



# SCCDAT

SUMNER COUNTY COMMUNITY DRUG ACTION TEAM

## **ENGAGE! EMPOWER! EDUCATE!**

- **ENGAGE** communities, families and Youth in partnership to reduce substance abuse.
- **EMPOWER** youth to make good decisions.
- **EDUCATE** community members about prevention, awareness, and programs.



# Teen Depression & Suicide Prevention



Presented by:  
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# Depression & Suicide



## ► Depression -

- What is depression
- Signs of depression
- Talk with your child

## ► Suicide -

- Statistics surrounding Suicide
- Warning Signs of Suicide
- Implement strategies to save a loved one

# Depression

Depression is an illness not a character flaw or weakness it is not something individuals can change at will.

Depression may develop after stressful life experiences, but may occur in any teen. (After a break-up, being bullied, car accident, losing a loved one, dating violence, sexual assault or any other traumatic event.

( According to Wilson, Lonsway, Archambault and Hopper, Trauma is defined as an event that combines fear, horror, or terror with actual perceived lack of control.

Trauma is often a life-changing event with negative, sometimes life long consequences.)





# Signs of Depression

**In the  
last 7  
Days  
has  
your  
child/  
teen?**

1. Was your child not able to stop feeling sad?
2. Has your child felt alone?
3. Felt everything in their life has went wrong?
4. Felt as though they couldn't do anything right?
5. Has your child felt lonely?
6. Has your child felt sad?
7. Has your child felt unhappy?
8. Have they thought their life was bad?
9. Felt so sad they have had a hard time doing things with friends?
10. Stopped caring about anything?
11. Have they felt stressed?
12. Felt too sad to eat?
13. Isolated themselves or wanted to be alone a lot?
14. Are they having a hard time having fun?

# Kansas Community That Cares Survey

During the past 12 months, did you ever feel so sad or hopeless almost everyday for two weeks or more in a row that you stopped doing some of your usual activities?

State: 2016 - 25.41	Sumner: 2016 - 28.17
State: 2017 - 28.17	Sumner: 2017 - 26.87

## Ways to Help Your Teen

Depression does not go away on its own left untreated it can lead to suicide.

According to [save.org](http://save.org) depression is the leading cause of disability worldwide.

Talk with your teen, seek professional help, inform your teens school about issues surrounding depression and work as a team together

# Suicide Statistics

## Kansas Community That Cares Survey

[kctcdata.org](http://kctcdata.org)

Survey completed every year with students grades:  
6<sup>th</sup>, 8<sup>th</sup>, 10<sup>th</sup> and 12<sup>th</sup>

Have you ever seriously thought about killing yourself?

State: 2016 - 6.36 Sumner County: 2016 - 7.48

State: 2017 - 5.96 Sumner County: 1.50

(Low participation rate among 6<sup>th</sup> and 12<sup>th</sup> graders in 2017 influenced the change.)

Have you ever seriously thought about killing yourself?

State: 2016 - 3.91 Sumner: 2016 - 7.98

State: 2017 - 3.88 Sumner: 2017 - 0.17

Have ever tried to kill yourself?

State: 2016 - 1.77 Sumner: 2016 - 2.23

State: 2017 - 3.88 Sumner: 2017 - 0.17



# Suicide Statistics

Kansas ranks 10<sup>th</sup> in the United States for suicide deaths.

52% of individuals who commit suicide do so with a firearm.

83% of males who commit suicide do so with a firearms.  
Lock up your firearms

Females often attempt or commit suicide by  
less aggressive methods such as overdoses, etc.  
*Lock up your prescription medications & dispose of unused*

Individuals who have experienced domestic/dating  
or sexual assault are at a higher risk of suicide.

*\*\*If they have experienced both domestic/dating and  
sexual violence their risk for suicide doubles\*\**

Seek help from a domestic violence or sexual assault agency

Are you concerned that someone you know may be at risk for suicide? Your first step in helping may be as simple as learning the FACTS or warning signs. The following signs may mean that a youth is at risk for suicide, particularly if that person has attempted suicide in the past.

# Worried about Suicide - Learn the Facts

## Feelings

Expressing hopelessness about the future

## Actions

Displaying severe/overwhelming pain or distress

## Changes

Showing worrisome behavioral cues or marked changes in behavior, including withdrawal from friends or changes in social activities, anger or hostility, or changes in sleep

## Threats

Talking about, writing about, or making plans for suicide.

## Situations

Experiencing stressful situations including those that involve loss, change, create personal humiliation, or involve getting into trouble at home, in school or with the law.

<http://www.sptsusa.org/>

# If you notice any of these warning signs, you can help!

1. Express your concern about what you are observing in their behavior.
2. Ask directly about suicide
3. Encourage them to call the National Suicide Prevention Lifeline at 800-273-TALK (8255) or contact your local Mental Health Agency.
4. Help your teen create a healthy support system or safety plan.
  - a. Identify safe people they can talk with including parents, schools, law enforcement, counseling, primary care provider.
5. Remember, if you have IMMEDIATE concern about someone's safety, call 911 right away!

## Suicide is a preventable problem!

By taking the time to notice and reach out to a peer,  
you can be the beginning of a positive solution.

Don't Forget - Youth Suicide Prevention is Everyone's Business!



\*This is an updated version of the FACTS handout available in the Lifelines Curriculum and "Making Educators Partners"

<http://www.sptsusa.org/>

# References / Resources

<https://www.samhsa.gov>

<https://www.dccca.org>

<http://www.kdads.ks.gov>

<https://www.sptsusa.org>

<https://www.rainn.org/about-rainns-statistics>

<https://www.save.org>

<https://www.psychiatry.org/psychiatrists/practice/dsm/educational-resources/assessment-measures>

[www.sccdat.org](http://www.sccdat.org)

<https://suicidepreventionlifeline.org>

<http://jasonfoundation.com/>

<http://actionallianceforsuicideprevention.org/resources/zero-suicide-health-and-behavioral-health-care>

TIME FOR....  
QUESTIONS  
&  
DRAWINGS!



# Social Media & Teens

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WOC Dru Swann



## Bottom Line Up Front: KNOW

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- KNOW: the dangers of social media.
- KNOW: where your kids are “going” online.
- KNOW: who your kids are talking to on social media.
- KNOW: what your kids are posting on social media.
- KNOW: what to look for / trends.
- KNOW: what to do next.



