

TEEN
SUBSTANCE
USE: WHAT
YOU NEED TO
KNOW





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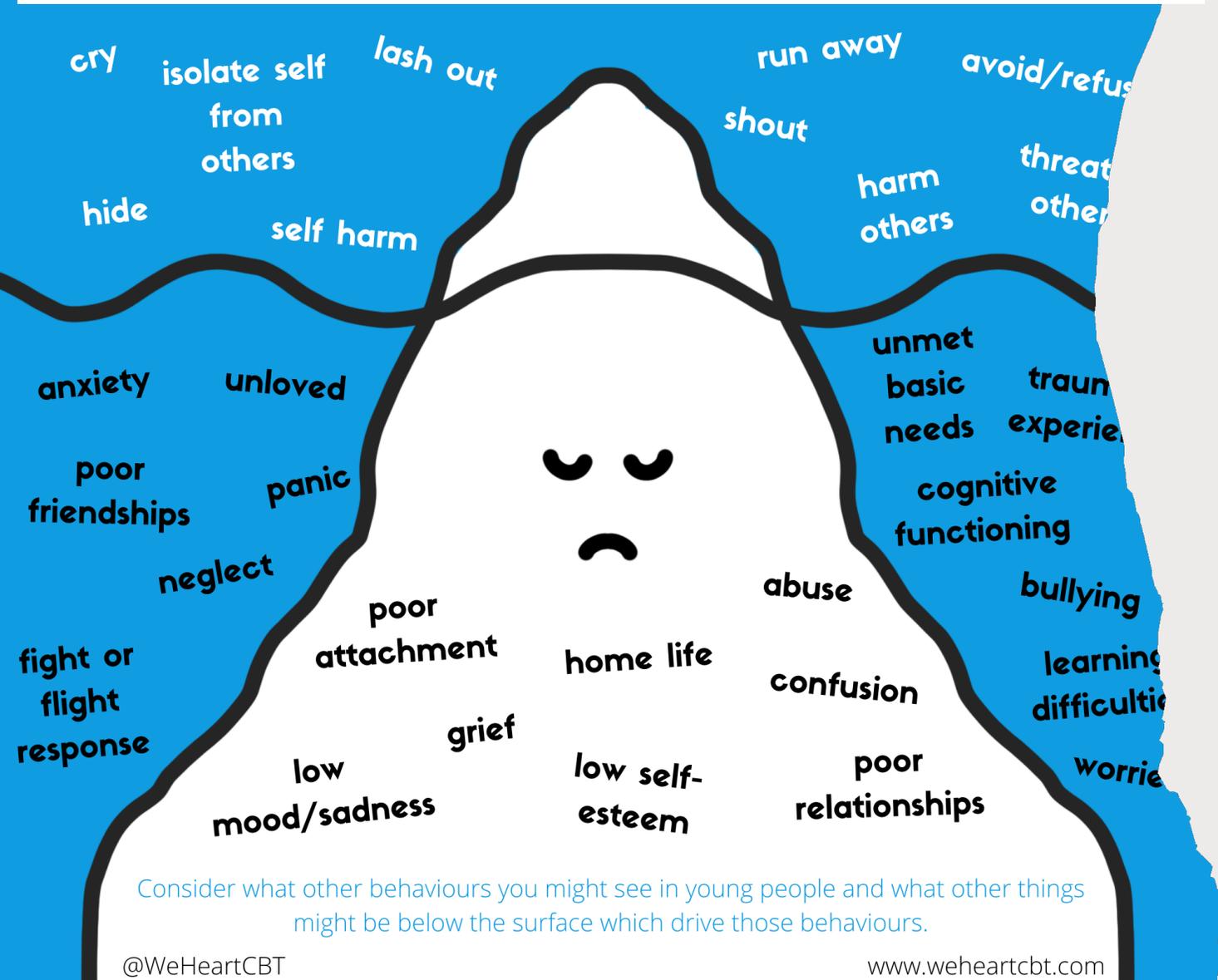


Presentation Outline

- Substance Use Among Youth
- Common Signs & Symptoms
- Risk Factors
- Conversation Starters & Positive Parenting Tips
- Recommended Treatment Approaches
- Resources
- Q & A

the tip of the iceberg

The behaviors we see in young people are a little bit like the tip of an iceberg. These are the things we can see above the surface. However, it is important to consider what is lying below the surface in order to better understand how we can support and help.



