

## CHEMICAL HEALTH TREND CORNER:

### No Smoke, but Haze Around E-Joint

[JuJu Joints](#), a new e-cigarette designed for concentrated marijuana oil rather than nicotine, provide users with a workaround to smoke pot in public. Although Colorado and Washington legalized marijuana for recreational use, both states prohibit smoking the drug in public. (Alaska and Oregon legalized pot last November but won't implement full legalization for months.) More teenagers use e-cigarettes than regular ones. Much of this new behavior involves vaping pot rather than nicotine, according to a Kentucky [report](#).



### Heroin's Back.

If you've seen the news lately, you may have noticed that heroin is back in a big way.

Communities across the country – regardless of geographic location or economic status – are experiencing an

alarming uptick in deaths related to heroin overdose. So why is this happening? Why are so many teens becoming addicted to heroin in this day and age, when it seems nearly everyone knows the dangers of this drug?

It's beginning with something you might have at home right now. **Nearly half of young people who inject heroin start by abusing prescription drugs.**

To help you understand how the transition happens and what you should be aware of to keep your family and community safe, we've developed an [interactive infographic](#). Follow the journey of a teen; hear stories from families who have been down this road; and find the tools you need to take action – whether you're a parent, health care provider, educator or community member.

Need help with a family member's substance abuse problem? Call our toll-free helpline at 1-855-DRUGFREE and talk to a specialist today.

### Risks of Drug Use get Personal

Carmen Morrow, Hutchinson High School District 423's chemical health specialist, talks about students using drugs as a coping mechanism.

"I see students are using it as a coping mechanism," Morrow said. "In today's world, teenagers have so much stress." The real concern with students using drugs to cope with stress — which includes

alcohol and nicotine products such as cigarettes and e-cigarettes, along with illegal drugs such as marijuana — is that they are not developing stress coping skills. “When they are using it to cope, they are not learning skills to cope in a healthy manner,” Morrow said. “These are skills they need as an adult. Life skills. Stress is going to be part of their life.”

Other students, Morrow said, use drugs such as marijuana to try and self-medicate if they are feeling depressed.

“It works. Unfortunately, it works,” she said. “But it’s illegal, they don’t know about dosage, it’s not monitored ... they’re not a doctor.” She said addiction does not discriminate. “Kids with a 4.0 GPA and good families, they can still get addicted,” she said. “If parents think it is just ‘those students’ using marijuana, it’s not.”

### **Teen Suicide What the Research Shows**

Teen suicide is a growing health concern. It is the third-leading cause of death for young people ages 15 to 24, surpassed only by homicide and accidents, according to the U.S. Center for Disease Control and Prevention.

Suicide is a relatively rare event and it is difficult to accurately predict which persons with these risk factors will ultimately commit suicide. However, there are some possible warning signs such as:

- Talking About Dying -- any mention of dying, disappearing, jumping,



shooting oneself, or other types of self-harm

- Recent Loss -- through death, divorce, separation, broken relationship, self-confidence, self-esteem, loss of interest in friends, hobbies, activities previously enjoyed
- Change in Personality -- sad, withdrawn, irritable, anxious, tired, indecisive, apathetic
- Change in Behavior -- can't concentrate on school, work, routine tasks
- Change in Sleep Patterns -- insomnia, often with early waking or oversleeping, nightmares
- Change in Eating Habits -- loss of appetite and weight, or overeating

- Fear of losing control - acting erratically, harming self or others
- Low self-esteem -- feeling worthless, shame, overwhelming guilt, self-hatred, "everyone would be better off without me"
- No hope for the future -- believing things will never get better; that nothing will ever change

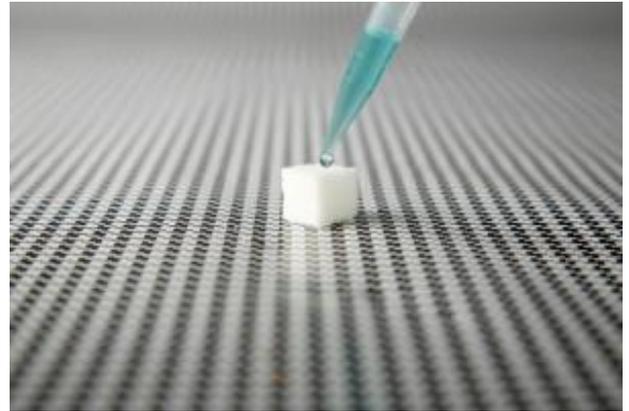
#### What the Research Means:

One in five teenagers in the U.S. seriously considers suicide annually, according to data collected by the CDC. In 2003, 8% of adolescents attempted suicide, representing approximately 1 million teenagers, of whom nearly 300,000 receive medical attention for their attempt; and approximately 1,700 teenagers died by suicide each year. Currently, the most effective suicide prevention programs equip mental health professionals and other community educators and leaders with sufficient resources to recognize who is at risk and who has access to mental health care.

