

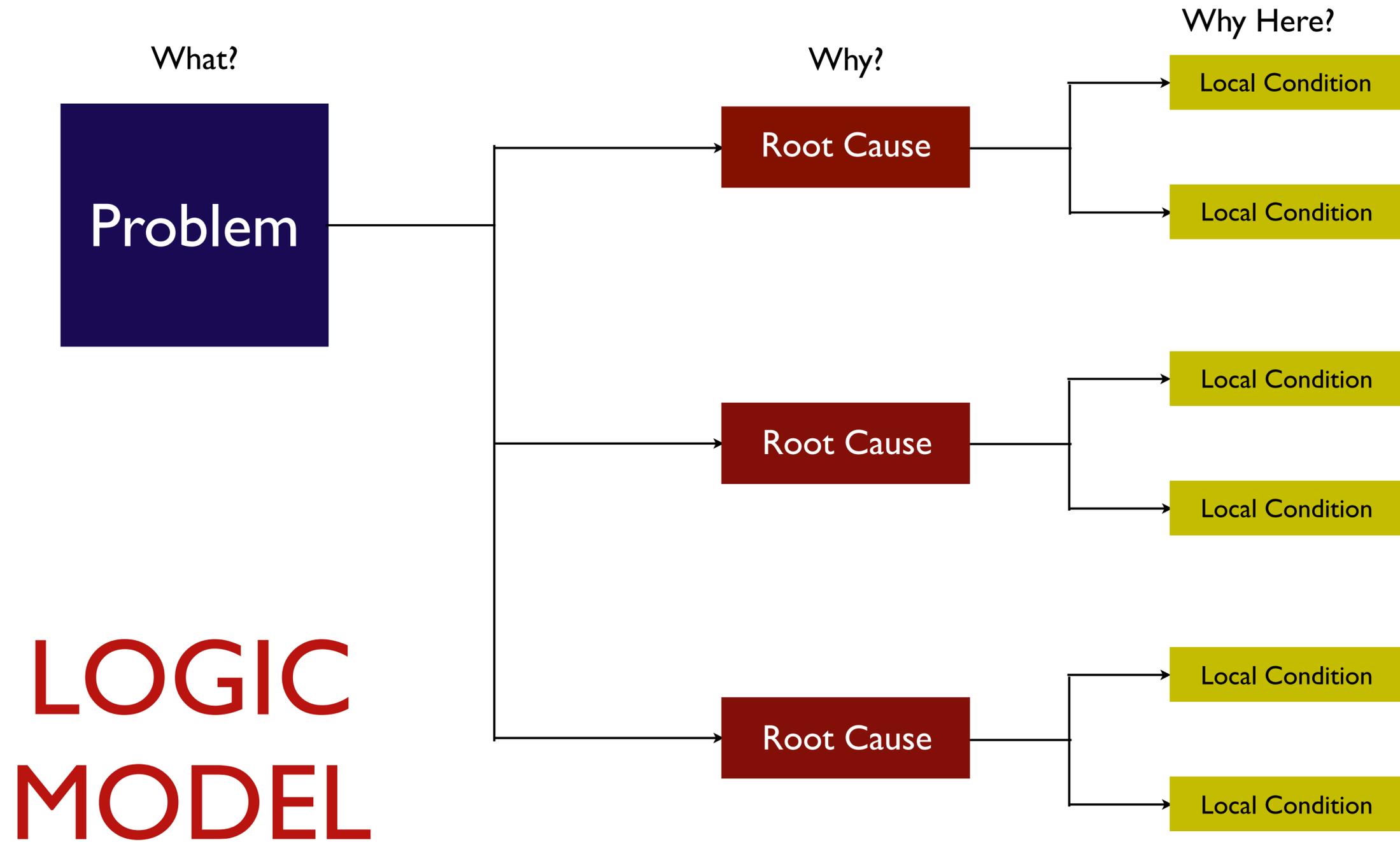
Adolescent Drug Trends: How Faith Communities Can Respond

