

WELL *moment*

Better Conversations. Better Health.

Combating Adolescent Substance Use

For Teens, Families & Professionals

Vanderbilt Health

Affiliated Network

Housekeeping

- Our goal is to have this be an interactive session, so please submit your questions throughout the presentation via the chat box.
- We will send an email of the recording and the presentation slides, along with links to resources discussed.
- We'd love to hear from you! If we don't cover something, or if your question isn't answered, contact us at memberinfo@vhan.com.



Meet the Experts



Cole Szabo, LADAC II
National Outreach Director
Red Oak Recovery



Anthony Yates, LPC - MHSP
Senior Executive Director -Nashville
Vertava Health

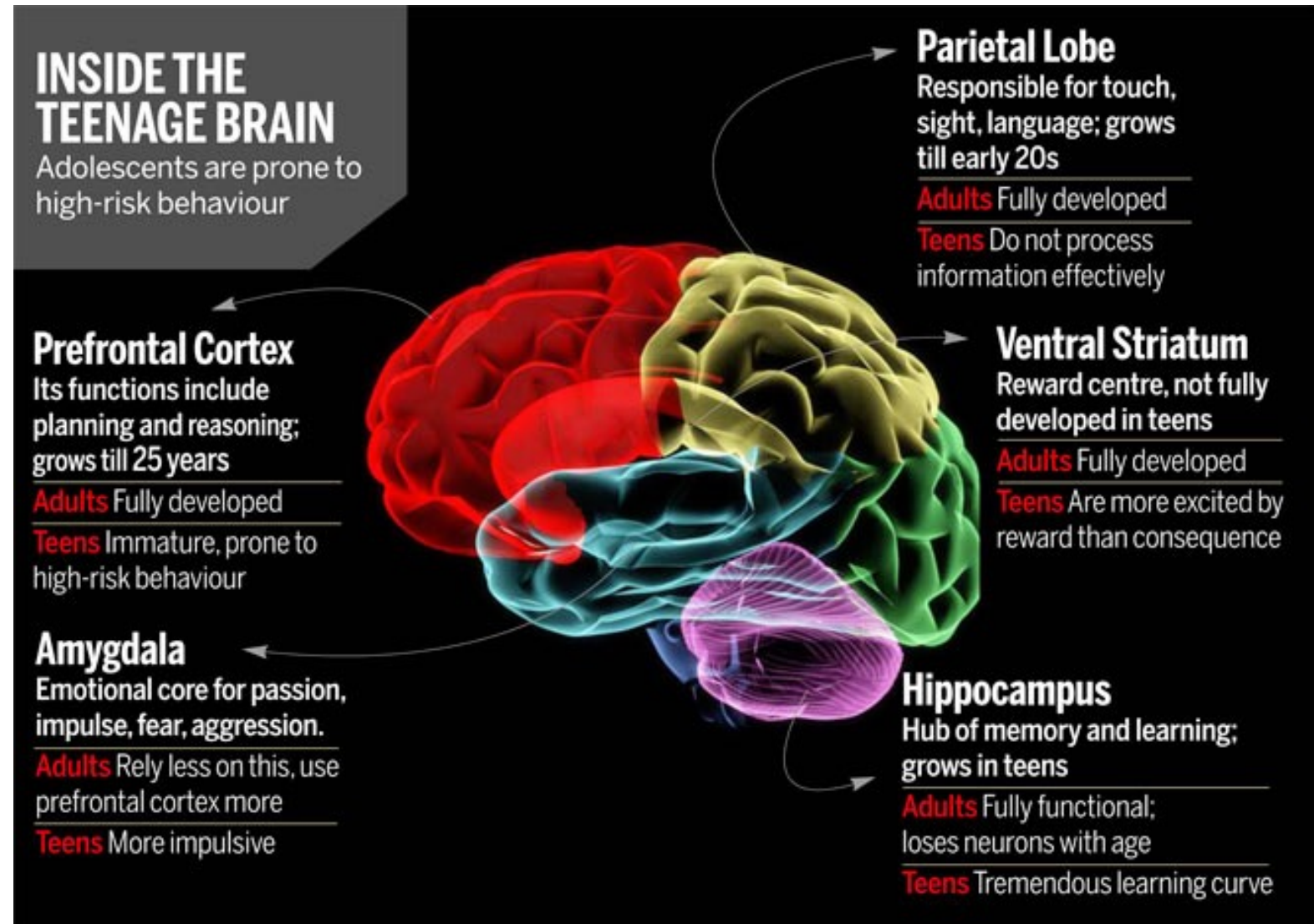
Objectives

- How to speak to a child or teen about substance use
- What to look for in identifying substance use and abuse
- What treatment options are available for support
- How to access that support when needed



What's Going on in There?

- Brain develops Back -> Front
- Reward Center/Emotional Core develops prior to reasoning/problem solving
- Fully functional accelerator; no brakes
- Teens more prone to high-risk behavior = Substance Abuse



Coping With Drugs/Alcohol

- If you use drugs/alcohol to deal with stress, be more social, improve mood (depression/anxiety), then you tell your brain "Hey, I got this," meaning neuro pathways that form to help you to cope and deal with "life" do not effectively form.
- What's the result? You could manifest or develop lifelong depression/anxiety and be unable to deal with stress.
