

Adolescent Substance Abuse

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Presented by
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Understanding the scope of the problem

Just how common is adolescent substance use?

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About me

- Licensed in the State of Montana as an LCPC and LAC
- Credentialed through NAADAC as a MAC
- Opened a private practice in November of 2019 (Coffee Date Counseling Services, LLC)
- Spent the last 10 years working in an agency with teenagers with co-occurring mental health and substance use disorders in residential and outpatient settings
- Prior to that worked as a direct support staff member in another residential treatment center for teenagers with SUD for three years



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A Caveat....

- Self-report measures
- Location of administration of surveys

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objectives

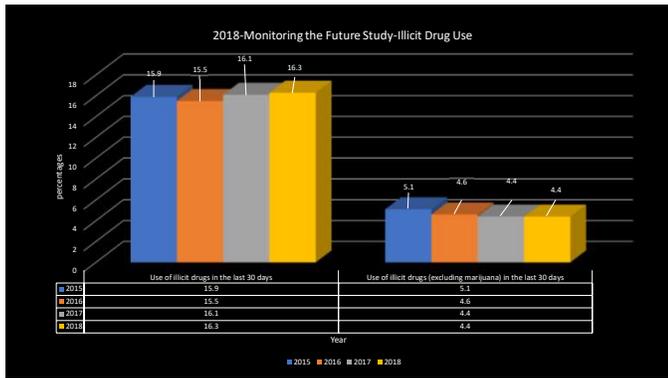
- Understand the scope of the problem: Just how common is adolescent substance use?
- Understand the basics of Addiction
- Understand the impact of substance use on adolescents
- Learn about what kids are using
- Learn about ways to intervene and where to get additional help

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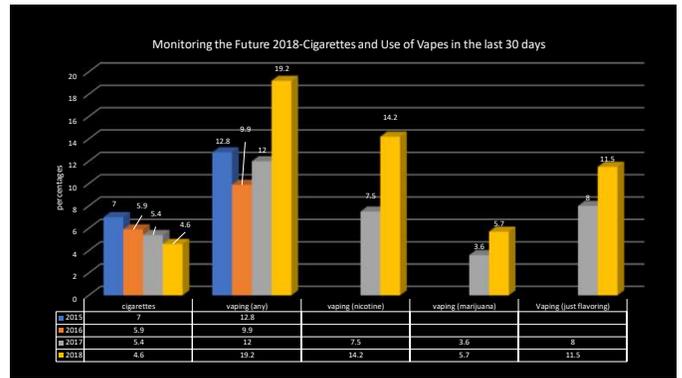
National Statistics-Monitoring the Future Survey

- Ongoing study that looks at behaviors, attitudes, and values of students yearly since 1975
- 44,500 8th, 10th, & 12th graders responded in 2018

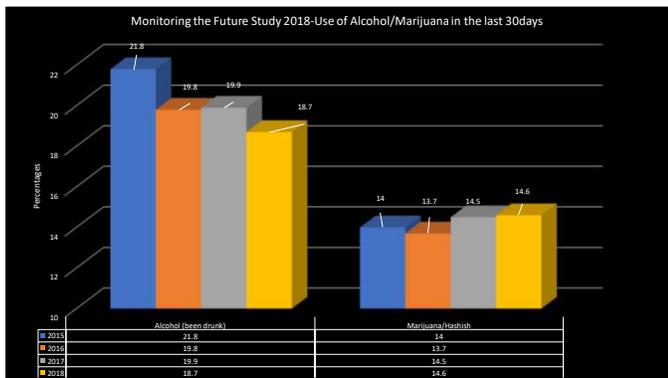
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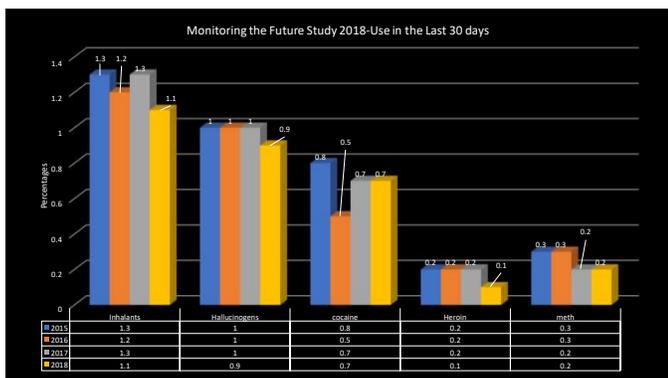


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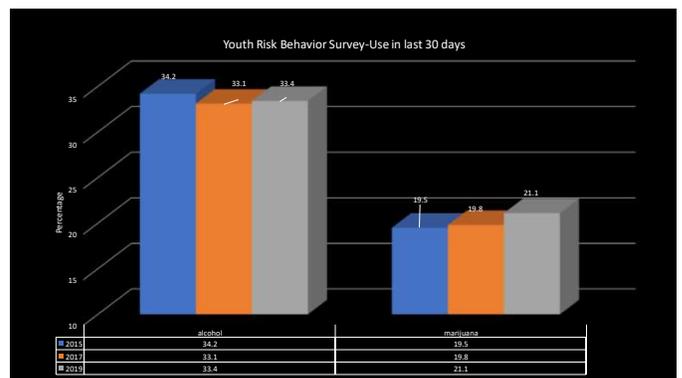
State Statistics-Youth Risk Behavior Survey

