

HIDDEN IN PLAIN SIGHT



# REACHCOUNCIL

Providing community and school-based prevention programs and recovery support services to the communities of Ellis and Johnson counties.



# Physical warning signs of drug abuse

Bloodshot eyes, pupils larger or smaller than usual

Changes in appetite or sleep patterns. Sudden weight loss or weight gain

Deterioration of physical appearance, personal grooming habits

Unusual smells on breath, body, or clothing

Tremors, slurred speech, or impaired coordination

# Behavioral signs of drug abuse



Drop in attendance and performance at work or school



Unexplained need for money or financial problems. May borrow or steal to get it.



Engaging in secretive or suspicious behaviors



Sudden change in friends, favorite hangouts, and hobbies



Frequently getting into trouble (fights, accidents, illegal activities)

Unexplained change in personality or attitude

Sudden mood swings, irritability, or angry outbursts

Periods of unusual hyperactivity, agitation, or giddiness

Lack of motivation; appears lethargic or "spaced out"

Appears fearful, anxious, or paranoid, with no reason

# Psychological warning signs of drug abuse

# Warning signs of teen drug abuse



Having bloodshot eyes or dilated pupils; using eye drops to try to mask these signs



Skipping class; declining grades; suddenly getting into trouble at school



Missing money, valuables, or prescriptions



Acting uncharacteristically isolated, withdrawn, angry, or depressed



Dropping one group of friends for another; being secretive about the new peer group



Loss of interest in old hobbies; lying about new interests and activities



Demanding more privacy; locking doors; avoiding eye contact; sneaking around

# When your teen has a problem: Steps parents can take

### Lay down rules & consequences



Your teen should understand that using drugs comes with specific consequences. But don't make hollow threats or set rules that you cannot enforce. Make sure your spouse and/ co-parent agrees with the rules and is prepared to enforce them.





## Monitor your teen's activity

Know where your teen goes and who he or she hangs out with. It's also important to routinely check potential hiding places for drugs as well as cell phone and app activity. Explain to your teen that this lack of privacy is a consequence of him or her having been caught using drugs.



# When your teen has a problem: Steps parents can take

Encourage other interests & social activities.



Expose your teen to healthy hobbies and activities, such as team sports and afterschool clubs.





Talk to your child about underlying issues.

Drug use can be the result of other problems. Is your child having trouble fitting in? Has there been a recent major change which is causing stress? Is he or she struggling with a mental health challenge?



# When your teen has a problem: Steps parents can take

#### **Get Help**



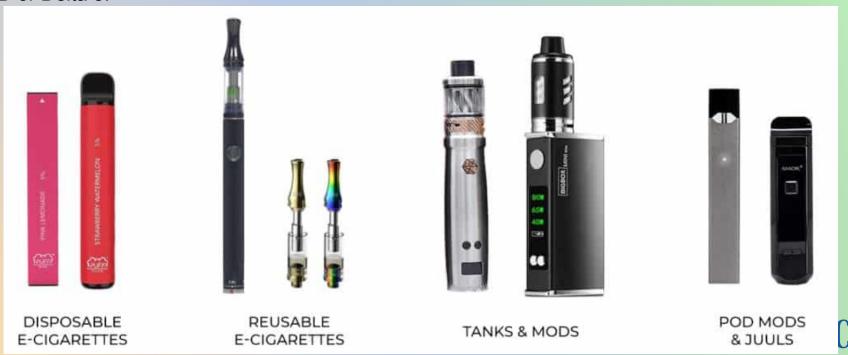
Teenagers don't always
believe what their parents say
but, if they hear the same
information from a different
person, they may be more
inclined to listen. Try a coach,
family doctor, therapist, or
counselor.





### What is a Vape?

A vape, originally called an electronic cigarette, is an electronic device that contains a chamber or cartridge that holds fluids that generally contain flavoring and a substance such as nicotine, THC, CBD or Delta 8.



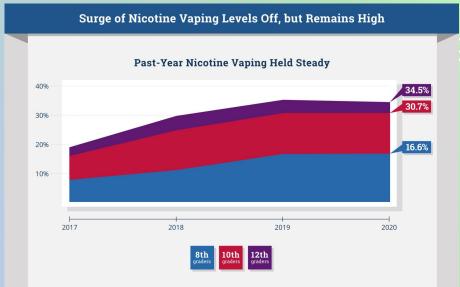
### What's Popular- Disposables





#### What's in them?



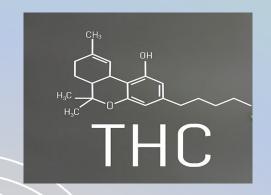




#### What's in them?



- •This is what is more commonly known as marijuana.
- •THC is delta-9-tetrahydrocannabinol and is a naturally occurring psychoactive chemical in marijuana. It is what makes users feel high.
- •THC works by attaching to the body's cannabinoid receptors, which are found throughout the brain and concentrated in areas of the brain associated with pleasure, memory, concentration, coordination and sensory and time perception.
- THC overloads these receptors and disrupts the communication between neurons in these parts of the brain.





- THC causes the brain to release excess amounts of dopamine, creating the euphoric high.
- Long term effects of THC can be unpredictable but, as the brain is still developing until around the age of 25, use of marijuana by adolescents can have a negative impact on learning, memory and long term mental health.



