



OKLAHOMA STATE DEPARTMENT OF
EDUCATION
— CHAMPION EXCELLENCE —

Drugs and Alcohol in Schools

What is trending, how to spot it,
and the role of the counselor



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This will allow us to send you Professional
Development and CEU certificates.

<https://tinyurl.com/DrugsWebinar>



Presenters

Gina Pratt

Senior Agent
Alcohol Beverage Laws Enforcement Commission
405-521-3484 or Gina.Pratt@able.ok.gov

Michelle Sutherlin

Director of Prevention Services
Oklahoma State Department of Education
405-521-2106 or Michelle.Sutherlin@sde.ok.gov



Presenters



Gina Pratt



Michelle Sutherlin



Health and Safety



Alcohol Costs & Consequences
Risk Include: Academics, Athletics and Overall Health!



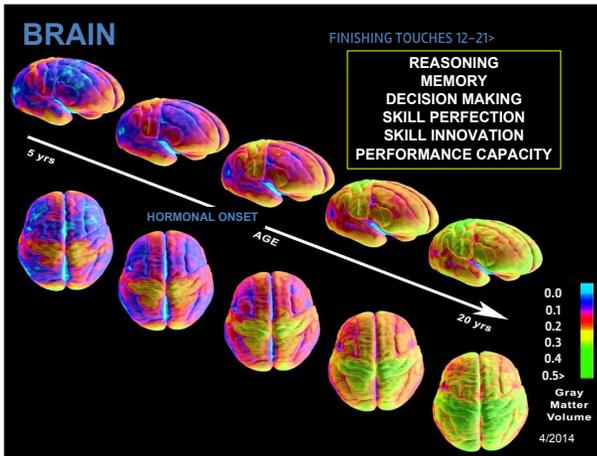
Why is 21 a good drinking age?

- Brain Development proceeds in stages
 - Typically from back to front
- The Pre-Frontal Cortex – associated with impulse control, consequences, context, and judgment
- The prefrontal cortex matures fully at the average age of 24!

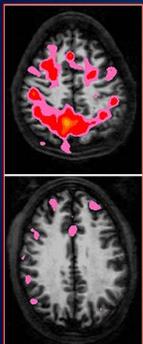


Brain Development Information provided by Southwest Prevention Center. SAPST Training





Brain Activity



Normal

15 year old

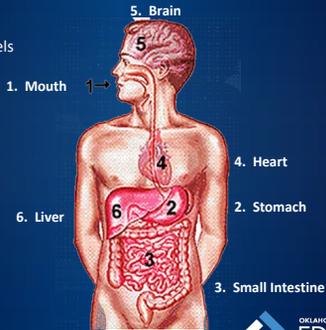
Alcohol User



Physiology

The Body

How Alcohol Travels



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Blood Alcohol Concentration (BAC)

Determining Factors

- The quantity and type of alcohol consumed
- Amount of alcohol in the bloodstream
- Gender (Women tend to have a slightly higher BAC than men after drinking the same amount)
- Weight
- Presence of food in the stomach



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Blood Alcohol Concentration (BAC)

Causes of BAC Variations

- Amount of alcohol in the bloodstream.
- Gender – Women tend to have a slightly higher BAC than men after drinking the same quantity because they have less body fluid to dilute the alcohol
- Weight
- Speed of drinking



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Points to Ponder

The liver metabolizes alcohol almost exclusively. This means that the liver is one of the first parts of the body to suffer the harmful effects of heavy drinking.



Blood Alcohol Concentration (BAC)

Alcohol Impairment Charts

- Female
- Male

.08% BAC is an illegal amount

How can you tell what a person's BAC is?

How much can a person safely drink and drive?

Blood Alcohol Concentration (BAC)

How much can an individual safely drink and drive?

- Alcohol begins to adversely affect the body at approximately 0.02%.
- It is impossible to say that a certain number of grams of alcohol or a certain number of drinks will ensure safe driving.
- Impossible to predict the exact effect.
- The only truly "safe" level is not to drink alcohol and drive.



