



**Wilson School District and Caron Treatment
Center Presents:**

**Prevention Resources and
Education for Parents/Coaches
*of Athletes***

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Caron Quick Facts

- Nationally recognized chemical dependency treatment facility
- Addiction treatment services (50+ year history)
- Student assistance services/prevention (20+ year history)
- Offers a full spectrum of treatment programs to meet the needs of everyone (adolescents to seniors)

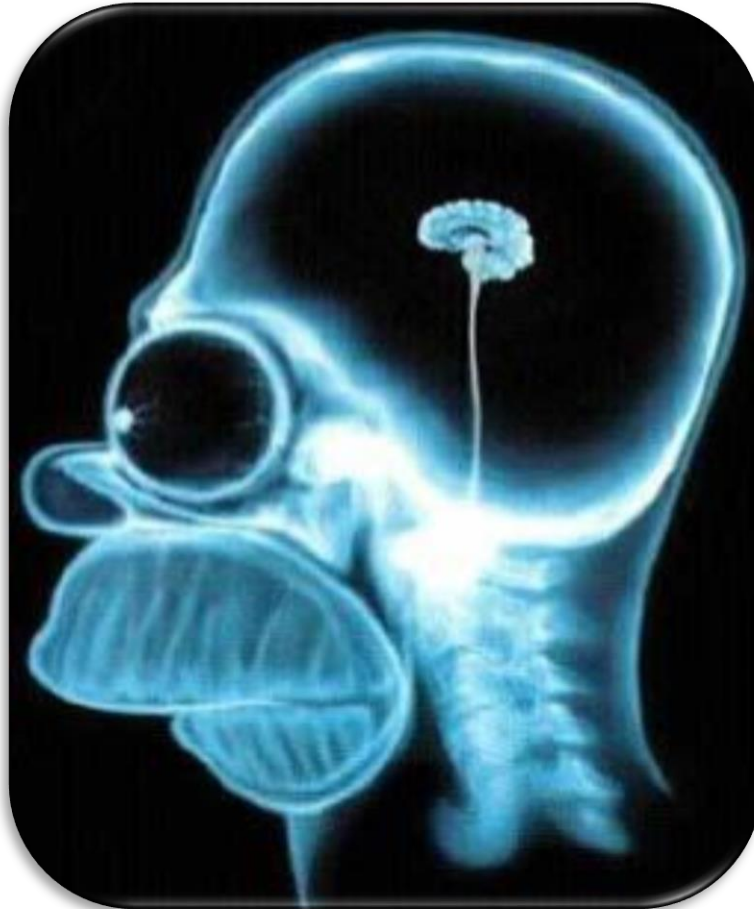


DID YOU KNOW?



- In 2013, 7.6 million high school students participated in a school sponsored sport.
- That same year, there were 460,000 NCAA College Athletes.
- On average, 55% of the students in your school participated in a school sponsored sport.
- This statistic has grown every year for the past 24 years straight.

The Brain: What's Going On In There?