### Not your grandfather's marijuana

The amount of THC in marijuana products has been steadily increasing since the mid 1990's

- In 1995, marijuana seized by the DEA contained an average of approximately 4% THC
- In 2019, the average was over 14% for "flower" or "bud" marijuana
- THC concentrates in the form of Dabs, Waxes and Oils can contain anywhere from 70% to 90%+ THC





#### How is it used? THC and Dab Pens



A small amount of the THC Concentrate (aka wax) is placed into the bowl and then heated



These can look similar to nicotine vapes but the cartridge contains THC Concentrate/Oil





Dab pen located by a local company that contracts to provide drug detecting dogs to schools. The knife was used for scooping the wax into the device



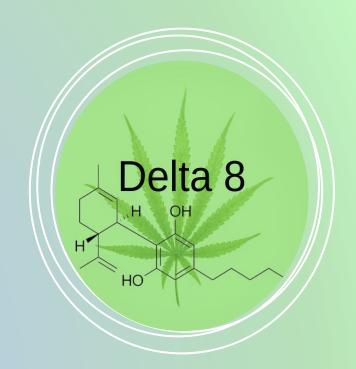
#### **CBD**

- Cannabidiol is the 2nd most prevalent ingredient in marijuana.
- It is derived from the hemp plant.
- Some derivatives contain no THC.
- In Texas, CBD may contain up to .03% THC.
- It is approved for use for patients with certain seizure disorders
- Many report that it helps with anxiety, insomnia, and chronic pain.
- It's estimated that 14% of adults use CBD
- It does not produce a marijuana-like high and is not as popular with young people.



## Delta 8 - THC

- Delta-8 is similar to Delta-9 THC (the commonly used THC)
- It is derived from the hemp plant.
- The CBD is extracted and processed in a lab to create Delta 8.
- When ingested, it creates a high similar to traditional marijuana but is less potent.
- It will cause an individual to test positive for marijuana in a drug test
- It is not currently regulated so there is no oversight or regulations on the processes used to create it.
- It's legal status is in question.





### Delta 8 - THC Products











## Delta 8 - THC Products







#### Which one is real?







Adderall



Xanax

#### What is an opioid?



Opioids are a substance used to treat pain.

They bind to the opioid receptors in the brain.

They can be natural, synthetic, or semi-synthetic.

## What is fentanyl?



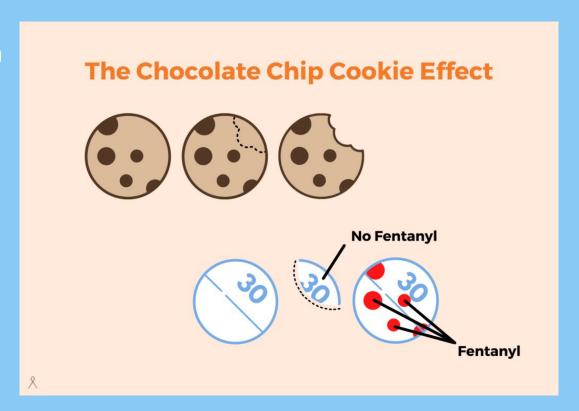
- Fentanyl is a synthetic opioid.
- It is 100 times more potent than morphine and 50 times more potent than heroin.
- It is used by doctors to treat severe and chronic pain experienced mostly by cancer patients.
- Illegally manufactured fentanyl is responsible for the increase in overdose deaths.

#### Why is it so dangerous?

• Fentanyl can be mixed with other substances, but it won't be equally blended.

• This is known as chocolate chipping.

 One dose may contain a deadly amount of fentanyl, while the other does not produce an effect.



# REACH & COUNCIL

**Evaluation Link:** 



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@Reach\_Council



## Marketing and Pop Culture

- In 2019, 73% of the top 15 most popular programs with 15- to 24-year-olds feature characters who smoke or depict tobacco products, exposing more than 27 million young people to tobacco.
- A study published in JAMA in 2018 investigated the prevalence of combustible and electronic tobacco and marijuana products in hip-hop music. The researchers covered the period from 2013 to 2017 and focused on videos of the top 50 songs from Billboard magazine's Hot R&B/Hip-Hop songs.
- In 2015, they discovered that over 40% of these videos featured the use of cannabis. This was either through electronic or combustible use or smoke and vapor.
- The percentage increased to almost 51% by 2016





# Social Media and Substance Use



- Teens on social media are constantly exposed to peers, celebrities and influencers engaging in and glorifying substance use.
- A study conducted by the National Center on Addiction and Substance Abuse at Columbia University found that teenagers who regularly use popular social media outlets were more likely to drink, use drugs, and buy tobacco than adolescents who either did not use social media or used it less frequently.
- Researchers found that, compared to nonusers or infrequent users of social media, this group was:
  - 5 times more likely to buy cigarettes.
  - 3 times more likely to drink.
  - 2 times as likely to use marijuana.



