



PEER PRESSURE AND SUBSTANCE ABUSE IN CHILDREN AND ADOLESCENTS

What Parents Should Know and What You Can Do

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SUBSTANCE ABUSE IN CHILDREN AND ADOLESCENTS

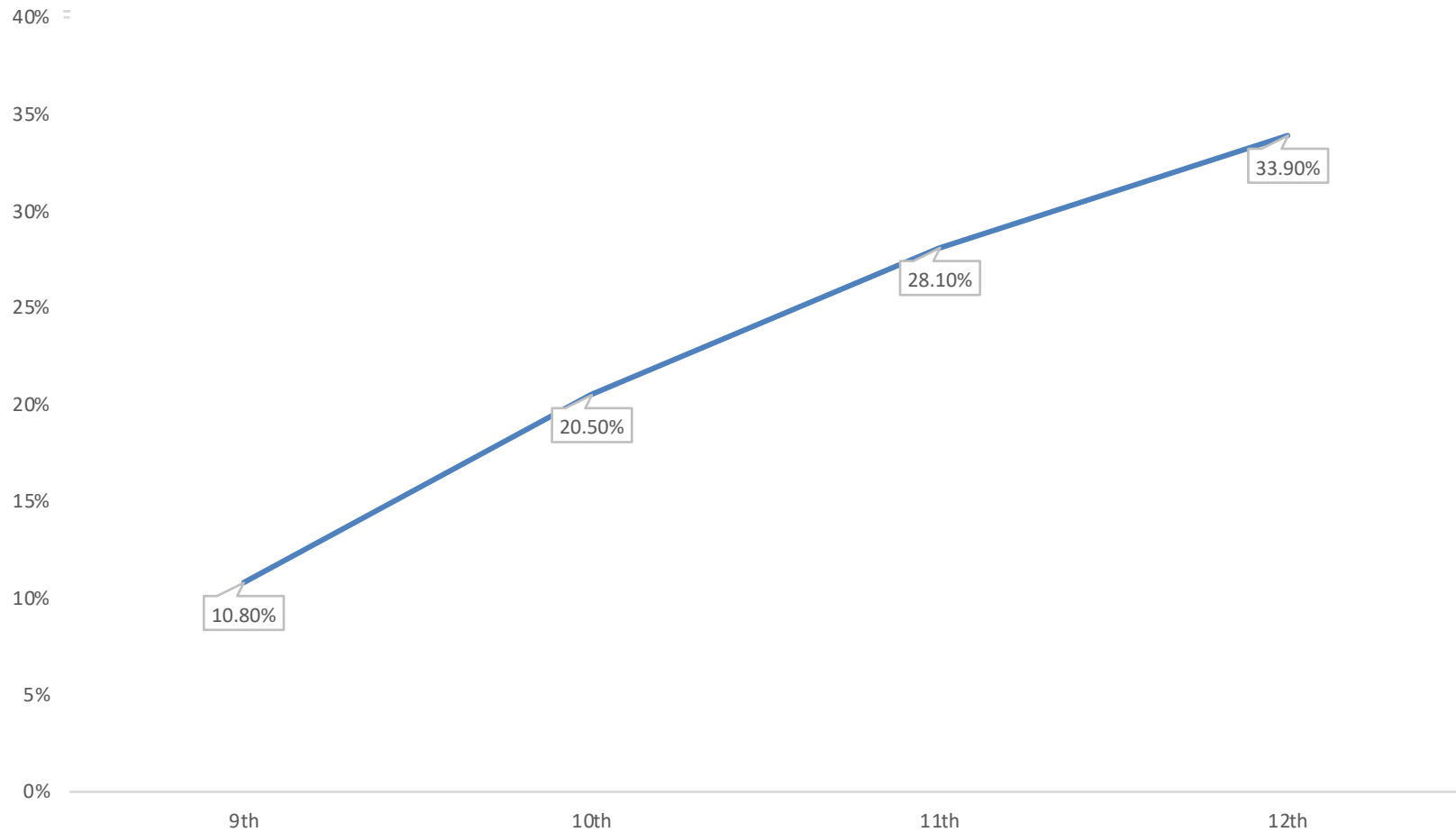
- Substance abuse describes a pattern of use leading to significant problems and damaged relationships with family and friends
- Alcohol is the most widely used drug, followed by marijuana
- Substance use increases as youth get older

SUBSTANCE ABUSE IN CHILDREN AND ADOLESCENTS

- A key risk period for drug abuse is when children advance from elementary school to middle school facing new academic and social situations while learning to get along with a wider group of peers.
- Children are likely to encounter drugs for the first time and experience social pressures to experiment and/or use drugs.
- In high school, adolescents face additional social, emotional, and educational challenges and may be exposed to greater availability of drugs, drug abusers, and social activities involving drugs.

