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# Anne Arundel County Public Schools Family Involvement Conference

## Understanding Substance Misuse

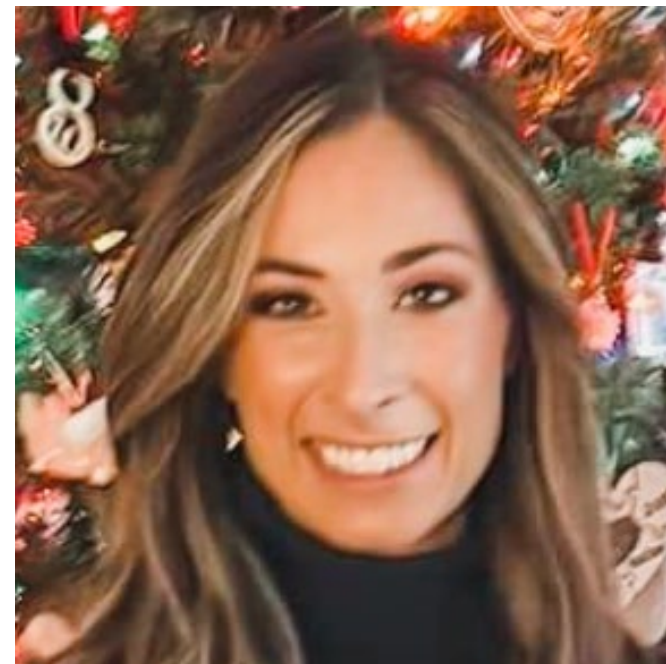
Saturday, October 21, 2023

Crofton High School | 8 am - 1pm

[www.PreventSubstanceMisuse.org](http://www.PreventSubstanceMisuse.org)  
[www.aahealth.org](http://www.aahealth.org)

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# Greetings Everyone!



Katie Wargo  
Coalition Coordinator  
Program Director



Denise Williams  
Outreach Coordinator  
Program Researcher

# Today's Agenda

- What is Substance Misuse Disorder
- Leading risk factors of Substance Misuse Disorder
- Impact of our youth
- Mental Wellness & Coping Strategies
- Treatment and resources for you



# Substance Misuse Disorder

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An uncontrolled use of a substance

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What this means is that substance misuse disorder is a complex condition in which there is an uncontrolled use of any substance despite harmful consequences.

# Breakdown:

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Those suffering from substance misuse disorder have an intense focus on using a substance to the point of affecting their day to day life.

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This could be tobacco, alcohol, or any illicit drug. One would continue to use it even if they know it is causing or will cause problems.

# Factors That Affect Substance Misuse Disorder



Biological / Family  
History/ DNA



Generational  
Trauma/ Trauma/  
Life Experiences



Home life/ Family/  
Peers/

# Understanding Risk Factors:

## Biological / Family History/ DNA

Biological factors that can affect a person's risk of addiction include their genes, stage of development, and even gender or ethnicity.

- Genetically Predisposed
- Males have a higher risk factor than a female
- Brain development stages. Our brain is not fully developed until we are between 23 and 25 years old.

## Generational Trauma/ Trauma/ Life Experiences

Emotional shock following a stressful life event, experience, or injury can cause trauma. There are also situations where continued generational trauma can affect how addiction starts.

- Generational Trauma
  - Continued Abuse
  - Unstable Home life
  - Ethnicity
- Trauma
  - Divorce
  - Death
  - Serious injury or illness
  - Moving around a lot/ Military
  - Bullying

## Home life/ Family/ Peers

- A home can be either a safe haven or an unsafe place
- Family genetics can cause addiction or family can cause abuse that causes trauma and an underlying reason one uses.
- Peers can cause influence positively or negatively.



# Physical Warning Signs

- Bloodshot eyes, pupils larger or smaller than usual
- Changes in appetite or sleep patterns
- Deterioration of physical appearance, personal grooming habits
- Runny nose or sniffing
- Sudden weight loss or gain
- Tremors, slurred speech, or impaired coordination
- Unusual odors on breath, body, or clothing




# Behavioral Warning Signs



- Difficulties in one's relationships
- Engaging in secretive or suspicious behavior
- Getting in trouble: legal, fights or arguments, accidents, illegal activities
- Neglecting responsibilities: School, sports, work
- Sudden change in friends, hobbies, or hangouts
- Unexplained need for money or sudden financial problems
- Using under dangerous conditions
- Misusing to avoid withdrawal or to relieve pain
- Constant negative behaviors



A collage of various substances and paraphernalia including vapes, pills, alcohol, and a cigarette. The background is a solid light purple color. On the left, there are two vapes: a silver one and a black one. In the center-left, there is a brown glass bong. In the center, there is a pile of various pills in different colors (green, yellow, white, blue). On the right, there is a large glass of beer with a thick head of foam, a glass of whiskey with ice cubes, and a lit cigarette with a yellow filter. A yellow pill bottle is tipped over, spilling white pills. Two syringes are also visible near the beer glass.

