

Drugs, Alcohol, Your Child and YOU

Just Talk-Staten Island Parents You Matter!



TACKLING
YOUTH
SUBSTANCE
ABUSE



PYM Group Norms

- When introducing yourself, feel free to use an alias or not identify your first/last name.
- Be respectful and speak from your personal experience/perceptions.
- If you disagree with something said and desire to challenge it, feel free to do so but with respect. It is okay to agree to disagree.
- Everyone will be muted throughout the entire workshop. Mics will be unmuted at the end, during the Q & A portion.
- If you have any questions, use the chat function or wait to ask them during Q & A at the end. All questions will be addressed then.
- Anyone that is deemed to be breaking rules/norms will be removed.
- Survey Link for end of workshop:
<https://www.surveymonkey.com/r/GSLGLLC>



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Why YOU Matter



Kids who learn about the danger of drugs at home are significantly less likely to use

53% of 7-12th graders on SI said their parents **HAVE NOT** talked to them about the dangers of alcohol!



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Did you know?

9 out of 10 people with a drug/alcohol problem started using as a teen...



BUT...



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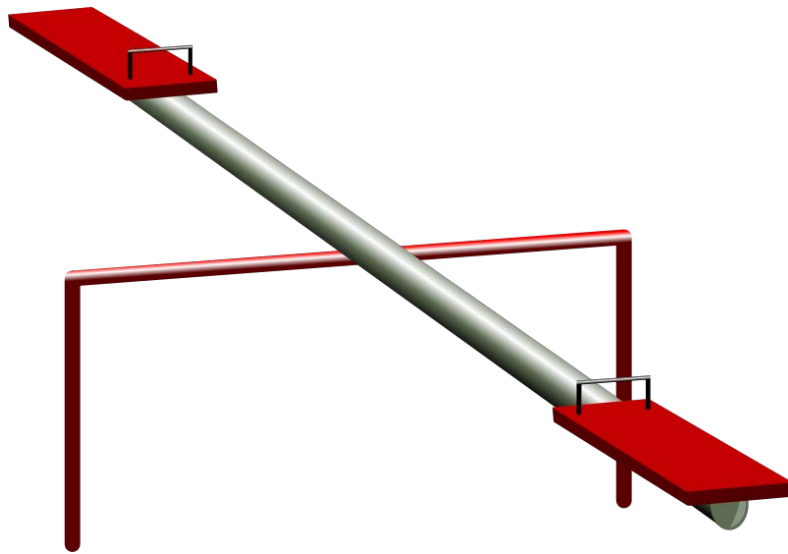


A child who gets through his/her teen years without abusing drugs or alcohol is highly unlikely to develop a problem as an adult



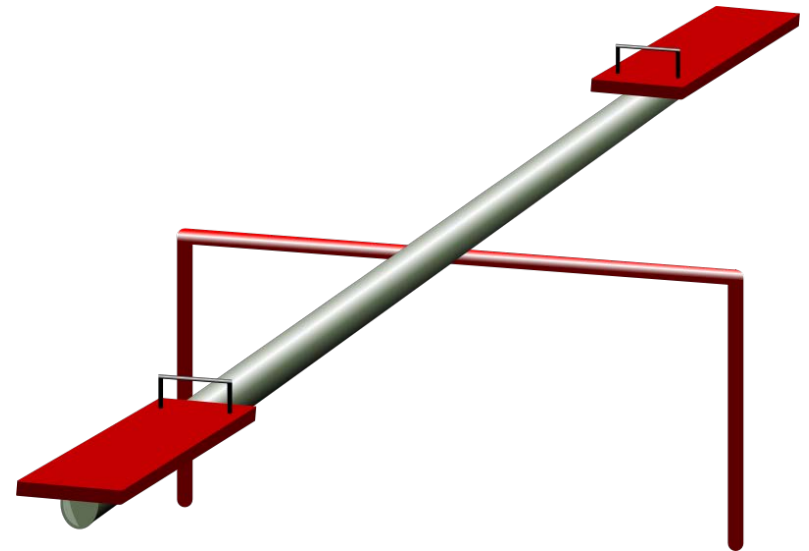
Decision-Making Paradigm

High perception of risk and high perception of social disapproval



Low substance use

High substance use



Low perception of risk and low perception of social disapproval

Work is so stressful. I need a glass of wine!

I'm not drunk enough to dance.

Football games just aren't the same without a nice, cold beer.

I need a few drinks to loosen up.

Ugh! We're spending the holidays with my family. I need a drink!

Our
KIDS ARE LISTENING

WHAT ARE WE TEACHING THEM?



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In your child's mind...



When is the
human
brain fully
developed?



In your child's mind...



