

...THIS FOR
TOO LONG
LET'S NOT
WAIT TO
TALK. WE
HAVE BEEN
AVOIDING...

A TOOLKIT FOR NAVIGATING TEEN
SUBSTANCE USE IN MARIN COUNTY

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GROWING UP IN MARIN COUNTY

According to the data, teens in our community have easy access and the opportunity to use drugs and alcohol.¹ This is a reality. But as parents and caregivers, we can help them navigate through these tough decisions. Where can we start? Know the facts, communicate openly, and listen to our teens. Keep reading to learn more.

31%

OF MARIN COUNTY 11TH GRADERS

report that they have either driven a car after using alcohol or other drugs, or been driven by a friend who has used alcohol or other drugs.



41%

OF MARIN COUNTY 9TH GRADERS

report that they have used alcohol or other drugs to get high.



BETWEEN GRADES 9 AND 11

binge drinking among Marin County teenagers increases by

177%



46%



OF MARIN COUNTY 9TH GRADERS

report that it is very easy to get cannabis.

DEAR READER,

THIS PARENTING THING IS HARD. BY PARENTING, WE MEAN ANYONE WHO IS CARING FOR A YOUNG PERSON. YOU MAY INDEED BE A PARENT, OR YOU MAY BE A GRANDPARENT, A FOSTER PARENT, A STEP-PARENT, A CONCERNED NEIGHBOR OR A COMMUNITY LEADER. WHATEVER YOUR TITLE, YOU ARE A CARETAKER, AND SO THIS BOOK IS FOR YOU.

You signed on to parenting knowing it would be hard, but maybe not knowing that the further along you went and the more complex that your little human being became, the fewer roadmaps there would be. Here in Marin County, substance use looms large as one of the greatest challenges for youth and families trying to navigate the teen years. Marin County's Public Health Officer, Matt Willis, has pointed to "an ongoing public health crisis for us here in Marin" in which "our numbers for teen drug and alcohol use are way higher than the state average."² What we are facing are not normal rites of adolescence.

Over the years, we have lost many of our young people—bright and funny and caring young people—who were loved by family and friends. Throughout this book you will hear the voices of people impacted by substances, and the parents who now have to speak for the children they have lost. We honor their lives and the communities that remember them.

There is no single right way to address teen substance use. As much as we'd like to hand over a roadmap with all the answers, every child is different in their age, maturity, temperament, and history. Families are far too diverse in their experiences, their values, their relationships and their preferences to have any precise blueprint. We also know that parents are just one part of the equation. It takes a village and a true community effort to shape a healthier environment and to reshape community norms so that all teens can thrive. We do not have a step-by-step guide with the promise of fail-proof success. Because no part of parenting ever does.

Here's what we do have: we have creative, energetic, resilient kids who are working hard at the task of figuring out who they are and who they want to be in this world. We have solid research on how to help teens navigate the complexities of adolescence and substance use. We have best practices that can be adjusted to meet the needs of individual families, and networks of neighbors and friends. And we have our own intuitive wisdom as parents and caregivers, our own knowledge of our children in all of their uniqueness, and our love for and dedication to our kids. "Let's Talk" is a toolkit for parents, centered around the idea that with a lot of solid science, and a lot of heart, we can support our teens as they navigate the tough stuff.

SO LET'S START THE TALK.

What's Happening To Your Teen?

What Were You Thinking? The Teen Brain

Sometimes it may seem to parents that their teens aren't thinking at all. The truth is that they aren't always thinking in quite the same way that you are, because their brains aren't working in the same way yet. It's complex, but here are the main points that parents should know about the opportunities and risks.

Development

The teen brain isn't a fully developed brain, and it won't be until about age 25.

Opportunity: This phase is sometimes referred to as a "window of opportunity" in which teens can learn fast, consolidate information, connect emotionally to others, and define themselves on the way to independent adulthood.

Risk: Sometimes, teens really aren't thinking, or at least not in the way you want them to. On their road to independence, some of evolution's tricks that set teens up for opportunity also carry risks. The consequences of those risks may be greater for teens than for adults because that brain of theirs is still taking shape.

Learning

The teen brain is going through a period of rapid development where it can learn and expand at an impressive rate.

Opportunity: This is why teens can pick up on new skills quickly, fix your computer, or latch onto a new hobby.

Risk: All of this impressive learning means that the brain hooks onto ideas fast and hard, and that includes substance use. The teen brain actually reads addiction as a form of learning, and so it "learns" substances faster than the adult brain.

"Use it or Lose it"

The teen brain builds up the skills and knowledge being used, and it cuts away what isn't being used.

Opportunity: This allows it to be the most efficient in excelling at what is important.

Risk: If a teen is “using” the part of the brain that is addicted to substances, and doing so at the cost of using other parts of the brain (like the parts that read books or do mathematics or interact with peers or play sports), then the brain is shaping around the experiences of substances first and foremost. As a result, it is essentially “losing” these other forms of learning.

Relying on What Works

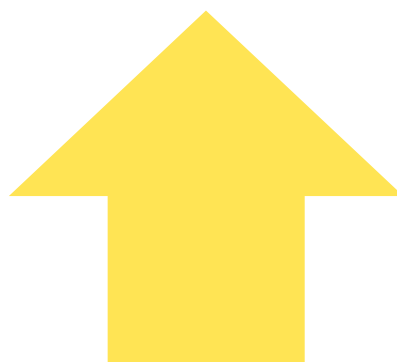
The part of the brain that isn’t developed yet is the part that controls self-regulation, reasoning, decision-making and planning. It’s the part that controls our understanding of risk and consequence. So teens often have to rely on the part of the brain that is fully complete, and that’s the part that is associated with impulse, emotion, and immediate reactions such as fear and aggression. Sound familiar?

Opportunity: Some brain scientists suggest that because teens act with feeling more than thinking, this emotional rollercoaster actually may help them connect more to other people and develop empathy. Emotion may also help them learn more efficiently and develop stronger memories, encouraging teens to steer clear of experiences that have produced negative emotions, and move towards experiences that have produced positive emotions.

Risk: Especially when we’re talking about substance use, the skills that aren’t fully developed—decision making for example—are pretty important. We also know that substances activate pleasure centers of the brain, and so the brain reads these as positive emotions to be repeated.

TEENS CAN BE SO MUCH FUN, WITH THEIR EXUBERANCE, CREATIVITY, AND CRITICAL THINKING. BUT THERE’S A DOWNSIDE IN THAT THEY ARE HARDWIRED FOR RISK.

Laurie Dubin, Marin Parent and Founder, *Be the Influence*



The Teen Brain Loves a Thrill


Risk-taking and teenagers are best friends.

Opportunity: Teens are busy learning about the world and the roles and responsibilities needed to become an adult. What if our four-year old never tried to climb the jungle gym on their own? What if our teenager didn't confront a fear of public speaking so that they could give that class presentation? Risk taking can be a way to learn, grow, and move onto new stages of development.

