

PEER Services

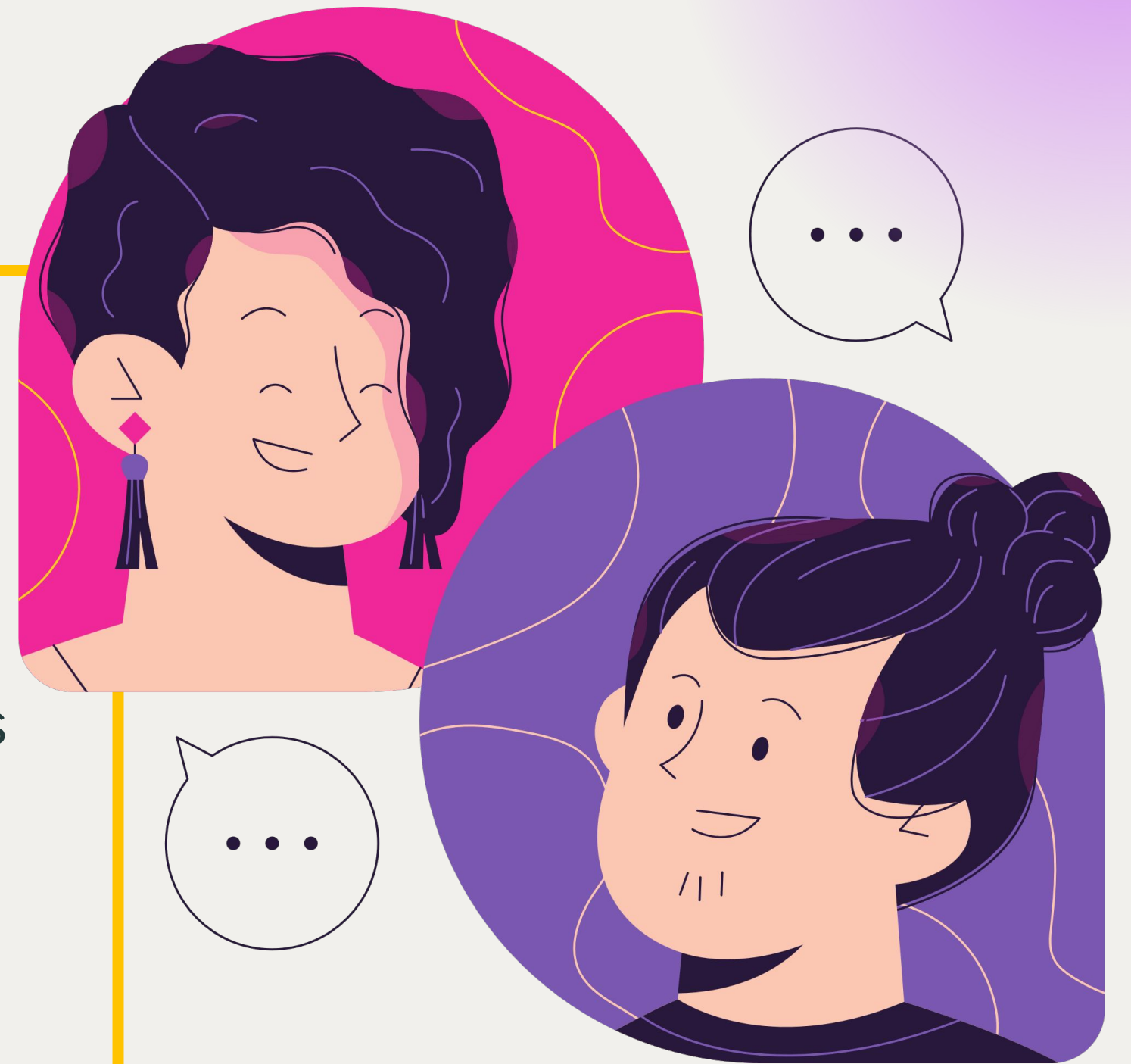
Real Talk

Important conversations on
teen mental health and
substance use



Agenda

- Welcome
- PEER Services Overview and Format for the Night
- Icebreaker
- Community Conversation #1: Current Teen Experiences
- Community Conversation #2: E-Cigarettes
- Community Conversation #3: Cannabis
- Community Conversation #4: Alcohol, Influences & Motivations
- Final Remarks and Unanswered Questions



Format, Goals & Ground rules



Goals:

- To create an open and honest dialogue, for parents/caregivers and their teens, around important topics

Ground Rules:

- Assume things are said with positive intention
- Respect what others are saying/their opinions
- Confidentiality
- This is a safe space
- No use of other's names (who are not present)



Ice Breaker

Introduce yourself to your neighbor:

- State your Name & pronouns
- If you had to eat one thing everyday for the rest of your life, what would it be?
- If you could make one activity in your day go away, what would it be?



Community

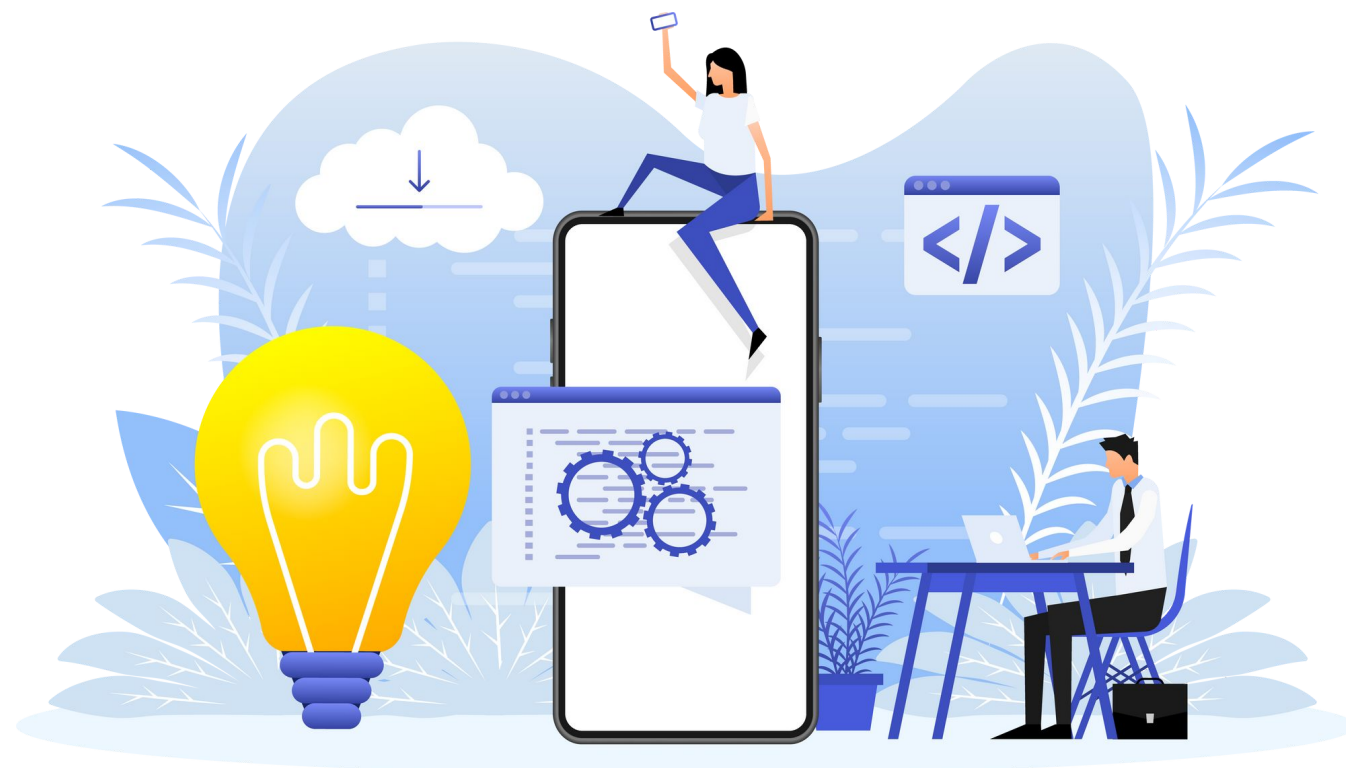
Conversation #1

Current Teen Experiences

“TEEN BRAINS ARE BOTH MORE POWERFUL AND MORE VULNERABLE THAN AT VIRTUALLY ANY OTHER TIME IN THEIR LIVES.” ~Frances E. Jensen, M.D. (2015)

Adolescent Development

Key Features



Physical

- Puberty
- Hormones
- Body changes

Cognitive/Emotional

- Not yet fully developed Prefrontal Cortex
- Ever changing emotions and mental health
- Who am I?

