

CHEMICAL HEALTH TREND CORNER:

The “M-Box” PILL Counterfeit Oxycodone Pills

THC Nerd Ropes



They along with many other THC infused sweets look like candy and appear to be marketed for our children.

The THC Nerd Ropes have been gaining popularity with our school aged children. A tasty, sweet, medicated candy that has the gummy texture. Made in a variety of flavors from Strawberry, Blueberry, Cherry, and Grape.

Medicated Nerds Rope are infused with 400mg THC in each rope. Altogether, these medicated gummy ropes are covered in Wonka's delicious, crunchy nerds; they are not considered to be safe for children's consumption.



These pills that go by the street name of “M-Box” were found near a woman who died of a suspected overdose near Mankato. The Minnesota Bureau of Criminal Apprehension has confirmed they contain fentanyl.

Photo courtesy- Blue Earth County Sheriff's Office

A new counterfeit oxycodone pills appear to be responsible for overdoses and deaths locally. According to MINNEAPOLIS (WCCO) May 22, 2020 — Officials in Blue Earth County say three men overdosed on counterfeit opioid pills in a Mankato apartment. One of those men did not survive.

“Counterfeit opioid pills are commonly found to contain dangerous amounts of fentanyl and have been responsible for numerous overdose deaths and injuries throughout the state and country,” Commander Jeff Wersal of the Minnesota

River Valley Drug Task Force said in a news release.

Wersal says that this is a reminder to the public not to ingest any "prescription" medication that was not dispensed by a pharmacy.

"Counterfeit pills are purposely made to look like actual prescription medication, thus increasing their value," Wersal said.

Nearly 500 THC candy edibles made to look like Nerd ropes seized from Scott County home

By Paul Walsh Star Tribune
MARCH 12, 2020



On Feb. 26, regional drug task force agents entered a home in Jordan located a duffel bag under a bed with 498 Nerd ropes that tested positive for THC. Credit: Scott County Sheriff's Office

Law enforcement seized nearly 500 pieces of candy marijuana edibles packaged to look like Nerd ropes from a Jordan home

and arrested a man with an alleged history of trafficking such products.

"Have a look at the pictures of the product," the Jordan Police Department said in a statement issued Wednesday, accompanied by photos of the haul. "It's rather obvious this type of product is being marketed towards our children."

To read more click on link: [Nearly 500 THC candy edibles made to look like Nerd ropes ...](#)

How Can We Help Kids With Self-Regulation?

Some kids need help learning to control their emotions, and resist impulsive behavior

If you're a parent, chances are you've witnessed a [tantrum](#) or two in your day. We expect them in two-year-olds. But if your child reaches school age and meltdowns and outbursts are still frequent, it may be a sign that they have difficulty with emotional self-regulation.

Simply put, self-regulation is the difference between a two-year-old and a five-year-old who is more able to control their emotions. Helping kids who haven't developed self-regulation skills at the typical age is the goal of [parent training programs](#). And many older children, even if they're beyond tantrums, continue to struggle with impulsive and inappropriate behavior.



What is self-regulation?

Self-regulation is the ability to manage your emotions and behavior in accordance with the demands of the situation. It includes being able to resist highly emotional reactions to upsetting stimuli, to calm yourself down when you get upset, to adjust to a change in expectations, and to handle frustration without an outburst. It is a set of skills that enables children, as they mature, to direct their own behavior towards a goal, despite the unpredictability of the world and our own feelings.

Related: [Is It ADHD or Immaturity?](#)

What does emotional dysregulation look like?

Problems with self-regulation manifest in different ways depending on the child, says Matthew Rouse, PhD, a clinical psychologist. "Some kids are instantaneous — they have a huge, strong reaction and there's no lead-in or build-up," he says. "They can't inhibit that immediate behavior response."

For other kids, he notes, distress seems to build up and they can only take it for so long. Eventually it leads to some sort of behavioral outburst. "You can see them going down the wrong path but you don't know how to stop it."

The key for both kinds of kids is to learn to handle those strong reactions and find ways to express their emotions that are

more effective (and less disruptive) than having a [meltdown](#).

Why do some kids struggle with self-regulation?

Dr. Rouse sees emotional control issues as a combination of temperament and learned behavior.

"A child's innate capacities for self-regulation are temperament and personality-based," he explains. Some babies have trouble self-soothing, he adds, and get very distressed when you're trying to bathe them or put on clothes. Those kids may be more likely to experience trouble with emotional self-regulation when they're older.

But the environment plays a role as well. When parents give in to tantrums or work overtime to soothe their children when they get upset and act out, kids have a hard time developing self-discipline. "In those situations, the child is basically looking to the parents to be external self-regulators," Dr. Rouse says. "If that's a pattern that happens again and again, and a child is able to 'outsource' self-regulation, then that's something that might develop as a habit."

Children with ADHD or anxiety may find it particularly challenging to manage their emotions, and need more help to develop emotional regulation skills.

Read more [here](#)



Heavy Drinking Plus Xanax, Valium: A Dangerous Mix

THURSDAY, Dec. 26, 2019 -- People who regularly drink to excess are also likely to use benzodiazepines, a new study finds. These drugs -- like Valium (diazepam), Xanax (alprazolam), Klonopin (clonazepam), Ativan (lorazepam), and Restoril (temazepam) -- are used to treat depression and anxiety. But when heavy drinkers use them, benzodiazepines (sometimes referred to as "benzos") may increase the risk for overdoses and accidents and make psychiatric conditions worse, researchers warn.

