



WAKE UP CALL BACKPACK:

IDENTIFYING CONCEALED VAPING, CANNABIS AND OTHER SUBSTANCES IN THE SCHOOL, PROFESSIONAL, AND HOME SETTING

Your Presenters



Amanda is a Community Educator and Program Specialist here at the ARC. I currently have my bachelor's in social work from the UW- Milwaukee and a master's in psychology with a focus on addictions from Purdue University. I have worked with a vast range of populations from juvenile youth, women in recovery from alcohol and other drugs, adults with mental health issues ranging from BPD, schizophrenia and other mood-altering illnesses. My passion is to help educate youth, adults and families to live a life worth living. In my free time I love to spend it by being outside with my dogs, going to the gym and golfing with friends and family.

Jess is a community health educator who is passionate in substance prevention, and harm reduction. She works with students, educators, parents and other community partners to educate on how they can prevent or assist high risk adolescents while using substances.

She graduated from the University of Wisconsin – La Crosse with a degree in public health and community health education. She is also a certified health education specialist (CHES) and a prevention specialist.





Agenda

- Current Drug Trends
- Backpack Search
- Resources



Key Considerations



Not every student is going to experiment with substances.



Context is key



Knowledge is power!

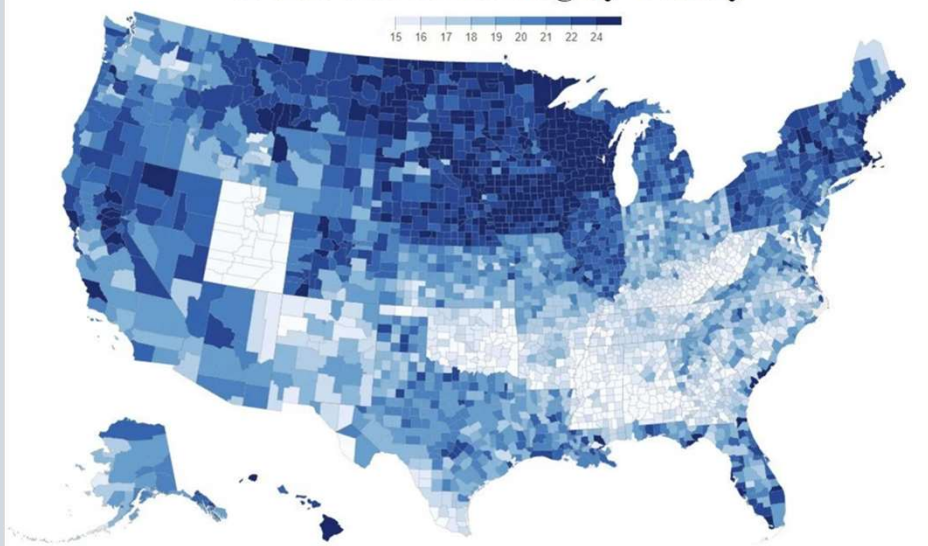


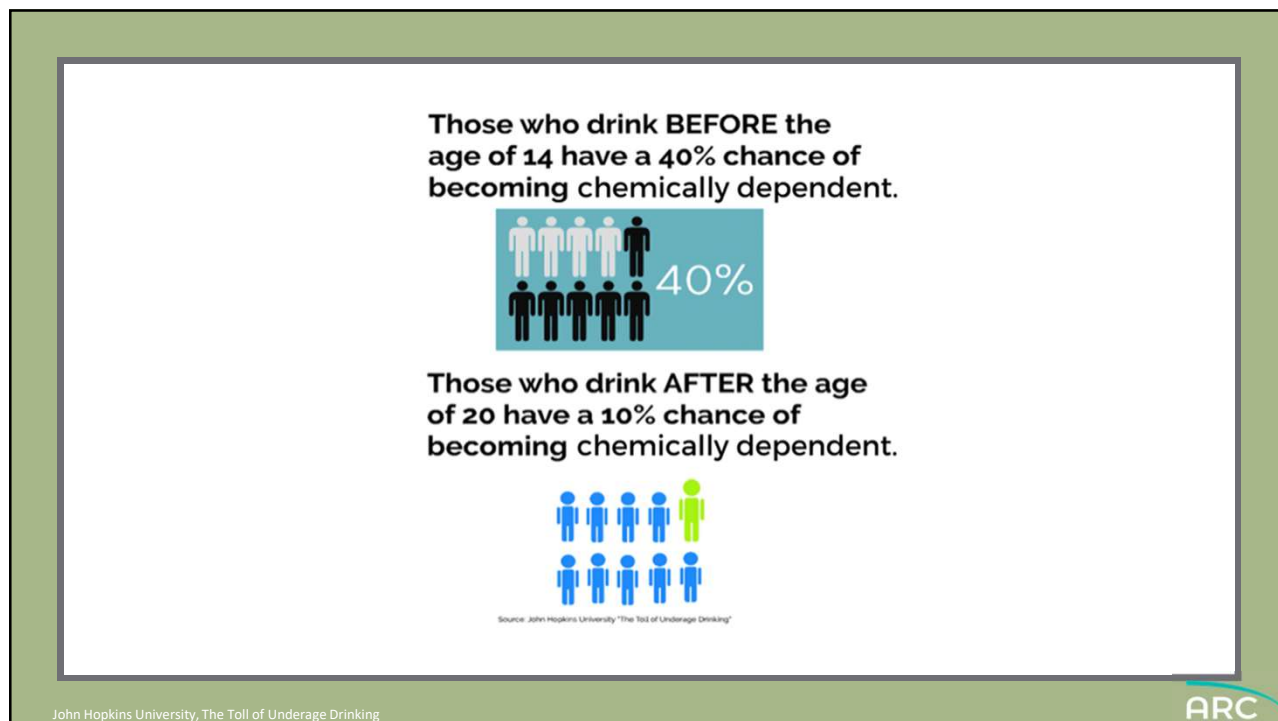
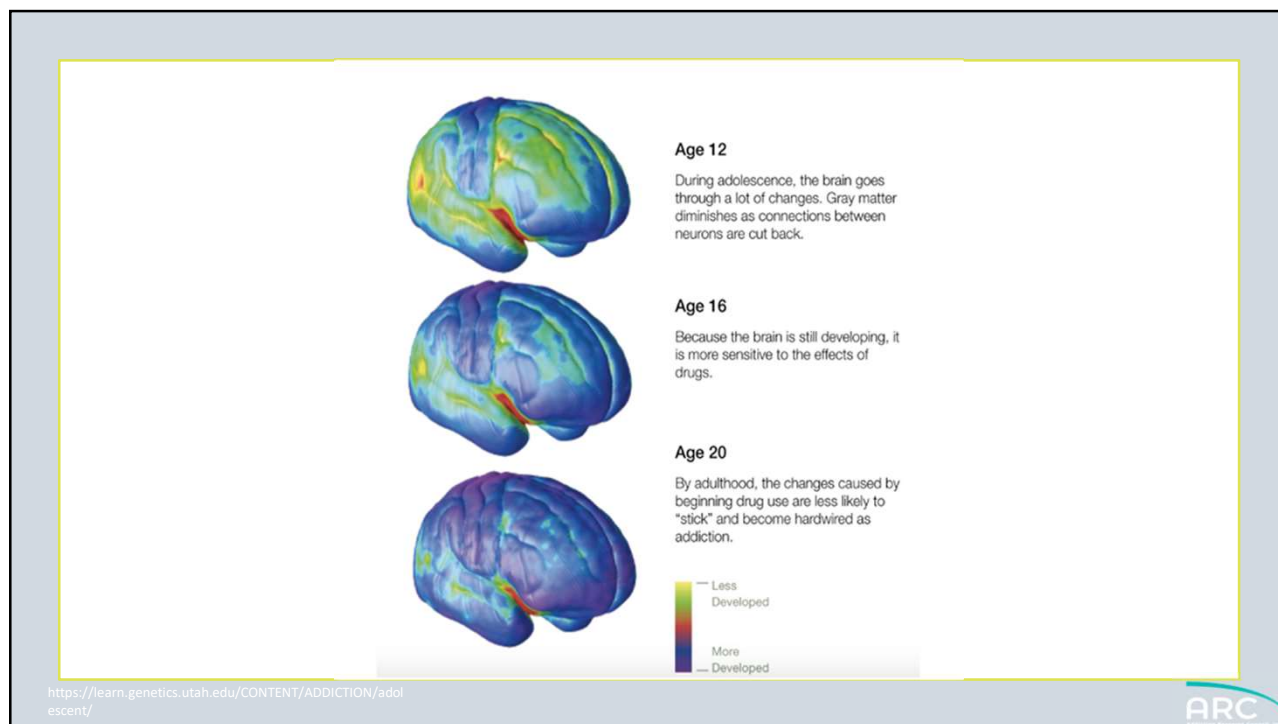


Current Drug Trends

Alcohol

% Excessive Drinking by County





Vaping

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VAPING: Term used to describe when a substance is heated to the point of releasing vapor (vaporizing) but not combusted (lit on fire)



