The background features several vertical, slightly curved light trails in orange, yellow, green, and blue, resembling neon or fiber optic lights. In the top-left corner, there are three circles: a large light green one, a medium grey one, and a small teal one. In the bottom-left corner, there are four circles: a large light green one, a medium grey one, a small orange one, and a very small light green one.

# Generation Z: Understanding substance use in their world and how to “meet them where they are at”

Melissa L. Groden, MS, HS-BCP, CFRS  
Director of Prevention, Training & Education  
The Council of Southeast Pennsylvania, Inc.

# Learning Objectives

1

Identify current trends  
in substance use.

2

Describe the role of  
prevention, early  
intervention, treatment  
and recovery support  
services.

3

Understand the purpose  
of Student Assistance  
Programs and how they  
can support youth.

# Generation Z Characteristics

Short attention  
spans

Speed  
communicators

Entrepreneurial

Very diverse,  
multicultural  
generation

Practical

Private



# Characteristics of Gen Z



**Independent:** Gen Zers are highly independent, **focused and resourceful**. They have a “Do It Yourself” (DIY) mentality, crave autonomy and will seek meaningful work that aligns with a purpose and goal.

**Entrepreneurial:** Entrepreneurship is in the DNA of this **generation**. Gen Zers want to gain professional experience at a very early age, fueling a competitive spirit and desire to get ahead. Popular among them is “Do It Yourself” (DIY) education, where they take online classes independent of attending a traditional university.



**True Digital Natives:** Gen Zers are the most digitally **adept generation yet**. They are known to multitask across at least five screens daily. With their inherent talent for digital tools, they will think of innovative ways to leverage technology in their workplaces.



**Crave Knowledge:** Gen Zers are seeking formal and **informal training opportunities to build “real life” business skills and knowledge**. Because of their dependence on digital communication, they may need more training in the area of interpersonal and communication skills.



**Diverse:** Gen Z is the most diverse **generation yet**. In the U.S, multiracial children are the fastest growing group, and researchers are noticing a 50% increase in multiracial youth population since 2000. Their ethnic and cultural diversity will shape their non-traditional mindsets, behaviors, values, and ambitious career goals.

# Comparing Generation Z vs. Millennials

## Generation Z

Realistic

Independent

Digital Natives

Private

Face-to-Face

On-Demand Learning

Rule-Hopping

Global Citizen

## Millennials

Optimistic

Collaborative

Digital Pioneers

Public

Digital-Only

Formally Educated

Job-Hopping

Global Spectator

# Generation Z Communication Tips



Use online communications and interactions



Help them focus through goal-setting and asking pointed questions



Understand what motivates them



Be a global connector





# Status of Today's Youth

## Energy and Sleep



**37.9% of students**

reported **sleeping less than 7 hours a night on school nights** including 46.6% of 10<sup>th</sup> graders and 56.7% of 12<sup>th</sup> graders.



**64.7% of students**

reported **feeling tired or sleepy during the day everyday or several times during the past two weeks**, including 75.5% of 10<sup>th</sup> graders and 78.7% of 12<sup>th</sup> graders.



# Mental Health and Substance Use

Levels of Depressive Symptoms	30-Day Alcohol Use	30-Day Marijuana Use
High (7.1% of all participants)	29.7%	22.4%
Low	9.9%	4.7%

# Alcohol



## Usage Behaviors

### *Lifetime Use*

- **PA is higher than the National Average in lifetime use** by grade: 8<sup>th</sup> (32.3% to 24.5%); 10<sup>th</sup> (52.0% to 43.1%); and 12<sup>th</sup> (63.0% to 58.5%).
- For the fourth straight administration, **lifetime use continued to decrease** in 8<sup>th</sup>, 10<sup>th</sup>, 12<sup>th</sup>, and including 6<sup>th</sup> grade in 2019 (now at 16.7% lifetime).

12<sup>th</sup> grade lifetime use showed the greatest level of decrease, going from 71.0% in 2015 to 69.2% in 2017, and is now at 63.0% for 2019.

10<sup>th</sup> grade: more female students than male reported lifetime use  
54.7% Female, 49.5% Male

12<sup>th</sup> grade: More female students than male reported lifetime use  
65.8% Female, 60.1% Male

