

Long Reach High School  
September 17, 2019



## Clearing Paths for Success: Key Strategies for Parents

Amelia M. Arria, Ph.D.

Professor, Department of Behavioral and Community Health, University of Maryland School of Public Health  
Director, Center on Young Adult Health and Development  
aarria@umd.edu

1

## Overview

Background

What do parents care about?

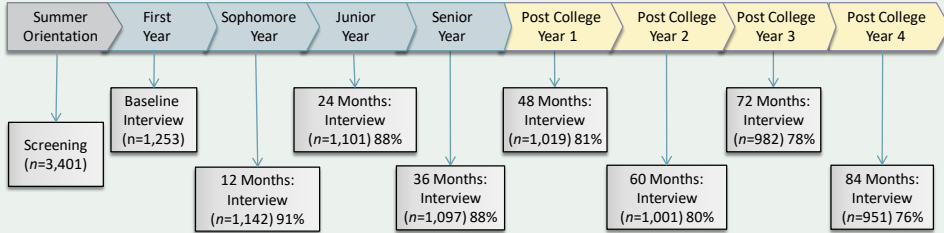
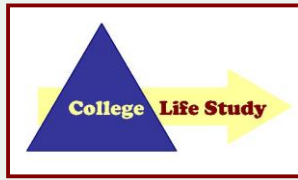
Ongoing and Recent Concerns

What parents should be aware of

What parents can do

Recap/Q & A

2



3

# 6 PARENTING PRACTICES

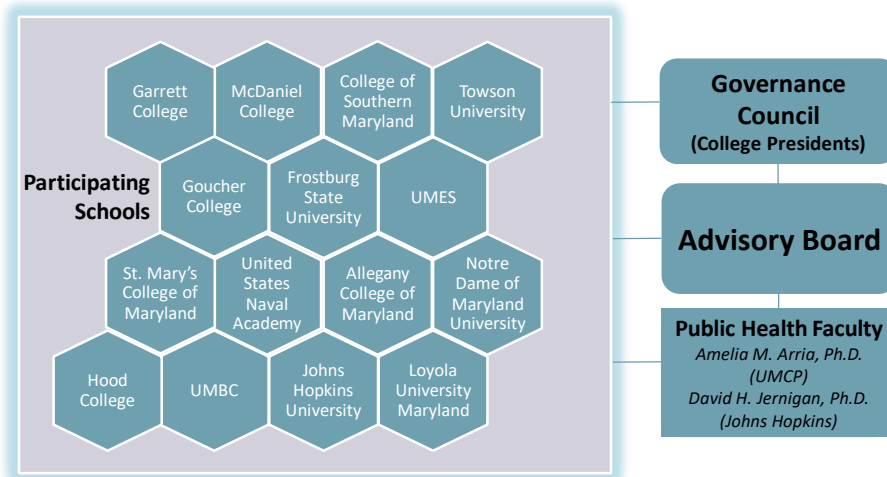
Help Reduce the Chances Your Child will Develop a Drug or Alcohol Problem

Here are 6 research-supported parenting practices to set you on the right path.

[https://drugfree.org/wp-content/uploads/2011/07/partnership\\_components\\_tool\\_revised\\_031612.pdf](https://drugfree.org/wp-content/uploads/2011/07/partnership_components_tool_revised_031612.pdf)

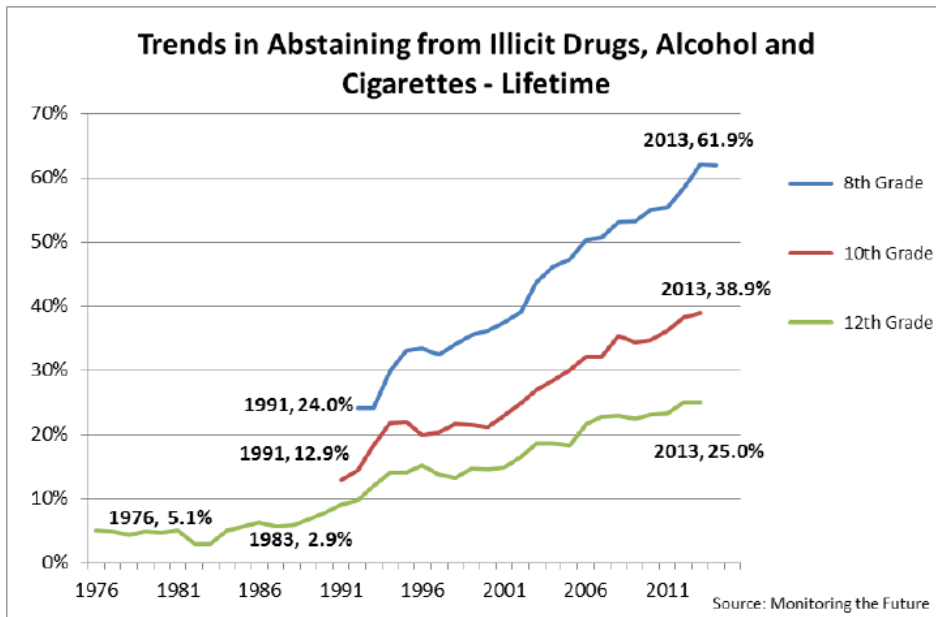
4

# The Maryland Collaborative



**Funding Acknowledgment:**  
 The Behavioral Health Administration (BHA)  
 Maryland Department of Health and Mental Hygiene

5



DuPont, R. L. (2015). *Commentary: It's time to re-think prevention: Increasing percentages of adolescents understand they should not use any addicting substances.* Rockville, MD: Institute for Behavior and Health.

