Current Drug Trends: What to Know

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Adolescent Substance Abuse
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Signs That An Adolescent May Be Abusing Drugs & Alcohol:

- Blood shot eyes
- Skipping class and/or school
- Drop in grades
- Drop in social or recreational activities/sports
- Change in friends over the past two years
- Peer group now includes “known users/troublemakers”
- Emotional highs and lows
- Leaving school grounds – usually happens during lunch
- Drug-related jewelry/clothing; also may show up as drawings on clothing, books, desk, self
Current Drug Trends: Most Commonly Abused in Adolescence

- K2, Spice (synthetic cannabinoids)
- Kratom
- Coriceden “triple c’s”
- Alcohol
- Marijuana
- Marijuana Extracts “Dabs”
- Molly
- Ecstasy
- Adderall
- Vyvanse
- Klonopin
- Xanax
- Oxycodone
- Percocet/Roxicet
- Oxycontin
- Hydrocodone
- Heroin/Fentanyl laced
- Poppy Seed Tea
- Promethazine and Codeine, e.g., Sizzurp
- Bath Salts, e.g., Flakka (synthetic cathinone)
- Vaporizers & E-cigarettes
- Synthetic Hallucinogens (i.e. DMT)
Current Drug Trends: Marijuana

- **MOST commonly used illicit substance**

  - Impairs short-term memory and learning, the ability to focus, and coordination.

  - Increases heart rate, can harm the lungs, and may increase the risk of psychosis in vulnerable people.

  - Research suggests that when regular marijuana use begins in the teen years, addiction is more likely: 1 in 6 users, compared to 1 in 9 among adults.

  - In addition, recent research suggests that heavy cannabis use that starts in the teen years is associated with declines in IQ scores in adulthood.

  - Imaging studies of marijuana’s impact on brain structure in humans have shown conflicting results. Some studies suggest regular marijuana use in adolescence is associated with altered connectivity and reduced volume of specific brain regions involved in a broad range of executive functions such as memory, learning, and impulse control compared to people who do not use.
Current Drug Trends: Marijuana Extracts (Dabs, Wax, BHO, Shatter)

- Smoking THC-rich resins extracted from the marijuana plant is on the rise. Users call this practice dabbing. People are using various forms of these extracts, such as:
  - HASH OIL/HONEY OIL: a gooey liquid
  - WAX OR BUDDER: a soft solid with a texture like lip balm
  - SHATTER: a hard, amber-colored solid

- Dabs are concentrated doses of cannabis that are made by extracting THC and other cannabinoids using a solvent like butane or carbon dioxide, resulting in sticky oils also commonly referred to as wax, shatter, budder and butane hash oil (BHO).

- Another danger is in preparing these extracts, which usually involves butane (lighter fluid). A number of people who have used butane to make extracts at home have caused fires and explosions and have been seriously burned.
Current Drug Trends: How Dabs Market Towards Our Kids

- Dabbing is yet another growing trend being marketed to a younger demographic and sending more people to the emergency room; the marijuana extract produces stronger effects of THC in stronger doses.

- With the significantly greater THC levels, comes a significantly greater risk for addiction if users are regularly exposing themselves to the high potency marijuana extract.

- Dabs, Wax, BHO, Shatter:
  - Has a 90% higher potency and THC concentration than “regular marijuana”
As indicated here, in the Monitoring the Future, 2016 graph, more students start using e-cigarettes than smoking but the studies show that they are likely to move onto smoking cigarettes.

A recent study showed that students who have used e-cigarettes by the time they start 9th grade are more likely than others to start smoking traditional cigarettes and other smokable tobacco products within the next year (Rigotti, 2015).
Current Drug Trends: Vaping & Marijuana Extracts

- When vaporizers first came on the market, it was easy to tell the difference between those used to smoke marijuana and those whose primary use was for nicotine and vape juice.