# Social Media: What do you see?

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# Social Media: The Good and the Bad

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## GOOD:

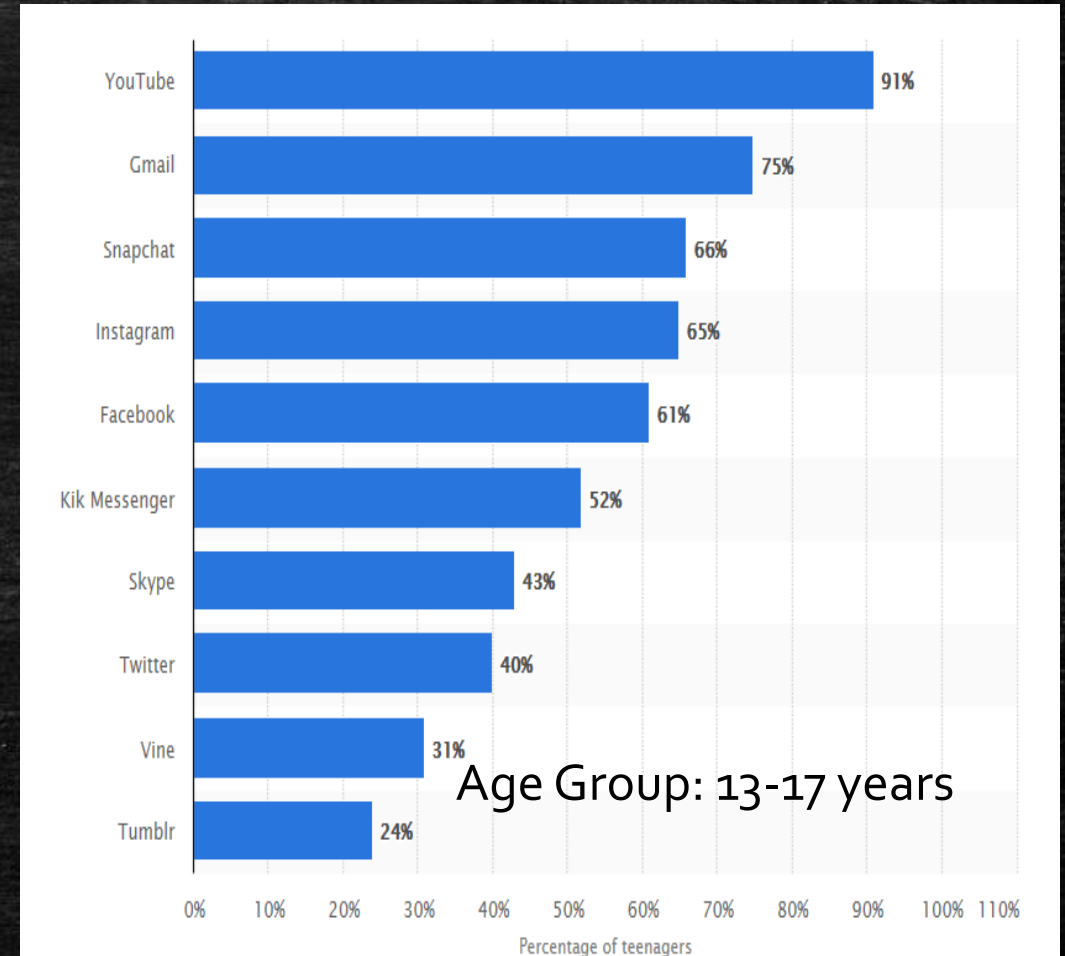
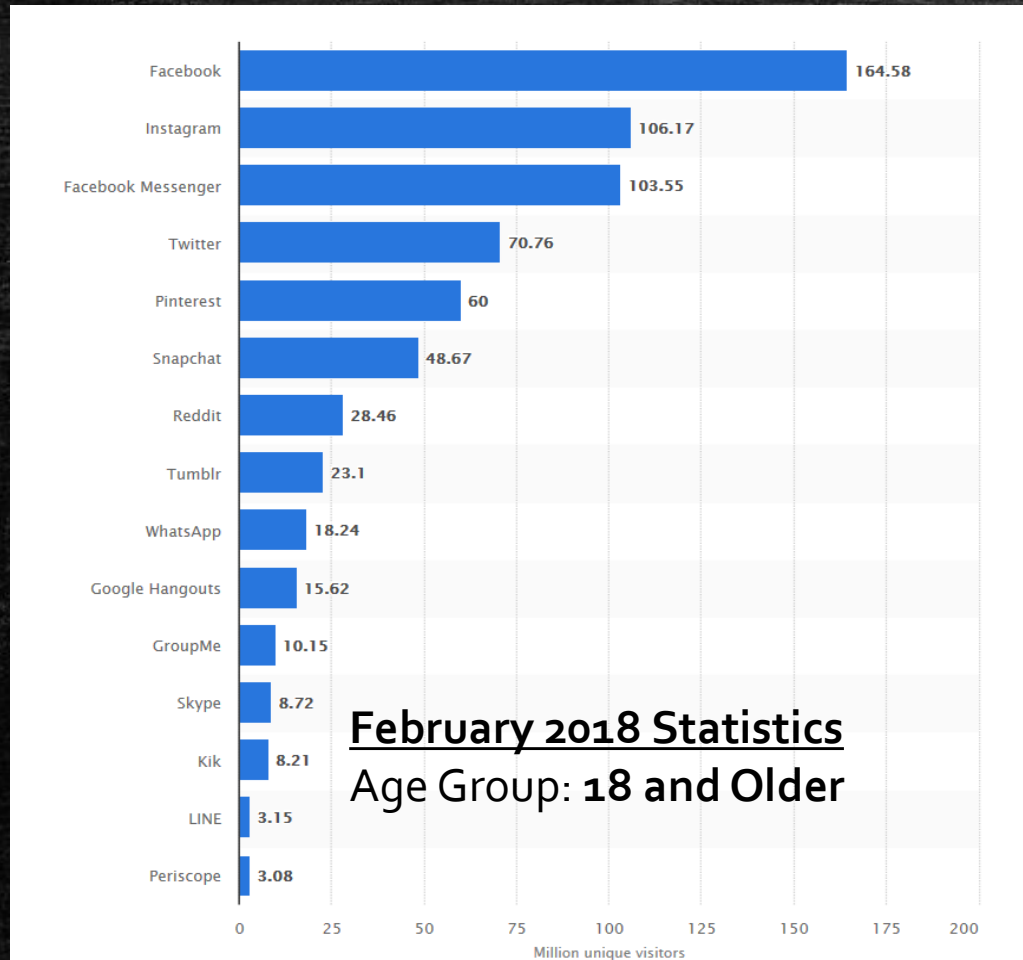
- You can find ANYTHING
- You can meet new people
- You can buy anything
- You can be anyone you want

## BAD:

- Your kids can find ANYTHING
- Your kids can meet new people
- Your kids can buy anything
- Your kids can be anyone they want

