

THE FACTS

About Drug Abuse

4th Quarter 2010

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Study Confirms That Drug Testing Reduces Students' Drug Use

The goal of most student drug testing programs are simple - to DETECT and DETER substance abuse. A recent study proved that drug testing significantly reduces student drug use.

The study was funded by the U.S. Department of Education and researchers say that it is the largest and most rigorous examination of drug testing programs to date.

The results verified that students involved in extracurricular activities and subject to in-school random drug testing reported less substance abuse than their peers in high schools that did not have drug testing programs.

There was also no evidence that drug testing reduced the students' participation in extracurricular activities or affected their attitudes toward the school.

The evaluation involved more than 4,700 students in 36 high schools.

The authors of the report contend that the prevalence of illicit drug use among youths is high and warrants closer attention. Consequences of drug use during adolescence include low academic outcomes, delinquent behavior and unsafe sexual behaviors, the report stated.



KEY STUDY FINDINGS

► 16% of students subject to drug testing reported using substances covered by their district's testing program, compared to 22% of comparable students in schools without the testing program.

► Drug testing had no effect on the number of students participating in the activities subject to testing.

► Drug testing had no effect on the students attitudes toward the school.

View the full study: <http://ies.ed.gov/nceel/pubs/20104025/pdf/20104025.pdf>

Notes from Dr. George Elder

Dear Colleagues,

I write this note to you as we are entering into the holiday season of Christmas, Hanukkah, Ramadan, Kwanza and other traditions that lift our hearts. These traditions, which are often filled with family and friends, also provide for us a time to reflect on both the blessings and challenges faced during the year.

I have been blessed with many great moments this year, many of them with you in schools across the country. For me and my company, the mission is the same but there is a slightly different slant to it today. Our job, and I would argue that it is your job too, is to do all we can so that others have much they can be thankful for in the coming year. I would bet that there is not an individual, a family or a school that is thankful for the presence of illegal drugs in their lives. We can do something about it now. The most powerful deterrent ever developed is available. Virtual certainty of detection by hair testing is the most powerful deterrent there is for illegal drug use and any other destructive and harmful behavior. Let's give our children, their families and this world something amazing to be thankful for in the New Year: a future without illegal drugs.

Thank you for a great year. I would love to hear what you and your school are doing in this fight and the unique ways you are using Psychemedics hair testing to protect your kids. I promise to share your ideas with others. We are indeed thankful for you! Always as close as your phone: 931-924-3143.

Gratefully,



Dr. George Elder,
Vice President, Schools & Colleges

DRUG STATISTICS

Abusing prescription drugs for the first time before age 16 leads to a greater risk of dependence later in life.

- SAMHSA National Survey on Drug Use & Health 2006

The short-term effects of marijuana can include problems with memory and learning.

- NIDA Marijuana: Facts for Teens 2008

P.S. Be sure to check out the USA Biology Olympics on page two. It would be wonderful for some of your students to attend.

Could One of Your Students Compete in the USA Biology Olympics?

The Center for Excellence in Education nurtures high school and university scholars to careers of excellence and leadership in science, technology, engineering and mathematics. For 28 years, the Center's renowned educational programs have been offered free of cost to students competitively selected to attend.

The USA Biology Olympiad is offered in partnership with Purdue University to train future leaders in the biological sciences. This program concentrates on stimulating young scholars' intellectual curiosity and developing their critical thinking skills in biological reasoning. In 2010, nearly 11,000 students from 43 states registered to participate in this prestigious competition.

The USABO culminates at the

International Biology Olympiad, where each Team USA member has medaled since the United States first began competing in 2003. In 2010 Team USA was the #1 team in the world.

Psychemedics has been a devoted sponsor of the Center's educational programs for many years, and has contributed financially in addition to donating lab coats for the USABO National Finalists (see picture). Our Chairman and CEO, Ray Kubacki, serves on the Board of Trustees of the Center for Excellence in Education.

Applications to participate in the Olympiad are due in January 2011. For more information, please visit www.cee.org.



ASTOUNDING FACTS

Researchers in New Zealand found that those who used cannabis by the age of 15 were more than three times (300%) more likely to develop illnesses such as schizophrenia; and heavy cannabis use increases the risk of psychosis by up to 700%.

www.schizophrenia.com

Drugs In The News

13 Teens Face Drug Charges at High School

An ongoing undercover operation involving a police officer posing as a student at a high school resulted in felony drug charges for at least 13 teenagers.

The detective was able to purchase a variety of illegal drugs, including marijuana, cocaine, black tar heroin, ecstasy and OxyContin pills inside and near the school and other teen hangouts. Other drug deals occurred in the high school parking lot, the parking lot of nearby Junior High, and the cafeteria.

<http://tinyurl.com/293c6dw>

OxyContin Sickens Four Students at Junior High

Emergency crews were called to the school and rushed the four students to an area hospital. The students involved are two boys and two girls, ages 13 and 14. The 14 year old boy, according to police, stole the OxyContin from a parent's medicine cabinet.

Police say the boy took two of the pills, and then shared them with the three other kids. Two students also took two pills, but according to police one of the girls took 15 of the tablets, enough OxyContin to kill. She was admitted overnight and had to have her stomach pumped to get the drugs out of her system.

<http://tinyurl.com/278dd99>

Family Dinners Help Prevent Teen Drug Use

Based on a new report launched by the National Center on Addiction and Substance Abuse (CASA) at Columbia University, the parental engagement fostered during frequent family dinners is an effective tool to help keep America's kids substance free. The report finds that teens who have infrequent family dinners (fewer than three per week) compared to those who have frequent family dinners (five to seven per week) are more than twice as likely to say that they expect to try drugs in the future.

<http://tinyurl.com/3ageent>



LSD Laced Gummy Bears



Soda with Marijuana

Drugs in Snack Foods Target Kids

It is a sad fact that drug dealers rely on the teenage market and will do anything to fuel drug sales. Dealers intentionally target kids with things like drug laced candy, or chocolate filled with marijuana. Their strategy is to mask the drugs with familiar snacks so that they do not seem as dangerous.

Unfortunately, drug dealers know that they have to hook customers while they are young because if they reach the age of 21 and have not yet begun to use, the chance of them ever using is very small.

Drug education is always important, especially when drug laced products are made to look like snacks. Children need to know that it does not matter how a drug tastes or appears, they are still dangerous.



Strawberry Flavored Cocaine



Marijuana Candy

Smoking Marijuana As Teen May Have Lasting Effects

Teenagers respond differently to drugs than adults, and early use may lead to long-lasting effects on brain development, according to new research.

A study presented at the November Society for Neuroscience meeting shows people who start using marijuana at a young age have more cognitive shortfalls. Also, the more marijuana a person used in adolescence, the more trouble they had with focus and attention.

Teen brains are only about 80% developed and don't fully mature

until their mid-20s, the researchers say; they add that each day, more than 4,300 teens try illegal drugs for the first time.

"There's a myth that teen brains will bounce back, that they are really resilient, but in fact they may not be. It appears that they may be more vulnerable to drug use," says Frances Jensen, professor of neurology at Children's Hospital Boston. While a young brain is more "plastic" and able to learn, it can "maladapt," says Jensen.



USA Today article available at: <http://tinyurl.com/2egnzqx>

Did You Know ??

Over 20 years ago, Psychemedics became the world's **first** laboratory to offer a hair test, rather than body fluids, for the detection of drugs of abuse. Psychemedics was also the **first** hair testing company to receive FDA clearance of drug screening tests and obtain laboratory certification by the College of American Pathologists.

*Superior Detection
of Drug Abuse*

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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.