# Alcohol Diversion Safes



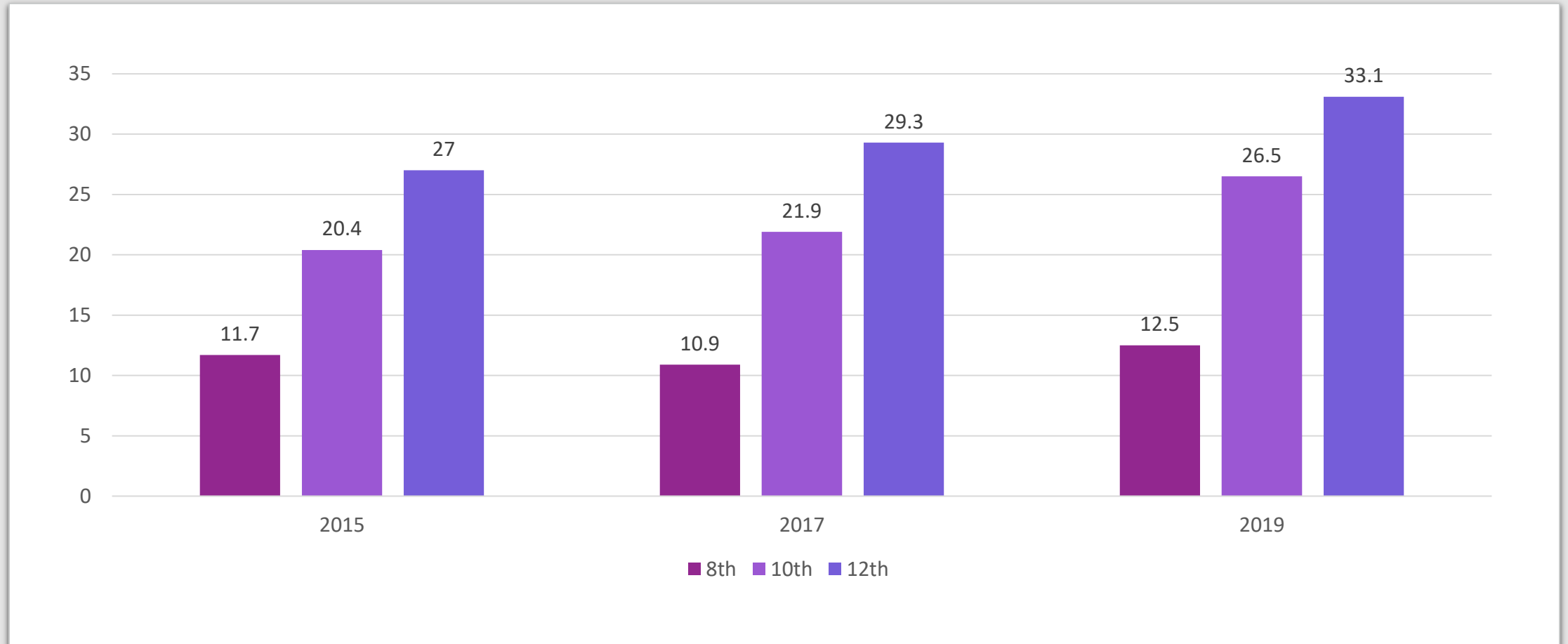


# Vaporizing Alcohol

- Vaporizing alcohol allows for immediate intoxication and increase chances for alcohol poisoning
- Enters system through mucus membrane directly to brain and bloodstream
- Eliminating the stomach in the ingestion process cuts out key defense in preventing alcohol poisoning – vomiting
- Negatively impacts the mouth, nasal passages, and lungs

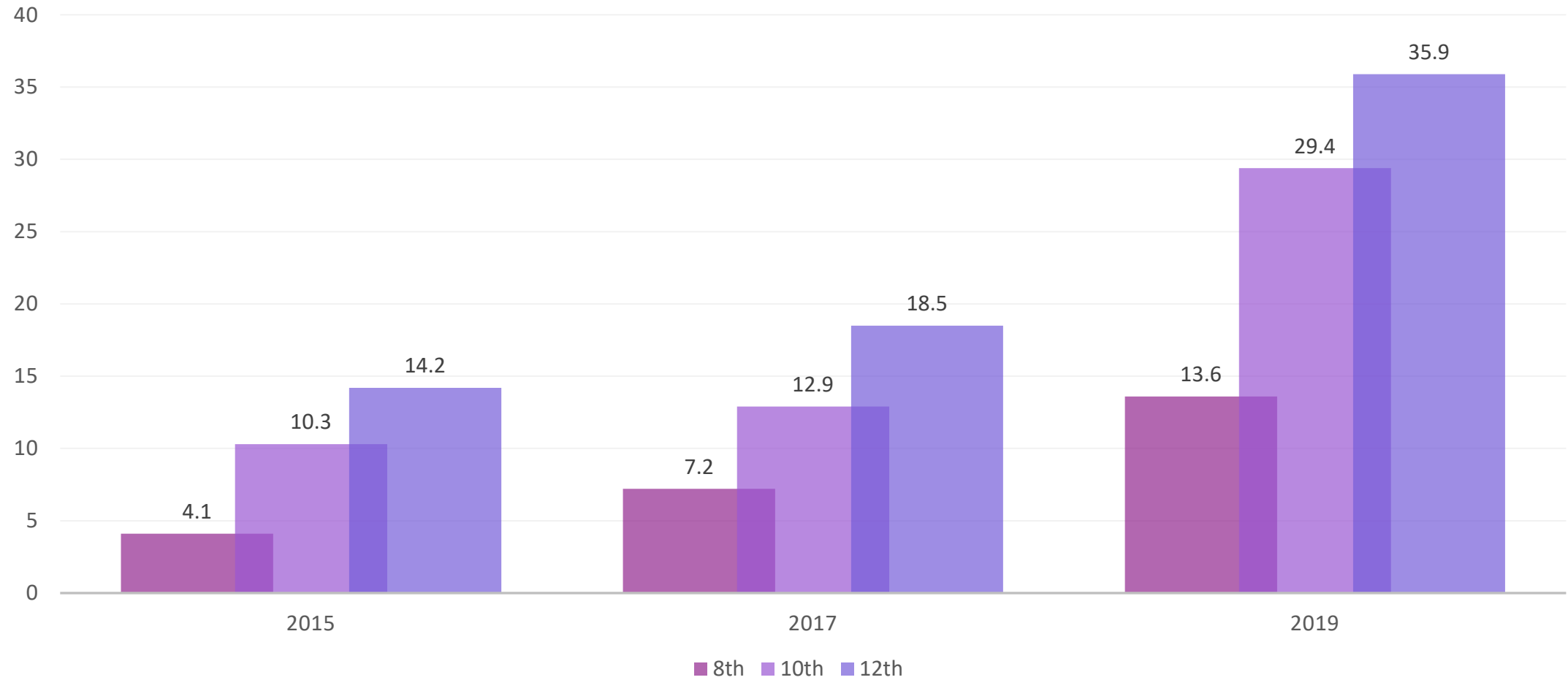


# Vaping/E-Cigs





## Vaping Marijuana or hash oil



# Terminology

Vaping/E-cigarette products:

- Brands: JUUL, Vuse, MarkTen, blu e-cigs, Logic, Puff Bars...
- E-liquids, e-juice
- Dabs, dab pens, dab cards (Marijuana)

# Terminology

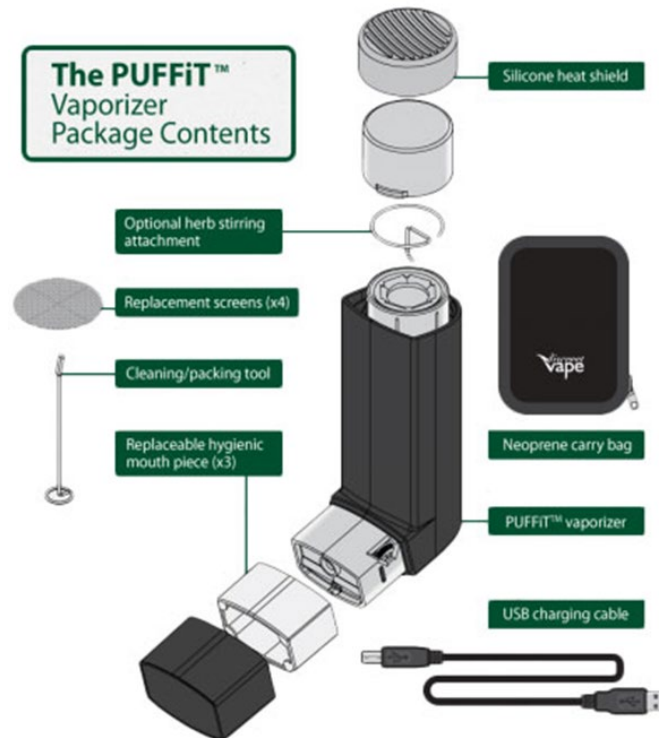
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## Techniques:

