

Substance Use in Adolescents: Basics for Health Educators

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February 12, 2019



Learning Objectives

- Able to answer young people's questions about substance use and abuse
 - trends in substance use among adolescents
 - protective factors for substance use and abuse
 - risk factors associated substance use and abuse
 - the stages of substance use
 - basic knowledge of commonly used substances:
 - categories, street names, methods of use, short and long term effects, pregnancy and breast feeding implications, signs/symptoms of withdrawal, available treatment
 - incorporating a brief validated screening tool for substance abuse
 - community and web-based resources

Data Sources: Substance Use and Abuse

- Monitoring the Future: results released each December
- Youth Risk Behavior Survey (YRBS): data released every other year
- National Survey on Drug Use and Health: results released annually

Monitoring the Future 2018

Encouraging News

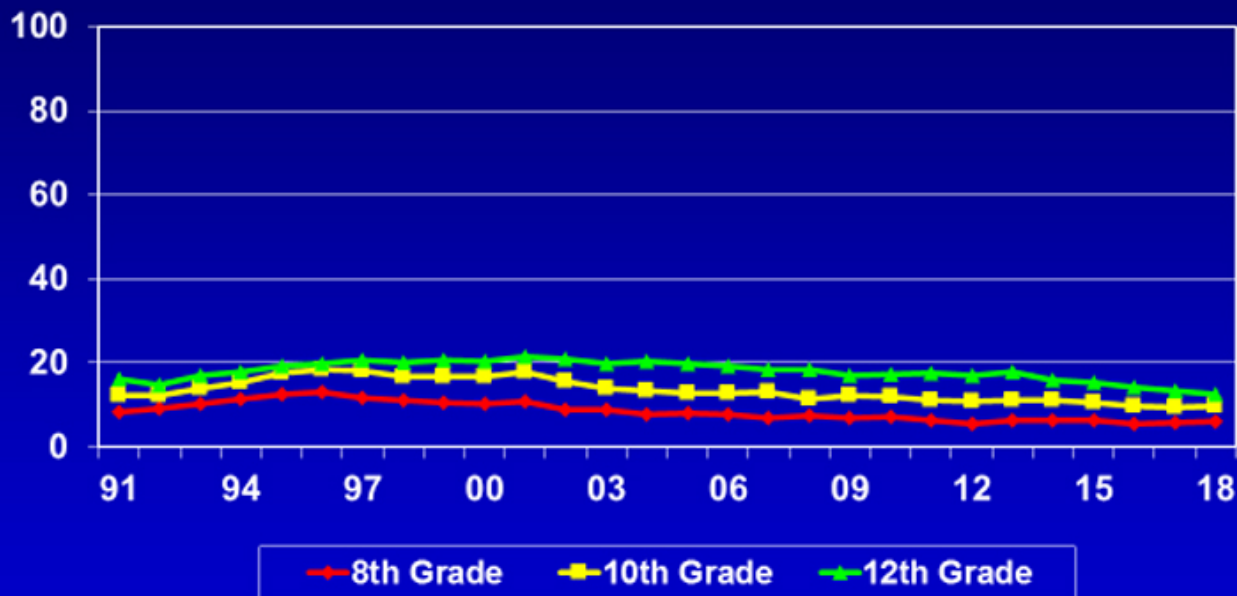
- Prevalence did not significantly change in for adolescent use of: inhalants, heroin, hallucinogens, MDMA (ecstasy, Molly), cocaine, amphetamines, methamphetamine, marijuana (overall use by any method), smokeless tobacco, snus, dissolvable tobacco, hookah, small cigars, large cigars, alcohol use, extreme binge drinking, or flavored alcoholic beverages.
- Use of prescription opioids and tranquilizers declined
- For 12th grade students
 - Binge drinking declined
 - Cigarette smoking declined

Areas for Concern

- No significant decline of nicotine use for 8th and 10th graders
- Increase in the percent of 12th graders who report nicotine use
- Increases in vaping were the largest ever recorded for any adolescent substance use
- The percentage of 10th and 12th graders who reported *vaping nicotine* doubled
- One in five 12th grade students vaped nicotine in the last 30 days
- *For all grades*, the percent vaping marijuana rose by more than half



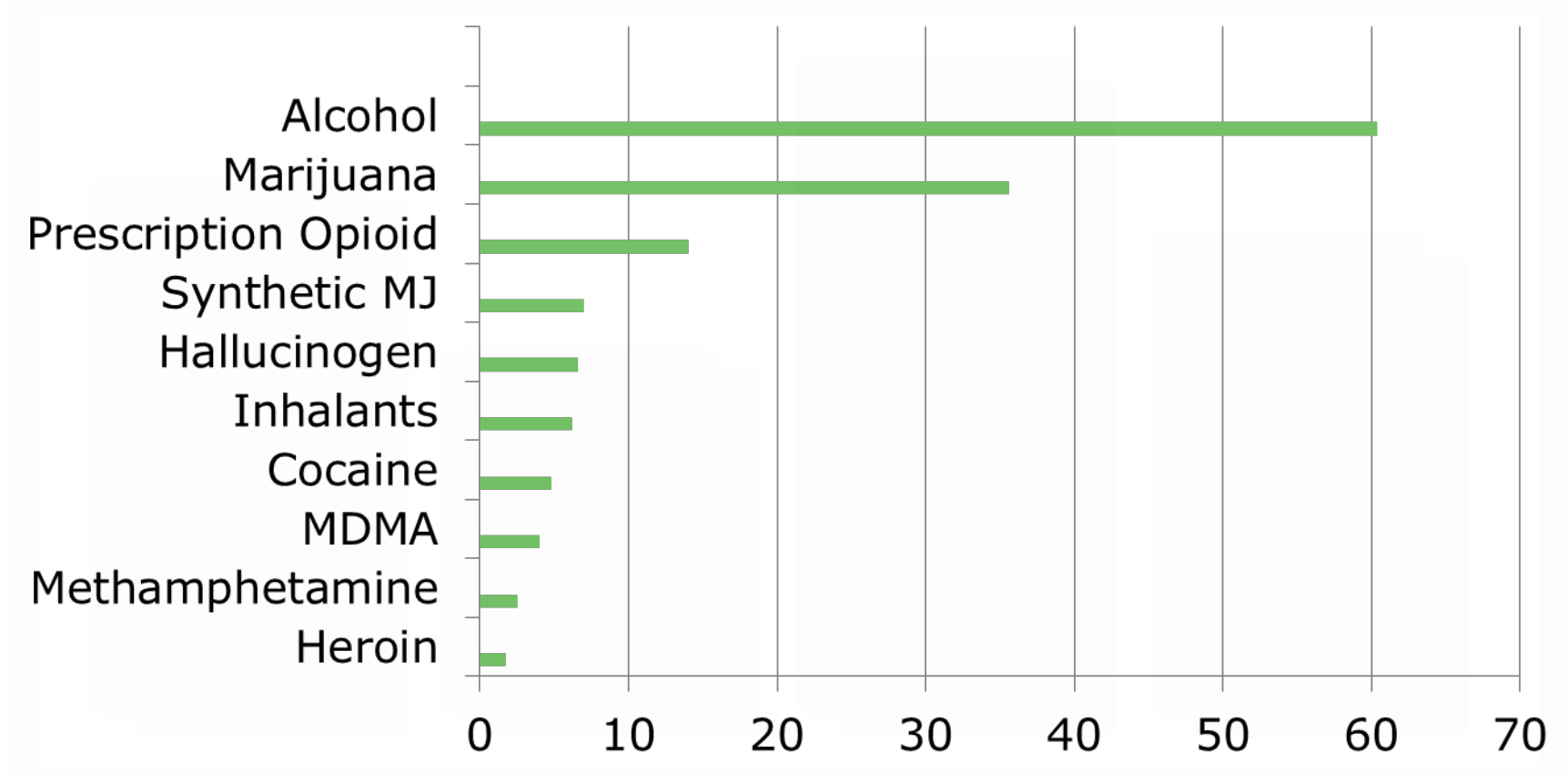
Percent of Students Reporting Any Illicit Drug Use Other than Marijuana in Past Year, by Grade



