

# Substance Use & Adolescents: Identifying Disorders & Treatment Options



# YOR CA PROJECT

This presentation is supported by a federal grant under the State Opioid Response program, with funding provided by the California Department of Health Care Services.

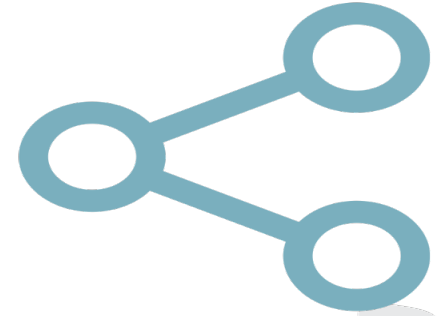




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# Young brains and drugs: Treatment strategies for Youth

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No presenter or planning committee member for this program has any financial relationship with ineligible companies to disclose.

# Thank You

- Thank you for being here
- Thank you for bringing kindness to care
- Thank you for understanding this will be challenging and for rising to that challenge
- Thank you for remembering that young people have the rest of their lives ahead of them if we can help them achieve recovery

# What we are going to talk about today....

1. Addiction is **fatal**

1. Addiction is treatable

1. How you can **help**

# Addiction is Fatal



The New York Times



[PLAY THE CROSSWORD](#)

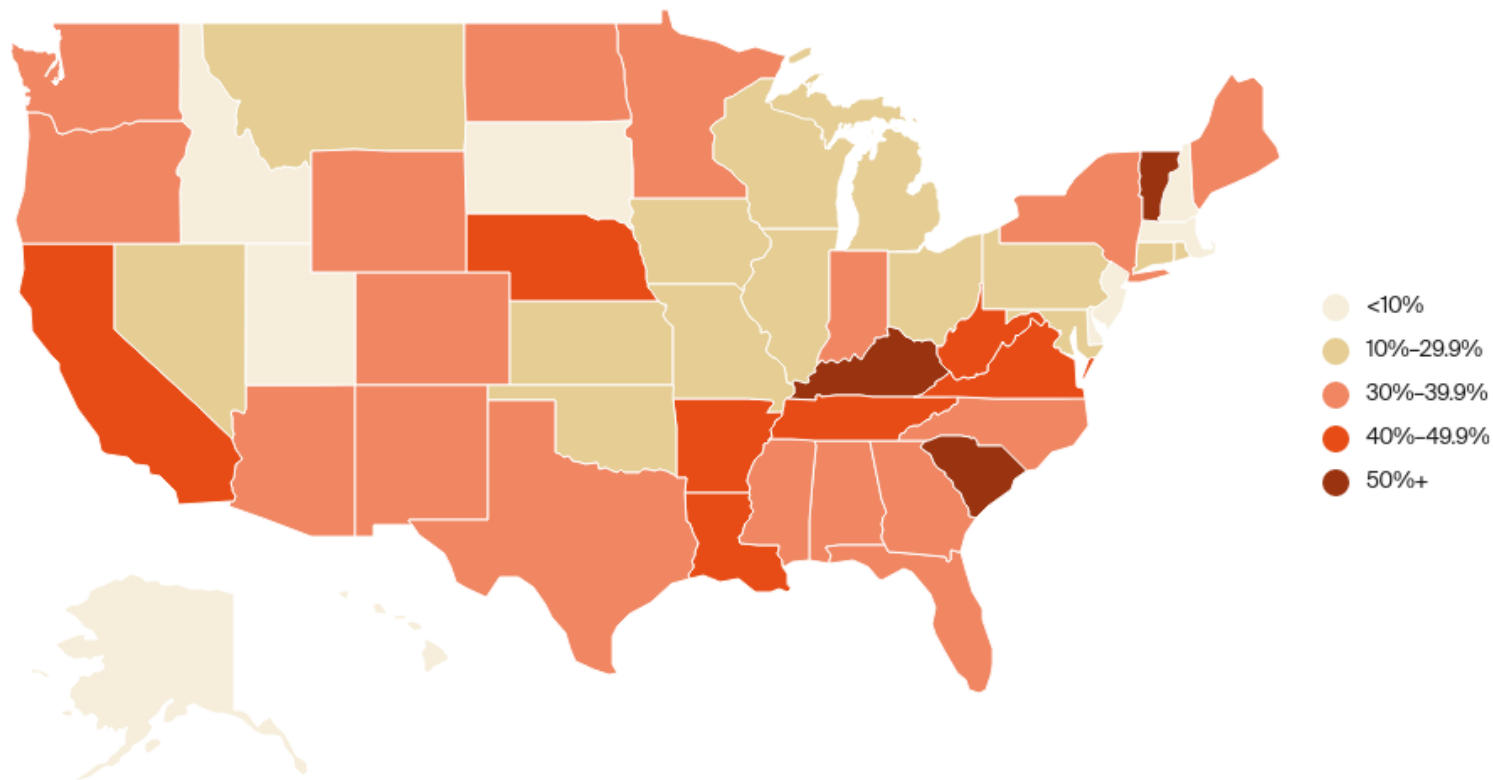
## *Overdose Deaths Reached Record High as the Pandemic Spread*

