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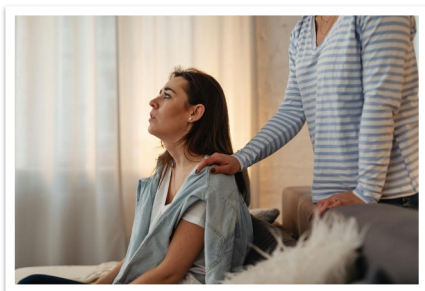
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Drug Trends in Military Adults: Essential Insights for Mental Health Professionals

Drug Trends in Military Adults: Essential Insights for Mental Health Professionals



Event Materials

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This material is based upon work supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture, and the Office of Military Family Readiness Policy, U.S. Department of Defense under Award Number 2023-48770-41333.

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Today's Presenter



John Haenes (He/Him)

LMSW, ICPS
Chief Operations Officer
Challenge of Tarrant County

The presenter has no relationships or conflicts of interest to report.

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Learning Objectives

1. Identify drugs that are considered emerging health threats and the impact these drugs are having on military communities
2. Demonstrate knowledge regarding drug paraphernalia, methods of use, and new technology being used in the drug culture
3. Discover at least one Over the Counter (OTC) product that is commonly abused for recreational purposes

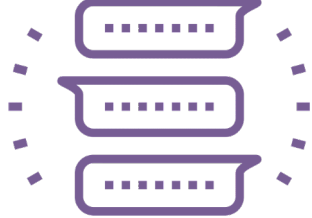
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 **Short Answer Response**

Why are you attending this webinar? What do you hope to learn today?


Share your response in the chat-pod.



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Nationwide, drug overdoses claimed the lives of 107,543 people in 2023.



81,083 of these deaths involved synthetic opioids (primarily fentanyl).

Source: Center for Disease Control (CDC) National Center for Health Statistics. (2024, May 15). U.S. Overdose Deaths Decrease in 2023, First Time Since 2018. CDC.

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Drug Trends in Military Populations

The *2021 Health of the Force* report indicates that rates of substance use disorder diagnoses **among Soldiers were highest among those less than 25 years old** (NIDA, 2019).

What can providers do?

- Engage with young adult service members to build healthy coping strategies and prevent substance misuse is especially important.

Source: National Institute on Drug Abuse (NIDA). (2019, October 23). Substance Use and Military Life Drug Facts. *NIDA*.

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Drug Trends in Military Populations

Service members may be more likely to abuse alcohol than civilians, particularly in levels of binge drinking (NIDA, 2019).

- Active-duty service members may see drinking as part of their culture.
- Drinking alcohol may serve as a means to connect or de-stress with fellow service members and may be modeled as a way of handling stress within a military unit.
- Combat deployments, permanent changes of station, and prolonged work hours are a unique set of military-specific stressors that may contribute to substance misuse as compared to the stressors that may be experienced within the civilian sector.

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Drug Trends in Military Populations

Reported rates of illicit drug use increase when active duty personnel leave military service.

- Marijuana accounts for the vast majority of illicit drug use among veterans with 3.5% reporting use, and 1.7% reporting use of illicit drugs other than marijuana in a 1-month period.

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Service members have an increased risk of developing a substance use disorder (SUD), especially those who have been deployed to combat.

- Despite higher rates of substance abuse, deployed military personnel often have low rates of referral to SUD treatment services, often attributed to high levels of stigma.

Source: Butler Center for Research. (2018, May). Substance Use Disorders Among Military Populations. Hazelden Betty Ford Foundation.



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PTSD and SUDs

PTSD occurs significantly more often among military veterans than civilian populations (Butler Center for Research, 2018).

- Approximately 18 percent of post-deployment Army soldiers experience PTSD, as compared to 6.8 percent of the general population.



The common co-occurrence of PTSD and substance use disorders is well-established, and military populations demonstrate a higher rate of comorbidity among PTSD and SUD than the general population.

Source: Buckingham, K. (2023, March 21). Military psychologist talks facts, prevention of substance, alcohol misuse among service members. [U.S. Army](#).

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Impact on Military Populations

Outside of combat deployment or other traumatic events, there are a number of cultural factors that can have an exacerbating effect on alcohol and drug use, and the development and treatment of SUDs.

This can include:

- The availability of alcohol at military bases is a concern. College students may not have the income to buy alcohol but service members, even being underage, do have income that may be used for the purchase of alcohol.
- Workplace culture among military personnel is also an area of concern, particularly the stigma related to problematic substance use and fear of negative consequences related to seeking help.

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Impact on Military Populations Con't.

- Prescriptions for pain medication among military service members, generally related to combat-related injuries and strain from extreme physical exertion, have increased over the past 20 years (Butler Center for Research, 2018).
 - As a result, prescription drug misuse and opioid use disorders have become a critical concern for military leadership.



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Opioid Receptors

- ❖ Enable us to achieve a goal (short term)
- Decrease pain (minimal effect)
- Increase motivation
- Increase confidence
- Increase reward. Dopamine.
- Reduce depression and anxiety

- Increase pleasure in current activity
- Increase “warmth-liking”
 - Liking warm things
 - Love
 - Interpersonal bonding


Image Attribution: Adobe Stock 870961182

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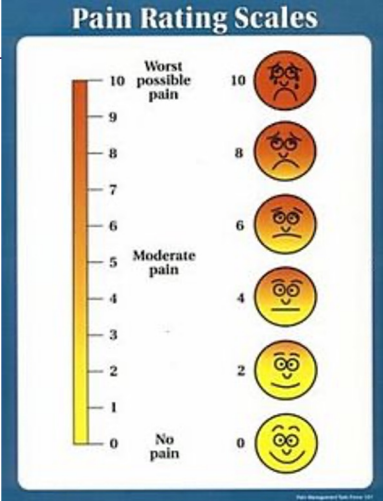
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The Promotion and Marketing of OxyContin: Commercial Triumph, Public Health Tragedy

