OLMSTED COUNTY
SHERIFF

COMMUNITY DRUG AWARENESS AND TRENDS

FEBRUARY 28 · 6:30–8:30 PM

BYRON MIDDLE SCHOOL AUDITORIUM

TONIGHT'S AGENDA

- **Welcome:** Sheriff Kevin Torgerson

  (Email: torgerson.kevin@co.olmsted.mn.us)

- **DARE Presentation:** Deputy Jon Strum

  (Email: strum.jon@co.olmsted.mn.us)

- **What to Look For/Lingo:** Deputy Jon Strum

- **Current Drug Trends:** Captain Vince Scheckel

  (Email: scheckel.vincent@co.olmsted.mn.us)

- **Drug Effects and Awareness:** Deputy Michelle Ness

  (Email: ness.michelle@co.olmsted.mn.us)

- **Internet/Mobile Safety:** Detective Chad Winters

  (Email: winters.chad@co.olmsted.mn.us)

- **Family Impact Speaker:** Barb Paradise

- **Panel/Q&A**

CONTACT US

- For emergencies, always call: <u>911</u>.
- For non-emergencies, please call: <u>507-328-6800</u>.
- If you have any suggestions or input following tonight's program, or want to reach our crime prevention deputy, please call: <u>507-328-6732</u>.

FOLLOW US ON SOCIAL MEDIA

- The Olmsted County Sheriff's Office has official social media accounts on <u>Facebook</u> (@OlsmtedSheriff), <u>Twitter</u> (@OlmstedSheriff), <u>Instagram</u> (@OlmstedSheriff) and <u>LinkedIn</u> (Olmsted County Sheriff's Office).

D.A.R.E

- Curriculum designed based on the Socio-Emotional Learning Theory (SEL).

- SEL identifies fundamental, basic skills, and developmental processes needed for healthy development including:
- Self-awareness and management
- Responsible decision making
- Understanding others
- Relationship and communication skills
- Handling responsibilities and challenges

- SEL theory teaches youth to control their impulses and think about risks and consequences resulting in more responsible choices.

- REAL life situations that students will encounter- "from kid through kid to kids" narrative approach.

D.A.R.E DECISION MAKING MODEL

- **Define:** Describe the problem, challenge or opportunity.

- **Assess:** What are your choices?

- **Respond:** Make a choice. Use the facts and information you have gathered.

- **Evaluate:** Review your decision. Did you make a good choice?

IMPORTANT

- It is important to remember D.A.R.E. is not the automatic "fix all" to any children/young adult issues (i.e. similar to driver's education).

- Involves a partnership with parents, teachers, and law enforcement to help students progress into safe, and responsible citizens.

WHAT TO LOOK FOR/LINGO

- Where are we seeing drugs today?
- High Schools
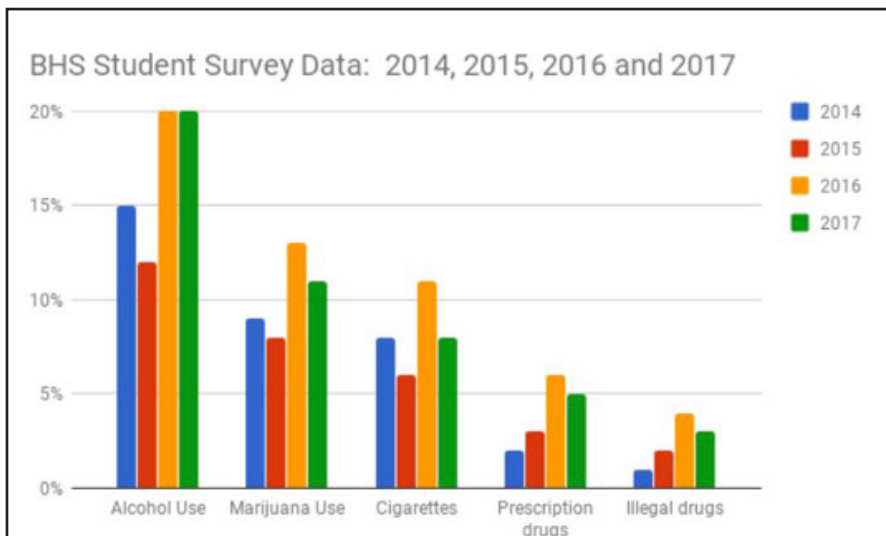- Middle Schools
- Alternative Schools

