

Putnam Valley Drug Awareness For Parents

Presentation by the
Putnam County Communities That Care (CTC) Coalition
Monday, October 21, 2013
7:30 p.m.



Putnam Family & Community Services, Inc.

Creating Opportunities to grow, heal and recover.

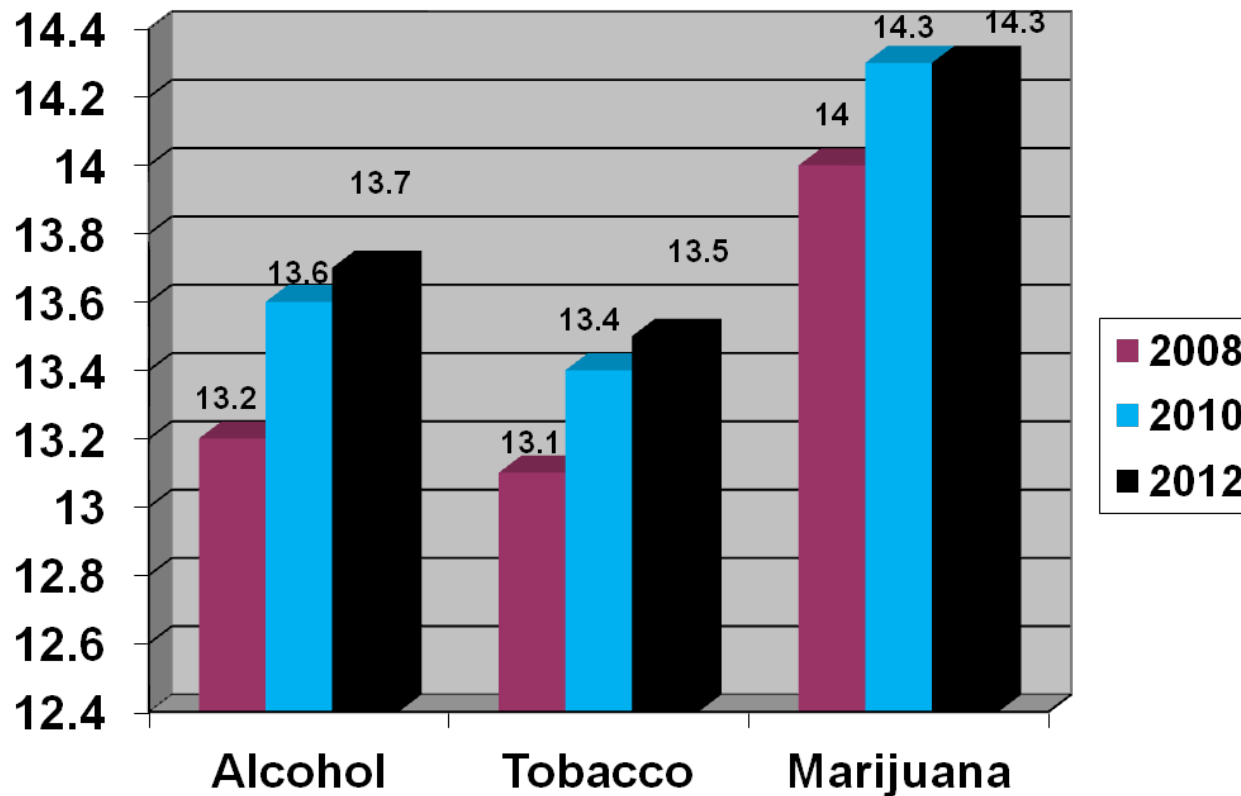
Talking Points

- Average age of onset
- Availability of drugs
- Youth drug use trends are always changing and based on the community (i.e: urban vs. suburban).
- In the news
- What you can do as a parent
- Resources Available

No parent, child, or
family is immune to the
effects of drugs.

