

# Drug/Alcohol Guide for Concerned Parents

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# Topics for Discussion

- Marijuana
- Alcohol
- Prescription Medications
- Heroin
- 'Molly'

# Marijuana

- What does marijuana look like?
- What does marijuana smell like?
- How do kids hide marijuana from us?
- What can marijuana be mixed with?
- What are typical side effects?

# Marijuana



# Marijuana

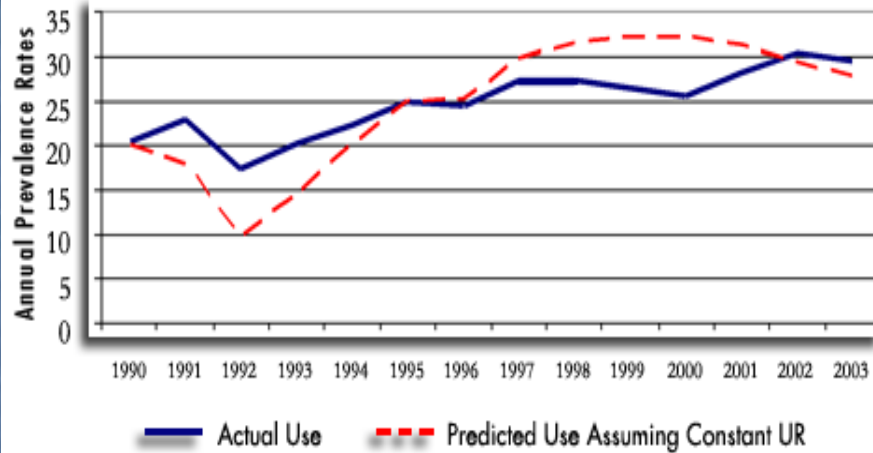
- It is a mix of leaves, flowers, stems and seeds from the hemp plant *Cannabis sativa*
- It can also be more concentrated and made into hashish, hash oil and Wax
- It is the most common illicit drug used in the U.S.
- THC amounts have increased steadily since 2009. In 2009 THC levels averaged close to 10% compared to 4% in 1980. Currently, the THC content in indoor marijuana can be as high as 38%

# Marijuana

- According to Drug.org: 46% of people have tried marijuana, in 2013 23% of High School Seniors have smoked marijuana and 6.5% of High School seniors smoke marijuana daily

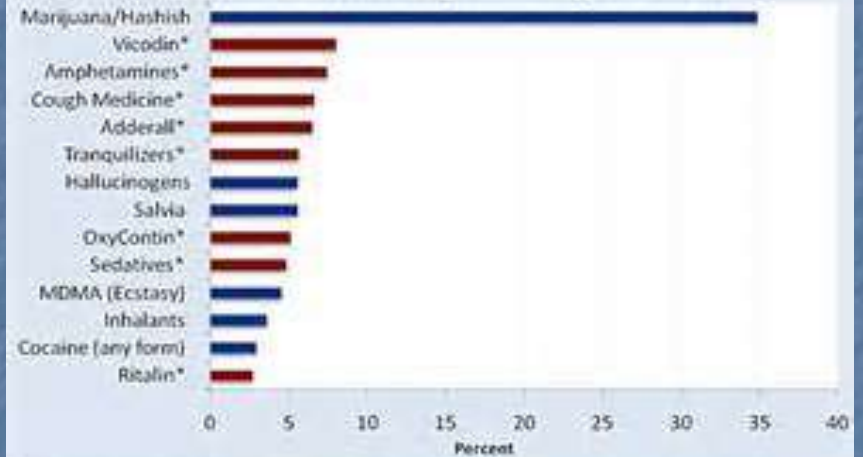
# Marijuana

## Teenage Marijuana Use



## Prescription and Over-the-Counter Drugs Account for Most of the Commonly Abused Illicit Drugs:

### Prevalence of Past Year Drug Use Among 12th Graders



U.S. National Library of Medicine, University of Michigan, 2010 Monitoring the Future Study

# Alcohol Symptoms/Signs

- Memory Loss
- Drinking to Cheer up
- Can't quit drinking, tried multiple times
- Drinking to feel 'normal'/fitting in
- Trembling hands, especially after drinking = damaged nerves
- Drinking in secret/lying about the amount (more if not drinking and less if drinking too much)
- Anxiety/insomnia when they are not drinking
- Drinking in the morning