Social

- Friendships prioritize over family
- Exploration of activities and experiences
- Peer Pressure

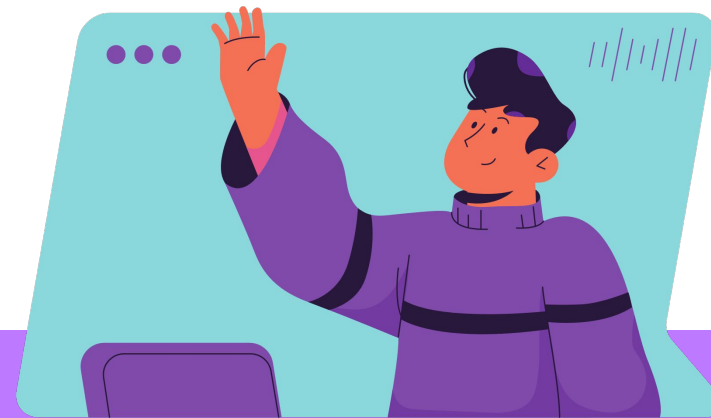
Risk Taking

Healthy

- learn new skills and experience new things (in work, school, or relationships)
- experiment with new identities
- increase your self-esteem
- take on more independence and responsibility for your life

Unhealthy

- Unsafe
- Illegal
- Negative effects on day to day life
- Long-lasting consequences



Questions to consider risk



- Does it interfere with or have a negative effect on other parts of your life, such as relationships, school and work?
- Does it put yourself or others in danger?
- Do you have previous experience or enough information about the consequences of the behavior?
- Is the risk worth whatever consequences might happen?

Hot vs. Cold Reasoning



Teen Mental Health

How teens are coping.

Stress

More than 90% of teens report at least one physical or emotional symptom because of stress.

*APA/Teen MHFA

Depression

Over 35% of Illinois HS students report feeling sad or hopeless for more than 2

weeks

*2022 IYS

Anxiety

Approximately 32% of teens between 13-18 have an anxiety disorder

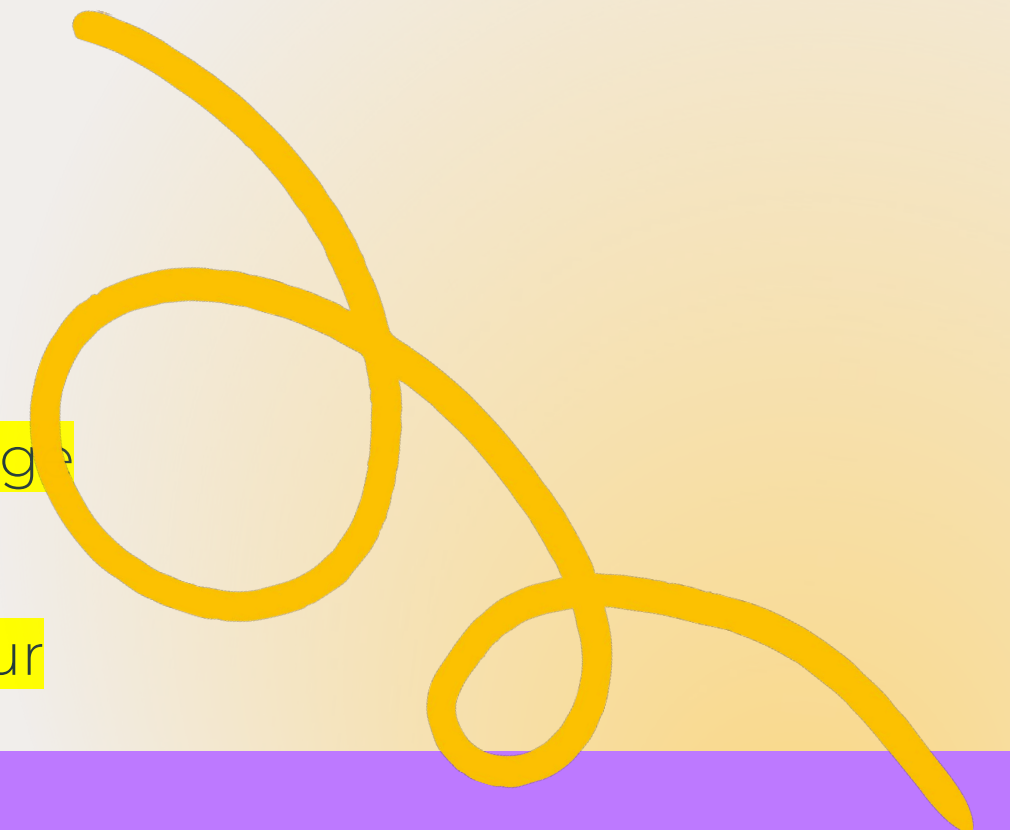
*HHS.gov

Community

Conversation #1

Current Teen Experiences:

- What are the exciting aspects of being a teenager?
- What are the challenges of being a teenager?
- When is a time when you engaged in a healthy risk? Did it end positively?
- Has stress ever helped you to perform better (on a test, public speaking, sports, music)?
- Have there been times that stress or anxiety got in the way of performing your best?
- Have you ever avoided something (a party, asking a question, helping with a project, taking on a leadership role) because of stress and anxiety?
- Who helps you when you feel stressed, anxious or sad?
- What strategies have you found helpful when facing a challenge?
- **For Adults:** What is something an adult did or said that was helpful during your teenage years?
- **For Teens:** What is something you wish adults would do or say to help you through your teen years?