- The most consistent research finding regarding youth substance use, however, is that the earlier a child initiates substance use, the higher the likelihood of developing substance-related problems and addiction later in life
[https://www.jahonline.org/article/S1054-139X\(20\)30412-2/fulltext](https://www.jahonline.org/article/S1054-139X(20)30412-2/fulltext)

Adolescent Brain Development Can Be Divided Into Three Processes

PROLIFERATION

Rapid growth of brain matter and for the formation of new connections within the brain.

PRUNING

Cutting away of unused or unimportant connections

MYELINATION

Insulating of brain pathways to make the faster and more stable

Nicotine

- Changes brain cell activity responsible for attention, learning and memory
- Increase risk of addiction to other substances
- Stimulates reward center (dopamine) in the brain
- Can be as addictive as heroin or cocaine
- Causes blood vessels to constrict raising pulse and blood pressure
- Juul pods can contain as much nicotine as 1 pack of cigarettes



Everyone's Doing It?

National Institute on Drug Abuse's Monitoring the Future Survey

Drug Use Trends Among U.S. Teens

Monitoring the Future 2020 Survey Results

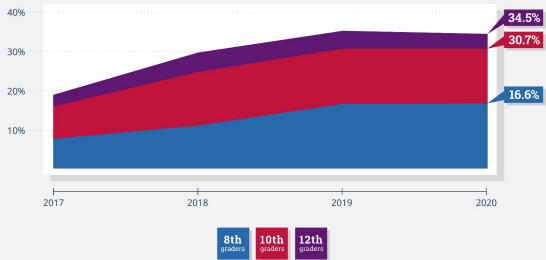
Monitoring the Future is an annual drug use survey of eighth, 10th and 12th grade students conducted by researchers at the University of Michigan, Ann Arbor, and funded by the National Institute on Drug Abuse.

[More than **11,800 students** from **112 schools** across the United States participated in the 2020 survey.*]

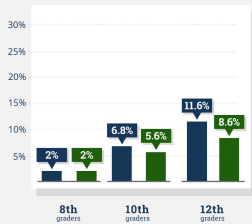
Everyone's Doing It?

