



Understanding Youth Substance Use: Prevention Through Education & Community



Memphis Area Prevention Coalition (MAPC) was formed to facilitate prevention efforts in Shelby County to combat substance abuse and its consequences.

We are a grassroots organization made up of concerned citizens from 12 different sectors of the community. We are dedicated to education through collaboration; together as a community, we can prevent substance abuse and promote a healthy city, county, and state.

Our Mission is to bring the community and organizations together in an effort to reduce substance use and abuse among the youth in Shelby County.

Today's Presentation

- Youth substance use
 - What are youth using?
 - Short and long term consequences.
 - Brain Development
 - Outline of specific substances
 - Causes and warning signs.



Warm Up: Myth or Fact

Is this MYTH or FACT?

Underage drinking
contributes to more than
4,300 deaths among
young people each year.

FACT

Is this MYTH or FACT?

ENDS (vaping devices) are a safe alternative to cigarettes.

MYTH

According to Truth Initiative, no current ENDS device has been proven to be a safe alternative to traditional cigarettes.

Is this MYTH or FACT?

Current cannabis products are a similar potency as they were 25 years ago.

MYTH

According to NIDA and DEA, cannabis products contain more than 3x as much THC as 25 years ago.

Is this MYTH or FACT?

More than 80% of youth ages 10-18 say their parents are the leading influence on their decision whether to drink.

FACT

Youth Substance Use and Prevention

Youth Substance Use in Tennessee

According to preliminary data* from the TN Together Survey of 8th, 10th, and 12th graders across Tennessee...

The greatest number of Tennessee students reported

Vaping nicotine

Tennessee students reported that it was easiest to obtain

Tobacco Products & Alcohol



1 in 15

Tennessee students have **ever** misused **prescription medications**

1 in 10

Tennessee students have used **marijuana** in the **last 30 days**

*Data from the 2022-2023 school year administration; subject to change

Youth Overdoses

- While the number of overdose deaths involving youths (<18) has increased in recent years, this age group overall has experienced the fewest number of overdose deaths in Tennessee.
- Although the number of deaths involving youths are low, almost half of these deaths have involved illicit fentanyl.
- Most deaths are polysubstance. Substances involved in youth deaths include prescriptions medications and over-the-counter medications.

Year	Overdose Deaths Among Tennesseans	
	Under 18	All Ages
2021	21	3,814
2020	13	3,032
2019	11	2,089
2018	11	1,818

2022 data will be available in fall of 2023.

Why is youth substance use prevention important?

Lifetime
substance use

90% of Americans who have a diagnosis of addiction started using substances before the age of 18

25.4 % of young people who reported using illicit drugs were found to be at risk of suicide compared to 9.2% who did not report substance use

Substance use and
suicide

Substance use &
traffic fatalities

29% of drivers ages 15–20 who were killed in motor vehicle crashes had been drinking

Why is youth substance prevention important?

