America’s Worst Drug Epidemic

Robert M. Stutman
Do you know these drugs?

- OC’S
- ROXIE’S
- HUGGING
- PHARMING
- SALVIA
- K2/SPICE
- FRUIT SALAD
- BACKPACKING
The U.S. has 4% of the world's population and consumes 63% of the world's illegal drugs.


Columbia University Drug Study

- 68% of *high school graduates* said that drugs played a major role in their lives.
- 22% of *parents* said that drugs played a major role in their children’s lives.
71% of high school students describe their school as drug infested.

Imagine if that was ASBESTOS.
What’s happening in college?
50% of college students binge drink (approximately 6 drinks in two hours) and/or abuse drugs monthly.

They don’t just get drunk every month, they get drunk and/or use drugs.
23% of all college students would be diagnosed as fully alcohol or drug dependent. This is 3x the national average.
What are the practical effects of college binge drinking and drug use?
WE ALL REMEMBER VIRGINIA TECH

- Approximately 32 students killed in one day
- On average 2600 students are injured daily on college campuses because of the effects of alcohol/drugs.
- 300 female college students are sexually assaulted daily due to the effects of alcohol/drugs.
- 5-6 college students die daily on college campuses due to the effects of alcohol/drugs.
ARE WE WINNING THE DRUG WAR?
Between 1992-2007

- Overall drug use has declined by more than 5%
- The number of drug overdoses has quadrupled

The number of drug addicts have doubled
19 million drug addicts are age 12 and over.
The paradigm used to be:

- *Drug Use Goes Up --- Drug Addiction Goes Up*
- *Drug Use Goes Down – Drug Addiction Goes Down*

*That is no longer the case...*
WHY?
1968: 16 years of age.

2007: 12.5 years of age.
At What Grade Are Children Most At Risk for First Trying Recreational Alcohol?
TODAY’S DRUGS

- When we did drugs like Grass, PCP, DMT, Mescaline....
  - ALMOST NO ONE DIED
  - TODAY - THERE IS NO ROOM FOR ERROR!
For the first time in history, automobile accidents are the second leading cause of death by accident in the United States. The Centers for Disease Control announced that in 2010 (the most recent year for which we have statistics):

- The leading cause of death by accident was drug overdose (approximately 38,000 died).
- Approximately 23,000 of those deaths caused by pharmaceutical drugs (almost 60%).
- The leading cause of drug overdose was pharmaceutical drugs.
IN OTHER WORDS...

- WE COULD COMPLETELY CLOSE THE BORDERS IN THE US
- WE COULD STOP ALL USE OF HEROIN, CRACK, METH & COCAINE.
- YET – WE WOULD ONLY DECREASE DRUG OVERDOSES BY 40%
WE HAVE A HUGE NATIONAL DEBATE OVER GUN VIOLENCE IN THE UNITED STATES – AS WE SHOULD!

- On average, 87 people die every day due to gun violence in the United States – one person every 17 minutes.
- On average, 100 people die from drug overdose every day in the United States – approximately one person every 14 minutes.
- Where is the uproar over this? At the very least, where is the national conversation?
- 12% of adult regular drinkers are alcoholics
- 26% of teen regular drinkers are alcoholics
- 40% of young adults who start drinking at age 15 or below will become alcoholics in their adult lives
• Extremely addicting.
• High rate of death.
• Cocaine and methamphetamines are now internally, essentially, the same drug. Extremely addicting.
A white suburban adolescent drug of choice.
Why is heroin a white suburban drug of choice?

• The purity of heroin has gone from an average of 5% to 50% purity in the United States within the past ten years.
• This means that almost no new users ever touch a needle; users smoke or snort the drug.
YR 2000: AFGHANISTAN = 4%
YR 2011: AFGHANISTAN = 95%
The marihuana our kids are smoking today is not your mother’s grass.
NEW DRUGS
Salvia divornum first cousin of “purple sage”.
Legal and an extremely strong and short acting hallucinogen.
ECSTASY

• Short and long-term effects.
Short term:
- “Everybody loves everybody”
- Serotonin levels in the brain rise significantly
- Rise in body temperature

Long term:
- Night terrors
- Significant short and long term memory deprivation
- In a study published in 2011, it was proven that ecstasy destroys brain cells in the area that controls memory (hippocampus). In other words, it mimics Alzheimer's disease in adolescence.
Ketamine

- Special K
- Dissociative high
- Near death experience
For the first time ever non heroin opiate addiction surpassed heroin or cocaine as the leading cause of drug treatment admission in the U.S.

