

# Building Resiliency

Giving Our Kids The Tools to Thrive

*No Matter What*

# Who Am I?/Who Are We?/Why Are We Here?

- Samantha Rae Benigno, MA, MS, CASAC, RYT Senior Therapist [sorpaz@thedorm.com](mailto:sorpaz@thedorm.com)
- The Dorm LLC, Full-service Young Adult Treatment Program - [www.thedorm.com](http://www.thedorm.com)
- Community Adolescent Education 1998 : Phoenix House Adolescent Residential Substance Use 2001; Supervisor Hazelden Betty Ford 2011

MBCBT - Mindfulness Based Cognitive Behavioral Therapy & Neurobiology: Mind/Body

Goal of Treatment = *To Develop the psychological & emotional skills, tools, & abilities to live a healthy, happy, successful & fulfilling life.*

*Substance Abuse in Adolescents : What We As Parents Can do to Make a Difference?*

*Building Resiliency* - Adapting well; Developing the adaptive psychological & emotional habits, the good coping skills, that will enable our children to navigate their lives *even in the face of adversity.*

Can't control life, but we can help them build the *resiliency* needed to handle anything that comes their way!

# Interesting Facts

- Drug & Alcohol abuse in adolescents, excluding marijuana is the lowest it's been in 20 years according to UOM study.
- Marijuana rates remain unchanged in last 5 yrs (despite changes in laws).

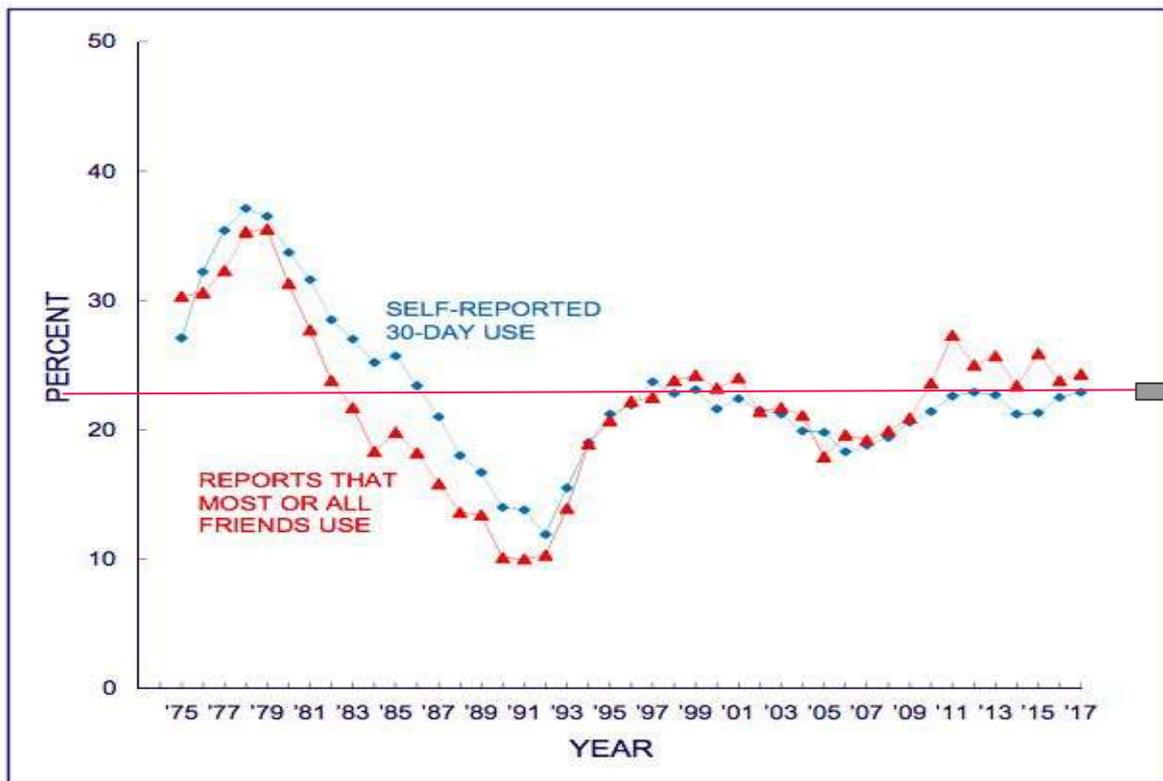
## Most Commonly Used In Adolescents

1. Alcohol 2. Marijuana 3) Nicotine 4) 8th Graders - *Household Items* (cough medication, Dust Off, glue, gas, nutmeg & Whip It's) 12th Graders - *Prescription Medication* 5. K2 - Synthetic "Marijuana" (Male to Female 70/30) 6) Hallucinogens (LSD, Mushrooms, Ecstasy)

