

Drug Use and Young People

Long Island Council on
Alcoholism and
Drug Dependence, Inc.

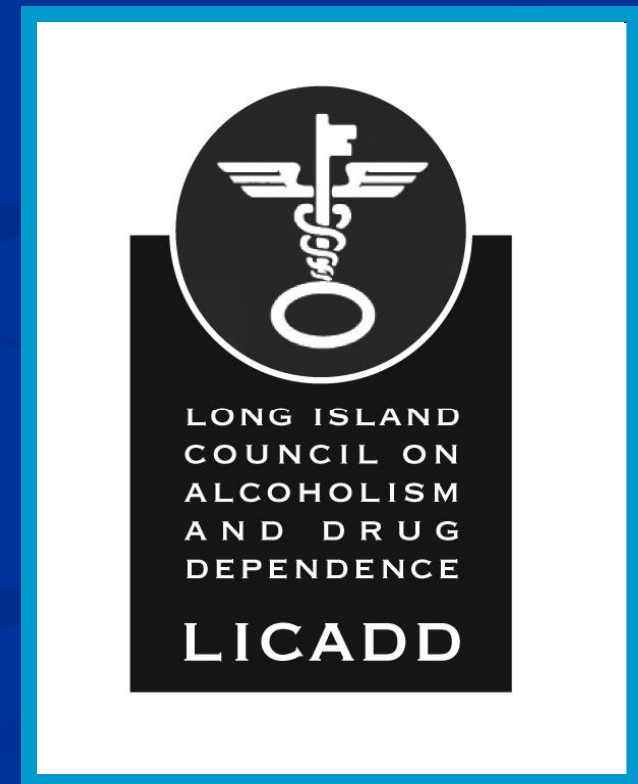
LICADD

516-747-2606

631-979-1700

1-800-585-5422

www.licadd.org

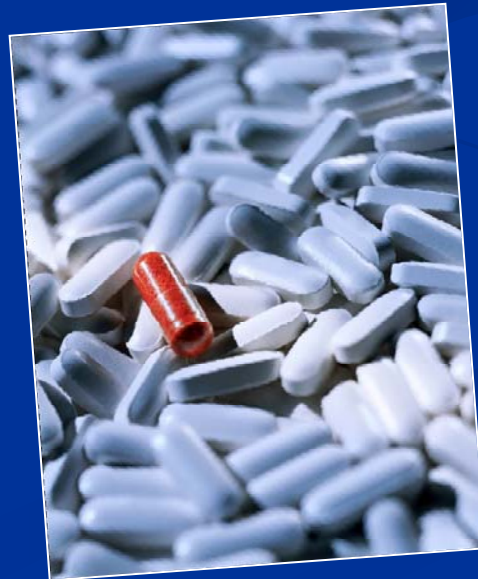


What is a drug?



A Drug Is

- A foreign substance introduced into the body that produces change in normal body functioning
- Mind and mood altering substances



Mind and Mood Altering Drugs

- Alcohol
- Amphetamine
- Cannabis
- Hallucinogens
- Opiates
- Benzodiazepines
- Sedatives
- Stimulants



Why drug use?



Why do people get high?

Why do individuals drink?

Answer.....



- Curiosity
- Peer pressure
- Relaxation
- Anxiety
- Social acceptance
- Depression
- Escape
- Energy
- Lose inhibitions

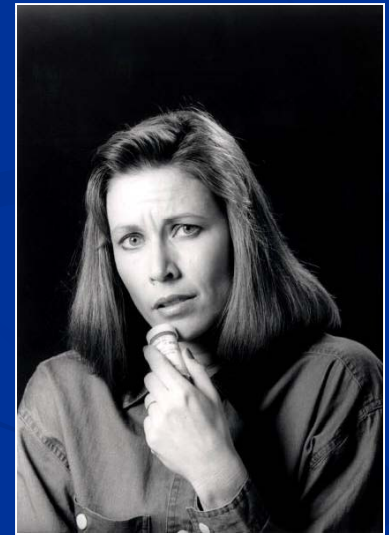
Use of drugs range from
recreational use