Surge of Nicotine Vaping Levels Off, but Remains High

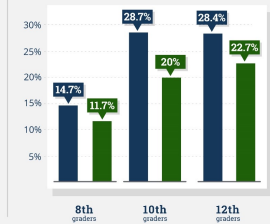
Past-Year Nicotine Vaping Held Steady



Daily or Near-Daily Nicotine Vaping

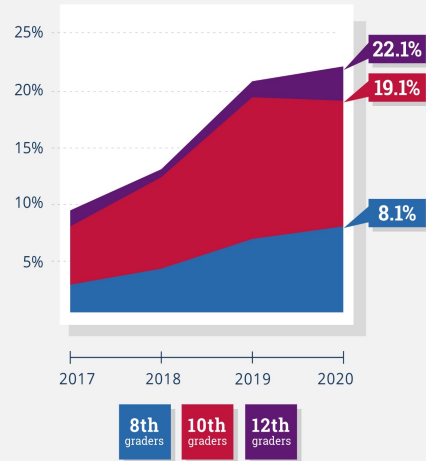


Past-Year JUUL Use Dropped Significantly Among Older Grades

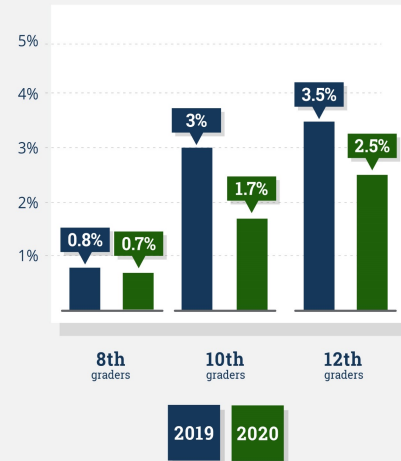


Past-Year Marijuana Vaping Holds Steady

Past-Year Marijuana Vaping



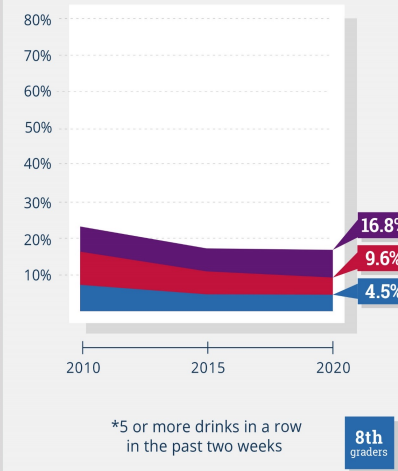
Daily or Near-Daily Marijuana Vaping Decreases Significantly Among 10th Graders



Gradual Decline in Alcohol Use Slows

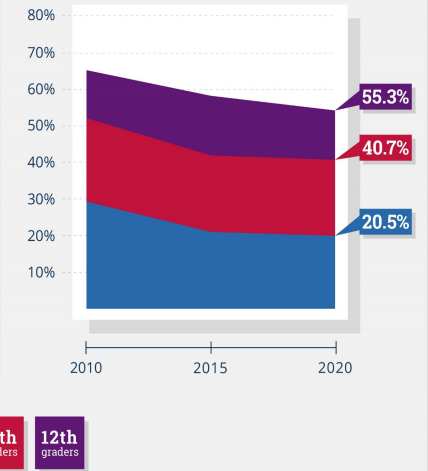
Long-term trend of decreasing alcohol use among all grades levels off.

Binge Drinking*



*5 or more drinks in a row in the past two weeks

Past-Year Alcohol Use



Everyone's Doing It?

- The 2020 Monitoring the Future results contain promising trends, with **past-year use of illicit drugs other than marijuana holding steady at the lowest levels in over two decades**—6.1% of 8th graders, 9.6% of 10th graders and 12.4% of 12th graders. Among 12th graders, the rate of past-year use of illicit drugs other than marijuana has declined by 30.0% in the past five years.
- **IF EVERYONE AROUND YOU IS USING, THEN YOU HAVE FOUND YOURSELF IN A SUBCULTURE SURROUNDED BY PEERS WHO ARE NOT PART OF THE MAJORITY.**

