

# Parental Drug Awareness

Command and Staff College, Quetta  
23, July 2018

A presentation by Nai Zindagi



**Inform decision makers**

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**Prevent those at risk**

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**Prevent those at risk**

**Help those in need**

# Estimates

Annual prevalence of use of controlled substances, by type, 2012

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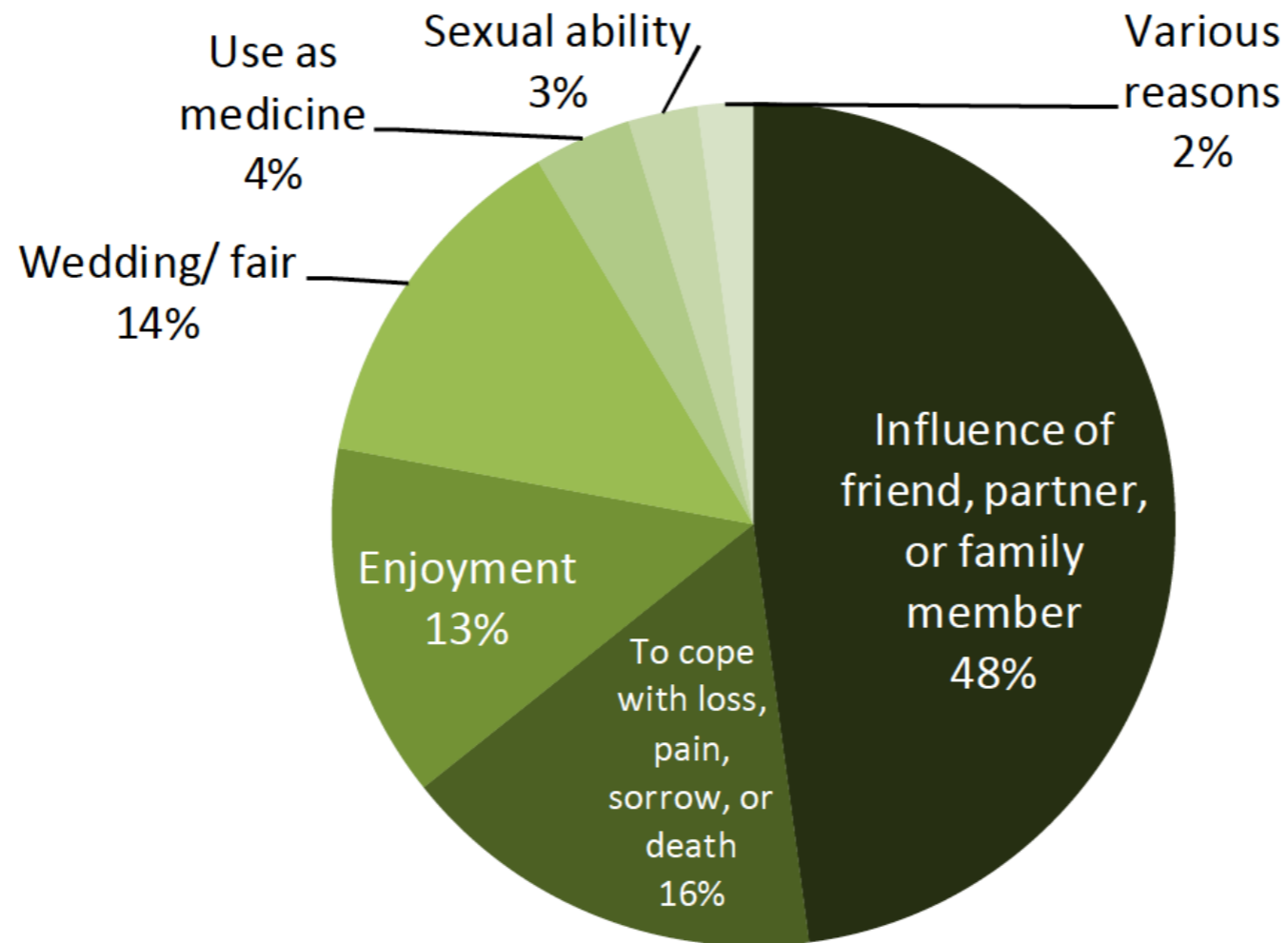
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# Reasons