Community

Conversation #2

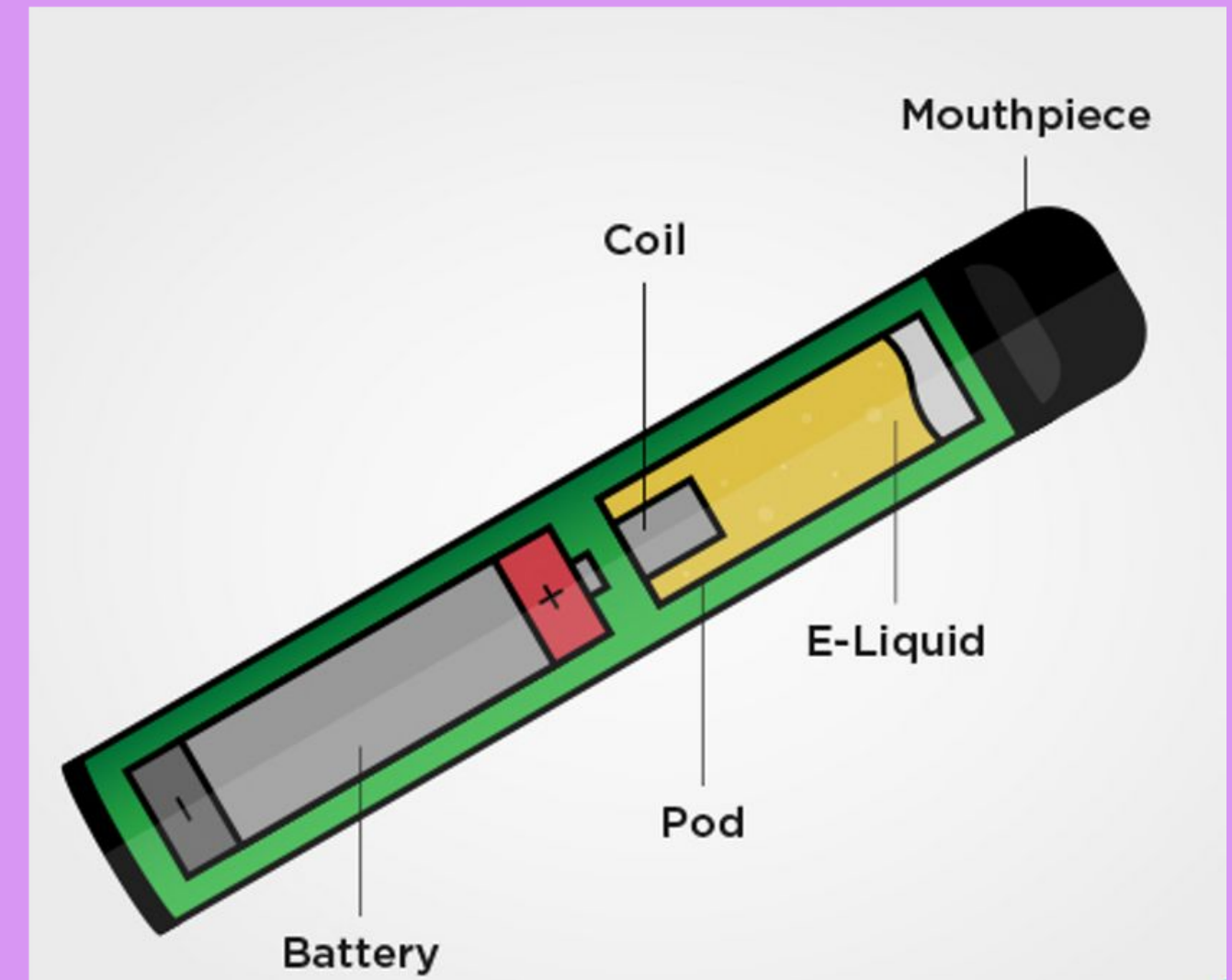
E-Cigarettes

What is an E-Cigarette

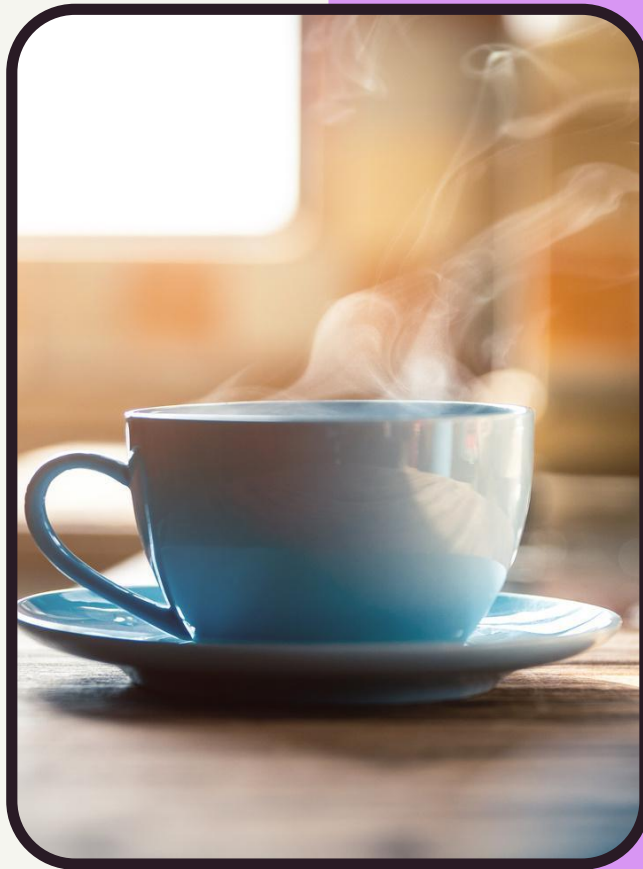
E-Cigarettes are battery-operated devices that produce an aerosol (vapor) by heating a liquid (e-juice) that usually contains nicotine, and other chemicals that help to make the aerosol.

They are known by many different names and come in many shapes, sizes and device types. Devices may be referred to as

- E-cigs
- Vapes
- Vape pens, dab pens, and dab rigs
- Bars
- Tanks
- Mods, Pod-Mods
- Electronic nicotine delivery systems (ENDS)



Vapor vs. Aerosol



Vapor

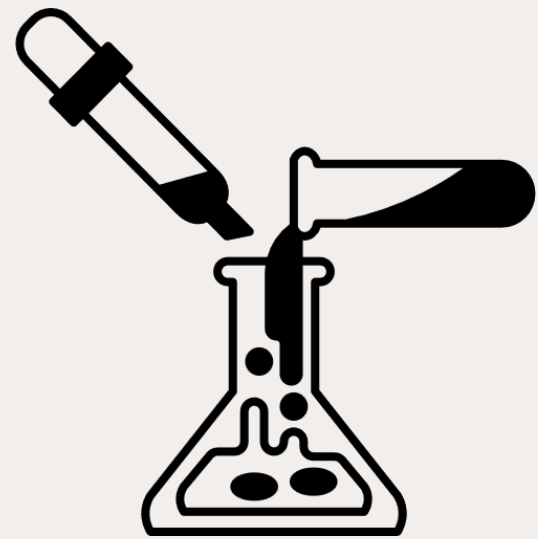
A true vapor is a cloud of liquid, such as water, suspended in a gaseous phase. The cloudy compound released during vaping or smoking is NOT a true liquid vapor.



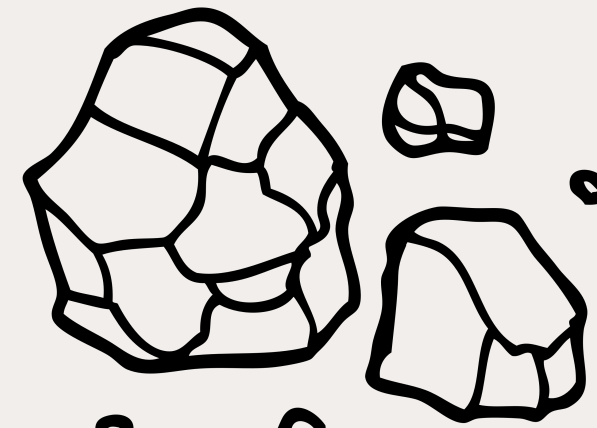
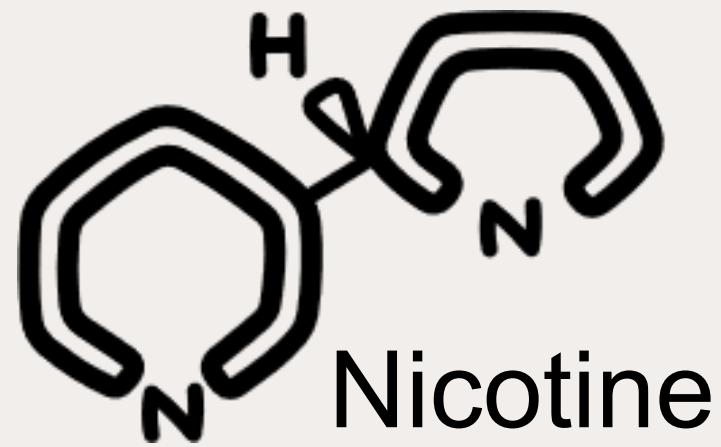
Aerosol

The aerosol “cloud” released when using e-cigarettes is not a harmless water vapor. It contains a high concentration of micro particles that are harmful to you and those up to 30 feet around you!

