

Drug Trends | Symptomatology | Cannabis:Opiate Nexus

Over-the-Counter | Perception of Harm

DRUG TRENDS & IMPAIRMENT AND USE SYMPTOMATOLOGY

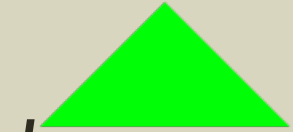
Sergeant Jay Rikken
Vermont State Police

2019 NORTHEAST TRANSPORTATION SAFETY CONFERENCE

OBJECTIVE



Increase awareness of the trends in drug use



Increase awareness of the symptomatology of drug use and **impairment**



Reduce the harm caused by **misrepresentations** and **deception** by *weaponizing* **ambassador knowledge**



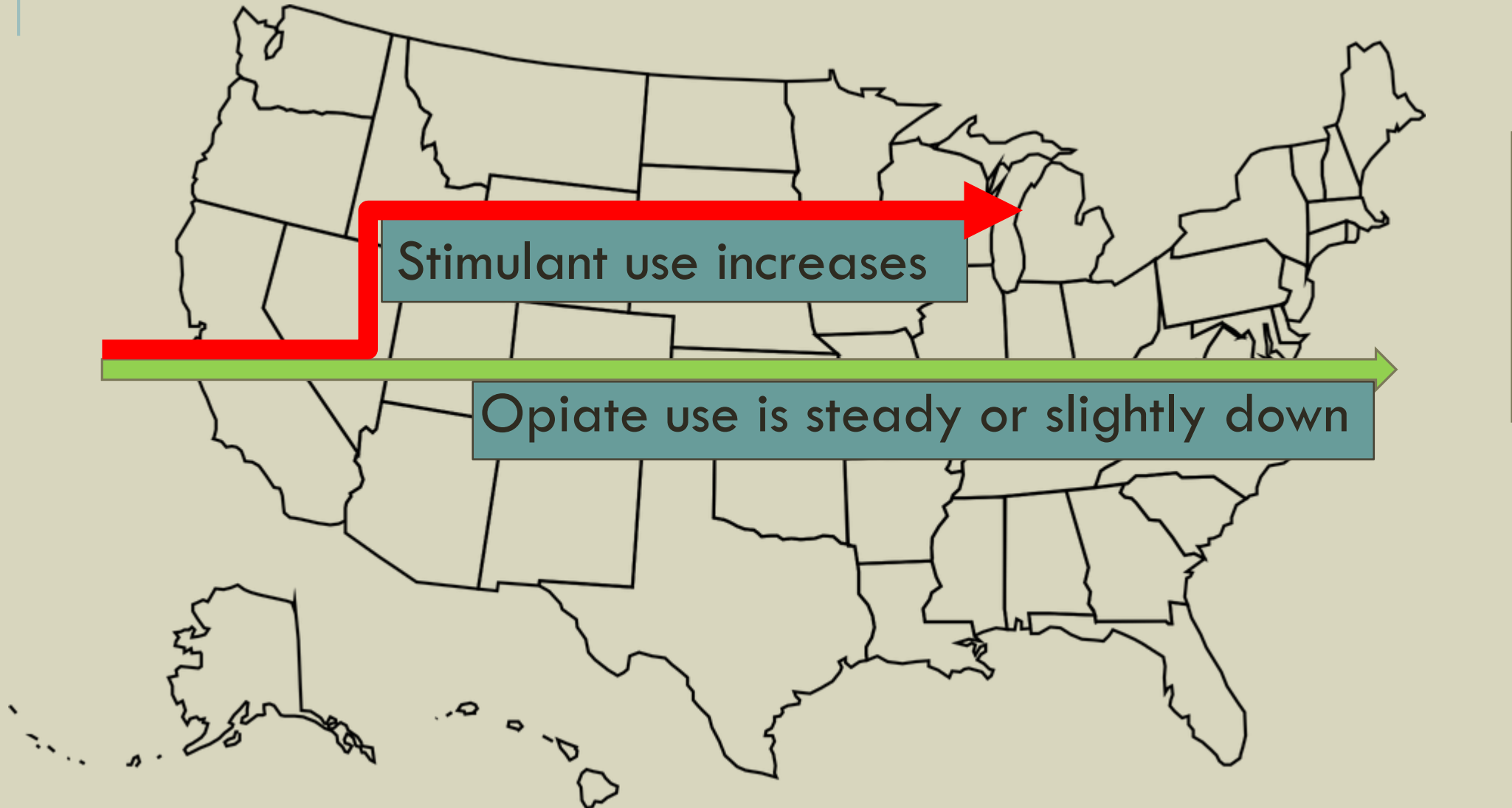
THE ROAD MAP

- Identify both local and national trends in the use of certain chemicals
- Discuss the impact these trends have on highway safety
- Distinguish common symptomatology to make the identification of use **actionable**
- Highlight strategies to *weaponize* our knowledge

Drug Trends



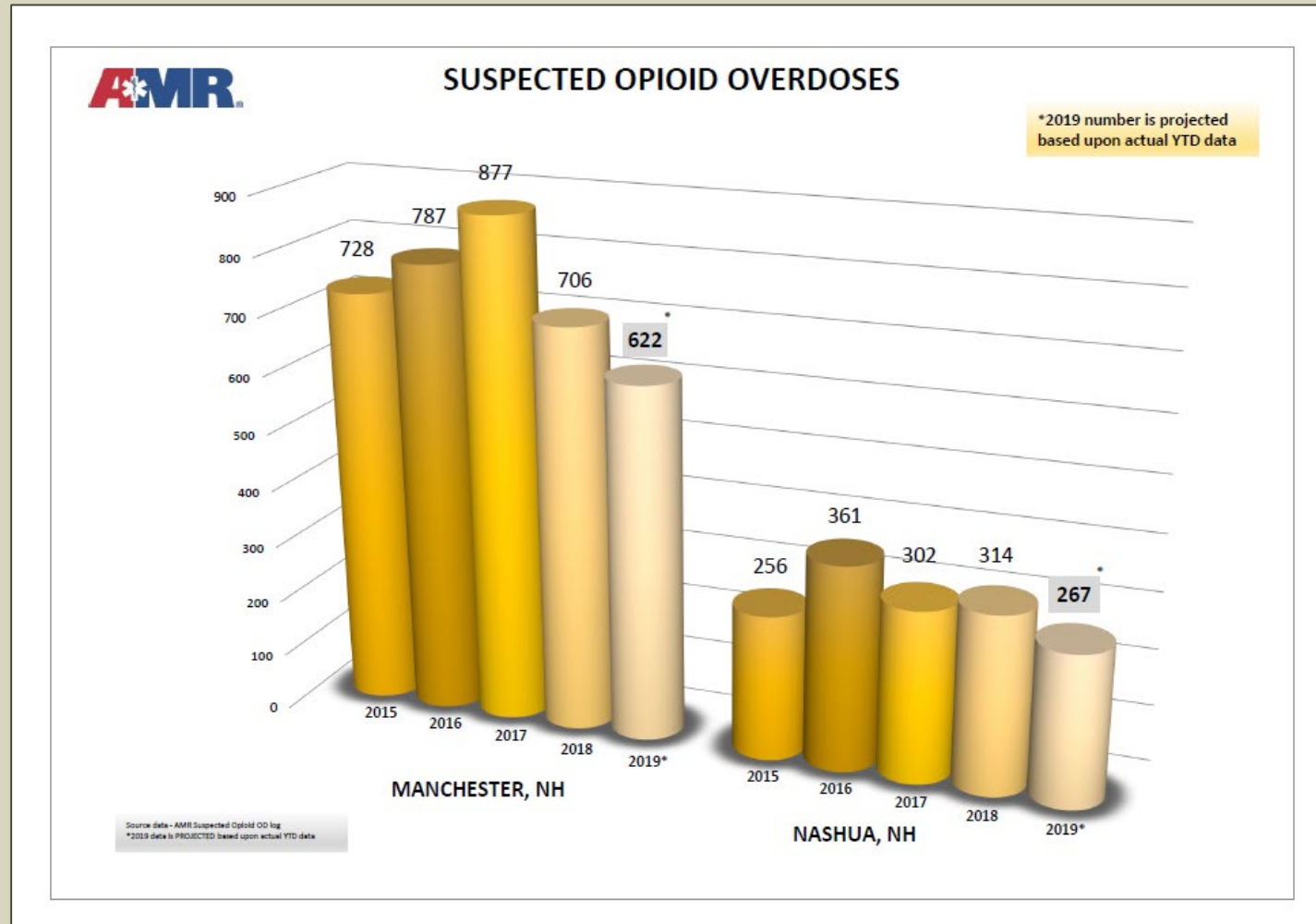
NATIONAL DRUG TRENDS – THE ILLICIT LANDSCAPE



NATIONAL DRUG TRENDS: THE ILLICIT LANDSCAPE



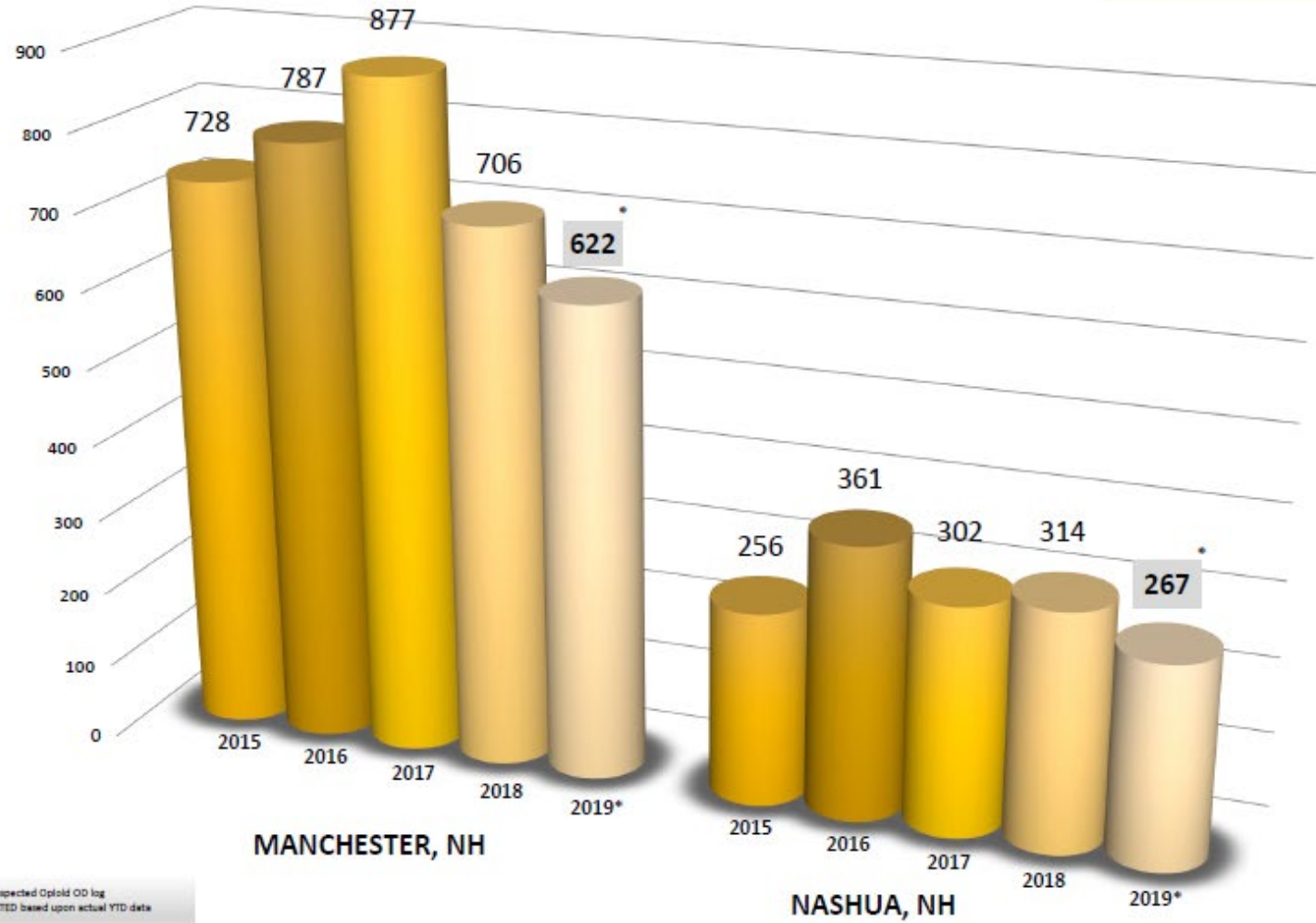
NATIONAL DRUG TRENDS — THE ILLICIT LANDSCAPE





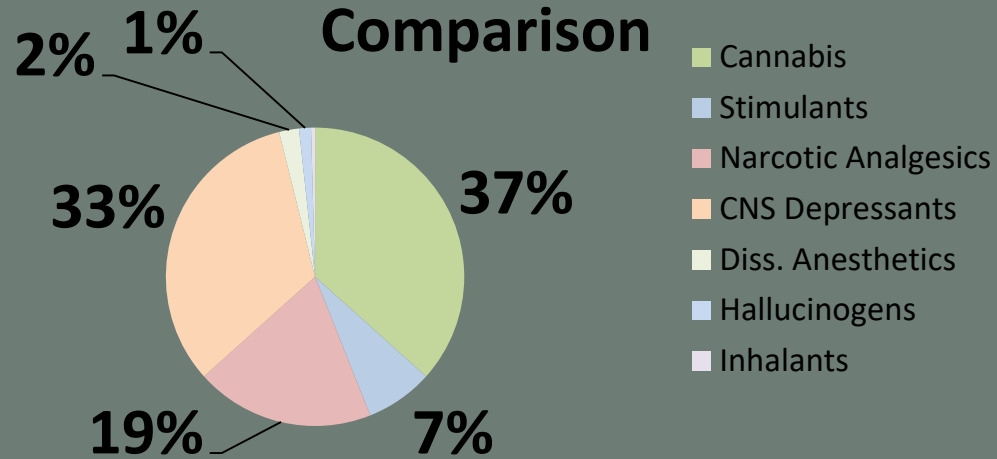
SUSPECTED OPIOID OVERDOSES

*2019 number is projected based upon actual YTD data

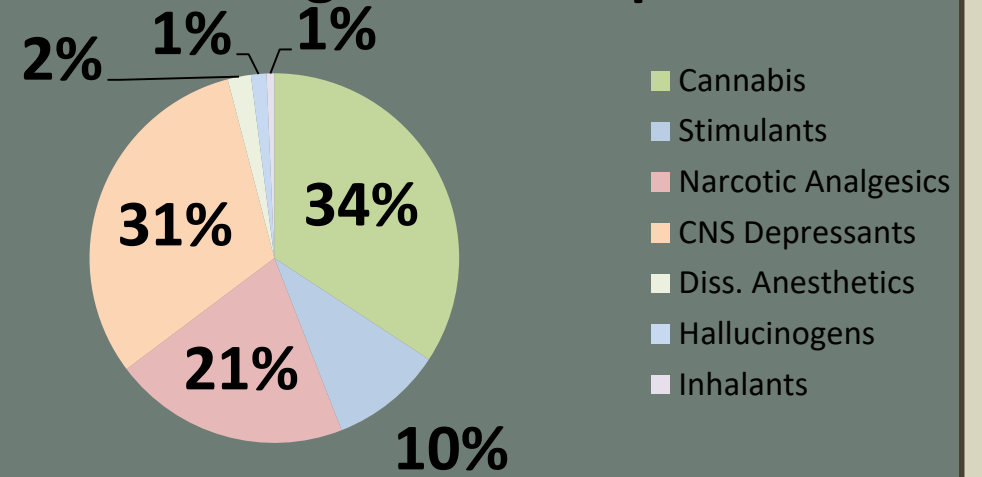


Source data - AMR Suspected Opioid OD log
*2019 data is PROJECTED based upon actual YTD data