Reasons for drug use initiation among dependent opiate users



# What is a drug?

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National Institute of Drug Abuse

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Inhaled  
Injected  
Smoked  
Via patch  
Orally



# Types of drugs and risks

Type	Commonly used	Risks of abuse
<b>Stimulants</b> “uppers” “speed up”	Ritalin, Cocaine, Methamphetamine, Ecstasy, Caffeine, Tobacco	Anxiety, Paranoia, Psychosis, High body temperature, Depression, Heart failure, Stroke, Seizures
<b>Depressants</b> “slowing down”	Barbituates, Xanax, Valium, Benzodiazepines, Alcohol, Tobacco	Higher risk of high blood sugar, diabetes and weight gain, Increased body temperature Delirium, Sluggish thinking, Low blood pressure, Impaired memory, Hallucinations, Death from withdrawal
<b>Hallucinogens</b> “disrupt brain communication”	LSD	Hallucinogen Persisting Perception Disorder, also known as flashbacks, Fear, Distorted cognition, Paranoia, Psychosis, Anxiety, Increased blood pressure, Nausea

# Types of drugs

Type	Commonly used	Risks of abuse
<b>Dissociatives</b> “invincible”	Ketamine PCP (phencyclidine)	Depression, Anxiety, Suicidal thoughts, Speech difficulties, Social withdrawal, Hallucinations Detachment from reality, Numbness, Memory loss
<b>Opioids</b> “euphoria”	Heroin, Morphine, Opium, Codeine	Constipation, Liver damage, Brain impairment, Euphoria, Drowsiness, Sedation, Pupil dilation Cardiac arrest (if dose is too high)
<b>Inhalants</b> “brief euphoria”	Paint thinner, glue, Aerosol sprays, Room deodorisers	Loss of smell, Brain damage, Nosebleeds, Weakness, Euphoria, Increased heart rate, Loss of consciousness, Hallucinations, Slurred speech

# Cannabis

Most commonly recognised as marijuana, cannabis acts like a hallucinogen, but also produces depressant-like effects. It has a high potential for addiction.

Cannabis can be smoked, vaporised, and even eaten, if the THC is first rendered from the plant matter. Examples of cannabis include:

- Marijuana leaves
- Hashish
- Hash oil
- Cannabis-based medicines, such as Sativex

Cannabis abuse can destroy lives and can have both short- and long-term impacts on users:

- Lowered immunity to illness
- Depression
- Chronic anxiety
- Sedation
- Slowed reaction times
- Enhanced senses, such as seeing brighter colours
- Impaired sense of time

# Why do people take drugs?

Drugs initially help alter perception of reality

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## Drugs initially help alter perception of reality

- **To feel good.**

Drugs can produce intense feelings of pleasure. For example, with stimulants the high is followed by feelings of power, self-confidence, and increased energy. In contrast, the euphoria caused by opioids is followed by feelings of relaxation and satisfaction.

- **To feel better.**

Some people who suffer from social anxiety, stress, and depression start using drugs to try to feel less anxious.

- **To do better.**

Some people feel pressure to improve their focus in school or at work or their abilities in sports.

- **Curiosity and social pressure.**

In this respect, teens are particularly at risk because peer pressure can be very strong. Teens are more likely than adults to act in risky or daring ways to impress their friends and show their independence from parents and social rules.