Risk: Substance use is not a jungle gym or a class presentation. Substance use carries far more severe risks. The part of the brain that loves the thrill is also reading that thrill as a reward. And we all want more rewards. This is the path to addiction.

The Good News

Just because the teen brain can sometimes feel like it's working up the perfect storm, there are opportunities here. Just because their brain isn't destined for completion until their mid-20's does not mean that you can't help your teen get a head start! Parents and caretakers are essential because we are the voice that can help our kid think ahead, learn to regulate emotions, and plan for decisions. It's important for us to know what's happening (or not happening) in those brains, but that doesn't mean that we can't do anything about it. We have to understand our kids and what equipment they're working with, but we can still hold them accountable for unhealthy decisions and behaviors. It just means that parents have to help them get there.



**WE'RE CONSTANTLY COMPARING OURSELVES
AGAINST SOCIAL MEDIA, OUR PARENTS'
EXPECTATIONS, AND OUR OWN GOALS. IT'S
HARD TO RELAX OR PROCESS EVERYTHING.
FOR A LOT OF US IT'S EASIER TO SIMPLY
ESCAPE WITH DRUGS AND ALCOHOL.**

MARIN COUNTY TEEN

The Load They Carry

Our teens are dealing with a lot.

A Lot of What They're Dealing with is Just What We All Had To Deal with as Teens

Social pressure and being accepted, academic expectations, asking the “who am I” question and trying on new identities in the process, drinking or not drinking, smoking or not smoking, having sex or not having sex, what to wear to the school dance, and all of the other BIG decisions of adolescence. Take a moment and think back to that time. What did you worry about? What missteps did you make? What turned out okay in the end? Would you have done anything differently? We've all been there. Your teen is there now too.

But Wait . . .

There are a few more issues that they're facing that we didn't have to deal with in quite the same way. Our teens live in the ever-present shadow of social media. They are a generation exposed to an unfathomable amount of unfiltered information that can be solemn and disturbing. They have active shooter drills in school. Their already sensitive psyches and self-images are now measured against social media's influencers. Inequities and the gap between have and have not is far wider than it was a generation ago. Substances are more toxic than ever, with higher levels of THC in cannabis, higher levels of nicotine in vape products, and fentanyl lacing causing the overdoses of their peers.

So while as parents and grandparents and caretakers, we do remember what it's like to be a teen, and a lot of that still holds true, there is also a whole new world of pressures, anxieties, and complexities that our teens are dealing with now.

Risk and Protection

We know a thing or two about what puts young people at risk for substance use, and what helps protect against substance use. The factors at play are multifaceted, and include the individual, their peer group, the family unit, and societal and environmental influences. No one level of influence is to “blame”. Importantly, just because a teen has experienced any of these risk factors does not mean that they will use substances. The potential of risk is increased, but risk can be balanced out by protection and resilience.

RISK FACTORS

- Mental health issues
- ADHD
- Trauma
- Bullying
- Friends that use
- Accessibility of substances
- Family rejection of LGBTQ+ identity
- Experiences or perceptions of racial discrimination
- Family substance misuse
- Community attitudes and norms

Mental Health Challenges

29% of 9th graders in Marin County say that they have experienced chronic feelings of sadness and hopelessness, a number that rises to 35% by the 11th grade.³ This data doesn't even include feelings of anxiety or a chronic sense of being overwhelmed. The root causes of these emotions are varied. It may come from an "achievement culture" among a highly educated county where teens may feel both personal ambition and the weight of others' expectations. It may come from experiences of intense trauma among our teens who have crossed borders to secure a safer life. It may be tied to social media. It may be that the increased access to information facilitates our young people carrying the world's worries on their shoulders before they're ready. Whatever the reasons, we know this as fact: mental health challenges are one of the clearest pathways to substance use. When our social and emotional health is suffering and we don't have adequate resources to cope, substance use initially can make an easy and effective coping strategy.

Substance Accessibility

We know that when substances are accessible, teens are more likely to use them. In Marin County, substances of all sorts are highly accessible, whether from peers, online, or a parent's cabinet. 70% of Marin County 9th graders report that it is "fairly to very easy" to access alcohol, and 71% report that it is "fairly to very easy" to access cannabis.³

Family Substance Misuse

Teens who have family members who misuse or abuse substances are more likely to do so themselves. In part, we know that people can have a genetic predisposition that can make them more sensitive to the effects of substances

and more likely to become addicted. We also know that social modeling has a powerful impact. Our kids learn so much from adults from the moment they are born. They learn to walk, eat, laugh at jokes, to use the phrases we tend to use. So it is no surprise that they also learn how to navigate their own substance use by watching us. Positive parental attitudes towards substances are also associated with teen use. Let's be clear here: Youth are not at increased risk because their parents have a glass of wine with dinner. The point is that teens are watching how adults use substances and how they convey messages about substance use: how, when, and to what effects.

PROTECTIVE FACTORS

- Parental monitoring
- Positive self-image
- Parental involvement
- Community and school norms and behavioral expectations
- Positive coping and self-regulation skills
- Positive and healthy peer relationships
- School and community connectedness

Parental Monitoring

This refers to the rules we set for our kids, how we know where they are and what they're up to, and how we respond when our kids break the rules. When parents are aware of their kids' activities, and communicating with their teens about that awareness, teens are less likely to use substances. Monitoring may look different in each family. It could mean knowing where and when your teen is going, having them call when they arrive at or leave a place, or getting to know your teen's romantic partner or their friends' parents. Each family will decide for themselves how and to what extent monitoring takes place, but the key ingredients are clear rules, accountability, and communication.

29% OF MARIN COUNTY 9TH GRADERS SAY THAT THEY HAVE EXPERIENCED CHRONIC FEELINGS OF SADNESS AND HOPELESSNESS. BY 11TH GRADE THAT NUMBER JUMPS TO **35%**

Spotlight on Empathy

Empathy is the ability to imagine what someone else might be feeling. It is far more than simply a nice sentiment, and it in fact has strong evolutionary pathways and is key to maintaining human relationships.

While as a society, we can sometimes view substance use as a “problem behavior” or an act of defiance for teens, substance use may have underlying causes that generally point to someone who is emotionally struggling. If we can begin to empathize with what our teens are feeling, whether that is anxiety, self-doubt, pressure, boredom, fear, or trauma, that empathy is the first step in having a clear understanding of why our teens are using, and how we can start to support them in not using.

The same goes for teens. Can you imagine what would happen if your teen could empathize even a little bit with how you are feeling as a parent?

SO HOW DO WE CULTIVATE EMPATHY?

IN OURSELVES:

- Be curious about your teen’s experiences and viewpoints.
- Listen deeply without judgment or advice. “My parent listens to me too much” said no teen, ever.
- Ask questions rather than making assumptions.
- Affirm and acknowledge what our teens are feeling in order to better appreciate their experience, and let them know that we validate that experience.