to

coping skills

and

self medication

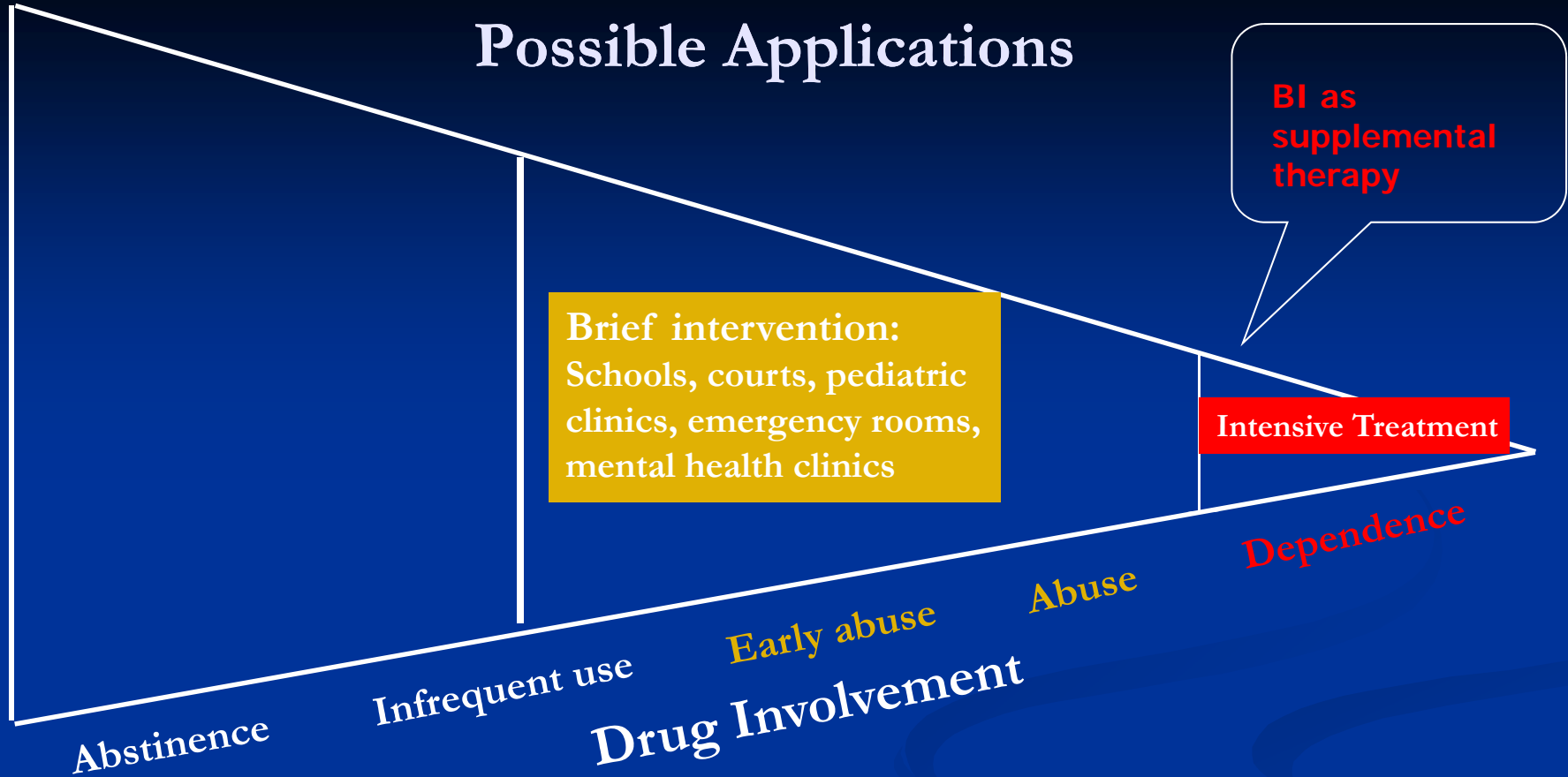


Adolescence is...