- However, as “vaping” has grown more and more popular, the difficulty of telling the difference between different types of vaporizers out on the market has as well.

- And as if that wasn’t bad enough, now there are multiple different websites on the internet (as see in the next slide) that are practically giving people tutorials on how to make your own marijuana extracts and turn ANY vaporizer you have into a device capable of smoking said extract.
Current Drug Trends: How To Models & Websites

- Websites like:
  - Pinterest
  - YouTube
  - nevergetbusted.com

These are just a few of the very many websites out there today that are literally showing people how to make marijuana extracts at home, how to pass urine drug screen tests, how to “vape weed like a pro,” and how to turn ordinary e-cigarettes and Juul’s used for nicotine and vape juice into devices that can be used to smoke dry herbs (aka marijuana), wax/oils (aka dabs, shatter, BHO).
Did You Know….  

DSM 5 Cannabis Withdrawal Diagnosis

A. Cessation of cannabis use that has been heavy and prolonged

- B. 3 or more of the following signs and symptoms develop within approximately 1 week of Criterion A
  - 1. Irritability, anger or aggression
  - 2. Nervousness or anxiety
  - 3. Sleep difficulty (insomnia, disturbing dreams)
  - 4. Decreased appetite or weight loss
  - 5. Restlessness
  - 6. Depressed mood
  - 7. At least one of the following physical symptoms causing significant discomfort: abdominal pain, shakiness/tremors, sweating, fever, chills, or headache

- C. Signs or symptoms cause clinically significant distress or impairment...
- D. Signs or symptoms not attributable to medical condition, mental disorder, or intoxication or withdrawal from another substance
Current Drug Trends: Kratom

- Kratom is heavily promoted as a legal, undetectable, safe drug that can be used to come off stronger substances.

- The drug tends to be more popular among young people who cannot yet buy alcohol and who may be concerned about being arrested with marijuana or other drugs.

- The effects of Kratom come on rather quickly and last between five and seven hours, although higher doses can last longer.

- The drug is abused for its sedative or stimulating effects. At low dosages, it acts as a stimulant; making a person more talkative, sociable and energetic. At high dosages, it acts as a sedative; creating lethargy and euphoria.

- **Side effects:** edginess, nervousness, vomiting (can be severe and prolonged), nausea (can be severe and prolonged), sweating, itching, constipation, delusions, lethargy, respiratory depression, tremors, muscle aches, insomnia, runny, nose, jerky movements, aggressive or combative behavior, psychotic episodes, hallucinations, paranoia.
Current Drug Trends: Kratom

- Kratom only first started to be seen in the US in 2012 and has been sold in many smoke shops, “head shops,” convenience stores and gas stations across the US. However, Kratom is primarily bought and sold over the internet and in recent years has become more readily available and easily obtained online.

- In recent years, some people have “attempted” to use Kratom as an “herbal alternative” to medical treatment in attempts to control withdrawal symptoms and cravings caused by addiction to other opioids or to other addictive substances such as alcohol.

- It is **VERY IMPORTANT TO NOTE** that there is NO scientific evidence that Kratom is an effective or safe alternative for withdrawal symptoms/cravings caused by addiction to opioids and/or other addictive substances!!

- Like other opioid drugs, Kratom can be habit forming and addictive. Dependence has in fact been reported by some users who after taking the drug became addicted.

- Also, very important to note; while Kratom itself has not yet directly been associated with any fatal overdoses, there are reports of commercial forms of the drug being laced with other compounds that has in fact caused fatal overdose.
Current Drug Trends:
Prescription Pain Medications (Opioids)

- Increasingly being abused (used in ways other than intended or without a prescription)

- This practice can lead to addiction, and in many increasing cases; overdose and death.

- Among the most disturbing aspects of this emerging trend is its prevalence among teenagers and young adults, as well as the common misperception that because these are used medically or prescribed by physicians, they are safe even when not used as intended.

