



**San Antonio Council on  
Alcohol & Drug Awareness**



**2024  
Red Ribbon  
Presentation  
for  
Middle & High  
School**

## Our Mission

**EMPOWERING** OUR COMMUNITY TO LIVE  
**HEALTHY LIVES;** BY PROVIDING **PREVENTION,**  
**INTERVENTION** AND **RECOVERY SUPPORT SERVICES**  
FOR **CHILDREN** AND **ADULTS**



**SACADA**

**San Antonio Council on  
Alcohol & Drug Awareness**

## Our Vision

A **SAFE & THRIVING** COMMUNITY

## Our Values

**EXCELLENCE | GROWTH | IMPACT | INTEGRITY | LEADERSHIP | RESPECT | WORK-LIFE BALANCE**

# PROGRAMS & SERVICES AT SACADA



**Youth Prevention:** Project Strong Life offers personalized case management for youth ages 12-19, focusing on social and emotional development and substance use prevention through evidence-based strategies. The Adolescent Substance Use Treatment (TREE Project) targets high school students (grades 9-12), providing early intervention, treatment, and recovery support for those with substance use and/or mental health disorders, including case management. Additionally, awareness presentations on topics such as tobacco/vaping, alcohol, marijuana, and other drug awareness. These services are at no cost to participants.



**Coalitions:** The Tobacco Prevention and Control Coalition (TPCC) and Breathe Clear Coalition focus on preventing and reducing tobacco use among adolescents in Bexar County through evidence-based community and environmental strategies. The Partnership for Success (PFS) and Circles of San Antonio Community Coalition aim to expand and strengthen the capacity of local prevention providers to implement evidence-based programs that reduce substance misuse and its related problems, as well as promote mental health through community-based services.



**Intervention, Treatment & Recovery Support** services are provided by Peer Recovery Support Specialists for adults struggling with a substance use disorder by promoting all pathways to recovery and partnering with community organizations across the region to enhance recovery-focused efforts. Recovery services are at **no cost** to participants.



**Education & Training** – Fee for court mandated classes for youth and adults including Driving While Intoxicated (DWI), DWI Intervention (2<sup>nd</sup>+ offenses), and Alcohol Awareness Court/Minor in Possession. SACADA is a certified provider of DWI and MIP by the Texas Department of Licensing and Regulation. Also available is Marijuana Awareness Course and Drug-Free Workplace Training.



**Mental Health Awareness Training** - SACADA offers Mental Health First Aid (MHFA) and Youth Mental Health First Aid (YMHFA) training to school personnel, emergency first responders, law enforcement, and other community members, enabling them to provide referrals to mental health services. There is **no cost**, but you must register as space is limited.



**Prevention Resource Center** – PRC serves as a vital data hub and training liaison for Region 8. Through its role, the PRC compiles and disseminates an annual Regional Needs Assessment, offering a valuable community reference tool. This assessment provides region-specific substance use and related information to support informed decision-making and prevention efforts.

# 2024 THEME



What Is A Drug?

What You(th) Should Know About Tobacco & Vaping

Medicines & Are They Safe?

