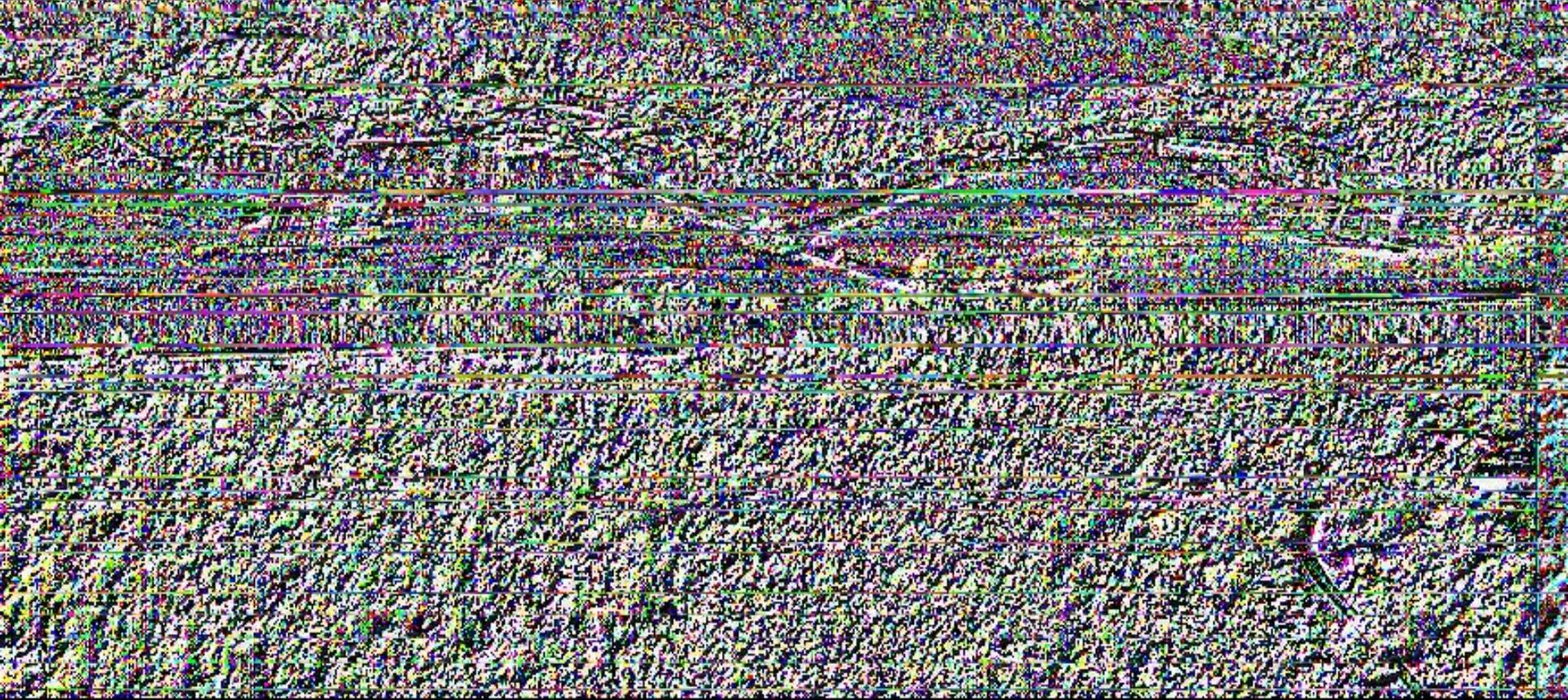


Teens, Alcohol and Drugs: Trends in the New Millennium

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15th Annual Michigan Traffic Safety Summit
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WE LIVE IN A MAGICAL THINKING MEDICATION SEEKING SOCIETY

**“Not really a disease...not like Diabetes, because
you’ve got a choice”?**

But DO WE?