# Illicit Drugs Tobacco Alcohol



# W h a t i s a n O p i o i d

- Any drug that contains opium or its derivative
  - Natural or synthetic
  - Prescription medications or illegal drugs
  - Pill, capsule, powder, or liquid
  - Swallowed/drunk, smoked, snorted, or injected
- Prescription:
    - Oxycodone OxyContin, Percocet
    - Hydrocodone Vicodin
    - Hydromorphone Dilaudid
    - Morphine
    - Codeine
    - Methadone
    - Heroin
    - Fentanyl- 50x stronger than heroin
    - (cdc.gov) 100x stronger than morphine

# W h a t i s a S t i m u l a n t

- A substance that raises levels of physiological or nervous activity in the body.
  - Causes irregular heart rhythms
  - Raises body temperature and blood pressure
  - Can cause seizures
  - Swallowed/drunk, smoked, snorted, or injected
- Adderall
  - Ritalin
  - Antidepressants
  - Paxil
  - Prozac
  - Zoloft
  - Diet Pills
  - Methylphenidate
  - Steroids
  - Uppers/ Cocaine
  - Testosterone/ Juice

# A d d i t i o n a l D R U G S t o b e a w a r e o f

- All “Benzo”diazepines
  - Xanax, Xanax Bars, Ativan, Klonopin, and Valium.
- Inhalants
  - Nitrous Oxide: Hippi Crack, laughing gas, Poppers, Isobutyl Nitrate
- Marijuana/ Cannabis
  - Eatables
  - Anything not from a dispensary
- Hallucinogens
  - LSD
  - DXM
  - Mushrooms
  - Acid
  - Ketamine
  - Xylizine
  - Bath Salts
  - PCP/ Angel Dust

# A l c o h o l

- A colorless, volatile, flammable liquid produced by the natural fermentation of sugars, and is the intoxicating constituent of wine, beer, spirits, and other drinks. It is also an industrial solvent and fuel.
- You can die from the withdrawal symptoms.
- Alcohol dependency can cause “wet brain” and liver failure.
- Beer
- Wine
- Liquor/Spirits
- Mouthwash
- Hand sanitizer
- Binge Drinking
  - more than three drinks per hour
  - The liver can only filter 1.5 liquor drinks per hour
- Legal Driving Limit
  - 0.8 but can still be fined at 0.7
  - DWI and DUI

# W h a t i s T o b a c c o

- Smoking causes cancer, heart disease, strokes, lung diseases, and diabetes, along with chronic illnesses such as COPD, emphysema, and chronic bronchitis.
- Vape products
- Cigarettes
- Hookas
- Cigars
- Snuff
- Dip