SOURCE: University of Michigan, 2018 Monitoring the Future Study



High School Youth Risk Behavior Survey, 2017: Past Year Use



Protective Factors

- Individual

- Future orientation, responsibility, caring, and positive self-esteem

- Environmental/familial

- Adults setting an example and social equity
- Positive parenting practices
- Parental connectedness and open communication with clear expectations
- School connectedness

- Peers

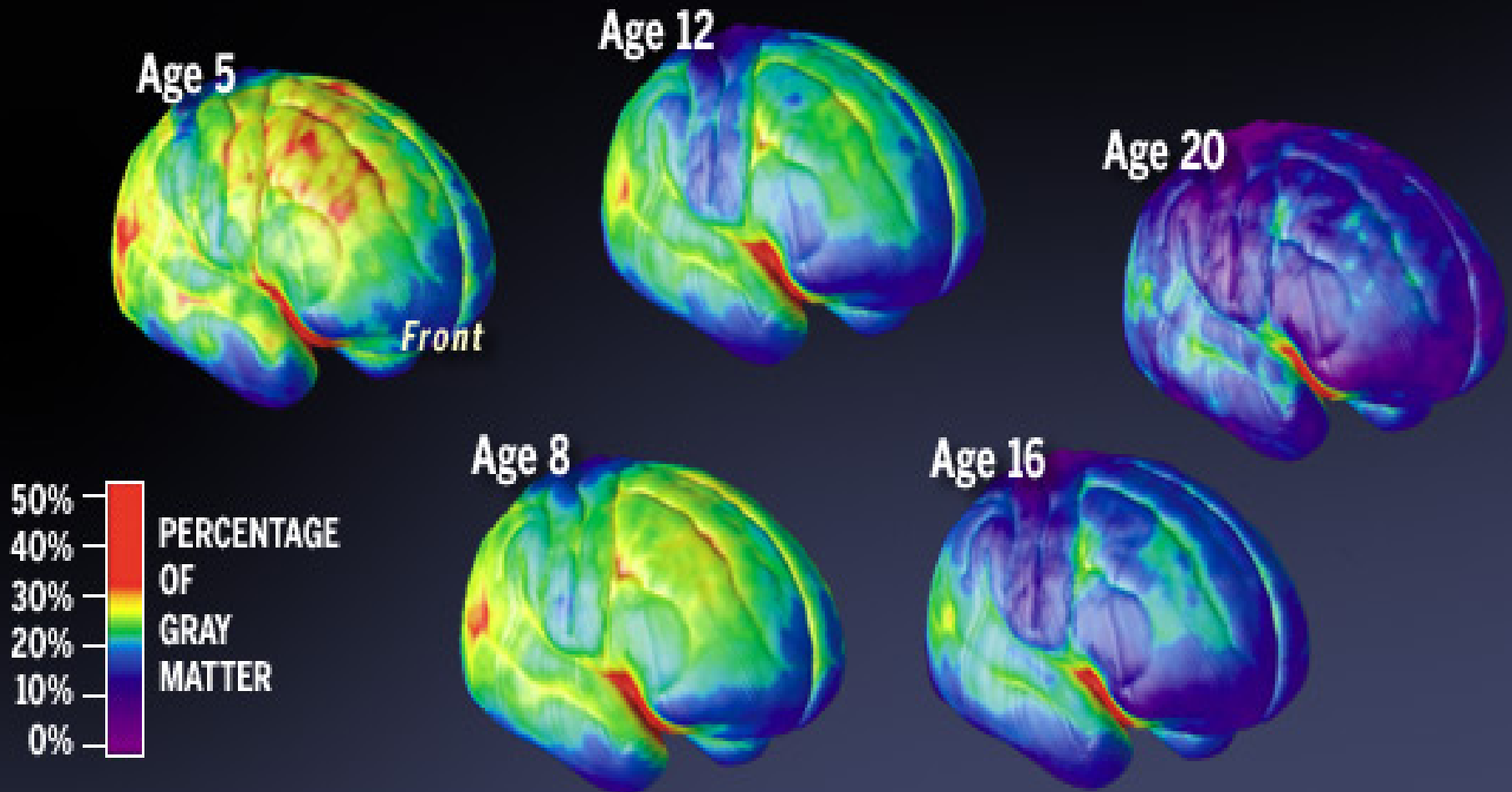
- Friends involved in pro-social activities
- School
- Connectedness

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Time-Lapse Brain

■ Gray matter wanes as the brain matures. Here 15 years of brain development are compressed into five images, showing a shift from red (least mature) to blue.



Environmental/Familial Risk Factors

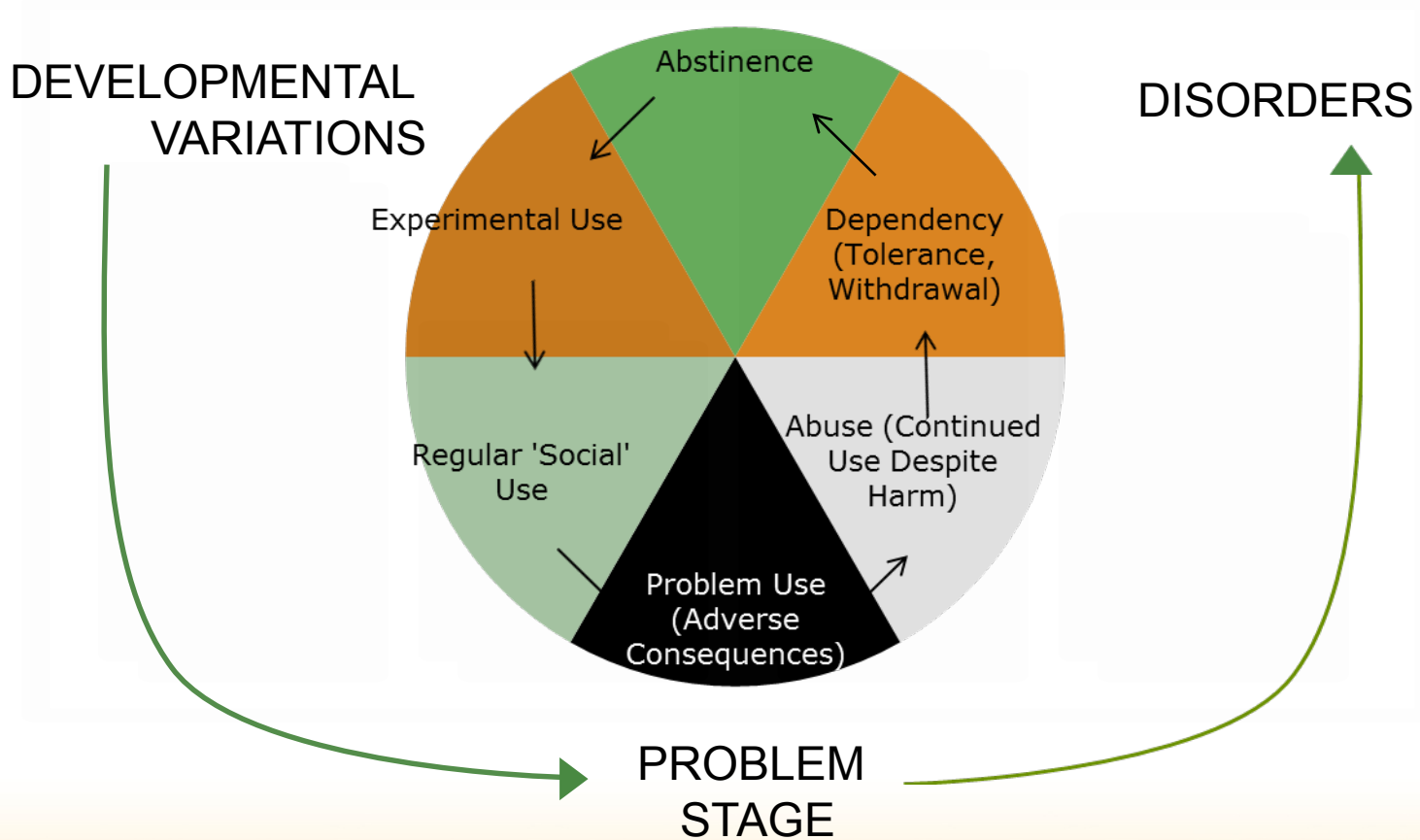
- Family
 - Lack of connectedness
 - Permissive attitudes towards substances
 - Substance use among family members
 - Norms favorable to substance use
 - Availability of substances
 - Neighborhood poverty
- Peers
 - Modeling of substance use
 - Acceptance by substance-using peers



