Southern Illinois Drug Awareness Conference

Back Bigger Better

Hidden in Plain Sight (HiPS)

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Southern Seven Health Department

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Hidden In Plain Sight (HiPS)

- The Hidden in Plain Sight room provides parents with clues from a teen’s bedroom to help them determine whether their child might be experimenting with or using drugs or alcohol. Room décor, hidden compartments, and items to conceal use are located throughout the room.

- There is great power in being a parent.
  - **THE POWER TO REASON. TO INFLUENCE. TO MAKE SENSE. TO COUNTER TEMPTATION.**

- It comes from the heart, and it comes without agendas or lectures.

- Add power to your authority by being informed and then intervening if you think your child might be using drugs or alcohol. Addressing problem behavior early is important to preventing negative consequences of use including unsafe decision-making, car crashes, and dependence.
Common Substances

- The teen brain continues to develop well into the mid twenties. That’s exactly why drugs and alcohol have a more pronounced effect on teenagers.

- Alcohol
- Bath Salts
- Cocaine
- DXM
- Ecstasy
- Energy Products
- Ephedra
- Hallucinogens
- Heroin
- Inhalants
- Kratom
- Marijuana
- PCP
- Prescription Painkillers
- Prescription Sedatives
- Prescription Stimulants
- Prescription Tranquilizers
- Salvia
- Special K
- Spice
- Steroids
Electronic Cigarettes

- E-cigarettes are electronic devices that heat a liquid and produce an aerosol, or mix of small particles in the air.
- Among tobacco types and devices, e-cigarettes are the most common.
- Commonly referred to as “vaping”
  - NOT water vapor
    - EXTREMELY high levels of nicotine, tiny particles of heavy metal, aerosol, propylene glycol, vegetable glycerin or glycerol, in some cases formaldehyde, carcinogens, diacetyl, etc.
More than 2.1 million youth currently use e-cigarettes, with a decline in high school students currently using e-cigarettes in 2022-2023.

Among youth who reported current use of e-cigarettes:

More than 1 in 4 use e-cigarettes daily.

The most popular brands include disposable and cartridge-based products, and the most commonly reported products were:

- **ELF BAR**: 56.7%
- **ESCO BARS**: 21.6%
- **VUSE**: 20.7%
- **JUUL**: 16.5%
- **MR. FOG**: 13.6%

Almost 9 out of 10 use flavored e-cigarettes.

Source: 2023 National Youth Tobacco Survey (2023 NYTS)
Vaping and Tobacco

- How are kids getting vapes?
- Know the Signs
- Addiction is Real
- Resources for Youth Addiction
  - U.S Department of Health and Human Services
  - The Truth Initiative
  - My Life, My Quit Program
    - Text “Start My Quit” to 36072
  - Illinois Tobacco Quitline (ITQL)
    - Call 1-866-QUIT-YES, 7a-11p daily
The My Life, My Quit Program is for young people ages 13-17 who want help to quit all forms of tobacco, including vaping.

Available 7 days per week, 24 hours per day, except Holidays

My Life, My Quit Coaches help youth:
- Develop a quit plan
- Cope with stress
- Learn about nicotine
- Get ongoing support

My Life, My Quit Program Website: itql-my lifem yquit.org

TEENS CAN:
- Enroll Online
- Chat Online with a Coach
- Call 1-855-891-9989
- Text “Start My Quit” to 56972

My Life, My Quit is operated by National Jewish Health.

ILlINoIS TOBACCO QUITLINE
YOUR QUIT, YOUR CALL
1-866-Quit-Yes | quityes.org
How to Talk to Your Child/Teen 5 Tips

1. Choose A Good Time and Place.
2. Approach Your Talk With Openness, Active Listening and Statements.
3. Understand Your Influence As A Parent.
4. Offer Empathy and Support.
5. Keep In Mind Your Teens Brain Is Still Developing.
Communicate With Your Teen

- Be a good listener
- Express, don’t vent your feelings
- Give age-appropriate, positive discipline
- Offer praise for efforts, not accomplishments
- Be empathic. Validate your teen’s feelings
- Ask specific questions to generate discussion
- Honor your child’s search for identity
Stay Involved With Your Teen

- Set aside time to be with your teen
- Become involved in their activities
- Continue to show your love/concern and provide guidance
- Get to know your child’s friends and their parents
- Encourage involvement in school and community activities
Empowering Teens With Refusal Skills

A- **Avoid** uncomfortable or risky situations.

R- **Refuse.** Say “no.”

E- **Exit.** If the refusal isn’t working or you just feel uncomfortable, leave the situation or make up an excuse.
Illinois CATCH onto Health! Consortium (ICHC)
Questions?
For More Information, Contact:

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Thank you all for your time! Enjoy the rest of the conference!

Please don’t forget to scan the QR code on the red flyer to complete an evaluation and clock out your time!

Learn more about Southern Seven Health Department