# Youth Impact

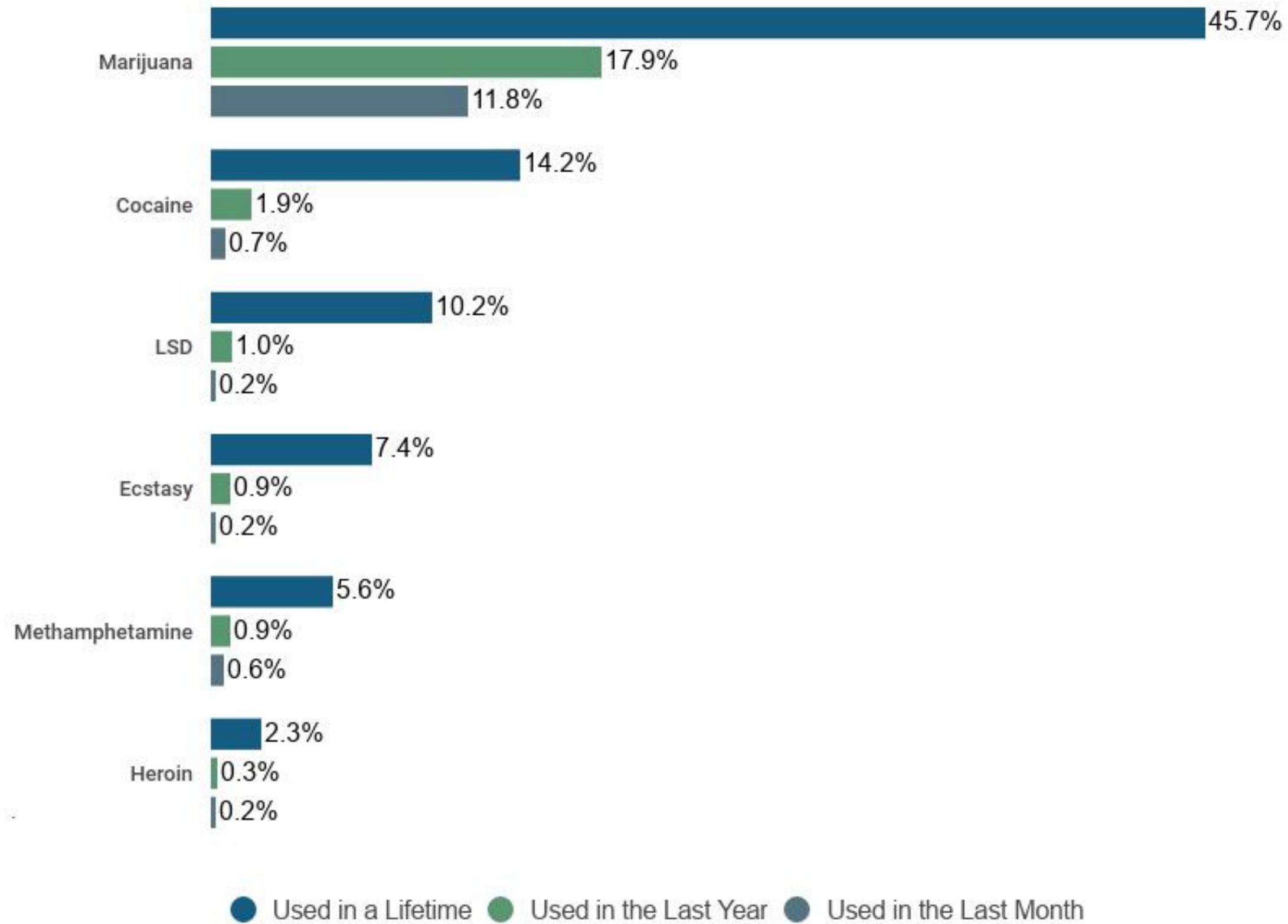
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What did our youth say  
when we asked them?

- 2.08 million or 8.33% of 12 to 17-year-olds nationwide report using drugs in the last month.
- Drug use went up 81% among 8th graders between 2016 and 2020.
- 62% of 12th graders said they have abused alcohol.
- 50% of teenagers have misused a drug at least once.



