



• The New Look of Nicotine Addiction; Talking With Kids About the Dangers of Vaping

• CCSAP Chair Gives Training to Foster Parents at Access Family Services in New Bern 3.18.19

• Teens More Likely To Use Marijuana Than Cigarettes

• Social Media Stats Update

• The North Carolina Substance Misuse Prevention Conference is April 9-10th In Raleigh

The New Look of Nicotine Addiction; Talking With Kids About the Dangers of Vaping



What is Vaping?

• **What is vaping?** Vaping is the act of inhaling and exhaling the aerosol (often called vapor) produced by an e-cigarette or similar battery-powered device.

• **What is an e-cigarette?** E-cigarettes are battery-powered vaporizers that simulate the action and sensation of smoking.

• They are also known as e-cigs, vape pens, e-hookahs, e-pipes, tanks, mods, vapes, electronic nicotine delivery systems, or ENDS, and more. Some people refer to vaping devices by their brand name such as JUUL, BO, Blu, and others.

Why is Vaping So Dangerous?

• Vaping devices and e-cigarettes contain nicotine—a highly addictive substance.

• We can't be sure what is in these products or how much nicotine they contain.

• Cheap, easy to get to; Availability sends the message that these products are normal and fine. The more youth see them, the more likely they are to buy and use.

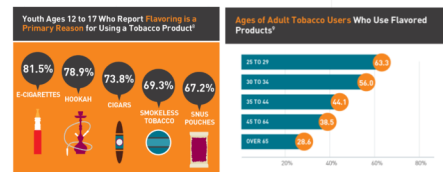
Vapor vs. Aerosol?

• Produces an aerosol, NOT water vapor

- Aerosol can contain harmful substances:
 - Nicotine
 - Ultrafine particles that can be inhaled deep into the lungs
 - Flavoring such as diacetyl, a chemical linked to a serious lung disease
 - Volatile organic compounds
 - Cancer-causing chemicals
 - Heavy metals such as nickel, tin, and lead

Sweet – Do flavors appeal to adults?

- Younger people are more likely to use flavored products than older adults



Source: Truth Initiative, truthinitiative.org/news/flavored-tobacco-use-among-youth-and-young-adults

GET OUTRAGED!

New and emerging products



GET OUTRAGED!

The New Look of Nicotine Addiction



GET OUTRAGED!

How do you know if your child or student is vaping?

• Unexplained Sweet Scent – might be a flavored e-juice for a vaping device

• Unfamiliar Products – If you come across unusual pens or USB drives or an unfamiliar battery or battery charging device, they could be associated with vaping

How Can You Help Educate Your Child or Student On Vaping?

• Provide them with facts about vaping – E-cigarettes contain nicotine

• Dispel the myths • It is not harmless water vapor

• Tell them the tobacco and vaping industries are targeting them to make money and hook them on their products

* Excellent PowerPoint Presentation and more information: <http://makesmokinghistory.org/wp-content/uploads/2018/08/VapingPresentationGuidance2018.pdf>

• www.GetOutraged.org-all facts in this article were cited from this page

–Facts

–For parents (tips on talking with your kids)

–For schools

• Toolkit divided into information for Administrators (this presentation!); teachers; school health services

CCSAP Chair Gives Training to Foster Parents at Access Family Services 3.18.19

CCSAP Chair Kelli Knapp gave two session presentations on “Recognizing Drug Use in Teens” at Access Family Services in New Bern on 3.18.19. Kelli represented CCSAP proudly by giving information to the agencies therapeutic foster parents about drugs and teens, what to look for in terms of drug abuse, trends, where kids hide drugs and how to be aware and on the lookout if their foster children may be using drugs or substance abuse.

Below are some of her featured slides from her PowerPoint:



Parents:

- Discovering your child uses drugs can generate fear, confusion, and anger in parents. It's important to remain calm when confronting your teen, and only do so when everyone is sober. Explain your concerns and make it clear that your concern comes from a place of love. It's important that your teen feels you are supportive.
- **Five steps parents can take:**
- **Lay down rules and 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 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—in backpacks, between books on a shelf, in DVD cases or make-up cases, for example. Explain to your teen that this lack of privacy is a consequence of him or her having been caught using drugs.
- **Encourage other interests and social activities:** Expose your teen to healthy hobbies and activities, such as team sports, Scouts, 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, like a move or divorce, which is causing stress?
- **Get Help:** Teenagers often rebel against their parents but, if they hear the same information from a different authority figure, they may be more inclined to listen. Try a sports coach, family doctor, therapist, or drug counselor.