IN OUR TEENS:

- Role model empathy for others when you’re together.
- When your teen has a conflict with someone, ask them what they suspect the other person is feeling or thinking.
- Try discussing your views. Instead of “No” or “You’re in trouble”, explain why you are making certain decisions or having a certain emotion as a parent.
- Remember that having empathy does not mean that we understand everything about our teen’s situation or how to “fix” it. It’s about seeing their world through their eyes to understand how the load they carry might impact them, especially when we are talking about substance use.

What's the Big Deal?

Substance use in the teen years certainly is not new. In fact it seems a normal part of adolescence, whether it's happening in our own backyard or glamorized in movies. This is just what they do, we may think. No big deal.

The reality is that it is a big deal, and here's why:

Brain Learning

Remember that teen brain we talked about? This is the brain that is learning new information and skills rapidly and that “learns” substances with the same efficiency. “Experimentation” with substances can spiral from one or two experimental usages, into misuse or addiction a lot easier for teen brains.

Age Matters

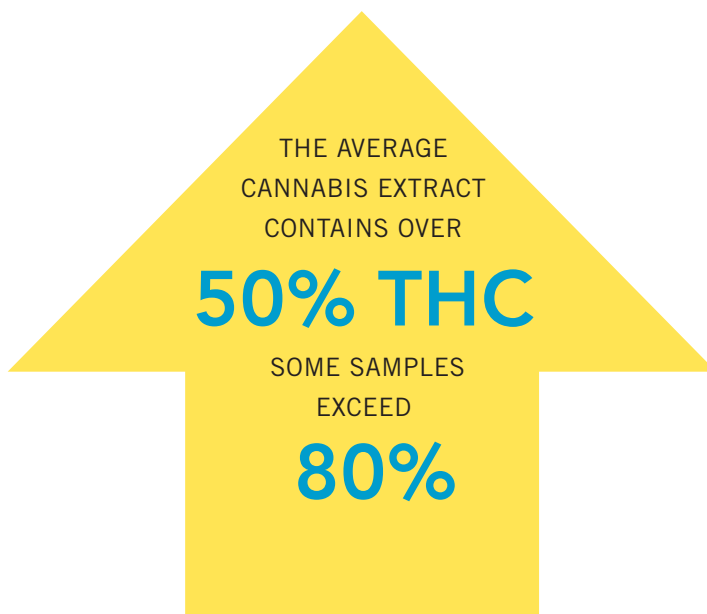
The earlier a teen starts using, the more likely it is that they will become addicted in a faster amount of time. Delaying the onset of use makes a difference, giving the brain time to develop.

Mental Health

We know that underlying mental health challenges can lead to substance use, but we also know that substance use can lead to mental health challenges.

Health Risks

Drugs just get more and more dangerous. There are new growing methods, new synthetic substances, laced batches, and more nicotine.



FOR EXAMPLE, DID YOU KNOW THAT:

- Vaping products often contain nicotine in high doses. One “pod” of Juul or Puff Bars contain the equivalent of 40-50 cigarettes worth of nicotine.
- Cannabis can have many times over the amount of THC in it than it had in the ‘80s, and with newer methods of using cannabis that can deliver a more concentrated dose of the drug.
- Substances laced with fentanyl are becoming more common, and tragic fentanyl-related deaths have hit home in Marin County in recent years.
- Substance use leads to other risky behaviors with life-altering consequences, whether that means driving drunk or high, or having unprotected sex.

Something is Happening in Marin County

We can count ourselves among the lucky ones to live in Marin County. With easy access to the outdoors, good schools, and tight knit communities, it’s no wonder that Marin County consistently ranks in the top tier of national rankings of healthy places to live in the United States. But there is a notable exception: Our rates of substance use are far higher than the California average. Of 11th graders across the state, 29% reported substance use of any type over the month prior to taking the survey. Yet in Marin County, 44% of our teens reported using substances in the past month.⁴ That number climbs even higher in some regions of the county.

There’s no one answer to why our rates are higher, and no one solution. But we do know some of the factors that may make Marin County’s rates so high:

Achievement Culture

Kids know that there are high expectations for their achievement. They know they’re supposed to get good grades, go to college, and live up to the expectations set for them in a highly educated county. While our collective value on education sets kids up to aim for high goals and live up to their potential, the school stress that accompanies that value can make kids feel anxious, overwhelmed, and fearful of failure. Those emotions, and that pressure, are all ripe for substance use.

Access

It’s no secret (at least not to teens) that it’s easy to get substances in Marin County, whether from the local alcohol retailer, at a house party, or online. We know that environmental facilitators, like accessibility, lead to higher rates of use.

Underlying Mental and Emotional Challenges

Along with rates of anxiety and depression come people of all ages who are just trying to cope with what life is throwing at them. Experiences of trauma, loss, or high degrees of stress, without adequate social and emotional supports, are one reason why people use substances, including teenagers.

Affluence

Affluence can lead to higher rates of usage due to the ability of young people to afford substances, and in some cases, an entitlement mentality that fuels greater risk taking.

Equity Gap

In addition to substance use rates, Marin County also ranks notably low in equity. The gap in affluence is substantial, especially across racial groups, and this inequity can breed outcomes like poverty, discrimination, homelessness, and increased vulnerability. Social determinants of health, such as those listed, can be a risk factor for substance use.

Adult Use

Teen substance use mirrors adult use. Marin County adults binge drink at a rate higher than the California average. We know that kids learn from watching adults.

Marin County Culture

There is a unique culture in Marin County that is full of good things: an appreciation of freedom and independence, a spirit of adventure, and a love of fun. Yet these qualities, when practiced without a filter or structure for young people, may worsen our substance use problem.



Parenting to Support Our Teen

We know there is no one right way to parent, and the choices any one of us makes about how to raise our kids is our own. But we also know that we all need a little help, especially during the teen years when the guidance is minimal. We've already talked about some of the ways we can support our teens: by cultivating and role modeling empathy, by helping them understand how their brains learn substances, and by developing positive coping skills.

Here are some additional key points for helping your teens navigate substance use through these years, recommended by the professionals who have dedicated their research to figuring out how we can do right by our kids and our families.

Parents Matter

It may seem like what you think no longer matters, especially compared to your teen's peers. What we know is that this just isn't true. While your teen is absolutely growing their appreciation of a peer network and peer acceptance, parents can still have the greatest impact on their teens. Here are a few ways:

Role Modeling

We have been communicating with our kids about substance use since they were young, often without even realizing it. Our own actions and attitudes have told them a story. Now may be the time to reflect upon what you have already communicated about alcohol and drug use. Are these the messages that you wanted to communicate? If they are, then keep reinforcing those messages through conversations that your teen is now old enough to have. If you suspect that your kids got a story that isn't the one you want for them, then now is the time to start writing a different story.