# Alcohol

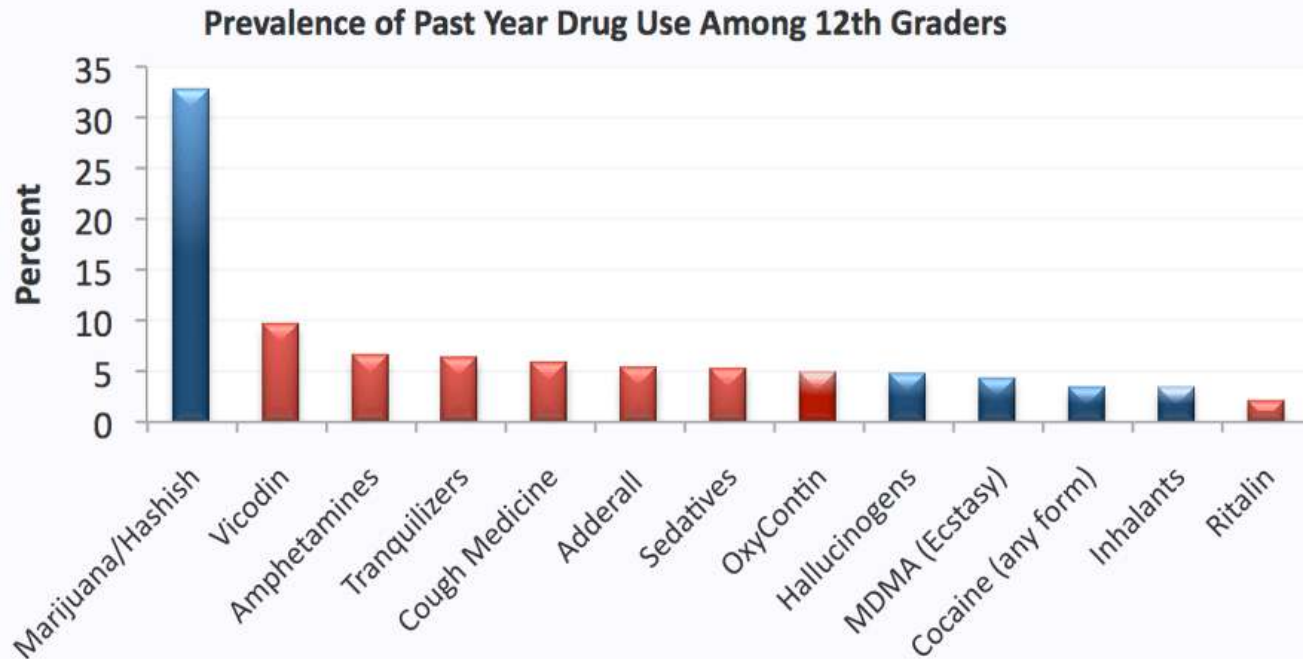
- CT 16% of students have consumed alcohol before 13 years old, US is 20%
- CT 42% of High School students have had an alcoholic drink within 30 days of this survey, US is 39%
- CT 34% High School students who have been given alcohol, US 40%
- CT 7% High School students who have driven after one or more alcoholic beverages, US is 8%
- CT 5% High school students who have needed professional treatment but have not received it (12-17 yrs old), US 4%
- Data from Centers for Disease Control and Prevention 2012. Completed between 1991 and 2011 by High school youth risk behavior center.

# Prescription Medications

- Where are kids getting medications?
- What are they using?
- What do they look like?

# Prescription Drugs

**Prescription/Over-the-Counter Drugs Account for 8 out of 13 of the Most Frequently Abused Drugs**



Source: The Monitoring the Future study, University of Michigan

# Prescription Medications

- Teens get prescriptions from their own home or a friends home
- Don't take medications in the open or in front of your child's friends
- Keep medications in a safe or secret location
- Dispose of unwanted/unused medications at police department in our medication drop box

Keep track of your medications daily

# How they use Prescription Medication

- Orally
- Crush them to sniff them, usually done by people that have been addicted for some time
- When you sniff the high is quicker but is shorter
- “Pharm Party” multiple people bring medications and dump them in a bowl for anyone to try

# Prescription Medication Signs/Symptoms

- Exhaustion
- Vomitting
- Insomnia
- Itching
- Sweating
- Seizures
- Comma
- Muscle spasms

# Heroin

- What does Heroin look like?
- How is Heroin used?
- Why is Heroin popular?
- What are the side effects?

