

THE FACTS

About Drug Abuse

Fall 2015

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Alcohol Can Rewire The Teenage Brain

Alcohol is a drug. And every day, more than 4,750 American kids aged 15 and younger take their first full drink of this drug. That's according to the U.S. Substance Abuse and Mental Health Services Administration, or SAMHSA.

And the problem is not just that this consumption is illegal. Kids who start drinking before age 15 also are five times more likely to become alcoholics or abuse alcohol than are people who wait until adulthood for their first sip. Another big problem for kids who experiment with this drug is that they are more likely than adults are to consume too much alcohol over a short period of time.

What few people realize is that binge drinking poses many risks that go well beyond getting drunk and acting irresponsibly.

People forget what happens when they are drunk because alcohol makes it harder for the

brain to turn short-term memories into long-term ones. But for teens, alcohol's dangers go well beyond impairing memory.

"For humans, this means binge drinking during adolescence may permanently change brain functioning," says Vivian Faden, a scientist at NIAAA. **What's more, these changes "appear to be irreversible."**

Research has shown that teens who drink heavily lose more white matter in their brain over time than do teens who don't, Faden says. White matter acts a bit like the brain's superhighway system. It connects areas of the brain's so-called gray matter, which processes information.

Alcohol also can hurt a portion of gray matter in a region known as the *prefrontal cortex*, Faden says. This area is used for attention, concentration, self-control and making decisions.



HAIR ALCOHOL TESTING

Psychemedics offers a hair test that measures average alcohol consumption over a period of approximately 3 months.

- The test indicates the level of alcohol use during that time period.
- Provides a behavioral indication of excessive use.
- Results are reported in levels, including: No Alcohol Present, Mild to Moderate Consumption, and Excessive Alcohol Consumption.

To read the full article, visit: <https://student.societyforscience.org/article/alcohol-can-rewire-teenage-brainstory.html>

DRUG STATISTICS

Full-time college students who abused Adderall were 3 times as likely as students who did not misuse Adderall to have used marijuana in the past year.

- SAMHSA

More teens die from prescription drugs than heroin/cocaine combined.

- DoSomething.org

Dear Colleagues,

With the school year well under way and the holiday season quickly approaching, there couldn't be a better time than right now to consider ways to make your Psychemedics Drug Free School Program even stronger. It has been a year and a half since Psychemedics launched its new test for alcohol abuse and many of our schools are now adding the alcohol test with dramatic results. It works the same way our drug test does and the window of detection is also 3 months. As most educators are well aware, alcohol is the most widely used and abused drug of choice among our students and adults.

Research tells us that virtually all alcoholics started drinking in high school or before. We now have the tool to either stop this behavior, or at very least, moderate it. Schools are implementing this testing in a number of new ways. One school in Texas that felt it might be better for the parents to deal with a child's drinking issues by having the alcohol test results sent to the parents only and the drug test results to the school. Another school in Nebraska blended in a number of alcohol tests with their universal drug tests this past year. The students did not know which test they might face when being tested. The parents were so pleased with the results they convinced the school to test all 900 students this year for both drugs and alcohol. I would love to talk with you about the power of our alcohol test and the potential it has to help your students avoid this unhealthy and dangerous drug. Happy to come to you. I look forward to hearing from you. Drugs, including alcohol, are getting worse everywhere - but NOT in our schools. All the best.



Dr. George Elder,
Vice President, Schools & Colleges

Cell: (931) 636-8150 or GeorgeE@psychemedics.com

Psychemedics Now Offers Two Additional FDA Cleared Drugs

New screening tests for Oxymorphone and D-Amphetamine/Adderall!

Psychemedics recently announced the addition of two new drugs to the company's drug testing panels. In response to growing abuse concerns, the addition of Oxymorphone was made to the synthetic opiate testing panel and D-Amphetamine/Adderall® was added as an option to the Amphetamine panel.

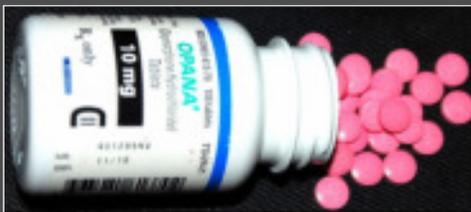
Raymond C. Kubacki, Chairman and CEO stated: "Sadly, more and more prescription drugs are being abused. As the scientific leader in drug testing, we at Psychemedics continue to advance the science and use our top flight scientific team and R&D resources to develop new tests that will deter people from abusing these additional drugs."

Jim Dyke, Vice President of Corporate Sales and Marketing, added: "The addition of Oxymorphone and Adderall® to our already expanded opiate panel will help us and our clients address head-on one of the major trends today – the continued and expanded abuse of prescription drugs."