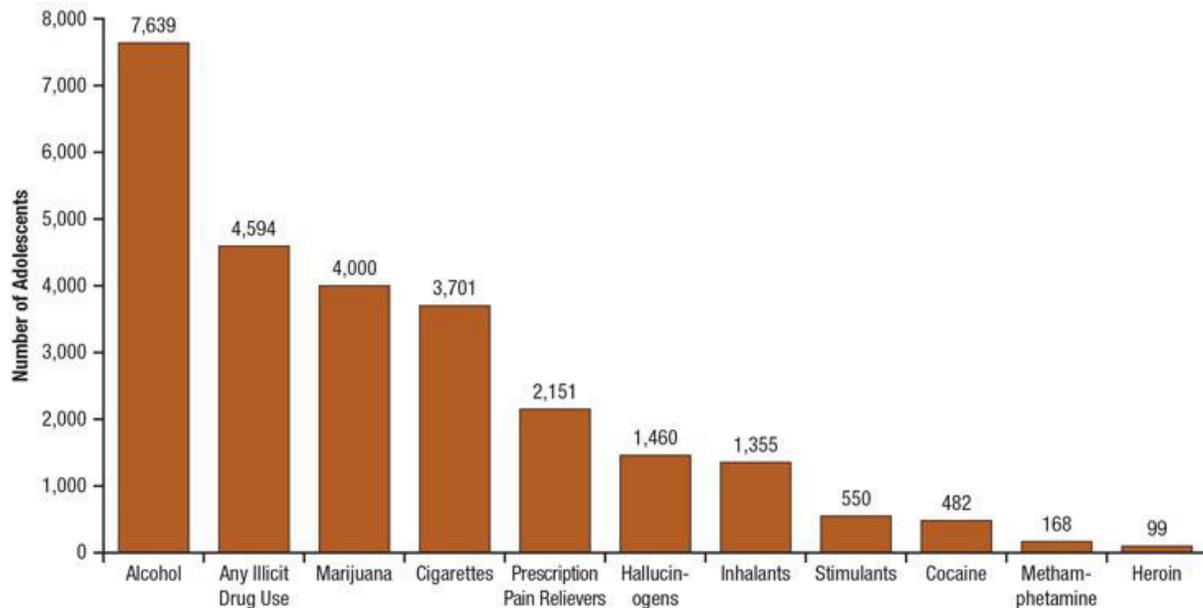
Consider what other behaviours you might see in young people and what other things might be below the surface which drive those behaviours.

ICEBERG THEORY SIGMOND FREUD

- Tip of the Iceberg – All things that we see on the surface, what is visible to ourselves and others, and what is conscious.
- Underneath the Iceberg – what you do not see that can be emotional, social, cultural, trauma, and/or lived experiences that can fuel unconscious behavior. This may include depression, isolation, substance use, anxiety/overthinking, denial, despair, fear, confusion, heart break, overwhelmed, lonely, helpless, embarrassed, pain, grief, insecure, stress, tired, guilt, shame, disgust, jealous, threatened, hungry.
- Substance use is a symptom of an underlying problem that exists under the iceberg.
- Differences between experimental use and concerning substance use. Concerning use is usually identified when use of alcohol and/or drugs is used as an escape, to make people feel better during experiencing emotional pain and when other areas of their life are significantly impacted.

SUBSTANCE USE AMONG YOUTH

(SOURCE: NATIONAL CENTER FOR DRUG ABUSE STATISTICS, 2019)



Source: 2010 and 2011 SAMHSA National Surveys on Drug Use and Health (NSDUHs).

Substance Use Among Youth Statistics

- 2.08 million or 8.33% of 12- to 17-year-olds nationwide report using drugs in the last month.
- Among them, 83.88% report using marijuana in the last month.
- 21.3% of 8th graders have tried illicit drugs at least once.
- By the time they're in 12th grade, 46.6% of teens have tried illicit drugs.
- 11.2% of overdose deaths are aged 15 to 24 years.
- 61% increase in drug use went up among 8th graders between 2016 and 2020.
- 62% of teenagers in 8th grade have abused alcohol.
- 50% of teenagers have misused a drug at least once.
- 15% of high school students reported having ever used select illicit or injection drugs (i.e. cocaine, inhalants, heroin, methamphetamines, hallucinogens, or ecstasy).
- **Approximately 1 in 10 people who use marijuana will become addicted. When they start before age 18, the rate of addiction rises to 1 in 6.**
- Early drug abuse correlates with substance abuse problems later in life, and the most significant increases in destructive behavior appear to take place among older teens and young adults.
- 15% of high school students reported having ever used select illicit or injection drugs (i.e. cocaine, inhalants, heroin, methamphetamines, hallucinogens, or ecstasy).
- Drug use is associated with sexual risk behavior, experience of violence, and mental health and suicide risks.