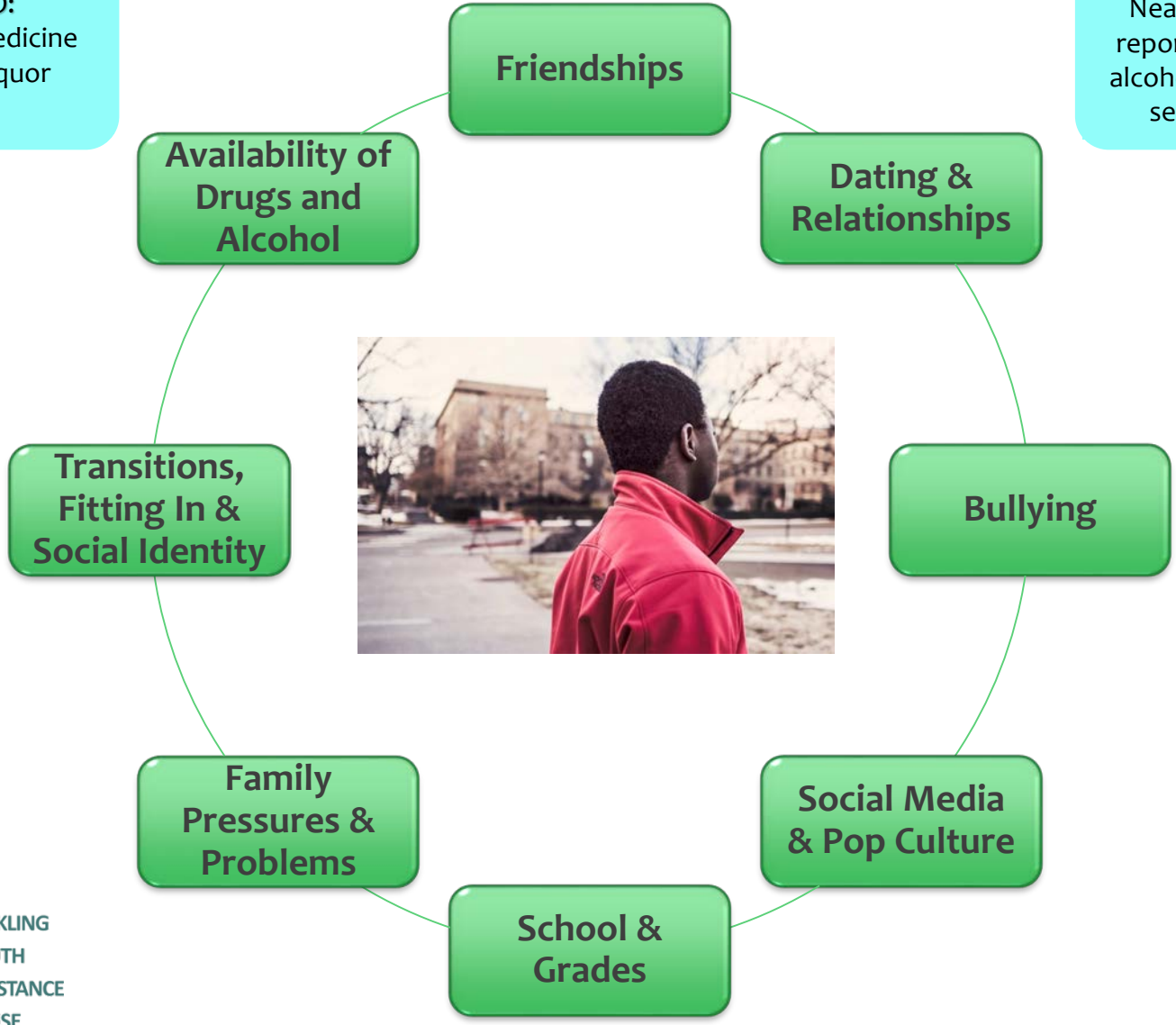
Answer:

24-25

Pressures in a child's world...

*** MUST DO:**
Lock up your medicine cabinet and liquor cabinet

*** Did you know?**
Nearly 1 in 5 SI youth report using drugs and alcohol before their last sexual encounter



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Special Vulnerabilities for Your Child

- Family
- Close
- P
- R
- Y
- Expe
- Depression or other health/emotional issues

***Protective factors
can mitigate risk
factors**



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Staten Island Drug & Alcohol Landscape

