



Addiction and Your Child's Mental Health

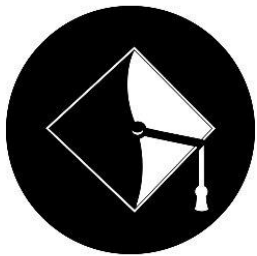
Be Kind To Your Mind #ChooseWiselyLiveDrugFree

Agenda



- Quick Facts
- Side Effects
- Warning Signs
- Role of the Parent
- Resources

Be Kind To Your Mind #ChooseWiselyLiveDrugFree

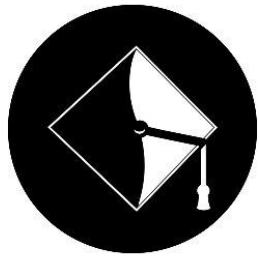


AUHSD VISION

**To create a better world
through Unlimited You**

AUHSD MISSION

The Anaheim Union
High School District,
in partnership with the
greater community,
will graduate
socially aware,
civic-minded students
who are life ready
by cultivating the
soft and hard skills.



AUHSD Core Values

We believe...

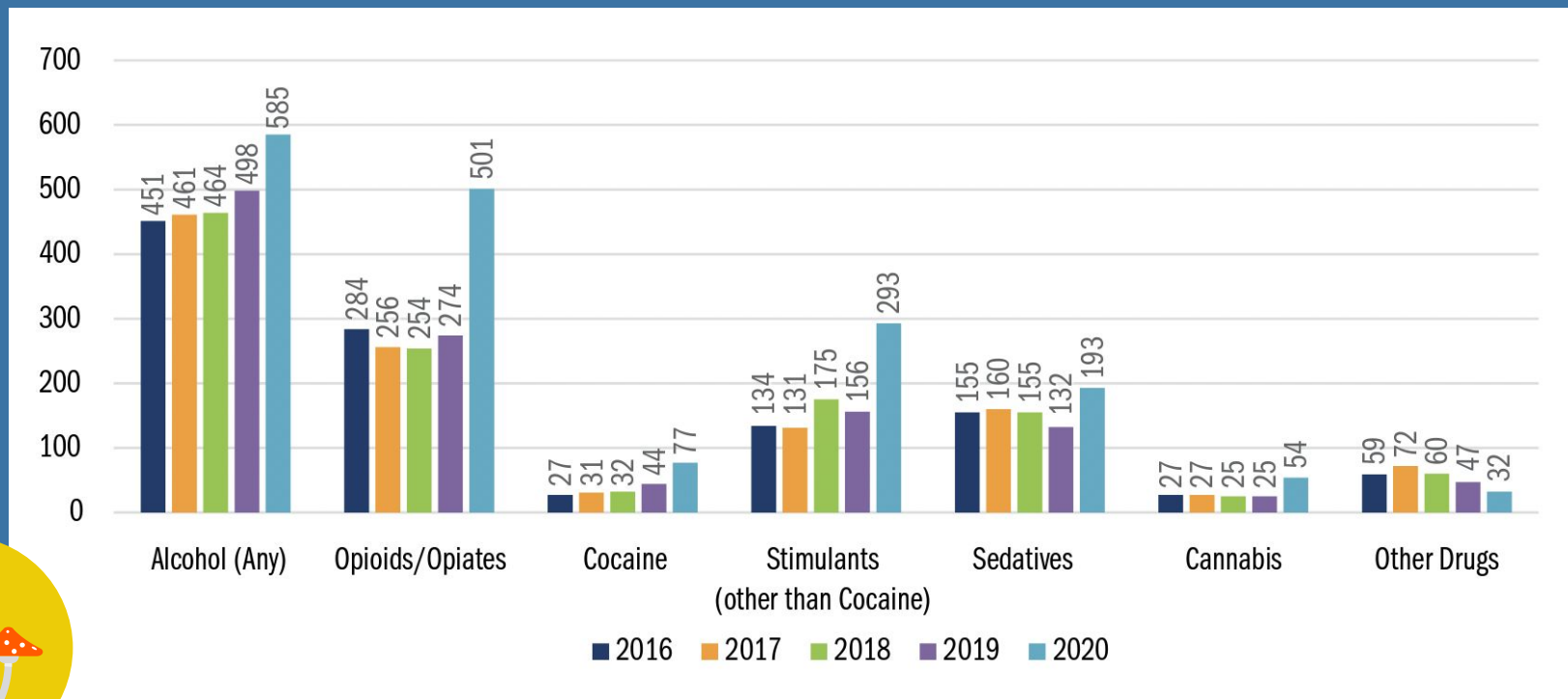
- 1.** In and model the 5 Cs: collaboration, creativity, critical thinking, communication, and compassion
- 2.** That education must work for students and not the other way around.
- 3.** In an assets-based instructional approach focused on our community's strengths and in nurturing everyone's potential
- 4.** In moving the needle toward equity and justice
- 5.** That our vision, mission, and core values are delivered primarily through instruction.
- 6.** In systems not silos
- 7.** Public schools should enhance and strengthen democracy through cultivation of student voice and problem solving