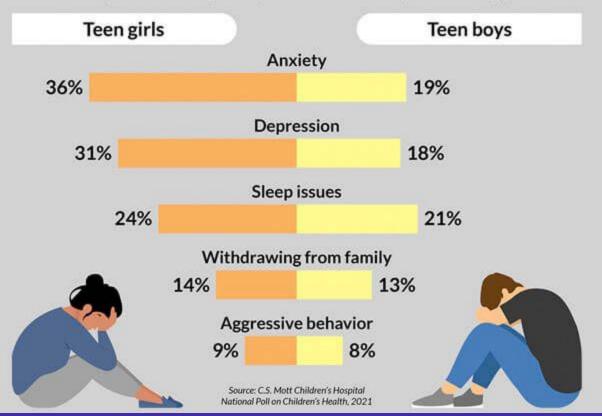


# Substance Use and Mental Health

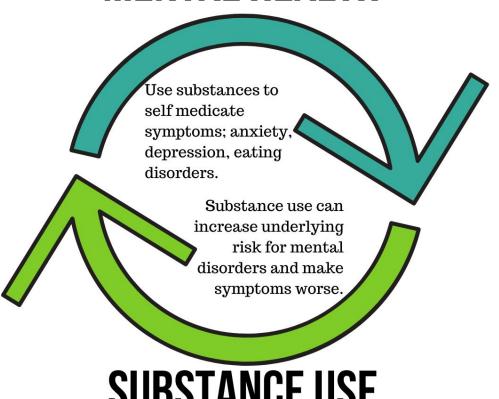


#### Effects of the pandemic on teen mental health

Percent of parents noticing a new problem or worsening of an existing problem



#### MENTAL HEALTH



**SUBSTANCE USE** 



#### **Warning signs of teen substance use**





Glazed or bloodshot eyes



Dropping old friends for a new group

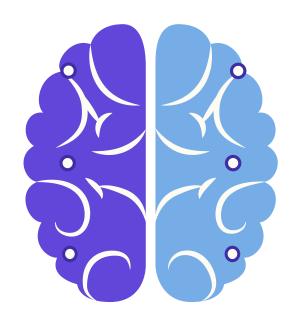


Poor hygiene/change in appearance



## Indicators of Substance Abuse Psychological Changes

- Frequent mood swings or emotional instability.
- Extreme highs and lows.
- Manipulative or deceitful behavior.
- Decreased motivation.
- Lethargy or low energy.
- Memory problems.
- Poor concentration.

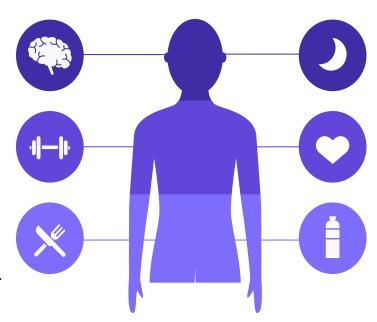


- Slurred or rapid-fire speech.
- Laughing for no apparent reason.
- Being unusually loud and obnoxious.
- Being fearful or paranoid for no apparent reason.
- Periods of drowsiness followed by periods of high energy.
- Other unexplained changes in attitude or personality.



## Indicators of Substance Abuse Health Problems

- Appetite changes.
- Sleep disturbances.
- Excessive thirst (known as cottonmouth and typically occurs as a result of marijuana use).
- Nausea and vomiting.
- Sweating.
- Headaches.
- Frequent illness.
- Sudden weight loss or gain.



- Coordination problems.
- Nosebleeds (may occur due to the snorting of drugs such as cocaine).
- Constipation.
- Seizures (without a history of epilepsy or other seizure disorder).
- Runny nose.
- Shakes or tremors.
- Accidents or injuries.



# Indicators of Substance Abuse Personal Appearance

- Poor hygiene.
- Poor coordination.
- Teeth clenching.
- Bloodshot eyes.
- Bruises, cuts, and sores
   (from falling, bumping into
   things, or scratching
   oneself).
- Constant scratching (a common sign of opiate use).



- Track marks on arms or legs from intravenous drug use.
- Wearing long sleeves even in the summer (to cover up track marks).
- Burns on fingers or lips (from joints).
- Pinpoint pupils (a common sign of opiate use).
- Smelling like drugs, alcohol, or other unusual odor.



# Indicators of Substance Abuse Other Signs

Finding drug paraphernalia

Finding drug residue or remains

Smelling strong incense or perfumes within your teenager's personal space



Missing medications, alcohol, cigarettes, etc.

Missing cash or other resources

Finding hidden stashes of drugs or alcohol.



### **Getting Help**

#### **Parent Education and Tips to Start the Conversation**



- SAMHSA's "Talk. They Hear You." Campaign
  - Provides educations, resources and tips for starting the conversation about substance use with your teens.
  - https://www.samhsa.gov/talk-they-hear-you
  - Partnership to End Addiction
    - Provides education on prevention, intervention and treatment.
    - https://drugfree.org/
  - National Institute on Drug Abuse
    - Has information for teens and parents on how substances work and the associated risks.
    - Includes interactive games to help start conversations.
    - https://teens.drugabuse.gov/

## **Getting Help**

#### **Resources for Evaluation and Treatment**



- SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.
- 1-800-662-HELP (4357)
- https://www.samhsa.gov/find-help/national-helpline
- North Texas Behavioral Health Authority
  - Provides Outreach, Screening, Assessment and Referral services for Substance Use and Mental Health.
  - 24/7 COVID-19 MH Support Line: 1-833-251-7544
  - 24/7 Crisis Hotline: 1-866-260-8000
  - Non-crisis OSAR referral 1-844-275-0600
  - <u>www.ntbha.orq</u>