- Commonly abused classes of prescription drugs include opioid painkillers, stimulants, and depressants.
Current Drug Trends: Prescription Pain Medications (Opioids)

- According to the Center for Disease Control and Prevention, 80% of “those who recently began abusing heroin had previously abused prescription opioids non-medically;” showing a very clear link between prescription opioid abuse and heroin abuse; a link which continues to appear to be growing, not slowing.

- Studies show that nearly 70% of those abusing prescription opioids are obtaining the drugs from a family member or friend either with or without their knowledge. (i.e. going into someone’s medicine cabinet and stealing pills from their prescription medication bottle)

- All of the above 70% reported having stolen pills (on at least one occasion although most reported on multiple occasions) from of an old prescription medication bottle belonging to a family member, friend, acquaintance etc that was being stored in an area easily accessible to guests. Some examples include; any medicine cabinets, closets, drawers in the bathroom.

- In addition, nearly all of the above 70% reported that they INITIALLY began experimenting with prescription opioids and other prescription medications after realizing they had “easy access since most people leave their leftover/unused pills in the pill bottle sitting on a shelf in the medicine cabinet.”
Current Drug Trends:
Sobering Statistics of Opioid Abuse

- In 2014, a total of 10.3 million people reported using prescription opioids non-medically

- Emergency department visits involving misuse or abuse of prescription opioids increased 153% between 2004 and 2011

- Admissions to substance-abuse treatment programs linked to prescription opioids more than quadrupled between 2002 and 2012

- Most troubling, between 2000 and 2014 the rates of death from prescription-opioid overdose nearly quadrupled (from 1.5 to 5.9 deaths per 100,000 persons)

- The Centers for Disease Control and Prevention reported the following fatal opioid-related overdoses (2011-2014):
  - 2011 – 16,917 fatal overdose
  - 2012 – 16,007 fatal overdose
  - 2013 – 16,235 fatal overdose
  - 2014 – 18,893 fatal overdose

- 914,000 people reported heroin use in 2014, a 145% increase since 2007

- Mortality due to heroin overdose more than quintupled, from 1,842 deaths in 2000 to 10,574 deaths in 2014
In addition to the 138.9% increase in heroin use among nonmedical users of prescription opioids, Heroin Use Has Also Increased:
- 97.5% among nonmedical users of other prescription drugs (stimulants, tranquilizers, and sedatives)
- 87.3% among users of cocaine
- 57.3% among people who binge drink
- 45.4% among marijuana users
- Moreover, heroin users increasingly report abuse of or dependence on other substances

Shifts in Demographic Characteristics Associated With Heroin Use:
- The rate has increased particularly steeply among persons 18 to 25 years of age,
- Increases have been observed in both sexes but more among women than among men
- In all races and ethnic groups but more among non-Hispanic whites than among others.

Studies are showing that the white, middle-class population, living in nonurban areas, has seen the largest increases in rates of heroin abuse and treatment episodes of such since 2002

A key factor underlying the recent increases in rates of heroin use and overdose may be the low cost and high purity of heroin which has the lowest purchase price per pure gram since 2001

A recent study showed that for each $100 decrease in price per pure gram of heroin there was a 2.9% increase in the number of heroin overdose hospitalizations.

In addition, regions of the United States that weren’t typically centers for heroin distribution or availability have seen marked increases in recent years.
Current Drug Trends: Promethazine & Codeine

- **Syrup,** “Purple Drank,” “Sizzurp,” or “Lean”
  - Describes soda mixed with prescription-strength cough syrup containing codeine and promethazine—these cough syrups are available by prescription only

- Users may also flavor the mixture with hard candies

- Drinking this combination has become increasingly popular among some celebrities and youth in several areas of the country

- **Codeine** is an opioid that can produce relaxation and euphoria when consumed in sufficient quantities

- **Promethazine** is an antihistamine that also acts as a sedative.
Current Drug Trends: Poppy Seed Tea
What Everyone NEEDS To Know About This Current Trend:

- Poppy pods, straw (the pods and stems) and/or seeds are used to create a poppy tea which gives an opioid high.