- JUULing, vaping – using an e-cigarette
- Drip, dripping or juicing – using e-liquids directly on heating coil
- Ghosting – hiding e-cigarette vapor in the mouth/airways

## Health Effects/problems:

- Getting “nicked” – Euphoria experienced with high doses of nicotine
- Getting “nic sick” – Heart palpitations, nausea/vomiting, light-headedness with nicotine e-cigarette overuse



# Vape Products

# Puff Bars

- 25 different flavors
- 300 hits = 20 cigarettes
- 1.3ml of eliquid and nicotine
- Nicotine can last in bloodstream up to 10 days
- FDA has banned but you can purchase off internet



BLUE  
RAZ



BLUEBERRY



COOL  
MINT



CUCUMBER



GRAPE



LUSH ICE



PINK  
LEMONADE



PINEAPPLE  
LEMONADE



O.M.G.



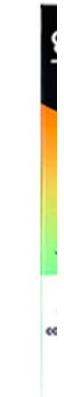
POMEGRANATE



SOUR APPLE



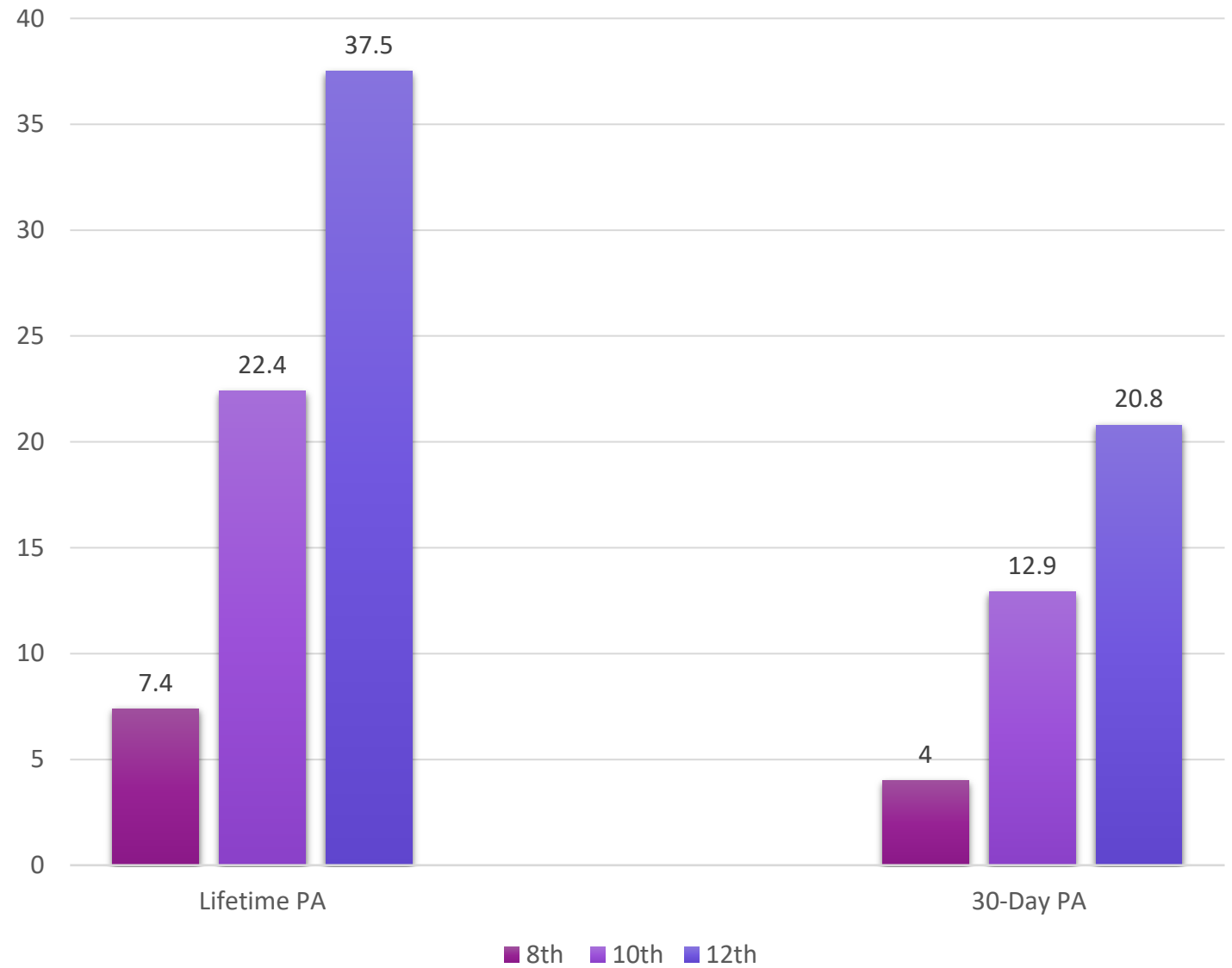
STRAWBERRY



WA1



# Marijuana Use

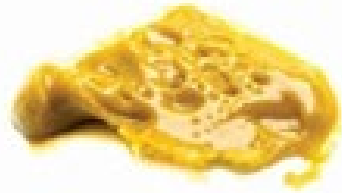


# CANNABIS CONCENTRATES



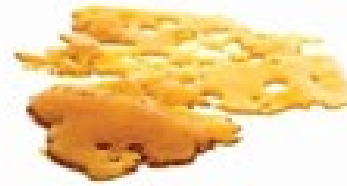
## **CRUMBLE**

Dried oil with a honey-comb like consistency



## **BADDER/BUDDER**

Concentrates whipped under heat to create a cake-batter like texture



## **SHATTER**

A translucent, brittle, & often golden to amber colored concentrate made with a solvent



## **DISTILLATE**

Refined cannabinoid oil that is typically free of taste, smell & flavor. It is the base of most edibles and vape cartridges