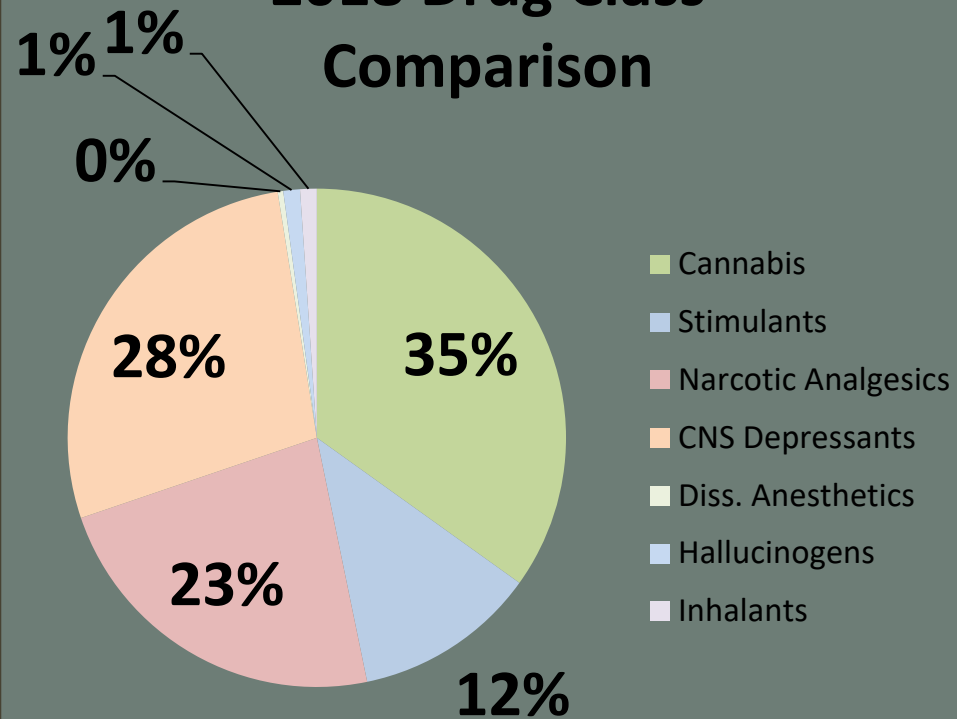
2016 Drug Class Comparison



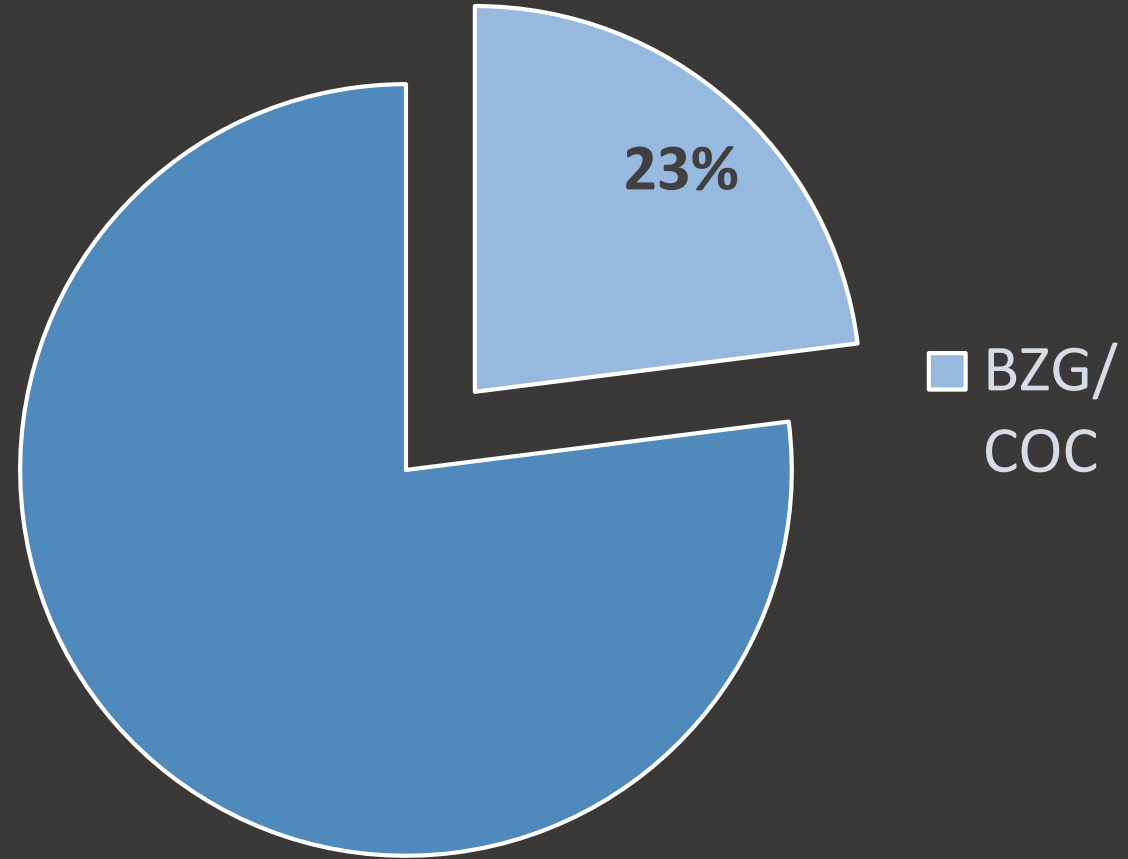
2017 Drug Class Comparison



2018 Drug Class Comparison



2019 Vermont Forensic Lab Data



NATIONAL DRUG TRENDS — PRESCRIPTIONS



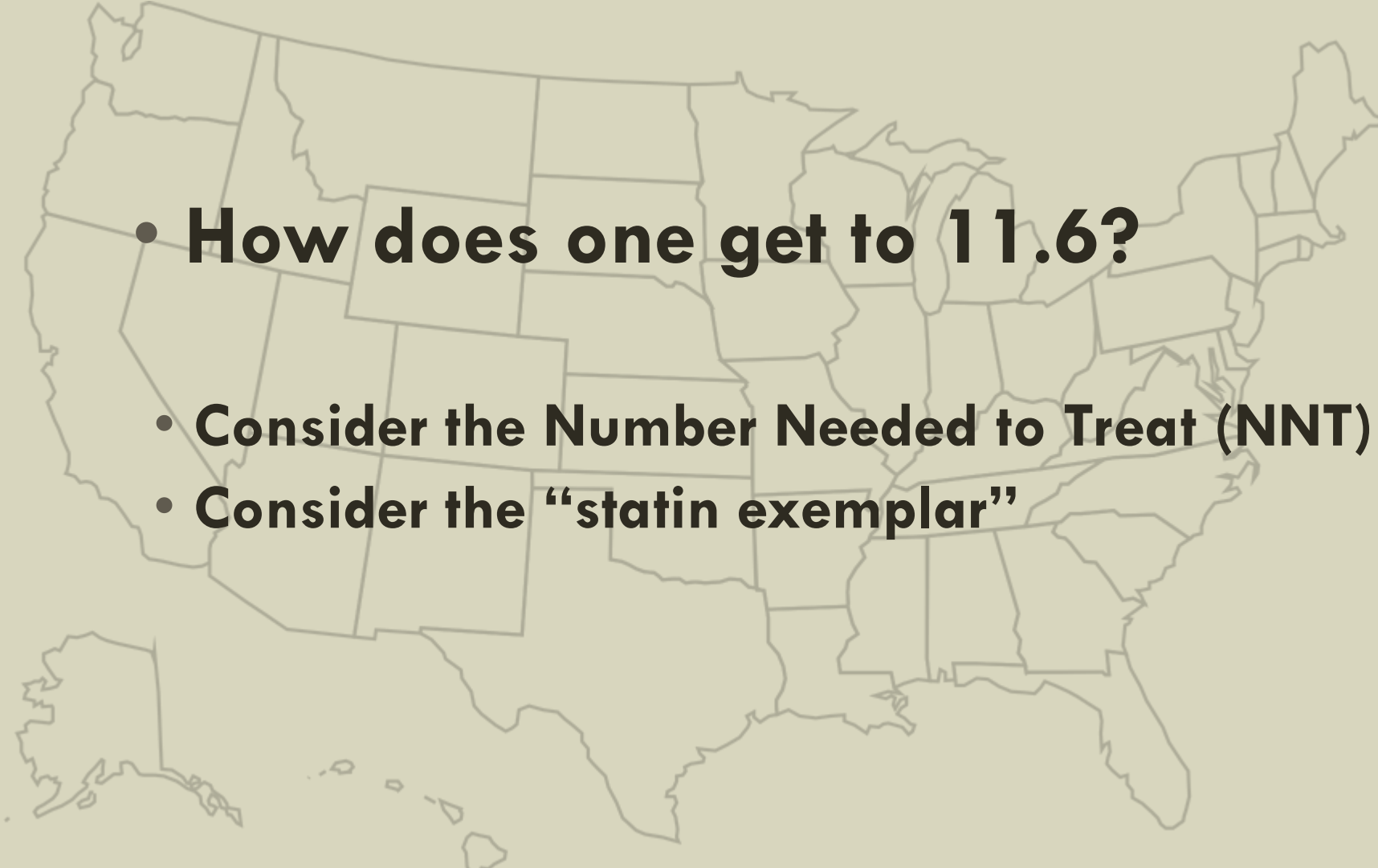
NATIONAL DRUG TRENDS — PRESCRIPTIONS

STATE	Prescriptions per Capita
Delaware	12.3
Vermont	11.1
New Hampshire	11.9
New York	13.8
Ohio	13.6
Pennsylvania	13.5
Rhode Island	15.5
Massachusetts	12.5
Connecticut	12.1
New Hampshire	11.9
New Jersey	11.5
Maine	11.4

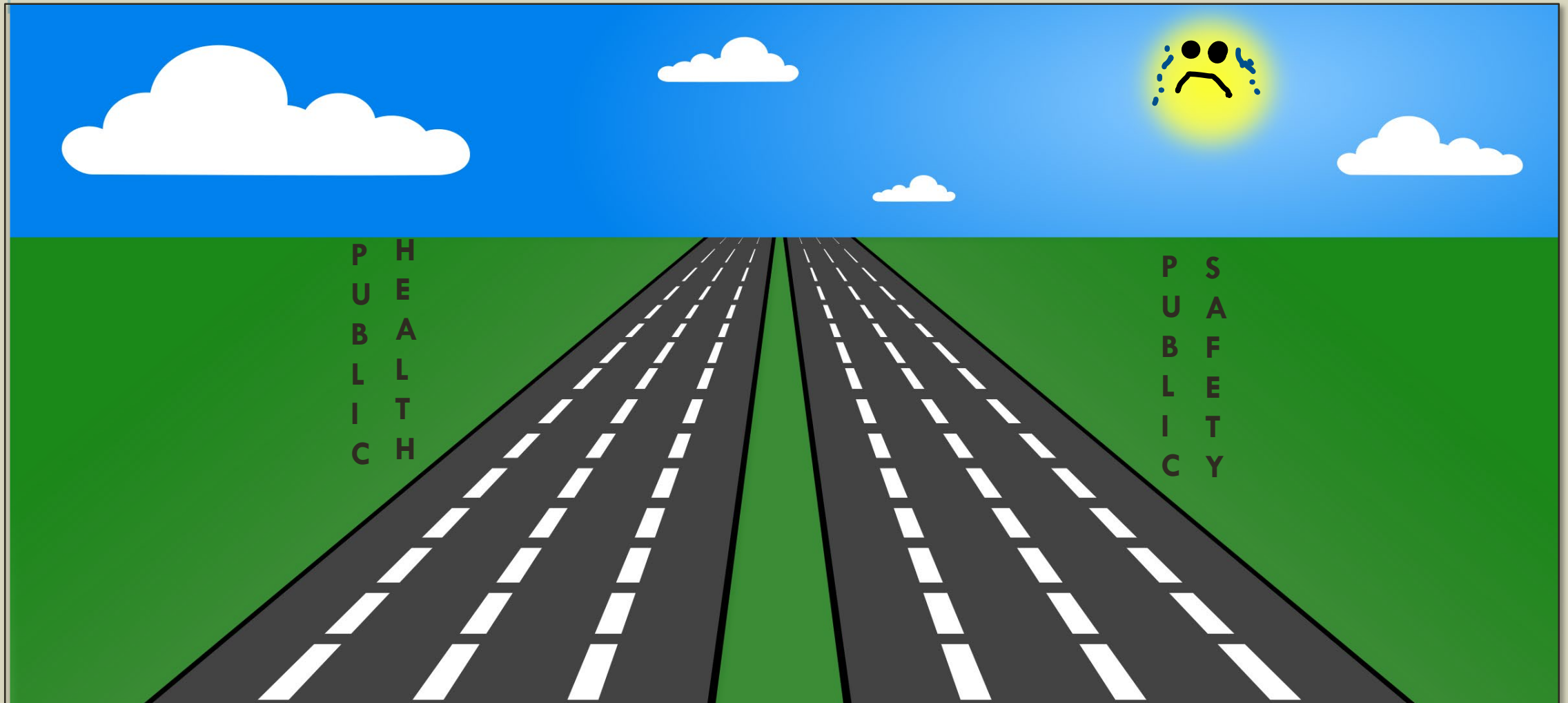
NATIONAL DRUG TRENDS — PRESCRIPTIONS



NATIONAL DRUG TRENDS — PRESCRIPTIONS

- 
- An outline map of the United States, showing the 50 states and the District of Columbia. The map is light gray and serves as a background for the text.
- **How does one get to 11.6?**
 - **Consider the Number Needed to Treat (NNT)**
 - **Consider the “statin exemplar”**

NATIONAL DRUG TRENDS — PRESCRIPTIONS



NATIONAL DRUG TRENDS – PRESCRIPTIONS

- **Prescription Themes:**

- **Opiates**



- **Opiate prescriptions are monitored**
- **Users are flagged**
- **What rises in its place?**



NATIONAL DRUG TRENDS — PRESCRIPTIONS

- **Prescription Themes:**

- **Anti-anxiety (anxiolytics) drugs are a powerful sub-category of CNS Depressants**
- **Withdrawal from opiates are not fatal ...**

*Benzodiazepine withdrawal CAN be **fatal***

NATIONAL DRUG TRENDS — PRESCRIPTIONS

Prescription Themes:

- Benzodiazepines
- 2005-2015: continuing prescriptions +50% 
- 1996-2017: Overdose mortality for women 30-64 +830% 

NATIONAL DRUG TRENDS — PRESCRIPTIONS

NMS Data through February, 2019								
	2013	2014	2015	2016	2017	2018	2019	Total
CNS Depressants (Non-Alcohol)	81	76	92	77	82	103	15	526
	48.8%	45.5%	48.2%	40.1%	40.6%	31.8%	25.0%	
Benzodiazepines	66	64	72	60	62	88	14	426
	39.8%	38.3%	37.7%	31.3%	30.7%	27.2%	23.3%	
Antidepressants	21	17	24	25	16	19	2	124
	12.7%	10.2%	12.6%	13.0%	7.9%	5.9%	3.3%	
Z Drugs	5	5	7	6	7	6	1	37
	3.0%	3.0%	3.7%	3.1%	3.5%	1.9%	1.7%	
TCAs/Antihistamines	8	7	11	9	7	8	0	50
	4.8%	4.2%	5.8%	4.7%	3.5%	2.5%	0.0%	
Anti-convulsants	5	3	13	8	7	1	0	37
	3.0%	1.8%	6.8%	4.2%	3.5%	0.3%	0.0%	

NATIONAL DRUG TRENDS — PRESCRIPTIONS

- **Prescription Themes:**
 - **Xanax (Alprazolam) is back**



NATIONAL DRUG TRENDS — PRESCRIPTIONS

- **Prescription Themes:**
 - **Valium (Diazepam)**
 - **“Alcohol in pill form.”**



NATIONAL DRUG TRENDS — PRESCRIPTIONS

- **Prescription Themes:**
 - **Klonopin (Clonazepam)**
 - **Cuts withdrawal symptoms**



NATIONAL DRUG TRENDS: THE ROLE OF GABA

GABA: (gamma-Aminobutyric Acid)

- Chief inhibitory neurotransmitter in the Central Nervous System

 **GABA**

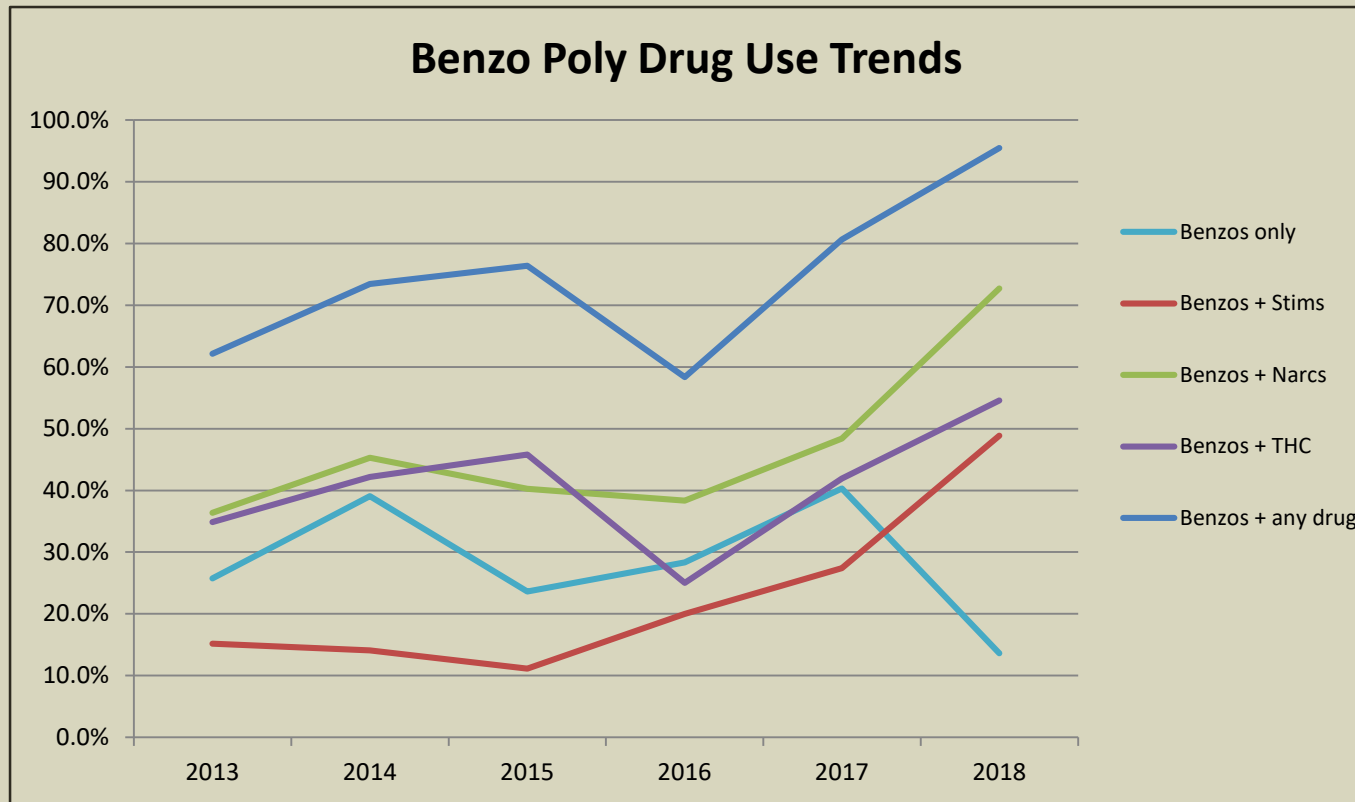
 **DOPAMINE**

BENZODIAZEPINES: DRILLING DOWN

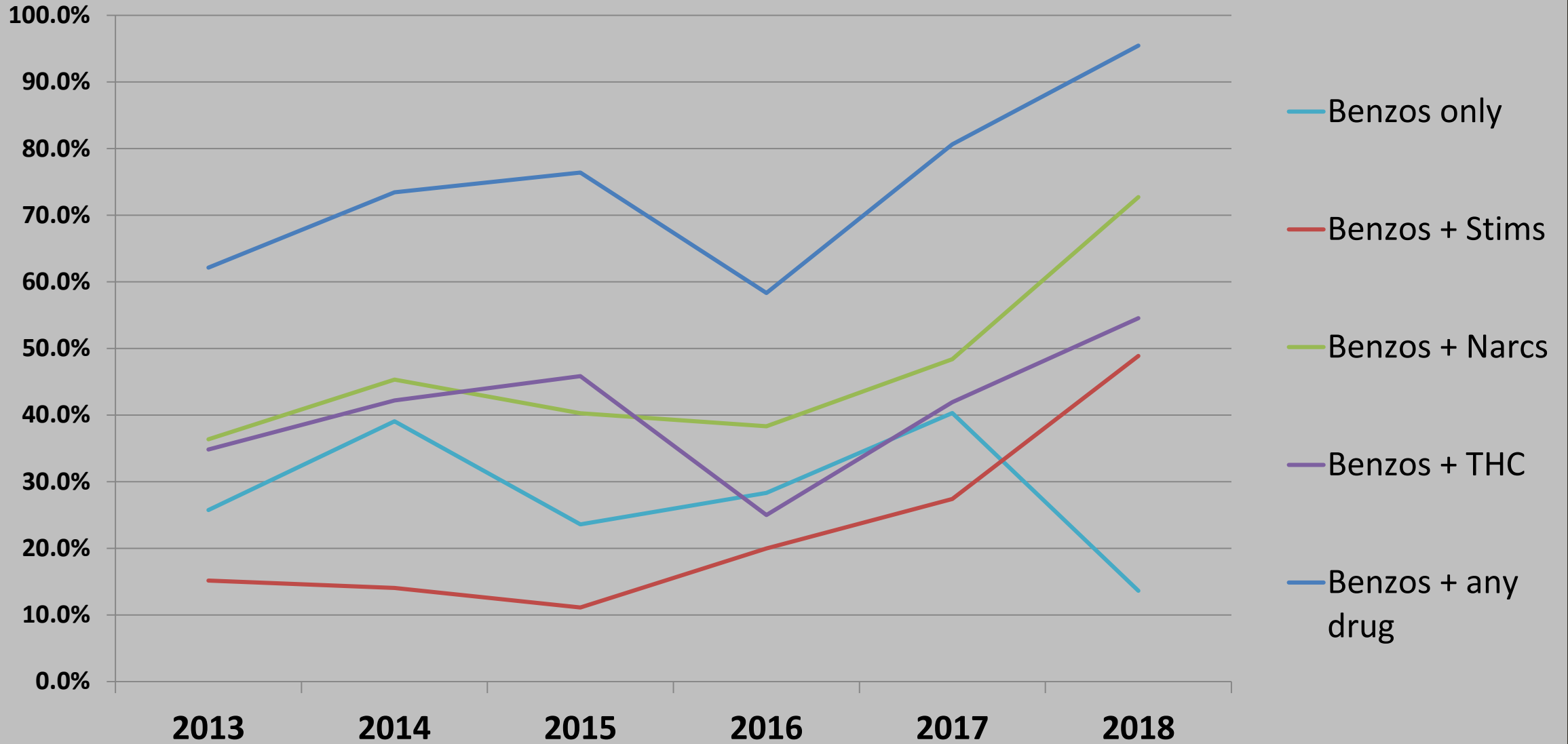
**ALL benzos have active metabolites
to prolong their duration**

