax, THC Oil

WAX



THC OIL



Edibles; Focus on safety

- Effects of inhaled marijuana often begin within minutes.
- Edibles take at least 30 to 60 minutes to kick in.
- Because the effects are delayed; teens will eat more thinking it will hit them faster.
- Edibles look harmless; teens can ingest them anywhere and they can be passed around in the open.
- Edibles are not regulated by the FDA you do not know what you are eating

What can I do?
Start Early, Talk Often Teachable
moments

Strategies and tips for communicating with your teen

1. Starting the conversation early creates an environment that facilitates the sharing of information.
2. You are showing your teen that no topic is off-limits.
3. Have information to help your teen understand the impact of drug use.
4. Be knowledgeable about the drugs they may encounter.
5. Stick to the facts. Don't exaggerate the harms.

What if my teen is using?
Strategies Change,
Message Doesn't...

- Create the right environment for talking to your teen.
- Don't interrogate, gather information, and discover why they arrived at the choice to use.
- Look at every day as an opportunity for a conversation no matter how small. Teachable Moments.
- Establish ground rules that underage youth may not use nicotine, alcohol, marijuana, or other substances.
- Lay out your expectations, rules, and consequences in clear terms.

What else can I do?

- Role-play what your child might say to help them avoid substance use.
- Practice, Practice and Practice so the response is automatic.
- Reach out to their friends' parents and create a network in which social hosting is unacceptable.
- Lay out your expectations, rules, and consequences in clear terms.

The Power of Being a Parent

There is great power in being a parent.

The power to reason. To influence. To counter temptation.

It comes from the heart, and it comes without agendas or lectures.
Make no mistake. Teens are fueled by it. Sustained by it.

To use it is to keep them alive.

To ignore it is to risk everything.

Resources

- Lillian Neuman lneuman@svwsjmc.org or 914-925-5281
 - Cottage Talks- Prevention in your home for parents and teens
 - Free Family Support Meetings Wednesday 7-8 p.m.
 - Zoom Link 853 447 0100
- Karen Goldman- Hertz, Director, Maxwell Institute
Kgoldman-hertz@svwsjmc.org or 914-337-6033
- Free Monthly Narcan Trainings contact: English and Spanish
ssal@drugcrisisinourbackyard.com
- <https://www.saintjosephs.org>
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Articles Cited

- New York Times, “How to Talk to Teens About Edibles” by Lisa Damour
- CNN, “Teen Overdose Deaths are Rapidly Rising—But Not Because More of Them Are Using Drugs” by Madeline Holcombe,
- National Institute on Drug Abuse (NIDA)
- 20 Vaping Statistics & Facts to Learn in 2022
by [Marija Kovachevska](#) moderngentlemen.net