Monitoring

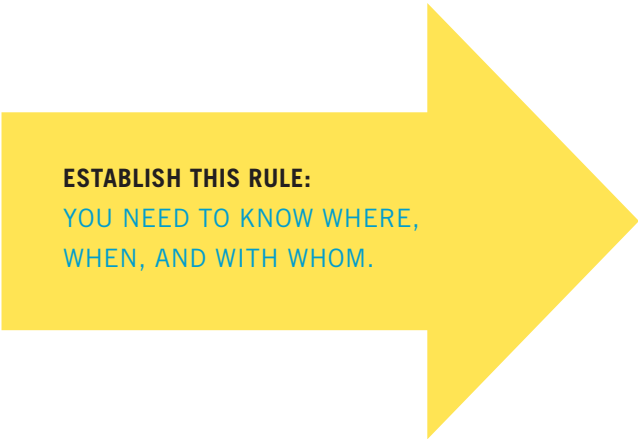
We want our kids to learn independence and develop good decision making skills. The key is to encourage those skills with safe and clear boundaries that are established and monitored. Kids who have rules and know they are being supervised are at less risk for substance use. Monitoring will look different for each family.

TRY ON SOME OF THESE IDEAS:

- If your teen goes out at night, establish an expectation that when they come home they have to say goodnight or even give you a goodnight hug. This is true even if they have to wake you up.
- Know your kids' friends and their parents. With good friends, create a parent pact that establishes parenting values and rules across families. If your teen is spending time with a new friend, require that you at least touch base with that friend's parent to introduce yourself.
- Allow your teen independent time with friends on weekends or after school, but require regular check-ins.
- Establish this rule: you need to know where, when, and with whom. If any one of these facts change at any time, your teen notifies you.
- Ensure that there is accountability if the rules are broken. Your teen is figuring out independence and that's an important task for them, and one that parents get to support by lending their trust. But if trust is broken, then independence gets scaled back. Example: your teen missed curfew. Then scale back curfew for a while.

Involvement

Remember how your child's eyes would light up when you agreed to play super heroes with them or read them their favorite book while they got to sit on your lap? While the "play" certainly looks different now, and the response may not be as enthusiastic as it once was, that involvement and engagement is still deeply important. Even if your teen is sending you messages that say they don't want involvement (a closed bedroom door, a roll of the eyes when we ask "how was your day?", or a straightforward "stay out of my life!"), the reality is that our teens still crave knowing that we care. They still make sense of the world through their attachment to us.



ESTABLISH THIS RULE:
YOU NEED TO KNOW WHERE,
WHEN, AND WITH WHOM.

**I PLEAD, AS PARENTS, TEACHERS, MENTORS,
TO PAY ATTENTION, TO KNOW WHERE THEY
ARE, WHO THEY ARE WITH. TO SET BOUNDARIES
BECAUSE NO MATTER WHAT THEY SAY THEY
LIKELY DON'T YET HAVE THEM. TO FIGHT FOR
THEM AND WITH THEM. TO NOT BE NAIVE AS
TO THE FRIGHTENING CHOICES THEY HAVE
AT THEIR FINGERTIPS. TO WATCH FOR THEIR
SADNESS OR PAIN. TO LISTEN TO THE THINGS
THEY AREN'T SAYING. I COULDN'T STOP THE
TRAIN MY XANDER FOUND HIMSELF ON BUT IF
ONE YOUNG LIFE CAN BE CHANGED THEN HIS
LEGACY IS WORTH EVERYTHING.**

TORI KROPP, PARENT OF XANDER, WHO DIED OF AN OVERDOSE

TRY ON SOME OF THESE IDEAS:

- Attend parent meetings and events at the school—and let your teen know that you are going.
- Notice when they are having a tough day, without trying to fix it or demanding you know why. Offer something like, “It seems like it’s been a tough day, and I’m sorry. I’m here if you want to talk or just have some ice cream quietly together.”
- Create family rituals and communicate that they are important, such as family dinners, even brief.
- If your teen has a close circle of friends, create opportunities for other teens and their parents to have fun together.
- Support and show interest in your teen as they find their own interests, whether that is a sport or an artistic talent or volunteering.
- Don’t be discouraged if they seem to ignore you. They may be annoyed by you, but they also heard that you care, which is a feeling that will last far longer than the annoyance.

Bonding with Boundaries

As our kids get older, a whole new way of relating to each other grows. Suddenly they can have interesting conversations, they can take on new responsibilities, and in some ways they may start to seem like . . . well, like a friend. At the same time, many of the impulses of adolescence are pulling them away from us. This can feel at times, for parents, like a deep loss. What happened to my baby who wanted to spend time with me? In this situation, it’s really easy to go a route that keeps our kids close, which is the way of friendship. This can feel like a win! You may find your teen to be more honest, communicative, and kinder to you at first.

But here’s the problem: in order to keep the jovial feelings of friendship going, we also have to maintain the fun and the lack of conflict, and this means that we have to let go of rules, expectations, and accountability. In the long run, research shows, undoubtedly, that these are the structures that set kids up for successful adulthoods and for long term positive attachment to their parents. When we look at parenting styles, those deemed most successful in supporting teens through the challenges of this developmental period are the ones that exhibit warmth, positive regard, and trust, but also establish clear boundaries and consequences. So how do we maintain that balance?

Try these ideas:

Hear Them Out

When your teen asks if they can do something, hear them out. Let them know that you will always have a conversation about it, but that you get to have the final say. Even if you suspect your answer will be “no”, still let your teen propose their case. It will give them the opportunity to think through the issues you think through, like safety, good judgment, practicality and logistics. You may actually find that your teen makes a good case and you feel comfortable saying “OK!” But if the answer is still “no”, then you can thank your teen for putting so much thought into it, and you can explain your response. You can also follow this up with what they can do. Perhaps there is a compromise now that you’ve both shared your thoughts.

Explain the Rules

Explain why the rules are what they are (hint: the rules aren’t what they are “because otherwise you’ll make trouble.”) The rules are what they are “because I care about you and my job as your parent is to make sure you develop smart life skills and explore independence safely. We have this rule because I love you.”

Communication

It’s all about communication, and we’ve been talking about this one all along. Here are some more ideas to try:

Talk Early and Often

Start talking early at an appropriate developmental level and make it an ongoing conversation. If you haven’t started yet, start now.

Don’t Just Lecture

Ask questions and create space for your teen’s voice, rather than lecturing. “So what do you think about what happened at school last week?”

TAKE ADVANTAGE OF TIMES FOR TALKING

- Car rides are private, you can’t get away, but your teen also doesn’t have to look at you.
- Watching television together can provide teachable moments and conversation starters. “So what did you think about the party scene? Did that look like something familiar to you?”
- Local occurrences, even if they are tragic, are opportunities for discussion. Our teens are seeing them, feeling them, and need to be guided through them.

Communicate Your Values

Don't assume they know what you think and believe. Research shows that parental attitudes towards substances have an impact on whether or not our kids use substances. For example, do you believe that drinking in moderation is perfectly fine once someone is of legal age and knows how to moderate their use? Are you someone who believes that alcohol intake is something to be saved for social times? Do you think that alcohol should not be used at all? Whatever your belief is, identify it and share it.

