Prescription medications are beneficial when used as prescribed to treat pain, anxiety, or a variety of other health conditions. However, prescription medications are among the top substances abused by 12th graders in the United States, according to the 2013 Monitoring the Future survey of U.S. teen substance use, prescription and over-the-counter medications were among the top substances abused by 12th graders in the past year. This highlights the need for more effective strategies to prevent prescription drug abuse among teens, who are developmentally at an increased risk for addiction.

Kratom, a new drug, has recently garnered attention due to its legal status in some countries and its availability in tobacco stores. Kratom is a stimulant that affects the mind by causing hallucinations, delusions, and confusion. It has been reported that cases of users going into psychosis for up to a few days. Kratom can also be used as a sedative. In excess doses, it acts as a sedative. There have been reports of users going into psychosis for up to a few days. Kratom affects the mind by causing hallucinations, delusions, and confusion. The Green Peace says, “Kratom is not a problem. It is a natural medicine that is safe and effective.”

New Study Linking Teens Who Smoke and Risk of Early Death

A new study suggests that the risk of dying before age 55 is increased in teens and young adults who smoke. Researchers at the Centers for Disease Control and Prevention (CDC) analyzed data from 9,245 people ages 12 to 39. More than 30 percent were smokers, 298 died before reaching age 55. Those who had smoked between the ages of 12 and 39 were 86 percent more likely to die before 55, compared with nonsmokers. The study is in the journal Pediatrics. The lead researcher Sharon Saydah, a CDC senior scientist, said, “Any time somebody dies before age 55, it has an overall societal impact.”

Prevention Efforts Focused on Youth Reduce Prescription Abuse into Adulthood

Middle school students from rural communities who received community-based prevention programs were less likely to abuse prescription medications later in their adolescence and young adulthood. The research was funded by the National Institute on Drug Abuse (NIDA), the National Institute on Alcohol Abuse and Alcoholism (NIAAA), and the National Institute of Mental Health (NIMH), all components of the National Institutes of Health (NIH). The research was published in the American Journal of Public Health. Prescription medications are beneficial when used as prescribed to treat pain, anxiety, or ADHD. However, their abuse can have serious consequences, including addiction or even death from overdose. We are especially concerned about prescription drug abuse among teens, who are developmentally at an increased risk for addiction. Prescription drug abuse is taking a medication without a prescription or in a way (higher dose, snorted) or for reasons other than prescribed (to get high). It has become one of the most serious public health concerns in the United States. According to the 2012 Monitoring the Future survey of U.S. teen substance use, prescription and over-the-counter medications were among the top substances abused by 12th graders in the past year. This highlights the need for more effective strategies to prevent prescription drug abuse among teens, who are developmentally at an increased risk for addiction.

Kratom: The New Legal Drug Worrying the DEA

Kratom is a new drug, getting a lot of attention. Washington, one of our neighboring states, has reported one death related to Kratom. Kratom is a legal drug found in tobacco stores, it is similar to once legal bath salts. Kratom has not been examined by the FDA, and although legal now, is on the DEA list of Drugs and Chemicals of Concern. Kratom is a tree found in Thailand, Malaysia, Burma, and other areas in Southeast Asia. The drug uses the leaves of the tree, and is usually ingested or smoked. In low doses Kratom acts as a stimulant. Users have increased alertness, physical energy, and are more sociable. In excess doses it acts as a sedative. There have been cases reported of users going into psychosis for up to a few days. Kratom affects the mind by causing hallucinations, delusions, and confusion. The Kratom has not been examined by the FDA, and although legal now, is on the DEA list of Drugs and Chemicals of Concern.

Recreational Marijuana: Are There Health Effects?

Washington state recently legalized the recreational use of marijuana for adults. The National Institute on Drug Abuse has researched some of the effects of marijuana. Marijuana’s effects on the brain: heavy use of marijuana can lead to impaired thinking skills and memory problems. Marijuana’s effects on Mental Health: Marijuana has been linked with anxiety, and panic attacks.

Energy drinks are marketed to adolescents, and while only some contain alcohol, young people often add alcohol. When mixed with alcohol, energy drinks present serious potential for harm and abuse. The academy says in a report published Friday in its journal, Pediatrics in Review. For instance, the report cites a 2010 incident in which nine college students were hospitalized in Washington state after they drank a caffeinated alcoholic drink. In New Jersey, 23 students were hospitalized, after they reportedly drank the same beverage, the academy says. Banning caffeinated alcoholic drinks would be an important first step, but it may do little to curb the practice of mixing energy drinks and alcohol, a fixture of the college (and most likely high school) party scene, the report says. A recent survey of 10 North Carolina universities showed that a quarter of the students had consumed energy drinks mixed with alcohol in the previous month. Adolescents who combine energy drinks with alcohol perceive less of an effect from alcohol, the report says, even though their motor skills and visual reactions were still impaired. Thus, there is the grave danger that adolescents may feel unimpaired, when they are just as impaired as a person with the same blood alcohol level, and subsequently may drink much more than they intended to, the report says. More effective strategies to try and prevent smoking and improve the overall health of the younger population, the lead researcher Sharon Saydah, a CDC senior scientist, said, “Any time somebody dies before age 55, it has an overall societal impact.”
National Prevention Week
May 12-18, 2013
“Your voice. Your choice. Make a difference”

National Prevention Week is a SAMHSA-supported annual health observance dedicated to increasing public awareness of, and action around, substance abuse and mental health issues. This observance is an opportunity to join with other individuals, organizations, and coalitions in your community to promote prevention efforts, educate others about behavioral health issues, and create and strengthen community partnerships.

