

# In Touch

Fall 2010

## Adolescents Do **What** Every Day?

Have you ever wondered how many American teenagers use alcohol and illicit drugs on an average day?

A new report from Substance Abuse and Mental Health Services Administration (SAMHSA), *A Day in the Life of American Adolescents: Substance Use Facts Update*, presents information about teens' use of cigarettes, alcohol, and illicit drugs "on an average day," including their use of these substances for the first time.

SAMHSA first released a report of this nature in 2007 (see SAMHSA News online, November/December 2007). The 2010 report offers updated data as well as a new section that focuses on drug-related emergency department visits.\*

### Substance Use Data

The report reveals that on an average day in 2008, more than 1 million teens age 12 to 17 smoked cigarettes, more than half a million drank alcohol, and approximately 563,000 used marijuana (see chart).

In addition, 7,540 adolescents drank alcohol for the first time, more than 3,800 smoked cigarettes for the first time, and more than 4,300 used an illicit drug for the first time on an average day.

### In the Emergency Room

On an average day in 2008, there were 465 emergency department visits for adolescents age 12 to 17 that involved the use of illegal drugs, alcohol, or the misuse or abuse of

pharmaceuticals.

Alcohol played a role in many of the visits - 151 visits involved alcohol only and 54 involved alcohol taken with other drugs. Marijuana was involved in 129 visits.

In addition, SAMHSA estimates that, on any given day in 2008, 63 emergency department visits took place for drug related suicide attempts among adolescents.

### Treatment

The following numbers of teenagers under age 18 received substance abuse treatment on an average day in 2008: 76,484 were in outpatient

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Federal, State, and/or County funding has been provided through the Oakland County Health Division/Office of Substance Abuse Services to support the project cost.

## Clergy a Common Resource for People Battling Addiction

About 15 percent of people seeking recovery from alcoholism turn to clergy members for support, a University of Michigan study finds.

Healthy Day News reported July 21 that a survey of 1,910 individuals with alcohol related problems found that while many people seek help from clergy, most do so in conjunction with professional services. Just 0.5 percent sought to recover through counseling with a priest or other clergy member alone.

“Clergy are in a unique position to notice changes in behavior over time,” said study co-author Brian Perron. “Their roles as senior leaders of churches, their embodiment of important tenants of their faiths, and their formal roles as caregivers of their congregations also lend clergy considerable credibility, particularly within African American communities. Clergy are often seen as being deeply committed to their congregants and willing to honor desires for confidentiality.”

The study was published in the July/August 2010 issue of the American Journal on Addictions.

Source: Join Together Online [www.jointogether.org](http://www.jointogether.org)

## Tips for Teens: The Truth About Alcohol

**Alcohol Affects Your Body:** Alcohol can damage every organ in your body. It is absorbed directly into your bloodstream and can increase your risk for a variety of life-threatening diseases, including cancer.

**Alcohol Affects Your Self-Control:** Alcohol can depress the Central Nervous System, lower your inhibitions, and impair your judgment. Drinking can lead to risky behaviors such as driving when you shouldn't or having unprotected sex.

**Alcohol Can Kill You:** Drinking large amounts of alcohol at one time or very rapidly can cause alcohol poisoning, which can lead to coma or even death.

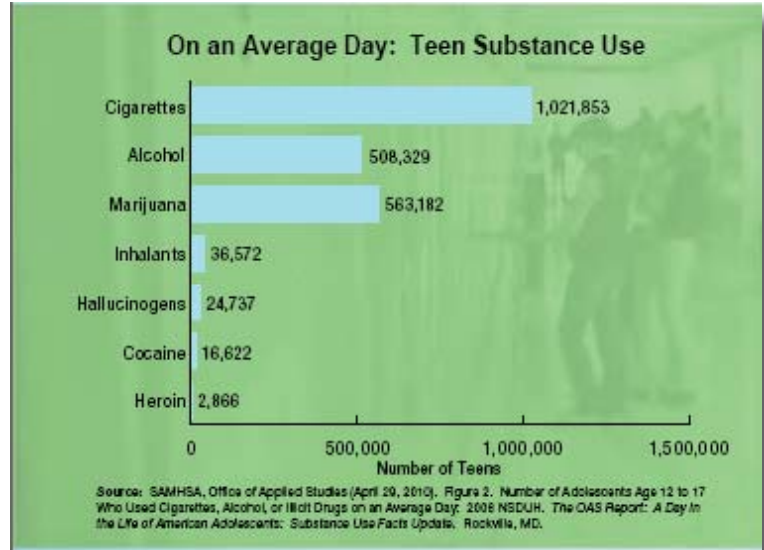
**Get the facts.** One drink can make you fail a breath test.

