



Substance Abuse Treatment and Prevention for Teens and Young Adults

Well Within is a program of CHAC

Community Health Awareness Council

590 W. El Camino Real, Mountain View, CA 94040

(650) 965-2020 www.chacmv.org

CHAC

Building Community from the Inside Out

Well Within Clinical Director and Clinical Supervisor



Veronica Foster, MA, LMFT 80917

Mrs. Foster, MA, Clinical Program Director of Well Within, is a Marriage and Family Therapist whose skill and concentration includes counseling youth and families; while specializing in providing psychotherapy, coaching and mentorship to teens and adults. I have worked with adults and teens in substance abuse recovery for over 8 years and I have served the community by helping children, teens, and adults in recovery from the effects of others' alcoholism and drug using and other addictive behaviors.

- **Licensed Marriage and Family Therapist**
- **8 years providing mental health and substance abuse treatment**
- **Worked with over 500+ Bay Area teens and families**

Alcohol and Other Drugs (AOD)

- Scope of the problem
- Why is this happening
- What do we do as a community
- How do we prevent this

California Healthy Kids Survey Mountain View-Los Altos Union High 2015-2016 Results

Core Module Results

1. Survey Sample

Table A1.1
Student Sample Characteristics

	Grade 7	Grade 9	Grade 11	NT ^A
Student Sample Size				
Target sample	–	1,029	901	–
Final number	–	915	691	–
Average Response Rate	–	89%	77%	–

Note: ^ANT includes continuation, community day, and other alternative school types.

6. Alcohol and Other Drug Use

Table A6.1
Summary Measures of Level of AOD Use

	Grade 7 %	Grade 9 %	Grade 11 %	NT %	Table
Lifetime alcohol or drugs (excluding cold/cough medicines and prescription drugs)	–	22	44	–	A6.2
Current alcohol or drugs	–	12	28	–	A6.4
Current heavy drug users	–	4	8	–	A6.4
Current heavy alcohol user (binge drinker)	–	3	12	–	A6.4
Current alcohol or drug use on school property	–	2	3	–	A6.10

Note: Cells are empty if there are less than 25 respondents.

California Healthy Kids Survey Mountain View-Los Altos Union High 2015-2016 Results

Table A6.3
Summary of AOD Lifetime Use

	Grade 7 %	Grade 9 %	Grade 11 %	NT %
Alcohol	–	19	40	–
Marijuana	–	8	25	–
Inhalants	–	2	3	–
Cocaine	na	1	2	–
Ecstasy, LSD, or other psychedelics	na	1	3	–
Prescription pain killers, Diet Pills, or other prescription stimulant	na	9	12	–

*Notes: Cells are empty if there are less than 25 respondents.
na—Not asked of middle school students.*



Key Findings – National Statistics and Trends

- The average age of first use is 12/13 years old , every day 4,000 teens try an illicit drug for the first time
- 1 in 3 meet dealers in the hallways and campuses of their schools
- Prescription drug abuse has soared by 400 percent exceeding heroin, cocaine, and ecstasy combined
- Prescription medicine is now the most commonly abused drugs amongst 12/13 year old
- 90% of addiction starts in the teen years
- "Heavy" use of marijuana among teens is up 40 percent since 2008
- Unintentional drug poisoning is now the leading cause of accidental death in US, more than car crashes and guns
- Drugs are a factor in about 50% of all attempted suicides

No Longer Just The At-Risk Youth

Individual

Mental health and behavior issues, impulse control problems

Low self-esteem

Lack of interest in school or family

Trauma

Family

Genetics

Family conflict, neglect

Improper parenting practices - too lenient or too harsh

Parents or friends who use drugs or drink alcohol

Societal

Easy availability at school and in the community

Peer pressure and social norms

Academic Pressure

Social media persuasion and networking sites/TV shows



Medicine is Easily Accessible for Teen Abuse

Misperceptions that abusing medicine is not dangerous (safer than “street drugs”)

Ease of access via medicine cabinets at home, grandparents home or friend’s house, own or other person’s prescriptions



Rx/OTC Medicines Being Abused

- Abuse of prescription drugs has become a more serious problem than street drugs.
- Rx pain relievers (Vicodin, OxyContin)
Promethazine
- Rx stimulants (Adderall, Ritalin)-misuse and selling
- Rx depressants/sedatives (Xanax, Valium)
- OTC cough/cold with 'DXM' (Robitussin, Coricidin,)

<http://www.drugfree.org/breakingpoints/>

It takes a community: Creating awareness with friends, families and neighbors about AOD use

It Takes a Community

Answers to questions about your child's health and safety are often right in your own backyard. While every community is different, here you can find some examples of how community police officers, school nurses, coaches, teachers and others can work to reduce and respond to substance abuse issues in your neighborhood and how they can help you help your kids.