Read more: <http://www.psychemedics.com/blog/2015/06/psychemedics-announces-addition-of-fda-cleared-drugs/>



**Contact us to find out
how to take advantage
of these new offerings!**
800-522-7424



Oxymorphone (commonly known by the brand name Opana®) is an opioid prescription pain reliever that has a high potential for abuse, is approximately two times stronger than OxyContin®, and is reported by abusers to be a replacement for Oxycodone. Oxymorphone was placed on the Drug Alert Watch by the U.S. Department of Justice in 2011, as a growing nationwide threat because of the increase in abuse and overdoses.

Psychemedics now includes this drug as part of its standard detection panel, at no additional charge to clients.



D-Amphetamine (most commonly known as Adderall®) is a prescription stimulant used for the medical treatment of ADHD, and is classified as a Schedule II drug because of its highly addictive properties. Often sold and purchased illegally by recreational users for use as a performance enhancer, abusers are at risk for developing life-threatening addiction and/or psychological dependency. Psychemedics is currently the only hair testing laboratory that has the ability to test for this substance in its screening test. Adderall® now can be added as an option.

Prescription Drugs Kill More Than Illegal Drugs; Teens at High Risk

Data from the Centers for Disease Control and Prevention show that more people die from legally prescribed drugs than from heroin and cocaine combined. The CDC has classified the situation as an “epidemic.”

What’s worse is that a study by the *Journal of Public Policy and Marketing* published earlier this year revealed that teens continue to be particularly vulnerable to the allure of prescription drugs because they perceive pharmaceuticals as being “blessed by a trusted institution”: the Food and Drug Administration.

The study was authored by Richard Netemeyer of the University of Virginia, Scot Burton of the University of Arkansas, Barbara Delaney of the Partnership for Drug Free Kids, and Gina Hijjawi of American Institutes for Research.

Natural News writes, “According to the study, more than 1,000 teens from 40 regions around the country participated in an online survey which asked them about their use of tobacco, alcohol, legal and illegal drugs.”

The findings were telling.



<http://potentialmagazine.com/parenting-tips/teen-health/teens/>

The study found that prescription drug use increased for teens who struggled with issues such as anxiety or low-confidence. Other motivators for teens’ use of prescription medications included a desire to be popular, pressure to be a “good teen,” or the use other illegal/banned substances. According to the Partnership for Drug-Free Kids, teens looking for a way to feel better tend to view prescription drugs as a safer alternative to street drugs.

Surveys from the National Institute on Drug Abuse indicate that 20 percent of teens say they have taken a prescription drug without having a prescription for it themselves, and five percent report abusing over-the-counter cough medicine to get high.

“Teens don’t understand that if you

misuse prescription drugs you’re still abusing drugs. Just because it’s not a street drug doesn’t mean it’s not abuse,” says Alexandria Ybarra, campus executive director of the American Pharmacists Association (APhA).

Dubbing this age group “Generation RX,” APhA notes that technology has made it too easy for teens to self-diagnose and self-prescribe medications based on their Internet research.

And the use of opioids has contributed to an increase in heroin use for young people, the CDC reports, as heroin provides “the same euphoric high — when pills are hard to come by.”

Article Link: <http://www.thenewamerican.com/culture/family/item/21784-prescription-drugs-kill-more-than-illegal-drugs-teens-at-high-risk>

Teens Find New Use for E-Cigarettes (USA Today)

Teenagers have discovered a new way to inhale marijuana — e-cigarette vaporizers.

About 27% of high school students who have used both marijuana and e-cigarettes reported using the devices to vaporize cannabis. Those most likely to vaporize pot with e-cigarettes included males and younger students.