Youth substance use increases the vulnerability to

Short Term

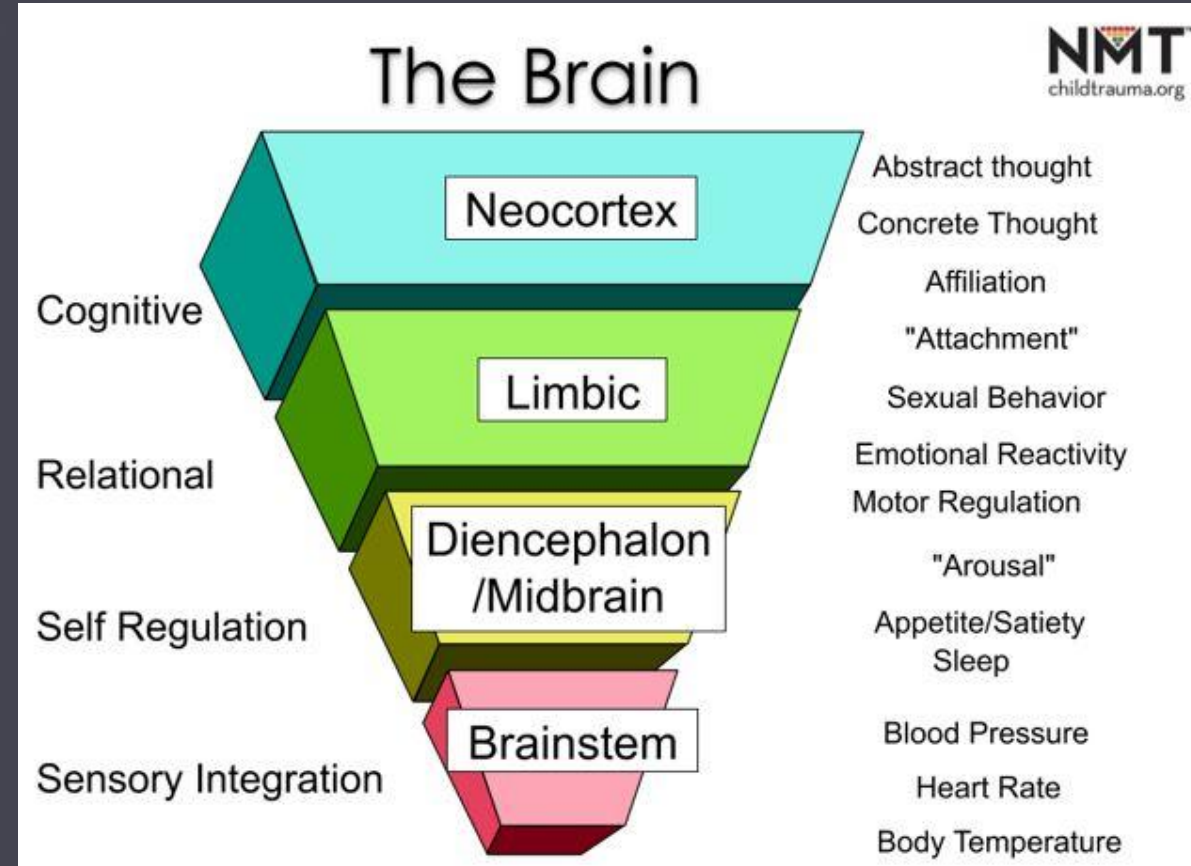
- Experiences of violence, including dating violence
- Mental health conditions
- Suicide
- Infections related to injection drug use (HIV, Hepatitis)

Lifetime

- Heart disease
- Lung disease
- Cancers
- Stroke
- Mental health conditions
- Infections related to injection drug use (HIV, Hepatitis)

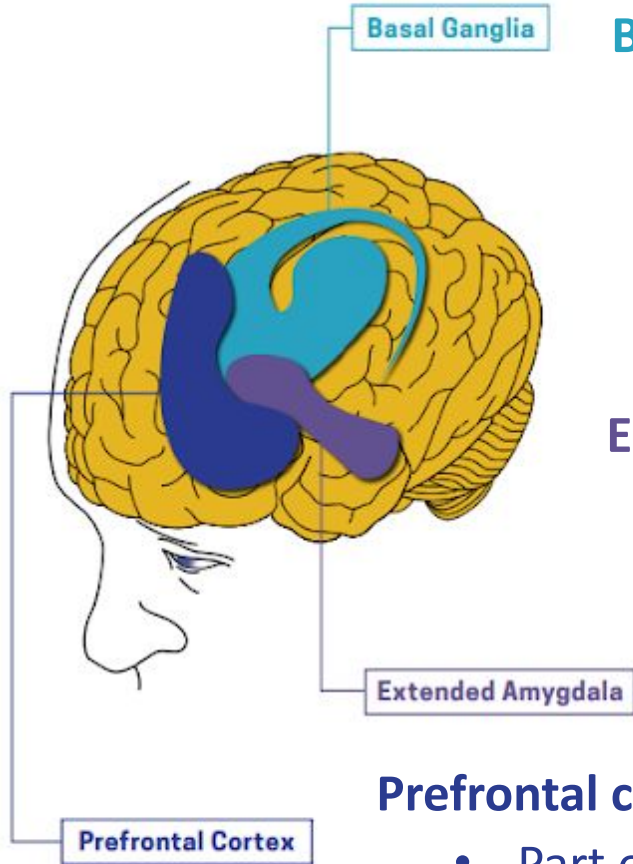
Brain Development

- The brain develops from infancy into young adulthood (around age 25)
- In very basic terms, the brain develops from simplest to most complex functions
- Trauma and high levels of stress (ACEs) can affect the rate and quality of brain growth and development



*Image from the Stress, Trauma and the Brain: Insights for Educators
available on PBS Learning Media*

Brain development, Youth & Substance Use



Basal ganglia

- Motivation, development of habits and routines
- Activated to feel euphoria with substance use
- Harder to experience pleasure without substance after repeated use

Extended amygdala

- Involved in stressful feelings like anxiety, irritability, and unease (withdrawal after substance use)
- Using substances to avoid experiences of withdrawal, not to get high

Prefrontal cortex

- Part of the brain that plans and executes, rather than acting on impulse
- Without engagement of this part, young people vulnerable to acting from other parts of brain

Source: NIDA

Substance Use Specifics

TN Together Survey

The Tennessee Together Survey is given to 8th, 10th and 12th graders every 2 years and includes questions about substance use attitudes and behaviors.