## Drug Usership Among Americans Aged 12 & Older



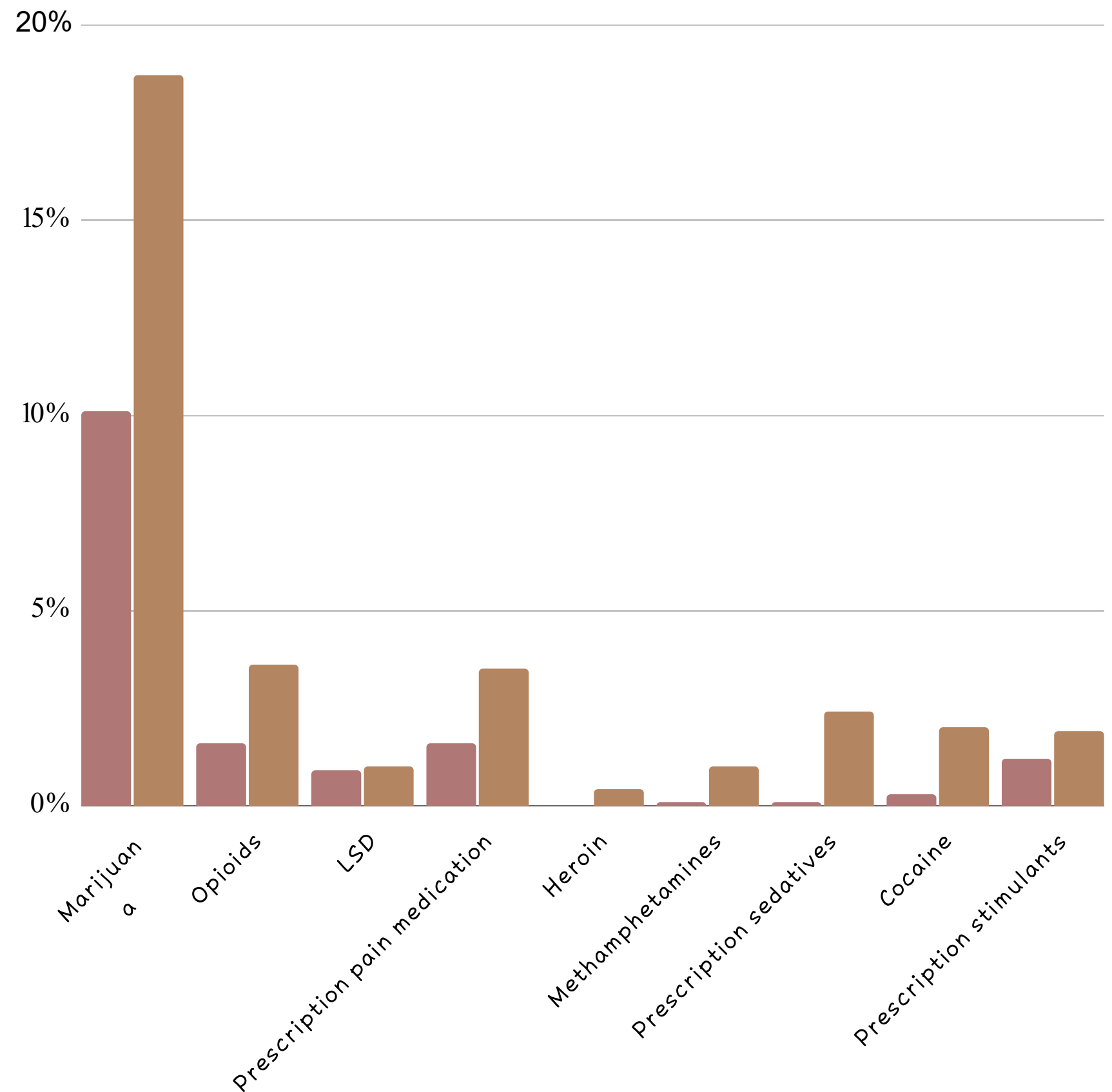
Source: National Center for Drug Abuse Statistics, data from the Substance Abuse and Mental Health Services Administration for 2000 National Survey of Drug Use and Health.

# Substance Abuse Statistics

- Among Americans aged 12 years and older, 37.309 million were current illegal drug users (used within the last 30 days) as of 2020.
- 13.5% of Americans 12 and over used drugs in the last month, a 3.8% increase ~~year~~-year (YoY).
- 59.277 million or 21.4% of people 12 and over have used illegal drugs or misused prescription drugs within the last year.
- 138.543 million or 50.0% of people aged 12 and over have illicitly used drugs in their lifetime.
- Usership among people aged 12 and over is down 0.4% YoY.
- 138.522 million Americans 12 and over drink alcohol.
- 28.320 million or 20.4% of them have an alcohol use disorder.
- 57.277 million people use tobacco or nicotine products (vape).
- 25.4% of illegal drug users have a drug disorder.
- 24.7% of those with drug disorders have an opioid disorder; this includes prescription pain relievers or “pain killers” and heroin).