- Opiates are abused because of their mind-altering effects. The opiates that come from the poppy plant include morphine, opium, heroin and codeine.

- Opioids are dangerous. They are highly addictive and addiction has destroyed many lives.

- Because it is almost impossible to tell what the concentration of the active drugs might be in any one crop of poppy pods or poppy seeds, it is impossible to “control” the drug enough to avoid overdose.

- Instructions for preparing poppy teas are available on the Internet.

- Poppy tea can be addictive and can be deadly. There have been a number of documented cases of death from the use of poppy tea.

- Poppy seeds may seem harmless, but poppy seed tea can be a recipe for disaster. Parents of teenagers must be aware of the potentially dangerous use of the poppy plant and seeds used to brew a tea that causes a high.
Current Drug Trends:
Poppy Seed Tea

How Potent Are Poppy Seeds & Overdose Potential:

- Poppy seeds are not created equal, and everyone processes them differently. Poppy seeds can vary in their concentrations of codeine and morphine, meaning that the strength of the tea made by one crop of seed can be quite different if it is made from another crop of seed.

- Additionally, how one person metabolizes the poppy seed is not how someone else will metabolize the same seed. One study gave poppy seeds to volunteers and there was a big variation in how much codeine and morphine were excreted in their urine.

- Effects of the tea begin within 15-30 minutes of ingestion and may last for up to 8-24 hours, depending on the amount of tea consumed. Poppy tea makes you feel high, which in turn can make it very easy to drink too much of it.

- The high variability of the morphine and codeine content of teas prepared from the poppy plant, make accidental overdose not uncommon.

- Side effects from a poppy tea overdose can include lethargy and respiratory problems such as chest tightness and wheezing. A more serious overdose of poppy tea can cause cardiac arrest.
Current Drug Trends: Poppy Seed Tea

Additional Facts & Information:

- **Long-Term Effects:**
  - Consuming poppy tea regularly on a daily basis can potentially have harmful long-term effects. Excessive dry skin that does not go away with moisturizing is one effect. Chronic constipation is another long-term effect of poppy tea. Other long-term breathing problems associated with heroin usage may also occur with poppy tea consumption, as both are derived from the poppy plant.

- **Withdrawal Symptoms:**
  - Poppy tea, like heroin, is highly addictive and is difficult to quit. Common withdrawal symptoms from poppy include intense muscle pain, frequent vomiting and insomnia.

- **How To Purchase Poppy Seeds:**
  - Poppy seeds for culinary use are a legal source of opiates and can be purchased in bulk over the Internet and from specialty stores. All other parts of the poppy plant, including poppy pods and poppy straw, are Schedule II controlled substances.[15] Although illegal, poppy pods are available for purchase over the Internet.

- **Benefits of Education:**
  - Educating health care professionals, parents, students, teachers etc. about the effects of poppy teas and that it is NOT a harmless herbal beverage could prevent morbidity or mortality.
Heroin use is part of a larger substance abuse problem.

Nearly all people who used heroin also used at least 1 other drug.

Most used at least 3 other drugs.

*Heroin* is a highly addictive opioid drug with a high risk of overdose and death for users.

People who are addicted to...

- Alcohol are 2x
- Marijuana are 3x
- Cocaine are 15x
- Rx Opioid Painkillers are 40x

...more likely to be addicted to heroin.

Current Drug Trends:
Depressants

- Usually prescribed to promote sleep or to reduce anxiety
- As measured by national surveys, depressants are often categorized as sedatives or tranquilizers

**Sedatives:**
- Primarily include barbiturates (ex. phenobarbital)
- Also include sleep medications such as Ambien® and Lunesta®

**Tranquilizers:**
- Primarily include benzodiazepines such as Valium® and Xanax®
- Also include muscle relaxants and other anti-anxiety medications.