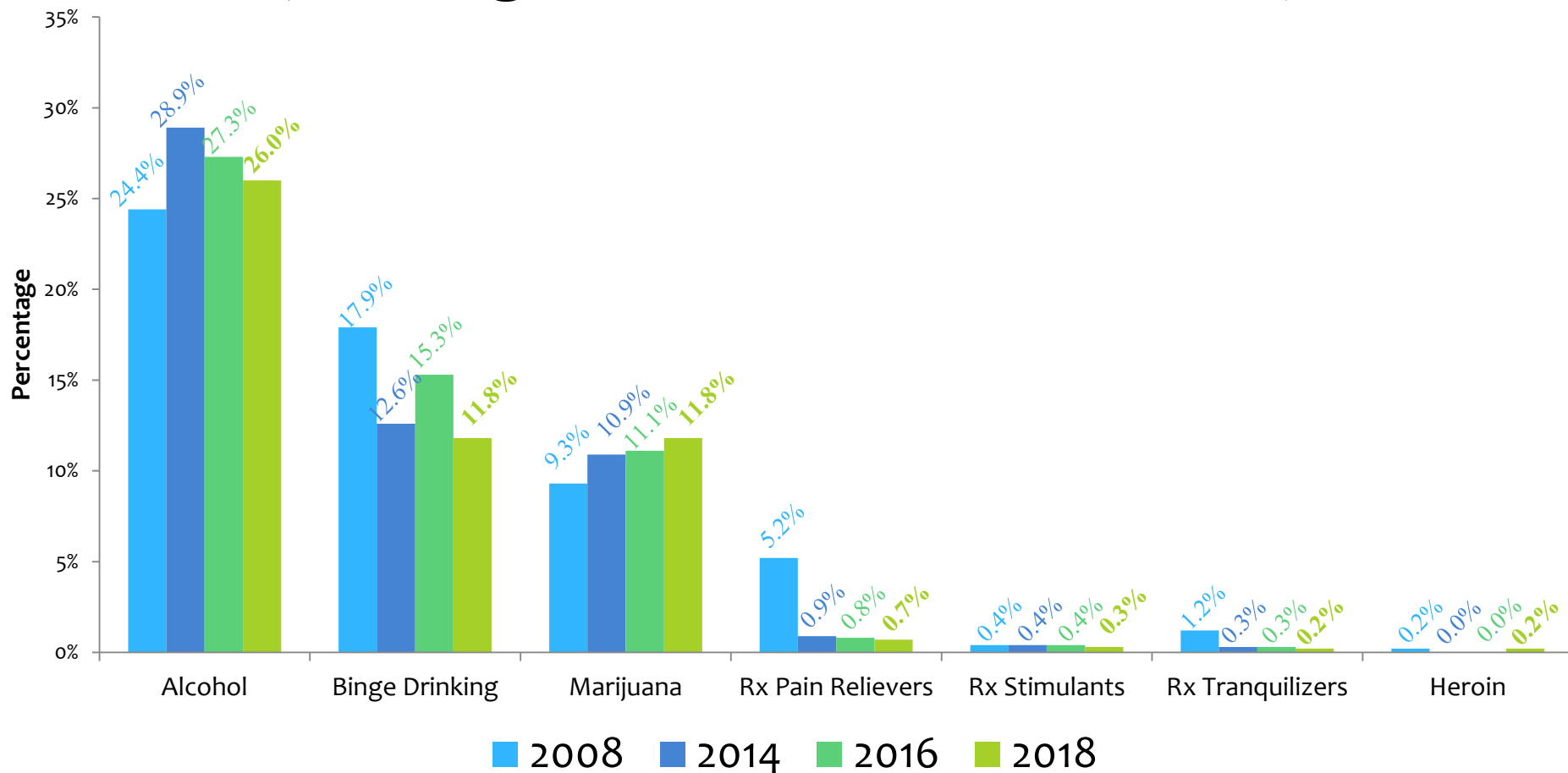
What do you think are the top substances used in your community?



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Past 30-Day Reported Substance Use (7-12th graders, 12-17 Year Olds)