Data presented in these slides is preliminary statewide data from the 2022-2023 school year.



Prescription Medication Misuse

- **Misuse** is the use of a prescription medication in a manner or dose other than prescribed, including taking
 - Someone else's prescription (even for a legitimate medical complaint such as pain)
 - To feel euphoria (i.e., to get high)
 - A different dose/quantity than prescribed
 - More frequently than prescribed
 - Differently than prescribed (snorting, crushing, injecting)

Prescription Medication Misuse

- Examples of prescription medications that may get misused
 - Opioids
 - OxyContin®, Percocet®, and Vicodin®
 - Benzodiazepines:
 - Ativan®, Valium®, Xanax®
 - Stimulants, such as ADHD medication
 - Adderall®, Ritalin®, Vyvanse®, Concerta®

By the Numbers

TN Students reporting...

Ever misusing
prescription meds 6%

37.9%
it was “very easy” or “fairly easy” to obtain prescription meds

Misusing prescription
meds in the last 30 days 2.9%

All TN Together Survey data is considered preliminary and is subject to change.

Source: NIDA

Prescription Medication Misuse: Opioids

Opioids are prescribed for serious pain from things like dental surgery, sports injuries, and cancer.

If people follow their doctor's instructions and take the right amount of medicine, opioids can help their pain go away.

- **Class of substance:** Depressant
- **Examples:** OxyContin®, Percocet®, and Vicodin®
- **How it works in the body:**
Affect nerve cells (neurons) in your brain and body. Tells brain to block pain and gives feelings of calm and happiness.
- **Short term effects:**
Feelings of calm, sleepiness, confusion; slowed or stopped breathing; nausea, vomiting, constipation.
- **Long term effects of ongoing misuse:**
High potential for dependency; heart infection; lung infection; muscle pain.

Prescription Medication Misuse: Stimulants

- **Class of substance:** Stimulant
- **Examples:** Adderall®, Ritalin®

- **How it works in the body:**

Speeds up the messages traveling between the brain and body, elevating mood and increasing feelings of wellbeing, energy and alertness.

- **Short term effects of misuse:**

Increase in blood pressure and breathing; decreases in blood flow and blood sugar.

- **Long term effects of ongoing misuse:**

High potential for dependency; depression; anxiety, and high blood pressure.

When taken by a person with ADHD as prescribed by their medical provider, prescription stimulants are **safe, effective**, and **do not increase risk** for developing a substance use disorder.

Illicit Fentanyl

Authentic Oxycodone 30



Counterfeit Oxycodone
30 found by DEA

- Fentanyl is a **powerful synthetic** (lab made) opioid.
 - Prescription fentanyl, when used as prescribed, does not pose an increased risk for overdose.
- Illicit fentanyl has been found **mixed with most illicit substances**.
 - 60% of fake pills contained a lethal dose of fentanyl (DEA)
 - No lab confirmed cases of fentanyl in marijuana (yet) in Tennessee
- Illicit fentanyl is involved in **3 out of 4** fatal overdoses in Tennessee.

Illicit Fentanyl

- **Class of substance:** Opioid/Depressant
- **How it works in the body:**
As an opioid, it attaches to receptors in the brain, causing the body to relax and feel euphoria.
- **Short term effects:**
Feelings of calm, sleepiness and/or confusion; slow or stopped breathing; nausea; vomiting; constipation; overdose
- **Long term effects of ongoing usage:**
High potential for dependency; cancer, liver damage, stroke, high blood pressure



dose

il.

As little as 2mg of fentanyl is enough to cause an opioid overdose.



Alcohol-Underage & Binge Drinking

By the Numbers

TN Students reporting...

Ever using alcohol 30.6
%

60.5
% it was “very easy” or “fairly
easy” to obtain alcohol

Using alcohol in the
last 30 days 11.9
%

All TN Together Survey data is considered preliminary and is subject to change.

