



# Substance Use in Adolescents Community Outreach Project

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## Introduction

Date: 3/18/21 @ 10:30am

Ida B. Wells High School (previously named Wilson High School), Portland, OR, Health Occupations Class

Contact: Aaron Olsen, Health Sciences CTE Instructor

1 Presentation, Virtual, 90 minutes

Target Audience: Adolescents (ages 12-17yo)

- 30 total attendees
- Demographics:  
Age Range: 15-18 years old  
Ave Age: 16.5 years

## Takeaways

- Substance Use is recognized as a problem that **starts in adolescence** & progresses through adulthood<sup>1,2,3</sup>
- Substance Use can lead to increases in: # of deaths, crime rates, health care costs, & loss of productivity, all of which has cost >\$400 billion each year in the US.<sup>1,4,5</sup>
- Education, self-care, nutrition, positive outlook on self/image, and practicing control of behavior are protective factors shown to reduce the risk of using substances.<sup>1</sup>
- Plenty of resources available for those struggling: national helplines, community/school based programs, & support groups.<sup>6</sup>
- Substance Abuse=illness not poor judgement. Feeling safe to speak up and discuss the negative impacts is key towards saving countless lives.<sup>2</sup>

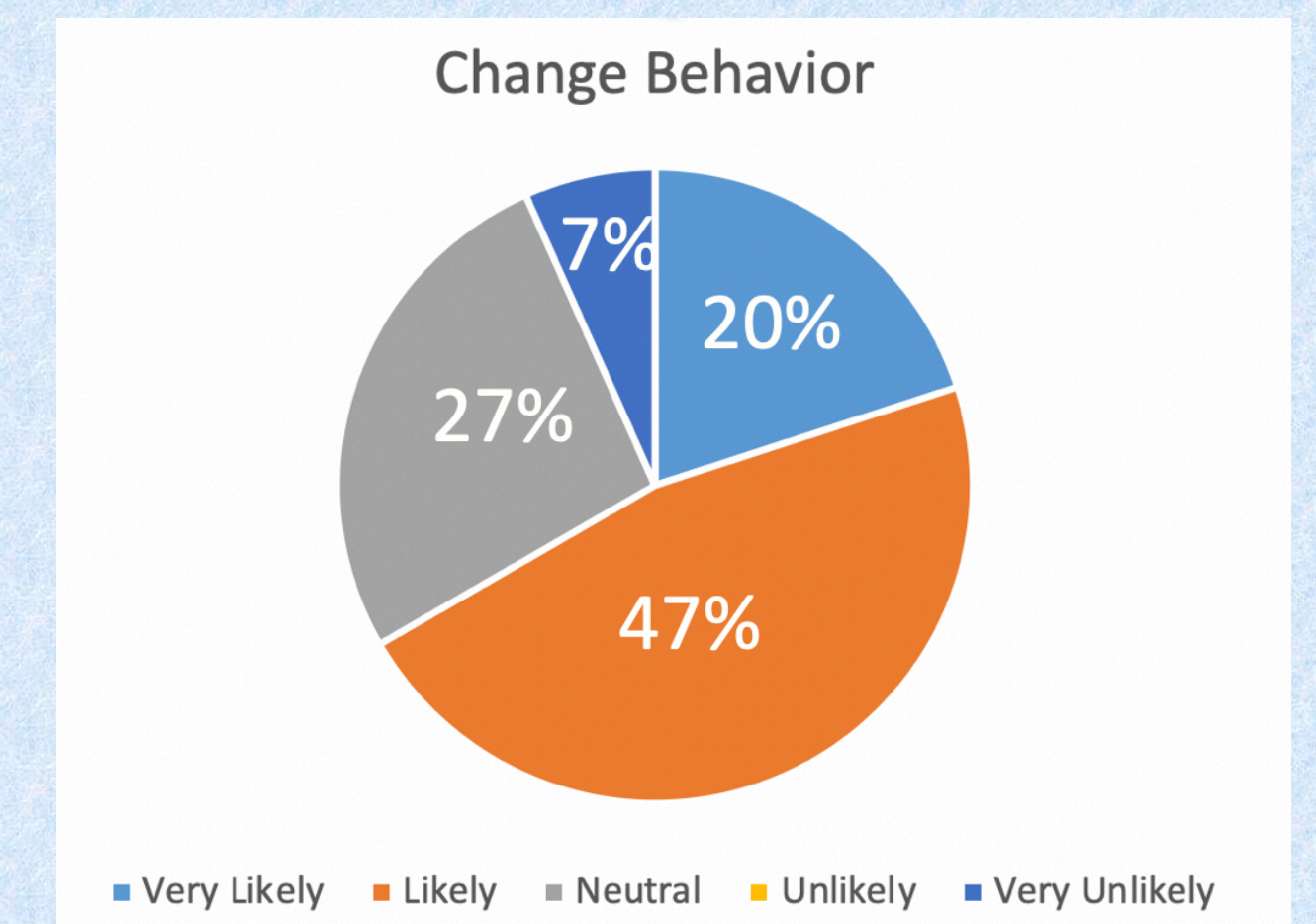
## Conclusion

Really enjoyed presenting this topic! I learned a lot about what students thought was considered a harmful substance, their perception on how it impacts their life, & how just about all of them knew someone struggling with use.

The main limitations of this project were due to the COVID-19 pandemic which prevented me from presenting this topic in person, I feel this would've been more impactful.

Impact:

After the presentation, 20% of the audience stated they were "very likely" & 47% were "likely" to change their behavior.



## Background/Content

Learning Objectives

1. Know the negative risks associated w/ substance use in adolescents.
2. Understand which resources are available for anyone struggling with substance use.
3. Recognize how prevalent substance use is in the US in adolescents.
4. Identify the common challenges people face in adulthood when they've started using as an adolescent.
5. Recognize which skills are most helpful to resist peer pressure to try a substance.



Image: <https://step1recovery.com/tips-on-how-to-break-an-addiction/>

