



PREP: Prevention Resources & Education for Parents/Caregivers

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For 65 years as a nonprofit treatment provider,
Caron Treatment Centers
has transformed the lives of thousands impacted by addiction and
mental health disorders through proven, comprehensive, and
personalized behavioral healthcare solutions.



Caron Treatment Center's Education Alliance

Substance Use
Prevention and
Intervention Services
and Resources for
Parents, Caring Adults,
and Youth-Serving
Professionals



Caron.org/SAP





Caron Treatment Center's Education Alliance



Learn more about our
services in this 1:36 video



YouTube

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Caron's EA Services

Learning objectives

Understand the science of addiction and teen brain development

Review current trends in teen substance use

Highlight key risk & protective factors for adolescent use

Discuss best practice approaches for preventing or intervening

Right now, you might feel...

- ★ A little isolated.
- ★ Looking forward to learning new information.
- ★ Tired. You have other things you could be doing.
- ★ Unsure how to talk to your child about this subject.
- ★ You are not alone....
- ★ We're glad you're here.



Thinking back...

What did life look like when you were your child's age?

How did you spend your time?

How did you communicate with friends and family?

How did people consume or talk about drugs and alcohol?





Versus today

- We communicate through devices
- Gossip, pictures and other info can be sent to many in an instant
- Social media dominates
- More time spent indoors
- Nicotine, and other drugs, can be vaped



