



KOD: KIDS ON DRUGS

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LAND ACKNOWLEDGEMENT

We connect today across the homelands of the Chippewa, Iowa, Kickapoo, Menominee, Miami, Missouri, Omaha, Osage, Otoe, Ottawa, Ponca, Potawatomi, Sac and Fox, Dakota/Lakota/Nakoda, the Three Affiliated Tribes, and Winnebago Nations. We respectfully acknowledge that, though we are not the traditional stewards of these lands, we must commit to understanding the histories and current experiences of Native American peoples as we work toward more diverse, equitable, and inclusive mental health care.



DISCLOSURES

- No financial disclosures
- Iowa Harm Reduction Coalition: Executive Board Member (2021-present)
- Born, raised, and educated in Iowa
- I identify as queer/bisexual
- Abolitionist mindset

OBJECTIVES

1. Discuss risks related to different substances
2. Compare this to "Our Kids"
3. Discuss harm-reduction methods that can be employed with different substances





THE KIDS

- **ADOLESCENTS: 12-17 YO**
- **DEVELOPMENTALLY APPROPRIATE TO BE TAKING RISKS**
- **OVER THE PAST 20 YEARS, SUBSTANCE USE AMONG ADOLESCENTS HAS DECREASED TO THE LOWEST LEVELS IN DECADES**
- **THE EMERGENCE OF VAPING HAS RESULTED IN AN INCREASE IN NICOTINE AND CANNABIS USE**
- **INEQUITIES EXIST- RACIAL, SOCIOECONOMIC, AND LGBTQ+**

THE DRUGS

NICOTINE & TOBACCO



CANNABIS



ALCOHOL



"UPPERS"



"DOWNERS"