I HAVE NEVER HAD A KID IN MY OFFICE WHO SAID, 'MY PARENTS LISTEN TOO MUCH.'

MADELINE LEVINE, PH.D, BEST SELLING AUTHOR, PSYCHOLOGIST AND MARIN COUNTY PARENT

You can have both a Zero Tolerance Policy and let your teen know that you will be there to help them if they break that policy. Sound like a contradiction? Try this: "In this household, we do not tolerate using substances during the teen years. It just isn't okay. But I want you to know that this is our policy because we care first and foremost about your safety and your health. So if you ever break this rule and you need our help to get you out of a tricky situation or to keep you from getting in a car while under the influence, then I need you to know that we will support you and help you and love you through that."

Exit Plan

Talk to your teen about having an "exit plan". If they ever get into a situation that feels unsafe with substances, what is their plan?

Take a Moment

Before communicating about a hard situation, take a moment to recognize and convey the right emotion. Quite often, as parents, we show up angry, when the real feelings are fear, worry, disappointment, protectiveness and love. Your teen will hear your real emotions better than the anger.

Parties

How do we monitor teens and parties, when there are so many causes for celebration, from homecoming dances to birthday milestones? Try these tips:

Don't Host a Party and Allow Teen Substance Use in your Home

While there is a popular belief that this keeps kids safer because they are at home, the research tells us that this doesn't create safety. It instead tells kids

that it's okay and promotes more use. Additionally, research indicates that when parents allow use at home, kids are more likely to drink and drive in the long run.⁵

Avoid Party Buses When Possible

Party buses involve exactly what the name implies: alcohol and drug use. If an older teen is attending Prom on a party bus, make sure precautions are taken to avoid substance use.

Be Cautious With Sleepovers For Older Kids

Do you know and trust the parents? Will they be home? Do the parents share your rules on substance use?

Ride Sharing Services like Lyft or Uber Can Be Helpful in Emergency Situations.

But we also don't want these services to become a way for our teens to diminish accountability. Ideally a family establishes the trust needed for a teen to call their parent or another trusted adult to avoid an unsafe situation. If needed, consider using ride sharing services with agreements about how it will be used and parental monitoring.

Educate Your Teen about the Good Samaritan Law and about Warning Signs of Alcohol Poisoning or Overdose. If your teen calls an ambulance or law enforcement to protect someone's health or their life, then they receive legal protection. Let your kids know that they have a moral duty to do what is right to protect other people in dangerous situations at parties.

HOW TO NAVIGATE THE TEEN PARTY SCENE

For more guidance, you might try a local online resource, available in English and Spanish, at Be The Influence.

<https://www.betheinfluence.us/bti-party-guide>

<https://www.betheinfluence.us/guia-para-fiestas>

It Takes A Village

As we grapple with the balance between monitoring our kids and allowing them to explore independence, it really does take a village to support our teens. We know that adults can help keep teens safe, and that means that helping our kids navigate substance use through the teen years requires a community of concerned and supportive adults. Try reaching out to the parents of your teen's friends, or attending parent meetings or workshops at school to create a network.

Uppers, Downers, All Arounders

The information available on specific substances is endless, and often overwhelming. Sometimes as parents we feel like we have to know it all in order to know what our teens are up against, or to know what to look out for in our child's behavior. But we don't have to know it all.

Included here is an overview of basic categories of substances, with a focus on some of the heavier used substances in Marin County. Your teen also learns about substances in their health or social issues class at school. This is a prime opportunity to start a conversation, find out what they are learning and what they already know, and share what you know. Remember: you don't have to be the expert, and your teen is actually more likely to engage in a dialogue if it feels like they have something to teach you as well.

An Overview

Uppers, or Stimulants, stimulate the body's central nervous system, increasing a person's energy, heart rate, and blood pressure. Poor sleep and poor appetite are frequent effects, and the user may feel a sense of euphoria, confidence, and focus. Examples: Cocaine, ADHD medications that were not prescribed to the user, Methamphetamines, Nicotine, and certain party drugs like Ecstasy.

Downers, or Depressants, slow down the body's central nervous system, impacting brain function, sleep, coordination, memory and judgment, and slowing down breathing and pulse. Examples: Alcohol, Xanax, Heroin, Antihistamines, Ativan.

All Arounders can act as uppers or downers, but their main effect is to distort perception of reality, impair judgment and reasoning, and cause hallucinations and distorted perceptions of reality. Examples: Cannabis, Mushrooms, LSD.

FOR A COMPREHENSIVE
GUIDE TO VARIOUS
SUBSTANCES, CHECK OUT
WWW.DRUGFREE.ORG



SPOTLIGHT ON NICOTINE

WHAT IS IT? Nicotine is a chemical derived from tobacco plants which is best known for being the addictive property in cigarettes. Nicotine is also often found in e-cigarettes. Several products include nicotine in smaller doses that are designed for people wanting to quit smoking, such as nicotine gums or patches.

WHY DO TEENS USE IT? Nicotine causes a surge of adrenaline and a release of dopamine, the happy hormone. It can make someone feel relaxed and reduce anxiety, and even increase concentration.

WHAT'S THE BIG DEAL? When nicotine enters the bloodstream and travels to the brain, it takes over the part of our brains that are responsible for recognizing pleasure. Usually we might recognize pleasure in a day spent with friends or a hike on Mt Tam or a really great movie, and these happy moments cause our brain to release dopamine, a hormone responsible for happy feelings. But nicotine “hijacks” our brain’s reward pathway with an unusually high surge of dopamine. The brain adapts to that surge, and in order to maintain that level, the brain needs more nicotine. In fact, nicotine is as addictive as heroin.

Aside from being the chemical that gets a person hooked on cigarettes or vaping, nicotine comes along with its own negative health impacts. It increases heart rate and risk of harmful blood clotting, disturbs sleep, increases risk for fertility issues, diabetes, hypertension, and respiratory failure.

KNOW THE SIGNS: Most teens who are using nicotine are getting it through vaping products, and to a lesser degree, cigarettes. Some signs might include: finding unusual looking devices with detachable parts, weight loss, behavioral changes and agitation, mouth and throat irritation such as mouth sores and throat clearing.

ALSO KNOWN AS: Chew, smokes, cigs, pods, puffs, juul

ONE “POD”
OF JUUL OR
PUFF BARS
CONTAINS THE
EQUIVALENT OF

40-50

CIGARETTES
WORTH OF
NICOTINE

SPOTLIGHT ON ALCOHOL

WHAT IS IT? Beer, wine, and liquor are all downers, which can seem counter-intuitive since a lot of people drink alcohol to “loosen up” and have more fun. Alcohol impairs our body’s functions by slowing down our brain, our body coordination, our heart rate and breathing, our decision making ability, and our reaction time.

