

PRESCRIPTION OPIOID AND STIMULANT PREVENTION TOOLKIT FOR RURAL YOUTH



MONTANA
STATE UNIVERSITY

EXTENSION

PARENTAL AWARENESS AND ACTION





MEET THE PROJECT TEAM

The following Montana State University faculty and staff created the content of this parent module

- Michelle U. Grocke-Dewey, Ph.D. Principal Investigator, Assistant Professor, Health & Human Development, MSU Extension FCS Health & Wellness Specialist
- Alison Brennan, Ph.D. Principal Investigator, Assistant Professor, Health & Human Development, MSU Extension FCS Mental Health Specialist
- Sandra J Bailey, Ph.D., Professor Emeritus, Montana State University.
- Barbara Allen, M.S. Program Director, MSU Extension Associate Specialist
- Jennifer Munter, Program Manager, MSU Extension





LEARNING OBJECTIVES

At the conclusion of this module, we expect participants will be able to:

- Understand why opioids and stimulants are of concern
- Understand the basics of adolescent development
- Identify risk and resilience factors related to opioid and stimulant use in youth
- Recognize signs of opioid and stimulant use in youth
- Start conversations with youth suspected of using opioids or stimulants
- Identify strategies for being an advocate for youth in your community





The Blackfeet Nation's Plight Underscores the Fentanyl Crisis on Reservations

By Aaron Bolton Kaiser Health News May 26, 2022



Marla Ollinger lives on a 300-acre ranch near Browning. Her son, Justin Lee Littledog, moved in with her in 2020. Littledog died of an overdose in March. Buy Now
Tony Byrum for NPR

TRENDING NOW

- 1 Yellowstone officials sound hopeful tone on flood repairs, reopening
- 2 Yellowstone National Park to partially reopen after flooding: Date, entry system announced
- 3 "The park is our livelihood": Gardiner faces loss of tourism

CONCERN

WHY IS THERE SO MUCH CONCERN ABOUT OPIOIDS AND STIMULANTS IN RURAL AREAS?

[READ BOZEMAN DAILY CHRONICLE FULL ARTICLE](#)

IS THERE REALLY A PROBLEM FOR OUR YOUTH?



SIGN IN NPR SHOP DONATE

NEWS CULTURE MUSIC PODCASTS & SHOWS SEARCH

NATIONAL

Teen overdose deaths rose recently, largely due to fentanyl

April 12, 2022 · 4:17 PM ET
Heard on All Things Considered

RHITU CHATTERJEE

3-Minute Listen + PLAYLIST

[LISTEN TO NPR RADIO 3-MINUTE AUDIO](#)



WHAT ARE OPIOIDS



[Oxycodone Fact Sheet \(DEA.GOV\)](#)



[Hydromorphone Fact Sheet \(DEA.GOV\)](#)



[Morphine Fact Sheet \(DEA.GOV\)](#)

Opioids are medications prescribed for patients who are experiencing severe pain. Used as prescribed, they can be beneficial and are generally used short term.



WHAT ARE ILLICIT OPIOIDS?



[Heroin Fact Sheet \(DEA.GOV\)](#)



[Fentanyl Fact Sheet \(DEA.GOV\)](#)



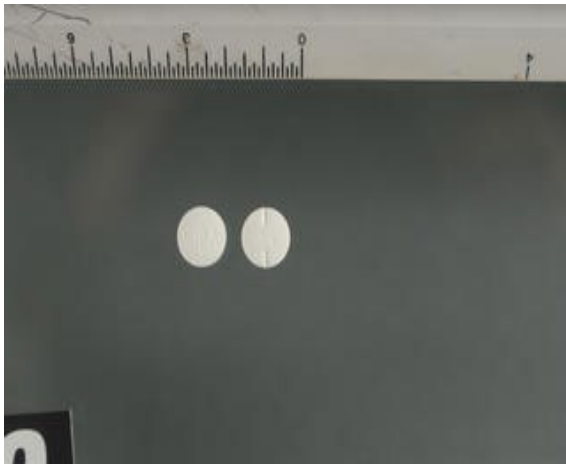
[U-47700 Synthetic Opioid Fact Sheet \(DEA.GOV\)](#)

Illegal opioids are any that are not made by a licensed pharmaceutical company.



