



# BRIGHT FUTURES HANDOUT ► PATIENT

## 18 THROUGH 21 YEAR VISITS

Here are some suggestions from Bright Futures experts that may be of value to you.

### ✓ HOW YOU ARE DOING

- Enjoy spending time with your family.
- Find activities you are really interested in, such as sports, theater, or volunteering.
- Try to be responsible for your schoolwork or work obligations.
- Always talk through problems and never use violence.
- If you get angry with someone, try to walk away.
- If you feel unsafe in your home or have been hurt by someone, let us know. Hotlines and community agencies can also provide confidential help.
- Talk with us if you are worried about your living or food situation. Community agencies and programs such as SNAP can help.
- Don't smoke, vape, or use drugs. Avoid people who do when you can. Talk with us if you are worried about alcohol or drug use in your family.

### ✓ YOUR FEELINGS

- Most people have ups and downs. If you are feeling sad, depressed, nervous, irritable, hopeless, or angry, let us know or reach out to another health care professional.
- Figure out healthy ways to deal with stress.
- Try your best to solve problems and make decisions on your own.
- Sexuality is an important part of your life. If you have any questions or concerns, we are here for you.

### ✓ YOUR DAILY LIFE

- Visit the dentist at least twice a year.
- Brush your teeth at least twice a day and floss once a day.
- Be a healthy eater.
  - Have vegetables, fruits, lean protein, and whole grains at meals and snacks.
  - Limit fatty, sugary, salty foods that are low in nutrients, such as candy, chips, and ice cream.
  - Eat when you're hungry. Stop when you feel satisfied.
  - Eat breakfast.
- Drink plenty of water.
- Make sure to get enough calcium every day.
  - Have 3 or more servings of low-fat (1%) or fat-free milk and other low-fat dairy products, such as yogurt and cheese.
- Women: Make sure to eat foods rich in folate, such as fortified grains and dark-green leafy vegetables.
- Aim for at least 1 hour of physical activity every day.
- Wear safety equipment when you play sports.
- Get enough sleep.
- Talk with us about managing your health care and insurance as an adult.

### ✓ HEALTHY BEHAVIOR CHOICES

- Avoid using drugs, alcohol, tobacco, steroids, and diet pills. Support friends who choose not to use.
- If you use drugs or alcohol, let us know or talk with another trusted adult about it. We can help you with quitting or cutting down on your use.
- Make healthy decisions about your sexual behavior.
- If you are sexually active, always practice safe sex. Always use birth control along with a condom to prevent pregnancy and sexually transmitted infections.
- All sexual activity should be something you want. No one should ever force or try to convince you.
- Protect your hearing at work, home, and concerts. Keep your earbud volume down.

**Helpful Resource:** National Domestic Violence Hotline: 800-799-7233

# 18 THROUGH 21 YEAR VISITS—PATIENT



## STAYING SAFE

- Always be a safe and cautious driver.
  - Insist that everyone use a lap and shoulder seat belt.
  - Limit the number of friends in the car and avoid driving at night.
  - Avoid distractions. Never text or talk on the phone while you drive.
- Do not ride in a vehicle with someone who has been using drugs or alcohol.
  - If you feel unsafe driving or riding with someone, call someone you trust to drive you.
- Wear helmets and protective gear while playing sports. Wear a helmet when riding a bike, a motorcycle, or an ATV or when skiing or skateboarding.
- Always use sunscreen and a hat when you're outside.
- Fighting and carrying weapons can be dangerous. Talk with your parents, teachers, or doctor about how to avoid these situations.

Consistent with *Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents*, 4th Edition

For more information, go to <https://brightfutures.aap.org>.

American Academy of Pediatrics

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The information contained in this handout should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances. Original handout included as part of the *Bright Futures Tool and Resource Kit*, 2nd Edition.

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# Getting the Right Start

## STUDENT GUIDE TO MENTAL HEALTH

### KNOW THE 10 COMMON WARNING SIGNS



- 1 Feeling very sad or withdrawn for more than two weeks
- 2 Seriously trying to harm or kill oneself or making plans to do so
- 3 Severe out-of-control, risk-taking behaviors
- 4 Sudden, overwhelming fear for no reason
- 5 Not eating, throwing up or using laxatives to lose weight; significant weight loss or weight gain
- 6 Seeing, hearing or believing things that are not real
- 7 Repeatedly using drugs or alcohol
- 8 Drastic changes in mood, behavior, personality or sleeping habits
- 9 Extreme difficulty in concentrating or staying still
- 10 Intense worries or fears that get in the way of daily activities

### WORRIED? TELL SOMEONE

- ✓ A FAMILY MEMBER
- ✓ CLOSE FRIEND
- ✓ TEACHER OR PROFESSOR
- ✓ COUNSELOR OR COACH
- ✓ FAITH LEADER



YOU ARE NOT ALONE

1 in 5

youth and young adults lives with a mental health condition



### WHAT TO SAY

I haven't felt right lately and I don't know what to do. Can I talk to you about it?

