



**Benzos, Blues, and Beans: What We Know About
Prescription Drug Misuse and Sexual Risk Taking
Behavior Among Adolescents**

**2014 HHS Teen Pregnancy Prevention Grantee
Conference
Washington D.C.
June 4-6, 2014**

**Olivia Ashley, DrPH
Mary Martin Vance, MSW and
Merissa Gremminger, MSSW**



RTI
INTERNATIONAL

Disclaimer

The views expressed in written training materials, publications, or presentations by speakers and moderators do not necessarily reflect the official policies of the Department of Health and Human Services; nor does mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government.

Objectives

- By the end of this session participants will be able to:
 - identify at least two subpopulations of youth at highest risk for prescription drug misuse and sexual risk behavior
 - explain the pathways that link adolescent prescription drug misuse and sexual risk-taking behavior
 - describe at least two strategies to address the relationship between adolescent misuse of prescription drugs and teen pregnancy, HIV, and other STIs.

About Us...

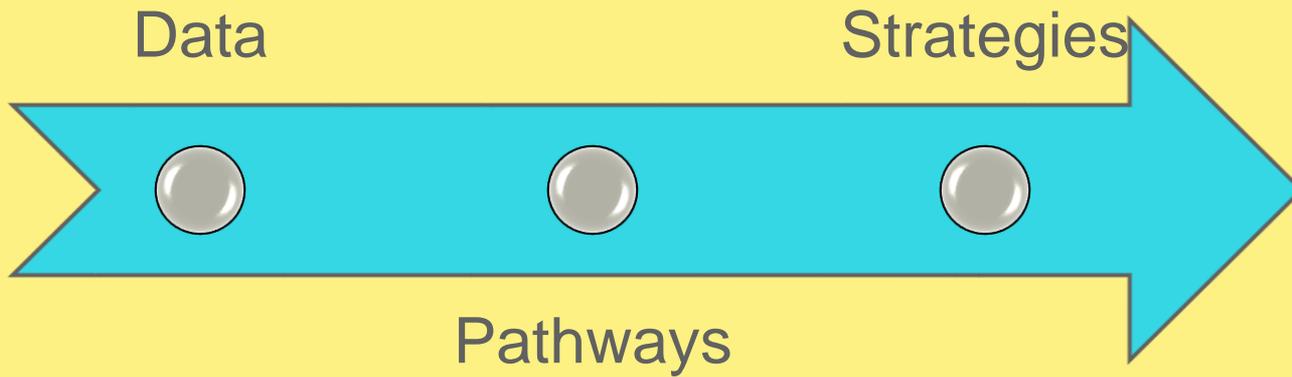




RTI is an independent, nonprofit institute that provides research, development, and technical services to government and commercial clients worldwide.

Our mission is to improve the human condition by turning knowledge into practice.

Agenda



Tell Us A Little About Yourself...

- Your name
- What state you are from
- What funding stream your project is a part of
- Your role on the project
- What made you come to this training



RTI staff photographer



Why this topic?

Let's Get on the Same Page

- **Prescription drug misuse:** use of a prescription drug when a doctor did not prescribe it for you
- **Non-medical use:** use of a prescription drug that was not prescribed for you or that you took only for the experience or feeling it caused
- **Prescription drug abuse:** based on criteria in the DSM-IV (problems at work, home, and school; problems with family or friends; physical danger; and trouble with the law due to prescription drug use)

