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Are You Aware ?

Of the 2.4 million juvenile arrests in 2000, 1.9 million involved substance abuse but only 68,600 or 3.6% of those arrested received any treatment.

Source: The National Center on Addiction and Substance Abuse at Columbia University, Juvenile Justice and the Children Left Behind, 2004.

Alcohol and drug abuse is the No. 1 public health problem in the US. \$1 of every \$12 that is spent on personal health care involved the prevention, diagnosis and treatment of those suffering from addictive diseases.

Source: Myths About Addiction

Teens that have 5 or more dinners a week with their family are less likely to try marijuana, smoke cigarettes, or drink alcohol.

Source: The National Center on Addiction and Substance Abuse at Columbia University, The Importance of Family Dinners I and II, 2003, 2005

For every \$1 invested in addiction treatment, society saves \$7.

Source: UCLA

The 12-17 population in the US has one of the fastest growing rates of prescription drug abuse, such as OxyContin, Ritalin, and Valium.

Source: National Institutes of Health

The no. of people seeking treatment for methamphetamine addiction quadrupled between 1993 & 2003 attesting to the addictive nature of meth.

Source: SAMHSA

Nearly one in 10 American teenagers, or 2.2 million experienced major depression in 2004.

Source: SAMHSA

Depressed youths are more likely to smoke, drink alcohol, and/or abuse drugs.

Source: SAMHSA

Half of the students in the US have tried an illegal drug before they graduated from high school.

Source: Monitoring the Future

Students who use marijuana are more likely to drop out of school, have lower academic aspirations, and experience job instability in young adulthood.

Source: Hall, W., Room B. & Bondy, WHO Project of Health Implications of Cannabis Use: A Comparative Appraisal of the Health and Psychological Consequences of Alcohol, Cannabis, Nicotine, and Opiate Use, August 28, 1995 (Geneva, Switzerland: World Health Organization, 1998.

86% of all high school seniors think it would be 'very easy' or 'fairly easy' for them to get marijuana.

Source: Monitoring the Future

Between 1992 and 2002, the number of adolescent treatment admissions increased 65%, while all admissions, for the same time period, only increased 23%.

Source: The DASIS Report, October 15, 2005, p. 1.

Between 1992 and 2002, adolescent admissions with marijuana as the primary substance increased from 23 to 64 percent.

Source: The DASIS Report, October 15, 2005, p. 1.

Over half of all admissions (56%) to substance abuse treatment are due to use of multiple substances (polydrug abuse).

Source: The DASIS Report, October 15, 2005, p. 1.

Among polydrug admissions, alcohol was the most commonly reported substance (76%). Marijuana was the 2nd most commonly reported substance (55%), followed by cocaine (48%), opiates (27%) & other drugs (26%).

Source: The DASIS Report, March 35, 2005, p. 1.

Youths admitted for substance abuse treatment are more likely than older admissions to report multiple drugs use, 65% of admissions for those under 20 years of age.

Source: The DASIS Report, March 25, 2005, p. 1,2.

Every day, approximately, 4,700 American children under the age of 18 try marijuana for the first time.

Source: Parents. The Anti-Drug.



By **Jared Nelson** jnelson@timesleader.net

Extension Agent Wanda Paris (from left) and student Julie Robertson listen as Lindsey Bridges and Auburn Sutton present drug statistics to the audience gathered at a Chamber meeting Thursday.

Lyon students press for school drug testing

Times Leader Staff Report staff@timesleader.net

Monday, January 21, 2008

Members of a Lyon County teen committee are leading the push to implement a random student drug testing policy in the county's school system.

The "Engaging Youth Serving Communities" Committee (EYSC) made their presentation at a lunch meeting of the Lyon County Chamber of Commerce Thursday.

The group of approximately 15 Lyon County High School students is sponsored by Lyon County Champions for a Drug-Free Kentucky and Lyon County 4-H.

"We think that as a group of individuals we can accomplish a lot more than just one individual could," said member Julie Robertson.