Andy Duran
Executive Director

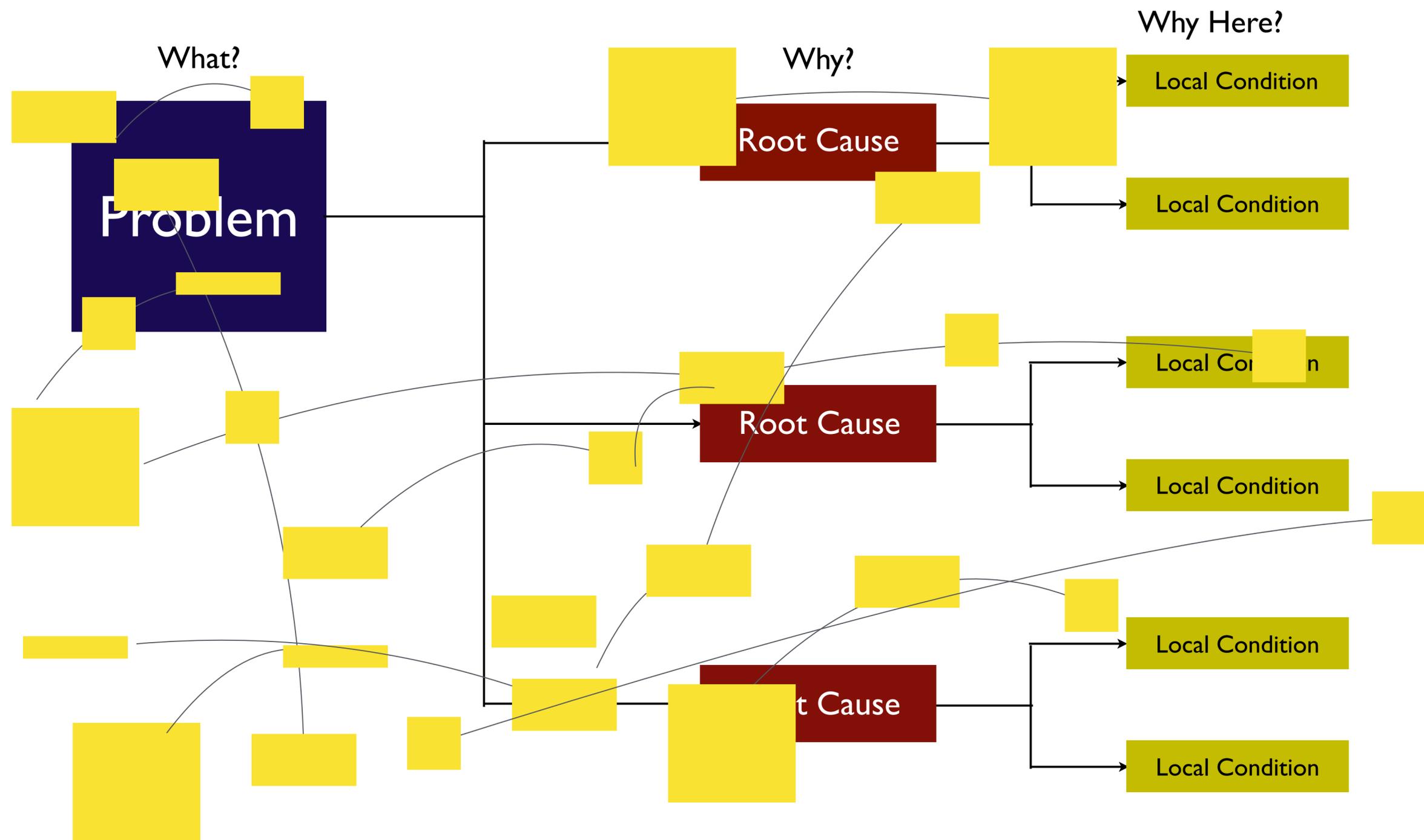
lead

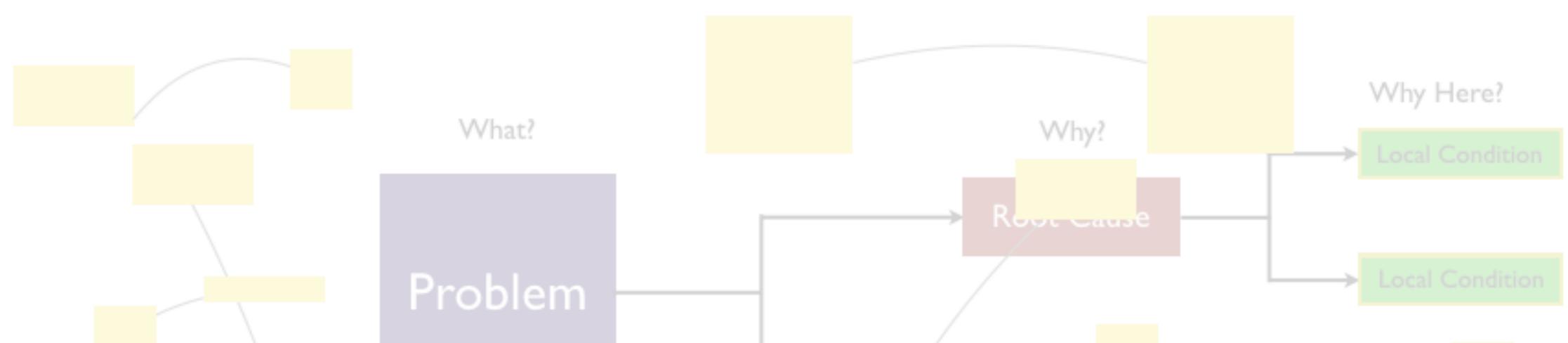


COMMUNITY

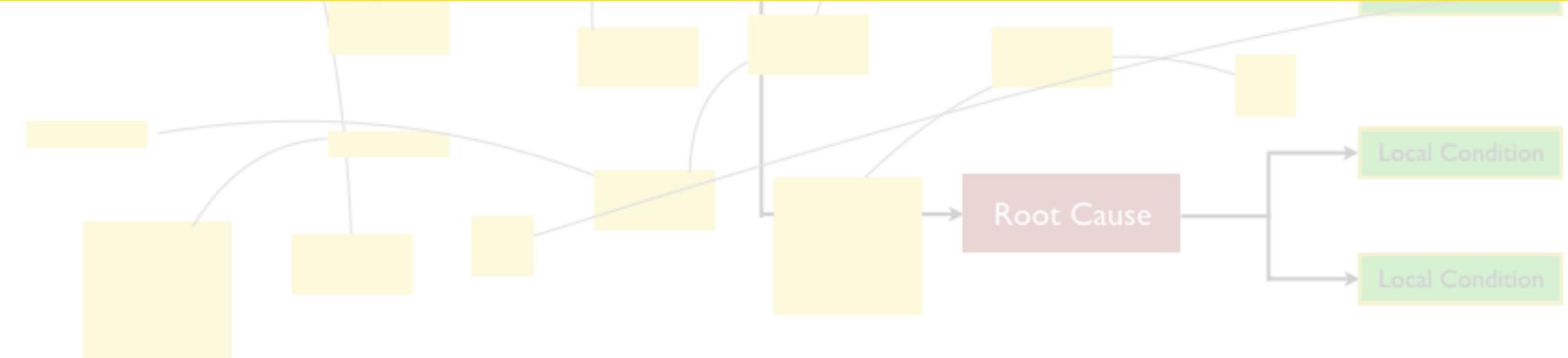


LOGIC MODEL

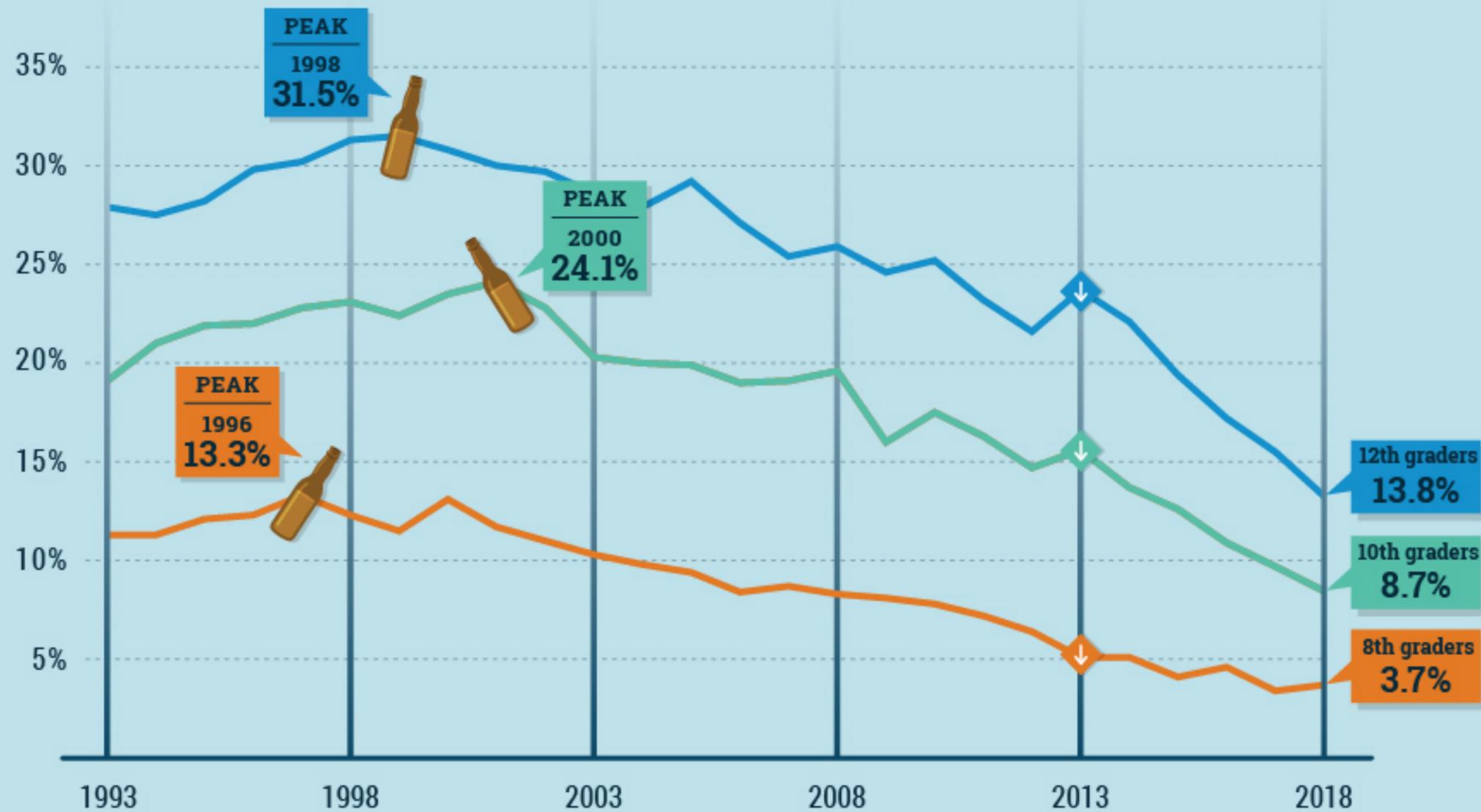




The Yellow Box Problem



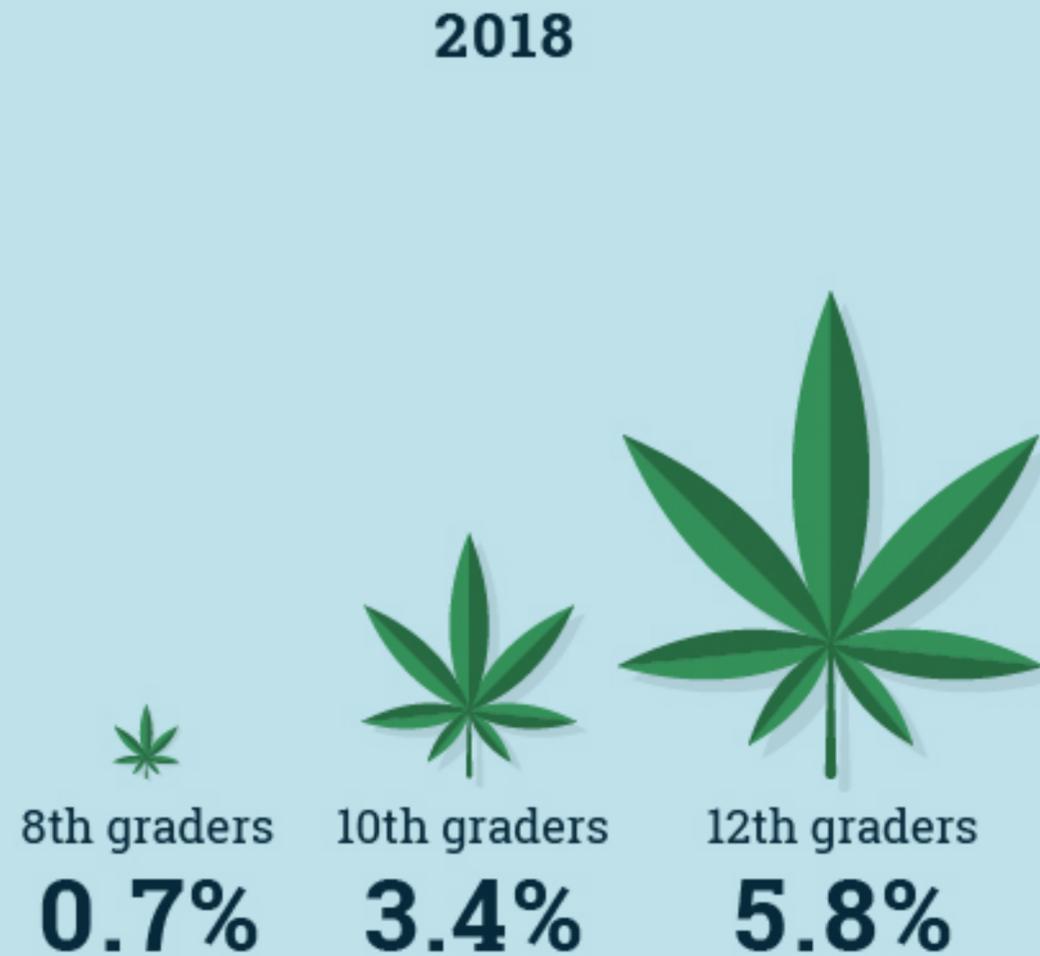
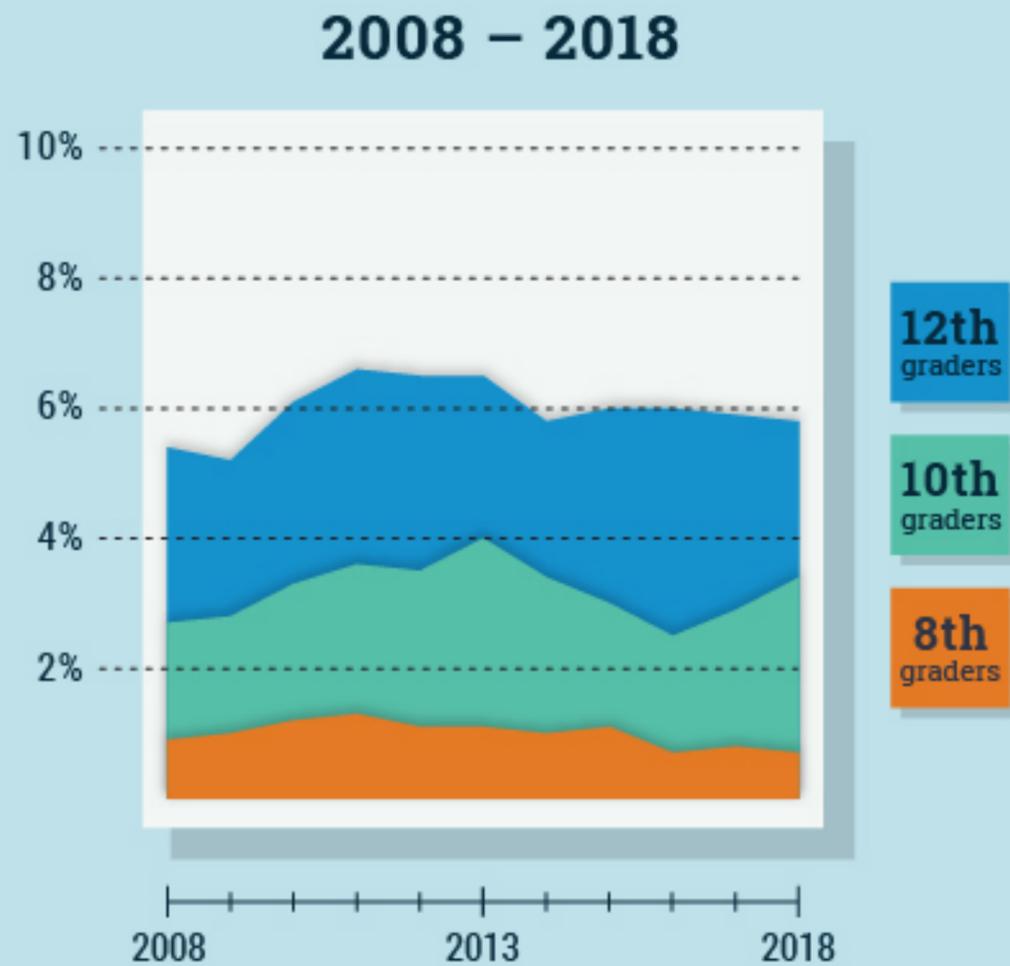
BINGE DRINKING* RATES CONTINUE DOWNWARD TREND