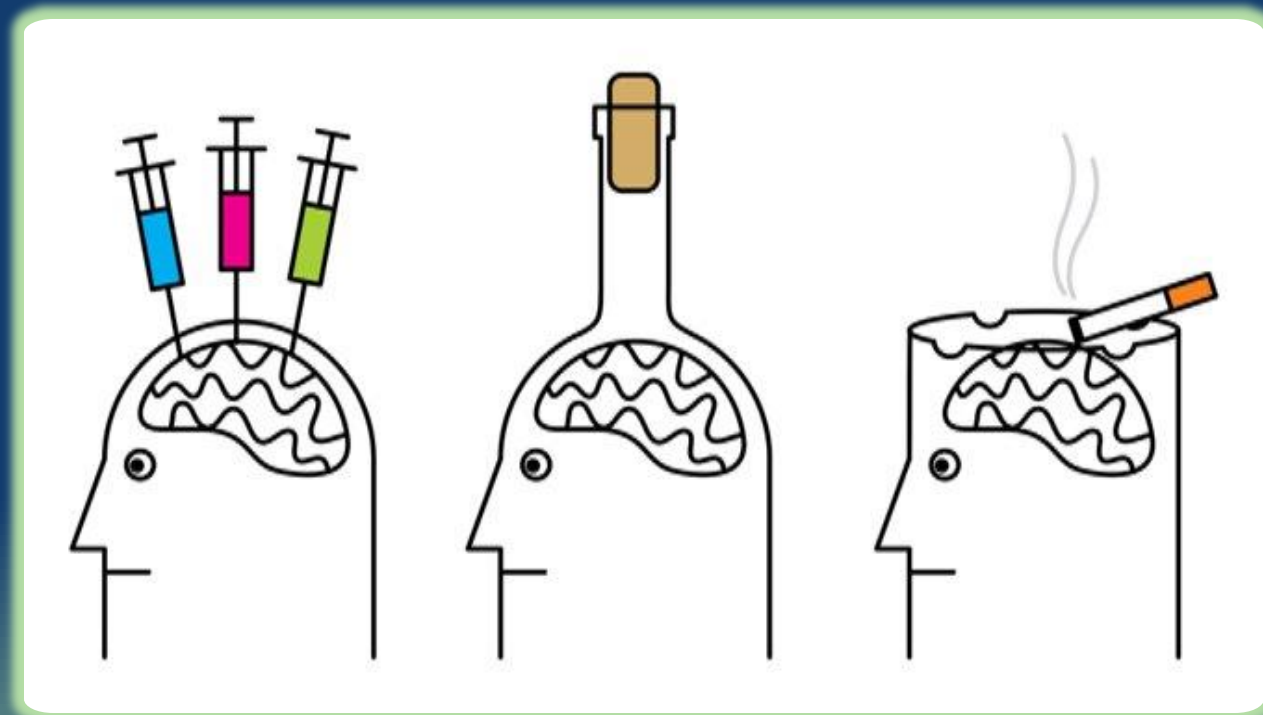
Alcohol & Underage Drinking

The Truth About Marijuana

**What We  
Will Go  
Over**

# What is a drug?

A drug is a chemical substance that changes a person's mental or physical state





**What do  
you see?**


**What do  
you see?**





**What do  
you see?**





**What is the  
reality?**

**Mashed potatoes instead of ice cream.  
Ice cream melts too quickly under hot studio lights.  
Therefore, photographers replace it with colored mashed  
potatoes or a paste of starch, icing sugar, corn syrup, fat,  
and other components.**







Perception= a way of regarding, understanding, or interpreting something; a mental impression.

If your perception of harm is low, you will be more likely to use the drug.

**THE NUMBER  
ONE CAUSE  
OF  
PREVENTABLE  
DEATH**

# Tobacco

# SMOKING

causes more deaths each year  
than all of these combined:



Human immunodeficiency virus (HIV)  
Illegal drug use  
Alcohol use  
Motor vehicle injuries  
Microbial agents  
Toxic agents

## 480,000 deaths



caused by cigarette  
smoking each year

- 100 million people in the 20th century
- 480,000 Americans
- 7 Million worldwide

**Toxic = Poisonous**





**Carcinogenic =  
Cancer causing**



# WHY DON'T YOU JUST QUIT?



HOOKED  
ON  
NICOTINE



# What's in a Cigarette?



There are over **7,000 chemicals** inside of a single cigarette. Hundreds are toxic and about **70 are known to cause cancer.**

# Cigs in a Pod



[tobaccopreventiontoolkit.stanford.edu](http://tobaccopreventiontoolkit.stanford.edu)