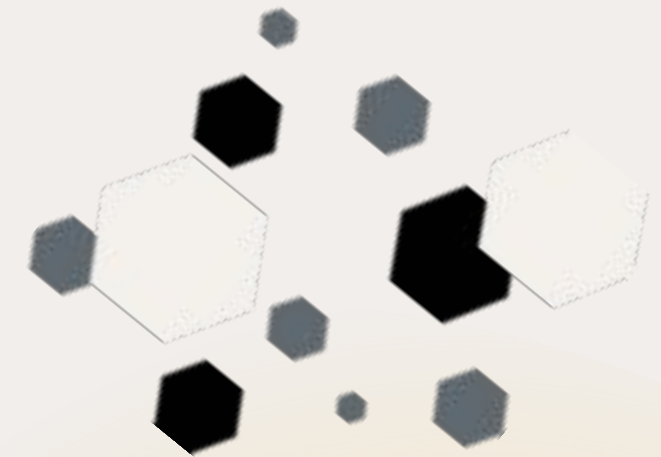
What's Inside an E-Cig



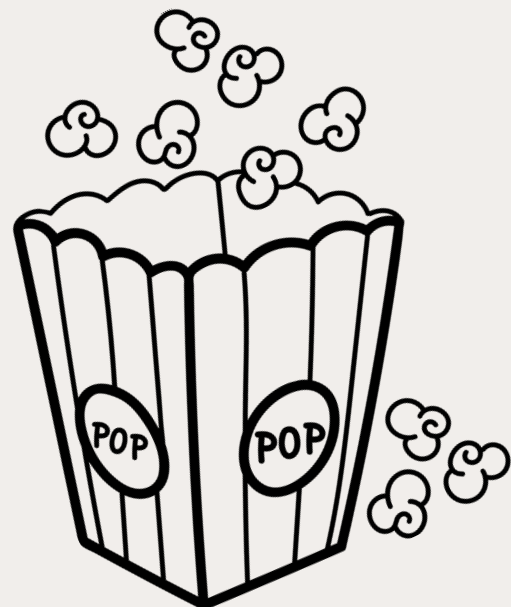
Volatile compounds



Lead & other heavy metals



Ultra fine particles



Diacetyl Flavorings



Cancer-Causing
Chemicals

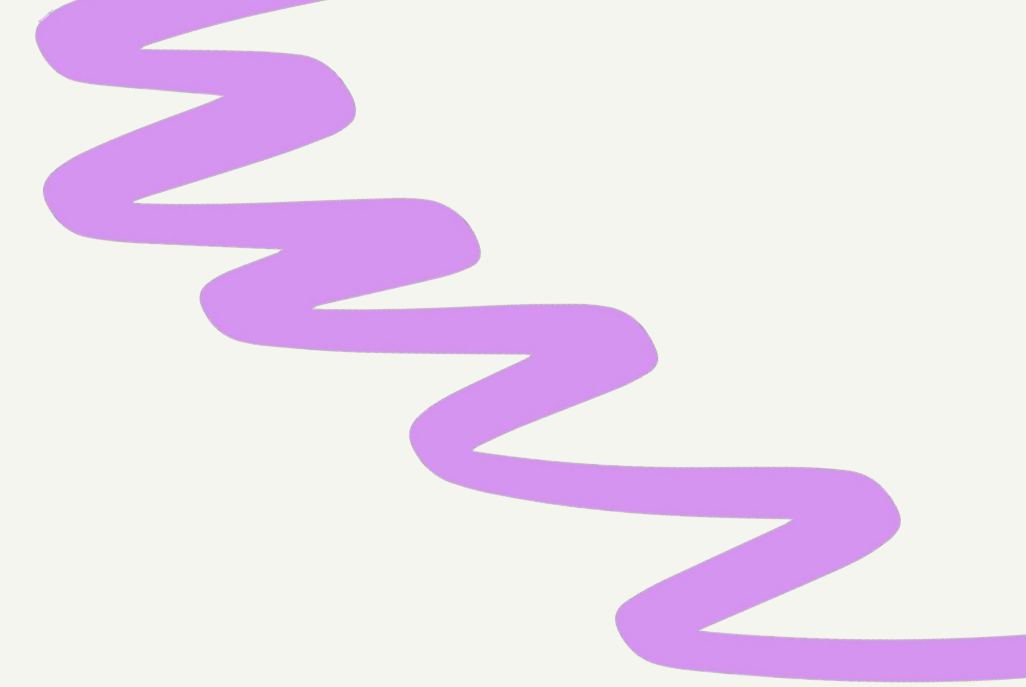


Acetone

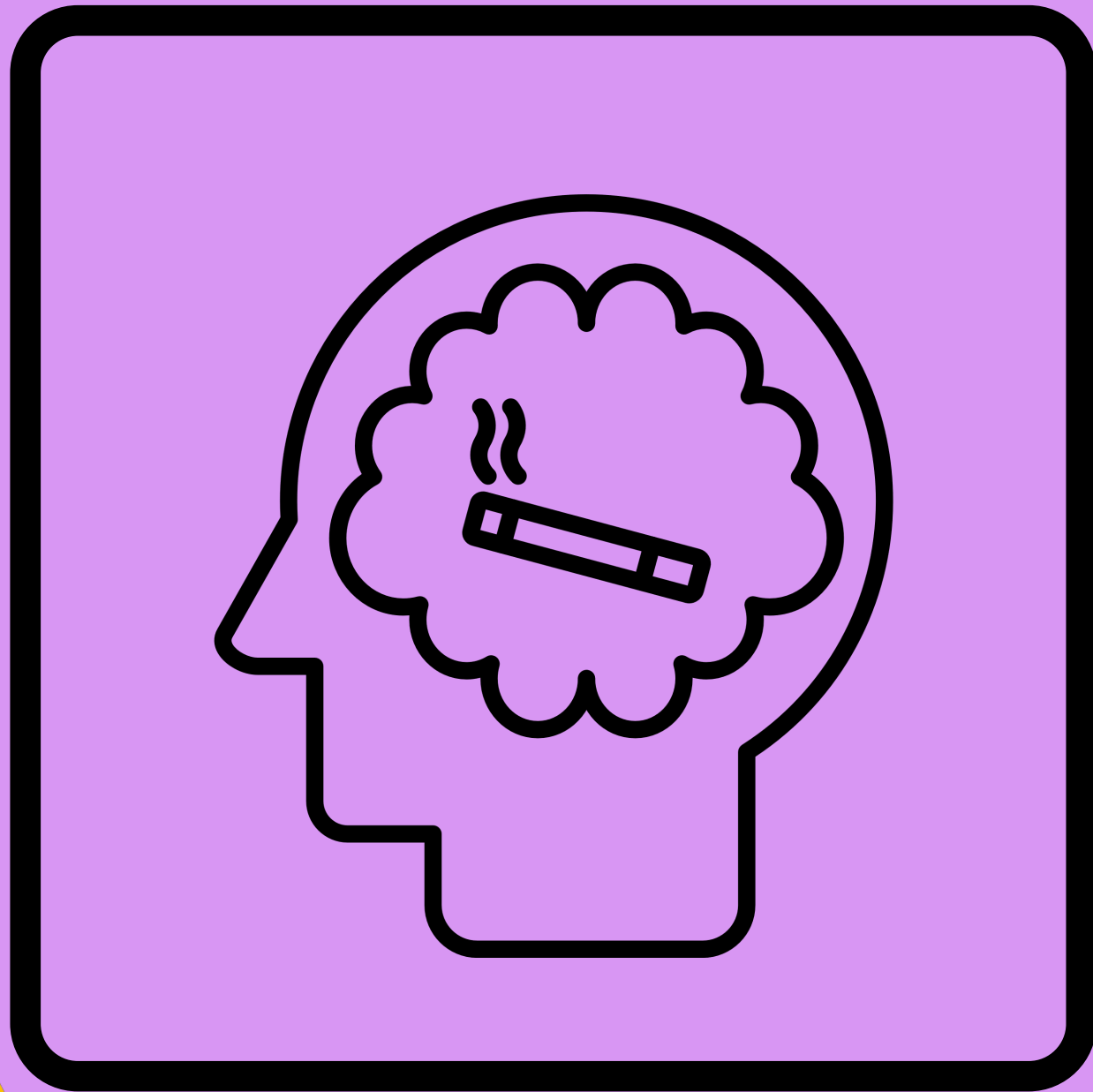


Nicotine & the Teen Brain

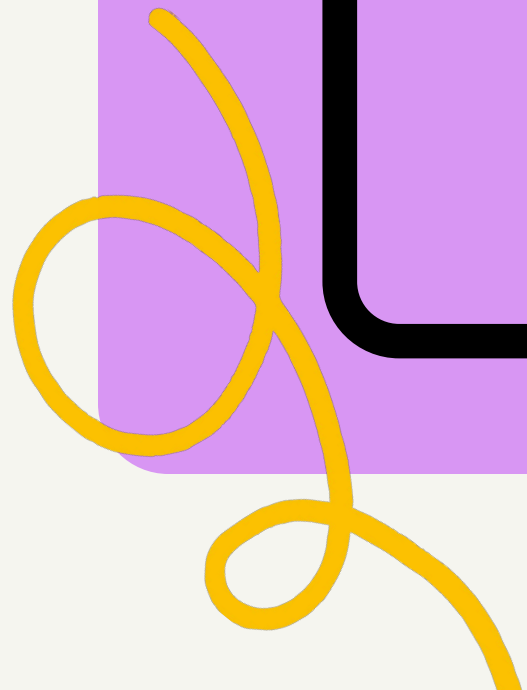
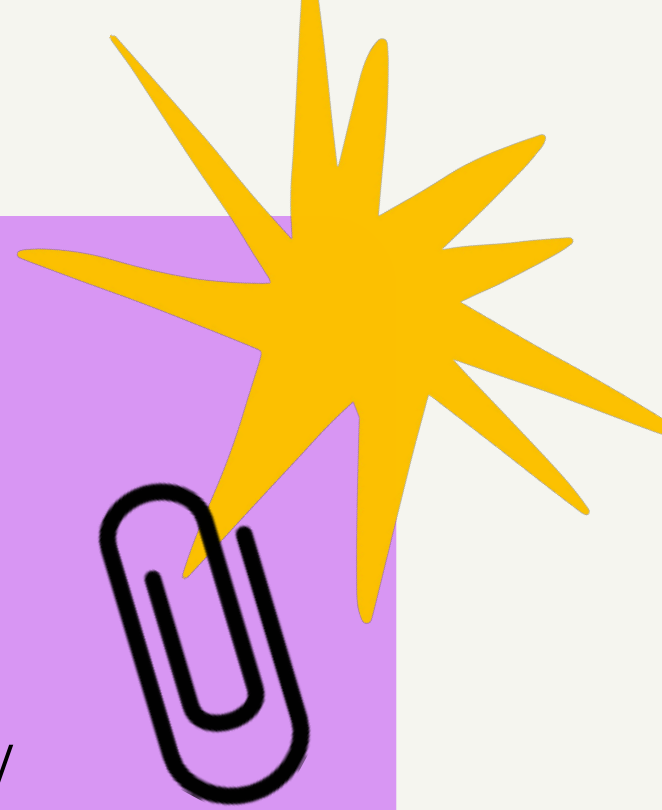
- Nicotine is highly addictive
- 90% of adult smokers began using before the age of 18
- Changes the way synapses are formed which alters the way the brain controls attention and learning
- Decreases impulse control
- Can increase stress levels
- Can harm the parts of the brain that control attention, learning, and mood
- Can worsen anxiety symptoms and amplify feelings of depression



Nicotine Withdrawal



- Having cravings for cigarettes/ nicotine product
- Feeling down or sad
- Having trouble sleeping
- Feeling irritable, on edge, or grouchy
- Having trouble thinking clearly and concentrating
- Feeling restless and jumpy
- Having a slower heart rate
- Feeling more hungry or gaining weight



Community

Conversation #2

E-Cigarettes:

- What are the effects and health risks, if any, of using e-cigarettes?
- How do you think e-cigarettes impact a teen's developing brain?
- How popular is using e-cigarettes? Does it feel like "everyone is doing it"?
- What sort of peer pressure exists for teens to try or use e-cigarettes?
- Where are students getting information about e-cigarettes? Of these sources, who do you trust most to provide accurate information about vaping?