Correlates of Substance Use/Abuse

- Academic failure
- Truancy/school dropout
- Delinquency
- Early sexual activity
- Adolescent mortality: motor vehicle accidents, homicides, and suicides

Drug and Alcohol Use: A Developmental View



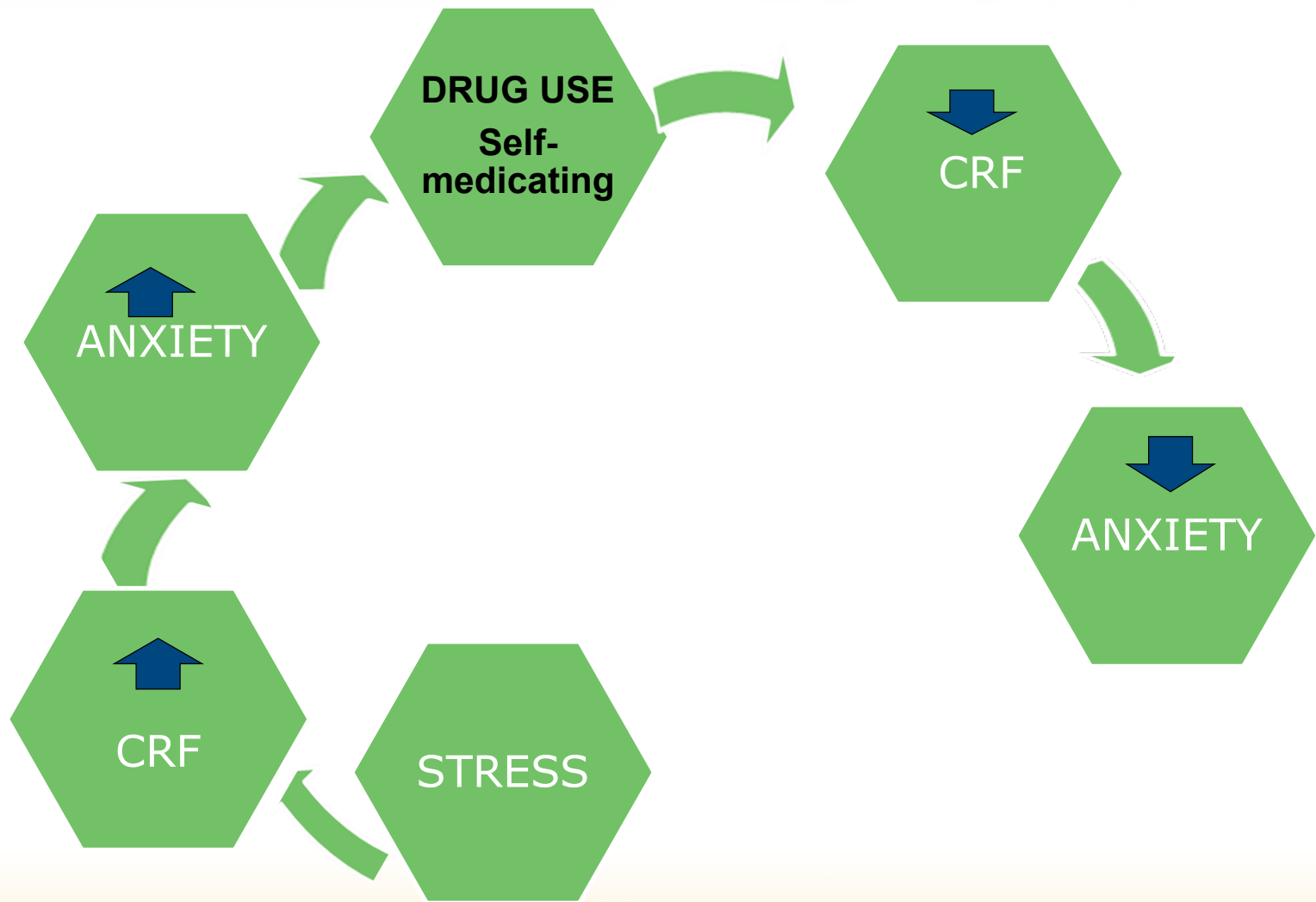
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Stress: Initiating/Perpetuating Substance Use



Illicit drug use: Principles

- Drug use and abuse patterns not only change over time but also vary by area and by populations within areas
- While a particular drug may dominate in a given area, a majority of people use multiple drugs including alcohol
- Drugs are used in different ways, resulting in different effects and different health consequences
- Illicit drugs are sold in different forms and at different purity levels, are not regulated, and these are factors that make immediate and long term health consequences unpredictable

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Source: NIDA

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Presentations of Substance Use

Physical Health:

- Acute intoxication, “hangover,” withdrawal, trauma, chronic cough, gastritis (stomach issues/pain), hepatitis (liver problem), “blackouts,” appetite and weight changes

Mental Health:

- Anxiety, depression, conduct disorder

Behavioral:

- Dysfunction at home, school, work

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Commonly Abused Drugs/Substances

- Category: CNS Depressants, Cannabinoids, Opioids, CNS Stimulants, Club Drugs, Dissociative Drugs, Hallucinogens, Other compounds
- Name
- Street Names
- Methods of Use
- Known short and long term effects

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Alcohol use: scope of the problem.....

- Ever had at least one drink of alcohol: 60.4%
- Drank alcohol before the age of 13: 15.5%
- Had at least one drink during the last 30 days: 29.8%
- Had five or more drinks of alcohol in a row within 2 hours in the last 30 days: 13.5%
- Rode with a driver who had been drinking: 16.5%
- Alcohol or drug use at last sexual intercourse: 18.8%

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Alcohol Use by Adolescents

- Earlier drinking
- Heavier drinking
- Increased focus on drunkenness compared with previous generations
- Shift to binge drinking as a natural habit
- More activation and less sedation compared with adults
- Greater social reinforcement compared with adults

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Source: Guerri and Pascual (2010)

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ALCOHOL

Category	Central Nervous System Depressant
Street Names	
Methods of Use	ingestion
Short term	Low doses: Euphoria, mild stimulation, relaxation, lowered inhibitions; higher doses: drowsiness, slurred speech, nausea, emotional volatility, loss of consciousness/risk of injury, violence, depression, neurologic deficits
Long Term	<p>Brain: changes in mood and behavior, cognition, and coordination</p> <p>Heart: Cardiomyopathy Arrhythmias Stroke High blood pressure</p> <p>Liver: Steatosis, or fatty liver Alcoholic hepatitis Fibrosis Cirrhosis</p> <p>Pancreas: Pancreatitis Increase risk of: head and neck, esophageal, liver, breast, and colorectal cancer</p>
Withdrawal	<p>Whole body: shakiness, sweating, or loss of appetite</p> <p>Behavioral: agitation, restlessness, or irritability</p> <p>Gastrointestinal: nausea or vomiting</p>