Signs of Inhalant Use

- Violent outbursts or aggressive behavior
- Lethargic/ moving slowly
- Seizures
- Vomiting
- Trouble speaking/moving
- Odd chemicals/products found in room
- Missing items that could be used as inhalants running out of them much faster than normal.

Searching their bedroom...

- Make sure they are going to be gone for an extended period of time
- Also think about all hiding spaces within your house, not only their room (attics, crawl spaces, drop ceilings, loose floor boards)
- Check everywhere

Under bed or mattresses, desk drawers, hollow areas in furniture, battery compartments of electronics, taped under things, bookcases or hollowed out books, inside clothing, jewelry boxes, piggy banks, board games, siblings rooms, bathrooms, and so on



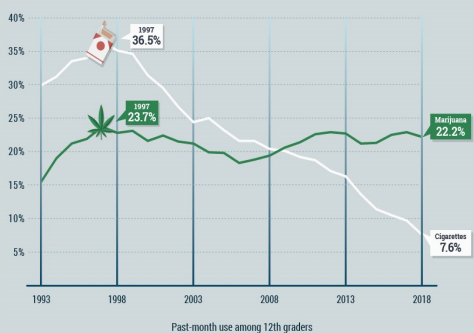
Looking for more information?

Coastal Coalition for Substance Abuse Prevention

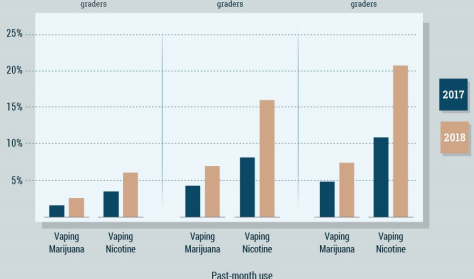
601 Broad Street
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Teens More Likely To Use Marijuana Than Cigarettes

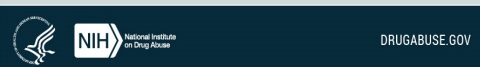
TEENS MORE LIKELY TO USE MARIJUANA THAN CIGARETTES



TEENS VAPING NICOTINE OR MARIJUANA INCREASED ACROSS ALL GRADES



PAST-MONTH VAPING OF NICOTINE OR MARIJUANA JUMPED ACROSS ALL GRADES. PAST-MONTH USE OF MARIJUANA IS STEADY AS CIGARETTE USE DECLINES.



2017 Vaping Nicotine
8th grade: 3.5%
10th grade: 8.2%
12th grade: 11.0%

2018 Vaping Nicotine
8th grade: 6.1%
10th grade: 16.1%
12th grade: 20.9%

2017 Vaping Marijuana
8th grade: 1.6%
10th grade: 4.3%
12th grade: 4.9%

2018 Vaping Marijuana
8th grade: 2.6%
10th grade: 7.0%
12th grade: 7.5%

Daily Marijuana Use Mostly Steady

From 2008 to 2018, daily marijuana use was mostly steady among 8th, 10th, and 12th graders.

In 2018, daily marijuana use for each grade was:
8th grade: 0.7%
10th grade: 3.4%
12th grade: 5.8%

Five-year trends in daily marijuana use remains steady for 10th and 12th graders but shows a decline in 8th graders.

Teens More Likely To Use Marijuana Than Cigarettes

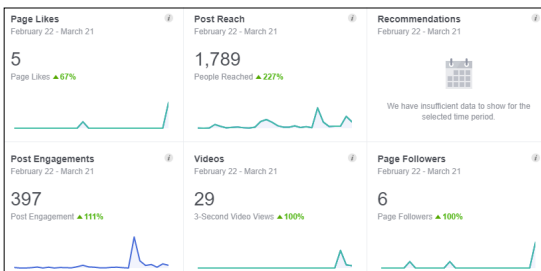
Since 1993, there has been a significant decline in monthly cigarette use among 12th graders, while the rate of monthly marijuana use has increased. In its peak year (1997), monthly cigarette use among 12th graders was 36.5 percent, compared to a rate of 7.6 percent in 2018. In 1993, monthly use of marijuana among 12th graders was 15.5 percent, compared to a rate of 22.2 percent in 2018.