USA is 5% of the World Population

**But we consume 50% of the World’s Drugs and
80% of the World’s Pain Medication**

Media / TV / Radio

**We are taught not to tolerate any discomfort
without taking something to feel better**

ADDICTION IS A BRAIN CHEMISTRY DISEASE

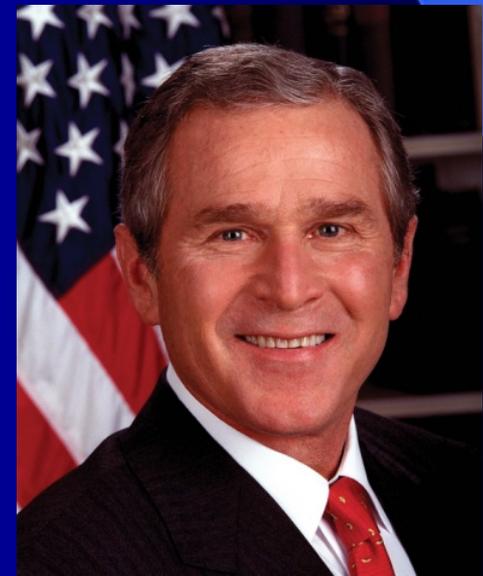
- **Involves the Meso-Limbic System (Primitive)**
- **Neurotransmitter Mediated (Not Conscious)**
- **Denial is a Hallmark Feature**
- **Emotional, Physical, Psychological**
- **Chronic, Progressive, potentially Fatal**
- **Affects Family, Community, Society**
- **~10% are susceptible to Addiction...Treatable**
- **Different than Abuse, anyone can Abuse Drugs or Alcohol....Preventable Behavior**

Can you find the (alleged) future alcoholic?

5

Lack of Willpower?

6



IT'S NOT REALLY A DISEASE...IS IT?

- **1956 AMA designates alcoholism as a disease, drug addiction followed**
- **“But you have a choice”**
- **Like depression 30 years ago, or oncology 40 years ago**
- **Compare to other Chronic Diseases**
- **When we do treat addiction, we do so Acutely, and wonder why we have poor results**