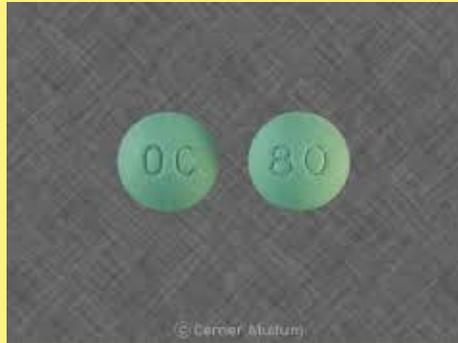
Pharming 101

DEPRESSANTS/ TRANQUILIZERS



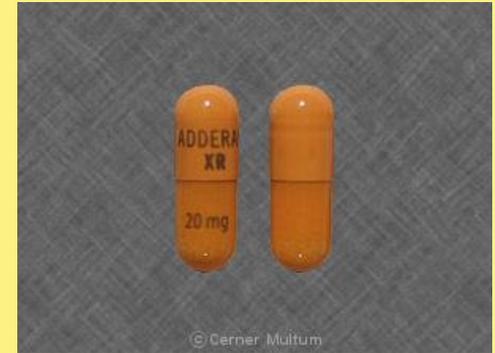
Ativan, Valium, Xanax, Lunesta

OPIOIDS



Codeine, Morphine, Fentanyl,
Oxycontin, Percocet

STIMULANTS



Adderall, Ritalin, Dexedrine

Let's do the math...



RTI purchased stock photo

Snapshot of Prescription Drug Misuse Among Teens

1 in 4 teens reports having misused or abused a prescription drug at least once in their lifetime.

That is a **33 percent increase** over a five-year period.

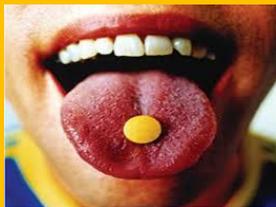


This translates to about **5 MILLION TEENS** almost twice the population of Chicago.

Snapshot of Prescription Drug Misuse Among Youth

- **Q: True or False – Because ecstasy, cocaine, heroin and meth have been of concern longer, the rates of use among youth are higher than of prescription drug misuse**