Grade	Alcohol (Last 30 days/2 Weeks Binge)	Marijuana (Annual/Daily)	K2 ↓	Other Drugs ( <i>Not Marijuana</i> )	Inhalants (Last 12 Months)	Halluc./LSD (Lifetime)	Prescription	Cigarettes (Daily/12 Grade Only)	Cigarettes (Lifetime/Daily)	Nicotine "Vape" (Annual)	Flavoring (Vape no Nicotine)
8	8% / 4%	10 / .8%	2.0%	5.8%	>5% ↑	2%/1.3%	-----	'76 - 29%	9% / 2%	8%	12%
10	20% / 10%	26 / 2.9%	2.7%	9.3%	2.8%	4%/3%	-----	'96 - 22%	16% / 7%	16%	19%
12	33% / 17%	37 / 5.9%	3.7%	13.3%	1.0%	7%/5%	17% Lifetime 11% Past Year 5% Past 30	'17 - 1.7%	27% / 1.7%	19%	21%

- Alcohol most dangerous drug of abuse - Damaging to all organ systems and is one of the only withdrawals that can be lethal.
- 3rd leading cause of preventable deaths on the U.S. (88,000-100,000) (MADD)
- Teen alcohol use kills 4,700 people each year. More than all illegal drugs combined. (MADD)
- 62% graduate having drunk a sig. Amount
- 90% of all adolescent drinking episodes are binge drinking (5+ in one hour- extremely dangerous)
- 2016, - 2,695 calls to poison control for "K2"
- 2017 Heroin Use 4% combined grades
- 12th graders Annual Use of opioid medications 4.2%, - 10% in 2004

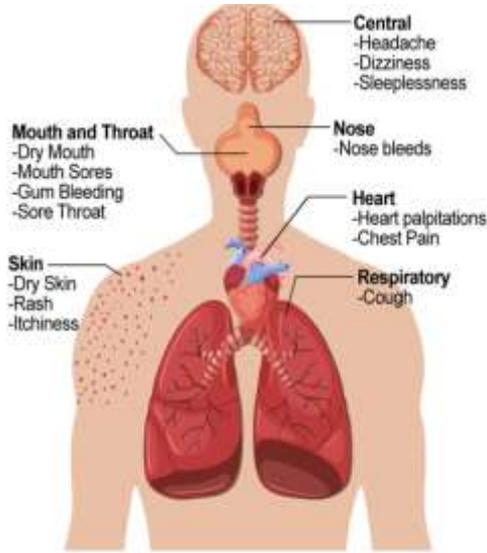
**FIGURE 9-3c**  
**MARIJUANA**  
Trends in 30-Day Prevalence and  
Friends' Use in Grade 12



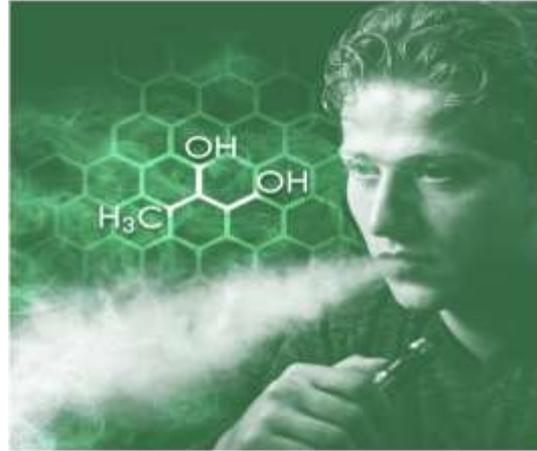
Marijuana Use in 12th graders remains nearly identical to where it was 20 years ago

Source: The Monitoring the Future study, the University of Michigan.

# Vaping Side Effects



## VAPING SIDE EFFECTS OF PROPYLENE GLYCOL



Propylene glycol (PG) is the main ingredient responsible for carrying the flavoring in your vape juice. PG is found in everyday items such as personal care products and foods. Although PG is approved by the FDA for human ingestion, the health effects of inhalation are not widely understood.

Coughing/ Dizziness / Skin Irritation  
 Dry Throat / Dry Eyes / Itchiness  
 Dry Mouth/ Fatigue /Headaches/Drowsiness

## VAPING SIDE EFFECTS OF VEGETABLE GLYCERIN



Vegetable glycerin (VG) is a viscous liquid that makes up for the majority of the e-liquid and it's responsible for producing a smooth inhale and the thick clouds you see when vapers exhale.