Laws, Regulations & Ordinances

Title 37

It is unlawful for:

- Any person who, in any public place, be intoxicated except as authorized by the ABC Act.



What is a standard drink?

12 fl oz of regular beer	=	8-9 fl oz of malt liquor (shown in a 12 oz glass)	=	5 fl oz of table wine	=	1.5 fl oz shot of 80-proof spirits (“hard liquor”—whiskey, gin, rum, vodka, tequila, etc.)
						
about 5% alcohol		about 7% alcohol		about 12% alcohol		about 40% alcohol

The percent of “pure” alcohol, expressed here as alcohol by volume (alc/vol), varies by beverage.



The Red Solo Cup



Beer (2nd from top line)

Malt Liquor

Wine (2nd from bottom line)

Liquor (bottom line)



Points to Ponder

So, how does one sober up?



- Drink coffee?
- Drink water?
- Be sick/vomit?



Points to Ponder

So, how does one sober up?

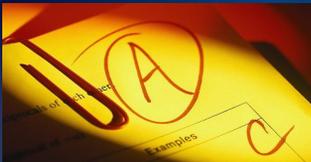


**Stop drinking
and wait!**

There is nothing that can be done but wait for the liver to process the alcohol out of the body.



Academics



Heavy and binge alcohol drinkers age 12-17 compared to those who did not drink alcohol in the past month were:

- Twice as likely to have poor school work
- 4-6 times more likely to cut classes or skip school
- To show direct correlation to lower GPAs based on the number of incidences of binge drinking



Age makes a difference

- University at Buffalo's Research Institute on Addictions quantified increased risk of having adult drinking problem *due to drinking alcohol as adolescents*.
- The likelihood of alcohol abuse / dependence increases by 12% for each year of decrease in the age at first drink.
- The earlier an individual begins drinking alcohol, the greater the degree of routine alcohol intoxication in adulthood.



Social Host Law



Social Host Law

Q: What is a social host law?

A: A social host law forbids a person who owns or controls (e.g. leases or is steward over) a premises to allow underage people to drink alcohol on said premises.



Social Host Law

Q: What is a social host law?

A: Adults or minors may be charged with violations of this law



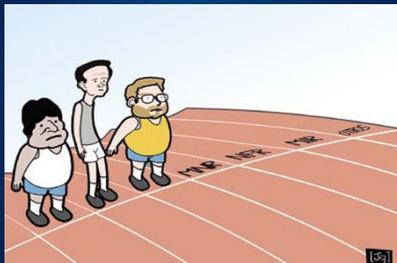
Social Host Law

Q: Why is a social host law necessary?

A: Most youth obtain and drink alcohol on private property.

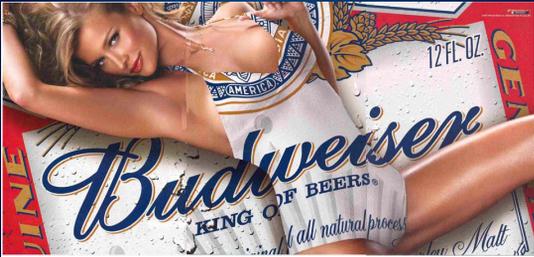


In this race to deter underage drinking, what's our competition?

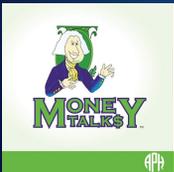


Our Competition

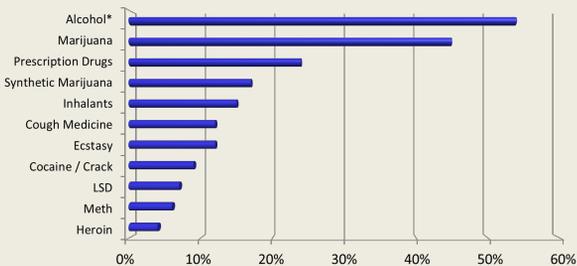
Billboards, TV, Product Packaging



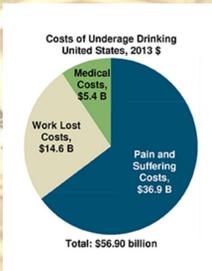
Perhaps it's this?