FALSE



Pulseradio.net

+



Morrocantimes.com

+



bestdrugrehabilitation.com

+



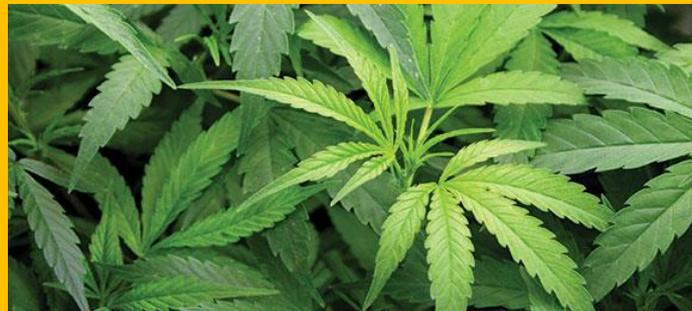
methamphetamine.org

<



technorati.com

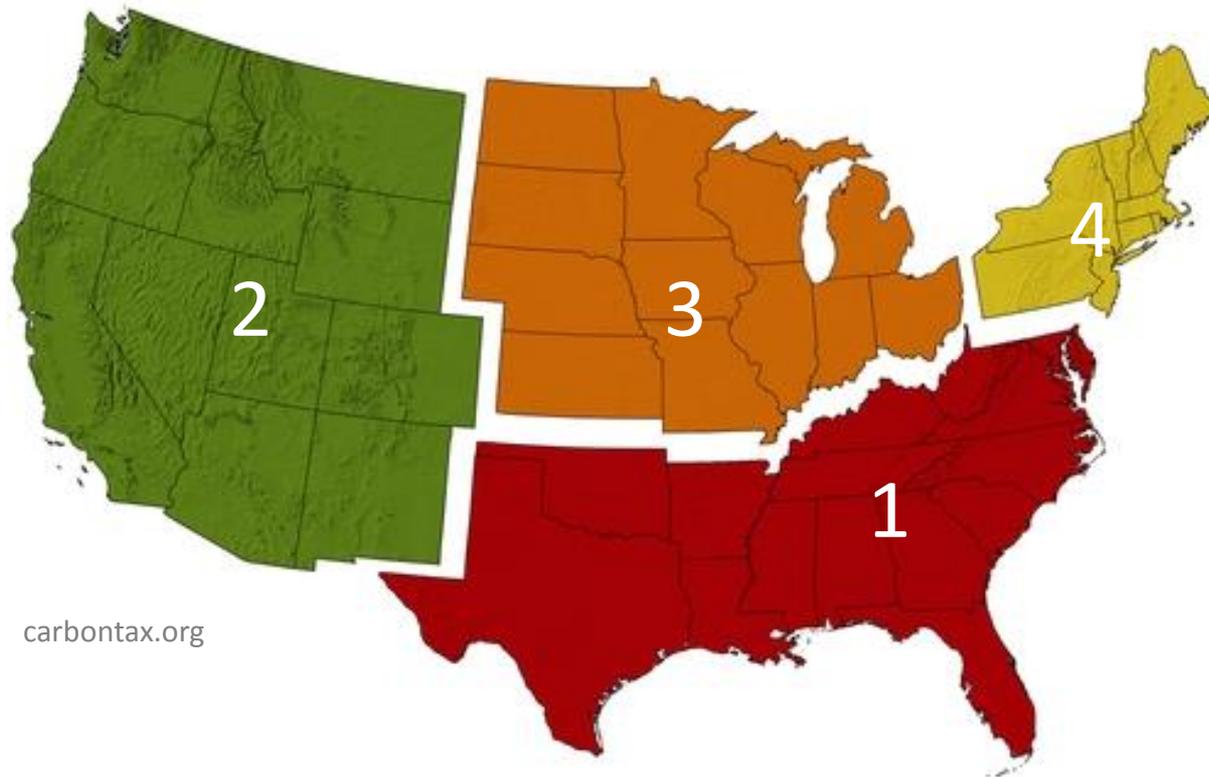
- **Prescription drug misuse among youth is second only to marijuana use**



infokava.com

Where is youth prescription drug misuse occurring?

Rank the 4 different U.S. regions by rates of prescription drug misuse among youth



The highest rates of teen births and STIs are in the same regions as prescription drug use among youth

Where is youth prescription drug misuse occurring? (cont.)



Q: True or False – Youth prescription drug misuse is more of a rural problem than an urban problem

TRUE

Rural adolescents are **26% more likely** to have misused prescription drugs than youth living in non-rural areas

Who is misusing prescription drugs?

Q: True or False – Among youth, African Americans and Latinos have the highest rates of misuse

FALSE

- **Highest** among **White** students
- Followed by Hispanic and Black students

Youth at Risk

- Youth who do not live in a 2-parent household are more likely to misuse prescription drugs



dreamstime.com

Youth at Risk (cont.)

- Youth who have experienced trauma are more likely to misuse prescription drugs



Safestartcenter.org

- Exposure to trauma is also associated with increased sexual risk behavior

Where are teens getting prescription drugs?

- **Q: True or False – Most teens who misuse prescription drugs are buying them from dealers at school**

FALSE

- More than **4 in 10** teens (42%) who have misused a prescription drug obtained it from their **parent's medicine cabinet**
- **49%** say that they obtained it from a **friend**

Youth attitudes



- **Research indicates that the risk of PDM is widely underestimated**
 - 1/3 of youth believe:
 - “**nothing wrong**” with occasional non-medical use of Rx drugs
 - painkiller medications are “**not addictive**”
 - 40% of adolescents believe that non-medical use of Rx drugs is **safer than other illicit drugs**, even without a prescription

Mixed Signals



- Almost **one-third** of parents believe ADHD medication can improve a teen's academic or testing performance, even if the teen does not have ADHD
- **1 in 6** parents believes that using prescription drugs to get high is **safer** than using street drugs
- **1 in 5** parents indicated they have given their teen a prescription drug that was **not prescribed** to them

Conversations about prescription drugs



Q: True or False – In light of increased attention to prescription drug misuse, more than 30% of parents talk to their kids about prescription drugs

FALSE

- **Only 14%** of teens report prescription drugs were discussed
- **81%** discussed **marijuana**
- **80%** discussed **alcohol**

Activity: Spread the word



In a pair:

- Pick one statistic that stood out to you
- Choose an audience (youth, parents, providers, or community)
- Develop a tweet that you could use to share this information with that group (remember a tweet has 140 characters or less).