Dry Mouth / Increased Thirst  
 Sore Throat/ Coughing  
 Dry Nose

Here are the common side effects vapers have reported in a survey involving over 19,000 people worldwide:

Dry Mouth	Headaches
Sore Throat	Nausea/ Dizziness/
Gum problems	Lightheadedness
Nose bleeds	Sleeplessness
Cough	Heart Palpitations
Chest Pains	*40% Report no side effects

Q: Differences between Experimentation & Addiction?

# Common Factors in Substance Dependence (Not Causal)

*“Adrlictio1 ir ...The Per(ect Stori'»”*

1. Genetic Predisposition - Substance abuse (anxiety/depression)
2. Age of Onset - Potency, Brain Development - Poor Impulse Control, Immature Reasoning, Decision Making & **Emotional Immaturity** (ex: Social anxiety)
3. Parenting Style - “The Permissive Parent” -
  - Human brain *at least 25* to come to full maturation.
  - Do not have limit setting ability or brain/body maturity to handle permission or use
  - Who has influence? 1. Family 2. Friend 3. Media Messaging

Note: Does not include... *Traumatic Event, Socio Economic Status, Ethnicity, or Drug of choice!*

**90% of Americans with a substance abuse problem started smoking, drinking or using other drugs before age 18.**

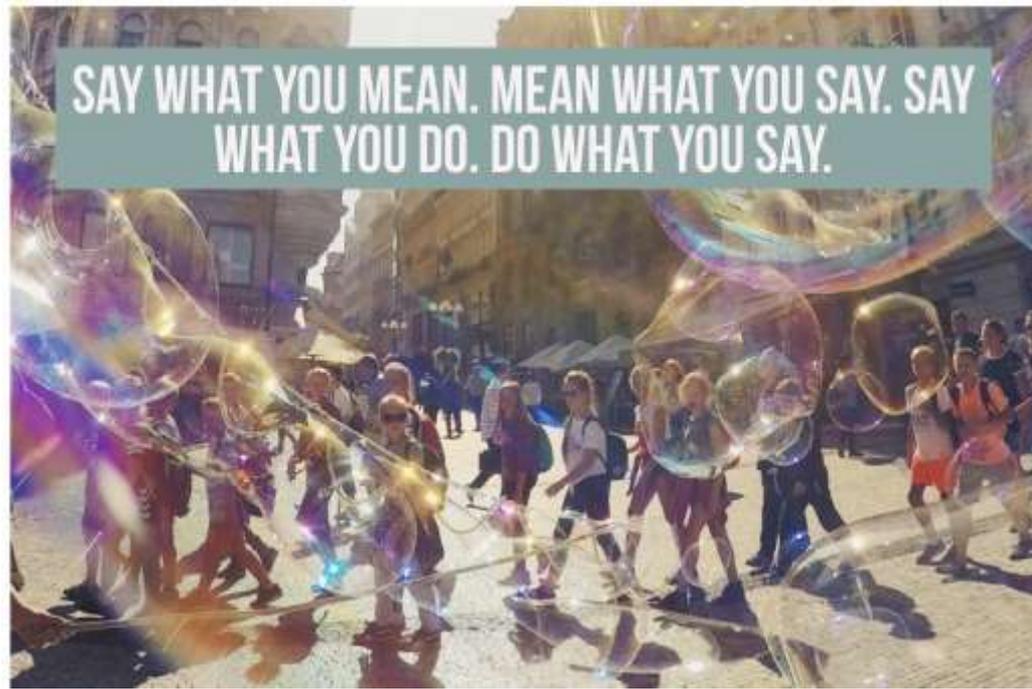
- In NY, 16% have their first drink before age 13 (nyc.gov)

# How to Talk To Your Kids About Drugs & Alcohol

1. **It's Not About You.** The single biggest reason why parents don't initiate discussion is because they're afraid to be asked, "Did you do drugs?" Make it about their choices in the future, not yours in the past! *Just do it!*
2. **No One "Right Way".** Consider what you know about your child before initiating the strategy or discussion. What do they respond best to?
3. **Do Not Lie !!!** Lying to our children even for their benefit always ends in a violation of trust, the foundation of any healthy relationship. Answer honestly or not at all.
4. **Too much info is not necessary.** You don't have to bare your soul or go into great detail. Clear. Concise.
5. **Don't Just Talk. Listen... Carefully.** They will tell you everything if you listen carefully and ask the right questions.
6. **Say What You Mean.** Don't beat around the bush. Be clear. Know what you want to say. "I don't want you using drugs". Not a place for ambiguity.
7. **Share what you have learned.** The earlier the better. Kids listen, *even if they don't seem like they do.*
8. **Share Meaningfully, Not Authoritatively.** As though you understand their struggle; With certainty but non-threatening. Communicating love and support. Threats and fear make them less likely to tell you what is going on.
9. **Emote less.** This is not a therapy session for you. It is a huge opportunity for a powerful and important teaching moment.
10. **Timing.** As with anything in life timing is important. Know when the best times to get the message across is. The hour before bed? Weekend down time? When are you most likely to have their attention? Not before they're leaving for a friends house, or school in the morning, or before a sports game.