Tobacco/Nicotine

Common forms	Cigarettes, cigars, bidis, hookahs, smokeless tobacco (snuff, spit tobacco, chew)
Street Names	
Methods of Use	Smoked, snorted, chewed, vaporized
Short term	Increased blood pressure, breathing, and heart rate.
Long Term	Greatly increased risk of cancer, especially lung cancer when smoked and oral cancers when chewed; chronic bronchitis; emphysema; heart disease; leukemia; cataracts; pneumonia.
Pregnancy	miscarriage, low birth weight, premature delivery, stillbirth, learning and behavior problems
Treatment options	Bupropion (Zyban®) Varenicline (Chantix®) Nicotine replacement (gum, patch, lozenge) 1-800-QUIT-NOW, an access point for anyone seeking information and help in quitting smoking
Withdrawal symptoms	Irritability, attention and sleep problems, increased appetite, cravings





E-cigarettes/Vaping

- battery-operated devices that deliver an aerosol (often nicotine) with/without flavorings and other chemicals to the lungs
- companies often advertise them as safer than traditional cigarettes because they don't burn tobacco
- can deliver more nicotine than from a tobacco product: extra-strength cartridges, increase voltage
- exposes the lungs to chemicals: added to e-liquids, chemicals produced from heating/vaporizing
- not shown to help with smoking cessation; not an FDA approved quit aid
- may in fact perpetuate the nicotine addiction and actually interfere with quitting

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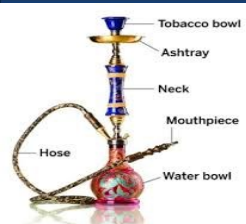
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Source: National Institute on Drug Abuse; National Institutes of Health; U.S. Department of Health and Human Services



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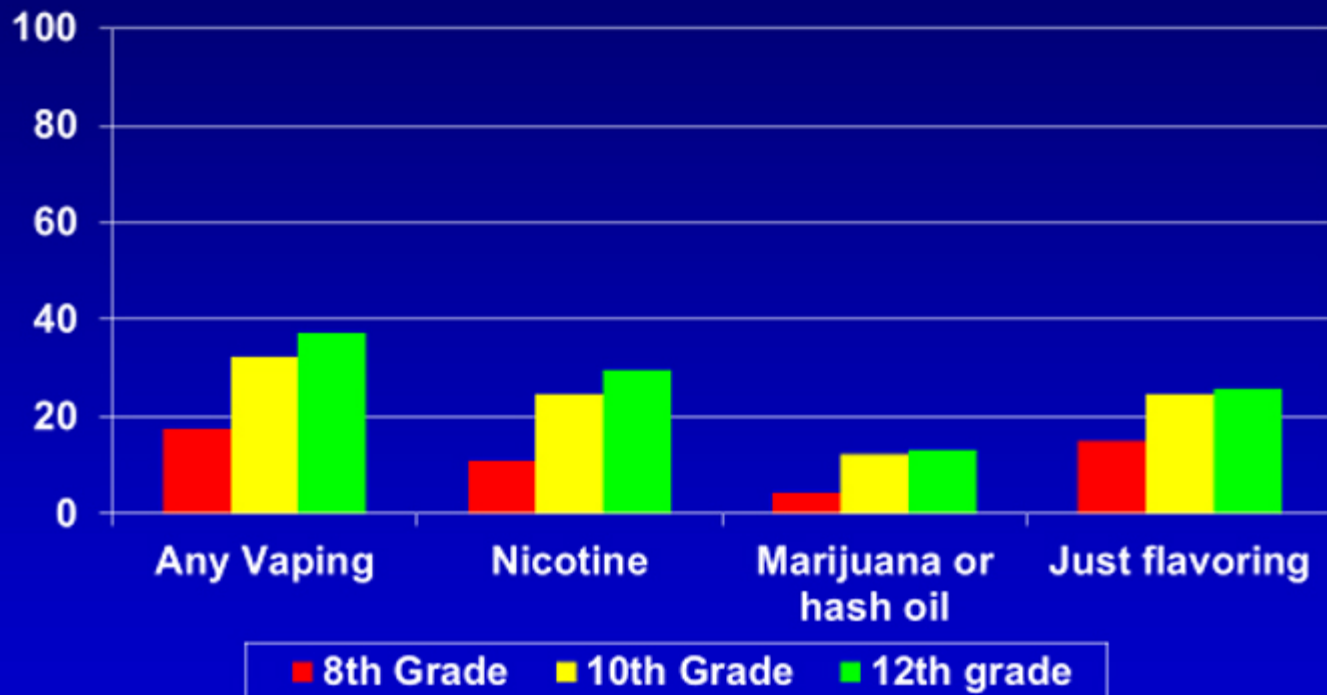


Hookah



- a type of water pipe used to smoke tobacco and other drugs
- the smoke from the tobacco then travels through a water chamber and along a rubber hose to a mouthpiece
- hookah smoke still contains nicotine, an addictive drug that's toxic in high amounts
- hookah smoke also contains other chemicals
- hookah pens are like an e-cigarette but are called vape pens

Percent of Students Reporting Vaping in Past Year, by Type and Grade



CANNANBINOIDS: Marijuana

Main active chemical	THC delta-9-tetrahydrocannabinol
Common Forms	Dry shredded green and brown mix of leaves, stems and flowers from the hemp plant: Cannabis sativa
Street Names	weed, pot, dope, ganja, chronic, rope, gangster, grass, joint, bud, bloom, blaze, boo, broccoli, charge, burnie, burrito, reefer, skunk, mary jane, smoke, herb, trees, 420
Methods of Use	Smoked, dabbing, eaten (mixed in food or brewed as tea)
Short term adverse consequences	Enhanced sensory perception and euphoria followed by drowsiness/relaxation; slowed reaction time; problems with balance and coordination; increased heart rate and appetite; problems with learning and memory; hallucinations; anxiety; panic attacks; psychosis.
Long Term	Mental health problems, chronic cough, frequent respiratory infections. Disruption of brain function, resulting in poor cognitive function, Impaired learning and coordination Cannabinoid hyperemesis Syndrome: cycles of severe nausea, vomiting, and dehydration Sleep problems Potential for addiction Potential loss of IQ Increased risk of chronic cough, bronchitis Increased risk of schizophrenia in vulnerable people Potentially increased risk of anxiety, depression, and amotivational syndrome
Withdrawal symptoms	Irritability, anxiety, trouble sleeping, yawning, slow motor skills, decreased appetite, anxiety, ²³ cravings

Marijuana's Effects on the Brain

HYPOTHALAMUS

Controls appetite, hormonal levels and sexual behavior

BASAL GANGLIA

Involved in motor control and planning, as well as the initiation and termination of action

