



# HIDDEN IN PLAIN SIGHT

A powerful tool for parents to help identify possible risks and talk openly with their teen to address youth substance use.

# WHAT IS ?

# HIDDEN IN PLAIN SIGHT

***Hidden in Plain Sight*** allows parents a unique interactive opportunity to look into a Teenager's Mock Bedroom. The room is full of common household items that could be used to hide or disguise drug, alcohol, tobacco use or other "risky" behaviors. Adults are asked to search for the items, and then compare their results with the answers. Prevention specialists are on-hand to answer any questions and share resources with parents.

As you are exploring, please look for labels on the items. Each will have a number that corresponds with the enclosed pamphlet, as they will be the "clues" you should be looking for in your teen's room.

And while paranoia is never a good thing, neither is denial. Many items that you will see could be found in your teen's room. However, that does not necessarily indicate your teen has an issue with risky behaviors. This demonstration is purely to bring awareness and give parents tools that will ultimately encourage meaningful conversations with their teen.

# Common Items Associated With Drug or Alcohol Use



## Air Freshener/Fabric Deodorizer

Air fresheners and fabric deodorizers help mask odors from smoking marijuana, nicotine, other drugs and burning odors. Fabric spray can also be used as an inhalant.



## Outlet Cover

May be unscrewed, removed and used as a secret hiding compartment for drugs or alcohol.

## Blunts and Blunt Wrappers

Blunts are a hollowed-out cigar filled with marijuana that can be purchased from a gas station and come in a variety of flavors and wrappers.



## Cellphones and Laptops

Cellphones and laptops can be a gateway to a plethora of information and where drugs and other illegal items can be purchased online. Contacts for accessing and selling drugs might also be found.



## Clothing with Hidden Storage

Different types of clothing can be purchased online or at head shops that have secret compartments designed to hide things like alcohol, pills, or other drugs.



## Cold Medicine

Due to active ingredients, cold medications, available over the counter, can be taken at doses high enough to cause a high/euphoric feeling. Some teens mix "lean" by blending cold medicine with Sprite.



## Cough Syrup

Many cough syrups contain dextromethorphan hydrobromide or DXM. If taken at doses above recommended amount, DXM can cause a high or intoxication and won't show up on a drug test. Common term is robo-tripping.



## Room Accessories

Bedroom items such as tissue boxes, lamp shades, and hollowed out textbooks or remote controls may be used to hide or disguise substances, alcohol or pills.

# Common Items Associated With Drug or Alcohol Use



## Electronic Cigarettes and Vaping Devices

Can be used to smoke marijuana oil and other synthetic drugs. Most contain nicotine, are odorless and easy to conceal. Many of these devices look like a USB, pen or highlighter, and not like a traditional cigarette.



With the fast-rising popularity of vaping devices, especially with teens, manufacturers are quickly marketing products with styling that appeal to the younger user.



## Energy Drink or Beverage Cans

Energy drinks, soda and iced tea cans with secret compartments, can be used to store drugs or other contraband. They can also be mixed with alcohol. Empty cans can also be used to smoke marijuana.



## Eye Drops

Used to mask red eyes caused by alcohol, marijuana or other drug use.



## Fruit with Holes

Apples, potatoes, and other fruits/vegetables can be used as a make-shift bong for smoking illegal substances by carving two holes — usually marijuana.



## Gummy Bears and Marijuana Edibles

Candy and food items infused with THC (tetra-hydrocannabinol) the active ingredient in marijuana, are eaten to get high and look like the non-drugged versions. Some examples would be hot chocolate, or powdered cheese.



## Markers, Pens, Highlighters & Duster Cans

Markers and pens can be hollowed out and used to smoke/snort certain drugs and also to store drugs. Some markers and duster cans can be inhaled to get high or "huff."



## Pipes and Grinders

Pipes come in all shapes, sizes, and materials and can be used to smoke many types of drugs such as marijuana and harder drugs like crack and meth. A grinder is used to break up marijuana buds for rolling in papers.

# Common Items Associated With Drug or Alcohol Use



## Lip Balm Container and Lipstick

Lip balm container can be used to store marijuana concentrate or honey butane. These and lipstick can also be used to conceal other small items such as pills.



## Makeup Compact

Powder on mirror can indicate being used to “cut” drugs.