# Simple Now Interventions

- Nurture ***their*** interests! *Make sure they have a voice.*
- Peer Mentors - *Of their own. Not siblings!*
- Teach them *Aligned Action -Movement*
- “Presencing” - *Just Be* with them - Put YOUR Phone Away for “X” amount of time.
- More than one circle of friends - for now or later.
- Service Mind
- Sports - Movement
- Create Confidence - *Positive Feedback*
- Listen & Validate
- Mindfulness
- Meditation - “Sitting Like a Frog” Eline Snel
- Yoga - *For them, and you and them!*
- Model Good Coping
- Model No Use or Responsible Use Ex: Don't Keep Alcohol in your home; Keep it separate (makes it clear that it is special, different from the norm).
- ***GET HELP! If you don't know ask a professional!***





# Best Strategy for Preventing SUD's is *Parenting for Resilience*:

## Objectives

Facilitating their ability to...

- manage difficult emotions (ex: shame, disappointment, sadness, despair, heartache, etc.)
- tolerate stress/pressure (distress) (ex: *When she says "no", test prep*) NYC = Culture of Stress & Overstimulation
- "self soothe" - How do i talk to myself? Developing a positive internal dialogue (self & others)
- be mindful.
  - Non Judgement - Pause before assigning meaning, or negative evaluation (ex: Social media- They didn't respond- they think I am a creep and a loser") (Take a step back!)
  - To be aware of *how* they are being (*Right here, right now!*)
  - Self Care - How do I take care of myself? How do I change how I feel in a healthy way? How am I contributing to my feelings? Ex: *nutrition, exercise, hobbies, fresh air, sunshine, rest, friends, family, achievement, etc.,*
  - Mood Dependent Thinking - "*Mood health*". *Mood determines nature of thoughts. Mood and Success.*
    - How do I stay mentally fit?
- improve sense of self worth - **Common Denominator. Separate self worth from conditions.** Epidemic of modern culture and its everywhere!!!!. *Suffer from the belief they are "not good enough!"* Everything else is built on this. FOUNDATION BELIEF ex: "Should i say she's pretty or will it go to her head?" ex: kids learning to walk vs. getting good grades.
- Improve ego strength - Sense of self- The opposite of Self Doubt- Self Certainty. Unapologetically Themselves!

# Parenting Style: Nurturing vs. Enabling: *The Challenge of Wanting to Be Liked*

1. **Boundaries:** Children need boundaries on the outside to feel safe on the inside. Knowing their limits creates ease/relief. Security & Safety, Control. What's in bounds?
2. **Safety comes from PREDICTABILITY.** If they don't get it at home they will find another way. Worry, Anxiety, fear, control = Attracted to Alcohol & Drugs = *Control/Relief*).
3. **Explicit. Clear. Consistent.** Make sure everyone is on the same page. Nothing more confusing the *split* parents or *vagary*. Kids hear in *vagary* (uncertainty) opportunity to manipulate.
4. **Little Adult Syndrome.** We try and reason with them treating them like little adults. We think if we could just make them understand our view, then they'd change their behavior. Less talking! *Claim your authority! You are the boss!*
5. **Emote Less! Emote because we don't want to have to say "No"!**
  1. *Anger is Empowering to a little person who relies on you for everything! "I know how to get moms undivided attention and if I make mom ANGRY I feel empowered! That whole experience itself can be addictive. Power releases dopamine in the brain. Repeat! Repeat!"*
    - a. *In its worst form becomes cycle of very severe mental and even physical illness*
  2. You are setting the emotional standard. *Ex: Beer vs. Breathing. How do you handle your difficult emotions?*
  3. Anger causes more anger! (If you are angry and explosive - they will be too)