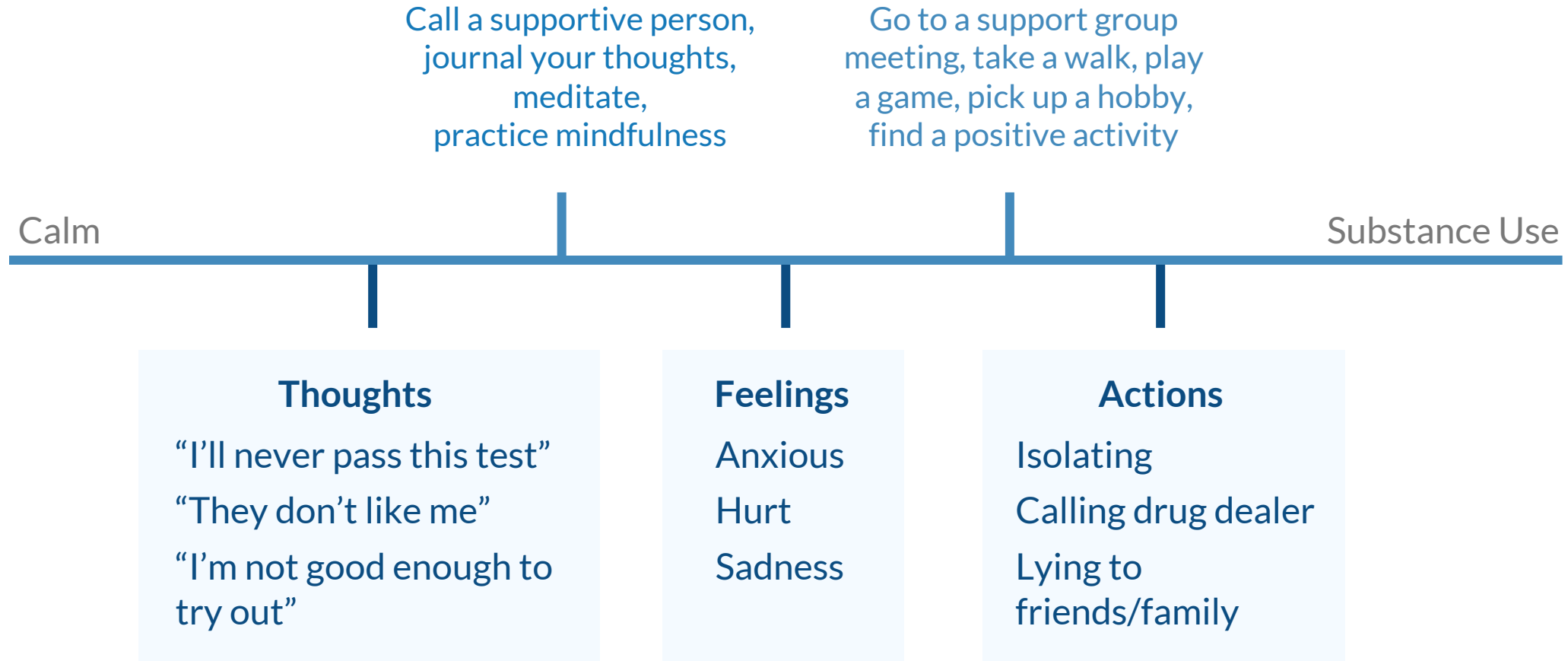


Dealing With Peer Pressure

- Peers influence your life, even if you don't realize it, just by spending time with you. You learn from them, and they learn from you. It's only human nature to listen to and learn from other people in your age group.
- Peers can have a positive and/or negative influence on your life.
- Some kids give in to peer pressure because they want to be liked, to fit in or because they worry that other kids might make fun of them if they don't go along with the group. Others go along because they are curious to try something new that others are doing.
- Pay attention to your own feelings and beliefs about what is right and wrong.
- Inner strength and self-confidence will help you stand up for what you believe in.
- Stick with the Winners: Choosing friends who do the right thing takes a lot of the power out of peer pressure.
- If you find peer pressure difficult to handle, talk to someone you trust, such as a parent, teacher, coach or school counselor.
- Try to help a friend who is having trouble resisting peer pressure.