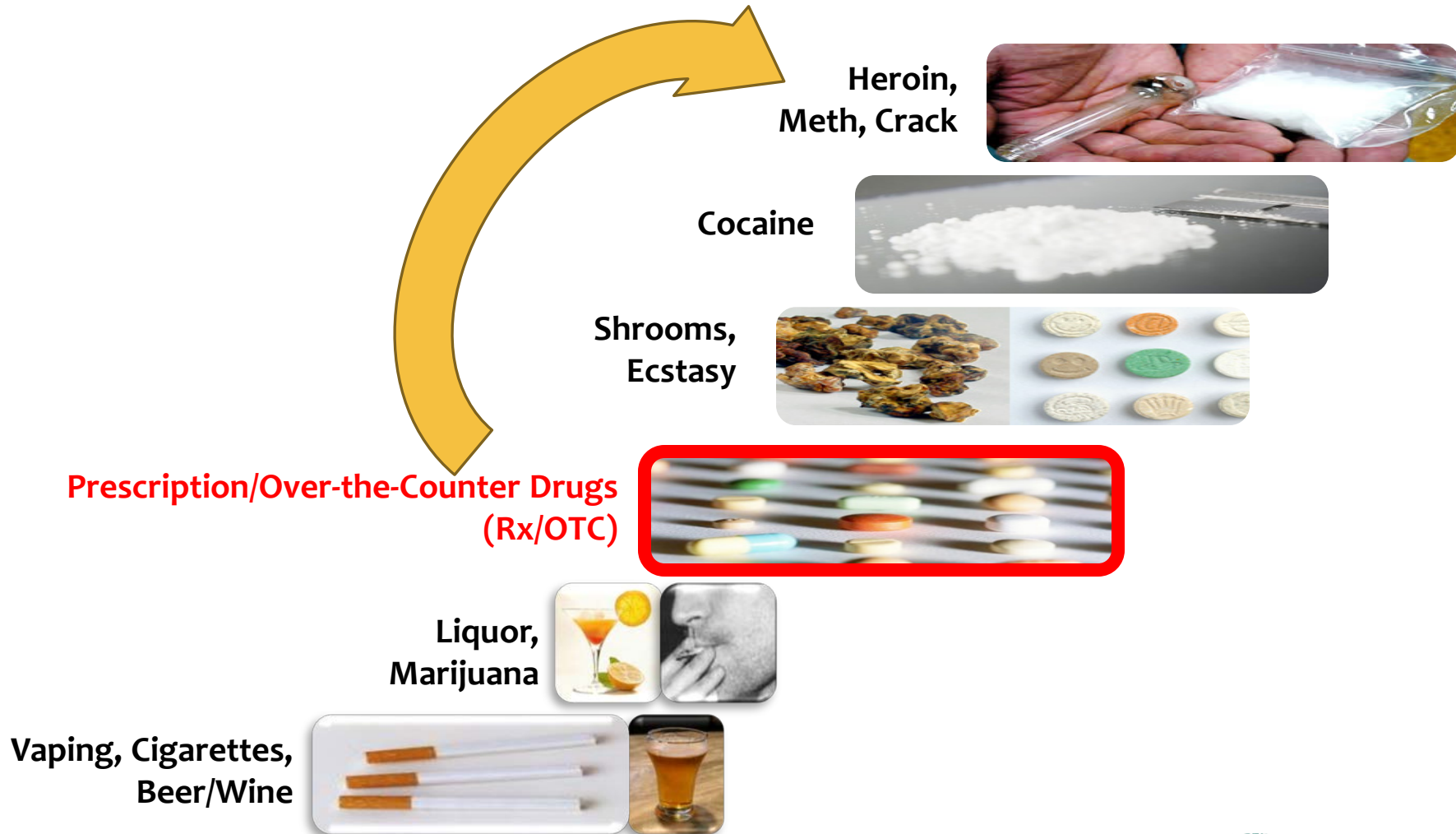


Source: NYS Office of Alcoholism and Substance Abuse Services,
Youth Development Survey, '08, '14, '16, '18 Reports



*Data from the Youth Development Survey collected among public school students grades 7-12

Rx New Step in the Drug Ladder





Prescription Drugs



Pain Relievers

Examples: Vicodin, OxyContin, Percocet

Symptoms: Nausea, vomiting, drowsiness, diarrhea, muscle and bone pain, impatience, loss of consciousness

Stimulants

Examples: Adderall, Ritalin

Symptoms: Increased heart rate, spike in blood pressure, heavy breathing, nervousness, paranoid

Benzodiazepines, Sedatives & Tranquilizers

Examples: Xanax, Valium

Symptoms: Lower blood pressure, depression, reduction in concentration, poor judgment and coordination

Alcohol

Alcohol
is a drug!

- * So many of the underage youth reporting past 30-day drinking on the YDS are engaging in risky **binge drinking**
- * It is dangerous to **combine** drinking with prescription drugs
- * **Social Media** creates a “permanent record” of decisions
- * **Easy access** at home and during community events
- * **What you do in the home is a model for your kids**



Vaping

Vaping is the act of inhaling & exhaling aerosol or vapor produced by a vape device. Because of the rise in popularity of JUUL, a specific type of vape device, many teens use the term “JUULING” instead of vaping.

Risks:

- Exposure to nicotine & toxic substances
- Dependence
- Injuries & poisonings
- Can increase risk of smoking cigarettes



Components:

1. Cartridge or tank to hold e-liquid
2. Heating element (atomizer)
3. Mouthpiece to inhale
4. Battery

Substances vaped:

1. Flavored e-liquid
2. Flavored e-liquids with nicotine
3. Marijuana

Marijuana

- * **What is Marijuana?**

- * A mixture of leaves from the Cannabis sativa plant which contains THC
- * It is often abused for the purpose of getting high

- * **Side Effects**

- * Increased heart rate
- * Weakened short-term memory
- * Decreased concentration
- * Drop in IQ



It **IS** possible to become dependent on marijuana!

