



NEED TO KNOW

Teens & Young Adults

Cannabis

- Cannabis and products containing THC (tetrahydrocannabinol) are widely used and increasingly abused by teens and young adults.
- Legal for purchase & use by adults over the age of 21 years in Michigan.
- Adverse effects are common in youth and those naïve to use
 - Sleepiness
 - Confusion
 - Mood changes
 - Difficulty walking
 - Difficulty breathing
 - Loss of consciousness
 - Coma

Vaping & E-Cigarettes

- Vape liquids are used to deliver nicotine and THC in vapor form for inhalation.
- E-cigarette use has been promoted as a safer alternative to tobacco use.
- Vaping liquids used to deliver THC to users can contain vitamin E acetate and other chemicals that have caused sudden and severe respiratory injury and death.
- Chemicals like heavy metals, formaldehyde, and other particulates used to flavor vape liquids increase the risk of long-term health risks including cancer.
- E-cigarette and vaping-associated lung injury cases (EVALI) continue to trend down in the U.S.

Alcohol

- Alcohol is the substance of abuse misused most by youth and adults.
- Use and purchase are legal for adults over the age of 21 years.
- Alcohol poisoning is most common in teens and young adults from "binge drinking".
- Binge drinking can cause severe health risks and death.
- Youth are at high risk for developing Alcohol Use Disorder (AUD) if they use alcohol regularly and/or binge drink.
- AUD can result in chronic health issues including, high blood pressure, heart disease and stroke, liver disease, cancer, and mental and social problems.

Medication

- Over-the-counter and prescription medication misuse are common.
- Medication should only be used by persons it is recommended for or prescribed to.
- Always follow the recommended or prescribed directions for use.
- Never share prescription medication with others.
- Misused prescription pain medications and other drugs intended for adult use can result in severe health risks to others and death.

Fentanyl

- Fentanyl is a synthetic opioid that is 50 X stronger than heroin and 100 X stronger than morphine.
- Illicitly manufactured fentanyl (IMF) is mixed with other drugs and is often made to resemble prescription opioids.
- Over 150 people die every day from overdoses related to synthetic opioids.
- Naloxone training and kits are free and provide the first step to help save lives when an opioid overdose happens.
- If you see anyone who is not responsive or you suspect had overdosed, call **911 immediately**.
- Seek opportunities for naloxone use training or contact the MiPDC to obtain a free naloxone kit with instructional materials.

EMERGENCIES

- Call **911 immediately** for anyone who has:
 - Difficulty breathing
 - Cannot wake up
 - Severe Confusion
 - Uncontrolled shaking or jerking
 - Intends to harm themselves
- Get help from friends and/or an adult you know and trust as soon as possible.
- Do not touch the victim or nearby items. Only trained responders should touch victims who are unconscious or in distress.
- If you suspect poisoning or medication-related issues and no one is having physical or mental distress, call the Poison Helpline
 - **1-800-222-1222**

If you do not use substances of abuse, don't start.

To access this page and other resources from the MiPDC and our partners on-line, scan the QR code.

Michigan Poison & Drug Information Center



Poison Helpline
1-800-222-1222
(program into your contacts)

Free, Confidential, & Expert Advice
24/7/365

MIPOISONHELP.ORG