More than 100,000 Americans died from drug overdoses in the yearlong period ending in April, government researchers said.

“.. more than the toll of car accidents and guns combined. Overdose deaths have more than doubled since 2015..”

# Overdose deaths increased significantly in almost every state during 2020.

*Estimated percent increase in provisional overdose deaths, Jan.–Dec. 2020 vs. Jan.–Dec. 2019*





# Adolescent Use

- 1 in 7 students reported misusing prescription opioids
- 1 in 14 students reported misusing them during the past 30 days
- 1 in 5 12<sup>th</sup> graders reported using prescription medicine without a prescription
- 1 in 7 high school students reported ever used cocaine, inhalants, heroin, meth, hallucinogens or ecstasy - According to the CDC 2009-2019 Youth Risk Behavior Survey, in 2019

<https://www.cdc.gov/healthyyouth/substance-use/index.htm>

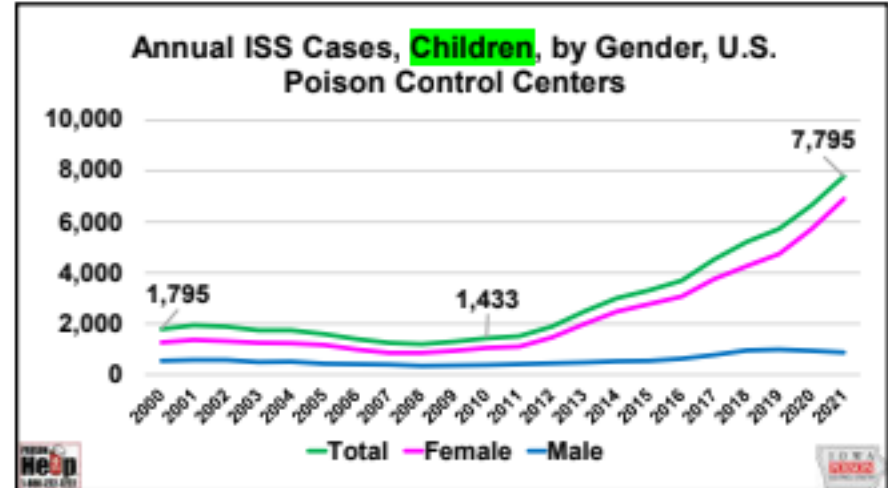
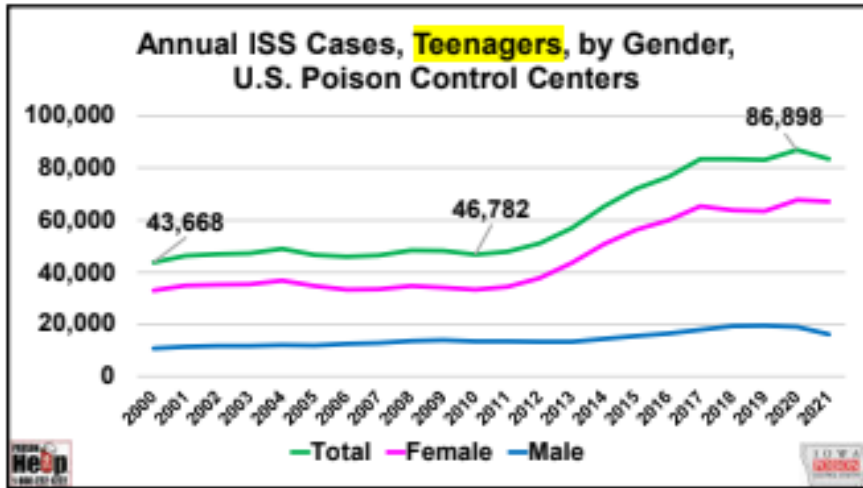
<https://www.cdc.gov/ncbddd/fasd/features/teen-substance-use.html>

# Patterns of Use

- Abstinence
- Experimentation
- Recreational/social Use: only in certain situations
- Regular use: repeating, sustained pattern of use
- Abuse: Continued use despite negative consequences
- Dependence: Continued use to avoid withdrawal
- Addiction: Psychological dependence

In adolescence, any use can be as concerning as a disorder.