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Devices



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Substances that can be vaped

- Nicotine
- Cannabis
- Alcohol
- Dabs
- Cocaine
- Meth
- Opiates
- Etc...



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Nicotine: Disposables



1 Disposable (800 puff) = 50 cigarettes



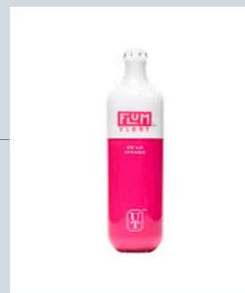
1 Disposable (8,500 puff) = 531 cigarettes

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Nicotine

Facts:

- Currently 7,700 flavors of e-juice available
- A bottle of e-juice contains enough nicotine to kill an adult
- Ingredients: Nicotine, flavoring, humectant (propylene glycol or vegetable glycerin)
- Once heated: Formaldehyde, Acetaldehyde, Acrolein, Particulates and Toxic Metals



Source: <https://www.rosecrance.org/wp-content/uploads/2018/09/Vaping-Presentation-September-2018.pdf>

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Why Teens Vape:

- 57.8% - "A friend used them"
- 43.4% - "I'm feeling anxious or depressed"
- 42.8% - "To get a high or a buzz"
- 49.4% - "I was curious about them"



- Not as gross as cigarette smoking
- Don't smell, teeth don't yellow, no tar in lungs
- Flavors make it fun
- Easy to hide and get away with
- Gives them a head rush
- Don't know the long-term effects of vaping

Source: https://www.cdc.gov/mmwr/volumes/71/ss/ss7105a1.htm?s_cid=ss7105a1_w

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IS THIS YOU FIVE YEARS FROM NOW?
When tempted to over-indulge
"Reach for a Lucky instead"

Be moderate—be moderate in all things, even in smoking. Avoid the future that is *by avoiding over-indulgence, if you would maintain the moderate, ever youthful figure. "Reach for a Lucky instead."