VENTRAL STRIATUM

Involved in the prediction and feeling of reward

AMYGDALA

Responsible for anxiety, emotion and fear

BRAIN STEM AND SPINAL CORD

Important in the vomiting reflex and the sensation of pain

NEOCORTEX

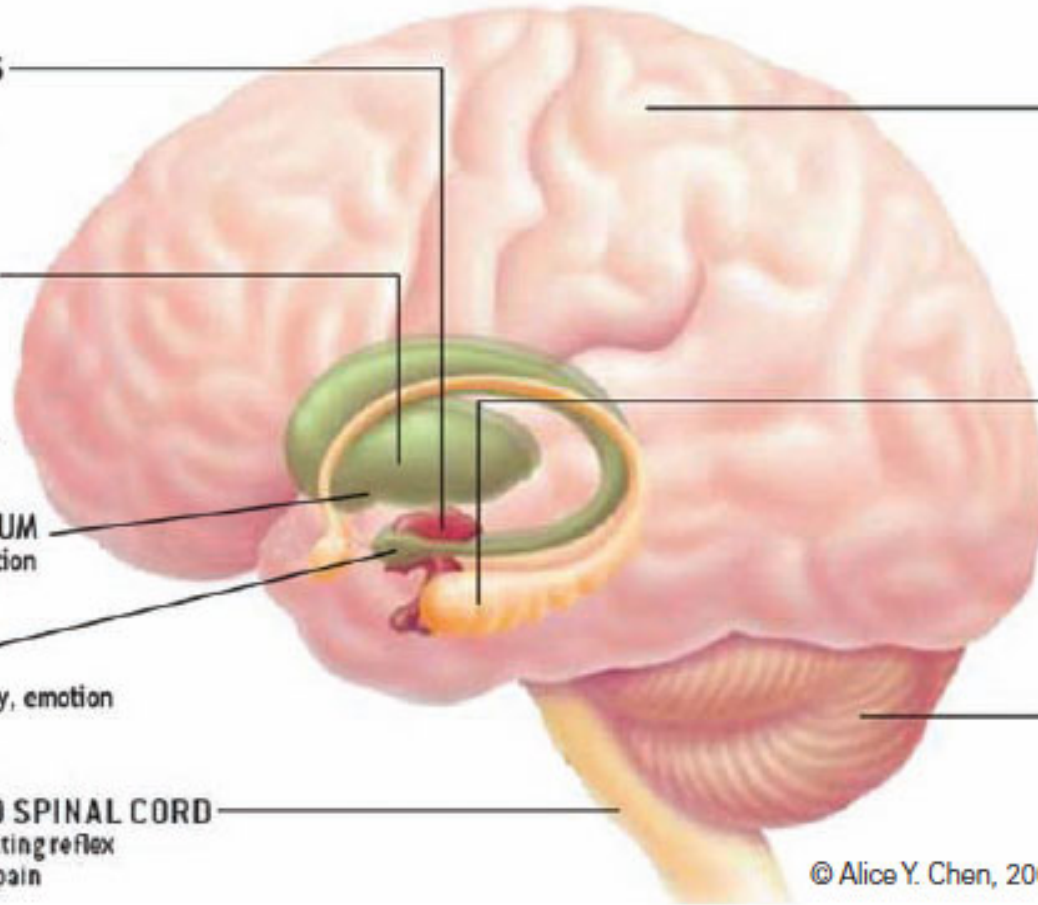
Responsible for higher cognitive functions and the integration of sensory information

HIPPOCAMPUS

Important for memory and the learning of facts, sequences and places

CEREBELLUM

Center for motor control and coordination



© Alice Y. Chen, 2004. Adapted from *Scientific American*.

When marijuana is smoked, its active ingredient, THC, travels throughout the body, including the brain, to produce its many effects. THC attaches to sites called cannabinoid receptors on nerve cells in the brain, affecting the way those cells work. Cannabinoid receptors are abundant in parts of the brain that regulate movement, coordination, learning and memory, higher cognitive functions such as judgment, and pleasure.

Is Marijuana Addictive?

- yes
- overstimulation of the endocannabinoid system can cause changes in the brain that lead to *addiction*
- Research suggests that between 9 and 30 percent of those who use marijuana may develop some degree of marijuana use disorder
- People who begin using marijuana before age 18 are four to seven times more likely than adults to develop a marijuana use disorder

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A Rise in Marijuana's THC Levels

- The amount of THC in marijuana has increased over the past few decades
- This may mean exposure to higher THC levels with a greater chance of a harmful reaction.
- Edibles increase the chance of harmful reactions.
 - take longer to digest and produce a high
 - People may consume more to feel the effects faster
- Higher THC levels may increase risk for addiction



DABBING: the basics

- Dabbing: inhalation of a concentrated tetrahydrocannabinol (THC) product created through butane or CO2 extraction-referred to as BHO (butane hash oil)
- BHO: can take many forms depending on heat, pressure, humidity, and other factors. The form most challenging to produce is a clear amber solid referred to as “shatter.”
- Terms such as “honeycomb,” “budder,” and “earwax” also refer to BHO
- Blasting: recreational users make BHO by passing butane through a steel or glass tube packed with dried cannabis leaving crystalized resins that can have a THC concentration approaching 80%

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Synthetic Cannabinoids (K2/Spice)

Common Forms	Dried, shredded plant material that looks like potpourri and is sometimes sold as “incense”
Street Names	K2, Spice, Black Mamba, Bliss, Bombay Blue, Fake Weed, Fire, Genie, Moon Rocks, Skunk, Smacked, Yucatan, Zohai
Methods of Use	smoke the dried plant material sprayed with synthetic cannabinoids. Sometimes they mix the sprayed plant material with marijuana, or they brew it as tea. Other users buy synthetic cannabinoid products as liquids to vaporize them in e-cigarettes
Short term	Increased heart rate; vomiting; agitation; confusion; hallucinations, anxiety, paranoia, violent behavior, suicidal thoughts; increased blood pressure and reduced blood supply to the heart; heart attack, seizure, and death.
Long Term	Unknown; Use of synthetic cannabinoids has led to an increase in emergency room visits in certain areas.
Treatment options	There are no FDA-approved medications to treat K2/Spice addiction.
Withdrawal symptoms	Headaches, anxiety, depression, irritability

Inhalants

Common forms	Solvents, aerosols, and gases found in household products such as spray paints, markers, glues, and cleaning fluids; also nitrites (e.g., amyl nitrite), which are prescription medications for chest pain
Street Names	Poppers, snappers, whippets, laughing gas
Methods of Use	Inhaled through the nose or mouth
Short term	<p>Confusion; nausea; slurred speech; lack of coordination; euphoria; dizziness; drowsiness; disinhibition, lightheadedness, hallucinations/delusions; headaches; sudden sniffing death due to heart failure (from butane, propane, and other chemicals in aerosols); death from asphyxiation, suffocation, convulsions or seizures, coma, or choking.</p> <p>Nitrites: enlarged blood vessels, enhanced sexual pleasure, increased heart rate, brief sensation of heat and excitement, dizziness, headache.</p>
Long Term	<p>Liver and kidney damage; bone marrow damage; limb spasms due to nerve damage; brain damage from lack of oxygen that can cause problems with thinking, movement, vision, and hearing.</p> <p>Nitrites: increased risk of pneumonia.</p>
Treatment options	There are no FDA-approved medications to treat inhalant addiction
Withdrawal symptoms	Nausea, loss of appetite, sweating, tics, problems sleeping, and mood changes

Over-the-Counter Cold Medicines

Active ingredient:	dextromethorphan
Common Forms	Various brand names that include “DM”
Street Names	Robotripping, Robo, Triple C
Methods of Use	Swallowed
Short term	Euphoria; slurred speech; increased heart rate, blood pressure, temperature; numbness; dizziness; nausea; vomiting; confusion; paranoia; altered visual perceptions; problems with movement; buildup of excess acid in body fluids.
Long Term	unknown
Treatment options	There are no FDA-approved medications to treat addiction to over-the-counter cough/cold medicines.
Withdrawal symptoms	unknown

STIMULANTS: Cocaine

Common form	powerfully addictive stimulant drug made from the leaves of the coca plant native to South America; common forms: White powder, whitish rock crystal
Street Names	Blow, Bump, C, Candy, Charlie, Coke, Crack, Flake, Rock, Snow, Toot
Methods of Use	Snorted, smoked, injected
Short term	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	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.
Treatment options	There are no FDA-approved medications to treat cocaine addiction.
Withdrawal symptoms	Depression, tiredness, increased appetite, insomnia, vivid unpleasant dreams, slowed thinking and movement, restlessness.

