

# **6<sup>th</sup> International Conference on Drugs and Young People**

**Melbourne 2-4 May 2011**

## **A Précis**

Thanks to:

- **Nelson Bays Primary Health**
- **Sensible Business Consulting**
- **Australian Drug Foundation and ALAC**

# Impressions

- Australia -> resource development and research
- Treatment of “Indigenous peoples” !!
- Technology :Vlogs, Vids, Pods, and things....
- Investment into Dual d/o services.

# Presentation of Poster

- Great response
- Good standard
- A novel approach to
- Well worth the effort.
- Thanks

# Of special interest

- Te Reo at work!
- “Soroptomists”
  - group for youth
  - team up with one of the old ducks
  - Nightout

Treatment of indigenous peoples

Professor Ian MacGregor

# Dr. Jay Giedd: The Adolescent Brain

- Adolescent brains are different – not because of hormones!!
- MRI research indicates different brain function
- Emotion recognition skills not developed
- Use different parts of brain to identify emotions
- Experiment: teens identified fear as surprise or anger
- Teens using amygdala
- With increasing age use more frontal cortex

# The adolescent brain

- SEX
- Decreased in grey matter density
- Increase in white matter (cabling) – speeds up
- Prefrontal cortex thickness decreases
- Brain not fully developed till 25
- You can rent a car at 25!!!

# Teen rats and alcohol

Adolescent rats when given unlimited alcohol

- increased social facilitation
- decreased disco-ordination
- less hangovers than adults
- increased impairment of learning and memory
- possibly more neurotoxic effects
- **ALCOHOL HAS A MUCH GREATER EFFECT ON ADOLESCENTS THAN ADULTS**

# Neurogenesis continuous

## Inhibited by:

- stress,
- alcohol,
- nicotine and
- stimulants.

## Promoted by:

- new things,
- exercise,
- abstinence from alcohol,
- antidepressants if depressed

# Cannabis

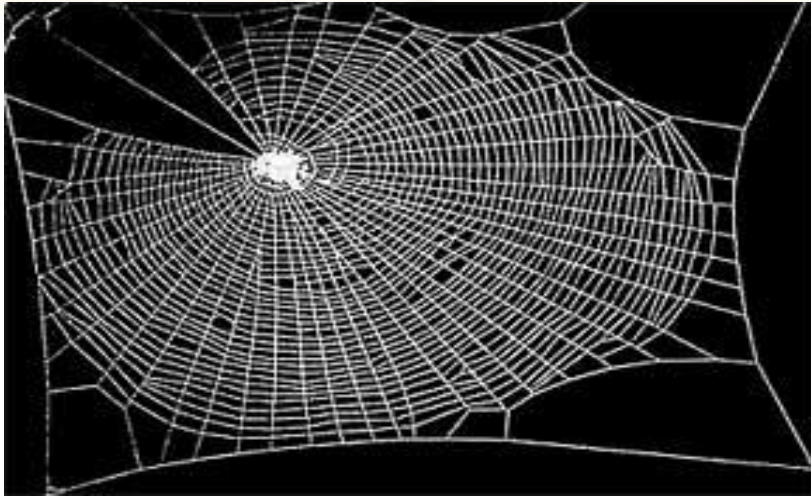
- Adolescent rats like cannabis and adult rats hate it!!!
- Targets hippocampus (modulation of mood).
- More cannabinoid receptors in adolescent
- Adolescent LT use = decrease in cognitive and memory function.
- LT residual effects = decreased sociability
- Cannabis now higher THC=increased potency