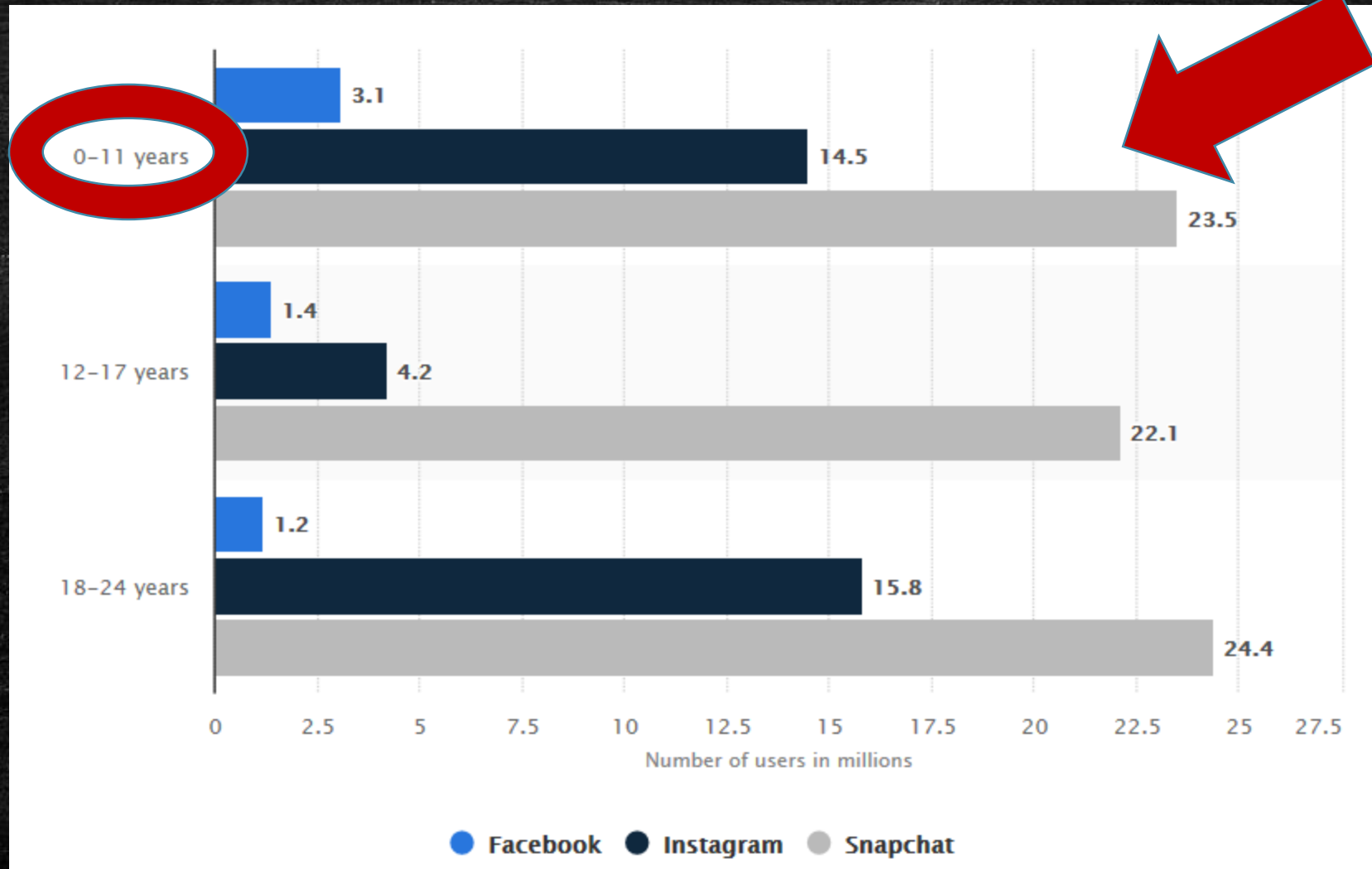
Anything you can do... they can do better...

# Where are your kids going online?





# Where are your kids going online?





# Where are your kids going online?

## POPULAR MESSAGING APPS

- WhatsApp\*
- Snapchat\*
- Telegram
- Kik
- Twitter
- Google+
- WeChat
- Instagram
- Tumblr
- AskFM
- Jott – Up and coming



- <https://www.lifewire.com/hottest-social-app-trends-for-teens-3485940>



# Where are your kids going online?

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18 and Over APPS



Bumble

Hot or Not

Badoo



Skout

MeetMe

Tinder



# Where are your kids going online?

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PC / Gamer Kids





# Instagram



mrs.reedusdixon • Following  
Apache Junction, Arizona



Alex L

Chandler, AZ

23 years old

Negotiable

8 yrs experience

Hi! I'm Alex :)) A 23 year old fresh graduate from Arizona State University, Tempe AZ. I am driven, ambitious, and a lively gal that loves adventure and being active; along with all things healthy living! I am looking for a family t... [more](#)



ity  
#vacation  
travels  
sm  
)

gicitylovin



nitro\_dude2020 Keep going

chuestercups You're an inspiration! Keep up the great work!! 🙌

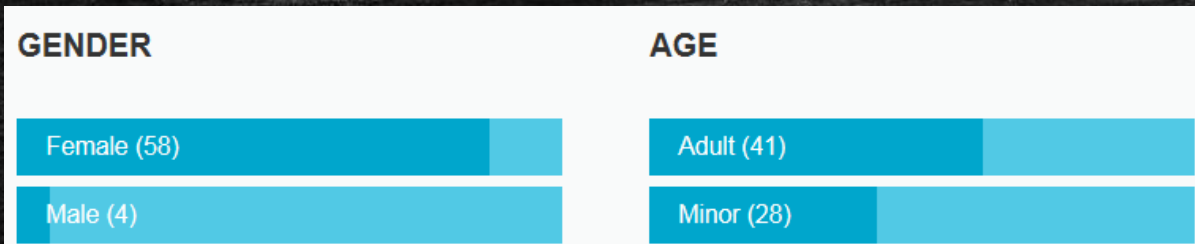
bryan.hull4 Direct Message my ig 📩



252 likes

# Where are your kids going online?

## Sex Trafficking in Kansas:



Total Calls: 1,372

Total Victims - Moderate: 358



Total Cases: 308

Total Victims - High: 320

2017 statistics are current as of 12/31/2017.

2017

2016

2015

2014

2013

2012

218

CALLS  
THIS YEAR

67

HUMAN  
TRAFFICKING  
CASES REPORTED  
THIS YEAR



# Who are your kids talking to online?

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## Terms to know:

- Catfishing
  - Trolling
  - Finstagram
  - Sexting
  - Sextortion
  - Cyberbully
- 1 in 3 teens (12-17) have experienced online harassment
  - 1 in 7 students in grades K-12 is either a bully or a victim of bullying
  - Nearly 43% of kids have been bullied online
  - Girls are more likely to be victims of cyberbullying



# Who are your kids talking to online?

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- Where do they know this person from?
- How old is this person? (How old do they appear to be?)
- What other sites are they chatting with this person on?
- Has this person sent / or asked for photos?
- What questions are they asking your child?
- Where do they say they are located?
- Have they ever asked to “meet up”?
- Look at their page: Does it seem legitimate?
  - Friends
  - Photos
  - Age of account
  - Look at other social media connected to them
  - Google search images
  - Trust your instincts



What are your kids posting online?

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# What are your kids hide it from you?