- Substances Encountered?
- Marijuana
- Prescription pills
- E-Cigs and tobacco
- Meth
- LSD (Acid)
- Over the counter meds (cough syrup)
- Alcohol
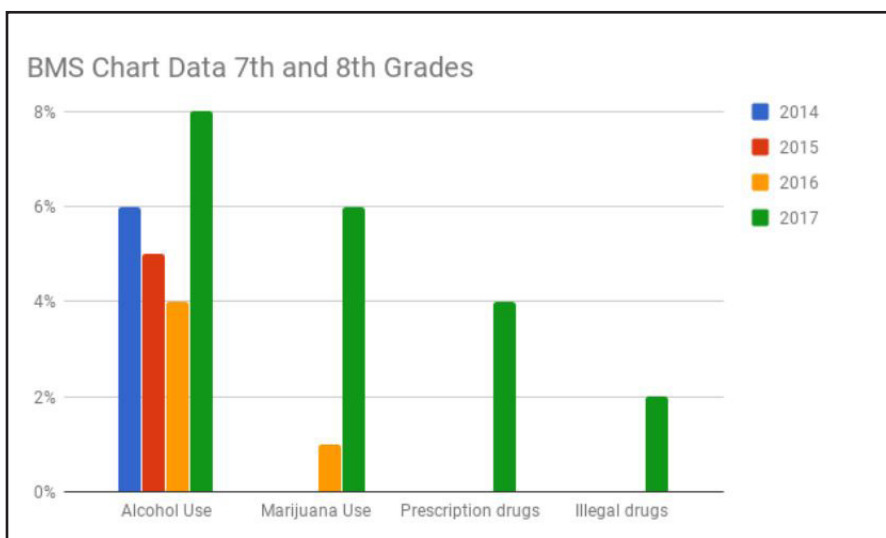
- Why are we seeing this?
- Perception that it's not harmful
- Legality
- Easy access-Money

BYRON HIGH SCHOOL SURVEY

BHS Student Survey Data: 2014, 2015, 2016 and 2017

	2014	2015	2016	2017
Alcohol Use	15%	12%	20%	20%
Marijuana Use	9%	8%	13%	11%
Cigarettes	8%	6%	11%	8%
Prescription drugs	2%	3%	6%	5%
Illegal drugs	1%	2%	4%	3%

BYRON MIDDLE SCHOOL SURVEY

BMS Chart Data 7th and 8th Grades

	2014	2015	2016	2017
Alcohol Use	6%	5%	4%	8%
Marijuana Use	0	0	1%	6%
Prescription dru	0	0	0	4%
Illegal drugs	0	0	0	2%

E-CIGS NOT LEGAL UNDER 18

XANAX

ADVERTISING

COUGH SYRUP

EDM – RAVES

CONCEALMENT

WHEN YOUR KID GETS CAUGHT

- School contacts law enforcement
- Parents are contacted
- Student is ticketed or arrested (ADC or JDC)
- Court
- Probation

2018 DRUG TRENDS

- Teenage Alcohol and Chemical Use: In our communities, the numbers have been staying consistent over the years for underage drinking/driving, we are seeing an increase in cases involving substances other than alcohol, specifically marijuana and prescription medications.

TYPES OF DRUGS BEING SOLD/USED

- Methamphetamine
- Cocaine / Crack cocaine
- Marijuana
- Ecstasy, Club Drugs
- Heroin
- Prescription Drugs
- LSD, Acid
- Mushrooms
- Plant Food
- Synthetic drugs (Spice, K2, etc..)
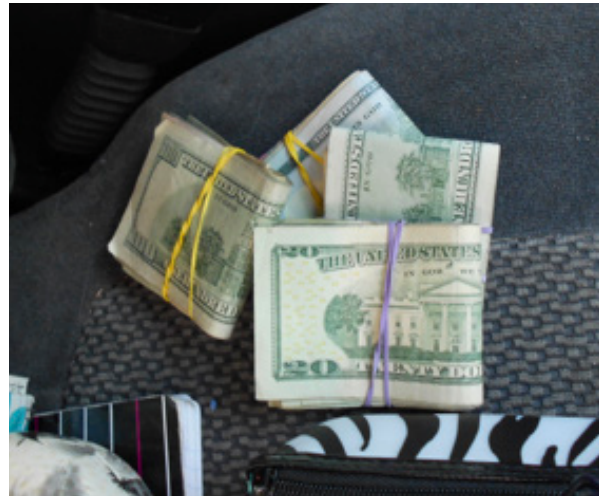- Wax, hashish, hash oil, cannabis oil, dabs