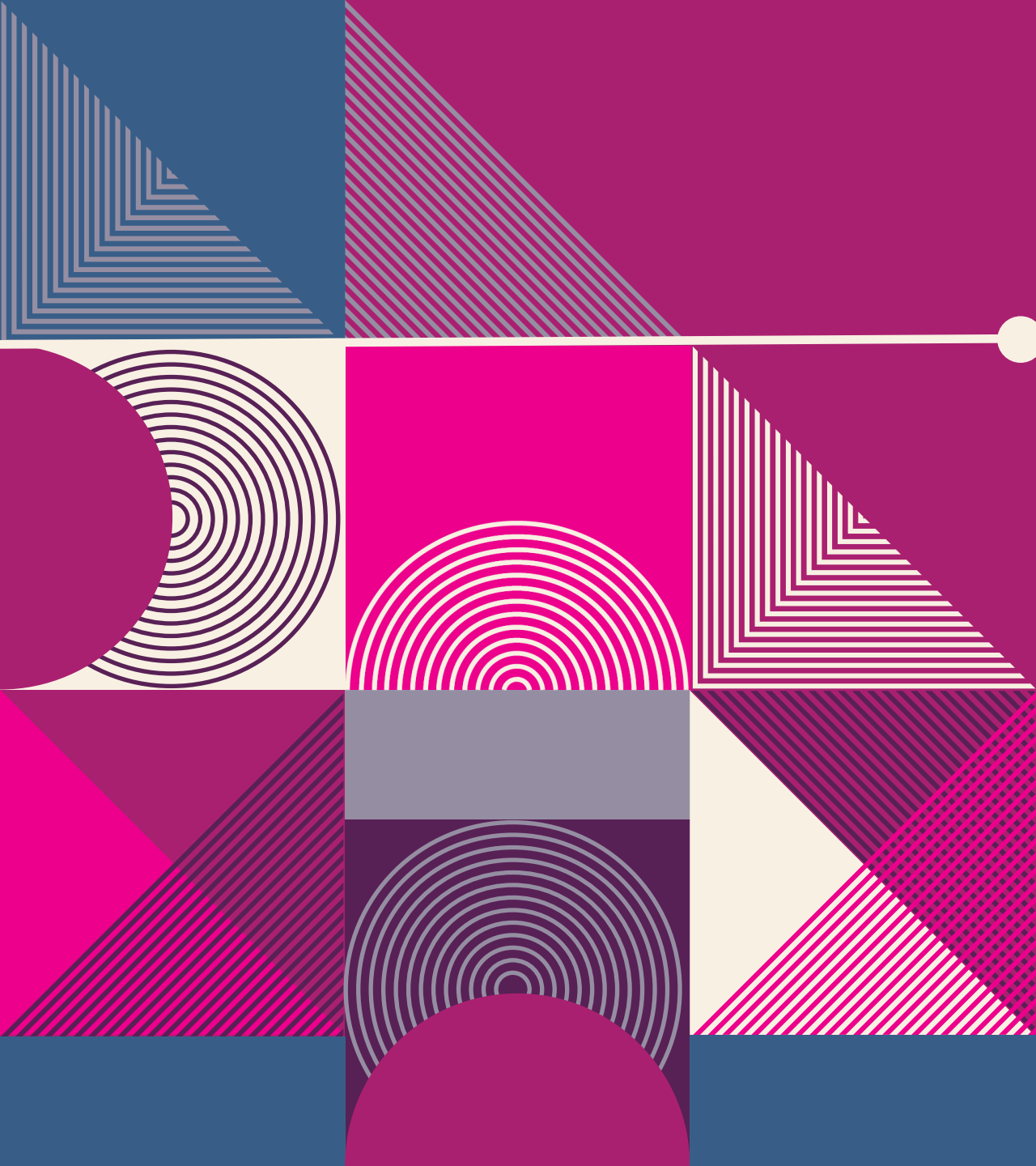
PSYCHEDELICS





THE HARM

- **EARLY ONSET OF SUBSTANCE USE IS ASSOCIATED WITH SUBSTANCE USE DISORDERS LATER IN LIFE**
- **SUBSTANCE USE INCREASE RISKS OF MOTOR VEHICLE CRASHES, NON-ACCIDENTAL INJURY, AND INCREASED RISK OF STIS**
- **SUBSTANCE USE CAN BE A FORM OF SELF-MEDICATION FOR UNDIAGNOSED OR UNTREATED MENTAL HEALTH CONCERNS**
- **WHILE INTOXICATED, HIGH-RISK BEHAVIORS ARE MORE LIKELY**



NICOTINE AND TOBACCO

THE NUMBERS

8.03%

Percentage of adolescents in Iowa age 12-17 who have vaped nicotine in the past month (2023)

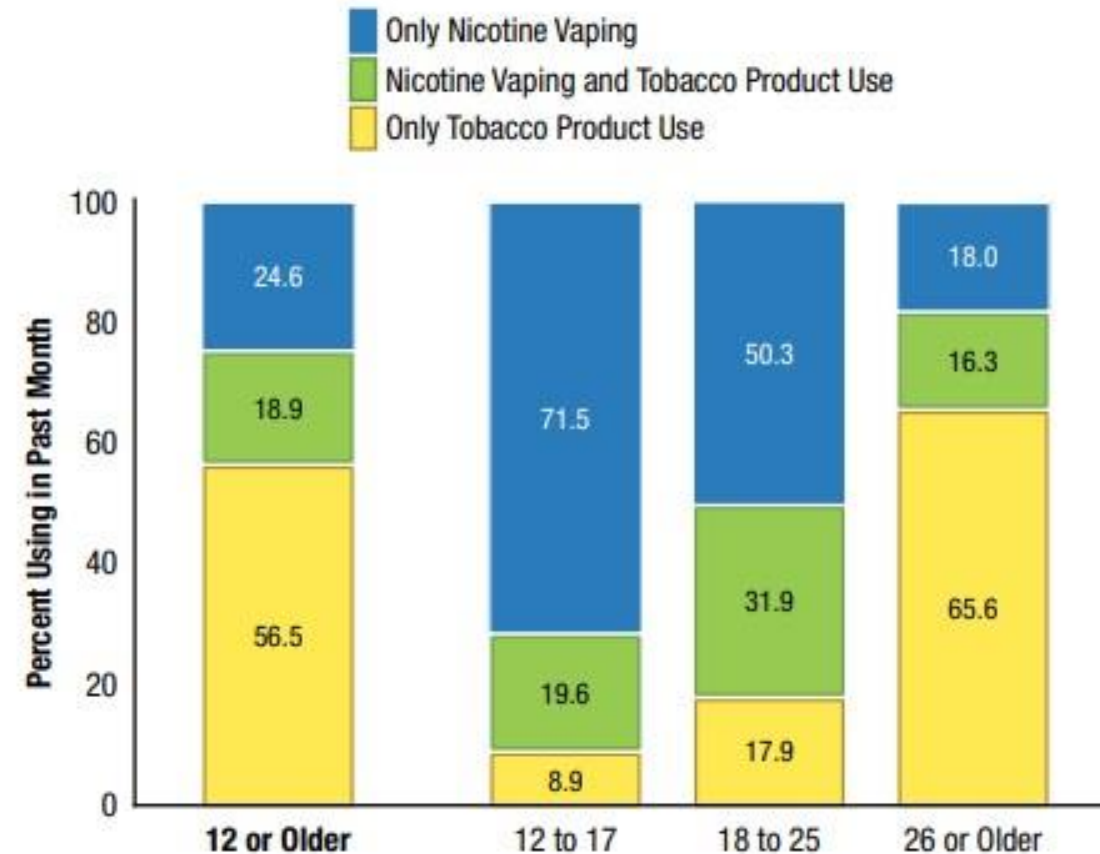
6.82%

Percentage of adolescents age 12-17 in the US who have vaped nicotine in the past month (2023)