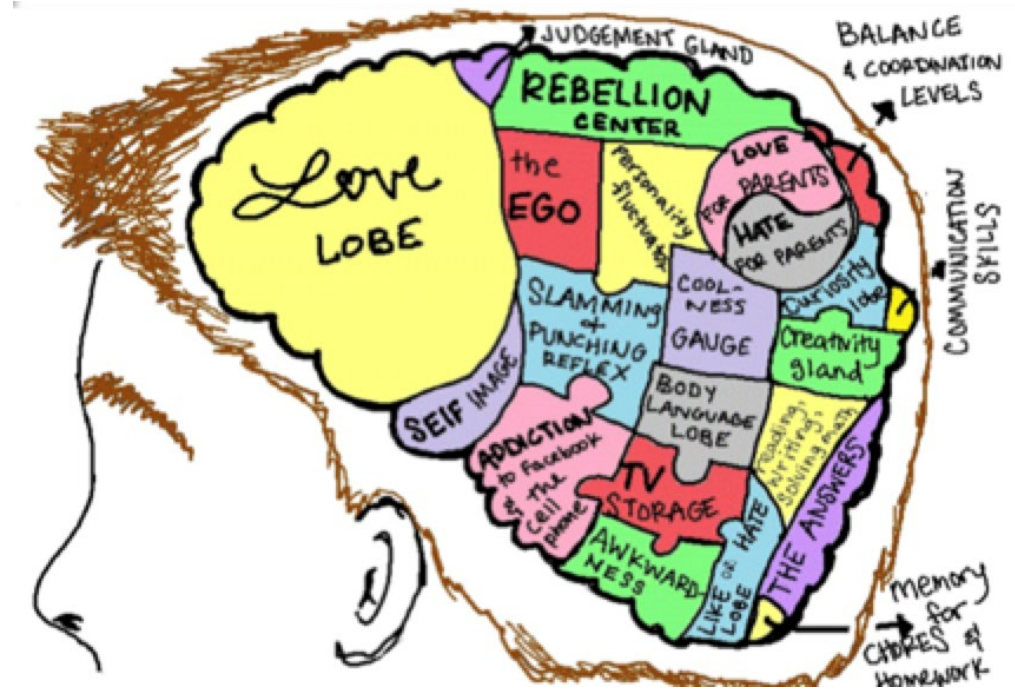
# Annual Intentional-Suspected Suicidal Cases



# Why is the adolescent brain so susceptible?

Frontal lobe development does not occur until 26

Impacts ability to weighing risks and benefits of decisions



# Adolescent Brain and Dopamine

- Adolescents have less dopamine at baseline
- They feel dopamine release more with certain activities, given that they started at a lower baseline (first kiss)
- Risk taking & exploration are normal and **needed** for healthy development