## **CRYSTALLINE**

Isolated cannabinoids in their pure crystal structure



## **DRY SIFT**

Ground cannabis filtered with screens leaving behind complete trichome glands. The end-product is also



## **ROSIN**

End product of cannabis flower being squeezed under heat and pressure



## **BUBBLE HASH**

Uses water, ice, and mesh screens to pull out whole trichomes into a paste-like consistency

# Terminology - Marijuana Concentrates

246

BHO

Badder

Budder

Shatter

Ear Wax  
or Wax

# Terminology

## Marijuana Combinations:

- Mixed with Narcotic – amp joint or dust
- Mixed with Cocaine – bush, coco puff, Jim Jones
- Mixed with Heroin – Atom bomb or A bomb, woolie, brown

## Health Effects/problems:

- Greening Out – Cannabis induced physiological or psychological panic attack

# Gambling – All Grades Combined

The most common form of gambling reported overall was Lottery/Scratch Cards at 20.2%. This is consistent across all grades: 19.0% in 6<sup>th</sup>; 19.2% in 8<sup>th</sup>; 21.4% in 10<sup>th</sup>; and 21.4% in 12<sup>th</sup>.


















	2015	2017	2019
Lifetime Gambling	36.8%	36.0%	33.7%
Betting on Sports (2011- 20.6%)	14.7%	13.8%	12.7%



# What Behaviors to Look For

- A drop in grades or poor achievement
- Moods are up and down
- Dishonesty
- Late or unexplained hours
- Rejection of parental values
- Defensive about drug use
- Antisocial behavior
- Friends who are known or suspected users

## Teens who use alcohol or other drugs are more likely to experience:

- |  |   |
|--|---|
|  Dropping out of school                               |  Job difficulties      |
|  Poor academics                                       |  Relationship distress |
|  Unintentional bodily harm                            |  Financial issues      |
|  Decreased life satisfaction                          |  Attempt suicide       |
|  Engage in risky sexual behaviors                     |  Less career success   |
|  Legal problems, violent behaviors, and other crimes  |   |
|  Poor physical health and lasting health effects      |   |
|  Develop alcohol or drug dependence later in life     |   |
|  Be involved in substance- related traffic accidents |   |
|  Poor mental health, depression, and anxiety        |   |

# Emoji Glossary

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🌿, 🍁, 🌲, 🍃, 🍄, 🍀, 🌴 – Marijuana

💉, 🐍, 🐾, 🎯 – Heroin

❄️, 🍪, 😊, 🔑, 🧑‍🚒, ⚡ – Cocaine

💧, 🍇, 💜, 🧑‍🚒 – Cough syrup

🍄, ❤️, ⚡, 🧑‍🚒 – MDMA

🍄 – Psilocybin or “magic” mushrooms

💎, 🏔️, ❄️ – Crystal meth

💊 – Can be used to mean prescription pills, drugs in general, or heroin

🔌 – A plug, i.e., a drug dealer or someone who can “hook you up” with contraband

👤, 🗑️ – Smoking a joint

🚬 – Used to indicate a bong

🚀 – Can mean high-quality or being very intoxicated

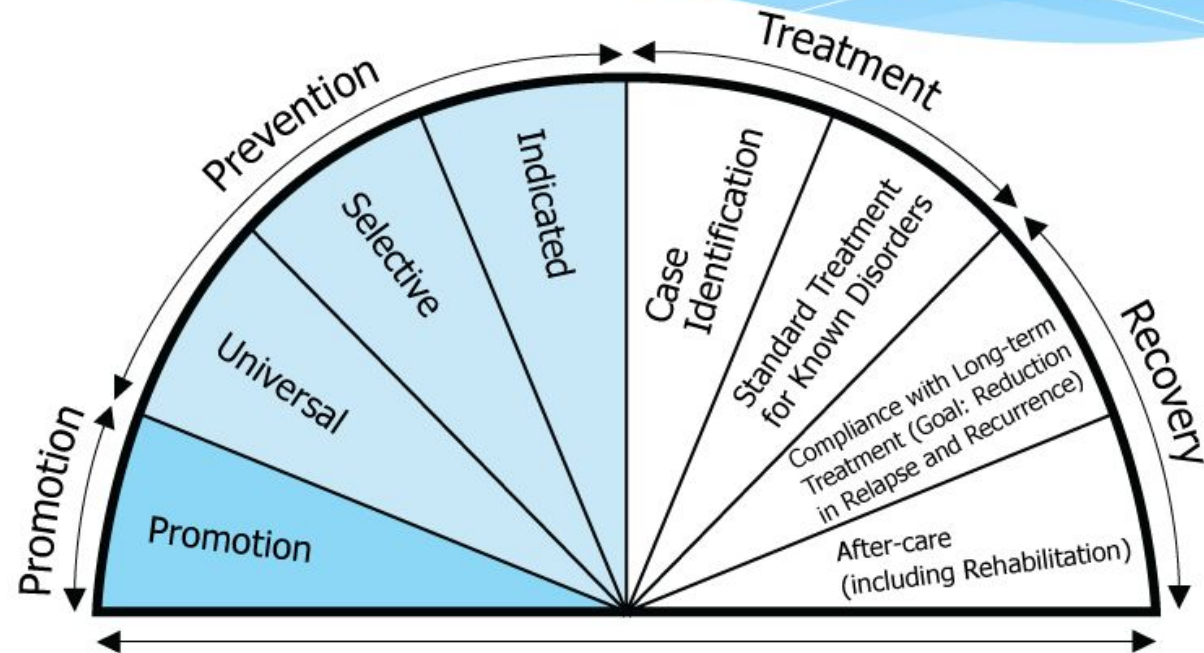
🏠 – Gassed, i.e., intoxicated. Can also refer to high-quality marijuana

🔥 – To “blaze” a joint or to be “lit,” meaning intoxicated



Supports Available

# Continuum of Care



Substance Abuse and Mental Health Services Administration. 2014. Retrieved from <http://www.samhsa.gov/prevention>

# Talking about substance use...

## Preschool Scenario

*Giving your child a daily vitamin*

### What to say

*Vitamins help your body grow. You need to take them every day so that you'll grow up big and strong like Mommy and Daddy—but you should only take what I give you. Too many vitamins can hurt your body and make you sick.*