Escalation of Substance Use



Refusal Skills

1. Offer to be the designated driver. Get your friends home safely, and everyone will be glad you didn't drink or take drugs.
2. If you're on a sports team, say you are staying healthy to maximize your athletic performance—besides, no one would argue that a hangover would help you play your best.
3. Say, "I have to [study for a big test/go to a concert/visit my grandmother/babysit/march in a parade, etc.]. I can't do that after a night of drinking/drugs."
4. Keep a bottled drink such as a soda or iced tea with you to drink at parties. People will be less likely to pressure you to drink alcohol if you're already drinking something. If they still offer you something, say, "I'm covered."
5. Find something to do so that you look busy. Get up and dance. Offer to DJ.
6. When all else fails, blame your parents. They won't mind! Explain that your parents are really strict, or that they will check up on you when you get home.
7. Pair up with others who will keep you accountable.



Healthy Coping Skills

- Journaling
- Meditation
- Sports
- Music
- Reading
- Exercise/Yoga
- Walking
- Mindfulness/Grounding

What are some of yours?

Cultivating Coping Mechanisms

Consciously developing coping skills/associations



Self-acceptance



Experiments



Hugs, affection



Cooking and other value-creating activities



Hot chocolate, ice cream, fruits



Walks, exercise, sunshine



Perspectives: other people or mental models



Cuddling pets



Review, planning



Offer Support

- Make sure you have support and take care of yourself.
- Talk about mental health and substance abuse issues with family, friends, neighbors.
- Go to therapy and get regular check-ups.
- Join support groups such as Al-Anon/Alateen, AA, NA, ACOA.
- Practice a self-care routine.
- “You can't transmit something you haven't got.”