Waxing & Dabbing The “Crack” of Pot

* What is Waxing and Dabbing?

- * Extreme concentrations of THC placed into a glass bong and then heated using a blow torch which produces an easily-inhaled vapor

* Side Effects

- * Rapid heartbeat
- * Blackouts
- * Loss of consciousness
- * Psychotic symptoms



Dabbers dig in to some exceptional extract.

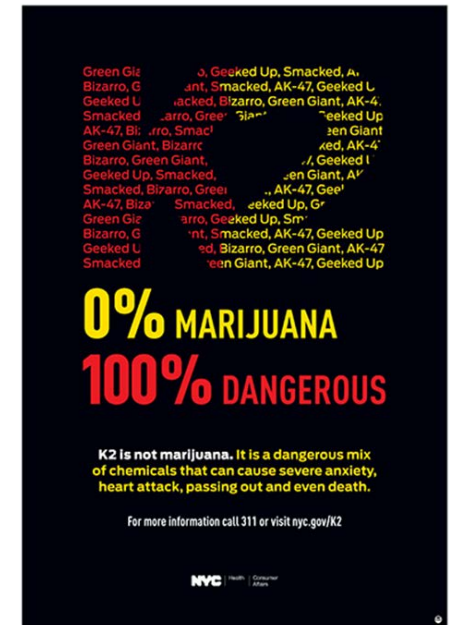
K2 / Spice

* What is K2/Spice?

- * A synthetic cannabinoid made from dried plant materials and herbs which are then sprayed with chemicals
- * Easily purchased in bodegas and gas stations

* Side Effects

- * Nausea
- * Seizures
- * Hallucinations
- * High blood pressure
- * Agitation
- * Urges to be violent



Heroin

* What is Heroin?

- * An opioid depressant that can be snorted, smoked, or injected

* Side Effects

- * Mental fogginess
- * Drowsiness
- * Dry mouth

* Additional Risks

- * Highly addictive
- * Blood-borne illnesses from shared needles (HIV/AIDs, Hep C)
- * May be laced with fentanyl





How to Prevent Drug/Alcohol Use



- * Learn the facts about drugs/alcohol
- * Be aware of what's going on in your community
- * Realize that it's not the same world we grew up in

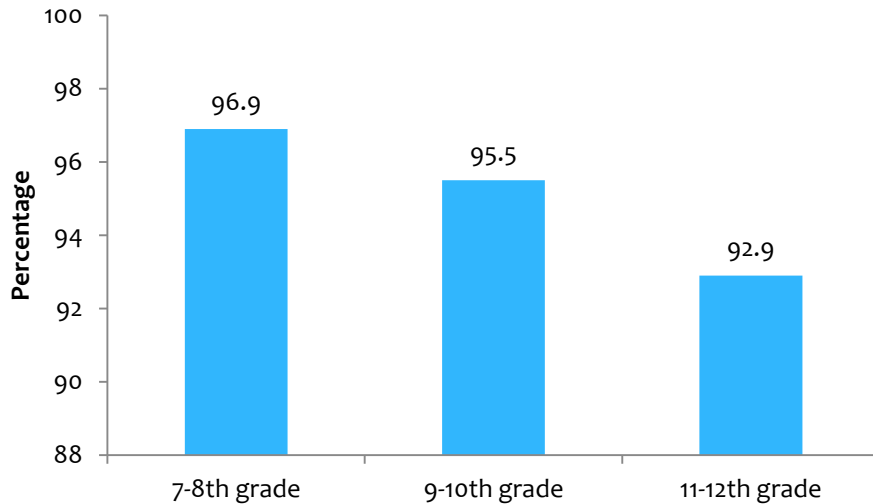


Tips to Help Communicate

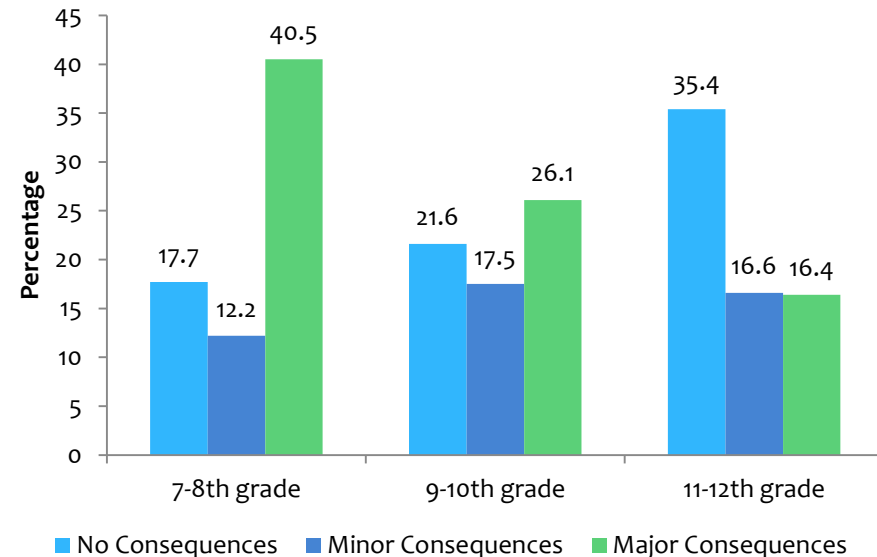
- * Clearly communicate the risks
- * Express your disapproval
- * Use “teachable moments”
- * Frequently talk **AND LISTEN** to your kids about how things are going in their lives
- * Even if you used drugs or alcohol in the past, don’t be afraid to talk
- * Empower your teen by teaching them refusal skills
- * If they are ever in a situation in which they are uncomfortable or need help, they can call you