## Adolescents Do **What** Every Day? (cont. from page 1)

treatment, 9,219 were clients in non-hospital residential treatment, and 762 received hospital inpatient treatment.

The report also provides data on the primary substances of abuse reported by teens in treatment and the major referral sources (e.g., criminal justice systems, schools).

\* The data presented in this report is from our 2008 SAMHSA data sources: the National Survey on Drug Use and Health (NSDUH), the Treatment Episode Data Set (TEDS), the National Survey on Substance Abuse Treatment Services (N-SSATS), and the Drug Abuse Warning Network (DAWN).



Source: SAMHSA News: May/June 2010, Volume 18, Number 3

## Oakland County Substance Abuse Advisory Council

- Harry Broomfield Jr., Perspectives of Troy
- Jaimie Clayton, Oakland Family Services
- Pamela Davis, Oakland County Circuit Court
- Paul Ferrell II, Sequoia Recovery Services
- Brad Jacobsen, Oakland County Commissioner
- Shalon Lee, Soka Services, LLC.
- Judge Phyllis McMillen, Oakland County District Court
- James Perlaki, Common Ground Sanctuary
- Donnis Reese, Alliance of Coalitions (ACHC)
- Shelley Goodman Taub, Oakland County Commissioner
- Janice Tharpe, Solutions to Recovery
- Pamela Truran, Department of Human Services
- Lewis Tyler, Oakland County Sheriff's Department

**Next Meeting Date:**

October 22, 2010 at 1:00 p.m.  
Executive Conference Room

In keeping with requirements of Public Act 368 of 1978, the Oakland County Health Division - Office of Substance Abuse Services (OSAS) is requesting community comment on licensed substance abuse programs.

*Any individual or organization that offers or purports to offer substance abuse prevention or treatment services and charges for those services must be licensed by the State of Michigan.*

Opportunities to comment on new license applications or existing licensed programs are provided through the local coordinating agency (OSAS) and it's advisory council. OSAS also welcomes community input regarding any substance abuse problem/issue, including service deficiencies, needs, and/or gaps in services in Oakland County. If you wish to provide comments, please contact OSAS at (248) 858-0001. We prefer comments in writing, but you may call and discuss comments or concerns. Written comments may be mailed to 1200 N Telegraph, Building 34E, Pontiac, MI 48341 or faxed to 248-452-8672 attention: Christina Nicholas, Chief, OCHD/OSAS or e-mailed to nicholasc@oakgov.com. All comments received by OSAS will be presented to the Advisory Council and forwarded to the Substance Abuse Quality Assurance & Licensing Section for the State of Michigan.

## Substance Abuse Certification

The Michigan Certification Board for Addiction Professionals (MCBAP) oversees the competency standards for the substance abuse profession. Their mission is to provide public protection and promote quality services through certification of professionals engaging in the prevention of alcohol, tobacco, and other drug problems and the assessment and treatment of addictions. Please visit the MCBAP website at [www.mcbap.com](http://www.mcbap.com) or call 517-347-0891 for more information on the certification process for the following credentials:

- Certified Advanced Addictions Counselor (CAAC)
- Certified Addictions Counselor (CAC)
- Certified Prevention Specialist (CPS)
- Certified Prevention Consultant (CPC)
- Certified Clinical Supervisor (CCS)
- Certified Criminal Justice Professional (CCJP)

The FAODP exam is no longer available for administration. The new exam is the Michigan Addiction Fundamentals Exam (MAFE). MAFE examination information:

- The registration fee is \$80. Forms are available at the MCBAP website
- 2 hours are allotted to complete the 100 question, multiple-choice exam
- 35 specific education contact hours can be earned if passed
- Administered in conjunction with the IC&RC exams; offered quarterly in Okemos, Troy, Gaylord and Marquette
- Study guides will be available soon through the MCBAP website

**MCBAP Website**  
[www.mcbap.com](http://www.mcbap.com)

## Celebrate Recovery 2010 A Huge Success

On September 14, 2010, supporters joined together at Louis Adado Park in Lansing, MI to celebrate Recovery and march to the State Capitol.