They found that people who abused alcohol were 15% more likely to take benzodiazepines than moderate drinkers or teetotalers.

For the study, researchers collected data on more than 2 million patients listed in the Kaiser Permanente database.

Specifically, they looked for unhealthy alcohol use -- at least 15 drinks per week for men under 65, and at least eight drinks a week for older men and for women. They found that 4% of patients had abused alcohol and 8% had filled a prescription for a benzodiazepine within the past year.

However, when problem drinkers were prescribed benzodiazepines, the average dose was 40% lower and 16% shorter than that for moderate drinkers or teetotalers.

It's not known if that's due to the prescribing doctors or the patients limiting themselves.

"Some physicians may be refilling prescriptions, unaware that their patients have unhealthy alcohol use. In many cases, patients have been taking benzodiazepines for years and believe them to be harmless," said first author Dr. Matthew Hirschtritt, a clinical professor of psychiatry at the University of California, San Francisco.

That's a mistaken belief, he said.

"When benzodiazepines are consumed with alcohol, overdose can result from the impact of two central nervous system depressants," Hirschtritt said in a university news release.

"Their effects can reduce motor coordination, impact judgment and decision-making, and result in falls and accidents," he noted. "Long-term use can lead to cardiovascular, gastrointestinal, liver, kidney and neurological injury, as well as psychosis or suicidal [thoughts] for those with preexisting psychiatric conditions."

That alcohol abusers were 15% more likely to be prescribed a benzodiazepine was not what the researchers had expected. They expected that it would be harder for problem drinkers to get these drugs.

"In prescribing drugs, physicians weigh the risks and benefits," Hirschtritt said. "While the risks of benzodiazepines for all patients, and especially those with problem alcohol

use, are becoming clearer, their benefits may appear to be negligible given that safer prescription drugs are effective for treating anxiety."

The report was recently published in the *American Journal of Managed Care*.

More information

For more on benzodiazepines, visit the [U.S. National Institute on Drug Abuse](#).

Helping Children Cope With Frightening News

Harold S. Koplewicz, MD

What parents can do to aid scared kids in processing grief and fear in a healthy way

When tragedy strikes, as parents you find yourself doubly challenged: to process your own [feelings of grief](#) and distress, and to help your children do the same.

I wish I could tell you how to spare your children pain, when they've lost friends or [family members](#), and fear, when disturbing events occur, especially when they're close to home. I can't do that, but what I can do is share what I've learned about how to help children cope and process disturbing events in the healthiest way.

As a parent, you can't protect your children from [grief](#), but you can help them express their feelings, comfort them, help

them feel safer, and teach them [how to deal with fear](#). By allowing and encouraging them to express their feelings, you can help them build healthy coping skills that will serve them well in the future, and confidence that they can overcome adversity.

- Break the news. When something happens that will get wide coverage, my first and most important suggestion is that you don't delay telling your children about what's happened: It's much better for the child if you're the one who tells her. You don't want her to hear from some other child, a television news report, or the headlines on the front page of the *New York Post*. You want to be able to convey the facts, however painful, and set the emotional tone.
- Take your cues from your child. Invite her to tell you anything she may have heard about the tragedy, and how she feels. Give her ample opportunity to ask questions. You want to be prepared to answer (but not prompt) questions about upsetting details. Your goal is to avoid encouraging frightening fantasies.
- Model calm. It's okay to let your child know if you're sad, but if you talk to your child about a traumatic experience in a highly emotional way, then he will likely absorb your emotion and very little else. If, on the



other hand, you remain calm, he is likely to grasp what's important: that tragic events can upset our lives, even deeply, but we can learn from bad experiences and work together to grow stronger.

- Be reassuring. [Talking about death](#) is always difficult, but a tragic accident or act of violence is especially tough because of how egocentric children are: they're likely to focus on whether something like this could happen to them. So it's important to reassure your child about how unusual this kind of event is, and the safety measures that have been taken to prevent this kind of thing from happening to them. You can also assure him that this kind of tragedy is investigated carefully, to identify causes and help prevent it from happening again. It's confidence-building for kids to know that we learn from negative experiences.
- Help children express their feelings. In your conversation (and subsequent ones) you can [suggest ways your child might remember](#) those she's lost: draw pictures or tell stories about things you did together. If you're religious, going to church or synagogue could be valuable.
- Be developmentally appropriate. Don't volunteer too much information, as this may be overwhelming. Instead, try to

answer your child's questions. Do your best to answer honestly and clearly. It's okay if you can't answer everything; being available to your child is what matters. Difficult conversations like this aren't over in one session; expect to return to the topic as many times as your child needs to come to terms with this experience.

- Be available. If your child is upset, just spending time with him may make him feel safer. Children find great comfort in routines, and doing ordinary things together as a family may be the most effective form of healing.
- Memorialize those who have been lost. Drawing pictures, planting a tree, sharing stories, or releasing balloons can all be good, positive ways to help provide closure to a child. It's important to assure your child that a person continues to live on in the hearts and minds of others. Doing something to help others in need can be very therapeutic: it can help children not only feel good about themselves but learn a very healthy way to respond to [dealing with grief](#).