# Talking about substance use...

## Grade School Scenario

*One in five teens in America has tried huffing—inhaling the fumes from everyday items like nail polish remover, hair spray, and cooking spray. It's probably been a while since you've talked to your child about the dangers of the products under the kitchen sink—but it's important to reiterate the warning.*

## What to say

*I know it's been a while since I talked to you about the dangers of cleaning products and that they should only be used for cleaning. But I've heard that some kids are using them to get high. I just want to let you know that even if your friends say, "Hey, we can buy this stuff at the supermarket so it's totally okay to sniff it," it's not. Inhaling fumes from cleaners or products like cooking spray and nail polish remover is as dangerous as doing all the drugs we've talked about. Now, let's talk about ways you can get out of the situation if that happens. What do you think you should say? Remember, you can always blame me and say, "My mom would kill me if I tried that!"*

# Talking about substance use...

## Middle School Scenario

*Your child is starting middle school in a new town and you know that eventually, he will be offered drugs and alcohol.*

## What to say

*There are a lot of changes ahead of you in middle school. I know we talked about drinking and drugs when you were younger, but now is when they're probably going to be an issue. I'm guessing you'll at least hear about kids who are experimenting, if not find yourself some place where kids are doing stuff that is risky. I just want you to remember that I'm here for you and the best thing you can do is just talk to me about the stuff you hear or see. Don't think there's anything I can't handle or that you can't talk about with me, okay?*

# Talking about substance use...

## High School Scenario

*Your high schooler comes home drunk for the first time.*

### What to say

*The response should be measured, quiet and serious – not yelling, shouting or overly emotional,” says parenting expert Marybeth Hicks. “Your child should realize that this isn’t just a frustrating moment like when he doesn’t do a chore you asked for; it’s very big, very important, and very serious.”*

*First, evaluate the situation. If your teen is truly drunk, you should wait until the next morning, when he’s sober, to talk. Then say: I’m really upset that you’re drinking. I need to get a handle on how often this has been happening and what your experiences have been so far. I get that you’re worried about being in trouble, but the worst part of that moment is over – I know that you’re experimenting. The best thing you can do now is really be straight with me, so for starters, tell me about what happened tonight.*

# Talking about substance use...

## Young Adults (18-25) Scenario

*Your adult child is moving to her own apartment or into a college dorm.*

### What to say

*I know you're off to start your own life but please know that I'm always here for you. I respect that you're old enough to make your own choices, but if you ever want another perspective on things, give me a call. I'll try my hardest to help you out without judging you for your decisions. Sound good? Amelia Arria, senior research scientist at the Treatment Research Institute, also suggests saying: There are certain things that you can count on in life and one of the things you're going to be able to count on is me. As your parent, I am always here for you. Remember, I am your support. I'm the one who can guide you.*



## School Based Prevention Education Groups

- Elementary Schools – Life Skills Training, Too Good for Drugs
- Secondary Schools – Too Good for Drugs, *INTERRUPTED*, Project Towards No Drug Abuse, AlcoholEdu, Project Alert, Stacked Deck, Teen Intervene, CATCH My Breath, COPE
- Family Education – Strengthening Families Program 10-14, Guiding Good Choices, Nurturing Parents, Triple P

# Student Assistance Programs

- The Pennsylvania Student Assistance Program (SAP) is a systematic team process used to mobilize school resources to remove barriers to learning.
- The primary goal of the Student Assistance Program is to help students overcome these barriers so that they may achieve, advance, and remain in school.
- This is a supportive and confidential program.



# Student Assistance Programs

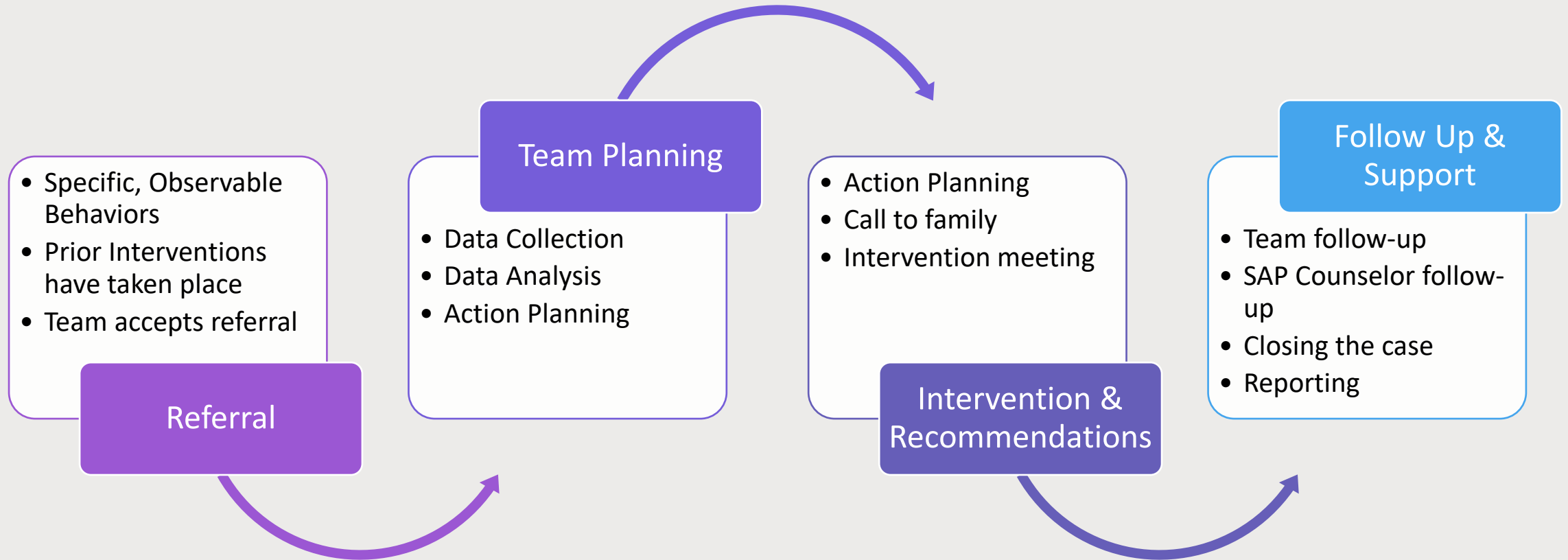
While Student Assistance Programs exist in other areas of the country, the structure and operation of the program in Pennsylvania is a unique expression of an integrated model serving the needs of Pennsylvania families and students.