ADDICTION vs. ABUSE

- **ALCOHOLISM,
DRUG
ADDICTION,
CHEMICAL
DEPENDENCE**



- **A TREATABLE
DISEASE**

- **DRUG ABUSE,
ALCOHOL ABUSE**



- **A PREVENTABLE
BEHAVIOR**

**IF ADDICTION / CHEMICAL
DEPENDENCE IS TRULY A
DISEASE....WHY DON'T WE
TREAT IT AS SUCH?**

DEATH RATES, USA 1996

25-44 yo

ACCIDENTS

HIV

CANCER

HEART DISEASE

SUICIDES

**HOMICIDES (and legal
interventions)**

LIVER DISEASE

STROKE

DIABETES

15-24 yo

ACCIDENTS

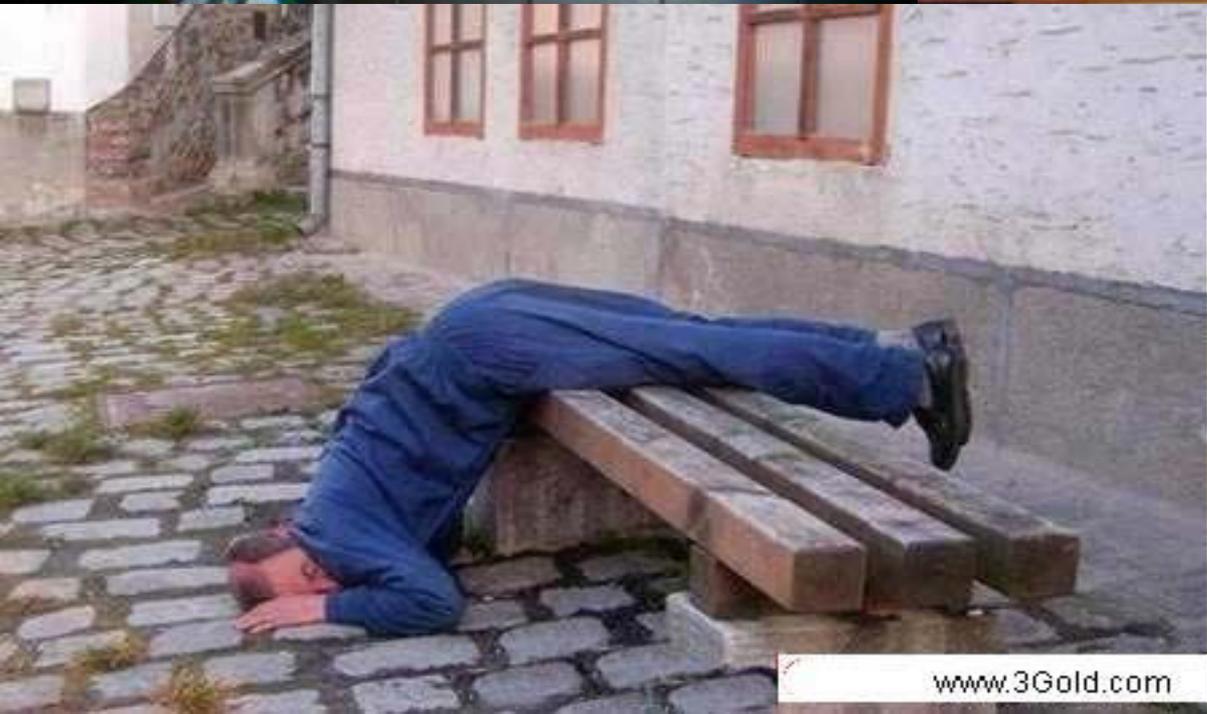
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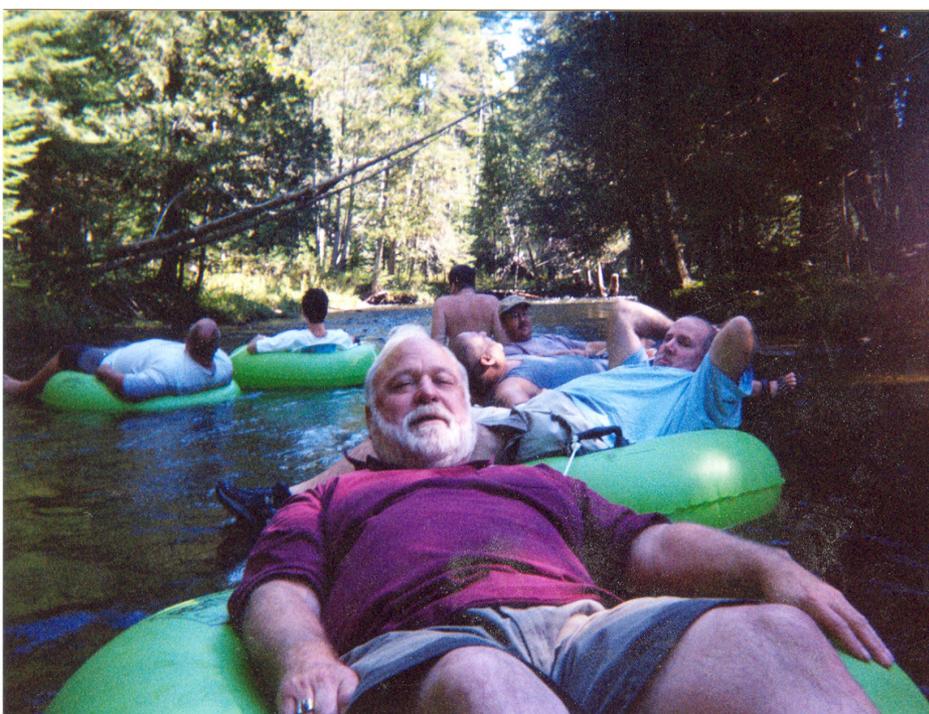


Google: Alcoholism + Humor

The face of addiction



...and the faces
of recovery



Drugs for Treating Addiction

- **Methadone**
- **Buprenorphine (Suboxone®, Subutex®)**
- **Antabuse®**
- **Campral®**
- **Naltrexone (Revia®, Vivitrol®)**
- **Topamax®**
- **ProMeta®**
- **Many others in development...**

SPECIFIC TRENDS INVOLVING ILLICIT OPIOIDS

Increased purity of heroin

DEA (2000): avg. 36.8% (range 20-50%)

Was ~5% in years past

Afghanistan opium harvest is skyrocketing

50% increase each of last 2 years (NY Times)

Supply exceeds global consumption by 30%

Allows snorting of drug instead of IV use

**This among other factors has resulted in
increased youth use of heroin**

Use of Rx opiates ~5x that of heroin

TEENS AND DRUG & ALCOHOL USE

SUDs affect all of society, but young people are especially at risk

Pre-Frontal Cortex isn't fully myelinated until the 20s

Teen Substance Use results in tremendous mortality and morbidity

It's not "A War on Drugs", rather "A Defense of Our Brains" (B Madras, ONDCP)