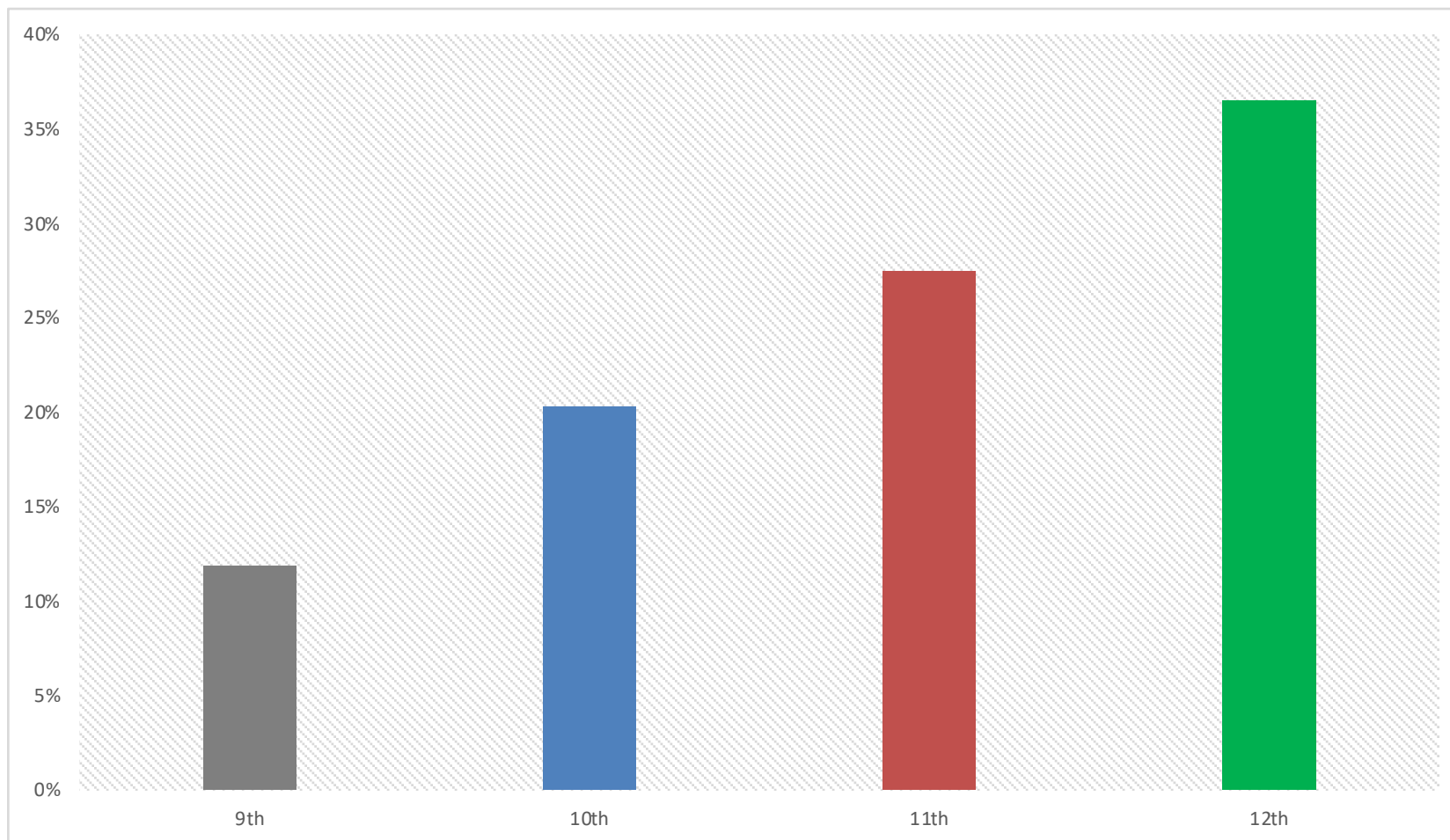
PAST 30-DAY ALCOHOL USE AMONG HOWARD COUNTY H.S. STUDENTS

SOURCE: YRBS 2016