Binge drinking is 5 or more drinks on a single occasion.

- **Class of substance:** Depressant

- **How it works in the body:**

It slows down brain activity and interferes with the brain's communication pathways.

- **Short term effects:**

Affects mood, behavior, and self-control; raises blood pressure and heart rate; impairs thinking and coordination; increases risk for injuries

- **Long term effects of ongoing misuse:**

High potential for misuse; cancer; liver damage; stroke; high blood pressure.

Tobacco/Nicotine

- **Class of substance:** Stimulant
- **Examples:** Cigarettes, cigars, chewing tobacco, snuff

- **How it works in the body:**

Nicotine is absorbed into the bloodstream and the body releases adrenaline.

- **Short term effects:**

Increases blood pressure, breathing and heart rate; decreases appetite; boosts mood (adrenaline).

- **Long term effects of ongoing usage:**

High potential for dependency; Cancer (lung, mouth, stomach, kidney, bladder); lung problems; heart disease; eye problems; yellow teeth.

By the Numbers

TN Students reporting...

Ever using cigarettes	12.0%
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49.7%	it was “very easy” or “fairly easy” to obtain tobacco products
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Using cigarettes in the last 30 days	3.5%
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All TN Together Survey data is considered preliminary and is subject to change.

Source: NIDA, NLM

Vaping

- Vaping devices include a range of electronic devices that heat up a liquid to a high enough temperature to create an aerosol that is inhaled. Includes nicotine and flavorings.

E-Liquids

As much as **98.7% of flavored cigarettes** sold in convenience, dollar, drug, and grocery stores **contained nicotine**.

At least **60 chemical compounds** have been found in e-liquids, including lead, nickel, and copper.

Appeals to Youth

Marketing campaigns and fruity/candy flavors have specifically targeted youth. **Youth report flavors as a top reason they began using e-cigarettes.** These devices are overwhelmingly a vehicle for youth initiation.

Safer Alternative?

Research shows that while **some fewer toxins** are present in e-cigs, the flavoring compounds and other ingredients **may pose their own harms**, including affecting the small airways in the lungs and other respiratory complications.

Vaping

By the Numbers

TN Students reporting...

Ever using vape
with nicotine 29.8
%

60.5
% it was “very easy” or “fairly
easy” to obtain vape devices

Using vape with nicotine in
the last 30 days 13.3
%

Examples: Puff Bar, Stig, Pop, Posh, Hyde and Cuvie (disposable); Juul, Blu, Njoy, Vuse (closed pod systems)

- **How it works in the body:**

Aerosolized substance enters the bloodstream through the lungs.

- **Short term effects:**

Increase in blood pressure, breathing and heart rate; Increased vulnerability to chronic cough, phlegm, bronchitis and asthma.

- **Long term effects of ongoing usage:**

High potential for dependency. Full extent is unknown at this time.

All TN Together Survey data is considered preliminary and is subject to change.

Source: Truth Initiative, NIDA

A Deeper dive into Tobacco & Vaping

Tobacco & Vaping Comparison of Risk

Tobacco

- **Primary ingredient:** Nicotine
- **Known Risks:**
 - Lung cancer
 - Heart disease
 - Stroke
 - Chronic obstructive pulmonary disease (COPD)
 - Reduced immune function
 - Secondhand smoke exposure

Vaping

- **Primary ingredient:** Nicotine (varied concentration) and flavorings
- **Known Risks (still under study):**
 - Lung injury (Vaping-associated Lung Injury, or VALI)
 - Possible cardiovascular issues
 - Addiction
 - Popcorn lung (bronchiolitis obliterans, caused by diacetyl, a flavoring chemical)

Common Chemicals Found in E-Cigarettes

Nicotine

- Highly addictive
- Alters brain chemistry, especially in young people

Formaldehyde

- A carcinogen and respiratory irritant

Acrolein

- Can cause lung damage, linked to respiratory issues

Diacetyl

- Associated with "popcorn lung," a serious lung disease

Propylene Glycol

- When heated, can form harmful substances like formaldehyde

Vaping Among Teens - A Growing Concern

Nicotine Addiction Risk for Youth

- Nicotine affects brain development, which is crucial during adolescence
- Increases the likelihood of future addiction to other substances

Vaping Statistics

- 2024 studies show that over **30%** of high school students have tried vaping
- 1 in 4 high school seniors use vaping products regularly

