

CHEMICAL HEALTH TREND CORNER:

Adolescent's Mental Health is a Concern

Over the last few years, there has been a large increase in the number of adolescents that are seeking emotional health support in McLeod County. Depression, anxiety and suicidal thoughts with the lack of healthy coping skills are the major factors; how to assist others manage these negative emotions:

5 Reasons Why Negative Emotions Are So Hard To Manage

Hutchinson Employee Assistance Program



Why is it that more than 21 million children and adults are diagnosed with depression each year and that depression is the leading cause of disability for adults aged 15-44? Why do forty million adults in the United States suffer from an anxiety disorder?

Why can't we "just get over it" when we feel sad or worried?

It can be a struggle to combat negative emotions because they are there for a reason to warn us of danger and gear up our minds and bodies for escape or self-protection, or to help us withdraw and conserve energy when we face a loss. But

sometimes these reactions are unwarranted, too intense, or interfere with effective coping and problem-solving. Below are five reasons why negative emotions can be hard to manage.

1. Your brain is wired for survival, not happiness. That is why it keeps bringing up negative emotions, past mistakes and worries about the future. Because of this wiring, you can get stuck in repetitive cycles of self-criticism, worry and fear that interfere with your ability to enjoy the present moment.

2. It doesn't work to just shove negative emotions down or pretend they don't exist. Your mind will keep bringing them up again as a reminder that you have an ongoing problem that needs to be handled (even when there is nothing you can actually do to change things). Research suggests that suppressing thoughts while in a negative mood makes it more likely that both the thoughts and the negative mood will reoccur.

3. Your body and mind react to mental images and events as if they are events happening in the real world. You can get just as stressed by thoughts about an event as by the event itself. When negative feelings become chronic, they wear out your mind and body, causing inflammation, hormonal imbalance, or impaired immunity.

4. Negative thoughts feed on each other. Rumination can turn a controllable problem into a set of insurmountable difficulties.

5. The things you do to avoid or try to cope with feeling negative emotions may be more counterproductive than the emotions themselves. You may turn to alcohol or drugs (prescription or otherwise), which can have long term negative

effects on mood and motivation and have addictive properties. Getting angry and blaming others for your negative emotions can strain relationships. So what should you do if you are struggling with negative emotions and anxiety?

The first steps are to acknowledge the feelings, then put together an action plan to address only the things you can control and change, express your feelings and thoughts often with others, put effort into your positive daily activities, develop healthy stress reducing activities and practice them daily, and if needed; seek help by talking with professionals who know how to assist with counseling and possibly medication intervention if needed. Finally, surround yourself with healthy people in an environment that promote positive feelings.

Heroin Use on the Rise



Although the number of heroin users is lower than the number of users of other substances, rates of heroin use were higher in 2013 than they were a decade ago. Similarly, the number of people aged

12 or older who received treatment for heroin use during their most recent treatment in the past year has also risen from 277,000 people in 2002 to 526,000 people in 2013. The growing number of people getting treatment for heroin may stretch the capacity of treatment providers. ["Read More"](#)

Stronger Marijuana Available to our Community and teens: Dabs—Marijuana's Secret

Hash oil concentrate isn't new, but the current version is!



Marijuana concentrate (Dabs) is an extremely potent form of THC, the psychoactive element in marijuana. According to Brian Ruden, owner of Starbuds, a marijuana dispensary in Denver, while regular marijuana might contain 15 or 18 percent THC, hash oil concentrate gets closer to 80 or even 90 percent. And smoking it—a new craze called "dabbing," because a little dab'll do ya—is giving an intense high miles beyond the mellow effects of a joint.

Hash oil concentrate isn't new, but the current version is. The recent incarnation appeared on the scene only about four years ago, according to ["Read More"](#).

The high that a user gets from concentrates is far from natural, and the method by which hash oil is made sounds anything but healthy. Marijuana trim (or sometimes bud) is infused with a hydrocarbon, usually butane gas. The butane strips the THC and some other cannabinoids out of the plant when the mix is put under intense pressure. In addition to marijuana concentrate, the goopy stuff that emerges is laced with butane. This has to be cooked down to remove the residual chemical. The result (if the cook doesn't blow up; butane is explosive) is a glassy substance called "shatter" or "wax."

Tobacco & E-Cigarettes



E-cigarette use triples among middle and high school students in just one year! Hookah use doubles; no decline seen in overall tobacco use among middle or high school students. "Adolescence is a critical time for brain development. Nicotine exposure at a young age

may cause lasting harm to brain development, promote addiction, and lead to sustained tobacco use." "We want parents to know that nicotine is dangerous for kids at any age, whether it's an e-cigarette, hookah, cigarette or cigar," said CDC Director Tom Frieden, M.D., M.P.H

Read more:

- ["Read More " E-cigarette Critics Worry New Ads Will Make 'Vaping' Cool for Kids](#)
- ["Read More" Candy Flavors Put E-cigarettes on Kids' Menu](#)

Current e-cigarette use among middle and high school students tripled from 2013 to 2014, according to data published by the Centers for Disease Control and Prevention and the U.S. Food and Drug Administration's Center for Tobacco Products (CTP) in today's Morbidity and Mortality Weekly Report (MMWR).

Findings from the 2014 National Youth Tobacco Survey show that current e-cigarette use (use on at least 1 day in the past 30 days) among high school students increased from 4.5 percent in 2013 to 13.4 percent in 2014, rising from approximately 660,000 to 2 million students. Among middle school students, current e-cigarette use more than tripled from 1.1 percent in 2013 to 3.9 percent in 2014—an increase from approximately 120,000 to 450,000 students.

Hookah smoking roughly doubled for middle and high school students, while cigarette use declined among high school students and remained unchanged for middle school students.

Synthetic Drugs causing serious physical complications



Physicians can experience difficulty trying to determine the cause of severe medical problems seen in users of these substances when they present to emergency departments due to the wide variety of chemicals used to make synthetic cannabinoids.

"One of the strengths of the poison center network is its ability to identify emerging public health threats virtually in real-time," said Stephen T. Kaminski, JD, AAPCC executive director, in a news release. "Poison centers are staffed with medical professionals who are available 24 hours a day, seven days a week, to answer questions about 'K2,' 'Spice,' or any other substances that could be harmful to your health. All calls are confidential.

["Read More"](#)

The American Association of Poison Control Centers (AAPCC) and experts at America's 55 poison centers are warning the public about a group of dangerous new synthetic cannabinoids which have recently led to a dramatic spike in poison center exposure calls in the United States.

Synthetic "POT" cannabinoid-related emergency rooms have seen dramatic increases, signaling this is a national problem. Synthetic "marijuana" products, also known as THC homologs, can have the following, life-threatening health effects:

- Severe agitation and anxiety
- Fast, racing heartbeat and higher blood pressure
- Nausea and vomiting
- Muscle spasms, seizures, and tremors
- Intense hallucinations and psychotic episodes
- Suicidal and other harmful thoughts and/or actions