WHY DO TEENS USE IT? Alcohol is easy to get, easy to consume, and socially accepted. It lets the user unwind, relaxes inhibitions, and it can feel, well, fun (at first).

WHAT’S THE BIG DEAL? The big deal is that teens tend to use alcohol to get drunk, and our bodies don’t actually like being drunk at all. That initial relaxing buzz can quickly turn into over-consumption, leading to a long list of problematic outcomes.

Vomiting and Hangovers: Hangovers are our bodies’ very efficient way of telling us that we have done something unkind to ourselves. Vomiting is the body’s defense mechanism against substances that are toxic, whether it’s food poisoning, accidentally consuming a toxic plant, or drinking too much alcohol. The body reads this as a poison, and a hangover is its very loud protest.

Decision-Making: Alcohol also has a habit of really messing with good judgment. A youth who otherwise makes healthy decisions will be more inclined to make some unhealthy moves, like getting in a car with someone who has been drinking, having unsafe sex, and drinking even more alcohol.

Poisoning: Heavy drinking can lead to alcohol poisoning, which is a life threatening condition where the body slows down so much that body temperature drops, breathing and heart rate slows, and a person loses consciousness. A person with alcohol poisoning needs medical attention. But if that person is surrounded by other people whose drinking has impaired their judgment, who calls 911?

Addiction: The teen brain learns alcohol fast, and it develops a tolerance to it that requires higher and higher levels of consumption in order to get the buzz. It’s a downward spiral into addiction, and long-term consequences like heart and liver disease.

KNOW THE SIGNS: Slurred speech, lack of coordination, hangover symptoms

ALSO KNOWN AS: Handle, bottle, beverage, juice, drinks



SPOTLIGHT ON CANNABIS

WHAT IS IT? Cannabis refers to all products containing THC that users smoke, vape, otherwise inhale, eat and drink. But cannabis is no longer the same drug from generations before. The levels of THC have increased, and the ways that teens use cannabis have altered to deliver higher and more concentrated doses of the drug. Smoked, brewed as a tea, vaped, eaten, and dabbed, cannabis' chemical composition and usages are now far more varied.

WHY DO TEENS USE IT? Generally teens use cannabis to relax, and because it's perceived as socially acceptable and not as dangerous as other drugs.

WHAT'S THE BIG DEAL? The view of cannabis as "natural" has often been equated with "safe," leading generations of people to wonder, "what's the harm?" But today's cannabis, with higher levels of THC, varied methods of use, and forms that no longer even resemble a plant, comes with substantial negative short-term and long-term impacts on health. The research also indicates that age matters: teens who use cannabis regularly experience greater and longer lasting negative impacts on the brain compared with people who started smoking as adults. Let's take a look at what the research says about the risks:

AT 17 XANDER TOLD ME 'MOM—THE FIRST TIME I SMOKED WEED I DIDN'T HURT INSIDE. I JUST WANTED TO BE A NORMAL TEENAGER.' HE FOUND A WAY TO EASE HIS PAIN.

TORI KROPP, PARENT OF XANDER, WHO DIED OF AN OVERDOSE



Cognitive Impairment: Consistent cannabis use has been associated with a decline in brain function such as memory, executive functioning, and processing.⁶

Addiction: Starting to use cannabis during the teen years can cause an increased risk of physical dependence and addiction.^{7-9, 10}

Mental Health: Cannabis use has been linked to increased mental illness, including depression, anxiety, and psychosis among teens.⁷⁻⁹

Suicide: Teens who use cannabis are more likely to make suicide attempts.¹¹

Poor Academic Performance: Teens who use cannabis regularly are more likely to have school absences and drop out from school.^{11, 13}

Lack of Motivation: Regular cannabis users are more likely to experience amotivational disorder, meaning that they lack the will to engage in the activities that benefit them in life.¹²

Diminished Life Satisfaction and Achievement: Cannabis users are at higher risk of struggling in life, including lower income, greater need for socioeconomic assistance, unemployment, engaging in criminal behavior, and lower self-rated satisfaction with life.

Other Drug Use: Frequent use of cannabis by adolescents showed a 130% greater likelihood of misusing opioids.¹³⁻¹⁴ Early initiation of cannabis is a main predictor of Opioid Use Disorder.

Poisonings: Edible cannabis products like gummies and candies have increased the risk of unintentional overdose, as well as accidental ingestion by children and adolescents.

Motor Vehicle Safety and Accidents: Cannabis use has caused an increased risk for motor vehicle accidents.¹⁵

KNOW THE SIGNS: Slowed thinking and response time, impaired coordination, paranoia, glassy eyes, increased appetite, inappropriate laughter, anxiety, drop in grades or disinterest in previously enjoyed activities, more tired and less motivated, change in friend group.

ALSO KNOWN AS: Bush, bud, tree, kush, weed, skunk, ganja, devil's lettuce, jazz tobacco, loud, carts

SPOTLIGHT ON PILLS

Prescription medications come with side effects even when they are taken according to the directions by the person who received the prescription. In any other situation, pills can become dangerous, such as when they are:

- Taken by someone other than the person who received the prescription
- Not used as directed, such as when a person gets addicted to the pain pills prescribed for an injury
- Purchased illegally as bootleg pills that also contain banned substances
- Crushed and snorted

OVERDOSE: KNOW THE RISKS

Prescription opioids and illicit opioids are powerful drugs that carry the risk of fatal overdose when breathing is substantially slowed or stopped. Do you and your teen know how to reduce the risk and interfere to save a life?

Overdose can happen to anyone, but there are factors that increase the risk for overdose:

- Mixing opioids with other drugs and alcohol
- High daily dosage of prescription opioids or taking more than is prescribed
- Taking illegal opioids that may contain unknown and harmful substances
- Having an underlying medical condition

What to do if you think someone is overdosing:

- Call 911 immediately
- Administer naloxone if you have it
- Try to keep the person awake and breathing
- Lay the person on their side to prevent choking



Naloxone is a medication that reverses the effects of opioid overdose. It is easy to administer through a nasal spray, and it works quickly and effectively to prevent deaths. Naloxone can be carried and administered by a person who has been trained to use it, including high school-based health staff. For more information on Naloxone and Marin County's local initiative for prescription drug safety, check out RxSafe Marin <https://rxsafemarin.org/>

OPIOIDS

WHAT ARE THEY?

Opioids are prescription pain medications that block the brain's ability to receive pain messages. Examples: Codeine, OxyContin (Oxy, O.C.), Percocet, Vicodin (Vike or Vitamin V)

WHY DO TEENS USE THEM?

These drugs lead to a euphoric high that is easily accessible, in some cases found in a home medicine cabinet.

WHAT'S THE BIG DEAL?

These highly addictive medications can lead to severe respiratory dysfunction, coma, and death. Abusing painkillers is as addictive and dangerous as using heroin, and one large dose can impact breathing enough to be fatal.