I'm having a really hard time lately, will you go with me to see someone?

I'm worried about stuff that's going on right now, do you have time to talk?



### WHAT TO DO



Getting help early for mental health matters in keeping your life on track.



Your first stop is your primary care doctor, to rule out other physical health conditions



Be honest about what you're feeling and be clear about what you want

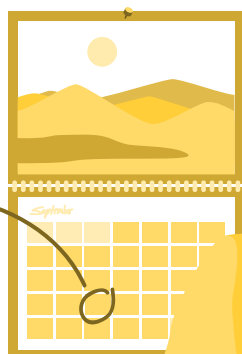


Ask for help finding a therapist or mental health specialist that works for you

### KEEP IN MIND

It can take a while to get an appointment with a specialist.

If you need to see a specialist right away, speak up to get an appointment sooner.



### CONNECT WITH OTHERS

Lots of youth and young adults live with a mental health condition. You can connect with them at [OK2Talk.org](http://OK2Talk.org). Also, look in your community for peer and support groups and you will discover that you are not alone.

Follow Us!



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[www.nami.org](http://www.nami.org)



# TIPS for TEENS

## E-CIGARETTES

### THE TRUTH ABOUT E-CIGARETTES



**SLANG: E-CIGS/E-HOOKAHS/  
VAPE PENS/VAPES/  
TANK SYSTEMS/MODS**

## GET THE FACTS

#### **E-CIGARETTES ARE A WAY TO INHALE NICOTINE AND MARIJUANA.**

The aerosol emitted can also contain other harmful substances, including heavy metals such as lead, volatile organic compounds, and cancer-causing agents.<sup>1</sup>

**E-CIGARETTES COME IN MANY SHAPES AND SIZES.** Some resemble pens, USB sticks, and other everyday items. Larger devices such as tank systems, or “mods,” do not resemble other tobacco products.

**E-CIGARETTE USE HARMS THE DEVELOPING BRAIN.** E-cigarettes typically deliver nicotine, a harmful drug to the youth brain and body. Teens are particularly vulnerable to the effects of nicotine since the brain is still developing during these years and through young adulthood.<sup>2</sup> People who use marijuana in an e-cigarette may experience the same side effects as they would if they smoked marijuana—all of which can be heightened if the person uses marijuana with another substance, such as alcohol.<sup>3</sup>

## ? Q&A

**Q. AREN'T E-CIGARETTES SAFER THAN SMOKING CIGARETTES OR USING SMOKELESS TOBACCO?**

**A.** Regular cigarettes are extraordinarily dangerous, killing half of all people who smoke long-term. However, youth use of tobacco products in any form is unsafe, including e-cigarettes. More research is needed to fully understand their impact on health.

**Q. CAN'T E-CIGARETTES HELP ME QUIT SMOKING REGULAR CIGARETTES?**

**A.** E-cigarettes may help non-pregnant adult smokers if used as a complete substitute for all cigarettes. However, there is no conclusive evidence that using e-cigarettes helps someone quit smoking for good.<sup>4</sup> The U.S. Food and Drug Administration (FDA) has approved seven “quit aids” for quitting smoking, but e-cigarettes are not currently one of them.

**Q. AREN'T E-CIGARETTES USED MORE OFTEN BY ADULTS, NOT YOUTH?**

**A.** Youth are more likely than adults to use e-cigarettes. In 2018, more than 3.6 million U.S. middle and high school students used e-cigarettes in the past 30 days, including 4.9 percent of middle school students and 20.8 percent of high school students.<sup>5</sup>

#### **THE BOTTOM LINE:**

E-cigarettes are unsafe for young people. Whether a young person uses nicotine or marijuana in an e-cigarette, there can be dangerous health consequences.

#### **LEARN MORE:**

Get the latest information on how drugs affect the brain and body at [teens.drugabuse.gov](https://teens.drugabuse.gov).