Age of Onset

All Grades in Putnam Valley



Per the 2012 Prevention Needs Assessment Survey

Talking to Your Child About Drugs

- **Preschool to Age 7**
 - Start taking advantage of "teachable moments" now. If you see a character on a billboard or on TV with a cigarette, talk about smoking, nicotine addiction, and what smoking does to a person's body. This can lead into a discussion about other drugs and how they can potentially cause harm. Keep calm during these "moments"!
- **Ages 8 to 12**
 - As your kids grow older, you can begin conversations with them by asking them what they think about drugs. By asking the questions in a nonjudgmental, open-ended way, you're more likely to get an honest response. News, such as steroid use in professional sports, can be springboards for casual conversations about current events. Use these discussions to give your kids information about the risks of drugs.

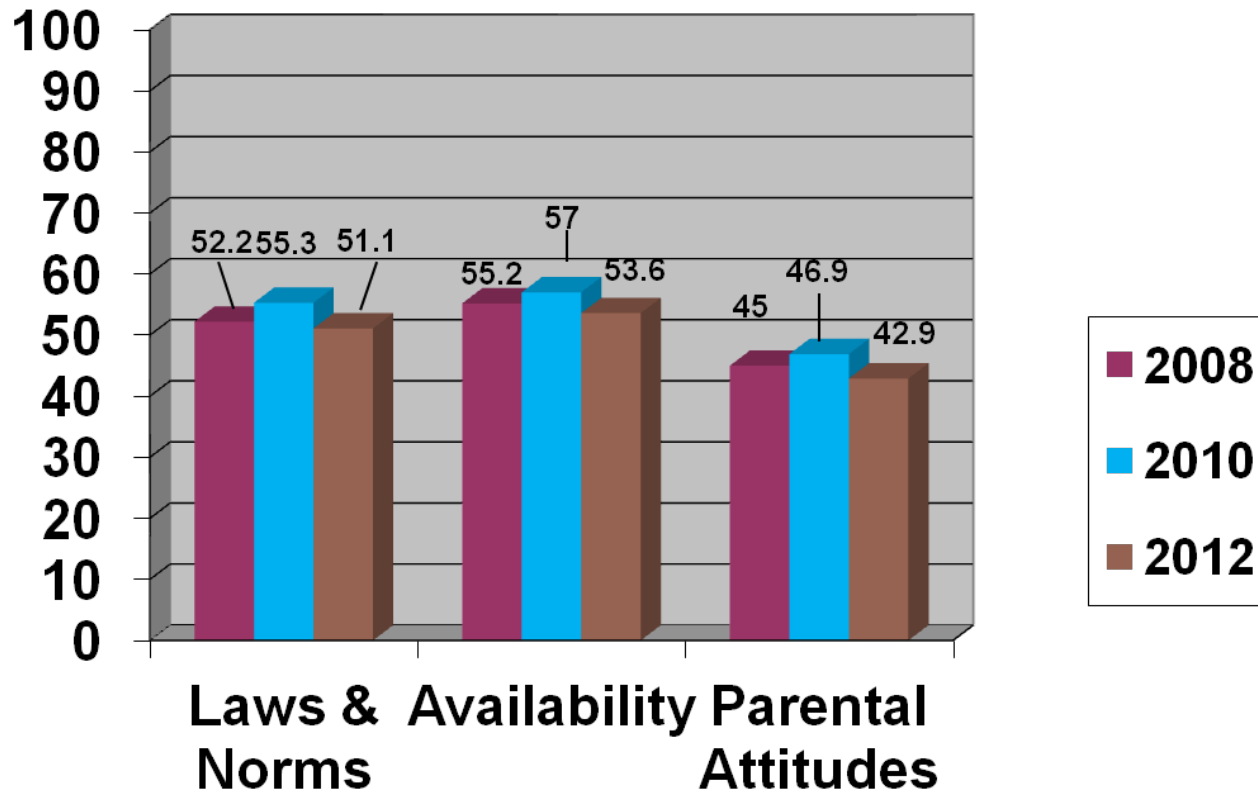
Talking to Your Teen About Drugs

- **Ages 13 to 17**

- Kids this age are likely to know other kids who use alcohol or drugs, and to have friends who drive. Talk about the dangers of driving under the influence of drugs or alcohol. Talk about the legal issues — jail time and fines — and the possibility that they or someone else might be killed or seriously injured.
- Know Your Child's Friends.
- Consider establishing a written or verbal contract on the rules about going out. By discussing all of this with your kids from the start, you eliminate surprises and make your expectations clear.
- Let them know you disapprove.

