



# COUNTY OF SAN DIEGO NEWS ADVISORY

**FOR IMMEDIATE PUBLICATION**  
**June 18, 2008**

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## ***YOUR CHILD'S DRUG DEALER IS CLOSER THAN YOU THINK*** ***County Officials Warn Parents about Teens' Newest Way to Get High;*** ***Teen Shares Experience with "Dexing" and "Skittling"***

**WHAT:** County officials join medical and treatment experts, community members and teens to warn parents about the latest drugs their children may be using to get high.

They will also explain what "dexing" and "skittling" are and reveal how teens are acquiring prescription and over-the-counter drugs that have become extremely popular among young people.

**WHO:** **Chairman Greg Cox**, District 1, County of San Diego Board of Supervisors  
**Nick Macchione**, Director, Health and Human Services Agency  
**Marshall Lewis, M.D.**, Clinical Director, HHSA's Behavioral Health Services

**WHEN:** **10:30 a.m. Friday, June 20, 2008**

**WHERE:** **South Bay Community Services—Teen Recovery Center**  
**1124 Bay Boulevard—Chula Vista, CA 91911**

**WHY:** Three teens died in San Diego County in the past seven years from an overdose of prescription drugs.

Next to marijuana, prescription and over-the-counter drugs are most abused by teens in the U.S. However, a 2006 study revealed that there are just as many new users abusing these drugs as there are abusing marijuana.

They are legal and easy to get. In a 2006 survey, nearly 1 in 5 U.S. teens (4.5 million) reported using some type of prescription drug. One in 10 young people (2.4 million) are abusing over-the-counter drugs.

Girls are more likely than boys to intentionally use prescription and over-the-counter drugs to get high.

70 % of teens get these drugs from a dealer most parents know. Last year, 33% of juvenile arrestees in the County admitted using prescription drugs illegally; 30 % admitted abusing over-the-counter drugs such as cold and cough medications.

In 2004, nearly half of all emergency room visits in the nation resulting from abuse of over-the-counter drugs were patients between 12 and 20 years old.

Teens whose parents teach them about the risks of drugs are 50 % less likely to use drugs.

Parents who believe their child might have a drug problem should call the County's Access and Crisis Line at (800) 479-3339.

**VISUALS:** **Unveiling of new "Drug Dealer." Drugs abused by teens. Posters of latest drugs young people are using to get high.**

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