## Drug Slang

**Burnie** - Marijuana

**Burnout** - Heavy user of drugs

**Bush** - Marijuana; cocaine; PCP

**Bushman's Tea** - *Catha edulis* a.k.a. African salad, gat, kat, khat, miraa, qat, chat, tohai, and tschat; a flowering shrub native to northeast Africa and the Arabian Peninsula. Fresh khat leaves contain cathinone - a Schedule I drug under the Controlled Substances Act.

**Busted** - Arrested on a drug-related charge

**Butane** - Common substance sometimes used as an inhalant

**Butter** - Marijuana; crack

**Butter Flower** - Marijuana

**Buttons** - Peyote or mushrooms; mescaline

**Butts** - Tobacco

**Buy** - Purchase drugs

**Buzz** - Teen drinking game; must drink when you miss the cue; under the influence of drugs; drug-induced euphoria or high

**Buzz Bomb** - Nitrous oxide, laughing gas, whippets, inhalant

**Buzzed** - Marijuana intoxication

## Text "Lingo"

I really want to meet up with you  
but my parents are watching.

☐ lingo to english

☒ english to lingo

transl8it!-->

I rly wnt 2 MEt ^ w U bt my parNts  
R watchN.

## Emojipedia



sex

eg hearts 100 beach music laugh faces

## Apps to Hide Apps





# What are the trends?

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Do your research:

Common Sense Media

<https://www.common sense media.org/>

Connect Safely

<http://www.connectsafely.org/>

Monitoring Software

<https://www.pcmag.com/article2/0,2817,2346997,00.asp>

Download and Learn

PRIVACY SETTINGS CHECK!!!!



# Social Media: What do you see now?

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# What to do next?

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## REPORT IT!

National Center for Missing and Exploited Children [www.missingkids.com](http://www.missingkids.com)

Kansas Bureau of Investigation

[www.kansas.gov/kbi/](http://www.kansas.gov/kbi/)

785-296-8200

SSA Angie Jones (ILTF)

Kansas City Division of Federal Bureau of Investigation

[www.kansascity.fbi.gov](http://www.kansascity.fbi.gov)

816-512-8200

SA Andrew Knutson (ILTF)

Wellington Police Department

[wellingtonpd@cityofwellington.net](mailto:wellingtonpd@cityofwellington.net)

(620) 326-3331

Kansas Attorney General

[www.ag.ks.gov](http://www.ag.ks.gov)

785-296-2215

Assistant Attorney General Pat Colloton

TIME FOR....  
QUESTIONS  
&  
DRAWINGS!



# Marijuana's Impact Relating to Citizens & Law Enforcement

*Frontal Lobe is who we are, our thinking; however, most of brain does not think it works by pattern recognition which marijuana alters.*

### Frontal Lobe Functions:

- **Behavior**
- Abstract thought processes
- **Problem solving**
- **Attention**
- Creative thought
- Some emotion
- Intellect
- Reflection
- **Judgment**
- Initiative
- **I N H I B I T I O N**
- Coordination of movements
- Generalized and mass movements
- Some eye movements
- Sense of smell
- Muscle movements
- Skilled movements
- Some motor skills
- Physical reaction
- Libido (sexual urges)

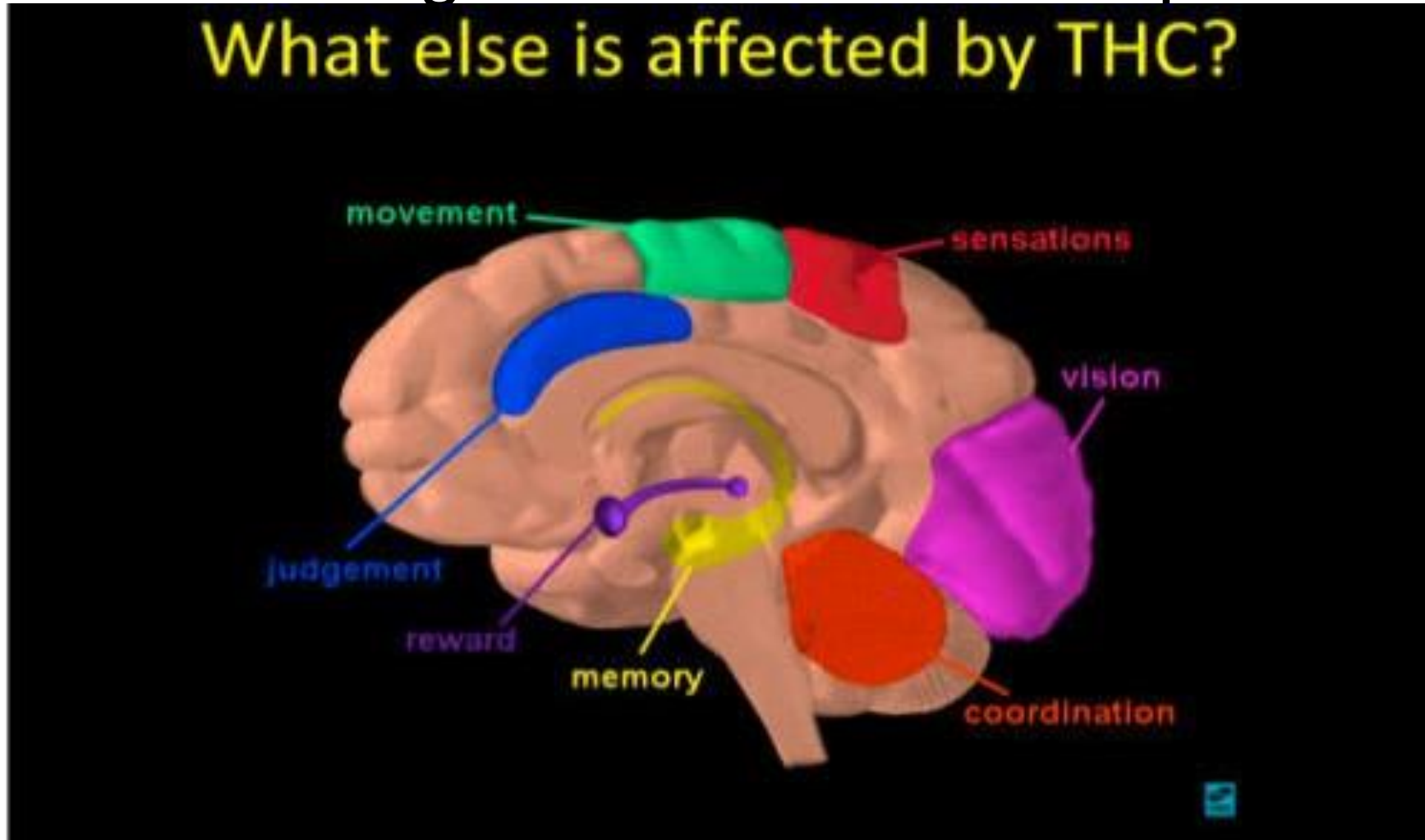
### **Cerebrum – Frontal Lobe**



Marijuana has over  
400 chemicals  
– 66 cannabinoids

# Driving & cannabinoid receptors

What else is affected by THC?