Cesar Fax July 30, 2012 Vol. 21, Issue 30

ER reports from Prescription drugs doubled in 5 years to average 101,000 per month, 50,000 from opioids stable for illicit drugs.

Cesar Fax July 23, 2012

One person dies every 14 minutes from prescription drug abuse in the United States according to Centers for Disease Control and Prevention
The Two Most Widely Abused Prescription Drugs

**ADDERALL**

**RITALIN**
BECAUSE THEY ARE PHARMACEUTICAL GRADE COCAINE OR METHAMPHETAMINE
There are as many new users of prescription drugs as there are of marihuana ages 12-17 years.
OxyContin

• The Killer Drug in the United States
  • “It’s Like Being Held in My Mother’s Arms”
  - high school student

The Picture of OxyContin in the New Millennium
EXTENDED-RELEASE OPIOIDS

- Kids never swallow *Extended-Release Opioids* in pill form
- They *Parachute*
- Meaning they crush and snort or swallow crushed opioid pills in a tissue
EXTENDED-RELEASE OPIOIDS

- Instead of being introduced into the system over 8 hours
- It gets introduced into the system in **8 SECONDS**
  - HITS THEM LIKE A FREIGHT TRAIN!
When I ask kids why they use extended release opioids.

“IT CAME FROM A DOCTOR – IT’S SAFE”
After 40 years of experience I can pick out a heroin addict, cocaine addict and regular marijuana user, but I cannot pick out an extended release opioid drug addict. For those of you who think you can, think again....

RUSH LIMBAUGH
WHO ARE THE DRUG ADDICTS IN THE UNITED STATES?
ETHNICITY

• Can you identify a drug addict by the color of his or her skin?
• Yes. The majority are white.
In the past year, a major study has proven that per capita, more white high school students abuse drugs than African American or Latino students.

*Archives of General Psychiatry*

Is that what you thought?
• states with highest rates of addiction
Urban vs suburban/rural high schools
PRIVATE SCHOOLS VS. PUBLIC SCHOOLS
High school athletics
• INTELLIGENCE/NOT MY KID
JOHN JUNG

- No. 1 in his class at University of Wisconsin
- M.D. graduate of U-Penn in May 2006
- MBA from Wharton in May 2006
- August 26, 2006 died from adverse effects of cocaine

HTTP://WWW.DRUGFREE.ORG/MEMORIALS/JOHN_JUNG#
HTTP://WWW.JOHNWJUNGMEMORIAL.ORG/
THREE MOST ACCURATE PREDICTORS OF SUBSTANCE ABUSE AMONGST CHILDREN.

• Age of first use.
• The gateway drug... tobacco
• The most important predictor of substance abuse:
  • The higher the number the better.
  • The maximum number seven.
• The number of times a week you have dinner with your children.
70% of all prescription drugs that are used come from a patient or from a friend’s medicine chest.

There are almost no “dope peddlers” for this drug.
Physicians in the United States prescribe more opioids per capita than any other country in the world. The number two country is Denmark, and they prescribe 50% of what we prescribe.

The National Center on Addiction and Substance Abuse At Columbia University (CASA)
The U.S. with 5% of the population consumes 80% of opioids and 95% of Vicodin in the world (Institute of Addiction Medicine)
Approximately 20% result in a prescription for opioids.

Archives of Internal Medicine
A recent JAMA publication found hydrocodone to be the drug of choice for 9th graders experimenting with drugs-over marijuana.

Allen Burton, MD. Dr. Burton is the Chair, Department of Pain Medicine, at MD Anderson Cancer Center, Texas
“The data supporting long-term use of opiates for pain, other than cancer pain, is scant to nonexistent.

“These are dangerous drugs. “

“They’re not proven to have long-term benefit for non-cancer pain, and they’re being used to the detriment to hundreds of thousands of people in this country.”

Dr. Tom Frieden, Director of the Centers for Disease Control
Best estimate, on average in the United States, a traumatic pain patient uses about 6 OxyContin tablets that are prescribed to them.

The average prescription for OxyContin in the United States is 60 pills.

Internal Department of Justice, Study for Federal Prosecution
The United States is in the Grip of an Epidemic of PRESCRIPTION DRUG Overdoses.

What is an epidemic?

• In the past decade, more than 100,000 people from across the United States died from overdoses involving prescription painkillers. That’s enough people to fill Yankee Stadium to capacity - twice.

• For every 1 person who died from a prescription painkiller overdose in 1999, nearly 4 died in 2009.

• If the painkiller overdose death rate had remained level since 1999, rather than rising so sharply, more than 60,000 people would still be alive today.