Drugs can be tools with many functions



Find
excitement

Achieve an
advantage

Feel part of
the crowd

To go to
sleep or
wake up

Cope with
loss or
failure

Help with
boredom

Rebellion

Relax or
calm down

Socialize

Forget
emotional
pain

To forget
your
problems

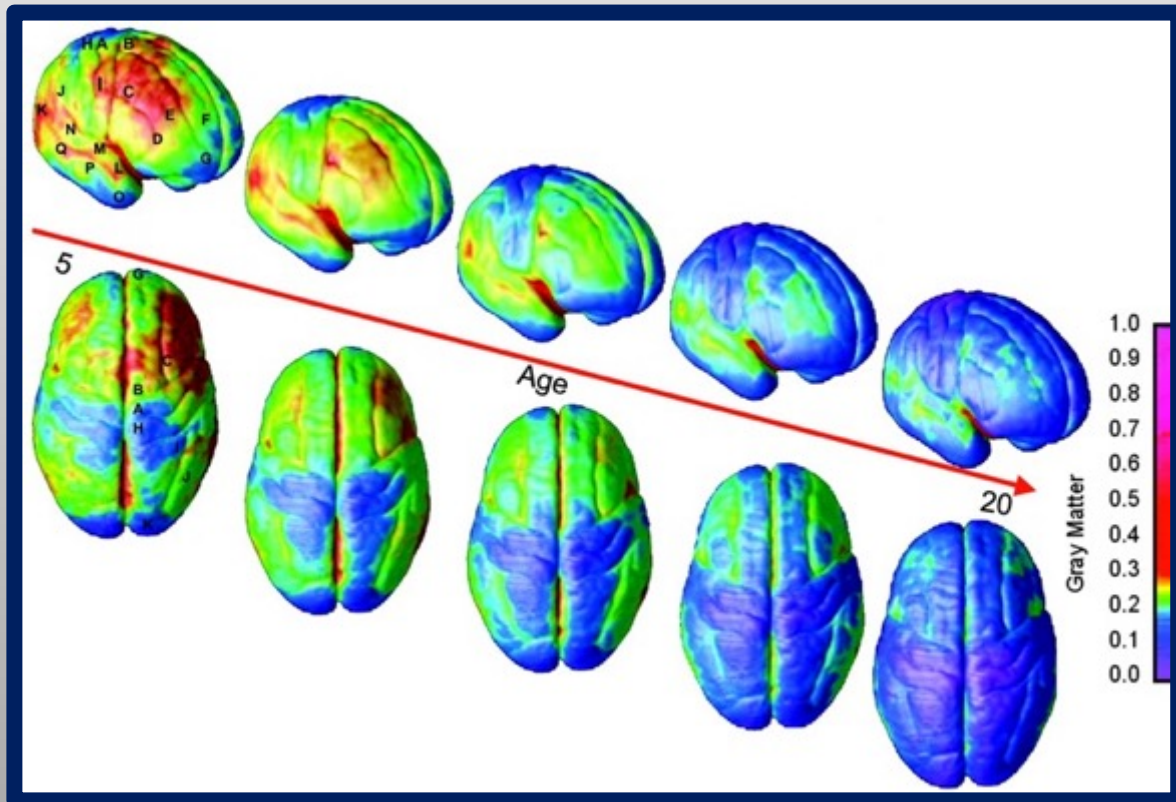
Satisfy
curiosity



But...

The relief or help is temporary and there are many risks, especially for adolescents

Wiring of the teen brain

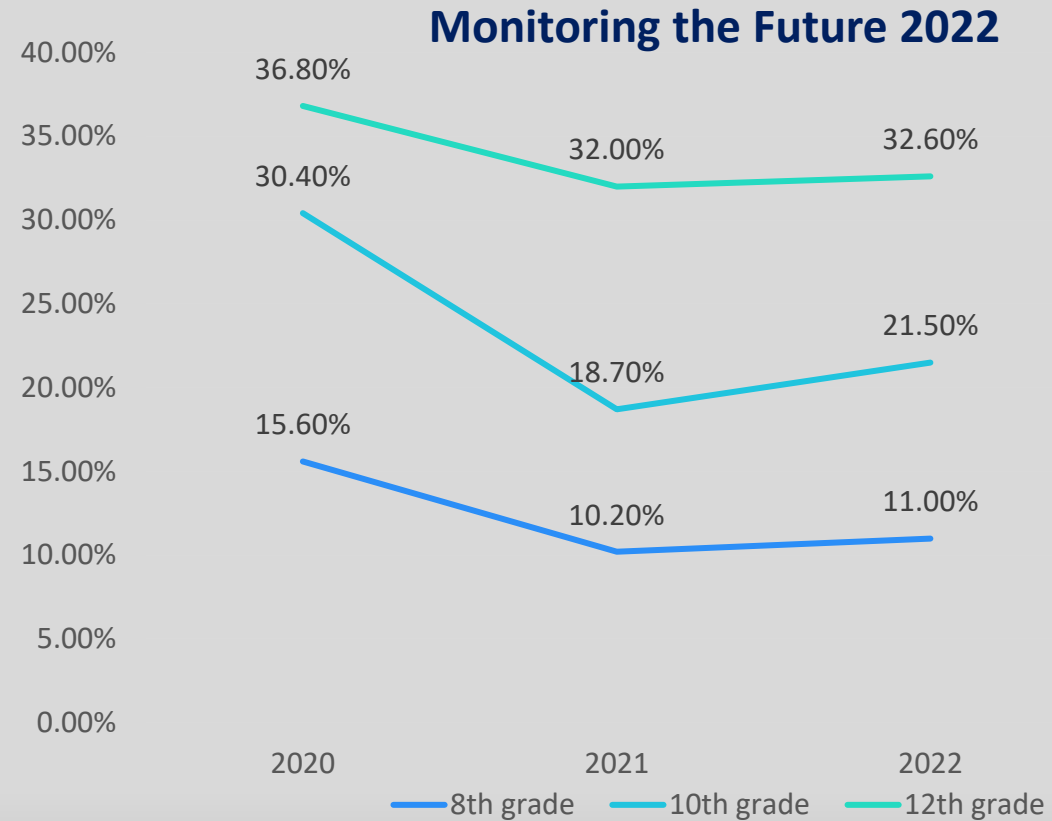


- Wired toward taking risks
- Wired to seek immediate gratification rather than fear long-term consequences
- Emotional center often trumps logical center
- The brain is vulnerable to the impact of substances because it is not fully developed until age 25

Current Trends



Most Reported Teen Substance Use Held Steady in 2022



Nicotine Trends



NYTS

National Youth
T O B A C C O

— Survey —

2 0 2 2

More than **3 million**

middle and high school students currently used any tobacco product

Among current youth e-cigarette users:

More than **1 in 4**



used e-cigarettes daily



The most commonly
used device type was

disposables

Approximately **85%**



used flavored e-cigarettes

NYTS 2022 KEY FINDINGS

AMONG YOUTH WHO CURRENTLY USE

Frequency of Use: More than a quarter (27.6%) of current youth e-cigarette users use an e-cigarette product every day. More than 4 in 10 youth e-cigarette users report using e-cigarettes at least 20 of the last 30 days.