From **2006 to 2011**, traffic fatalities decreased in **Colorado 16 percent**, but fatalities involving drivers testing positive for **marijuana increased 114 percent**. Rocky MT HIDTA

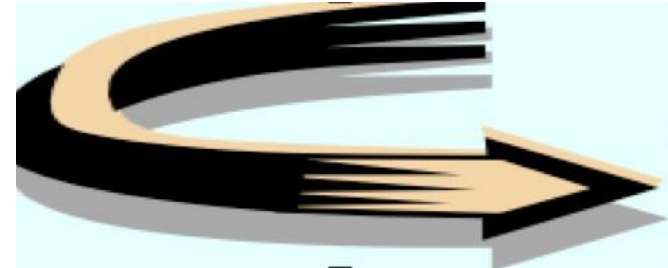
# Drug Tolerance

AKA Chasing the Dragon

- The same dose of the drug will produce *diminishing* effects.

OR

- A steadily larger dose is needed to produce the *same* effect.



**MORE,**

**STRONGER,**

**DIFFERENT**



## METHODS OF USE

- Swallowed



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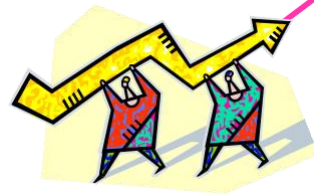
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Short



Shot

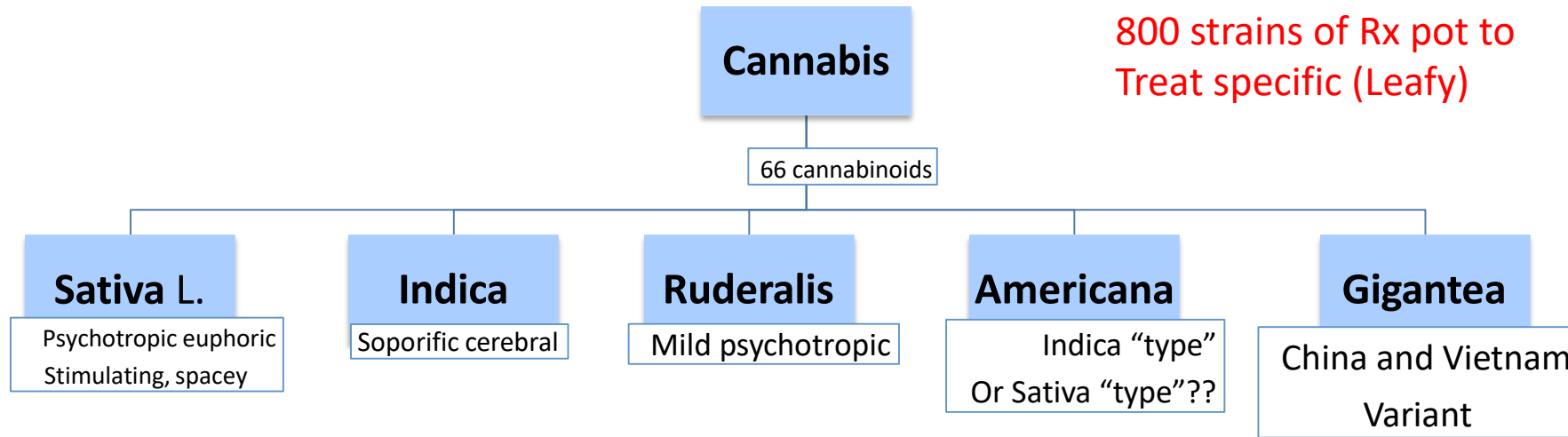
Smoked

vape

Skin



Special ?



And what do you or the Rx providers know about these?

[Cannabis chinensis](#) Delile

[Cannabis Erratica](#) Sieve.

[Cannabis faetens](#) Gilib.

[Cannabis generalis](#) EHL Krause

[Cannabis intersita](#) Soják

[Cannabis kafiristanica](#) (Vavilov) Chrtek

[Cannabis lupulus](#) Scop.

[Cannabis macrosperma](#) Stokes

**Hybrids in the 100s??**

**Interbreeding???**

**Limits? NO**



In 1965....

***THC average then 1 to 3% (1965-1972)***

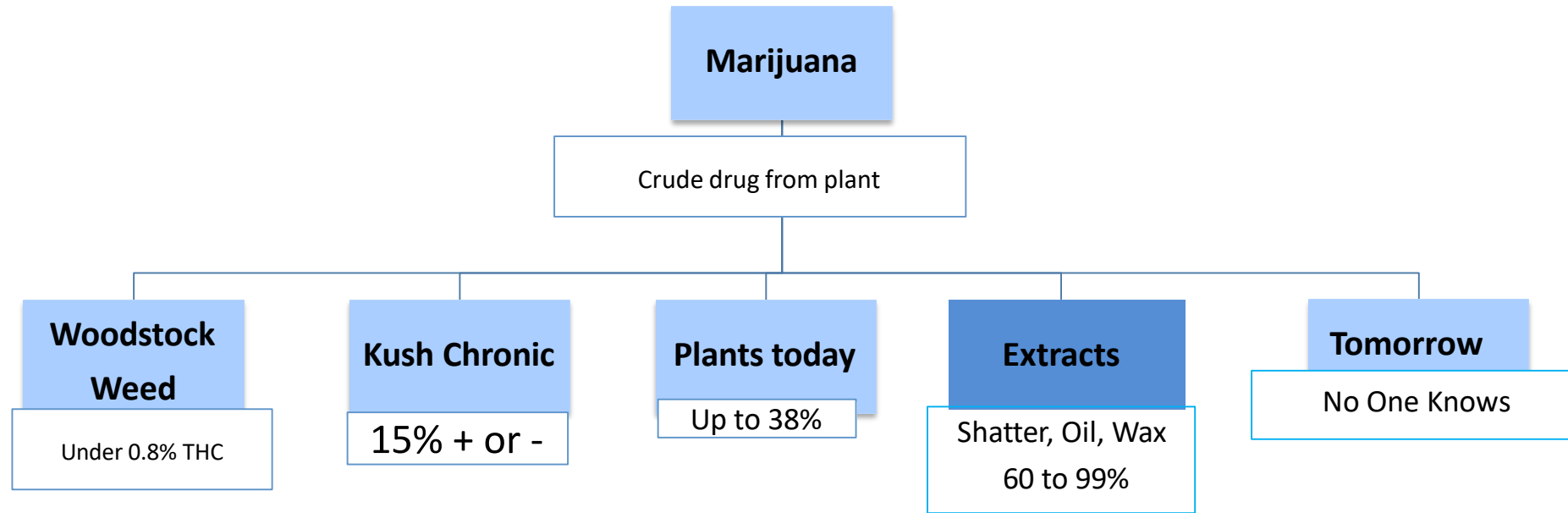
That same year... an Administrator of the Department of Psychiatry Student Health Service, U of CA Berkeley stated:

*“There [is] no proof of harm and that it [marijuana] probably should be legalized and controlled”.*