• Enough prescription painkillers were prescribed in 2010 to medicate every American adult around-the-clock for a month.

Centers for Disease Control and Prevention
Bong replaces lollipops for this little girl

She's a drug addict aged 5

Children aged 5 and 13 smoke pot and drink alcohol

A GOOD grip on the law it has been revealed that more than 1,000
children aged 5 and 13 smoke pot and drink alcohol

HOW DID WE GET HERE?
From 1995-2002 we went from 800,000 to six million pain prescriptions.

Why?
Four things happened at the same time in the mid-90s that in my opinion caused us to go from an illicit drug abuse society to a prescription drug abuse society.

1. We allowed direct advertising from pharmaceutical companies to the public.

2. Pain became the 5th vital sign. The only sign that is 100% subjective.

3. OxyContin was put on the market in 1995

4. OxyContin was originally marketed as a non-addictive opioid for pain.
AVAILABILITY
absence of immediate harmful effects
ATTITUDE IS A DECISION.
WHAT CAN WE DO?
Clergy - often the first line of defense for families must be trained in how to deal with this issue.
Physicians must be better trained and understand what their opioid prescriptions may be doing to their community.
• We must stop using jails as warehouses.
• It will not work.
• In the past 15 years the number of arrests for drugs has gone up by 100% and drug addiction has gone up by 100%.
• Does this sound like a rational program?
WHY I DO THIS.
2 OVERDOSES IN 1986
The most moving presentation I’ve ever heard about drugs in America was six sentences long, less than a year ago.

The following are the six sentences...
“My name is Holly Hennesy and I live in Palm Beach, Florida.”
“This is my son Jason when he graduated Brown University in 2001”
“THIS IS MY SON’S HARVARD LAW DEGREE IN 2005”
“This is my son’s MBA from the University of Chicago in 2008”
“This is my son Jason’s drug of choice in 2009”
“This is my son Jason in 2011 thanks to OxyContin”
If you want to learn more about substance abuse in the United States:

- go to www.thestutmangroup.com and click on the “links” section
- read “How to Raise a Drug-Free Kid” by Joseph Califano Jr.
- read *High Society* by Joseph Califano Jr.
- see the most accurate film on drugs; *Traffic* with Michael Douglas and Catherine Zeta-Jones
Hi Bob,

This is Bill Olt from TEC I, you spoke to our group last year but I was unable to attend, instead I saw you at the Country Springs Hotel in Waukesha, WI while you were doing Special Interest TEC/EA meeting. At that presentation I came up to you at a break and told you about my one son who was a senior in college who had just gone through withdrawal from Oxy-Contin. I also mentioned about my other son who studying to be doctor at the University of Pennsylvania. Jack had suffered with alcoholism but was also addicted to cocaine. You asked me if I was willing to share these stories with the group and I did.

Joe has been one who has been clean from Oxy-Contin for 16 months and started a successful career working with me in my business. All of his other friends who had been using Oxy-Contin have not been able to kick it and one of Joe’s friends entered in-patient two weeks ago. Our other son, Jack, however has not been as fortunate. Jack graduated this year from Penn with an MD from U of Penn and an MBA from Wharton. He received his first choice to do his residency at Mt. Sinai Hospital. (I assume you know exactly where I am speaking of.)

Before he started his job, Jack had gotten beat up in Chicago over Memorial Day weekend while being drunk and stoned. He came to our house after the weekend with a black eye and swollen nose, he told me that he needed to go in-patient and I wholeheartedly agreed. Within two days Jack was in-patient at an alcohol and drug treatment facility in Florida. He stayed there 18 days before his residency started on June 19th. My wife, Pat, and I encouraged him to stay 90 days but Jack didn’t want to jeopardize being discovered by the hospital and having his career jeopardized. Pat and I told Jack that his life meant more than having a set back in his career and that doctors have addiction problems just like people of every career. None-the-less, Jack went back to New York after 18 days of treatment and got into an outpatient program.

Pat and I had regular conversations with Jack and celebrated when he hit 30 days of sobriety, which was a first. He told me that four other times he had hit 29 days of sobriety and intentionally drank so he could not have to say he hit that milestone. It is such a crazy irrational type of thinking. Anyway, he then got to 60 days and beyond. On the last week of August Jack had a week of vacation from the crazy residency schedule. Pat and I spoke to him three times that week and I spoke to Jack on Friday, August 25th. He was telling me how good he was doing.

