Up In Smoke: Facing Emerging Substance Use Issues Head On

Renee Faber and Jessica Haebe
NJJA 2019
5/2/19
Who is in the room?

@curlycuegurl

@karen_greaves
Learn about emerging trends among youth such as vaping and marijuana

Identify signs of use/development of a disorder

Identify prevention and early intervention strategies for youth substance use

Understand how the early onset of substance use impacts future behaviors
Smoking *used* to be good for you…
Smoking *used* to be the cool thing to do...
Presidents!
Heart throbs...
And then it was bad for us

- The Great American Smokeout movement
- Usage begins trending downwards
- “The dangers of smoking”
Cigarette usage among youth was down

- Cigarette Usage In Nebraska:
  - Since 2003, cigarette usage among 10\textsuperscript{th} graders has reduced from 23.2\% to 9.2\%
  - Cigarette usage for 12\textsuperscript{th} graders has also reduced from 25.3\% in 2003 to 14.3\% in 2016
And then along came vaping…

It made smoking “cool” again
Using some very familiar marketing styles
Some new things too
And some familiar faces
What is vaping?

2014 Oxford Dictionary Word of the Year:

- Vape
  - An abbreviation of vapor or vaporize
  - “To inhale and exhale the vapor produced by an electronic cigarette or similar device”
- Vape fluid, vape juice, vape pen, vape shop
- Electronic Cigarettes
E-Cigarettes

- Known as e-cigs, mods, vapes, vape pens, electronic nicotine delivery systems, Juuls
- Come in many different forms
Brands and kits

- Juul, Vuse, Kangertech, Cig2o, NJOY, Halo
- They are all a bit different
- Average cost of a starter vape:
  - $30
  - $15 for juice
  - Can be more cost effective than traditional smoking
How do you use them?

- **Most contain four components:**
  - Cartridge containing the liquid, as well as possibly nicotine, flavorings, other chemicals
  - Heating element-atomizer
  - Power source-battery
  - Mouthpiece for inhalation
    - Inhaling activates the heating device, vaporizing the liquid
      - The vapor, or aerosol, is then inhaled
Besides the obvious, what is being vaped?

- People are creative and kids can be very inventive

- And, because of the way a vape works, there could potentially be no odor emitted
  - What could this mean?
    - Getting high, in public, very discreetly
Any drug, in liquid form, can be used in a vape

- Liquid THC
- Bath Salts
- Flakka
- Hash Oil
- Synthetic Marijuana (Spice, K2)
- Psychedelics

Vaping these drugs allow them to be quickly absorbed into the bloodstream
Steady reports of drug busts in the Panhandle

Cartridges and liquid THC used in vapes:

- **5,000 THC hash oil vape cartridges seized in Nebraska traffic stop (10/9/2019)**
  - Troopers with the Nebraska State Patrol have seized numerous drugs and arrested five people during three traffic stops on Interstate 80 from Saturday to Monday.

- **Nebraska troopers find 200+ pounds of marijuana, THC cartridges during traffic stops (10/30/2018)**
But Marijuana is illegal in Nebraska, isn’t it?

But we have neighbors…
We have neighbors with:

- Legal marijuana
- Lowered perception of harm
- Cartridges that fit into my vape!
- A relaxed attitude towards Marijuana
Marijuana and THC

- In the early 1990s, the average THC content in confiscated marijuana samples was roughly 3.8%. The average rose to 12% in 2014 and may now be closer to 30%.

- Edibles, which take longer to digest and produce a high, sometimes lead individuals to consume more to feel the effects faster.

- Dabbing is another growing trend as these marijuana extracts provide stronger doses, and therefore stronger effects, of THC.

- The average marijuana extract (concentrate) contains more than 50% THC, with some samples exceeding 80%.
Marijuana usage in Nebraska

- Since 2003, marijuana usage among 10th graders has reduced from 16.5% to 9.0%, with little fluctuation over the past several years.

- Marijuana usage for 12th graders has only slightly reduced from 16.7% in 2003 to 14.9% in 2016, which is quite an increase from 2014 at 9.9%.

- New survey data will be available Fall 2019-think it may be pervasive in the Panhandle.
Alcohol

- Alcohol is the substance most commonly used by teens.

- The social acceptance of drinking among people of legal drinking age can lead many youth to view alcohol as relatively harmless.

- Research suggests teens are more likely to binge drink because their impulse control hasn’t fully developed.

- Alcohol use among Nebraska high school students has remained fairly consistent between 2013 and 2017, but has declined considerably from earlier years.

