Teen Drug And Alcohol Abuse: A Guide For Caring Parents

From Addiction Resource

Over 138,000 teens and young adults were treated for drug and alcohol abuse at a specialized facility in 2010 according to statistics of the National Survey on Drug Use and Health. Over 1.5 million underage persons are introduced to drugs in the United States every year, which corresponds to over 4,000 new drug users per day. Costs of emergency and non-emergency medical treatment reach billions in taxpayers’ money every year. It is easy for adolescents to access many kinds of drugs, and they are more likely to become addicted than adults because their brains aren’t fully formed. Sometimes, trying a certain drug just once is enough.

Substances Commonly Abused by Teens:
Teens are often more prone to experimenting than adults. They are frequently willing to try substances they know their friends are using, making dependency on marijuana, cocaine, heroin, alcohol, or another substance more likely to occur.

Alcohol:
Alcohol has the dubious distinction of being the substance most widely abused by teens. It decreases inhibitions and feelings of anxiety and increases comfort in social situations. It also minimizes physical tension.

Fostering Children Whose Parents Struggle with Substance Abuse

From Fostering Perspectives Vol. 10, No. 1

Parental substance abuse is a huge factor in the child welfare system in the U.S. Studies have shown that at least one out of every three child maltreatment cases involves substance abuse. In a 2001 survey, 85% of states identified substance abuse as a major problem in families suspected of child maltreatment.

Effects on Children
According to Breshears and colleagues (2005), when a child’s primary caregiver abuses substances:
• Home life may be chaotic/unpredictable
• Parenting may be inconsistent and there may be a lack of appropriate supervision
• Substance-abusing adults may provide inconsistent emotional responses to children, or they may provide inconsistent care, especially to younger children
• Parents may have abandoned children physically and emotionally
• Parents may emphasize secrecy about home life
• Parental behavior may make the child feel guilt, shame, or self-blame

Because of these experiences, children may have developed feelings such as:
• Believing they have to be perfect
• Believing they have to become the parent to the parent

Continue Reading
Is there a Vaping Addiction and What are the Dangers of Vaping?

By Addiction Resources

While a lot of people turned to e-cigarettes in the hopes of avoiding cancer and heart risks, research from the American Association for the Advancement of Science believes that vaping is far from benign. Electronic cigarettes were first introduced commercially back in 2008. They have continued to gain popularity in recent years.

What is Vaping and How Did it Become so Popular?

Vape is another term for electronic nicotine delivery, personal vaporizers, or electronic cigarettes. It is the practice of inhaling the vapor from e-liquid through a vaporizer. To vape, one needs the atomizer, e-liquid, inhaler piece, and the battery.

E-cigs are battery-powered devices that contain nicotine mixed with glycerin and propylene glycol and different types of flavorings. The liquid is then heated into a vapor that one can inhale.

Electronic cigarettes were introduced to help traditional smokers quit. Vaping eliminates the lingering scent of cigarettes and conventional chemicals and toxins found in cigarettes. Nonetheless, research now indicates that e-cigs could be as harmful as conventional cigarettes. Vaping has become increasingly popular, thanks to the exotic liquid flavors and new portable devices. The vaping industry is estimated to be about $4 billion, and people are now competing to see who can blow the most smoke. Quite Smoking Community, one of the biggest quit smoking organizations supports vaping as and what it does to help smokers switch their nicotine intake.

Studies on Vaping Addiction

The Penn State College of Medicine conducted a study back in 2014, where researchers assessed the addictive nature of e-cigs. They used an online survey where they interviewed ex-smokers who are current vapers. The respondents reported that they smoked an average of 24 cigarettes daily and had 24 vape sessions regularly.

The addiction is the same, but vaping was found to influence more psychological and behavioral changes. Few reported waking up at night for a nicotine fix while other e-cig users had to wait longer for their first vape of the day. Additionally, the majority of participants admit that they had fewer cravings for e-cigs compared to their former cravings for cigarettes. Most also felt less irritable compared to how they felt when they couldn’t smoke.

Concerns Over Vaporized Substances

Although manufacturers suggest that vaping only allows one to breathe harmless vapor and nicotine, the National Institute of Health is now investigating the effects of glycerin and propylene glycol. The World Health Organization banned the use of vaporizers indoors. Studies conducted also suggest that when the liquids are heated, they release higher levels of formaldehyde as compared to a regular cigarette. Furthermore, people are now hacking their devices to allow the greater release of nicotine and heat.

Continue Reading