The following E-mail was received by Bob Stutman on October 1, 2006 from a CEO he knows. It is especially for those folks who do not think it could ever be “their kid”.

Jack graduated this year from Penn with an MD from U of Penn and an MBA from Wharton. He received his first choice to do his residency at Mt. Sinai Hospital.

Robert Stutman
The final moments for Jack was him crawling off of a Holiday Inn elevator into the lobby on his hands and knees trying to get help but was having convulsions and could not talk. The maintenance man and hotel manager tried to communicate with Jack but he then collapsed and was dead. When I received Jack’s PDA/Phone from the hospital I found out another part of his life. In looking at his chat messages you found out much of what Jack’s life was like. Jack had been lying; he did make 30 days of sobriety but was back to drinking and drugging in July. Despite the long hours of being a doctor in residency, Jack was continually at parties and clubs in NY and Philly. His friends were not low life’s they were all college graduates and many with Master and PHD degrees. Excessive partying was part of all of their social lives and cocaine was something that was accepted by his peers and Jack got exposed to the drug life at an Ivy League medical school. It only took two years of use to consume him. I am sharing this with you Bob because I know you are on a crusade against drugs in the work-place and anywhere else. TEC members and everyone else need to know how serious this is and how many adults are using and abusing drugs and alcohol. I hope that you will be able to put our story to use as you tell your story.

Truly,
--Bill

Chief Executive Officer
KIDS ARE GETTING THEIR DRUGS FROM YOU
The appalling truth about teen substance abuse today

America’s drug problem is staggering. Illegal drug use has climbed to 20 million Americans.

Even more shocking: Many addicts began abusing drugs or alcohol as kids under the watchful eye of well-intentioned parents. Parents fail to take steps that might steer their kids away from addiction because they don’t understand how much drug use has changed since they were young. Today there are different drugs, different dangers and a different demographic of young people at risk. Here’s what parents need to know now…

■ Drug abuse begins early. A generation ago, the average age of first drug use among eventual users was 15. Today that average starting age is alarmingly low—12 or 13. This is a huge problem because the younger people are when they first try drugs, the greater the odds that they will become addicted.

Important: Start talking with your kids about the dangers of drugs before they set foot in junior high school (see box on page 14). By high school, it may be too late.

■ The drugs teens abuse today are not the ones your generation used. Today young people are much more likely to abuse prescription medications than marijuana or LSD. In fact, one in five high school students have taken a prescription drug that they didn’t get from a doctor. Teens almost always get their pharmaceutical drugs from their parents’ medicine cabinets or the cabinets of friends’ parents.

Dozens of different pharmaceuticals can be abused. As a rule of thumb, if there’s a sticker on a pill bottle warning against driving after use, it’s likely that teens take the drug to get high. Even over-the-counter medications such as cough suppressants are abused.

If anyone in your house is prescribed a medication that has a warning sticker about driving after use, buy a lockbox or a safe and lock up these pills. Do this even if you trust your kids completely—you don’t want your kids friends or your babysitter to be tempted.

■ Abusing prescription drugs often is riskier than abusing illegal drugs. Many teens—and even parents—incorrectly assume that anything prescribed by a doctor can’t be all that dangerous. In truth, many prescription medications are extremely dangerous when not used as intended.

Example: OxyContin is a time-release pill designed to suppress pain over six to eight hours. Drug abusers crush these pills into powder so that the full dose is absorbed at once.

Fact: Either this year or next, fatalities from misuse of prescription medications are likely to surpass auto accidents as the single leading cause of accidental death in the US.
Drug abuse is not just a problem for cities, minorities, the poor and kids who underachieve in school. Rural and suburban kids are just as likely as city kids to abuse drugs or alcohol—perhaps even slightly more likely. White kids are as likely as African-American kids to do so. Private school kids are as likely as public school kids. Teens on sports teams are just as likely to use drugs as any other teen. Kids who do well in school are somewhat less likely to abuse drugs and alcohol than those who do poorly, but good grades are not the ironclad evidence of nonuse that many parents imagine them to be. Even smart kids can be drug users, and some of them are smart enough to maintain their grades after they start using.

Those who start drinking as teens are almost twice as likely to become alcoholics. Alcohol is the most socially acceptable drug in our culture, but that doesn’t mean it’s not dangerous. Consuming one or two alcoholic drinks is not a problem for most adults, but when teens drink, they almost never stop at just one or two—they drink until they are intoxicated. The teenage brain is especially prone to addiction, including alcohol addiction, because it is still developing. Those who start drinking as teens or preteens are approximately twice as likely to become alcoholics as those who wait until their 20s.