**Binge drinking is defined as having 5 or more drinks in a row in the last 2 weeks.*

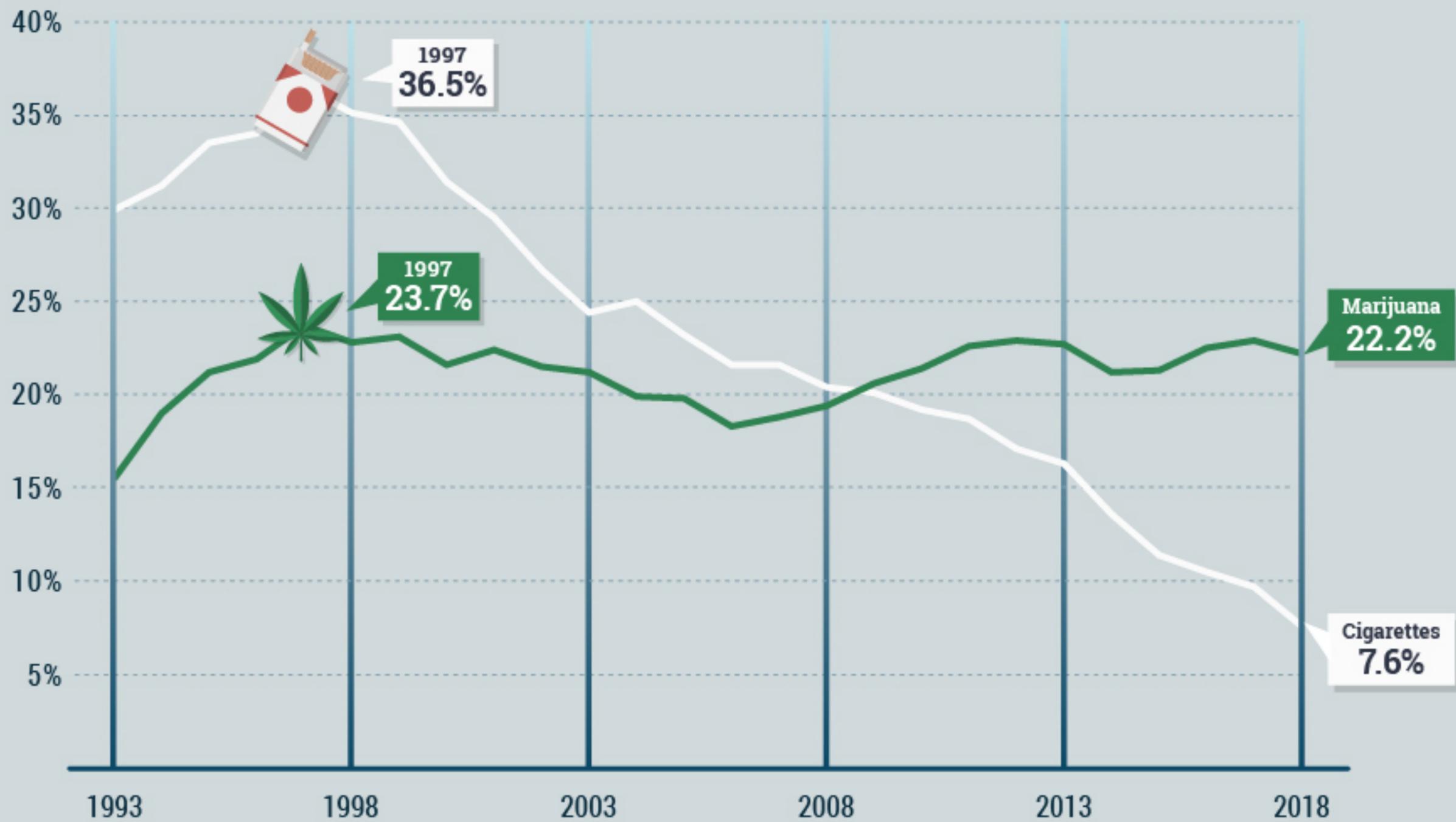
BINGE DRINKING: SIGNIFICANT DROP IN PAST FIVE YEARS ACROSS ALL GRADES.

DAILY MARIJUANA USE MOSTLY STEADY



FIVE-YEAR TRENDS IN DAILY MARIJUANA USE REMAINS STEADY FOR 10TH AND 12TH GRADERS BUT SHOWS A DECLINE IN 8TH GRADERS.

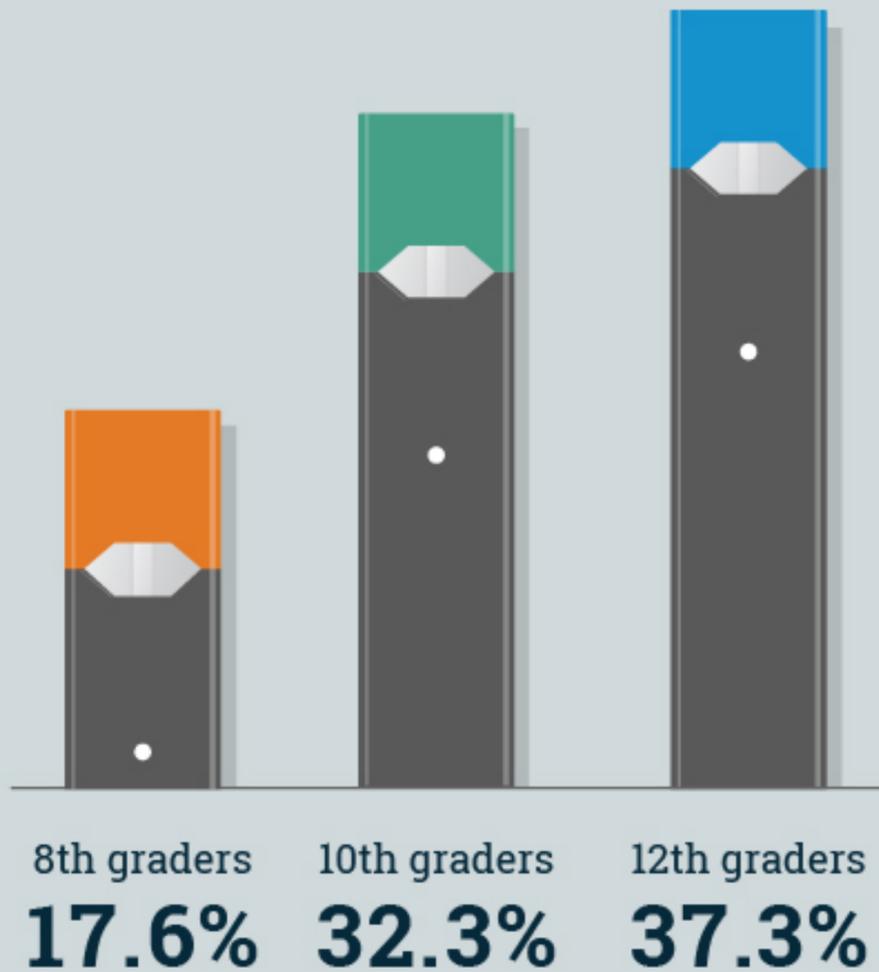
TEENS MORE LIKELY TO USE MARIJUANA THAN CIGARETTES



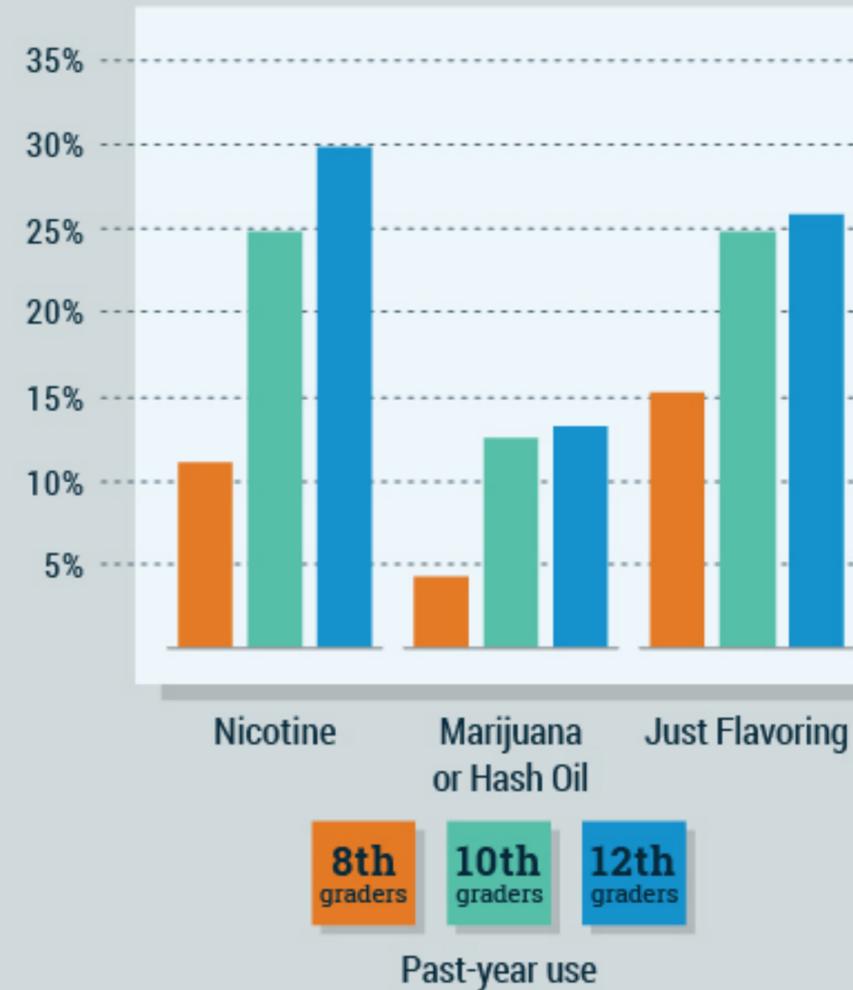
Past-month use among 12th graders

TEENS USING VAPING DEVICES IN RECORD NUMBERS

PAST-YEAR VAPING

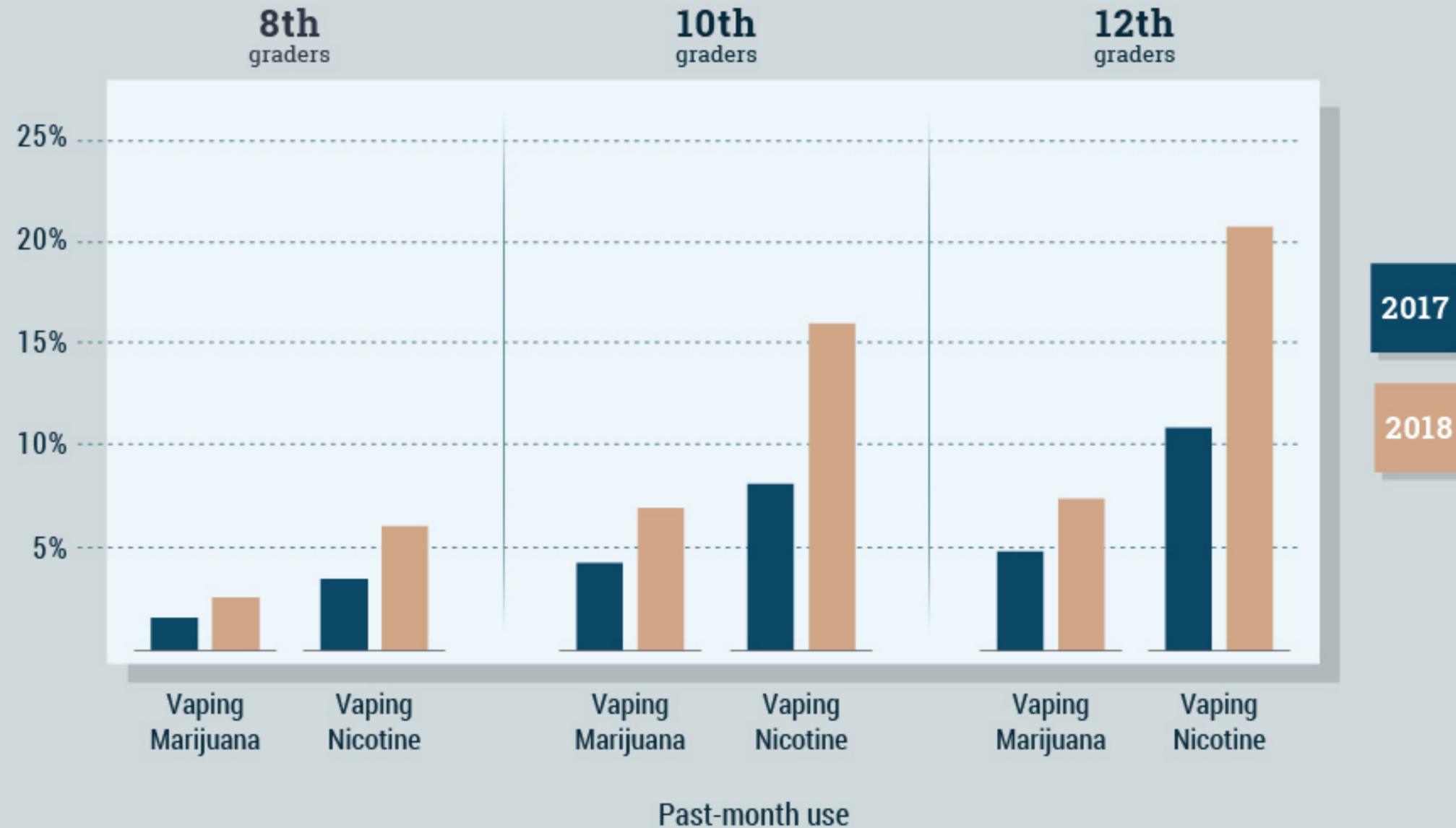


WHAT DO TEENS SAY THEY ARE VAPING?