71.5%

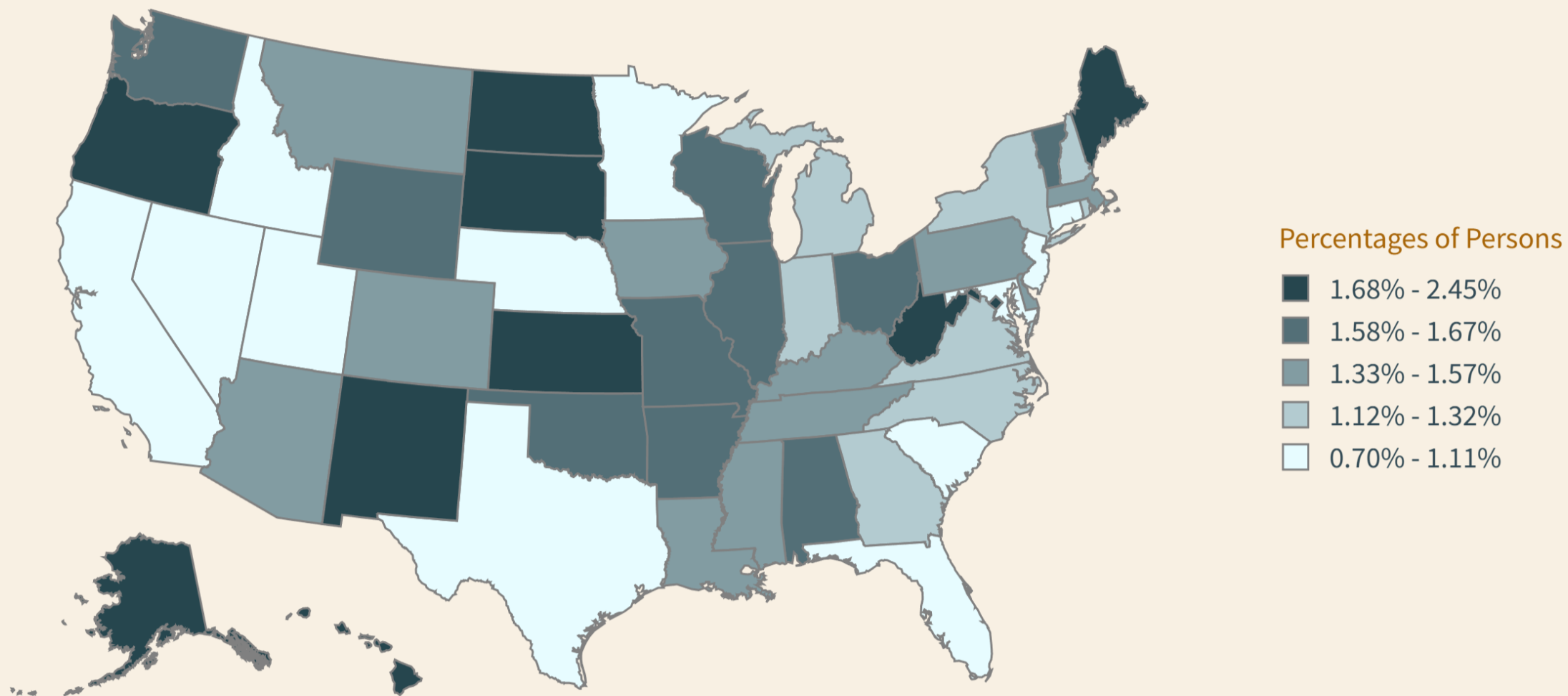
12-17 yo in the US who vape nicotine as their primary form of nicotine or tobacco products (2024)

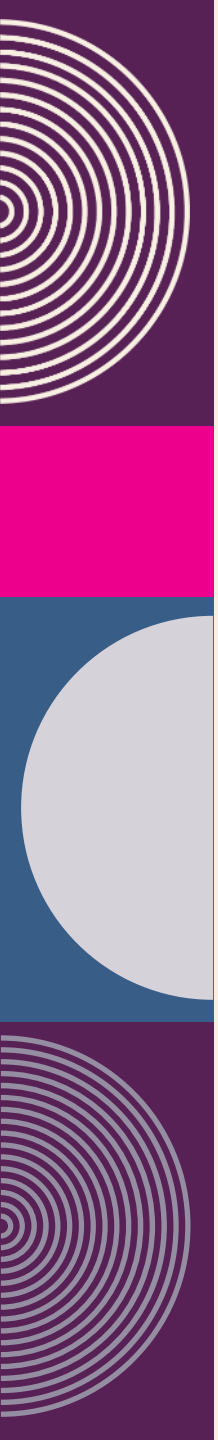
Figure 3. Type of Past Month Tobacco Product Use or Nicotine Vaping: Among Past Month Nicotine Product Users Aged 12 or Older; 2024



Note: The percentages may not add to 100 percent due to rounding.

Cigarette Use in Past Month Among Youths Aged 12 to 17, by State: 2022-2023





HARM REDUCTION APPROACHES: NICOTINE AND TOBACCO

**TREAT UNDERLYING
DIAGNOSIS**



"TOLERANCE BREAK"



NRT





Stanford
MEDICINE

REACH Lab

CIGS IN AN E-CIG



1 Pack of Cigarettes
= ~22mg of Nicotine



AMOUNT OF NICOTINE IN

~20

CIGARETTES

1 JUUL Pod
= ~41.3mg of Nicotine



AMOUNT OF NICOTINE IN

~37

CIGARETTES

1 Vuse Pod
= ~90mg of Nicotine



AMOUNT OF NICOTINE IN

~82

CIGARETTES

KOD

1 Elf Bar
= ~650mg of Nicotine



AMOUNT OF NICOTINE IN

~590

CIGARETTES





CANNABIS

THE NUMBERS

x2

Vaping cannabis more than doubled among adolescents from 2013 to 2020 (1.6-8.4%)

