When Is The Best Time To Talk To Our Kids About Drugs, Alcohol, And Tobacco? NOW!
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Mom
Drugs, Brains, and Behavior
The Science of Addiction

National Institute on Drug Abuse
Addictive Substances

- Illegal drugs
  - Marijuana
  - Cocaine
  - Heroin
  - Ecstasy
  - Others

- Tobacco
  - Cigarettes
  - Cigars
  - Hookah

- Alcohol (legal age 21)
  - Ambien (zolpidem)
  - Soma
  - Lyrica
  - Ritalin/Adderall
  - Provigil (modafanil)

- Prescription Medications
  - Norco, Vicodin, Lortab
  - Xanax, Valium, Klonopin
  - Oxycontin
  - Morphine

The Family Center
Resources for Families, Individuals and Professionals
What is Addiction?

Dependency:
- Physical
- Psychological

**ADDITION IS A DISEASE**

*Reference: Dr. Cynthia Arfken*
CDC Statistics

- Opiate overdose is the #1 CAUSE OF ACCIDENTAL DEATH
- 128 people die every day from opiate overdose
- About two-thirds of those misusing these drugs report that they obtained the medications from family members or friends (most often for free).
What is an Opiate?

- Prescription medications used to treat pain
  - Vicodin, Norco, Lortab, Lorcet, Hydrocodone
  - Oxycontin, Roxicodone, Oxycodone, Percocet
  - Duragesic, Fentanyl
  - MS Contin, Morphine
  - Suboxone, Buprenorphine
  - Codeine
  - Dilaudid (Hydromorphone)

- Heroin
Opiate Overdose Fatalities

Heroin Cheaper than Ever

Heroin easy & safe to obtain

Less Pills available

Large number of people consuming Rx Pain killers

An Epidemic
What does it mean to be an addict?

- Recurrent lying
- Stealing
- Leaving home for no reason, and giving suspicious answers when questioned.
- Appearing poorly groomed, and not tending to one’s personal appearance.
- Relationship turmoil with loved ones.
- Large amounts of money missing, or asking to borrow money, for suspicious reasons.
- Change in school or work performance, sloppy homework
What is going on?

- They will minimize or deny the problem.
  - This is a SYMPTOM of the disease, and is to be expected.
  - They will “protect” their relationship with the drug, and will block any intervention that attempts to interfere with their drug use.
    - Car
    - Phone
    - Friends / Suppliers
- Addiction causes a **personality metamorphosis**, which means the individuals personality drastically changes, and becomes toxic.
- They begin to manipulate, lie, and even steal, in order to satisfy their drug craving.
Key Points

- It’s not an matter of wanting to stop, the individual CAN’T stop.
- You CANNOT talk someone out of this problem.
- Addiction is NOT a moral failing
- Not a result of poor parenting
- ADDICTION is a DISEASE
Withdrawal

- Elliot withdraws from his Morphine addiction
- Rami Malek, Mr. Robot, Season 1, 2015, USA
Withdrawal

- Physical and mental symptoms that occur after stopping or reducing intake of a drug.

- Very common

- Treatable by a medical professional Usually self-diagnosable Lab tests or imaging rarely required Short-term: resolves within days to weeks

- The characteristics of withdrawal depend on what drug is being discontinued.

- Symptoms may include anxiety, fatigue, sweating, vomiting, depression, seizures, and hallucinations.

- Treatment includes supportive care as well as medications to address symptoms and prevent complications.
People may experience:

- Pain areas: in the muscles

- Whole body: excessive hunger, lethargy, loss of appetite, night sweats, restlessness, shakiness, weakness, clammy skin, craving, feeling cold, or sweating

- Gastrointestinal: gagging, nausea, vomiting, flatulence, or stomach cramps

- Behavioral: agitation, crying, excitability, irritability, or self-harm Psychological: delirium, depression, hallucination, paranoia, or severe anxiety

- Sleep: insomnia, nightmares, sleepiness, or sleeping difficulty

- Cognitive: disorientation, mental confusion, racing thoughts, or slowness in activity and thought

- Mood: boredom, feeling detached from self, inability to feel pleasure, or nervousness

- Nasal: congestion or runny nose Eyes: dilated pupil or watery eyes

- Also common: seizures, sensitivity to pain, slurred speech, teeth chattering, tingling feet, trembling, or tremor
Treatment consists of therapy and procedures:

- Treatment includes supportive care as well as medications to address symptoms and prevent complications.

- Therapies
  - Counseling psychology: A branch of psychology that treats personal problems related to school, work, family, and social life.

- Medical procedure
  - Drug detoxification: Medical management of the serious withdrawal symptoms that occur when a person addicted to drugs stops using them. Often requires prescription medications.
  - Medications- metadone, suboxone, vivitrol, etc
Treatment

- Levels of treatment
  - Family Intervention
  - Out-patient treatment
    - Weekly therapy (individual or group, or both)
    - Psychiatric care, if needed.
  - Intensive out-patient program (IOP)
    - Day treatment program (daily 9AM - 1PM)
    - Typically 3-5 weeks
  - Inpatient – detoxification
    - May be 3-6 months
Treatment support

- Community Meetings
  - Alcoholics Anonymous/Narcotics Anonymous
    - Daily meetings: typically recommend “90 and 90” which is 90 meetings in 90 days, to those early in treatment.
    - Meetings are free
    - Offer support to patients, NOT treatment.
    - Can be a life-line for many patients.
    - Is quite helpful, despite what critics say.
    - Patients work through 12 steps.
    - Encourage patients to get a sponsor, which is essentially a mentor.
Your Action Plan
Proper Storage and Disposal

- Secure medication at home in a **locked cabinet**
  - Contractors
  - Real Estate showings
  - Friends

- Hazardous Waste Days

- Drop off at Park Pharmacy
  - Located at 15126 Kercheval, Grosse Pointe Park.
    - Next to Atwater
  - You pour the medicine into a secure jug
  - Take your bottles back home for recycling
    - Remove all personal information from labels before discarding

- Flushing
What is a Good Parent?

- Providing for our children
- Parenting Skills
- Network
- Know Yourself & your spouse/partner
  - Strengths and Weaknesses
- Have the courage to seek help
When is the best time to talk to our kids about drugs, alcohol, and tobacco?

Always . . . .

And Often
Positive Parenting Solutions

- Family Checkup: Positive Parenting Prevents Drug Abuse
- https://www.drugabuse.gov/family-checkup
More Resources from the NIDA

- Drugabuse.gov

[Images of various resources related to drug abuse and marijuana for teens]
Contact me

- Questions?

- I can be reached:
  - 313-822-0100
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- Stop in at Park Pharmacy anytime.
  - 15126 Kercheval
  - Grosse Pointe Park
  - Next to Atwater
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NOW!