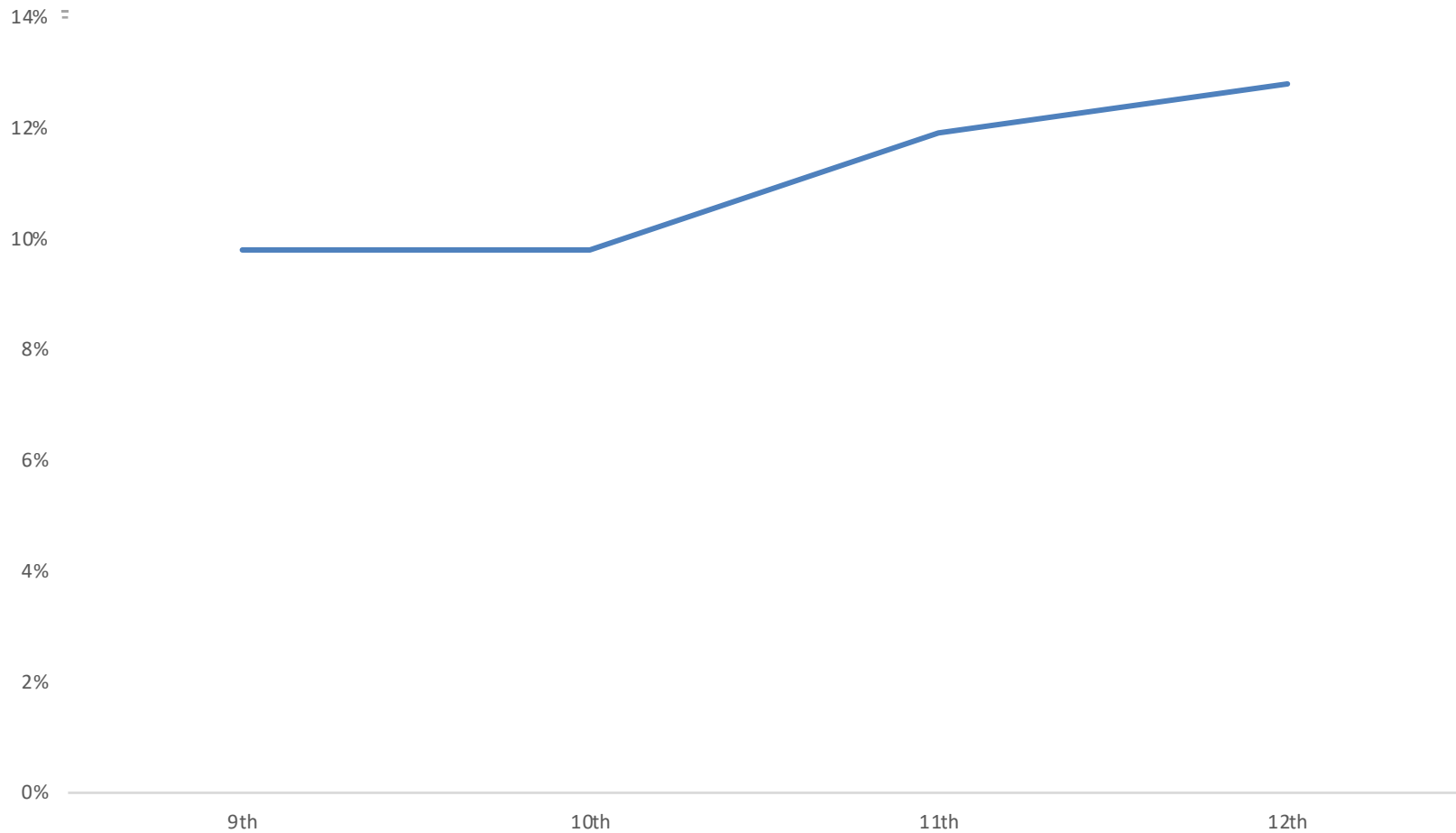
PERCENTAGE OF STUDENTS WHO EVER USED MARIJUANA (ONCE OR MORE TIMES DURING THEIR LIFETIME)