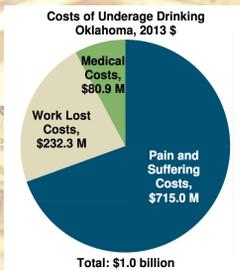
National Drug & Alcohol Scene



Underage Drinking Annual Cost



Underage Drinking Annual Cost in Oklahoma



Underage Drinking Annual Cost in Oklahoma

**Costs of Underage Drinking by Problem,
Oklahoma, 2013 \$**

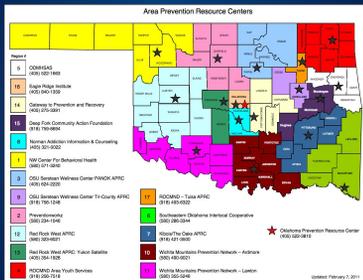
Problem	Total Costs (in millions)
Youth violence	\$656.1
Youth traffic crashes	\$105.6
High-risk sex, Ages 14–20 years	\$83.0
Property and public order crime	\$3.8
Youth injury	\$44.1
Poisonings and psychoses	\$8.8
Fetal alcohol syndrome among mothers aged 15–20 years	\$31.1
Youth alcohol treatment	\$9.5
Total	\$1,022.2 (e.g. \$1.0 B)

Alcohol's Impact on Oklahoma's Young People

- Oklahoma ranks #3 nationally for the percentage of alcohol consumed by underage youth.
- Underage drinkers account for nearly 17% of all alcohol consumed in Oklahoma totaling \$253.6 million in sales and providing \$126.6 million in profits to the alcohol industry in 2013.
- 63.6% of Oklahoma adolescents ages 12-17 perceive no great risk from having 5 or more drinks once or twice per week.
- 18.8% of Oklahoma 12th graders drove a car or other vehicle when they had been drinking alcohol...past 30 days!



Oklahoma Area Prevention Resource Centers



Oklahoma Prevention Needs Assessment

The OPNA is a statewide survey administered by ODMHSAS to students 6th, 8th, 10th and 12th during even-numbered Spring semesters. The survey measures risk behaviors such as violence and alcohol, tobacco and other drug use that can result in injury and/or impede positive development among Oklahoma youth and also evaluates risk and protective factors, which are attitudes, behaviors and opinions that research has shown to be highly correlated with these risk behaviors.



Oklahoma's Underage Drinking Problem

According to the 2014 Oklahoma Prevention Needs Assessment:

- Youth reported having drunk alcohol
 - 6th grade – 23.1%
 - 8th grade – 40.1%
 - 10th grade – 57.5%
 - 12th grade – 66.1%
- 40% of 12th graders reported alcohol consumption in the last 30 days.



Oklahoma's Underage Drinking Problem

According to the 2014 Oklahoma Prevention Needs Assessment:

- Highest drinking sources among Oklahoma 6th graders
 - From home with parents' permission – 30.6%
 - Someone I know age 21 or older – 29.8%
 - Other – 29.7%
 - From home without parents' permission – 23.6%



Oklahoma's Underage Drinking Problem

According to the 2014 Oklahoma Prevention Needs Assessment:

- Highest drinking sources among Oklahoma 8th graders
 - From someone age 21 or older – 38.8%
 - From home without parents' permission – 28.5%
 - Other – 27%
 - From home with parents' permission – 26.6%



Oklahoma's Underage Drinking Problem

According to the 2014
Oklahoma Prevention Needs Assessment:

- Highest drinking sources among Oklahoma 10th graders
 - Someone I know age 21 or older – 51.5%
 - Someone I know under 21 – 29.6%
 - Other – 23%
 - From home with parents' permission – 22.4%
 - From home without parents' permission – 20.4%



Oklahoma's Underage Drinking Problem

According to the 2014
Oklahoma Prevention Needs Assessment:

- Highest drinking sources among Oklahoma 12th graders
 - Someone I know age 21 or older – 61.7%
 - Someone I know under 21 – 25.2%
 - From home with parents' permission – 20.3%
 - Other – 19.3%



Underage Drinking Trends for Oklahoma



Binge drinking happens when males consume 5 or more drinks, and when female consume 4 or more drinks, in about 2 hours.