Buses carried people from Detroit, Macomb County, and other parts of the state to the celebration.

Kitty Dukakis, well known for her activism as well as her struggles with addiction and depression, was the keynote speaker.

Over 2,000 people participated in the march and rally. Celebrate Recovery participants wanted a chance to speak with members of Legislature to make sure they understood the importance of and need for state funding and support for treatment programs.

The Recovery Bill of Rights was provided to the Legislatures, along with over 4,000 signed petitions supporting the rights and adequate funding for Substance Use Disorder Services (SUDS).

Events like Celebrate Recovery are important for several reasons:

- Public demonstration that people can beat alcoholism and other drug dependencies;
- Allows those in recovery and supporters to celebrate victories over their addictions;
- Offers hope to individuals early in recovery and those who may yet seek recovery.



## Tools to Celebrate Recovery All Year

Recovery Month 2010 may be drawing to a close, but there are great resources for celebrating and promoting recovery from substance abuse all year round.

Want to find a recovery event near you? Check out the “[Events by State](#)” tracker on the Recovery Month website [www.recoverymonth.gov](http://www.recoverymonth.gov). Want to help other people understand recovery language? Share the “[recovery jargon](#)” page from the site.

You can find an entire kit on the Recovery Month website to help you host your own event any time of the year, along with podcasts, research studies, stories of recovery, and customizable public service announcements for television. You can even take part in a contest on Flickr, the photo-sharing site, by uploading photos of recovery events you took part in.

Even if there are no Recovery Month events happening near you, or you couldn't attend one, you can participate in the [Rally for Recovery! Online](#) where visitors are currently celebrating over 10,000 years of recovery. Here, you can scan photos, videos, Twitter updates, and media stories about events from around the country, or share your own.

Rally for Recovery! Online is sponsored by Faces & Voices of Recovery, which released a DVD on September 16 called *Our Stories Have Power*. The DVD includes two training videos designed to help advocates communicate effectively with the media to promote recovery and a Power Point presentation for training others in the techniques taught in the videos.

Source: Join Together Online  
[www.jointogether.org](http://www.jointogether.org)

## New Types of Smokeless Tobacco Present Growing Risks for Youth: Products Mistaken for Candy

Going by brand names such as Orbs, Snus and Taboka, the products are smokeless and spitless, often dissolving in a user's mouth. Camel Orbs look similar to small pieces of candy - almost like a Tic Tac - and come in flavors such as “fresh” and “mellow,” and dissolve in a user's mouth. Camel Sticks and Camel Strips also dissolve in a user's mouth. A recent Camel Snus ad reads “Boldly Go Everywhere” and “Break Free.”

Public health advocates warn not to underestimate the influence of tobacco marketing, especially in regard to young people. They also warn that tobacco companies seem to be portraying the novel products as a “healthier” alternative to cigarettes or as a quitting aid.

As state and local communities across the United States adopt indoor clean-air laws that restrict smoking in public areas and workplaces, the tobacco industry seems increasingly focused on the development and introduction of novel smokeless tobacco products.

A survey released in May found that one out of three teens surveyed incorrectly identified flavored tobacco as candy. Almost 40 percent of people younger than 18 surveyed identified Camel Orbs Fresh as mints or candy based on its packaging, and among respondents who did not currently use tobacco, 27 percent said they would try Orbs based on the packaging.

These novelty products represent an entryway into the tobacco market and young people who try them are much more likely to go on to smoke cigarettes. The time to stop the spread of dangerous products is before they become the fad of today.

For more information on public health concerns surrounding the new smokeless tobacco products, contact Melanie Stone at the Oakland County Health Division at [stonem@oakgov.com](mailto:stonem@oakgov.com) or (248) 858-8745.



## K2/Spice

There is an emerging trend in Oakland County with the use and abuse of K2/Spice. The material is a combination of herbs and spices, sprayed with a synthetic compound chemically similar to THC (active ingredient in marijuana). Use of this substance is not detected in urine testing.