SOURCE: YRBS



PERCENTAGE OF STUDENTS WHO EVER TOOK PRESCRIPTION PAIN MEDICINE WITHOUT A PRESCRIPTION OR DIFFERENTLY THAN PRESCRIBED

SOURCE: YRBS 2016



WHAT IS AN OPIOID?



WHAT IS AN OPIOID?

- Any drug, prescription or illegal, derived from the opium poppy plant
 - natural or synthetic
- Historically used to manage pain, suppress coughs, and treat opioid-use disorders
- Cause feelings of euphoria, contentment, relaxation and/or detachment from pain
- Effects last from 3 to 24 hours

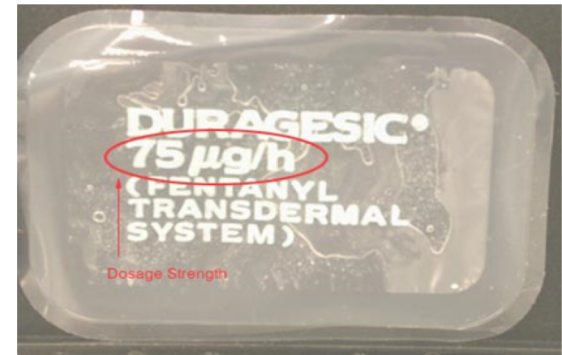


COMMON EXAMPLES OF PRESCRIPTION OPIOIDS

Generic Name	Brand Names	Slang Names
Morphine sulfate	MS-Contin, Avinza	M, Dreamer
Codeine	Tylenol #3, Robitussin-Ac	T3s, Cody, Schoolboy
Oxymorphone	Opana,	Mrs. O, Pink/Blue Heaven
Hydromorphone	Dilaudid,	Hospital Heroin
Oxycodone	Oxycontin, Percocet	Oxy, Hillbilly Heroin
Hydrocodone	Vicodin, Lortab	Hydro
Meperidine	Demerol	Demmies

FENTANYL

- Fentanyl is a synthetic opioid intended for use as a last resort for the management of persistent, moderate to severe chronic pain
- Illicitly manufactured fentanyl driving opioid overdose epidemic
 - Mixed “cut” into other drugs
 - Counterfeit pills



WHAT IS MEDICATION MISUSE?

- Taking extra doses (over-use), missing doses (under-use), not following instructions (irregular-use)
- Using medications that have expired.
- Sharing or borrowing medications.
- Mixing medications or drinking alcohol while taking medications.
- Using illegal drugs



WHY DO CHILDREN AND TEENS MISUSE PRESCRIPTION DRUGS?



