Empowering High School Students with Voice and Choice

Substance and Drug Abuse Prevention
Our Speakers

Activation since September 2017

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Today’s Agenda

1. Welcome and Panel Introductions
2. State of the Opioid Epidemic
3. Myths and Facts
4. The Science of Addiction
5. Empowering Teens with Voice and Choice
6. Prevention in the Classroom
State of the Opioid Epidemic
Life or Death Stakes - Thousands of Lives Lost Annually

100 Americans Die Each Day from Opioid Overdoses

1
Prescription Drug Abuse Comes at a Steep Price

For every $1 invested...

Prevention Programs Return $64

Treatment Programs Return $4

$78.5B

Prescription opioid abuse carries high costs for American society, with an estimated total economic burden of nearly $80B each year.
Who Abuses Prescription Pain Medication

Past Year Prescription Pain Reliever Misuse among People Aged 12 or Older, by Age Group: 2017

- 12 or Older: 11.1 million, 4.1%
- 12 to 17: 0.8 million, 3.1%
- 18 to 25: 2.5 million, 7.2%
- 26 or Older: 7.8 million, 3.7%
Source: Where Pain Relievers Were Obtained for Most Recent Misuse among People Aged 12 or Older Who Misused Prescription Pain Relievers in the Past Year: Percentages, 2017

- Given by, Bought from, or Took from a Friend or Relative: 53.1%
- From Friend or Relative for Free: 38.5%
- Bought from Friend or Relative: 10.6%
- Took from Friend or Relative without Asking: 4.0%
- 11.1 Million People Aged 12 or Older Who Misused Prescription Pain Relievers in the Past Year

Note: Respondents with unknown data for the Source for Most Recent Misuse or who reported Some Other Way but did not specify a valid way were excluded.
A Disturbing New Trend

Serious Mental Illness in the Past Year among Adults Aged 18 or Older, by Age Group: Percentages, 2008-2017

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<tbody>
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<td>18 or Older</td>
<td>3.7%</td>
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<td>4.1%</td>
<td>3.9%</td>
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<td>16 to 25</td>
<td>3.8%</td>
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<td>7.6%</td>
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<td>26 to 49</td>
<td>4.9%</td>
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<tr>
<td>50 or Older</td>
<td>2.8%</td>
<td>2.5%</td>
<td>3.0%</td>
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+ Difference between this estimate and the 2017 estimate is statistically significant at the .05 level.
Substance Abuse Among Young People

In Colorado:
- 25-34 year olds make up the highest proportion of opioid related drug overdose deaths (CDC Vital Statistics reported by Kaiser Family Foundation, 2016).
- 18-25 year olds report the highest nonmedical use of Rx pain relievers (NSDUH 2015-16)
- And research tells us that 90% of addictions begin with use in the teenage years

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2013.
Perception of Risk

Among surveyed youth, the perception of risk in misusing prescription pain relievers or stimulants jumped from 2016 to 2018.

**LIMITED MISUSE**
(USING ONCE OR TWICE)

**PERCEPTION OF GREAT RISK**

<table>
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<th>Prescription Pain Relievers:</th>
<th>Prescription Stimulants:</th>
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<td>2016</td>
<td>2018</td>
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<tr>
<td>48%</td>
<td>65%</td>
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<td>36%</td>
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Ease of Access

Of concern, access to prescription drugs has **gotten easier since 2016**, growing from **38%** to **44%** of youth reporting they would be somewhat or very easy to access.

“**How Difficult, Or Easy, Do You Think It Would Be For YOU To Get Prescription Drugs?**”

- **2016**: Very & Somewhat Easy - 38%
- **2018**: Very & Somewhat Easy - 19%
- **2018**: Very Easy - 44%

2018 Rise Above Colorado Youth Survey
Combined Effect of Opioid Prescription rates and Change in Labor Force Participation Rate
Prime Age Adults, Ages 25-54

Source: Brookings
Community Impact

There’s been a dramatic increase in maternal opioid use disorder and neonatal abstinence syndrome.
Myths and Facts
Teens and Access to Drugs

9 OUT OF 10
PEOPLE WITH SUBSTANCE PROBLEMS
STARTED USING BY AGE 18
Appropriate Disposal

What should we teach students and families about safe disposal?

Image Source: disposeymeds.org
While inaccurate perceptions of marijuana use remains prevalent among high school aged youth, overestimation of schoolmates’ use of alcohol, prescription drugs and meth decreased significantly since 2016 among middle school aged youth (12 to 14):
What is the Relationship Between Illicit Drugs and Prescription Drugs Amongst Teens?