Potential Drug Abuse in Teens

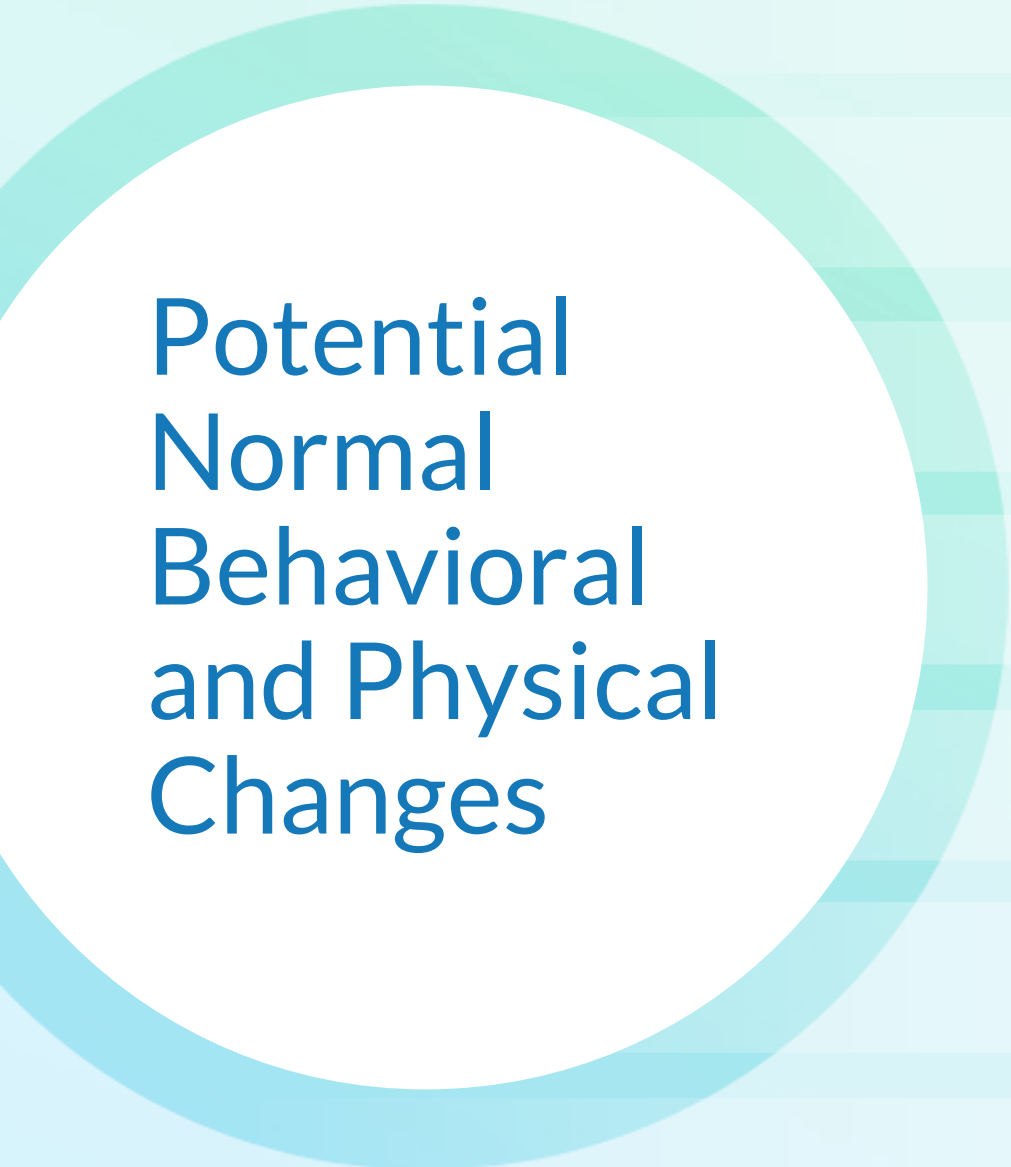
Significant Behavioral Changes

- Mood swings can be normal
- More changes, higher concern

Physical Changes

- Some changes are expected especially during puberty and growth spurts
- Main changes to be concerned about will appear unhealthy





Potential Normal Behavioral and Physical Changes

Mood swings

Irritability

More opinionated

Being more socially focused

Weight changes with growth spurts

Appetite changes

Sleep changes



Behavioral Signs

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

Physical Signs

- Sudden weight changes
 - Unintentional weight loss
- Frequent nosebleeds
- Bloodshot eyes
- Watery or glazed-over eyes
- Tremors

Abnormal Sleeping Patterns

- Increase
- Decrease

Lack of Hygiene

- Not showering
- Looking unkempt

Frequent Unexplained Illness

- Nausea
- Diarrhea
- Constipation
- Headaches

Overall

The more changes and the more drastic, the higher the level of concern.

Know your child's social circles.

Know what your kid is doing online.

Talk to them regularly.

Seek professional help and support when unsure.

Trust your gut: You know your kids.

Get help for yourself.

Consider joining Al-Anon, an international mutual aid organization for people who have been impacted by another person's drinking or drug abuse.





Types of Treatment/Help

Residential Programs, more commonly known as “rehab”

Partial Hospitalization Program (PHP)

Intensive Outpatient Program (IOP)

Individual Therapy

Medication Management or Medication Assisted Treatment (MAT)

Intervention Services

Support Groups (AA/NA)

How to Find Help

Tennessee REDLINE: 1 (800) 889-9789;
<https://www.taadas.org/tn-redline>

Check with your insurance provider

SAMHSA: <https://www.samhsa.gov/find-help>

Psychology Today: <https://www.psychologytoday.com/us>

Local facilities for suggestions and referrals: **Vanderbilt University Medical Center, Vertava Health, Cumberland Heights**

Find 12 Step Support Groups at aa.org or na.org

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Questions?

Please enter your questions into the chat box.

You can find additional resources at [wellmoment.org](https://www.wellmoment.org).

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