KNOW THE SIGNS

Use can cause vomiting, mood changes, inability to think. Look for missing medicine bottles, new bottles without any indication of illness, disrupted eating and sleeping patterns, dry mouth, itching, slipping in and out of consciousness.

SEDATIVES & TRANQUILIZERS

WHAT ARE THEY?

These prescription medications slow down the body's central nervous system. Examples: Xanax, Vicodin, Mebaral

WHY DO TEENS USE THEM?


These drugs are a fast escape from stressors and tensions, they are easily available, and they may cause feelings of euphoria.

WHAT'S THE BIG DEAL?

Taking these drugs in combination with other common medications and/or alcohol, can slow the heartbeat and breathing enough to be fatal. Stopping these pills suddenly after heavy or prolonged use can cause seizures.

KNOW THE SIGNS

Slurred speech, shallow breathing, sluggishness, disorientation, lack of coordination, dilated pupils, depression or thoughts of suicide.



WHAT PILLS DO
YOU HAVE IN YOUR
HOME RIGHT NOW?

PRESCRIPTION STIMULANTS

WHAT ARE THEY?

These drugs, often prescribed for ADHD, increase attentiveness, energy and focus. Examples: Adderall, Dexedrine, Ritalin, Vyvanse

WHY DO TEENS USE THEM?

These drugs can give a jolt of energy and attentiveness, seen as a useful effect by Marin County students who are focused on achievement. They also suppress appetite and can lead to weight loss.

WHAT'S THE BIG DEAL?

Taking too much of these medications can increase body temperature and cause an irregular heartbeat, instigate paranoia or aggressiveness, and can cause heart failure or seizures.

KNOW THE SIGNS

Increased alertness and energy, lack of appetite, increased irritability, unexplained weight loss, insomnia, increased heart rate.

PILLS ARE ALSO KNOWN AS:

Bars, xanny, addy, oxy, percs

SPOTLIGHT ON MUSHROOMS

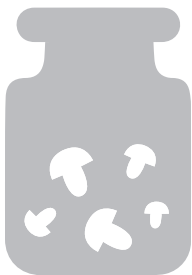
WHAT IS IT? Hallucinogenic mushrooms are types of mushrooms that contain certain compounds that disrupt the brain’s normal functioning by impacting the body’s serotonin system. Serotonin is considered the “happy chemical.” Mushrooms can be eaten or brewed and drank as a tea.

WHY DO TEENS USE IT? Teens who use this drug are most often interested in the hallucinogenic effects of a drug sometimes referred to as “magic mushrooms.” Mushrooms alter a person’s perceptions and state of consciousness, and they may enhance feelings of euphoria, spirituality, or even increase mental wellness. In Marin County, teens point to the ease of access to this drug.

WHAT’S THE BIG DEAL? Teens may underestimate the risks of using mushrooms given its natural composition and the popularity of micro-dosing. Mushrooms do have cultural and spiritual usages, and recently have gained traction as a potential therapy for depression. But the consequences of using mushrooms is highly variable, and depends on dosage and potency, as well as a person’s mood, surroundings, and expectations. A “trip” can feel very enjoyable, but it can also enhance feelings of fear, anxiety, and loss of control. Because a person using mushrooms cannot discern reality from fantasy, they are often unable to make sound judgments about levels of risk, potential dangers, or even their own abilities. This altered consciousness can mean a higher probability of accidents, and in some cases, accidental deaths.

KNOW THE SIGNS: Mushrooms look like fresh or dried mushrooms. A person using mushrooms may hallucinate and see, hear, or talk about sounds and images that do not exist. They may be in an extremely euphoric state, or they may be extremely afraid.

ALSO KNOWN AS: Shrooms, caps, magic mushrooms, psilocybin, psilocyn



SOME TEENS TRY TO REDUCE THE RISK OF ACCIDENTS BY HAVING A “TRIP SITTER.” THIS IS A PERSON WHO IS NOT USING DRUGS SO THAT THEY CAN WATCH OVER A PERSON WHO IS USING MUSHROOMS OR OTHER SUBSTANCES.

ON A FRIDAY NIGHT WHILE WE WERE SLEEPING, OUR SON SHAYNE EXPERIMENTED—TAKING A LARGE AMOUNT OF MUSHROOMS ALONE IN HIS BEDROOM. SHAYNE WOKE US UP AT 12:30AM IN A SEVERELY ALTERED HALLUCINOGENIC STATE. AS MY HUSBAND AND I GOT UP TO TAKE HIM TO THE ER, SHAYNE RAN DOWN OUR STAIRS AND JUMPED OFF OUR DECK WITH HIS ARMS OUTSTRETCHED, SHOUTING ‘I GOT THIS’— LIKE HE WAS REACHING OUT TO CATCH A FLY BALL. SHAYNE DIED IN HIS FATHER'S ARMS AS I CALLED 911. SHAYNE WAS A BRIGHT, LOVING AND JOY-FILLED TEEN WHO SOUGHT OUT ADVENTURE AND FUN. HE HAD A HUGE SMILE AND LOVED TO LAUGH. WE MISS HIM SO.

LISA HUDSON, MOM OF SHAYNE REBBETOY, DRAKE HIGH SCHOOL 10TH GRADER

SPOTLIGHT ON EXPERIMENTATION

EXPERIMENTATION CARRIES A LOAD OF RISKS

Experimentation is often considered a hallmark of the teen years. It is true that biological, social, and emotional factors align in the teen years to make experimentation very possible. Healthy, happy kids with engaged parents and strong community networks still may experiment with substances. Some of these kids come through that experimentation safely and without any serious repercussions. But experimentation carries a load of risks, and it can be an awfully slippery slope. Let's take a look at why experimentation can be a lot more serious than we may think.

Remember That Teen Brain? It learns substances fast and hard, with addiction occurring more easily in teens than in adults. So how many episodes of substance use still count as experimentation? When exactly does the brain learn to read the substance as normal and necessary? These are the questions that make experimentation a risky experiment.

Substances Temporarily Heal the Wounds of Teens Who Are Hurting. Even if a teen is just experimenting for fun, they may discover that substances provide relief from emotional aches. Experimentation may start as normal teen activity, but it can quickly spiral into misuse or addiction, becoming a daily coping mechanism.

Lacing and Cutting Is a Real Problem. This is when an unknown substance is mixed into a drug to make it cheaper to manufacture, without the user knowing it. In recent years, the drug fentanyl has been a popular lacing agent, and it has been the cause of fatal overdoses right here in Marin County. All it takes is one time to use the wrong drug.

Accidents Happen. Substances alter a user's brain in ways that substantially increase the likelihood of dangerous accidents. When a person loses their motor skills, their decision making skills, their reaction time, or their perception of reality, bad things can happen. Car accidents. Hypothermia. Falls. If we accept that it is normal for teens to experiment, we are accepting the risk that comes with each and every use of substances.

Be Aware of Polydrug Use. Using more than one substance at the same time can have dangerous, and even fatal effects.