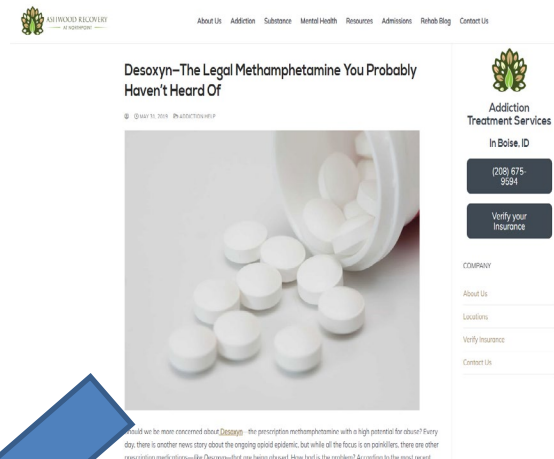
WHAT ARE STIMULANTS?

[Prescription Amphetamines FactSheet \(DEA.GOV\)](#)



Stimulants enhance feel-good chemicals in the brain such as dopamine and norepinephrine and speed up the body's systems

[Prescription Methamphetamine Fact Sheet \(DEA.GOV\)](#)



Amphetamines are prescribed as Adderall®, Concerta®, Dexedrine®, Focalin®, Metadate®, Methylin®, Ritalin®.

[Read 2019 Article by Ashwood Recovery in Boise, ID](#)

Methamphetamines are prescribed as Desoxyn®



WHAT ARE ILLEGAL STIMULANTS?



[Bath-Salts Fact Sheet \(dea.gov\)](#)



[Cocaine Fact Sheet \(dea.gov\)](#)



[Crystal Meth Fact Sheet \(dea.gov\)](#)

According to the United States Drug Enforcement Administration, several stimulants are highly addictive and have no medical use in the United States ([DEA drug fact sheet, 2020](#)).



EMOJI DRUG CODE | DECODED

COMMON EMOJI CODES

FAKE PRESCRIPTION DRUGS

PERCOCET & OXYCODONE



XANAX



ADDERALL



DEALER SIGNALS

DEALER ADVERTISING



HIGH POTENCY



UNIVERSAL FOR DRUGS



LARGE BATCH



OTHER DRUGS

METH



HEROIN



COCAINE



MDMA & MOLLIES



MUSHROOMS



COUGH SYRUP



MARIJUANA



This reference guide is intended to give parents, caregivers, educators, and other influencers a better sense of how emojis are being used in conjunction with illegal drugs. Fake prescription pills, commonly laced with deadly fentanyl and methamphetamine, are often sold on social media and e-commerce platforms – making them available to anyone with a smartphone.

#ONEPILLCANKILL

dea.gov/onepill

Disclaimer: These emojis reflect common examples found in DEA investigations. This list is not all-inclusive, and the images above are a representative sample.