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**National Overdose Deaths**
Number of Deaths from Benzodiazepines

![Graph showing national overdose deaths from benzodiazepines]

Source: National Center for Health Statistics, CDC Wonder
Current Drug Trends: Alcohol

- Alcohol consumption can damage the brain and most body organs, including the heart, liver, and pancreas.

- It also increases the risk of some cancers, weakens the immune system, puts fetal development at risk, and causes deadly vehicle accidents.

- Areas of the brain that are especially vulnerable to alcohol-related damage are:
  - The cerebral cortex (largely responsible for our higher brain functions, including problem-solving and decisionmaking)
  - The hippocampus (important for memory and learning)
  - The cerebellum (important for movement coordination)
Current Drug Trends: Cocaine

- **Short Term Effects:**
  - Narrowed blood vessels; enlarged pupils; increased body temperature, heart rate, and blood pressure; headache; abdominal pain and nausea; euphoria; increased energy, alertness; insomnia, restlessness; anxiety; erratic and violent behavior, panic attacks, paranoia, psychosis; heart rhythm problems, heart attack; stroke, seizure, coma.

- **Long Term Effects:**
  - Loss of sense of smell, nosebleeds, nasal damage and trouble swallowing from snorting; infection and death of bowel tissue from decreased blood flow; poor nutrition and weight loss from decreased appetite.

- **In Combination with Alcohol:**
  - Greater risk of overdose and sudden death than from either drug alone.

- **Withdrawal Symptoms:**
  - Depression, tiredness, increased appetite, insomnia, vivid unpleasant dreams, slowed thinking and movement, restlessness.
Current Drug Trends: Hallucinogens
(LSD, Mushrooms, Salvia)

**Short-Term Effects of Hallucinogens:**

**Sensory Effects:**
- Hallucinations, including seeing, hearing, touching, or smelling things in a distorted way or perceiving things that do not exist
- Intensified feelings and sensory experiences (brighter colors, sharper sounds)
- Mixed senses ("seeing" sounds or "hearing" colors)
- Changes in sense or perception of time (time goes by slowly)

**Physical Effects:**
- Increased energy and heart rate
- Nausea

**Long-Term Effects of Hallucinogens:**

**Persistent psychosis:**
- Visual disturbances
- Disorganized thinking
- Paranoia
- Mood disturbances

**Hallucinogen Persisting Perception Disorder:**
- Hallucinations
- Other visual disturbances (such as seeing halos or trails attached to moving objects)
- Symptoms sometimes mistaken for neurological disorders (such as stroke or brain tumor)
Current Drug Trends: MDMA (Ecstasy), Molly

A synthetic, psychoactive drug that has similarities to both the stimulant amphetamine and the hallucinogen mescaline. MDMA is an abbreviation of the scientific name 3,4-methylenedioxy-methamphetamine.

- **Short Term Effects:**
  - Lowered inhibition; enhanced sensory perception; confusion; depression; sleep problems; anxiety; increased heart rate and blood pressure; muscle tension; teeth clenching; nausea; blurred vision; faintness; chills or sweating; sharp rise in body temperature leading to liver, kidney, or heart failure and death.

- **Long Term Effects:**
  - Long-lasting confusion, depression, problems with attention, memory, and sleep; increased anxiety, impulsiveness, aggression; loss of appetite; less interest in sex.

- **Withdrawal Symptoms:**
  - Fatigue, loss of appetite, depression, trouble concentrating.
Current Drug Trends: Ketamine

A dissociative drug used as an anesthetic in veterinary practice. Dissociative drugs are hallucinogens that cause the user to feel detached from reality.

- **Short Term Effects:**
  - Problems with attention, learning, and memory; dreamlike states, hallucinations; sedation; confusion and problems speaking; loss of memory; problems moving, to the point of being immobile; raised blood pressure; unconsciousness; slowed breathing that can lead to death.

