

THE FACTS

About Drug Abuse

3rd Quarter 2010

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Disturbing Increases In The Number Of Drug Infected Schools

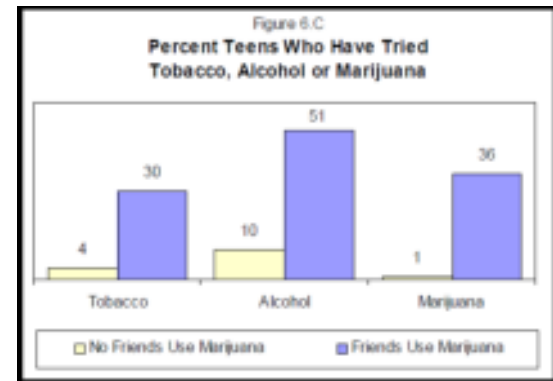
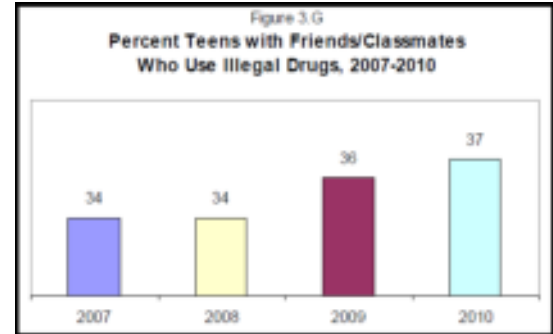
The 15th annual “back-to-school survey” was recently released and revealed some startling statistics.

One of the most disturbing findings is that the percent of children in drug-infected middle schools--kids 12 to 13 and younger--jumped up 39% in the last year.

(“Drug Infected” means that drugs are used, kept, or sold on school grounds.)

A whopping 66% of high schools are drug infected, a percentage that has been steadily rising since 2006.

Friends are teens number one source of marijuana. 76% of teens who can get marijuana obtain it from a classmate. Parents should be especially concerned if they discover that their teen’s friends are using marijuana. Teen’s who have friends that are using marijuana are 36 times likelier to try marijuana.



View the full study: <http://www.casacolumbia.org/upload/2010/20100819teensurvey.pdf>

Notes from Dr. George Elder



Dr. George Elder,
Vice President, Schools & Colleges

Dear Colleagues,

I trust the summer provided renewing time with family and friends and enabled that recharge of batteries so vital to a school year which demands the best from administrators and teachers. The battle against ignorance, apathy and destructive behavior requires adults with courage, creativity, energy and character. With the opportunity to lead also comes responsibility. The responsibility that I and my company, Psychemedics, are focusing on is clearly eradicating the menace that is taking 3000 of our children from us every month and that is responsible for 80% of the crime in America (illegal drug use). This does not have to continue and we school leaders are in the best possible position to do something about it.

Schools all over the country are joining the fight: public, independent, faith based, and schools of every size and shape. They each implement a Psychemedics hair testing program unique to their school. Many test all students in grades 7-12, some randomly select all students that participate in privileged activities (with the blessing of the United States Supreme Court) including: athletics, student government, dance, theatre, cheerleading, parking on campus and even attending a dance, etc. and some are testing for cause. Schools are electing to test their faculty and Board members to support our children and our communities. Leaders are stepping up every day and many will follow. It is my hope and prayer that every school in America will join this effort at some point. Psychemedics stands ready to assist you. It is a lot simpler than you might think! Our thanks go to those schools that have already partnered with us in this fight and we encourage others to come lead with us. If you are a corporate client, please share this with your local schools. I am as close as your phone (931-924-3143) and ready to come to your school without cost to help you take the most important step you have ever taken on behalf of your children. We must refuse to let this menace have another one of our kids. Let nothing stop you. It's time to lead.

DRUG STATISTICS

Young people who are getting D's & F's are 5 times as likely to be marijuana users than those who get A's, and 13 times more likely to be cocaine users!

- Youth Risk Behavior Survey

The majority of adults polled in a nationwide survey SUPPORT student drug testing

- CNN/USA Today Gallup Poll

Rave Drug Use Among Teens

A 15 year old girl recently died after taking Ecstasy at a rave at the Los Angeles Coliseum. Her tragic death has once again drawn attention to the connection between raves and Ecstasy.

Raves are massive dance parties that feature electronic music/light shows and sometimes last 12 hours, and the connection between drug use and raves is well-documented. Large raves often attract over 100,000 party-goers and hospitals often prepare their emergency rooms for a "multi-casualty incident."

At this particular LA rave, about 120 people required transport to local hospitals, mostly for drug intoxication. But this was just the latest in a string of high-profile problems at raves. Earlier this year, at least 18 drug overdoses tied to Ecstasy were reported at a New Year's Eve rave, and 2 others died of suspected overdoses during a Memorial Day weekend rave.

Users often (mistakenly) believe that Ecstasy is a safe alternative to more dangerous drugs. But the hallucinogen/

stimulant can often increase a user's heart rate so much that the heart fails. It can also cause the body temperature to rise to 109 degrees, and the extreme thirst it causes may cause a person to drink enough water to lower sodium levels which can lead to a coma or seizure. It is not uncommon for kids at raves to have psychotic reactions if they take too much Ecstasy and it often causes disorientation and delusional thinking.

Nationally, Ecstasy related visits rose almost 75 percent from 2004 to 2008, and treatment programs in Los Angeles County say that the number of residents who cited Ecstasy as their drug of choice increased 650 percent.