| Art Van Zee, MD



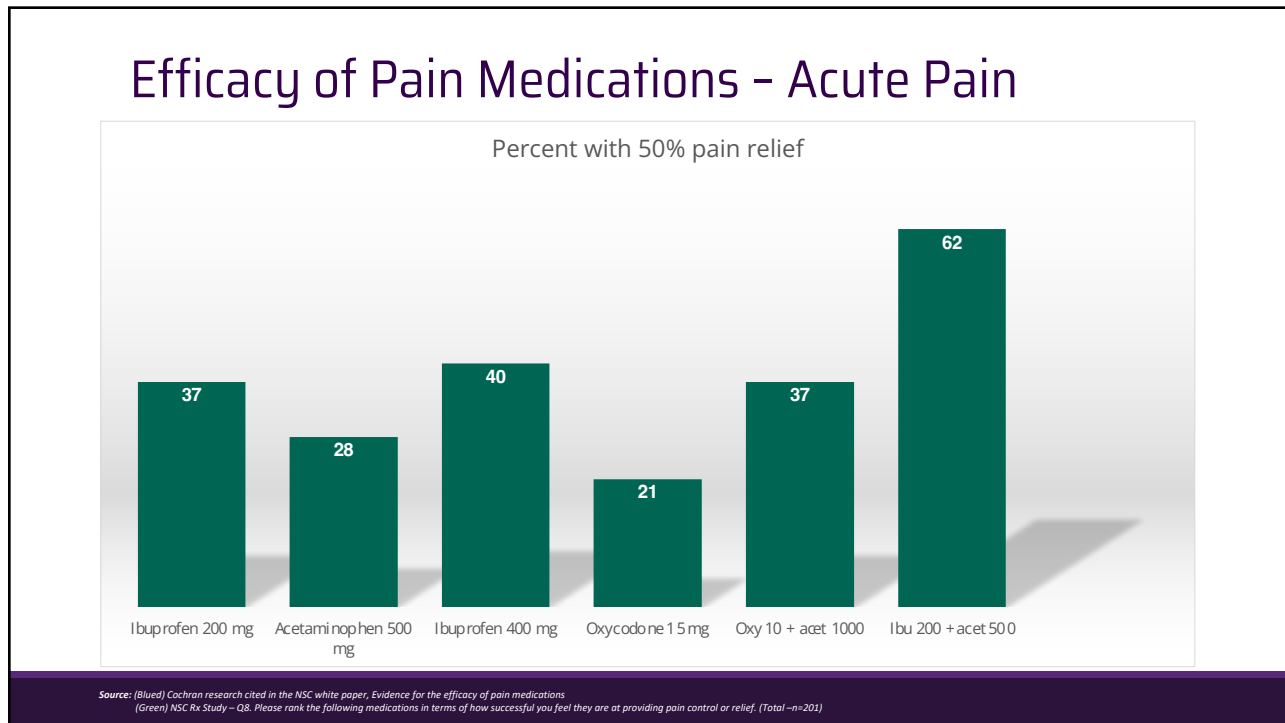
Pain Rating Scales



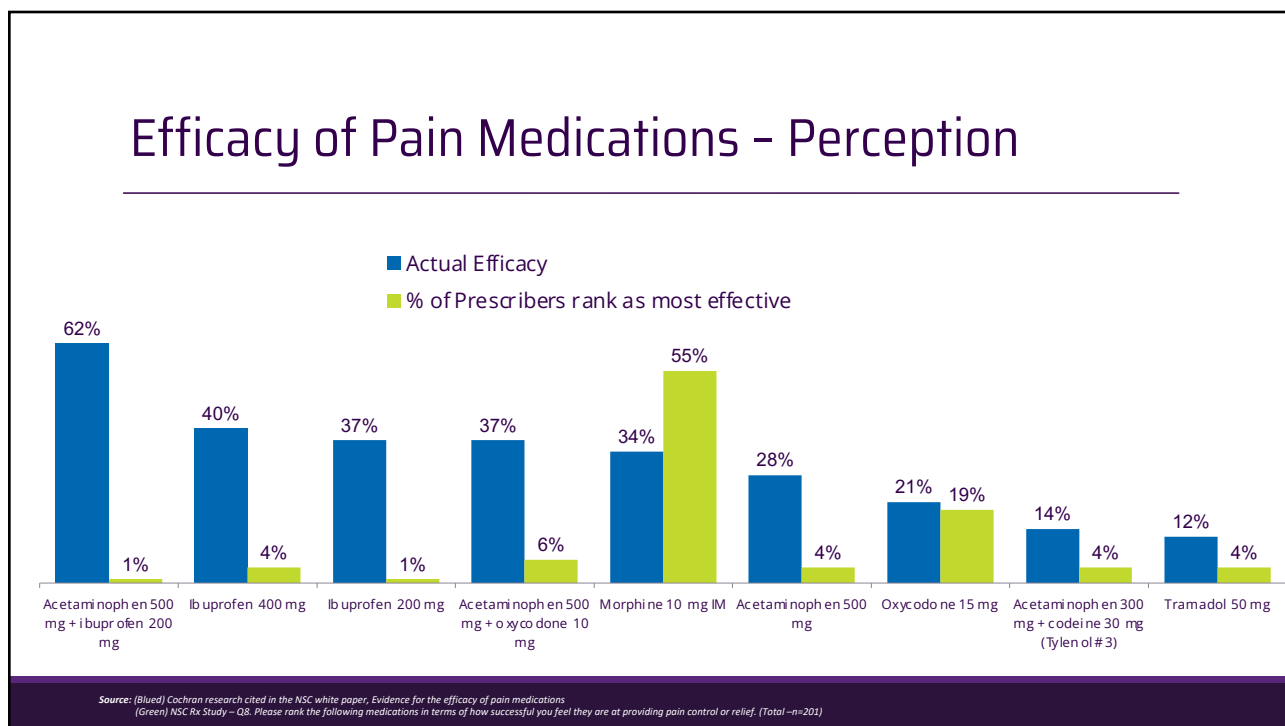
Source: Zee, A. V. (2009). The promotion and marketing of oxycontin: commercial triumph, public health tragedy. *American journal of public health*, 99(2), 221–227.

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20


ONE
PILL CAN
KILL

SEPT. 2021
2 of 5
laced with fentanyl


NOV. 2022
6 of 10
laced with fentanyl

SEPT. 2023
7 of 10
laced with fentanyl


Waves of the Opioid Epidemic




2000s
RX opioids, including natural, semi-synthetic and methadone, are illegally obtained



2010
Heroin overtakes the opioid crisis



2013
Synthetic opioids, including fentanyl, are being illicitly manufactured

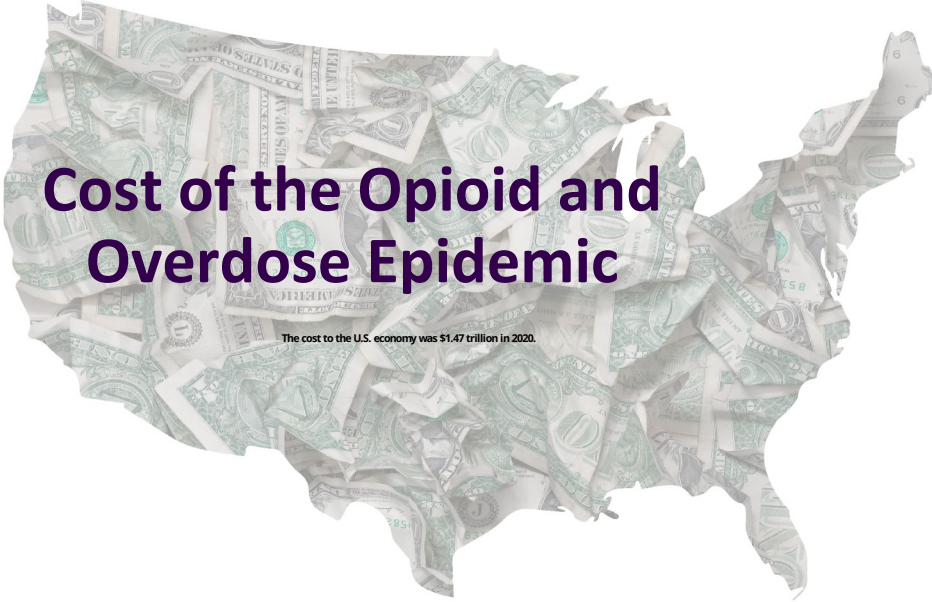


2018
Fentanyl-laced cocaine and meth become the drugs of choice

Protecting Our Youth: School-Based Responses to the Fentanyl Crisis Handout – [https://ime1.wsimg.com/blobby/go/4572996e-aa47-403a-91f5-aaa5c2fe96fe/CTC_2024_Infographic%20\(002\).pdf](https://ime1.wsimg.com/blobby/go/4572996e-aa47-403a-91f5-aaa5c2fe96fe/CTC_2024_Infographic%20(002).pdf)

Graphic Source: [Challenge of Tarrant County](#) — Protecting Our Youth Infographic, April 2024. 21

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Cost of the Opioid and Overdose Epidemic

The cost to the U.S. economy was \$1.47 trillion in 2020.

Source: Joint Economic Committee (JEC) Democrats. (2022, September). JEC analysis finds opioid epidemic cost U.S. nearly \$1.5 trillion in 2020. *Joint Economic Committee Democrats*.

Image from Adobe Stock, c2pa-rs/0.2.4 22

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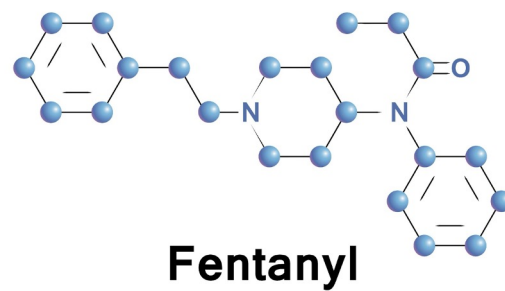
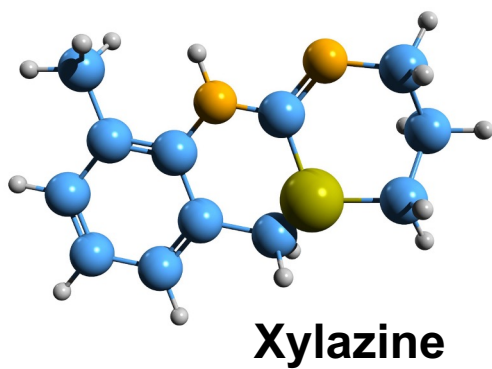
**Two milligrams of fentanyl is considered a lethal dose,
which is small enough to fit on the tip of a pencil.**



Image Attribution/Source: Drug Enforcement Administration

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Xylazine

Xylazine has turned up in overdose deaths in 25 of 38 states examined.

- Last year (in 2023), 30% of the fentanyl powder seized by DEA contained xylazine.
- That was up from 25% in 2022.

The drug is mixed with opioids, but also with cocaine or methamphetamine.

- Increases sedation and respiratory depression, which increases the risk of a fatal overdose.
- Naloxone administration may not be as effective when xylazine is mixed with opioids.