Thus, great liability for abuse

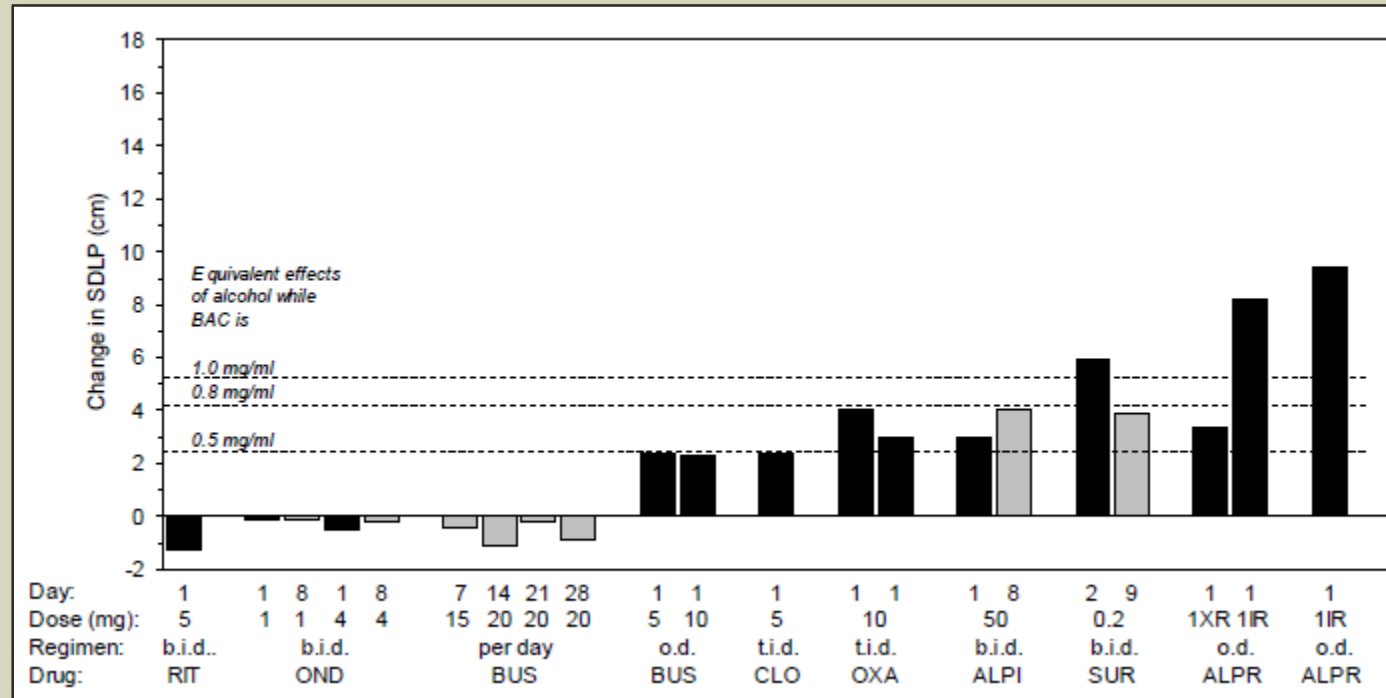
BENZODIAZEPINES: DRILLING DOWN

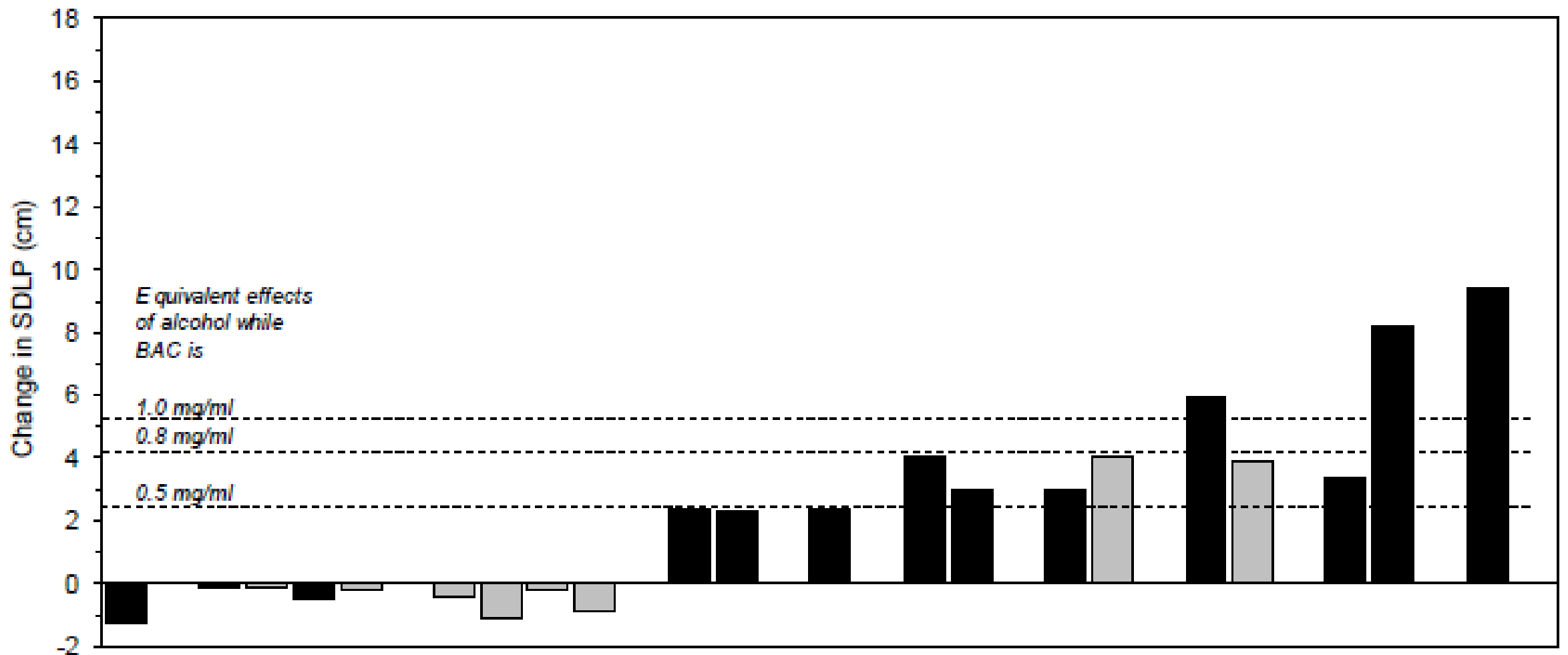


Benzo Poly Drug Use Trends



BENZODIAZEPINES: DRILLING DOWN



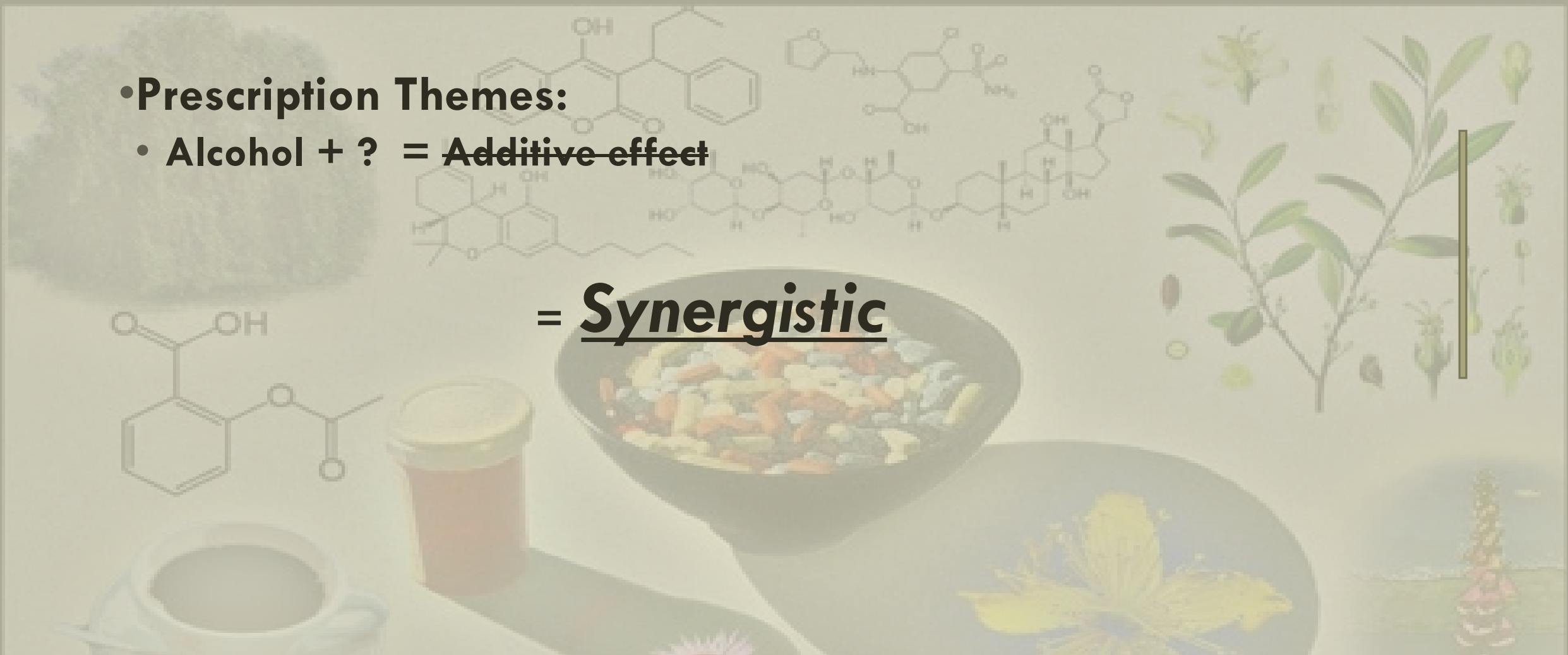


Day:	1	1	8	1	8	7	14	21	28	1	1	1	1	1	1	8	2	9	1	1	1
Dose (mg):	5	1	1	4	4	15	20	20	20	5	10	5	10	50	0.2	0.2	0.2	0.2	1XR	1R	1R
Regimen:	b.i.d.		b.i.d.	b.i.d.		per day	per day	per day	per day	o.d.	o.d.	t.i.d.	t.i.d.	b.i.d.	b.i.d.	b.i.d.	b.i.d.	b.i.d.	o.d.	o.d.	o.d.
Drug:	RIT		OND	OND		BUS	BUS	BUS	BUS	BUS	BUS	CLO	OXA	ALPI	ALPI	SUR	SUR	SUR	ALPR	ALPR	ALPR