Quick Fact

Out of these options, which one do you think teens use more of?

- A) Alcohol
- B) Tobacco
- C) Marijuana

DRUG AND ALCOHOL DEATHS BY SPECIFIC SUBSTANCE(S) INVOLVED IN DEATH



2022 OCHCA Drugs and Alcohol Deaths, Emergency Department Visits, and Hospitalizations



Substance – Related and Addictive Disorders

- Opioids
- Alcohol
- Caffeine
- Cannabis
- Inhalants
- Hallucinogen – Phencyclidine (Mind Altering drugs)



Break Out

Talk to your elbow partner about your thoughts/feelings so far about these facts.

Learned anything new?



Effects of Alcohol, Tobacco and Other Drugs

SHORT-TERM EFFECTS

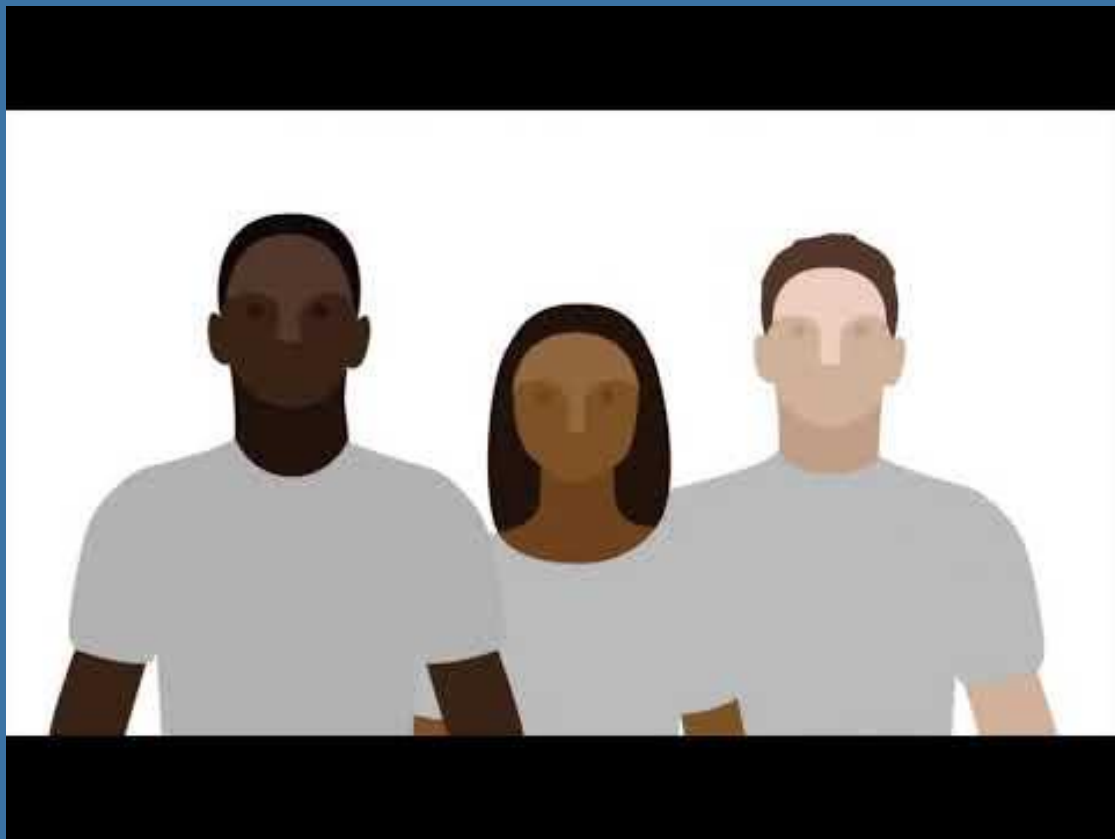
- Hang overs
- Withdrawals
- Panic attacks
- Irritability
- Becoming sad or symptoms of depression
- Symptoms of anxiety
- Problems with problems