Identify “barriers to learning” in the four domains of school:

## **Attendance, Academics, Health, Behaviors**

- Must be objective (not opinion), observable (not secondhand), verifiable (able to be measured/confirmed).

# The 4 Phases of SAP





# Effectiveness of SAP in Schools

Students' grade point average—schools with high need and availability of SAPs show strong and stable increases in student achievement over time;

Students' positive attitude toward school, likelihood of staying in school, and school attendance;

Staff involvement in student issues and concerns; and

Parent and community support for students, schools, and parents.



# Effectiveness of SAP in Schools

## Decrease in Risk Factors:

- Disruptive behaviors that may interfere with learning;
- Dropout rates, school truancy, and poor attendance;
- Alcohol and drug use;
- Discipline referrals, with as few as 4 percent of students reporting alcohol and drug violations after participating in SAPs;
- Drinking and driving; and
- Other behavior problems.

# Prevention Resources

- [Samhsa.gov/talk-they-hear-you](https://samhsa.gov/talk-they-hear-you) or download mobile app “Talk. They Hear You.”
- PA Student Assistance Program [pnsas.org](https://pnsas.org)
- <https://teens.drugabuse.gov/parents/drug-facts-for-you>
- <https://pastart.org/resource-library/>

# Types of treatment programs

Outpatient

Intensive  
Outpatient  
Program (IOP)

Partial  
Hospitalization  
Program

Residential

Inpatient

# Types of treatment services

Individual counseling

Group counseling

Educational services

Vocational services

Life skills

Mental health treatment

Family services

Continuing care

# Recovery Supports for Young People

## Community-based

- Mutual Aid Groups
- Recovery Support Services

## Academic recovery institutions

- Recovery High Schools
- Collegiate Recovery Communities

# Some Mutual Aid Groups

Alcoholics  
Anonymous

Al-Anon Family  
Groups

Because I Love  
You (BILY)

Families  
Anonymous

Grief Recovery  
After a Substance  
Passing

In The Rooms

## Some Mutual Aid Groups (cont..)

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Narcotics Anonymous

---

Medication-Assisted Recovery Anonymous

---

SMART Recovery

---

All Recovery

---

Celebrate Recovery





# Wired Recovery – Tech Based Approach

- Accessibility
- Convenience
- Flexibility
- Safety
- Affordability

# Most Common Evidence-Based Practices

- Adolescent Community Reinforcement Approach (A-CRA)  
<http://ebtx.chestnut.org/Treatments-and-Research/Treatments/A-CRA>
- Multidimensional Family Therapy (MDFT)  
<http://www.mdft.org/>
- Multisystemic Therapy (MST) for Juvenile Offenders <http://www.mstservices.com/>

# Peer to Peer Service Delivery

- Peer-identified
- Peer-driven
- Peer-developed
- Peer-led/delivered

***Peer to peer service does not  
provide services to someone or for  
someone but with someone***

# Alternative Peer Groups

## Components of the APG

- 12 step meetings
- Individual and family counseling
- Intensive outpatient groups
- After school hangouts
- Weekend social activities
- Collaboration with referring clinicians

# Recovery High Schools

Goal is to offer youth a safe learning environment that simultaneously fosters substance use disorder recovery and academic advancement



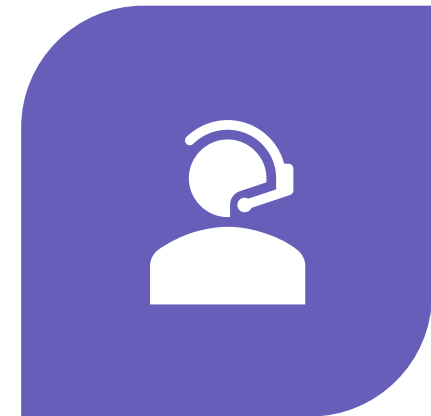
# Recovery High Schools



SMALL STUDENT BODY  
(5-80 STUDENTS)



MEETS ACADEMIC STANDARDS



RECOVERY SUPPORT SERVICES

# Collegiate Recovery Communities

Exist in an academic arena and seek to provide college students in recovery with appropriate recovery supports and a social environment that encourages abstinence