Risk Factors

All Drugs/Grades Combined



Putnam County 2012 overall:

52.9%

53.6%

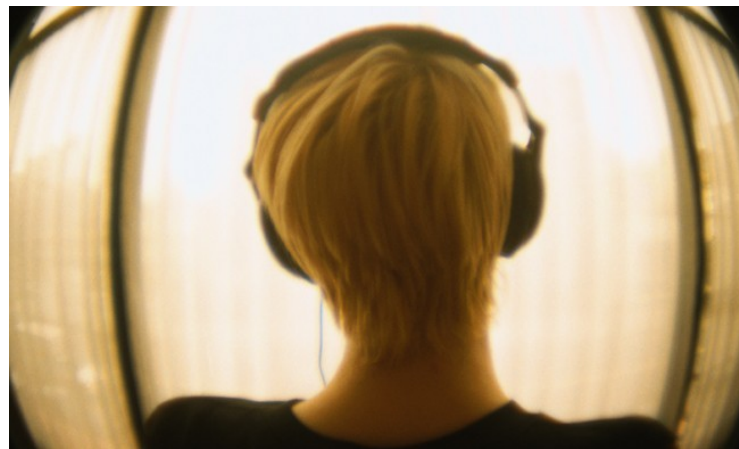
60.7%

Per the 2012 Prevention Needs Assessment Survey

What is readily available?

- Alcohol
- Cigarettes
- Marijuana
- Heroin – cheap and available (several deaths in Putnam County)
- Inhalants (store bought and in the home)
- Prescription Drugs

Latest Drug Trends (Amongst Teens)



Recent News

Electronic Cigarettes

- E-cigarettes (some are marketed as “pens”) heat liquid nicotine into an inhaled vapor without the tar of normal cigarettes. They are battery powered. They come in many colors to appeal to both genders.
- E-cigarettes come in flavors like cherry, strawberry, vanilla and cookies and cream milkshake.
- **Laws regulating cigarette ads don't yet apply to e-cigarettes.**
- Can be bought at gas stations (ex: BP, Sunoco), online (Amazon.com), 7-11
- Industry advertising spending increased to \$20.8 million in 2012 from just \$2.7 million in 2010, according to The New York Times .



Electronic Cigarettes

- **E-cigarettes contain toxic chemicals.** A 2009 FDA analysis of e-cigarettes from two leading brands found that the samples contained carcinogens and other hazardous chemicals, including diethylene glycol, which is found in antifreeze. Last year, a report from Greek researchers found that using e-cigarettes increased breathing difficulty in both smokers and non-smokers, according to Medical News Today.
- Research published in the American Journal of Public Health indicates that 53 percent of young adults in the U.S. who have heard of e-cigarettes believe they are healthier than traditional cigarettes and 45 percent believe they could help them *quit* smoking -- though there is little evidence to support either of these claims.
- The tobacco industry says e-cigarettes are a healthier, cleaner alternative to traditional smoking. But on Sept. 24, 2013 at least 40 U.S. state attorneys general urged the FDA to immediately regulate sale and advertising of electronic cigarettes, in a letter that said that the products are appealing to youth and that no one was "ensuring the safety of the ingredients." The FDA will make a decision this month (October 2013)