LONG-TERM EFFECTS

- Lung Complications/Stomach Issues/ Heart disease
- Criminal and Legal Complication
- Risk of an overdose

Mental Health Illnesses Associated With Substance Use

- Psychotic disorders
- Bipolar disorders
- Depressive disorders
- Anxiety disorders
- Obsessive-compulsive and related disorders
- Sleep disorders
- Delirium (restlessness, illusions, and incoherence of thought and speech)
- Dementia (Neurocognitive disorder involves cognitive impairment or decline)



Stages of Addiction

- Experimentation
- Regular Use
- Dependence
- A Substance Use Disorder (Addiction)
- Treatment
- Recovery & Maintenance

What is the difference between physical dependence, tolerance, and addiction?

- **Physical dependence** is having craving the drug to relieve the withdrawal symptoms
- **Tolerance** is the need to take higher doses of a drug to get the same effect
- **Addiction** is a chronic disorder characterized by drug seeking and use that is obsessive, irrational, or compulsive

Warning Signs

- Academic and/or behavioral problems in school (low grades, attendance, poor job performance)
- Low energy level or constant fatigue
- Low motivation or interest in activities
- Easily irritable and argumentative
- Problems with concentration or remembering
- Slurred speech
- Coordination problems
- Changes in friendships
- Unusual agitation, restlessness, or hyperactivity
- Smelling alcohol on a young person's breath or finding alcohol in their belongings
- Missing prescription drugs or missing alcohol
- Weight loss
- Red eyes
- Little concern for hygiene



EMOJI DRUG CODE | DECODED

COMMON EMOJI CODES

FAKE PRESCRIPTION DRUGS

PERCOCET & OXYCODONE



XANAX



ADDERALL



DEALER SIGNALS

DEALER ADVERTISING



HIGH POTENCY



UNIVERSAL FOR DRUGS



LARGE BATCH



OTHER DRUGS

METH



HEROIN



COCAINE



MDMA & MOLLIES



MUSHROOMS



COUGH SYRUP



MARIJUANA



This reference guide is intended to give parents, caregivers, educators, and other influencers a better sense of how emojis are being used in conjunction with illegal drugs. Fake prescription pills, commonly laced with deadly fentanyl and methamphetamine, are often sold on social media and e-commerce platforms – making them available to anyone with a smartphone.



Cross the Line Game (optional)

Role of the Parent

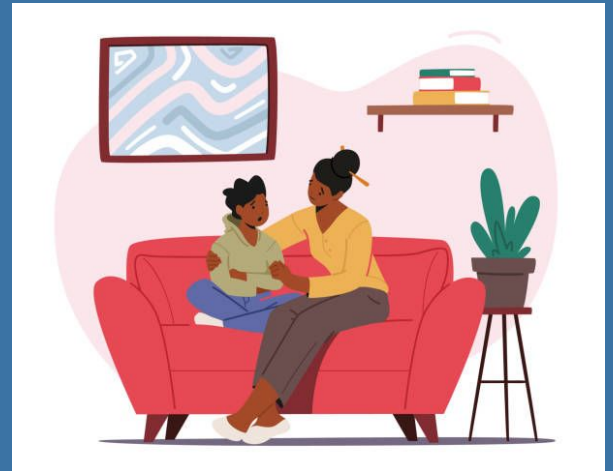
Parents can help their children avoid alcohol problems by:

- ▶ Talking about the dangers of drinking
- ▶ Drinking responsibly, if they choose to drink
- ▶ Serving as positive role models in general
- ▶ Not making alcohol available
- ▶ Getting to know their children's friends
- ▶ Having regular conversations about life in general
- ▶ Connecting with other parents about sending clear messages about the importance of not drinking alcohol
- ▶ Supervising all parties to make sure there is no alcohol
- ▶ Encouraging kids to participate in healthy and fun activities that do not involve alcohol
- ▶ Research shows that children whose parents are actively involved in their lives are less likely to drink alcohol.



Role of a Parent: Starting Conversations

- Plan to have the talk
- Spell out the rules
- Explain your reason and listen
- Conditional amnesty
- Remember when you were a teen?



Resources in the Community

OC LINKS

855 OC-LINKS (855-625-4657)

www.ochealthinfo.com/oclinks

NATIONAL SUICIDE CRISIS HOTLINE

Call/Text: 988

The OC Warmline
(714) 991-6412

Medication Disposal

<https://oclandfills.com/hazardous-waste/medication-and-sharps-disposal>

There are many drop box location sites throughout OC. Drop boxes offer a safe location where people can dispose of unused medication which can help prevent people from using medications that were not prescribed to them. In addition, medications can be safely destroyed at home.

OC Workshops & Programs

Workshops & Programs

Alcohol and Drug Education and Prevention Team

Promoting healthy communities through alcohol and other drug (AOD) prevention



Youth

Single Session Workshops (45 minutes each):

Designed for middle and high school youth. Workshops include fun and engaging activities.

There's More to the Story

Explore the influence of the media and social norms on our perceptions and decisions around substance use. Enhance skills for goal setting, decision making and finding a *Natural High* lifestyle.

Marijuana and Vaping: What's the Big Deal?

Learn basic facts of marijuana, the potential impacts of marijuana use to health and the adolescent brain as well as refusal strategies and types of peer pressure.

Teens and the Media: What Advertisers Don't Tell You

Take a look at what alcohol and tobacco advertisers do not want you to know.

Multi-Session Workshops (10 sessions, 1 hour each):

Too Good For Drugs

Empower youth to meet the challenges of life by fostering confidence and building resiliency to prevent substance use. This program is designed for middle and high school students and has been proven to reduce student risk factors and increase protective factors. Each lesson includes a fun learning activity.

Media Detective

Unravel the meaning behind alcohol and tobacco advertisements and media messages to delay or prevent the onset of use. This program is designed for 3rd-5th grade students and has been proven to effectively reduce children's use of alcohol and tobacco. Lessons include activities that are engaging and motivational.

Youth-Led Prevention Activities

By designing and implementing prevention activities, youth will gain skills in leadership, public speaking, community engagement and learn how to build a healthier school/community. Youth are supported through this process by an experienced prevention professional.

Parents

Single Session Workshops (1 hour each):

Marijuana and Vaping

Identify emerging products and gain insight into the consequences and prevention of underage use.

Got Assets? For Parents

Learn about the Search Institute's Developmental Assets® and ways to support healthy youth development. Parents will learn how the Assets provide the building blocks that help young people grow up to be healthy, caring and responsible.

Parenting In Today's Society

Equip parents with tools for empowering their youth and strengthening family connections.

Educators

Single Session Workshops (1 hour each):

Fun Failure

Encourage students to enjoy the process of learning and overcoming obstacles to achieve success.

Red Ribbon READY

Celebrate Red Ribbon with fun and engaging activities in October and learn how to integrate substance use prevention all year.

Got Assets? For Educators

Become familiar with the connections between the Search Institute's Developmental Assets® and how they can be used to foster youth leadership and success.

To schedule a workshop

Call or email: (714) 834-4058, ADEPT@ochca.com

Looking for something different? We can modify our services to suit the needs of your school or community. Programs can be provided virtually or in person.

Any Questions?