- Established by the CDC to help monitor prevalence of behaviors that place youth at risk
- Montana has participated in this study since 1991

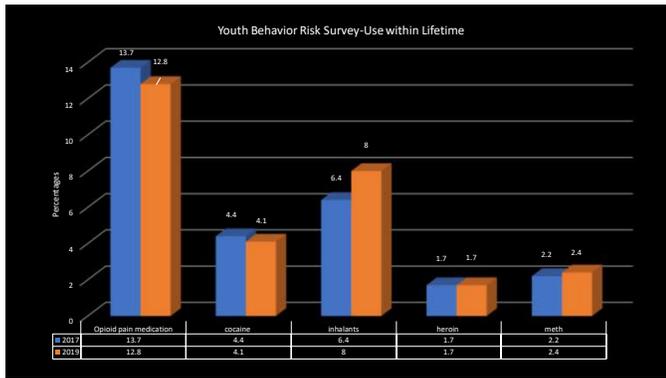
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What is Addiction?

Medical Model vs. Moral Failing

Stigma

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Understanding the basics of Addiction

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ASAM's Definition

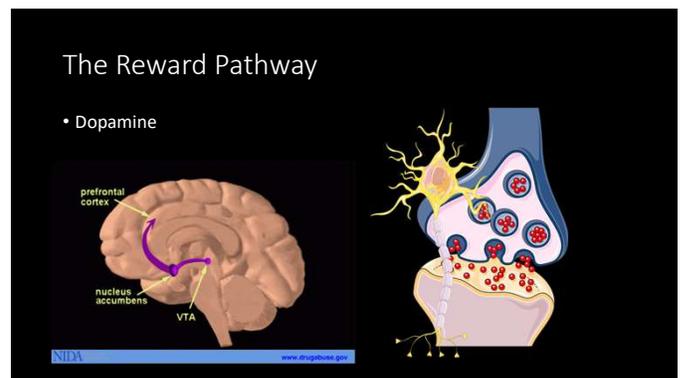
"Addiction is a **primary, chronic disease of brain reward, motivation, memory and related circuitry**. Dysfunction in these circuits leads to characteristic biological, psychological, social and spiritual manifestations. This is reflected in an individual pathologically pursuing reward and/or relief by substance use and other behaviors.

Addiction is **characterized by inability to consistently abstain, impairment in behavioral control, craving, diminished recognition of significant problems with one's behaviors and interpersonal relationships, and a dysfunctional emotional response**. Like other chronic diseases, addiction often involves cycles of relapse and remission. Without treatment or engagement in recovery activities, addiction is progressive and can result in disability or premature death"

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FILM BILDER PRESENTS

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Why do people use?

- Experimentation/curiosity
- Peer pressure
- Short term benefits



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Brain Development

- Ages 0-3
 - Exposure to chemicals
 - Toxic effects of stress
- Adolescence
 - Pruning
 - Physical maturation of the prefrontal cortex
 - Physical changes in those who used during critical periods of development



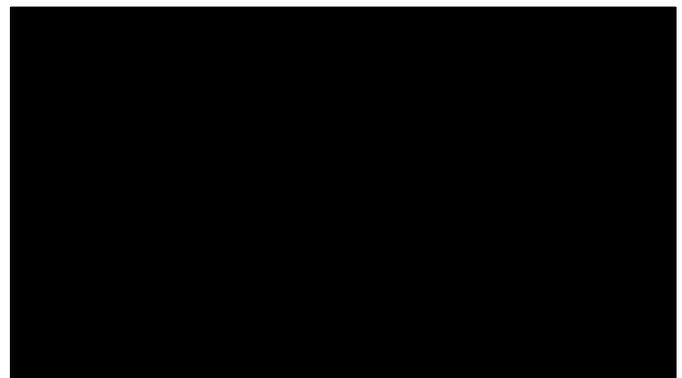
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Why don't people just stop?

- The "hijacked" brain
 - Dopamine
- Classical Conditioning
 - Pavlov and his bell



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Understanding the impact of substance use on adolescents

Developmental Considerations

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Emotional Regulation

- Coping skills
- Impulse control
- Mental Health



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Increases the Risk of Suicide

MT Youth Risk Behavior Assessment

23.4% of students SERIOUSLY considered suicide in the past 12 months (vs. 20.8 in 2017)
 19.5 % made a plan (vs. 16.6% in 2017)
 9.9% had actually made one or more attempts (vs. 9.5 in 2017)

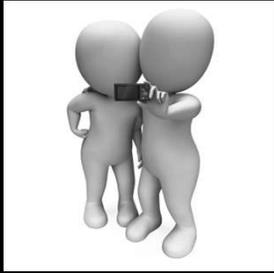
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What are kids Using?