Teens Vaping Nicotine or Marijuana Increased Across All Grades

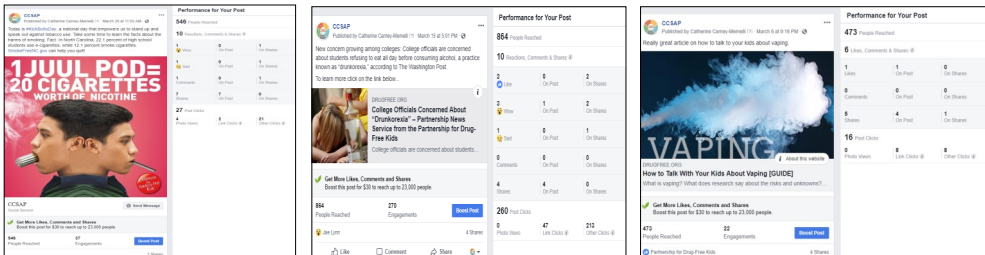
Past-month vaping of nicotine or marijuana jumped across all grades.

Past-month use of marijuana is steady as cigarette use declines.

CCSAP Facebook Analytics and Highlights



Our CCSAP Facebook page had a very good month! We received 5 new “likes”, reached more than 1,789 people, and have 6 new page followers!



S.A.P.H.E Facebook Analytics and Highlights

Our S.A.P.H.E Facebook page is gaining more exposure! We are reaching over 10 people daily on more days than not and continue to get more followers!

Published	Post	Type	Targeting	Reach	Engagement
03/22/2019 10:08 AM	S.A.P.H.E. shared a post.	Image	Targeted	1	0
03/21/2019 2:11 PM	Teens Using Vaping Devices in Record Numbers: Monitoring the	Image	Targeted	6	0
03/21/2019 12:16 PM	What is natosone? The opioid crisis is a complicated problem that	Image	Targeted	10	0
03/20/2019 11:02 AM	Today is #KickButtsDay, a national day that empowers us to stand up	Image	Targeted	6	0
03/19/2019 10:08 PM	S.A.P.H.E. shared a post.	Image	Targeted	4	0
03/18/2019 1:54 PM	National Poison Prevention Week is March 17 – 23, 2019! Practice safe	Image	Targeted	7	0
03/15/2019 5:01 PM	New concern growing among colleges: College officials are	Image	Targeted	13	0
03/13/2019 5:19 PM	Being a Parent in Today's World is hard. This is a wonderful article on	Image	Targeted	17	0

Date	Post	Engagement	Reach	Comments	Shares
03/11/2019 11:30 PM	S.A.P.H.E. shared a post.	4	0	0	0
03/11/2019 4:25 PM	An increase in overdoses: #JDNNews discusses Onslow County post	17	1	0	0
03/10/2019 10:57 PM	Great article about teens' most popular choice: alcohol and problems	4	0	0	0
03/08/2019 2:14 PM	Great article on what parents should know when their child is prescribed	2	0	0	0
03/08/2019 11:15 AM	North Carolina Substance Misuse Prevention Conference will be held	5	1	0	0
03/06/2019 9:22 PM	Great resources to help teens understand what happens to the	3	0	0	0
03/05/2019 2:57 PM	5 Pender County stores cited for underage alcohol sales.	10	0	0	0

The North Carolina Substance Misuse Prevention Conference is April 9-10th In Raleigh

The NC Substance Abuse Prevention Conference is an opportunity for prevention/ treatment professionals, substance abuse coalition participants, school counselors, social workers, parents, and community members to collaborate and learn valuable information related to adolescent substance use prevention and how to positively impact their communities.

This conference is supported by the NC DHHS, DMHDDSAS, with funding from SAMHSA, NC SPF-Rx (Grant #1U79SP022087-01)

For more information or to register click on the link below:
<https://www.ncparentresourcecenter.org/ncprc-conference/>

The 15th Annual

North Carolina Substance Misuse Prevention Conference

April 9-10, 2019 / Raleigh, NC

Registration is open for the NC Substance Misuse Prevention Conference. Click on the link below for conference agenda & registration.

If you are interested in exhibiting at this conference please contact Conference Coordinator, Anna Godwin anna@impactcarolina.org



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