Audience members were presented with a series of statistics from a 2006 Kentucky Incentive Program (KIP) student self-survey, funded by the Kentucky Division of Mental Health and Substance Abuse, regarding tobacco, alcohol and drug use among students at 12, 14, 16 and 18 years of age.

The county has a higher percentage of students who stated they used inhalants or prescription medication with no prescription on at least one occasion in the past 30 days than regional, state and national averages in three of the four age groups, according to the data presented Thursday.

County numbers exceeded regional, state and national averages in two age groups of students who said they had had alcoholic beverages at least once in the past 30 days, as well as those who said they had used marijuana at least once in the past 30 days and those who said they had taken over-the-counter drugs to get high at least once.

“It just shows you how bad of a problem this has gotten in Lyon County,” said Lindsey Bridges.

She also noted that five middle school students had overdosed on prescription drugs at school in the past two years.

“If that many children can overdose at school, then what are they doing at home?” she asked. “That’s really scary to me.”

In those same two years, two high school students were charged with prescription drug sales at school, 10 students were involved in juvenile justice proceedings because of substance abuse, and seven students violated Kentucky Safe School policies due to substance abuse, she said.

“We know and we believe these statistics, because we’re here,” added Auburn Sutton.

“We just want random student drug testing for our friends, not to get them in trouble ... we don’t want them to be one of these statistics.

“These are real people, and they’re real kids that we’re around every day.”

The drive toward random testing is not the first effort made in the fight against youth drug abuse.

Students cited a list of more than 20 programs aimed at prevention and geared toward students from kindergarten through high school.

“Even with all these programs, we still have a substance abuse problem, and that is why we want to add drug testing to our list,” said Katie Jones.

The only students who can currently be tested, per current case law, are athletes, students participating in extracurricular activities, students who drive and park on school property, and those who volunteer. Parental consent must be obtained, according to information presented Thursday.

The testing policy should also identify which drugs will be targeted and select a computerized random selection process, usually through a third party.

Testing should be conducted using FDA-approved tests and certified labs to ensure correct specimen collection, chain-of-custody issues and review of legitimate medications causing positive results, students said.

The students said the tests must be confidential, in accordance with school policy and the Family Education Right and Privacy Act.

The policy should also specifically exclude law enforcement notification of testing results. A certified medical review officer should be used instead for all confirmed positive drug test results.

“Law enforcement cannot be involved,” said Laura Brown. “An MRO is the key interface for parents whose child has tested positive.”

Consequences for a positive test would include counseling, treatment and/or loss of privileges.

A process should be implemented for appeals, application of consequences and reinstatement of privileges, and a referral process should be in place for early intervention and treatment, with financial aid available for low-income families, if possible.

Funding the drug testing program is estimated to cost approximately \$8,000. The money could possibly come from a combination of school district funds or grants from Champions, the Kentucky Agency for Substance Abuse Policy, the Department of Education. EYSC grants, provided through the national 4-H organization, may also be available, students said.

The student presenters also cited studies suggesting positive results in schools with student drug testing programs in place and discussed frequently asked questions about implementing such a procedure in the county.

Having the policy in place could serve as a deterrent in itself, students said.

“It can give students a way out of doing drugs,” said Bridges.

The student group is forming a committee, with school officials and other community representatives, to develop a proposal to present to the Lyon County Board of Education Monday, Jan. 28.

To make their point, each of the students in the EYSC group have obtained their parents’ permission to be drug tested, and each will be tested sometime between now and that board meeting.

Wanda Paris, county Extension agent for 4-H and youth development, praised the student committee for their efforts, which they orchestrated on their own, she said.

“It has been my honor and privilege to get to work with this group of young ladies,” she said.

The purpose behind the EYSC grant, she said, was to help the youth identify a community issue needing to be addressed.

“The youth chose this issue,” she said. “There was no adult that had anything to do with this decision.”

Since beginning the project, the group has met early in the morning, late in the evening, on Saturdays and Sundays, spending numerous hours researching the issues and developing their proposal.

And they will continue, she said, regardless of the decisions made in the local district:

“Whatever the outcome of this issue, these girls aren’t going to quit.”