Pathways Between Adolescent Prescription Drug Misuse and Sexual Risk-Taking Behavior

“Complex risk profile”



- Early initiation
- Unprotected sex
- Sex when drunk or high
- Exchange sex for money, drugs, place to stay
- Greater number of sex partners than marijuana users
- Misuse of multiple types of prescription drugs most strongly associated with risky sexual behavior



Early sexual initiation leads to prescription drug misuse

Females who initiated sexual intercourse at younger than 15 years more likely to be past year prescription drug misusers at ages 16 – 24





Sexual Victimization Puts Youth At Higher Risk for Prescription Drug Misuse

- Adolescent single rape victims more likely to report nonmedical use of prescription drugs compared to non-victims
- Revictimized adolescents (reporting 2 or more rapes) report more non-medical prescription drug use
- Adolescent PTSD associated with increased odds nonmedical use of prescription drugs relative to those without PTSD

(Walsh et al., 2014)

RTI purchased
photo from iStock

Viagra misuse among adolescent males

Focus groups conducted with 43 males aged 18 and 19 years who used Viagra found that

- 19% mentioned using Viagra for reasons of sexual enhancement.
- Most reported taking it out of either curiosity (42%) or peer pressure (30%).
- Most had first heard about the medication from television advertisements (42%), family members (32%), or friends (19%).
- They were able to obtain the drug from their friends and family members, or they stole it from their father or grandfather.