Seven years later... the same Administrator was noted to say:

*“ My stance toward marihuana has shifted to the extent that I now think it is the most dangerous drug **we must contend with** [ ].*

# Marijuana Products



**1982 MO Mj 1 of 5 strongest samples ever tested. Now below national average. 2013 Union MO case 15.98% THC psychotic level**



# “But it’s just a plant...”

(80-90% THC) Concentrates



*“Green  
Crack” wax*



*“Ear Wax”*



Butane Hash  
Oil (BHO)



Hash Oil Capsules



*“Budder”*

*“Shatter”*



**Embalming fluid is a compound of formaldehyde, methanol, ethanol (alcohol), and other solvents**



### **Marijuana joints dipped in formaldehyde**

- Embalming fluid effects; bronchitis, tissue destruction, brain damage, lung damage, impaired coordination and inflammation and sores in the throat, nose, and esophagus, extremely carcinogenic
- Burns more slowly increasing effects and harm

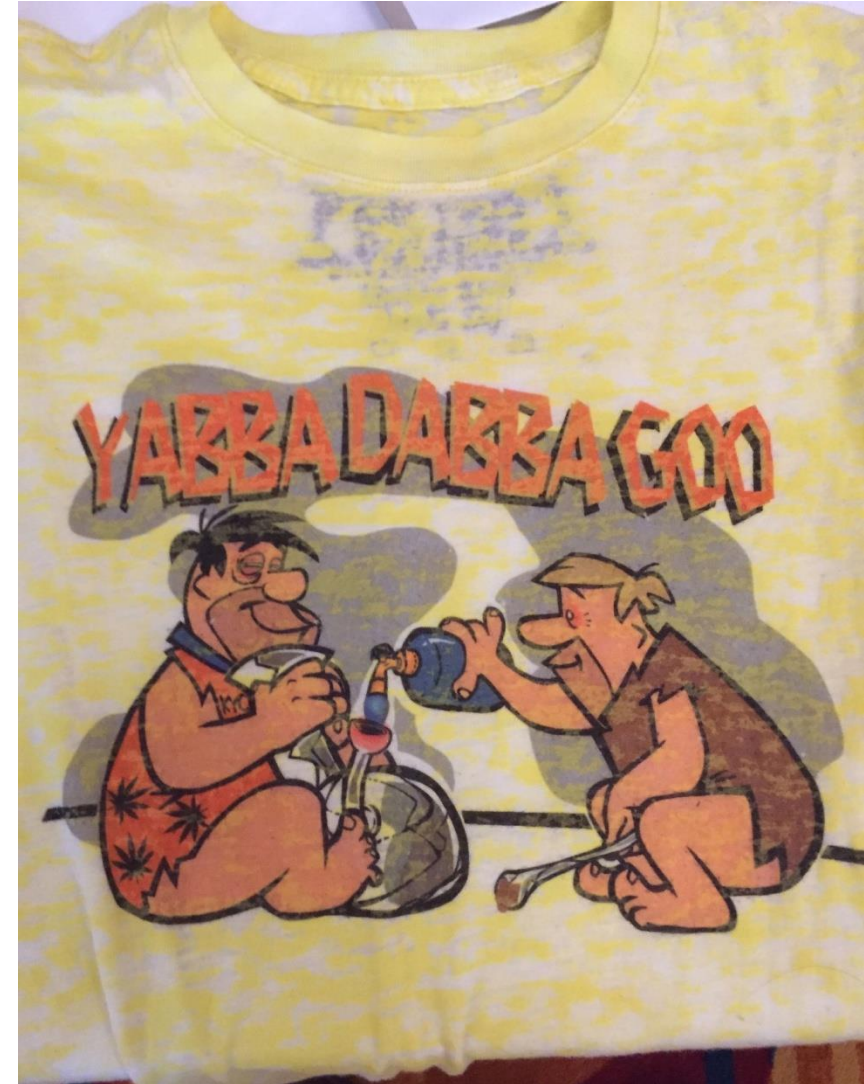


# Child's size T shirts



710 = OIL 7-10 oil day

JG tcss



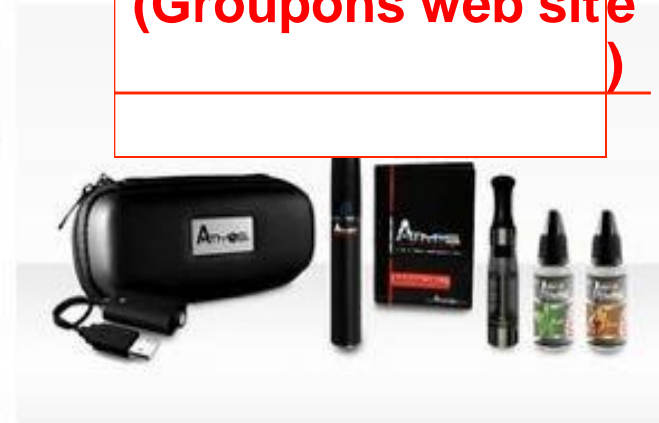


## Atmos Dry Herb, Wax, and Oil Vaporizer Kit

Nicotine-free vaporizer designed specifically for dry herbs and waxy concentrates, quickly heating them with patent pending technology

[View Deal](#)

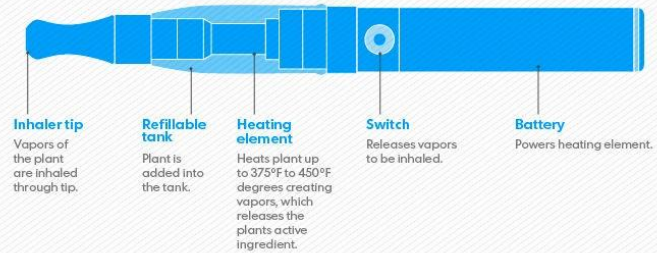
\$117.95 **\$39.99**



(Groupons web site)

### HOW A VAPE PEN WORKS

This is an example of one type of vape pen, there are other varieties and technologies available.