1 Pack of Cigarettes  
≈20 mg of nicotine



**≈20**  
CIGARETTES



1 JUUL pod  
≈41.3 mg of nicotine



**≈41**  
CIGARETTES



1 Puff bar  
≈50 mg of nicotine



**≈50**  
CIGARETTES



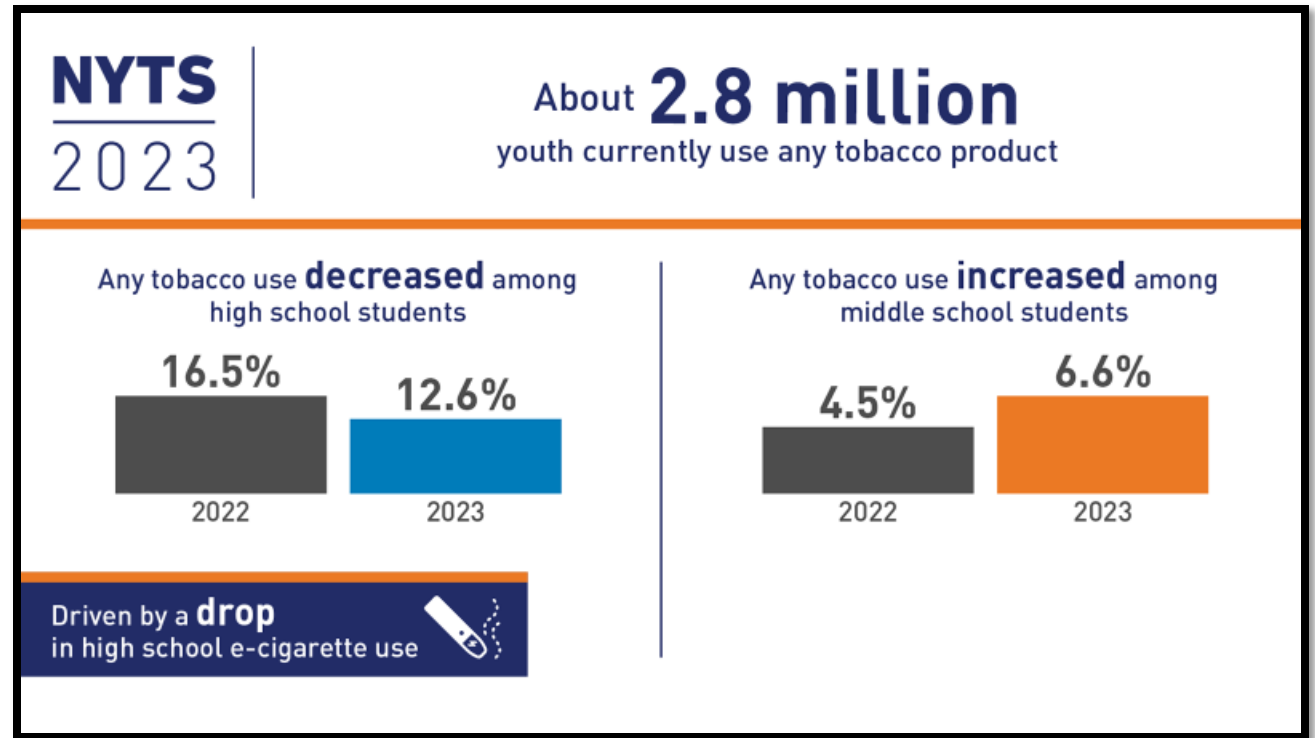
1 Suorin pod  
≈90 mg of nicotine



**≈90**  
CIGARETTES

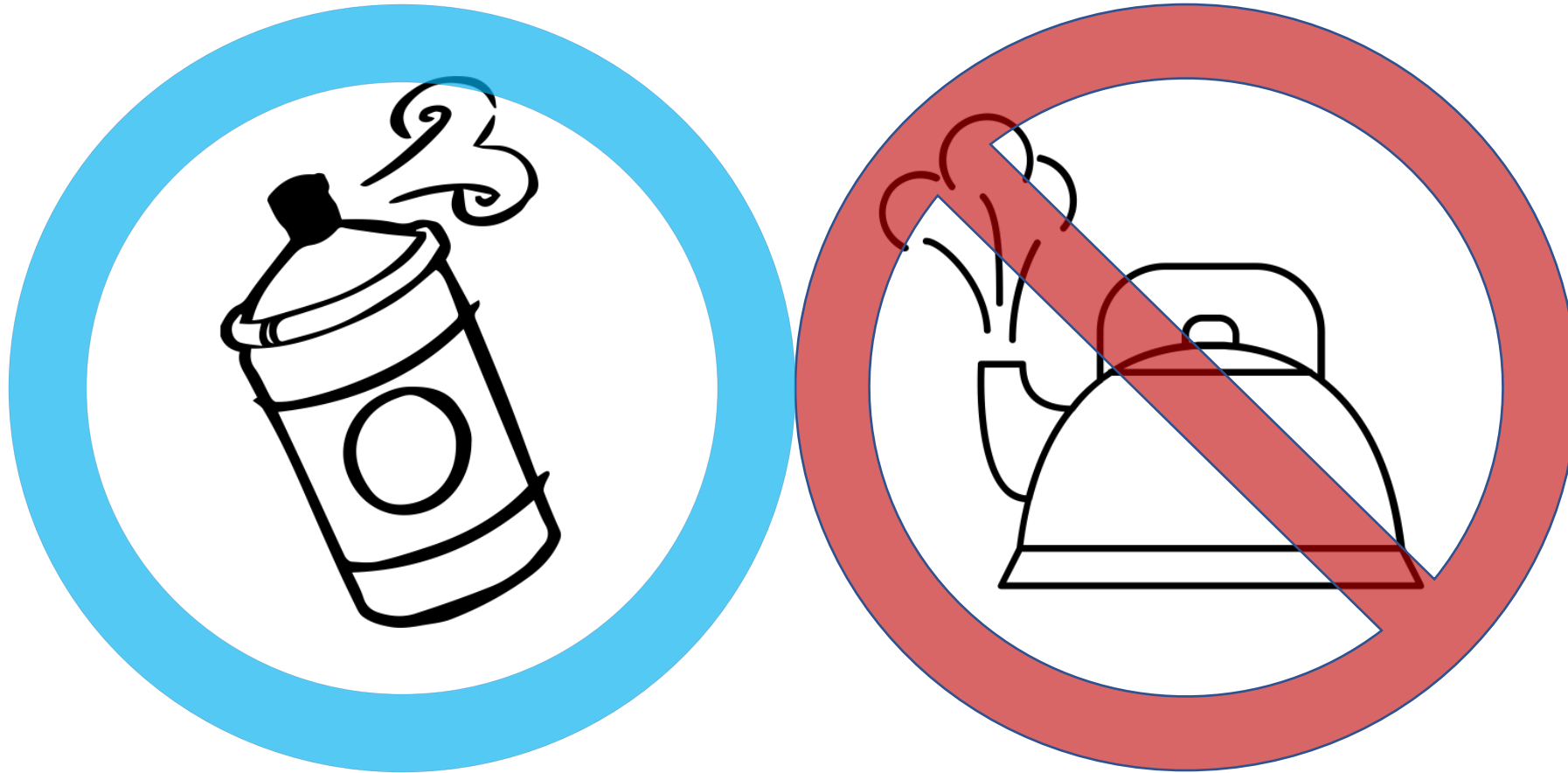


# Electronic Nicotine Delivery Systems (ENDS)

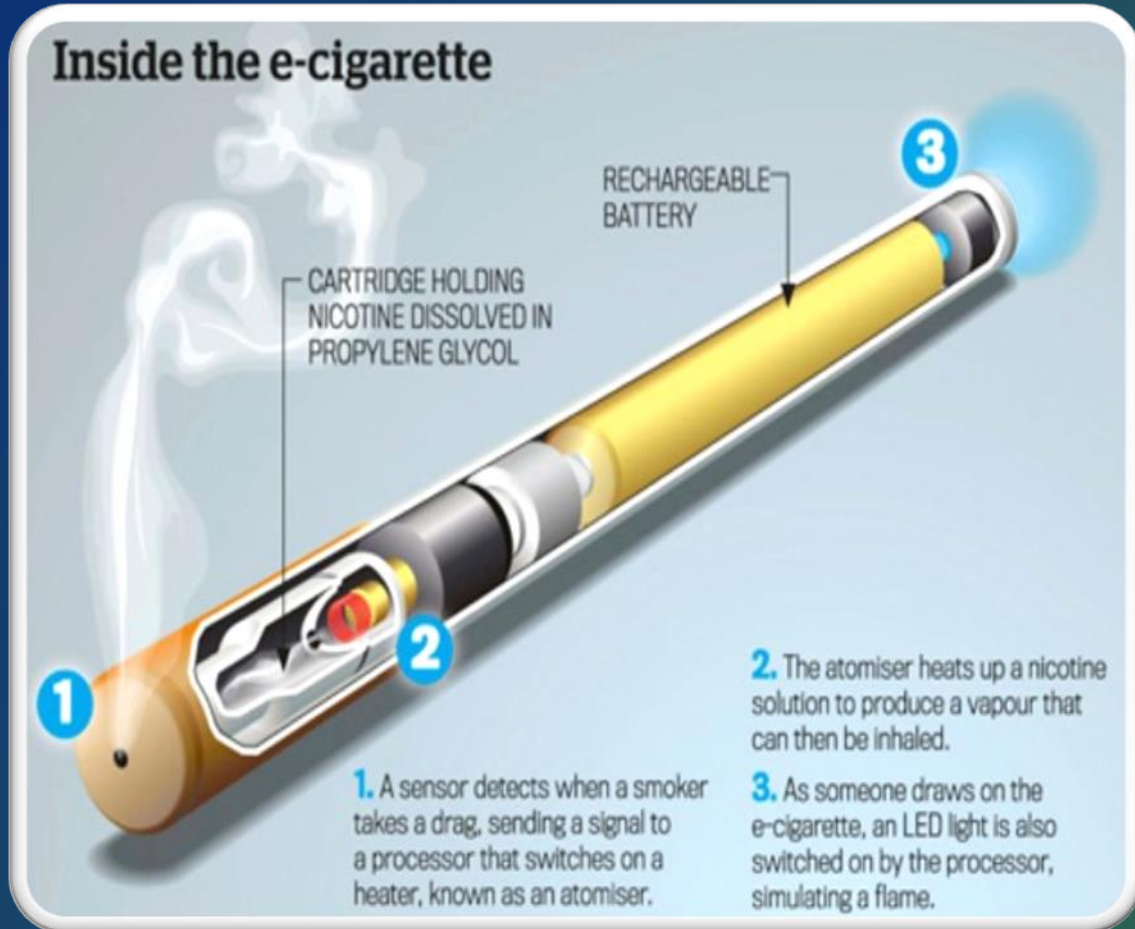


- Other names include e-cigarettes, e-cigs, vape pens, vaporizers, and e-pipes
- Vaping is not harmless
- Teens who vape may end up addicted to nicotine faster than teens who smoke cigarettes
- Young people who use e-cigarettes may be more likely to smoke cigarettes in the future

# It's an Aerosol, Not a Vapor



# CHEMICALS FOUND IN VAPE AEROSOL



- **BENZENE** (a carcinogen also found in car Exhaust)
- **FORMALDEHYDE** (A carcinogen used to preserve dead bodies)
- **ACROLEIN** (toxic, and can cause irreversible lung damage)
- **PROPYLENE GLYCOL** and/or vegetable glycerin (chemicals used for theatre or stage fog)