Why “The Talk” Matters

Perceptions of Parental Disapproval for Child Having 1-2 Drinks Nearly Every Day



Perceptions of Parental Responses/Consequences Resulting from Alcohol Use



Although perceptions of parental disapproval remain pretty stable as children age, their perceptions of parental consequences **completely drop drastically**.

The first step is to **JUST TALK** to your kids, and the next step is to **KEEP TALKING!**



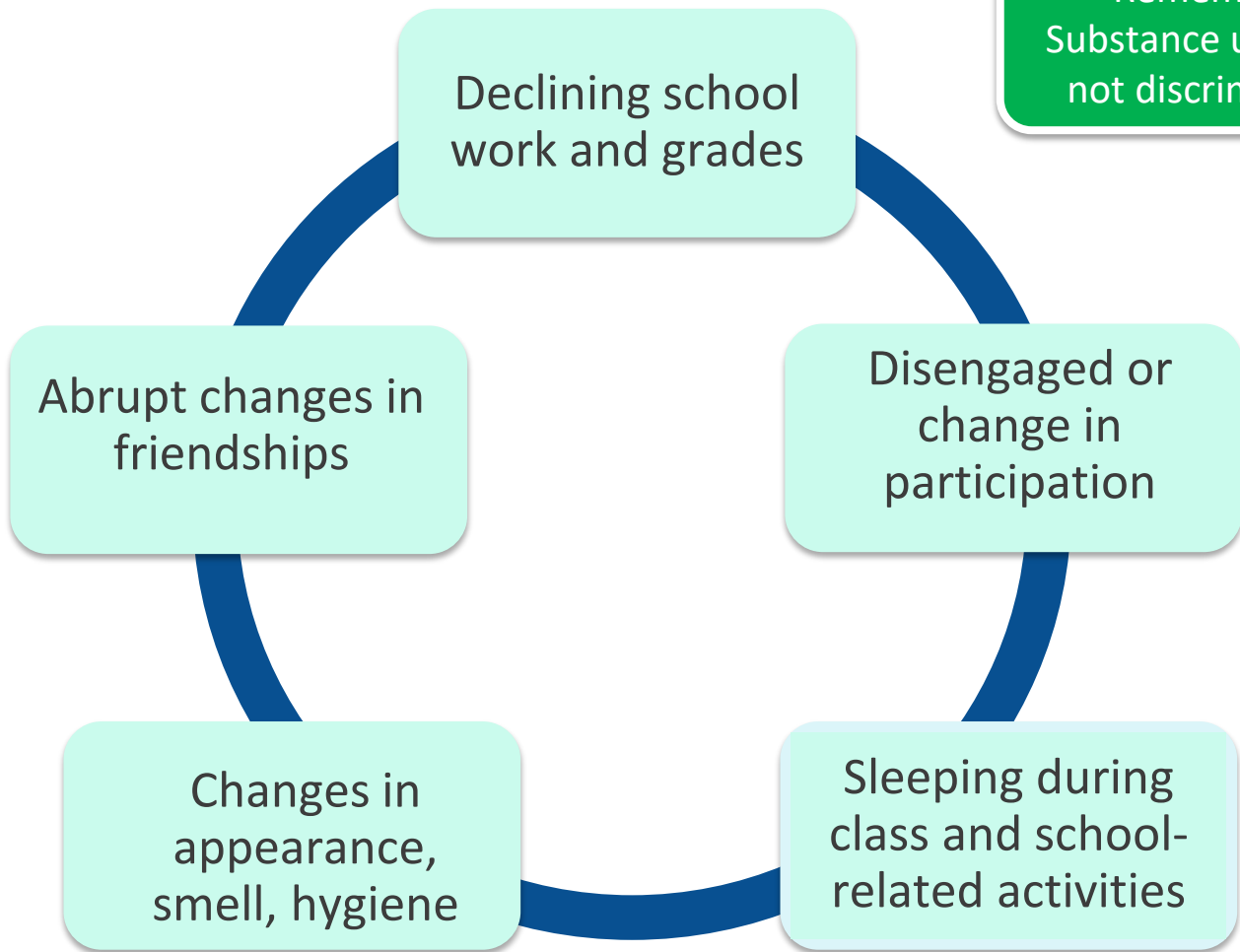
Tips to Help Monitor

- * Know **who** your child is with
- * Know **what** they're doing