# Parenting Style: Nurturing vs. Enabling: *cont..*

## 6. Why Helicopter Parenting Does Not Work! - *To hover overhead overseeing every aspect of a child's life.*

- Anxiety breeds more anxiety... not less. Don't let your anxiety become theirs. Very dangerous. (EX: Bumble Bee's will kill you! Germs are dangerous and deadly!
- Message is the world is *NOT* safe = I am not safe. **Right size danger.** Crossing the street serious. Spiders NOT! Be reasonable. Not emotional.
- If we react as though a bumble bee and crossing the street have the same risk potential, eventually kids can't tell the difference between which is which and either minimize serious risks, or are afraid of everything "just in case."
- Implicit message intended or not is "I can't trust you to do it yourself". *Negative self-esteem.* Trust them.
- Becomes a cycle of "I don't know how". Deep Shame, insecurity and self doubt. (Ex; Can't make a Dr appointment on my own; Can't use the phone to order dinner, can't do laundry...etc.,)
- Experience is the best teacher. Kids need autonomy to learn. If we are always there to do the little things, the little things add up and become very big things. (Becomes incompetence, and inadequacy as adults).
- Blurred boundaries are extremely unhealthy for children. Where is your life, and where is mine? Model healthy appropriate separation.
- Codependency - "I need you to need me." Mom is my identity. Operating from my needs & my fears, not the needs of the child. Have a life! Avoid losing *you* in them.
- Use caution not to reward inappropriate behavior with *too much of your attention.* (Ignore tantrums. Ignore explosiveness. Ignore. Ignore. Ignore.) *This in its most severe form can become a parent's worst nightmare.*

## Rewards/Natural Consequences

### 7. Discipline. How to get our children to do the *things they do not want to.*

- What are the house rules? "Norms".
  - Simple & Consistent. Know the plan. (What is the disciplining strategy? What are the rules now, or in adolescence?)
  - Have a system. Rewards work! (Remember bribing your 2 year old?) It works! Make them work for it.  
***Never give the reward first!***

# Parenting Style: Nurturing vs. Enabling: *cont..*

## 7. Discipline (cont...)

- Curfew, friends, list of consequences, dinner time, homework, parties, sleepovers, *"Everyone else gets to". "It's not mine"...yes it is!*
  - Know who they are with, where they are, online habits.
  - Online activity, Whereabouts, GPS : mSpy, Mobicip, The Spy Bubble, Qustodio
- Know What to Share and What not to Share.
  - If you have any doubts, don't say/do it!
  - Money, Relationship stress, Work Problems. ***Kids can take on your problems without you ever knowing!***
- Its Ok to say No! Ex: *"Bottle Lesson"*.
- Zero Tolerance" is the best parenting strategy for substance abuse
- Resist the urge to SAVE THEM!
  - Allow them to experience natural consequences. *"1-2-3 Take 10". "I warned you that if you kept it up you'd be in time out. You did so now you're in time out!"*
- **I have influence in my world.** *"If this...then this..." Not a Victim! Words dont teach!*
- Help them but *do not* do it for them! Ex: homework, papers, tests, room cleaning, bailing them out of trouble with teachers, school, friends, family, etc.,
  - Reward their efforts
- Do not assume they understand. They do not know what you do! Knowledge is power! Connect the dots. Teach them about what you're doing. How systems work. Ex: A  
light bulb, Where vegetables come from. What the difference between a state and a country is. What is the value of history? Science? Math? Explain Why! Show them.
- Teach them skills. *How to find a snack. Peel an orange. Make the bed. Fold a towel.*

## 8. Modeling. *They are watching you!* Most underutilized tool in our tool box

- YOU MATTER! Common mistake almost every parent makes, *"He/She/They have always been that way."* - You've *always* been there with them too!
- What do you do with *your* emotions? Ex: Anger? Victim? Martyrdom? *Beer vs. Breathing exercises..*
- *"I learned it from watching you"* Our Self Care Habits Do you model self care?
  - Food? Exercise? Sports? Interests? Yoga? Baseball? Wine with dinner?
- BODY IMAGE - Attachment Research - Miriam Steele

# Research on Mindfulness & Meditation

How Meditation is being used in Schools

<https://www.higherperspectives.com/detention-meditation-school-2606986894.html>

<https://www.teachstarter.com/blog/classroom-mindfulness-activities-for-children/>

Harvard Research Overview

[https://www.washingtonpost.com/news/inspired-life/wp/2015/05/26/harvard-neuroscientist-meditation-not-only-reduces-stress-it-literally-changes-your-brain/?noredirect=on&utm\\_term=.b7f1427d12a1](https://www.washingtonpost.com/news/inspired-life/wp/2015/05/26/harvard-neuroscientist-meditation-not-only-reduces-stress-it-literally-changes-your-brain/?noredirect=on&utm_term=.b7f1427d12a1)

National Center for Integrative Health

<https://nccih.nih.gov/health/meditation/overview.htm>

Meditation & Stress Reduction

<https://www.health.harvard.edu/blog/mindfulness-meditation-may-ease-anxiety-mental-stress-201401086967>

Fun Mindfulness Techniques for Children

<https://positivepsychologyprogram.com/mindfulness-for-children-kids-activities/>