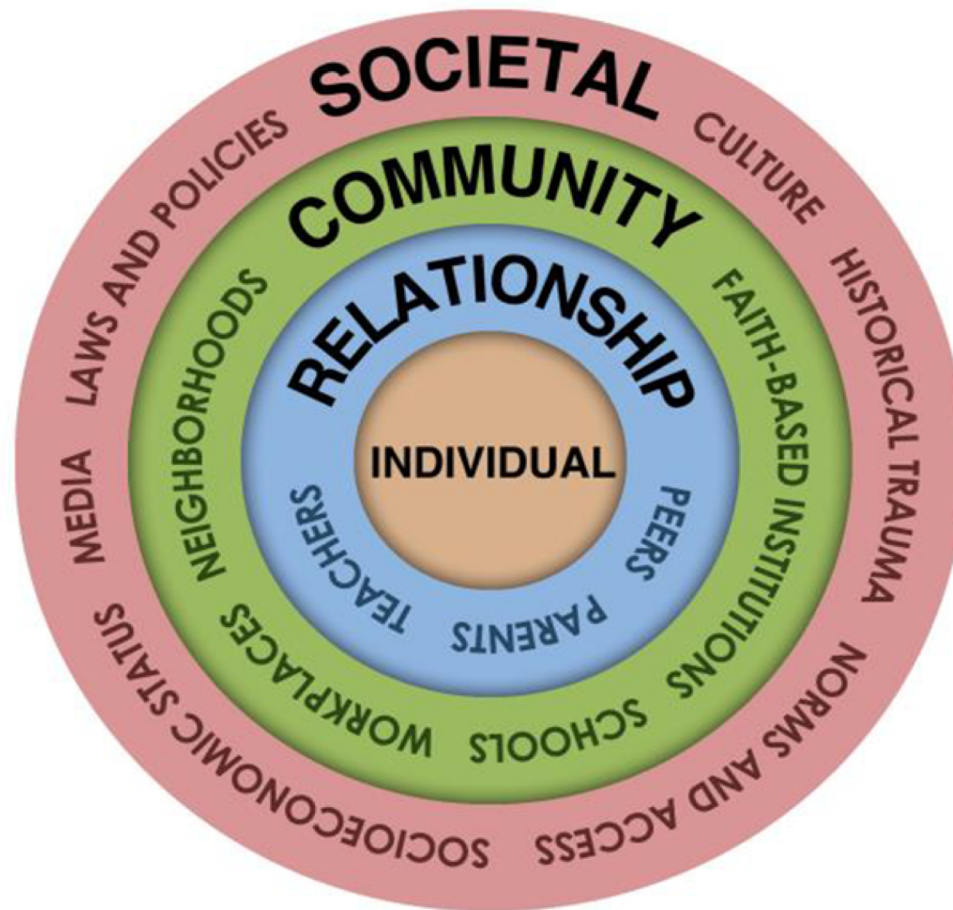
WHY DO CHILDREN AND TEENS MISUSE PRESCRIPTION DRUGS?

- To enhance productivity or athletic performance
- To experiment or see what the drug is like
- To feel good or get high
- To help with feelings or emotions

SIGNS OF DRUG USE IN CHILDREN AND TEENS

- Negative changes in grades
- Changes in general behavior, including unusual tiredness, sleeping & eating habits
- Skipping classes or school
- Dropping longtime friends
- Loss of interest in usual activities
- Changes in appearance
- Secretive behavior, laughing for no reason