NEARLY 2 IN 5 STUDENTS IN 12TH GRADE REPORT PAST-YEAR VAPING, RAISING CONCERNS ABOUT THE IMPACT ON BRAIN HEALTH AND POTENTIAL FOR ADDICTION.

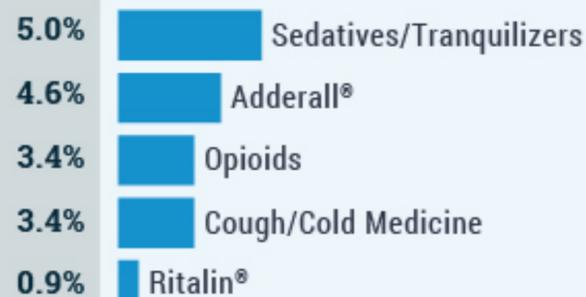
TEENS VAPING NICOTINE OR MARIJUANA INCREASED ACROSS ALL GRADES



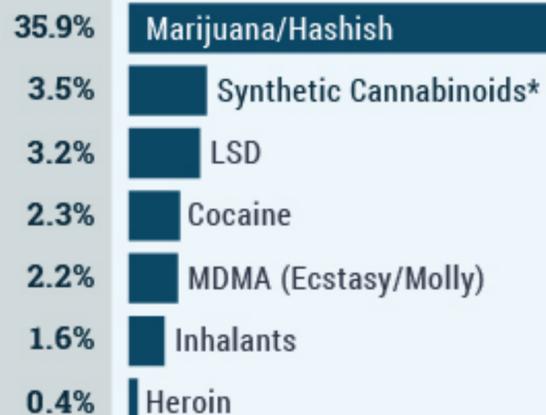
PAST-MONTH VAPING OF NICOTINE OR MARIJUANA JUMPED ACROSS ALL GRADES. PAST-MONTH USE OF MARIJUANA IS STEADY AS CIGARETTE USE DECLINES.

PAST-YEAR MISUSE OF PRESCRIPTION/OVER-THE-COUNTER VS. ILLICIT DRUGS

PRESCRIPTION/OTC



ILLICIT DRUGS



Past-year use among 12th graders

VICODIN® VS. OXYCONTIN®



Past-year misuse of Vicodin® and OxyContin® among 12th graders has dropped dramatically in the past 15 years.



STUDENTS REPORT LOWEST RATES SINCE START OF THE SURVEY

Across all grades, past-year use of illicit drugs other than marijuana holding steady at the lowest levels in over 20 years.

CHANGE



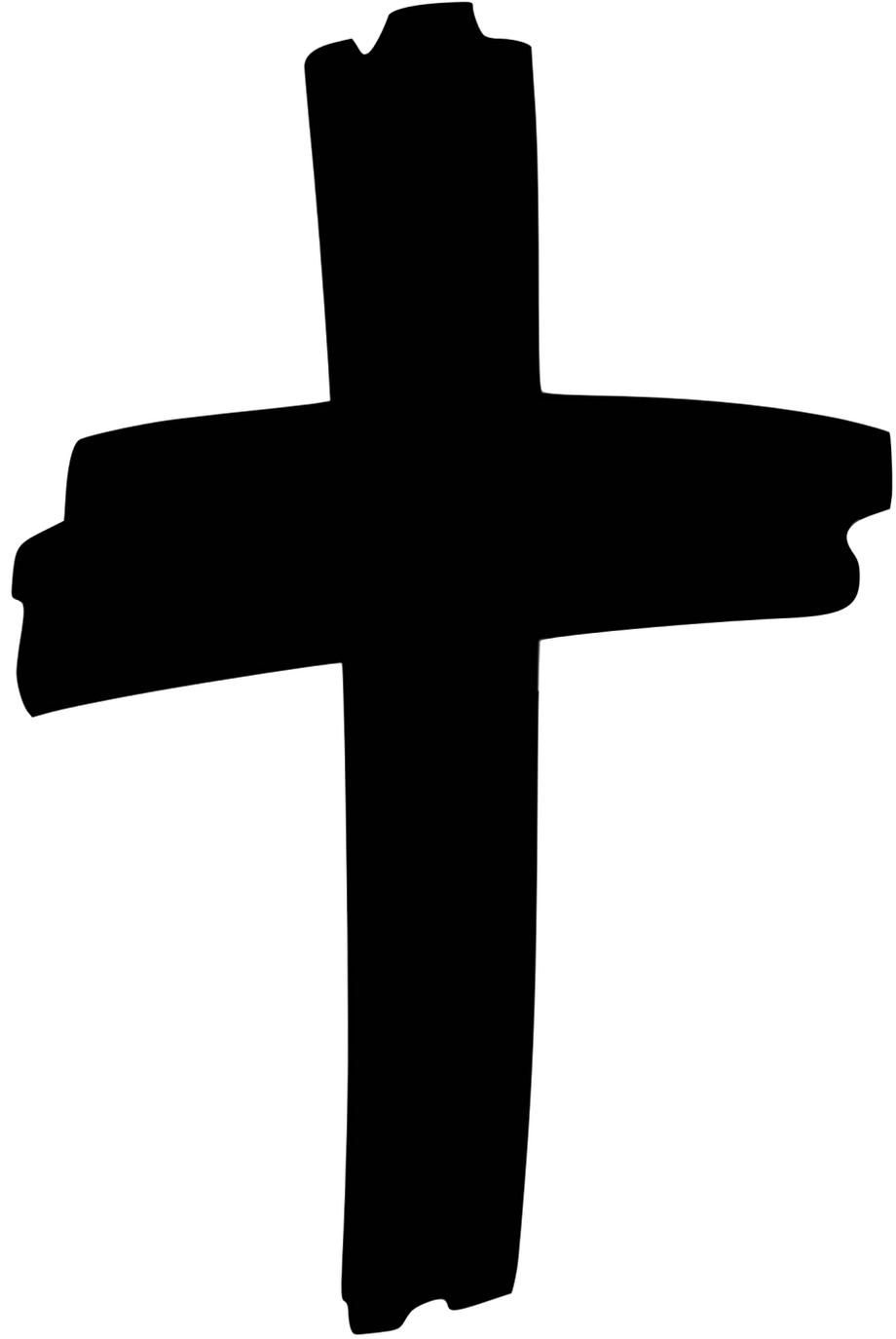
CHANGE

- Didn't think you were serious
- Comfortable
- Didn't want to!
- Know who I'm sitting with
- Didn't want to leave stuff behind
- Didn't know why or how

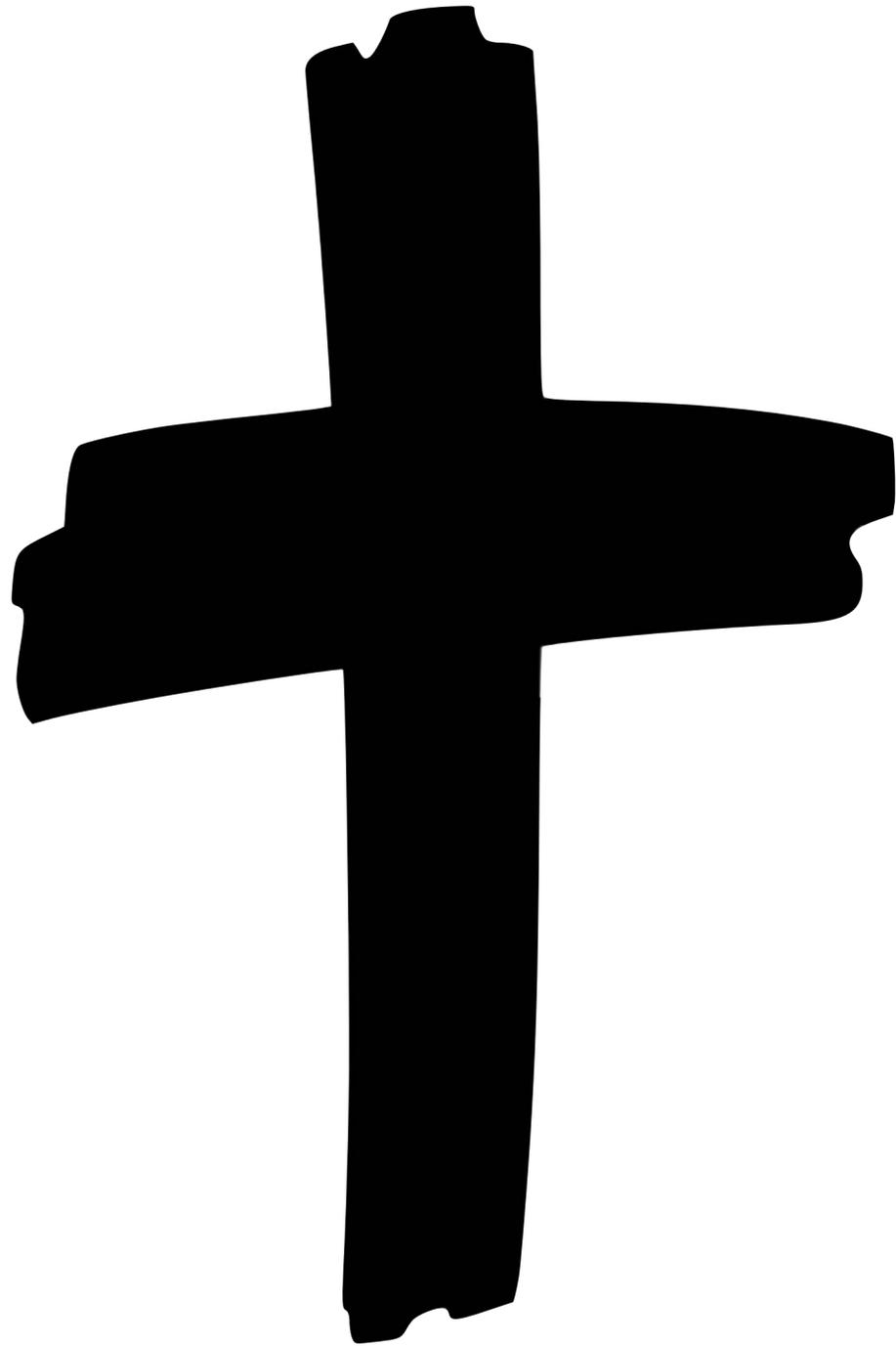
CHANGE

- We must be willing to change our own behavior
- We must ask and understand “why”
- We must be willing to “come to the other side”

What Can Faith Leaders and Communities Do?



