

THE FACTS

About Drug Abuse

Spring 2016

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Hospitalizations Among Teens for Opioid Poisonings

According to a recent study published in JAMA Pediatrics, there is a scary reason why teens are ending up in the ER: overdoses from prescription drugs, specifically opioids and heroin.

Prescription opioids ease discomfort by "attaching to the opioid receptors in the brain, which helps to very effectively kill pain for a while," says John F. Kelly, Ph.D., associate professor of psychiatry in addiction medicine at Harvard Medical School and founder and director of the Recovery Research Institute.

"After a surgery, accident, or injury, you may be prescribed an opioid in pill form under the brand names of OxyContin, Percocet, or Vicodin, among others."

According to the article published in Teen Vogue, "While many people can take pain meds without getting hooked on them, about 15 percent of the population is at increased risk for substance addiction at some point in their lives, Dr. Kelly says. "Aside from killing the pain, most people won't find prescription opioids very rewarding or stimulating."

"But about one in seven will experience a sense of euphoria that leads them to repeat their exposure to the drug, which can rapidly lead to a cycle of dependence. Genetics play a role in how susceptible you are."

Heroin is considered a more potent version of an opioid pain killer and is typically smoked,



snorted, or injected. "Heroin and pain pills have a similar molecular structures, but heroin is much stronger."

The new study found that the "incidence of hospitalizations for prescription opioid poisonings of 15–19-year-olds rose from 3.7 per 100,000 in 1997 to 10.2 per 100,000 in 2012—a staggering 176 percent increase."

(Continued on next page)

Article Link: <http://www.teenvogue.com/story/teens-opioid-poisonings-painkillers-hospitalizations-teen-story>

DRUG STATISTICS

Studies show less than 20% of teens are getting Adderall from doctors, meaning those who abuse it are likely getting the pills from friends or acquaintances.

- National Institute on Drug Abuse

1 in 5 teens abuses prescription meds.

- Drug Enforcement Administration

Dear Colleagues,

I just got back from speaking at the Lasallian Association of Secondary School Chief Administrators Conference in Orlando and had a wonderful time. I spent 3 days with educators from great schools and the ideas and issues covered provided important insights into the health and well being of our students in this ever changing world. We are already working with 15 of their schools and I look forward to adding others to the Psychemedics family of drug free schools. I would love to present at your state, district or association conference and address important substance abuse issues facing schools, parents and their students in grades 7-12 and in college.

Drugs are getting more dangerous, more available and are destroying lives and families all across America. However, as our partner schools already know, this can be stopped and we need not lose even one life. Drugs are getting worse, but not in any of our schools! I urge you to help educate schools in your area or in your association about your Drug Free School Program and the amazing results you are enjoying. Consider hosting an area meeting to discuss this issue; include all schools public, private and faith based. There is nothing we can do apart that we can't do better together.

You are needed in this fight and our children and parents are counting on us.

Ready to help.



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Psychemedics Adds Oxymorphone to Extended Opiates Group

Psychemedics is pleased to announce the expansion of our synthetic opiates panel to include Oxymorphone at no additional cost to you. Clients with a current test panel of 811 already includes Oxycodone, Hydrocodone, and Hydromorphone. We are now adding Oxymorphone.

The 811 Test Panel already Includes the Extended Opiates. The addition of Oxymorphone to the Extended Opiates group updates the test code from 811 to 501:

- Hydrocodone
- Hydromorphone
- Oxycodone
- Oxymorphone (new, test code 501)

Oxymorphone goes by brand names such as Opana, Numorphan, and Numorphone. Opana may soon replace Oxycontin as the preferred Rx painkiller.

You do not need to do anything to begin receiving Oxymorphone results. Beginning on April, 1 2017, your existing test panel number, 811, was replaced with 501. They are both identical, except 501 includes Oxymorphone.

If you do NOT want to add Oxymorphone to your testing program, please let us know by calling our Client Services Department at 800-522-7424 and confirming your desire to opt out.

(Cont. from Page 1) Hospitalizations Among Teens for Opioid Poisonings

It's no coincidence that heroin poisonings for the same age group were up by 161 percent. CDC data show that "overdose deaths related to opioids surged in 2015 to 33,091, an uptick of more than 4,000 from 2014." The statistics also show that for the first time, the number of heroin-related fatalities surpassed gun deaths.

Over time, regular users develop a tolerance to the pills, consuming higher doses in order to achieve the same results. Money to fund the addiction becomes an issue and they

often find that they can't afford to purchase the pricey prescription meds anymore, and instead turn to heroin because it's significantly cheaper.

"Between 70 and 80 percent of heroin addicts started by using prescription opioids," according to Dr. Kelly.

"One pill of Oxy will run you \$20 to \$80, whereas a bag of heroin that gets you the same high can cost as little as \$5," says Jamison Monroe, founder and CEO of Newport Academy, a teen rehab mental health center. "Many of the kids we treat decide to switch over because they can't afford it."