1/30/2008

Hawaii Due To Introduce Statewide Random Drug Testing For Teachers

Hawaii is due to become the first state to introduce statewide random drug testing for teachers. The drug testing program, which should start in the 2008-2009 academic year, will involve testing more than 3,000 teachers a year. This represents over 25% of the 13,000 school teachers. Teachers approved the introduction of the drug testing program by 61% to 38% in a vote last year when they voted on a new employment contract that also gave them and 8% pay rise over two years. There is a June 30th deadline for the program details to be finalized. There are disputes between various government organizations regarding funding the program.

2/4/2008

PRIDE Reports On School Drug Testing

A PRIDE report is a survey used by school districts to report attitudes and occurrences of drugs. Helpfully, some PRIDE reports are available for review. Vestavia Hills City Schools, Vestavia Hills, Alabama and Madison City Schools, Madison, Alabama have helpfully made their reports public (<http://www.vestavia.k12.al.us/pdf/executive.pdf> and <http://www.madisoncity.k12.al.us/Information/PRIDE/MadisonCity/06-07.pdf>).

Drug Addiction Information

Many people view drug abuse and addiction as strictly a social problem. Parents, teens, older adults, and other members of the community tend to characterize people who take drugs as morally weak or as having criminal tendencies. They believe that drug abusers and addicts should be able to stop taking drugs if they are willing to change their behavior.

These myths have not only stereotyped those with drug-related problems, but also their families, their communities, and the health care professionals who work with them. Drug abuse and addiction comprise a public health problem that affects many people and has wide-ranging social consequences. It is our goal to help the public replace its myths and long-held mistaken beliefs about drug abuse and addiction with scientific evidence that addiction is a chronic, relapsing, and treatable disease.

Addiction does begin with drug abuse when an individual makes a conscious choice to use drugs, but addiction is not just "a lot of drug use." Recent scientific research provides overwhelming evidence that not only does drug addiction interfere with normal brain functioning creating powerful feelings of pleasure, but they also have long-term effects on brain metabolism and activity. At some point, changes occur in the brain that can turn drug abuse into addiction, a chronic, relapsing illness. Those people with a drug addiction suffer from a compulsive drug craving and usage and cannot quit by themselves.

Treatment for drug addiction is necessary to end this compulsive behavior.

A variety of approaches are used in treatment programs to help patients deal with these cravings and possibly avoid drug relapse. NIDA research shows that addiction is clearly treatable. Through treatment that is tailored to individual needs, patients can learn to control their condition and live relatively normal lives.

Treatment can have a profound effect not only on drug abusers, but on society as a whole by significantly improving social and psychological functioning, decreasing related criminality and violence, and reducing the spread of AIDS. It can also dramatically reduce the costs to society of drug abuse.

Understanding drug addiction also helps in understanding how to prevent use in the first place. Results from NIDA-funded prevention research have shown that comprehensive prevention programs that involve the family, schools, communities, and the media are effective in reducing drug abuse. It is necessary to keep sending the message that it is better to not start at all than to enter rehabilitation if addiction occurs.

**Reprinted from The National Institute on Drug Abuse (NIDA)*

DRUG OVERVIEW

The Drug Problem Today

Today's young people are faced with more choices than their parents had just 20 or 30 years ago.

Cell phones, chat rooms, instant messaging, cable TV, email, and ipods- the world is changing at a rate that grows every day. We have instant and unfiltered access to information, products, media, and people. While this age of technology can be very exciting, it can also be quite overwhelming and brings new challenges to the family structure. Our kids now have tools that enrich their lives in some ways, but also raise the level of responsibility that they must assume at a young age. This new independence and accessibility makes our kids even more vulnerable to the allure of drugs than ever before.

Every family and every child today is exposed to an ever growing presence of drugs. It is not just the "troubled" teens and slackers that are using drugs. Honor students, athletes and ordinary kids are unable to avoid drugs at school, parties, and friends' homes. Temptation, curiosity and desensitization by the media lead otherwise good kids to make bad choices. Stable families and good schools provide only some protection. In interviews with students who use drugs with their parents, it is clear that there is no absolute barrier to drug use. Children of physicians, lawyers, and law enforcement officers have all become casualties of the drug problem.