# Substance Abuse Statistics

Breakdown by substance and age groups. Data collected between 2022 - 2023

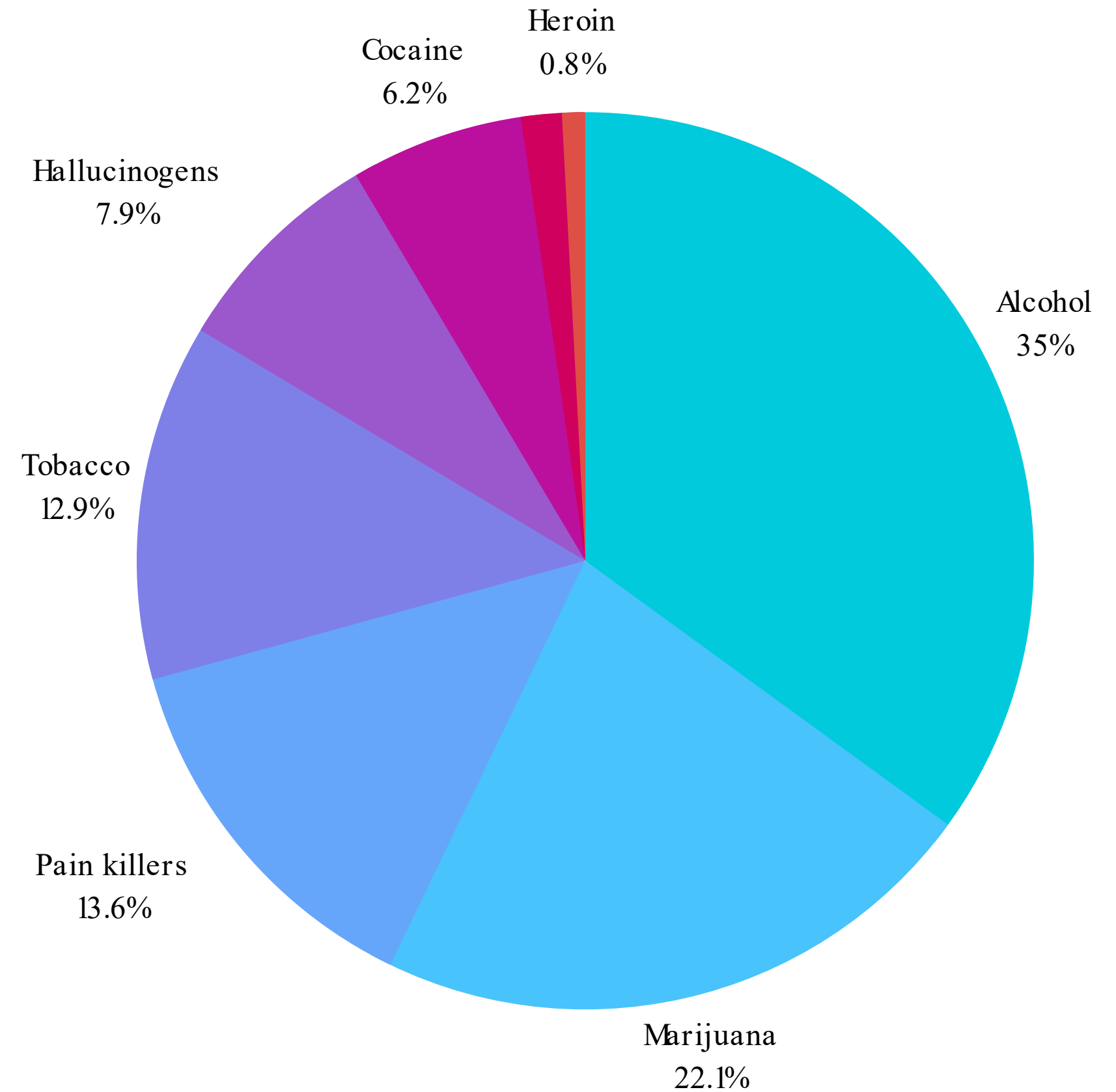


# Drug Abuse Demographics

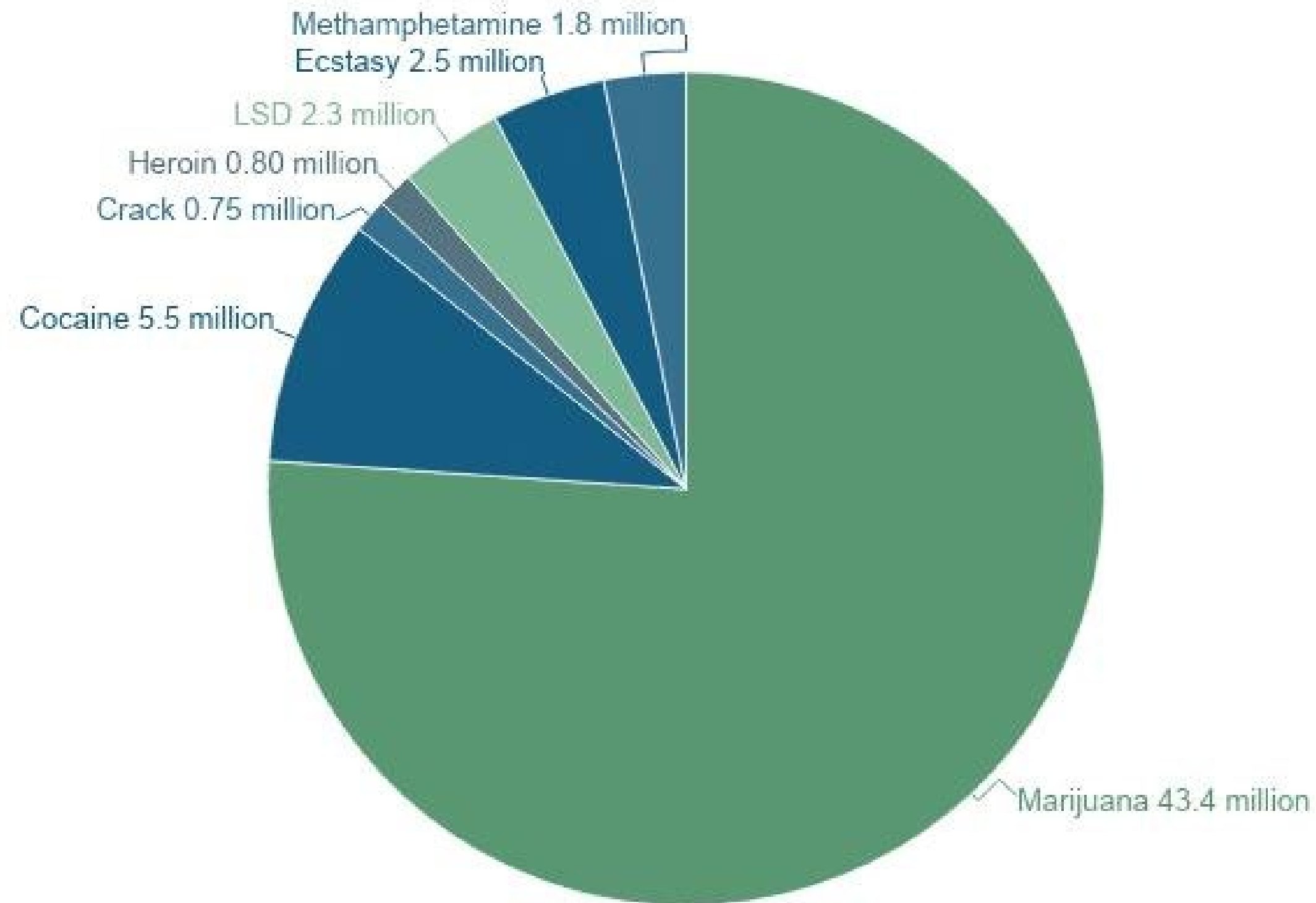
- Drug abuse and substance disorders are more likely to affect young males.
- 22% of males and 17% of females used illegal drugs or misused prescription drugs within the last year.
- 5% of people in nonmetropolitan, rural counties used illegal drugs compared to 20.2% of people in larger metropolitan counties.
- Drug use is highest among persons between the ages of 18-25, at 39% compared to persons aged 26-29, at 34%.
- 70% of users who try an illegal drug before age 13 develop a substance abuse disorder within the next 7 years compared to 27% of those who try an illegal drug after age 17.
- 47% of young people use an illegal drug by the time they graduate from high school; other users within the last 30 days include:
  - 5% of 8th graders.
  - 20% of 10th graders.
  - 24% of 12th graders.

# First time users

Break down of what drug  
teens choose as a first-  
time user.



## Number of people in the US who used selected illegal drugs in 2018



# Drug-Related Deaths

- Accidental drug overdose is a leading cause of death among persons under the age of 45.
- Over 70,000 drug overdose deaths occur in the US annually.
- The number of overdose deaths increases at an annual rate of 4.0%.
- From 2012 to 2015, the US saw a 264% increase in synthetic opioid (other than methadone) deaths.
- Between 1999-2017, over 700,000 people died of drug overdoses in the US.
- In 2017, 67.8% of the 70,237 drug overdose deaths were opioid-related, including:
  - 28,466 deaths were fentanyl-related.
  - 17,029 deaths were prescription opioid-related.
  - 15,482 deaths were heroin-related.
- Drug overdose deaths involving synthetic opioids such as fentanyl, fentanyl analogues, and tramadol increased by 10% between 2017 and 2018.
- The average life expectancy in the United States actually declined between 2015 and 2017 due to opioid overdose deaths, only increasing 0.16% to 78.93 years in 2019.
- In 2019, clinics who dealt with primary care, pain management or substance abuse disorders saw drastic increases urine samples testing positive for potentially fatal drugs:
  - 4% of urine samples tested positive for meth, compared to 1.4% in 2013.
  - 5% of urine samples tested positive for fentanyl compared to 1% in 2013.