NATIONAL DRUG TRENDS — PRESCRIPTIONS

- Prescription Themes:
 - Alcohol + ? = ~~Additive effect~~

= Synergistic



NATIONAL DRUG TRENDS — PRESCRIPTIONS

- **Prescription Themes:**

- Polydrug

- **Example: Monoamine Oxidase Inhibitors (MAOIs)**



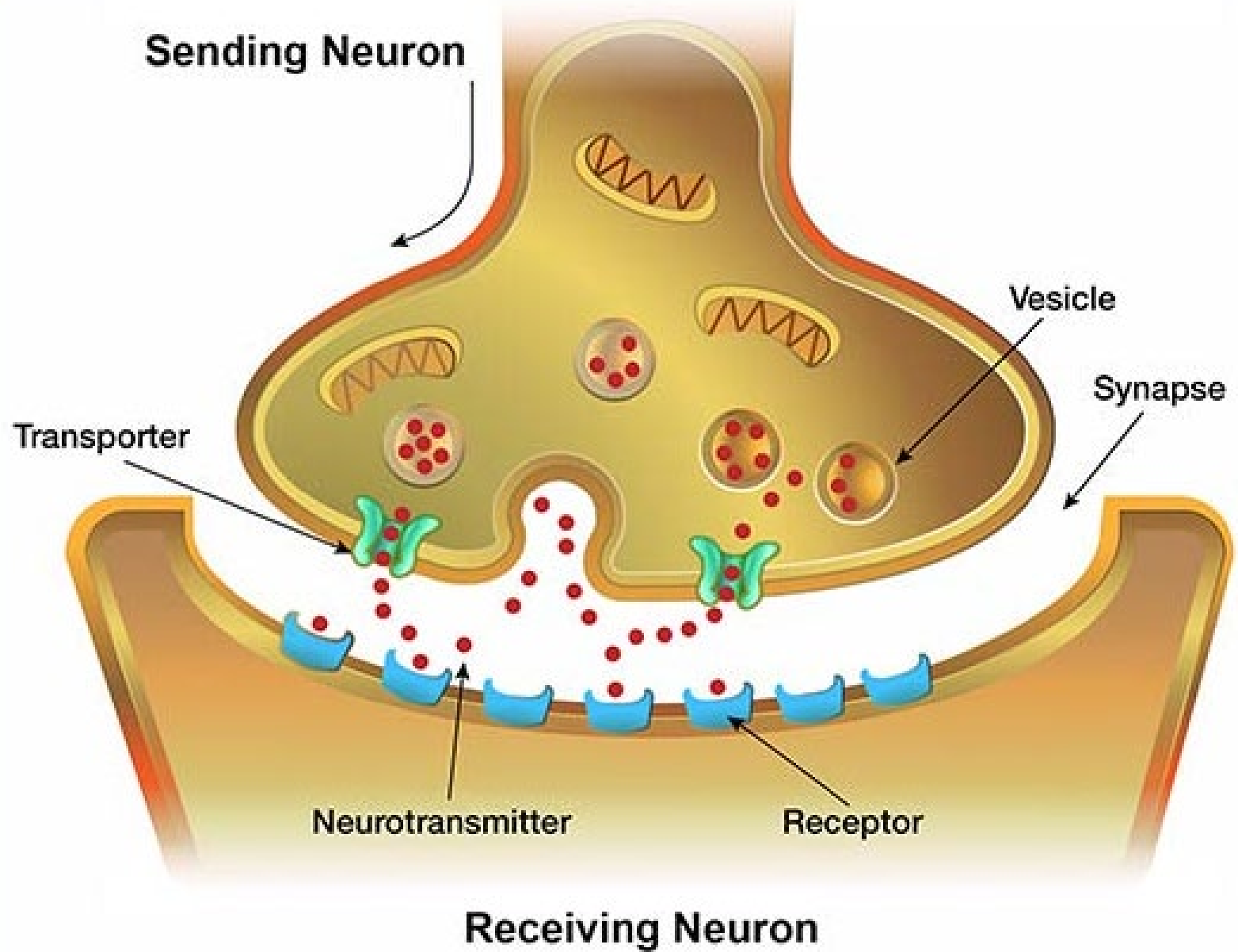
NATIONAL DRUG TRENDS — PRESCRIPTIONS

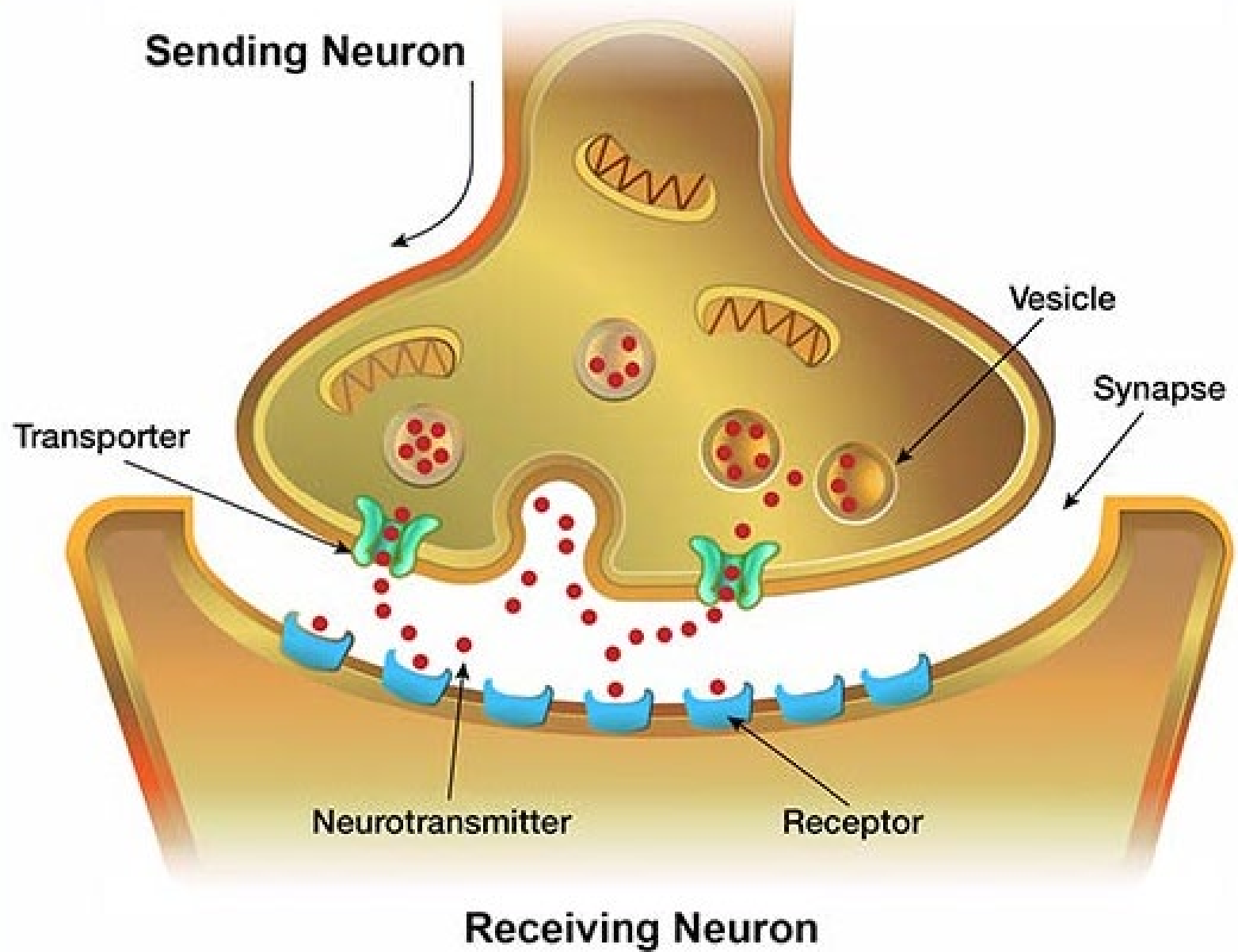
- **Prescription Themes:**

- **Polydrug**

- **Example: Selective Serotonin Reuptake Inhibitors (SSRIs)**

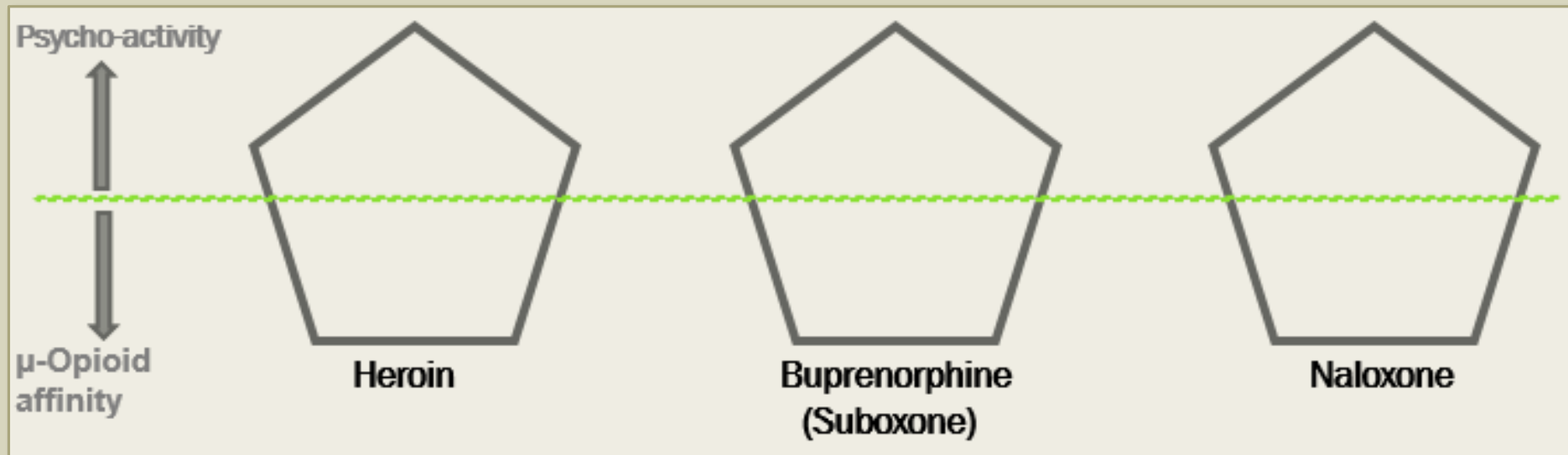
CELEXA | **ZOLOFT** | **LEXAPRO**
(Citalopram) **(Sertraline)** **(Escitalopram)**



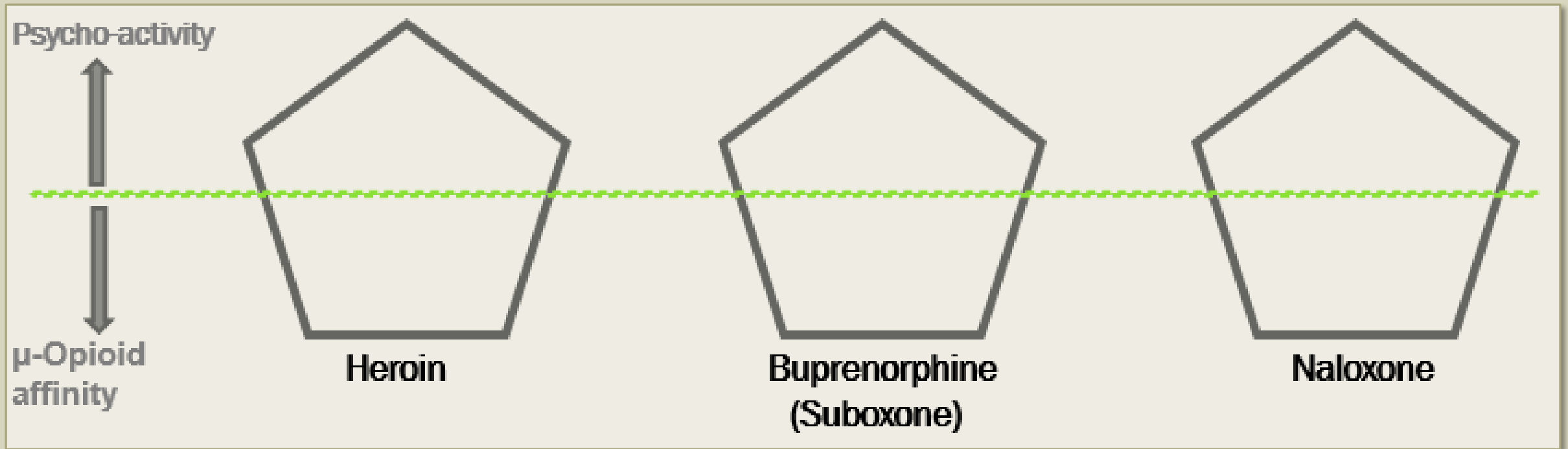


NATIONAL DRUG TRENDS

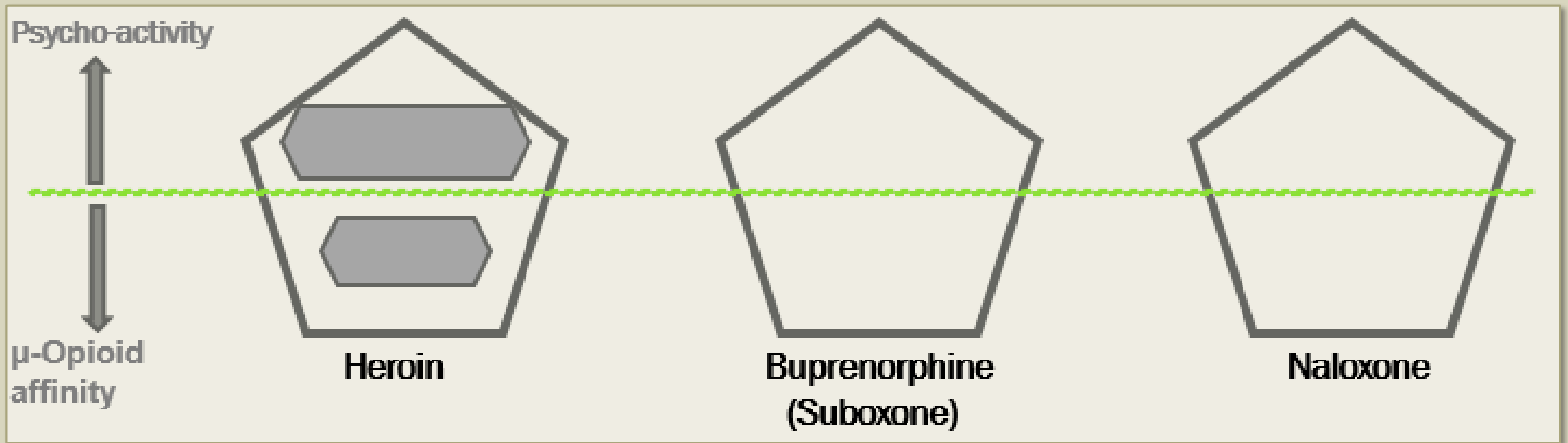
- Medically Assisted Treatment (MAT)



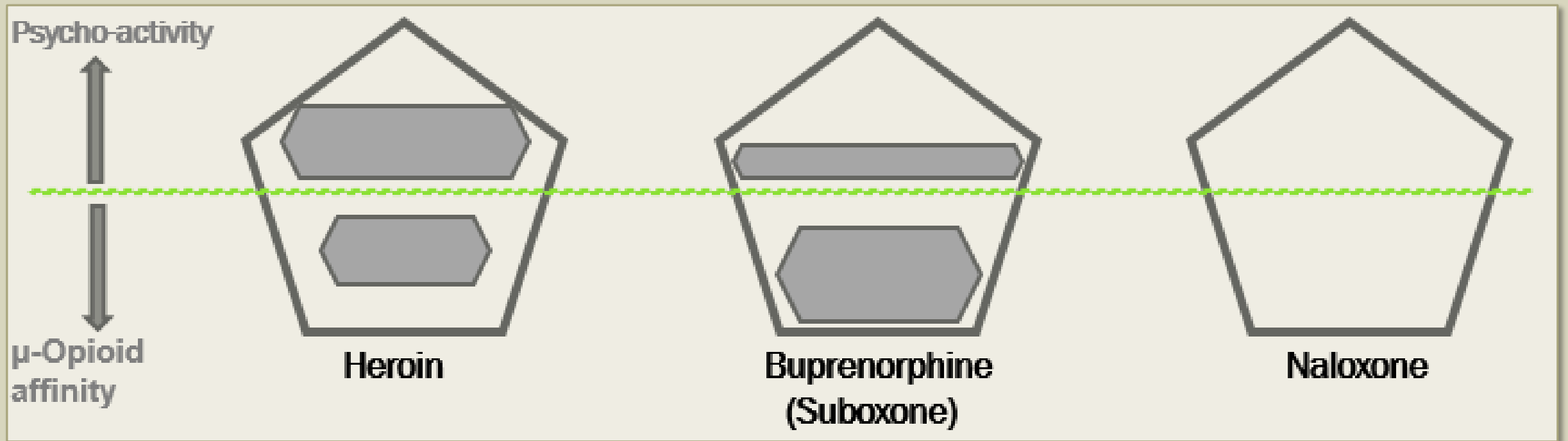
OPIOID WITHDRAWAL & RECOVERY



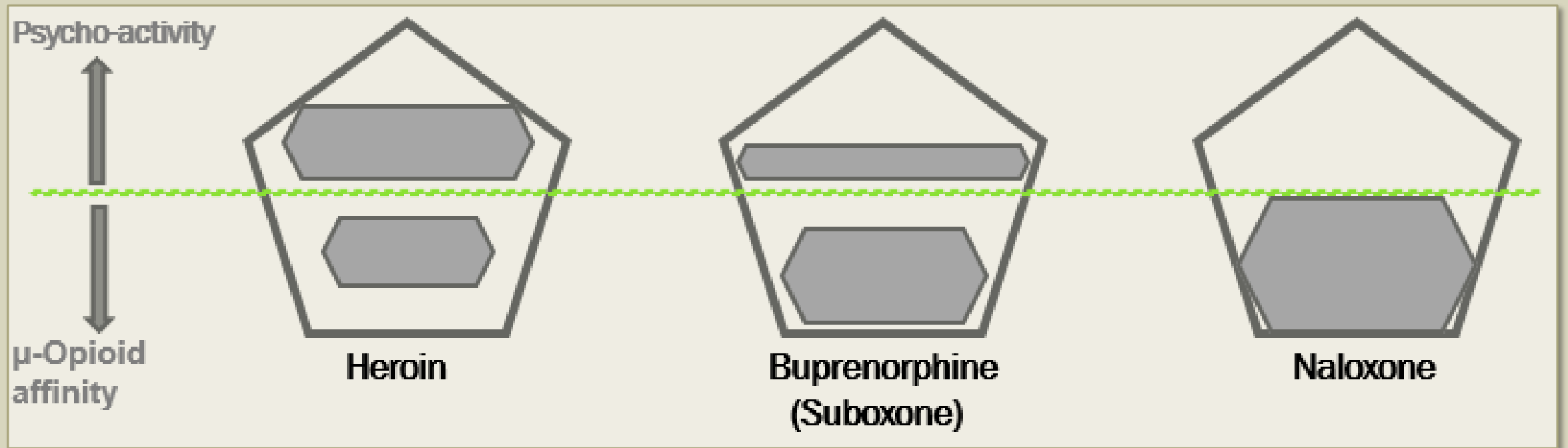
OPIOID WITHDRAWAL & RECOVERY



OPIOID WITHDRAWAL & RECOVERY



OPIOID WITHDRAWAL & RECOVERY



OPIOID DEPENDENT?

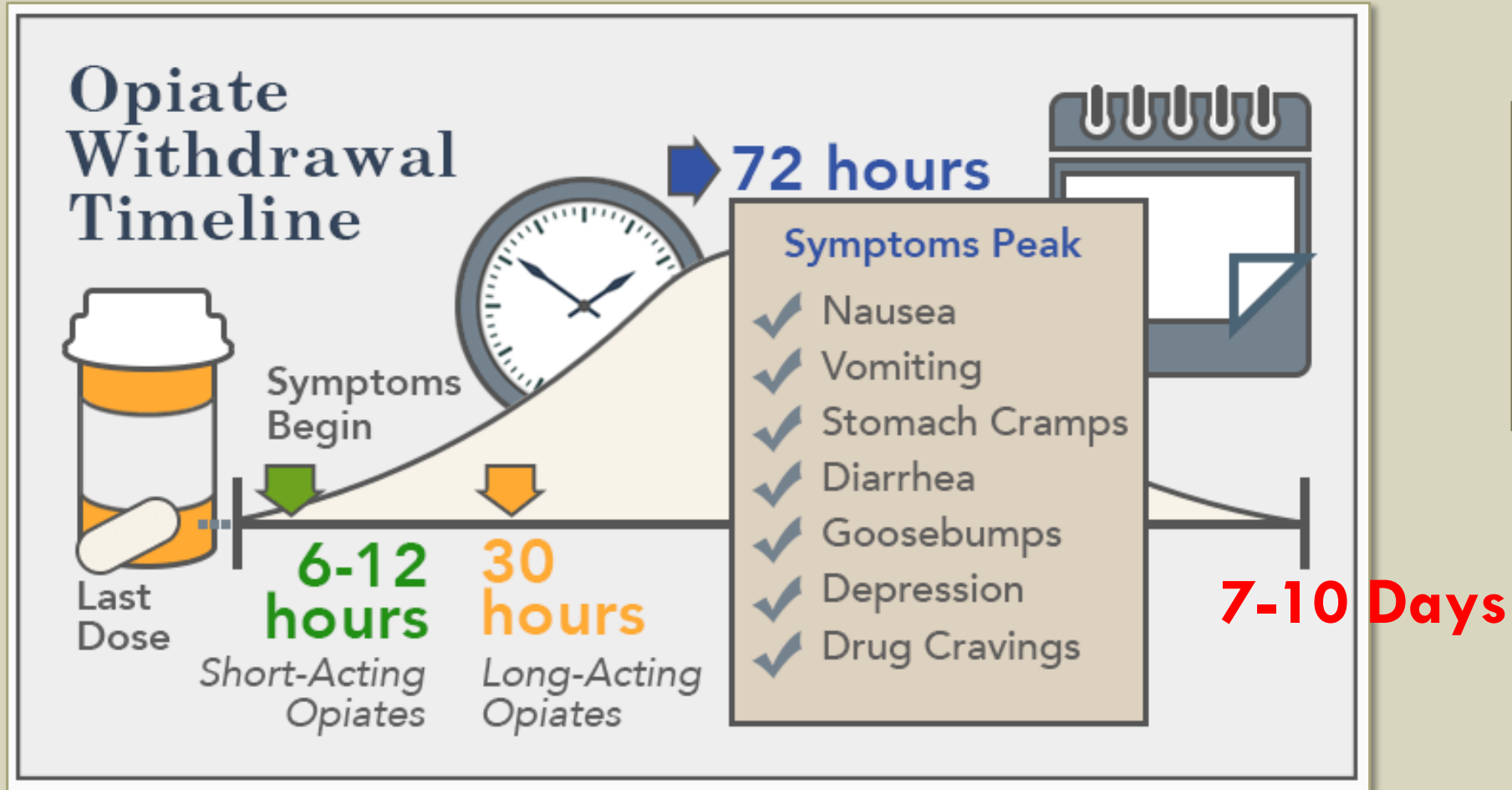
For opioid-dependent adults not currently receiving
methadone or buprenorphine treatment

- ◆ A new UVM research study, now with sites in Chittenden, Addison and Franklin counties and Northern NY
- ◆ This study may include:
 - Confidential outpatient treatment with Buprenorphine
 - No counseling required
 - 6 months of participation with flexible, weekly study visits at a convenient location near you with take-home medication available
 - Compensation of \$525



For more information, call (802) 656-9858

OPIOID WITHDRAWAL & RECOVERY



NATIONAL DRUG TRENDS

Over-the-Counter (OTC)



NATIONAL DRUG TRENDS – OVER-THE-COUNTER

- Dextromethorphan (aka: “Robitussin,” “Coricidin”)

Coricidin
HBP Decongestant-free
COLD RELIEF for people with
HIGH BLOOD PRESSURE

COUGH & COLD
 Cough Suppressant,
 Antihistamine

Relieves:
 • Cough
 • Runny Nose
 • Sneezing

16 TABLETS

American Heart Association
 Health Information Enclosed

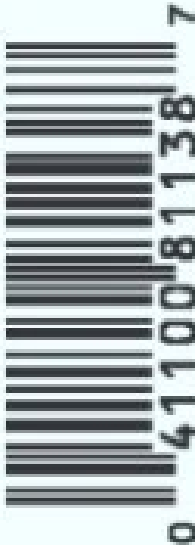
PARENTS:
 Learn about teen medicine abuse
www.StopMedicineAbuse.org