- What are the differences and similarities between cigarettes (or other traditional tobacco products) and e-cigarettes/vaping devices?
- If e-cigarettes did not come in a variety of flavors do you think teens would still use them? why/why not?
- How do you think acceptance of using tobacco products has changed over time?
- Thinking about your neighborhood/community, how many vape shops or tobacco retailers do you see on a regular basis? Does this impact your thoughts or ideas on e-cigarettes?





Community

Conversation #3

Cannabis

KEY TERMS



1

CANNABIS

Cannabis is a plant from which the dried leaves, flowers,

2

THC

stems, or seeds are (tetrahydrocannabinol) is psychoactive & alters the mind & is harmful to the developing brain.

3

CBD

(cannabidiol) is non-psychoactive- meaning it can't get you

THC vs. CBD

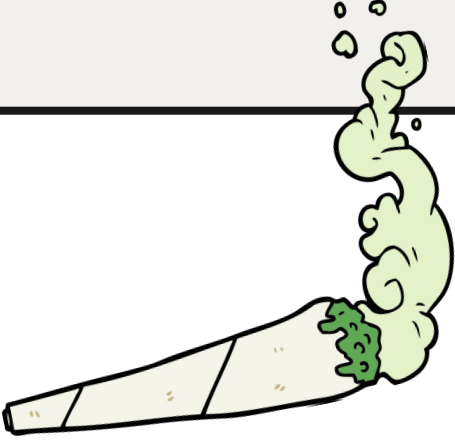
THC

THC is the psychoactive drug that comes from Cannabis. THC, Tetrahydrocannabinol, is what gives cannabis its addictive psychoactive property, meaning it makes the user feel “high.” It has never been FDA approved for any medical treatment.

CBD

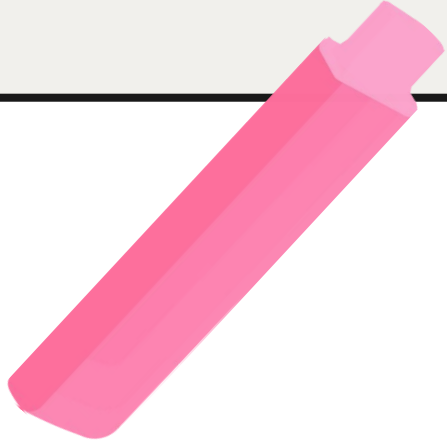
CBD, Cannabidiol, doesn't make you high or addict you. It is claimed to be a cure for many medical conditions but so far there is only evidence that it can be safe and effective for doctors to prescribe to patients who have certain diseases.

METHODS OF CONSUMPTION



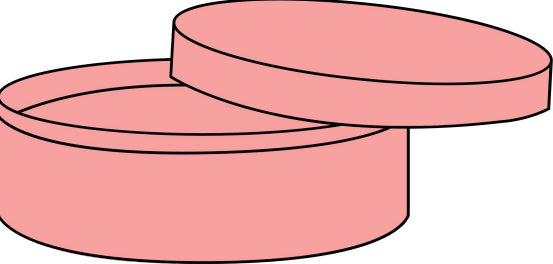
COMBUSTIBLES

Smoked cannabis products



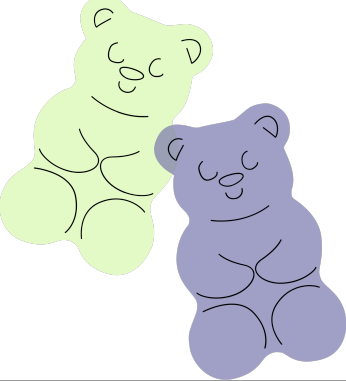
VAPES

Dry herb or concentrates in a battery operated device



CONCENTRATES

THC extracted into an oil or wax substance. Very high levels of THC.



