

Adolescent Substance Use

RAPPAHANNOCK AREA COMMUNITY SERVICES BOARD

www.rappahannockareacsb.org



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Rappahannock Area Community Services Board

Overview

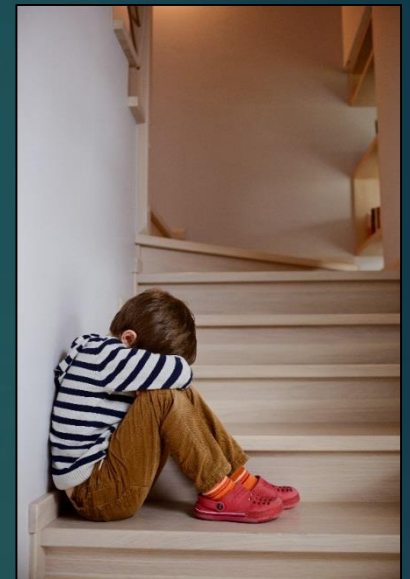
- ▶ Bonding/Object Relations
- ▶ Impact of Trauma on Adolescent Substance Use
- ▶ Stage of Development in Adolescents
- ▶ Brain Development
- ▶ Role of Technology
- ▶ Use of Technology by Adolescents as It Relates to Substance Use
- ▶ What Can You Do? Is There Hope?
- ▶ Resources/Questions

Bonding/Object Relations

- ▶ No “parent bashing” allowed!
- ▶ Stages of Development from age 0 to 25:
 - ▶ Age 0 – 18 months: Trust vs. Mistrust impacts ability to feel hopeful
 - ▶ Age 18 months – 3 years: Autonomy vs. Shame/Doubt impacts asserting own will
 - ▶ Age 3 – 5 years: Initiative vs. Guilt impacts self-esteem
 - ▶ Age 5 – 12 years: Industry vs. Inferiority impacts sense of competence
 - ▶ Ages 12 – 25 years: Ego Identity vs. Role Confusion impacts ability to be faithful and to tolerate the reality that all are vulnerable

Trauma

- ▶ Think of an experience you had that was traumatic for you.
- ▶ If this experience occurred from age 0-25; think of who/what helped you heal.
- ▶ If this experience occurred from age 25 or older, who/what helped you to heal and imagine if the same degree of trauma occurred prior to age 25.
- ▶ Trauma is individualized; what is a traumatic experience to one person will not be experienced as traumatic to another person.
- ▶ Trauma can be a divorce, witnessing domestic violence, emotional neglect, emotional absence, abandonment, death, verbal, physical, sexual abuse, poverty, family chaos, bullying.



Brain Development

- ▶ Addiction has a genetic component.
- ▶ Addiction is a brain disorder, NOT a personality flaw.
- ▶ Adolescence is a period of development between childhood and adulthood involving complex social, biological, and psychological changes.
- ▶ Frontal Lobe is where judgement, regulating emotions, inhibition and integration of novel stimuli occur.
- ▶ Research finds that adolescents who regularly drink 4-5 drinks in one sitting will show deficits in development in the Frontal Lobe.



National Institute of Health Statistics

- ▶ Past month use increases from 17% to 45% between 8th and 12th grade.
- ▶ Illicit drug use increases from 8% to 22% between 8th and 12th grade.
- ▶ Beware of injuries to any age, especially children and adolescents as opioids are prescribed for pain.
- ▶ Opioid is equivalent to heroin.
- ▶ Parents frequently condone alcohol use in adolescents “as long as they are at home and I am with them to supervise.”