- * Know **where** your child will be
- * Know **when** your child is expected home
- * Know **who** your teen's friends are – communicate with their parents
- * Know **how** allowance/money is being spent
- * **Establish and enforce rules – including a clear “no use” policy**



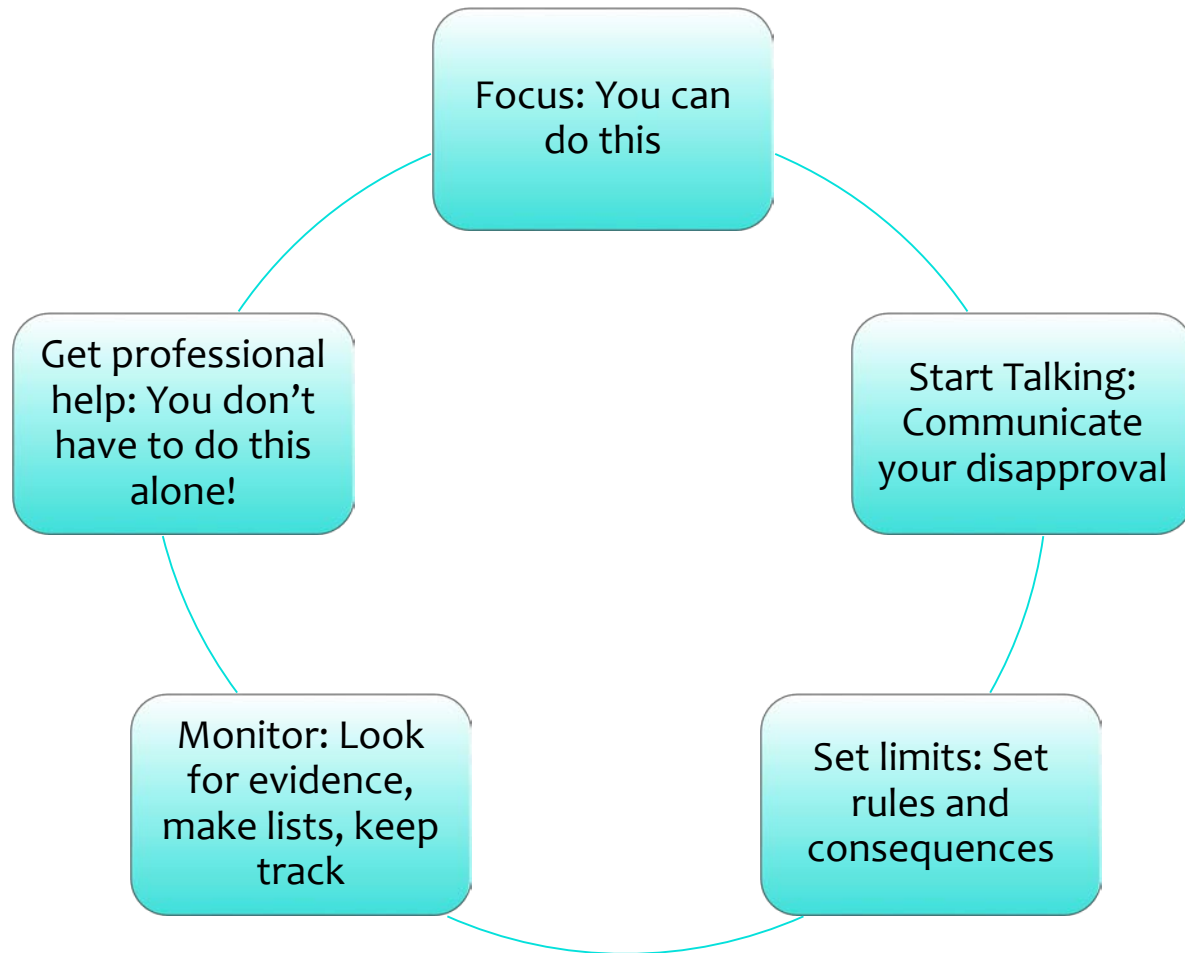
How to Spot Drug/Alcohol Use

Remember:
Substance use does
not discriminate!



5
Changes
To
Watch
For

What Can You Do When You Spot Drug/Alcohol Use



5
Ways
To
Take
Action



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Parents: Don't Forget Your Resources...