100% Recycled Paperboard

0 4110081138 7

Drug Facts	
Active Ingredients (in each tablet) Chlorpheniramine maleate 4 mg.... Antihistamine Dextromethorphan hydrobromide 30 mg..... Cough suppressant	Purpose
Uses <ul style="list-style-type: none"> temporarily relieves cough due to minor throat and bronchial irritation as may occur with a cold temporarily relieves runny nose and sneezing due to the common cold 	
Warnings Do not use if you are now taking a prescription monoamine oxidase inhibitor (MAOI) (certain drugs for depression, psychiatric or emotional conditions, or Parkinson's disease), or for 2 weeks after stopping the MAOI drug. If you do not know if your prescription drug contains an MAOI, ask a doctor or pharmacist before taking this product.	
Ask a doctor before use if you have <ul style="list-style-type: none"> glaucoma trouble urinating due to an enlarged prostate gland cough that occurs with excessive phlegm (mucus) a breathing problem or persistent or chronic cough as occurs with smoking, asthma, chronic bronchitis, or emphysema 	
Ask a doctor or pharmacist before use if you are taking sedatives or tranquilizers	
When using this product <ul style="list-style-type: none"> excitability may occur, especially in children marked drowsiness may occur avoid alcoholic beverages 	
Drug Facts (continued) <ul style="list-style-type: none"> alcohol, sedatives and tranquilizers may increase drowsiness use caution when driving a motor vehicle or operating machinery 	
Stop use and ask a doctor if cough lasts more than 7 days, recurs, or occurs with fever, rash or persistent headache. These could be signs of a serious condition. If pregnant or breast-feeding , ask a health professional before use. Keep out of reach of children. In case of overdose, get medical help or contact a Poison Control Center right away. Abuse of this product can lead to serious injury.	
Directions <ul style="list-style-type: none"> do not exceed recommended dose adults and children 12 years and over: 1 tablet every 6 hours, not more than 4 tablets in 24 hours children under 12 years of age: ask a doctor 	
Other Information <ul style="list-style-type: none"> store between 20° to 25°C (68° to 77°F) 	
Inactive ingredients croscarmellose sodium, D&C red No. 27 aluminum lake, FD&C yellow No. 6 aluminum lake, lactose monohydrate, magnesium stearate, microcrystalline cellulose, polyethylene glycol, polyvinyl alcohol, povidone, talc, titanium dioxide	
Questions or comments? 1-800-317-2156 (Mon-Fri 9AM – 5PM EST)	

PARENTS:
Learn about teen medicine abuse
www.StopMedicineAbuse.org



Drug Facts

Active Ingredients (in each tablet)

Chlorpheniramine maleate 4 mg..... Antihistamine
Dextromethorphan hydrobromide 30 mg..... Cough suppressant

Uses

- temporarily relieves cough due to minor throat and bronchial irritation as may occur with a cold
- temporarily relieves runny nose and sneezing due to the common cold

Warnings

Do not use if you are now taking a prescription monoamine oxidase inhibitor (MAOI) (certain drugs for depression, psychiatric or emotional conditions, or Parkinson's disease), or for 2 weeks after stopping the MAOI drug. If you do not know if your prescription drug contains an MAOI, ask a doctor or pharmacist before taking this product.

Ask a doctor before use if you have

- glaucoma
- trouble urinating due to an enlarged prostate gland
- cough that occurs with excessive phlegm (mucus)
- a breathing problem or persistent or chronic cough as occurs with smoking, asthma, chronic bronchitis, or emphysema

Ask a doctor or pharmacist before use if you are taking sedatives or tranquilizers

When using this product

- excitability may occur, especially in children
- marked drowsiness may occur
- avoid alcoholic beverages

Drug Facts (continued)

- alcohol, sedatives and tranquilizers may increase drowsiness
- use caution when driving a motor vehicle or operating machinery

Stop use and ask a doctor if cough lasts more

than 7 days, reoccurs, or occurs with fever, rash or persistent headache. These could be signs of a serious condition.

If pregnant or breast-feeding, ask a health professional before use.

Keep out of reach of children. In case of overdose, get medical help or contact a Poison Control Center right away. Abuse of this product can lead to serious injury.

Directions

- do not exceed recommended dose
- adults and children 12 years and over:
1 tablet every 6 hours, not more than 4 tablets in 24 hours
- children under 12 years of age: ask a doctor

Other information

- store between 20° to 25°C (68° to 77°F)

Inactive ingredients croscarmellose sodium, D&C red No. 27 aluminum lake, FD&C yellow No. 6 aluminum lake, lactose monohydrate, magnesium stearate, microcrystalline cellulose, polyethylene glycol, polyvinyl alcohol, polydona, talc, titanium dioxide

Questions or comments?

1-800-317-2155 (Mon-Fri 9AM - 5PM EST)

Dextromethorphan (30 mg)

NATIONAL DRUG TRENDS — OVER-THE-COUNTER

- **Dextromethorphan (e.g.: “Robitussin,” “Coricidin”)**

Dosage	Effects
100 – 200 mg	Mild stimulation, euphoria
200 – 400 mg	Stronger euphoria, hallucinations
300 – 600 mg	Loss of motor coordination, visual distortions
500 – 1500 mg	Out-of-body sensations

NATIONAL DRUG TRENDS — OVER-THE-COUNTER

- Diphenhydramine (e.g.: “Benadryl”)



NATIONAL DRUG TRENDS — OVER-THE-COUNTER

- Diphenhydramine (aka: “Benadryl”)

Oral Diphenhydramine Dosages (Recreational)

Threshold	10 mg
Light	25-150 mg
Common	150-300 mg
Strong	250-500 mg
Heavy	400-700
LD50 (Lethal Dose*)	500 mg/kg in rats

Duration : 4 - 8 hours

NATIONAL DRUG TRENDS – OVER-THE-COUNTER

- Dimenhydrinate / DMT (e.g.: “Gravol,” “Dramamine”)



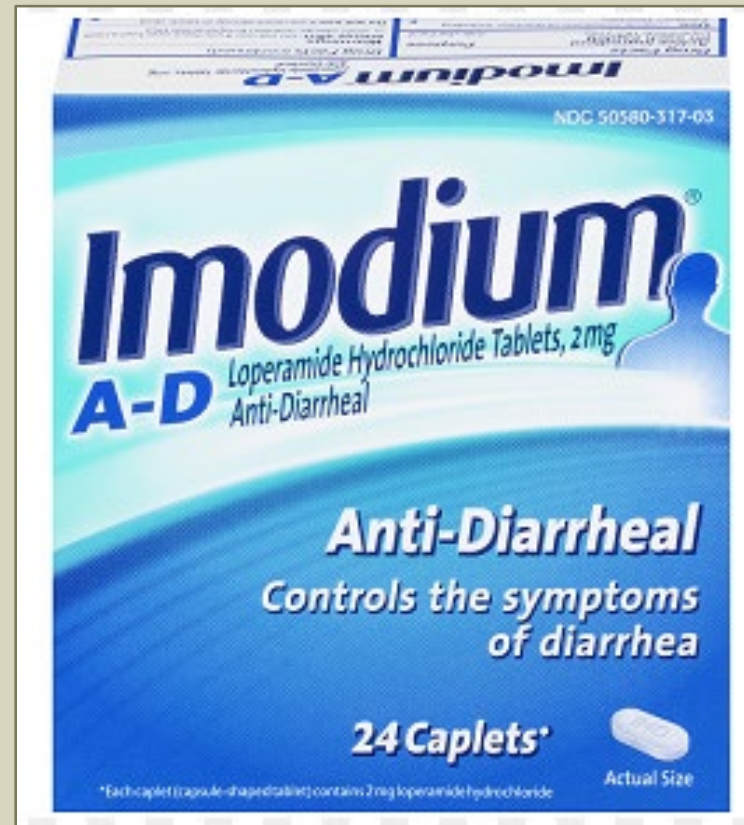
NATIONAL DRUG TRENDS — OVER-THE-COUNTER

- **Dimenhydrinate (e.g.: “Gravol,” “Dramamine”)**

Dosage	Effects
200 – 1500 mg (Body weight specific)	Delirium & Hallucinations (On par with LSD)

NATIONAL DRUG TRENDS — OVER-THE-COUNTER

- Loperamide (e.g.: “Imodium A-D”)



NATIONAL DRUG TRENDS

Cannabis



WHAT ARE CANNABINOIDS?

- Δ^9 -tetrahydrocannabinol
 - (THC) is the primary psychoactive ingredient
- >500 chemicals
 - e.g. Terpenes, polyaromatic hydrocarbons
- >100 cannabinoids
 - e.g. Cannabidiol, cannabitol

WHAT ARE CANNABINOIDS?

“The Entourage Effect:”

- Other chemicals in cannabis contribute to impairment effects more so than THC alone
- Users report that they can tell the difference.

NATIONAL DRUG TRENDS - CANNABIS

- Cannabis:

KNOW THE DIFFERENCE	
SATIVA	INDICA
TALLER LESS DENSE & LEAVES ARE LONGER & MORE NARROW	SHORTER BUSHIER & LEAVES ARE SHORTER & WIDER
ALERTNESS UPLIFTING & EUPHORIC CREATIVITY INCREASED ENERGY	DEEP RELAXATION APPETITE STIMULANT SLEEP AID PAIN RELIEF
HEAD HIGH	BODY HIGH
BETTER SUITED FOR DAYTIME	BETTER SUITED FOR NIGHTTIME

LUSH **DAB-STAR** **420ADDICTS.ORG** **LOS MARIJUANAS**























MedicalJane

NATIONAL DRUG TRENDS - CANNABIS

SATIVA VS. INDICA

KNOW THE DIFFERENCE

SATIVA		INDICA	
 <p>TALLER LESS DENSE & LEAVES ARE LONGER & MORE NARROW</p>		 <p>SHORTER BUSHIER & LEAVES ARE SHORTER & WIDER</p>	
 <p>ALERTNESS</p>	 <p>HEAD HIGH</p>	 <p>BODY HIGH</p>	 <p>DEEP RELAXATION</p>
 <p>UPLIFTING & EUPHORIC</p>			 <p>APPETITE STIMULANT</p>
 <p>CREATIVITY</p>			 <p>SLEEP AID</p>
 <p>INCREASED ENERGY</p>			 <p>PAIN RELIEF</p>
 BETTER SUITED FOR DAYTIME		 BETTER SUITED FOR NIGHTTIME	
		  	

TRICHOMES



KIEF/KIF/KEEF/KEIF

Created by mechanically stripping off the trichomes with a grinder

40-60% THC concentration



BUTANE HASH OIL



'DABBING'



POTENCY/CONCENTRATION OF THC

Bud/Flower

- <2009 (2-8%)
- Present?

Kief/Hash

- 40-60%

Hash Oil / Shatter

- 70-90%

POTENCY/CONCENTRATION OF THC

Cannabis Driving Simulator Studies:

- Increased Reaction Time
- *Decreased Speed*

Law Enforcement Field Contact:

- Increased Reaction Time
- *Increased Speed*

EDIBLES







6380/5.

Exp 9-2017

NET WT 10g

Cheeba ChewsTM

HIGH CBD

Cannabidiol/THC mix

17.5mg | 17.5mg | 17.5mg | 17.5mg

Disclaimer

This product contains medical marijuana and was



OPC Lic # 404R-00013
Batch # 017-BBCT-121014
Package ID 680-40299
Harvest Date: Vendor Type: Strain:
Gross Weight: Net Weight: MP Weight:
0.00 GR



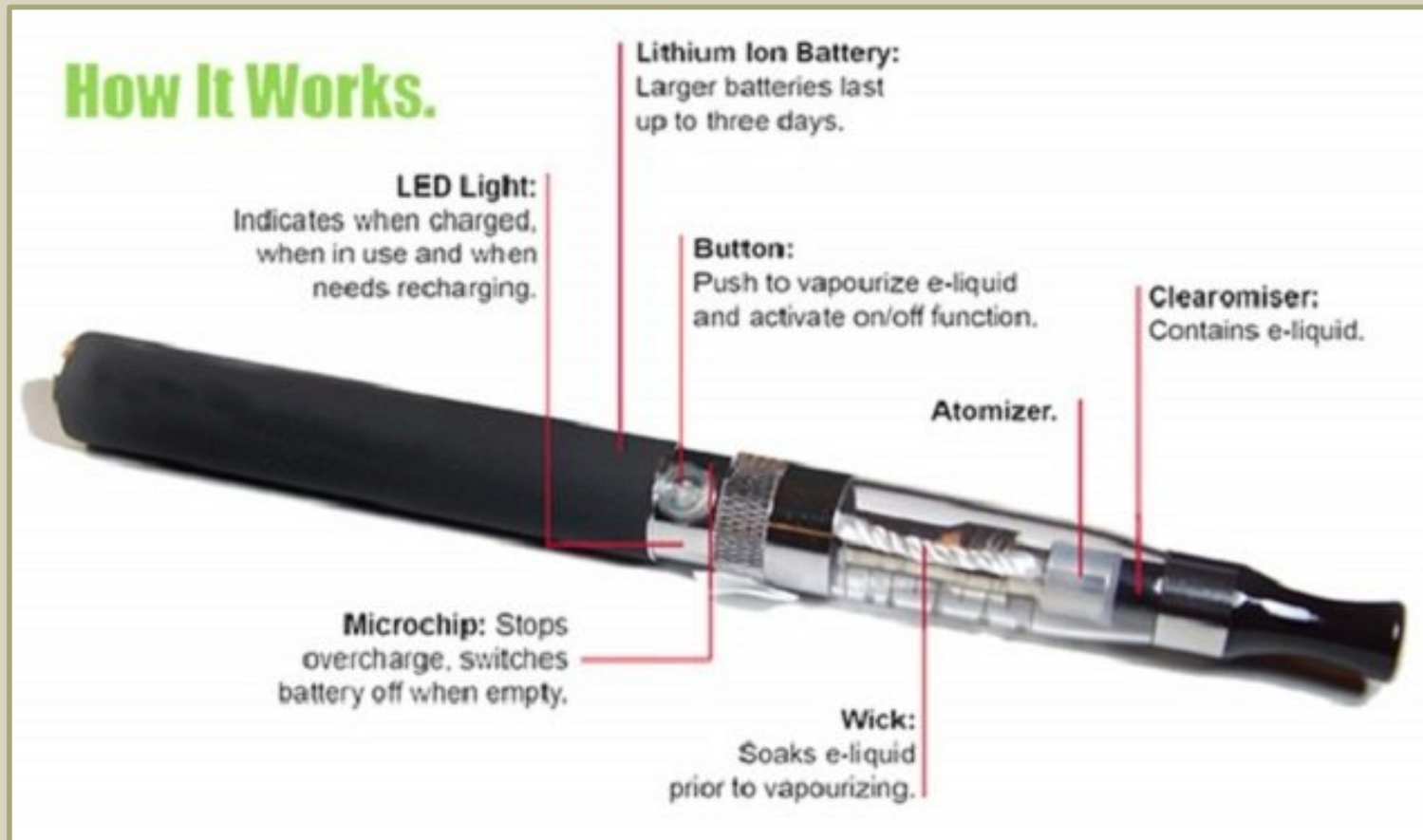
ROCKY MOUNTAIN HIGH

COLORADO PREMIUM PURE 0.5% THC PER GRAM

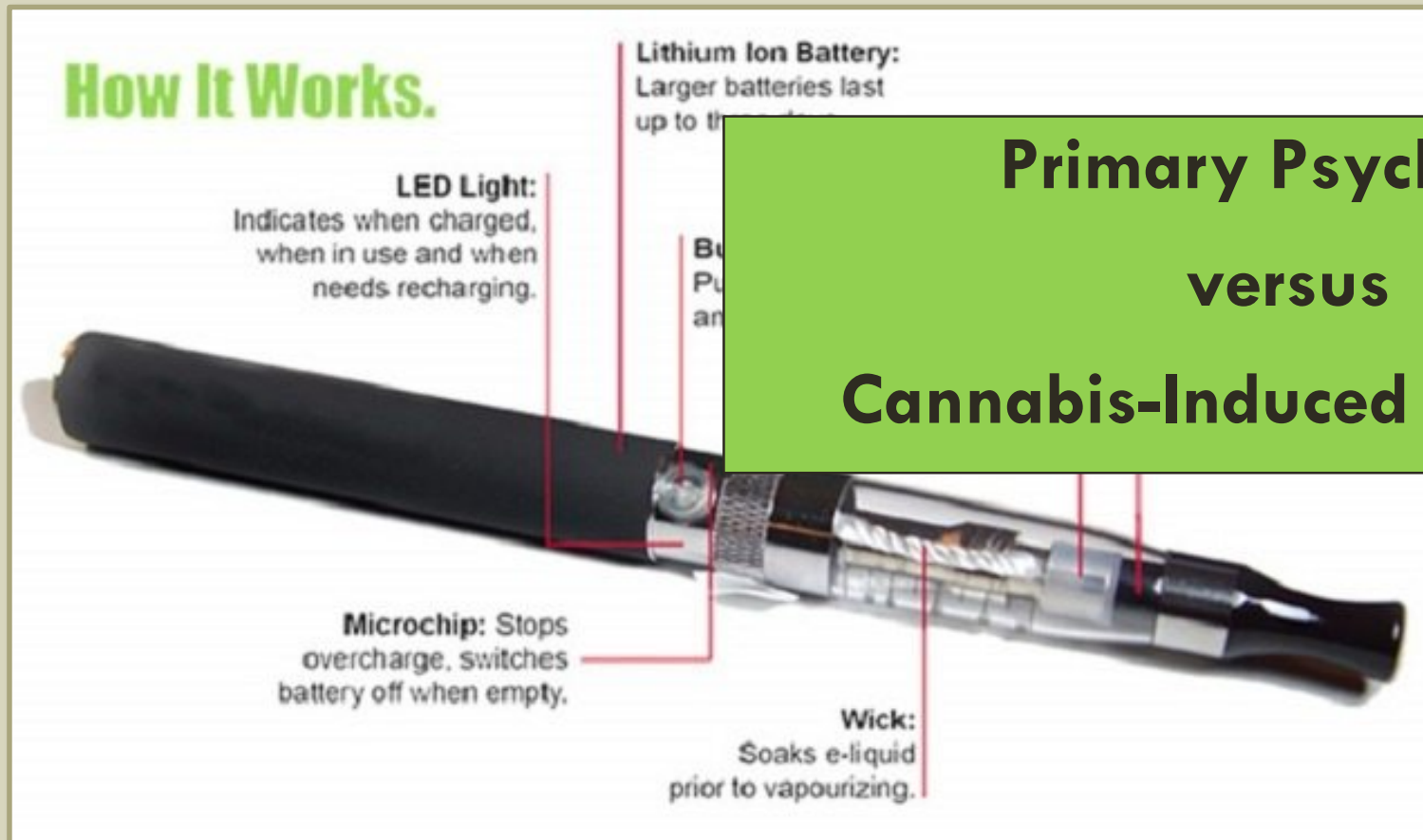


Caramel Butter Truffle

NATIONAL DRUG TRENDS - VAPING



NATIONAL DRUG TRENDS - VAPING



**Primary Psychosis
versus
Cannabis-Induced Psychosis**

STATE DRUG TRENDS – VERMONT DECP

	'05	'06	'07	'08	'09	'10	'11	'12	'13	'14	'15	'16	'17	'18	'19	Totals
Alcohol	0	2	3	5	5	6	0	0	7	7	4	4	9	14	6	72
Cannabis	4	10	11	10	16	16	21	35	59	59	61	73	70	168	89	702
CNS Depressants	6	18	8	22	34	47	50	73	68	58	72	64	63	97	58	738
CNS Stimulants	2	1	2	4	6	5	4	11	18	12	17	18	19	58	22	199
Dissociative Anesthetics	0	0	0	0	0	2	0	0	2	2	6	0	4	3	4	23
Hallucinogens	0	0	0	0	0	1	0	2	0	1	2	2	1	3	0	12
Inhalants	0	0	0	0	0	0	1	0	1	1	2	2	1	0	0	8
Medical	0	0	0	0	0	0	0	3	5	5	5	3	3	7	1	32
N/A or Rule Out	7	8	3	6	15	21	17	22	24	24	34	7	17	16	0	221
Narcotic Analgesic	4	6	5	11	19	26	19	42	36	44	49	53	54	140	62	570
None Detected	0	3	2	1	3	3	3	2	2	11	8	5	8	10	4	65
Not Tested	6	1	2	1	0	0	5	1	1	2	2	12	2	3	3	41
Refusal	4	10	6	15	18	27	11	27	49	56	49	70	91	47	21	501
Total	33	59	42	75	116	154	131	218	272	282	311	313	342	566	270	3184