Molly

- Responsible for Electric Zoo deaths in New York City over Labor Day Weekend.
- According to the Partnership for a Drug Free America, “Molly, (short of “Molecule)” is the powder or crystal form of methylenedioxymethamphetamine or MDMA), which is the chemical used in Ecstasy. Some claim that Molly is less dangerous than other illegal drugs because it’s not physically addictive, more pure than other forms of ecstasy and will not cause cognitive impairment as it doesn’t kill brain cells. **The reality, however, is that the use of Molly – a stimulant drug – comes with serious health risks. The Drug Enforcement Agency (DEA) notes that it can cause confusion, anxiety, depression, paranoia, sleep problems and drug craving.**
- **Health risks and signs of Molly can include anything from involuntary teeth clenching, sudden loss of appetite, a loss of inhibitions, transfixion on sights and sounds, nausea, signs of depression and/or sadness, not being able to get out of bed for extended periods, blurred vision and chills and/or sweating. More serious risks can even include increased heart rate and blood pressure and seizures.**

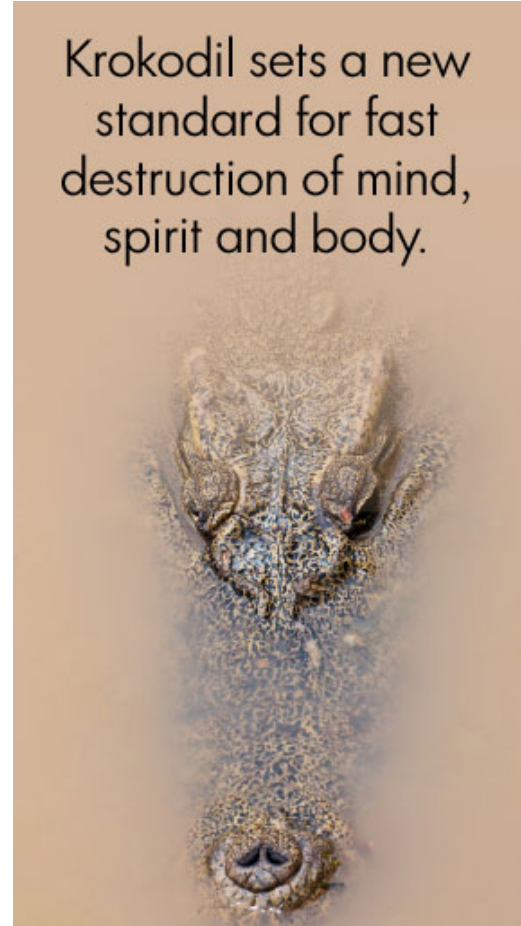


Krokodil

The medical name for the drug is desomorphine. **It is made at home by acquiring codeine, sold over the counter for headaches, and cooking it with paint thinner, gasoline, hydrochloric acid, iodine and the red phosphorous from Matchbox strike pads.** The resulting liquid is injected into a vein. The high from this drug lasts 90 minutes to two hours, and it takes about a half-hour to make the drug.

A Krokodil addict does little other than get the ingredients and cook up the drug.

Krokodil sets a new standard for fast destruction of mind, spirit and body.



Krokodil: Addiction Takes Over

- Krokodil is replacing opiates because it is accessible and cheap.
- It is estimated that somewhere between a few hundred thousand and a million people are injecting this deadly drug. **Between 2009 and 2011, the amount of krokodil seized by law enforcement increased 23-fold. In just the first three months of 2011, 65 million doses were seized.**
- **Krokodil gets its name from the fact that the caustic drug causes an addict's skin to become green, scaly and bumpy like a crocodile's.** If the drug misses a vein and is injected into flesh, that flesh will develop abscesses. It is common for addicts to develop gangrene and require amputations. **The flesh on some body parts affected by krokodil injections will rot off completely, leaving bare bone.**
- **Withdrawal is savage, much worse than heroin.**



If a person does manage to get clean from krokodil, they may be left with permanent damage like a speech impediment, vacant gaze and erratic movements.