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**Not everyone who uses drugs is an addict**

# **Stages to drug addiction**

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- Initial use.
- Abuse.
- Tolerance.
- Dependence.
- Addiction.
- Withdrawal
- Relapse

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**Gender**

**Mental Disorders**

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## Environment

Chaotic Home and abuse

Parents use and attitudes

Peer influences

Community attitudes

Poor school achievement

Exposure and networks



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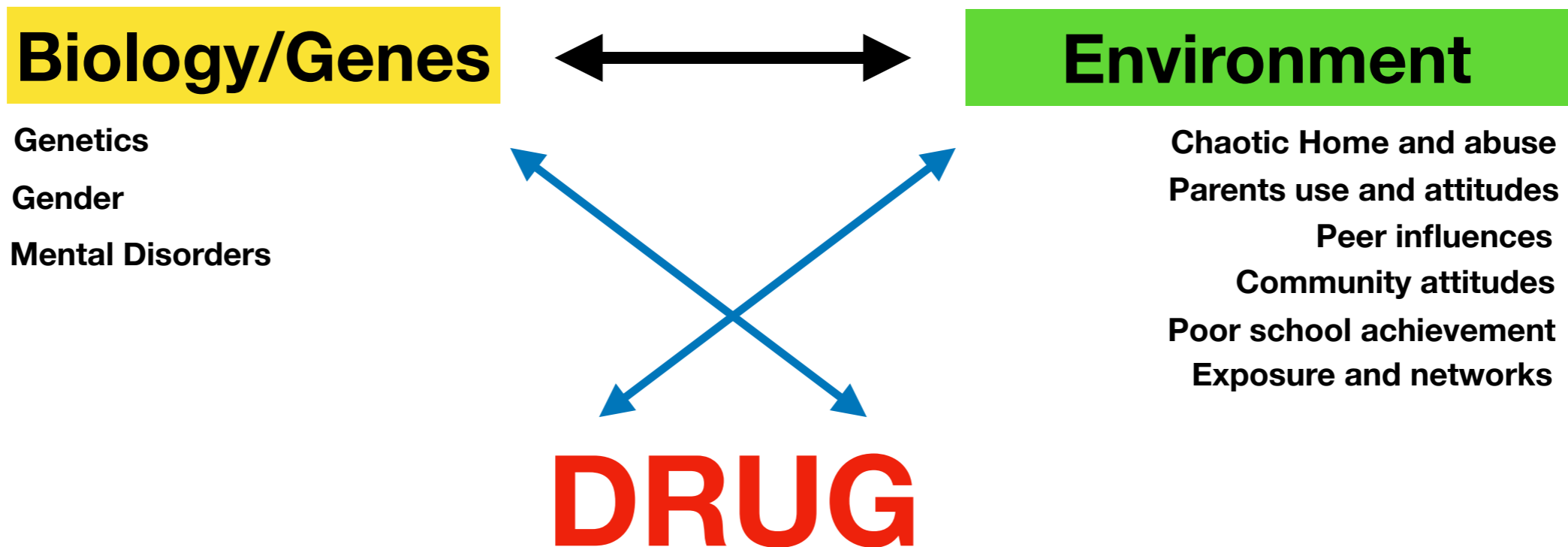
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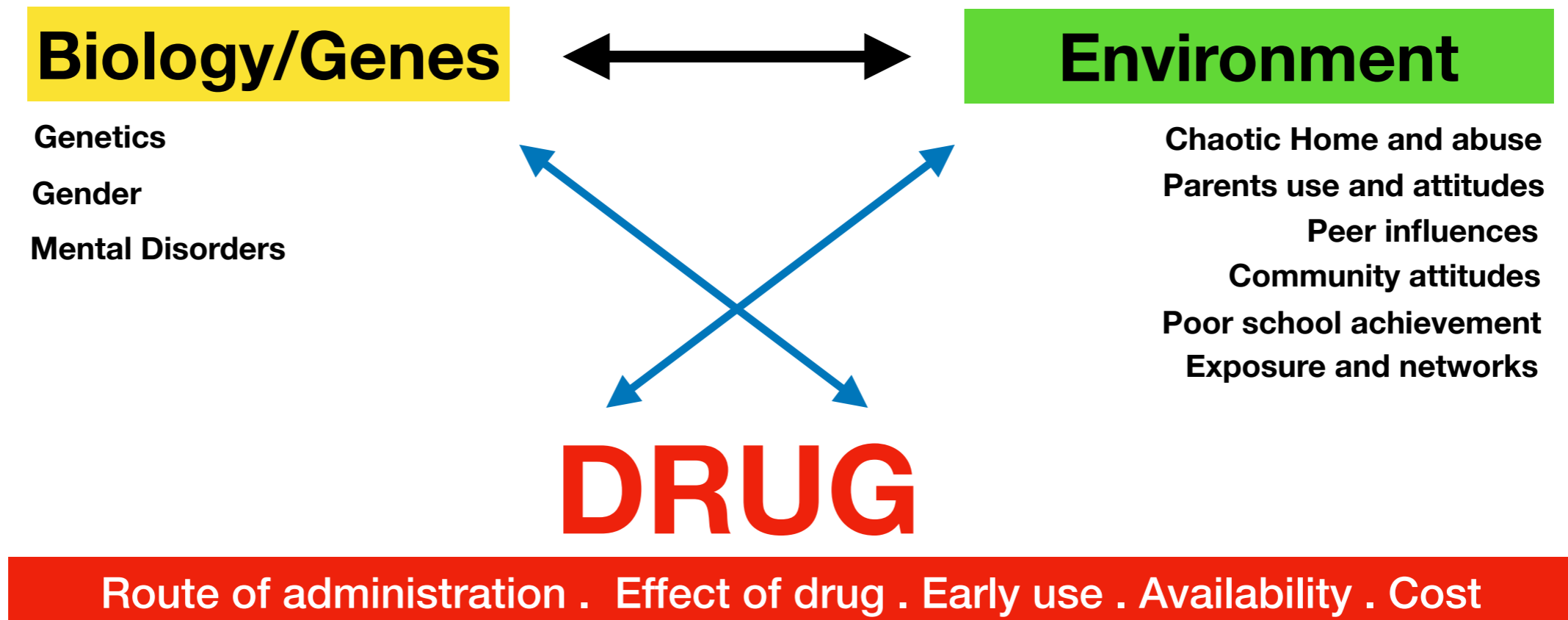