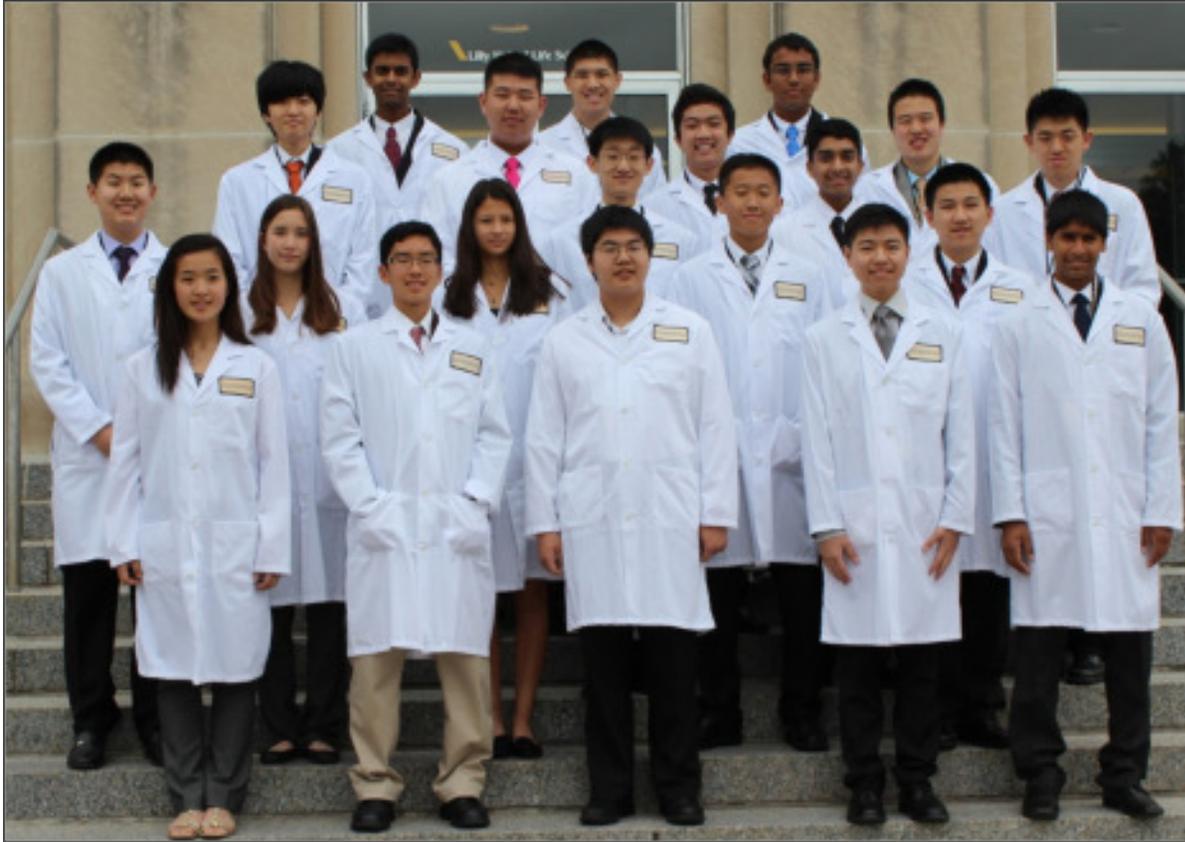
E-cigarette use among youth increased more than 200% from 2011 to 2013, according to a report in the journal *Nicotine and Tobacco Research*. Those surveyed had not tried regular cigarettes.

“Unfortunately, there is really no end for what can be vaporized in these devices,” said Erika Sward, a spokeswoman for the American Lung Association.



<http://www.usatoday.com/story/news/2015/09/04/e-cigarettes-vape-marijuana-students-connecticut/71703472/>

Psychemedics Corporation - A Proud Sponsor of Team USA at the International Biology Olympiad in Denmark



The 20 finalists for the USA Biology Olympiad, proudly wearing their Psychemedics lab coats

U.S. Flag Waves Proudly With Four Gold Medal Wins

Psychemedics is proud to be a long time sponsor of the USA team that competes in the International Biology Olympiad—a worldwide biology competition for high school students involving teams from over 70 countries across five continents.

Nearly 10,500 students from across the U.S. registered for the highly competitive 2015 USABO. Finalists participated in lectures, study sessions and laboratory exercises led by biology experts in fields that include cellular & molecular biology, plant anatomy & physiology, animal anatomy & physiology, genetics & evolution, ecology, ethology, and biosystematics.

“Team USA honored the United States at the International Biology Olympiad with receipt of four Gold Medals,” said Joann DiGennaro, President of CEE. “Peter, Varun, Grace, and Yilun garnered world recognition with their academic excellence. They are exceptional academic scholars that are headed for outstanding careers in science.”



The 4 finalists sent to Denmark to represent Team USA

REGISTRATION INFO: Teachers and schools are encouraged to register grades 9 to 12 biology students for the Open Exam. The registration fee is \$80 per school regardless of the number of student participants. Schools may register until January 29, 2016 at the CEE website at www.cee.org.

*Superior Detection
of Drug Abuse*

**PSYCHEMEDICS
CLIENT SERVICES INFO:**

Client Services hours:
5:30 AM - 5:30 PM PST
Monday – Friday

5832 Uplander Way
Culver City, CA 90230

Phone: 800.522.7424
Fax: 800.643.2354

**DR. GEORGE B. ELDER
Vice President,
Schools and Colleges**

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

GeorgeE@psychemedics.com



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 25 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