

Tips and Alerts

Oneida County Prevention Council Bulletin

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Substance Use and Abuse Facts Among Teens

In a recent national study by the Centers for Disease Control and Prevention (CDC), several startling facts were uncovered about teen use of drugs and alcohol. Below are a just a few of the findings.

More than 6% of 16 or 17 year olds drove under the influence of drugs or alcohol. This means that, in a high school with 200 juniors, more than 12 of them drove under the influence. Car accidents are known to be the leading cause of death among young people aged 16 to 19.

Behind alcohol and marijuana, prescription drugs and cough medicine are most abused by teenagers. Since some prescription medications have psychoactive (mind-altering) properties, they are sometimes taken for non-medical reasons.

Bath salts, not to be confused with Epsom salts, are newly popular synthetic drugs that cause effects in the brain similar to amphetamines and MDMA (Ecstasy), but potentially more powerful. Manufacturers design new cathinone chemicals to get around legal restrictions, so effects may be very unpredictable.

K2 or Spice refers to a variety of herbal mixtures with experiences similar to marijuana. They often claim to be natural, but their active ingredients are often synthetic (or designer) cannabinoid compounds.

Did you know?

Regular teenage marijuana users lost an average of 8 IQ points as they got older and never regained them.

Young people whom abuse opioid painkillers like Oxycontin often switch to heroin use.

The most common lethal two-drug combination is prescription painkillers and alcohol.

1 in 10 eighth graders has tried inhalants to get high.

Visit www.drugabuse.gov for more information.

If you are interested in learning more about how you can get involved with Oneida County Communities that Care Coalition, or if you have any questions, please contact Judith H. Reilly, CPP, Services Director, at (315) 733-1709 or jreilly@cflrinc.org.