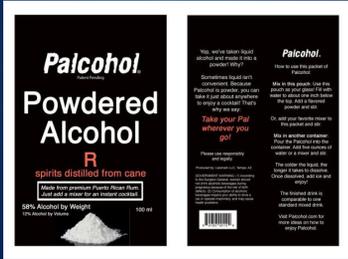
Risks associated with binge drinking

- Alcohol poisoning
- Sexually transmitted diseases
- Unintended pregnancy
- Liver disease
- School problems
- Social problems
- Abuse of other drugs
- Physical and sexual assault
- Higher risk for suicide and homicide



New Trends

Powdered Alcohol may be coming to a liquor store near you!



AlcoholEdu



- AlcoholEdu is for all Oklahoma High Schools and Middle Schools!
- Currently available at NO COST to every high school in Oklahoma.
- ODMHSAS covers the fee to ensure statewide adoption of AlcoholEdu as part of its 2M2L underage drinking prevention initiative.



AlcoholEdu

- Created by the prevention team at EverFi, Inc.
- A nationally recognized program.
- Included on SAMHSA's National Registry of Evidence-Based Programs and Practices (NREPP).
- Proven to increase knowledge, change student attitudes and behaviors, and most importantly reduce the negative consequences associated with underage drinking.



AlcoholEdu

- AlcoholEdu is an online alcohol prevention program that takes a project-based approach to learning, giving students the opportunity to travel through a community to better understand the risks around drinking alcohol.



AlcoholEdu

- Students travel through different points in the community (ex. the town hall, a pizza place, a friend's house). Student progress unlocks various tools to help them design a billboard containing positive social messages they have learned throughout the course.
- Interactive format helps students understand how their decisions impact their own lives and their community.
- Incorporates multiple evidence-based learning theories to drive changes in students' attitudes and behaviors.



AlcoholEdu

- It has shown to improve students' ability to choose to not drink and also to not ride with someone who is impaired.
- Thousands of Oklahoma students are already accessing AlcoholEdu this year!
- You can get AlcoholEdu for free. Just reach out to ODMHSAS, Tiffani Henry - Alcohol Program Director at Tiffani.Henry@odmhsas.org



Alcohol Quiz



Alcohol Quiz



Alcohol Quiz



Alcohol Quiz



Alcohol Quiz



Alcohol Quiz



Alcohol Quiz



Alcohol Quiz



Alcohol Quiz



Alcohol Quiz



Alcohol Quiz



Alcohol Quiz



Alcohol Quiz



Alcohol Quiz



Alcohol Quiz



Alcohol Quiz



Drug Trends

- Drug overdose deaths increased eightfold from 1999 to 2012, surpassing car crashes.
- Slight recent decline from 870 in 2014 to 823 in 2015.
- Current waiting list for state-funded residential substance-abuse treatment is 800 people long.

According to Newsok.com/article/5512754

Drug Trends

Marijuana
Synthetic Marijuana
Methamphetamine
Prescription Drugs
Etc.

Marijuana

- Surveys indicate that about 33 percent of all patients in emergency rooms test positive for either alcohol or marijuana in their systems.
- New data has shown that marijuana smoke has a higher concentration of carcinogenic substances than tobacco smoke. It is linked as a cause of lung problems such as bronchitis and emphysema, and studies confirm damage to brain cells, nerve cells and reproductive organs which have led to still births and birth defects. In addition, acute memory loss and lowered immune systems also have been traced to marijuana smoking.

According to the Oklahoma Bureau of Narcotics



K2

K2 is the brand name for a synthetic blend of ethno botanicals (natural drugs) found in herbs and plants. The manufactures blend this material into a smokeable product that looks like a cross between marijuana, oregano, and tobacco. K2 is marketed as the legal alternative to marijuana. The producers, mostly relying on online sales, are very cagy about what K2 actually contains.