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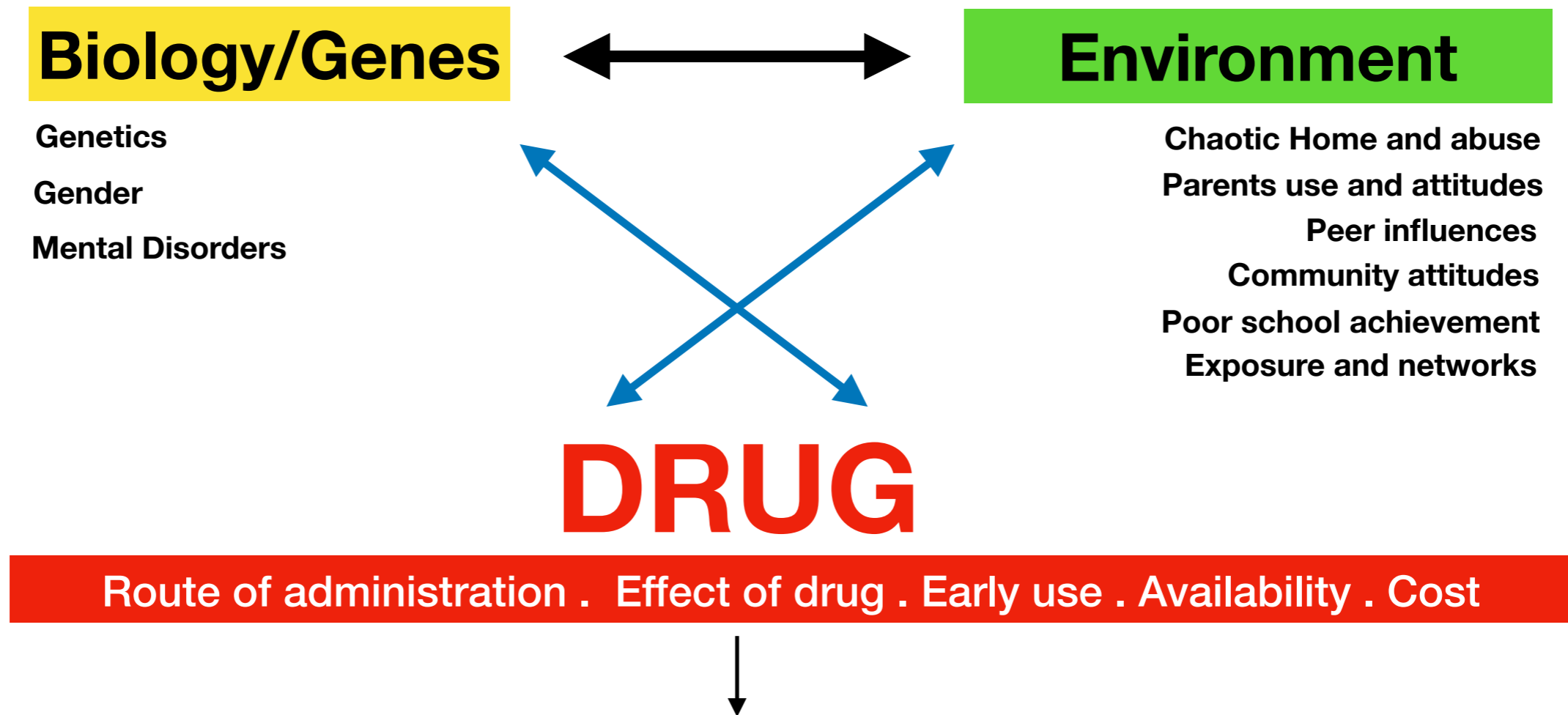
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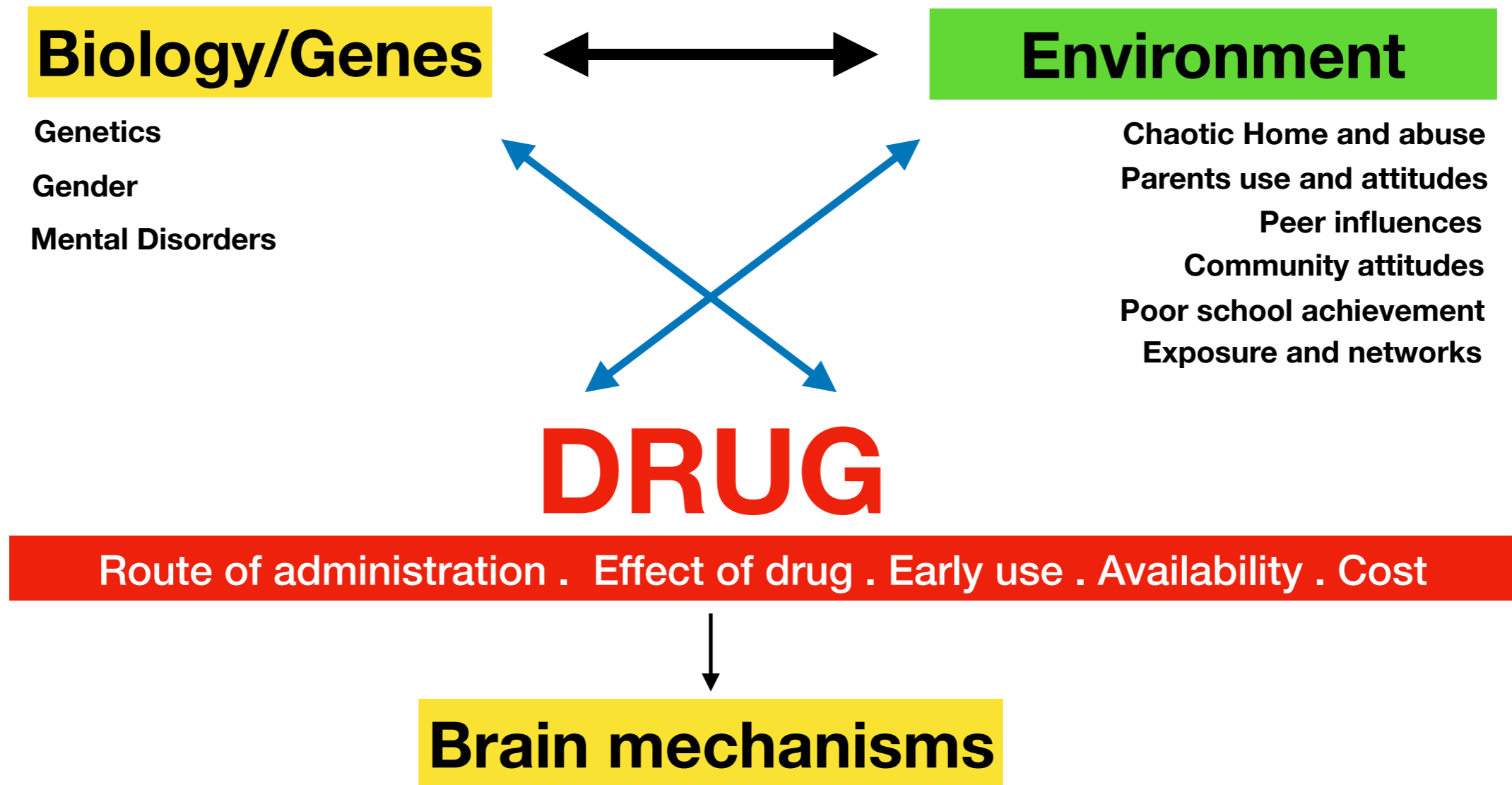
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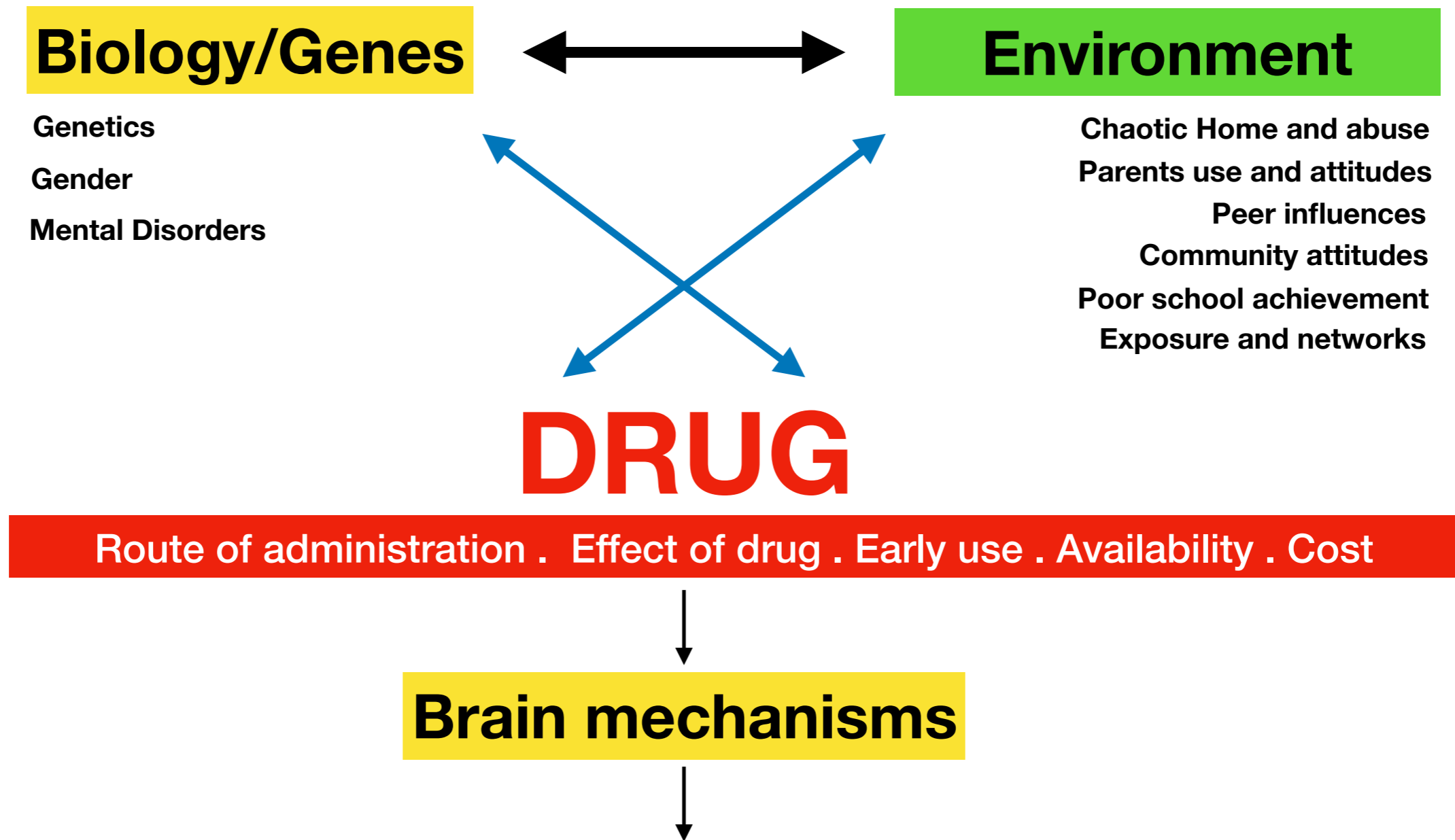