TEENS AND DRUG / ALCOHOL USE

- **“JUST SAY NO”.....**
- **KIDS TEND TO OVERESTIMATE DRUG USE AMONG PEERS**
- **PARENTS TEND TO UNDERESTIMATE DRUG USE**

HOUSEHOLD SURVEY OF ALCOHOL/DRUG USE

www.monitoringthefuture.org

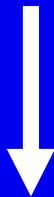
	ILLICIT DRUGS IN LAST YEAR	ILLICIT DRUGS BESIDES MJ	DRUNK IN THE LAST MONTH
8th grade	21%	8%	6%
10th grade	36%	13%	19%
12th grade	48%	19%	30%

RISK FACTORS FOR ADOLESCENT SUDs

- **Parent with SUD**
- **Mood Disorder**
- **Learning Disorder / Poor Performance**
- **Low Self-Esteem**
- **Early Sexual Activity**
- **Dysfunctional Family**
- **Drug / Alcohol Using Peers**
- **Easy Availability of Substances in Community**
- **Early Use of Substances (First Initiation Age)**

TEENS 12-17 YEARS OLD...

89.4% Whose parents would strongly disapprove of their trying marijuana once or twice.....



5.4% used marijuana in the last month

Of those whose parents would only “somewhat disapprove”...



28.7% used marijuana in the last month

PROTECTIVE FACTORS FOR ADOLESCENT SUDs

- **Strong Family Bonds**
- **Parental Engagement**
- **Clear Expectations and Consequences**
- **Strong Pro-Social Bonds**
- **Conventional Norms about drugs and alcohol**
- **Delayed Onset of First Use**
- **Religious/Spiritual Affiliation**
- **Good Reading Skills in 3rd Grade**

**A TEEN WHO FIRST USES
ALCOHOL OR DRUGS AT
AGE 15 IS 4-5 TIMES AS
LIKELY TO DEVELOP A
SUD AS ONE WHO WAITS
UNTIL THEY ARE 21**

AGE 1ST USE OF ALCOHOL <14 yo (vs. 21 yo)

- **4 ½ times more likely to develop a SUD**
- **7 times more likely to be in MVA**
- **12 times more likely to be injured**
- **11 times more likely to be in physical fight**
- **3 times more likely to attempt suicide**
- **Strong Predictor of Rx Drug Misuse (Hermos 2008)**
- **When develop a SUD, it's more severe and develops much faster**

WHAT SUBSTANCES ARE YOU USING?

- **Nicotine**
- **Cannabis**
- **Alcohol**
- **Hallucinogens**
- **Stimulants**
- **Prescription Medications**
- **OTCs, others (dextromethoraphan)**

**FOR YEARS, MARIJUANA
WAS KNOWN AS THE
“GATEWAY DRUG”....IT HAS
RECENTLY BEEN SURPASSED
BY PRESCRIPTION
MEDICATION**

THE NEW GATEWAY FOR MANY YOUNG PEOPLE...