Lucky Strike, the finest Cigarette you ever smoked, made of the finest tobacco—The Cream of the Crop—"IT'S TOASTED." **Lucky Strike** has an extra, secret toasting process. Everyone knows that heat purifies and so 10,679 physicians say that **Lucky** are less irritating to your throat.

"It's toasted"
Your Throat Protection—against irritation—against cough.
*We do not say smoking **Lucky** reduces risk. We do say when tempted to over-indulge, "Reach for a Lucky instead."

According to repeated nationwide surveys,

More Doctors Smoke **CAMELS** than any other cigarette!

Doctors in every branch of medicine were asked, "What cigarette do you smoke?" The brand named most was Camel!

You'll enjoy Camels for the same reasons so many doctors enjoy them. Camels have cool, cool *mildness*, pack after pack, and a *flavor* unmatched by any other cigarette. Make this sensible test: Smoke only Camels for 30 days and see how well Camels please your taste, how well they suit your throat as your steady smoke. You'll see how enjoyable a cigarette can be!

THE DOCTORS' CHOICE IS AMERICA'S CHOICE!

DR. HENRY D. HARRIS says: "I pick Camels. They agree with my throat and taste wonderful!"

DR. WALTER B. BAKER says: "I get more pleasure from Camels than from any other brand!"

DR. W. H. BELLAMY reports: "Camels suit my taste and throat. I've smoked 'em for years!"

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WARNING

This is what dying of lung cancer looks like.

Barb Tarbox died at 42 of lung cancer caused by cigarettes.

BE CAREFUL NOT TO CUT YOUR STOMA.

Shawn, Age 50, Diagnosed at 46 Washington State

Every time you smoke your blood gets thick and dirty with toxins.
Search Smokefree

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ELF BAR
MAKE IT ELF, ENJOY YOURSELF.

ELF BAR

EXPERIENCE ZYN
SMOKE-FREE
THE FUTURE OF NICOTINE IS HERE
ZYN.COM

JUUL
VAPORIZED

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Risks of Vaping

SHORT TERM

Mouth and throat irritation
Coughing and wheezing
Chest pain
Raised blood pressure
Raised heart rate
Upset stomach
Nausea

LONG TERM

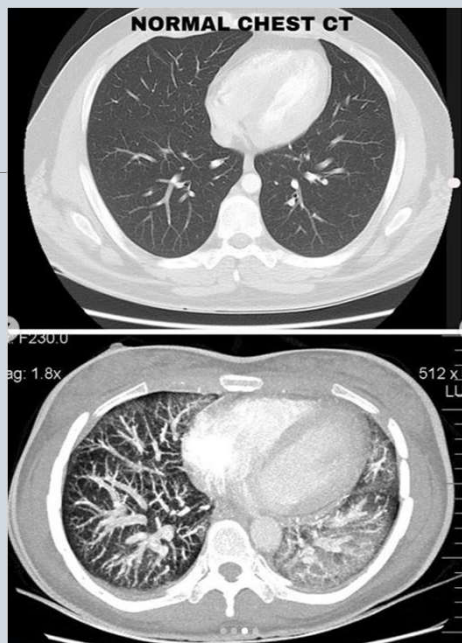
Asthma
Vape Tongue
Cardiovascular diseases
Lung diseases
More to come...

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Risks of Vaping



These CT scans show normal lungs (left) vs. lungs of an individual who suffered from vaping-induced lung injury. The dense white areas indicate significant injury.



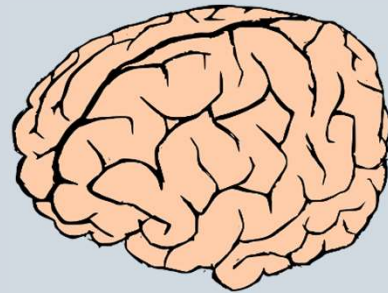
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Risks of Vaping

Stunts brain growth in:

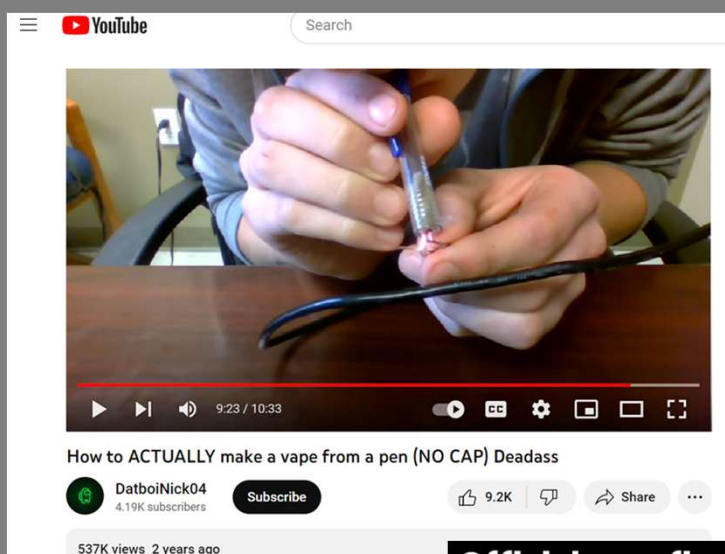
- Attention,
- Learning
- Mood
- Memory
- Impulse control, and more

Nicotine dependance



<https://www.dshs.texas.gov/vaping/HealthIssues/>

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DIY Vapes

- Uses common household items.
- Live wires
- Can cause fires, explosions, or electrocution.
- DIY vape juice

Officials say fire that killed 3 in New York City apparently caused by homemade vape pens