What Can Faith Leaders and Communities Do?



Raise Awareness
Reduce Stigma

#1

Reduce Stigma



person with an addiction

“ Every ~~addicted person~~ brings with them a distinct personal history, which should be listened to, understood, loved, and, where possible, cured and purified. We cannot fall into the injustice of classifying ~~them~~ as if ~~they~~ were objects or broken junk; rather, every person should be valued and appreciated in their dignity in order ~~to be cured.~~” **to recover.**

- Pope Francis, speaking at the Vatican Conference on Narcotics November 2016

Why Does Stigma Matter?

Stigma harms the psychological wellbeing of users

Stigma impacts our legal system, our medical system, and our legislative system
Individuals in this population often cannot advocate for themselves

Stigma decreases the chance someone asks for help
May increase overdose or suicide risk

Language - What Can We Do?

Use person-first language

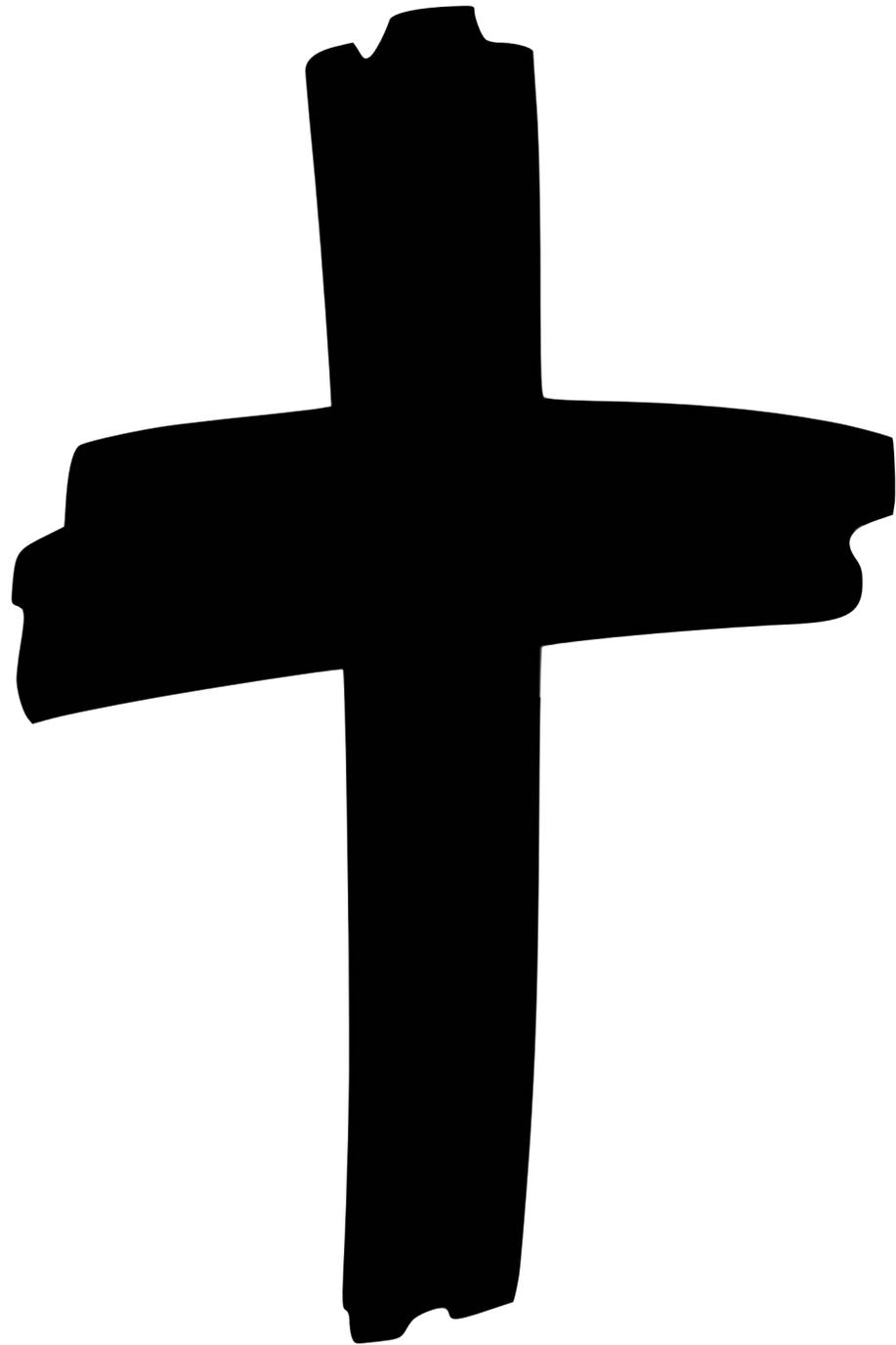
Someone **has a mental illness**, is **not mentally ill**

Someone **struggles with depression**, is **not depressed**

This can be a challenging shift

Some patients may self-identify without person-first language

What Can Faith Leaders and Communities Do?



Lead with Compassion

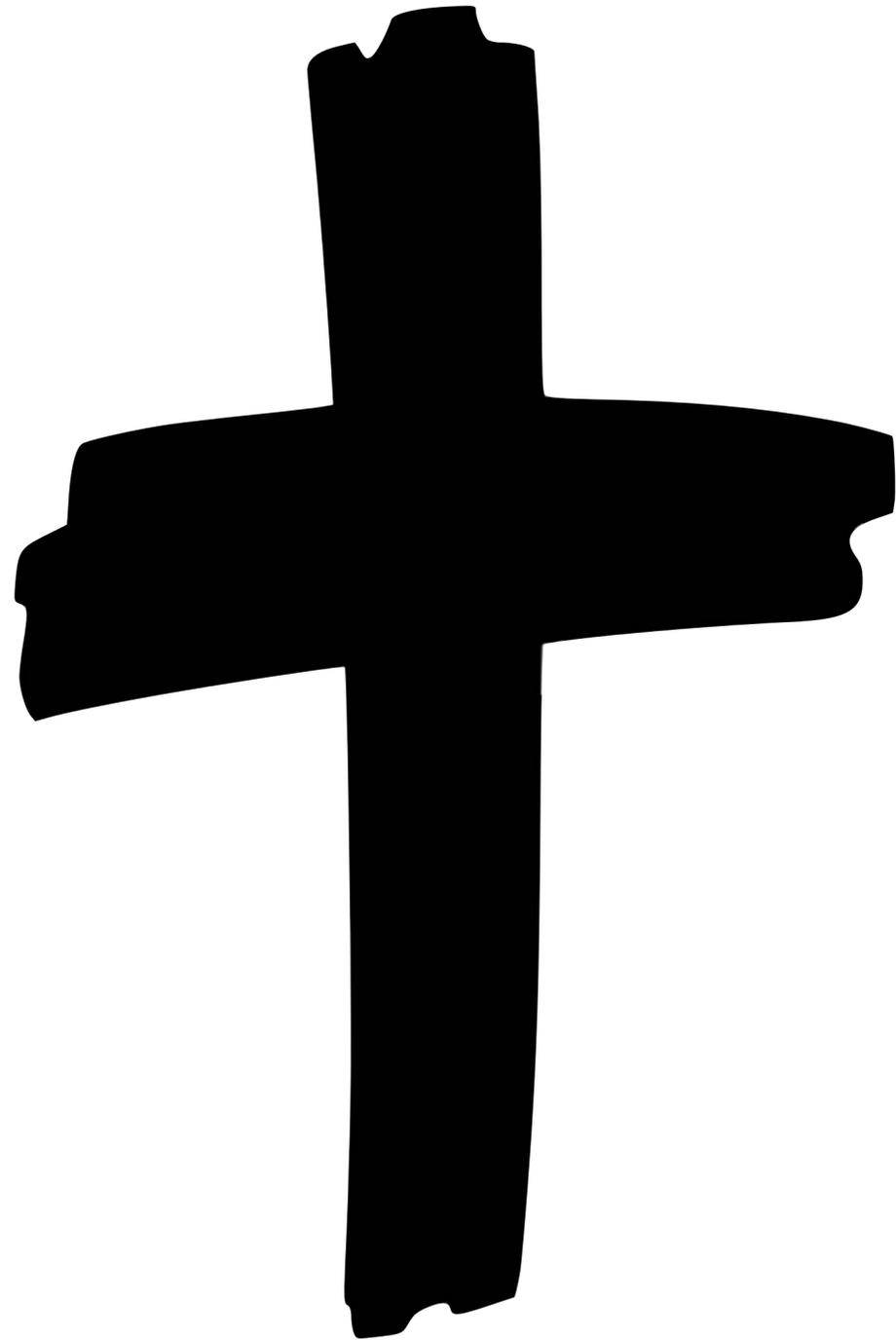
#1a

Drug use is not a moral failing.

Addiction is a Disease.

People can - and do - recover!

What Can Faith Leaders and Communities Do?