6



7

Who do we define as a parent?

## Trusted adults

other biological or non-biological caregivers  
(e.g., aunts, uncles, grandparents, older  
sibling... the list goes on...)

8

## What do parents care about?

- ❖ Happiness
- ❖ Safety
- ❖ Health
- ❖ Maximizing their potential
- ❖ Learning how to cope
- ❖ Avoid distractions that might de-rail them
- ❖ Resilience – bouncing back from adversity
- ❖ Autonomy
- ❖ Supportive friends
- ❖ Knowing when to seek help/ask for help

9



**ACADEMIC GOALS**

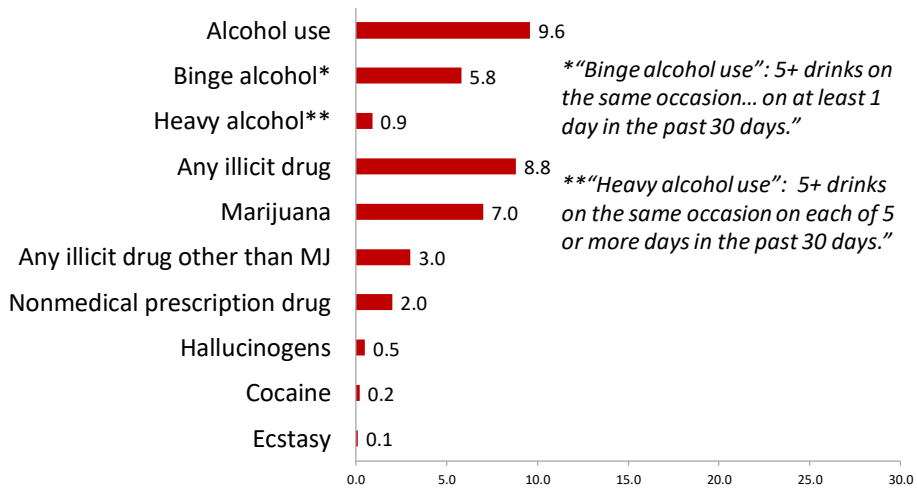
- Learning how to do things
- Knowing how to communicate
- Creativity
- Knowledge

10



11

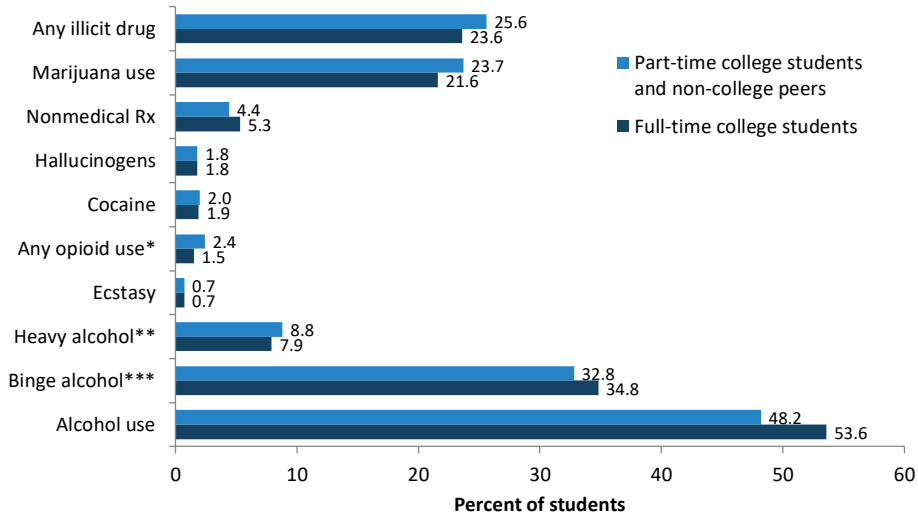
### National data: Past-month alcohol and other drug use among 12- to 17-year-olds (percentages)



Substance Abuse and Mental Health Services Administration. 2014 National Survey on Drug Use and Health: U.S. Department of Health and Human Services, Center for Behavioral Health Statistics and Quality; 2015.

12

### National data: Past-month alcohol and other drug use among 18 to 22-year-olds, by college enrollment



\*This includes heroin use and prescription pain reliever misuse.

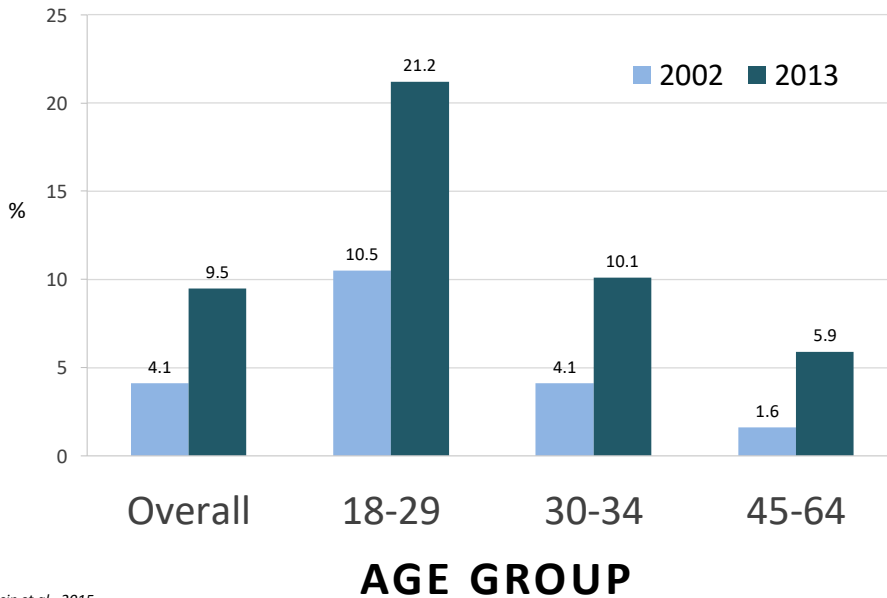
\*\*Heavy use defined as "Five or more drinks on the same occasion on each of 5 or more days in the past 30 days."