STATE DRUG TRENDS – VERMONT DECP

	2015	2016	2017	2018*
Tox positive THC	56	73	68	85
Avg. / Mean	3.5 ng/ml	4.3 ng/ml	4.74 ng/ml	4.96 ng/ml
Highest	16 ng/ml	24 ng/ml	15 ng/ml	28 ng/ml
Lowest	0.50 ng/ml	0.52 ng/ml	.064 ng/ml	.055 ng/ml
Under 5 ng	43	54	40	55
Over 5 ng	13	19	28	30
Cannabis only	22	43	41	38

2019: 4.76 ng/ml

VPR AND VPT POLL

Is the fact that you are very or somewhat likely to use marijuana in the coming year due to the fact that the Vermont legislature legalized the possession of small amounts of marijuana for personal use, or is that law irrelevant to your decision?

23% Because of law

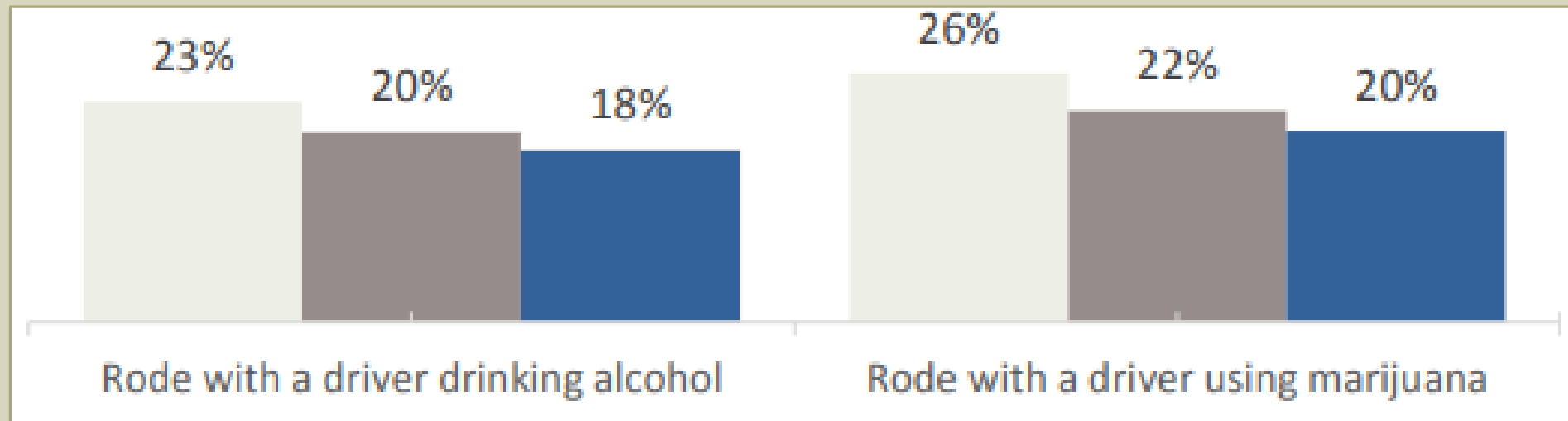
73% Irrelevant

4% Don't know/Refused

148 Total Respondents

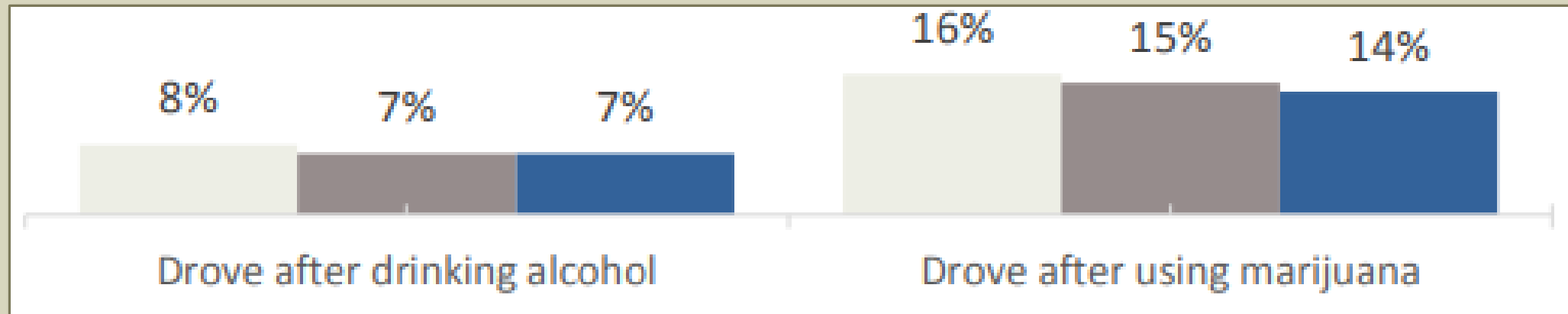
VERMONT'S YOUTH RISK BEHAVIOR SURVEY & THE PERCEPTION OF HARM

In the past 30 days...

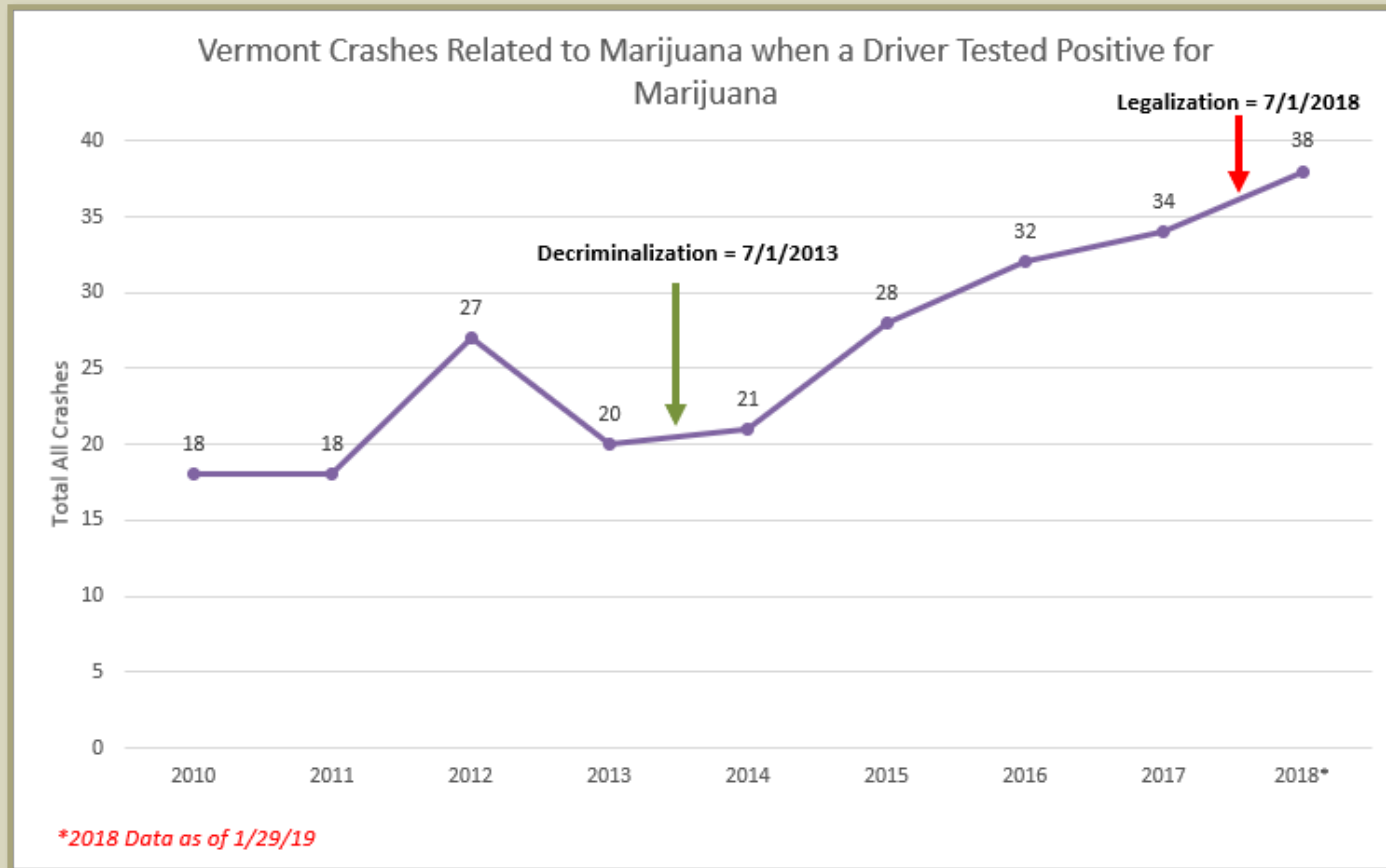


VERMONT'S YOUTH RISK BEHAVIOR SURVEY & THE PERCEPTION OF HARM

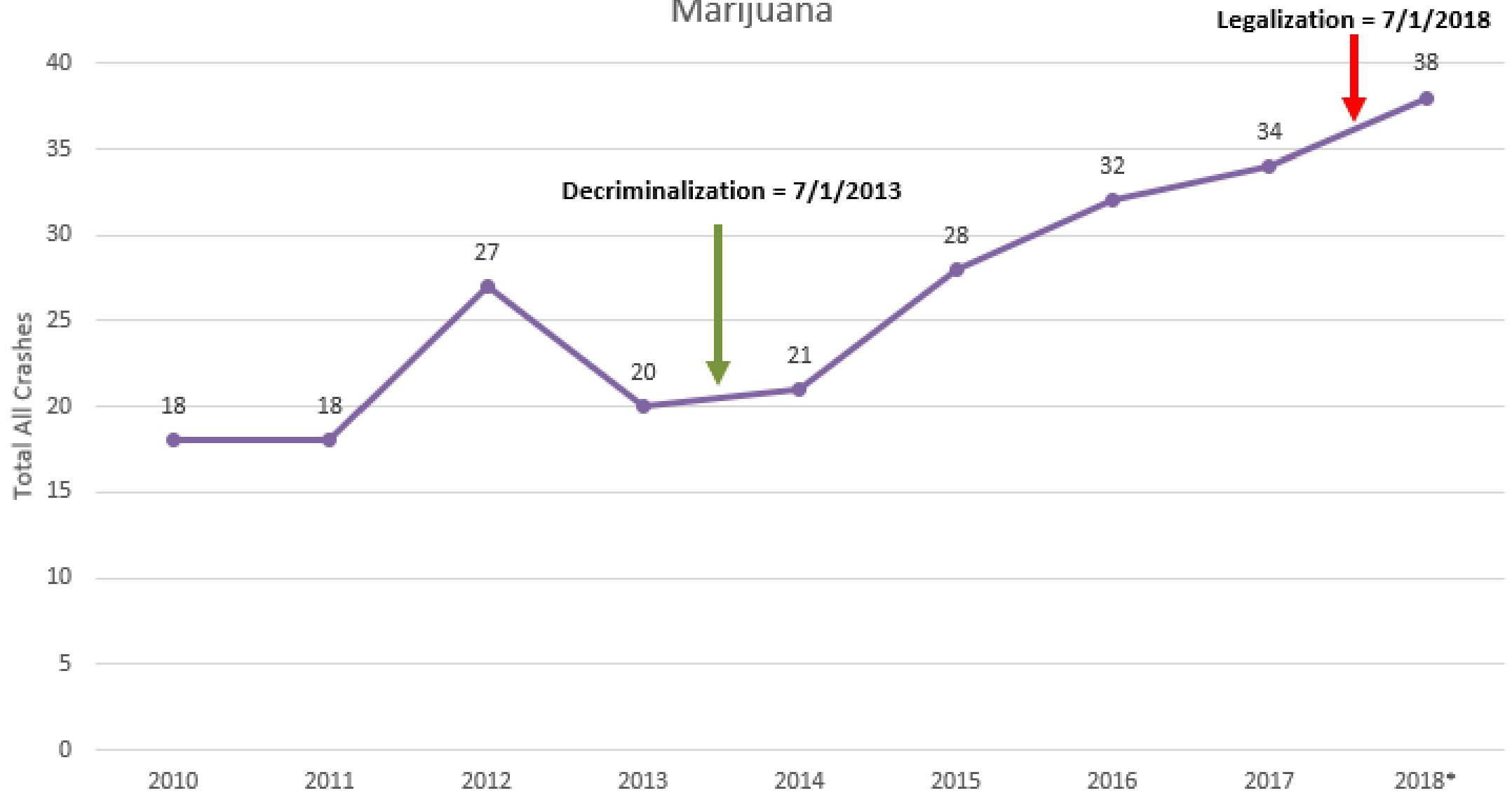
In the past 30 days...



TRENDS IN HIGHWAY CRASHES — VERMONT



Vermont Crashes Related to Marijuana when a Driver Tested Positive for Marijuana



**2018 Data as of 1/29/19*

CANNABIS AND PAIN MANAGEMENT

Opioids:

- mu Opioid receptor
- Dopamine

Cannabinoids:

- CB1 Receptor
- Inhibits GABA

NATIONAL DRUG TRENDS: THE ROLE OF GABA

GABA: (gamma-Aminobutyric Acid)

- Chief inhibitory neurotransmitter in the Central Nervous System

 **GABA**

 **DOPAMINE**

CANNABIS AND PAIN MANAGEMENT

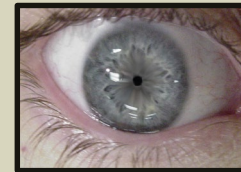
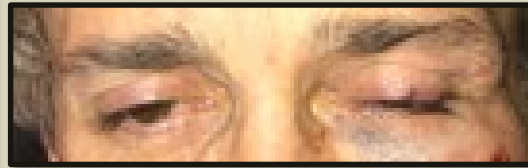
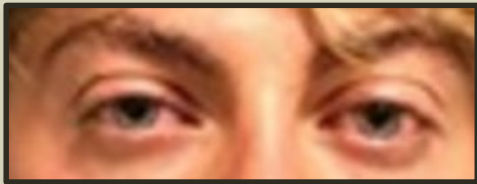
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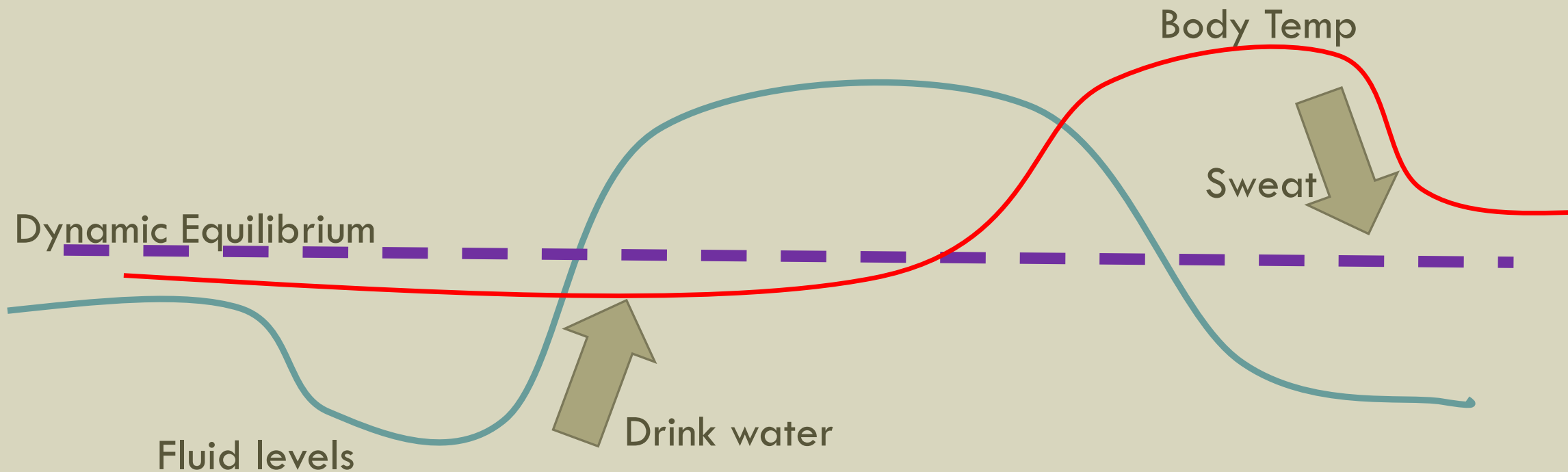
Drug Use and Impairment Symptomatology



THE PRINCIPLE OF HOMEOSTASIS

- The dynamic balance involving levels of salts, water, sugars and other materials in the body's fluids
- The body's systems are said to be in **“dynamic equilibrium”**