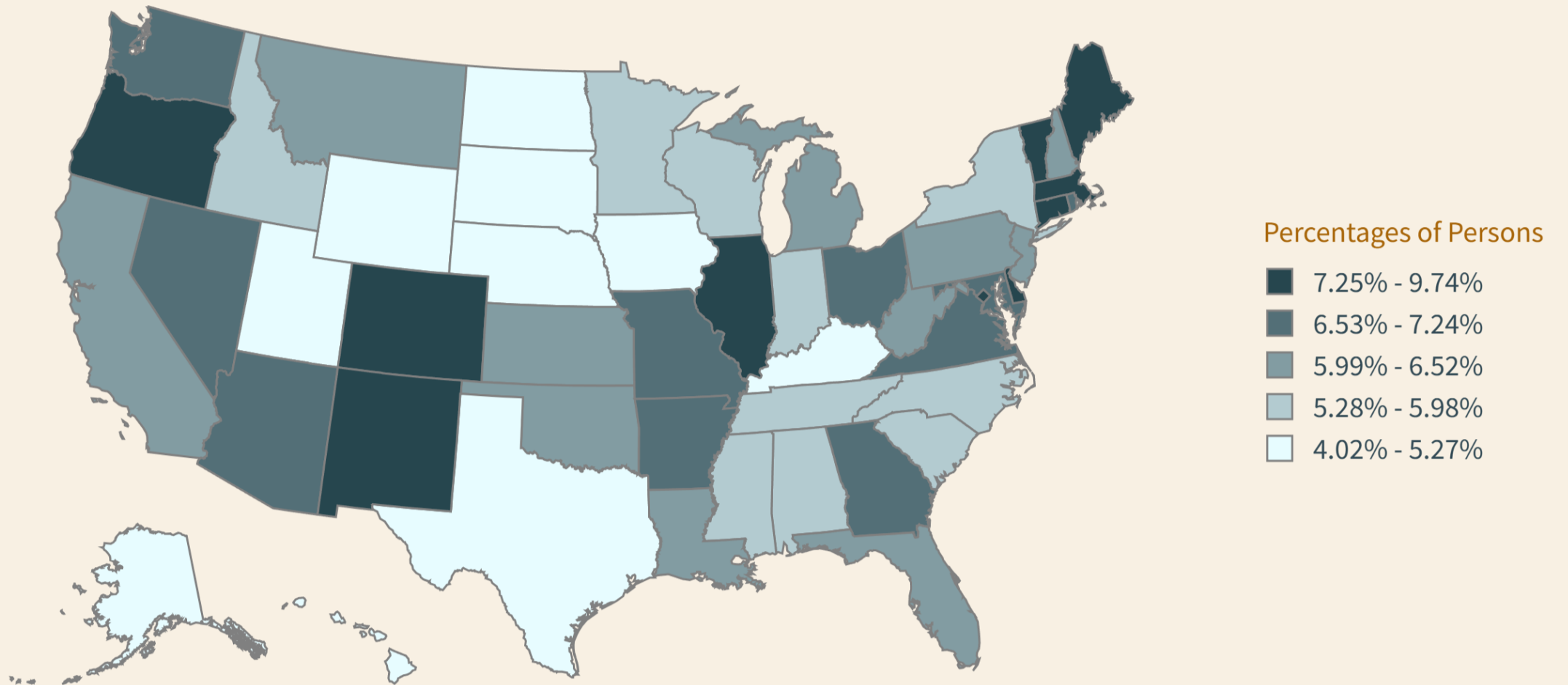
5.17%

Percentage of past-month use of cannabis among 12-17 yo in Iowa (includes vaping; 2023)