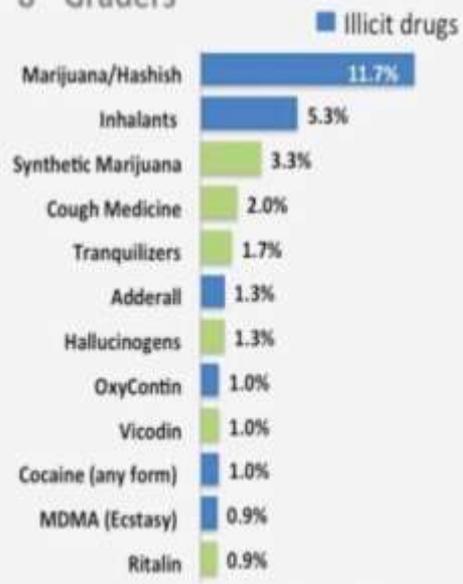


2014

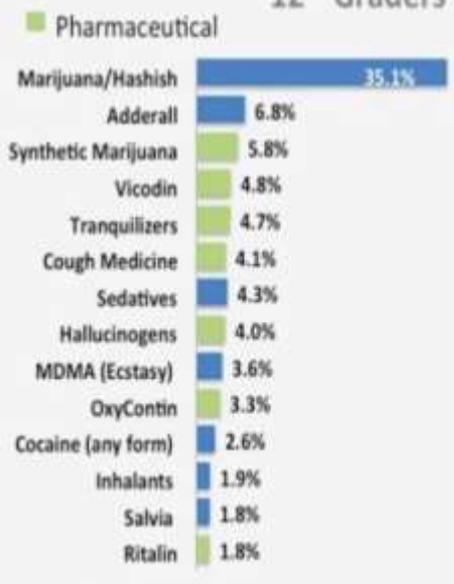
# Top Drug Use 8th & 12 Graders



## 8th Graders



## 12th Graders



### Drugs of Abuse

- Bath Salts
- Cannabis
- Cocaine
- Ecstasy
- GHB
- Salvia
- Fentanyl Mix
- Hash
- Heroin
- Ketamine
- Kratom
- LSD
- Marijuana
- MDMA
- Mescaline
- Opium
- PCP (Phencyclidine)
- Psilocybin (Magic Mushrooms)
- Quaaludes
- Rohypnol
- Speed (methamphetamine)
- Synthetic Marijuana (Spice or K2)

### Most Abused Prescription Drugs

- Oxycontin
- Alprazolam/ Xanax
- Lorazepam/Ativan
- Clozapem/Klonopin
- Hydrocodone - Vicodin/Lortab
- Codeine & Codeine Cough Syrup
- Concerta/Methylphenidate
- Suboxone
- Hyrdomorphone
- Ritalin/ Methylphenidate
- Adderall
- Ambien/Zolpidem
- Lunesta/Eszopiclone
- Fentanyl
- Morphine
- Diazepam - Valium

### Common Household Items

- Nyquil (dextromethorphan)
- Robitussin
- Coricidin
- Pseudoephedrine
- Duster- Dust Off (aerosol cans)
- Gasoline/Glue/Nail Polish Remover/Freon
- Whip Its

THE DORM

# Warning Signs of Substance Abuse & Mental Illness

Poor Impulse Control  
Defiance/Aggressive Behavior  
Extreme Entitlement - *"You owe me! It's Mine."*  
Rapid Mood Fluctuations/Swings  
Low distress tolerance  
Extreme irritability and overblown reactions (*ex: screaming fit over getting their way, stubbed toe, or small inconvenience*)  
Pervasive Complaining/Negative Attitude  
Unrelenting Negative Focus  
Anger/ Resentment/Rage/Violence  
Victim Mentality : *"Nothing is my fault and Im not to blame"*.  
Misanthropy - *"I hate people!"*  
Personality of Martyrdom - *"Nothing ever goes my way. I never get what I want"*.  
Dramatic/Sudden Negative Change in Attitude  
Dramatic/Sudden Changes in Appearance  
Less interest in other people, hobbies, old friends, activities, passions, creative outlets

Skipping school/School Absences/School Refusal  
Excessive worry about things out of their control  
Anxiety/Depression  
Extreme Self Consciousness and or Paranoia  
Extreme Criticism of self or others/ *"Perfectionism"*  
Lying, Sneaky, Manipulative behavior  
Stealing  
Big Changes in appetite and or sleep habits  
Defensiveness, rationalizing their behavior (*DO you find yourself reasoning with insanity?*)  
Repeated refusal to take responsibility, even when it's obvious that it is their responsibility. *"I didn't make that mess in my room"*  
Strange Unfamiliar Smells on Clothing, Book bags, pant pockets, etc.,  
Excessive perfume/cologne  
Overuse of listerine, gum, mints, etc.,  
Violence  
Blaming others *"It's not mine Mom! I swear!"*  
*"Too Cool for School"* - *Nothing matters but social status*

Teen drug abuse has always been a major issue in the United States. Teens are particularly susceptible to drug abuse in some unique ways.

