

THE FACTS

About Drug Abuse

4th Quarter 2009

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DRUG STATISTICS

Half of 16 and 17 year olds say that among their age group, smoking marijuana is more common than smoking cigarettes.

97% of all parents surveyed say it is important that their teen's school be drug free.

**2008 CASA Teen Drug Survey*

Medical Marijuana Being Marketed To Students

Medical marijuana is becoming an issue that not only American employers are grappling with, but even schools are beginning to face. It has become a big business and some companies running medical marijuana dispensaries now have revenues in the millions of dollars per year. The following excerpts are from a recent NY Times article that highlights how some of these dispensaries are targeting teenagers and college students.

"At the Peace in Medicine Healing Center in Sebastopol, the wares on display include dried marijuana — featuring brands like Kryptonite, Voodoo Daddy and Train Wreck — and medicinal cookies arrayed below a sign saying, "Keep Out of Reach of Your Mother."

The warning tells a story of its own: some of the center's clients are too young to buy themselves a beer. Several Bay Area doctors who recommend medical marijuana for their patients said in recent interviews that their client base had expanded to include teenagers with psychiatric conditions including attention-deficit hyperactivity disorder.

"How many ways can one say 'one of the worst ideas of all time?'" asked Stephen Hinshaw, the chairman of the psychology department at UC, Berkeley.

He cited studies showing that THC, the active ingredient in cannabis, disrupts attention, memory and concentration — functions already compromised in people with the attention-deficit disorder.

Dr. Nora D. Volkow, director of the National Institute on Drug Abuse, said she was particularly worried about the risk of dependency — a risk she said was already high among adolescents and people with attention-deficit disorder.

Until the age of 18, patients requesting medical marijuana must be accompanied to the doctor's appointment and to the dispensaries by a parent or authorized caregiver. Some doctors interviewed said they suspected that in at least some cases, parents were accompanying their children primarily with the hope that medical authorization would allow the adolescents to avoid



BUTTERSCOTCH ROCK CANDY

Ingredients: Sugar, corn syrup, water, hash (marijuana) oil, candy oil, and food coloring.

**Students W/ Current Student ID
 10% OFF EVERY FRIDAY**

**From a Marijuana Dispensary Website*

buying drugs on the street.

Alberto Torrico, the majority leader of the California Assembly, argues for more oversight in general. "The marijuana is a lot more powerful these days than when we were growing up, and too much is being dispensed for nonmedical reasons," he said in an interview last week, bluntly adding, "Any children being given medical marijuana is unacceptable."

View Article:
www.nytimes.com/2009/11/22/health/22sfmedical.html

Notes from Dr. George Elder

Dear Colleagues,

After 32 years as a Headmaster I am most comfortable with evaluation and I thought I would give you a quick report card on my first four months with Psychemedics and what I am finding as I visit schools all across America.

I have found Psychemedics Corporation from the inside to be just what I had seen and experienced from the outside. I am working with highly professional team members, all focused on helping companies and schools protect their employees and children from the destructive force of illegal drugs. You can have every confidence about your decision to partner with Psychemedics.

Since I started my new job with Psychemedics, I have visited 60+ public and private schools and colleges of all shapes and sizes. All clearly see the protective and preventative power of hair testing. This period of economic uncertainty continues to challenge all schools. However, saving our children is simply too important to let anything stop us.

Perhaps the aspect of my job I have enjoyed the most is the opportunity to visit so many fine schools and to meet some of the best educators anywhere. I have learned so much and will be sharing this knowledge with you in the coming newsletters.

I look forward to visiting with all of you and together we can win this battle against illegal drugs and protect our students and their families. Enjoy that well deserved time off coming soon!



Dr. George Elder,
 Vice President, Schools & Colleges

Ecstasy Might Be Linked To Mental Deficits

The “club drug” ecstasy is typically not used all that often by those who take it - but it can still have the potential to cause a lot of damage among some users, say University of Cincinnati researchers. With the help of a grant, the UC is currently conducting a study to trace the effects of ecstasy and to see who’s most at risk. Ecstasy is unique in that it is both a stimulant and a psychotic drug.

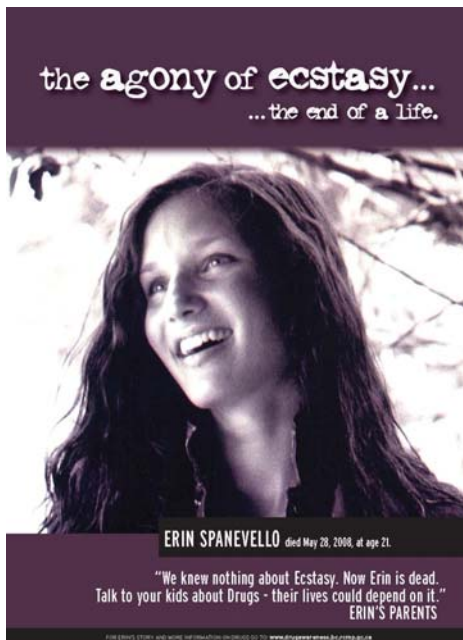
“We are looking at ecstasy and the brain,” said Krista Medina, a principal investigator in the UC study. “We are more interested in the chronic effects.”

Serotonin transporters are potentially effected by use of MDMA. Serotonin, while functioning normally in the human body, is partly responsible for sleep, depression and one of the study’s main focuses, memory.