Substance use disorders  
begin in adolescents

But *treatment* doesn't  
begin until adulthood

# Mismatch Between Use and Treatment

Age of First Use

17.4

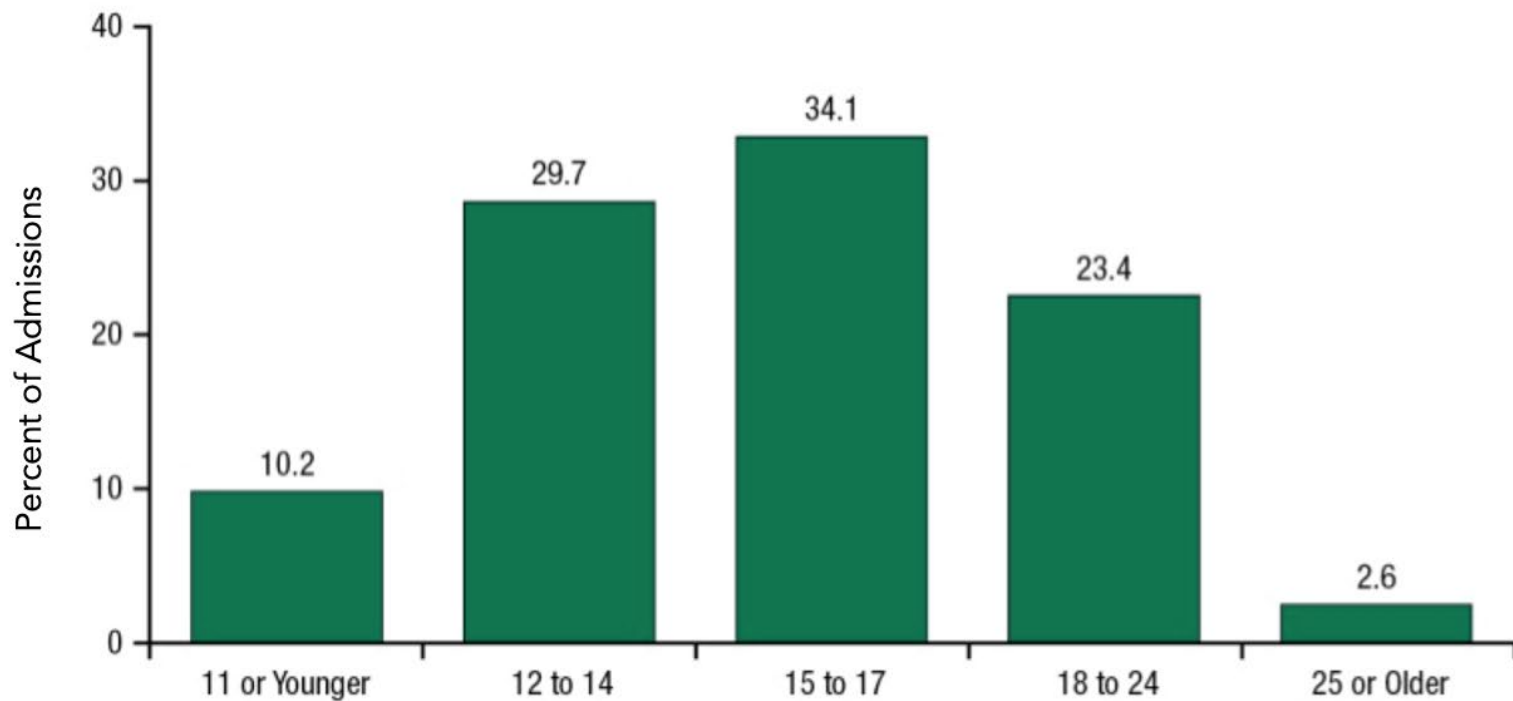
Age of Treatment

26.7

Only 10% of 12 to 17 year-olds  
needing SUD treatment actually  
receive services

# Age of Initiation

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# How can we help?

- Educate
- Inform
- De-Stigmatize
- Reach out
- Prevent
- **TREAT**



# Naloxone Distribution

Are you distributing naloxone?

Colleges should make Narcan easily available — such as placing it in a bucket on the quad so students can walk by and anonymously grab it, said Aimee Moulin, a professor of emergency medicine and addiction medicine at the University of California, Davis.-- CalMatters

# Normalize Care

SUD is like any other chronic disease.

- Expect periods of relapse and recovery
- Some people are more apt to follow treatment plans than others - Don't give up on anyone

# Surgeon General Dr. Vivek Murthy

*“For far too long people have thought about addiction as a character flaw or a moral failing... Addiction is a chronic disease of the brain and it’s one that we have to treat the way we would any other chronic illness: with skill, with compassion and with urgency.”*

**What's different  
about treating  
youth?**

# Consent Issues

- A minor 12 years of age or older may consent to medical care and counseling related to the diagnosis and treatment of a drug-or alcohol-related problem.
- **Parental consent is required for a minor's participation in MAT.**
- A minor may be considered emancipated in terms of consent for medication for addiction treatment if the provider can make the determination of self-sufficiency based on age (15 years or older), living apart from parents, and managing their own finances, regardless of income source.

# Treatment Considerations

Each individual is unique in terms of level of cognitive development, healthcare beliefs, cultural beliefs and prior experiences.