## TEEN DRUG ABUSE IS SIGNIFICANTLY DOWN IN NEARLY ALL AREAS

According to the National Institute on Drug Abuse's Monitoring the Future (MTF) survey, in **2016**, nearly all illicit drug use was at its lowest levels since the survey's inception.

Among 8th-graders, illicit drug use is down to **5.4%** from a peak **12.6%** in **1995**

Among 10th-graders, illicit drug use is down to **9.8%** from a peak **18.4%** in **1996**

Among 12th-graders, illicit drug use is down to **14.3%** from a peak **21.6%** in **2001**

## 5 Truths You Need to Know About Vaping

### **Truth No. 1: Vaping Is Less Harmful Than Traditional Smoking.**

E-cigarettes heat nicotine (extracted from tobacco), flavorings and other chemicals to create a water vapor that you inhale. Regular tobacco cigarettes contain 7,000 chemicals, many of which are toxic. While we don't know exactly what chemicals are in e-cigarettes, Blaha says "there's almost no doubt that they expose you to fewer toxic chemicals than traditional cigarettes."

### **Truth No. 2: Vaping Is Still Bad for Your Health.**

Nicotine is the primary agent in both regular cigarettes and e-cigarettes, and it is highly addictive. It causes you to crave a smoke and suffer withdrawal symptoms if you ignore the craving. Nicotine is also a toxic substance. It raises your blood pressure and spikes your adrenaline, which increases your heart rate and the likelihood of having a heart attack. "People need to understand that e-cigarettes are potentially dangerous to your health," says Blaha.

### **Truth No. 3: Electronic Cigarettes Are Just as Addictive as Traditional Ones.**

Both e-cigarettes and regular cigarettes contain nicotine. Among most addictive substances on earth. What's worse, says Blaha, many e-cigarette users get even more nicotine than they would from a tobacco product — you can buy extra-strength cartridges, which have a higher concentration of nicotine, or you can increase the e-cigarette's voltage to get a greater hit of the substance.

### **Truth No. 4: Electronic Cigarettes Aren't the Best Smoking Cessation Tool.**

Although they've been marketed as an aid to help you quit smoking, e-cigarettes have not received Food and Drug Administration approval as smoking cessation devices. *A recent study found that most people who intended to use e-cigarettes to kick the nicotine habit ended up continuing to smoke both traditional and e-cigarettes.*

### **Truth No. 5: A New Generation Is Getting Hooked on Nicotine.**

Among youth, e-cigarettes are more popular than any traditional tobacco product. In 2015, the U.S. surgeon general reported that e-cigarette use among high school students had increased by 900 percent, and 40 percent of young e-cigarette users had never smoked regular tobacco.

*First, many teens believe that vaping is less harmful than smoking. Second, e-cigarettes have a lower per-use cost than traditional cigarettes. Finally, vape cartridges are often formulated with flavorings such as apple pie and watermelon that appeal to younger users.*

- One in ten 12th grade students vaped marijuana in the past year, 10th graders, 8% and 8th graders, 3%.
- Levels of nicotine vaping are also considerable, with 19% of 12th grade students vaping nicotine in the past year. The annual prevalence levels were 16% for 10th graders, and 8% 8th grade students.

