

# Pot, Oxy & Vapes, Oh My!

## Our Society's Changing Drug Scene: A Community Conversation

Hosted by Camas School District | Nov. 14, 2018



<http://bit.ly/CSDwellness>

### **DRUG USE AND "JUULING" RAMPANT IN SCHOOLS NATIONWIDE** **Camas parents & students say we're not immune**

Last spring, our students in senior exit interviews and our parents participating in Thoughtexchange told us that drug use and vaping is on the rise in our community.

**We need your help to turn this trend around.**

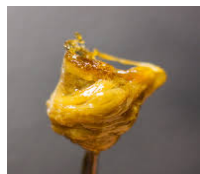
#### **Tobacco, Drugs & the Adolescent Brain**

- Scientists used to think the brain was fully formed by mid-childhood.
- We now know that the brain undergoes radical intellectual and emotional changes in adolescence, which is defined as ages 12–25.
- These changes make possible the transitions between childhood and adulthood – but they can make teenagers more prone to risky, impulsive behavior such as drug misuse and abuse.
- Tobacco and drugs can interfere with these changes and lead to serious social and health risks.



#### **E-cigarettes and "Vaping"**

- Juul is a type of e-cigarette called a vaporizer; people use it to "vape."
- It's battery-powered, is shaped like a USB flash drive, and delivers liquid nicotine.
- Nicotine liquid refills are called "pods" and come in many flavors.
- A single pod contains as much nicotine as a pack of 20 cigarettes.
- Use can be discrete and undetectable, as vaping is odorless.



#### **Marijuana**

- Long-term use can lead to Amotivational Syndrome, a lack of desire to complete tasks, a sense of apathy about the future, poor concentration, and decreased interest in activities.
- Dabs = Highly concentrated doses of cannabis that look like honey, which when heated turns into potent smoke, which is then inhaled.



#### **Opioids**

- Opioids are drugs derived from the opium poppy plant or created synthetically.
- Heroin is an illegal opioid, but many opioids are legal, prescribed or over-the-counter medications, including include morphine, oxycodone, codeine, and fentanyl.
- Most opioids abused by high school seniors are from a friend or relative — not a prescription.

#### **Common Signs of Usage**

- Sudden decline in grades
- Dropping longtime friends
- Changes in behavior, mood, sleeping & eating
- Overprotection of cell phone or having multiple cell phones
- Skipping classes or school
- Loss of interest in hobbies/activities

# ***Kids are 4 times less likely to “use” if parents communicate & set clear expectations!***

**Starting a Conversation** – “I went to a Camas School District presentation about drug use, and I want to share with you what I learned...”

- “High school can be a ton of fun and we want you to have a great time. We know there may be some peer pressure to start drinking, abusing medicine, smoking pot or taking other drugs...”
- “Some people seem to think that’s what you do in high school, but it’s actually not. Most high schoolers don’t drink or use drugs, which means it won’t make you weird to choose not to participate...”
- “It’s important to find friends who are making smart decisions and who want to have fun in safe and healthy ways...”

## **Starting a Conversation When You’ve Noticed a Change**

- “I’ve noticed that you’re hanging out with a different crowd than you have in the past. Is there a problem with your old friend group, or are you just branching out and meeting some new people?”
- “Tell me about your new friends. What are they like? What do they like to do? What do you like about them?”

## **Prevention and Refusal Skills**

- **Direct Refusal** – “No, thanks, I don’t want to.”
- **Exit the Situation** – “I have to go. My mom is waiting for me.”
- **Rely on Help** – Text a code word or go to the restroom to call or text home

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## **Student Wellness in Camas School District**

- The **All-Student Wellness Program** webpage contains information on the program’s roots, upcoming events, and video and resources from past educational events.
- Visit <http://bit.ly/CSDwellness> for details.

## **FUTURE EVENTS**

- Wed., Nov. 28, 6-7 PM: **Positive Parenting: How to Parent with the Brain in Mind**, for parents of children age 0-5, presented by CSD Social-Emotional Wellness Coordinator Jennifer McMillan @ Zellerbach Administration Center Main Board Room, 841 NE 22<sup>nd</sup> Ave., Camas, WA 98607. Registration required; visit [www.camascommunityed.com](http://www.camascommunityed.com) or call 360-833-5544.
- Wed., Dec. 5, 6-7 PM: **What to Do When Worries Get in the Way**, open to parents/guardians of elementary students @ Prune Hill Elementary Library, 1601 NW Tidland St., Camas, WA 98607.
- Mon., Jan. 14, 7 PM: **Addiction & Its Effects on Health, Behavior and Brain Development** @ Discovery High School – CSD Project-Based Learning Campus, 5125 NW Nan Henriksen Way, Camas, WA 98607.
- Thurs., March 14, 7 PM: **Resources in Clark County for Student Health & Wellness** @ Discovery High School – CSD Project-Based Learning Campus, 5125 NW Nan Henriksen Way, Camas, WA 98607.

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## **More Parent Resources**

- Glenn Hartman, CSD Intervention Specialist: [glenn.hartman@camas.wednet.edu](mailto:glenn.hartman@camas.wednet.edu)
- National Institute on Drug Abuse: <https://teens.drugabuse.gov/videos/choose-your-path>
- Washington Recovery Help Line: 1-866-789-1511