PHYSICAL



DECISION MAKING



A Time of Many Changes

SOCIAL AND EMOTIONAL



ADOLESCENT DEVELOPMENT





PHYSICAL

- Faster growth
- Puberty



SOCIAL AND EMOTIONAL

- More self-conscious



- Spend more time with friends

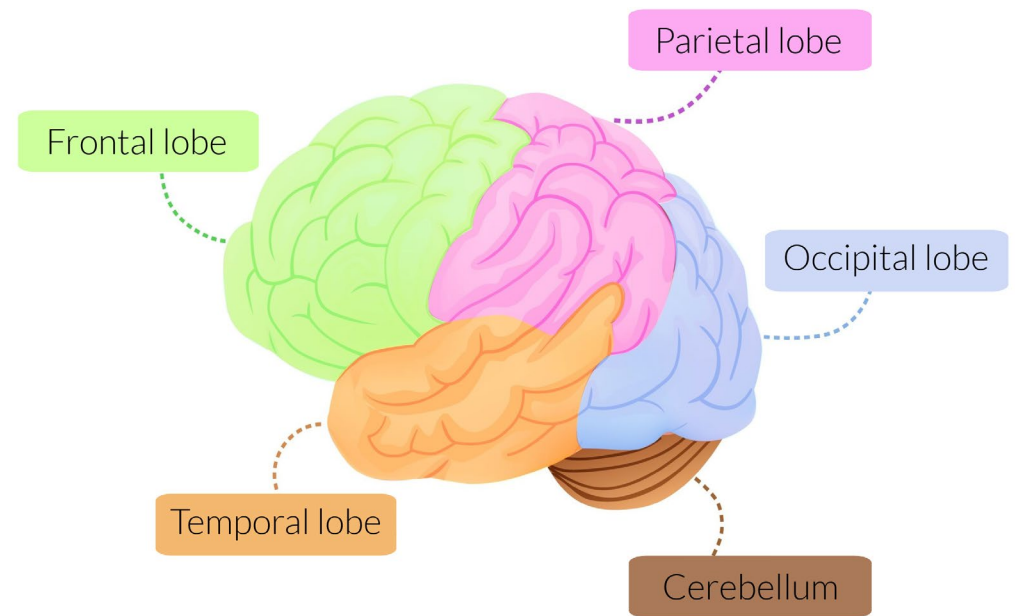


- Disequilibrium



How brain development impacts adolescents' decision making and risk taking

- Frontal Lobe: Thinking—
Planning--Problem Solving—
Emotions--Behavioral
Control-- Personality
- Parietal lobe: Perceptions--
Making Sense of the World--
Arithmetic and Spelling
- Occipital lobe: Vision
- Temporal lobe: Memory—
Understanding--Language



THE ADOLESCENT BRAIN



DECISION MAKING



- Brain developing
- Reasoning changing
- Risk taking

UCLA researcher and assistant professor Dr. Adriana Galvan

Hit play twice to access this video OR, click on this link: <https://youtu.be/LWUkW4s3XxY>





DID YOU KNOW?

According to the 2021 Montana Youth Risk Behavior Survey Report

In 2019, over **1 in 10** high school students reported taking a prescription drug without a doctor's prescription

48% of youth reported vaping at least once

2 in 10 youth tried alcohol by age 12

2 in 10 youth tried marijuana by age 14





DID YOU KNOW?

Taking a prescription drug such as OxyContin or Adderall in a way that is not prescribed or taking someone else's prescription is called **diversion**. This is a common way youth access opioids and stimulants.



IDENTIFYING COUNTERFEIT OPIOIDS

Can you identify which of the pictured pills are from a pharmacy and which are illegally produced?



Oxycodone

Adderall

Xanax

In 2021, the DEA seized over 9.5 million fake pills (DEA.gov)





DID YOU KNOW?

Nonmedical use of prescription drugs by adolescents and young adults has surpassed all illicit drugs except marijuana

Nonmedical use has become a public health problem

Over half of overdose deaths in young people up to age 25 are from opioids





DID YOU KNOW?

Adolescents are primarily introduced to opioids by medical providers

Prescribed opioids that are left unused present a potential for misuse

Earlier use of prescription opioids can lead to opioid misuse later in life



PAUSE HERE AND PLAY VIDEO

Listen to the story of a pastor who overcame a substance use disorder, which he developed after a tennis injury as a young person



<https://youtu.be/48ayaqaclxE>





- Not following the instructions from the doctor
- Taking pills that are not prescribed for you
- Taking opioids to get high

WAYS OPIOIDS ARE MISUSED





— Drowsiness

— Constipation

— Nausea or vomiting

— Constricted pupils

— Dizziness or weakness

— Headaches

— Dry mouth

— Loss of appetite

— Sweating

— Mood changes

Source:
[Opioids | Youth.gov](https://www.youth.gov)

SIGNS OF OPIOID MISUSE IN YOUTH





■ Rotting teeth ■ Dilated pupils

■ Thinning body

■ Intense scratching

■ Paranoia or confusion

■ Acne or sores

■ Irritability

Source: [Meth Symptoms & Signs of Use \(americanaddictioncenters.org\)](http://americanaddictioncenters.org)

SIGNS OF STIMULANT MISUSE IN YOUTH





PAUSE HERE AND REVIEW

For a more complete description of opioids, review the following module



[Module One: Introduction to Opioids](#)



PAUSE HERE AND PLAY VIDEO

Opioids



4-min video

Stimulants



5-min video

Listen to these two short videos that provide an overview of prescription opioids and stimulants.