### Side Effects of K2/Spice?

- increased blood pressure
- increased heart rate
- seizures
- tremors
- vomiting
- panic attacks
- tachycardia
- hallucinations
- confusion
- perception disorders
- agitation
- dizziness
- altered mood
- ECG changes
- dry mouth
- red conjunctiva

### How long do the effects last?

Users report highs that last between 30 minutes and two hours, and at times describe out-of-body experiences. The effect when smoked is reported as an intense high similar to that of marijuana.

### What are the withdrawal symptoms?

- diaphoresis • tremor
- palpitations • headache
- insomnia • nausea
- diarrhea • vomiting

(continued)

## K2/Spice (cont.)

### How is K2/Spice Used?

Users roll it up in a joint or inhale it from a pipe, just like marijuana.

### Where do you get K2/Spice and how much is it?

K2 is widely available online. It can also be found in tobacco shops, party stores, and speciality shops.

### What are the street names for K2/Spice?

Spice Gold, Spice Silver, Spice Diamond, Spice Egypt, Spice Tropical Synergy, Spice Artic Synergy, Moon Rocks, Serenity Now, Fire & Ice, Yucatan Fire; Genie; Pep Spice, Blue Lotus, synthetic marijuana, among others.

For more information regarding K2/Spice, please contact Public Health Educator, Angie Gullekson, at [gulleksona@oakgov.com](mailto:gulleksona@oakgov.com) or 248-858-9598.

## Tips For Teens: The Truth About Marijuana

**Street Names** - Weed, Pot, Grass, Reefer, Ganja, Blunt, Mary Jane, Joint, Roach, Nail

**Marijuana affects your self-control:** marijuana can seriously affect your sense of time and your coordination, impacting things like driving.

**Marijuana affects your lungs:** marijuana smoke deposits four times more tar in the lungs and contains 50-70% more cancer causing substances than tobacco smoke does.

**Marijuana affects other aspects of your health:** Marijuana can limit your body's ability to fight off infection. Heavy marijuana use also has been linked to depression, anxiety, and personality disturbances.

**Get the Facts:** Smoking marijuana can cause health problems such as chronic coughing, chest colds, lung infections, breathing problems, and cancer.

## Internet Resources

### Teen Resources:

(helpful for parents too)

**[www.abovetheinfluence.com](http://www.abovetheinfluence.com)**

An interactive website for teens and parents.

**[www.checkyourself.com](http://www.checkyourself.com)**

Website encourages youth to check themselves.

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

Provides information for teens.

**[www.justthinktwice.com](http://www.justthinktwice.com)**

Offers facts on drugs.

**[www.slstoday.org](http://www.slstoday.org)**

Student Leadership Services

**[www.sadd.org](http://www.sadd.org)**

Students Against Destructive Decisions

### Parent Resources:

**[www.oakgov.com/circuit/calendar](http://www.oakgov.com/circuit/calendar)**

Provides up-to-date parent education resources.

**[www.theantidrug.com](http://www.theantidrug.com)**

Offers help, resources, facts.

**[www.talkingwithkids.org](http://www.talkingwithkids.org)**

Offers a variety of topics.

**[www.gettingthemsober.com](http://www.gettingthemsober.com)**

Website on recovery.

**[www.cadca.org](http://www.cadca.org)**

Community Anti-Drug Coalitions of America

**[www.inhalants.org](http://www.inhalants.org)**

Provides information specifically on inhalants.

**[www.stopmedicineabuse.org](http://www.stopmedicineabuse.org)**

Includes an educational toolkit at [www.doseofprevention.com](http://www.doseofprevention.com)

**[www.fivemoms.com](http://www.fivemoms.com)**

For parents to spread the word about cough medicine abuse.

**[www.stopbullyingnow.gov](http://www.stopbullyingnow.gov)**

Offers help regarding bullying.

### Other Resources:

**[www.ncadd.org](http://www.ncadd.org)**

National Council on Alcoholism and Drug Dependence

Provides education, information, help and hope to the public.

**[www.niaaa.nih.gov](http://www.niaaa.nih.gov)**

National Institute on Alcohol Abuse and Alcoholism (NIAAA)

**[www.drugfree.org](http://www.drugfree.org)**

Partnership for Drug Free America

Provides drug prevention, intervention, treatment and recovery resources for parents and teens.