\*\*\*Binge use defined as "Five or more drinks on the same occasion at least once in the past 30 days."

Substance Abuse and Mental Health Services Administration (2018). Results from the 2017 National Survey on Drug Use and Health: Detailed Tables, NSDUH Series H-44, HHS Publication No. (SMA) 12-4713. Rockville, MD: Substance Abuse and Mental Health Services Administration.

13

### ***Increases in Cannabis Use from 2002 to 2013: U.S. National Estimates***



Hasin et al., 2015

14



## 'Epidemic' of dangerous youth e-cigarette, vaping use, surgeon general declares

15



[get the facts](#)   [know the risks](#)   [take action](#)   [about](#)   [resources](#)



E-cigarette use poses a significant – and avoidable – health risk to young people in the United States.

### Behavior Risks

E-cigarette use among youth and young adults is strongly linked to the use of other tobacco products, such as regular cigarettes, cigars, hookah, and smokeless tobacco.

Some evidence suggests that e-cigarette use is linked to alcohol use and other substance use, such as marijuana. And certain e-cigarette products can be used to deliver other drugs like marijuana.



16





**Surgeon General Releases Advisory on Marijuana's Damaging Effects on the Developing Brain Encourages Youth and Pregnant Women Not to Use Marijuana**

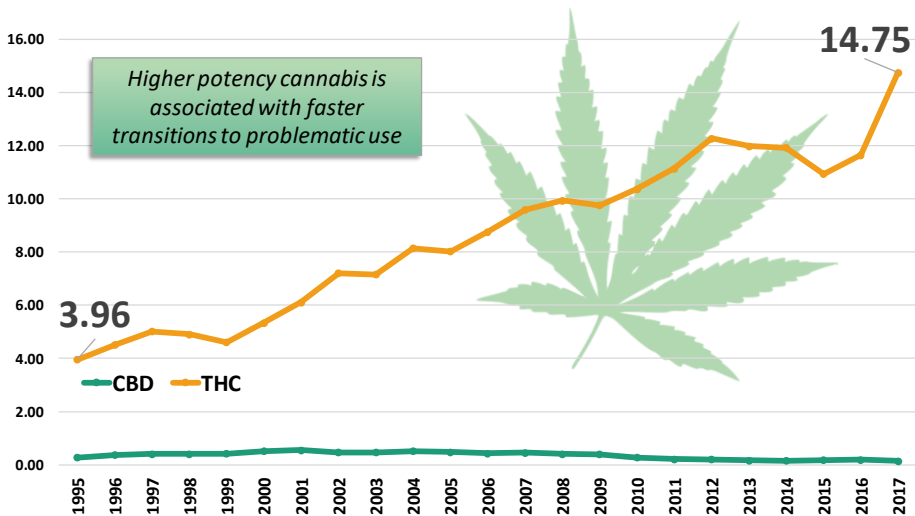
The Surgeon General Vice Adm. Jerome M. Adams, issued an advisory emphasizing the importance of protecting youth and pregnant women from the health risks of marijuana use.

“There is a false perception that marijuana is not as harmful as other drugs. I want to be very clear—no amount of marijuana use during pregnancy or adolescence is known to be safe.”

**“ NO AMOUNT OF MARIJUANA USE DURING PREGNANCY OR ADOLESCENCE IS KNOWN TO BE SAFE ”**

17

### THC concentrations have increased dramatically from 1995 to 2017



EISOHLY, M. A., MEHMEDEC, Z., FOSTER, S., GON, C., CHANDRA, S., & CHURCH, J. C. (2016). Changes in cannabis potency over the last 2 decades (1995-2014): Analysis of current data in the United States. *Biological Psychiatry*, 79(7), 613-619.  
 CHANDRA, S., RADWAN M.M., MAJUMDAR C.G., CHURCH J.C., FREEMAN T.P., & EISOHLY M.A. (2019). New trends in cannabis potency in USA and Europe during the last decade (2008-2017). *European Archives of Psychiatry and Clinical Neuroscience* 269:5-15.