By the time an adolescent finishes high school, he/she runs a risk of becoming one of the "casualties" of today's epidemic of drug use. According to the most recent studies conducted in our nations school systems, **54% of all high school students will have used an illegal drug by the time they become seniors.** These students are doing far more than "just" smoking marijuana - 82% have used cocaine and roughly 2% have tried heroine. They have far more to choose from than their parents did. Today, drugs like Ecstasy, Ketamine, GHB, and other substances are just as available as marijuana was only a few years ago. These drugs can have short and long term effects that can interfere with intellectual, emotional, and physical development, as well as produce more immediate dangers.

Many parents recall their own adolescence and wonder whether a little marijuana use or even experimentation with "harder" drugs is such a bad thing. *After all, they survived, so how bad could it be?* This view, more common than many would admit, is mistaken on several points. Drugs today, including marijuana, are more potent that they were even 15 years ago. In addition, newer synthetic drugs, such as

Ecstasy and GHB, are used along with the more traditional intoxicants of alcohol and marijuana. These drugs are dangerous; they not only present a risk for habitual use and dependence, but also can produce abrupt and dramatic effects, including overdose and death.

In addition to the dangers the drugs themselves pose, there is the threat from the environment where adolescents frequently acquire them. "Club drugs" are used at "raves" or parties where supervision is lacking, and the "underground" nature of the event fosters secrecy, unsafe sex, and impaired judgment. This environment leaves teens vulnerable to others to prey on them - to both introduce them to drugs and to add them to drinks without their knowledge, dubbed by the media as the "date rape" drug phenomenon.

We are living in a society where 1 out of every 2 teens is trying drugs, and 2 out of 10 are using them on a regular basis. Parents and guardians risk the chance of their teenager getting behind the wheel of a car, loaded or high, and *the parents are responsible for the damage their children do*. The family car, personal property, private property, other peoples' lives are at risk. Parents are ultimately held accountable for the actions of their kids.

Not acknowledging that our kids are facing these situations is unrealistic. Parents who fear that the mere mention of drugs will put ideas into their kid's heads are naïve. Kids know about drugs, see their friends taking drugs and are being offered drugs. Parents cannot assume that their attentive and thoughtful parenting will make their kids immune to the allure of drugs, and pressure from peers. Ignoring the problem will not make it go away. Proactive parents, who take their responsibility seriously, can make a difference in their kid's lives.

SIGNS OF DRUG USE

Adolescence is a period where young people undergo physical and behavioral changes that can be profound and alarming - to them as well as to their parents. Many of the following symptoms may indicate the presence of diseases or factors other than drug use and should be investigated by a trusted and competent physician.

The following should be causes for concern:

- Abrupt changes in work or school attendance, quality of schoolwork or grades and/or discipline problems.
- Unusual outbursts or displays of temper.
- A shirking of responsibility.
- Unexplained changes in overall attitude, including depression, withdrawal or apathy.
- Deterioration or sudden change of physical appearance or grooming habits.
- Sudden secretiveness or inappropriate concerns for privacy; poorly concealed attempts to avoid attention and suspicion, such as frequent trips to the restroom or basement may be an attempt to conceal drug use.
- Wearing sunglasses, or frequent use of eye drops, to conceal the appearance of the eyes.
- Association with known drug users or "problem" students.
- Unusual borrowing of money from friends, siblings, or parents.
- Stealing - either at home or through shoplifting.
- Possessing unexplained valuables.
- Drug paraphernalia.

But also be aware that kids are more sophisticated these days. They, too, know the above warning signs, and they will go out of their way to maintain good grades and an appearance of sobriety. The only way to know with certainty is by drug testing.

4 Stages of Abuse

Drug abuse involves 4 stages:

The first stage is **experimentation**. A person tries drugs for the first time, usually at a party or on a date.

The second stage is **occasional use**. The drug is available from another person or openly offered at a party.

The third stage involves **regular use**. The person finds he may like drugs and goes and purchases the drugs for himself.