METHAMPHETAMINE
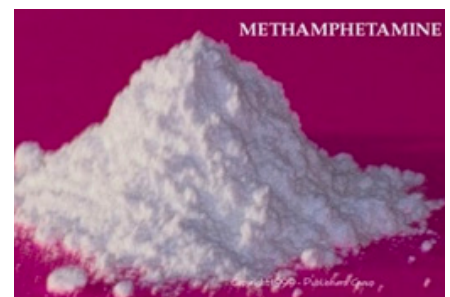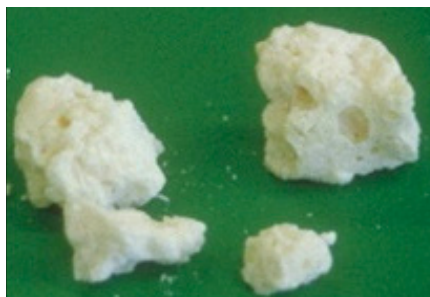
SEIZED IN OLMSTED COUNTY

ACTIVE "ONE-POT" METH LAB

HEROIN

RIZZY – HEROIN CUTTING AGENT

OVERDOSE SAVIOR – NARCAN

- Carried and used by OCSO Deputies/Ambulance/EMT
- An opiate blocker

MARIJUANA (Hash Paste, Oil, Pills)

WAX SEIZED FROM POSTAL DELIVERY

- $40 to $45 a Gram
- Value of $5000 to $5800!!
- THC Content as high as 90% or greater
- Effects include problems with memory, learning, difficulty in thinking, loss of coordination
- It only takes a "DAB"

130 GRAMS

E-CIGARETTES

SYNTHETIC MARIJUANA (CANNABINOIDS)

- Synthetic Marijuana have tested at least five times more potent than the strongest naturally grown marijuana; it may be up to 100 times more potent than marijuana.

BATH SALTS AND POWDERS

- Bath salts is a term used to describe a number of drugs that mimic effects of original drugs, such as meth and cocaine.

- The white crystals often resemble legal bathing products like epsom salts.

- Packaging often states "not for human consumption" in an attempt to avoid the prohibition of drugs.

- If ingested orally, absorption is rapid with a peak "rush" at 1.5 hours, the effect lasting 3 to 4 hours, then a hard "crash". The total "bath salts" experience may last upwards of 8 hours.

TYPICAL DRUG PARAPHERNALIA
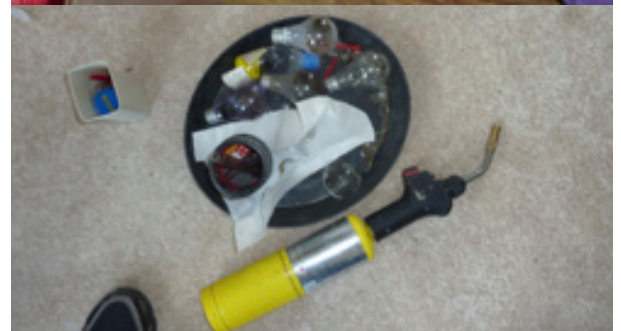
PRESCRIPTION DRUGS

SAFEGUARD MEDICINE IN YOU HOME
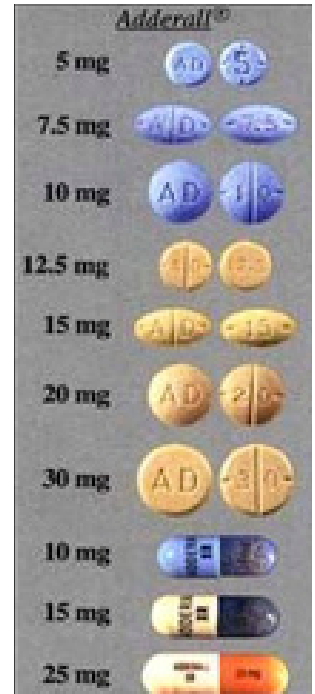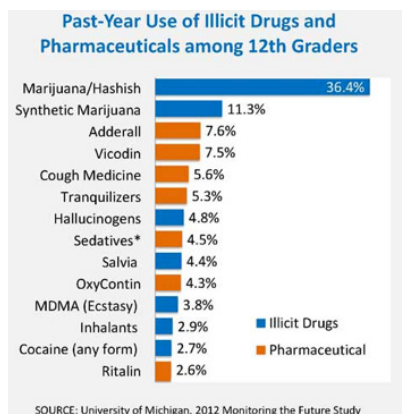
PRESCRIPTION DRUG DROP BOX

- The Olmsted County Sheriff's Office has a permanent Prescription Drug Collection Box in the vestibule of the Adult Detention Center at the Government Center.