EDIBLES

Food and drink products in packaging that may mimic familiar or trusted brands

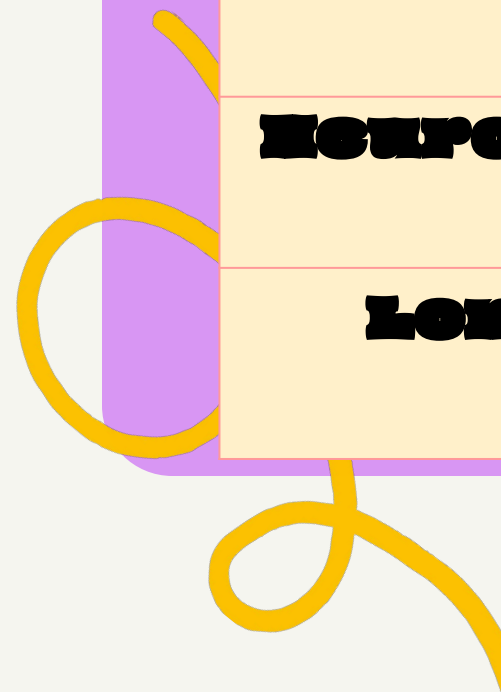



What's the Difference (& why)?

The way that cannabis is consumed changes the time it takes to feel the effects. This is because the time it takes your body to absorb THC in your lungs, mouth, skin, or stomach varies naturally. This can lead to a THC overdose if more is taken in attempt to rush the onset of effects.



THC Adults vs. Teens

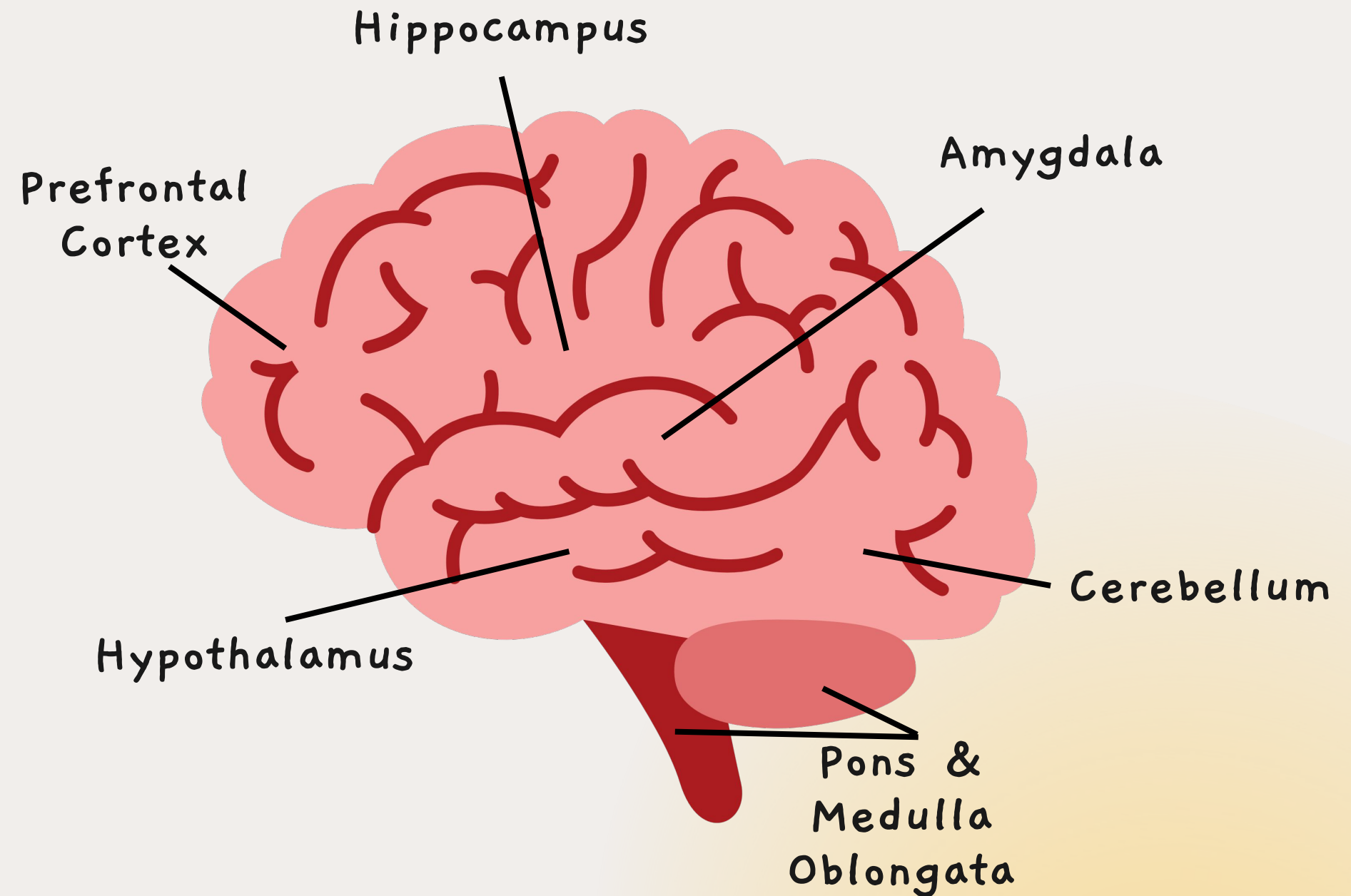


Effect	Teens	Adults
Increases heart rate and the risk of experiencing a heart attack	✓	✓
Causes harm to mouth, throat, and lung tissues and damages small vessels	✓	✓
Increases the risk of experiencing more frequent and severe lung illnesses	✓	✓
Increases the risk of developing cancer and lung diseases	✓	✓
Decreases immunity	✓	✓
Long-term difficulty thinking and problem solving	✓	
Neuro developmental delays in coordination and reaction time	✓	
Long-term attention, memory, and learning difficulties	✓	

Parts of the brain

affected

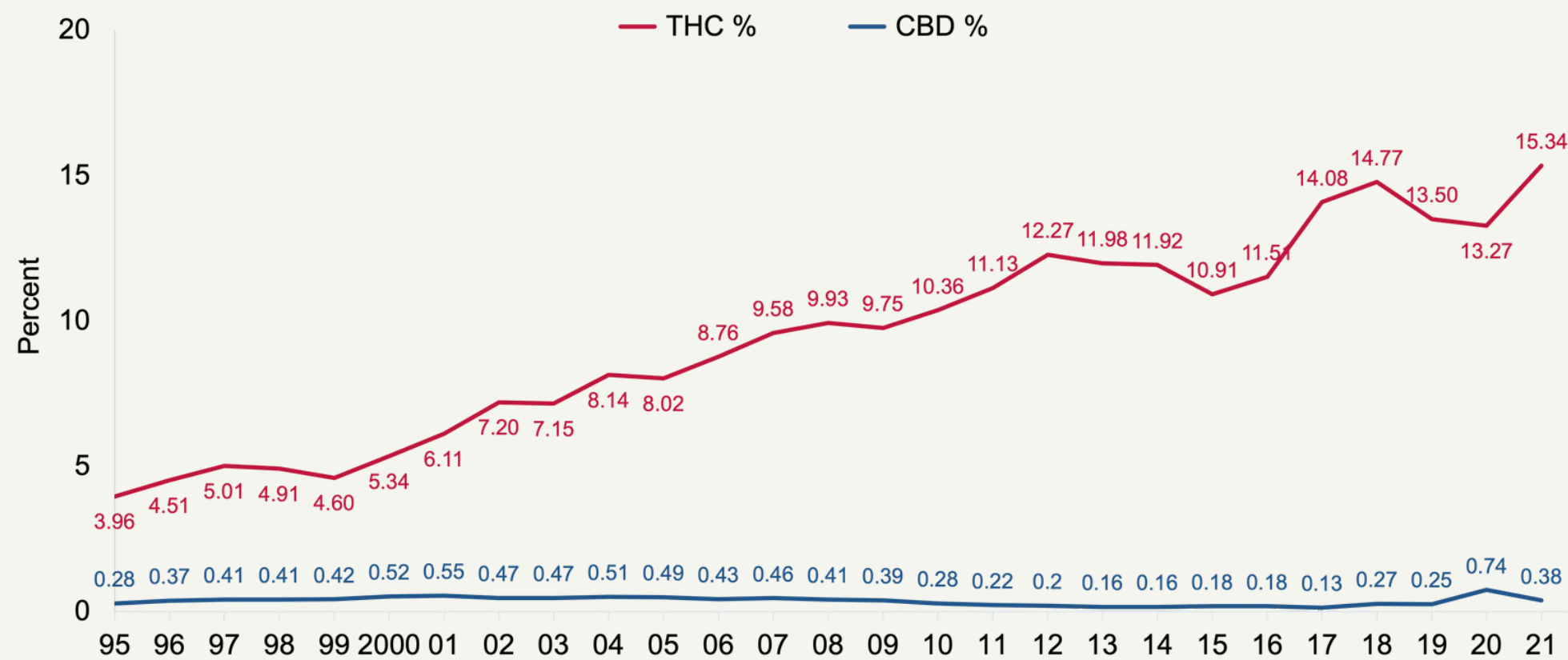
- Prefrontal Cortex – cognition
- Hypothalamus – appetite
- Amygdala – emotion processing
- Hippocampus – memory
- Cerebellum -
movement/coordination
- Pons & Medulla oblongata – heart
rate, breathing, blood pressure,
sensation