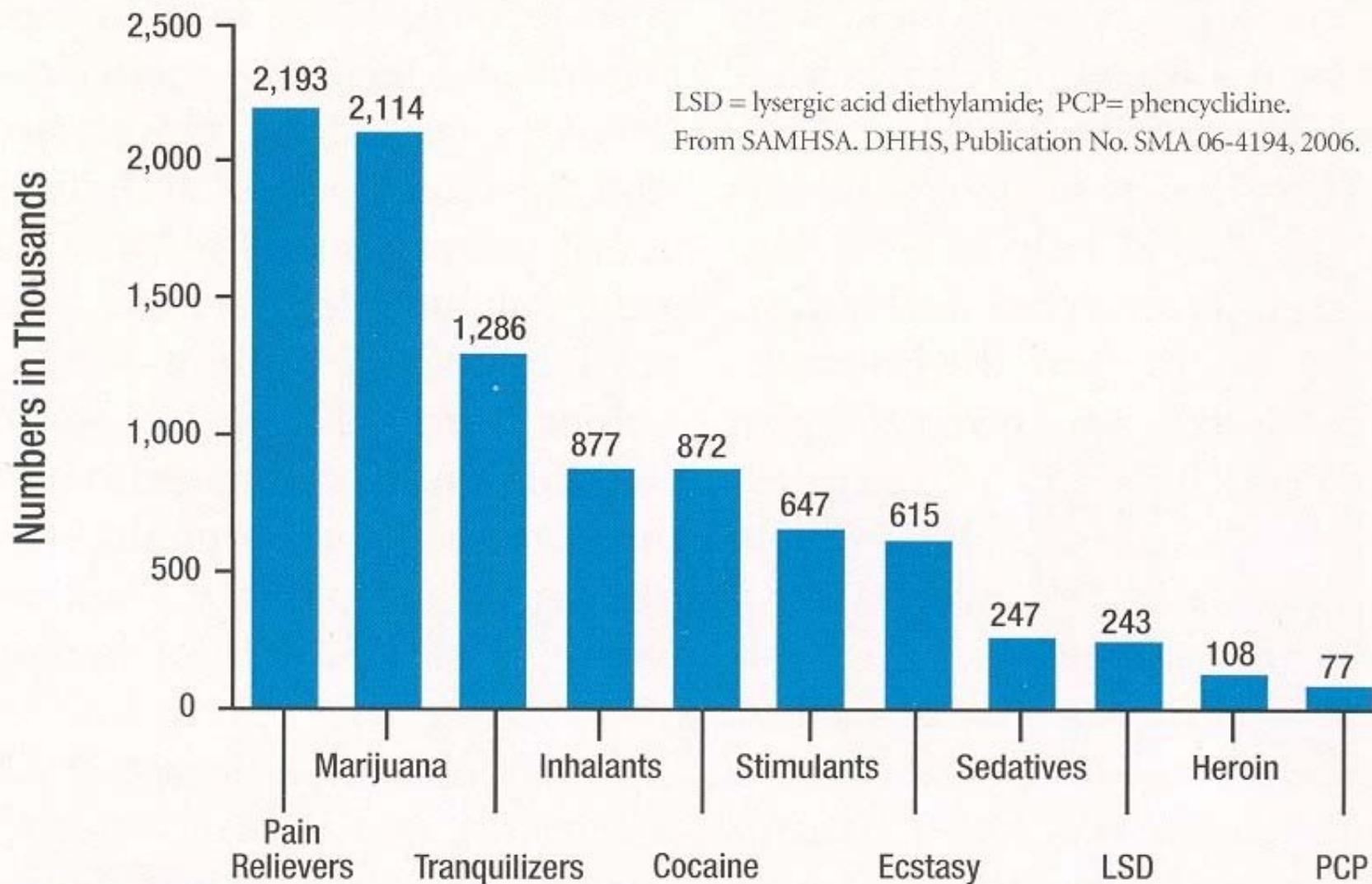


FIGURE 1. Past Year Initiations of Specific Illicit Drugs Among Persons Aged 12 Years or Older: 2005

UNDERAGE DRINKING: A MAJOR PUBLIC HEALTH ISSUE

- **DRINKING AND DRIVING**
- **SUICIDE**
- **SEXUAL ASSAULT**
- **HIGH RISK SEX**
- **PHYSICAL FIGHTS**
- **INJURIES UNDER THE INFLUENCE**
- **NON-DRINKERS AFFECTED...”PASSIVE DRINKING”**

Alcohol Related Problems College Students...2001 (Hingson et. al. 2002)

● Deaths	1,700
● Injuries	599,000
● Assaults	690,000
● Sexual Assaults	97,000

BINGE DRINKING (COLLEGE)

- **4 OR MORE DRINKS FOR FEMALES**
- **5 OR MORE DRINKS FOR MALES**
- **40% IN 2 WEEKS PRIOR TO SURVEY**
- **23% ADMITTED TO FREQUENT BINGE DRINKING (3 OR MORE TIMES IN THE PROCEEDING 2 WEEKS)**

FREQUENT BINGE DRINKING

- **Males 26%**
- **Females 21%**
- **Whites 26%**
- **Hispanics 17%**
- **African Americans 6%**
- **Asians 8%**
- **Fraternities or Sororities 65-80%**
- **Athletic Involvement 61%**

2005 (est) Hingson et al

	In College	No College	Total
Drunk 5 or more x /mo	4.4 million (45%)	7.9 million (40%)	12.3 million
Drove UIL in last yr	2.8 million (29%)	4.5 million (23%)	7.3 million
Deaths	1825	3575	5,500

NCAA Alcohol / Marijuana Reported Use

	Alcohol	Marijuana
Men Baseball	83.4	26.9
Women Basketball	71.5	21.1
Men Basketball	74.1	23.6
Women Soccer	86.9	32.4
Men Soccer	83.9	32.7
Women Volleyball	77.5	22.4
Women Golf	83.7	20.9
Men Golf	82.8	26.4
Women Track/Field	71.3	16.4
Women Skiing	91.3	60.8
Men Skiing	95.6	40.9

Alcohol and Injury Rates

- **Alcohol and Athletics has shown a cause and effect relationship in regards to injuries during training and competition**
- **Injury Rate for Drinkers...54.8%**
- **Injury Rate for Non-Drinkers...23.5%**
- **Monday is the Number 1 Day for Injury**

Off Field Does Matter...