- The drop box is accessible 24 hours a day, 365 days a year.

MINNESOTA OPIOID EPIDEMIC

- Of the 395 opioid overdose deaths in Minnesota in 2016, 194 of them were the cause of prescription opioids

- There are 47 opioid prescriptions written for every 100 Minnesotans

- There were 395 opioid overdoses in Minnesota in 2016, up 18 percent from 2015.

SENIOR HIGH DRUGS OF CHOICE/PRICES

Past-Year Use of Illicit Drugs and Pharmaceuticals among 12th Graders

Drug	Percentage
Marijuana/Hashish	36.4%
Synthetic Marijuana	11.3%
Adderall	7.6%
Vicodin	7.5%
Cough Medicine	5.6%
Tranquilizers	5.3%
Hallucinogens	4.8%
Sedatives*	4.5%
Salvia	4.4%
OxyContin	4.3%
MDMA (Ecstasy)	3.8%
Inhalants	2.9%
Cocaine (any form)	2.7%
Ritalin	2.6%

Illicit Drugs / Pharmaceutical

SOURCE: University of Michigan, 2012 Monitoring the Future Study

Marijuana	Ounce/ 28 grams	$ 125.00 to 400.00
Wax/Hash Oil	1 gram	$40.00 to $45.00
Cocaine	1 gram powder/rock	$100.00 to 175.00
Crack-Cocaine	1 gram rock	100.00 to 175.00
Methamphetamine	1 gram-powder	50.00 to 150.00
Methamphetamine	1 gram – crystal	$100.00 to $150.00
Heroin	½ gram	$50.00 to 150.00
Adderall	12.5 mg pill	$10-$20 per pill

OLMSTED COUNTY DRUG COURT

- Mission is to integrate drug treatment services with the criminal justice system to provide an alternative to incarceration for non-violent criminal drug offenders.

DRUG EVALUATION & CLASSIFICATION

OLMSTED COUNTY SHERIFF

NHTSA
www.nhtsa.gov

WHAT IS DRE?: A Drug Recognition Expert (DRE) is an officer trained to perform drug influence evaluations on motorists to determine if they are impaired by substances other than, or in addition to, alcohol.

THE DRE EVALUATION: The 12 step DRE evaluation allows the officer to observe and collect a large amount of information about the subject.

THIS INCLUDES OBSERVING:
- The subject's physical appearance and behavior.
- Psychophysical indicators of impairment on divided attention tests.
- Clinical indicators including blood pressure, pulse rate, body temperature, pupillary measurements, and signs of ingestion.
- The DRE's observations, combined with the BCA lab results, can prove that the subject not only displayed impairment consistent with a specific drug category, but that the drug was also found in their system.

DRUG CATEGORIES

1. Central Nervous System Depressants -
- Examples: alcohol, barbiturates, anti-anxiety tranquilizers (e.g., Valium, Xanax, Prozac), GHB (Gamma Hydroxybutyrate), Rohypnol and many other anti-depressants (e.g., Zoloft, Paxil).
- Common indicators: HGN will be present, disoriented behavior, slurred speech, drowsiness, etc. (Acting "drunk").

2. Central Nervous System Stimulants -
- Examples: cocaine, "crack", amphetamines, methamphetamine, Adderall (ADHD medications).
- Common indicators: No HGN present, dilated pupil size, restless, excited behavior, talkative, exaggerated reflexes, dry mouth, and leg, arm, or eyelid tremors.

3. Hallucinogens -
- Examples: LSD, peyote, psilocybin and MDMA (Ecstasy "Molly").
- Common indicators: No HGN present, dilated pupil size, hallucinations, paranoia, body tremors, poor perception of time and distance, perspiration.