Device Type Use: The most commonly used device among current users was disposables (55.3%), followed by prefilled/refillable pods or cartridges (25.2%).

Flavor Use: current users (nearly 85%) used flavored e-cigarettes, with fruit flavors being the most popular, followed by candy, desserts, or other sweets.

Brand Use: Current users reported their usual brands as: Puff Bar (14.5%), Vuse (12.5%), Hyde (5.5%) and SMOK (4%).

Popular Brands of Vapes

2022



PUFF BAR



VUSE



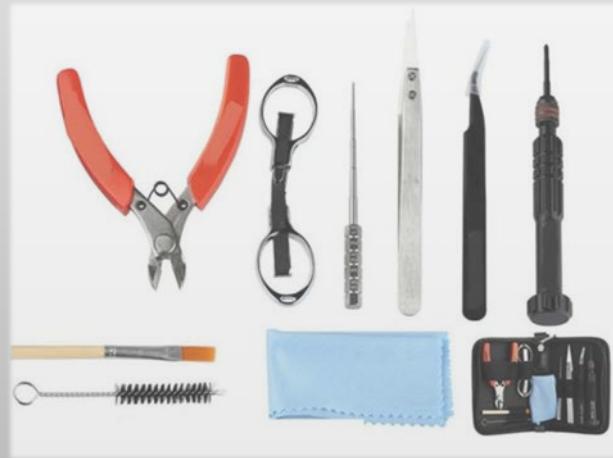
SMOK




HYDE

Environmental Signs

- Unusual faint smells (air freshener, incense)
- Vanilla or fruity smells
- Hazy room
- Bathroom is common location
- Oily stains in room or on clothes



Tools of the Trade

An abstract illustration at the top of the slide shows several small, colorful containers (purple, orange, pink, green, blue) on a light gray surface. From each container, a thick, curved plume of smoke or vapor rises into a dark purple background. The smoke is rendered in various colors: purple, orange, pink, green, and blue, with some overlapping and transparency effects.

Physical Signs

- Dry mouth
- Increased thirst and water consumption
- Caffeine sensitivity
- Moodiness
- Sleeplessness

Risks



- Addiction- vapes like JUUL and Puff Bar contain very high amounts of nicotine
- Injuries and poisonings
- Dangers of inhaling aerosol properties
- Unknown long-term effects
- Increased chances of using other tobacco products
- Using the devices to vape other drugs

Cannabis Trends



Levels of cannabis use by HS youth are considerably higher than they were in the late 70's (MTF)



☐ True

☒ False

In 2022, cannabis use remained stable for all three grades compared to 2021.

1979

50.8%
of 12th
graders

2022

30.7%
of 12th
graders

Potent Potential



- THC concentration was about 3% in the 80's and 90's. Now it is common to find cannabis with 20%+ THC content. Oils, waxes, and dabs can reach 95%+ THC.
- Higher potency can accelerate addiction and increase risks to physical and mental health.
- Teens who start using before age 18 are up to 7x more likely to become addicted than those who wait.
- Risks are significantly higher for users under age 25.