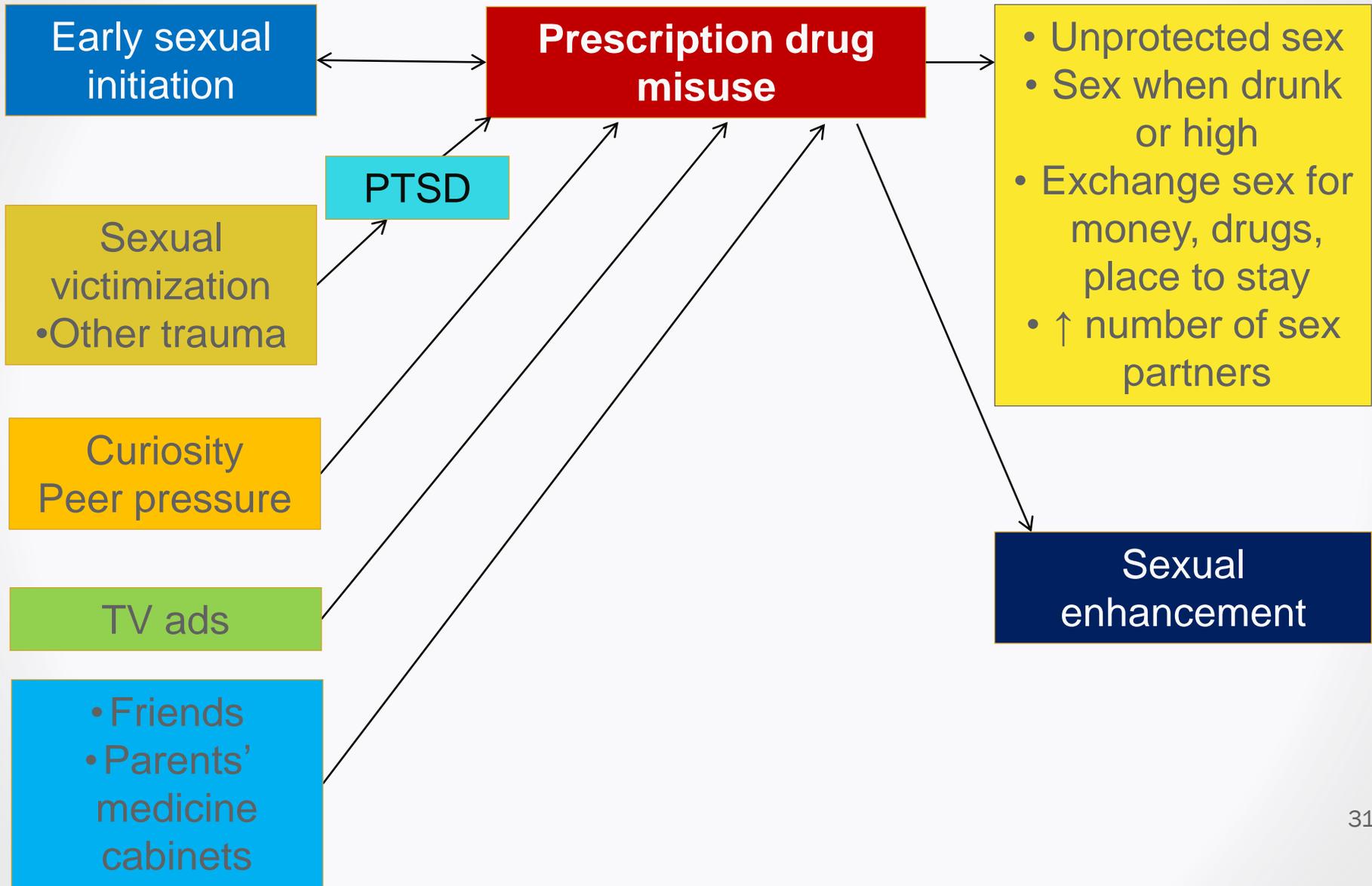