# Heroin Pictures



# Effects of Heroin Use

- Euphoric surge/rush
- Dry mouth
- Begin to nod in and out of consciousness
- Arms and legs feel heavy and rubbery
- Diminished mental capacity and dulled emotions

# Heroin

- A product of the opium flower and can be injected, sniffed/snorted, or smoked
- Some heroin users switched to Heroin because it is cheaper and more available than prescription opioids or they built a tolerance to prescription meds
- Usually is a white powder but can range in color from white to brown to a black tar substance

# Molly

- It is the pure crystal form of MDMA (ecstasy)
- Is a stimulant and psychedelic, creates increased energy, euphoria, emotional warmth and empathy towards others

# Molly Pictures



# How they use Molly

- Snort it
  - Eat it
  - Chew it
- 
- Typically used at clubs and home parties

# Molly symptoms

- Dramatic mood swings
- Dilated pupils
- Sweating
- Agitation
- Insomnia
- Paranoia
- More affectionate than usual
- Loss of appetite/nausea psychotic episodes

# Where do they hide drugs?

- High liters
- Molly = lipstick and hygiene products
- Vehicles
- Underneath toilet seats
- Bathrooms w/vent fans are used to hide marijuana sent
- Candy wrappers
- Belt buckles
- Can find items on internet to hide drugs
- Behind posters, fake electrical outlets, sock drawer

# Hiding Places



# Five Steps to Know Your Child is Using Drugs/Alcohol

1. Ask them
2. Look for signs
3. Learn Risk Factors
4. Knowing Why Teens Use
5. Need To Know about drugs

# Ask Them?

- Researchers say that when talking openly about drugs and alcohol, children have better self control and have developed more negative perceptions of these risky behaviors
- When asking, be prepared for their answer. ( Role play with your spouse and have resources ready and planned based on the answer you get)
- Remember not to enter this conversation as a punishment, but looking to get them help

# Looking for Signs of Use

- The previously mentioned signs are not the only ones, but the most common
- We will give out other resources later in this presentation to gather more information

# Why Teens Use?

- Fit in ...
- Socialize
- Hide behind emotions
- To stay awake for testing and school purposes

# Need to Know

- Finding out the truth behind drug and alcohol use
- Knowing about myths and perceptions vs. the truth
- Get educated

# Learning Risk Factors

- Criminal Records
- Being rebellious
- Having friends with risky behaviors
- History of addiction in the family
- Mood swings
- Unstable relationships

# Common Myths

- Having a beer with friends is no big deal
- Just experimenting
- Safest place for kids to drink/drugs is at home
- “I would know if my kid was using!”

# Advice

- Don't be afraid to be the "BAD" parent
- Connect with children's friends
- Keep track of your child's activities
- Be a role model and set a good example
- Get educated
- Get Help! If you suspect even a little, don't hesitate!!

# Resources for Help

- [Drugfree.org](http://Drugfree.org) (1-855-DRUGFREE)= info on sign and symptoms of drug/alcohol use
- [Parents4achange.org](http://Parents4achange.org)=group that helps parents one on one w/opiate problems
- [NCADD.org](http://NCADD.org)= info on signs/symptoms of drug/alcohol abuse
- [Alcoholism.about.com](http://Alcoholism.about.com)= tips for parents in regards to alcohol/drug use by teens
- [Interventionamerica.org](http://Interventionamerica.org)= help for parents in CT that has already confirmed useage and needing assistance

# Contact Information

- SRO Tim May 860-658-3170 or [tmay@pd.simsbury-ct.gov](mailto:tmay@pd.simsbury-ct.gov)
- SRO Todd Kushman 860-658-3171 or [tkushman@pd.simsbury-ct.gov](mailto:tkushman@pd.simsbury-ct.gov)
- We can also be reached by the routine Simsbury Police line 860-658-3100