Sources: Anne Milgram, A. (2024, April 26). Statement from DEA Administrator Anne Milgram on the Increase in DEA Fentanyl Seizures Containing Xylazine. [United States Drug Enforcement Administration](#).

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Nitazenes

- A class of powerful opioid analgesics
- Nitazenes were first developed in the 1950s and early 1960s.
- Drug Enforcement Administration reports nitazenes make up "much less than 1%" of the opioids that the agency seizes.
- Naloxone, a medication that reverses opioid overdoses, can reverse an overdose that involves nitazenes.

Street Names:

Pyro
M8
ISO

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DRUG ENFORCEMENT ADMINISTRATION
EMOJI DRUG CODE | DECODED

FAKE PRESCRIPTION DRUGS

PERCOCET & OXYCODONE 	XANAX 	ADDERALL
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DEALER SIGNALS

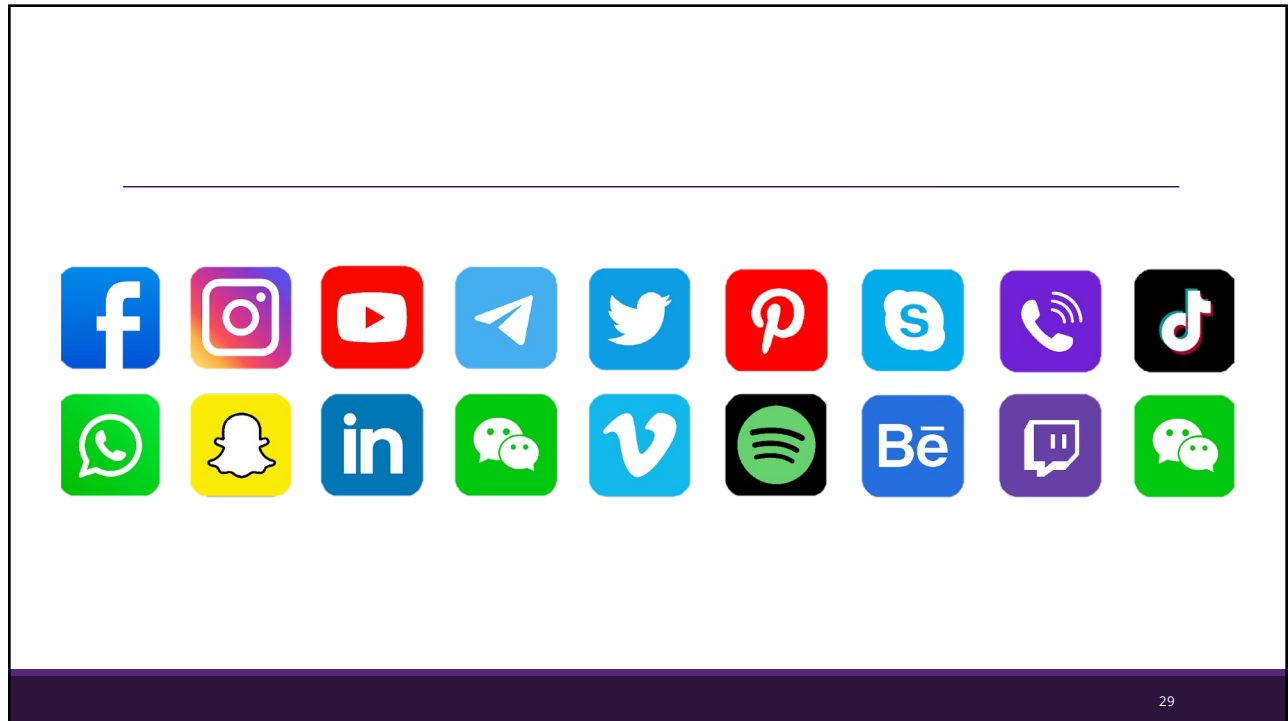
DEALER ADVERTISING 	HIGH POTENCY 	UNIVERSAL FOR DRUGS 	LARGE BATCH
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OTHER DRUGS

METH 	HEROIN 	COCAINE 	
MDMA & MOLLIES 	MUSHROOMS 	COUGH SYRUP 	MARIJUANA

Drug Enforcement Administration – Emoji Drug Code | Decoded Guide
www.dea.gov/sites/default/files/2021-12/Emoji%20Decoded.pdf

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Video

- Red Ribbon Week 2022 <https://challengetc.org/red-ribbon-week-2022-1>
- Red Ribbon Week 2023 <https://challengetc.org/red-ribbon-week-2023>

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Naloxone

- Full Opioid Antagonist used to reverse the effects of Opioids
- Opioid antidote to stop an Opioid Overdose
- Naloxone only reverses the effects of opiates
- Available in intranasal spray and intramuscular injection
- Can work within 2-4 minutes of administration
- Typically wears off between 30 – 90 minutes after administration
- Narcan is not an alternative for Emergency medical care even if the patient comes out of the overdose



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Naloxone

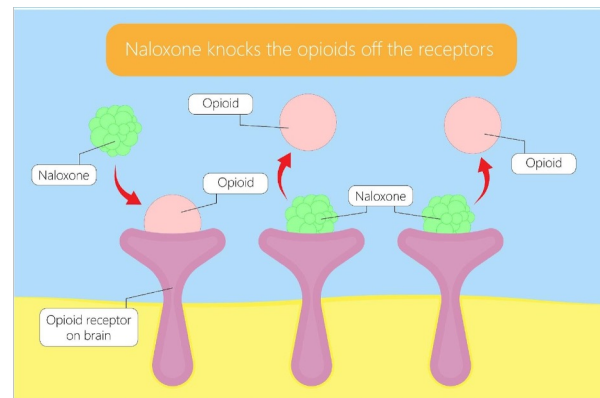
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- Naloxone works by binding to the Mu receptors in the brain that the opioids use to flood the body with their effects (block pain, lower breathing, heart rate and blood pressure).
- Naloxone strips the Opioids off of the Mu receptors causing the person to go into precipitated severe withdrawal.
- Naloxone stays on the Mu receptors for approximately 30 to 90 minutes. The Opioids stay in the bloodstream and will reattach when the Naloxone leaves the receptors.



- An Opioid Overdose can recur after the Naloxone leaves the Mu receptors. Call 911 and re-administer Naloxone.

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Image from Adobe Stock, 251307976

How to Respond

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Signs of Overdose

- Head can be tilted back with mouth open
- Eyes rolled back to only see white of eyes
- Person is unresponsive and cannot be woken up
- Body is limp
- Face is grayish in color, clammy to the touch
- Bluish color around mouth and nail beds
- Breathing less than 6 breaths per minute or breathing has stopped
- Deep, slow snoring/gurgling sound



Image by [shadrin_andrey](#) from iStock

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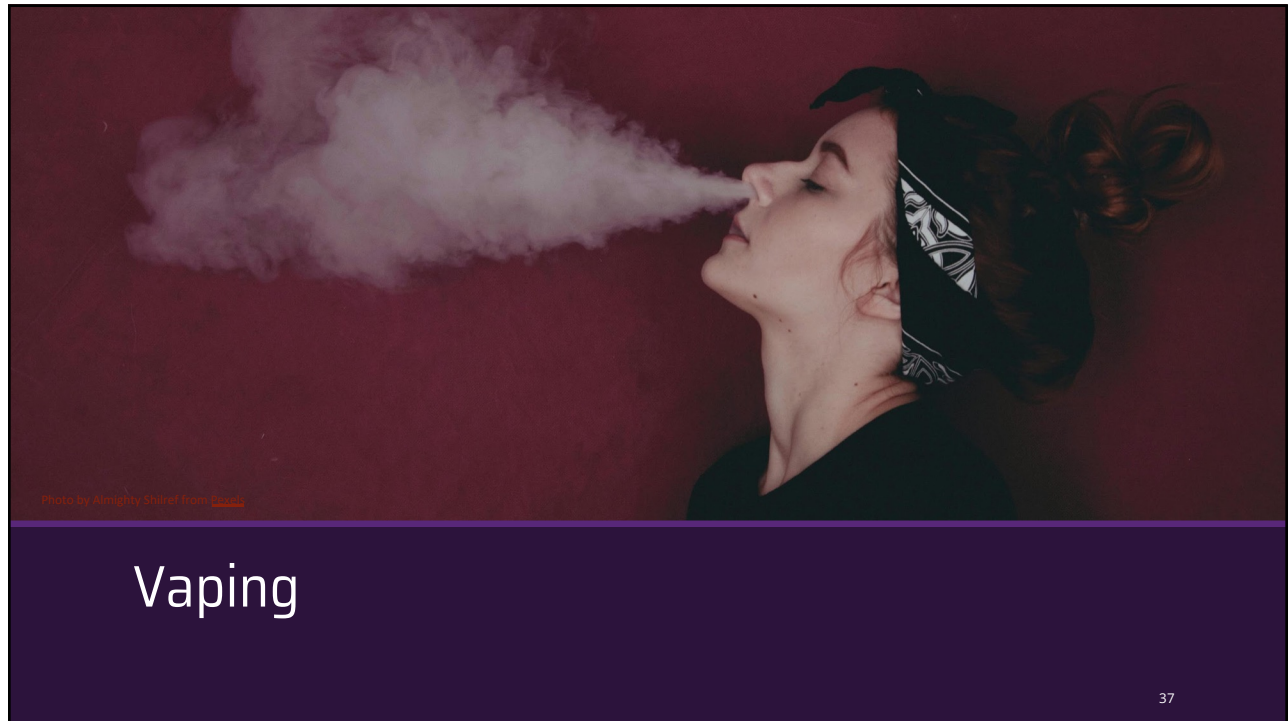
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Check Responsiveness