## **Getting Help**

#### **Recovery Support**

#### 12-Step Programs

- Alcoholics Anonymous
  - www.AA.org to locate a local AA group
- Narcotics Anonymous
  - www.NA.org- to locate a local NA group
- Al Anon- For the loved ones of a person struggling with substance abuse
  - https://www.dallasal-anon.org/

Celebrate Recovery- faith based recovery support groups for youth, adults and families.

https://theavenuechurch.com/celebraterecovery/

#### REACH Council's Youth Recover Communities Program

- Provides education, support and mentorship to youth ages 13-21 who are or want to be in recovery from substance use.
- <u>JoinYRC@ReachCouncil.org</u> or 972-723-1053 Ext 15



# REACH & COUNCIL

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#### **Indicators of Substance Abuse**



#### **Mercury**

Mercury is the closest planet to the Sun and the smallest one in the Solar System

#### **Venus**

Venus has a beautiful name and is the second planet from the Sun. It's terribly hot, even hotter than Mercury

#### Saturn

Saturn is a gas giant and has several rings. It's composed mostly of hydrogen and helium

#### Mars

Despite being red, Mars is actually a cold place. It's full of iron oxide dust, which gives the planet its reddish cast



#### **Mercury**

Mercury is the closest planet to the Sun and the smallest one in the Solar System



#### **Venus**

Venus has a beautiful name and is the second planet from the Sun. It's terribly hot







#### Mars

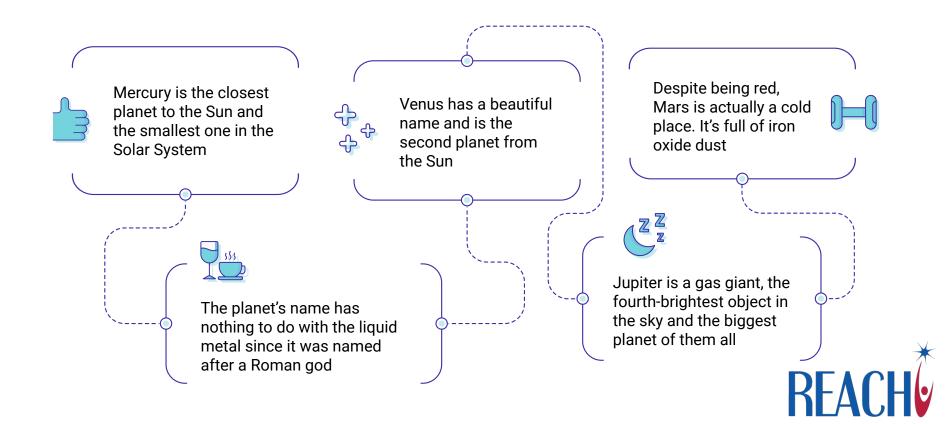
Despite being red, Mars is actually a cold place. This planet is full of iron oxide dust