- Balance independence and parental involvement
- Build a partnership together

# Person First Language

## Terms to Use

- Person who uses drugs
- Person with a substance use disorder
- Person with an alcohol use disorder
- Person with an opioid use disorder
- Person in recovery
- Negative/positive toxicology test result(s)

## Terms NOT to Use

- Addict, abuser, user, junkie, druggie
- Alcoholic, drunk
- Oxy-addict, meth-head
- Ex-addict, former alcoholic
- Clean/dirty test result(s)

***A person is a person first and behavior is something that can be changed.***

# Adolescent Interviewing Techniques

*What tools have worked for you in the past?*



# Adolescent Interviewing Techniques

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- Encourage questions
- Start with neutral topics
- Respect privacy/confidentiality
- Avoid lecturing and being judgmental
- Do not talk with others as if the patient is not present
- Be aware of nonverbal cues
- Utilize active listening
- Approach with honest, straightforward, and clear explanations
- Restate and paraphrase

# Cognitive Behavioral Therapy

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- Frequently used for Adolescents and Young Adults
- Focuses on developing alternative coping mechanisms
- Less efficacy in Adolescents with Opiate Use Disorder than with Alcohol and Marijuana

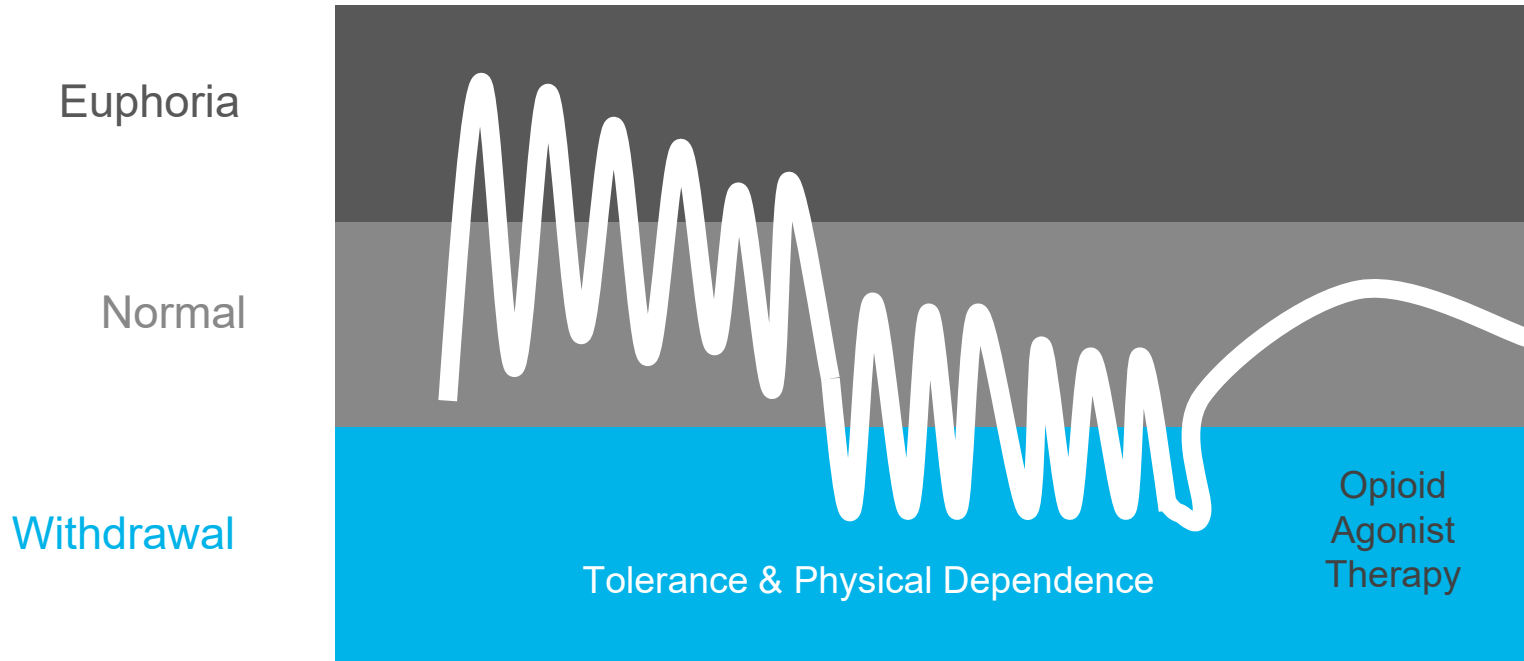


Godley MD, et al. Adolescent Community Reinforcement Approach implementation and treatment outcomes for youth with opioid problem use. Drug Alcohol Depend 2017

# Opioid Use Natural Progression

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Why do we need MAT? Why don't they just stop using?