Cannabis Withdrawal Symptoms



- Sleep difficulties/Insomnia
- Loss of appetite
- Mood swings
- Irritability
- Restlessness
- Difficulty focusing
- Increased feelings of depression or anxiety
- Headaches
- Cravings

Usually last 1-2 weeks



Risks Associated with THC for Young People

- Problems with memory, learning & problem-solving
- Distorted perception
- Apathy
- Increased risk of mental illness
- Increased risk of developing cannabis or other substance use disorder
- Unpredictable behavior (even hospitalization) especially with edibles

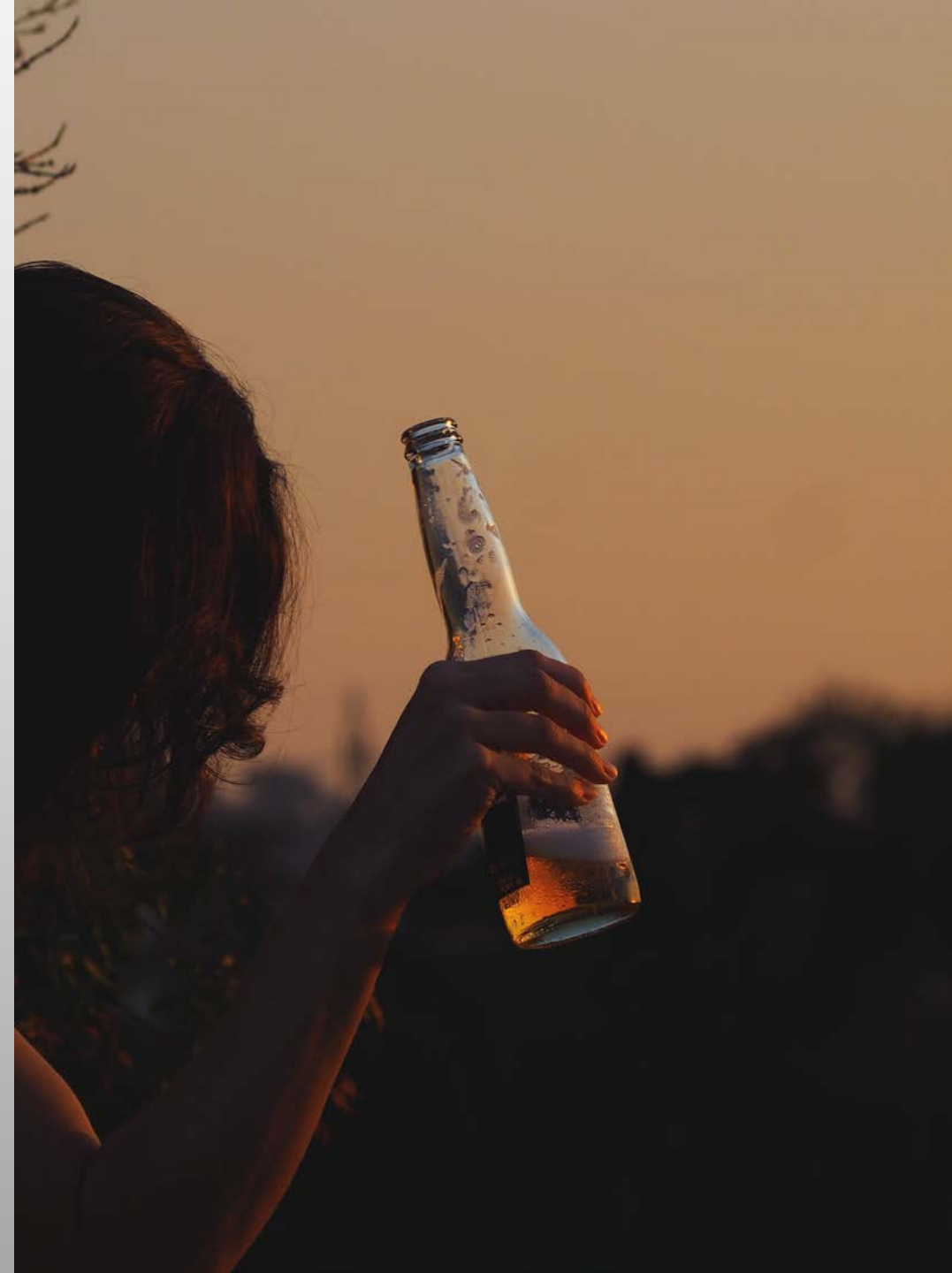
What is the substance most frequently misused by teens?