- **HEAVY METALS** (such as nickel, lead, and tin)
- **DIACETYL** (a chemical linked to lung damage)





No matter how it's delivered, nicotine is addictive and harmful for youth and young adults

**SOME PRODUCTS THAT YOU SMOKE OR INHALE:**



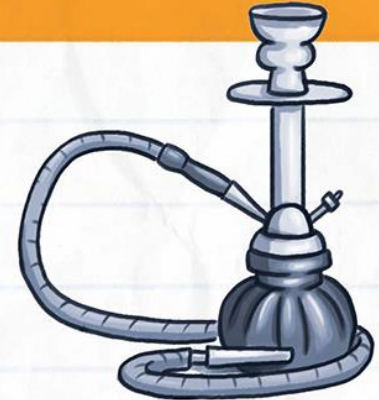
**CIGARETTES**



**CIGARS**



**VAPING DEVICES**



**HOOKAHS**

**SMOKELESS PRODUCTS:**



**CHEWING TOBACCO**



**SNUFF**

*Ground tobacco that can be sniffed or put between your cheek and gums*



**DIP**

*Wet snuff that is chewed*



**SNUS**

*Small pouch of wet snuff*



# MINORS IN POSSESSION OF THC CONCENTRATE

- Possession of THC is a state jail felony charge
- Possession of THC on school grounds enhances to a **3<sup>rd</sup> degree felony charge**, resulting in:
  - Being placed in alternative campus Disciplinary Alternative
  - Education Program DAEP
  - Drug Charges
  - Possible Probation with Juvenile Court

Texas Health and Safety Code 481.134d.