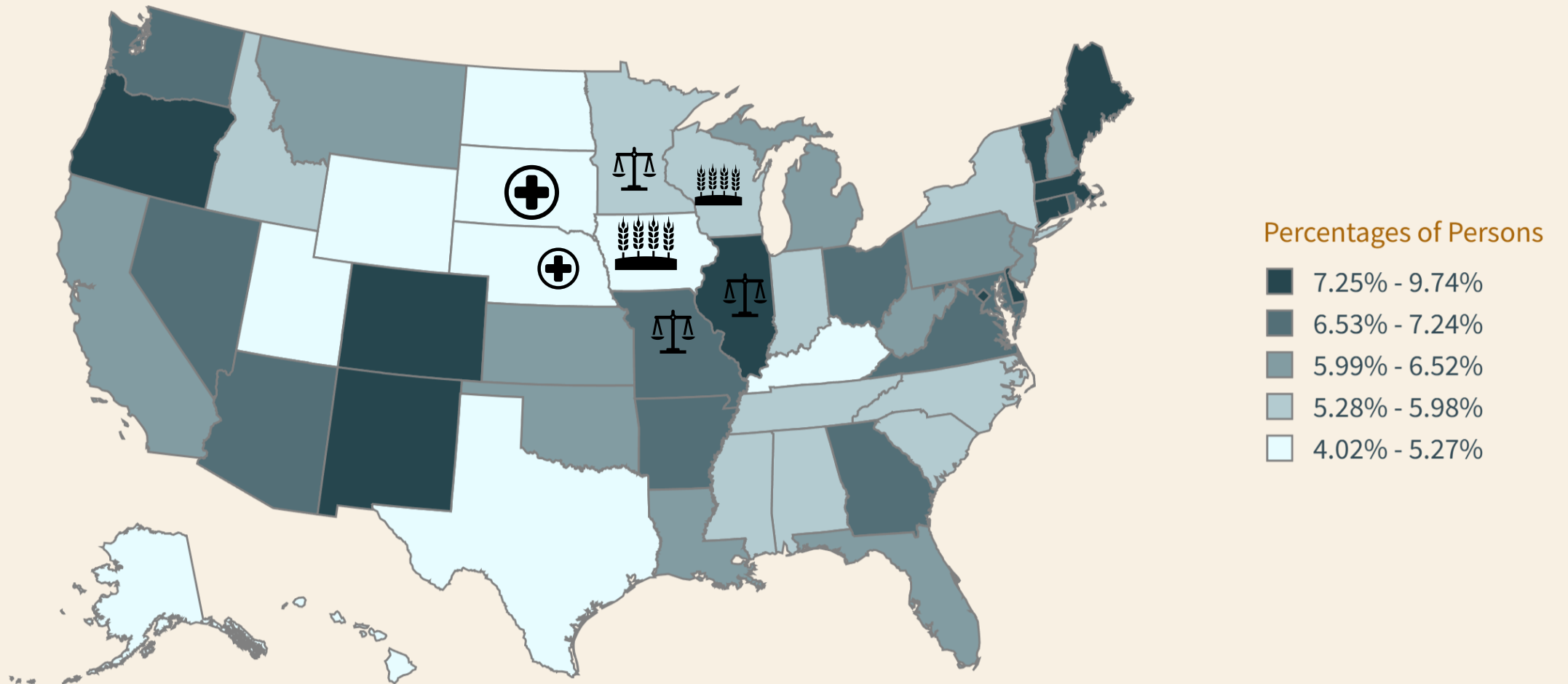
75%

The preferred route of use for 12-17 yo in the US in the last year (2024): smoking

Marijuana Use in Past Month Among Youths Aged 12 to 17, by State: 2022-2023



Marijuana Use in Past Month Among Youths Aged 12 to 17, by State: 2022-2023



CANNABIS THAT IS LEGAL IN IOWA...REALLY.

INFUSED DRINKS



2025

GUMMIES



INTERGALLACTIC EXPLORER

KOD

CANDIES



19

HARM REDUCTION APPROACHES: CANNABIS

**TREAT UNDERLYING
DIAGNOSIS**



"TOLERANCE BREAK"



EDUCATION





ALCOHOL

THE NUMBERS

6.62%

Percentage of 12-17 yo in Iowa who have used alcohol in the last month (2023)

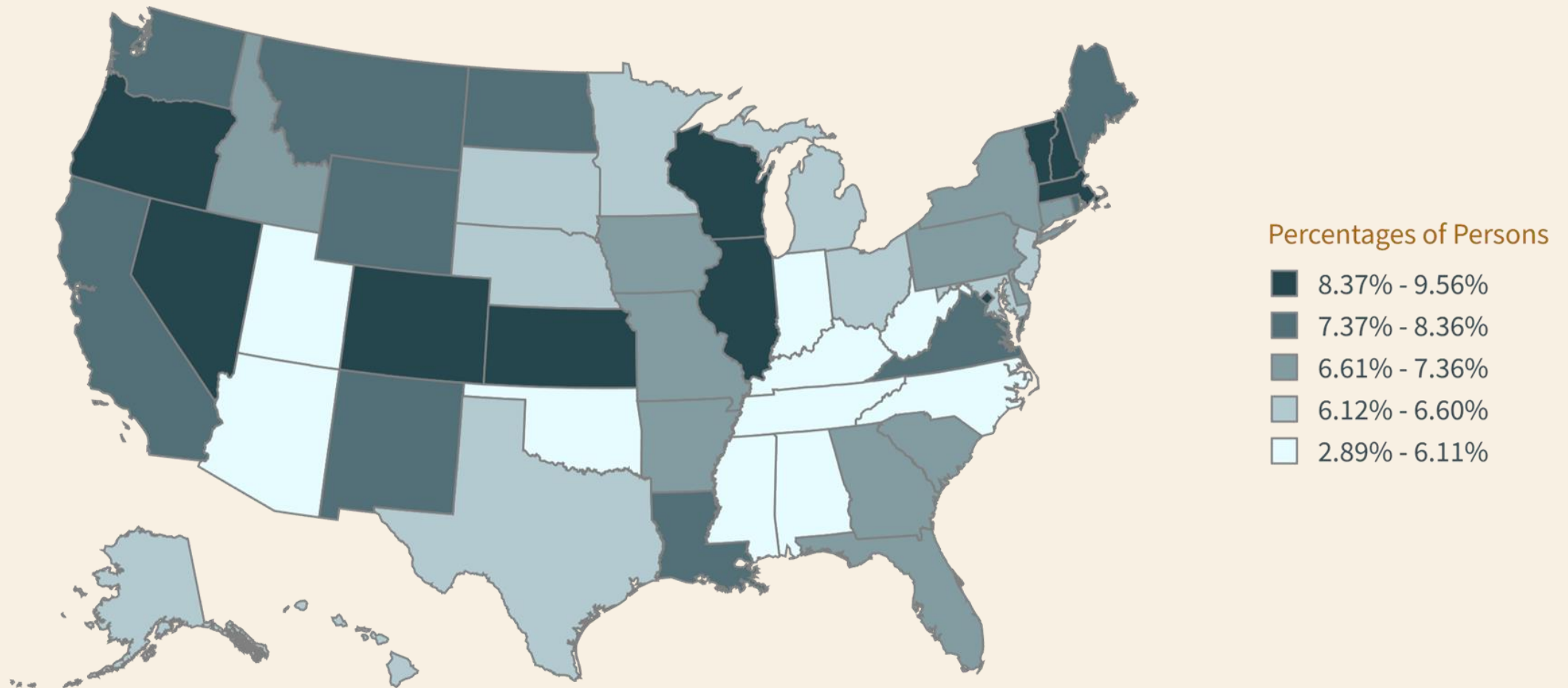
6.88%

Percentage of 12-17 yo in the USA who have used alcohol in the last month (2023)