- a) Nicotine**
- b) Marijuana**
- c) Adderall**
- d) Alcohol**



MTF 2022- Alcohol

- Past year use remained stable for 8th and 10th graders:
 - 8th grade: 15.2% in 2022 compared to 17.2% in 2021.
 - 10th grade: 31.3% compared to 28.5% in 2021.
- Alcohol use returned to pre-pandemic levels for 12th graders in 2022 (with 51.9% of 12th graders reporting alcohol use in the past year).



OTC and Prescription Drug Trends



MTF 2022 - OTC/RX Drugs



OTC past year use by grade:

- 8th graders: 3.2%
- 10th graders: 3.9%
- 12th graders: 2.4%



Adderall past year use by grade:

- 8th graders: 2.3%
- 10th graders: 2.9%
- 12th graders: 3.4%

Good news!

Most youth are NOT using



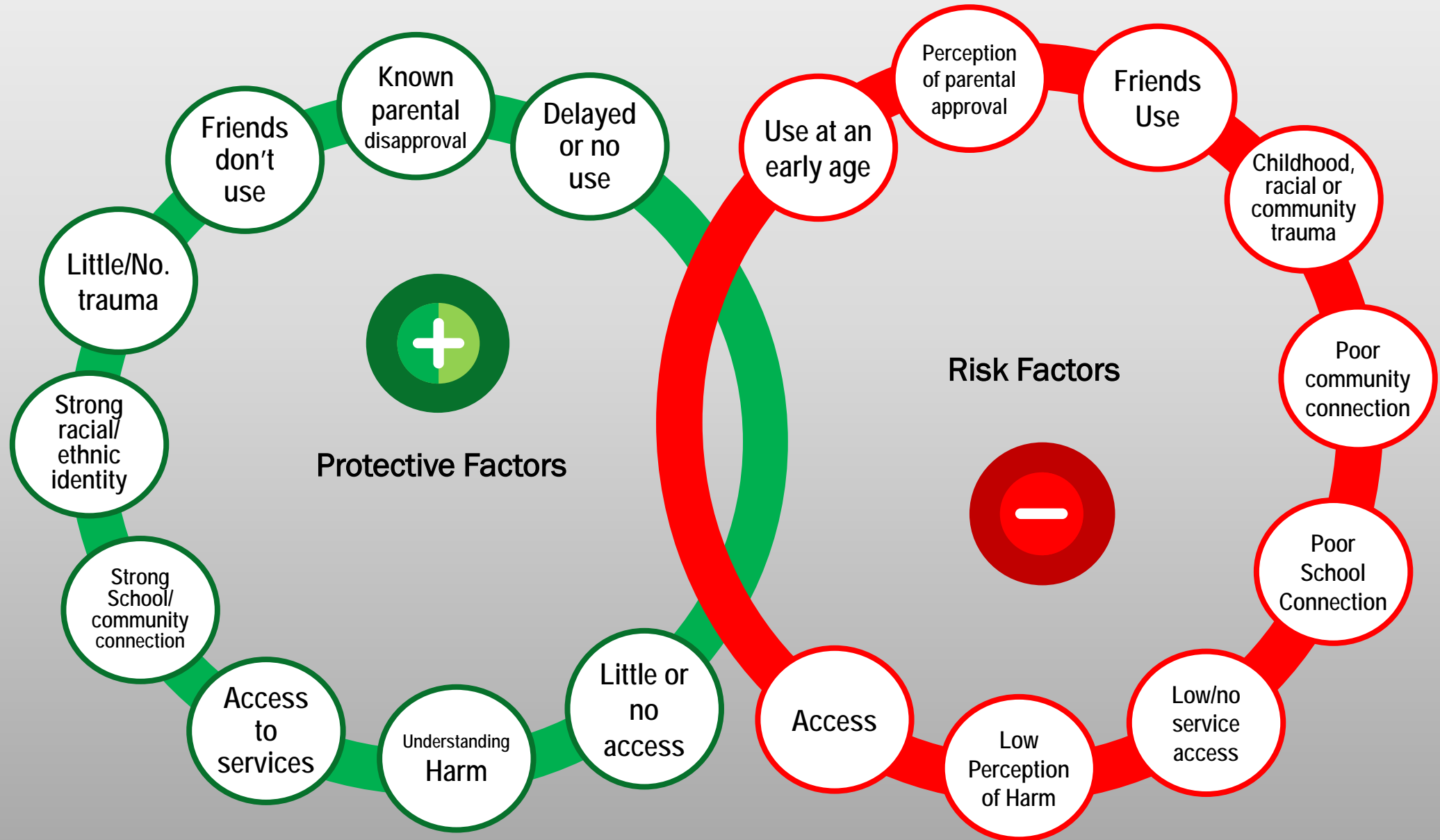
Not using cannabis:

- 8th graders: 89%
- 10th graders: 76%
- 12th graders: 62%

Not vaping nicotine:

- 8th graders: 83%
- 10th graders: 72%
- 12th graders: 61%

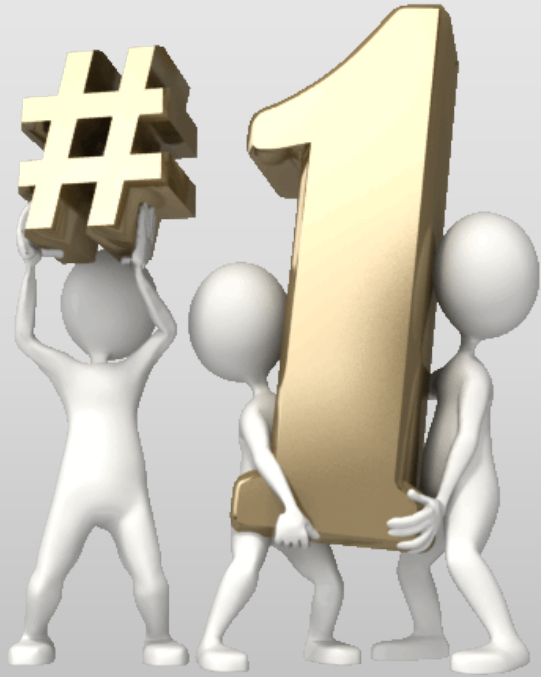
Risk vs. Protective Factors



What Can YOU Do?

- Talk early and often
- Consistent messaging
- Ask for help if you are concerned





Talk early and often

Caregivers- you are the *#1 influence* on your child's relationship with drugs and alcohol.

Conversation Tips



- Be calm and relaxed
- Be clear about your views
- Don't lecture
- Be positive
- Keep an open mind
- Put yourself in your child's shoes
- Know what you want to accomplish
- Use active listening
- **Consistent messaging is key**

Preschool Age



- Talk about the joys of healthy living.
- Celebrate their ability to make decisions.
- Have your child take some responsibility for their own personal health.
- Teach them to steer clear of dangerous substances that are within reach.
- Help them understand the difference between real life and fantasy.
- Help your child work through their frustrations positively.
- Praise your child when they are being helpful.

Ages 5-8



Focus	Focus on present consequences when discussing substances of use.
Teach	Find the teachable moments.
Talk	Talk about the difference between medication that is prescribed to them versus substances of abuse.
Start	Start talking to them about your expectations regarding substance use and be a good role model.
Help	Help your child express their feelings in new ways.
Problem-solve	Help them to develop problem-solving skills.
Give	Give your child permission to leave situations that make them uncomfortable.
Know	Get to know their friends and their friend's families.
Encourage	Encourage them to participate in activities that support a healthy lifestyle.



Ages 9-12

- Establish expectations and set consequences.
- Practice refusal skills.
- Compliment your child often.
- Empower your child to follow through with decisions that may go against their peers.
- Give them the facts on substances of use.
- Get to know their friends and their friends' families.
- Help separate reality from fantasy.