18

# New Potent Forms of Marijuana



**Concentrates: 40-80% THC**

**4 REASONS TO TRY CONCENTRATES**

HIGHER POTENCY

MORE EFFICIENT

FASTER RELIEF

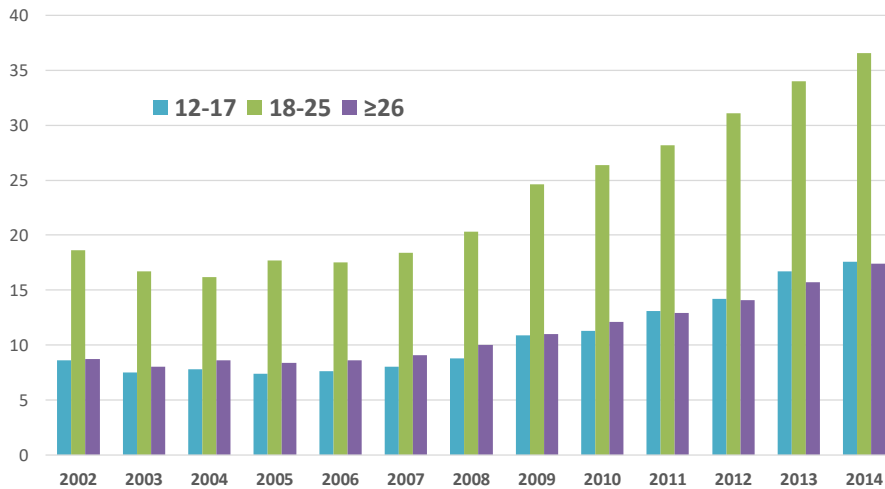
BETTER FLAVOR

**Medical Marijuana Concentrates**

- Easier, safer and cleaner way to medicate
- High quality and high purity cannabis extracts
- Only recognized and reliable brands
- Disposable pens, vape pens, shatters, waxes and more...

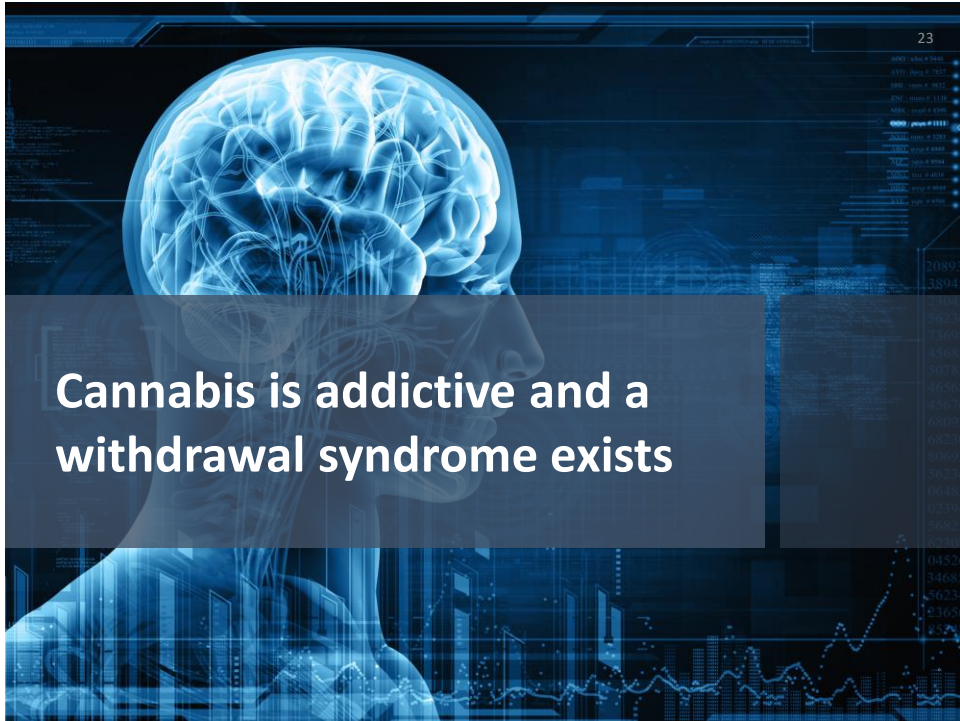
19

**National trends in**  
***“no risk from smoking marijuana once a month”***  
**by age group, 2002-2014**



20





## Cannabis is addictive and a withdrawal syndrome exists

23

### Cannabis Use Disorder

A problematic pattern of cannabis use leading to clinically significant impairment or distress, as manifested by at least 2 of the following, occurring within a 12-month period:

- |   |  |
|---|--|
| <input type="radio"/> Often taken in larger amounts or over a longer period than was intended                       | <input type="radio"/> Recurrent use resulting in a failure to fulfill major role obligations at work, school, or home  |
| <input type="radio"/> A persistent desire or unsuccessful efforts to cut down or control use                        | <input type="radio"/> Continued use despite having persistent or recurrent social or interpersonal problems caused or exacerbated by the effects                                     |
| <input type="radio"/> A great deal of time is spent in activities necessary to obtain, use, or recover from effects | <input type="radio"/> Important social, occupational, or recreational activities are given up or reduced   |
| <input type="radio"/> Craving, or a strong desire or urge to use  | <input type="radio"/> Continued use despite knowledge of having a persistent or recurrent physical or psychological problem that is likely to have been caused or exacerbated by use |
| <input type="radio"/> Recurrent use in situations in which it is physically hazardous                               |  |

DSM-V criteria: 2-3 (mild), 4-5 (moderate) 6+ (severe) (Hasin, et. al, 2013)

24

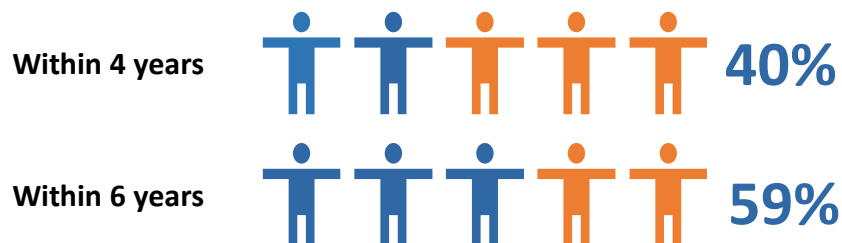
## Cannabis Use Disorder

A problematic pattern of cannabis use leading to clinically significant impairment or distress, as manifested by at least 2 of the following, occurring within a 12-month period:

- Tolerance, as defined by either a (1) need for markedly increased cannabis to achieve intoxication or desired effect or (2) markedly diminished effect with continued use of the same amount of the substance.
- Withdrawal, as manifested by either (1) the characteristic withdrawal syndrome for cannabis or (2) cannabis is taken to relieve or avoid the following withdrawal symptoms:
  - *Loss of focus, loss of concentration, and difficulty with learning and memory*
  - *Headaches, strong cravings, loss of appetite, digestive issues*
  - *Troubled sleep, insomnia, failure to sleep, very vivid nightmares/dreams*
  - *Irritability, depressive states, anxiety attacks, negative emotions*

25

## U.S. College Graduation Rates



Source: U.S. Department of Education

26

States appropriated almost **\$6.2 billion dollars** to colleges and universities to help pay for the education of students who did not return for a second year.