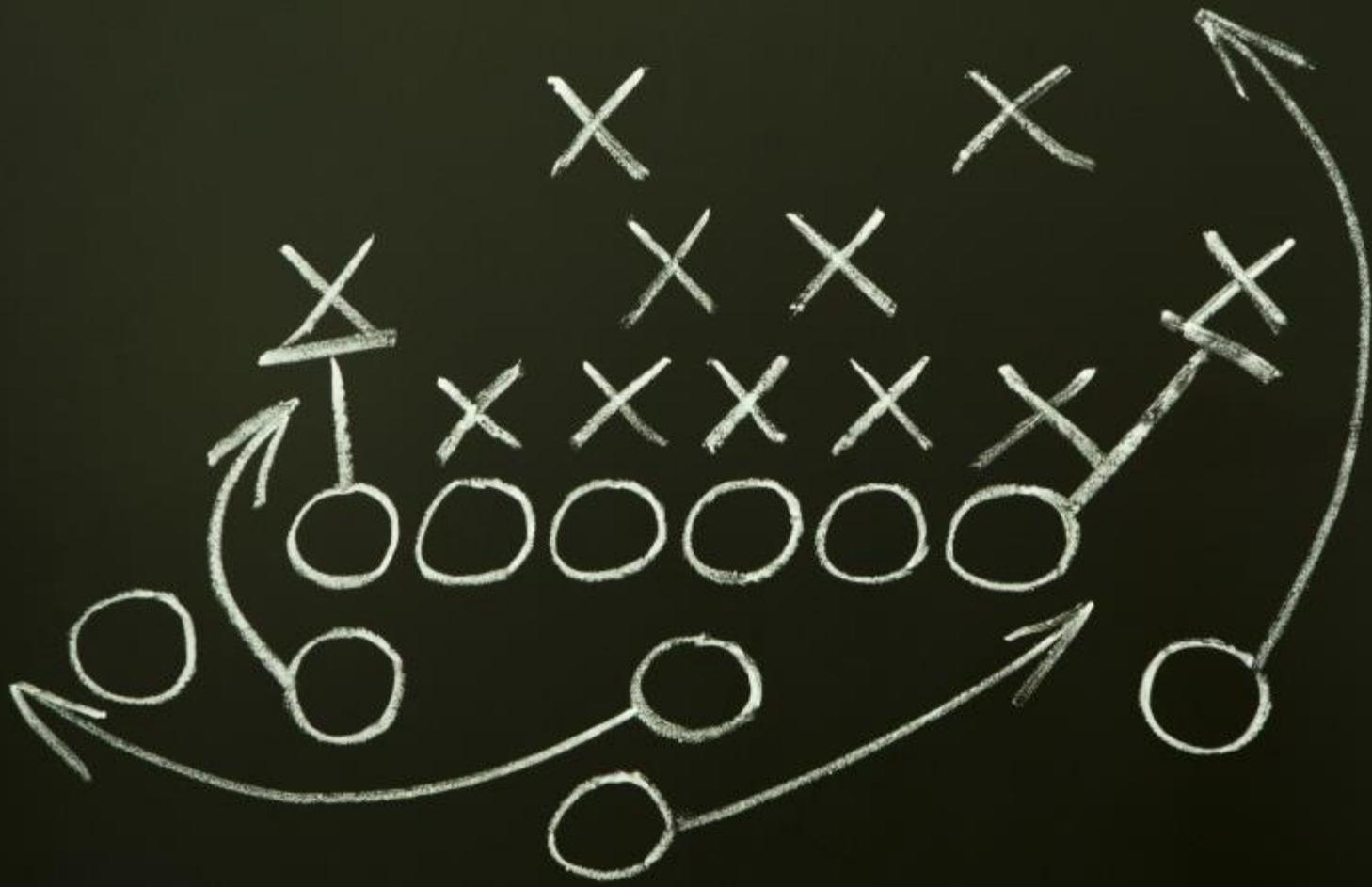
(Peters et al., 2007)