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Social Development

- Relationships
 - social skills
- Identify formation
 - Value exploration
 - Self-image



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Vaping & Nicotine

- Highly addictive- “gateway drug”
- Not a lot of research
- Vapor contains well known carcinogens and toxic chemicals
 - Possible toxic metal nanoparticles from the device itself





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Educational

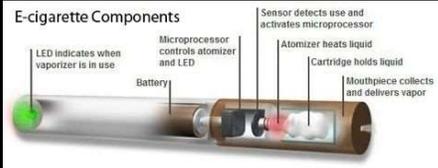
- Lower academic achievement
- Learning Difficulties
- Increased risk of dropping out



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How do E-cigs work?

- Produce an aerosol by heating liquid which contains a number of ingredients, the aerosol is then inhaled by the user
 - Nicotine
 - Flavorings
 - Other chemicals
 - Other drugs



E-cigarette Components

- LED indicates when vaporizer is in use
- Battery
- Microprocessor controls atomizer and LED
- Sensor detects use and activates microprocessor
- Atomizer heats liquid
- Cartridge holds liquid
- Mouthpiece collects and delivers vapor

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Which is Which?



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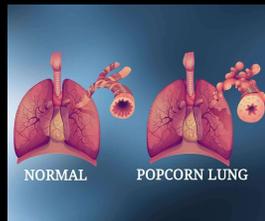
Other Risks

- Defective e-cigarette batteries have caused fires and explosions causing serious injuries to users
- Children and adults have been poisoned by swallowing, breathing or absorbing e-cig liquid through their skin or eyes. 50% of national calls to poison control centers are for kids five years of age or younger

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What is actually in the Aerosol?

- Nicotine
- Small particles that can be inhaled deeply into the lungs
- Flavorings (i.e. diacetyl, which has been linked to serious lung disease, "popcorn lung")
- Volatile compounds
- Heavy metals such as nickel, tin, lead
- ?????



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Marijuana

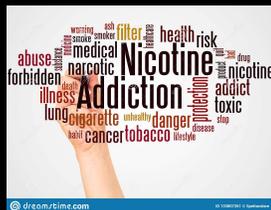
- Increase in THC concentrations
- Marijuana "extracts"
- Medical Marijuana and increased access



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Nicotine

- Highly addictive, found in other tobacco products such as cigarettes, cigars and chewing tobacco
 - In adolescents, "primes" the brain for addiction due
- In adolescents, harms parts of the brain that control attention, learning, mood and impulse control



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K2 (Spice)

- Synthetic
- "not for human consumption"
- Same THC receptors
- Health impacts



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Opioid Use

- Medicine cabinets
- Fentanyl/Carfentanil
- Overdose potential
- Naloxone
 - MT Standing order



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Signs of Substance use



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Inhalants

- Solvents
- Aerosol Sprays
- Gases



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The "Obvious"

- Admitting use to "safer" substances
- Finding Drugs and/or Alcohol or Paraphernalia



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How to Intervene and Get Help

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- Appearing under the influence or going through withdrawal
 - Red eyes
 - Pupil changes
 - Changes in energy, speech patterns, behaviors
 - Odors
 - Unexplained illnesses following suspicious behaviors/appearances
 - burns



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Red Flags: The Key is CHANGE

- Sudden Change in friends or not introducing family to friends
- Changes in grades, attendance or attitudes towards peers or teachers
- Changes in behaviors
- Decline in mental health symptoms or significant mood changes

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Balanced Conversations



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Possible paraphernalia

- “crafts” that your not quite sure about (i.e. pipes in pottery class, pop cans, cored out apples, tin foil, etc.)
- Ping pong balls
- Baggies
- Vape pens (may look like USB drives)
- Eye drops
- Body sprays—other aerosol items
- Rags/socks with chemical odors
- Scales, straws, mirrors, pens, glass tubes, mirrors, rolled up dollar bills/paper
- Lighters
- Burnt Spoons, belts, bandanas (anything that can be used as a tie off)
- Razor blades
- Dryer sheets
- <http://powertotheparent.org/be-aware/hidden-in-plain-sight/>

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Other ideas

- Talk to your other family members
- Know your kids’ friends and their family—find out where they stand on use
- Parental supervision
- Foster Resilience

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Talking to your kids

- Start Earlier than you think
 - Teachable moments
- Provide factual Information
 - Scare tactics DON’T Work!
- Give Clear Messages and Set Expectations: Use is not Acceptable
- Age Appropriate Self-Disclosure

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More Ideas

- Keep prosocial activities in mind when implementing consequences
- Know what your child is doing online
 - “Dark Web”

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Get Help

- Drug Testing
- Evaluations
- Counseling and Treatment

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More Questions?

Contact information:

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