# Tobacco 21

- On September 1<sup>st</sup> of 2019 it became illegal for anyone under the age of 21 to purchase tobacco or e-cigarette products
- This law is an important step toward reducing youth smoking and preventing a lifetime of dependency and disease

**UNDER**  
**21**

**NO SALES OF CIGARETTES, E-CIGARETTES, OR TOBACCO PRODUCTS IN TEXAS.**

It is illegal for anyone younger than 21 to buy cigarettes, e-cigarettes, or tobacco products, and it is illegal to sell or provide cigarettes, e-cigarettes, or tobacco products to anyone under 21. Purchasing or attempting to purchase cigarettes, e-cigarettes, or tobacco products by a person under 21 years of age is prohibited by law. Sale or provision of cigarettes, e-cigarettes, or tobacco products to a person under 21 years of age is prohibited by law. Upon conviction, a Class C misdemeanor, including a fine of up to \$500, may be imposed. Violations may be reported to the Texas Comptroller's Office by calling 800-345-8647.

- The prohibitions on the purchase or attempt to purchase described above do not apply to a person who is in the United States Military Forces or State Military Forces.
- The prohibitions on the purchase or attempt to purchase described above do not apply to a person who was born on or before August 31, 2001.

**UNDER 21 NO SALES OF E-CIGARETTES NO SALES OF TOBACCO.**

**Texas Regar**  
Texas Comptroller of Public Accounts

Pregnant women should not smoke. Smokers are more likely to have babies who are born premature or with low birth weight.

31

# Minors & Tobacco

- **Must attend a state-approved tobacco awareness class**
- **Perform tobacco-related community service**
- **Pay a fine not to exceed \$250**
- **Suspension of driver's license**



# Medicine

## OVER-THE-COUNTER

- Allergy medicine
- Pain relievers



## PRESCRIPTION MEDICATION

- Opioids
  - To treat pain
- Depressants
  - To treat anxiety and sleep disorders
- Stimulants
  - To treat ADHD

**True or False?**

**Prescription Drugs  
are Safer**

**False**

**Misuse can look like:**

- Not following the directions
- Taking someone else's medication
- Taking medication to get “high”

# Did you know?

- OPIOID DEPENDENCE CAN HAPPEN AS FAST AS FIVE DAYS!
- PRESCRIPTION DRUG MISUSE IS AMONG THE FASTEST GROWING DRUG PROBLEM IN THE UNITED STATES.





# Fentanyl

- Fentanyl can be **50 times more powerful** than heroin and **100 times more powerful** than morphine
- **What to Do If You Think Someone Has Overdosed or is Poisoned**
  - 1) Call 911 Immediately\***
  - 2) Administer Naloxone, if available\*\*
  - 3) Try to keep the person awake and breathing
  - 4) Lay the person on their side to prevent choking
  - 5) Stay with the person until emergency assistance arrives