iStockphoto



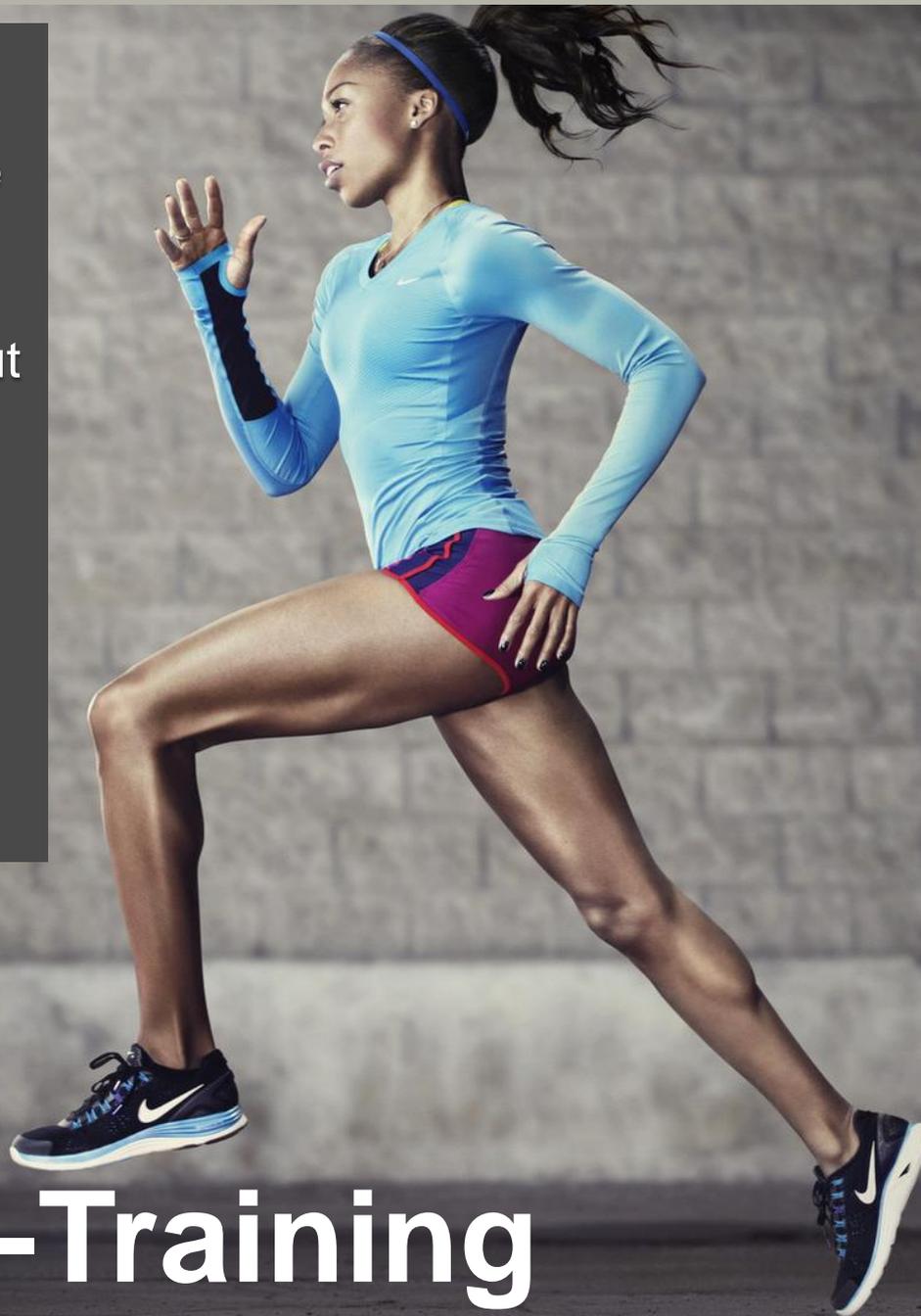
Synthesis Activity





Rerouting the Pathways

- Work with organizations who provide substance use prevention and treatment services
- Educate partners about co-occurring risks so that they will in turn provide referrals
- Train each other on how to make and receive referrals



I. Cross-Training

2. Strengthen Community Partnerships



- Provide concrete, reliable referrals
- Prevent initiation of prescription drug misuse
- Know of local interventions targeting adolescents who have already initiated other substance use
- Leverage your combined efforts to raise awareness about these issues within the community and with stakeholders and youth
- Focus on school retention

3. Engage Parents



- Provide information about adolescent prescription drug misuse
(notinmyhouse.drugfree.org/steps.aspx)
- Teach parents how to talk with their teens
- Increase parental involvement and strong familial bonds

- 
- A group of five diverse teenagers (three girls and two boys) are smiling and giving thumbs up. They are dressed in casual clothing like t-shirts and a striped shirt. The background is plain white.
- Be sensitive to teens who have been victimized and connect them to help
 - Know the signs and symptoms of prescription drug misuse and where/how to refer youth appropriately
 - Encourage youth to be actively involved in the family setting, at school and in the community

4. Enhance Your Program



Pregnant teens between ages 15-17 report greater rates of substance use than older pregnancy women.



5. Educate, Engage, and Empower Youth

- Media awareness training to help students analyze the presence and accuracy of media messages about prescription drugs in their environment.
- Seize opportunities to educate youth about how prescription drug misuse is related to sexual-risk taking behavior
- Engage peer educators (be sure to screen/educate peer leaders within your program)



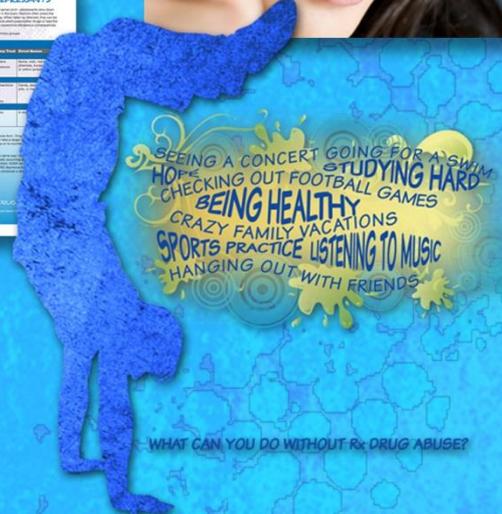
Gallery Walk Activity



Pop positivity,



not pills.