RISK FACTORS AND PROTECTIVE FACTORS



SAMHSA

RISK FACTORS AND PROTECTIVE FACTORS

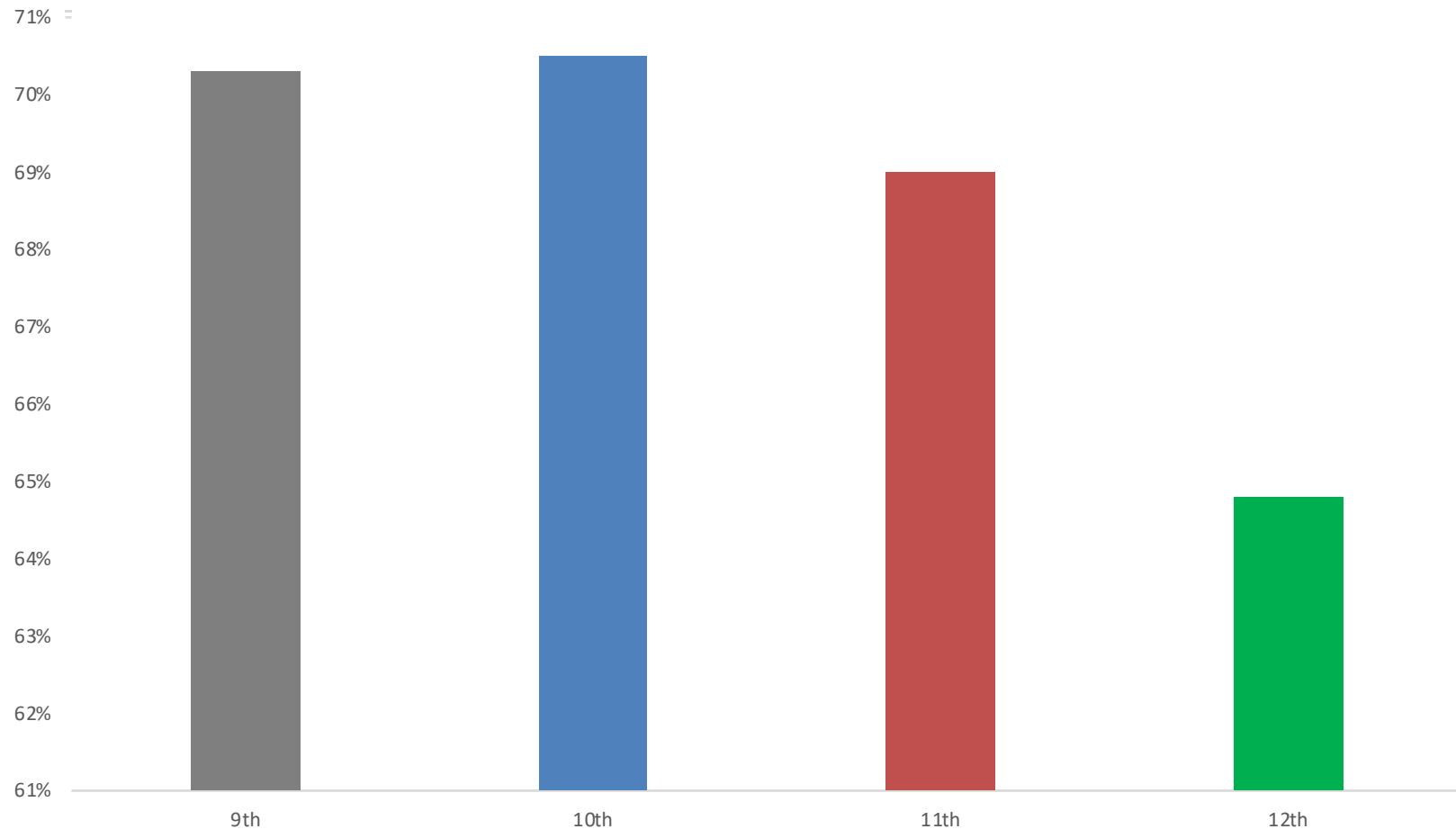
- **In relationships**, risk factors include parents who use drugs and alcohol or who suffer from mental illness, child abuse and maltreatment, and inadequate supervision. Parental involvement is an example of a protective factor.
- **In communities**, risk factors include neighborhood poverty and violence. Protective factors could include the availability of faith-based resources and after-school activities.
- **In society**, risk factors can include norms and laws favorable to substance use, as well as racism and a lack of economic opportunity. Protective factors include hate crime laws or policies limiting the availability of alcohol.