- Experimentation
- Personality and character development years

Possible Applications



Adapted from Broadening the Base of Alcohol Treatment (IOM)

40% of those who start drinking and drugging at age 13 or younger develop dependence later in life.

10% of teens who began after the age of 17 develop dependence.



Drug Dependence

- **Physical:**

- the body has adapted to the drug and the lack of it will lead to specific withdrawal symptoms.

- **Psychological:**

- a sense of need for a specific substance is felt either for the drugs' perceived effects, or to avoid the negative effects associated with abstinence.

Substance Use Dependence

- “A disease process characterized by the continued use of a substance despite physical, psychological or social harm.”
- A disease of the mind (as seen in the DSMIVR).
- Dysfunctional defense mechanisms and lack of healthy coping skills.

Facts and Stats

- Alcohol kills 6 ½ times more teenagers than all illicit drugs.
- Criminality and substance use. Teen arrestees according to the National Arrestee and Drug Monitoring System (ADAM)
 - 66% of those underage males arrested tested positive for marijuana.

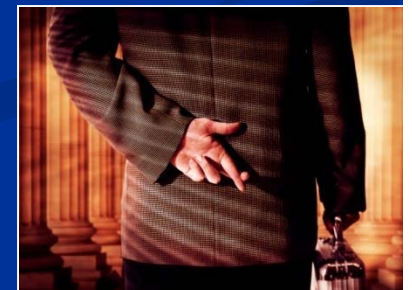
Drug Use Continuum

- Gateway drugs include alcohol, nicotine and marijuana.
- Substance use continuum is subtle changes in attitudes and related behaviors.
- Defense mechanisms like denial, rationalization and intellectualization 'backfire' to promote dysfunction.



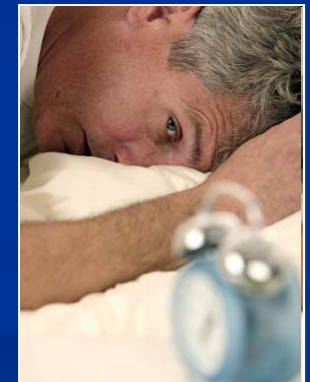
Negative Self Care Behaviors Associated with Substance Use

- Poor sleep patterns
- Poor eating habits
- Excessive or insufficient water intake
- Lack of exercise
- Impaired judgment



Negative Self Care Behaviors Associated with Substance Use

- Poor hygiene
- Reckless behaviors
- Poor anger management skills
- Lack of honesty with self and others
- Shift in interests towards substance use



“ Too Good For Drugs”

- Too Good for Drugs (TGFD) is a school-based prevention program for kindergarten through 12th grade that builds on students' resiliency by teaching them how to be socially competent and autonomous problem solvers.
- The program is designed to benefit everyone in the school by providing needed education in social and emotional competencies and by reducing risk factors and building protective factors that affect students in these age groups.
- TGFD focuses on developing personal and interpersonal skills to resist peer pressures, goal setting, decision making, bonding with others, having respect for self and others, managing emotions, effective communication, and social interactions.

Teen Intervene:

A Brief Intervention with Alcohol and Drug Abusing Adolescents

Organized around these strategies:

Motivational interviewing

Stages of change

Cognitive-behavioral

Modeled after existing evidence-based approaches

Breslin et al., 2002

Monti et al., 1999

Winters & Leitten, 2007 (Teen Intervene background research)



Remember:

- Substance abuse is a disease of the mind.
- Left untreated it will progressively get worse.

Where to Get Help

- Long Island Council on Alcoholism and Drug Dependence, Inc. (LICADD):

www.licadd.org

516-747-2606 or 1-800-585-5422

- Alcoholics Anonymous Hotline Nassau County:

516-292-3045

- Narcotics Anonymous Nassau County:

516-827-9500