3.35%

Percentage estimate of alcohol use in Iowans aged 12-17 who have binged alcohol in the last month (2023)

Alcohol Use in Past Month Among Youths Aged 12 to 17, by State: 2022-2023



HARM REDUCTION APPROACHES: ALCOHOL

**TREAT UNDERLYING
DIAGNOSIS**



HYDRATE



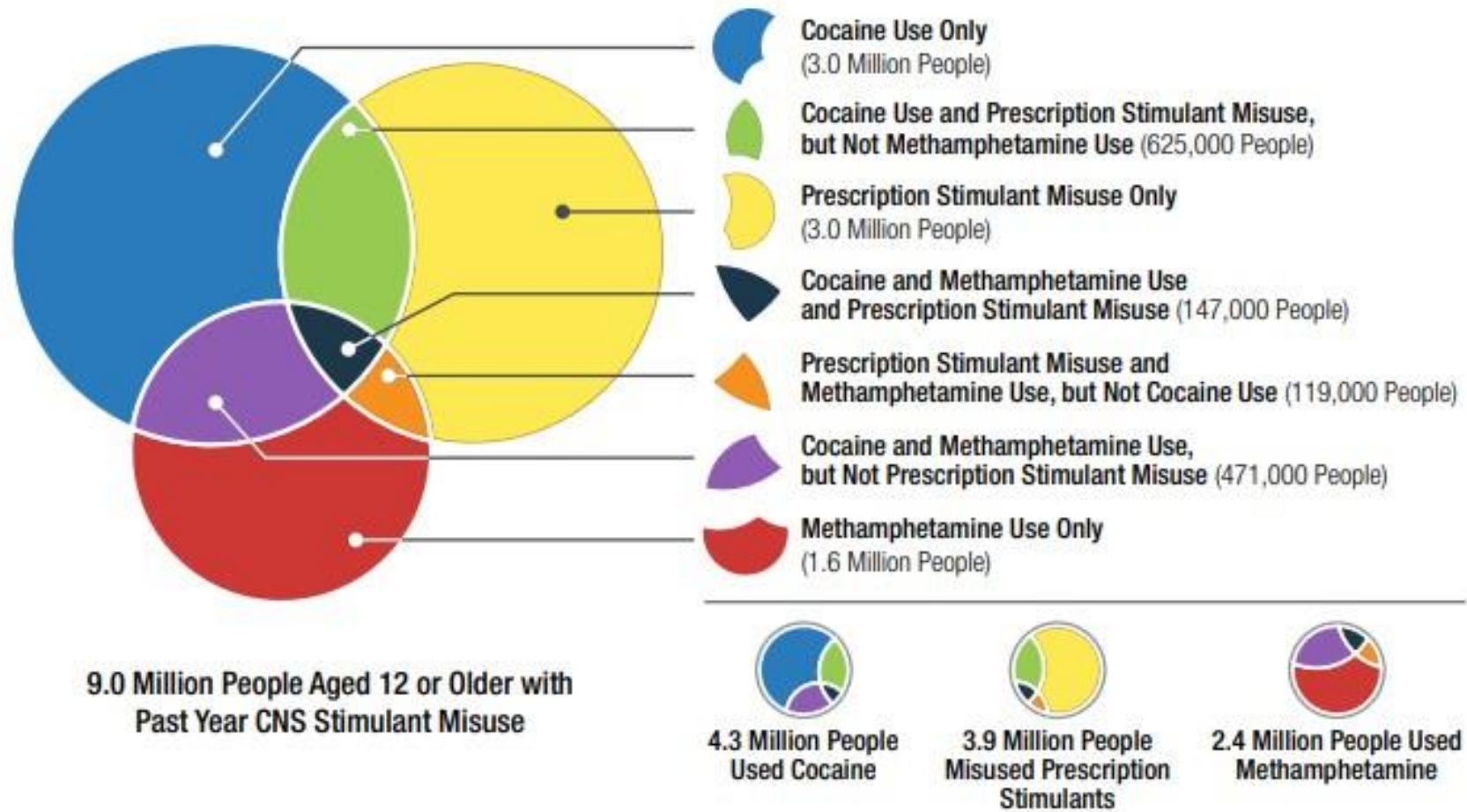
**DON'T DRINK AND
DRIVE**





"UPPERS"

Figure 29. Past Year Central Nervous System (CNS) Stimulant Misuse: Among People Aged 12 or Older; 2024



Note: The numbers for the interior pieces may not add to the number for the whole circle due to rounding.