The Dangers of THC

POTENCY

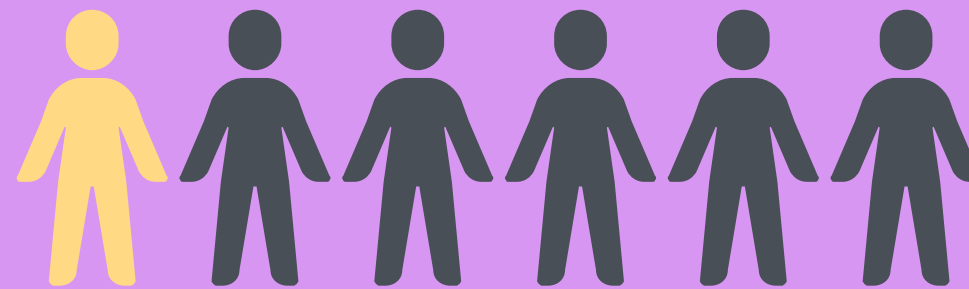
Percentage of THC and CBD in Cannabis Samples Seized by the DEA, 1995-2021



SOURCE: U Miss, Potency Monitoring Project

- Marijuana potency has increased in the past decades, up from about 4% in the 1980s to an average of 15-20% today.
- Marijuana extracts, used in dabbing and edibles, can contain an average of 50% and up to 90% THC.

CANNABIS USE **DISORDER/ADDICTION**



1 in 6 teenagers who use cannabis today will become addicted.

Regular cannabis use in adolescence can result in addiction and an increased risk of developing a serious mental illness.

9 in 10 people who struggle with drug addiction started using when they were teens.

Community

Conversation #3

Cannabis:

- What are 2 facts about cannabis that you learned or found surprising?
- Has the changing legalization across the US influenced how people think about marijuana?
- Where are students getting information about marijuana? Of these sources, who do you trust most to provide accurate information about marijuana?
- Do teens and/or adults believe that marijuana use is harmful or addictive? why/why not?
- What are the effects and health risks, if any, of using marijuana?
- How do you think marijuana impacts a teen developing brain?
- How does marijuana impact certain tasks like driving, doing school work or playing sports?
- How does mental health and/or stress impact marijuana use among teens?
- How accessible is marijuana in our community and is this a factor for use?





Community

Conversation #4

Alcohol

Substance Use Influences &
Motivations

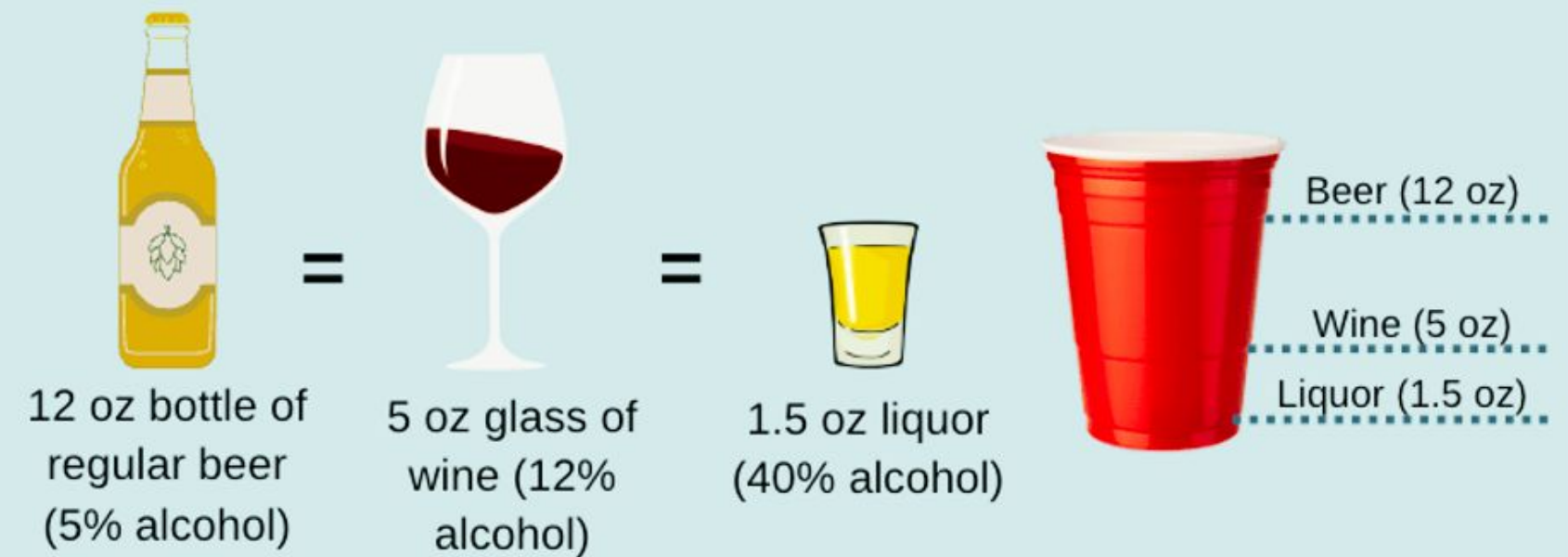
Alcohol Facts

- Alcohol is a depressant
- Illegal for anyone under the age of 21
- Harmful to the underage person's brain and body



The body metabolizes 1 standard drink every 1 hour

WHAT'S A STANDARD DRINK?



WHAT'S MORE THAN A STANDARD DRINK?