# Vaping

Minimal or no odor

Mist disappears quickly

Big problem in todays classrooms







(Ben Livingston, The Cannabist)

## Stealth PUFFiT vaporizer

# Brain Cannabinoid Communication Helps Regulate Brain Development and Communication

## Anandamide

- Modulates communication in brain regions responsible for **motivated behavior, learning, memory, appetite, motion, pleasure, mood, pain, planning, judgment**
- **\*\*Important for brain development\*\***

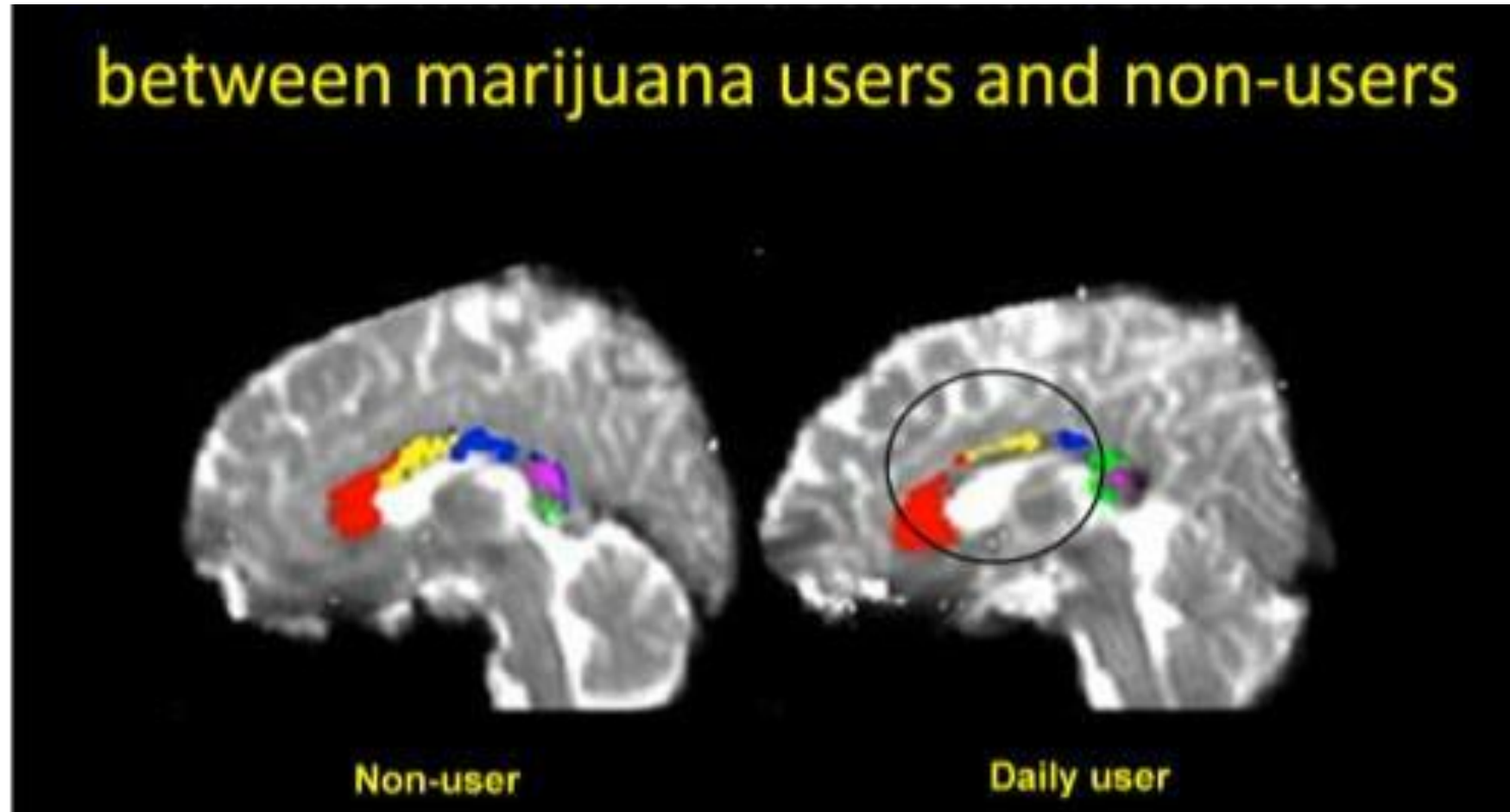
Dr. Bertha Madras

## THC

- THC **disrupts** and **changes anandamide control** of brain signals.
- THC effects are **prolonged, more powerful, different**
- **\*THC affects brain development\***

These are MRI scans of the corpus callosum, the bundle of fibers connecting the two brain hemispheres, allowing the two hemispheres to communicate and work in a coordinated way

indicating that there are white matter integrity issues for the daily user



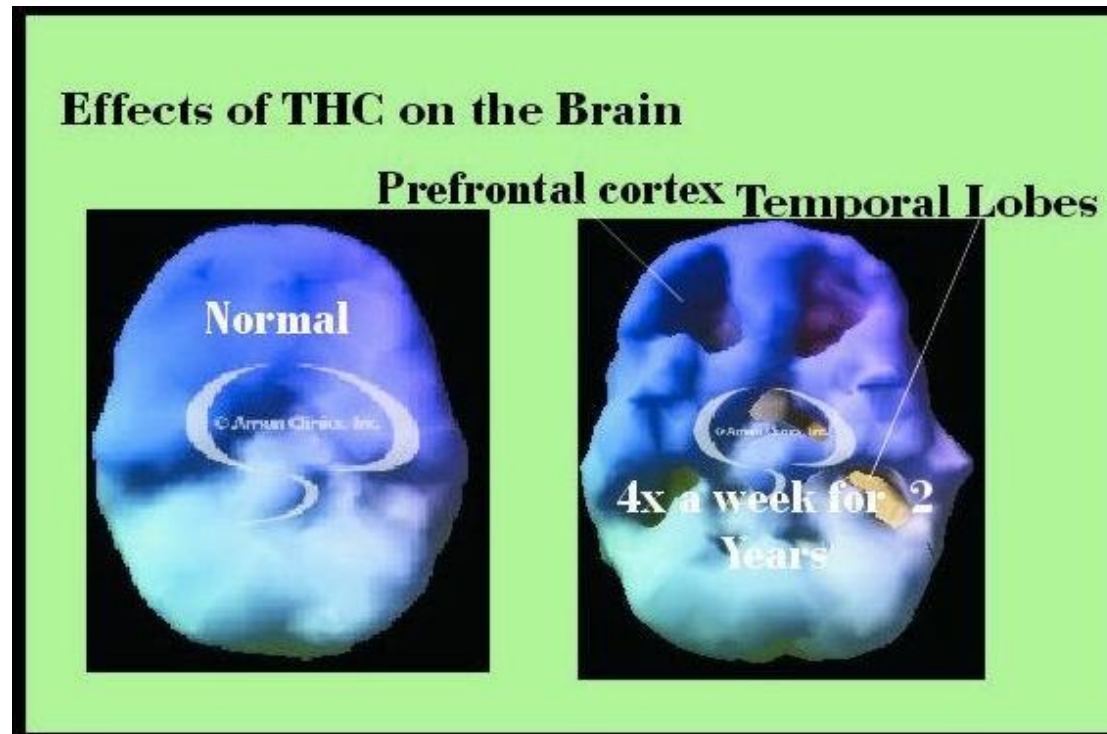


# EFFECTS OF SMOKING MARIJUANA

Experience reflects the effects of smoking marijuana use typically cause decreased activity in the posterior temporal lobes bilaterally.

The damage can be mild or severe, depending on how long a person used, how much use occurred, what other substances were used (nicotine is a powerful vasoconstrictor) and how vulnerable a particular brain is.