# Antidepressants

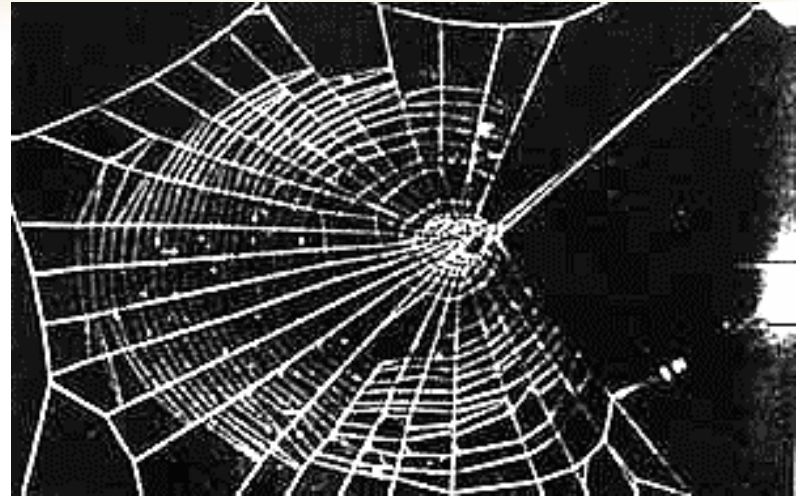
- paradoxical reaction in adolescents
- Aropax increases irritability
- **NO ADOLESCENTS SHOULD BE GIVEN AROPAX**
- Best use Prozac