RISK AND RESILIENCE FACTORS

- Risk Factors



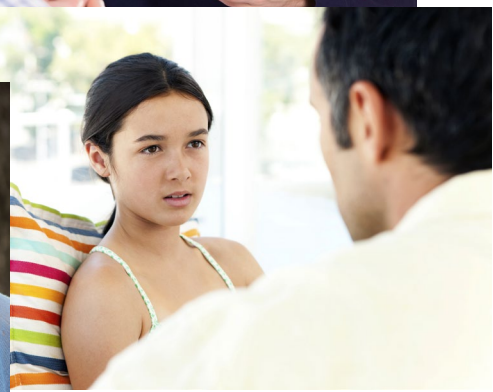
- Protective Factors





WHAT CAN I DO AS A PARENT?

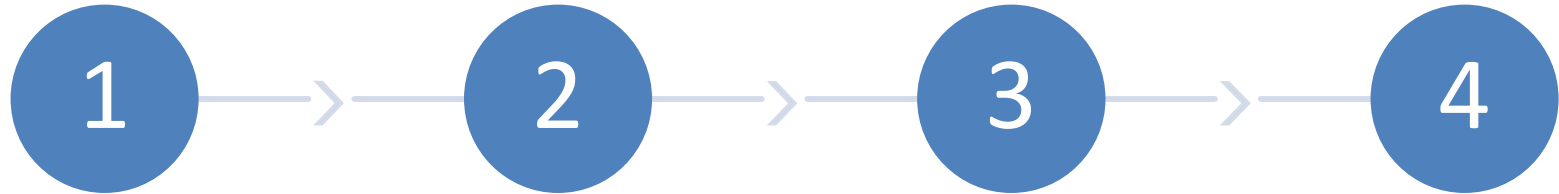
- Talk to your children early and often
- Use teachable moments
- Ask for their thoughts on the topic
- Model a healthy lifestyle



Refer to the parent handout for more information



Use **active listening** when talking to your teen. Frame your discussion around



Concern:

I noticed you seem (sad, angry etc.). I care about you and would like to know how I can help?

Empathy:

That sounds like a difficult situation you are having with your friend. How are you doing?

Paraphrasing:

Sounds like you are pretty upset with your friend.

Clarifying:

Are you planning to talk with your friend about what happened?



Avoid solving the problem for them. Instead, help them generate their own solutions by asking them questions and providing guidance.

- How might you approach your friend about this?
- Would you like to talk about ideas?

WHAT CAN I DO AS A PARENT?





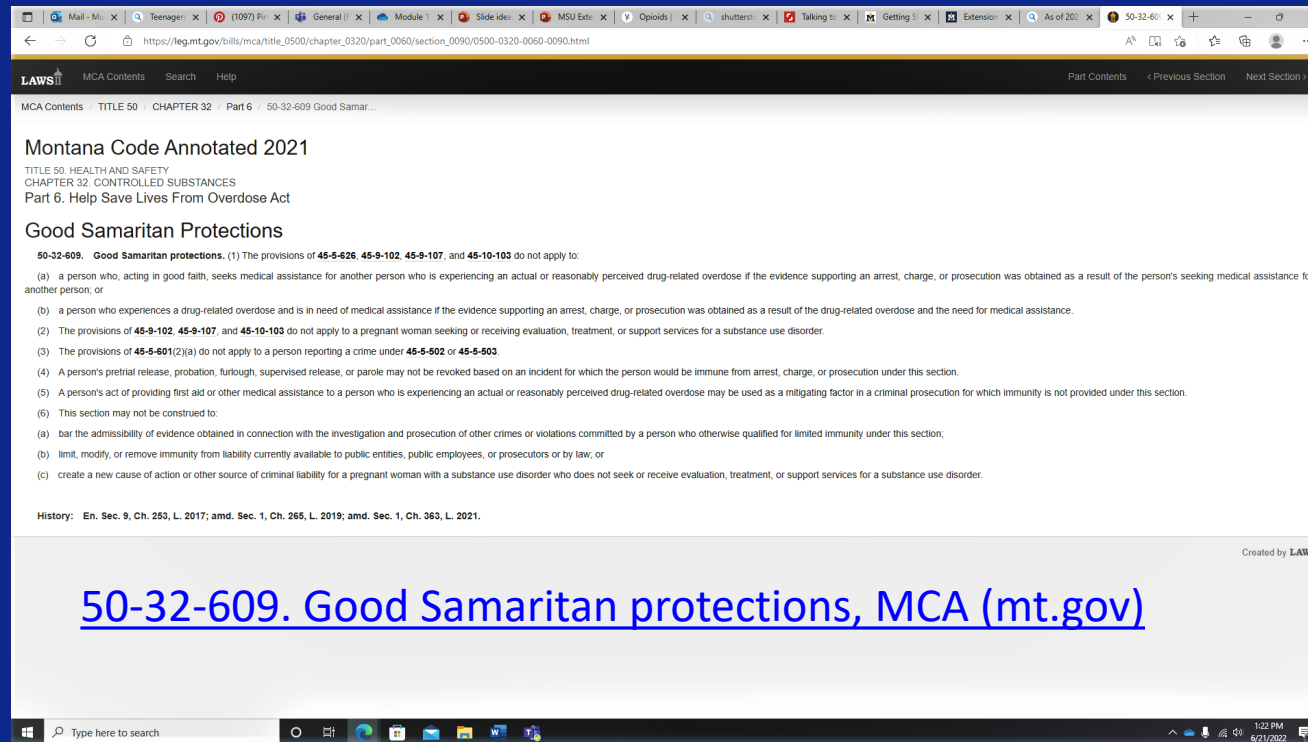
WHAT CAN I DO AS A PARENT?