CURRENT THEMES IN SUBSTANCE USE AMONG YOUTH

Teens are suffering now more than ever from substance use issues since the COVID-19 Pandemic and increase in community violence to include:

- isolation from peers/others, difficulty connecting with others in person and decreased engagement
- more time to think/feel and less distractions or supports
- state of mind has shifted
- lack of tools and positive coping mechanisms

REASONS WHY TEENS USE SUBSTANCES

Reasons Youth Use Substances (*cited by: UCLA INTEGRATED SUBSTANCE ABUSE PROGRAM*)

- Friends or others are doing it (42%) • To cope (42%) • They enjoy it (33%)

Reasons Youth Choose to Stop using Drugs (*cited by: UCLA INTEGRATED SUBSTANCE ABUSE PROGRAM*)

- Could shorten lifespan (48%) • Don't want life controlled by addiction (48%) • Negative health impacts (44%)



- ❖ To feel good
- ❖ To share with others
- ❖ To have different experiences and to have sensations
- ❖ To feel better
- ❖ To help cope with difficult emotions
- ❖ Depression, loneliness, stress, anxiety, hopeless and helpless

RISK FACTORS OF SUBSTANCE USE AMONG TEENS

- STRESS
- Low academic achievement
- Lack of school connectedness
- Mental health symptoms: Feeling stressed, lonely, worried, anxious, sad or depressed, hopeless or helpless, engaging in self-harm behaviors, suicidal, overwhelmed, or lack of parental monitoring
- Family history of substance use, violence, mental health, or other risk factors
- Living in a high risk environment and/or community
- Teens going through a transition in their life – parents divorcing/absent parents, completing high school or school transitions, transitioning to/out of virtual learning
- Difficulty connecting with peers
- Impulsive behaviors
- Choosing to be around other peers that are using substances
- Grief or loss of a family member/loved one
- Spending a large amount of time on social media/video games
- Increased use of nicotine use by cigarettes or vaping
- Family rejection of sexual orientation and gender identity
- Feeling misunderstood
- Lack of control
- History of trauma experiences



Teens Are At Risk

- Kids who begin drinking before age 15 are **4x more likely** to become addicted than people who start at age 21.
- Teens may **lose up to 8 IQ points** between childhood and adulthood.
- Teens who smoke pot regularly have, on average, **one grade point lower** than their peers.

BEHAVIORS AND SYMPTOMS TO LOOK OUT FOR

(H A Z E L D E N B E T T Y F O R D F O U N D A T I O N)

BEHAVIORAL SIGNS OF DRUG USE OR SUBSTANCE ABUSE INCLUDE:

- Avoiding eye contact
- Ignoring or breaking curfew
- Acting irresponsibly
- Frequently asking for money
- Stealing
- Locking bedroom doors
- Making secretive calls
- Isolating from others/damaging relationships with family or friends
- Making excuses (or outright lying)
- Withdrawing from classroom participation/slipping in grades
- Resisting discipline or feedback
- Missing school or work
- Losing interest in hobbies or activities
- Abandoning long-time friends

