



Trends and Signs of Drug Use in Adolescents

Presented by:

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Lindsey is a CCAPP Certified Alcohol and Drug Counselor, who received her CADC training from Loyola Marymount University. Lindsey has over 6 years of experience working with individuals of all ages struggling with substance use and mental health at the RTC, PHP/IOP, and OP levels of care. Additionally, she works with families and concerned significant others of those where substance use is causing dysfunction and stress.

As the Program Coordinator to Evolve's Virtual Program Lindsey assists the Program Director in ensuring the facility runs as smoothly and efficiently as possible. She supports the facility with administrative duties and assists with coordination between various staff and family members.

As the Substance Use Recovery Manager at Evolve Adolescent Behavioral Health, Lindsey provides substance use training, consultation, and development for staff as well as recovery support for RTC and PHP/IOP clients. Lindsey utilizes evidence-based practices in her work with clients and has experience with 12 step programs and is trained as a SMART recovery facilitator.



Key Takeaways

- Ability to identify current substance use trends in adolescents
- Ability to identify common warning signs of substance use in adolescents
- Discover effective ways to intervene if your teen exhibits warning signs

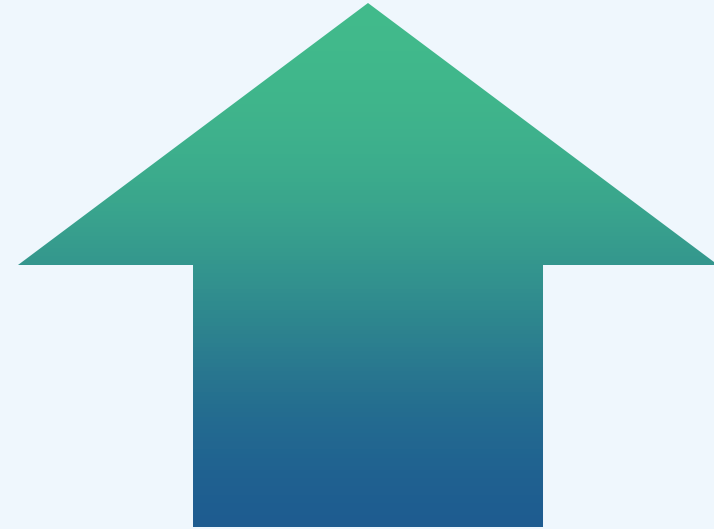
Substance Use Trends



Overall Statistics on Adolescent Drug Use



**Decrease in
Reported
Substance Use**



**Increase in
Fatality Rates**

Current Trends

Nicotine

- Nicotine Vaping
- Nicotine Pouches

Cannabis

- Cannabis Vaping

Hallucinogens: Mushrooms “Shrooms”

- Microdosing



Nicotine

NYTS
2023

More than **2.1 million**
youth currently use e-cigarettes,

with a **decline** in high school students currently using e-cigarettes in 2022-2023

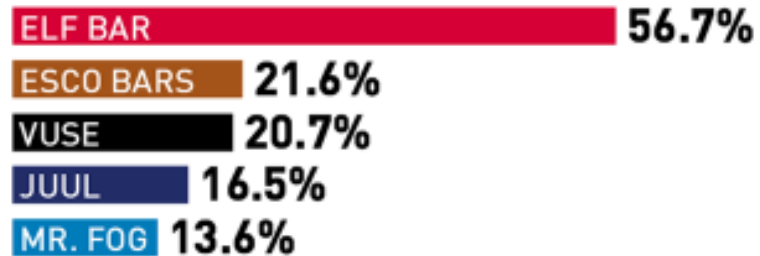
Among youth who reported current use of e-cigarettes:

More than **1 in 4**



use e-cigarettes daily

The most popular brands include disposable and cartridge-based products, and the most commonly reported products were:



Almost
9 out of 10



use flavored e-cigarettes

(Products, 2024)

Nicotine Vaping

GENERATIONS OF E-CIGARETTES & VAPE PENS



CIG-A-LIKE (2007)

E-Cigarettes came onto the market around 2007. Most looked very similar to a traditional cigarette.

0mg/mL - 6mg/mL



MODS/TANKS (2012)

Large size, modifiable e-cigarettes allow for more aerosol, nicotine, and other chemicals to be breathed into the lungs at a faster rate. E-juice and e-liquid often put in externally.

0mg/mL - 36mg/mL



SINGLE-USE/DISPOSABLE* (2018-NOW)

These e-cigarettes are currently the most popular and range in sizes and color. They typically contain high nicotine content and are highly addictive.