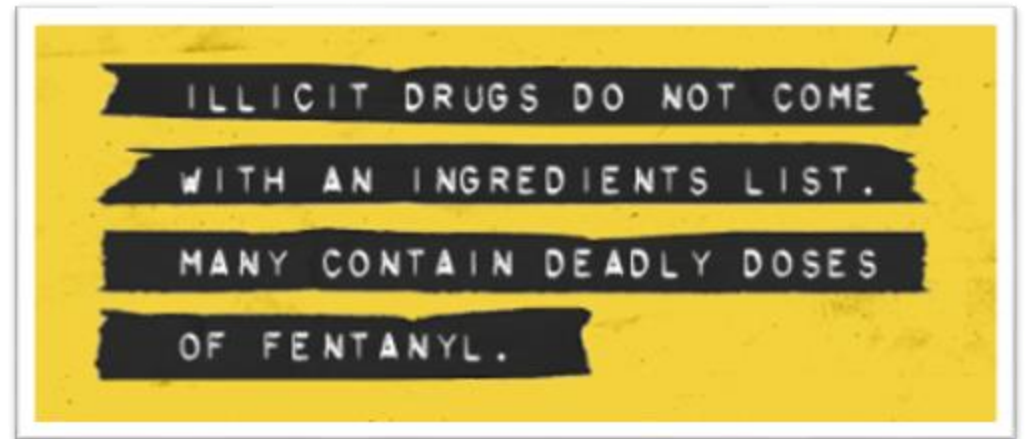
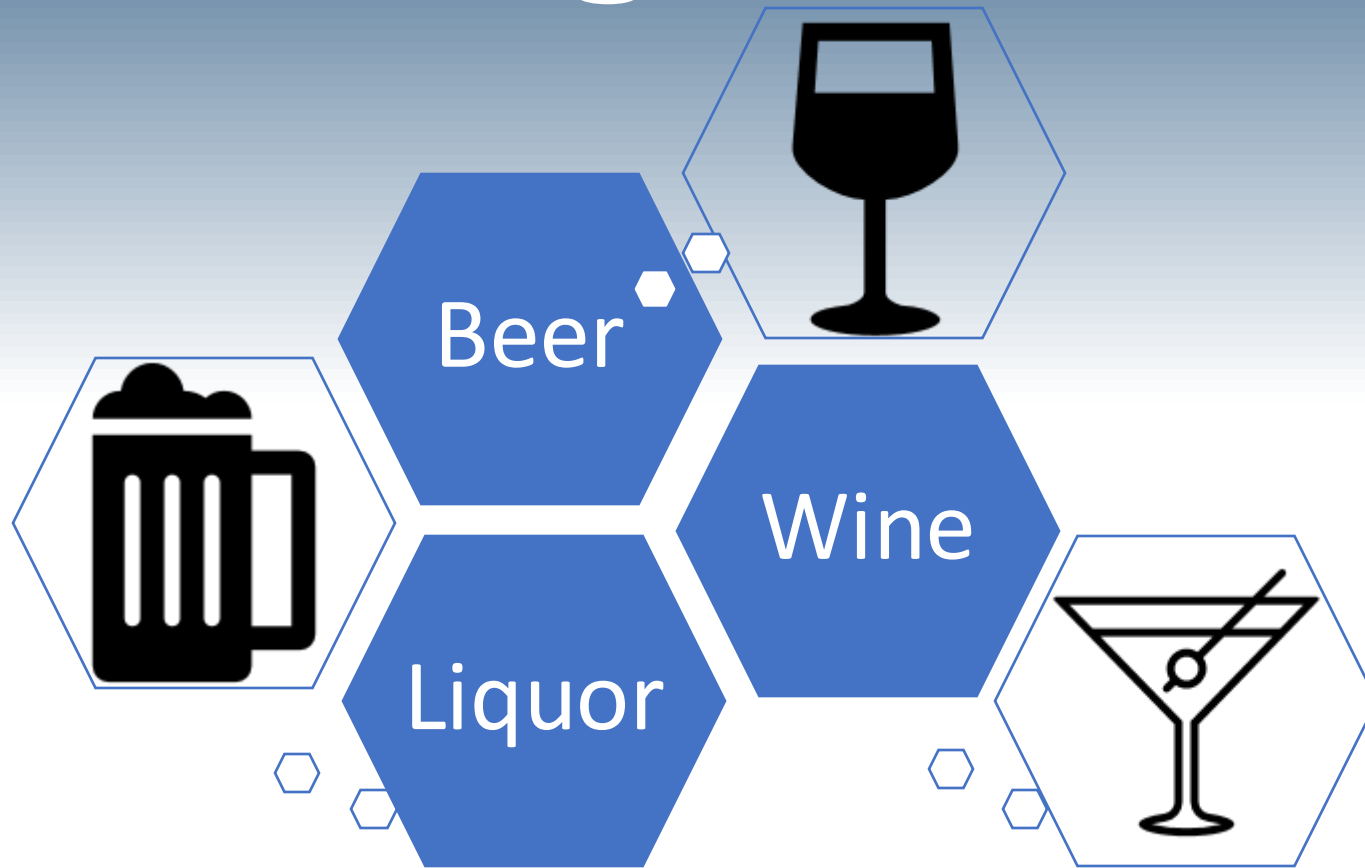


Image from Centers for Disease Control



# Alcohol & Underage Drinking



**Underage drinking is when anyone under age 21 drinks alcohol**

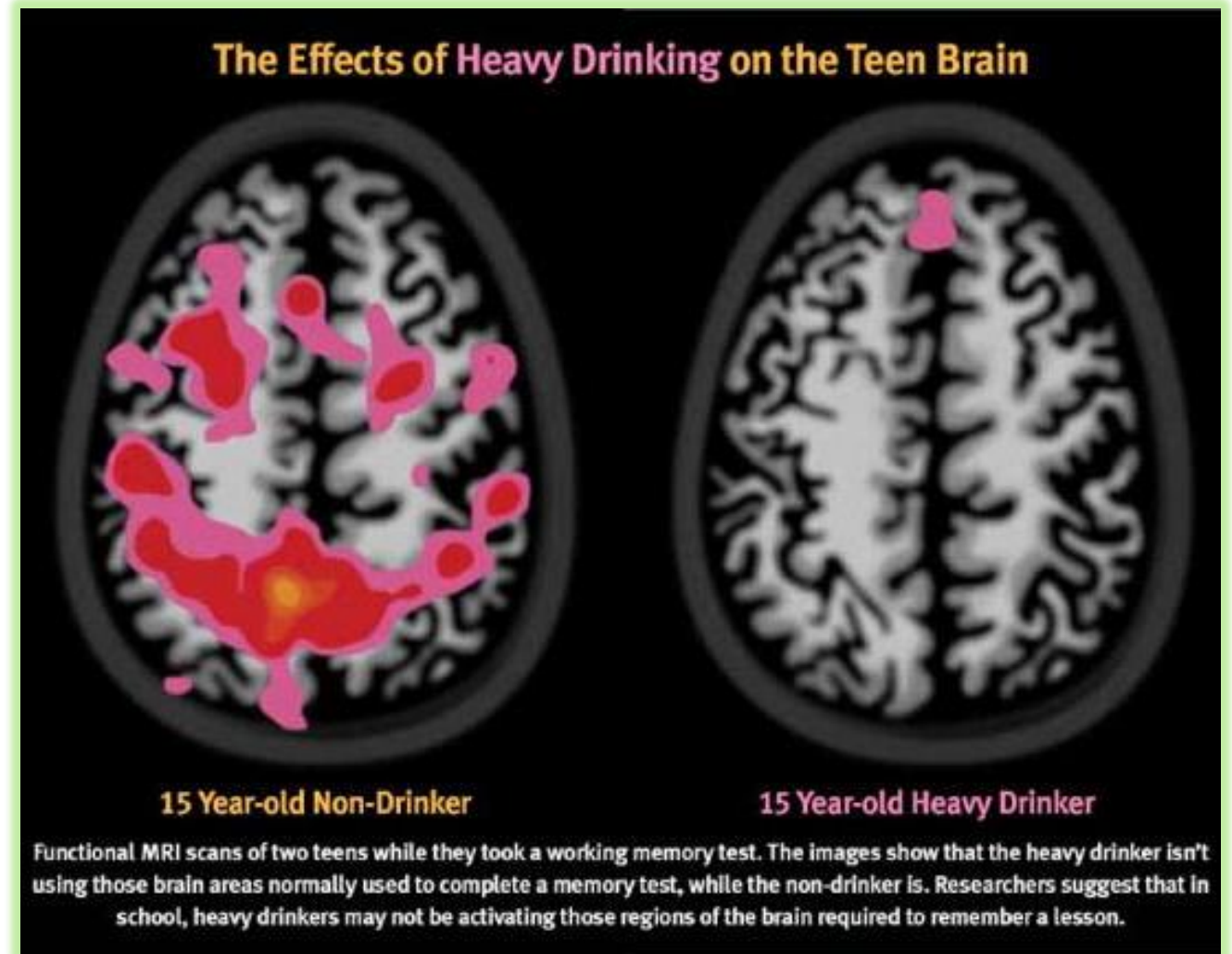
**Alcohol is the most used substance among young people in the U.S.**

