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SUBSTANCE ABUSE SERVICES

- **Education**
 - **Students, Families, Staff, Community**
- **Prevention Initiatives**
 - **Red Ribbon Week, Choose Health Week**
- **Early Intervention**
 - **1:1 Counseling, Family/Staff Support**

CONFIDENTIALITY

Most information shared remains private between counselor and student, except when:

- A release of information is signed
- Harm to Self
- Harm to Others
- Physical Abuse
- Sexual Abuse
- Safety is Compromised

Tobacco

Electronic Cigarettes

Alcohol

Marijuana

Prescription Drugs

Over-The-Counter

Synthetics

Club Drugs

Resources

COMMONLY ABUSED SUBSTANCES



COMMONLY ABUSED SUBSTANCES

Nicotine



1 Combustible Cigarette= inhale 1 mg of Nicotine

1 Juul Pod= 20 Cigarettes worth of Nicotine

Nicotine Poisoning:

- Nausea/Vomiting
- Increased blood pressure
- Abnormal heart rate (arrhythmia)
- Dehydration
- Loss of appetite
- Fatigue
- Dizziness
- Headache
- Anxiety
- Hearing and vision changes

TOBACCO

Cigarettes

Dipping Tobacco

Cigars

Types of Electronic Cigarettes



VAPING

Common Devices

Flavoring



COMMON FLAVORS

Hidden in Plain Sight



CONCEALING USE

EFFECTS OF VAPING

- Increased blood pressure
- Constricted blood vessels
- Lowers body's ability to fight infection
- Stimulated heart
- Can cause a condition known as “popcorn lung” which is related to the flavored chemicals placed into the device. These chemicals systematically destroys the lungs' smallest airways

ALCOHOL



- Central Nervous System (CNS) depressant, which is rapidly absorbed from the small intestines (80%) and stomach (20%) into the blood stream
- Lowers inhibitions and affects memory
- Poor decision-making ability
- Loss of coordination and control



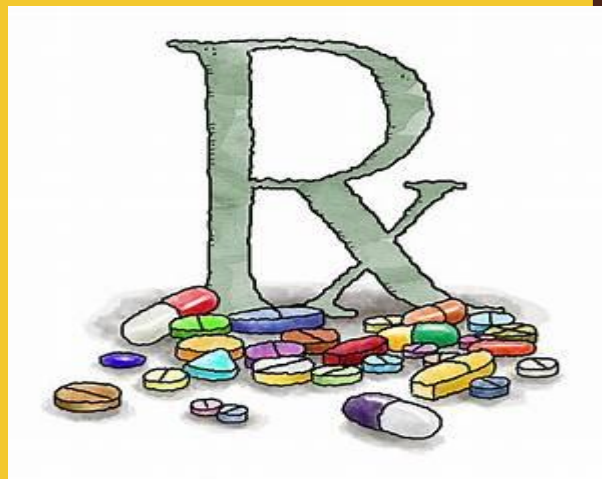
MARIJUANA

- May be smoked, vaped, or used as an ingredient in food, brewed tea or oils.
- Psychoactive ingredient: Delta-9-Tetrahydrocannabinol (THC)
- Respiratory issues: made up of a variety of chemicals, which can irritate bronchial passages.
- Circulatory issues: THC moves from the lungs through the bloodstream, increasing the heart rate to 20-50 beats per minute.
- Eyes look red because the blood vessels expand.
- Impairs memory, judgment and learning for teens.

Prescription Drugs: Stimulants, Opioids, Depressants

Health consequences:

- * **Stimulant abuse:** paranoia, high body temperatures, irregular heartbeat
- * **Opioid abuse:** drowsiness, nausea, constipation and slower breathing
- * **Depressant abuse:** slurred speech, shallow breathing, fatigue, disorientation, lack of coordination and seizures (upon withdrawal from chronic abuse)
- * **Abuse of any of these substances may result in addiction**





OTC

Over the Counter Medication (OTC)

Impair motor function (such as walking or sitting up)

Produce numbness

Nausea and vomiting

Increase heart rate and blood pressure

Abusing any type of mind-altering drug can affect judgment and inhibition and may put a person at heightened risk for HIV and other sexually transmitted diseases (STDs)

Synthetic Drugs: How does K2/Spice affect your brain and body?

Short-Term Effects

- Feeling really relaxed
- Seeing and hearing things that aren't there
- Being very confused
- Feeling anxious
- Fast heart rate
- Vomiting

Long-Term Effects

- Kidney problems
- Seizures



Club Drugs:

includes GHB, Rohypnol®, Ketamine, MDMA (Ecstasy), Methamphetamine and LSD (Acid)

- **Drowsiness**
- **Memory problems**
- **Impaired judgment**
- **Seeing or hearing things that aren't real**
- **Extreme heat or thirst**
- **Aggressive behavior**
- **Loss of consciousness**
- **Dizziness**
- **Blurry vision**
- **Nausea and vomiting**

Club drugs can also cause seizures, coma, and death

RESOURCES



- Above the Influence (Support for Teens who Choose not to Use Substances) <https://abovetheinfluence.com/>
- Above the Influence (Support for Teens who Parents are Struggling with Substance Use) <https://abovetheinfluence.com/when-a-parent-uses/>
- Alcoholics Anonymous <https://www.aa.org/>
- Al-Anon (ongoing International meetings during COVID-19) <https://www.aa-intergroup.org/directory.php>
- I am Sober: Sobriety App <https://iamsobber.com/>
- Narcotics Anonymous <https://www.na.org/>
- Opioid Awareness, Arlington County, Virginia – <https://health.arlingtonva.us/opioid-awareness/>
- Arlington-teens – <http://www.arlingtonteens.com>