THE MYTH OF SOCIAL NORMS

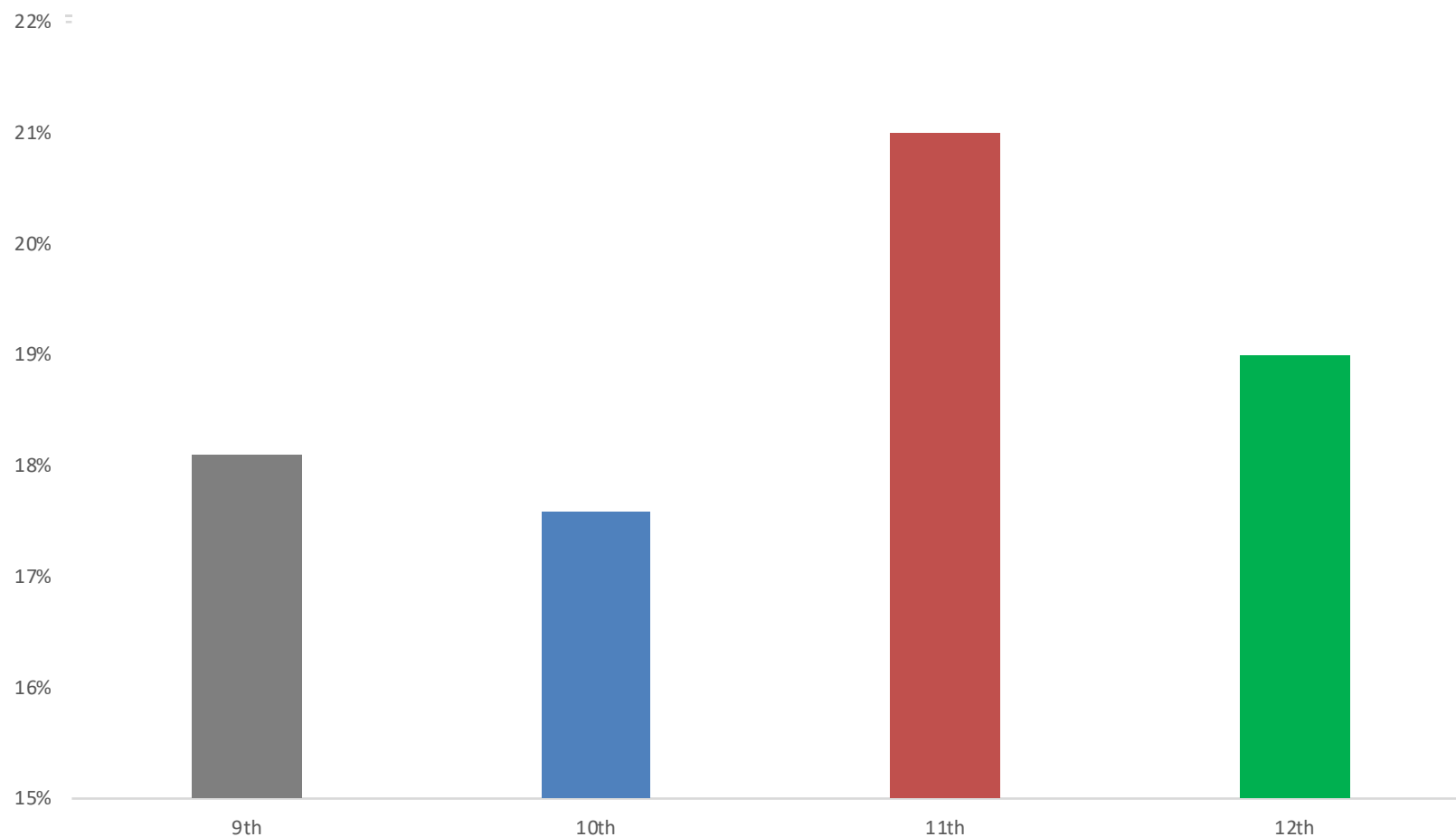
- Teens often feel internal pressure to do the things that they *think* their peers are doing.
- A social norm is a real behavior or attitude of a group. Students often think that the social norms of their peers are less healthy than they really are.
- A normative belief is a belief about what a social norm is. Students tend to hold normative beliefs that exaggerate the amount of substance use really going on among their peers.
 - Students are more likely to drink alcohol or use other drugs when they imagine the need to do so in order to fit in later – “because everybody does it”

PERCENTAGE OF STUDENTS WHO SOMEWHAT OR STRONGLY DISAPPROVE OF SOMEONE THEIR AGE HAVING ONE OR TWO ALCOHOLIC DRINKS NEARLY EVERY DAY

SOURCE: YRBS 2016



PERCENTAGE OF STUDENTS WHO SAY DEFINITELY OR PROBABLY YES THAT SMOKING MAKES YOUNG PEOPLE LOOK COOL OR FIT IN



WHAT IS PEER PRESSURE?

- Peers play a large role in the social and emotional development of children and adolescents. Their influence begins at an early age and increases through the teenage years.
- This pressure can happen in person or on social media - especially as people are impacted by the frequency of times others hit the like button.

POSITIVE PEER PRESSURE

- It is natural, healthy and important for children to have and rely on friends as they grow and mature. Loneliness, boredom and isolation are risk factors for substance abuse.
- It's vital for youth to get involved in challenging intellectual, athletic, and social activities—it will do their brains good for the rest of their lives.
- They can help each other develop new skills, or stimulate interest in books, music or extracurricular activities.

NEGATIVE PEER PRESSURE

- Teens rarely strong-arm each other into trying risky things, friends play a more subtle role in your child's decisions.
- They can encourage each other to skip classes, steal, cheat, use drugs or alcohol, share inappropriate material online, or become involve in other risky behaviors.
- Teens are more likely to hang out with other teens who do the same things. A recent study by researchers at Columbia University shows that kids are six times more likely to have had a drink if their friends often drink alcohol.