Blood Alcohol Concentration & Binge Drinking

Binge Drinking:

- A pattern of drinking that brings the blood alcohol concentration (BAC) to 0.08%
- 4 or more drinks for females within 2 hours
- 5 or more drinks for males within 2 hours
- For youth
 - 3 drinks for girls
 - 3-5 drinks for boys

Approximate Blood Alcohol Content (BAC) In One Hour
Source: National Highway Traffic Safety Administration

Drinks	Body Weight In Pounds								Influenced
	100	120	140	160	180	200	220	240	
1	.05	.04	.03	.03	.03	.02	.02	.02	Possibly
2	.09	.08	.07	.06	.05	.05	.04	.04	
3	.14	.11	.11	.09	.08	.07	.06	.06	Impaired
4	.18	.15	.13	.11	.10	.09	.08	.08	
5	.23	.19	.16	.14	.13	.11	.10	.09	Legally Intoxicated
6	.27	.23	.19	.17	.15	.14	.12	.11	
7	.32	.27	.23	.20	.18	.16	.14	.13	
8	.36	.30	.26	.23	.20	.18	.17	.15	

.00 – .05 = “Buzz Zone”

- Euphoria, feelings of warmth and relaxation
- Loss of shyness, lowered inhibitions
- Judgment somewhat impaired

.06 – .11 = Drunk Zone

- Impairment of reaction time and muscle control
- Judgment further impaired
- Mood swings, possibly embarrassing behavior
- Legal limit for driving, 21 and over: 0.08
- Impaired sexual pleasure/performance

.12 – .15 = Elevated Risk Zone

- Vomiting likely
- Balance and movement substantially impaired
- Risk of injury
- Very poor decision making

.15 – .25 = High Risk Zone

- “Alcohol Blackout” likely
- Loss of consciousness possible
- Risk of choking on vomit

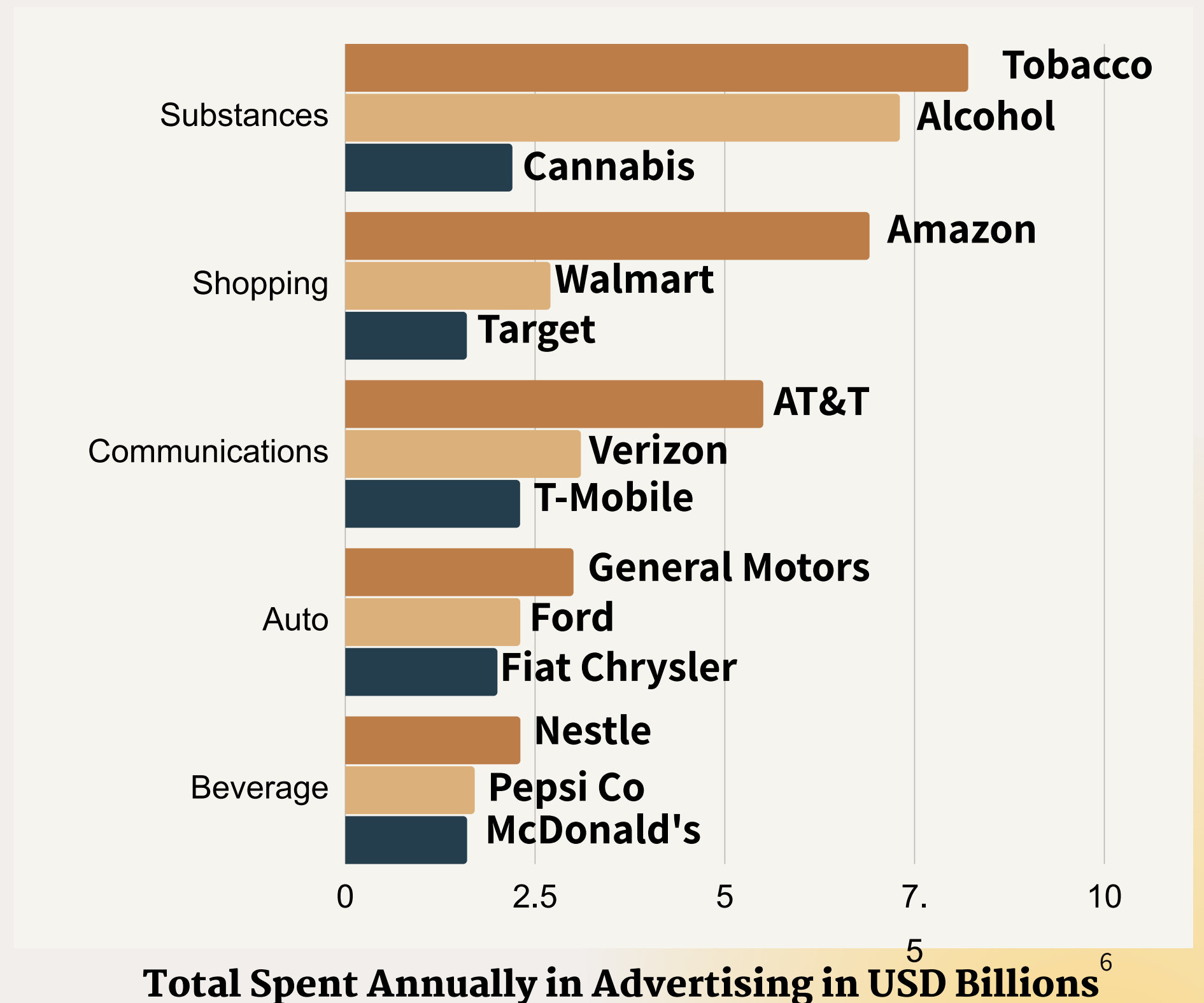
.25+ = Medical Emergency Zone

- Loss of consciousness
- Risk of choking on vomit
- .45 = Fatal BAC in 50% of population
- Loss or slowing of involuntary reflexes
- Death

Influences & Motivations

Advertising

- Companies spend billions of \$\$ on promotion of tobacco, alcohol and cannabis
- Adolescents with exposure to marijuana advertisements on the internet in recent months were 80% more likely to report marijuana use in the last 30 days than adolescents with no such exposure.
- Calling youth their "replacement smokers," tobacco companies callously and aggressively advertise to youth, because they know they are killing their current customers. (American Lung Association)



Influences & Motivations

Media

- On average, a drinking scene is shown every 22 minutes on American television.
- Teenagers who were allowed to watch more than three R-rated films per month were found to be five times more likely to drink alcohol compared with teenagers who watched none.

Social Media

- #vapelife – over 16 million posts
- #vapecommunity – over 11 million posts
- #eliquid – almost 6 million posts
- #vapefriends – over 3 million posts
- #420 – over 39 million post
- #710 – almost 10 million posts



Motivations to Use

**To Feel
Older**

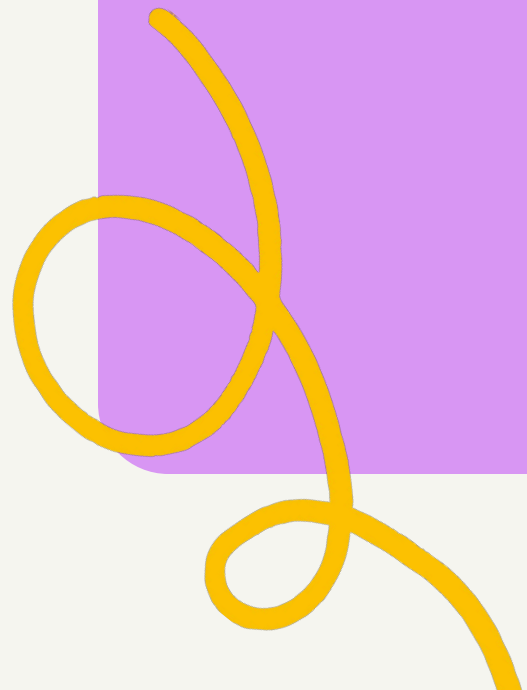
**To Fit In and
Belong**

To Relax

**To Satisfy
Curiosity**

**To
Self-Medic
ate**

**To Take
Risks**



Motivations NOT to Use Substances



- Be In control of your body and actions
- Bad for your health
- Safety concerns

- Trouble with Parents/ Disappoint Parents
- Legal Consequences

- Lost Extracurricular Eligibility
- Jeopardize Future Plans

Community

Conversation #4 Alcohol, Influences & Motivations

- How is alcohol use portrayed in society; both underage use and adult use? And is that an accurate portrayal?
- How can drinking alcohol interfere with reaching your goals?
- Based on your personal experiences, who or what influences your opinion about substances?
- How much do you think the media and advertising influence teens on substance use?
- What sort of peer pressure exists for teens to try or use substances?
- How do you handle peer pressure?
- How does mental health impact substance use and vice versa?
- What are your motivations to not use substances?
- What resources exist in your community to help someone who might be struggling with substance use?
- How can you continue these conversations as a family?



How to Reach us!



Family/Caregiver Resources

