



Aurora Health Care®

Drug Use in the Suburbs: It's Not Just Alcohol and Marijuana Anymore

Max Radcliffe, MS, CEAP

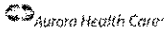
Aurora Student & Family Assistance Program (SFAP)

800-236-3231

Introduction


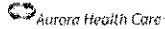
Max Radcliffe, MS, CEAP

- Aurora EAP/SFAP last 15 years
- DePaul, Charter, New Life, Horizon, etc.
- AOD/M.H.
- Inpatient, residential, etc.
- Individual, group, couples, etc.
- Impaired professionals, dually diagnosed, hearing impaired



Question?

Do we like to drink alcohol here in the great state of Wisconsin?

Wisconsin-#1 Overall Ranking in Alcohol Abuse!

| | |
|-------------------------------------|----|
| Binge and heavy drinking | 1 |
| Underage drinking | 2 |
| Lowest beer tax rate | 2 |
| Alcohol-related healthcare costs | 3 |
| Gallons of alcohol sold per capita | 4 |
| Arrest rates-alcohol related crimes | 4 |
| Liquor licenses per capita | 4 |
| Alcohol dependence and abuse | 5 |
| Needing but not getting treatment | 5 |
| Drunk driving fatalities | 11 |

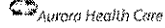



Drinking in Wisconsin

Wisconsin has the highest % of adults that drink of all 50 states (65.3%)

Wisconsin has the #1 demographic group of past-month drinkers in the US, 18-25 year old WI males (75.7%)

Source: SAMHSA.gov

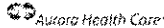




Binge Drinking in Wisconsin

Wisconsin has the highest % of adults who binge drink (25.6%)

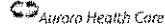
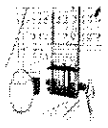
Wisconsin also has the highest average number of drinks/binge at 9

Source: 2010 Behavioral Risk Factor Surveillance System Combined


Drugs

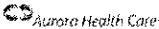
- Phencyclidine (PCP)
- Marijuana
- Cocaine
- Amphetamine/Methamphetamine
- Opiates

Marijuana (THC)

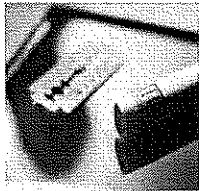
- Most popular
- Bred to be more potent
- Readily available
- Perceived as harmless
- Gateway drug
- Grown everywhere
- Can be adulterated
- Reduces I.Q.

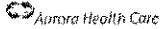




Cocaine


- CNS Stimulant
- Typically smoked
- Readily available
- Potent and addictive
- Appetite suppressant

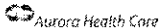




Ampetamine/Methamphetamine

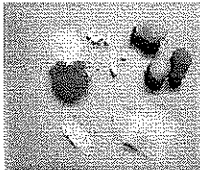
- CNS Stimulant
- Smoked, swallowed or injected
- Twice as potent as crack
- Long lasting effect
- Faces of Meth
- Altered body image
- Shake and Bake
- Super labs (15 tons pure meth, 4B value)

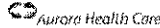




Opiates

- CNS Sedative, Analgesic
- Prescription or street
- Readily available, cheap
- Drug of choice
- Very addictive
- Deadly- Philip Seymour Hoffman






Prescription Drug Epidemic

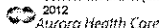
Prescription painkillers now kill more people in the US than heroin and cocaine combined

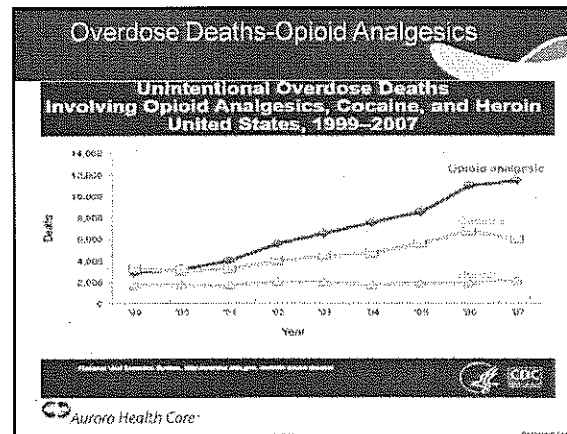
Source: Director of the CDC



In 2010, there were more ED visits from misuse of pharmaceuticals than from all illicit drugs combined.

