

TEEN TRIUMPH



February 2012

Helping teens triumph over mental illness, alcoholism, drug and other addictions

Volume 2, Issue 1

Did you know?

If **marijuana** use begins before age **14**, that person is **5 TIMES** more likely to be dependent as an adult.

Center for Substance Abuse Research

For **12- to 17-year olds**, time on **social networking** sites puts them at an **increased risk** of smoking, drinking and drug use.

National Center on Addiction and Substance Abuse

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Welcome to Teen Triumph, Recovery Resources' quarterly newsletter for adolescents, their parents and guardians, and the community.

Inside, you'll find up-to-the-minute information about:

- Building mental wellness
- The link between social media and teen substance abuse
- The increased risk of today's marijuana
- A dramatic presentation and panel discussion on prescription drug abuse

Our Program:

The Adolescent Treatment Program began in May 2010 at our Lakewood office in response to community requests for teen treatment on the west side. It offers intensive outpatient treatment for teens ages 12-18.

Treatment groups meet on Monday, Wednesday and Thursday from 4:00-7:00 p.m. and provide education about drugs and alcohol, teach and promote healthy decision making, help build positive self esteem and instill positive coping skills. In addition to teen group therapy, we also provide individual family sessions to build family strengths and start healing from the damage of addiction.

*At Recovery Resources, we understand addiction and its impact on teens and families. To find out more, please call us at **216.923.4001**.*



Meet RR's New Prevention & Adolescent Services Manager

Sharyse N. Jones has been passionate about helping youth find their way in the world since she was a teenager herself, growing up in East Cleveland. As a student at Shaw High School, her initial community experience working with youth was as a peer counselor in her high school's Peer to Peer program. She attended Xavier University of Louisiana and continued her dedication to youth by serving as a volunteer tutor for high school students at a neighborhood community center in New Orleans. Upon returning to Cleveland after graduation, she worked with adolescents in volunteer and professional roles that included serving as the High School and Undergraduate Liaison for several local organizations as well as assisting at-risk middle school youth in the Cleveland Heights/University Heights School District as a staff member of the CHAMPS program.

Ms. Jones brings more than 15 years of experience with youth and more than six years of experience in mental

health to her new role as Adolescent and Prevention Services Manager for Recovery Resources. She began her career in the social services field as a Crisis Specialist for Bridgeway, Inc., a local mental health agency. Currently, she is a Licensed Independent Social Worker with a Master's Degree in the Science of Social Administration from Case Western Reserve University's Mandel School of Applied Social Sciences. She is interested in fostering the pursuit of higher education and the realization of full potential for all youth and young adults, whatever their background.

Most recently, she maintained her commitment to increased prevention services for local youth through her role as the Manager of Enrollment and Match Support at Big Brothers Big Sisters of Greater Cleveland, a local affiliate of the nation's premiere youth mentoring organization dedicated to the improvement of outcomes for at-risk and high-risk youth.

All opinions expressed in Teen Triumph are those of Recovery Resources staff.

Mental Wellness: Healthy and Wise

When people hear the term mental health, they often think it refers to mental illness—but this is not true. Just as physical health refers to how physically healthy a person's body is, mental health refers to the health of a person's mental capacity. Good mental health is the ability to think clearly; to act and cope with life and stress in a productive manner. A person's mental health influences his or her view of self and others, the potential for achieving goals, and helps maintain a feeling of well-being.

Several mental health problems begin when a person is exposed to physical or emotional stress, which triggers chemical changes in the brain. One way to combat this is to practice healthy coping skills.

Take time for yourself: Do something that you enjoy

and makes you feel relaxed. Whether reading a book or meditating, taking time for yourself regularly can help you manage everyday stress.

Exercise: Get moving. Raising your heart rate causes the body to release endorphins, which are the body's feel-good hormones.

Socialize: Connect. Talking with friends about stressful things can make a difference.

Hobbies: Do you have hobbies like making crafts or gaming? If so, you are one step closer to good mental health.

Sleep: The body needs rest to repair itself after a stressful day; a good night's sleep—8.5 to 9.5 hours—is important.

Nutrition: Giving your body the proper nutrients is like filling up your car with gas. It gives you the energy to function better physically and mentally.

Social Networking, Reality TV & Substance Abuse

Jennifer Tulli, LISW-S, LCDC III Program Manager, Recovery Resources

According to a study from the National Center on Addiction and Substance Abuse at Columbia University (CASA), 87% of parents said they thought spending time on social networking sites DOES NOT make it more likely their child will drink alcohol; 89% felt it WOULD NOT make their child more likely to use drugs. But the stark reality is much different.

The CASA study found that teens who spend time on Facebook, Myspace, and other social networking sites are

- 5 times likelier to use tobacco
- 3 times likelier to use alcohol; and
- 2 times likelier to use marijuana

than teens who do not use social networking sites.

According to CASA, 70% of teens ages 12 to 17 spend time on social networking sites daily --- about 17 million teens in a typical day. The survey found that 40% of all teens surveyed had seen pictures on Facebook, Myspace, or other social networking sites of kids getting drunk, passed out, or using drugs. About half of these teens first saw these types of pictures when they were 13 or younger; 90% first saw such pictures when they were 15 or younger. Teens who have seen these images are

- 3 times likelier to use alcohol
- 4 times likelier to use marijuana
- 3 times likelier to get controlled prescription drugs without a prescription, as compared to teens who have never seen images of kids getting drunk, passed out, or using drugs on social networking sites.

In addition, teens who reported being cyberbullied (having someone post mean or embarrassing things about them on a social networking site) were more than two times as likely to use tobacco, alcohol, and marijuana.