# Collegiate Recovery Communities

Informational support

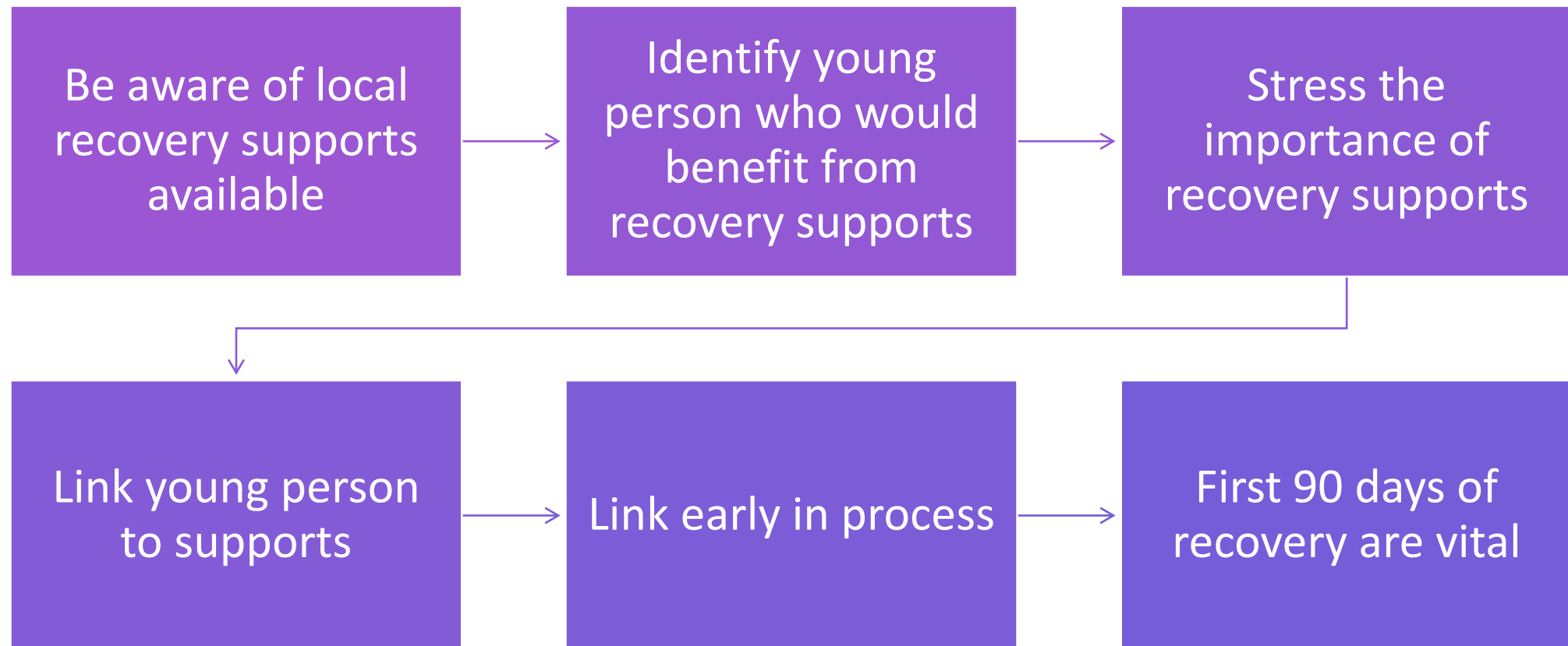
Emotional support

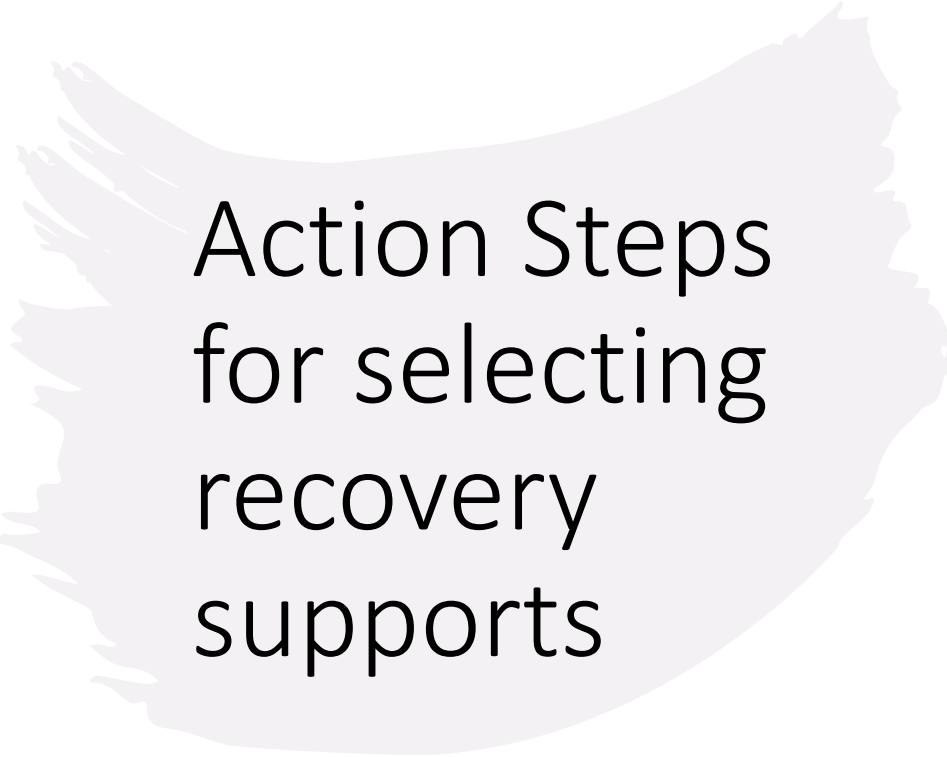
Instrumental support

Affiliation

# Action Steps for selecting recovery supports

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## Action Steps for selecting recovery supports

Identify  
transportation  
needs

Peer mentors  
for young  
person

Encourage  
participation

Re-link to  
services if  
needed

Identify any  
safety  
concerns

Identify  
supports for  
families

# Navigating through systems



EXPLORE  
OPTIONS



ASSESS NEEDS



CONSIDER  
FINANCIAL COSTS



FIND A PROVIDER



START THE  
SUPPORT



CONTINUING  
CARE

A glass bottle with a cork and a rolled-up scroll inside, floating on water. The bottle is tilted, and the scroll is visible through the glass. The water is dark blue with ripples around the bottle.

# How to find help

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# Act 65 of 2020

## PA Mental Health Consent Law FAQ

### What is inpatient treatment?

Mental health treatment that involves full-time overnight care inside a mental health facility.

### What is outpatient treatment?

Treatment that is NOT overnight in a mental health facility; the patient goes home in between treatments, like a typical doctor appointment.

### What makes inpatient treatment consent different?

If either the minor or the legal guardian rejects inpatient treatment they can file an objection with the facility and there will be a hearing scheduled. The court would hear the case and then decide whether or not the care is in the best interest of the minor.

Who can consent to a minor receiving mental health treatment?

- Parents or legal guardians
- A minor between the ages of 14-17

I Agree ☐

Can a parent refuse to allow treatment once a child (age 14-17) has consented?

**no**

Can a child (age 14-17) refuse treatment once a parent has consented?

**no**

### What about parental disagreement to inpatient treatment?

If a parent who has legal custody rights disagrees with the other parent about consent to a child's inpatient treatment, they can file a petition in the court of common pleas and a hearing will take place within 72 hours of the filing.

Read 2020 Act 65  
ALLOWING MINORS TO CONSENT TO  
MEDICAL CARE - MENTAL HEALTH  
TREATMENT AND RELEASE OF MEDICAL  
RECORDS Act of Jul. 23, 2020, P.L. , No. 65Cl.  
35Session of 2020No. 2020-65  
HB 672  
<https://www.legis.state.pa.us/cfdocs/legis/li/uc-nsCheck.cfm?yr=2020&sessInd=0&act=65>

What happens if a child (age 14 - 17) takes away their consent?

The treatment will be stopped **UNLESS** a parent or legal guardian gives their consent; in that case the treatment will continue.



### What about children under the age of 14?

Parental consent is required for children under age 14 to receive mental health treatment

**This document updated July 2020**

PA Parent and Family Alliance is here when you need support or have concerns about your child (to age 26).