**[www.monitoringthefuture.org](http://www.monitoringthefuture.org)**

Provides national data on the use of substances.

**[www.family.samhsa.gov](http://www.family.samhsa.gov)**

Substance Abuse and Mental Health Services Administration (SAMHSA)

Developed to support the efforts of parents and other caring adults to promote mental health and prevent the use of alcohol, tobacco and illegal drugs among 7 to 18 year olds.

**[www.nacoa.org](http://www.nacoa.org)**

The National Association for Children of Alcoholics

Designed to increase awareness and education of the needs of children of the addicted.

**[www.nida.nih.gov](http://www.nida.nih.gov)**

The National Institute on Drug Abuse (NIDA)

Site is designed for health professionals, researchers, parents, teachers, students and young adults.

Offers drug specific sites:

- [Backtoschool.drugabuse.gov](http://Backtoschool.drugabuse.gov)
- [Smoking.drugabuse.gov](http://Smoking.drugabuse.gov)
- [Hiv.drugabuse.gov](http://Hiv.drugabuse.gov)
- [Marijuana-info.org](http://Marijuana-info.org)
- [Clubdrugs.gov](http://Clubdrugs.gov)
- [Steroidabuse.gov](http://Steroidabuse.gov)
- [Teens.drugabuse.gov](http://Teens.drugabuse.gov)
- [Inhalants.drugabuse.gov](http://Inhalants.drugabuse.gov)

Recipients of substance abuse treatment and prevention services have rights protected by the state and federal law and promulgated rules. For information, contact OSAS Recipient Rights Coordinator, Sherrie Kilpatrick at 248-858-5057.

# Upcoming Events

## October 12, 2010

8:45a.m. - 4p.m. Communicable Disease / HIV: Level II Training  
Waterford, MI  
Contact Hours: 6.0 CAC/CPS/CPC  
248-975-9739

## October 16-17, 2010

Prevention Network Fall Youth Summit  
Camp Timbers, 3269 Horseshoe Lake Rd., West Branch.  
For more information or registration details, contact Mike Tobias at 800-968-4968 or [miket@preventionnetwork.org](mailto:miket@preventionnetwork.org)

## October 20, 2010

18th Annual Parenting Awareness Michigan Conference  
Marquette, MI  
Learn about parenting issues, programs, and resources.  
For information call 800-968-4968

## October 28, 2010

1-2 p.m. Satellite Downlink: "Homegrown & Homemade Drug Threats." *During this hour long broadcast, you'll see what law enforcement is doing to try to stop these drugs and what dangers they face. You'll also learn what to look for in your neighborhood.*  
Pontiac, MI 248-858-9598

## October 28, 2010

8:45a.m. - 12p.m. Adolescent HIV/SA Training  
Waterford, MI  
Contact Hours: 3.0 CAC/CPS/CPC  
248-975-9739

## November 19, 2010

18th Annual Parenting Awareness Michigan Conference  
East Lansing, MI  
Learn about parenting issues, programs, and resources.  
For more information call 800-968-4968

## November 24, 2010

8:45a.m. - 12p.m. Hepatitis C Training  
Waterford, MI  
Contact Hours: 3.0 CAC/CPS/CPC  
248-975-9739

## November 30, 2010

8:45a.m. - 12p.m. African Americans, HIV/AIDS & Substance Abuse Training  
Waterford, MI  
Contact Hours: 3.0 CAC/CPS/CPC  
248-975-9739

## December 8, 2010

8:45a.m. - 12p.m. All About Hepatitis Training  
Southfield, MI  
Contact Hours: 3.0 CAC/CPS/CPC  
248-975-9739

## December 15, 2010

8:45a.m. - 4:00p.m. Communicable Disease/HIV: Level II Training  
Waterford, MI  
Contact Hours: 6.0 CAC/CPS/CPC  
248-975-9739

## January 12, 2011

8:45a.m. - 12p.m. STIs & TB Training  
Waterford, MI  
Contact Hours: 3.0 CAC/CPS/CPC  
248-975-9739

## January 26, 2011

8:45a.m. - 12p.m. Latinos, Hispanics and American Indians Training  
Waterford, MI  
Contact Hours: 3.0 CAC/CPS/CPC  
248-975-9739