#### **TO LEARN MORE ABOUT E-CIGARETTES, CONTACT:**

**SAMHSA**

**1-877-SAMHSA-7 (1-877-726-4727)**

(English and Español)

**TTY 1-800-487-4889**

**[www.samhsa.gov](https://www.samhsa.gov)**

**[store.samhsa.gov](https://store.samhsa.gov)**



# **SAMHSA**

Substance Abuse and Mental Health  
Services Administration



# BEFORE YOU RISK IT!

1

**KNOW THE LAW.** People ages 18 and older are allowed to buy e-cigarettes in most states—other states have an age requirement of 19 or 21. However, just because e-cigarettes are legal for adults to purchase doesn't mean they are safe, especially for young people.<sup>6</sup>

2

**KNOW THE RISKS.** Nicotine is highly addictive and can harm the developing adolescent brain. The nicotine in e-cigarettes and other tobacco products can also prime young brains for addiction to other drugs, such as cocaine and methamphetamine.<sup>7</sup>

3

**LOOK AROUND YOU.** E-cigarettes are the most commonly used tobacco product among youth. However, four out of five U.S. students overestimate peer e-cigarette use. If you've never smoked or used other tobacco products or e-cigarettes, don't start.<sup>8</sup>



## MORE INFORMATION

FOR MORE INFORMATION OR FOR RESOURCES USED IN THIS

# "TIPS for TEENS,"

visit [store.samhsa.gov](http://store.samhsa.gov) or call  
1-877-SAMHSA-7 (1-877-726-4727)  
(English and Español).

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**SAMHSA**  
Substance Abuse and Mental Health  
Services Administration



## WHAT CAN YOU DO TO HELP SOMEONE WHO IS USING E-CIGARETTES?

### BE A FRIEND.

Encourage your friend to stop using or seek help from a parent, teacher, or other caring adult.

For 24/7 free and confidential information and referrals in English and Spanish, call SAMHSA's National Helpline at:

1-800-662-HELP (1-800-662-4357)

or visit the SAMHSA Behavioral Health Treatment Services Locator at:  
[findtreatment.samhsa.gov](http://findtreatment.samhsa.gov)

<sup>1</sup> Centers for Disease Control and Prevention (CDC). (2018). Electronic cigarettes. *Smoking & Tobacco Use*. Retrieved from [https://www.cdc.gov/tobacco/basic\\_information/e-cigarettes/index.htm](https://www.cdc.gov/tobacco/basic_information/e-cigarettes/index.htm)

<sup>2</sup> U.S. Department of Health and Human Services (HHS). (2016). *E-Cigarette Use Among Youth and Young Adults: A Report of the Surgeon General*. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health. Retrieved from [https://e-cigarettes.surgeongeneral.gov/documents/2016\\_SGR\\_Full\\_Report\\_508.pdf](https://e-cigarettes.surgeongeneral.gov/documents/2016_SGR_Full_Report_508.pdf)

<sup>3</sup> NIDA. (2017). *Marijuana: Facts for Teens*. Retrieved from <https://www.drugabuse.gov/publications/marijuana-facts-teens/want-to-know-more-some-faqs-about-marijuana>

<sup>4</sup> NIDA. (2018). Electronic cigarettes (e-cigarettes). Retrieved from <https://www.drugabuse.gov/publications/drugfacts/electronic-cigarettes-e-cigarettes>

<sup>5</sup> Cullen, K. A., Ambrose, B. K., Gentzke, A. S., Apelberg, B. J., Jamal, A., & King, B. A. (2018). Notes from the field: Use of electronic cigarettes and any tobacco product among middle and high school students — United States, 2011–2018. *Morbidity & Mortality Weekly Report*, 67(45):1276–77.

<sup>6</sup> CDC (2018). STATE System Tobacco 21 fact sheet. Retrieved from <https://chronicdata.cdc.gov/download/873a-iff4/application%2Fpdf>

<sup>7</sup> HHS. (2016). Fact sheet. *E-Cigarette Use Among Youth and Young Adults: A Report of the Surgeon General*. Retrieved from [https://e-cigarettes.surgeongeneral.gov/documents/2016\\_SGR\\_Fact\\_Sheet\\_508.pdf](https://e-cigarettes.surgeongeneral.gov/documents/2016_SGR_Fact_Sheet_508.pdf)

<sup>8</sup> Agaku, I. T., Odani, S., Homa, D., Armour, B., & Glover-Kudon, R. (2018). Discordance between perceived and actual tobacco product use prevalence among US youth: A comparative analysis of electronic and regular cigarettes. *Tobacco Control*. Retrieved from <https://www.ncbi.nlm.nih.gov/pubmed/29674512>