Contact us at 888-273-2361

# ACT 53 in PA

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Act 53 is a law in the state of Pennsylvania that allows a parent/legal guardian to obtain a drug and alcohol assessment for their child - and, if warranted, compel the child to enter treatment. The criteria is as follows:

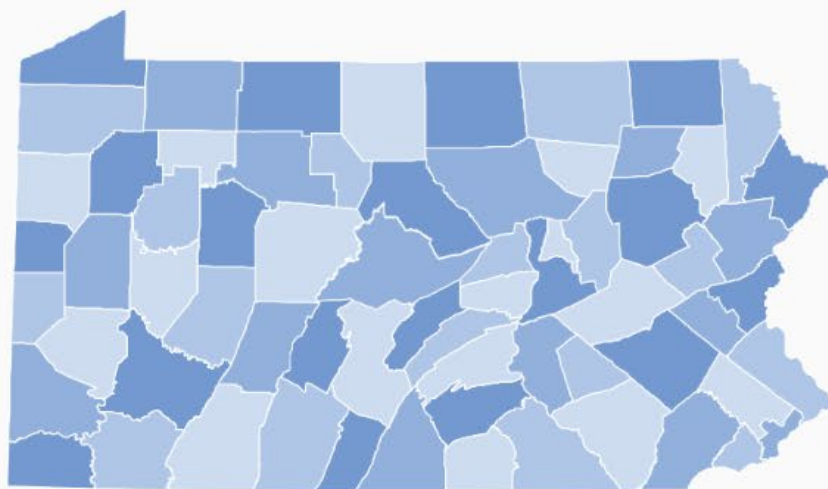
- The parent/legal guardian believes their child has a drug or alcohol problem;
- There is evidence that their child has had a drug or alcohol problem within the last 30 days – please provide specific date(s);
- The child is unwilling to participate in a treatment program;
- The child must be a resident of the County; and
- The child must be between the ages of 12 and 17



[Department of Drug and Alcohol Programs](#) > [Get Help Now](#) > County Drug and Alcohol Offices

## Find your county drug and alcohol office

Local treatment programs are administered through county drug and alcohol offices called Single County Authorities. These programs can help with treatment funding, assess the need for treatment or other services, and make referrals to match treatment and/or service needs.



### Pennsylvania Counties

Select County ▼

*Our mission is to reduce the use of tobacco and eliminate the use of illegal drugs and the abuse, misuse of and addiction to alcohol and other drugs.*

LEARN MORE

215-444-2700

DONATE



- How do I get Narcan?
- I need help NOW.
- Someone I know needs help.
- Services in Bucks County

Prevention

Anyone can become addicted. Anyone.

READ MORE

Treatment

Find the best options for treatment, detox and rehabilitation.

READ MORE

Recovery

Get freedom from a dependence that has control over you.

READ MORE

PA Get Help Now | Care Provider x +

apps.ddap.pa.gov/gethelpnow/CareProvider.aspx

Apps DocuSign Home - BH-Works... Login | HRSA EHBS Monthly SAP Super... PA WITS Paylocity - Time &... Shopping Cart Employee Navigator Resiliency in the W... SBIRT SEL Reading list

If somebody has taken drugs and becomes unresponsive, call 911 immediately.

If you need assistance in finding a treatment provider or funding for addiction treatment, please call [1-800-662-HELP \(4357\)](tel:1-800-662-HELP) or contact your local [county drug and alcohol office](#).

**Search for care providers in your county.** Use either your zip code, or your county to find help near you. To perform a search statewide do not provide a county or zip code and only select the type of treatment.

Enter zip code

No Radius ▾

☒ Drug and/or Alcohol Treatment

☐ Gambling Addiction Treatment

Search

Or select your county from the drop-down list:

Select All ▾

☒ Drug and/or Alcohol Treatment

☐ Gambling Addiction Treatment

Search

FindTreatment.gov

Search for treatment Treatment options Paying for treatment Understanding addiction Understanding mental health



## Millions of Americans have a substance use disorder. Help is available.

The Substance Abuse and Mental Health Services Administration (SAMHSA) collects information on thousands of state-licensed providers who specialize in treating substance use disorders, addiction, and mental illness.

Find treatment

Learn more



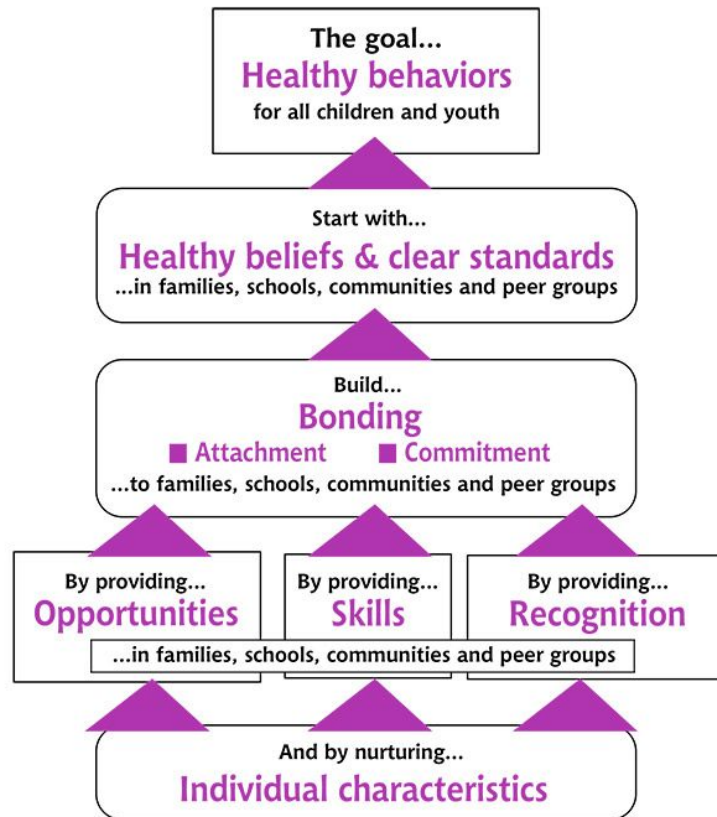
Find a treatment facility near you

In closing...

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# The Social Development Strategy



# Opportunities for Youth Involvement

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- Tobacco Resistance Unit – [www.truinpa.org](http://www.truinpa.org)
- Drug-Free Communities Coalitions - <https://www.cdc.gov/drugoverdose/drug-free-communities/coalitions.html>
- Students Against Destructive Decisions- <https://pa.sadd.org/state/pennsylvania>





Questions??



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215-230-8218 ext. 3808

***THANK YOU!!!***