# What is MAT?

- *Medication for  
Addiction  
Treatment*
- *Typically only  
one part of  
overall treatment  
plan*

# How does MAT help treat OUD?

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- Prevents withdrawal
- Controls cravings
- Increases ability to comply with treatment

**MAT SAVES LIVES**

# What other chronic diseases are challenging to manage in adolescence?

- Diabetes.....
- Asthma.....
- Obesity.....
- Depression.....
- Anxiety.....



Rapid  
Access to  
Treatment  
saves  
lives



Live Your Best Life.



# CA Bridge Youth MAT Pilot

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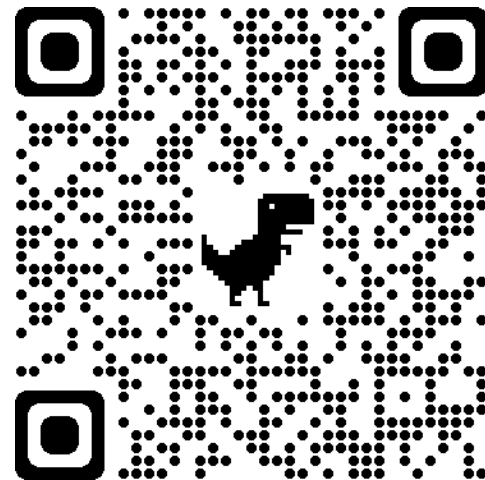
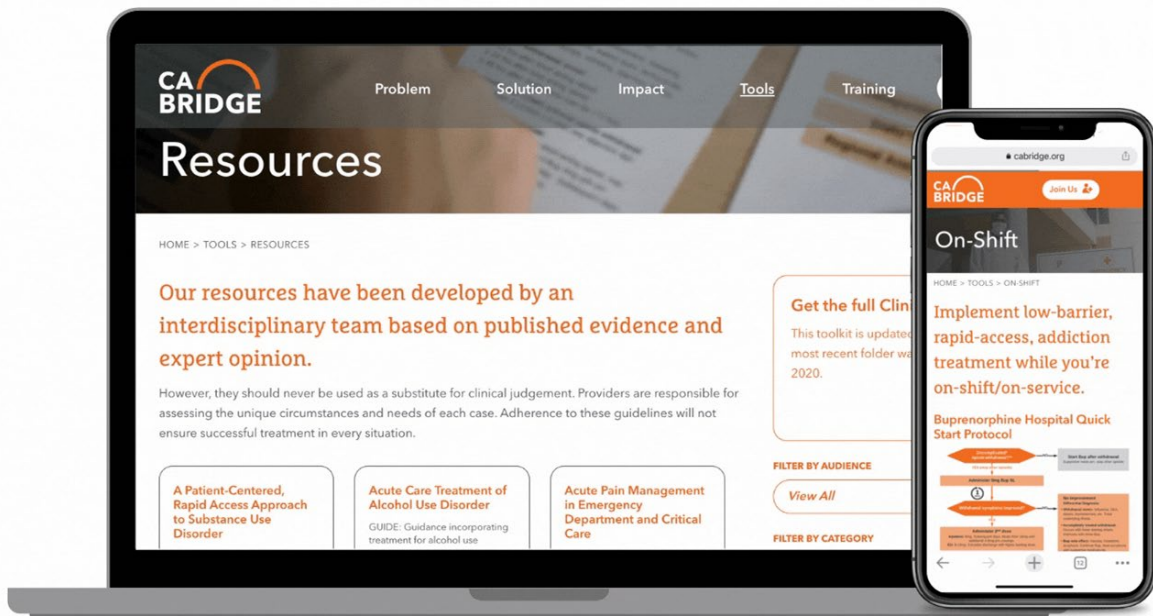
- Engagement, screening, assessment, and referral
- Navigation and case management
- Increasing access to medication for addiction treatment (MAT)
- Youth-specific behavioral interventions
- Family engagement and services
- Youth-specific recovery support and services

# Impact of CA Bridge Youth MAT Pilot To-Date

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Metrics	March - Dec, 2021
Number unduplicated youth screened for SUD	8973
Number unduplicated youth with, or at risk of, OUD/STuDs receiving navigation services.	442
Number unduplicated youth evaluated for MAT.	170
Number unduplicated youth receiving buprenorphine.	86

# Resources



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Join our email list for new announcements



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**Q&A**

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Gracias

謝謝

Thank you

Cảm ơn

Salamat

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