“People that have used ecstasy have 10 to 20 times the normal memory deficit,” Medina said. “That’s what’s particularly alarming about it.”

Medina says she has conducted previous research that found long-term use of ecstasy was linked to poor verbal memory. Other research has linked ecstasy to poor executive function, such as a reduction of attention, problem-solving and planning capabilities.

Article Source: <http://www.newsrecord.org/sections/news/ecstasy-might-be-linked-to-mental-deficits-1.2041757>



Even First-Time Ecstasy Use Can Be Fatal

The RCMP (Royal Canadian Mounted Police) has launched a new national anti-drug campaign that features the story of a young B.C. woman who died last year after overdosing from taking ecstasy for the first time. Her mother has written a story about what occurred.

“Erin Jean Maria Spanevello was born April 27, 1987. From the time she was a baby, through childhood into her teens and now as a young woman, Erin was healthy and happy. She had grown up in a small town and enjoyed swimming, competitive gymnastics, ballet and jazz dance.

I am her Mother. I remember her as unique and incredible, with her own share of typical insecurities. She questioned the complexities of life, battled acne, and struggled with choosing a career. She could be tentative and uncertain in one moment, and independent and assertive in the next. But this year was different – it had all come together for her. She was 21

and I could see her becoming the great person she was destined to be. There were no apparent clues to the tragedy that was about to befall us.

Erin’s brilliant life and future was snuffed out by a single decision to take Ecstasy!

One month after her 21st birthday at 6:30 a.m., Erin succumbed to an irreversible coma. She died from cardiac and respiratory failure induced by a lethal dose of illegal synthetic drugs, Ecstasy and GHB.

Her death was unnecessary and totally avoidable. Yes, you might be thinking that she could have said “No!” Regrettably, as right as you are, the reality is that an ever-increasing number of young people are experimenting with these drugs, like older generations tried alcohol.”

For more on Erin’s story: <http://drugawareness.bc.rcmp.gc.ca/ViewPage.action?siteNodId=679&languageId=1&contentId=9855>

ASTOUNDING FACTS: Rated R Movies & Drugs - Environmental Effects

43% of 12-to-17 year olds that see 3 or more Rated R movies each month are 7 times likelier to smoke cigarettes, 6 times likelier to try marijuana and 5 times likelier to drink alcohol, compared to those who watch no R-rated movies in a typical month.

Source: The 10th Annual Back-To-School Survey from the National Center of Addiction and Substance Abuse at Columbia

Smoking and Drinking Decline, But Marijuana Use Remains Steady Among Teens

"While the long-term general decline is encouraging, especially for cigarettes and alcohol, some of our other findings this year amplify our concerns for potential problems in the future—especially the nonmedical use of prescription drugs," says NIDA Director Dr. Nora D. Volkow. Abuse rates for prescription drugs, particularly narcotic pain relievers, have held steady or risen in recent years.

In the most recent survey, 15.4 percent of high school seniors said they had abused prescription drugs in the past year. Six of the top 10 drugs abused by high school seniors were prescription or over-the-counter medications, including the opioid painkillers Vicodin (abused by about 10 percent) and OxyContin (abused by about 5 percent). Another area of concern is an apparent softening of teenagers' perceptions of the risks of certain substances. Such views often presage an increase in abuse.

For example, the perceived risk of regular marijuana abuse has fallen for the past 2 years among 12th-graders and in the past year among 8th-graders, and the 2008 survey documented a slight increase in marijuana abuse by 8th- and 12th-graders. Dr. Lloyd Johnston of the University of Michigan, the study's principal investigator, is also concerned that the proportion of students in all three grades who see ecstasy (MDMA) as very risky has declined.

The 2008 survey included 46,348 students in 386 public and private schools across the United States.

Further information and the full text of the survey are available at www.drugabuse.gov/drugpages/MTF.html and at www.monitoringthefuture.org.



PERCENTAGE OF STUDENTS REPORTING PAST-MONTH SUBSTANCE ABUSE

(12th Grade)

| | 2007 | 2008 |
|-------------------------|------|------|
| Any illicit drug | | |
| | 21.9 | 22.3 |
| Cigarettes | | |
| | 21.6 | 20.4 |
| Marijuana | | |
| | 18.8 | 19.4 |
| Alcohol | | |
| | 44.4 | 43.1 |

Did You Know ??

Psychemedics washes the hair samples that we receive for testing longer than you wash your clothes at home!

The wash process includes six separate chemical wash solutions with a processing time of **3 hours and 45 minutes**. Peer-reviewed scientific studies have shown that extensive wash procedures enable our laboratory to remove or account for external contamination. Psychemedics' wash procedures are the most extensive in the industry. We can tell the difference between ingestion and external contamination, and we can testify conclusively in court.

*Superior Detection
of Drug Abuse*

**PSYCHEMEDICS
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6:00 AM—5:30 PM PST
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*“A teacher affects eternity; he can
never tell where his influence stops.”*

-- Henry Adams



About Psychemedics:

Psychemedics was established in 1987 to provide testing for drugs of abuse using hair analysis, and has been successfully operating for over 20 years. Thousands of corporations currently rely on Psychemedics' patented hair analysis technology for their pre-employment and employee drug screening. Psychemedics is headquartered in Boston and has offices in Dallas, Chicago, Los Angeles and Las Vegas. Our Laboratory is located in Culver City, CA. Psychemedics is a publicly-held corporation listed on NASDAQ under the ticker symbol PMD.