About 80 percent of people who use heroin first misused prescription opioids.

Roughly 21 to 29 percent of patients prescribed opioids for chronic pain misuse them.

The Midwestern region saw opioid overdoses increase 70 percent from July 2016 through September 2017.

Between 8 and 12 percent develop an opioid use disorder.

(Source National Institute on Drug Abuse)
Teen Vaping Trends

Percent of Students Reporting Vaping in Past Year, by Type and Grade

SOURCE: University of Michigan, 2018 Monitoring the Future Study
The Science of Addiction
What happens to the brain and body in addiction?

Different drugs—because of their chemical structures—work differently.

There are at least two ways drugs work in the brain:

- Imitating the brain’s natural chemical messengers
- Overstimulating the “reward circuit” of the brain

**Tolerance:**
After repeated drug use, the brain starts to adjust to surges of dopamine.

Now the person needs drugs just to feel normal.
What risk factors impact addiction?

First, addiction can happen to anyone.

But it is important to consider some of the factors that influence whether a person is likely to become addicted. They are:

- Genetics
- Influence of family and friends
- Age at which drug abuse first begins
- Context of drug use
- Development of coping skills
Adolescent Brain Development

Image Source: Paradigm Malibu
Stigma & Impact on Addiction
Empowering Teens with Voice and Choice
Youth Advocacy -
Rise Above Colorado Teen Action Council
Youth Advocacy
Developing Smart Consumers of Prescription Medications

**READING PRESCRIPTION LABELS**

Ashley was recently prescribed painkillers after knee surgery. Select each of the numbers to learn some important information about her medication. Then, answer a few questions to help her make informed choices.

1. **WHITE ROUND TABLET**: Size 1 x 4 Size 2.
   - May cause drowsiness. Use care when operating a vehicle or machinery.
   - Don’t drink alcohol when taking this medicine. Don’t take other medicines that contain acetaminophen.

2. **IC oxyCODoNE HC1 5MG TABLET**: Common Brand: Oxycontone
   - TAKE 1 TABLET BY MOUTH EVERY 6 HOURS AS NEEDED FOR PAIN
   - RX WRITTEN 6/5/2012
   - DATE FILLED 6/5/2012

3. **MIF. TECH.**: Inc.
   - 123-456-789
   - NTY Filled 30 PILLS
   - MD: Dr. On the Rx
   - Expiration Date: 6/5/2013
   - Discontinue After
   - Federal law prohibits the转让 of this drug to any person other than the person for whom it was prescribed.
Reaching Teens in the Right Environment

- Youth Action Working Group (FBI HOPE PSA Contest)
- Digital Tools to Reach Far and Wide
- Creative Expression Gives Teens a Voice for Empowerment
Prevention in the Classroom
Prescription Drug Safety
Six Free Digital Lessons Aligned to the Prevention Framework

Lessons:
- The Basics
- Science of Addiction
- Understanding Prescriptions
- Safe Use
- Refusal Skills
- Supporting a Friend

Offline Resources:
- Discussion Guide
- Lesson Plans
- Standards Alignment
Additional Resources

findtreatment.samhsa.gov/

• Treatment information

www.deadiversion.usdoj.gov/drug_disposal

• Drug disposal information
Pillars of an Effective Prevention Curriculum

1. Evidence Informed Curriculum
2. Positive Social Norms and Perceptions
3. Positive Student Behaviors
4. Community Awareness
Implementation Support

Your Local Schools Manager

- Support Specific to your District
- Deep Understanding of State Standards Alignment and Regional Usage
- Dedicated Training and Professional Development
Knowledge Gain
Student Feedback
The majority of students felt that the course positively impacted their knowledge in three main areas:

73% The course helped me identify the signs of prescription drug abuse and misuse

72% The course helped me understand the various ways to refuse to participate in the misuse of prescription drugs

71% The course made me more confident in my ability to intervene when I feel a friend may be misusing prescription drugs
Cumulative Program Activation

Activation since August 2017

1,800 schools active

140,000 students reached
Whole Child Learning

- Financial Education
- Health & Wellness
- Cultural Literacy
- Summer Learning
- STEM & Career Exploration
- Social & Emotional Learning
Claim Your Account

everfi.com/newteacher

- Find Your State
- Enter Your School