## Discussion

At the beginning of the presentation I assessed where the audience was with their understanding of each learning objective and then re-assessed after → according to the survey 100% of the audience felt the learning objectives were effectively discussed throughout the presentation.

Evaluations:

- “I didn’t realize opioids were addictive”
- “Good reminder of how dangerous substances can be”
- “I wasn’t aware of the statistics of drug use in Oregon and the US”
- “I understood what defined substance use”

Challenges: Some students didn’t feel this talk applied to them because they weren’t using substances. I reminded the audience that the goal of this presentation is to provide information & resources to prevent substance use, even for those who have never used.

## References/Acknowledgements

1. U.S. Department of Health & Human Services (HHS), Office of the Surgeon General. Facing Addiction in America: The Surgeon General’s Report on Alcohol, Drugs, and Health. <https://addiction.surgeongeneral.gov/sites/default/files/surgeon-generals-report.pdf>. 2016. Accessed September 19, 2020.
2. Office of Disease Prevention and Health Promotion. Substance Abuse. HealthyPeople.gov. <https://www.healthypeople.gov/2020/topics-objectives/topic/substance-abuse>. Last reviewed 08/18/2020. Accessed September 19, 2020.
3. Centers for Disease Control and Prevention (CDC). Adolescent And School Health. <https://www.cdc.gov/healthyyouth/substance-use/#2>. Last reviewed April 18, 2019. Accessed September 19, 2020.
4. McCance-Katz, E. National Survey on Drug Use (NSDUH). Substance Abuse and Mental Health Services Administration (SAMHSA). <https://www.samhsa.gov/data/data-we-collect/nsduh-national-survey-drug-use-and-health>. 2018. Accessed September 19, 2020
5. Nock N, Minnes S, Alberts J. Neurobiology of Substance Use in Adolescents and Potential Therapeutic Effects of Exercise for Prevention and Treatment of Substance Use Disorders. *Birth Defects Res.* 2017; 109 (20): 1711-1729. doi: 10.1002/bdr2.1182
6. National Institute on Drug Abuse. Preventing Drug Use among Children and Adolescents: A Research-Based Guide for Parents, Educators, and Community Leaders. U.S Department of Health and Human Services. 2003. <https://www.cadca.org/sites/default/files/nida-preventingdruguse.pdf>. Accessed September 19, 2020.

Thank you Ida B. Wells High School  
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