STIMULANTS: Methamphetamine

Common forms	extremely addictive stimulant amphetamine drug; White powder or pill; crystal meth looks like pieces of glass or shiny blue-white “rocks” of different sizes
Street Names	Crank, Chalk, Crystal, Fire, Glass, Go Fast, Ice, Meth, Speed
Methods of Use	Swallowed, snorted, smoked
Short term	Increased wakefulness and physical activity; decreased appetite; increased breathing, heart rate, blood pressure, temperature; irregular heartbeat.
Long Term	Anxiety, confusion, insomnia, mood problems, violent behavior, paranoia, hallucinations, delusions, weight loss, severe dental problems (“meth mouth”), intense itching leading to skin sores from scratching
Treatment options	There are no FDA-approved medications to treat cocaine addiction.
Withdrawal symptoms	Depression, anxiety, tiredness

Prescription Stimulants

Common Forms	Pill, capsule, liquid
Street Names	(Next slide)
Methods of Use	Swallowed, snorted, smoked, injected, chewed
Short term	Increased alertness, attention, energy; increased blood pressure and heart rate; narrowed blood vessels; increased blood sugar; opened-up breathing passages. High doses: dangerously high body temperature and irregular heartbeat; heart failure; seizures.
Long Term	Heart problems, psychosis, anger, paranoia.; Risk of HIV, hepatitis, and other infectious diseases from shared needles
Treatment options	There are no FDA-approved medications to treat stimulant addiction.
Withdrawal symptoms	Depression, tiredness, sleep problems

Prescription Stimulants

Street Names	Commercial Names	Common Forms	Common Ways Taken
Bennies, Black Beauties, Crosses, Hearts, LA Turnaround, Speed, Truck Drivers, Uppers	Amphetamine (Adderall [®] , Benzedrine [®])	Tablet, capsule	Swallowed, snorted, smoked, injected
JIF, MPH, R-ball, Skippy, The Smart Drug, Vitamin R	Methylphenidate (Concerta [®] , Ritalin [®])	Liquid, tablet, chewable tablet, capsule	Swallowed, snorted, smoked, injected, chewed

Prescription Sedatives: Tranquilizers, Depressants

Common Forms	Pill, capsule, liquid
Street Names	(next slide)
Methods of Use	swallowed, injected; Sleep medications are sometimes used as date rape drugs.
Short term	Drowsiness, slurred speech, poor concentration, confusion, dizziness, problems with movement and memory, lowered blood pressure, slowed breathing
Long Term	Risk of HIV, hepatitis, and other infectious diseases from shared needles
Treatment options	There are no FDA-approved medications to treat addiction to prescription sedatives; lowering the dose over time must be done with the help of a health care provider
Withdrawal symptoms	barbiturate withdrawal can cause a serious abstinence syndrome that may even include seizures

Prescription Sedatives: Tranquilizers, Depressants

Street Names	Commercial Names	Common Forms	Common Ways Taken
Barbs, Phennies, Red Birds, Reds, Tooies, Yellow Jackets, Yellows	Barbiturates: pentobarbital (Nembutal [®]), phenobarbital (Luminal [®])	Pill, capsule, liquid	Swallowed, injected
Candy, Downers, Sleeping Pills, Tranks	Benzodiazepines: alprazolam (Xanax [®]), chlorodiazepoxide (Limbitrol [®]), diazepam (Valium [®]), lorazepam (Ativan [®]), triazolam (Halicon [®])	Pill, capsule, liquid	Swallowed, injected
Forget-me Pill, Mexican Valium, R2, Roche, Roofies, Roofinol, Rope, Rophies	Sleep Medications: eszopiclone (Lunesta [®]), zaleplon (Sonata [®]), zolpidem (Ambien [®])	Pill, capsule, liquid	Swallowed, injected

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OPIOIDS: Prescription Opioids

Street Names	(next slide)
Methods of Use	Swallowed, injected, smoked, snorted, rectal
Short term	Pain relief, drowsiness, nausea, constipation, euphoria, confusion, slowed breathing, death.
Long Term	Risk of HIV, hepatitis, and other infectious diseases from shared needles.
Treatment options	Methadone Buprenorphine Naltrexone (short- and long-acting)

OPIOIDS: Prescription Opioids

Street Names	Commercial Names	Common Forms	Common Ways Taken
Captain Cody, Cody, Lean, Schoolboy, Sizzurp, Purple Drank <i>With glutethimide</i> : Doors & Fours, Loads, Pancakes and Syrup	Codeine (various brand names)	Tablet, capsule, liquid	Injected, swallowed (often mixed with soda and flavorings)
Apache, China Girl, China White, Dance Fever, Friend, Goodfella, Jackpot, Murder 8, Tango and Cash, TNT	Fentanyl (Actiq®, Duragesic®, Sublimaze®)	Lozenge, sublingual tablet, film, buccal tablet	Injected, smoked, snorted
Vike, Watson-387	Hydrocodone or dihydrocodeinone (Vicodin®, Lortab®, Lorcet®, and others)	Capsule, liquid, tablet	Swallowed, snorted, injected
D, Dillies, Footballs, Juice, Smack	Hydromorphone (Dilaudid®)	Liquid, suppository	Injected, rectal
Demmies, Pain Killer	Meperidine (Demerol®)	Tablet, liquid	Swallowed, snorted, injected
Amidone, Fizzies <i>With MDMA</i> : Chocolate Chip Cookies	Methadone (Dolophine®, Methadose®)	Tablet, dispersible tablet, liquid	Swallowed, injected
M, Miss Emma, Monkey, White Stuff	Morphine (Duramorph®, Roxanol®)	Tablet, liquid, capsule, suppository	Injected, swallowed, smoked
O.C., Oxycet, Oxycotton, Oxy, Hillbilly Heroin, Percs	Oxycodone (OxyContin®, Percodan®, Percocet®, and others)	Capsule, liquid, tablet	Swallowed, snorted, injected
Biscuits, Blue Heaven, Blues, Mrs. O, O Bomb, Octagons, Stop Signs	Oxymorphone (Opana®)	Tablet	Swallowed, snorted, injected

OPIOIDS: Heroin

	Heroin
Common forms	White or brownish powder, or black sticky substance known as “black tar heroin”
Street Names	Brown sugar, China White, Dope, H, Horse, Junk, Skag, Skunk, Smack, White Horse <i>With OTC cold medicine and antihistamine: Cheese</i>
Methods of Use	Injected, smoked, snorted
Short term	Euphoria; warm flushing of skin; dry mouth; heavy feeling in the hands and feet; clouded thinking; alternate wakeful and drowsy states; itching; nausea; vomiting; slowed breathing and heart rate.
Long Term	Collapsed veins; abscesses (swollen tissue with pus); infection of the lining and valves in the heart; constipation and stomach cramps; liver or kidney disease; pneumoniaRisk of HIV, hepatitis, and other infectious diseases from shared needles.;
Treatment options	Methadone Buprenorphine Naltrexone (short- and long-acting forms)