# Statistics

- A 2006 study that used data from nearly 19,000 teens showed that girls who experimented with alcohol were more than twice as likely to have symptoms of depression as girls who abstained completely. Girls who used intravenous drugs were almost 18 times as likely to have symptoms of depression as girls who abstained. Boys who drank alcohol and were binge drinkers were two and a half times as likely to experience depression as boys who abstained. *Waller, M. et al. Gender differences in associations between depressive symptoms and patterns of substance use and risky sexual behavior among a nationally representative sample of U.S. adolescents. Archives of Women's Mental Health, 9(3): 139-150, 2006*
- In 2013, 8.0% of NYC public high school students in grades nine to twelve reported lifetime use of an illicit drug (cocaine, heroin, methamphetamines, or ecstasy); 4.7% reported cocaine use and 2.8% reported lifetime heroin use within their lifetimes. Nearly 10% of NYC public high school youth reported prescription drug misuse within the past year; of those, 7.3% reported opioid analgesic misuse in the past year. Youth who live in Staten Island reported lifetime use of an illicit drug at the highest proportion (12.8%), followed by youth who live in Manhattan (11.0%). *nyc.gov*
- In 2016, there were 2,695 calls to poison control centers about people who were harmed by using K2/Spice. 2011, 28,531 ER visits were linked to synthetic cannabinoids. 30% females; 70 percent involved males. 77% of visits were adolescents and young adults, ages 12 to 29. *NIDA for Teens*
- **In 2016, there were 2,695 calls to poison control centers about people who were harmed by using K2/Spice.** About 28,531 ER visits were linked to synthetic cannabinoids in 2011. 30% females; 70% males
- More than a third of teens mistakenly believe they drive better under the influence of marijuana. (Liberty Mutual/SADD poll of 1,708 teens in the 11th and 12th grades. Margin of error is +/- 2.16 percentage points.) Janet Loehrke, USA TODAY.
- Drunk driving costs the United States \$199 billion every year.
- Seventy-eight percent of these ER visits were among adolescents and young adults, ages 12 to 29.
- The drug showing the greatest increase among drivers from 2007 to 2013/2014 was marijuana (THC). The percentage of THC-positive drivers increased from 8.6 percent in 2007 to 12.6 percent in 2013/2014, a proportional increase of 47 percent.  
NHTSA 2013-2014 Roadside Survey
- An estimated 88,000 people (approximately 62,000 men and 26,000 women) die from alcohol-related causes annually, making alcohol the third leading preventable cause of death in the United States. The first is tobacco, and the second is poor diet and physical inactivity.

## More From Monitoring the Future (Alcohol)

- In 2017 nearly half of all 12th graders (45%), one quarter of 10th graders (25%), and about one in eleven of all 8th graders (9.2%) said they had been drunk at least once in their lifetime.
- The levels of self-reported drunkenness during the 30 days immediately preceding the survey are high—19.1%, 8.9%, and 2.2%, respectively, for grades 12, 10, and 8.
- Another measure of heavy drinking asks respondents to report on how many occasions during the last two weeks they had consumed five or more drinks in a row. In 2017 prevalence levels for this behavior, which is also referred to as binge drinking or heavy episodic drinking, were 16.6%, 9.8%, and 3.7% in the 12th, 10th, and 8th grade, respectively.
- Extreme binge drinking, also known as high-intensity drinking, is a term that refers to the consumption of 10 or more drinks in a row or 15 or more drinks in a row on a single occasion. One of the most concerning findings from the alcohol frequency results relate to this measure. Table 4-4b shows that prevalence of having 5 or more drinks in a row in the prior two weeks—our standard measure of “binge drinking”—was 16.6% for 12th graders in 2017, but 6.0% said that they had 10 or more drinks in a row, and 3.1% had 15 or more drinks in a row.
- Similarly, in 10th and 8th grade between 30% to 40% of youth who reported 5 or more drinks in a row in the prior two weeks reported 10 or more drinks in a row during the same period. (Questions about 15 or more drinks in a row were not asked of 8th and 10th graders).

# Drugs of Abuse in Teens



NIH National Institute on Drug Abuse  
Drugabuse.gov

**NIDA FOR TEENS** [www.teens.drugabuse.gov](http://www.teens.drugabuse.gov)

NIAAA National Institute on Alcohol Abuse & Alcoholism  
Niaaa.nih.gov

Survey MTF  
[www.monitoringthefuture.org](http://www.monitoringthefuture.org)

NYC Drug & Alcohol Data  
[www1.nyc.gov ?https://www1.nyc.gov/assets/doh/downloads/pdf/mental/](https://www1.nyc.gov/assets/doh/downloads/pdf/mental/)

Above The Influence  
Abovetheinfluence.com

Center for Disease Control & Prevention  
[www.cdc.gov](http://www.cdc.gov)

Foundation for a Drug Free World

Guide to Drugs of Abuse  
<https://www.drugabuse.gov/drugs-abuse/commonly-abused-drugs-charts>

Prescription Pill Identifier  
<https://www.drugs.com/imprints.php>

More about K2 - Synthetic Marijuana  
<https://www.centeronaddiction.org/the-buzz-blog/>

# Resources: More Info & Where to Go For Help?

**The Poison Control Hotline is 1-800-222-1222**

**Recent Trends in Drug Abuse**  
<https://www.drugabuse.gov/drugs-abuse/emerging-trends-alerts>

## Treatment Programs in NYC

The Dorm NYC/DC [www.thedorm.com](http://www.thedorm.com)  
877-909-3676

NY Center For Living [Centerforliving.org](http://Centerforliving.org)  
212-712-8800

Hazelden Betty Ford [Hazeldenbettyford.org](http://Hazeldenbettyford.org)  
212-420-9520

Mountainside [mountainside.com](http://mountainside.com)  
800-762-5433

**THE DORM**