PHYSICAL INDICATORS OF POSSIBLE SUBSTANCE USE

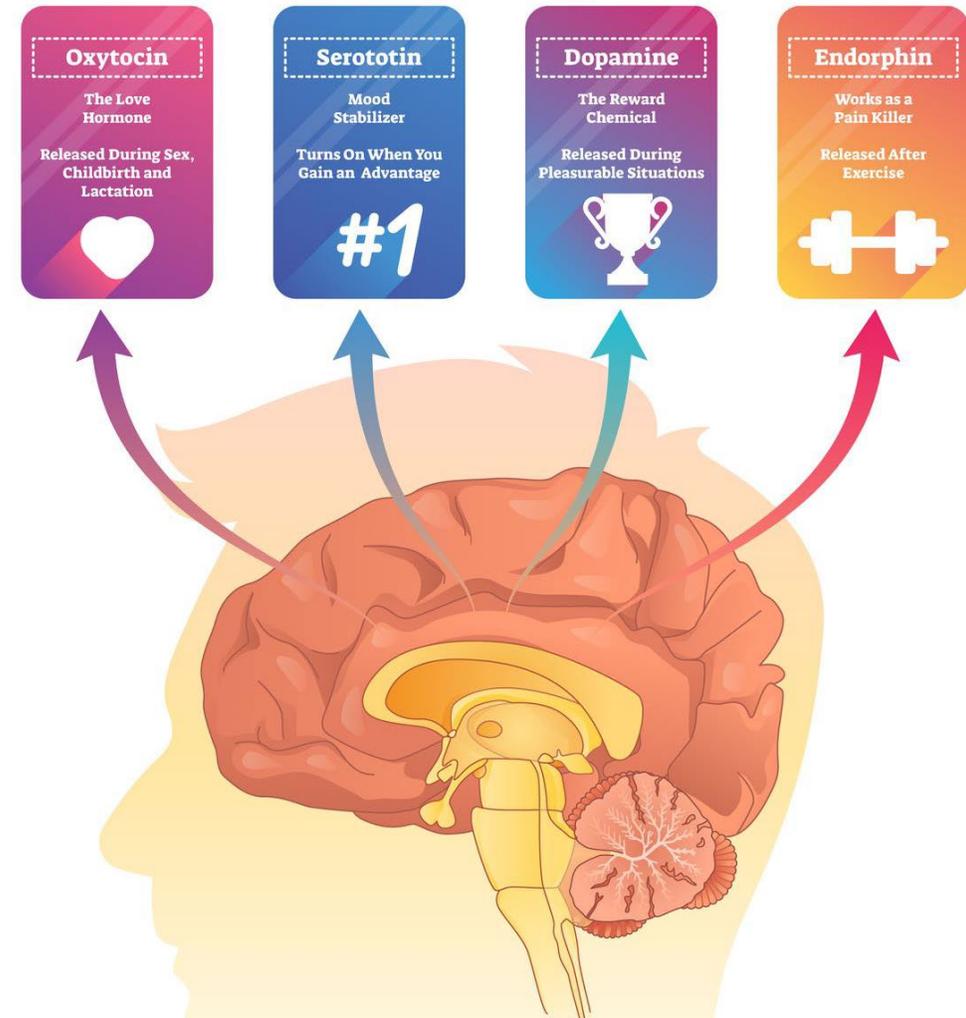
- Poor hygiene/change in appearance
- Glazed or bloodshot eyes
- Frequent runny nose or nosebleeds
- Paranoia, irritability, anxiety, fidgeting
- Changes in mood or attitude
- Difficulty staying on task/staying focused
- Small track marks on arms or legs (wears long sleeves even in warm weather)
- Pupils larger or smaller than usual
- Cold, sweaty palms or shaking hands
- Sores on mouth
- Headaches
- Puffy, swollen face
- Extremely tired or extremely hyperactive
- Rapid weight gain or loss

TEN FACTS ABOUT TEEN ALCOHOL AND DRUG USE

(H A Z E L D E N B E T T Y F O R D F O U N D A T I O N)

1. Some teens are at higher risk due to genetics, the age when they start using, and socioeconomic circumstances (and other factors).
2. Casual drug use can lead to abuse and addiction, causing health issues, financial problems and legal trouble.
3. Today's marijuana is much stronger than it was in the past, making it more dangerous. *And yes, marijuana is addictive!*
4. Many teens with addiction also have a co-occurring mental health disorder.
5. A teenager's brain is much more susceptible to addiction because it is still developing.
6. Addiction, whether in a teenager or adult, is a disease. It is not a moral failing. Focus on the behavior, not the person.
7. As a caregiver or parent, remind yourself: you did not cause it, you cannot control it and it cannot be cured. Addiction can, however, be managed over the course of a lifetime just like any other chronic disease, like diabetes or hypertension.
8. The best prevention is to *talk with your kids*. Spend time with them, and let them know what your expectations are, what the rules are and what the consequences are if they break the rules. Check in regularly.
9. Vaping rates, whether nicotine or THC, have increased tremendously in the last few years among teens. **Vaping is not harmless.**
10. Addiction treatment works; lives can be restored.

ENDORPHINS





WHAT CAN WE DO...

5 CONVERSATION GOALS: TALKING WITH YOUR TEEN ABOUT ALCOHOL AND OTHER DRUGS (SAMSHA)



POSITIVE PARENTING TIPS (NATIONAL INSTITUTE ON DRUG ABUSE)



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1. **Communication** – have a plan, pick the right time to engage in communication, gather your thoughts before approaching, be calm and patient, limit distractions, set a time frame for discussion so the child knows what to expect.
2. **Encouragement** – try new activities, develop new friendships, explore creativity, ask your teen for input, make time for them each day, provide encouragement phrases daily.
3. **Negotiation** – focus on solutions rather than the problem, think through possible outcomes of behavior, and develop communication skills.
4. **Setting limits** – make clear and simple rules, make sure your child understands expectations, have a list of consequences, and be ready to follow through.
5. **Supervision** – clear rules, communication, and consistency checking in.

