

## Upcoming Trainings in McLeod County and Surrounding Areas

[Check out the calendar for National Alliance on Mental Illness \(NAMI\) Minnesota](#)

[2B Continued Events](#)



**NEEDLE DISPOSAL**

SPRING	FALL
<b>MAY 16, 2023</b>	<b>SEPT. 12, 2023</b>
<b>1-4 p.m.</b>	<b>1-4 p.m.</b>

**Glencoe Regional Health**  
North Parking Lot  
1805 Hennepin Ave. N.

This event is **free** and open to the public.  
All needles, sharps, and epi-pens accepted!

Needles **must** be in hard plastic containers. Volunteers will guide and answer questions, but will **not** handle needle containers. 

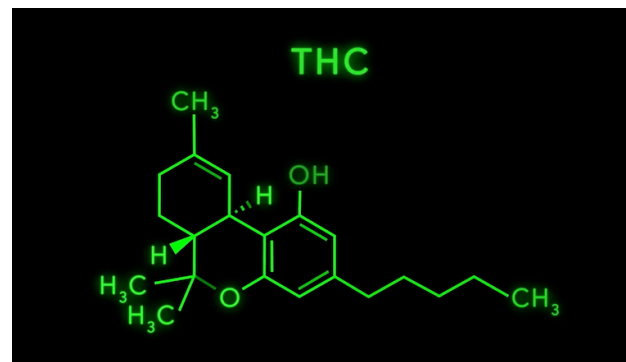
Questions? Call 320-864-1257 or email [meadamcleod@gmail.com](mailto:meadamcleod@gmail.com)

EVENT SPONSORED AND MADE POSSIBLE BY:  

## A “Weed Talk” Made Easy

Many of you know that the courts ordered JUUL Labs, Inc. to pay \$463 million to six states for their nefarious marketing practices to teens (you can see more about their marketing practices in Screenagers Under The Influence). The ongoing high rate of nicotine use among youth is incredibly sad and problematic. Besides the problems with this practice, a study showed that teens who report using e-cigarettes were 3.5 times more likely to report using cannabis than non-e-cigarettes users.

Today, let's talk about cannabis — or, as teens mainly refer to it, weed. Weed is by far the most common term. “Pot” is rarely used by younger people. I have worked hard in my clinic to refrain from using that word. I also do not use the term marijuana, although that term often gets used in research papers.



### When to start raising the topic of weed?

Around age 10 is my recommendation.

Here are four important topics/ questions to discuss with youth in your life:

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### **1. What do people see online related to weed?**

Many teens tell me the ways that cannabis comes up in their feeds. In Screenagers Under The Influence, we hear these examples:

A high school boy in California says, "People will literally just post them smoking a joint. You'll see a lot of celebrities."

A teen girl in Seattle says, "Instagram, the explorer page, and there's a shop section, people selling bongos or stuff for marijuana."

A young man in Oregon says, "Ads for dispensaries."

### **2. Should adults be talking about risks with youth?**

Over the past several years perceived riskiness of cannabis in teens has been declining, yet research reveals that teens who believe that cannabis use has risks are less likely to use it.

Sadly myths prevail. For example, in the study I just mentioned, some teens believed things like "marijuana can help teenagers focus in school" and that "marijuana is safe because it's natural," and if they believed these statements, they were more likely to report use.

Therefore discussing the risks of cannabis, and dispelling myths, is a wise practice supported by research. What do kids think when asked this question? Talk about the merits of periodic conversations in which everyone shares science and societal observations regarding cannabis moving forward.

### **3. Is cannabis today the same as in the past?**

Weed is not the same as it was in our day. For many years cannabis plants have been specially bred to increase THC concentration. THC is the part of the plant responsible for the thoughts and mood changes that happen from cannabis.