4. Dissociative Anesthetics -
- Examples: PCP and it's analogues, ketamine, DXM.
- Common indicators: Early onset of HGN, perspiring, warm to the touch, blank stare, violent/agitated, incomplete speech patterns, increased pain threshold.

5. Narcotic Analgesics -
- Examples: opium, codeine, heroin, demerol, morphine, methadone, vicodin, fentanyl, oxycodone, and oxycontin.
- Common indicators: Constricted pupil size (great indicator), no HGN present, droopy eyelids, drowsiness, track marks, dry mouth, facial itching.

6. Inhalants -
- Examples: toluene, plastic cement, paint, gasoline, paint thinners, hair sprays, nitrous oxide, "dust off" and various other anesthetic gases.
- Common indicators: HGN present, residue of substance around nose/mouth, odor of substance, lack of muscle control, slurred speech, disoriented.

7. Cannabis -
- Examples: marijuana, hash oil, cannabinoids.
- Common indicators: lack of conversion of the pupils (can't cross their eyes), possibly dilated pupils, green residue on tongue, reddened conjunctiva, eyelid tremors (good indicator), odor of marijuana (another good indicator).

• **Some photos/examples on next page.**

EYES - Constricted vs. Dilated Pupils
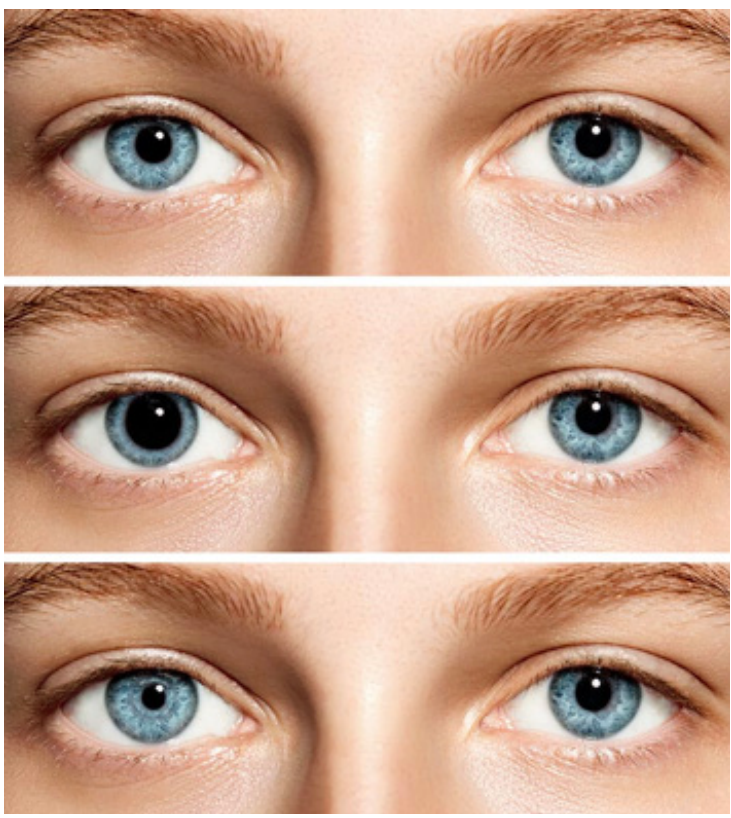
Track Marks on Arms

Heroin Paraphernalia

Huffing

TRENDS

Poly-drug use 1/1/16-12/31/16
- NHTSA South region (27 DREs- >100 evals) 35.51%
- State of MN 39.39%
- National 36.67%

Most common drugs on evals in our region: stimulants and marijuana
- Stimulant 43%
- Cannabis 33%
- Narcotic 23%
- Depressants 19%

Prescription drug use/ "legal" high
- Drugs obtained legally (own RX or over the counter)
- Share with friends or taken from household member

Attitude towards marijuana- increased use especially among young adults. "It's only weed….."

THE FUTURE

Drug use will continue to get worse

Synthetic drugs out pacing the labs testing ability and laws

Legalized marijuana issues- defined limit?
- NHTSA 2015 study- 25% increased crash risk

Increased detection and arrests
- Increased training to officers
- Roadside testing for drugs

INTERNET/MOBILE DEVICE SAFETY

How do kids go online?
- School computers.
- Friends' computers.
- Laptops and tablets.
- Cell phones.
- MP3 players like the iPod Touch.
- E-readers like the Nook and Kindle.
- Game consoles like the Nintendo Wii U, PlayStation 4 or Xbox One.
- Handheld gaming devices like the Nintendo 3DS or the PlayStation Vita.