Police Chief



Sheriff



Community Policing Officer



School Resource Officer



Teacher



Coach



School Nurse



School Counselor



Medical Professional



Treatment Provider



Community Coalition



Active Parent

How Can We Help

- When youth feels a strong connection to the parent(s) and hear a **CLEAR and CONSISTENT REASON** for parental disapproval, they are more likely to avoid or delay use
- Parents presenting clear limits and consistent enforcement of discipline
- Reduced access in the home to alcohol and other drugs
- Strong positive connection with parents, other family members and with peers
- Research shows that teens who learn about the risks of drug from their parents are 50% significantly less likely to use drugs.
- Community involvement such as school and religion
- Quality family time – family meals and family play
- Positive role models- parents, grandparents, teachers, coaches, resource officers, counselors, youth ministers, relatives and family friends

How Can A Community Help

- Community-based efforts to monitor the activities of youth and decrease youth access to alcohol and drugs
- City and county leaders must assume roles of leadership in local efforts to reverse the trends of the prescription drug abuse
- Challenge old conventions about the stigma of addiction
- Enforcement of minimum legal drinking and drug use laws
- Community Drug Coalitions that have adult and youth leaders
- Media campaigns targeting youth and adults
- Increasing alcohol excise taxes
- Reducing youth exposure to alcohol and other drug advertising
- Development of comprehensive community-based programs that create education and prevention awareness (school, family and community programs)

Source: Recent publications by the Surgeon General¹ and the Institute of Medicine⁵

Take Action

- **Safeguard Medications** - Control access to medications in your home.
- **Dispose of Unused or Expired Medicine**
 - 39% of teens who abuse prescription drugs obtain them from friends, or their family's medicine cabinet
- **Educate Yourself - Find Helpful Resources for Parents, Health Care Providers, Communities and Law Enforcement Officials and Educators**
- **Share What You Know –**
 - Parent, share information with family, friends, and neighbors.
 - Doctor or other health care provider, share educational materials with your patients.
 - Community leader or law enforcement official, share information with the people in your community.
 - Teacher, school nurse or administrator, share information with the parents and students in your school.
- **Talk To Youth** - Learn about the medications and drugs of choice the kids are abusing
 - Most teens (62 percent) report that their parents have talked to them about drugs and alcohol in the past year.
 - But only 14 percent of teens say their parents have talked to them about prescription drug abuse.
- **Lead By Example** - How do you respond to stress?



How CHAC Helps

Prevention & Treatment:

- CHAC/Well Within offers cost effective consultation, therapy and support around AOD/Addiction issues.
- Not medical based – free to see
- Teen substance use or addiction is preventable and the most costly public health problem in America today.
- It is essential to educate the public that teen substance use is a public health problem and that addiction is a complex brain disorder that originates in adolescence.
- CHAC's mental health services help to educate the youth and families to prevent AOD addiction.

Sources:

- Source: NIDA, Substance Abuse and Mental Health Services Administrations, The National Institute of Mental Health, CDC, 2007 National Survey on Drug Use and Health Fact Sheet, Office of National Drug Control Policy
- UN Office of Drugs and Crime World Drug Report 2008, Foundation For A Drug-Free World
- <http://www.casacolumbia.org/addiction-research/reports/adolescent-substance-use>
- California Healthy Kids Survey - <http://chks.wested.org/reports/search/>
- www.drugfree.org
- <http://www.drugfreeworld.org/>
- <http://www.drugfree.org/school-stress-stimulant-abuse-kids-know-parents-dont/>
- NIDA, SAMHSA, Partnership for drug free kids, Drug free world