RECOMMENDED TREATMENT OPTIONS FOR ADOLESCENTS

- The Adolescent Community Reinforcement Approach – (A-CRA) 12 weeks outpatient program topics addressed in this program Happiness scale, treatment plan goals and objectives, homework, systematic encouragement, Functional Analysis of substance use behavior/prosocial behaviors, Drink/drug refusals, Relapse prevention, Sobriety sampling, communication skills, problem solving, caregiver only sessions, caregiver relationship skills, couple relationship skills, job seeking skills, anger management and discharge recommendations
- Matrix model – The *Matrix Model for Teens and Young Adults* is a proven Intensive Outpatient Program (IOP) for people ages 13 to 25. It uses cognitive-behavioral therapy (CBT), and motivational interviewing (MI) to teach patients to analyze events and change thoughts, behaviors, and lifestyle related to alcohol and other drug use. The evidence-based program includes four core clinical areas: individual family therapy, early recovery, relapse prevention, and family education.
- Community Reinforcement and Family Training (CRAFT)– Program based on Robert Meyers Book “How to get your loved ones sober and alternative to nagging, pleading and enabling”. This program is solely family basis. Goal is to reduced loved one’s harmful substance use, engage loved one into treatment, and improve the functioning of the concerned person. We want to empower the loved ones influence to change, train family in behavior changes skills, and improve the quality of life for family.
- Peer recovery coaches, Peer recovery centers, & 12-step meetings.
- Treating co-occurring mental health with a trauma focus through behavioral health therapy.
- Family involvement in treatment is highly encouraged and recommended
- SAMHSA Treatment Finder – <https://samsha.gov/find-treatment> SAMHSA [800-662-HELP \(4357\)](tel:8006624357)

SMART PHONE APPS FOR WELLNESS

AlcoholFX	Swipes – To Do and
Task List	ACT Coach
Recoverize	Recovery Record
Rise Up + Recover	10% Happier
Recovery Box	CBT- i Coach
Sober Tool	CBT Though
Record Diary	
Friend of Jimmy	Mindshift
1 Giant Mind—Learn to Meditate Day	Daily Quote of the
Breathe2Relax	T2 Mood Tracker
Calm*	PTSD Coach
Deep Breathing Exercises and Pranayama	Calm Harm – Manage Self Harm
Headspace	Relax Melodies
Meditation Studio	Mindshift
Mindfulness Coach and Quotes	Daily Inspiration
Stop, Breath, & Think	Quitzilla
Take a Break!	Recovery Key
Rain Rain Sleep Sounds	Color Therapy
Coloring Numbers	Calm
Toonia Color book- Education Coloring	Mindfulness Coach



STATE RESOURCES

- The 988 Suicide & Crisis Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week in the United States. They're committed to improving crisis services and advancing suicide prevention by empowering individuals, advancing professional best practices, and building awareness.
- For patients looking for support with depression, anxiety, thoughts of suicide, problems with drugs and alcohol, or other behavioral health concerns: call 211 press 1 (United Way)
- National Alliance of Mental Health
- Substance Abuse & Mental Health Services Administration (SAMSHA)
- National Institute of Drug Abuse
- Alateen & Al-Anon – www.al-anon-alateen-dcmd.org
- Maryland Coalition of Families -Family Peer Support Specialist - www.mdcoalition.org
- Narcan/Naloxone Training at local health departments
 - Free access – Location map bit.ly/3FTLWl0
 - Mail Order – Next Distro bit.ly/38xmndx
 - Safe RX Drug Disposal drop off sites text 211



REFERENCES

- National Institute on Drug Abuse

<http://www.teens.drugabuse.gov/>

- Centers for Disease Control and Prevention

[High Risk Substance Use in Youth | Adolescent and School Health | CDC](#)

- Hazelden Betty Foundation

<https://www.hazeldenbettyford.org/>

- National Institute on Drug Abuse

[NIDA.NIH.GOV | National Institute on Drug Abuse \(NIDA\)](#)

- Substance Abuse and Mental Health Services

www.samhsa.gov

["Talk.They Hear You."® Underage Drinking Campaign | SAMHSA](#)



Q & A

Any Follow up Questions Contact

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