## Matches and Lighters

Matches and lighters can be used when smoking drugs like meth or marijuana. Also used for common odor masking items like incense and candles.



## Mouthwash and Mints

Mouthwash and mints can be used to mask odors from drug and alcohol consumption. Small mint and candy containers are a popular storage place for drugs such as pills, pot, or heroin. Some mouthwashes that contain alcohol can be used to get drunk.



## Nebulizers or Inhalers

A nebulizer turns a liquid into a mist that is then inhaled and can be used as a vehicle to take drugs.



## Stuffed Animals & Throw Pillows

Drugs or other paraphernalia can be hidden inside.

## Tampons

Can be soaked in alcohol and inserted for absorption that won't show up on a breathalyzer. Also used to conceal drugs by removing the tampon and placing items in the wrapper that will likely go unsearched.



## Trash Can

Trash cans can contain items that may indicate drug use such as burnt tin-foil, notes with suspicious names/numbers or “420” which references marijuana.

## Water Bottles or Clear Containers

May be used to conceal clear alcohol such as vodka.

Water-bottles can also be turned into make-shift bongs.

## Your Voice Counts

### *Parents are a Significant Influence for Their Teens*

You can be one of the most influential factors for your teen by cultivating a strong, open relationship with them. Creating a supportive and nurturing environment helps teens make better decisions. Though it may not always seem like it, they really hear your concerns, which is why it's important that you discuss the risks of using alcohol and other drugs with your teen before they are exposed to them — as early as 9 years old.

## What To Do

### *Where can you get help if you suspect substance use?*

If you suspect your teen is participating in risky behaviors that could lead to substance use, seek professional help. If your “gut” is telling you that your teen is hiding something, take a closer look at those seemingly innocent items laying around the house. Ignorance is never bliss when it comes to protecting your teen from drug use and addiction.

### **When Seeking Help, A Good Place to Start is Within Your Community**

Where do you start? When it comes to seeking help or advice regarding possible teen substance use or behavioral health issues, there are many local options who can help or, at least point you in the right direction for assistance.

### **Finding the Right Person to Talk to for Your Family**

There is no one-size-fits-all solution on how to get started for guidance and information. All families are different and finding the best fit for your family is the key to a successful process. Here are just some of the resources in your community that may be a good place to start:

- Pediatricians
- Guidance Counselors
- Mental Health Professionals
- Medical Professionals
- Support Groups
- Student Assistance Counselors
- Teachers
- Athletic Coaches
- Faith Community Leaders

# **Parent Resources**

## **Substance Use**

### **National Institute on Drug Abuse**

<https://www.drugabuse.gov>

### **National Institute on Alcohol Abuse and Alcoholism**

<https://www.niaaa.nih.gov>

### **National Institute on Drug Abuse for Teens**

<https://teens.drugabuse.gov/parents>

### **Partnership for Drug-Free Kids**

<https://drugfree.org>

### **Power to the Parent**

<http://powertotheparent.org>

### **Parent Action on Drugs (PAD)**

<https://parentactionondrugs.org>

### **Get Smart About Drugs**

<https://www.getsmartaboutdrugs.gov>

### **Addiction Resource**

<https://addictionresource.com/parents-and-educators/>

### **Lifespan Substance Use Disorders Treatment**

<https://www.lifespan.org/centers-services/substance-use-disorders-treatment/our-services>

### **The Providence Center**

<https://providencecenter.org/services/child-and-family/adolescent-teen-programs>

### **Clinical Services of Rhode Island**

<https://clinicalservicesri.com/support-groups/>

## **Mental Health**

### **Dept. of Behavioral Healthcare, Developmental Disabilities and Hospitals**

#### **(BHDDH) Mental Health Services**

<http://www.bhddh.ri.gov/mh/index.php>

### **Campaign to Change Direction**

<https://www.changedirection.org>

### **Kids Link RI**

<https://www.lifespan.org/centers-services/kids-link-ri>

### **Bradley Hospital**

<https://www.lifespan.org/centers-services/access-center-bradley-hospital>

# It Starts With **YOU**

Talk early. Talk often. And listen.



Tri-County Community Action Agency  
Southern Providence County  
Regional Coalition

Cranston • Johnston • North Providence • Scituate • Smithfield



**[SPCregionalpreventioncoalition.org](http://SPCregionalpreventioncoalition.org)**