WHAT CAN YOU DO WITHOUT RX DRUG ABUSE?

U.S. Department of Health and Human Services

NATIONAL INSTITUTES OF HEALTH

NIDA NATIONAL INSTITUTE ON DRUG ABUSE

PEERX SHARE A DOSE OF REALITY: PRESCRIPTION DRUG ABUSE IS DRUG ABUSE

www.teens.drugabuse.gov/peerx

Resources

- Alemagno, S. A., Stephens, P., Shaffer-King, P., & Teasdale, P. (2011). Prescription drug abuse among adolescent arrestees: Correlates and implications. *J Correct Health Care, 15*, 35-46.
- Berenson, A. B., & Rahman, M. (2011). Prevalence and correlates of prescription drug misuse among young, low-income women receiving public healthcare. *Journal of Addictive Diseases, 30*, 203-215.
- Bohnert, K. M., Walton, M. A., Resko, S., Barry, K. T., Chermack, S. T., Zucker, R. A., ... Blow, F. C. (2014). Latent class analysis of substance use among adolescents presenting to urban primary care clinics. *Am J Drug Alcohol Abuse, 40*(1), 44–50.
- Bonar, E., Cunningham, R., Chermack, S., Blow, F., Barry, K., Ehrlich, P., & Walton, M. (2013). Sexual risk behaviors among adolescents in the emergency department: Relationships with alcohol, marijuana, and non-medical prescription drug use. *Alcoholism-Clinical and Experimental Research, 37*, 84A.
- Havens, J. R., Young, A. M., & Havens, C. E. (2011). Nonmedical prescription drug use in a nationally representative sample of adolescents: Evidence of greater use among rural adolescents. *Archives of Pediatrics & Adolescent Medicine, 165*, 250-255.

Resources (continued)

- Johnston, L. D., O'Malley, P. M., Bachman, J. G., & Schulenberg, J. E. (2013). *Demographic subgroup trends among adolescents for fifty-one classes of licit and illicit drugs, 1975–2012* (Monitoring the Future Occasional Paper No. 79). Ann Arbor, MI: Institute for Social Research. Available: <http://www.monitoringthefuture.org/>
- McCauley, J. L., Danielson, C. K., Amstadter, A. B., Ruggiero, K. J., Resnick, H. S., Hanson, R. F., ... Kilpatrick, D. G. (2010). The role of traumatic event history in non-medical use of prescription drugs among a nationally representative sample of US adolescents. *Journal of Child Psychology and Psychiatry*, 51(1), 84-93.
- MetLife Foundation. (2013). *2012 Partnership Attitude Tracking Study*. Available at <http://www.drugfree.org/wp-content/uploads/2013/04/PATS-2012-FULL-REPORT2.pdf>
- National Institute on Drug Abuse. (2011). *Prescription drugs: Abuse and addiction* (No. NIH Publication No. 11-4881). Washington, DC: U.S. Department of Health and Human Services, National Institutes of Health.
- Peters, R. J., et al. (2007). Beliefs and social norms about sildenafil citrate (Viagra) misuse and perceived consequences among Houstonian teenage males. *Am J Mens Health*, 1, 208–212.

Resources (continued)

- U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration. (2013). *Results from the 2012 National Survey on Drug Use and Health: Summary of national findings*. Rockville, MD: Author.
- Walsh, K., Resnick, H. S., et al. (2014). Patterns of drug and alcohol use associated with lifetime sexual revictimization and current posttraumatic stress disorder among three national samples of adolescent, college, and household-residing women. *Addict Behav*, 39, 684-689.
- Wilson, H. W., Woods, B. A., Emerson, E., & Donenberg, G. R. (2012). Patterns of violence exposure and sexual risk in low-income, urban African American girls. *Psychology of Violence*, 2, 194-207.

Contact Information

- Mary Martin Vance, MSW
 - mvance@rti.org
 - 919-541-7134
- Merissa Gremminger, MSSW
 - gremminger@rti.org
 - 919-541-7320