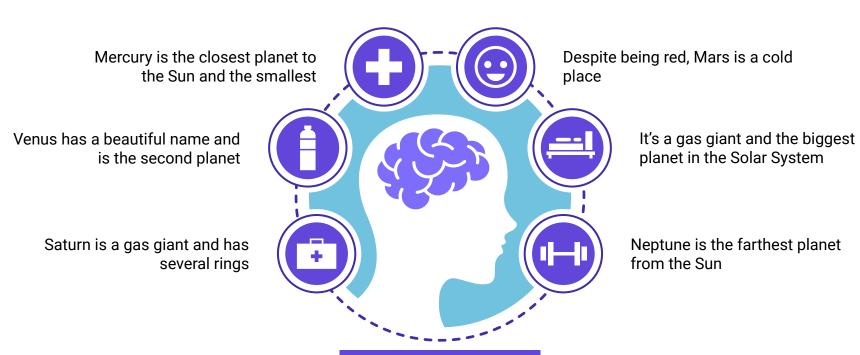


#### **Neptune**

Neptune is the farthest planet from the Sun and the fourth-largest by diameter

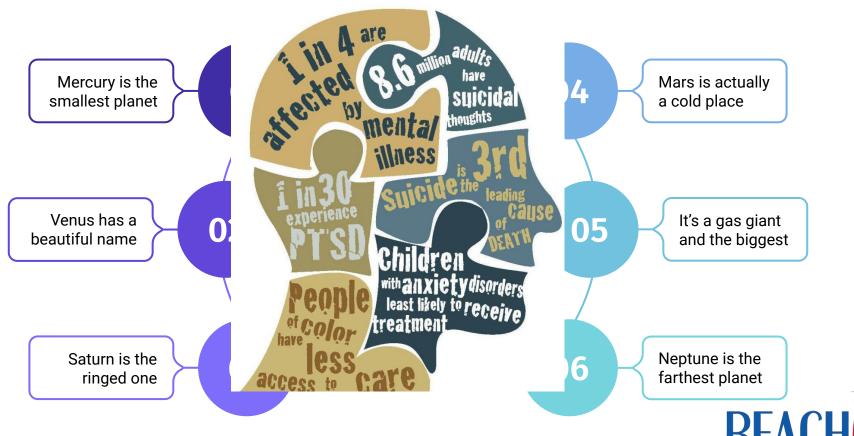


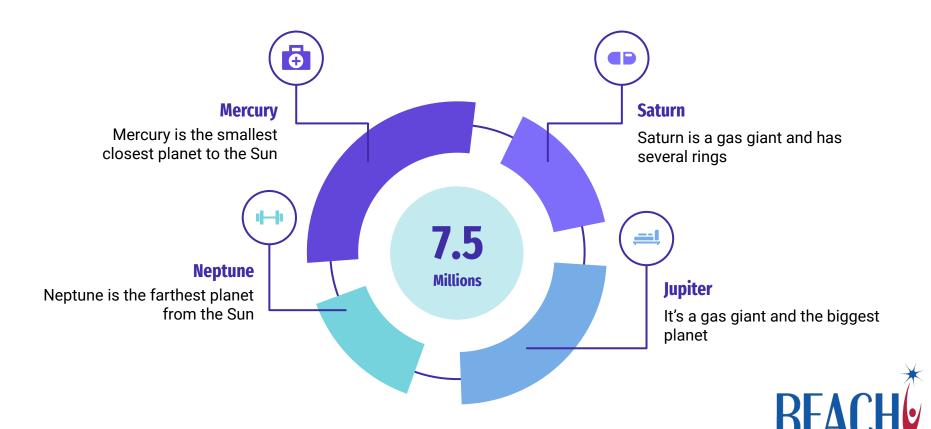


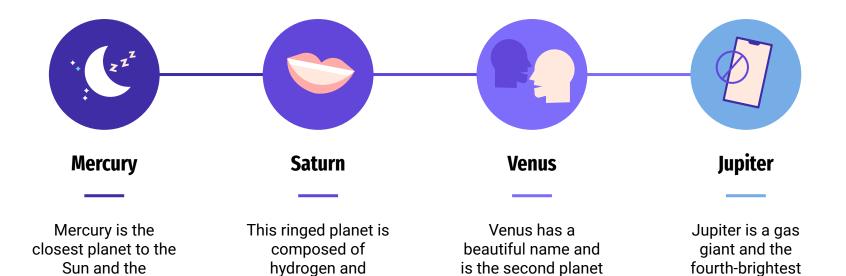


Mars is a cold place









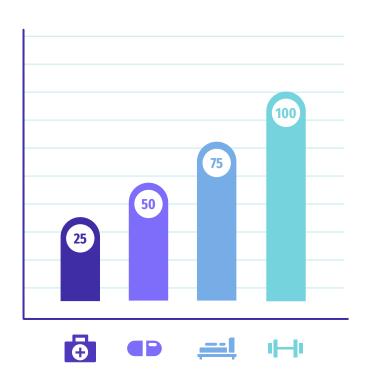
from the Sun

helium

smallest one



object in the sky



#### Mars

Despite being red, Mars is actually a cold place. It's full of iron oxide dust, which gives the planet its reddish cast

#### **Jupiter**

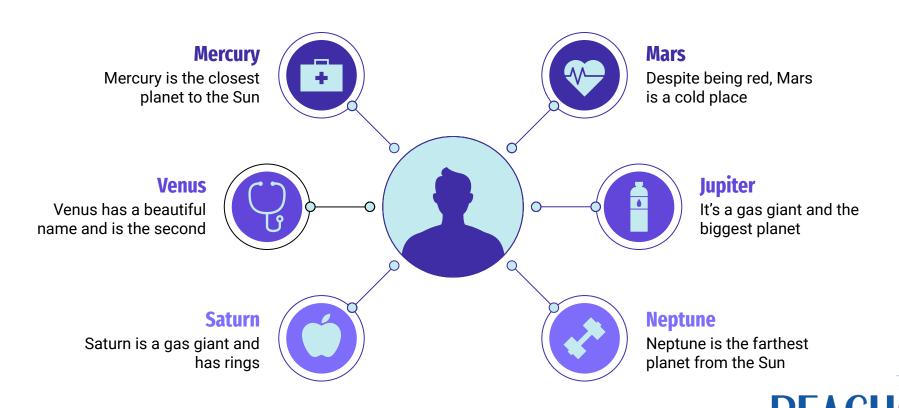
Jupiter is a gas giant, the biggest planet in the Solar System and the fourth-brightest object in the sky

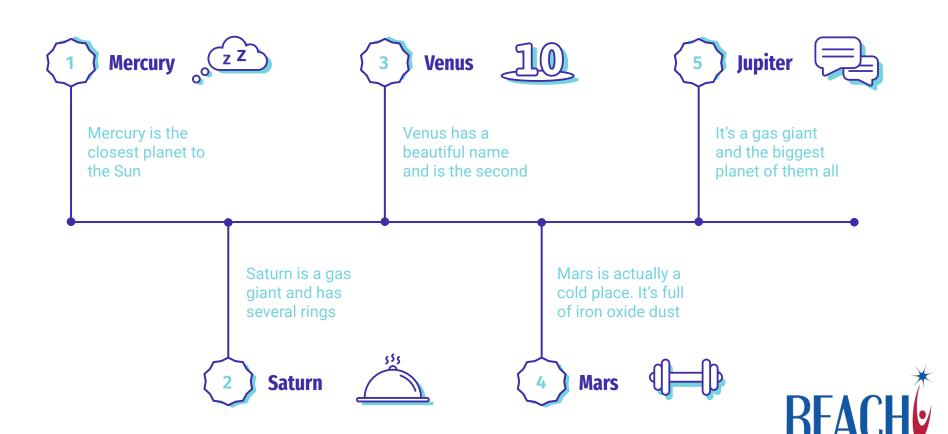
#### **Venus**

Venus has a beautiful name and is the second planet from the Sun. It's terribly hot