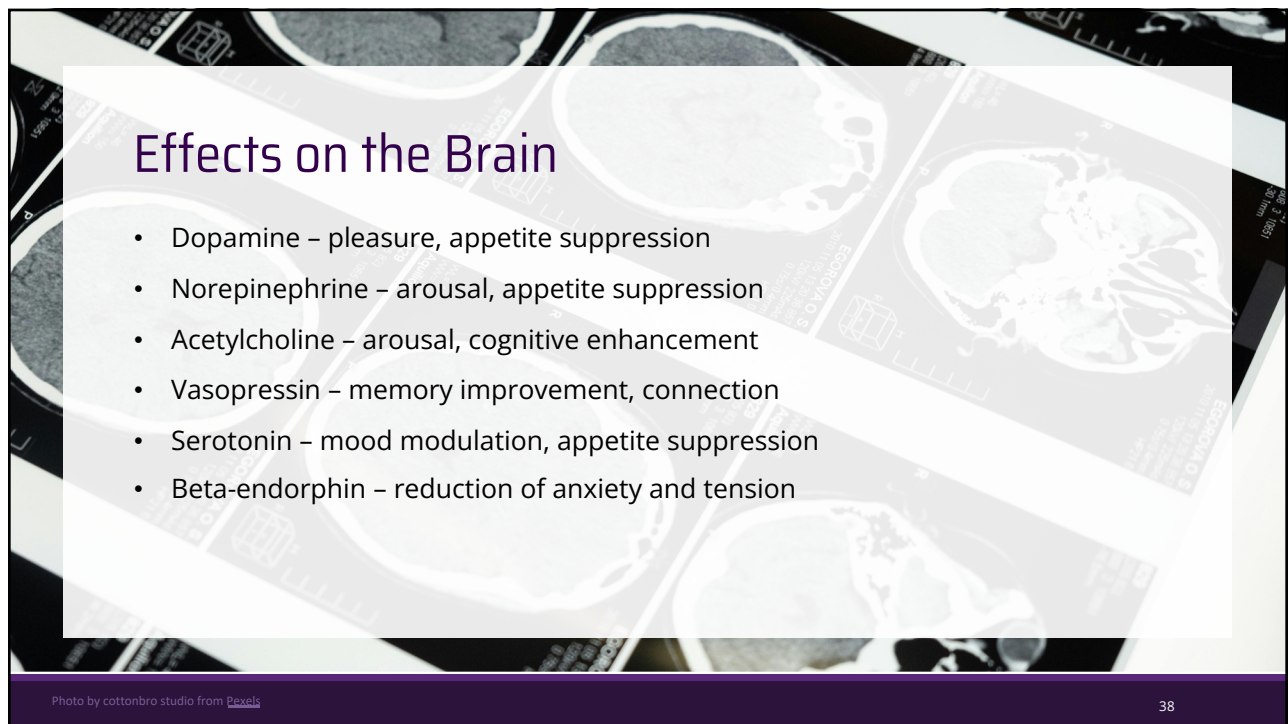
- Call 911
 - "Someone is overdosing", "Someone is not breathing / is unresponsive."
 - Give clear address and location
- Roll person onto their back as gently as possible to avoid injury
- Start Rescue Breathing
- Give Naloxone (Narcan)
- Monitor person's response to Naloxone
- If symptoms return, the person can be given another dose of Naloxone.
 - Additional doses may be given every 2 to 3 minutes, if symptoms return before medical help arrives.

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SIDE EFFECTS OF NICOTINE

- Increased heart rate
 - High blood pressure
 - Heart disease
- Dizziness
 - Headache
 - Insomnia
 - Reduced appetite
 - Depression
 - Difficulty concentrating
- Nausea
 - Vomiting
- Lung cancer

The effects of nicotine, regardless of age.

Image created with Adobe Stock, c2pa-rs/0.7.7 c2pa-rs/0.25.2

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- Research shows that most individuals (80%) who attempt to quit smoking using e-cigarettes fail to do so. Of the 20% who successfully quit smoking, most (at 80%) remain active users of e-cigarettes.
- The 2018 National Academy of Sciences’ systematic review found substantial evidence that e-cigarette use increases the risks that youth and young adults will starting smoking cigarettes.
 - It also found moderate evidence that vaping “increases the frequency and intensity” of subsequent cigarette smoking.

Source: Lee, P. N., Coombs, K. J., & Afolalu, E. F. (2018). Considerations related to vaping as a possible gateway into cigarette smoking: an analytical review. *F1000 Research*, 7, 1915.

Additional Reading: Reichardt, E. M., & Guichon, J. R. (2019, March 13). Vaping is an urgent threat to public health. [*The Conversation*](#).

Image from Adobe Stock, c2pa-rs/0.7.7 c2pa-rs/0.25.2

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Second hand VAPE smoke??

One study showed that indoor air quality was impaired when people in a ventilated room used e-cigarettes. Ultrafine particles can find their way from the vapor into the lungs of other people in the same space.

Another study found that the vapor not only contains nicotine, but also heavy metals, aldehyde and glycerin.

Sources:

- Dana-Farber Cancer Institute. (2019). Exposure to second-hand e-cigarette aerosols increasing among young people, Dana-Farber study finds. [Dana-Farber Cancer Institute](https://www.dana-farber.org/news/2019/09/19-exposure-to-second-hand-e-cigarette-aerosols-increasing-among-young-people-dana-farber-study-finds).
- Schöber, W., Szendrei, K., Matzen, W., Oslander-Fuchs, H., Heilmann, D., Schettgen, T., Jörres, R. A., Fromme, H. (2014, July). Use of electronic cigarettes (e-cigarettes) impairs indoor air quality and increases FeNO levels of e-cigarette consumers. *International Journal of Hygiene and Environmental Health*. Volume 217, Issue 6, Pages 628-637.



Image Source: Talesnik, D., Bock, E., and Snyder, A. (2023). Adolescent Substance Use Holds Steady in 2022. *The NIH Record*.

Electronic nicotine delivery systems (ENDS)



Image by Vaping 360 from Flickr, CC BY-ND 2.0

Image by Vaping360 from Flickr, CC BY-ND 2.0



Image by Vaping360 from Flickr, CC BY-NC 2.0

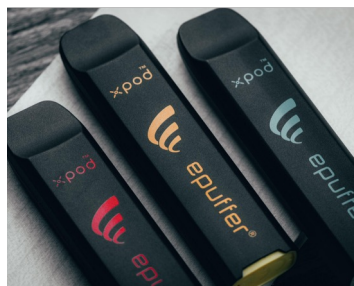


Image from Vaping360 from Flickr, CC BY-ND 2.0



Image by Vaping360 from Flickr, CC BY-ND 2.0

What's in an ENDS?

There are more than 460 ENDS products on the market at last count.
They vary widely in design, capacity, and chemical composition.