# Drugged spiders!

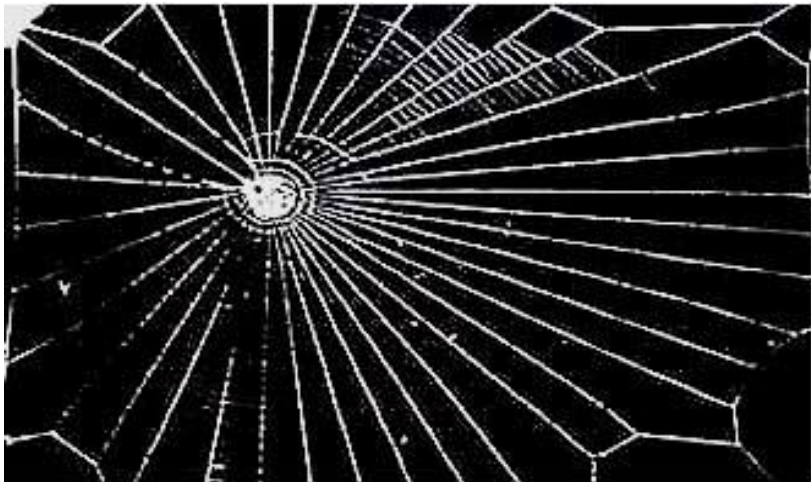
Drug Free Spider Web



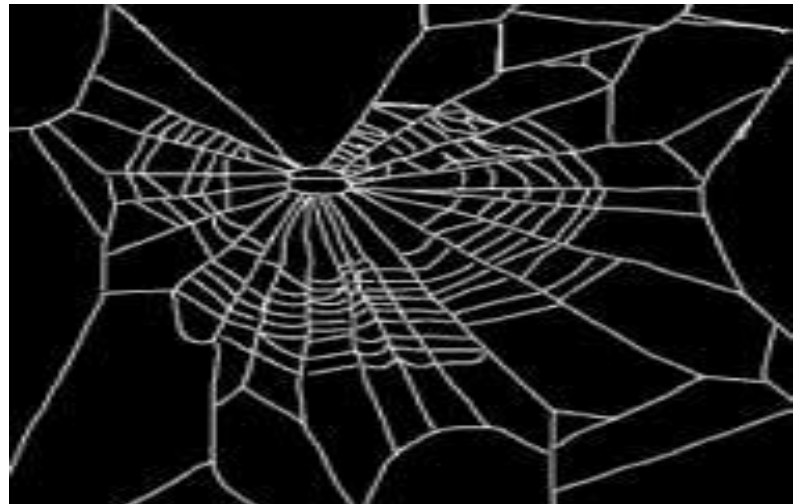
Exposed to Mescaline/peyote



Exposed to LSD

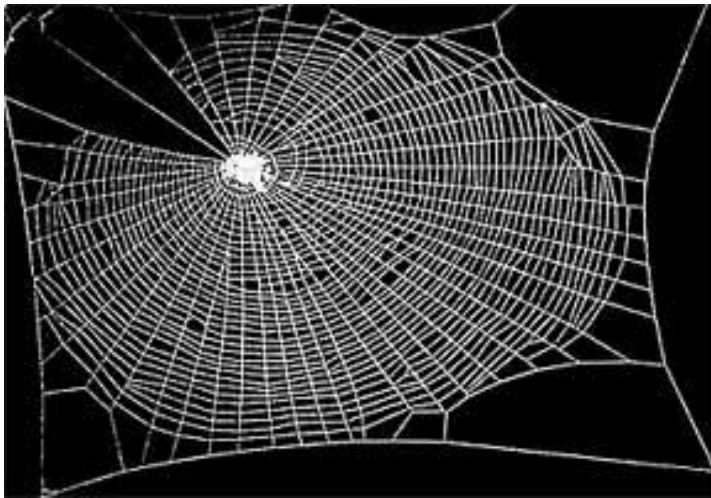


Exposed to Marijuana



# Drugged spiders 2 – the sequel!

Drug Free Spider Web



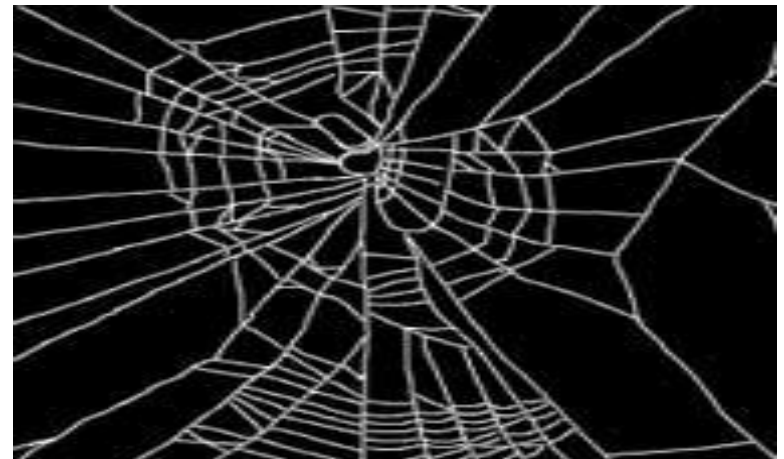
Exposed to Caffeine



Exposed to Chloral Hydrat (sleeping pills)



Exposed to Benzedrine/Speed



# Music therapy

- “Music keeps me from having crazy thoughts”
- Natural way to develop and promote coping strategies
- Develop playlists to cope with different emotions
- Turning the routine act of listening to music into a conscious act

# Mindful Smoking

- mindfulness = “getting in the zone”.
- Smoking cigarette mindfully paying full awareness, taste, feel, etc
- harm reduction strategy
- smoking is very much an unconscious action
- dared to mindful smoking once a day
- Taught them also to “urge surf”
- Are you in control of your mind, or is your mind in control of you?

# Adam Barra – Drugs

- Cannabis use peaked in 1998
- Cocaine and ecstasy increased
- Australia:
  - 8.9% Ecstasy, 5.9% Cocaine, 1.6% Heroine
  - 1996 55% 17 year old males used **cannabis**
  - 2008 reduced to 26%
  - adolescence increases risk of schizophrenia by 6x
- Increased drop out school, attempt suicide.

# Don't use BONGS

- more harmful
- Inhale more into lungs –
- More tar, toxins
- Mores stoned
  - Oxygen deprived
  - Hold smoke 4x longer
  - PVC's also inhaled!
  - Cannabis 2x stronger



# HAPPINESS

- boost happiness
  - explicitly state what you are grateful for
  - To help others
  - “Survival of the kindest – not the fittest”
  - 1 significant adult in your life makes a difference
  - Random acts of kindness – the breakfast club

# The Breakfast Club

- [http://www.youtube.com/watch?v=0Lj5pWWA\\_MY](http://www.youtube.com/watch?v=0Lj5pWWA_MY)

# The one Ronnie – u tube

- [http://www.bbc.co.uk/comedy/clips/p00ctlvg/the one ronnie clips blackberry sketch](http://www.bbc.co.uk/comedy/clips/p00ctlvg/the_one_ronnie_clips_blackberry_sketch)