Hallucinogens: Lysergic Acid: LSD

Common forms	found in ergot, a fungus that grows on rye and other grains; Tablet; capsule; clear liquid; small, decorated squares of absorbent paper that liquid has been added to
Street Names	Acid, Blotter, Blue Heaven, Cubes, Microdot, Yellow Sunshine
Methods of Use	Swallowed, absorbed through mouth tissues (paper squares)
Short term	Rapid emotional swings; distortion of a person's ability to recognize reality, think rationally, or communicate with others; raised blood pressure, heart rate, body temperature; dizziness and insomnia; loss of appetite; dry mouth; sweating; numbness; weakness; tremors; enlarged pupils.
Long Term	Frightening flashbacks (called Hallucinogen Persisting Perception Disorder [HPPD]); ongoing visual disturbances, disorganized thinking, paranoia, and mood swings.
Treatment options	There are no FDA-approved medications to treat addiction to LSD or other hallucinogens.
Withdrawal symptoms	unknown

Hallucinogens: Mescaline (peyote)

Common forms	hallucinogen found in disk-shaped “buttons” in the crown of several cacti, including peyote; Fresh or dried buttons, capsule
Street Names	Buttons, Cactus, Mesc
Methods of Use	Swallowed (chewed or soaked in water and drunk)
Short term	Enhanced perception and feeling; hallucinations; euphoria; anxiety; increased body temperature, heart rate, blood pressure; sweating; problems with movement
Long Term	unknown.
Treatment options	There are no FDA-approved medications to treat addiction to mescaline or other hallucinogens
Withdrawal symptoms	unknown

Club Drug/Synthetic: 3,4-methylenedioxy-methamphetamine MDMA

Common Forms	Colorful tablets with imprinted logos, capsules, powder, liquid
Street Names	<u>Ecstasy</u> , Molly, Adam, Clarity, Eve, Lover's Speed, Peace, Uppers
Methods of Use	Swallowed, snorted
Short term	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	Long-lasting confusion, depression, problems with attention, memory, and sleep; increased anxiety, impulsiveness, aggression; loss of appetite; less interest in sex
Treatment options	There is conflicting evidence about whether MDMA is addictive. There are no FDA-approved medications to treat MDMA addiction
Withdrawal symptoms	unknown

Dissociative Drugs: Gamma-hydroxybutyrate : GHB

Common Forms	Colorless liquid, white powder
Street Names	G, Georgia Home Boy, Goop, Grievous Bodily Harm, Liquid Ecstasy, Liquid X, Soap, Scoop
Methods of Use	Swallowed (often combined with alcohol or other beverages); Sometimes used as a date rape drug
Short term	Euphoria, drowsiness, decreased anxiety, confusion, memory loss, hallucinations, excited and aggressive behavior, nausea, vomiting, unconsciousness, seizures, slowed heart rate and breathing, lower body temperature, coma, death.
Long Term	unknown
Treatment options	Benzodiazepines.
Withdrawal symptoms	Insomnia, anxiety, tremors, sweating, increased heart rate and blood pressure, psychotic thoughts.

Dissociative Drugs: Phencyclidine: PCP

Common forms	White or colored powder, tablet, or capsule; clear liquid
Street Names	Angel Dust, Boat, Hog, Love Boat, Peace Pill
Methods of Use	Injected, snorted, swallowed, smoked (powder added to mint, parsley, oregano, or marijuana)
Short term	<p>Delusions, hallucinations, paranoia, problems thinking, a sense of distance from one's environment, anxiety.</p> <p>Low doses: slight increase in breathing rate; increased blood pressure and heart rate; shallow breathing; face redness and sweating; numbness of the hands or feet; problems with movement.</p> <p>High doses: lowered blood pressure, pulse rate, breathing rate; nausea; vomiting; blurred vision; flicking up and down of the eyes; drooling; loss of balance; dizziness; violence; suicidal thoughts; seizures, coma, and death</p>
Long Term	Memory loss, problems with speech and thinking, depression, weight loss, anxiety.
Treatment options	There are no FDA-approved medications to treat addiction to PCP or other dissociative drugs.
Withdrawal symptoms	Headaches, sweating.

Dissociative Drugs: Ketamine

Common Forms	Liquid, white powder
Street Names	Cat Valium, K, Special K, Vitamin K
Methods of Use	Injected, snorted, smoked (powder added to tobacco or marijuana cigarettes), swallowed; Sometimes used as a date rape drug
Short term	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	Ulcers and pain in the bladder; kidney problems; stomach pain; depression; poor memory; Risk of HIV, hepatitis, and other infectious diseases from shared needles
Treatment options	There are no FDA-approved medications to treat addiction to ketamine or other dissociative drugs
Withdrawal symptoms	Insomnia, anxiety, tremors, sweating, increased heart rate and blood pressure, psychotic thoughts.

Synthetic Cathinones (Bath Salts)

Common Forms	White or brown crystalline powder sold in small plastic or foil packages labeled "not for human consumption" and sometimes sold as jewelry cleaner; tablet, capsule, liquid
Street Names	Bloom, Cloud Nine, Cosmic Blast, Flakka, Ivory Wave, Lunar Wave, Scarface, Vanilla Sky, White Lightning
Methods of Use	Swallowed, snorted, injected
Short term	Increased heart rate and blood pressure; euphoria; increased sociability and sex drive; paranoia, agitation, and hallucinations; psychotic and violent behavior; nosebleeds; sweating; nausea, vomiting; insomnia; irritability; dizziness; depression; suicidal thoughts; panic attacks; reduced motor control; cloudy thinking.
Long Term	Breakdown of skeletal muscle tissue; kidney failure; death. Risk of HIV, hepatitis, and other infectious diseases from shared needles
Treatment options	. There are no FDA-approved medications to treat addiction to synthetic cathinones.
Withdrawal symptoms	Depression, anxiety, problems sleeping, tremors, paranoia

Talking with Teens: What you CAN do

- Conditional Confidentiality
- Tasks of Adolescent Development
- Approach:
 - Youth-centered
 - Strength-based
 - Non-judgmental
 - Authoritative (not authoritarian)
- Active, reflective listening

Kreipe RE. "Introduction to Interviewing: The Art of Communicating With Adolescents."
Adolescent Medicine: State of the Art Reviews. 2008; 19: 1-17.

MEDICINE *of* THE HIGHEST ORDER



UNIVERSITY *of*
ROCHESTER
MEDICAL CENTER

Golisano Children's Hospital

5A's

Ask : identify use

- Use validated screening tool: CRAFFT

Advise: against use

Assess: motivation to continue not using/stop using

Assist: non-user = continue to not use;
user = evaluate for treatment

Arrange: follow up, or refer to community resource

A Validated Screening Tool

Part A: In the past 12 months have you:

- Drank any alcohol (more than a few sips)
- Smoked any marijuana
- Used anything else to get "high"

Of the six questions in **Part B**, two or more “yes” answers suggest a significant problem and need for additional assessment:

C Have you ever ridden in a **CAR** driven by someone (including yourself) who was “high” or had been using alcohol or drugs?

R Do you ever use alcohol or drugs to **RELAX**, feel better about yourself, or fit in?

A Do you ever use alcohol or drugs while you are **ALONE**?

F Do you ever **FORGET** things you did while using alcohol or drugs?

F Do your family or **FRIENDS** ever tell you that you should cut down on your drinking or drug use? 49

T Have you ever gotten into **TROUBLE** while you were using alcohol or drugs?

Treatment options

- Outpatient therapy
 - Individual and family therapy
 - Group therapy
 - Self-help groups
 - Substitution therapy
- Long-term residential therapy
 - Structured day programs
- Short-term residential therapy

Treatment offers...