THE NUMBERS

0.3 %

Percentage of 12-17 yo in 2024 who used cocaine in the last year

0.2 %

Percentage of 12-17 yo in 2024 who used methamphetamine in the last year

0.8%

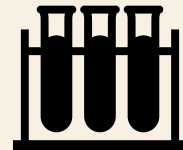
Percentage of 12-17 yo in 2024 who used prescription stimulants in the last year

HARM REDUCTION APPROACHES: "UPPERS"

TREAT UNDERLYING
DIAGNOSIS



TEST YOUR DRUGS



ALTERNATIVE USE





A WORD ABOUT KRATOM

KRATOM PRODUCTS





“DOWNERS”

THE NUMBERS

0.7 %

Percentage of 12-17 yo in the USA who have misused prescription tranquilizer or sedative in 2024

1.65%

Percentage of 12-17 yo in Iowa who have misused opioids in 2023

1.5%

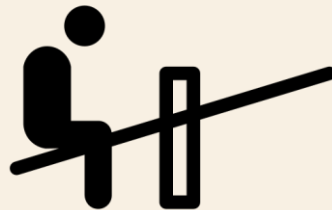
Percentage of 12-17 yo in USA who misused prescription opioids in 2024

HARM REDUCTION APPROACHES: "DOWNERS"

**TREAT UNDERLYING
DIAGNOSIS**



NEVER USE ALONE



NALOXONE





PSYCHEDELICS

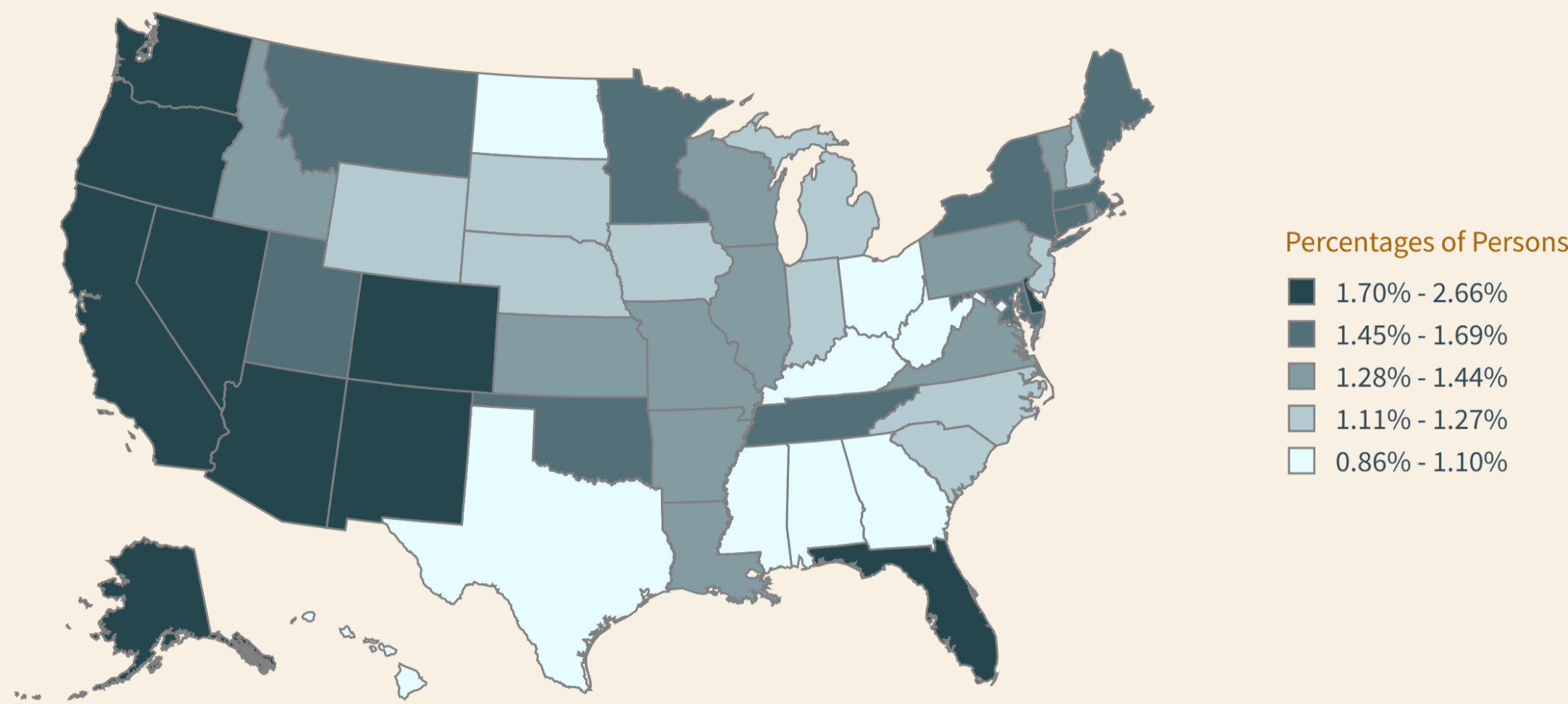
PSYCHEDELIC CONSIDERATIONS



INTERGALLACTIC EXPLORER



Hallucinogen Use in Past Year Among Youths Aged 12 to 17, by State: 2022-2023





CLINICAL PEARLS



THE INTERVIEW

Assume

Assume all of the kids are using all of the drugs

Think like a teen

The medication vs substance-use decision

Sex & Drugs

Discuss other risks associated with substance use and offer testing

NOT EVERYONE IS HARM-REDUCTION MINDED

CASE EXAMPLE- KRATOM

- 17 yo male
- History of anxiety
- Pre-contemplative about cannabis use
- Was unaware of mechanism of action of Kratom
- Outcome: admitted to inpatient psychiatry followed by substance use treatment

CASE EXAMPLE- ALCOHOL

- 16 yo female
- History of anxiety, depression, and metabolic disorder that led to stroke at a young age
- SSRI was helping, but stopping and starting around drinking
- Requested confidentiality
- Outcome: "I want your supervisor in here"