# TIPS for TEENS

## OPIOIDS

### THE TRUTH ABOUT OPIOIDS

SLANG: O.C./OXY/PERCS/VIKE/M/MONKEY/  
WHITE STUFF/LEAN/SCHOOLBOY/SIZZURP/  
PURPLE DRANK/LOADS

## GET THE FACTS

**OPIOIDS AFFECT YOUR BRAIN.** Opioids are a class of drugs that include the illegal drug heroin, synthetic opioids such as fentanyl, and pain relievers available legally by prescription, such as oxycodone, hydrocodone, codeine, morphine, and many others.<sup>1</sup> They affect both the spinal cord and brain to reduce the intensity of pain-signal perception as well as brain areas that control emotion.<sup>2</sup> They can also affect the brain to cause euphoria or “high.”<sup>3</sup>

**OPIOIDS AFFECT YOUR BODY.** Opioids slow down the actions of the body, such as breathing and heartbeat. Even a single dose of an opioid can cause severe respiratory depression (slowing or stopping of breathing), which can be fatal; taking opioids with alcohol or sedatives increases this risk.<sup>4</sup>

**OPIOIDS ARE ADDICTIVE.** Even though heroin is highly addictive, more people struggle with addiction to prescription pain relievers.<sup>5</sup> Many young people who inject heroin report misuse of prescription opioids before starting to use heroin.<sup>6</sup>

**OPIOIDS CAN KILL YOU.** Drug overdose is the leading cause of accidental death in the United States, with 68,690 drug overdose deaths between March 2017 and March 2018.<sup>7</sup> More than 46,000 of those deaths involved opioids.<sup>8</sup>

**OPIOID ADDICTION IS TREATABLE.** Methadone, buprenorphine, and naltrexone are medications that are FDA-approved to treat opioid use disorder. For more information, visit <https://www.drugabuse.gov/publications/research-reports/medications-to-treat-opioid-addiction/efficacy-medications-opioid-use-disorder>.

## ? Q&A

**Q. MY DOCTOR PRESCRIBED ME OPIOIDS. DOESN'T THAT MEAN THEY'RE SAFE?**

**A.** Prescription opioids—when used long term or incorrectly—can cause the brain to become reliant on the drug and are addictive.<sup>9</sup>

**Q. IF I USE OPIOIDS, WILL I BECOME ADDICTED?**

**A.** Prescription opioids can cause physical dependence when used as directed or addiction if misused; illegal opioids such as heroin are also highly addictive. People who regularly use prescription opioids or heroin often develop tolerance, which means that they need higher and/or more frequent doses of the drug to get the desired effects.<sup>10</sup>

### THE BOTTOM LINE:

Many people are prescribed opioids out of medical necessity, but opioids can still be dangerous and addictive. Even if someone is prescribed one of these medications—such as hydrocodone, oxycodone, and morphine—misuse of these substances is rampant. Talk to your parents, a doctor, a counselor, a teacher, or another adult you trust if you have questions.

### LEARN MORE:

Get the latest information on how drugs affect the brain and body at [teens.drugabuse.gov](https://teens.drugabuse.gov).

### TO LEARN MORE ABOUT OPIOIDS, CONTACT:

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1-877-SAMHSA-7 (1-877-726-4727)  
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**SAMHSA**  
Substance Abuse and Mental Health  
Services Administration



# BEFORE YOU RISK IT!

- 1 KNOW THE LAW.** Heroin is illegal and addictive.<sup>11</sup> If you are caught with prescription opioids that are not yours, you can be imprisoned, fined, or both.<sup>12</sup>
- 2 KNOW THE RISKS.** Using opioids repeatedly can lead to higher tolerance.<sup>13</sup> Other risks include addiction and overdose death.
- 3 LOOK AROUND YOU.** A recent study found that 38.5 percent of the people who misused prescription pain relievers got them from a friend or relative for free; 34.6 percent were prescribed the medication by one doctor.<sup>14</sup>



## KNOW THE SIGNS

How can you tell if a friend is using opioids?

Side effects of opioid use include:<sup>15</sup>

- **Constipation, nausea, vomiting, and dry mouth;**
- **Sleepiness and dizziness;**
- **Confusion;**
- **Decreased breathing; and**
- **Itching and sweating.**

Behavioral signs and symptoms of opioid addiction include:<sup>16</sup>

- **A change in peer group;**
- **Carelessness with grooming;**
- **Decline in academic performance;**
- **Missing classes or skipping school;**
- **Loss of interest in favorite activities;**
- **Changes in eating or sleeping habits; and**
- **Deteriorating relationships with family and friends.**



## WHAT CAN YOU DO TO HELP SOMEONE WHO IS USING OPIOIDS?

### BE A FRIEND. SAVE A LIFE.

Encourage your friend to stop using or seek help from a parent, teacher, or other caring adult.