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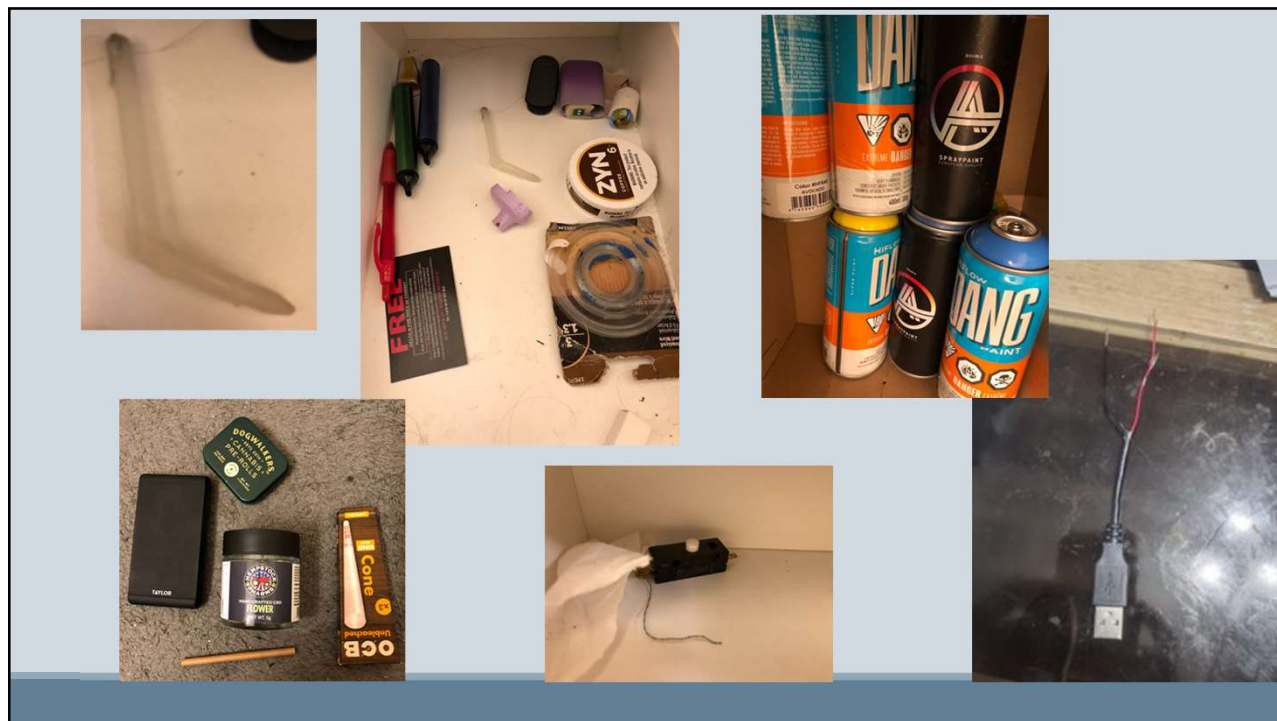


Nicotine Salt Pouches

- Extremely high levels of nicotine
- Promoted/ glorified on social media
- More discreet than vaping
- "Tobacco Free"



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**Where do
they get these
things,
anyway?**

Parents

Gas stations and vape shops that don't ID

Social Media (Snapchat, Instagram)

Online



Older friends

Gift cards

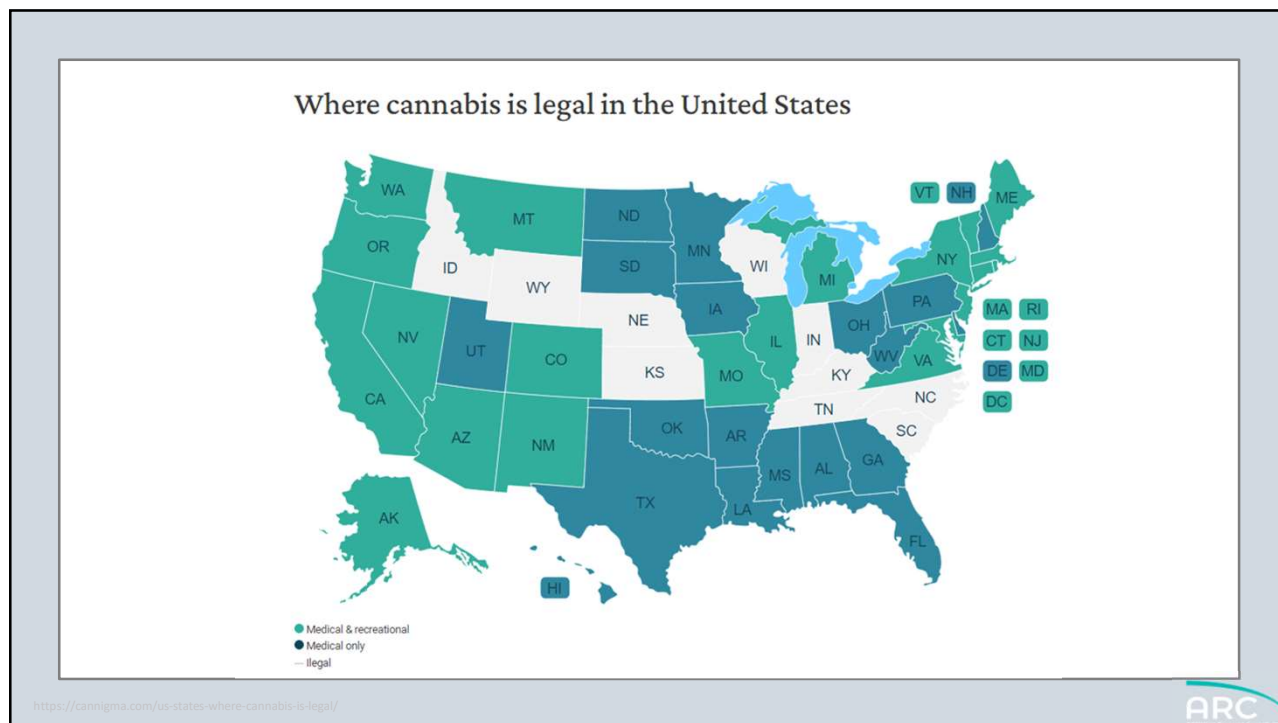
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Marijuana