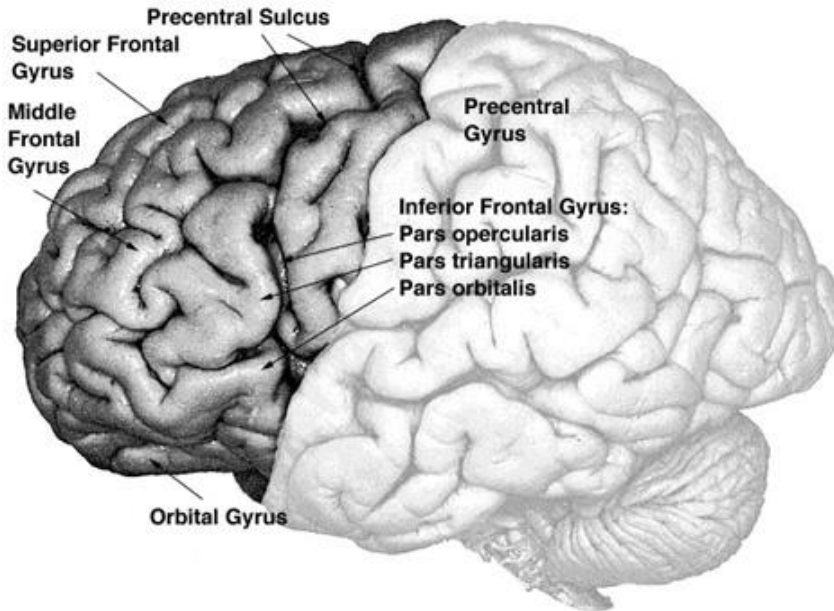


THE DEVELOPING ADOLESCENT BRAIN

- Because the human brain does not fully mature until the age of 24 or 25, the adolescent who uses drugs or alcohol is at increased risk of damage to the brain and can become addicted faster than an adult would.



The Frontal Lobe

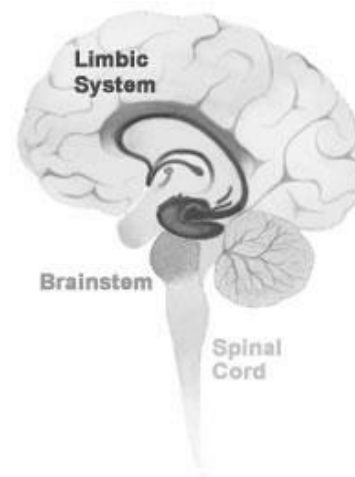


- 🧠 CEO of brain
- 🧠 Responsible for planning, decision making, impulse control, thinking and processing thoughts
- 🧠 Teens have a difficult time with these tasks because during the teen years, the prefrontal cortex is not fully developed

The Limbic System



- Contains the brain's reward circuit
- Involved in controlling and regulating our ability to feel pleasure
- Activated when we perform activities critical to our existence – and also by drugs of abuse
- Teens spend a lot of time



Athletes and Their Risky Behaviors



*The very thing that makes athlete's great
can also place them at greatest risk for
substance abuse.*

- Invincibility
- Sensation-seeking
- Risk-Takers

Additional Potential Risk Factors for Athletes

- Identity Formation
- Social Isolation
- Athletic Injury
- Coping with Performance Stress

Safeguarding and Balancing Risks



The Greatest Influence on Risk and Protective Factors

- Peer Group Dynamics
- Peer Norms (Real and Perceived) Related to Substance Abuse
- Quality and Quantity of Parental Monitoring and Supervision (includes other significant adults and coaches)
- Attachment to School and Other Pro-Social Activities
- Propensity Towards Sensation Seeking and Risk Taking
- Life Skills Competence (conflict negotiation, anger, strong emotions)
- Stress and Time Management

Why Athlete's Use



Similarities to Non-Athletes

- Genetics
- Family Influences
- Peer Pressure
- Lack of Education
- Mental Health Issues

Differences to Non-Athletes

- Increase Performance
- Lose Weight
- Higher Feelings of Invincibility
 - Perceived
 - Societal Supported



Scope of HS Athletic Use

- More MS and HS Athletes (male or female) report regular alcohol use and lowered perceived risk than non-athletes.
- 50% of HS Male Athletes report regular alcohol consumption (more frequent and higher quantities) than non-athletes.
- Research shows that these patterns often follow them into adulthood (higher incidence of DUIs).
- HS Athletes who play multiple sports or sports played year round are more likely to binge drink, use nicotine, and multiple drugs.
- Alcohol, marijuana and ecstasy (Molly) use is currently on the rise for HS Athletes.



Scope of College Athlete Use

- In 2013, 88% of college athletes reported using substances at some time during the academic year.
- Alcohol, Marijuana, Tobacco, and Cocaine are the substances of abuse that are reportedly abused most often in that order.
- Prescription drugs, narcotics and stimulants, are also highly abused but not always for the reason of getting high.
- Nationally, lacrosse and ice hockey teams have the highest use rates and basketball and track the lowest.

Caffeine and Athletic Performance

- Most Widely Abused Substance Among Athletes Around The World
- Provides No Nutritional Value
- Affects All Systems Of The Body
- Absorbed By Most Tissue





MYTH OR FACT

**Caffeine Intake Before A Workout Or Game
Enhances Performance**

MYTH



- It was once believed that caffeine stimulated the release of fatty acids supplying muscles with extra fat that could be used later and delay fatigue.
- We now know caffeine provides about 5 extra minutes of extra energy during extreme workouts where you are at 90%-100% of your maximum oxygen intake.
- Additionally, caffeine acts as a diuretic and will only end up causing dehydration sooner.