States gave more than **\$1.4 billion dollars** and the Federal government more than **1.5 billion in grants** to students who did not return for a second year.

Schneider, M. *Finishing the First Lap: The Cost of First-year Student Attrition in America's Four-year Colleges and Universities*, 2010.

27

## READINESS FOR EMPLOYMENT AMONG COLLEGE GRADUATES



“When it comes to the types of skills and knowledge that employers feel are most important to workplace success, large majorities of employers do NOT feel that recent college graduates are well prepared. This is particularly the case for applying knowledge and skills in real-world settings, **critical thinking skills, and written and oral communication skills — areas in which fewer than three in 10 employers think that recent college graduates are well prepared.** Yet even in the areas of ethical decision-making and working with others in teams, many employers do not give graduates high marks” (Hart Research Associates, 2015, p. 11).

Hart Research Associates. (2015). *Falling short? College learning and career success*. Washington, D.C.

28

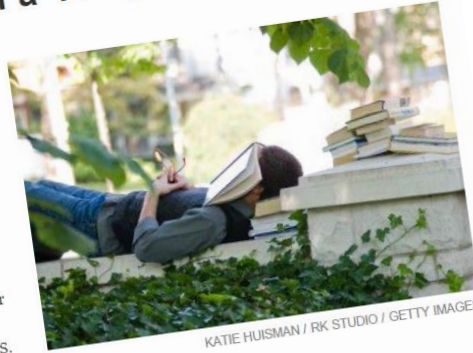
# TIME Ideas

EDUCATION

## Does College Put Kids on a 'Party Pathway'?

By Annie Murphy Paul | Jan. 23, 2013 | 36

A fair amount of schadenfreude greeted the release last week of a study showing that the kids of parents who pay for college return their families' largesse by achieving lower grades. The study, conducted by University of California at Merced professor Laura Hamilton and published in the *American Sociological Review*, offered those of us who worked our way through college — or took out burdensome student loans — a rare opportunity to gloat. But our self-congratulation is mistaken, or at least beside the point. Hamilton's work, and that of other researchers, demonstrates that we should all be concerned about the state of higher education in the U.S. today and that college students enjoying a four-year paid vacation courtesy of their parents are merely a symptom of a larger problem.



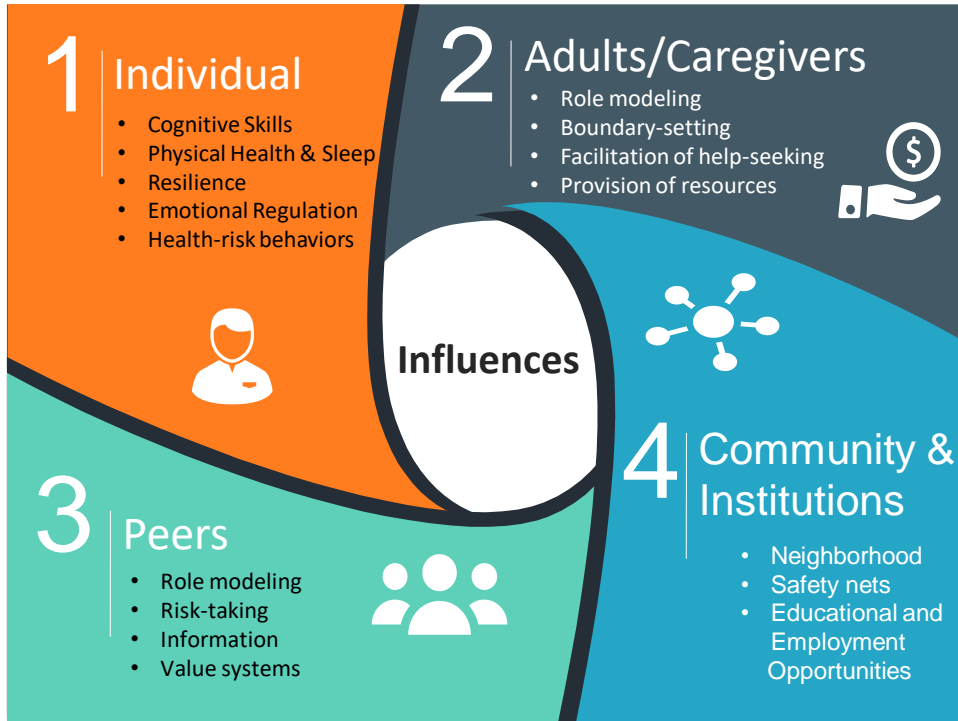
KATIE HUISMAN / RK STUDIO / GETTY IMAGES

29



What parents should be  
aware of

30



31

## Adolescents are primed for risk-taking



32



## Future time Perspective



Substance users have been observed to have:

- greater negative views of the past
- greater orientation toward present pleasure
- lower focus on planning and achieving future goals

*Preventive interventions are needed to connect present behavior with long-term consequences*

33



**A warm and supportive parent-child relationship is great, but much more is needed to reduce risk for substance use**

34

## How You Talk To Your Child About Alcohol Matters!

Message from Parents	Risk of Excessive Drinking in College
<b>Harm-reduction messages only</b> <i>Messages about how to be safe when drinking;            Messages that some amount of alcohol is acceptable</i>	<b>HIGH RISK</b>
<b>Mixed messages</b> <i>Combination of harm-reduction messages            and zero-tolerance messages</i>	<b>MODERATE RISK</b>
<b>Zero-tolerance messages only</b> <i>Messages that no amount of alcohol is acceptable;            No messages about safe drinking practices</i>	<b>LOW RISK</b>

Source: Abar et al., 2012

35




Substance Use and Academic  
Performance during High School

36

How does substance use interfere with academic performance?

## 1. Direct Toxic Effects on Cognitive Skills

- Perception and Focus
- Selective Attention
- Learning & Information Processing
- Memory



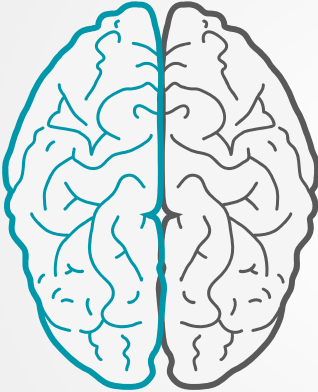
Broyd, S.J., van Hell H.H., Beale C., Yücel, M., Solowij, N. (2016) Acute and Chronic Effects of Cannabinoids on Human Cognition—A Systematic Review. *Biological Psychiatry*, 79:557–567.

Crean, R. D., Crane, N. A., & Mason, B. J. (2011). An evidence based review of acute and long-term effects of cannabis use on executive cognitive functions. *Journal of Addiction Medicine*, 5(1), 1-8.

37

How does substance use interfere with academic performance?

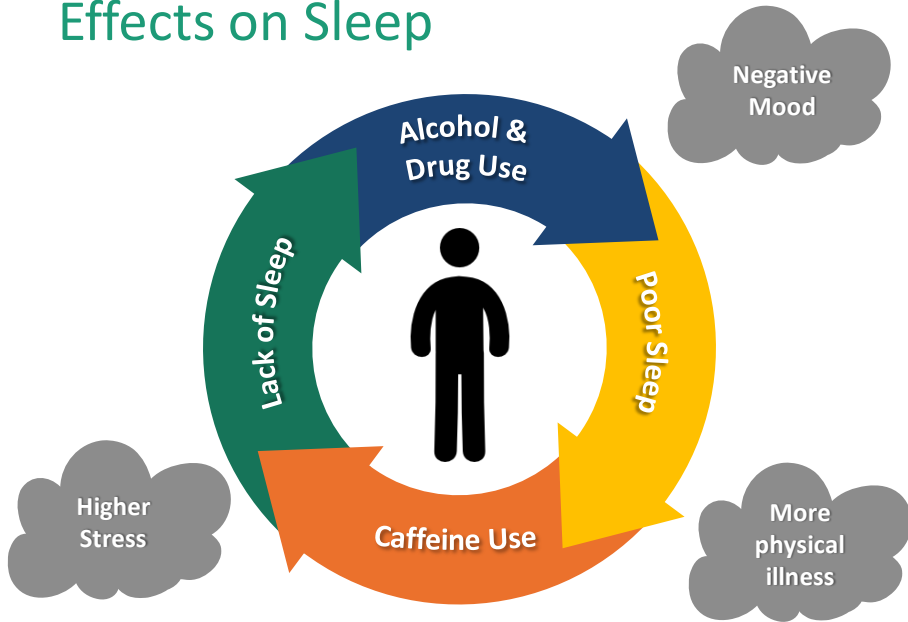
## 2. “HIJACKING” OF BRAIN REWARD PATHWAYS



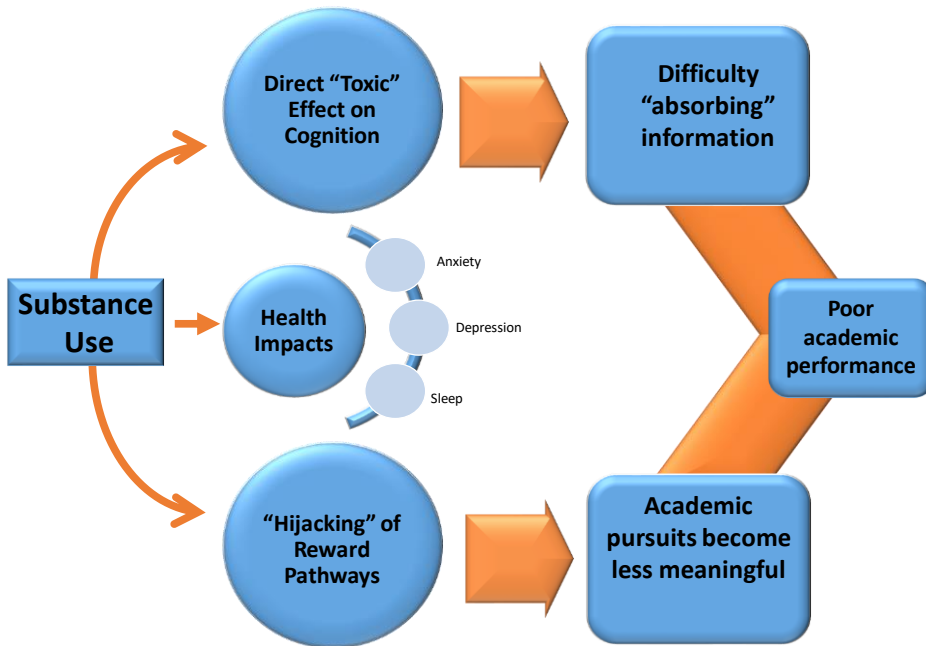
*Substance use “hijacks” reward pathways in the brain. Academic pursuits become less meaningful as drugs become more valued.*