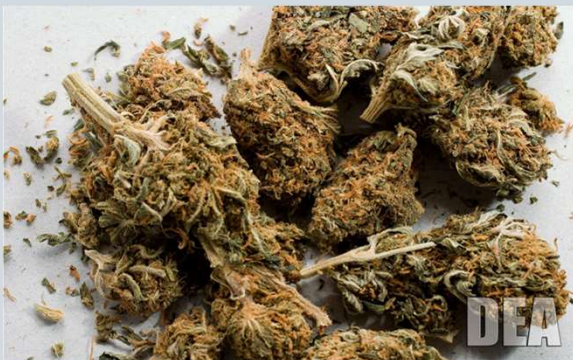
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<p>CBD</p> <p>Low THC (legally less than 0.3%)</p> <p>Non-psychoactive</p> <p>POPULAR FORMS Oil tinctures, edibles, lotions, salves, patches, etc.</p> <p>PRIMARY USES Therapeutic and good for easing pain and inflammation, stress, depression, and anxiety</p>	<p>THC</p> <p>High THC (5% and up)</p> <p>Psychoactive (produces a feeling of euphoria/feeling "high")</p> <p>POPULAR FORMS Smoking, vaping, and edibles</p> <p>PRIMARY USES Medical uses for easing pain, fighting inflammation, promoting sleep, or lowering anxiety. Also taken recreationally to produce euphoria/feeling "high"</p>

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Marijuana Flower



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Concentrates - Dabs

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Concentrates - Dabs



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Concentrates – Cartridge "Cart"



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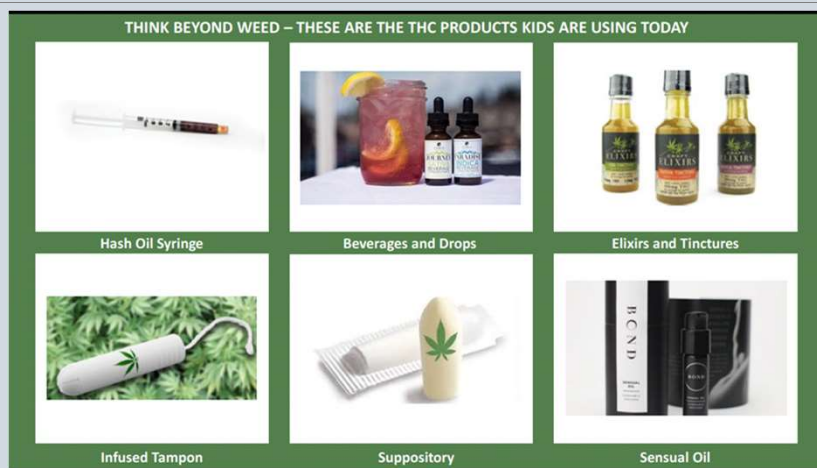
Concentrates: What To Know

- Concentrated doses of cannabis are made by extracting THC using a solvent like butane or carbon dioxide
- Regular flower cannabis contains about 20% THC, concentrates up to 90% pure THC
- Can overdose – while not lethal, can lead to uncomfortable highs and, passing out and psychosis
- Long-term effects of high dose THC products unknown
- Cartridges can contain nicotine, and other dangerous chemicals as cheap fillers.



Cannabis Edibles

Other Marijuana Products:



<https://johnnysambassadors.org/>

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Types of THC



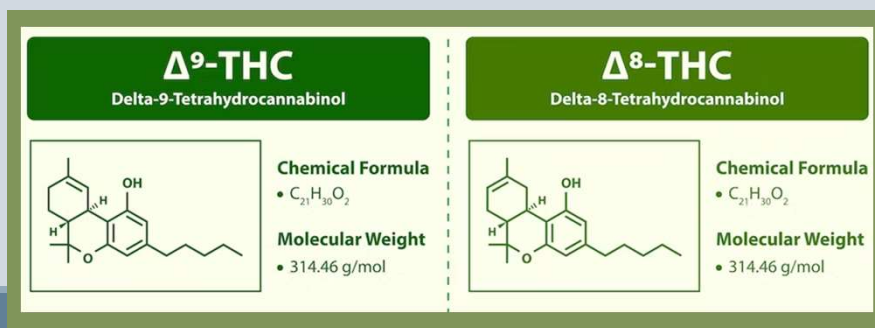
[RISECANNABIS.COM](https://risecannabis.com)

<https://risecannabis.com/cannabis-101/different-types-of-thc/>

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Delta 8 Isomer

- One chemical bond difference from Delta 9
- Produces a high
- Little to no legislation



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Examples of Products:

Smokeless:



Smoked:

"cryogenically infused with hemp-derived Delta-8 THC distillate"

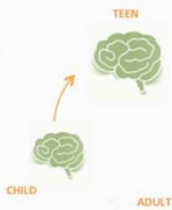


Marijuana and the brain



MARIJUANA MAY HURT THE DEVELOPING TEEN BRAIN

The teen brain is **still** developing and it is especially vulnerable to drug use.