<p>Nicotine $C_{10}H_{14}N_2$</p> 	<p>HUMECTANTS</p> 		<table border="1"> <tr> <td>58.6934 737.1 1.88 Ni Nickel [Ar] 3d⁸ 4s²</td> <td>63.546 745.5 1.90 Cu Copper [Ar] 3d¹⁰ 4s¹</td> <td>65.38 906.4 1.65 Zn Zinc [Ar] 3d¹⁰ 4s²</td> </tr> <tr> <td>106.42 804.4 2.20 Pd Palladium [Kr] 4d¹⁰</td> <td>107.8682 731.0 1.93 Ag Silver [Kr] 4d¹⁰ 5s¹</td> <td>112.441 867.8 1.69 Cd Cadmium [Kr] 4d¹⁰ 5s²</td> </tr> </table>	58.6934 737.1 1.88 Ni Nickel [Ar] 3d ⁸ 4s ²	63.546 745.5 1.90 Cu Copper [Ar] 3d ¹⁰ 4s ¹	65.38 906.4 1.65 Zn Zinc [Ar] 3d ¹⁰ 4s ²	106.42 804.4 2.20 Pd Palladium [Kr] 4d ¹⁰	107.8682 731.0 1.93 Ag Silver [Kr] 4d ¹⁰ 5s ¹	112.441 867.8 1.69 Cd Cadmium [Kr] 4d ¹⁰ 5s ²
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Humectants



Substances that help create aerosol when heated, giving ENDS the ability to mimic cigarette smoke. Propylene glycol and glycerol are the most popular e-liquid humectants. PG is safe to ingest as a food and pharmaceutical additive; it is also used to create artificial fog in theatrical productions.

However, long-term exposure to these substances, along with dozens of other chemicals that are often not listed on labels and can be toxic.

Image from Winter Olympics Opening Ceremony,
2010

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Flavorings

Additives that come in more than 7,000 flavors and are designed to make vaping a more palatable experience for younger smokers.



Many flavors are safe to ingest when added to food products but can cause problems with breathing when inhaled.

Image by Jim Hedd from [Flickr](#). CC BY-SA 2.0

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Frequent vaping can increase a person's risk of developing high blood sugar.

- Associated with 200 health issues, including brittle bones, erectile dysfunction and even eating disorders.
- A 2020 study that reviewed the available narrative literature on the effects of vaping on intervertebral disc health, bone health and spinal fusion found that exposure to carcinogens from e-cigarettes is associated with an increase in oxidative stress and inflammation in the body.

Resources:

- Neel, A. (2022, February 25). Vaping and Its Effects on Spine Health. *US News and World Report*.
- El-Shahawy, Omar et al. (2021, November 30). Association of E-Cigarettes With Erectile Dysfunction: The Population Assessment of Tobacco and Health Study. *American Journal of Preventive Medicine*.
- Ganson, K. T., & Nagata, J. M. (2021). Associations between vaping and eating disorder diagnosis and risk among college students. *Eating behaviors*, 43, 101566.

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The image shows several packs of Camel brand dissolvable tobacco products. In the foreground, a pack of 'Camel Variety Pouch' is visible, featuring a camel logo and the text 'MINT strips-orbs-sticks 12-DISSOLVABLE TOBACCO'. Behind it, packs of 'Camel sticks' and 'Camel orbs' are partially visible. The packs are blue and black with white and gold text. A purple rounded rectangle is overlaid on the right side of the image, containing the word 'Dissolvable' in white text.

Dissolvable

Image Source: Cotter, B. (2011, August 12). Dissolvable tobacco new to Colorado, but old questions arise. [The Gazette](#).

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The image shows several packs of Nicotine Gum. The primary focus is on a red pack labeled '12 NICOTINE GUMMIES'. The pack is open, revealing several red, rectangular gummies. Other packs in yellow and white are visible in the background. A warning label is partially visible, stating 'WARNING: This product contains Nicotine'. The image is set against a white background.

Image Source: Christensen, J. (2022). Nicotine gum is a 'public health crisis just waiting to happen,' FDA says. [CNN](#).

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Dextromethorphan

Aspirin – symptoms of overdose may include rapid breathing, difficulty swallowing, ringing in the ears or loss of hearing, bloody urine, diarrhea, nausea, dizziness, fever, swelling of eyelids, face or lips, and convulsions.

Chlorpheniramine Maleate (CPM) (antihistamine) can cause severe and life-threatening symptoms including seizures, troubled breathing, weakness, loss of consciousness, severe dryness of mouth, nose, or throat, bleeding from skin, mouth, eyes, rectum, and vagina, and possibly death.



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Dextromethorphan

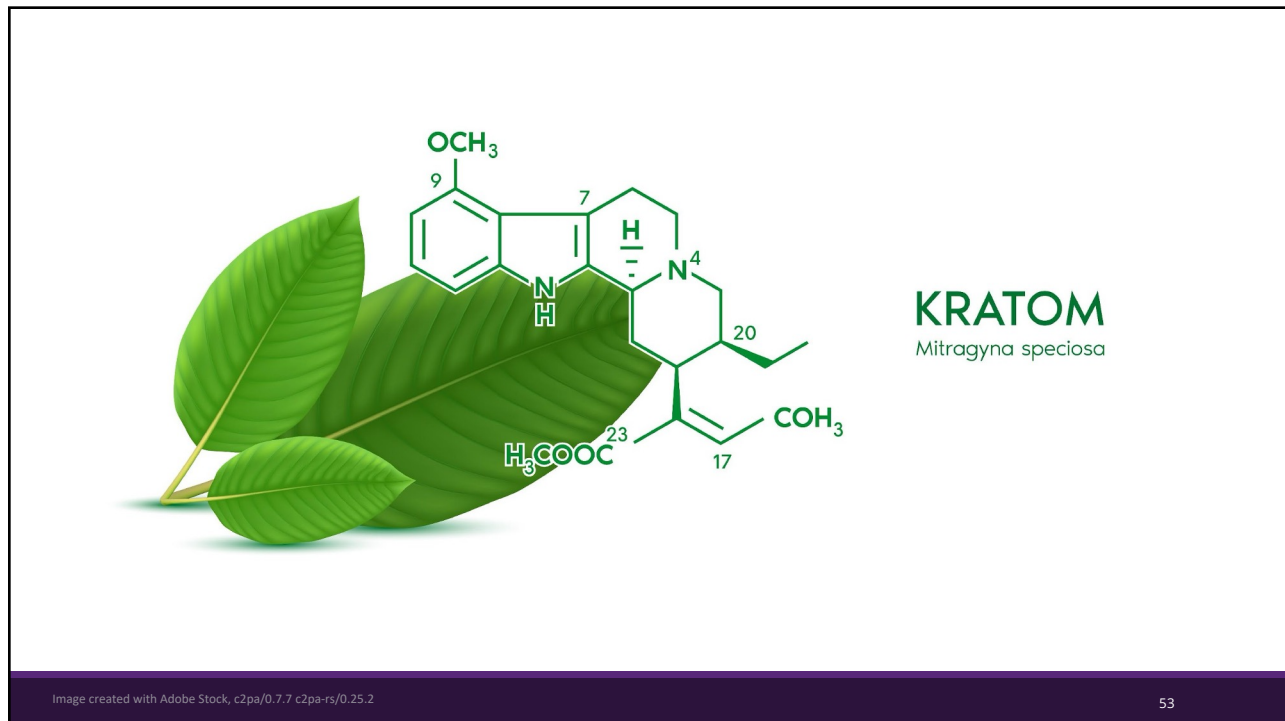
Guaifenesin (expectorant) can cause severe nausea and vomiting.

Pseudoephedrine (decongestant) can cause irregular heartbeat, headaches, difficulty breathing, anxiety, and seizures.



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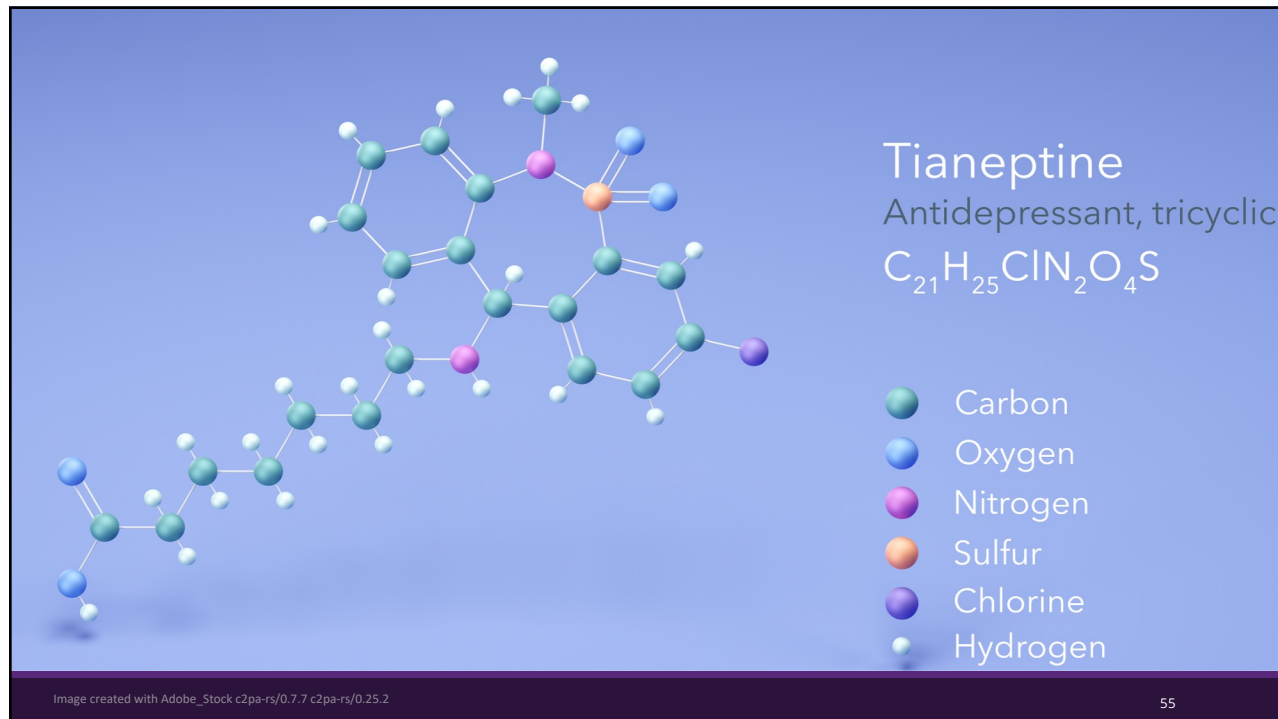