Misleading Advertising

- Attractive flavors (fruits, candies, etc.) encourage youth to try vaping
- Many believe e-cigarettes are "safer" than traditional cigarettes, leading to higher usage rates

Secondhand Smoke and Vaping: Health Risks for Bystanders

Secondhand Smoke from Tobacco

- Contains over 7,000 chemicals, many toxic
- Increases the risk of lung cancer, heart disease, and respiratory issues in non-smokers

Secondhand Aerosol from Vaping

- Not harmless—contains nicotine, volatile organic compounds (VOCs), and heavy metals
- Can affect vulnerable populations like children, pregnant women, and individuals with asthma

The Impact on Public Health

Tobacco Regulation

- Higher taxes, smoking bans in public places, and anti-smoking campaigns
- Warning labels on tobacco products
- Graphic health warnings on cigarette packaging in many countries

Vaping Regulation

- Age restrictions (typically 18-21)
- Increasing regulation on flavorings and nicotine concentration
- Bans in certain areas (public spaces, schools, etc.)

Current Trends and Regulations in Tobacco and Vaping

Tobacco Regulation

- Higher taxes, smoking bans in public places, and anti-smoking campaigns
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Vaping Regulation

- Age restrictions (typically 18-21)
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Strategies for Cessation: How to Quit Smoking/Vaping

Tobacco Cessation Tools:

- Nicotine replacement therapies (patches, gum, lozenges)
- Prescription medications (Chantix, Zyban)
- Behavioral support (counseling, support groups)
- Mobile apps and online resources

Vaping Cessation Tools:

- Similar to tobacco cessation tools, including nicotine replacement therapies
- Specialized programs for young users
- Education and support to break the vaping habit

Cannabinoids

Cannabis refers to all products that are derived from the Cannabis plant.

Cannabinoid refers to all substances (natural and synthetic) that work on the cannabinoid receptor of the brain.

Marijuana refers to the dried leaves, seeds, stems, and flowers from the Cannabis plant.

THC refers to tetrahydrocannabinol, the substance primarily responsible for the effects of marijuana on a person's mental state.

CBD refers to cannabidiol, a compound found in marijuana and often added to other substances. It does not cause a "high".

Synthetic cannabinoids are human-made mind-altering chemicals. They are a part of a group of drugs called **new psychoactive substances (NPS)**.

Marijuana

- **How it's used:**

smoked in joints (like a cigarette), blunts (cigars or cigar wrappers), or pipes, electronic vaping devices, cooked into food or candy (called edibles).

- **How it works in the body:**

It affects brain cells (neurons) in parts of the brain that control body coordination, memory, pleasure, and judgment.

- **Short term effects:**

Loss of coordination and slow reaction times; altered sense of time; feeling relaxed, increased hunger, faster heart rate.

- **Long term effects of ongoing usage:**

Problems with memory and learning skills; problems with breathing, cough or lung sickness, severe nausea and vomiting.

By the Numbers

TN Students reporting...

Ever using marijuana 16.2 %

44.7 % it was “very easy” or “fairly easy” to obtain marijuana

Using marijuana in the last 30 days 9.3%

All TN Together Survey data is considered preliminary and is subject to change.
Source: NIDA, CDC

Illicit Stimulants

Includes: cocaine, methamphetamine, ecstasy ("Molly")

- **Class of substance:** Stimulant

- **How it works in the body:**

Increases production of dopamine, increasing feelings of euphoria and energy.

- **Short term effects:**

Increased energy; high body temperature; high heart rate; faster breathing; loss of appetite.

- **Long term effects of ongoing usage:**

Potential for addiction, anxiety, confusion, itchy skin (sores from scratching), extreme weight loss.

1.2% of TN students report ever using methamphetamine, according to the TN Together Survey.

Tennessee Bureau of Investigations reports that methamphetamine is the most seized drug in the state.

Substance Use in Context

Substance Use: Cause and Effect

- Often substance use is labeled as **the cause** of outcomes rather than **the effect** of other challenges.
- When we see substance use as **the effect**, then we can address **the cause** by focusing on providing the appropriate support and resources, including
 - Substance use prevention and harm reduction
 - Substance use treatment
 - Academic resources
 - Mental health support resources
 - Mentors
 - Supportive peer relationships

Need for Additional Support

- Common warning signs
 - Decreased interest in classes and/or extracurricular activities
 - Drastic changes in grades or academic performance
 - Changes to sleeping patterns or weight
 - Changing social circles
 - Withdrawing from friends
 - Unexplained changes in behavior or personality
 - Uncharacteristic moods swings, depression or irritability

These warning signs MAY be related to substance use. They also be related to mental health conditions, stress, or other health conditions. **It's important to connect young people to professionals who can properly address the cause and provide the appropriate interventions.**

MAPC Program Highlights

- Environmental Prevention
- Lifeline Peer Project
- Tn Save A Life
- Safe Point



Coalition Info: Environmental Prevention



Memphis Area Prevention Coalition (MAPC) was formed to facilitate prevention efforts in Shelby County to combat substance abuse and its consequences.

