Drug Treatment for Adolescents

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Teen Drug Use
Drug Use in 12th Graders

FIGURE 12
Annual Prevalence of Use for Various Illicit Drugs
Grade 12
2013

Source: The Monitoring the Future study, the University of Michigan.
Drug Use in 8th & 10th Graders

FIGURE 13
Annual Prevalence of Use for Various Illicit Drugs
Grades 8 and 10
2013

Source: Monitoring the Future study, the University of Michigan.
Teen Attitudes Toward Marijuana

Percentage who think regular marijuana use is harmful

- 8th Grade
- 10th Grade
- 12th Grade

Cannabinoid Receptors Are Located Throughout the Brain

THE BRAIN CONTINUES TO DEVELOP UP TO AGE 25
New Trends: Digital Peer Pressure
Vaportini Trend
Vape Pens/E-Cigarettes/Hookah Pens
Concentrates/Dabbing
Edibles
Adolescent Substance Use

• Don’t Think Their Life Would Be Better Without Drugs

• Don’t Think They Have A Problem

• Dragged Into Treatment
Mad Rush for Abstinence

“The mad rush is a frantic attempt to convince youth that drugs are dangerous, that they personally have been harmed by drugs and that they must quit.”

- Therapist’s Role
- Consequences
Fakers

- Tell Adults What They Want To Hear
- Pretend To Be Drug Free
- Biggest Challenge Is To Foster Honesty In This Type Of Client
Flee-er

• No One Wants To Be Controlled By Others

• “You Can’t Make Me” And Leave

• Fear

• Present Only In Body
Fighters

• See Adults As Trying To Dictate Or Control Their Behavior
• Aggressive And Overt
• Passive Aggressive
Followers

- Respond Positively
- Swayed To Wanting To Quit Drugs
- Make A Sincere Commitment But Without Skills To Succeed
- Failure Outcome
How to Deal with the 4 F’s

• Stop the Rush
• Therapist’s Role
• Meet the Youth Where He/She Is At
• Be Developmentally Appropriate
• Practice A Holistic Approach
• Build A Good Relationship
Motivational Interviewing

CHANGE AHEAD
Stages of Change

Precontemplation (unaware of the problem)

Contemplation (aware of the problem and of the desired behavior change)

Preparation (intends to take action)

Action (practices the desired behavior)

Maintenance (works to sustain the behavior change)

The Stages of Behavior Change

Sources: Grinyer 1997 (75) and Prochaska 1992 (146)
Seven Challenges

1. We decided to open up and talk honestly about ourselves and about alcohol and other drugs.

2. We looked at what we liked about alcohol and other drugs, and why we were using them.

3. We looked at our use of alcohol and other drugs to see if it had caused harm, or could cause harm.

4. We looked at our responsibility and the responsibility of others for our problems.

5. We thought about where we seemed to be headed, where we wanted to go, and what we wanted to accomplish.

6. We made thoughtful decisions about our lives and about our use of alcohol and other drugs.

7. We followed through on our decisions about our lives and drug use. If we saw problems, we went back to earlier challenges and mastered them.
Honesty

- Undoing Negative Expectations
- Creating A Safe Environment
- Guest Status
- Honesty To Oneself And Others
Drug Benefits & Motivation for Use

• Why Encourage Youth To Talk Freely About Drug Benefits?

• Fighter

• Motivation For Use
Getting to the Harm

• Heard it Before
• Avoid Defensiveness
• Questions Over Accusations
• Message Of Empowerment
• Feedback (adults/peers,counselors)
• Caring Confrontation
Learning to Take Responsibility

• Accountability And Ownership For Youth

• Acknowledgement Of Other’s Responsibility
Courtesy Relapse Prevention

- Youth Under External Pressure to Quit
- What Do YOU Want To Do
- Impulse Not Confused With An Informed, Motivated Decision
- Work on 2 Levels
  - For Abstinence
  - For Building A Foundation For Success
Trauma

- Physical or Sexual Abuse 3x more likely to use
- 70% of youth in SUDS tx had hx of trauma
- 59% of young people with PTSD develop SUDS
- Emotional & Behavioral Dysregulation
- High severity PTSD symptoms
Mental Health & Drug Use...

Mood & Anxiety Disorders Among Respondents with Marijuana Dependence (NESARC)

- Any Mood Disorder: 61%
- Any Anxiety Disorder: 20%
- Depression: 49%
- Dysthymia: 47%
- Mania: 20%
- Hypomania: 24%
- Panic w/ Agoraphobia: 4%
- Panic w/o Agoraphobia: 3%
- Social Phobia: 10%
- Specific Phobia: 1%
- Generalized Anxiety: 14%

- Marijuana dependence
- General Population
Seeking Safety
Seeking Safety Concepts

• Safety
• Integrated Care
• Ideals Focus
• Cognitive, Behavioral, Interpersonal, Case Management
• Clinician Processes
Youth System of Care (YSOC)

- 26 Treatment Settings in Santa Clara County
- Modalities of Treatment
- Confidentiality & Minor Consent
- Prelicensed & Licensed MFT & SW
Questions?