



**Southern Illinois Drug Awareness Conference**  
*Back Bigger Better*

**Hidden in Plain Sight (HiPS)**

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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.





# NYTS

# 2023

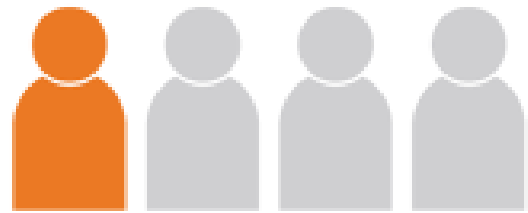
# More than 2.1 million

## youth currently use e-cigarettes,

with a decline in high school students currently using e-cigarettes in 2022-2023

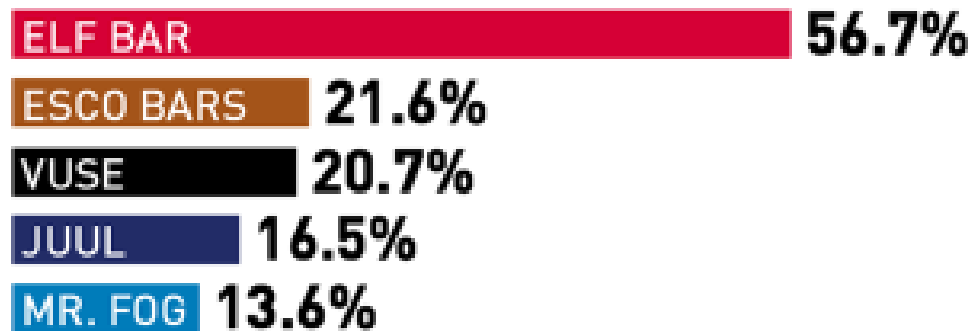
### Among youth who reported current use of e-cigarettes:

## More than 1 in 4



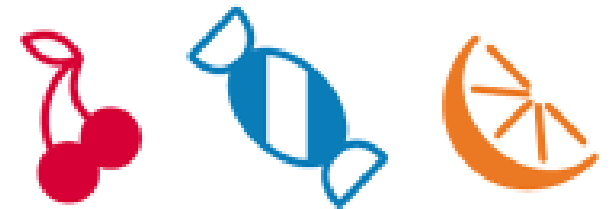
use e-cigarettes daily

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



Almost

## 9 out of 10



use flavored e-cigarettes



# 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

**FACT OF THE DAY**

[See more facts](#)

**NICOTINE IN VAPES CAN**

**AMPLIFY FEELINGS OF DEPRESSION**

**AND ANXIETY.**



# MY LIFE MY QUIT



**FREE & CONFIDENTIAL**

My Life, My Quit Program Website:  
[itql.mylifemyquit.org](http://itql.mylifemyquit.org)

**TEENS CAN:**

- Enroll Online
- Chat Online with a Coach
- Call - 1-855-891-9989
- Text "Start My Quit" to 36072

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

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

# — ILLINOIS — TOBACCO QUITLINE

**YOUR QUIT, YOUR CALL**

**1-866-Quit-Yes | [quityes.org](http://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

Be empathic. Validate your teen's feelings

Express, don't vent your feelings

Give age-appropriate, positive discipline

Ask specific questions to generate discussion

Offer praise for efforts, not accomplishments

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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## All Other Areas:

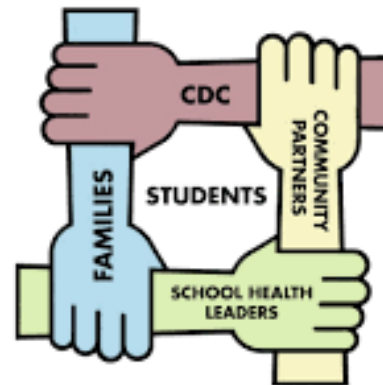
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Thank you all for your time!  
Enjoy the rest of the conference!

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