Legal and School Consequences

There are important policies out there to protect our kids and help them do the right thing to protect their friends. Some of these policies even apply to parents. Here are a few important laws to know:

Underage Use

Although recreational cannabis and alcohol are both legal for adult use in California, that does NOT mean that teen use of these substances is okay. Possession and use of these substances still have legal consequences for youth under the age of 21.

Driving

The underage possession, consumption or purchase of alcohol can lead to the suspension of a driver's license or delay in acquiring one, even if the person is nowhere near a car. It is illegal for an underage driver to operate a car with a blood alcohol content of 0.01% (compared to .08% for an adult with a clean driving record).

Adults Providing Substances

Adults can be charged with a misdemeanor for giving or buying substances for underage youth, or contributing to the delinquency of minors, resulting in fines and/or significant jail time. Important: A young person is considered an adult at age 18, and can be tried as an adult for giving substances to underage friends or contributing to the delinquency of a minor.

Social Host Accountability Ordinances

It is illegal for an adult to host a party or gathering of two or more minors at a place under their control, such as a residence or a party bus that they have rented, where substances are possessed or consumed by underage persons. Violations of these ordinances can be enforced as a misdemeanor criminal offense or with a fine of up to \$2500. Social Host Accountability Ordinances apply whether parents are home or not.

SOCIAL HOST ACCOUNTABILITY ORDINANCES:

WHAT'S A PARENT TO DO?

If parents can be held responsible for parties where substances are used, whether they know about the use or not, how can parents ensure that the spaces under their control, remain under their control?

- Don't provide substances to a minor or allow minors to use substances on your property or at a rented venue, including party buses.
- Actively supervise all gatherings of youth. Remember that parental monitoring impacts youth behavior.
- Check in with other parents when your child makes plans to go to a friend's house for the evening.
- Let your neighbors know if you will be out of town or away for the night so they can alert you or law enforcement if a party is held.
- Call your local police department if you know of a party that might happen or is happening. You could save a life. You can call in a report without giving your name.
- Always call 911 in the case of an emergency—even if your actions contributed to underage drinking. Police will consider your efforts to address the emergency when issuing a penalty.
- Sign up for Be The Influence (betheinfluence.us) to connect with other parents in your community who agree to make their best effort to host only supervised, substance-free parties for adolescents.
- Let your kids know about potential civil and criminal liability under social host ordinances, lawsuits and criminal laws. As teens are learning to form ethical decisions, they should have the opportunity to understand that you could be criminally responsible for their actions.

Good Samaritan Laws

These laws are intended to save lives by encouraging witnesses of drug overdose and alcohol poisoning to call 911 for help, without fear of legal consequences. As we teach our kids to do the right thing, this is an important law to understand and to translate for our kids. How do we explain this law? Try something like this: "I want you to know about a really important law that helps you to be a good person when substances are around. If any friends are using alcohol or drugs and you call 911 to help a friend who is in trouble, you will not get into legal trouble. You are protected because you did the right thing. If on the other hand, you know someone's safety is

in danger and you do not call for help, you could actually get into trouble because you knowingly allowed someone to be in danger. I expect that you will do the right thing. And you can expect that when you do the right thing, I will support you.”

School Policies

Every school and district has their own policy on how to treat substance use on school campuses. You can check out your school’s Student/Parent Handbooks or District Board Policies. Many schools encourage supporting teens with counseling or restorative programs, in addition to following their individual disciplinary policies.

PUNISHING YOUNG PEOPLE FOR EXPERIMENTING IS NOT PRODUCTIVE. SKILLS TRAINING ON HOW TO NAVIGATE THEIR ENVIRONMENT, MAKE DECISIONS AND PROTECT THEMSELVES AND THEIR PEERS DURING THEIR RISK-TAKING YEARS IS A MORE PRODUCTIVE ALTERNATIVE.

DON CARNEY, EXECUTIVE DIRECTOR, YOUTH TRANSFORMING JUSTICE

Finding Support

The Marin Prevention Network seeks to change community norms, policies, and laws that affect the availability, promotion, sale, and use of alcohol, cannabis, tobacco and other drugs to create a community environment that promotes healthy choices and reduces risk. Marin Health and Human Services and Marin County Office of Education work side by side with the Marin Prevention Network to strengthen strategies and policies to help support a healthier Marin community for all families.

RESOURCES

If you are looking for therapeutic care, we recommend that you first consult your primary healthcare provider. You may also consult your school-based counseling services, student's teacher or school principal for a referral to counseling services.

LOCAL

Bay Area Community Resources

bacr.org

Be The Influence

Betheinfluence.us

Coastal Health Alliance

coastalhealth.net

Crisis Text Line

741741

Family Works

familyworks.org

Huckleberry Youth Programs

huckleberryyouth.org

Marin Al-Anon and Al-Ateen

marinal-anon.org

Marin City Health and Wellness Center

marincityclinic.org

Marin Community Clinics

marinclinic.org

Marin County Health and Human Services

888-818-1115

Marin County Office of Education

marinschools.org

Marin County Suicide Prevention & Hotline

415-499-1100

Marin Prevention Network

marinpreventionnetwork.org

**National Alliance of Mental
Illness in Marin**
namimarin.org

North Marin Community Services
northmarincs.org

Novato Unified School District
nUSD.org

RxSafe Marin
rxsafemarin.org

San Rafael City Schools
srcs.org

**Shoreline Unified High
School District**
shorelineunified.org

Smoke Free Marin
smokefreemarin.com

The Spahr Center
thespahrcenter.org

**Substance Use Access
and Assessment**
415-755-2345

**Tamalpais Union High
School District**
tamdistrict.org

Youth Leadership Institute
yli.org

**Youth Transforming Justice
Alcohol & Drug Skills Training**
415-686-1356

NATIONAL

Above the Influence
abovetheinfluence.com

**National Institute on Drug
Abuse for Teens**
teens.drugabuse.gov

Natural High
naturalhigh.org

Partnership for Drug-Free Kids
drugfree.org

**Substance Abuse and Mental
Health Services Administration**
samhsa.gov

TOBACCO CESSATION RESOURCES

California Smokers Helpline
1-800-NO-BUTTS
(1-800-662-8887)
1-844-8-NO-VAPE
(1-844-866-8273)
www.nobutts.org

Spanish Resource
1-800-45-NO-FUME
(1-800-456-3863)
www.nobutts.org/spanish

Truth Initiative
Text #ditchjuul to 88709
for counseling/support via
text messages

**FOR A COMPLETE LIST OF RESOURCES CONSULTED IN
THE DEVELOPMENT OF THIS TOOLKIT, PLEASE VISIT
MARINPREVENTIONNETWORK.ORG**



LET'S MAKE TIME TO TALK.

IT'S NEVER TOO EARLY. IT'S NEVER TOO LATE.

This toolkit was created with support from the Marin Prevention Network and the Marin County Office of Education, working together to prevent underage substance use.