The neuroscientist Yasmin Hurd, Ph.D., who is in Screenagers Under The Influence, states:

"Cannabis today is completely different from what it was in the past. The original plant had about two to 4% THC. Today strains of cannabis consumed recreationally can have anywhere from 16 to 24% THC, and can even go up to 80 or 90% THC."

### **4. What are the problems with these higher levels of THC?**

There are several issues, but today, I'm sharing data from Dr. Sharon Levy, who analyzed responses from a survey given to 14 to 18-year-old teens regarding their experiences using cannabis. Dr. Levy, who is in the Screenagers Under The Influence, is the Director of the Adolescent Substance Abuse Program at Boston Children's Hospital. She and her team found that 27% of the teens that use cannabis reported experiencing hallucinations. (The actual survey question asked whether they had "seen, felt, or heard things that were not really there.")

Sharon told me, "When I saw that number come out of the analysis, I thought, wow, who would dream that 27% of kids would say "yes" about hallucinations? We're seeing this more commonly now that the products are more potent."

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In addition, 34% reported feeling “anxious or paranoid.” In total, 43% reported having at least one of those symptoms.

Let me add that this was a small study and was not a nationally represented sample. Yet that said, there is no reason to think these numbers are too far off.

### Questions to get the conversation started:

- What have you seen or heard regarding what people have posted about weed on social media?
- Do you get the sense that many people don't see many risks regarding cannabis?
- What do we think about these new THC concentrations?
- What do you think about the finding that 27% of teens who report having used cannabis at times say that they have experienced some type of hallucination?

[Source](#)

## Summer: The Season for Teen Drinking and Recklessness



Summer is just around the corner. This season generally brings about thoughts of lounging in the sun, swimming in the ocean, and relaxing with the family—but what about teen drinking?

Studies show that teen drinking spikes during the summer months. Summer means the teens are out of school, but many parents don't have the luxury of taking 3 months off of work to spend every waking moment with their children during this time. This means there's a lower amount of supervision, which means more trouble for teens to get into.

### Many parents aren't sure what to do about teen drinking

One large issue with teen drinking is that parents don't know how to handle it—especially during the summer. We've come up with some tips for handling reckless teen behavior during the summer months.

#### *Take Interest in What They're Doing When You're Not Around*

Summer can be difficult for parents. Not only do you have to continue to work during all the nice weather, but now you have to worry about your children and what you're going to do with them all day, too. Teen drinking usually develops out of a lack of supervision, which parents struggle to give during this season. One way to get around this is to take interest in what they're doing when you're not around. Ask if they'd like to get involved with a summer job or camp that fits their interests.

#### *Stop Thinking, 'My Child Would Never Do That'*

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This is where many parents go wrong. They strongly believe it would never be their teenager that would decide to pop open a beer and throw a rager—but it most definitely could be. The truth is, your teen is in the midst of one of the most confusing and transformative times of their lives, they're going to make mistakes and mess up, you just need to be prepared for the possibility of what those mistakes may be.

### *Being a Role Model Goes a Long Way*

Teenagers hate hypocrisy. It undermines rules immediately. For example, if you've made it a rule that they can't curse, yet you curse in front of them all the time, they're going to curse because they think it's unfair. The same goes for alcohol use. If you don't treat it responsibly in front of your teen, they may take that as a cue that it's not that big of a deal to experiment with alcohol.

### *The Inevitable Teen Summer Party*

You can't keep your teenager away from every teen party. You can call ahead and make sure there's going to be a parent supervising the event, but banning your child from attending any party is going to probably result in rebellious behavior. Even with a parent present, there's always the small chance that teen drinking is going to occur—this is why it's critical to sit your child down and let them know that if they have no way home it's essential to call you. No matter what, you would rather them be safe and call you than get into a car with an impaired driver.

[Source](#)

## E-Cigarette Timeline

### **2015:**

In October, the American Academy of Pediatrics (AAP) called for a nationwide increase in the minimum age for purchasing tobacco or nicotine products, including e-cigarettes, to age 21.