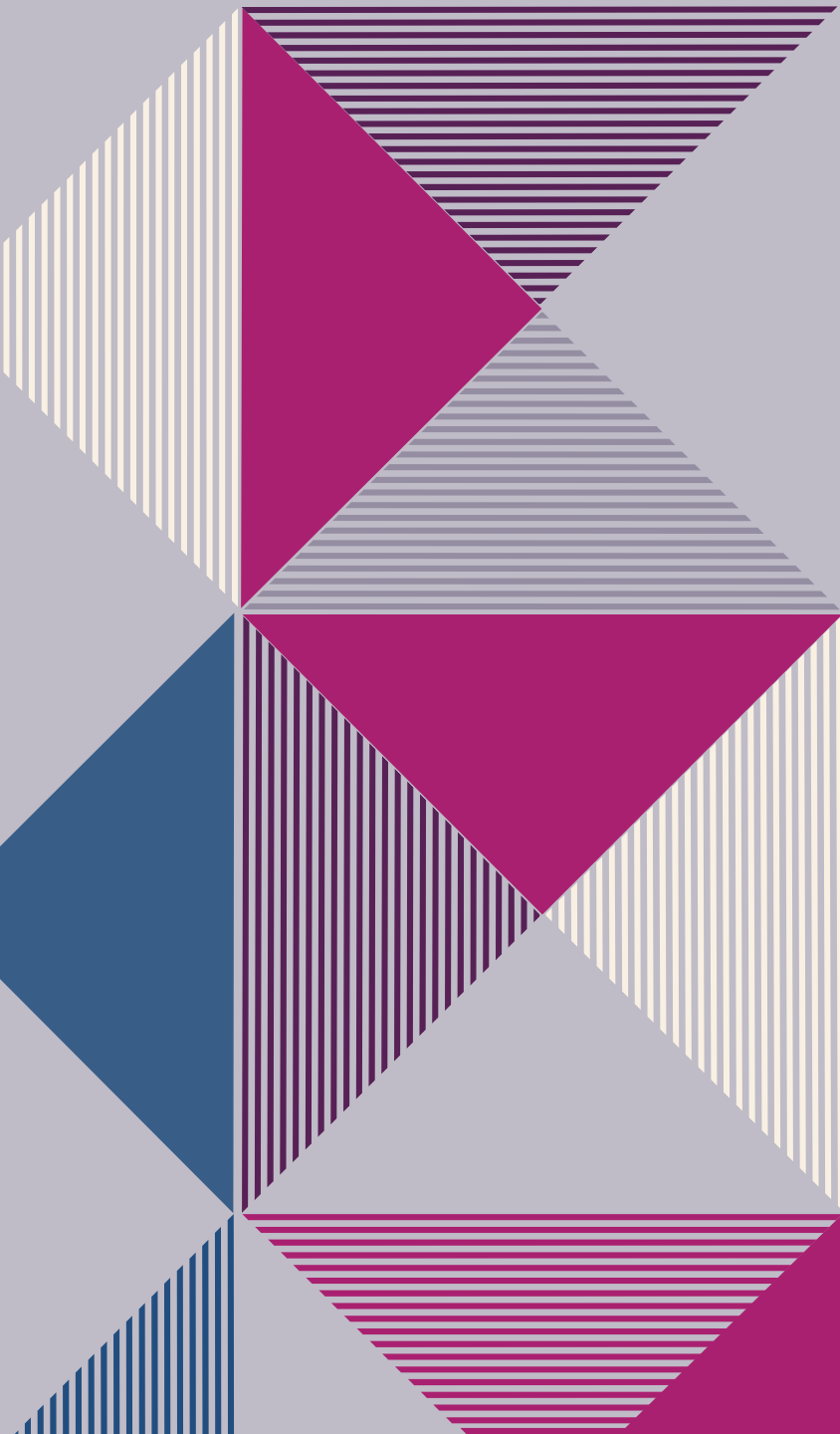
FAVORITE PHRASES

- “Please do not stop your medications so that you can do drugs/drink this weekend.”
- “Do you plan on being sexually active while intoxicated? Have you thought about what your boundaries are?”
- “Do you have someone to call in case things get out of hand?”
- “Do you have any questions about drugs or alcohol?”



SUMMARY

- Harm reduction practices are a way to meet adolescents where they are at in terms of their substance use
- The use of a substance does not automatically qualify someone as having a substance use disorder
- There are ways to reduce harm with substances if the adolescent patient is not interested in cessation
- Underlying psychiatric concerns should be considered with all substance use

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- Bates, M.L. and Trujillo, Keith. (2021) *Use and abuse of dissociative and psychedelic drugs in adolescence*. Pharmacology, Biochemistry, and Behavior 203 (2021). <https://doi.org/10.1016/j.bb.2021.173129>.
 - Winer, James. Yule, Amy. Hadland, Scott. Bagley, Sarah. *Addressing adolescent substance use with a public health framework: the case for harm reduction*. Annals of Medicine, 54:1, 2123-2136, DOI: 10.1080/07853890.2022.2104922.
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 - <https://disa.com/marijuana-legality-by-state>
 - <https://med.stanford.edu/halpern-felsher-reach-lab/yab-corner.html>
 - <https://datatools.samhsa.gov/saes/state>
 - Dancesafe Drug Information



THANK YOU

Questions?