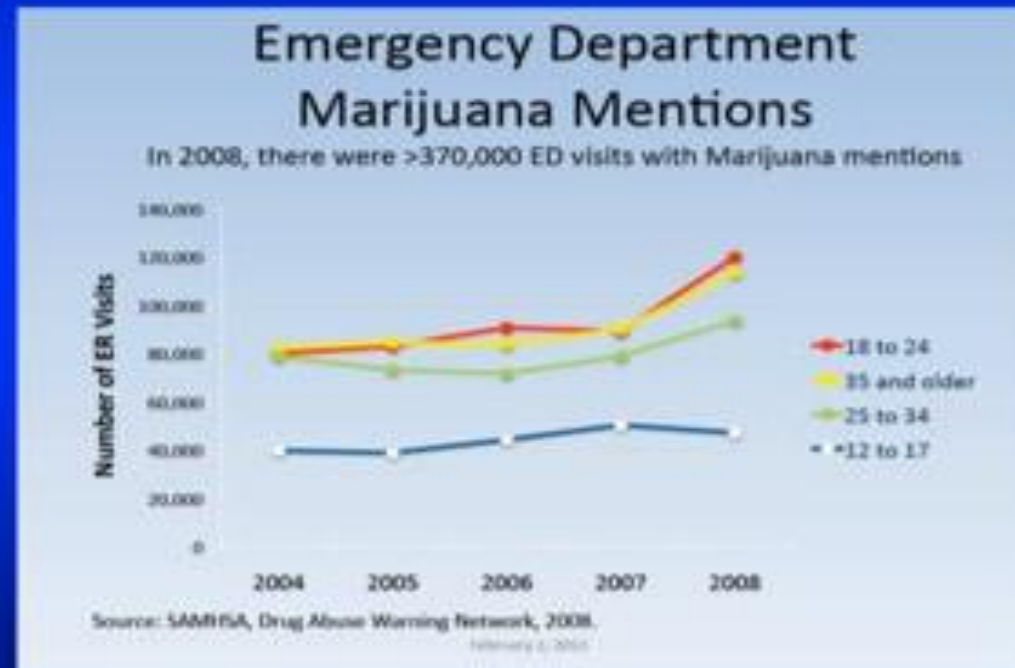
**4x a week for 2 yrs.**



# Stronger plants and extracts New and more significant adverse impact

As THC content increases, we see more adverse effects:

- Paranoia
- Anxiety and panic
- Hallucinations
- Erratic mood swings
- Aggressive behavior



# Lancet Study of “High Potency” Weed 2015

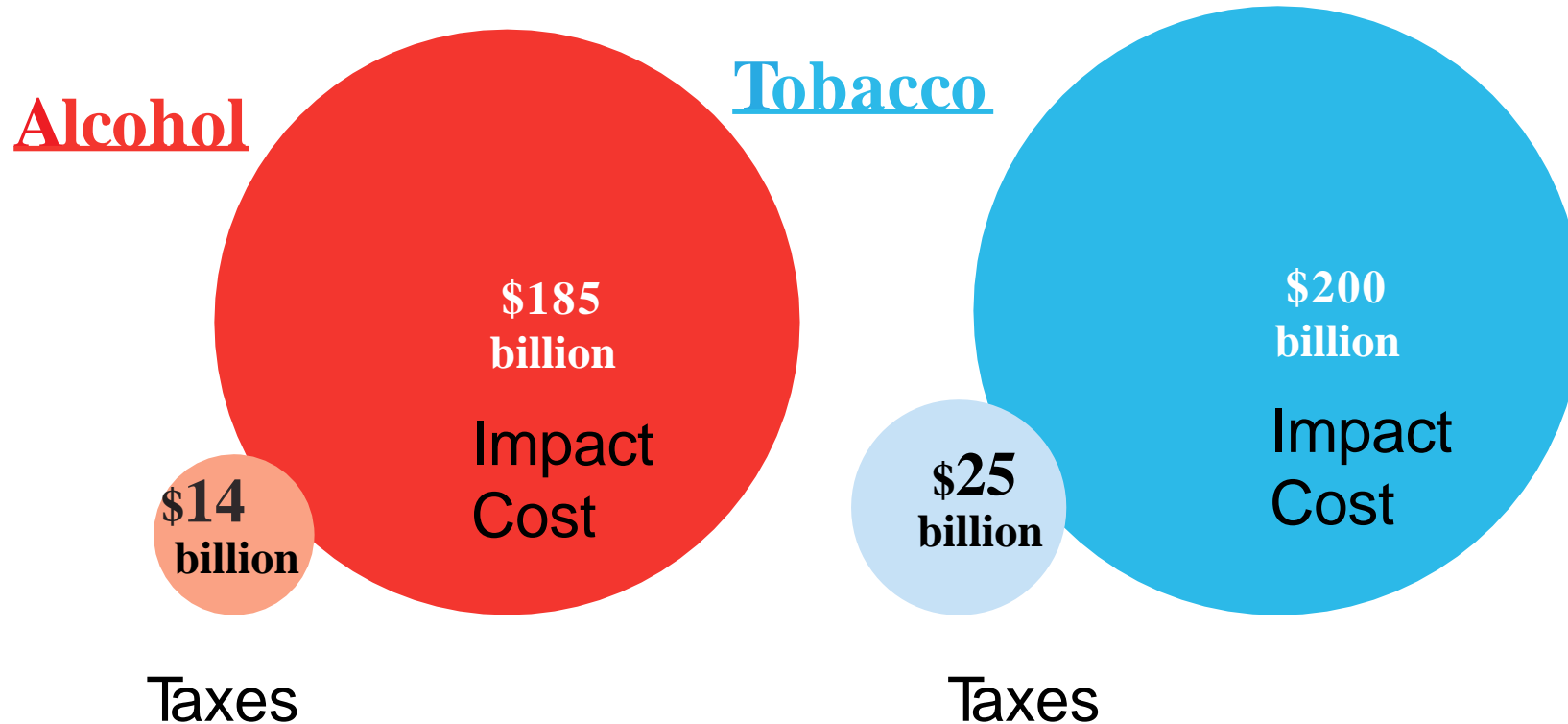
- Daily use sees an increase in psychosis of 5x
- Weekend use sees an increase 3x
- 24% of psychosis cases in the study group caused by weed alone



# Alcohol & Tobacco

## Money Makers or Dollar Drainers

Marijuana taxes will not cover impact cost either



**It's not just a plant.**

**The studies over the past decade reflect that prolonged usage of the drug has detrimental affects on the brain and development.**

**With todays potency will it even take prolonged usage.**

TIME FOR....  
QUESTIONS  
&  
DRAWINGS!





**SCCDAT**  
SUMNER COUNTY COMMUNITY DRUG ACTION TEAM

## **ENGAGE! EMPOWER! EDUCATE!**

- **ENGAGE** communities, families and Youth in partnership to reduce substance abuse.
  - **EMPOWER** youth to make good decisions.
  - **EDUCATE** community members about prevention, awareness, and programs.
- 

## **CONTACT US!**

- [sccdat@usd353.com](mailto:sccdat@usd353.com)
- Find us on Facebook!
- [www.sccdat.org](http://www.sccdat.org)