We are a grassroots organization made up of concerned citizens from 12 different sectors of the community. We are dedicated to education through collaboration; together as a community, we can prevent substance abuse and promote a healthy city, county, and state.

Our Mission is to bring the community and organizations together in an effort to reduce substance use and abuse among the youth in Shelby County.

Lifeline Peer Project

- The Lifeline Peer Project strives to reduce stigma related to addiction and increase access to recovery, if you or someone you know is in need of detox, treatment, and/or recovery options in Shelby County, please contact:

- Lincoln Coffman
- (901) 289-9706



SafePoint

- Every Wednesday
- 3628 Summer Ave,
Memphis, TN 38122
- 6:30 – 8:30
- For more info please
contact:
- Pat Keiran (901) 921-9642
- M.A.P.C and SafePoint are
now offering rapid HIV &
HEP-C testing onsite at
needle exchange location
- For more info or if you
want to set up a time to
test, please contact:
- Alex Williams(She/Her):
- 901-278-2828

Prescription Take Back Boxes

Reducing access to unused or expired medications is a key strategy in youth substance use prevention.

- Be on the lookout for Drug Take Back Days in April and October

- Shelby County Sheriff Department
11670 Memphis-Arlington Road
- Memphis Police Department
426 Tillman Street
- University of Memphis
3770 Desoto Avenue

And more!!

For a complete list visit
www.tn.gov/tddtf/ptblocations.html



Suicide and Crisis Line



- People can call or text [988](tel:988) or chat 988lifeline.org for themselves or someone they are worried about.
- Serves as a universal entry point so that no matter where you are, you can reach a trained crisis counselor who can help.
- 988 offers 24/7 access to trained crisis counselors who can help people experiencing mental health-related distress. That could be:
 - Thoughts of suicide
 - Mental health or substance use crisis, or
 - Any other kind of emotional distress

Substance Use Treatment and Recovery



- Available 24/7
- Provides free, confidential referrals to treatment and recovery resources



Online. In Real-Time. Find Help Now.
Find substance misuse treatment providers available in near real-time based on the type of treatment you need, the type of payment and insurance options you require, and your current location at FindHelpNowTN.org

Regional Overdose Prevention Specialists

- Provide free training, education and resources for overdose prevention, including
 - Free training on the overdose crisis in TN and how to recognize and respond to an overdose
 - How to get and use naloxone (Narcan)
 - Fentanyl test strips (available to those who qualify)
 - Connection to treatment and recovery resources

David Fuller
(901)484-2852

Tony Hampton
(901) 484-1649

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GET STARTED



FOR STUDENTS

- 1** Go to SADD.org and hit "Login" in the top right corner. Underneath the title, select "Sign Up".
- 2** Create your MySADD account! Fill in the information as required & submit. You may be asked to confirm your email - if so, be sure to check your junk folder to complete this step.
TIP: If you are joining as a member of a local chapter, mark "Yes" in the field labeled "Do you have a local chapter/advisor?" Be sure to name the correct school/organization affiliated with your local chapter. If you are joining as a virtual member (no local chapter affiliation), mark "No" & input your school's name. Ask your advisor or state coordinator if you need help with this step.
- 3** **Congrats!** You now have a MySADD account. Immediately, you will gain access to all of SADD's membership programs, learning modules, and more. Take a minute to explore your account!
- 4** Your state coordinator will connect you with your local or virtual chapter, so don't fear if your chapter is not populated yet. Within a week, your account will be connected with your chapter. You will then be able to access your chapter information in your MySADD account.
- 5** **Get Busy!** There's so much to see & do in the MySADD platform. Report chapter events, participate in contests, access resources, and much more!

Don't forget to download the MySADD app!
Search "SADD" or "SADD Nation" on your device's app store.
Login with your new MySADD account credentials to have SADD at your fingertips!