Ages 13-18



- Establish clear rules and consequences.
- Express clear disapproval of substances.
- Find opportunities to discuss your feelings in a productive way.
- Be ready to listen rather than lecture.
- Try using open-ended questions.
- Let your teen in on all the things you find wonderful about them.
- Show interest in their daily ups and downs.

Alternatives to "How was your day?"

What made you smile today?

Can you tell me an example of kindness you saw/showed today?

Did anyone do anything silly to make you laugh?

What was the best/worst thing that happened to you today?

Tell me about your top two things from the day.

If you could change one thing about your day what would it be?

If you switched places with your teacher tomorrow what would you teach the class?

"What's the hardest thing you deal with when it comes to just being yourself around your friends?"

"How have you been feeling about everything going on in the world right now?"

What are you looking forward to tomorrow?

When did you feel the strongest or most powerful this week?

If you could trade places with anyone in class who would it be? And why?

Possible Substance Use Conversation Starters

- *“If there’s drinking or marijuana use at the party, what will you do?”*
- *“What do you think about marijuana and kids who use it?”*
- *“If your friends wanted to try a drug, how would you handle that?”*
- *“What are you and your friends looking forward to this year? How would getting into trouble for alcohol or drugs change those plans?”*
- *“We didn’t have social media when I was your age. How does that factor into your social life and views on vaping and other drugs?”*
- *“What do you see at the biggest risks for you when it comes to alcohol and drugs?”*
- *“For those teens who are using, why do you think they started/or keep using?”*

Three external resiliency factors you can influence



Opportunities

- For healthy activities
- To contribute to family and school

Skills

- Teach what you expect so they can be successful

Recognition

- It establishes self-worth.

**But did *YOU*
drink or use
drugs when
you were a
kid?**





Warning Signs of Substance Use

Pay attention to:

- Physical Changes
- Behavior and Attitude Changes
- Productivity Changes
- Evidence of paraphernalia





**Ask for help if
you are
concerned**

If You Suspect Use...



- Take action
- Ask your child if they are using drugs...& why
- Investigate further
- Enforce consequences for negative behavior
- Create a contract
- Seek a professional behavioral health assessment
- Get help from a treatment or counseling organization or support group for yourself

Action Steps for Caregivers



- Eat together, if possible
- Use a balanced parenting style
- Don't buy into teen stereotypes-have high expectations

CONNECT ⁵

Find the NicoTEEN - Free You!



Series 1 Now Available

Starring: YOU

Genre: Reality

This Series Is: Your Journey to Success!

My List



Watch the Trailer



My plan for
success



0%

Series 1

It's All About Me



0%

Series 2

Addiction Affliction



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Series 3

Change It Up!



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Series 4

Choices & Connections



0%

Series 5

Self-Care & Resiliency



FREE Resources Designed for YOU



Video Series for Parents

YouTube Search [] [] [] []

PLAY ALL

The Powerful Parenting Prevention in 3 Minutes Video Series

10 videos • 366 views • Last updated on Jun 17, 2022

⋮ ↺ ↻ ➦ ...

This video series of micro-lesson provides parents with information and tips on topics that are key to guiding their child to a healthy lifestyle and creating a substance-free youth.

- 1 **Vaping and Nicotine Use – Nicole Rex – Lead Specialist**
CaronTreatment 3:32
- 2 **Alcohol: Like Diesel Fuel to an Unleaded Tank – Kimberly Sheaffer – Lead Specialist**
CaronTreatment 3:08
- 3 **Cannabis, What the Big Deal? – Gretchen Hagenbuch – Coordinator of SAP**
CaronTreatment 3:22
- 4 **Medicine Abuse: Being A Good Consumer – Cordes Symmes – SAP Specialist**
CaronTreatment 3:35
- 5 **Refusal Skills: Give Them Some – Erica Young**
CaronTreatment

Podcast for Parents and Youth-Serving Professionals

**CONVERSATIONS
That Matter**

**Behavioral Health Strategies
for Building Resilience in Youth**

caron
EDUCATION
ALLIANCE

The cover features a person wearing headphones looking out at a building at sunset, with a background of blue scribbles and question marks.