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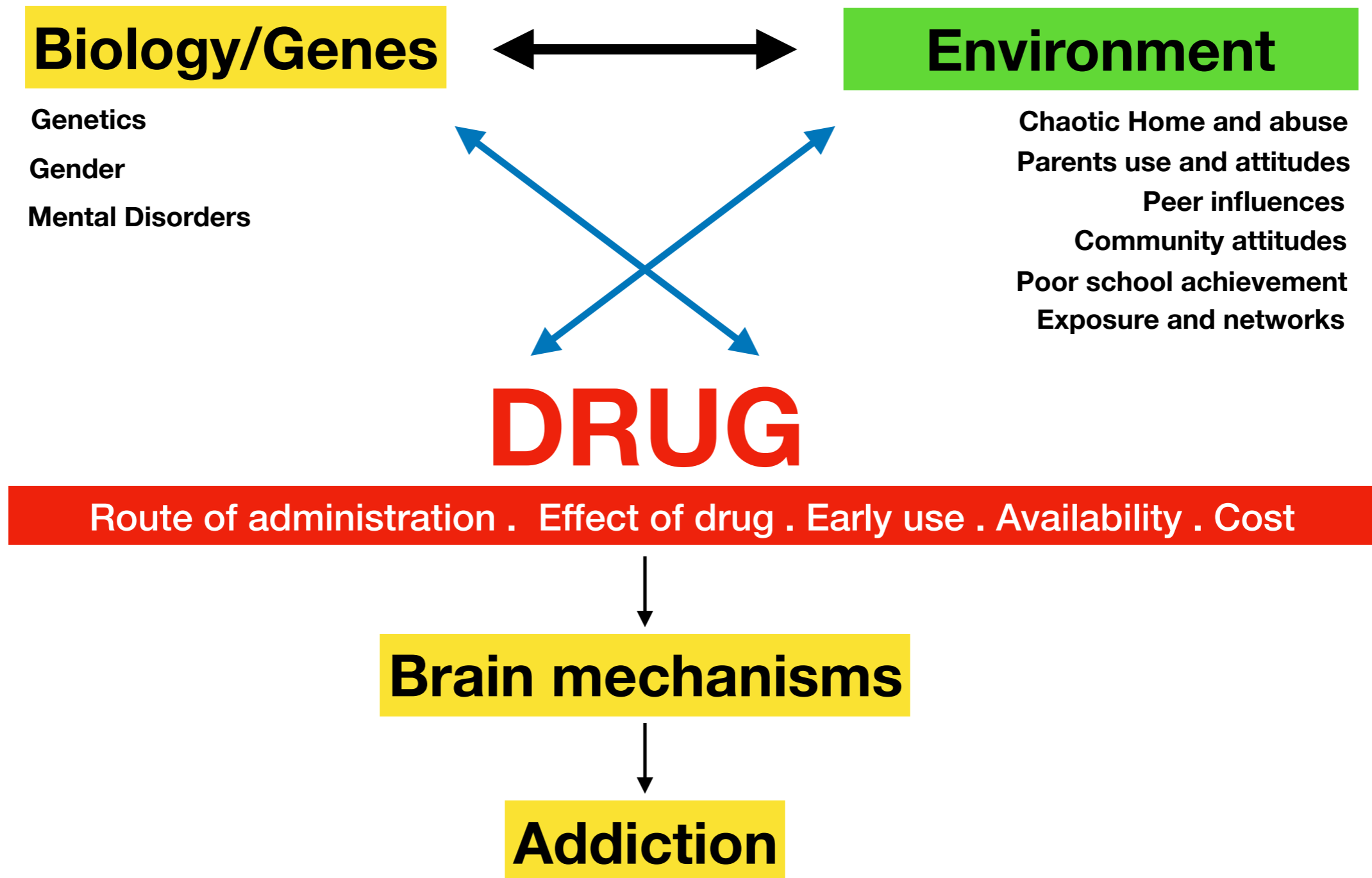
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Risk taking, trying new things and being independent is normal but also increases tendency to **experiment** with drugs.