# Alcohol & the Teen Brain

Alcohol before age 15

=

5 times more likely to have an Alcohol Use Disorder





## UNDERAGE DRINKING

is never a good idea

### SHORT-TERM

Someone who is drunk:

- Has a hard time making good decisions.
- Is less aware that his/her behavior may be inappropriate and is more likely to engage in risky behavior.

### LONG-TERM

Drinking during the teen years could interfere with normal brain development and also:

- Have negative effects on information processing and learning
- Increase the risk of developing an alcohol use disorder later in life.

### ABOVE ALL

... it can kill you.

- Alcohol plays a role in the deaths of approximately **4,358 people under age 21** in the U.S. every year.

SOURCES: National Institute on Drug Abuse for Teens  
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# What can happen when you drink?



# Before you risk it



Know the law



Know the risks



Look around you



## Minor In Possession

### DRIVING UNDER THE INFLUENCE OF ALCOHOL BY A MINOR (DUIA) - PENALTIES - Under 17 years of age

Offense	Fine	Community Service	Loss of License	Alcohol Awareness Course	Jail
1st Offense	Up to \$500.00	20-40 hours	60-180 days	Required	None
2nd Offense	Up to \$500.00	40-60 hours	120 days - 2 years	Required	None
3rd Offense	Up to \$500.00	40-60 hours	180 days - 2 years	Option of Judge	

### DRIVING WHILE INTOXICATED (DWI) BY A MINOR - PENALTIES - 17 to 21 years of age

Offense	Fine	Community Service	Loss of License	Alcohol Awareness Course	Jail
1st Offense	Up to \$2,000.00		1 year		72 hours - 180 days
2nd Offense	Up to \$4,000.00		180 days - 18 months		30 days - 1 year
3rd Offense	Up to \$10,000.00		180 days - 2 years		2 - 10 years

**ZERO TOLERANCE:** Penalties for non-driving alcohol related offenses by minors (under the age of 21) include purchasing or attempting to purchase alcohol, falsely identifying as 21 years of age or older to a person engaged in the selling or serving of alcoholic beverages, and consuming or possessing an alcoholic beverage.

Offense	Fine	Community Service	Loss of License	Alcohol Awareness Course	Jail
1st Offense	Up to \$500.00	8-12 hours	30 days	Required	None
2nd Offense	Up to \$500.00	20-40 hours	60 days	Required	None
3rd Offense (10-17 years of age)	Up to \$500.00	20-40	180 days		
3rd Offense (17-21 years of age)	\$250.00 to \$2,000.00	40-60	180 days		Up to 180 days