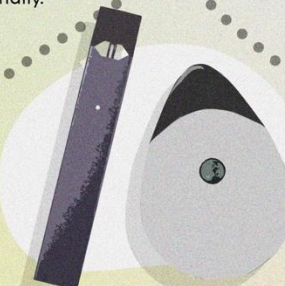
0mg/mL - 50mg/mL



VAPE PENS (2009)

These have batteries that can reach higher temperatures, have refillable e-liquid cartridges, and allow users to regulate the frequency of inhalations.

0mg/mL - 18mg/mL



POD-BASED (2015-2017)

These e-cigarettes are shaped like USBs or different shapes, and contains pods with higher amounts of nicotine than previous generations.

0mg/mL - 50mg/mL

*Disposable vapes contain harmful chemicals and cannot be thrown away normally and should be disposed in proper manner.

“Smart Vapes”



Nicotine Pouches



Cannabis



- In 2022, marijuana was the most commonly used illicit drug by adolescents aged 12 to 17.
- In 2022, 30.7% of 12th graders reported using cannabis in the past year and 6.3% reported using cannabis daily in the past 30 days.
- Potency can vary greatly based on THC product.

THC Products

Flower

- The plant

Extracts and Concentrates

- Wax
- Oil
- Shatter
- Live Resin
- Rosin
- Crumble
- Budder/Badder

Tincture

- Sprays
- Sublingual's
- Drops

Edibles

- Candy
- Food
- Lozenges

Concentrates

NON-SOLVENT CONCENTRATES



KIEF



HASH



CHARAS



BUBBLE HASH



ROSIN HASH

SOLVENT-BASED CONCENTRATES



SHATTER



WAX



CRUMBLE



BUDDER



LIVE RESIN



BHO



PHO



CO₂ OIL

Cannabis Vaping

- In 2022 6.5% of eighth graders, 13.1% of 10th graders, and 19.6% of 12th graders reported vaping cannabis within the past year, reflecting a stable trend among all three grades.
- Vaping is the second most common way adolescents use cannabis.
- Given the potency of THC concentrates, there is an increased potential for adverse side effects related to cannabis use.



Hallucinogens: “Shrooms”

From 2018 to 2021 Non-LSD
hallucinogen increased in
prevalence **from 3.4 to 6.6%.**

Microdosing

- Is taking small amounts of a substance to get some of the physiological symptoms without experiencing a full psychedelic experience or unpleasant side effects.
- Typically done with shrooms and LSD but can be done with other substances as well.

Common Substance Paraphernalia



Adolescent Substance Use



Warning Signs Can Fall on a Spectrum

**Mild
Concern**



**Cause for
Immediate
Concern**

Signs of Substance Use

Behavioral Changes

- Social changes
- Mood and distress tolerance
- Inconsistencies
- Increased secrecy
- Increased risky behaviors
- Increased conflict

Functioning Changes

- Changes in school/hobbies
- Hygiene
- Mental comprehension
- Sleep changes
- Worsening mental health symptoms

Physical Changes

- Changes to eyes
- Eating more than usual
- Weight loss
- Nose bleeds
- Runny nose
- Increased sweating
- Jitteriness
- Feeling unwell



What You Can Do

Proactively

- Practice open communication
 - Communicate with LOVE (Listening, Offering, Validating, Empathizing)
- Parental monitoring
- Provide clear and consistent messaging
- Stay informed and seek current information

If there is a more immediate concern

- Discuss with PCP
- Reach out to therapist or counselor
- Consider administering home drug screens
- Seek professional evaluation

Resources

Book Recommendations:

Hold On to Your Kids: Why Parents Need to Matter More Than Peers (By Gabor Maté and Gordon Neufeld)

By Daniel J. Siegel:

- **No Drama Discipline: The Whole Brain Way to Calm the Chaos and Nurture Your Child's Developing Mind**
- **Parenting from the Inside Out**
- **Brainstorm: The Power and Purpose of the Teenage Brain**

Marijuana: Facts Parents Need to Know (By National Institute of Drug Abuse)

<https://archives.nida.nih.gov/publications/marijuana-facts-parents-need-to-know/letter-to-parents>

Emoji Drug Code Decoded: <https://www.dea.gov/sites/default/files/2021-12/Emoji%20Decoded.pdf>

Family Mutual Support Options:

- Smart Recovery <https://smartrecovery.org/family>
- Al-Anon <https://al-anon.org/>

Narcan: <https://archives.nida.nih.gov/publications/naloxone-opioid-overdose-life-saving-science>

Questions



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