HOMEOSTASIS



HOMEOSTASIS ADHD EXEMPLAR



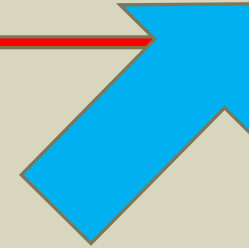
HOMEOSTASIS ADHD EXEMPLAR

Attention Deficit Hyperactivity Disorder (ADHD)

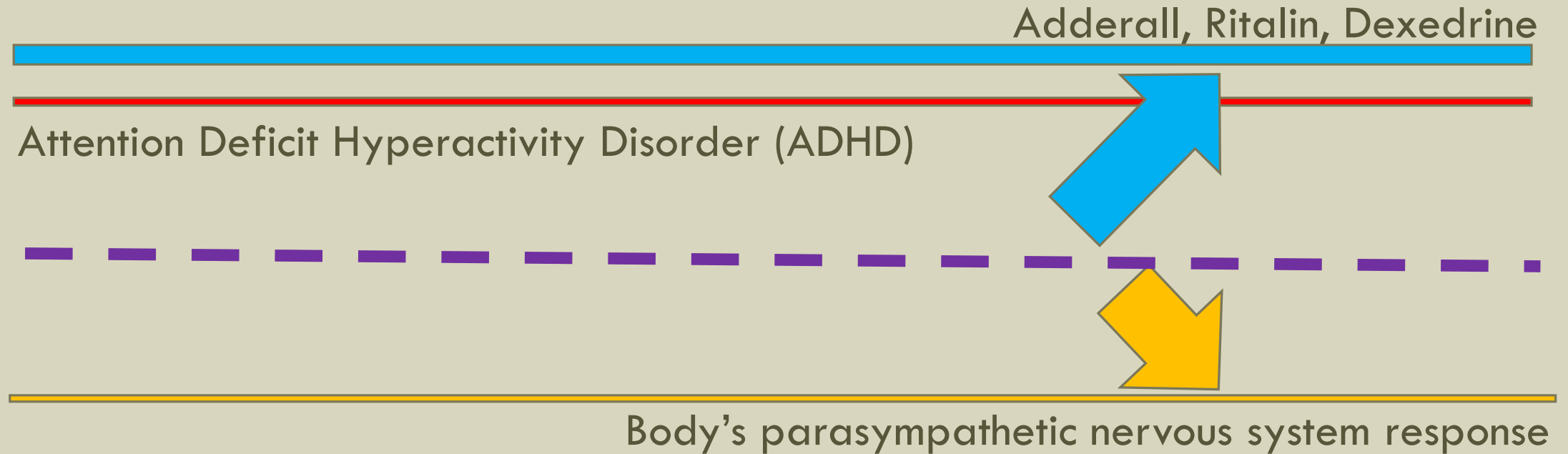
HOMEOSTASIS ADHD EXEMPLAR

Sympathomimetic drugs: Adderall, Ritalin, Dexedrine

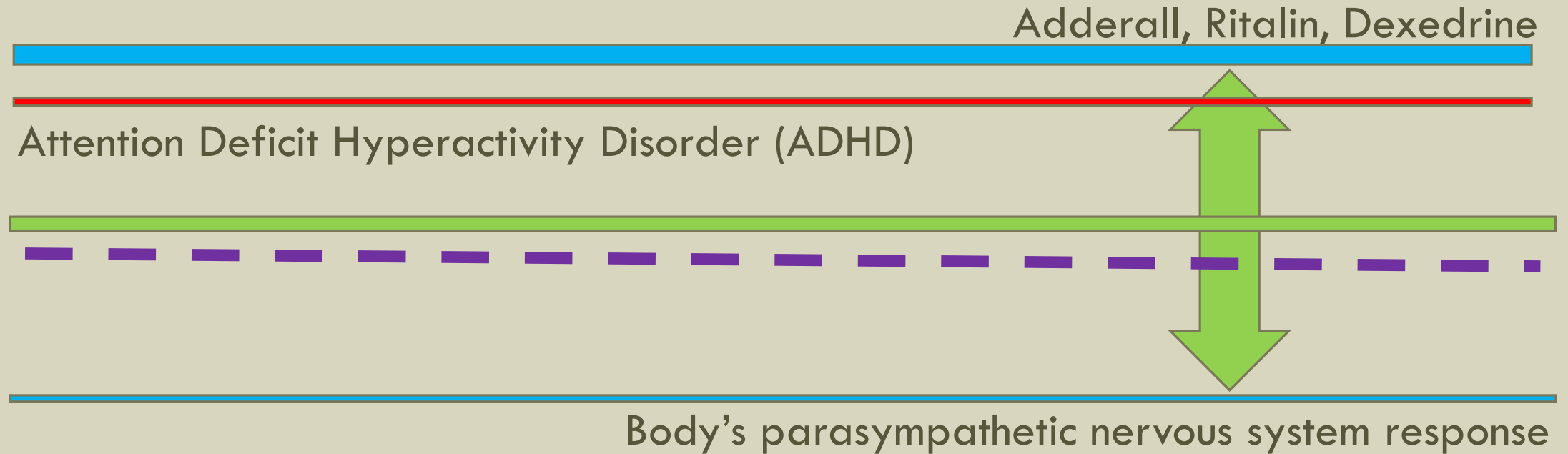
Attention Deficit Hyperactivity Disorder (ADHD)



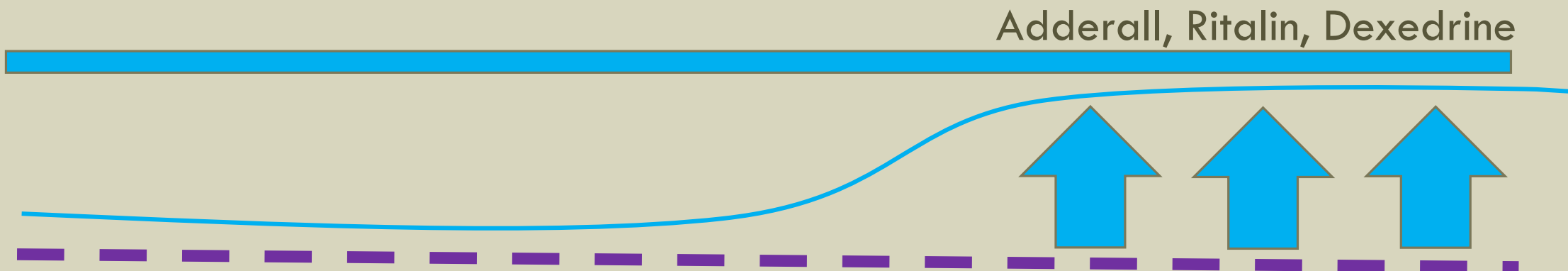
HOMEOSTASIS ADHD EXEMPLAR



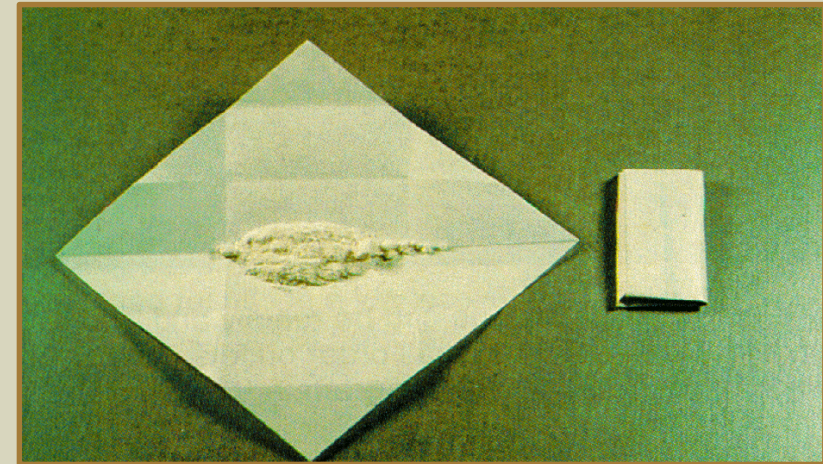
HOMEOSTASIS ADHD EXEMPLAR



HOMEOSTASIS NON-ADHD EXEMPLAR



CENTRAL NERVOUS SYSTEM STIMULANTS



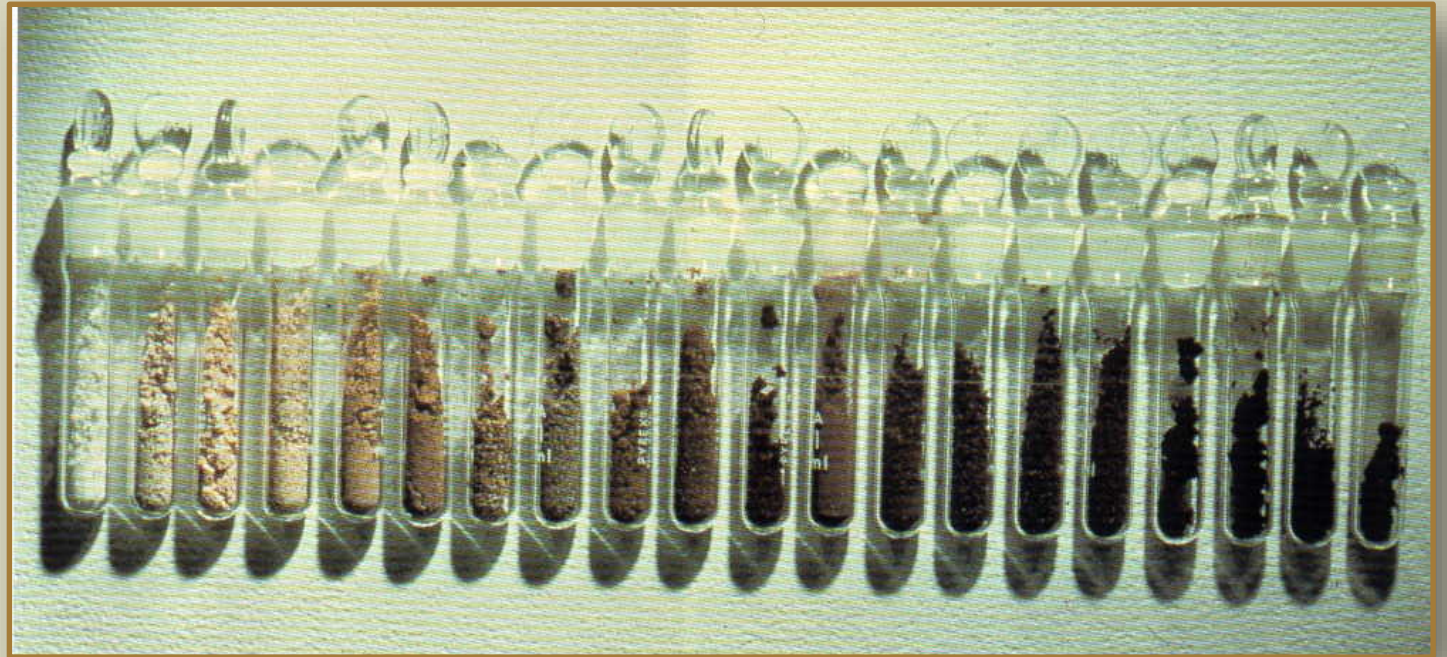
CENTRAL NERVOUS SYSTEM STIMULANTS



DISSOCIATIVE ANESTHETICS



NARCOTIC ANALGESICS



NARCOTIC ANALGESICS





NARCOTIC ANALGESICS



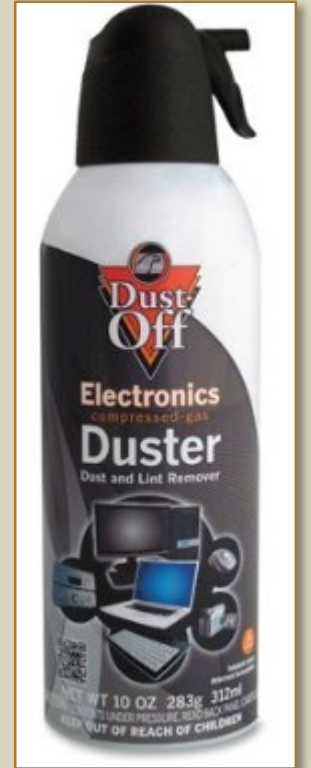
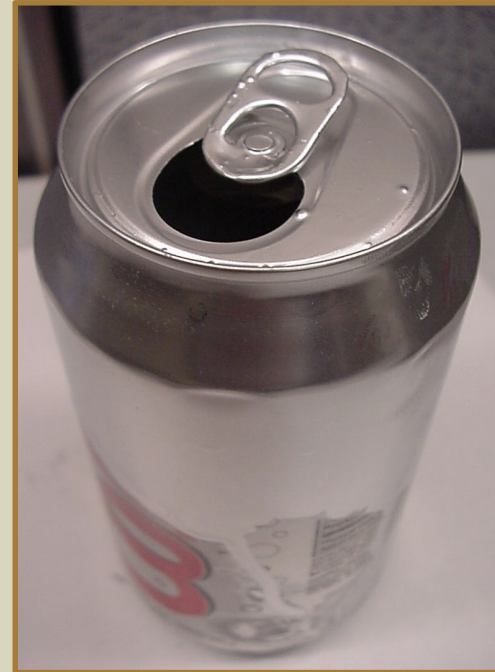
NARCOTIC ANALGESICS







INHALANTS



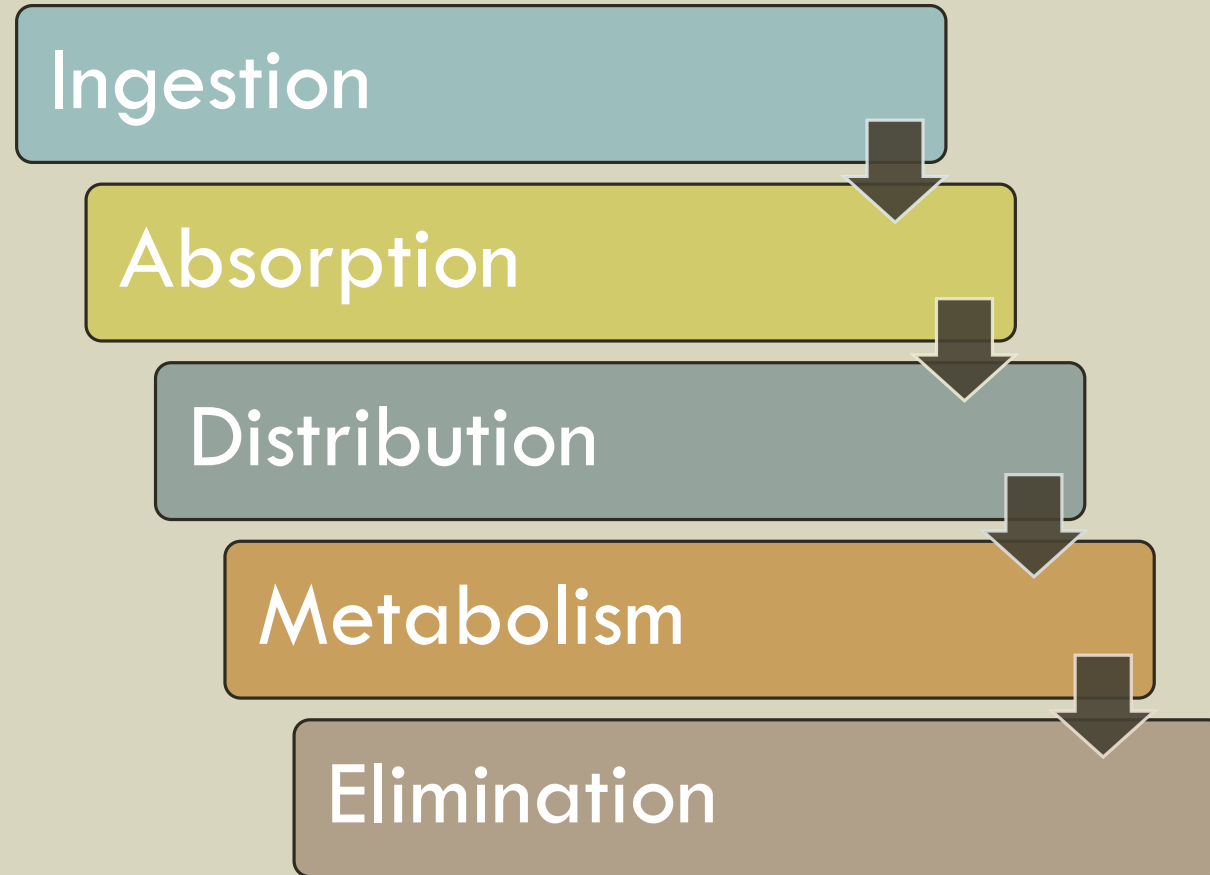


THE NEW LONGER LASTING
AXE EFFECT.





Think of drug impairment via the following process:



Think of drug impairment via the following process:

Ingestion

Oral | Smoke | Injection

Insufflation | Transdermal | Other?

Ingestion

- **Oral**
- **Smoke**
- **Injection**
- **Insufflation**
- **Transdermal**

- **Other?**

Ingestion



Ingestion



Ingestion



Ingestion



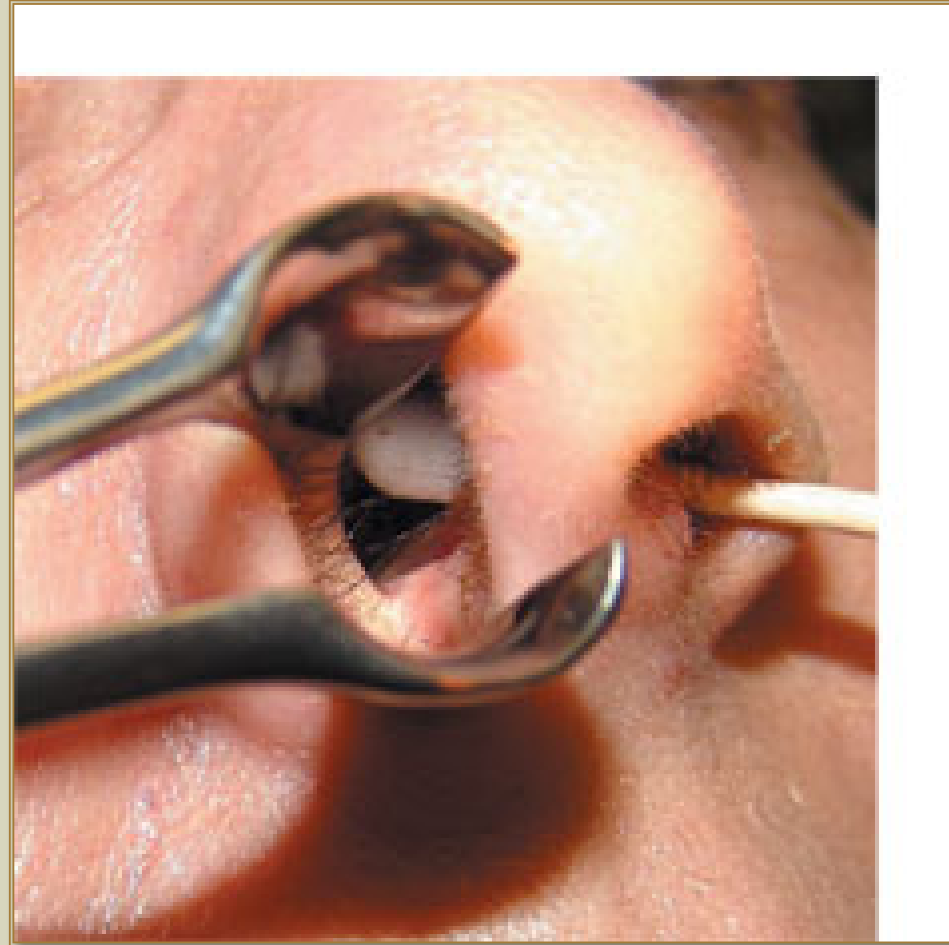
Ingestion



Ingestion



Ingestion







New Needle



Needle used once



Needle used twice



Needle used 6 times

The Stages of Bruise Colors

1.

pink
and red

2.