↓ IQ

Regular heavy marijuana use by teens can lead to an IQ drop of up to **8 points**³

HEAVY MARIJUANA USE BY TEENS IS LINKED TO⁴:

Educational Outcomes

lower grades and exam scores

less likely to enroll in college

less likely to graduate from HS or college

Life Outcomes

lower satisfaction with life

more likely to earn a **lower** income

more likely to be **unemployed**



National Institute on Drug Abuse

1. NSDUH, SAMSHA, 2014; 2. MTF Survey; 3. Meier et al 2012; 4. MTF Survey; Cobb-Clark et al, 2013; Silms et al 2014; Tucker et al 2005; Homel et al, 2014; Vollen et al 2014; Fergusson and Boden 2008; Brooks et al 2013

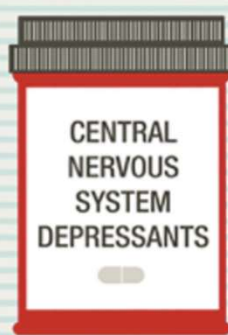
Prescription Pills



Of all the classes of drugs abused, the following three are the most commonly abused prescription drugs

3

most abused
drug classes



<https://www.addictionhelper.com/prescription-drugs/gabapentin/>



If you find a prescription pill and you are not sure what it is go to
<http://www.webmd.com/pill-identification>

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Fentanyl Pressed Pills



Source: <https://www.wsj.com/articles/the-uphill-fight-against-fake-prescription-drugs-1539009351>

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Naloxone

Reverses opioid overdoses

- Oxycontin, Vicodin, Tramadol, heroin, fentanyl, etc.

No potential for misuse



nasal spray



auto-injector



injectable

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DRUG ENFORCEMENT ADMINISTRATION

ONE
PILL CAN
KILL

EMOJI DRUG CODE | DECODED

COMMON EMOJI CODES

FAKE PRESCRIPTION DRUGS

PERCOCET & OXYCODONE



XANAX



ADDERALL



DEALER SIGNALS

DEALER ADVERTISING



HIGH POTENCY



UNIVERSAL FOR DRUGS



LARGE BATCH



OTHER DRUGS

METH



HEROIN



COCAINE



MDMA & MOLLIES



MUSHROOMS



COUGH SYRUP



MARIJUANA



This reference guide is intended to give parents, caregivers, educators, and other influencers a better sense of how emojis are being used in conjunction with illegal drugs. Fake prescription pills, commonly laced with deadly fentanyl and methamphetamine, are often sold on social media and e-commerce platforms – making them available to anyone with a smartphone.

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Other Substances:

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How to spot signs of drug use

Shifts in mood and personality

Behavioral changes

Declining hygiene and appearance

Physical health

<https://drugfree.org/article/signs-of-drug-use-in-teens/>

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Looking for drug use:

Use your nose

Look them in the eyes

Watch their behavior

Search their spaces

<https://drugfree.org/article/signs-of-drug-use-in-teens/>

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Substance Use and Mental Health

**7.7
MILLION**

Adults have co-occurring mental and substance use disorders. This doesn't mean that one caused the other and it can be difficult to determine which came first.

Of the 20.3 million adults with **substance use disorders**,

37.9%

also had **mental illnesses**.



Among the 42.1 million adults with **mental illness**,

18.2%

also had **substance use disorders**.



How to stay up-to-date?

Google:

- How do I hide my drugs?
- How can I get high without my parents knowing?

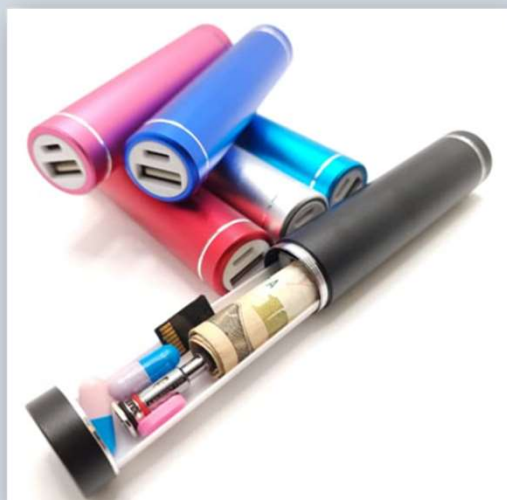
how can I get high without my parents knowing



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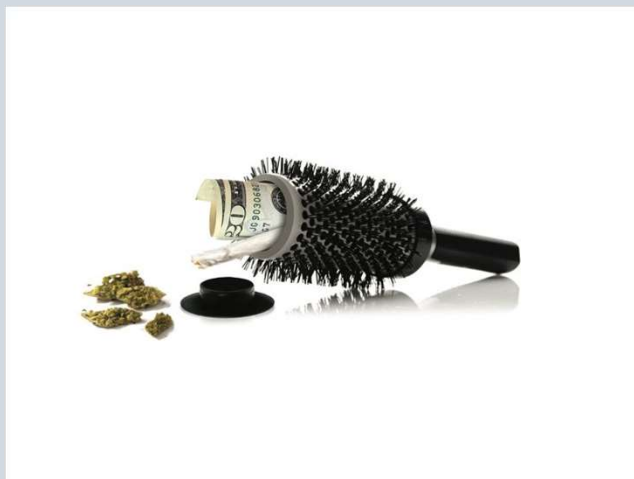
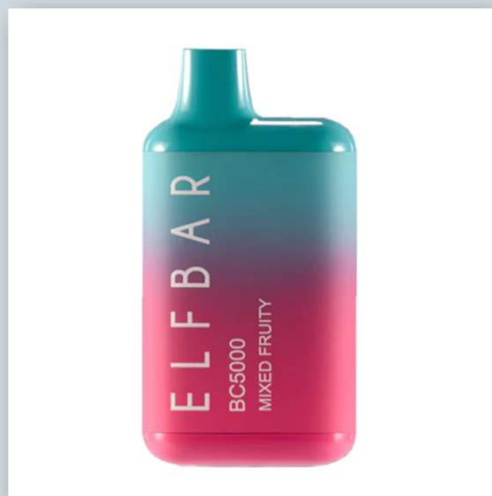