• Technology changes all the time, and kids are constantly finding the newest websites, apps and gadgets. It's up to you to teach them the basic rules of Internet safety so they can

SAFETY AND SECURITY ISSUES

- Inappropriate content.
- Online privacy.
- Sexting.
- Online sexual solicitation.
- Cyberbullying.

TALK ABOUT THE RISKS AT EVERY AGE

YOUNGER CHILDREN	TWEENS & TEENS
Netiquette	Cyberbullying
Looking at inappropriate content	Sexting
Pop-ups/passwords	Posting personal/ inappropriate information
Not trusting everyone you meet online	Meeting offline

SOCIAL MEDIA APPS / WEBSITES

Common Social Media Apps:
- Facebook
- Instagram
- Twitter

PHOTO SHARING AND MESSAGING
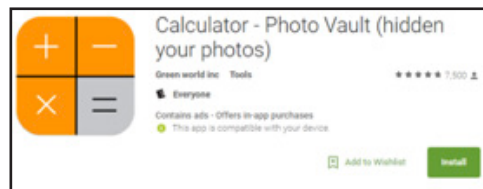
Photo Sharing / Messaging Apps:
- Snapchat
- Facebook Messenger
- Kik
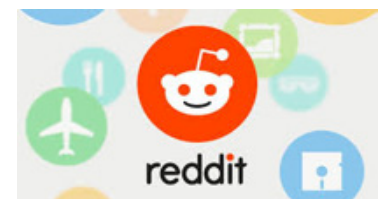- What's App
- Google Hangouts
- Skype

APPS / SITES OF CONCERN

Apps That Hide:
- Calculator%
- Calculator+
- Audio Manager
- Vaulty

Calculator - Photo Vault (hidden your photos)
Green world inc   Tools
★★★★★ 7,500
Everyone
Contains ads · Offers in-app purchases
This app is compatible with your device.
Add to Wishlist   Install

OTHER NOTABLE APPS / WEBSITES

omegle
Talk to strangers!

musical.ly

ask.fm

reddit

OLMSTED COUNTY SHERIFF

WHAT CAN I DO? TALK TO YOUR KIDS!

Establish expectations for online behavior – Let them know exactly what you think is unacceptable. For very young children, this might be limited to what websites they are allowed to go on and for how long, but for older children it might include what websites and apps they can use, how long they can use them, who they talk to, what they post, and more.

Set consequences for inappropriate posts - Remind them that they can also face consequences at school and with the law.

Talk about appropriate usernames - This is especially true for younger children who play in virtual worlds or any children who play games online. Usernames shouldn't contain offensive language or violate the game's rules.

Review comments and pictures - Check out what they're posting and ask them to take down anything inappropriate.

Talk about what their friends are posting - Sometimes what your children's friends post can reflect poorly on them, too, so look at their friends' posts and discuss them if needed.

Cellphones have changed the way we communicate. Help children and teens be safer and smarter while using their phones.
- Talk to your kids!
- Establish rules for when they are allowed to use their cellphones, what websites they can visit and what apps they can download.
- Understand an app's purpose before your child downloads it. Who are the users? What type of privacy settings are available?

Remind your children that anything they send from their phones can be easily forwarded and shared.

Talk to your child about the possible consequences of sending sexually explicit or provocative images or text messages.

When shopping for a cellphone for your child, research the security settings that are available.

Next, talk to your child about what to do when they find inappropriate content.

They can:
- Turn off the screen.
- Use the back button.
- Tell a trusted adult if they have questions or need help.
- Report the content to the website or app where they found it.

LEARN THE LINGO

- **IRL** = In Real Life
- **A/S/L** = Age / Sex / Location
- **A/S/L/P** = Age / Sex / Location / Picture
- **4Q** = FU
- **53X** = Sex
- **? ^** = Hook up?
- **NSFW** = Not Safe For Work
- **PAW** = Parents are Watching

GOOD REFERENCE SITES

- **Missingkids.com**
    - NetSmartz.org
    - Netsmartz411.org
- **Familyeducation.com**
- **Netlingo.com**

THANK YOU

We would like to extend our appreciation to you for your participation in tonight's program. Thank you for your involvement in your family and community.