2017 Youth Risk Behavior Survey Results
Marijuana use, alcohol use, and academic success

- Teen drug use can have long-term cognitive and behavioral effects since the teenage brain is still developing.
- More frequent marijuana use is associated with more discontinuous enrollment, skipping more classes, and lower GPAs (Arria, et al., 2013, 2015).
- Any marijuana use is associated with lower GPA, and frequent marijuana use over time is associated with less current enrollment and lower likelihood to graduate on time (Sureken, et al., 2016).
- Students using both marijuana and alcohol at moderate to high levels have significantly lower GPAs over two years (Meda, et al., 2017).
Marketing
Vaping

- Marketed towards children
- Anecdotal evidence suggest vaping also leads to increased cigarette usage
Bonuses! Vaping is marketed towards children!

- **Flavors!**
  - The 2009 Family Smoking Prevention and Tobacco Control Act banned all flavors in cigarettes (except Menthol)
    - To make them less appealing to youth
  - Vape flavors = hundreds of combinations
    - Flavors that appeal to youth: cream, fruit, candy, beverages, mints, nuts, desserts
    - “Any kind of mood you want to cultivate”
Sponsor youth-centric festivals and events:

- 2013 Sasquatch! Music Festival, sponsored by blue eCigs

- “Music in Film Summit” at 2018 Sundance Film Festival, sponsored by JUUL
Create a huge amount of buzz on social media:

- Juul spent over $1 Million on marketing to launch its product in 2015
- Campaigns on Twitter, Instagram, YouTube, etc.
Offer Scholarships…

▶ Students write essays about how e-cigarettes help people quit smoking…
Health risk factors

Vaping can cause:

- Heart disease, stroke, lung cancer, coronary heart disease, premature aging

- Stress, low self-esteem, having people in life who smoke, exposure to advertising, being male, perception of risk, addictive qualities of nicotine, behavioral factors
Why else is this so dangerous?

- Very, very popular trend
- Most commonly used form of tobacco among youth in US
- Misconception that they are safer than traditional tobacco
- Evidence suggests they are a gateway to traditional tobacco
Factors

substance use vs. criminogenic
Why do youth use?

- Some experimentation is just a part of normal adolescent development
- Common reasons teens use drugs can include:
  - Curiosity
  - Stress
  - Peer pressure
  - A desire to escape
  - Emotional struggles
  - Boredom
  - Rebellion
  - Popular media
  - Misinformation
  - Reduced perception of harm
Experimental vs. repeated use

- Not all young people are at equal risk for developing a substance use disorder.
- The likelihood of developing a substance use disorder is greatest for those who begin use in their early teens.
- Know the risk factors and early warning signs.
Signs of youth substance use

- Shifts in mood and personality
- A change in peer group
- Carelessness with grooming
- Decline in academic performance
- Missing classes or skipping school
- Loss of interest in favorite activities
- Changes in eating or sleeping habits
- Deteriorating relationships with family members and friends
Criminogenic risk factors

Research shows that targeting key criminogenic risk factors will produce the best reduction in risk

“Big Four” (Andrews & Bonta, 1994)
- Antisocial attitudes
- Antisocial peers
- Antisocial personality
- History of antisocial behavior

Other criminogenic risk factors
- Substance abuse
- Education/employment
- Low family affection/poor supervision/poor communication
- Leisure & recreation
Risk Factors

▷ Youth substance use

▷ Criminogenic

RISK FACTORS
- Chaotic home environment
- Ineffective parenting
- Little mutual attachment and nurturing
- Inappropriate, shy, or aggressive classroom behavior
- Academic failure
- Low academic aspirations
- Poor social coping skills
- Affiliations with deviant peers
- Perceived external approval of drug use (peer, family, community)
- Parental substance abuse or mental illness

The "Central Eight" Risk Factors

<table>
<thead>
<tr>
<th>The &quot;Big Four&quot; Risk Factors</th>
</tr>
</thead>
<tbody>
<tr>
<td>History of antisocial behavior</td>
</tr>
<tr>
<td>Antisocial personality pattern</td>
</tr>
<tr>
<td>Antisocial cognition</td>
</tr>
<tr>
<td>Antisocial associates</td>
</tr>
<tr>
<td>Family and/or marital</td>
</tr>
<tr>
<td>School and/or work</td>
</tr>
<tr>
<td>Leisure and/or recreation</td>
</tr>
<tr>
<td>Substance abuse</td>
</tr>
</tbody>
</table>
## Risk factor and need