Backpack









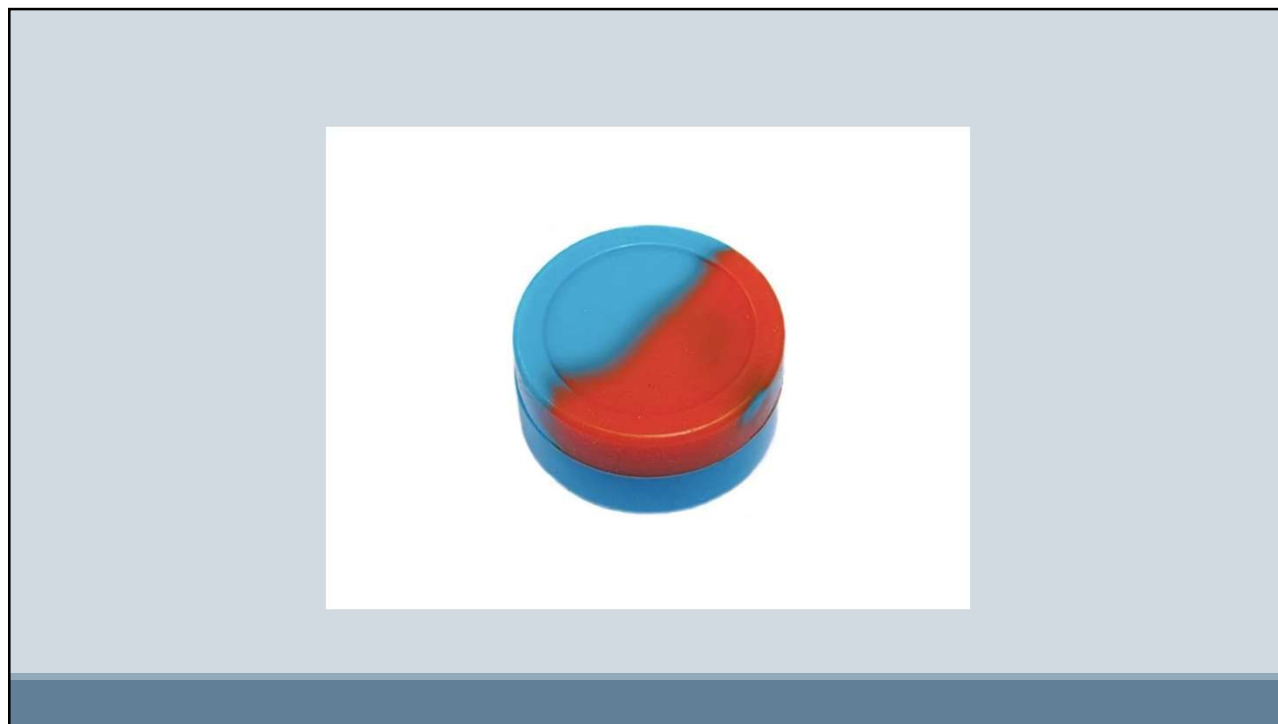


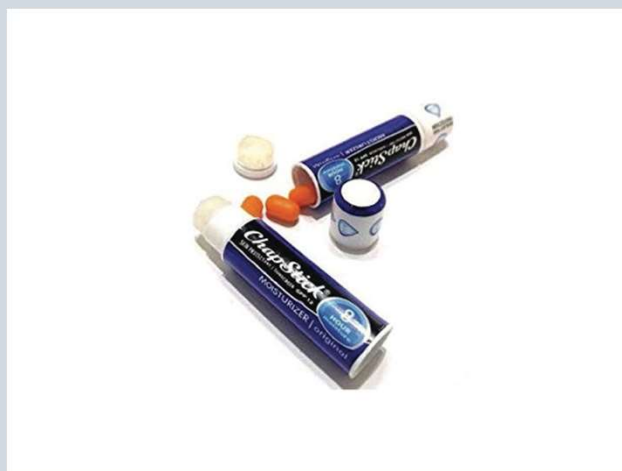
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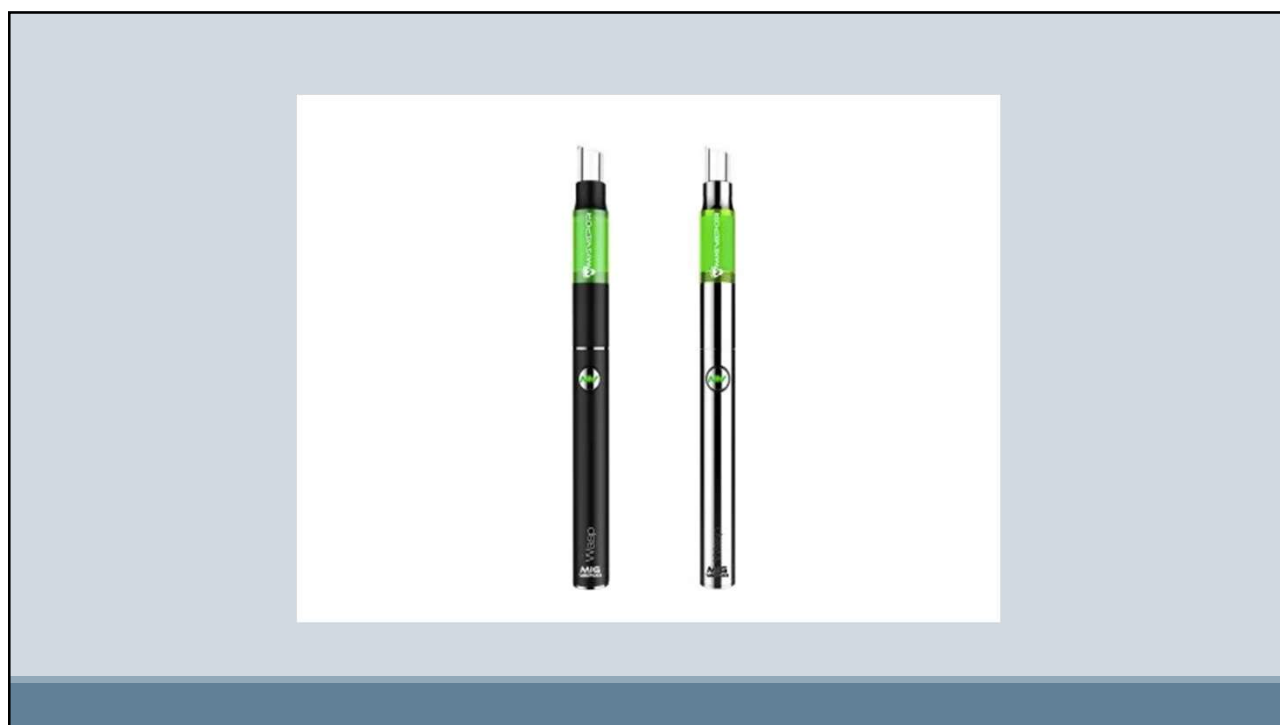




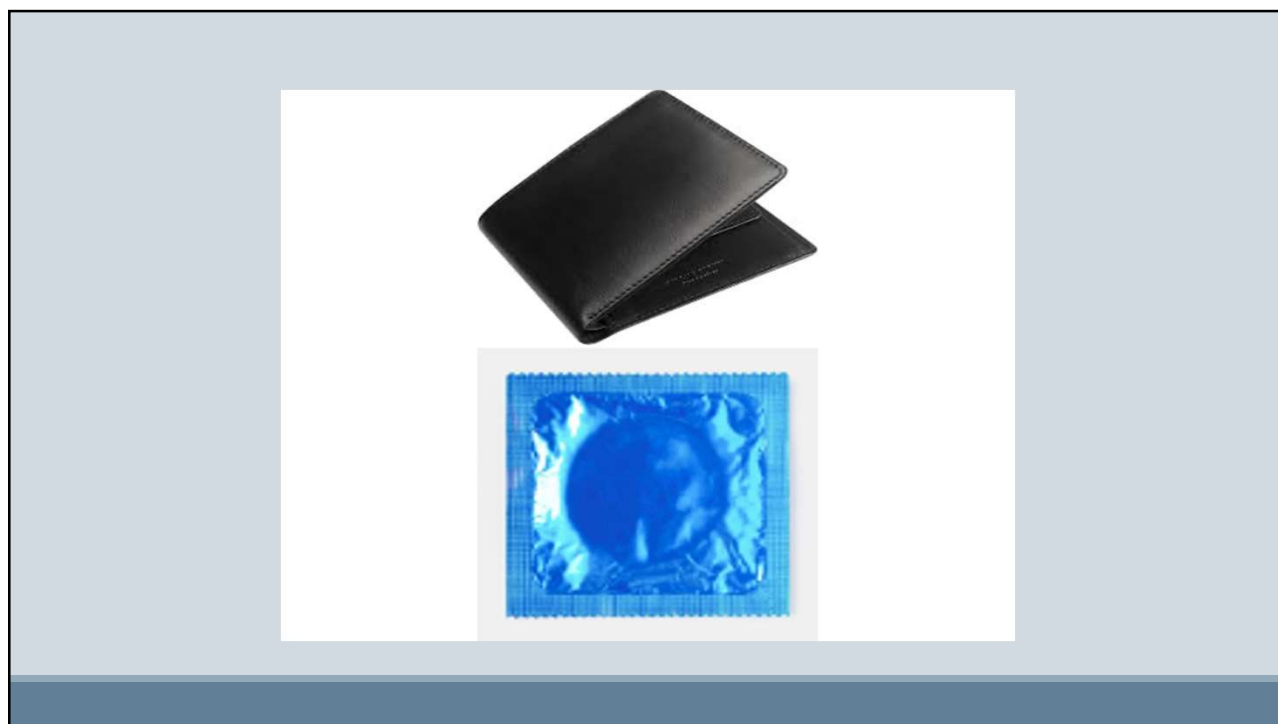














Additional Resources

Webinars

Free to join!

- \$15 CEU's

Topics:

- Cannabis/Delta 8
- Gaming addiction
- Xylazine
- Stigma
- Etc., etc., etc.



<https://www.yourchoiceprevention.org/webinars>

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Questions?

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