For resources to plan and implement an event visit SAMHSA’s National Prevention web page at: http://www.samhsa.gov/preventionweek/

Idaho House and Senate Vote to Ban Legalization of Marijuana for any Purpose
BOISE, IDAHO As some Western states relax medical and recreational marijuana laws, Idaho lawmakers are instead sending a clear message against marijuana use in any form. On a 63-7 vote, the House approved a resolution declaring the Legislature’s opposition to the legalization of pot. The Senate passed the same resolution in February. Democrats in opposition argued the resolution does nothing and could be interpreted as lawmakers passing judgment on the political and voter-driven actions of other states.

Republican Rep. Luke Malek of Coeur d’Alene responded, calling medical marijuana a “farceical predatory scheme” that often gives people without medical needs easy access to cannabis.

Excerpt from Idaho Statesman, March 27, 2013

Excerpt from Idaho Statesman, March 27, 2013

10 Slang Terms Parents Need to Know terms associated with Drug use

1. All lit up- under the influence of drugs
2. Around the turn- having gone through withdrawal
3. Bag man- Person who transports money; a person who supplies narcotics or other drugs, a pusher
4. Baker- someone who smokes marijuana
5. Dimebag- ten dollars worth of marijuana
6. Eight-ball- 1/8 of an ounce of drugs
7. Gym candy- steroids
8. Heat- police or narcotics officer
9. Hitting up- to inject drugs
10. Wiggling- odd behavior resulting from the use of mind-altering drugs

http://www.noslang.com/drugs/dictionary/

Pharm Parties

“Pharm parties” also referred to as “Skittles parties” (because of the colorful pills) have gained popularity among teens. At these parties there are bags of pills left out for the taking, and usually there is alcohol. The usual pills include Ecstasy, Xanax, Percocets, Valium, OxyContin and Vicodin. Just taking one of these pills is extremely dangerous. Just OxyContin itself is known to cause vomiting, unconsciousness, respiratory depression, increased risk of heart attack, coma, and death. At these parties teens have access to taking multiple pills, and multiple kinds of pills. A recent report from researchers at the Centers for Disease Control and Prevention found that each year, more people die from prescription pillkiller overdoses than from heroin and cocaine overdoses combined.

http://www.myhealthnewsdaily.com/2251-3-dangerous-drug-

NIDA Updates MDMA (Ecstasy) Drug Facts

MDMA can have many of the same physical effects as other substances like cocaine and amphetamines. Compounding the risks of ecstasy use is the fact that other potenally harmful drugs (including synthetic cathinones, the psychoactive ingredients in “bath salts”) are some of the drugs that can be neurotoxic or pose other unpredictable health risks. And ecstasy tablets that do contain MDMA may contain additional substances such as amphetamines (a stimulant), dextromethorphan (a cough suppressant), ketamine, caffeine, cocaine, or methamphetamine. The combination of MDMA with one or more of these drugs may be hazardous. Users who intend on only or unknowingly combine such a mixture with additional substances such as marijuana and alcohol may be placing themselves at even higher risk for adverse health effects.

http://www.drugbase.gov/publications/drugfacts/mdma-ecstacy

Overdosing on Supplements

Studies indicate that as many as 40 percent of all young athletes take protein enhancements. While teens may take the supplement in order to improve muscle growth, muscle recovery, and overall athletic performance, there is no evidence that supplements are better than a nutritious diet. In fact, such supplements can have harmful effects, such as weight gain, muscle cramping, high blood pressure, and heart problems. Creation of a new product, can actually interfere with a growing adolescent’s own natural production of a new supplement, making the body reliant on supplements. Overuse can actually cause blood acidity, which then draws calcium from the bones to counteract the higher acidity of pH in the blood, leading to declining bone strength and kidney stones formed by excess calcium.

http://tinyurl.com/bqx5ebk

Beware of Mellow Munchies

Lazy cakes (reported on in a previous Drug Update) have been renamed Mellow Munchies to escape negative attention from the press. Mellow Munchies is referred to as a “relaxation brownie” and when ingested the user becomes extremely red. The FDA sent a warning letter to the Memphis company regarding the melatonin contained in the brownies. The FDA does not consider melatonin a safe food additive. These brownies are an adult product and could be harmful if ingested by a child. Not only does the product have a new name, it has been repackaged to hide the fact it is a brownie. It is packaged in an opaque orange wrapper and says “chill out dude”.

http://tinyurl.com/bqx5ebk

Purple Drank Popular Amongst Teens and Tweens

Popularized in the late nineties, purple drank has been abused by teens for decades. Rap music still makes references to the substance, and more teens are being warned to take it on at home. By adding cough syrup with codeine to a so-called “chill out drink” (usually Sprite and Jolly Ranchers), tweens and teens create what they consider a quick remedy for tension, anxiety, and aggression. The drink can be made with over-the-counter medica ons like Robitussin DM, which contains dextromethorphan. Normally used as a cough suppressant, in large doses this substance causes hallucinations. A single use can be lethal to an inexperienced user. Other possible side effects include drowsiness, inability to concentrate, slowed physical ac vity, cons p on, nausea, vomini ng, and slowed breathing.

Slang terms for purple drank are sizzurp, lean, syrup, drank, barre, purple jelly, and Texas tea.

http://www.greatschools.org/paren ng/4503-dangerous-teen-trends gs

http://www.myhealthnewsdaily.com/2251-3-dangerous-drug-

http://www.samhsa.gov/

http://www.greatschools.org/paren ng/4503-dangerous-teen-trends gs