Article Link: <http://www.teenvogue.com/story/teens-opioid-poisonings-painkillers-hospitalizations-teen-story>

DID YOU KNOW THAT HAIR TESTING IS NOW LEGALLY REQUIRED FOR PROFESSIONAL DRIVERS IN BRAZIL?

- ◆ Brazil had one of the highest highway traffic fatality rates in the world
- ◆ This prompted their government to find a solution to fix the problem
- ◆ They chose to utilize the rigorous hair test to ensure public safety on the roads of Brazil
- ◆ Millions of drivers are now required to pass a hair test before they can get behind the wheel of a truck or bus

In the first 6 months, the number of accidents was reduced more than 38%!



SPOTLIGHT ON... Seaman High School



Seaman's drug testing policy has changed the school's 'climate and culture'

By Angela Deines at the Capital-Journal

Seaman USD 345 has nearly a year and half worth of results from its policy of testing students for illegal substances.

"It's gone better than even what I would have imagined," said Mike Monaghan, principal at Seaman High School who also instituted a similar policy while he was principal at Hayden High School in 2012. "I've been through this once before and noticed huge gains in achievement, across the board academically, extracurriculars and athletics."

Monaghan said he has seen similar success since August 2015 when USD 345 began randomly testing students who participate in athletics and activities sponsored by the Kansas State High School Activities Association and who have a parking permit.

"Behaviors have improved," he said. "We had an 18 percent in the first year decrease in disciplinary reports. We had a 70 percent decrease in hearings related to drug offenses."

"We're not hiding our heads in the sand and saying we don't have a problem here," Brad Dietz, Seaman

High School assistant principal and athletic director, said in August 2015 as the testing policy was set to take effect. "Parents like this policy and they want their child involved in it."

One such parent was Pam Anderson, the mother of twin daughters who have since graduated from Seaman High School.

"It's about time," Anderson said last year. "I knew there was a problem and there was no getting a handle on it. I thought (the administration) needed some leverage to put a little bit of fear of stronger repercussions (for drug use by students)."

Monaghan, more importantly, said the overall "climate and culture" of the Seaman student body has improved with gains seen in the performance of athletes and others participants in the KSHSAA-sponsored programs, a sentiment shared by Katie McLaughlin, Seaman High School student council president.

"We did have a big drug problem," she said. "I think it's positively impacted us. It keeps involvement up."

McLaughlin said she agrees with what

administrators and other supporters of the testing policy have claimed: that having the random testing policy gives her peers the ability to say "no" to drugs in the first place for fear they may be tested.

Students are randomly chosen by the drug testing company, Psychemedics, through a number system. Hair samples are taken from the student and then tested for marijuana, heroin, cocaine and various types of opiates, or prescription drugs. When the student is in the high school administration office during the taking of the hair sample, Monaghan said they are asked by him and other administrators how they're doing with their academics, extracurricular activities and how they're doing in general.

McLaughlin said the fact that administrators try to make the time while the student is in the office for the test a positive experience and it has made a noticeable difference.

"I think there's more of a connection between the administrators and the students as a result of the drug testing," she said. "It's been good."

Article Link: <http://cjonline.com/news/2016-12-11/seaman-s-drug-testing-policy-has-changed-school-s-climate-and-culture>

DID YOU KNOW??

Published in an article by Matt Fagan at NorthJersey.com

The not-so-hidden signs of teen drug and alcohol use

- ◆ **A water bottle** - has it been opened? Great place to conceal vodka.
- ◆ **A plastic container of gummy candy.** Vodka or other alcoholic beverages can be poured over them and will be absorbed overnight. Most don't question teens eating gummy candy.
- ◆ **A toilet paper roll stuffed with dryer sheets.** This is called a sploof. Kids can blow their smoke into it and it dissipates smell.
- ◆ **Diversion safes.** These may include a repurposed Pringles cans, cookie canisters and soda cans, which can have hidden compartments in which to hide stashes and or paraphernalia.



Photo courtesy of Phyllis Minicu

<http://www.northjersey.com/story/news/morris/pequannock/2017/02/24/not-so-hidden-signs-teen-drug-use/98347842/>

*Superior Detection
of Drug Abuse*

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Why Choose Psychemedics?

Psychemedics Corporation is the world's largest provider of hair testing for drugs of abuse and has been successfully operating for over 30 years. The Company serves schools and colleges around the world, and thousands of corporations, nationally and internationally, rely on the patented Psychemedics drug testing services. Psychemedics' clients include over 10% of the Fortune 500, many of the largest police departments both domestic and global, and six Federal Reserve Banks. Our team of experts stand ready to help through every step: policy development, communication, implementation and sustainability.

Since 1987, Psychemedics has offered the most effective hair testing technology, based upon scientifically validated drug testing methods. All hair testing is not the same – our patented technology uses a unique process to release the drugs trapped in the hair without destroying the drugs and removes virtually 100% of the drugs from the hair. Our patent is fundamental to hair analysis drug testing because if you cannot get all the drugs out of the hair, you cannot accurately measure them; and if you cannot accurately measure the drugs, you cannot identify all of the drug users. This patented technology provides superior detection of drugs of abuse, and is what sets us apart.

The Psychemedics web site is www.psychemedics.com