#### **Neptune**

Neptune is the farthest planet from the Sun and the fourth-largest by diameter in the Solar System







**75%** 

Despite being red, Mars is actually a cold place. This planet is full of iron oxide dust



25%

Jupiter is a gas giant, the biggest planet in the Solar System and the fourth-brightest



**50%** 

Venus has a beautiful name and is the second planet from the Sun. It's terribly hot



15%

Neptune is the farthest planet from the Sun and the fourth-largest by diameter in the Solar System





#### **Mercury**

Mercury is the closest planet to the Sun



#### Mars

Despite being red, Mars is a cold place



#### Saturn

Saturn is a gas giant and has rings



#### **Venus**

Venus is the second planet from the Sun



#### **Neptune**

Neptune is the farthest planet from the Sun



#### **Jupiter**

It's a gas giant and the biggest planet









Mercury is the closest planet to the Sun and the smallest one



Venus has a beautiful name and is the second planet from the Sun



Saturn, the ringed one, is composed mostly of hydrogen and helium



Neptune is the farthest planet from the Sun and the fourth-largest





**VENUS** 

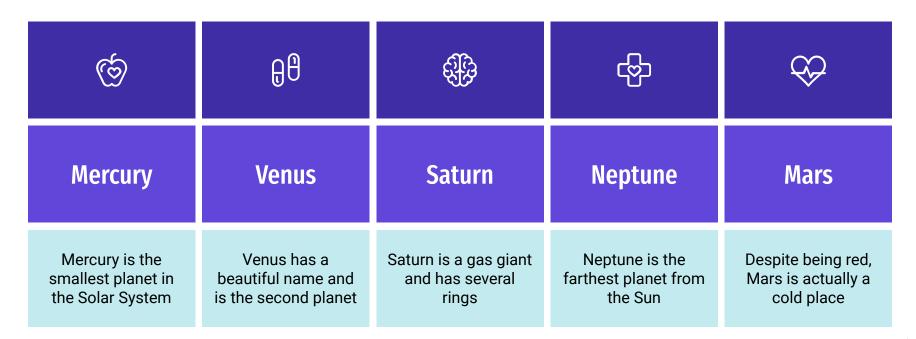


SATURN



NEPTUNE









#### Mercury

Mercury is the closest planet to the Sun and the smallest one



#### **Venus**

Venus has a beautiful name and is the second planet from the Sun



#### **Saturn**

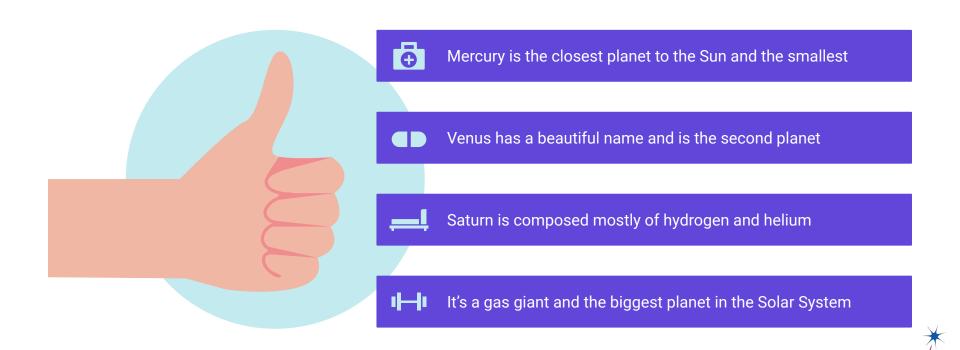
Saturn, the ringed one, is composed of hydrogen and helium



#### Mars

Despite being red, Mars is actually a cold place. It's full of iron oxide dust









Mercury is the closest planet to the Sun and the smallest one in the Solar System



#### **Venus**

Venus has a beautiful name and is the second planet from the Sun. It's terribly hot



#### **Saturn**

Saturn is a gas giant and has several rings. It's composed of hydrogen and helium