- Understand the developmental issues your child is experiencing
- Realize risk-taking is normal during adolescence, however, parents need to remain aware
- Be involved in your child's life



DID YOU KNOW?

As of 2021, Montana has a Good Samaritan Law to obtain help for someone who has overdosed on drugs



The screenshot shows a web browser displaying the Montana Code Annotated 2021 website. The page is titled "Montana Code Annotated 2021" and is part of "CHAPTER 32. CONTROLLED SUBSTANCES" under "TITLE 50. HEALTH AND SAFETY". The specific section is "Part 6. Help Save Lives From Overdose Act" and "Good Samaritan Protections". The text describes the "Good Samaritan protections" and lists several provisions (1) through (6) and (a) through (c) that outline the law's scope and limitations. The URL in the browser address bar is "https://leg.mt.gov/bills/mca/title_0500/chapter_0320/part_0060/section_0090/0500-0320-0060-0090.html". The page footer includes the text "Created by LAWSII".

Montana Code Annotated 2021
TITLE 50. HEALTH AND SAFETY
CHAPTER 32. CONTROLLED SUBSTANCES
Part 6. Help Save Lives From Overdose Act
Good Samaritan Protections

50-32-609. Good Samaritan protections. (1) The provisions of **45-5-626**, **45-9-102**, **45-9-107**, and **45-10-103** do not apply to:

- (a) a person who, acting in good faith, seeks medical assistance for another person who is experiencing an actual or reasonably perceived drug-related overdose if the evidence supporting an arrest, charge, or prosecution was obtained as a result of the person's seeking medical assistance for another person; or
- (b) a person who experiences a drug-related overdose and is in need of medical assistance if the evidence supporting an arrest, charge, or prosecution was obtained as a result of the drug-related overdose and the need for medical assistance.

(2) The provisions of **45-9-102**, **45-9-107**, and **45-10-103** do not apply to a pregnant woman seeking or receiving evaluation, treatment, or support services for a substance use disorder.

(3) The provisions of **45-5-601(2)(a)** do not apply to a person reporting a crime under **45-5-502** or **45-5-503**.

(4) A person's pretrial release, probation, furlough, supervised release, or parole may not be revoked based on an incident for which the person would be immune from arrest, charge, or prosecution under this section.

(5) A person's act of providing first aid or other medical assistance to a person who is experiencing an actual or reasonably perceived drug-related overdose may be used as a mitigating factor in a criminal prosecution for which immunity is not provided under this section.


(6) This section may not be construed to:

- (a) bar the admissibility of evidence obtained in connection with the investigation and prosecution of other crimes or violations committed by a person who otherwise qualified for limited immunity under this section;
- (b) limit, modify, or remove immunity from liability currently available to public entities, public employees, or prosecutors or by law; or
- (c) create a new cause of action or other source of criminal liability for a pregnant woman with a substance use disorder who does not seek or receive evaluation, treatment, or support services for a substance use disorder.