Calista Shardlow & Carleigh Davis

Juvenile Drug Court Therapists

Rappahannock Area Community Services Board

Influence of Technology

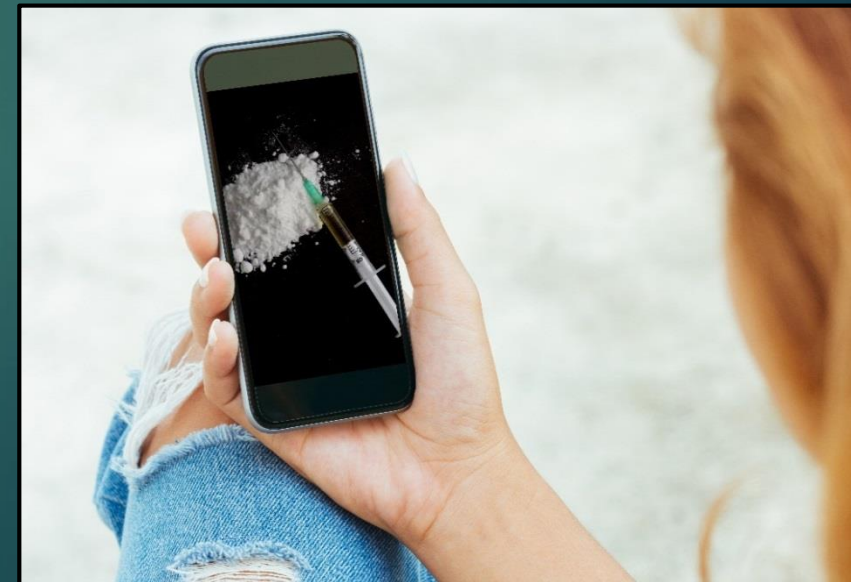
- ▶ Kids as young as 2-3 years old interface with electronic devices (smart phones, tablets) and computers.
- ▶ Sensory stimulation in the area of hearing, seeing, and interacting with people via a machine or a game leads to heightened need for stimulation.
- ▶ Detachment and depersonalization is inherent in communication via machines (email, Facebook, Snapchat, Twitter).
- ▶ 76% of teens report spending time on social media sites.
- ▶ Digital Peer Pressure - 75% of teens report seeing pictures on social media of peers using substances.
- ▶ Glorification of drug use by pop culture.



Use of Technology To Access Alcohol/Drugs

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- ▶ Social media platforms and apps allow teens to connect with people beyond their daily boundaries.
- ▶ Each platform/app has varying exposure to drug use, drug availability, and access points.
- ▶ Technology provides easy access to information about drug use and how to get drugs.
- ▶ Be aware of more than just the apps themselves: Look inside of each app for more “private” information.
- ▶ Most popular apps used by teens: Snapchat, Facebook, Instagram, Twitter, YikYak, Kik, WhatsApp, Whisper, AfterSchool, and Periscope.



Common Jargon To Access Alcohol/Drugs

- ▶ “DM/PM me” – direct/private message
- ▶ “plug” – drug dealer
- ▶ “get turnt/lit” – get drunk/high/stoned or party
- ▶ “dabs” – THC resin/wax
- ▶ “tabs” – LSD
- ▶ “bud, tree, devil’s lettuce, thrax, broccoli, good, smoke, gas” – marijuana
- ▶ “lean, purp, dirty, soda, purple drank” – cough syrup (codeine) with Sprite
- ▶ “white, butter, slices” – cocaine

Summary

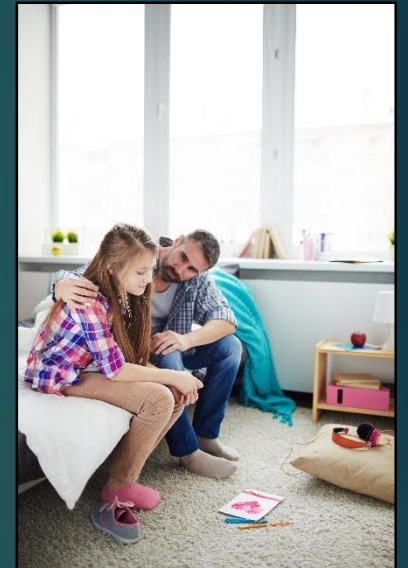
- ▶ Layer childhood development, bonding, object relations
- ▶ With impact of trauma, brain development, impact of interface with machines
- ▶ The potential result is an adolescent who is biologically, socially, and psychologically ripe for alcohol/drug use



Is There Hope? YES!

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- ▶ Prosocial role models within the family and outside the family.
- ▶ Balance between encouraging, teaching, and holding accountable.
- ▶ Address the behavior, not the person. **The behavior is not acceptable, person is acceptable. (Start this from the moment child has mobility.)**
- ▶ Be the parent who hosts the kids at your house, picks them up, etc. KNOW your child and his/her friends.
- ▶ Make learning fun; use their interests to help them learn.
- ▶ Focus on the pride of doing a good job, not the “you have to do good school work.”



Is There Hope? *(continued)*

- ▶ Know their teachers, principals, coaches, and other mentors.
- ▶ Have them involved in reading and activities where machines are not used.
- ▶ Discuss the reality of drug/alcohol use openly and tell them how to say no, not to let someone else fix their drink at a party, to call you when/if uncomfortable.
- ▶ Parents/Guardians need to TEACH and MODEL the skills needed to thrive in today's world.



Resources

- ▶ Rappahannock Area Community Services Board (RACSB)
- ▶ Rappahannock Area Office On Youth offers Substance Use Education Groups for parents and adolescents
- ▶ Rappahannock Area Juvenile Drug Treatment Court (treatment component provided by RACSB)
- ▶ Youth Mental Health First Aid Training (offered by the RACSB)
- ▶ Mental Health America of Fredericksburg, Teen Support Groups



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