#### Where to seek Help:

- Local crisis line: Hutchinson Area Health Care Hotline 320-587-5502
- Local Police Department 911 An officer will respond to welfare check and may assist in mental health hold at local mental health facility

### 3 New Synthetic Drugs to Watch Out For



If you are a parent and are concerned about keeping your kids off drugs, you will of course be telling them not to smoke pot, not to inject heroin and not to snort cocaine. You might even be on the ball and know to warn your children against the nonmedical use of painkillers like Vicodin and OxyContin, as well as the abuse of ADHD stimulant drugs including Ritalin and Adderall. Would you know, however, about "Smiles" or "Ice"? How about 4-Methylaminorex or 2CE? Increasingly, synthetic drugs are being found in the hands of young people across the United States. In fact, synthetic marijuana, referred to commonly as Spice or K2, was the second most popular drug among American high school students last year. Here are the details on three of the newest synthetic drugs: [Full Article](#)

### Parents Teaching Teens "Responsible Drinking" is a Myth: Study



Parents who provide their teens with alcohol and a place to consume it may think they are teaching their children "responsible drinking." A new review of studies concludes this view is misguided. Researchers found parental provision of alcohol is associated with increased teen alcohol use. In some cases, parental provision of alcohol is also linked with increased heavy episodic drinking and higher rates of alcohol-related problems, the researchers report in the Journal of Studies of Alcohol and Drugs.

"We suspect there is a surprising amount of 'social hosting' going on—parents providing alcohol for their teens and their friends," said study co-author Ken C. Winters, Ph.D., Professor in the Department of Psychiatry at the University of Minnesota Medical School. "Parents probably aren't aware that social hosting could have criminal implications in some states if things take a bad turn. I can appreciate that social hosting is often done with good intentions.

Parents think they are preventing something worse by having their kids drink at home with their friends. But the risks are great."

### A Family Guide to Stopping Meth Abuse

Methamphetamine is, without a doubt, one of the most addictive and dangerous drugs available. It does not even carry with it a veneer of being glamorous or cool, so devastating are the effects of using it. You would have a hard time finding a person who had been using methamphetamine



for any period of time and yet who was able to keep up appearances or remain a functioning addict, someone who can still operate in

the day-to-day world without letting the consequences of drug use cause obvious effects. If you have a family member who is using meth, you most certainly know that something is going wrong, even when you have not yet confirmed the fact that meth is the problem. Meth addiction can quickly take over a person's life, causing things to get out of control and tearing apart the family of the addict. It is absolutely vital



that you take action to handle the situation if a member of your own family is using meth, and you must do what you can to prevent the problem from developing into a full blown addiction, to get the person into treatment if he or she has already crossed that line.

### Education About How Meth Works

The first step you should take in attempting to intervene in a loved one's meth problem is to make sure that he or she understands how the drug works, what makes it addictive and why it is dangerous. Knowing this, it is easier for a person to recognize what the drug is doing to his or her body and why it is time to quit.

### Help for Meth Addiction

If you have been fortunate enough to catch the problem before your family member has become fully addicted to meth, you may be able to turn



the situation around at this point. By appealing to his or her sense of reason and sharing the facts about the drug, you might be able to get the person to make the decision to quit and that will be it. But there is a good chance that you will be too late for this, since methamphetamine is such an addictive drug that a large percentage of those who begin using it even casually do get hooked quickly. In

this case, you need to do whatever you can to get your family member into rehab. Don't count on an out-patient program to work — there simply isn't enough control of the situation in such a scenario to ensure that the person stays clean long enough. You should not expect the results you need from a 28-day rehab, either, since such programs often send people back out into the world before they have fully recovered and only set the person up for the crushing defeat of a relapse. An in-patient drug rehab program that does not graduate patients until they have fully achieved the results of stable sobriety is the answer to meth addiction. Withdrawing from methamphetamine requires careful supervision and an environment where the person will be safe and free from any chance to get another fix. Once this is done, he or she must be able to thoroughly detoxify from the long-term effects of using the drug, and must additionally take steps to address the underlying issues which caused him or her to use drugs in the first place, as well as working to rebuild his or her life and repair the damage done by using meth.

Narconon provides this type of solution, and countless thousands of people have over the years recovered from addiction to meth and other drugs at Narconon centers across the United States and worldwide. If a member of your family is struggling with addiction to meth, contact Narconon now for help from someone who can guide you on your next steps to get your loved one into treatment.

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