This year's survey also explored teen TV viewing habits in relation to teen substance abuse. 32% of teens reported watching teen reality shows like *Jersey Shore*, *Teen Mom*, or *16 and Pregnant* or teen dramas like *Skins* or *Gossip Girl* in a typical week. Teens who watch one or more of this type of program per week are

- 2 times more likely to use tobacco
- Almost twice as likely to use alcohol
- More than 1.5 times likelier to use marijuana
- Twice as likely to get marijuana in a day or less
- More than 1.5 times likelier to get

prescription drugs without a prescription in a day or less, as compared to teens who do not watch suggestive programming.

Despite these scary statistics, CASA offers hope. For the past two decades, CASA has interviewed top professionals in the addiction field—teachers, guidance counselors, parents and teens—and have found that parental influence on adolescent and teen drug use is of the utmost importance. In fact, one CASA study found that if a person reaches the age of 21 without trying drugs or alcohol she or he is virtually never likely to do so.

So how exactly do you raise a drug free child? CASA Founder and Chair, Joseph A. Califano Jr., has written a book, *How to Raise a Drug-Free Kid: The Straight Dope for Parents* that addresses that very question. This book, based on twenty years of research, is a valuable tool for parents. It covers topics such as how to answer your kid's questions about drugs and alcohol as well as how to set solid boundaries about drug and alcohol use in your family. Because parental influence is so important, it is crucial that you know the best way to talk to your child about drugs and alcohol and CASA supports this book as a valuable tool.

To find out more about CASA and to learn about other valuable resources please visit www.casacolumbia.org.

Not Your Mother's Marijuana

"It's only pot!"

Have you heard your teen say this? Have you said it yourself? Do you think that marijuana is at least "better" than more serious drugs?

Think again. Today's marijuana is stronger and more widely grown than in the 1970s. Growers have learned to manipulate the levels of THC, the main psychoactive ingredient, increasing its potency from 1% in 1977 to between 6% - 10% today. The US Drug Enforcement Agency reports that hydroponic growers have produced plants with THC levels of up to 37%. Added to the higher THC potency is the fact that today's marijuana is often contaminated by cocaine, PCP, formaldehyde and ecstasy.

Stronger marijuana brings more cases of addiction. The long-term effects of a short-term high include memory loss, decreased ability to problem solve, poor physical coordination, lack of motivation, depression, apathy, and suicidal thoughts. But often, teens who use marijuana don't reach a crisis point.

According to Leanne Cavanagh, Adolescent Therapist at Recovery Resources, "Kids who are addicted to painkillers or harder drugs can have that moment when they overdose. Marijuana users don't always hit that dramatic kind of low, so they don't necessarily notice that it's having such an impact on their lives."

But marijuana is a mind-altering, addictive drug that can lead to the use of other drugs. Teens often begin using marijuana out of boredom, to fit in and make friends, or because their parents use it recreationally.



What can you do?

Watch for changes in personality and physical appearance, including weight gain, secretive behavior, or the overuse of perfume to hide odors.

Don't glamorize your own past use. "If you decide to disclose your personal experiences, make it a teachable moment," says Cavanagh.

Be connected. Know your kid's friends and their parents.

Understand recovery. Relapse is not uncommon in recovery from addiction; ask for help.

Talk. Be open with your teen, and talk about marijuana use. If they tell you they've used marijuana, don't immediately criticize. Tell them the facts about the dangers of marijuana and addiction. Figure out if certain places or friends are leading to use, and set

Marijuana Fast Facts

- Most widely used illicit drug among youth
- More potent and addictive than in the 70s and 80s
- Negatively impacts judgment, memory, coordination & reaction time
- Increases blood pressure and heart rate
- Increases risk for additional drug use
- Linked to anxiety and depression
- Associated with increased accidents and crime

Source: Know!, a program of the Drug-Free Action Alliance

Marijuana is not Medicine

According to the Drug Free Action Alliance, most national medical organizations—The Food and Drug Administration, American Medical Association, American Academy of Pediatrics, National Institutes of Health, Institute of Medicine, American Cancer Society, National Cancer Institute and National Multiple Sclerosis Society – do not support smoked marijuana as medicine.

Marijuana remains a Schedule I substance under federal law (drugs not considered legitimate for medical use), and has no currently accepted medical use in the United States.



Recovery Resources

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Recovery Resources'
Adolescent Program
is now accredited by
CARF International.

Recovery Resources has been helping people triumph over mental illness and addiction for more than 55 years.

Serving Northeast Ohio, we deliver services and programs that touch 13,000 lives annually.

The Adolescent Treatment Program is located in downtown Lakewood, which affords us the privilege of being an active member of the Lakewood Chamber of Commerce. The clinical staff members are licensed in the field of chemical dependency and/or mental health, are dedicated to helping their clients and are committed to maintaining the health of the community.

Helping people triumph over
mental illness, alcoholism, drug
and other addictions

Legally Addicted

Join us for a staged reading and panel discussion about the abuse of prescription drugs.
For parents, youth in grades 7-12, professionals and community members.



Wednesday, February 29, 2012

6:30 – 9:00 pm

Cuyahoga Valley Career Center
8001 Brecksville Road, Brecksville 44141
1.0 CEU for counselors and social workers

Register at:

<http://careerdevelopment.cvccworks.com/Registration.aspx>

or email: bmurphy@cvccworks.com

In 2007, **unintentional drug poisoning** became the **leading cause of injury death** in Ohio, surpassing motor vehicle crashes and suicide.

This trend continued in 2009.