38

## Effects on Sleep

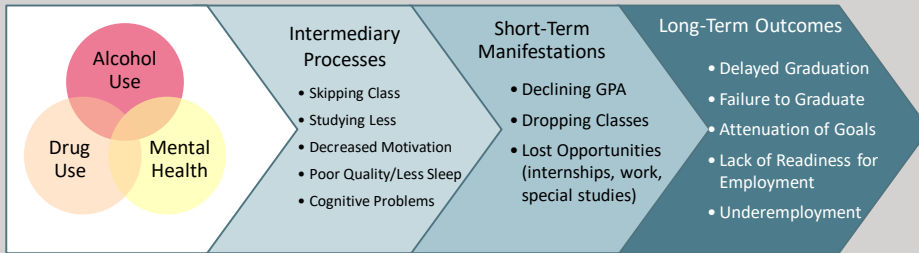


39



40

# BEHAVIORAL HEALTH AND YOUNG ADULT OUTCOMES



Source: Arria, A.M., Caldeira, K.M., Bugbee, B.A., Vincent, K.B., O'Grady, K.E. (2013). The academic opportunity costs of substance use during college. College Park, MD: Center on Young Adult Health and Development.

41




42

## Start Before College

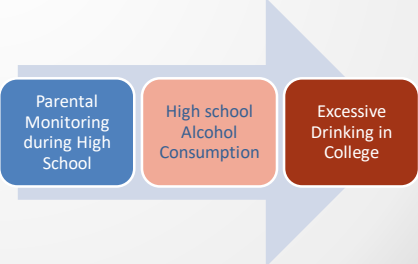
### Parental Monitoring

- Rule Setting
- Supervision
- Consequences



### High levels of parental monitoring in high school...

- Reduce risk for alcohol consumption in high school and excessive drinking during college
- Lower the likelihood of marijuana exposure opportunity during college



Sources: Arria et al., 2008; Kaynak et al., 2013; Pinchevsky et al., 2012


43

### Providing Alcohol for Underage Youth: What Messages Should We Be Sending Parents?

ÖVGÜ KAYNAK, PH.D.,<sup>a,\*</sup> KEN C. WINTERS, PH.D.,<sup>b,b</sup> JOHN CACCIOLA, PH.D.,<sup>c,c</sup> KIMBERLY C. KIRBY, PH.D.,<sup>d,d</sup> AND AMELIA M. ARRIA, PH.D.<sup>a,d</sup>

<sup>a</sup>Treatment Research Institute, Philadelphia, Pennsylvania  
<sup>b</sup>Department of Psychiatry, University of Minnesota, Minneapolis, Minnesota  
<sup>c</sup>Department of Psychiatry, University of Pennsylvania School of Medicine, Philadelphia, Pennsylvania  
<sup>d</sup>Center on Young Adult Health and Development, Department of Behavioral and Community Health, University of Maryland School of Public Health, College Park, Maryland

## Parent Behaviors that Increase Risk of Excessive Drinking



Kaynak, Ö., Winters, K.C., Cacciola, J., Kirby, K.C., Arria, A.M. (2014). Providing alcohol for underage youth: What messages should we be sending parents? *Journal of Studies on Alcohol and Drugs*, 75(4), 590-605.

44



45

**COLLEGE PARENTS MATTER** | [www.collegeparentsmatter.org](http://www.collegeparentsmatter.org)  
 have the conversation | Tools and scripts to improve communication with your college student

home | who we are | topics | communication tips | faqs | contact us



Getting them to college is just the beginning...  
 With **good communication** you will guide them through it.

Your child still needs your guidance to navigate the obstacles standing between them and their diploma. Excessive drinking can be one of the biggest. It is a serious problem that undermines students' health, safety, and academic success, for both themselves and their fellow students. Parents like you can help students avoid such problems... And keeping those lines of communication open is where you start.

**6** HIGH RISK DRINKING SITUATIONS TO TALK ABOUT

**7** TIPS FOR GOOD COMMUNICATION

 **THE MARYLAND COLLABORATIVE** TO REDUCE COLLEGE DRINKING AND RELATED PROBLEMS | © Copyright 2015 The Maryland Collaborative to Reduce College Drinking and Related Problems. All Rights Reserved.

46



## Tips for Communication

- Don't be afraid to start the conversation.
- As a parent, you are allowed to disapprove of substance use. Give yourself permission to disapprove.
- Focus on one message during the conversation.

47



## Tips for Communication

**Reject the myth that discouraging drinking or substance use is useless because everyone is doing it.**

- We hear frequently from parents and students: "All the kids drink... that's what everyone does.... all the time..."
- Some parents believe that discouraging drinking is naïve, old-fashioned, or pointless, since drinking is such an established part of the college culture. But *the idea that "everyone drinks all the time" is simply false.*

48





## Tips for Communication

### **Make communication a regular activity.**

- College students have a lot on their plate. They're juggling classes, work, a social life, and other responsibilities.
- It's better to schedule a time to talk with them, rather than having a conversation when they are multi-tasking or unwilling to talk.