Open Your Doors

#2

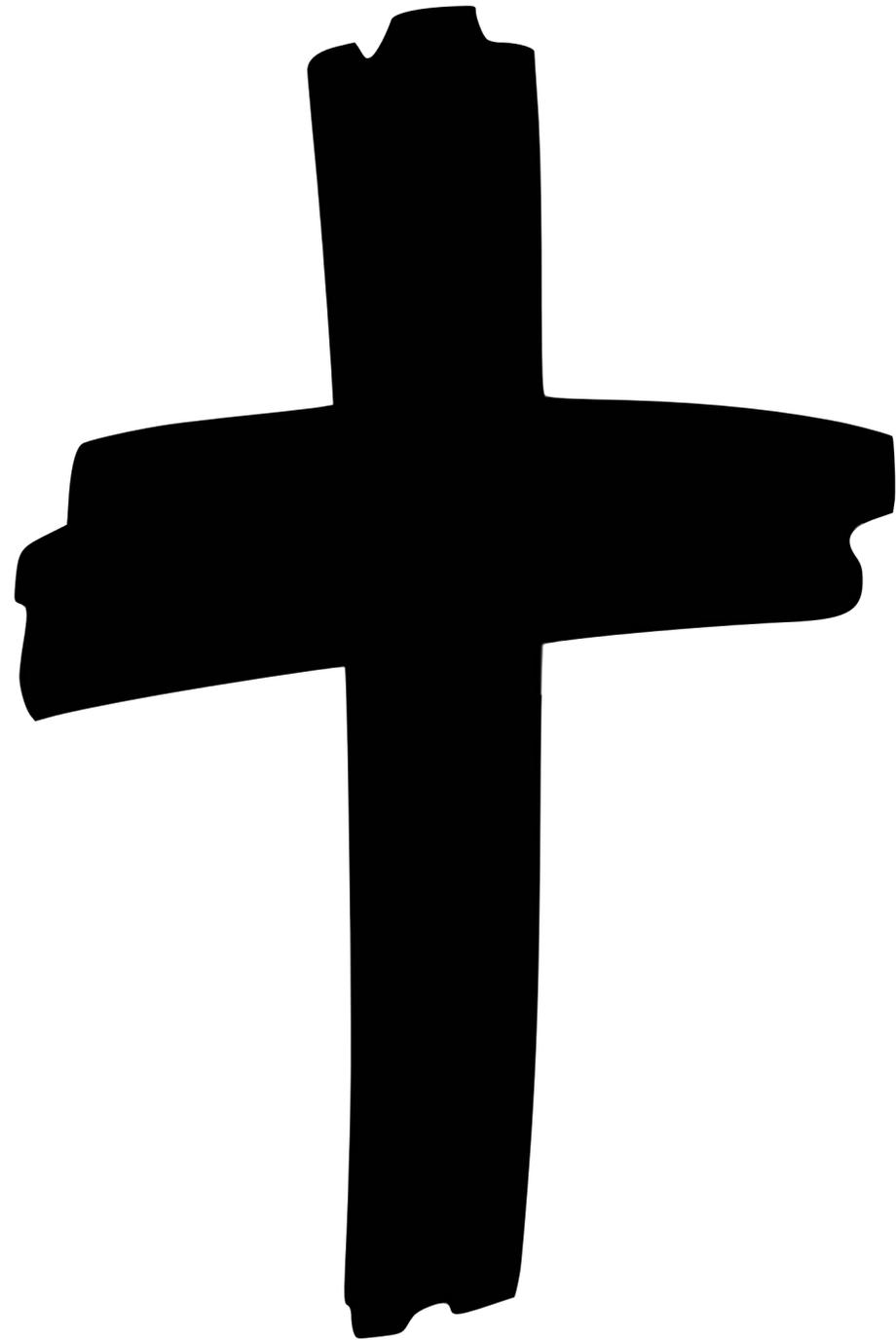
**Consider hosting AA, NA,
SmartRecovery Groups**

Faith Based Programs: Celebrate Recovery, The Landing, Teen Challenge

#3

**Educate yourself, and direct
people to the support they need**

What Can Faith Leaders and Communities Do?



Offer Prayer & Support

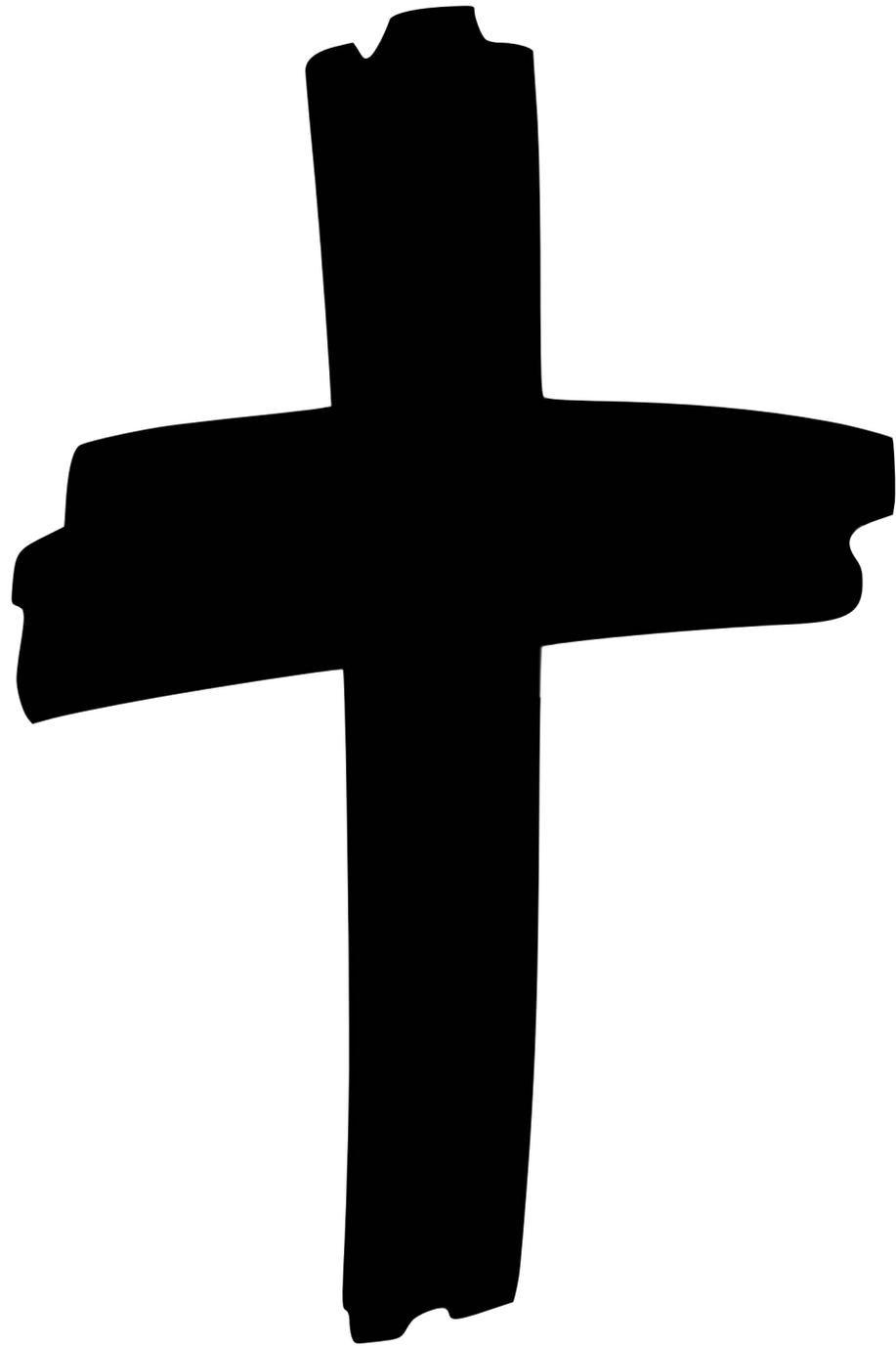
#4

During public or congregational prayer, particularly prayers for the sick, pray for people who suffer from addiction/substance use disorder

#5

Support community events that address addiction through prevention and awareness

What Can Faith Leaders and Communities Do?



Focus on Youth

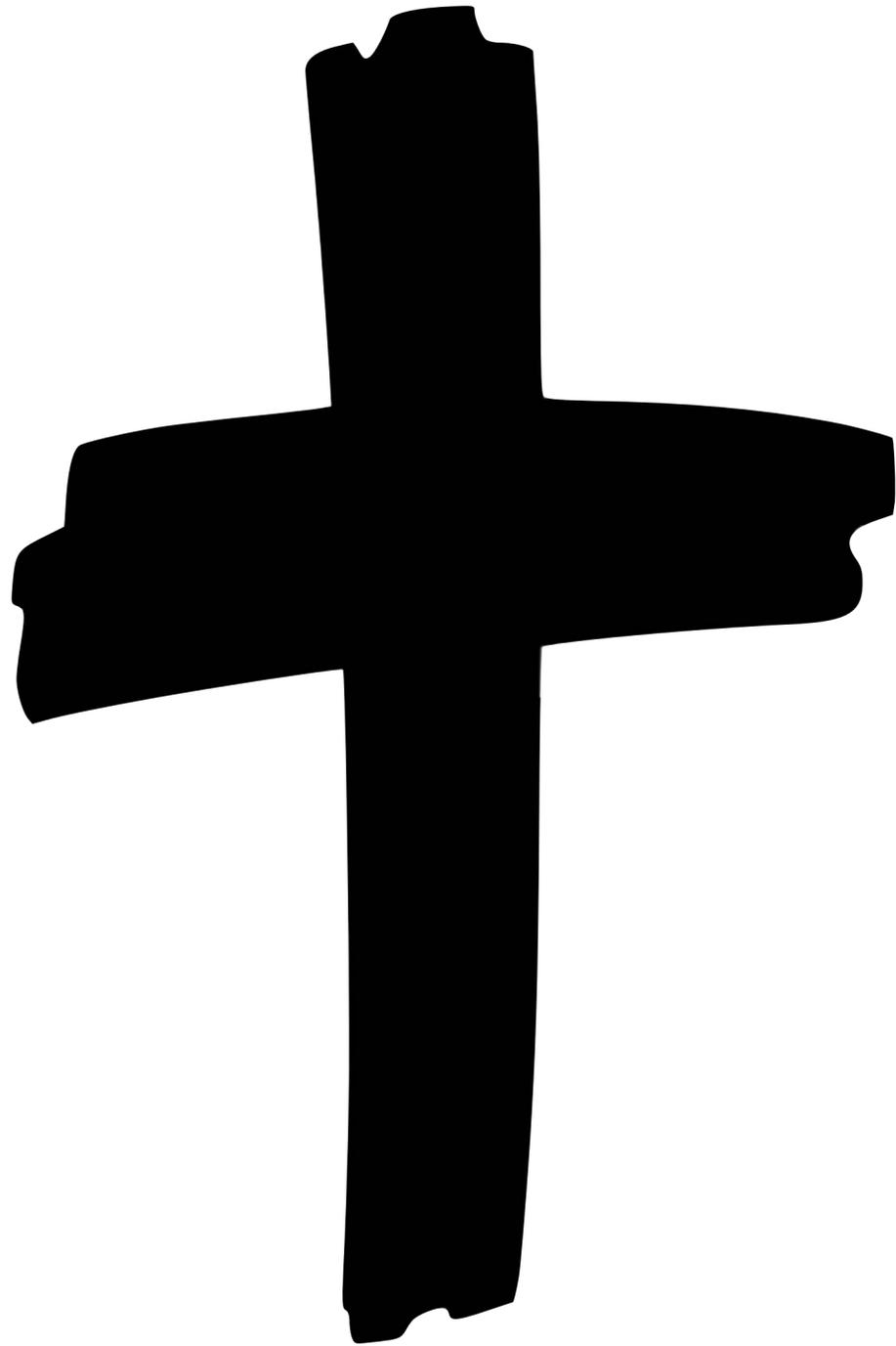
#6

Have youth ministers / youth pastors participate in community drug prevention activities and coalitions.

#7

Create healthy, alternative activities for youth.

What Can Faith Leaders and Communities Do?



Focus on Youth

#8

Encourage youth leadership within the parish/church (i.e. parish council, planning committees, etc.)

#9

Talk!

What Can Faith Leaders and Communities Do?



Focus on Youth

#10

Understand WHY youth do what they do!