A limited ability to accurately assess the risks of drug experimentation makes young people more vulnerable to **peer pressure**.

# Early use

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Teens who use alcohol and other drugs often have family and social problems, poor academic performance, health-related problems (including mental health conditions), and involvement with the justice system.

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**APPLY to us ?**

# Areas of risk assessment

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- **Child's development.**

Health, Education, Identity, Emotional & Behavioural Development, Family & Social Relationships, Social Presentation, Self-care skills, Peers, Self esteem

- **Parenting capacity.**

Basic Care, Emotional Warmth, Stimulation, Guidance & Boundaries  
Ensuring Safety, Stability

- **Family and environmental factors.**

Family History & functioning, Extended Family, Home, Employment, Income, Family & Social Integration, Community Resources, Educational, Peers

- **Others.**

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# Preventing early use

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Set practical boundaries and enforce

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Shift in behaviour and patterns may mean something is different - do we know something changed

# How to identify drug use?

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Addiction is a process will need time to heal - zero shortcuts

Shift in behaviour and patterns may mean something is different - do we know something changed

Drug use related paraphernalia

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Non intrusive drug test for confirmation, preferably when we can handle the result



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Non judgemental love within boundaries is essential

# Where to seek professional help?

**There is need for humane, rights and evidence based, quality services for people who use drugs in Pakistan.**

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**Thank You**

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