# Youth Substance Use and Non-Substance Disorders

## Substance Use Disorder
Recurrent use of substances that causes clinically and functionally significant impairment and failure to meet major responsibilities

## Non-Substance Disorder
Behavioral addictions that lead to significant psychosocial and functional impairments

### SUBSTANCES USED BY YOUTH

<table>
<thead>
<tr>
<th>Substance</th>
<th>Type of Drug</th>
<th>Physical Form</th>
<th>Consumption</th>
<th>Impact on Health</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcohol</td>
<td>Depressant</td>
<td>Liquid</td>
<td>In beverages</td>
<td>Impaired brain functioning; increased risk of cancer; weakened immune system; decreased heart health and functioning; damage to the liver and other organs; and increased risky behaviors</td>
</tr>
<tr>
<td>Cocaine</td>
<td>Stimulant</td>
<td>Fine, white powder</td>
<td>Snorted, smoked, or injected</td>
<td>Impaired brain functioning; decreased appetite; damage to nose, intestines, and bowels; increased alertness, insomnia, anxiety, and erratic behavior; increase risk for heart issues; and increased risk for infectious diseases</td>
</tr>
<tr>
<td>Marijuana*</td>
<td>Psychoactive</td>
<td>Greenish, gray mixture of dried, shredded leaves, stems, seeds, flowers; or resin</td>
<td>Smoked or eaten</td>
<td>Decreased coordination and reaction time; hallucinations, anxiety, panic attacks and psychosis; problems with mental health, learning, and memory; and damage to the respiratory system</td>
</tr>
<tr>
<td>Opioids</td>
<td>Pain relievers, depressants, and stimulants</td>
<td>Tablet, capsule, or liquid</td>
<td>Swallowed or injected</td>
<td>Drowsiness, nausea, constipation, and confusion; slowed breathing and death; and increased risk of infectious diseases</td>
</tr>
<tr>
<td>Tobacco</td>
<td>Stimulant</td>
<td>Cigarettes, cigars, bidis, hookahs, snuff, or chew</td>
<td>Smoked, snorted, chewed, or vaporized</td>
<td>Increased blood pressure, breathing, and heart rate; greatly increased risk for cancer; and increased risk for chronic bronchitis, emphysema, heart disease, cataracts, and pneumonia</td>
</tr>
</tbody>
</table>

* Legislation passed in 2017 and 2018 that expanded the conditions for which cannabis oil can be prescribed to include post-traumatic stress disorder, intractable pain, Tourette's syndrome, Autism Spectrum Disorder, Epidermolysis bullosa, Alzheimer's disease, Human immunodeficiency syndrome, Autoimmune disease and Peripheral neuropathy.

www.georgiavoices.org
Alcohol, marijuana, and tobacco are the most commonly used substances among adolescents.\textsuperscript{13}

More than 36,000 high school students reported using marijuana in the last 30 days.\textsuperscript{14}

Georgia has the 5th highest marijuana possession arrest rate in the nation and a Black person is 3 times more likely to be arrested for possession than a White person.\textsuperscript{15}

The Georgia Student Health Survey is offered annually. “The last month” refers to the month prior to the students completing the survey. This measure is used to assess alcohol and drug use among youth and can be compared to national data from the Youth Risk Behavior Surveillance System (YRBSS).

<table>
<thead>
<tr>
<th>Substance</th>
<th>Use Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcohol</td>
<td>11%</td>
</tr>
<tr>
<td>e-Cigarette (Vaping)</td>
<td>10%</td>
</tr>
<tr>
<td>Marijuana</td>
<td>9%</td>
</tr>
<tr>
<td>Cigarettes</td>
<td>4%</td>
</tr>
<tr>
<td>Pain Relievers</td>
<td>4%</td>
</tr>
</tbody>
</table>

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**FACTS ON YOUTH SUBSTANCE USE**

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**Non-Substance Disorders**

**Pathological Gambling**

A formally recognized and treatable addiction to regulated and non-regulated gambling and betting that causes significant problems in a child’s life

**Impact on Health**

Loss of means to protect well-being (e.g., money, school materials, food, etc.); stress and guilt associated with loss and debt; damaged relationships; and increased risk for mental health disorders, crime, substance use, and risky behaviors

**Problematic Internet Use**

Encompasses gambling, internet enabled sexual behavior, online gaming, and excessive internet use (more than 35 hours/week)\textsuperscript{17} that causes youth to neglect other areas of life important to healthy development and functioning (e.g., spending time with friends and family, sleeping, and doing school work).\textsuperscript{18}

Decrease in offline social activities; changes in health habits (e.g., sleep, eating, and physical activity); and increased likelihood of developing depression.\textsuperscript{19,20}

Sources available here: [https://tinyurl.com/YouthSubstanceUseGA](https://tinyurl.com/YouthSubstanceUseGA)
Sources for Youth Substance Use and Non-Substance Disorders