A study from the Institute of Medicine found that increasing the minimum age would prevent a quarter of a million premature deaths among young people born between 2000 and 2019. The AAP also called for other regulations, such as a ban on flavored e-cigarette products that are popular with young people.

### **2016:**

The United States Surgeon General published its first comprehensive report on the use of e-cigarettes among young people. The report noted that “The brain of youth and young adults is more vulnerable to the negative consequences of nicotine exposure” and “e-cigarette products that deliver nicotine cannot be considered a risk-free alternative to conventional cigarettes or other combustible tobacco products.”

The United States government and the Canadian government made plans to begin regulating the e-cigarette industry.

### **2017:**

The Monitoring the Future Survey included the first-ever U.S. estimates for vaping among adolescents. The report showed that marijuana vaping and nicotine vaping was considerable among eighth, tenth, and twelfth grade students. Richard Miech, the principal investigator of the study, said “Vaping has become a new delivery device for a number of

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substances, and this number will likely increase in the years to come.”

A similar 2017 study of Canadian teens, published in the journal *Preventive Medicine*, found that seventh to twelfth graders who had tried e-cigarettes were twice as likely to try smoking regular cigarettes.

In July, the FDA announced it would delay reviewing most e-cigarette products until 2022. Until these products are regulated, there is no way for users to know what chemicals they contain or where they are made.

### **2018:**

In January, a report by the U.S. National Academies of Sciences, Engineering and Medicine found substantial evidence that teens who vape are at higher risk of becoming addicted to nicotine and may move on to smoking regular cigarettes.

In February, researchers at the University of California, San Francisco reported that people who use e-cigarettes every day nearly doubled the odds of having a heart attack.

In July, three lawsuits were filed against JUUL for targeting teen users and downplaying the risks of addiction. In August, a study published in the *Annals of Internal Medicine* found that 10.8 million adults in the United States are vaping, and 54.6 percent of e-cigarette users were also smoking cigarettes.

In September, the FDA issued a warning to JUUL and four other e-cigarette manufacturers, giving them 60 days to prove that they can keep their devices away from minors. That same month, a report published in *JAMA*

*Pediatrics* estimated about one-third of U.S. middle and high school students had used e-cigarettes with “non-nicotine substances” such as cannabis.

In November, the FDA announced plans to limit sales of most fruit- and candy-flavored e-cigarette products in retail stores and gas stations, and to require age-verification measures for online sales.

In December, the National Institute on Drug Abuse (NIDA) found that fewer teens were using heroin, prescription opioid medications, and alcohol, but more middle and high school students were vaping and using marijuana.

### **2019:**

The Population Assessment of Tobacco and Health Study is published in *Pediatrics* showing for the first time that mental health problems are associated with an increased risk for cigarette, e-cigarette, or dual-usage in teens. It suggests that teens may be using vaping to self-medicate for anxiety, depression, and other related issues instead of teens simply trying something that has become trendy. Addressing mental health problems is introduced as a possible preventative measure for keeping teens from starting to use tobacco products.

In June, San Francisco becomes the first U.S. city to ban e-cigarette sales. The measure doesn’t ban the use of vapes by people over the age of 21, but it drastically limits their ability to buy any of the products. The ordinance states “no person shall sell or distribute an electronic cigarette to a person in San Francisco” and includes online sales.

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The FDA releases its first anti-vaping television ads as part of its “The Real Cost” Youth E-Cigarette Prevention Campaign. The ads feature street magician Julius Dein and run on ESPN, TeenNick, CW, MTV, various music sites, and social media including Dein’s YouTube channel.

A new study is released suggesting social media is pushing the e-cigarette epidemic among America’s teens. Just between March and May of 2018, about 15,000 Instagram posts related to vaping and Juul products were released. Over half of the posts focused on youth-related content intended to appeal to teens. These included memes, cartoon imagery, flavors, and celebrity references.

