



# Preventing Teen Drinking & Marijuana Use

Helpful Tips & Talk to Address Concerns



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# Learning Objectives

- Gain an understanding of adolescent substance use as it relates to Benton County and OSU families
- Discuss concerns related to adolescent substance use
- Identify helpful prevention strategies

Save time for questions...





# Teen Alcohol & Marijuana Use

The data & what we know

# Substance Use in Benton County

- Grade 6      A (n=351)    M (n=381)
- Grade 8      A (n=393)    M (n=408)
- Grade 11     A (n=273)    M (n=281)

Class	Alcohol	Marijuana
Grade 6	3.9%	0.4%
Grade 8	11.6%	4.3%
Grade 11	24.0%	14.0%

Numbers represent students that reported they had at least one drink in the past 30 days.

Numbers represent students that reported they had used marijuana at least once in past 30 days.

# Adolescent Initial Substance Use

## The Data:

- In 2013 an average of 12,500 new alcohol users per day
- 83.5% of those new users were younger than age 21 at the time of initial alcohol use
- 59.1% new users were younger than 18 y.o.
- Average age in 2013 was 17.3 years-old for first alcohol use

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2013

## The Month: December

- Nationally, more youth initiate alcohol use December than any other month
- On average 11,000 first time users a day in this month in comparison to between 5-8,000 in other months
- NSDUH survey results confirm that adolescents are more likely to try substances for the first time during summer months of June, July and the month of December

Source: Linn Together <http://www.linntogether.org/resources>

# Adolescent perceptions on availability of MJ

- Perceptions NSDUH
- Perceptions Oregon Student Wellness Survey

\*Youth aged 12-17 nationally reporting it would be “fairly easy” or “very easy” for them to obtain marijuana if they wanted some

\*\*Adolescents that report easy availability in Benton County (Grade 11)

Group	Alcohol	Marijuana
National	—	*48.6%
Benton Co.	—	**66.4%



# Marijuana





# Marijuana Potency

- In the 1980's the THC in plant/leaf form was 3% in comparison to 20% today, some even higher
- High concentrate forms in 2014 were tested between 40-80% by DEA and today are now found to be as high as 90%
- Oregon marijuana-related calls to the Poison control center increased by 41% since 2013



# Warning Signs of Substance Use

Indicators along with prevention strategies & discussion

## Indicators are not Proof

- Change in behavior
- Change in personal appearance
- Changes in relationships with friends or family
- Unexplained loss of money or goods
- Disappearing for long periods of time
- Mood changes
- Decreased motivation
- Poor grades
- Avoiding eye contact

## Strategies are not Solutions

- Talk to them
- Talk to teachers, coaches, mentors
- Talk to their friends and parents
- Talk to other family members
- Modeling healthy drinking behaviors
- Encourage friends & family not to offer alcohol to teens
- Serve alcohol free holiday drinks for all age groups at festive gatherings
- Keep alcohol secure or removing it from your home after celebrations

## Parental Involvement

- In 2013 the rate of past month illicit drug use, cigarette use and binge alcohol use was lower among youth aged 12-17 that reported their parents always or sometimes engaged in supportive or monitoring behaviors than among youth whose parents seldom or never engaged in such behaviors (extent of support, checked on homework, provided help, provided monitoring and supervision, provided praise) 7.3% always or sometimes vs 14.7% seldom/never
- 88.5% of youth reported that their parents always or sometimes made them do chores around the house
- 40.8% of youth reported that their parents limited the amount of time they watched television

Resources available to you:

**Benton County Substance Abuse & Behavioral Health Treatment**

530 NW 27<sup>th</sup> Street Corvallis OR 97330 541.766.6835,  
888.232.7192 crisis services 24/7

\*Substance use evaluations, drug testing, group therapy,  
co-occurring disorders

**Emergency Treatment Program**

425 SW Madison Ave, Ste #O Corvallis OR 97333  
541.758.8022

\*Substance use evaluations, drug testing and treatment

**Milestones Outpatient Program**

518 SW Third Street Corvallis OR 97333 541.757.7534

\*Substance use evaluations, drug testing and treatment

## More Resource Info

Jay VanDenBogaard, MS, LPC, CADC III

OSU Student Health Services

Plageman Building

541.737.9355

Resources available to you:

**Collegiate Recovery Center**

125 McNary Building

& Dixon Lodge

Corvallis OR 97331

Coffee Hours (Open to all) times vary

Contact John Ruyak for more information @

541.737.1184

Young Person's AA (Open to all)

Thursday 8:30-9:30pm

Friday Night Hangouts

Friday 7pm (movie starts @ 7:30)

Meeting the Need NA

Sunday 12-1pm

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Resources available to you:

**Alcoholics Anonymous**

<http://aaoregon-district21.org>

541.967.4252 24-hour hotline

**Narcotics Anonymous**

<http://lbana.org>

877.233.4287

**Marijuana Anonymous**

<https://www.marijuana-anonymous.org/how-it-works>

800.766.6779

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