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- At low doses, kratom produces stimulant effects with users reporting increased alertness, physical energy, and talkativeness. At high doses, users experience sedative effects.
- Kratom consumption can lead to addiction. Several cases of psychosis resulting from use of kratom have been reported, where individuals addicted to kratom exhibited psychotic symptoms, including hallucinations, delusion, and confusion.

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Tianeptine is a tricyclic antidepressant used in some Latin American, Asian, and European countries but is not FDA approved or regulated for use in the United States.

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Tianeptine

- Low blood pressure, seizure and heart rhythm irregularities such as tachycardia, according to the report. At least one person went into cardiac arrest.
- Can cause respiratory depression and severe sedation
- Been found to include dangerous synthetic cannabinoids
- Significant withdrawal syndrome



Coaxil®
Neptune's Fix
Pegasus
Red Dawn

Stablon®
Tianaa®
Tianna
Za Za Red

Image Source: FDA. (2024, February 15). FDA warns consumers not to purchase or use Neptune's Fix or any tianeptine product due to serious risks. [U.S. Food and Drug Administration](#).

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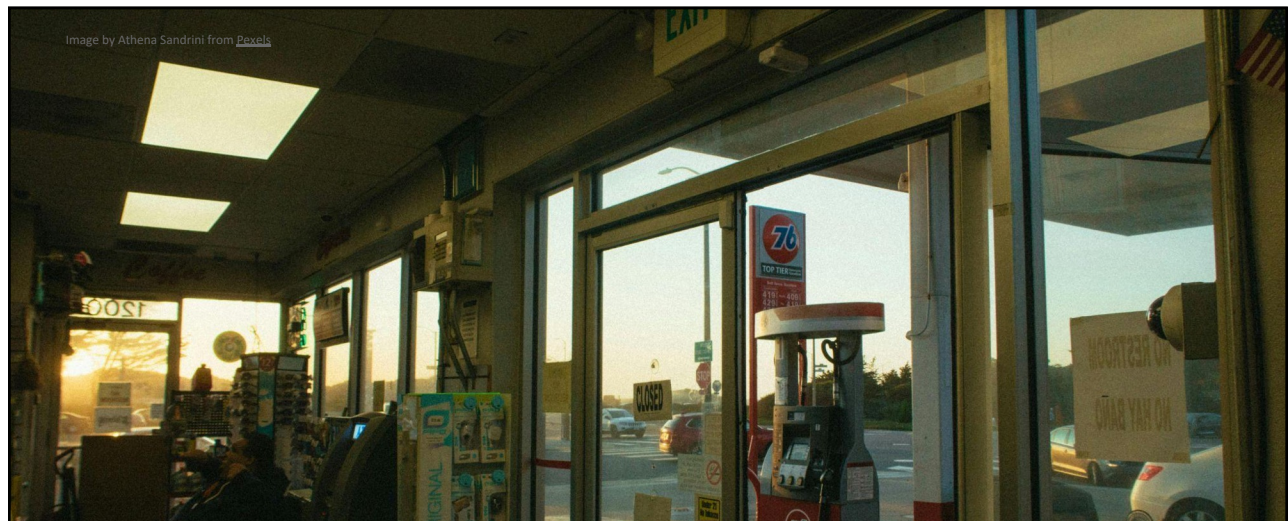
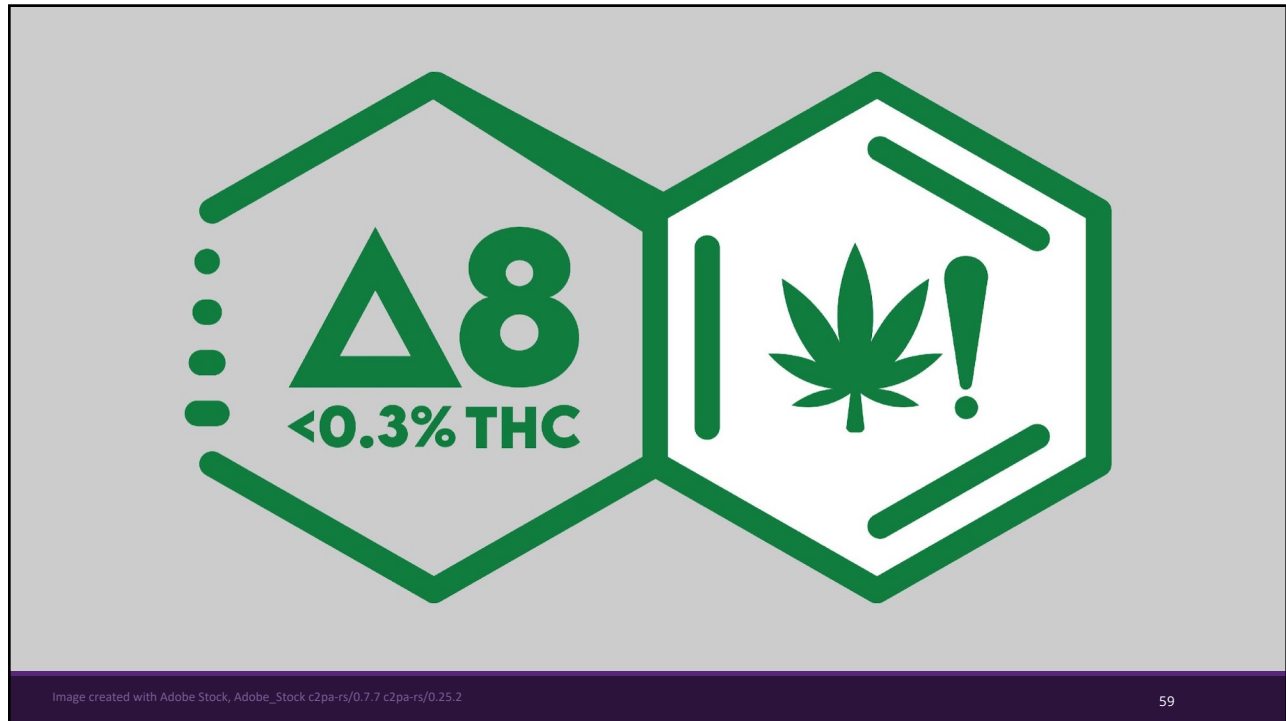


Image by Athena Sandrini from [Pexels](#)


Sold in gas stations, on Amazon, and in vape shops.

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Delta 8

- Delta 8 occurs naturally in hemp — the variety of cannabis plant used to make CBD products-and contains only trace amounts of THC.
- Delta 8's presence in hemp has been known for a long time, but the amount of it in the plant is small until the 2018 Farm Bill allowed hemp to be legally grown and worked with across the United States.
- As a result, cannabis experts started extracting Delta 8 from CBD and synthesizing it into its own product in greater strength.
- The U.S. market for Delta-8 THC and other hemp-derived cannabinoids has increased a whopping 1,300% in just the last three years. It shot up from \$200 million in sales 2020 to nearly \$2.8 billion in 2023, according to the analytics firm Brightfield Group.

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Delta 8

The US Cannabis Council did a private lab test on 16 Delta-8 products purchased in California, Florida, Nevada, Texas, Michigan, and Massachusetts.

In this test, all but 1 sample contained amounts of illicit Delta-9.