You are not alone!



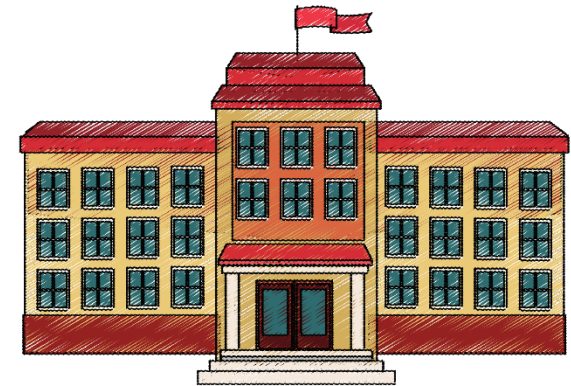
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If you think your child is using drugs...

Intervene early before a problem develops

Brief interventions:

- Teen Intervene program at school
- SBIRT at your doctor's office



School Resources:

- SAPIS, guidance counselors
- School-based health center, school nurses
- Community-based organizations on site

Community Resources

- Community-based organizations:
 - YMCA, UAU, SIMHS
 - prevention & early intervention
 - Treatment



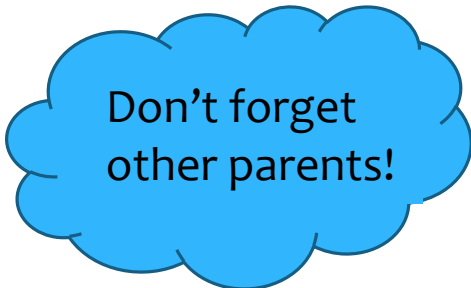


Know Available Resources



* **Local Resources**

- * Treatment providers
- * Tackling Youth Substance Abuse Initiative
- * Law enforcement contacts



Don't forget
other parents!

* **National Resources**

- * The Partnership at Drugfree.org
- * SAMHSA (Substance Abuse and Mental Health Services Administration)
- * National Institute on Drug Abuse (NIDA)

Prescription Drug Take Back Program



- * **Did you know?** Staten Island has a prescription drug take back program where residents can anonymously dispose of unused, unwanted or expired medications 24/7, no questions asked



Staten Island Drug Take Back Locations

**DELCO DRUGS
& SPECIALTY
PHARMACY**

3833 RICHMOND AVE

**RANDALL MANOR
PHARMACY**

395 FOREST
AVE

**OCEAN BREEZE
PHARMACY**

1817 HYLAN BLVD

**SUPER FRESH
SUPERMARKET
& PHARMACY**

6400 AMBOY RD

120 PRECINCT

78 RICHMOND
TERRACE

121 PRECINCT

970 RICHMOND
AVE

122 PRECINCT

2320 HYLAN BLVD

123 PRECINCT

116 MAIN
STREET

Free. Anonymous. No Questions Asked.

Opioid Dependence and Naloxone

Know someone who is dependent on either Rx opioids or heroin? Find support for yourself, look for programs that include loved ones in the treatment plan, and be trained in Naloxone (Narcan).

Naloxone is a safe medication that reverses the effects of opioid overdoses, saving lives by helping the person to breathe again.

What does an overdose look like? The person may be unresponsive, breathing very slowly or not at all or have blue lips and /or fingernails

The below agencies offer naloxone training:

Community Health Action of SI: 917-971-0340

Staten Island University Hospital: 718-226-3827

YMCA Counseling Service: 718-948-3232

South Beach Addiction Treatment Center: 718-667-2772



Resources Serving Youth And Adults

For a full TYSA Resource Guide, visit SIPCW.org/TYSA.htm

Alcoholics Anonymous	Statenislandaa.org / (212) 647-1680 (24/7)
Narcotics Anonymous	Newyorkna.org / na-si.org
Pills Anonymous	Pillsanonymous.org
Family Support Group Al-Anon	Nycalanon.org / (212) 941-0094
Family Support Group Nar-Anon	Nar-anon.org / naranon/ (718) 967-2608
NYS Office of Alcoholism & Substance Abuse Services	(OASAS) HOPELINE 1-877-8-HOPENY / oasas.ny.gov
NYC WELL	1-888-WELL
Partnership @ Drugfree Parent Line	1-855-DRUGFREE
Substance Abuse and Mental Health Services Administration	Findtreatment.samhsa.gov
Prevention – Partnership for Drug Free	Drugfree.org/prevent



1) How can we (TYSA) be a resource to you?



2) How can you be a resource to other parents/caregivers?

Contact TYSA & Get Involved

444 St. Mark's Place, 3rd Floor
Staten Island, NY 10301

P: (718) 226-0257

E: TYSA@sipcw.org

W: WWW.TYSA.NYC



@TYSAnetwork



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