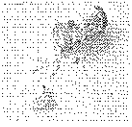
Source: The DAWN (Drug Abuse Warning Network) Report, July 2012 and Paw Health Group 2012





For every one overdose ...

For every 1 overdose death from prescription painkillers there are...

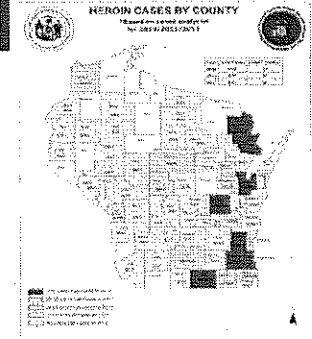


- 10 treatment admissions for abuse
- 32 emergency department visits for misuse or abuse
- 130 people who abuse or are dependent
- 825 people who take prescription painkillers for nonmedical use

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HEROIN CASES BY COUNTY

Reported in 2007



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Drug Deaths pass Vehicle Fatalities

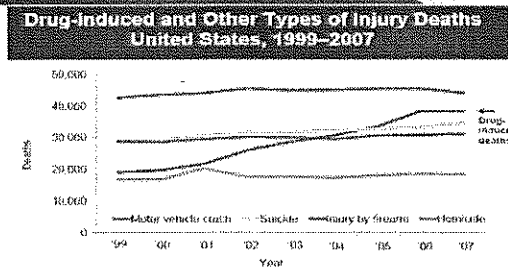
- 1 out of 5 of Wisconsin H.S. students report illegal use of prescription drugs (2009)
- Most access from parent's med cabinet
- Teens view only IV use as risky, not smoking or snorting
- Only 60% view heroin as risky

Source: Centers for Disease Control, 2009, Reducing Wisconsin's Prescription Drug Abuse: a Call to Action

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Disturbing Trend

Drug-Induced and Other Types of Injury Deaths United States, 1999-2007



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Narcotics as the Gateway Drug:

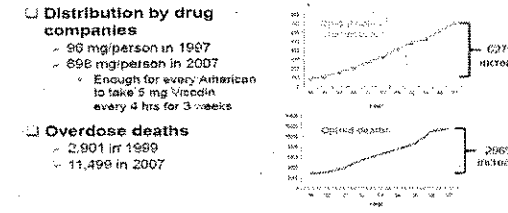
- Narcotic Pain Pills street value: \$50-100 (roughly \$1 per milligram)
- Heroin street value \$5-10 initially
- Young adult users will often smoke/snort initially
- As addiction increases, start using IV to manage the cost of their addiction

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Increased Sales = Increased Deaths

Unintentional Overdose Deaths Involving Opioid Analgesics Parallel Opioid Sales United States, 1997-2007

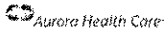
- Distribution by drug companies**
 - 90 mg/person in 1997
 - 898 mg/person in 2007
 - Enough for every American to take 5 mg Vicodin every 4 hrs for 3 weeks
- Overdose deaths**
 - 2,901 in 1999
 - 11,499 in 2007



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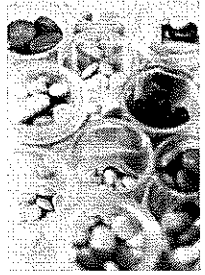
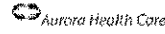
The Hidden Epidemic: Hepatitis C

- 40-50% of infections are due to I.V. drug use.
- Using a clean needle does not protect the user.
- Early I.V. drug user's are "super-spreaders", likely to infect as many as 20 other I.V. users
- Out of 100 infected people:
 - 85 will be chronic with their hepatitis C
 - 17 will develop cirrhosis of the liver (liver transplant?)
 - 4 will die
- 2,546 cases in WI in 2010



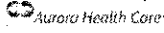
Additional drugs/synthetic substances of abuse

- Barbituates
- Benzodiazepines (valium, etc.)
- Methadone
- Methaqualone (quaalude)
- Propoxyphene (darvon, etc.)
- Synthetic marijuana
- Bath Salts-(K2/Spice)