- Random substance screening
- Abstinence skills
 - Avoiding substance-using peers
 - Learning about toxic effects of substances
 - Identifying and connecting with nonsubstance-using peers
- Refusal skills
- Goal identification

Appropriate referrals

- Can always start with their PCP
 - Adolescents experimenting with 'gateway' drugs → Outpatient therapy with individual work
 - Adolescents with substance abuse patterns → Inpatient or residential facility
 - Adolescents with psychiatric issues complicated by substance abuse → Formal psychiatric treatment



National Council on Alcoholism & Drug Dependence-Rochester Area

MONROE COUNTY OASAS CERTIFIED TREATMENT PROVIDERS

1931 Buffalo Road - Rochester, New York 14624
 Telephone: (585) 719-3480 or 719-3483 Fax: (585) 423-1908
 Website: www.ncadd-ra.org

SERVICE DESCRIPTION	PROVIDERS NAME								
	ABC	Baden St.	CFC/Restart	Conifer	Delphi	East House	Helio Health	Huther-Doyle	J.L. Norris ATC
Website	www.abcinfo.org	www.badenstreet.org	www.cforochester.org	www.coniferpark.com	www.delphirise.org	www.easthouse.org	www.helio.health	www.hutherdoyle.com	www.oasas.ny.gov/atc/norris
Intake Contact Person	Evangeline Jenkins	Felicita Huertas	Yesenia Vazquez	Krystal Gonzalez	Shani Valazquez	Elizabeth Kingsley-Curran	Sabrina Howland	Kara Phillips	Angel DeRose
Phone Number	585-262-4330 x 3200	585-325-4910 x 1141	585-546-1271 x6258	585-442-8422 x 102	585-467-2230 x 121	585-238-4893	585-287-5622 x205	585-287-9569	585-461-0410 x 265
Fax Number	585-262-4826	585-546-1491	585-546-2607	585-442-8494	585-625-3558	585-238-4899	585-287-5628	585-325-5154	585-461-1602
E-Mail		huertas@badenstreet.org		kijia@bestymgt.com	svalazquez@delphirise.org	ekingsleycurran@easthouse.org	showland@helio.health	kphillips@hutherdoyle.com	
EVALUATION SERVICES									
Evaluation	PROVIDE	PROVIDE	PROVIDE	PROVIDE	PROVIDE		PROVIDE	PROVIDE	
Walk-in Evaluations	M, W 8:30am-12pm T, Th 3-5pm 727 St. Paul St.		M, W, F 1-3pm 79 N Clinton Ave				9am-11am 7 days a week	M-F 8:30am, 10am, 12:30pm, 2pm 360 East Ave	
CLIENT TYPE									
Youth under 18									
Adult	ACCEPT	ACCEPT	ACCEPT	ACCEPT	ACCEPT	ACCEPT	ACCEPT	ACCEPT	ACCEPT
Female	ACCEPT	ACCEPT	ACCEPT	ACCEPT	ACCEPT	ACCEPT	ACCEPT	ACCEPT	ACCEPT
Male	ACCEPT	ACCEPT	ACCEPT	ACCEPT	ACCEPT	ACCEPT	ACCEPT	ACCEPT	ACCEPT
Client with Children	ACCEPT		ACCEPT		ACCEPT	ACCEPT		ACCEPT	
ADDICTION SERVICES									
Alcohol Use Disorder	PROVIDE	PROVIDE	PROVIDE	PROVIDE	PROVIDE	PROVIDE	PROVIDE	PROVIDE	PROVIDE
Substance Use Disorder	PROVIDE	PROVIDE	PROVIDE	PROVIDE	PROVIDE	PROVIDE	PROVIDE	PROVIDE	PROVIDE
Opioid Use Disorder	PROVIDE	PROVIDE	PROVIDE	PROVIDE	PROVIDE	PROVIDE	PROVIDE	PROVIDE	PROVIDE
Suboxone	PROVIDE	PROVIDE	PROVIDE	PROVIDE	PROVIDE	PROVIDE	PROVIDE	PROVIDE	PROVIDE
Dual Diagnosis	PROVIDE		PROVIDE	PROVIDE	PROVIDE	PROVIDE	PROVIDE	PROVIDE	PROVIDE
Spanish Program	PROVIDE	PROVIDE	PROVIDE				PROVIDE	PROVIDE	
LEVEL OF CARE									
Detox				PROVIDE			PROVIDE		
Stabilization			PROVIDE						
Inpatient				PROVIDE					PROVIDE
Outpatient	PROVIDE	PROVIDE	PROVIDE	PROVIDE	PROVIDE			PROVIDE	
Residential			PROVIDE			PROVIDE			
INSURANCE TYPE									
Aetna			ACCEPT	ACCEPT	ACCEPT		ACCEPT	ACCEPT	ACCEPT
CIGNA				ACCEPT	ACCEPT			ACCEPT	
Excellus	ACCEPT	ACCEPT	ACCEPT	ACCEPT	ACCEPT		ACCEPT	ACCEPT	ACCEPT
Fidelis	ACCEPT	ACCEPT	ACCEPT	ACCEPT	ACCEPT		ACCEPT	ACCEPT	ACCEPT
Medicaid	ACCEPT	ACCEPT	ACCEPT	ACCEPT	ACCEPT	ACCEPT	ACCEPT	ACCEPT	ACCEPT
Medicare	ACCEPT		ACCEPT	ACCEPT	ACCEPT			ACCEPT	
MVP	ACCEPT	ACCEPT	ACCEPT	ACCEPT	ACCEPT		ACCEPT	ACCEPT	
Public Assistance	ACCEPT	ACCEPT	ACCEPT	ACCEPT	ACCEPT	ACCEPT		ACCEPT	ACCEPT
Tricare		ACCEPT							
YourCare Health Plan	ACCEPT	ACCEPT	ACCEPT	ACCEPT	ACCEPT		ACCEPT	ACCEPT	ACCEPT
Sliding Fee Scale	ACCEPT	ACCEPT	ACCEPT	ACCEPT	ACCEPT	ACCEPT	ACCEPT	ACCEPT	ACCEPT

For the most updated version of this directory, visit <https://ncadd-ra.org/news-resources/resources-advocacy-research>
 For the version of this directory that includes other area counties, visit <https://ncadd-ra.org/programs-services/finger-lakes-addiction-resource-center>
 Disclaimer: Information included on this template is updated biannually based on data shared with NCADD-RA from each of the providers.

Revised August 2018

OPEN ACCESS 24/7 Walk-in Evaluations 1350 University Ave., Rochester, NY 14607 (585) 627-1777

Resources

- **Alcohol and Substance Abuse Prevention Programs**

- Office of Alcoholism and Substance Abuse Services : <https://www.oasas.ny.gov/index.cfm?level=programs>

- For treatment options or for more information, 24 hours a day, 365 days a year, contact the [HOPEline](#) at 1-877-8-HOPENY (1-877-846-7369).
- Addiction Treatment Centers: Directory by catchment area: <https://www.oasas.ny.gov/atc/directory.cfm>

DePaul's National Council on Alcoholism and Drug Dependence-Rochester Area provides prevention education, evidence and research based parent and youth programs, bilingual parent and youth parents programs, resources, professional education as well as referral to treatment. <http://www.ncadd-ra.org>

The Finger Lakes Prevention Resource Center (based at the National Council on Alcoholism and Drug Dependence-Rochester Area) works to provide technical assistance to existing substance abuse prevention coalitions and to foster the development of coalitions in underserved areas. <http://ncadd-ra.org/fingerlakes/index.htm>

The HEART Coalition enlists community-based organizations and youth leaders to work together to promote mental health and to prevent, postpone and reduce the use of alcohol and marijuana. <http://www.metrocouncil.us/Initiatives.html>

The Synthetic Drug Hotline of the New York State Health Department can be used to report manufacturing, distribution, sale and possession of synthetic drugs, such as "bath salts" and "synthetic marijuana." <http://www.health.ny.gov/professionals/narcotic/index.ht>

- **Other useful websites**

<http://monitoringthefuture.org/>

<http://www.drugfreeamerica.org/>

www.drugabuse.gov/