49



## Tips for Communication

### **Recognize the power of your influence.**

- Some parents say, "They're 18, I can't tell them what to do anymore." True, they're not little children anymore, but your attitudes and directions still matter enormously.
- Parents still play a major role in influencing their college-age child's behavior.

50



ASK ABOUT  
ACADEMIC  
ENGAGEMENT

51



HAVE CONVERSATIONS  
ABOUT **OPPORTUNITIES**  
TO USE SUBSTANCES  
AND PEER USE

52



## KNOW THE WARNING SIGNS AND ACT ON THEM

- Physical signs
- Changes in mood, behavior
- New friends that raise concerns
- Loss of interest in academic pursuits or other interests
- Acting withdrawn, secretive

53

## Parenting a grown son or daughter: *A balancing act*

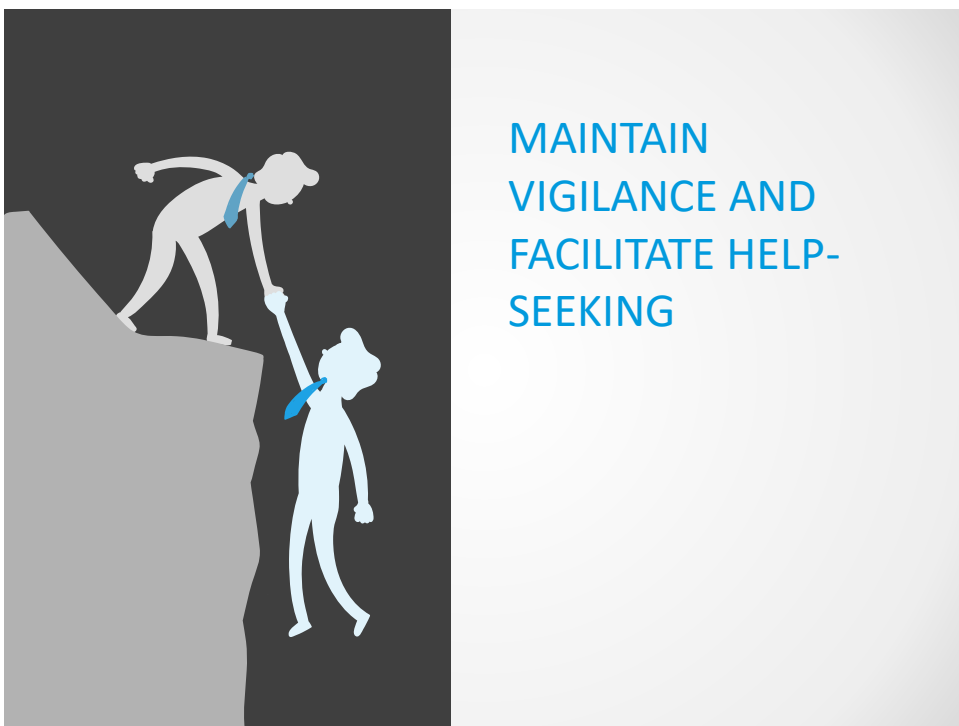
### ***Remember...***

- Guidance is key because the threats are real and serious.
- The earlier you intervene, the better. Trust your instincts.
- Developmentally-appropriate communication is a two-way street.
- You can facilitate getting help when it is appropriate.
- Model positive healthy behaviors and help-seeking behaviors.

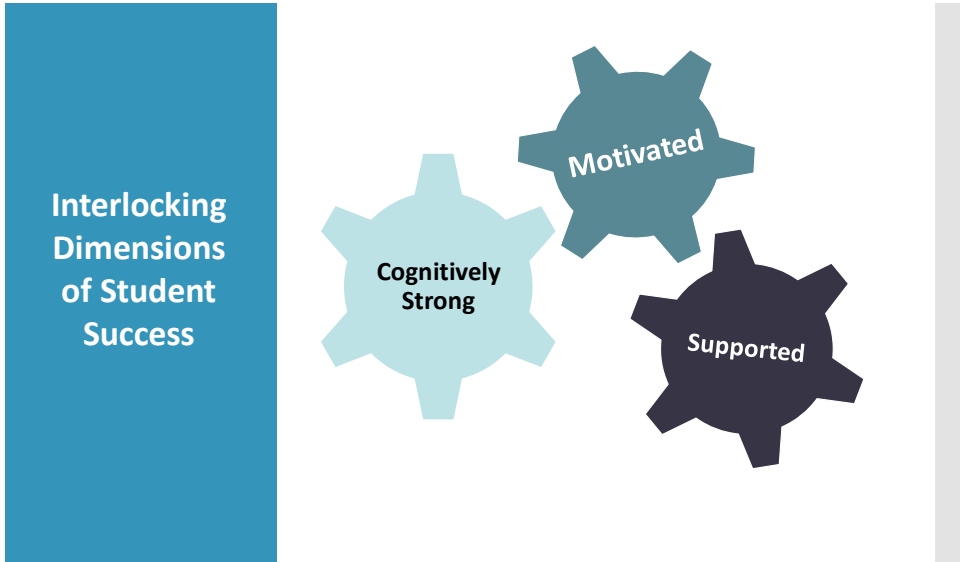
54



55



56



57

*Thank You*

**Recap/Q&A**

For more information, please send an email to Amelia Arria at [aarria@umd.edu](mailto:aarria@umd.edu) and see our website: [www.cyahd.umd.edu](http://www.cyahd.umd.edu)

58