Do not drink to get drunk in front of your child—even if your child is still too young to fully understand what drinking means. As early as age two, children begin forming lifelong beliefs and behaviors based on what they see their parents doing. Certainly never allow your teens to get drunk in your presence. Some parents permit their teens to drink at home because they think this is safer than the teens drinking elsewhere and then driving home. I am somewhat sympathetic to this thinking, though studies suggest that teens who drink with their parents are slightly more likely to become alcoholics than those who do not. I am not sympathetic when parents allow kids to drink to the point of drunkenness at home. That only increases the odds of future drinking problems.

More from Robert Stutman…

WHAT EVERY PARENT MUST DO

Many parents believe that nothing they do or say about drugs gets through to their teens. While it’s true that parents cannot control their teens completely, all kids learn important life lessons from their parents—even when neither parent nor child realizes that learning is taking place.

Have dinner as a family as often as possible. Families that eat together are much less likely to have kids who become addicts. Children who have dinner with their parents at least three times a week are less likely to develop drug or alcohol problems.

Tell your children regularly and emphatically that you want them to stay away from drugs, including alcohol and prescription medications. Your teens might roll their eyes, but at some level, your words are likely to have an effect—studies show that kids who know their parents care whether they use drugs are less likely to use them.

Helpful: For information about talking with children about drugs, read How to Raise a Drug-Free Kid by Joseph Califano, Jr. (Fireside)…and explore the links section on my Web site (www.TheStutmanGroup.com, then click “Links”).

Confront your teen if you smell cigarette smoke on his/her clothes or discover other evidence of tobacco use. Teens who use tobacco are at greater risk than nontobacco users of becoming drug addicts. If you smoke, quit.

Inform your teens that if one of their peers ever passes out from drinking or drug abuse in their presence, they should immediately roll this person onto his/her side (to prevent suffocation if the person vomits), then call 911. Thousands of lives would be saved if every teen knew this.

Robert Stutman, a 25-year veteran of the Drug Enforcement Administration (DEA). He served as special agent in charge of several DEA field divisions, including the New York field division, the nation’s largest. In 1990, Stutman founded The Stutman Group, a consulting company that designs and implements substance-abuse prevention programs. He was special consultant on substance abuse for CBS News and speaks to more than 100 groups a year.

Robert Stutman
www.TheStutmanGroup.com
716-969-2579
STATISTICS

For the first time in history, automobile accidents are the second leading cause of death by accident in the United States. The Centers for Disease Control announced that in 2010 (the most recent year for which we have statistics) THE LEADING CAUSE OF DEATH BY ACCIDENT WAS DRUG OVERDOSE.

Deaths resulting from drugs have doubled over the last decade, now claiming one life every 14 minutes. (Centers for Disease Control)

For the first time in history, more people died last year from accidental overdose of prescription drugs than from accidental overdose of illegal drugs. (U.S. Department of Health & Human Services, Centers for Disease Control and Prevention, Drug War Facts, 6th Addition, Common Sense for Drug Policy)

There are as many new abusers age 12 to 17 of prescription drugs as there are of marijuana. (U.S. Department of Health & Human Services, Substance Abuse & Mental Health Service Administration 2006)

#1 cause of death in the United states of 18 -24 year olds is substance abuse” Alcohol and other drugs including combination of alcohol and drugs are equal. Nora D. Volkow, M.D. Director of NIDA (National Institute on Drug Abuse)

US with 5% of population consumes 80% of opioids and 95% of Vicodin in the world (Institute of Addiction Medicine)

Almost 20% of doctor visits in the U.S. include a prescription for opioids (Archives of Internal Medicine).

There were at least 38,329 drug-related fatalities in 2010, according to preliminary data compiled by the U.S. Centers for Disease Control and Prevention (CDC).

For the first time ever non heroin opiate addiction surpassed heroin or cocaine as the leading cause of drug treatment admission in the U.S. Cesar Fax July 30, 2012 Vol. 21, Issue 30
Every year we write about 200 million prescriptions for opioids (Archives of Internal Medicine).

The United States is in the grip of an epidemic of prescription drug overdoses. (Centers for Disease Control and Prevention http://www.cdc.gov/about/grand-rounds/archives/2011/01-February.htm)

What is an epidemic? (Centers for Disease Control, September 28, 2012)

- In the past decade, more than 100,000 people from across the United States died from overdoses involving prescription painkillers. That’s enough people to fill Yankee Stadium to capacity - twice.

- For every 1 person who died from a prescription painkiller overdose in 1999, nearly 4 died in 2009.

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