Source: Texas Department of Public Safety—Driver License Division

# The Truth About Marijuana

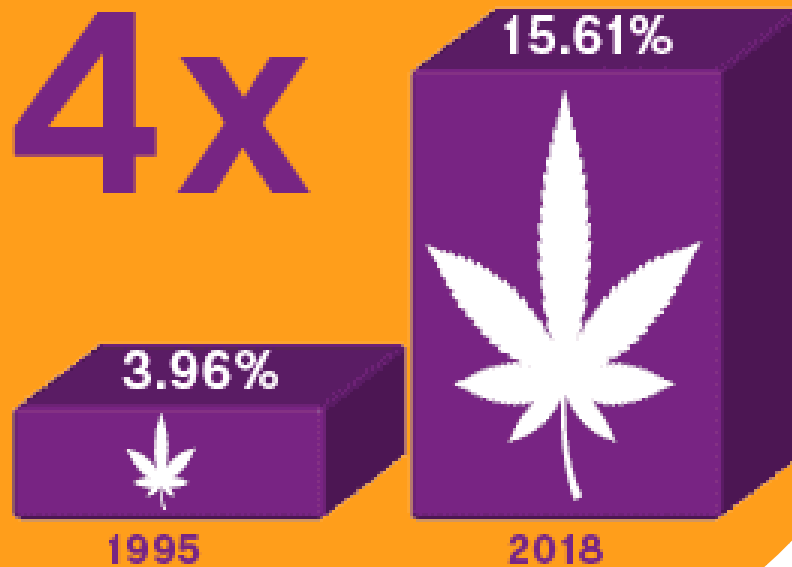
- Marijuana refers to the dried leaves, flowers, stems, and seeds from the Cannabis sativa plant
- Slang: Weed/Pot/Grass/Reefer/Ganja/Mary Jane/Blunt/Trees
- **Contains the mind-altering chemical THC**

## Why do young people use marijuana



Average THC concentration in leaf marijuana has increased nearly

4x



# Rising Potency

- Today's marijuana is nothing like the marijuana of the past
- There has also been an increase in ER visits involving marijuana
- Higher potency is also associated with a greater risk of dependency

# Legal Status

- Marijuana is the most used federally illegal drug in the United States
- Under Texas law it is still illegal to use or possess marijuana
- **Recreational marijuana use by children and teenagers is not legal anywhere in the United States.**





**Difficulty with  
thinking and  
problem-solving**

**Changes in  
mood**

**Impaired  
memory**

**Distorted  
perception**

**Increased risk  
of mental  
health issues**

# **Effects of Marijuana**





is not good for your brain



it interferes with growing  
up healthy



it can interfere with, or  
prevent you from reaching  
your goals and dreams

# The Bottom Line

# How to Celebrate Life



Fall in love with something



Use your days



Keep a journal



Be grateful

A vibrant movie theater advertisement. At the top, it says "NATIONAL FAMILY PARTNERSHIP PRESENTS". The background is a red theater interior with red seats. In the center, there's a glowing marquee sign that reads "LIFE IS A MOVIE, FILM DRUG FREE." with a film camera icon. Above the sign are movie tickets, a bucket of popcorn, and 3D glasses. At the bottom, it says "COMING SOON RED RIBBON WEEK® OCTOBER 23-31 WWW.REDRIBBON.ORG". Logos for "EVERYONE RED RIBBON CAMPAIGN" and "The National Red Ribbon Sponsor NATIONAL FAMILY PARTNERSHIP" are also present.

# Resources

- <https://kidshealth.org/en/teens/prescription-drug-abuse.html>
- <https://www.cdc.gov/alcohol/fact-sheets/underage-drinking.htm>
- [https://store.samhsa.gov/sites/default/files/SAMHSA\\_Digital\\_Download/PEP21-03-03-001.pdf](https://store.samhsa.gov/sites/default/files/SAMHSA_Digital_Download/PEP21-03-03-001.pdf)
- <https://www.hhs.gov/sites/default/files/underage-drinking-community-guide.pdf>
- <https://www.talkitoutnc.org/underage-drinking-facts/>
- <https://www.brainandlife.org/articles/how-does-alcohol-affect-the-teenage-brain>
- <https://www.cdc.gov/healthreport/publications/compendium.pdf>
- <https://www.cancer.gov/publications/dictionaries/cancer-terms/def/drug>
- <https://year13.com.au/articles/14-things-need-teenage-years?next=14-things-need-teenage-years>
- <https://www.niaaa.nih.gov/publications/brochures-and-fact-sheets/understanding-alcohol-use-disorder>
- [https://www.aacap.org/aaCaP/Families\\_and\\_Youth/Facts\\_for\\_Families/FFF-Guide/Marijuana-and-Teens-106.aspx/](https://www.aacap.org/aaCaP/Families_and_Youth/Facts_for_Families/FFF-Guide/Marijuana-and-Teens-106.aspx/)
- <https://www.cdc.gov/marijuana/health-effects/teens.html>
- <https://drugfree.org/drugs/cannabis-marijuana/>
- <https://truthinitiative.org/thisisquitting#:~:text=What%20is%20This%20is%20Quitting,successfully%20quit%2C%20e%2Dcigarettes.>
- [https://teen.smokefree.gov/quit-plan?variant\\_key=teen\\_smoking\\_quit\\_plan](https://teen.smokefree.gov/quit-plan?variant_key=teen_smoking_quit_plan)
- <https://digitalmedia.hhs.gov/tobacco/hosted/Vaping-ECigarettes-Youth-Toolkit.pdf>
- [Fentanyl Facts | Fentanyl Takes All](#)
- [Fentanyl Facts | Facing Fentanyl \(facingfentanylnow.org\)](#)
- [DEA Warns of Brightly-Colored Fentanyl Used to Target Young Americans](#)
- [Opioid dependence can happen after just 5 days \(truthinitiative.org\)](#)
- [Marijuana Edibles: Risks, Dangers & Effects of Edibles \(americanaddictioncenters.org\)](#)
- [Results from the Annual National Youth Tobacco Survey | FDA](#)



**SACADA**

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