“Remember when you are not training, that somewhere, someone is training, and when you meet them, they will beat you.”

Maleev, USSR

“Remember when you are partying, that somewhere, someone is not partying, and when you meet them they will beat you.”

Underwood, USA

How are you/your teen getting to practice, the mall, school?

- **A Driver aged 20+ who has 6 standard drinks then drives has 12x the chance of a fatal crash as a sober driver**
- **For a Driver aged 16-19 the risk of fatality increases to 100x**

We all want to protect our young people....right?

- **Abducted by a stranger: 1 in 1.5 million**
- **Equestrian Accidental Death: 1 in 297k**
- **Youth Football: 1 in 78k**
- **Lifetime MVA fatality: 1 in 228**

Odds in this year alone: 1 in 17k

Protecting our kids...continued

- We check our smoke detectors twice a year, right?
- In Livonia, 1 year odds of dying in a fire are 1 in 93k...lifetime are 1 in 1200
- 2006, Livonia, 12 young people died of fentanyl or heroin/fentanyl
- Lifetime OD (opiates or hallucinogen) odds are 1 in 345 (not counting alcohol, cocaine, inhalants)

Non-Scientific Poll of Livonia Youth (Social Networking Site)

- **80% get alcohol from older friends or older siblings, 62% from home w/o parents knowing**
- **30% from parents, 23% from friends parents**
- **Why do they think they get away with drinking? 91% because parents are clueless, 38% because parents are ok with it**

SO...WHAT TO DO???

- **Brief Motivational Interventions**
- **Courts and Justice System**
- **School Programs**
- **Environmental Interventions**
- **Community Programs**

Brief Motivational Interview

Almost 1/2 of ER visits involve alcohol

46% injured patients >18 + alcohol problems

Dr. Genitillo, Dallas Parkland: 50% got 30 min risk reduction, education, links to help

After 1 year, the Tx Group had:

21 less drinks / week

47% less new ER visits

23% less DUIs

48% less admissions over next 3 years

But...BMI not paid for until recently; >30 states payment can be denied if Etoh related; Access to treatment can be a problem if it is sought

Courts and Justice System

It's a myth that the patient has to want treatment for treatment to work.....

HOW TO SPOT A HUNTER WITH A DUI CONVICTION....



Addiction Treatment Made Easy...or, getting them from A to B

**Negative
Consequences**

**Liver, Law,
Spouse, Boss**



**Positive Benefits of
Recovery**

“I really like this!”



This is all we really do in treating chemically dependent patients. This may include medications, counseling support groups, treatment of co-occurring disorders, etc. and is of variable length of time.

School Programs

- **Programs that primarily increase knowledge about alcohol / drugs and consequences are not effective**
- **Programs that are effective:**
 - Address Social Pressures**
 - Teach Resisting Skills**
 - Involvement of Peers / Interactive**
 - Include Teacher Training**
 - Include Family Components**

Comprehensive Community Interventions...

Multi-Faceted

Involve Multiple City Departments

Involve Law Enforcement and Educators

Use Data and clear Measurable Objectives

Include Treatment

Involve Private Citizens

Involve the Youth they hope to Help

THE LIVONIA TASK FORCE

www.saveouryouthtaskforce.com

BARRIERS TO SUCCESS

- **Stigma / “Bad PR” (Schools, City, Police)**
- **Parity (actually lack of parity)**
- **“Don’t turn the lights on when I’m in the room”**
- **Preaching to the Choir**
- **Ugly Disease but can be a Beautiful Recovery**
- **It’s Chronic, so Treat it as Such!**
- **Teens with Family Members with SUDs**

**“NEVER DOUBT THAT A
SMALL GROUP OF
DEDICATED CITIZENS CAN
CHANGE THE
WORLD...INDEED IT IS THE
ONLY THING THAT EVER
HAS”**

Margaret Meade