53% of cannabinoid-based poison control center calls in Texas involved patients 19 years of age and under.

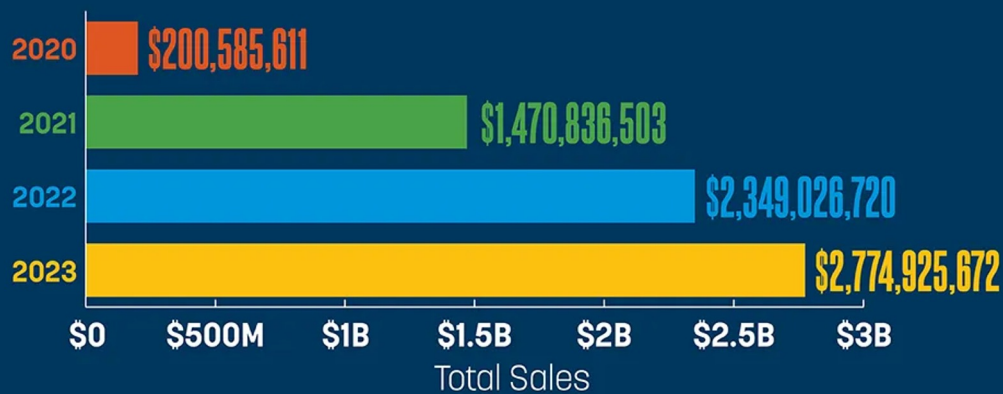


Image from Adobe Stock, 355054048

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Hemp-Derived Cannabinoid Sales in the U.S.



Source: Skodzinski, N. (2024, March 6). How Big Is the U.S. Market for Delta-8 THC and Other Intoxicating Hemp-Derived Cannabinoids? *Cannabis Business Times*.

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Marijuana

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SMOKING

PIPE BONG BUBBLER

DAB JOINT BLUNT

Today's pot is now about **275%** more potent than it was 10 years ago

Image Source: Images for educational purposes only, used with permissions from presenter.

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There are four key uptake systems from which the body can absorb cannabinoids:

Oral Mucosal



Absorption of THC through the lining of the mouth and under the tongue – effects are felt throughout the entire body. This is the fastest method of absorption.

Ingestion



Absorption of THC through oral ingestion. Cannabinoid molecules are absorbed in the intestinal tract and metabolized in the liver.

Inhalation



Absorption of THC and other cannabis elements through inhaling combusted or vaporized cannabis.

Transdermal



Absorption of THC and other cannabinoids through the skin.

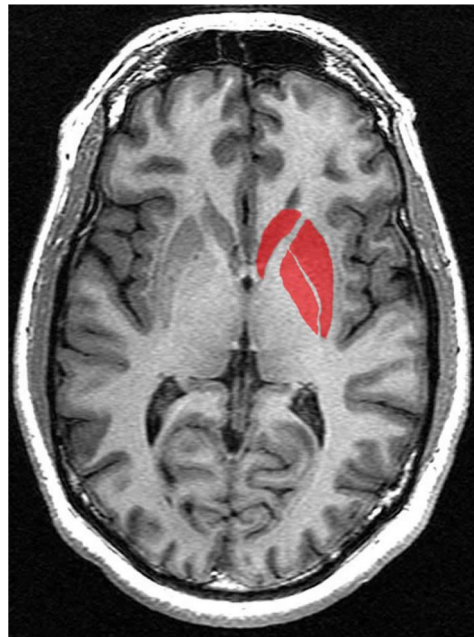
Oral Mucosal

Ingestion

Inhalation

Transdermal

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Heavy Cannabis Use Associated With Reduced Dopamine Release

Cannabis users had significantly lower dopamine release in the striatum, including subregions involved in associative and sensorimotor learning, and in the globus pallidus.

“Deficits in striatal dopamine release in cannabis dependence,” was published online on March 22, 2016, in *Molecular Psychiatry*.

Image Source: public domain image

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1 in 8 American adults is an alcoholic.

Image Attribution: [Adobe Stock # 426177553](#)

Source: Grant, B. F., Chou, S. P., Saha, T. D., Pickering, R. P., Kerridge, B. T., Ruan, W. J., Huang, B., Jung, J., Zhang, H., Fan, A., & Hasin, D. S. (2017). Prevalence of 12-Month Alcohol Use, High-Risk Drinking, and DSM-IV Alcohol Use Disorder in the United States, 2001-2002 to 2012-2013: Results From the National Epidemiologic Survey on Alcohol and Related Conditions. *JAMA psychiatry*, 74(9), 911-923.

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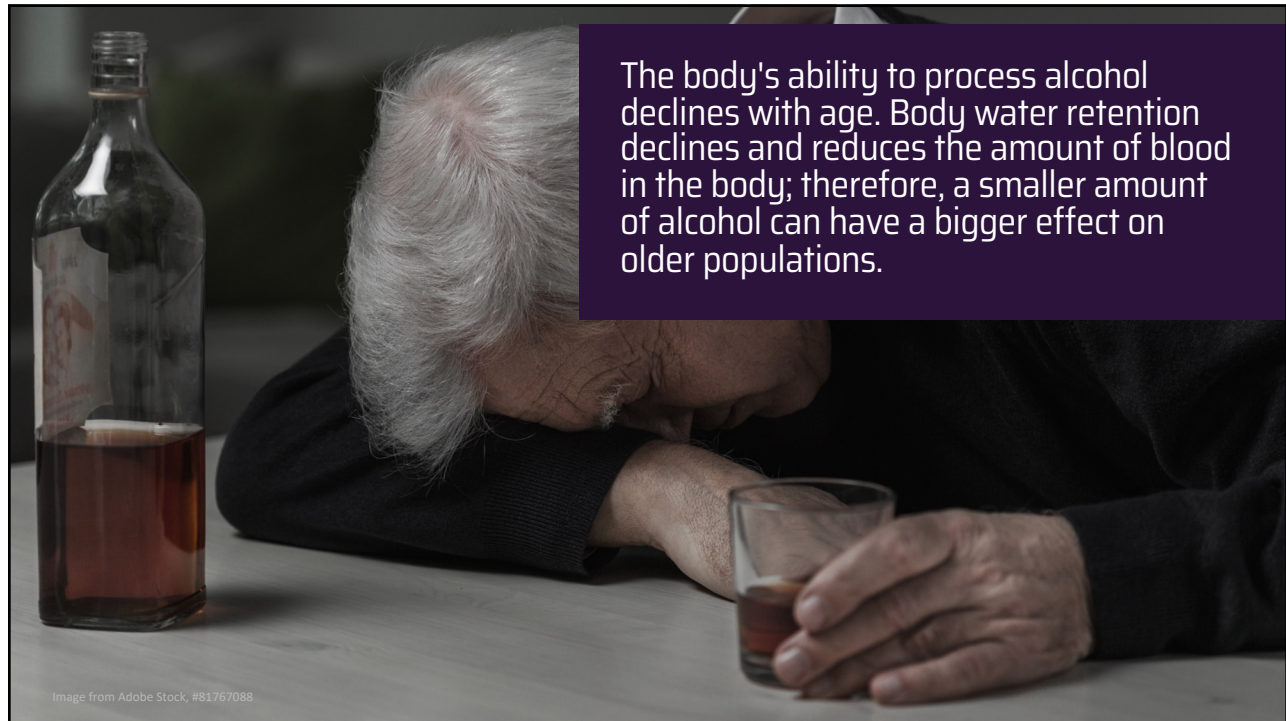
1 in 10 deaths in working age adults is the result of excessive alcohol use.

Image Attribution: [Adobe Stock #702264984](#)

Source: Center for Disease Control (CDC). (2014, June 26). One in 10 deaths among working-age adults due to excessive drinking. [CDC](#).

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Effects


The brain responds to alcohol differently, based on age.

Alcohol's bi-phasic impact on the adolescent and young adult brain is different from the adult brain.

- For **older adults** (typically those over the age of 24), alcohol acts as a sedative, for **younger adults** (those under the age of 24), alcohol acts as an excitatory drug (20 minutes vs. 8-10 hours).
- **Young adults** drink less often than older adults, but drink more than older adults.

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Binge Drinking

- GABA turns down chemistry of anxiety, locks inner voice in closet
- 10% drop in IQ after 1 year on binge drinking
- Drinking deregulated L1 and diminishes cognitive functioning by up to 25%
- Degradation of L1 mapping – impacts hippocampus which effects muscle memory, 3d spatial relationship and social behaviors.

Image created with Adobe_Stock c2pa-rs/0.7.7 c2pa-rs/0.25.2

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Alcohol and the Brain

Alcohol use creates profound changes in brain metabolism.