<table>
<thead>
<tr>
<th>Central Eight Risk Factors</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Risk Factor</strong></td>
<td><strong>Need</strong></td>
</tr>
<tr>
<td>History of antisocial behavior</td>
<td>Build alternative behaviors</td>
</tr>
<tr>
<td>Antisocial personality pattern</td>
<td>Problem solving skills, anger management</td>
</tr>
<tr>
<td>Antisocial cognition</td>
<td>Develop less risky thinking</td>
</tr>
<tr>
<td>Antisocial associates</td>
<td>Reduce association</td>
</tr>
<tr>
<td>Family and/or marital</td>
<td>Reduce conflict, build positive relationships</td>
</tr>
<tr>
<td>School and/or work</td>
<td>Enhance performance, rewards</td>
</tr>
<tr>
<td>Leisure and/or recreation</td>
<td>Enhance outside involvement</td>
</tr>
<tr>
<td>Substance abuse</td>
<td>Reduce use</td>
</tr>
</tbody>
</table>
Factors addressing future risk

- **Youth substance use**
  - Build refusal skills
  - Recognize indicators of addictive behavior
  - Learn how to cope with stress without the use of alcohol or drugs
  - Recognize feelings of relapse and have a plan to avoid it
  - Attend the treatment necessary to live a sober life

- **Skill training in Key Life Areas**
  
  **SUBSTANCE USE**
  - Learn the difference between positive and negative traits in people
  - End unhealthy relationships without harming self or others
  - Develop positive and meaningful relationships
  - Avoid high risk situations and set healthy boundaries for yourself
1 in 3 parents

1 in 3 parents believe there is little they can do to prevent teen drug use despite evidence that shows parental involvement is the strongest factor in prevention.
Recognition and prevention of drug use can end an emerging problem before it starts.

We can be proactive by talking to youth to find out what’s going on.

Use natural opportunities to start with a simple conversation.

Responding to admittance or denial of drug use in the right away is just as important as asking the right question.

https://www.samhsa.gov/underage-drinking
Why dosage is important

- Match to the appropriate level of intervention
- Over supervision of lower risk youth can actually increase recidivism.
- Reserve the most intensive interventions (supervision and treatment) for our highest risk youth
Principles of Effective Intervention

The foundation for what works in rehabilitating youth is adherence to the Principles of Effective Intervention:

- Risk Principle – tells us **WHO** to target
- Need Principle – tells us **WHAT** to target
- Responsivity Principle – tells us **HOW** to effectively work with youth
- Fidelity Principle – tells us how to do this work **RIGHT**

Even the best evidence-based program or practice must adhere to these principles to be effective.
Referral to treatment

Number of Adolescents Aged 12 to 17 Admitted to Publicly Funded Substance Abuse Treatment Facilities on a Typical Day, by Principal Source of Referral

![Bar chart showing the number of adolescents admitted to publicly funded substance abuse treatment facilities by principal source of referral. The chart shows that the Criminal Justice System referred the most adolescents (163), followed by Self or Other Individuals (62), Schools (49), Community Organizations (44), Alcohol/Drug Abuse Care Providers (23), and Other Health Care Providers (17).]
Principles of Adolescent Substance Use Disorder Treatment

- Substance use disorder treatment should be tailored to the unique needs of the adolescent.
- Treatment should address the needs of the whole person, rather than just focusing on his or her drug use.
- Behavioral therapies are effective in addressing adolescent substance use.
- Families and the community are important aspects of treatment.
- Effective treatment of substance use disorders in adolescents requires also identifying and treating any other mental health conditions they may have.
- It is important to monitor drug use during treatment.
Community Strategies
Nationally, now what?

- 16 states include e-cigarettes as a “tobacco product”
  - Not Nebraska
- 10 states have laws around e-cigarettes
  - Not Nebraska
Now what, Nebraska?

- Must be 18 years old to purchase
- Raise the age limit to 21 and ban their usage in bars, restaurants, and workplaces
- Schools are overwhelmed with the devices, the withdrawals, the pervasiveness
What else???

▶ In the past:
  ○ Raise the age of purchase, outlaw advertising, smoke free laws
    ▪ These worked!
  ○ What might work with this generation:
    ▪ Web-based interventions, apps
      ● Meet them where they are
      ● Appeal to this market
Adolescence represents an important phase of life during which substance use behaviors become established.

Substance use and criminal behavior are interrelated.

Prevention is everyone's responsibility.

Talk early, talk often and know the signs.
thank you!

Renee Faber
Supportive Services Specialist
Administrative Office of the Courts & Probation
t 402.471.2121 | renee.faber@nebraska.gov

Jessica Haebe
Prevention System Coordinator
Region 1 Behavioral Health Services
t 308.635.3173 | jhaebe@region1bhs.net