What You Can Do

- Be a parent, not a friend!
- Be vigilant and involved in your child's life.
- Learn signs and symptoms of abuse. Sometimes behavior is normal adolescent development and vary by type of drug.
 - Problems at school, lack of energy/motivation, neglected appearance/hygiene, spending money (and you don't know on what?). Visit Mayo clinic for specific signs by drug.
- Lock up or dispose of unwanted/outdated medications.
- Know your local resources.

Resources

Law Enforcement:

Putnam County Sheriffs Office Narcotic Unit

(845) 225-DRUG (*All calls to the Sheriff's drug hotline are kept confidential*)

Putnam County Crisis

845-225-1222

Putnam County Departments and Services

www.putnamcountyny.gov

Local Resources for Alcohol and Substance Abuse

www.putnamhelp.com

Putnam County MADD

www.putnamcountymadd.org

Self Help Groups

- **Alcoholics Anonymous**

www.putnamcountyyaa.org

www.alcoholics-anonymous.org

English & Spanish

SAMHSA (National)

<http://samhsa.gov/>

1-800-662-HELP (4357)

AL-ANON

www.westchesterputnamalanon.org

www.al-anon.alateen.org

Narcotics Anonymous

www.na.org

914-316-2957

The Children of Alcoholics Foundation

www.coaf.org

Gamblers Anonymous

www.gamblersanonymous.org

www.gam-anon.org

1-888-GA-HELP

Cocaine Anonymous

www.ca.org

Naranon

Trinity Lutheran Church 2103 Route 6

Brewster, NY 10509

Wednesdays @ 7:00pm

Local Resources

Marijuana Anonymous

www.ma-newyork.org

Nicotine Anonymous

www.nicotine-anonymous.org

Alcohol and Drug Treatment

- **Arms Acres**

www.armsacres.com

- 845-225-5202

- **St. Christopher's Inn**

www.stchristophersinn-graymoor.org

1-800-424-0027

- **Podcast Information:**

New Radio Shows each Tuesday: hear topic related interviews.

Go to <http://www.stchristophersinn.org> and click the scrolling banner at the bottom of the screen.

- **Walter Hoving Home**

www.walterhovinghome.com

845-242-3674

- **Putnam Family & Community Services**

www.pfcsinc.org

845-225-2700

Local Resources

Problem Gambling Resources

- **Mahopac-Northern Westchester Gamblers Anonymous**
Temple Beth Shalom
760 Route 6, Mahopac, NY
Tuesdays, 8:00-9:30 p.m.
- **New York State Office of Alcoholism & Substance Abuse Services**
OASAS
www.oasas.state.ny.us
1-877-8-HOPENY
- **New York Council on Problem Gambling (NYCPG)**
www.nyproblemgambling.org
518-427-1622
- **Safe Harbor Compulsive Gambling Hub**
www.sfcghub.com
- **National Council on Problem Gambling**
www.ncpgambling.org
1-800-522-4700
Back to top

Child and Adolescent Assessment Services

- **RISE for Children's Health Program**
Putnam Family and Community Services
1808 Old Route Six, Carmel, NY 10512
845-225-2700 x 110
Fax: 845-225-3207
Contact: Juliette Doyle, M.S. MFT
jdoyle@PFCSinc.org
www.PFCSinc.org/RISE.html

Local Resources

- **Community Outreach Center**
Green Chimneys
965 Route 22, Brewster, NY
845-279-2588
- **Green Chimneys Youth 24 Hour Crisis Hotline**
845-279-2588
- **Runaway and Homeless Youth Program: Youth Shelter**
Green Chimneys
Brewster, NY
845-278-4486

Contact Us

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Director of Chemical Dependency Services
845.225.2700 ext. 105

Elaine Santos

National Council on Alcoholism and Other Drug Dependencies/Putnam
Putnam County Communities That Care Coalition
Coalition Coordinator
845.225.4646 ext. 13

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