The fourth stage is **habitual use**. The person *needs* drugs. Drug hunger and craving control the user's life, and he will do anything to obtain drugs.

The first, second, and possibly the third stage can be confronted within the family. The family needs to be very proactive in addressing the problem and discouraging any further drug use.

If parents educate, define clear consequences of drug use, and implement home drug testing, they will be using powerful tools in shaping their kids lives, and keeping them on the right path.

The fourth stage of drug abuse needs not only family understanding and recognition, but most likely requires professional help. Once identified through visible clues and signs, and verified by drug testing, parents must intervene and seek professional help immediately.

Intervention gets results. Hunterdon Central High School in New Jersey was faced with a drug problem that had come to the attention of the parents, administration and school board. 80% of the senior class stated that they had used drugs within the past 12 months. A major anti-drug program was initiated that made clear to students that they would be tested for drugs. Drug use declined dramatically, with less than 5 percent of the students testing positive.

John P. Walter, director of the White House Office of National Drug Control Policy, commenting on the Pride Survey Finding, said,

"If our schools and parents were to utilize recognized, successful intervention techniques, including drug testing, we would be able to identify these youth and get them the counseling and treatment they need to turn away from drug use."

General Facts about Drugs Today

- The average age for kids to begin experimenting with illegal substances is 13.
- The potency of marijuana THC levels is 15-20 times stronger than marijuana in the 1970s.
- Every year from 1975 to 1999, at least 82% of high school seniors surveyed have said they find marijuana "fairly easy" or "very easy" to obtain. In 2000, 88.5% of high school seniors said it was fairly or very easy to obtain.
- 60 percent of youngsters who use marijuana before age 15 go on to use cocaine.
- Columbia University has found that kids who smoke marijuana are 85 times more likely to use cocaine than their non-marijuana smoking peers.
- On average, kids found by their parents to be using drugs, have been using for two years prior to discovery.
- Most medical insurance policies have a clause that allows them to not pay a medical claim "if there is an illegal substance in the system, or an illegal act is being performed at the time of the loss." Parents can be held legally responsible for those bills.
- Several states are enacting Parental Responsibility Laws in which the parent is held responsible for the behavior of the child.
- Average cost of drug rehabilitation is \$20,000 - \$30,000 a month, with few, if any medical insurers paying anything on such a claim.
- The number of offenders under age 18 admitted to prison for drug offenses increased twelve fold (from 70 to 840) between 1985 to 1997. By 1997, drug offenders made up 11% of admissions among persons under 18 compared to 2% in 1985.
- The US has higher rates of illicit drug use by young people than European nations, as noted by the Monitoring the Future survey: "The MTF study found that in 1999, 41% of tenth grade students in the United States had used marijuana or cannabis at least once in their lifetimes. All the participating European countries had a considerably lower rate of lifetime use, averaging 17%. This proportion varied among European countries from 1% in Romania to a high 35% in France, the United Kingdom and the Czech Republic.

The following additional reports and information are available.

Send Request via email to info@ModernDrugTesting.com

You can also find additional information and updated articles and newspaper reports at the www.ModernDrugTesting.com website.

The Drug Dependency Test

How do you know if you or your loved one is drug dependent?

Teen Survey Report 2005

This 81-page report provides a plethora of resources and statistics for schools.

DRUG EDUCATION Drugs of Abuse and Their Effects

IMPORTANT: This booklet is designed to inform parents about Specific drugs, drug groups and other related information, it is not a booklet designed to be shared with your child without supervision, as some wording, (especially sections describing drug usage) may be perceived by a young reader as a "how to" guide to drug use. This may be especially true for a child who is already using drugs and is looking for other drugs with which to experiment.

Information is included on "Gateway Drugs" such as alcohol, tobacco, inhalants, and marijuana. Additional information on "harder" drugs like opiates, narcotics, cocaine, amphetamines, hallucinogens, steroids and other drugs is included, as well. (38 pages)

The Modern Drug Testing website also contains valuable information
And reports for parents and schools. Please visit the site at
www.ModernDrugTesting.com
to get a full overview of the information available and to stay current
on news reports and articles regarding drug testing.

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