**It Is Suggested That Athletes
Avoid Caffeine 48 – 72 Hours
Before a Match**

Powdered Caffeine



\$10 = 100,000
milligrams of caffeine
2 spoonfuls = 70 Red
Bulls

1 teaspoon = 5,000
milligrams of caffeine

For an average adult,
5,000-10,000
milligrams can be lethal.

Nicotine



A Stimulant That Produces Physical and Mood Altering Effects on the Brain and Body.





MYTH OR FACT

**Nicotine Increases the Release of Adrenaline
Which Causes an Immediate Burst of
Energy.**



FACT

Although, It's an Initial Effect that Quickly Subsides and Leads to Lethargy and Increases Dependence.

Effects of Nicotine on Athletes

- Body Fat Reduction
 - A Low-Fat, High Protein Diet Gives Much Higher Results Without Long Term Health Consequences.
- Reduces the Amount of Oxygen Available to the Lungs.
 - Shortness of Breath
 - Muscle Endurance Reduction
 - Length of Time Engaged in Athletics
 - Increase in Heart Rate
 - Increase in Blood Pressure
 - Narrowing of Arteries Effecting Blood Flow (Heart Disease)



The definition of binge drinking for college athletes extends from 5 drinks on average to 10 drinks per sitting.





MYTH OR FACT

College athletes have higher rates of
alcohol use than high school
athletes.



MYTH

College athletes are closely monitored in a contained environment and are typically under contract.

Harmful Effects of Alcohol

Concerns for both Athletes and Non-Athletes

- Fatigue
- Confusion
- Impaired Coordination
- Impaired Memory
- Impaired Judgment
- Respiratory Depression and Arrest
- Addiction
- Death

Additional Concerns for Athletes

- Negative effects on motor skills.
- Negative effects on performance.
- Varying degrees of muscle damage and weakness.





Performance While Alcohol Is Present In Their System

(even low blood alcohol amounts of .02-.05g/dl)

- Slower reaction time.
- Decreased hand eye coordination.
- Deterioration in strength and endurance.
- Decreased jump height.
- Slower run times (100 meters, 200-400 meters, and 800-1500 meters).
- Faster fatigue.
- Extreme dehydration causing prolonged damage.





MYTH OR FACT

**Drinking A Beer After A Workout
or Athletic Performance Is A Great
Way To Replace Lost Nutrients.**



MYTH

Orange Juice Does 4X What A Beer Will Do
In Terms Of Replacing Nutrients (Especially
Potassium and Carbon)

In Fact, It Would Take 11 Beers To Replace The
Amount Of Vitamin B In One Glass Of Orange
Juice.

Performance While Hung-over

(Including 2 Days After Use)

- Hinders progress of physical conditioning
- Decreases output during workouts and practice
- Decreases muscular endurance



Chronic Alcohol Abuse

- Effects Every System Of Our Body
- Liver Cirrhoses
- Ulcers
- Heart Disease
- Diabetes
- Myopathy (muscle damage, wasting, and weakness)
- Bone Disorders
- Mental Disorders
- Nutritional Deficiencies (intake, digestion, absorption, metabolism, and excretion)
- Difficulty Increasing Muscle Mass And Strength



PALCOHOL



- Instant alcohol
- Snorting
- Easy transporting
 - Sporting events
 - Parties
 - School



Effects of Marijuana



Short Term

- Memory and Learning Difficulties
- Lack of Concentration
- Distortion of Vision, Sound, Touch, and Time
- Difficulty with thinking and problem solving
- Increased heart rate
- Drop in Blood Pressure
- Sudden Feelings of Anxiety, Panic Attacks and Paranoia
- Runny Nose, Sore throat, Wheezing

Long Term

- Chronic Respiratory Problems
- Adverse Effect on Immune System
- A –Motivational Syndrome (Apathy, Impaired Judgment, Loss of Ambition, Inability to Carry Out Goals)

Effects on Athletic Performance

ESPN.com

- Impairs Eye-Hand Coordination
- Slows Reaction Time
- Impairs Concentration
- Reduces Exercise Capacity
- Increased Fatigue
- No-Performance Enhancing Potential
- Effects Can Impact 24-36 Hours After Last Use



Marijuana Candy



Dabbing

Wax, Dabs, Oil, Errl,
Earwax, Budder, or
Shatter



Oils usually have the
consistency of molasses
and are amber or golden in
color

Prescription Drugs

Athletes are prescribed medication to treat injuries and cure illnesses.