For 24/7 free and confidential information and treatment referrals in English and Español, call SAMHSA's National Helpline at:

**1-800-662-HELP (1-800-662-4357)** or visit the SAMHSA Behavioral Health Treatment Services Locator at [findtreatment.samhsa.gov](https://findtreatment.samhsa.gov)

<sup>1</sup> National Institute on Drug Abuse. (2018). Opioids. Retrieved from <https://www.drugabuse.gov/drugs-abuse/opioids>

<sup>2</sup> National Institute on Drug Abuse. (2018). Misuse of Prescription Drugs. Retrieved from <https://www.drugabuse.gov/publications/research-reports/misuse-prescription-drugs/which-classes-prescription-drugs-are-commonly-misused>

<sup>3</sup> U.S. Department of Health and Human Services. (2014). The Facts About Buprenorphine. Retrieved from <https://store.samhsa.gov/system/files/sma14-4442.pdf>

<sup>4</sup> Jones, C. M., Paulozzi, L. J., & Mack, K. A. (2014). Alcohol involvement in opioid pain reliever and benzodiazepine drug abuse-related emergency department visits and drug-related deaths - United States, 2010. *Morbidity and Mortality Weekly Report*, 63(40), 881-885. Retrieved from <https://www.cdc.gov/mmwr/preview/mmwrhtml/mm6340a1.htm>

<sup>5</sup> Center for Behavioral Health Statistics and Quality. (2017). Medications for Opioid Use Disorder. Retrieved from <https://store.samhsa.gov/system/files/sma18-5063pt2.pdf>

<sup>6</sup> National Institute on Drug Abuse. (2018). Prescription opioids and heroin. *Research Report Series*. Retrieved from <https://www.drugabuse.gov/publications/research-reports/relationship-between-prescription-drug-heroin-abuse/prescription-opioid-use-risk-factor-heroin-use>

<sup>7</sup> National Center for Health Statistics (NCHS). (2018). Provisional Drug Overdose Death Counts. Retrieved from <https://www.cdc.gov/nchs/nvss/vsrr/drug-overdose-data.htm>

<sup>8</sup> National Institute on Drug Abuse. (2018). Opioid Overdose Crisis. Retrieved from <https://www.drugabuse.gov/drugs-abuse/opioids>

<sup>9</sup> National Institute on Drug Abuse. (2018). What is heroin? *Drug Facts*. Retrieved from <https://www.drugabuse.gov/publications/drugfacts/heroin>

<sup>10</sup> U.S. Department of Justice & Drug Enforcement Administration. (2015). *Drugs of abuse: A DEA resource guide*. Retrieved from [https://www.dea.gov/pr/multimedia-library/publications/drug\\_of\\_abuse.pdf](https://www.dea.gov/pr/multimedia-library/publications/drug_of_abuse.pdf)

<sup>11</sup> Addiction.com. (2015). Before You Share That Pain Medication. Retrieved from <https://www.addiction.com/12040/before-you-share-that-pain-medication/>

<sup>12</sup> Substance Abuse and Mental Health Services Administration (SAMHSA). (2016). Opioids. Retrieved from <https://www.samhsa.gov/atod/opioids>

<sup>13</sup> Substance Abuse and Mental Health Services Administration, Center for Behavioral Health Statistics and Quality. (2018). *Key substance use and mental health indicators in the United States: Results from the 2017 National Survey on Drug Use and Health*. Retrieved from <https://www.samhsa.gov/data/report/2017-nsduh-annual-national-report>

<sup>14</sup> Centers for Disease Control and Prevention. (2017). Opioid Overdose. Retrieved from <https://www.cdc.gov/drugoverdose/opioids/prescribed.html>

<sup>15</sup> National Institute on Drug Abuse. (2014). *Principles of adolescent substance use disorder treatment: A research-based guide*. Retrieved from <https://www.drugabuse.gov/publications/principles-adolescent-substance-use-disorder-treatment-research-based-guide/frequently-asked-questions/what-are-signs-drug-use-in-adolescents-what-role-can-parents-play-in-getting-treatment>

## MORE INFORMATION



FOR MORE INFORMATION OR FOR RESOURCES USED IN THIS "TIPS for TEENS," visit [store.samhsa.gov](https://store.samhsa.gov) or call 1-877-SAMHSA-7 (1-877-726-4727) (English and Español).  
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