FREE Resources Designed for YOU

Online Resource Kit and Store

Access Caron's variety of resources that you can use and share. You can also provide a link from your website to this Education Alliance Resource Kit to make it easily available to those you serve.



Caron's Education Alliance Team

We'll guide you with education, early intervention and prevention programs.

[Explore](#)

Virtual Learning Programs

Access assessments, webinars and other resources at your convenience.

[Explore](#)

Resources

Stay informed in a variety of formats – social channels, podcasts, online, or materials to download/print (English & Spanish).

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Treatment Options

Explore specific programs for teens + young adults with support for adults/families.

[Explore](#)

Recovery Support

Find comfort from others who get it. You're not alone.

[Explore](#)

Sign up for our E-news.

Receive our monthly e-newsletter for tips and resources.

[Register](#)



Prevention related videos featuring our team of experts

Caron's Prevention Connection -- YOUR Resource for Building a Culture of Substance Free Youth

38 videos • 1,325 views • Last updated on Jun 6, 2022

Caron's Education Team is renowned for the quality of their education and prevention programs, working with over 900 school and child-serving organizations each year.

Caron Treatment Centers, a provider of innovative addiction treatment for over 60 years, believes prevention is key to building a culture of substance free youth. We are proud to offer quality substance use prevention programs designed for students, caregivers and professionals, using in-person and virtual formats

To learn more about our prevention programs, please visit:
Student Assistant Programs - <https://www.Caron.org/SAP>

Digital Learning Library - ...

- 1 Caron's Digital Learning Program CaronTreatment 2:26
- 2 Is Your Teen Vaping? Know the Signs. CaronTreatment 2:42
- 3 Alcohol vs. Marijuana...One Big Difference CaronTreatment 4:17
- 4 Helping Your Teen Quit Vaping and Other Nicotine Use CaronTreatment 4:00
- 5 Motivational Interviewing -- Helping Teens Change Their Behaviors CaronTreatment 3:43
- 6 How to Talk to Your Teen About Marijuana CaronTreatment 2:02
- 7 The Importance of Nicotine Cessation in School Settings CaronTreatment 4:09
- 8 Modeling Responsible Alcohol Use CaronTreatment 3:29
- 9 Answering the Dreaded Question CaronTreatment



Facebook for Weekly Tips and Tools

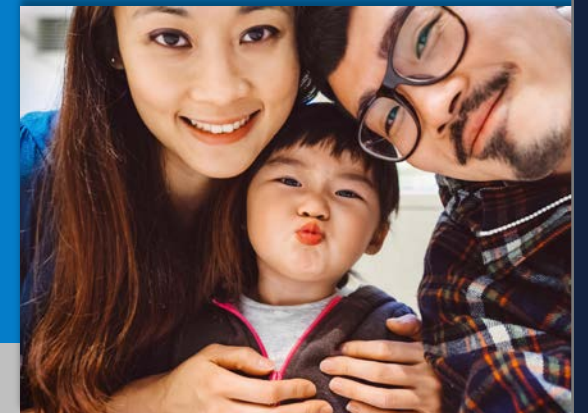


PREVENTION CONNECTION

Caron's Prevention Connection - YOUR Resource To Support Substance-Free Youth



FREE Resources Designed for YOU





**PREVENTION
CONNECTION**

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PENNSYLVANIA CAMPUS

Additional
resources

Substance use is a family disease.

The Satell Children and Teens Program at Caron

In-person and virtual

Contact: cprogram@caron.org

Parent websites



- The Search Institute, Keep Connected
<https://keepconnected.searchinstitute.org/>
- The Partnership to End Addiction
<http://www.drugfree.org>
- National Institute on Drug Abuse
<http://www.drugabuse.gov/parents-teachers>
- Get Smart About Drugs
<https://getsmartaboutdrugs.com>
- SAMHSA: Talk. They Hear You
<http://www.samhsa.gov/underage-drinking>

Thank you



Evaluation



Caron.org/SAP | 800.678.2332