Some athletes seek prescription drugs because:

- They are easy to obtain and are reliable
- They can provide a competitive edge
- Perception that they are safe because they are prescribed by a doctor.

Harmful Effects of Rx Drugs When Used To Enhance Performance

- Convulsions
- Comas
- Effects Ability to Breathe
- Alters Sensory Perception
- Motor Skill Impairment
- Addiction
- Death



How Common Is It?

NIDA.com

Stimulants

- Perception is they increase energy, confidence, and focus (there is no evidence to support this)
- Between 2008 and 2013, stimulant use among athletes increased from 5 million to 40 million users.

Opioids

- Allow athletes to play through pain
- Between 2008 and 2013, opioid use among athletes increased from 45 million to 180 million users.



Steroid Use

- Increase strength and muscle mass beyond what can be accomplished in training alone
- Illegal
- Cheating
- Shortened athletic careers
- High incidence of sharing needles among High School students
- Serious health consequences



Health Consequences of Steroid Use

Teenagers at Increased Risk During the
Physically and Emotionally Vulnerable Time
When Hormone Cycles Are Changing

- Liver Disease
- Heart Disease
- Stroke
- Increased Aggression
- Drug Dependence



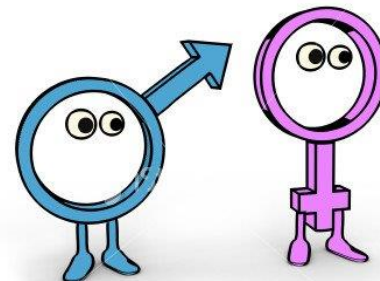
Gender Specific Consequences

Girls

- Menstrual Abnormalities
- Deepened Voice
- Shrinkage of Breasts
- Male Pattern Baldness
- Acne
- Body Hair
- Halts Linear Growth

Boys

- Acne
- Breast Development
- Infertility
- Shrinking Testicles
- Male-Pattern Baldness
- Halts Linear Growth



Cocaine Use Among Athletes

- Number of Athletes Using Cocaine is on the Decline
- Typically Not Used For Performance
- Increases Dopamine and Norepinephrine



Warning Signs an Athlete is Using Cocaine

- Coming to practice too late or too early
- Miss practice
- Altercations with teammates
- Grandiose perception of performance
- Susceptible to hyperthermia
- Disrupts thermo-regulatory system
- Heart Palpitations
- Anxiety
- Shortness of Breath
- Chest Pain
- Chronic Nasal Drip
- Recurrent Sinusitis
- Sudden Death

Heroin



- A highly addictive drug derived from morphine, which is obtained from the opium poppy
- It is a “downer” or depressant that affects the brain’s pleasure systems and interferes with the brain’s ability to perceive pain
- Across the country, suburban teenagers who became addicted to prescription drugs are now buying heroin from drug dealers
- \$110. 00 Per Bundle – 10-12 Bags/Bundle
- Philadelphia – Heroin Hub



Top Ten Things We Can Do



1. Education About Risks and Consequences.
2. Shared Commitment to Pro-social Goals.
3. Strategies for Setting and Achieving Goals.
4. Stress Management.
5. Developing a Sense of Self-Worth.
6. Develop Core Life Skills.
7. Refusal Skills.
8. Norm Setting.
9. Pro-social Bonding and Peer Attachment.
10. Participation in Programming Incompatible with Substance Abuse.

Prevention Programs Are The Key!

- Drug Testing Is Costly and Effects Are Debatable
- Legal System Only Slight Impact
- Ongoing Messaging from Coaches and Parents
- Refusal Skills and Accurate Information
- Education about Sports Nutrition, Strength Training and Conditioning, and Supplement Use
- A Strong Moral and Ethical Compass With Clear Boundaries That Will Not Be Crossed To Win