- **Long Term Effects:**
  - Ulcers and pain in the bladder; kidney problems; stomach pain; depression; poor memory.

- **Other Health-related Issues:**
  - Sometimes used as a date rape drug
  - Risk of HIV, hepatitis, and other infectious diseases from shared needles.
Emerging Drug Trends: Household Dangers

- Many of the current substance abuse and addiction trends among teens today are shocking simply because they involve household products that are readily available.

- Back in the day, it was hairspray and Sharpies that were worrisome.

- Now there are a dozen more substances out there that are just as dangerous, if not more so.

- Let’s take a look:
Emerging Drug Trends: Alcohol Extracted from Hand Sanitizer

- In California, half a dozen teens have found themselves in emergency rooms as the result of drinking alcohol extracted from hand sanitizer.

- This self-made moonshine has a dangerous 60 percent alcohol content. You might want to think again before supplying kids with hand sanitizer.

- Soap and water works just as well, if not better, and it's much safer.
Emerging Drug Trends:
Cough Syrup & Over the Counter Medications

“Robotripping” has become a scary trend among teens who are drinking multiple bottles of cough syrups, such as Robotussin, to get a high from the active ingredient dextromethorphan (DXM).

Also including dextromethorphan (DXM) and being heavily abused, Coricidin or known better as “triple c’s”

Some side effects include: visual hallucinations, hyper excitability, insomnia, lethargy, physical dependence (with prolonged use), dizziness, slurred speech, delusions, sweating, high blood pressure, liver and brain damage

Mixed with other drugs, cough syrup can also cause central nervous system and heart problems. Combined with alcohol, it is particularly dangerous and can result in death.

https://www.erowid.org/chemicals/dxm/dxm_info2.shtml
Emerging Drug Trends:
Hard Alcohol Soaked Tampons

- This trend involves teenagers dipping tampons into hard alcohol such as vodka and then using them.
- The reason: this results in a long-lasting intense high because the alcohol is absorbed directly by the bloodstream.
- Both female and male adolescents are engaging in this behaviors. The males, insert the tampons into their rectum.
Emerging Drug Trends: Inhalants

- Dust Off: This popular keyboard cleaner can be used for “dusting,” but not just your keyboard! “Dusting” in the substance abuse world is inhaling the gas of keyboard dusters to get high.

- Whip-Its, which are basically any aerosol spray cans of whipped cream, are an easy way for teens to get their hands on nitrous oxide, more commonly known as laughing gas.

- This substance causes a high that can last anywhere from a few seconds to a few minutes, but it can be dangerous if taken in large doses.
Hidden In Plain Sight

Multiple adolescents were asked the question: “Where were your top 5 favorite hiding places for drugs and alcohol?”

...This is what they said...

- In my closet under the carpet
- 2 said; under my mattress
- In my garage
- 3 said; in my pillowcase
- In a drop ceiling
- 3 said; shoeboxes in my closet
- 4 said; inside of my shoes and underneath the sole of my shoes
- Inside jacket pockets in my closet
- Inside jean pockets inside my drawers
- I cut a hole on the side of my mattress and hid stuff inside the mattress also
- 3 said; socks in my sock drawer
- Guitar case
- Inside my guitar
- Ball of yarn
- The plants in my hallway
- Under the rug in my hallway
- Garbage room
- My locker
- At my friend’s house
- In my shed
- My drawers
- Mason jar
- 4 said; in my current/old backpack
- A fake can of Arizona Iced Tea
- In my shirt pocket
- In my purse/old purses
- 4 said; under my bed
- In my ceiling
- In the window under my porch
- Compression shorts
- Suitcases that are not being used
- Hockey bag
- Behind my TV shelf
- In my clothes hamper
- In my closet
- Outside my house in the backyard hidden in my bushes
- In my Polly Pocket
- Inside my teddy bear/dolls/trucks/any toys from my childhood

Cars present numerous opportunities for addicts to hide drugs.