#ParentFail

Category #1

Impervious to Outside
Influence

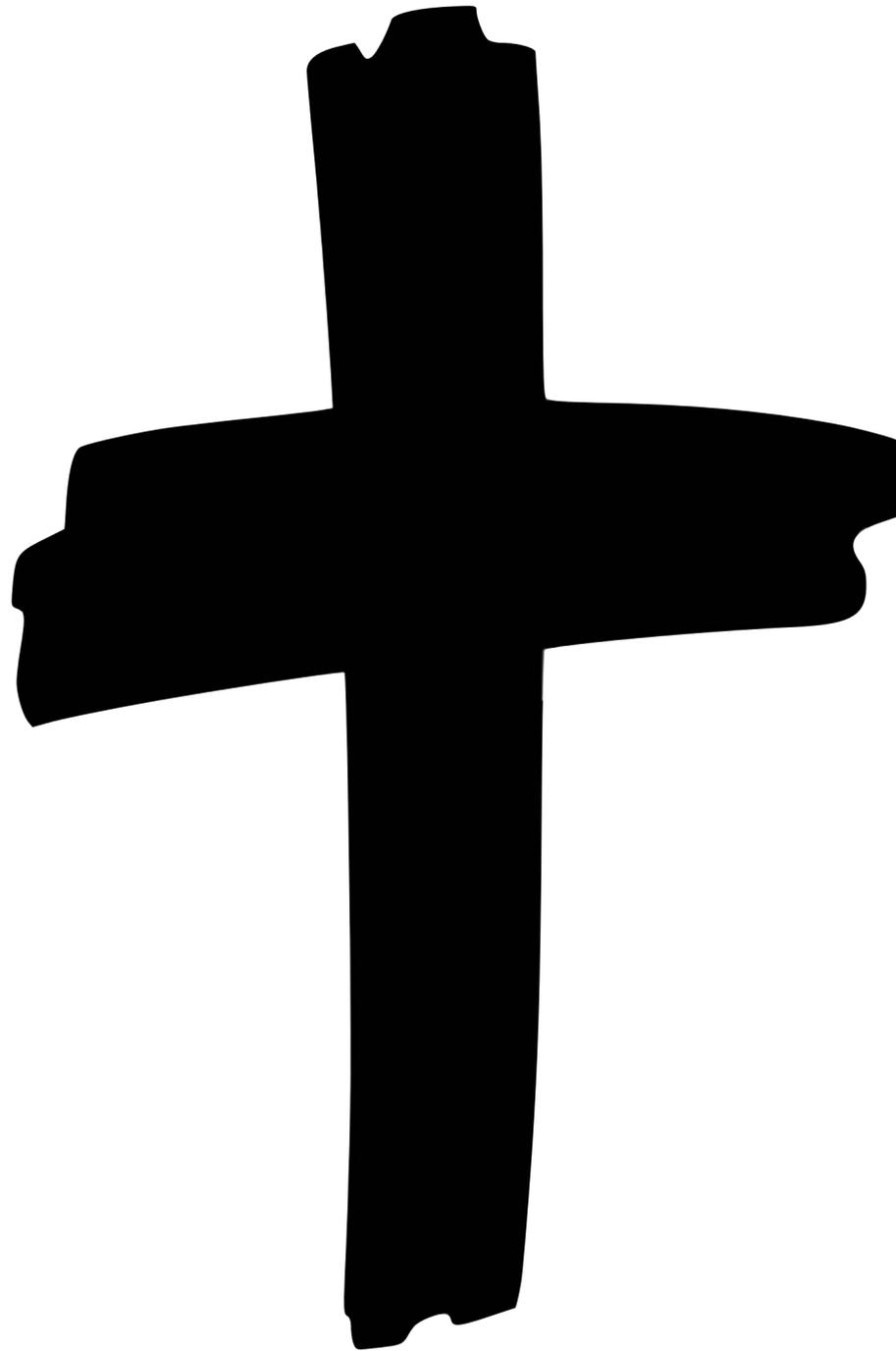
Category #3

Conflicted and Unclear
Will Follow Community Norms

Category #2

Angry with Category #1

What Can Faith Leaders and Communities Do?

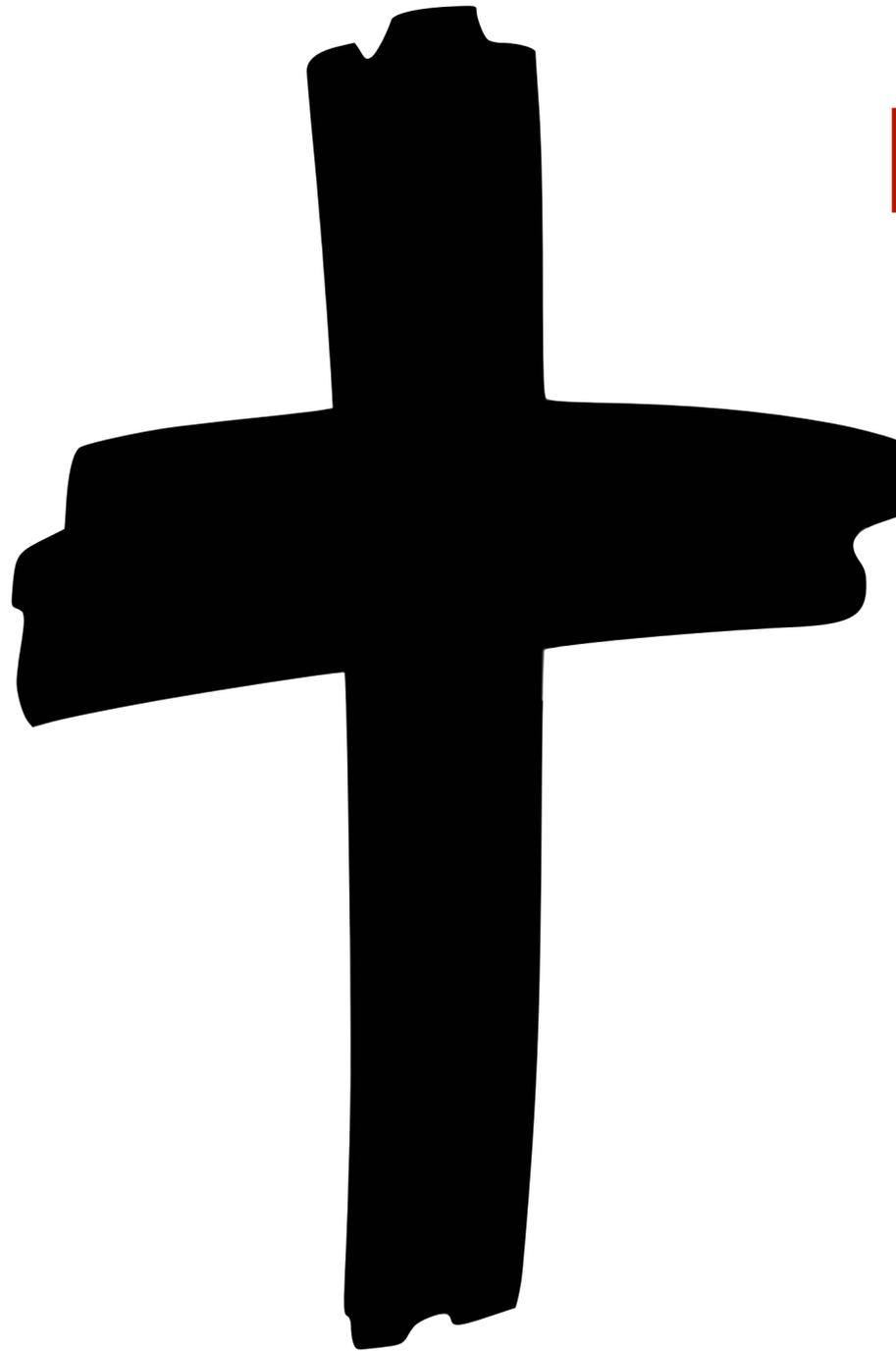


Participate in Prevention

- #11** - Offer Positive parenting programs and programs that support strong relationships and families.
- #12** - Offer mentoring programs to support children of parents in active addiction.
- #13** - Support foster families by donating clothing, cribs, car seats or passes to movies, the zoo, etc.
- #14** - Ensure the church has the proper policies in place
- #15** - Have church leadership participate in prevention coalition work

What Can Faith Leaders and Communities Do?

Dedicate Pulpit/Preaching Time



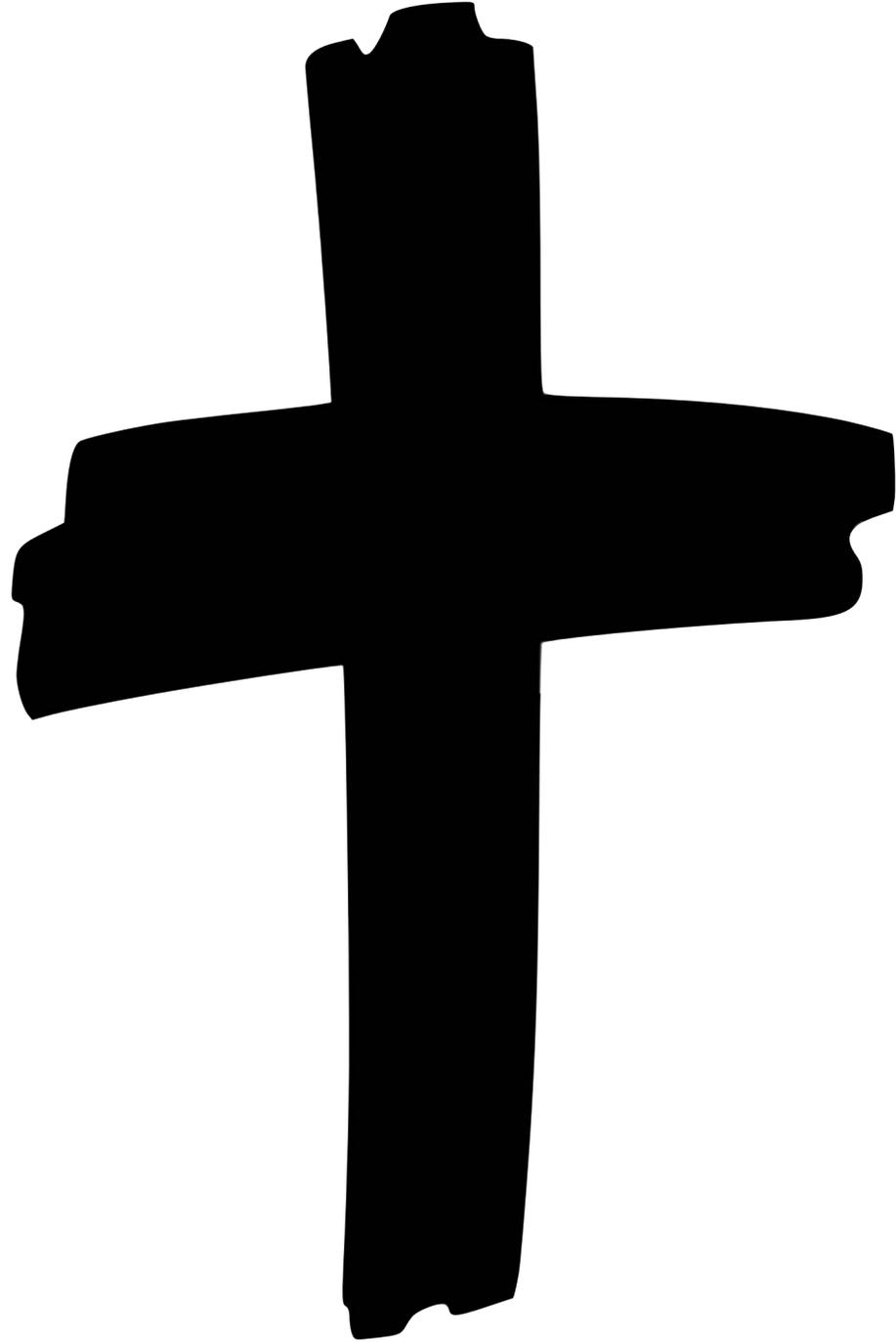
#16 - Consider homilies/sermons about substance use

#17 - Prevention campaigns or prevention weekends - in conjunction with other local faith communities

#18 - Don't be afraid to share personal struggles or testimonies. We all have stories!