Studies have found that there has been a decrease in the perception of risk associated with Ecstasy, and young adults often believe that it is safe without realizing that it can cause organ failure and death. Educating teens and increasing awareness of the risk associated with Ecstasy use can help minimize use.



Ecstasy Paraphernalia

Vicks Vapor Rub/Vicks Inhaler, Surgical Mask, Glow Sticks, Eye Drops: used to over stimulate senses

Pacifiers, Lollipops: used to prevent involuntary teeth grinding and clenching

Candy Necklace, Skittles, M&Ms: used to hide Ecstasy pills

Water Bottles: used to transport alcohol or liquid drugs

ASTOUNDING FACTS

*Teens who have smoked nicotine cigarettes are **12 times** likelier to use marijuana than teens who have never smoked!*

Exercise Prevents Drug Use

A study conducted by researchers at the U.S. Dept of Energy indicated that physical exercise as an adolescent can decrease cocaine-seeking behavior, at least in young adult rats.

According to the feature, what these results may show is that the same effect may be achieved in human subjects; this makes physical activity as an adolescent a potential deterrent for cocaine abuse.

<http://tiny.cc/lu7bwx>

Drugs In The News

RX Drugs on Campus

According to an On-line article from the Partnership for a Drug-Free America, "There's mounting evidence that classic cram sessions fueled by No-Doz and strong coffee have been replaced with all-nighters courtesy of prescription drugs. These medications are readily accessible on many college campuses and seemingly widely accepted among the student body."

Data from DAWN estimated that in 2008, emergency department visits involving non-medical use of narcotic pain relievers like Oxycontin increased by 113% by patients younger than 21.

<http://tiny.cc/lyry27>

On The Rise

Over the past decade, prescription and over-the-counter drug abuse among teens has been on the rise. The use of these drugs has spurred a dangerous trend that is affecting many of our schools and has even dubbed today's teens as "Generation Rx."

According to the National Survey on Drug Use and Health, prescription drug abuse by teens exceeds only marijuana use, and there are as many new abusers of pain relievers as there are for marijuana.

<http://tinyurl.com/2etzx3k>

New Year, New Opportunity to Keep Kids Away From Drugs

A new school year brings new experiences, environments, friends, and at times, new challenges. Some grade school children will be pressured to experiment with drinking or drugs for the first time. Middle schools students, dealing with the transition to high school and the peer pressure to fit in, may be susceptible to the negative influence of alcohol and drug use. And many college students will encounter various temptations, such as abusing or misusing prescription drugs, believing it will help them get through the semester.

Data from the 2008 National Survey on Drug Use & Health indicates that rates of past month illicit drug use increases nearly six-fold during adolescence, rising from 3.4% at age 13 to 20.3% by age 18. The transition from middle school to high school is a particularly difficult time for teens. Data from the 2009 Monitoring the Future study suggests that past month illicit drug use more than doubles between 8th and 10th grade.

Adolescence in general is a time of great emotional, intellectual and physical growth. Research tells us that the brain is still developing during adolescence, especially those areas that control decision making. School administration, teachers and parents need to remember that these are vulnerable years for children and everything possible should be done to prevent them from ever starting to use illicit drugs.

More Info Available At: http://ofsubstance.gov/cs/blogs/pushing_back/

OxyContin abuse “a silent, growing problem” among youths

That false sense of pharmacological safety, experts say, has helped drive a pill-popping trend among teens and young adults that appears to be escalating.

Emergency room visits for abuse of Oxycodone products rose 152 percent from 2004 to 2008, with an even steeper increase among people younger than 21, according to a study released last month by the Centers for Disease Control and Prevention and the Substance Abuse and

Mental Health Services Administration.

A federal survey of high school students found that more than one in five had taken drugs such as OxyContin, Percocet, Vicodin or Xanax without a doctor's prescription. The highest prevalence, the study found, was among whites.

That's no surprise to law enforcement and treatment providers, who say OxyContin, codeine and other prescription



drug abuse among youths tends to circulate most in affluent areas — where access to medical care may be greater, and acceptance of hard street drugs lower.

Full Article Available At: <http://tinyurl.com/2fkmyq4>

Did You Know ??

Psychemedics does testing in five of the seven continents! Samples of hair are taken all over the world, then sent directly to our laboratory in California for processing. The ease of our collection process is perfect for international clients, because unlike urinalysis, no refrigeration is required and the sample is easily handled and shipped - it is not considered hazardous material!

*Superior Detection
of Drug Abuse*

**PSYCHEMEDICS
CLIENT SERVICES INFO:**

Client Services hours:
6:00 AM—5:30 PM PST
Monday – Friday

5832 Uplander Way
Culver City, CA 90230

Phone: 800.522.7424
Fax: 800.643.2354

GEORGE B. ELDER
Vice President,
Schools and Colleges

Office: (931) 924-3143
Cell: (931) 636-8150
Fax: (931) 924-3133

GeorgeE@psychemedics.com



About Psychemedics:

Psychemedics was established in 1987 to provide testing for drugs of abuse using hair analysis, and has been successfully operating for over 20 years. Thousands of corporations currently rely on Psychemedics' patented hair analysis technology for their pre-employment and employee drug screening. Psychemedics is headquartered in Boston and has offices in Dallas, Chicago, Los Angeles and Las Vegas. Our Laboratory is located in Culver City, CA. Psychemedics is a publicly-held corporation listed on NASDAQ under the ticker symbol PMD.