HEALTHY FRIENDSHIPS

- Help your child develop healthy, wholesome relationships with other happy kids and you will make it less likely that she will turn to drugs or alcohol for comfort.
- Encourage your child to get involved with groups doing the things that interest her.
- Help your child practice resisting peer pressure. Help them feel comfortable saying “No thanks” or even “Bye, I’m out of here.”
- Help your child feel comfortable in social situations by teaching her how to ask questions and be a good listener.

PARENTAL INFLUENCES

- The good news is that you can influence whether or not your child uses alcohol or drugs!
- Studies have shown that parents have a significant influence on young people's decisions about alcohol, especially when they create supportive and nurturing environments in which their children can make their own decisions.
- Your relationship will become stronger—and that strong relationship with you is the best protection against substance misuse.

BRAINSTORM

- What are some of the ways you can protect and support your child?

1. ESTABLISH AND MAINTAIN GOOD COMMUNICATION

- With less of a connection with you, she will need to seek gratification elsewhere and be more subject to peer pressures, as she searches for a place to belong and to have her emotional needs met.
- By being involved, you will notice when your child is under stress or needs extra attention.
- Talk with your child every day—but most importantly, listen. We all need to be heard and understood. The sooner you talk to your children about alcohol, the greater chance you have of influencing their decisions about drinking.

2. GET INVOLVED IN YOUR CHILD'S LIFE

- Young people are much less likely to use drugs when they have caring adults in their lives and interesting activities to keep them busy, happy, and productive.
 - Spend at least 15 minutes a day doing an activity that your child enjoys
 - Do something special together each week
 - Recognize good behavior consistently and immediately. Make the extra effort to catch your child being good.
 - Use meal times as an opportunity to share news of the day or to discuss current affairs.

3. MAKE CLEAR RULES AND BE CONSISTENT

- Rules and consequences are important so your child knows exactly where you stand on the issue of substance misuse. Rules also provide structure that is needed for emotional well-being.
- If you let your child know that you don't approve of him using alcohol, tobacco, or drugs, he is less likely to do it.
 1. Discuss why tobacco, illicit drugs, and underage drinking are not acceptable.
 2. Make sure your child is clear about your rules.
 3. Lay out what the consequences will be if your rules are broken, and follow through if they are.
 4. Acknowledge and praise your child when he obeys your rules.

4. BE A POSITIVE ROLE MODEL

- Children learn by watching you and if your kids see you misusing substances, your children may conclude that the best way to cope with stress and worry is to use drugs.
- How to be a good role model to your child:
 - Do not misuse alcohol or use tobacco or illicit drugs. Even young children imitate and are influenced by adult behaviors.
 - If you can't quit, then at least make sure you do not involve your child in your use of alcohol, tobacco, or illicit drugs.
 - When possible, point out examples of bad behavior and negative consequences as a result of substance misuse.

5. MONITOR YOUR CHILD'S ACTIVITIES

- Children with lots of unsupervised time on their hands are at greater risk of substance misuse. To reduce this risk you can:
 - Establish relationships with your child's friends.
 - Get to know other parents and reinforce each other's efforts.
 - Know where your child is going, with whom, and what the activity will be.
 - Have your child check in at regular times and make sure she has both your cell and work numbers so she can reach you.
 - Set up a system (a "code" word or phrase) so your child can let you know if he needs to be picked up from a party or other social event where alcohol and drugs are being used.

TREATMENT RESOURCES – HCHEALTH.ORG/GET HELP

- SELF-PAY/PRIVATE INSURANCE

- Anne Arundel Counseling, Columbia – aged 2 and above
- Bluegrass Mental Health, Columbia – adolescent intervention and outpatient services
- Columbia Addictions, Columbia – adolescent outpatient services, anger management, dual-diagnosis
- A Better Way Counseling, Columbia – adolescent outpatient services

- MEDICAID/SLIDING FEE SCALE

- MPB Group, Columbia – aged 5 and above intensive outpatient and psychiatry with medication monitoring
- Congruent/Integrative Counseling Services, LLC, Columbia – also offer individual, family, couples, and marriage counseling
- Counseling Resource, Inc, Ellicott City - adolescent outpatient services

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