## Signs of an Overdose

If you know someone who uses drugs, particularly opioids or fentanyl, watch for these overdose symptoms:

Cold, clammy skin  
Cyanosis  
Pinpoint Pupils  
Slowed respiration  
Unconsciousness

## Responding to an Overdose

Follow these steps if you think someone is experiencing an overdose.

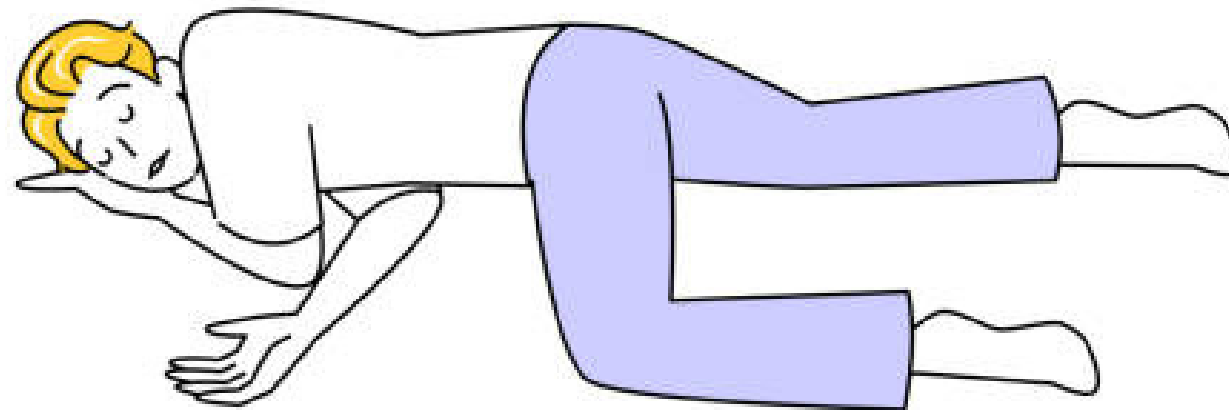
- # 1. Rouse and stimulate
- # 2. Call 911
- # 3. Administer Naloxone (if Opioid)
- # 4. Rescue breaths or CPR
- # 5. Recovery Position/ Care of the person



# To help save a life, you need to know...

## Recovery position

Bring the lower jaw forward to secure the trajectory.



Bend the elbows of both arms and place the back of the upper hand under the face.

Bend the upper knee to 90 degrees and try not to fall backwards.





## What is the “Good Samaritan” Law

The Good Samaritan Act is a law which protects any volunteer giving aid to an injured person in an emergency situation. The Good Samaritan Law offers legal protection in the form of exemption from lawsuits and liability, acting as a safeguard to those who help another in a real emergency, life-or-death situation.



# For more help Contact:

- Crisis Intervention Team
  - 410-768-5522
- 911 Emergency
- 988 Mental health emergency
- TeenDrugUse.org
- AAhealth.org

# HELP CONNECTION FOR STUDENTS



Call 911 for immediate assistance in any emergency

**CRISIS RESPONSE WARMLINE**

**410-768-5522**

**24 HOURS A DAY, 7 DAYS A WEEK**



- A.A. County Division of Student Services:
  - 410-222-5280
- Student safety hotline:
  - 1-877-676-9854
- A.A. County Crisis Center Hotline (Sexual Assault):
  - 410-222-7273
- MD Youth Hotline:
  - 1-800-422-0009
- Adolescent and Family Services:
  - 410-222-6785
- A.A. County Department of Social Services:
  - Annapolis: 410-269-4500
  - Glen Burnie: 410-421-8500
  - Glen Burnie Mental Health Clinic:
    - 410-222-6784
  - Youth Suicide Awareness Team:
    - [www.acholcetoalive.com](http://www.acholcetoalive.com)

# Thank you!

[www.PreventSubstanceMisuse.org](http://www.PreventSubstanceMisuse.org)