25%

Mercury is the closest planet to the Sun and the smallest one





**75%** 

Venus has a beautiful name, but also a poisonous atmosphere





15%

Saturn, the ringed one, is composed of hydrogen and helium



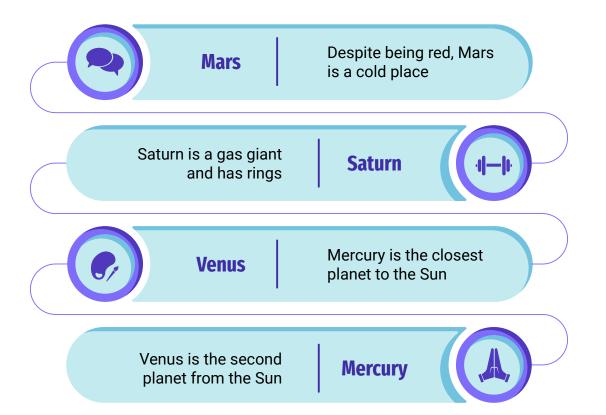


**50%** 

It's a gas giant and the biggest planet in the Solar System











#### Mercury

Mercury is the closest planet to the Sun and the smallest one

#### **Venus**

Venus has a beautiful name and is the second planet from the Sun

10



#### Mars

Despite being red, Mars is a cold place. It's full of iron oxide dust

#### **Jupiter**

Jupiter is a gas giant, the biggest planet in the Solar System

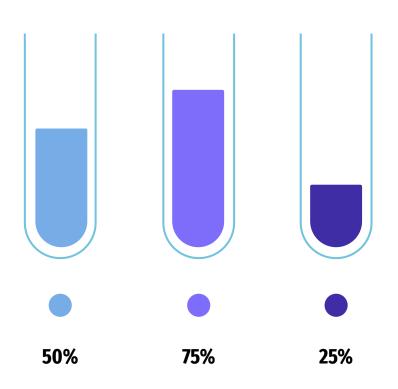




#### Saturn

Saturn is composed mostly of hydrogen and helium







Mercury is the closest planet to the Sun and the smallest one in the Solar System



Venus has a beautiful name and is the second planet from the Sun. It's terribly hot



Despite being red, Mars is a cold place. It's full of iron oxide dust



Despite being red, Mars is a cold place



Mercury is the closest planet to the Sun

Saturn is a gas giant and has rings





•

Venus is the second planet from the Sun

Neptune is the farthest planet





Yes, this is the ringed one. It's a gas giant



# Here is where the title goes!

Do you know what helps you make your point clear? Lists like this one:

- They're simple
- You can organize your ideas clearly
- You'll never forget to buy milk!

And the most important thing: the audience don't miss the point of your presentation



# This is a graph

*50*%

Mars

Despite being Red, Mars is very cold

30%

Mercury

It's the closest planet to the Sun



If you want to modify this graph, click on it, follow the link, change the data and replace it



# You need to divide the content



#### Mercury

Mercury is the closest planet to the Sun and the smallest one

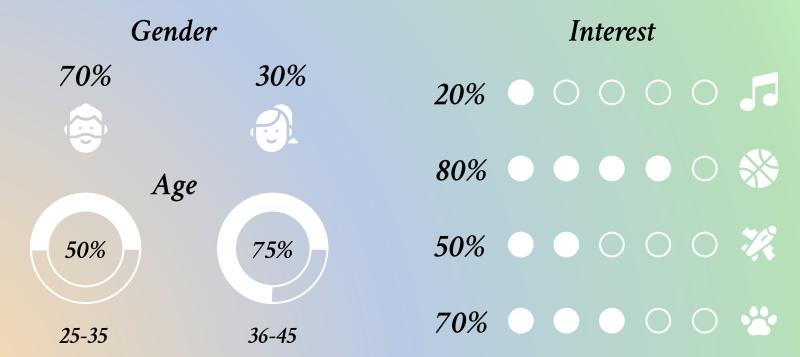


#### Venus

Has a beautiful name and is the second planet from the Sun



# Target





# Schedule





# 415,351

Big numbers catch your audience's attention





### 02 Company

Insert a subtitle here, in case you need it



## A picture always reinforces the concept

Images reveal large amounts of data, so remember: use an image instead of long texts



### You can use three columns



### Mars

Despite being red, Mars is very cold



### Jupiter

It's a gas giant and the biggest planet



### Saturn

This is the ringed one. It's a gas giant



### Participation

#### 2019

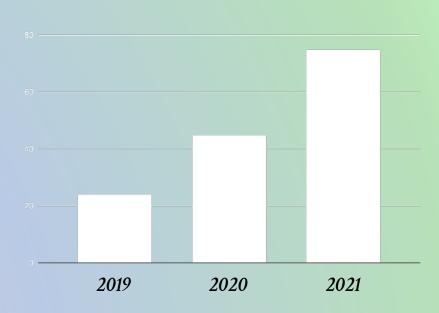
Jupiter is the biggest planet

#### 2020

Despite being red, Mars is very cold

#### 2021

Saturn is the planet with rings



If you want to modify this graph, click on it, follow the link, change the data and replace it



### Percentages



Mars

Despite being red, Mars is cold



Venus

Has a beautiful name but it's hot



Saturn

Saturn is the planet with rings



Neptune

Neptune is very far from the Sun



### Your can use six columns



#### Mars

Despite being red, Mars is very cold



### Mercury

It's the closest planet to the Sun



### Jupiter

It's a gas giant and the biggest planet



### Neptune

It's the farthest planet from the Sun



#### Saturn

This is the ringed one. It's a gas giant



#### Venus

Has a beautiful name but it's hot



### This is a map





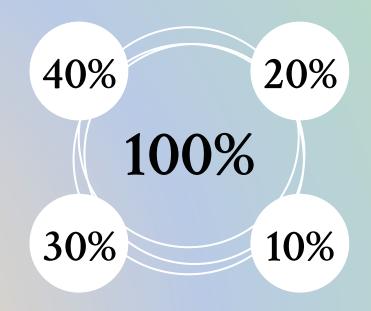
### Infographics turn your idea easy

#### Mars

Despite being red, Mars is very cold

### **Jupiter**

It's the biggest planet of them all



#### Neptune

It's the farthest planet from the Sun

#### Saturn

Saturn is the only planet with rings



### Your can use four columns



#### Mars

Despite being red, Mars is very cold



### Mercury

It's the closest planet to the Sun



### Jupiter

It's a gas giant and the biggest planet



### Neptune

It's the farthest planet from the Sun



### This is a table

| Age     | Mercury | Mars | Jupiter |
|---------|---------|------|---------|
| 18 - 25 | 25      | 14   | 12      |
| 25 - 40 | 48      | 52   | 35      |
| 40 - 60 | 321     | 154  | 324     |