#19 - Include your own views in Pastor's Notes or blog entries

What Can Faith Leaders and Communities Do?



Connect & Collaborate

#20 - Offer space for programs, recovery groups and meetings

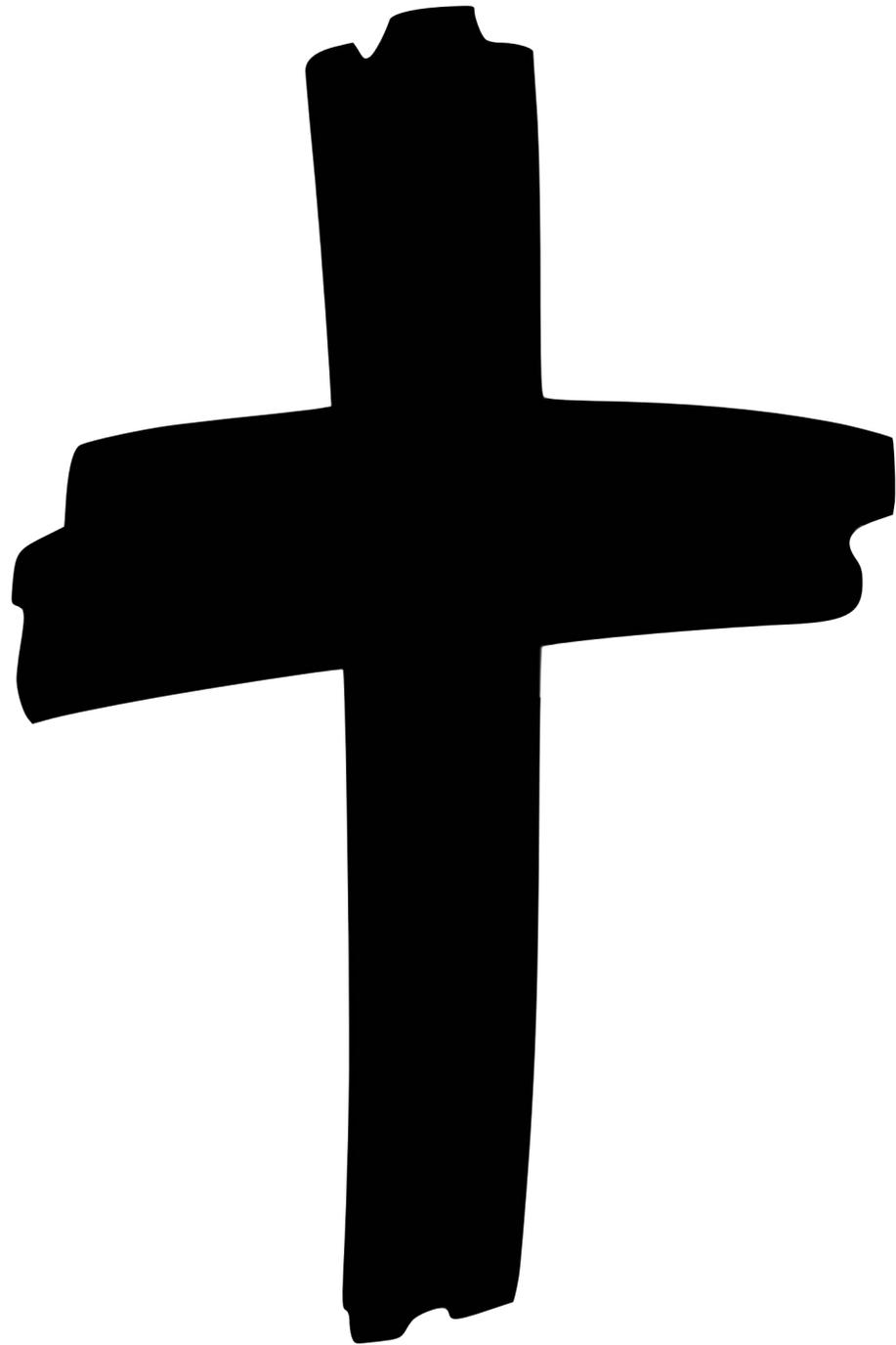
#21 - Allow your staff to collaborate with other churches and community groups. Allow staff to help coordinate volunteers and participate in events

#22 - Provide monetary support for existing efforts

#23 - Provide free counseling to people without insurance

#24 - Offer in-kind services (printing, mailings, postage, etc.)

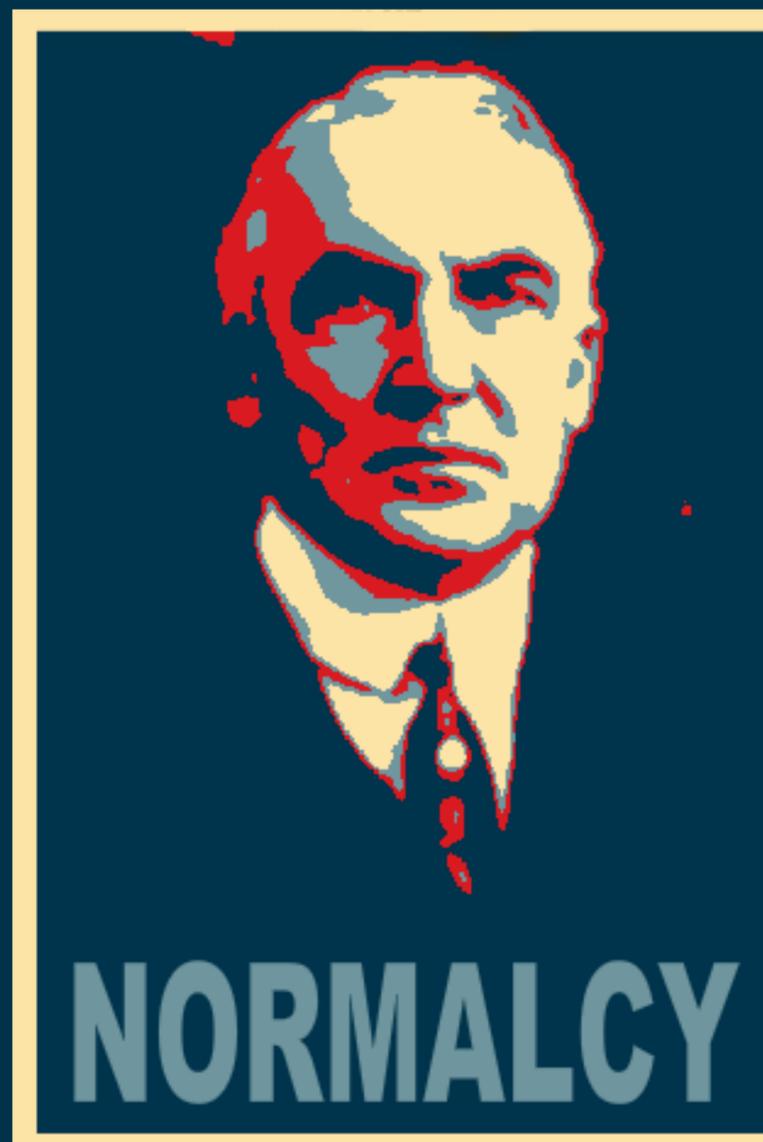
What Can Faith Leaders and Communities Do?



Understand Addiction

#25 - Ensure that your parish/church staff has been educated in addiction and has a general understanding of how it works.

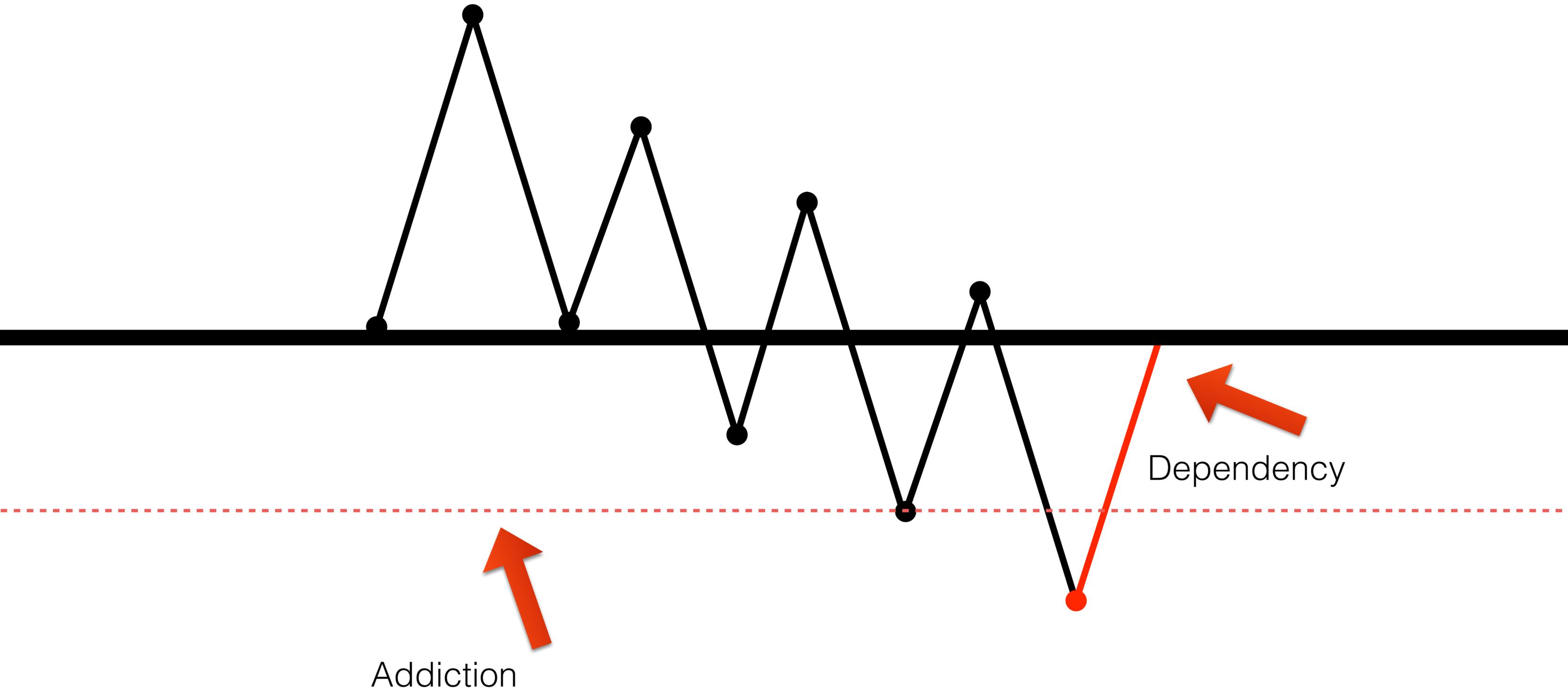
Don't talk about what **CAN** happen.



drugs
work

Talk about what **DOES** happen.

DSM V: Substance Use Disorder



Final Thought!

Don't be afraid to set expectations!

Our faith teaches us...

Our church believes...

We forgive and repent...

We expect you to (not to)...

How Do You Get Started?



SIMPLE!

**Just do 2 of these
things, immediately.**

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