38-year-old male with 17 years of heavy weekend alcohol displays a significant decrease in brain activity.

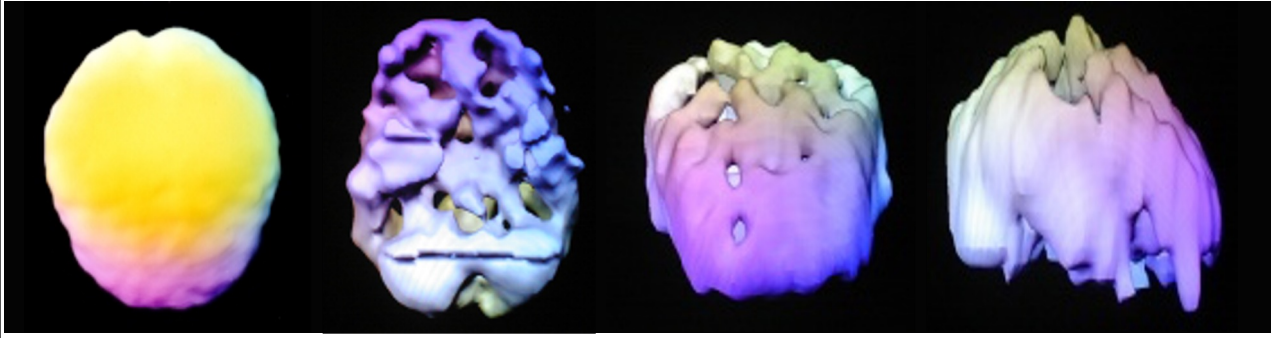


Image Source: SPECT images courtesy of D.G. Amen, MD, used with permissions from presenter.

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Public Health Implications - Alcohol-Energy Drinks

- Marketing and product design promotes youth consumption
- Alcohol + Caffeine = “Wide awake drunk”
- Caffeine masks alcohol’s intoxicating effects, promotes risk taking
- Youth/Young Adult most likely to take risks

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Wake Forest / NC Study

Survey of > 4,000 North Carolina college students on mixing alcohol with energy drinks

- ❖ 24% of drinkers mixed with energy drinks
- ❖ Twice as many episodes of weekly drunkenness
- ❖ Drank more – 5.8 v. 4.5 drinks / session
- ❖ Greatest number of drinks in a session was 36% higher – 8.3 v. 6.1 drinks



Source: Wake Forest University Baptist Medical Center. (2007, November 28). Study shows energy drink cocktails lead to increased injury risk. [Wake Forest Baptist Newsroom](#).

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New Alcohol Products - Powdered Alcohol



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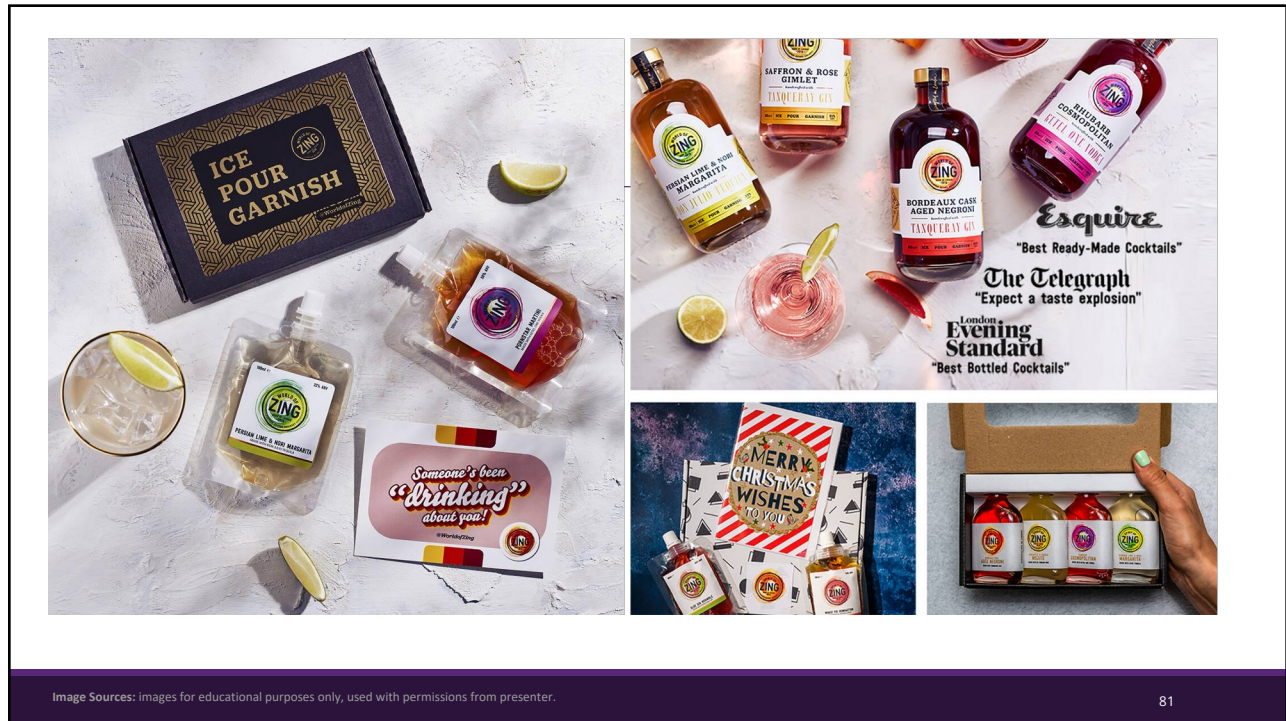
New Alcohol Products - Alcohol Without Liquid



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Q and A...
Closing Comments?



Download a list of webinar resources on the event page!

Resources, Websites and Links

- Challenge of Tarrant County | *Protecting Our Youth: School-Based Responses to the Fentanyl Crisis* Handout – [https://img1.wsimg.com/blobby/go/4572996e-aa47-403a-91f5-aaa5c2fe96fe/CTC_2024_Infographic%20\(002\).pdf](https://img1.wsimg.com/blobby/go/4572996e-aa47-403a-91f5-aaa5c2fe96fe/CTC_2024_Infographic%20(002).pdf)
- Challenge of Tarrant County | Red Ribbon Week 2022 <https://challengetc.org/red-ribbon-week-2022-1>
- Drug Enforcement Administration (DEA) | *Emoji Drug Code — Decoded* Handout <https://www.dea.gov/sites/default/files/2021-12/Emoji%20Decoded.pdf>
- Military OneSource | Substance Abuse Articles <https://www.militaryonesource.mil/health-wellness/substance-abuse-addiction/articles/>
- Own Your Limits <https://www.ownyourlimits.org/>
- Partnership to End Addiction <https://drugfree.org/>
- Too Much to Lose <https://www.toomuchtolose.org/>
- TRICARE | Substance Use Disorder Treatment <https://www.tricare.mil/CoveredServices/IsItCovered/SubstanceUseDisorderTreatment>
- U.S. Army Community Service (ACS) | Programs and Services <https://www.armymwr.com/programs-and-services/personal-assistance>
- U.S. Army Installation Management Command | Army Substance Abuse Programs (ASAP) <https://home.army.mil/imcom/Organization/human-services/g1-personnel/asap>
- U.S. Army Installation Management Command | Thin Line <https://home.army.mil/imcom/index.php/Organization/human-services/g1-personnel/asap/thin-line>
- U.S. Army STAND-TO! | Don't Be That Guy: Binge Drinking Prevention Campaign <https://www.army.mil/standto/archive/2016/01/19/>

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This webinar has been approved for **1.5 continuing education (CE) credit hours** from the following:

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- The University of Texas at Austin, Steve Hicks School of Social Work
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Questions?

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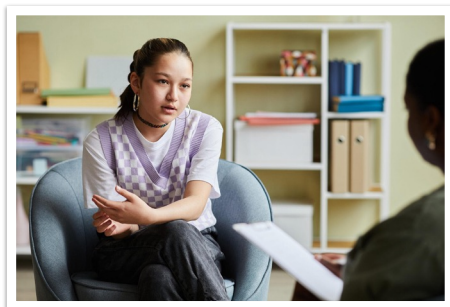


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Upcoming Webinar



Coping Compass: Identifying and Addressing Problematic Adolescent Behavior

November 12, 11 AM - 12:30 PM ET

This webinar will provide insight into the underlying causes of behaviors often associated with anxiety, depression, antisocial behavior, and suicidal ideation. Examples and practical strategies for early identification, and intervention to promote positive changes are also shared. **Continuing education credits are available!**



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