### This is a timeline



Jupiter is a gas giant

### Mars

Despite being red, Mars is cold

01

Mercury

It's the closest planet to the Sun

02

03

Neptune

Neptune is very far from the Sun





### Task organizer

|        | Venus    | Saturn   | Jupiter   |
|--------|----------|----------|---|
| Task 1 | <b>⊗</b> | ×        | <b>S</b>  |
| Task 2 | ×        | <b>8</b> | Image: Control of the |
| Task 3 | <b>⊗</b> | ×        | <b>S</b>  |
| Task 4 | 8        | <b>S</b> | ×   |



### Event capacity

120

Morning

Despite being red, Mars is very cold 250

Afternoon

Saturn is a gas giant and it has rings

350

Night

The Earth is the planet we all live on



# Awesome words



### Our goals



#### Mars

Despite being red, Mars is very cold



It's a gas giant and the biggest planet





### Mercury

It's the closest planet to the Sun

### Neptune

It's the farthest planet from the Sun





333,000.00

Earths fit in the Sun's mass

24h 37m 23s

is Jupiter's rotation period

386,000 km

is the distance between the Earth and the Moon



### Desktop software

You can replace the image on the screen with your own work







### Tablet app

You can replace the image on the screen with your own work



### Mobile web

You can replace the image on the screen with your own work





### List of references

- Write your references here



### Our team



Jenna Doe
You can replace the image on the screen with your own



John Patterson

You can replace the image on the screen with your own





A picture is worth a thousand words



### Thanks

Do you have any questions? your email@freepik.com +91 620 421 838 yourcompany.com



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### Alternative resources

#### **Photos**

- Diverse women posing full shot
- Cheerful male friends watching sports on tv
- Front view of smiley couple posing and having fun
- Medium shot people looking at phone
- Medium shot happy girls with candy
- Young women hugging each other



### Resources

#### **Photos**

- Woman comforting female friend
- Male friends watching sports on tv together
- Young couple holding hands
- Front view of beautiful woman embracing man
- Best friends holding each other
- Front view happy young women smiling



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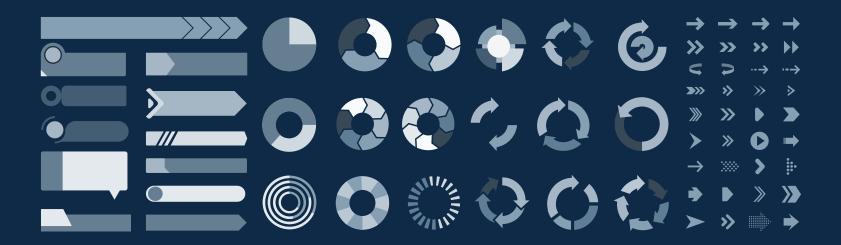




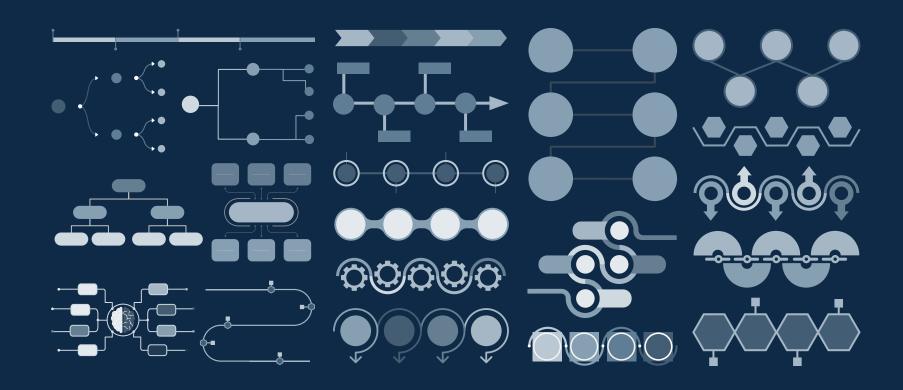
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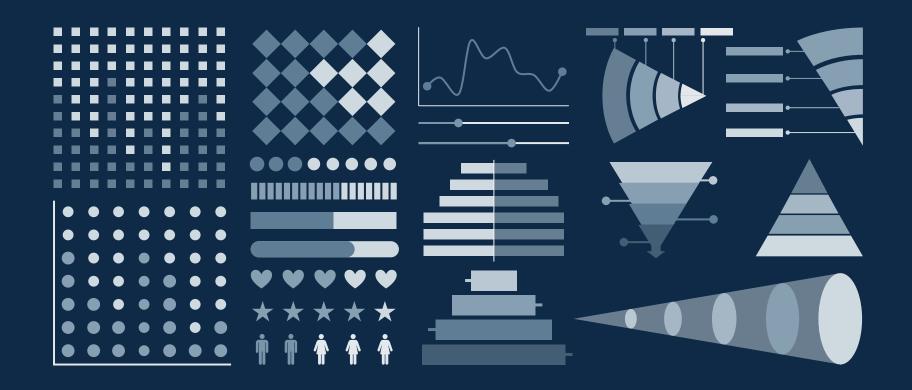












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