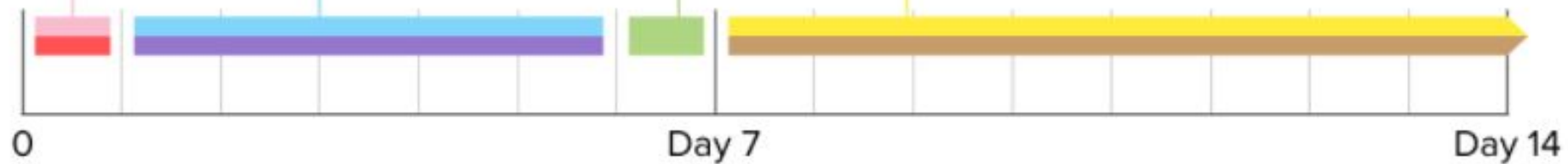
blue and
dark purple

3.

pale
green

4.

yellow
and brown













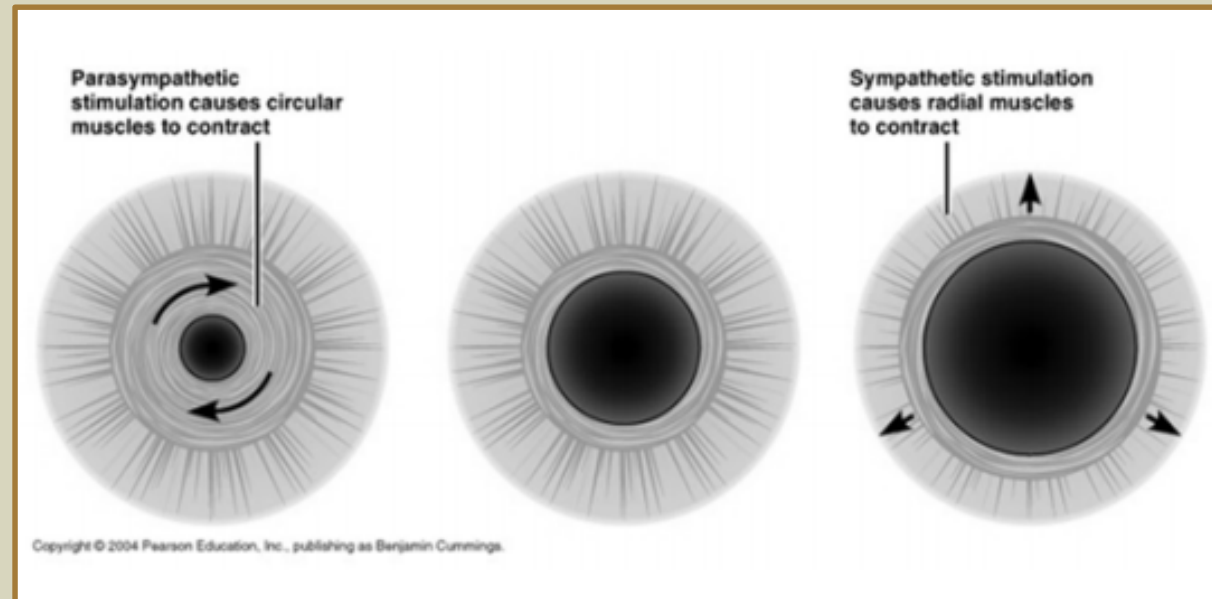




Absorption

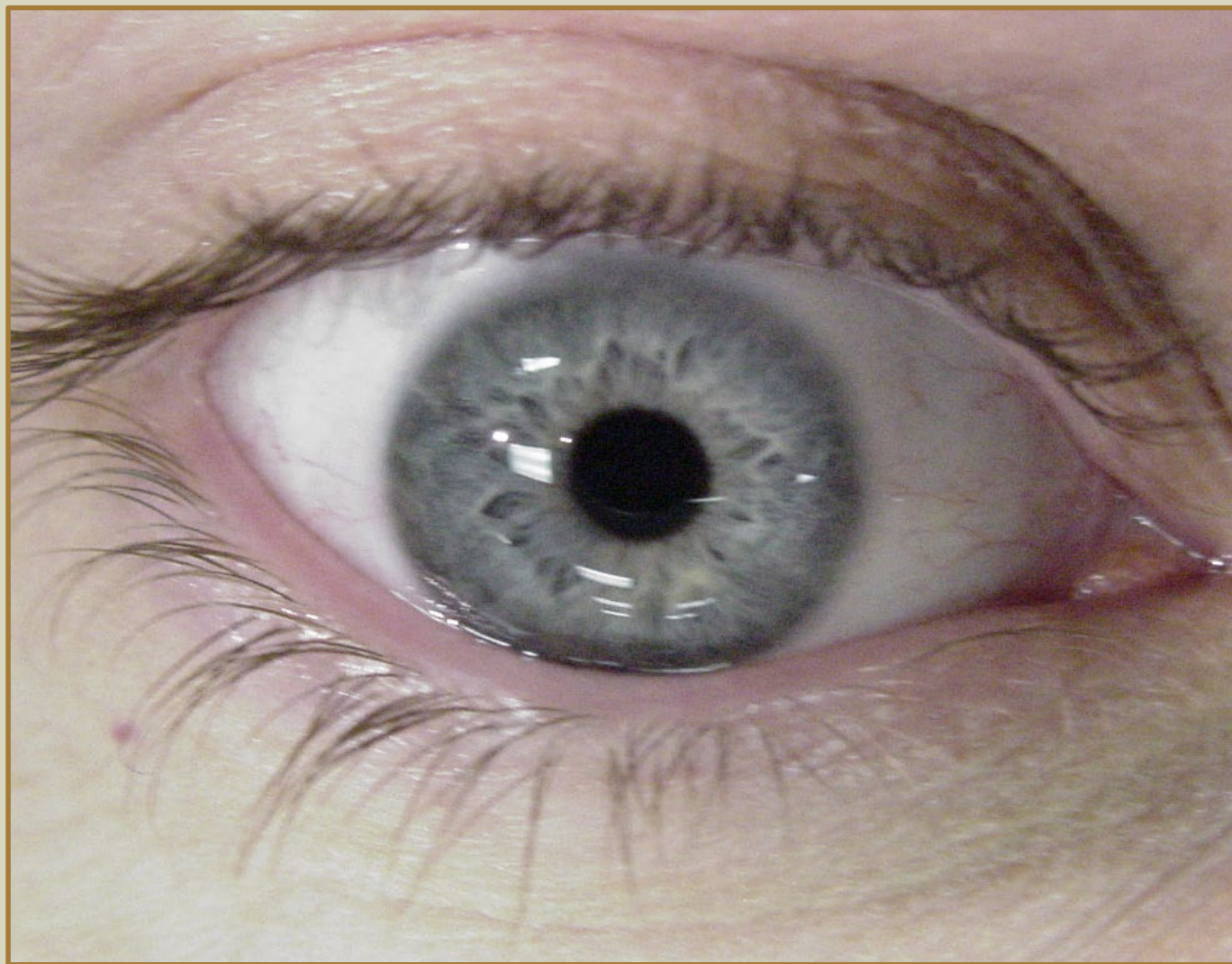
Distribution

THE EYES

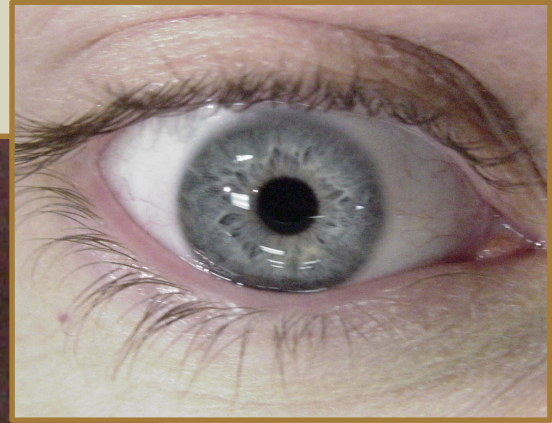




THE EYES



THE EYES





60
MINUTES
50TH SEASON



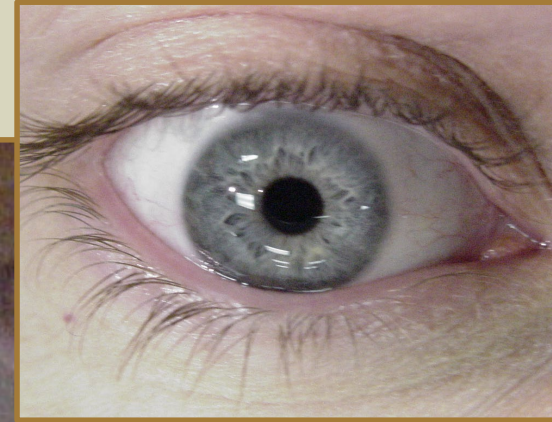
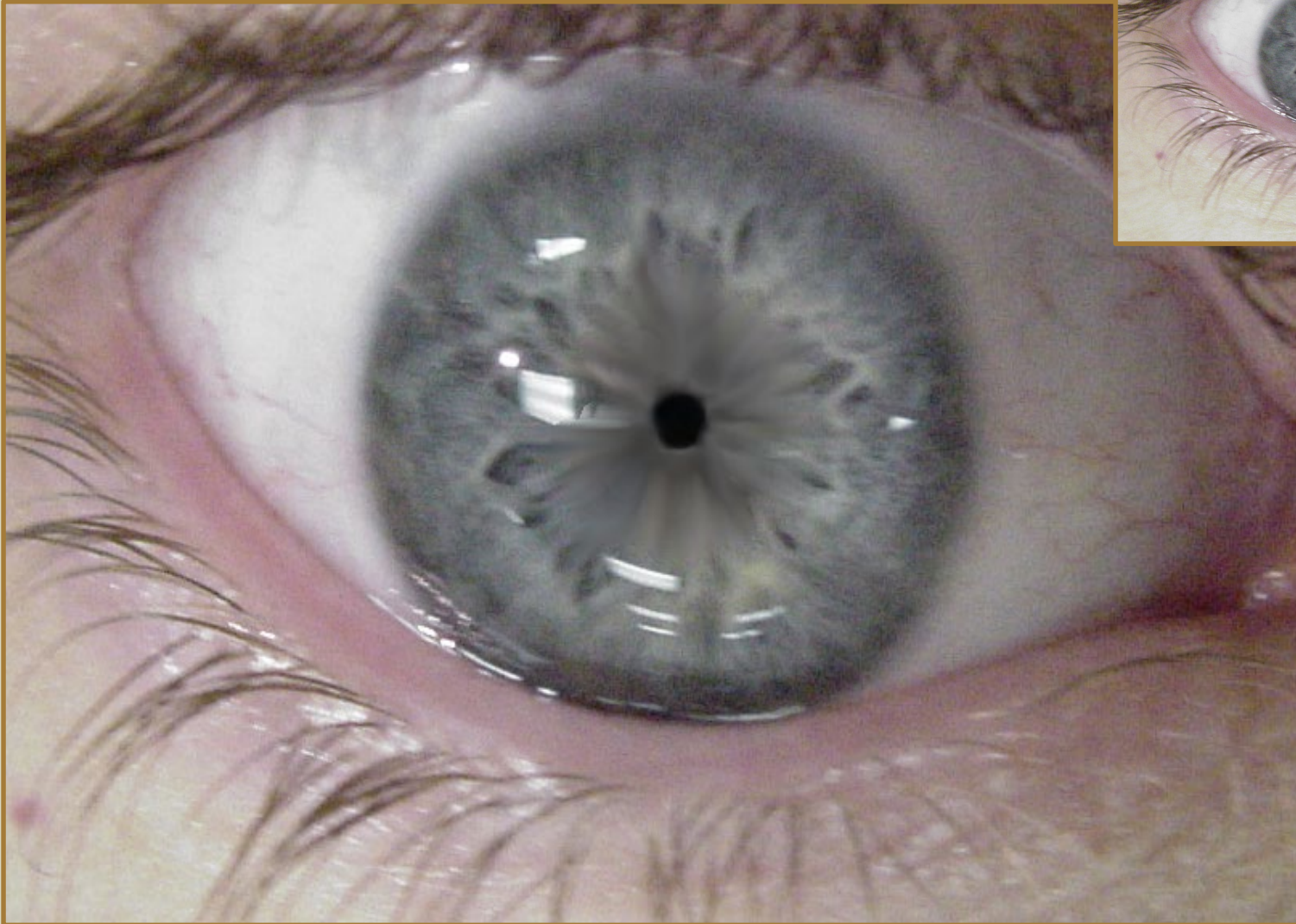








THE EYES













Only God Can Judge Me

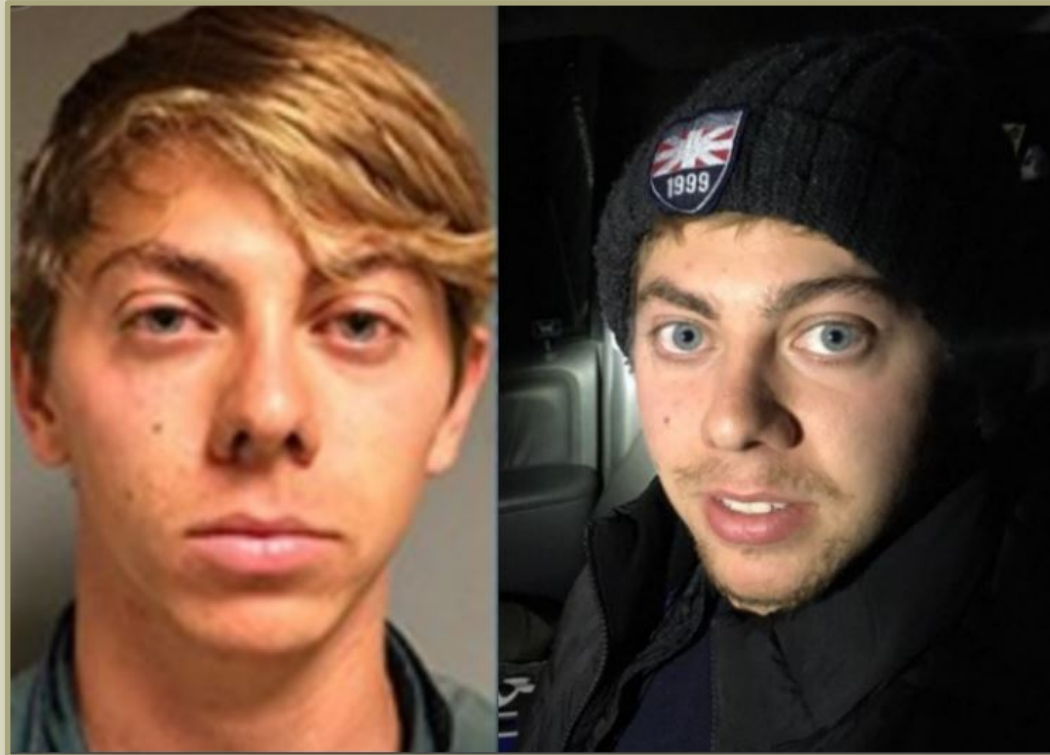




Gregory Post



Cannabis Impairment vs. No Impairment





STRATEGIES OF INTERVENTION

DON'T

not

TALK

STRATEGIES OF INTERVENTION

ENCOURAGE


- Express Concern
- “We observed. . .”
- Describe Appearances
- Describe Behavior

STRATEGIES OF INTERVENTION

AVOID

- Diagnosed
- Drugs
- Loaded
- High
- Drunk
- Suspect
- Arrest
- Out of Control
- Crazy
- Jail
- Others?

Suggested Resources

- [What Is Substance Abuse Treatment? A Booklet for Families](#)
Created for family members of people with alcohol abuse or drug abuse problems. Answers questions about substance abuse, its symptoms, different types of treatment, and recovery. Addresses concerns of children of parents with substance use/abuse problems.
- [Alcohol and Drug Addiction Happens in the Best of Families](#)
Describes how alcohol and drug addiction affect the whole family. Explains how substance abuse treatment works, how family interventions can be a first step to recovery, and how to help children in families affected by alcohol abuse and drug abuse.
- [It's Not Your Fault \(NACoA\) \(PDF | 12 KB\)](#) 
Assures teens with parents who abuse alcohol or drugs that, "It's not your fault!" and that they are not alone. Encourages teens to seek emotional support from other adults, school counselors, and youth support groups such as Alateen, and provides a resource list.
- [It Feels So Bad: It Doesn't Have To](#)
Provides information about alcohol and drug addiction to children whose parents or friends' parents might have substance abuse problems. Advises kids to take care of themselves by communicating about the problem and joining support groups such as Alateen.
- [After an Attempt: A Guide for Taking Care of Your Family Member After Treatment in the Emergency Department](#)
Aids family members in coping with the aftermath of a relative's suicide attempt. Describes the emergency department treatment process, lists questions to ask about follow-up treatment, and describes how to reduce risk and ensure safety at home.
- [Family Therapy Can Help: For People in Recovery From Mental Illness or Addiction](#)
Explores the role of family therapy in recovery from mental illness or substance abuse. Explains how family therapy sessions are run and who conducts them, describes a typical session, and provides information on its effectiveness in recovery.



Questions?

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DRUG TRENDS & IMPAIRMENT AND USE SYMPTOMATOLOGY

Sergeant Jay Riggen
Vermont State Police

2019 NORTHEAST TRANSPORTATION SAFETY CONFERENCE