In September, the White House and the FDA announced plans to ban the sale of non-tobacco-flavored e-cigarette products.

In October, a 17-year-old boy from the Bronx became the first teen in the United States to die of a vaping-related respiratory illness. A study by New York University is the first to definitively link vaping nicotine to cancer. The CDC announces a new name for vaping-related illness: EVALI (e-cigarette or vaping product use-associated lung injury).

In November, the CDC announced that vitamin E acetate was a “potential toxin of concern” in the recent outbreak of vaping-related injuries and illnesses in the United States. Vitamin E acetate, also known as vitamin E oil, can be harmful when it is heated and inhaled. Twenty-nine patients with vaping illnesses tested positive for vitamin E acetate in their lungs. A Michigan teen received a double lung

transplant after doctors determined that his lungs were severely damaged from vaping.

### **2020:**

In January, the FDA announced a ban on mint- and fruit-flavored vaping products. The CDC confirmed that vitamin E acetate was responsible for most vaping deaths. A 15-year-old in Texas became the youngest victim of vaping-related deaths in the United States.

In August, researchers released a study at Stanford University School of Medicine confirming that vaping is not just a small risk for COVID-19. Their study found that among teens and young adults who were tested, those who had used e-cigarettes were five to seven times more likely to be infected than non-users. While researchers expected to find some elevated risk to vaping, the statistics showed a much higher risk than they had anticipated. While more research is needed to understand the relationship between vaping and COVID-19, the risk is clear. According to the study, researchers believe vaping is no longer a personal risk, but also a public health risk.

### **2021:**

In October, the U.S. Food and Drug Administration (FDA) authorized e-cigarette products for the first time ever. While the authorization did not deem the products safe, it did permit the product to be sold in the United States. The FDA only authorized tobacco flavored products, explaining they were less likely to appeal to teens than the denied flavored products.

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In June, Juul agreed to a settlement in a suit brought by the state of North Carolina alleging that Juul marketed its products to minors.

In August, the FDA blocked the sale of more than 55,000 flavored e-cigarette products, saying they posed a public health threat to youth.

The FDA required e-cigarette companies to submit applications to keep products on the market by September 9. No e-cigarette product was authorized for sale.

In October, the FDA authorized e-cigarette products for the first time ever, permitting R.J. Reynolds to sell three of its Vuse products.

### 2022:

In March, the U.S. Congress allowed the FDA to regulate nicotine products regardless of the delivery method.

By July, Juul Labs faced close to 4,000 lawsuits by states and individuals for allegedly marketing its products to minors.

In September, Juul agreed to pay more than \$438 million to settle lawsuits in nearly three dozen states.

In December, New Zealand became the first country in the world to ban the sale of all tobacco products to anyone born on or after January 1, 2009, knowing that 9 out of 10 adult smokers started when they were teens.

[Source](#)

DRUG ENFORCEMENT ADMINISTRATION



### EMOJI DRUG CODE | DECODED

#### COMMON EMOJI CODES

#### FAKE PRESCRIPTION DRUGS

PERCOCET & OXYCODONE



XANAX

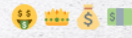


ADDERALL



#### DEALER SIGNALS

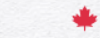
DEALER ADVERTISING



HIGH POTENCY



UNIVERSAL FOR DRUGS



LARGE BATCH



#### OTHER DRUGS

METH



HEROIN



COCAINE



MDMA & MOLLIES



MUSHROOMS



COUGH SYRUP



MARIJUANA



This reference guide is intended to give parents, caregivers, educators, and other influencers a better sense of how emojis are being used in conjunction with illegal drugs. Fake prescription pills, commonly laced with deadly fentanyl and methamphetamine, are often sold on social media and e-commerce platforms - making them available to anyone with a smartphone.

#ONEPILLKANKILL  
@eagov/onepill

Disclaimer: These emojis reflect common examples found in DEA investigations. This list is not all-inclusive, and the images above are a representative sample.