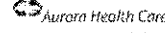
Risk of Addiction Increases

- Family history
- Early onset of substance use
- Older sibling who uses
- Substance abusive peer group
- Inconsistent use expectations
- Poly-substance use
- Trauma/mental health exposure
- Physical illness/pain
- Ready supply in community
- Female quicker descent




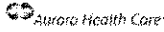
MAJOR IMPLICATIONS

- Teens view their use as positive or neutral
- Substance use reinforces itself
- Brain development hinders risk assessment
- Negative consequences blamed on others
- Little motivation for change (94%-don't need tx.)
- Settle for instant gratification




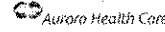
Signs of Drug Use In Personality

- Disrespectful or paranoid
- Angry-verbal or physical
- Extreme mood swings
- Secretive about whereabouts
- Stealing or losing possessions
- Withdrawing from family
- A lot of money or no money

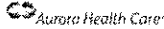
Signs of Drug Use In Physical Appearance

- Poor hygiene and grooming
- Disrupted sleep pattern
- Loss of appetite
- Weight gain or weight loss
- Hyperactive or lethargic
- Red, droopy or glazed eyes
- Runny nose and/or coughs
- Fever and/or flushed face and ears
- Elevated heart rate

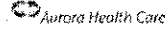
Signs of Drug Use In Social and School Activity

- Drops old friends and activities
- Tardy, Truant, Skipping or Leaving
- Loss of interest in school work
- Poor Concentration or sleeping in class
- Grades are low or dropping
- Trouble Remembering Things
- Evasive Social Plans
- Won't share numbers, addresses of friends



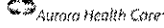
Signs of Drug Use In The Family

- Withdraws from family activities
- Fights against basic family rules
- Fails to complete household chores
- Poor frustration tolerance
- Splitting family members
- Finding alcohol, drugs, paraphernalia



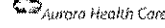
Parental Influence Is Critical

- Parents are most influential people in teen's life
- Parents influence positively or negatively
- Parental Behaviors which protect:
 - Monitoring behaviors
 - Rituals of Connection-meals, quality time
 - Being Authoritative and not too permissive
 - Modeling ability to live an AODA free life



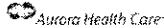

How Parents Can Influence

- Talk early and often with your child
- Help your child get involved
- Be a Role-Model
- Empty medicine cabinet
- Teach kids to choose friends wisely
- Set Clear Rules and Expectations
- **MONITOR!!!! MONITOR!!!! MONITOR!!!!**
- Use UDS/Breathalyzers



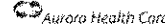
What if My Child is Already Using?

- Request user to enter treatment (65% will)
- Protect self and set effective limits
- Find community resources to cope
- Identify and eliminate behaviors which limit effectiveness as an influencer

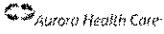
Treatment options

- Detoxification:
- Residential:
- Day Treatment: 20-40 hours a week
- Intensive Outpatient Treatment (IOP): 9-20 hours/wk
- Outpatient Treatment: <12 hours per week
- Psycho-pharmacology (Medications)
- Self-Help (AA, NA, etc.)



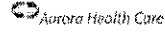
The Wisconsin Reality of Teenage Substance Use

- Adolescent alcohol use and misuse is one of the highest rates in the nation
- Alcohol and Marijuana are major drugs of choice
- Significant growth in opiate use-both heroin and prescription narcotics
- Cocaine and LSD make comebacks
- Pockets of a wide variety of substances



Implications of alcohol abuse

- Risk factors to adolescents who binge are more likely to:
 - Be involved with other drugs like Marijuana and Cocaine
 - Engage in risky sexual behavior
 - Have sex with 6 or more partners
 - Earn grades that are D's and F's in School
 - 1/3 of teen traffic deaths are alcohol related
 - 4x more likely to be alcoholic later in life

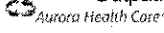


Resources for Families

- Student & Family Assistance Program
 - Family centered approach
 - Master's level counselors
 - 6 free sessions per issue
 - Referrals for treatment
 - Completely confidential

Aurora Psychiatric Hospital (414-454-6600)

- Detox
- Suboxone Program
- Outpatient programs



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The Student & Family Assistance Program is Here to Help
800-236-3231