According to the Oklahoma Bureau of Narcotics



Methamphetamine

- Methamphetamine is a very potent form of the stimulant amphetamine. Sometimes referred to as "crank" or "crystal meth," methamphetamine is typically a yellowish, brownish, or off-white powder, although it will be closer to a pure white powder depending upon its purity and the integrity of the cooking process used to produce it.
- Methamphetamine is usually injected or snorted. It is sometimes available in a rock, smokeable form known as "ice." (not to be confused with smokeable cocaine known as "crack") Regardless of the form in which it is ingested, methamphetamine causes agitation, increased body temperature, paranoia, and may even lead to a condition known as "amphetamine psychosis" or death.

According to the Oklahoma Bureau of Narcotics



Prescription Medication

Commonly Misused Prescription Drugs

- Narcotics
 - Morphine
 - Heroin
 - Codeine
-
- RX Disposal Boxes
 - Prescription Lock Boxes

According to the Oklahoma Bureau of Narcotics



Naloxone

- Oklahomans can get naloxone at a pharmacy without a prescription
- Drug that can reverse opioid overdose when used in enough time
- There are talks about getting this into schools

According to Newsok.com/article/5512754



Common Signs of Drug Misuse

1. Changes in attendance at work or school.
2. Change from normal capabilities (work habits, efficiency, etc.)
3. Poor physical appearance, including inattention to dress and personal hygiene.
4. Wearing sunglasses constantly at inappropriate times (indoors or at night, for instance) not only to hide dilated or constricted pupils but also to compensate for the eye's inability to adjust to sunlight. Marijuana causes blood shot eyes.
5. Unusual effort made to cover arms in order to hide needle marks.
6. Association with known drug users.
7. Stealing items which can be readily sold for cash (to support a drug habit).

According to the Oklahoma Bureau of Narcotics



Your Response as a Counselor

Acknowledge

Encourage

Provide Resources

Educate



Acknowledge

- Educate yourself
 - Current trends
 - articles
 - trainings
- Talk to your administrators, teachers, students & parents about the problem
- Gain knowledge on special community conditions
- OSDE Resource Library



Encourage

- When a student gets caught, your role is to help them move forward
 - NOT investigate
 - NOT give consequences
- Talk with the parent every time and let them know they are not alone



Resource Library



Total

- 66 DVDs
- 19 Curriculums
- 64 Books

Substance Abuse

- 15 DVDs
- 4 Curriculums
- 4 Books



Resource Library

DVDs

- Crystal Darkness
- Drugged Driving: The Hidden Dangers
- I Can't Breathe
- Meth Inside Out: Brain Behavior
- Meth Inside Out: Human Impact
- Meth Inside Out: Windows to Recovery
- National Institute on Drug Abuse Teaching Packet
- PACT 360
- Scene Smoking: Cigarettes, Cinema, and the Myth of Cool
- Smoke Screeners
- The Blunt Truth: Communities Dealing with Marijuana
- The Road to Nowhere
- The High is a Lie
- This Place
- Twelve: Is there life after rehab in recovery?



Resource Library

Curriculum

- Alcohol True Stories
- The Effects of Abusing Prescription Drugs
- Project TNT
- Protecting You, Protecting Me

Books

- Addiction-Proof Your Child
- How to Raise a Drug-Free Kid
- Street Drugs: A Drug ID Guide
- Treating Tobacco Use and Dependence



Parents Helping Parents

- Parents Helping Parents was initially established in 2001 by a group of Oklahoma City metro parents desperate for support during their children's substance use.
- Chapters in Edmond, Enid, McAlester, Norman, Shawnee, Tulsa, and Wichita, Kansas.
- www.parentshelpingparents.info



Provide Resources

- Articles
- Treatment facilities
- Counseling
- Resource lists
- Support groups



Educate

- Guidance lessons
- Parent nights
- Teacher professional development
- Newsletters



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