History: En. Sec. 9, Ch. 253, L. 2017; amd. Sec. 1, Ch. 265, L. 2019; amd. Sec. 1, Ch. 363, L. 2021.

[50-32-609. Good Samaritan protections, MCA \(mt.gov\)](https://leg.mt.gov/bills/mca/title_0500/chapter_0320/part_0060/section_0090/0500-0320-0060-0090.html)






WHAT DO TEENS SAY IS HELPFUL?

They (my parents) would just bring it (the subject of substance misuse and risk taking) up and tell me the bad effects it causes and them being open about everything helped the most.

16-year-old Montana Teen



- 
- Parent with high levels of love and warmth with firmness on expectations
 - Know who your child is with and where they are at when with friends
 - Set expectations with your child

Refer to parent handout
for more information

WHAT CAN I DO AS A PARENT?





IF YOU SUSPECT SUBSTANCE MISUSE.....

- Choose a time when your adolescent is not under the influence to talk to them
- Be specific as to why you have the suspicion
- Be prepared for your adolescent to become angry and upset
- Reinforce what you think about drug use
- Impose an appropriate consequence
- Get help if you believe your adolescent may have an addiction problem

Know you are not alone when you suspect substance use



BECOME A PARENT ADVOCATE

Talk to other parents





BECOME A PARENT ADVOCATE

Educate the community about Deterra bags and drop boxes



BECOME A PARENT ADVOCATE

Advocate for naloxone to be available in schools



For more information
about naloxone please visit
[Naloxone \(mt.gov\)](http://Naloxone(mt.gov))





BECOME A PARENT ADVOCATE

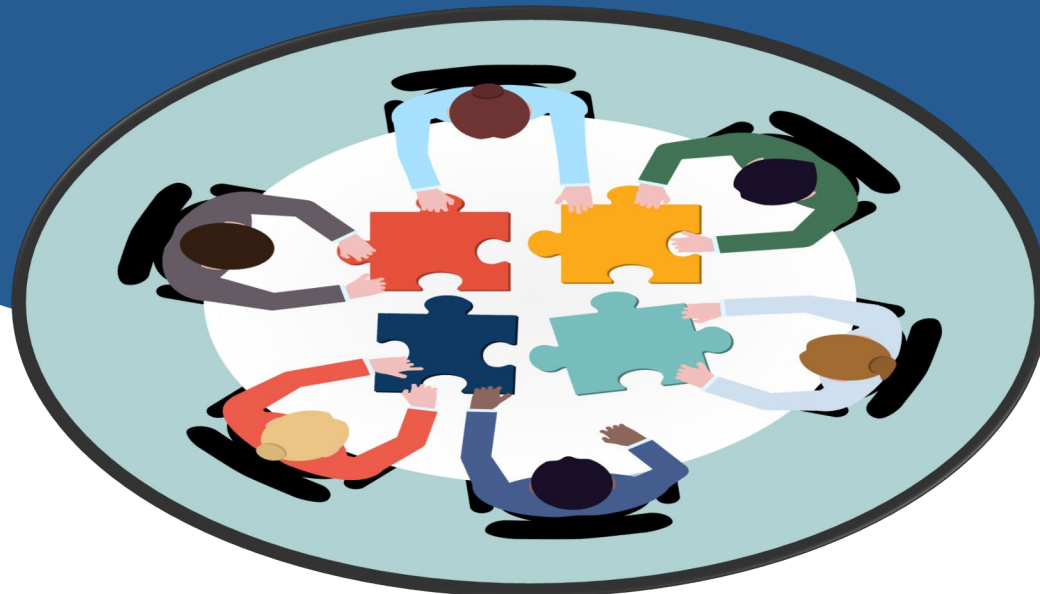
Educate community members about opioids and stimulants, including but not limited to:

- Educators and coaches
- Caregivers
- Municipal and community employees
- Pharmacists and healthcare providers
- Youth



BECOME A PARENT ADVOCATE

Work with organizations,
schools, and other parents to
develop physical spaces
for teens to interact





ABOVE ALL, LET YOUR ADOLESCENT KNOW
THAT YOU LOVE AND RESPECT THEM.



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