Adolescent Substance Abuse

Current Trends and Treatment
Bruce Goldberg LMSW ACSW CAADC

- President of Rivers Bend PC
- Facilitator of IOP, Adolescent substance abuse Program
- 248-585-3239
- 248-421-0717
- bgoldberg@riversbendpc.com
Rivers Bend PC

• 850 Stephenson Highway, Suite 210
• Troy, MI 48083
• 248-585-3239
• Full range mental health and substance abuse clinic, 15 therapists of different specialties
• bgoldberg@riversbendpc.com
• showey@riversbendpc.com
Addiction

• Drug addiction is a disease that is characterized by a destructive pattern of drug abuse that leads to significant problems involving tolerance to or withdrawal physically or psychologically from the substance.
Drug Abuse

• Drug abuse is a disorder that is characterized by a destructive pattern of using a substance that leads to a significant problem or distress
• 7-12 percent of the population are impacted depending on the study
• The impact on families is statistically impossible to measure
Dual Diagnosis

• This refers to co-existing mental health and substance abuse disorders
• A client must first get sober in order to properly address their mental health issues
• Many medications commonly used for mental health disorders are not appropriate when dual diagnosis is present.
How to assess an adolescent

• Acknowledge that there are major differences in treating adolescents
• Denial is stronger
• Different types of consequences
• Motivation may be from family rather than the individual
Current Use

• Drugs using
• Age of onset
• All drugs ever used
• Peer group, what are they using
Attitude toward use

• Do they understand possible consequences
• Do they see a problem with their use
• Any family members that use
• Have they had consequences and do they accept responsibility for the use/consequences.
Bio psychosocial History

- History since adolescents
- Medical
- Mental health
- Past treatment
- Medications
• Hobbies- Has their been a change
• School history/Grades and activities
• Peer group
• Spirituality
• Religious beliefs
• Family beliefs
4 C,S

- Loss of control
- Continued use despite negative consequences
- Compulsion
- Cravings
Loss of control

• Amount of use
• Frequency of use
• Behaviors
• Attitudes
• Using more than planned
Continued use despite negative consequences

- Family
- Legal
- Health
- School
- Future record
Compulsion

- Change in attitude
- Change in activity level
- Thinking about it often
Cravings

• Thoughts of Use
• Association of use with activities
• PAWS
Relapse

- Adolescents have a forty two percent higher rate of relapse than adults in the first 6 months following treatment.
Relapse Triggers

• Peers
• Changing one drug for another
• Stress
• Lack of follow thru
• Social acceptance of gateway drugs
Problems from use

- Underage drinking is estimated to cost $58 billion dollars per year.
- 40% who started drinking age 13 or younger developed problems later in life.
- 10% of teens reported they have attended raves.
- Teens who drink are 50x more likely to use cocaine.
• 63% of teens got alcohol from home
• Alcohol kills 6.5x more than all other drugs combined
• 60% of teens were sold or kept drugs at school
• 28% of teens know of a classmate who has used club drugs
Molly

- Powder or Crystal form of MDMA
- Molly users tend to be age 16-24
- Schedule 1 substance/No medical use
- Most commonly used in ecstasy
- Molly isn’t laced as often, mostly more pure
- Most often used in psychedelic drugs such as LSD, mushroom
Effects of Molly

- Intense feeling of pleasure
- Anxiety
- Strong “crashes”
- Depression
- Paranoia
- Sleep problems
- Muscle cramps
Continued effects

- Blurred vision
- Inability to regulate body temperature
- Kidney failure
- Cardiovascular failure
- Dehydration
Molly Ingredients

- Cocaine
- Crack
- Ectasy
- Meth
- Bath salt
Marijuana

• Comes from the Hemp plant Cannabis Sativa
• Most frequent ally used illegal drug in the U.S
• Most people smoke the plants dried leaves flowers stems and seeds
• Also known as pot, weed and herb
Method of use

- Smoke
- Mixed into food
- Brewed as tea
Statistics

• About 30%-50% of teens use
• About 10%-15% of adults use marijuana
• Very high increase in teenage use since the 1990’s
• Adult use has stayed stable
• Beliefs about use have changed
Effects of marijuana

- Rapid heart rate
- Increased blood pressure
- Increased rate of breathing
- Red Eyes
- Dry mouth
- Increased appetite (Munchies)
- Slowed reaction time
Psychological effects

- Euphoria - Getting high or stoned
- Distorted sense of time
- Paranoia
- Random thinking
- Short term memory loss
- Anxiety and depression
Physical long term effects

- Aggression
- Anxiety- often misdiagnosed and treated with medications
- Depression
- Decreased appetite
- Stomach problems
Medical effects

- Immune system- impairs the ability of T-cells in the lungs and the body to fight some infections
- Cancer- not proven to cause, has been linked to testicular cancer along with smoking
- Damage to lungs and airways
Opioid Use And Abuse

- Recent increase in the U.S
- Powerful pain relievers
- Use since 4000 BC
Types of Opioids

• Naturally occurring- Opium and morphine
• Semi-synthetic- Heroin, oxycodone, hydrocodone
• Synthetic Opioids- fentanyl, codeine, meperidine and propoxyphene
Common Uses

- Pain
- Acts by binding receptors
- Stress
- Temperature
- Respiration
- Endocrine activity
- Gastrointestinal activity
• Mood
• motivation
Ways of use

• IV- Injecting
• Oral- Pills
• Snorting
Mu Antagonists

• Almost all abused opioids are Mu Antagonists
• Mu- Receptor is often termed as “High”
• When taken the brief but intense rush is followed by a pleasurable and longer rush or high
• Withdrawal if you stop taking the substance, which often leads to physical addiction
Potential for Abuse

- IV use leads to a rapid high followed by unpleasant withdrawal symptoms
- Increased tolerance
- Engaging in illegal activities to obtain drugs
- Doctor shopping
- Creating an injury
- Stealing
Treatment for Opioids

• Medical Detoxification
• Buprenorphine is approved
• Suboxone is the commonly known drug to treat this drug
• Must change their lifestyle
• Peers, and family
Triggers to relapse

• Stress
• Peers
• Exposure to other drugs, also known as gateway drugs. Often clients believe that they can socially drink or use other drugs
Why the Increase

- Americans are 4.6% of the world population but consume 80% of the world's opioids
- Increase in pain TX, leaves availability
- Kids have internet access
K-2

• Synthetic Marijuana, and Bath salts.
• Not made for human consumption
• K-2 is a synthetic form of Marijuana, natural herbs such as “Cana glia Rosea Clematis, Nuciferia, heimasalicfolia, ledum palvstre
• There are many variations
• Much more severe reactions than marijuana
• Natural Herbs are sprayed with synthetic chemicals that mimic the pleasurable effects of marijuana
• Legal issues pending in numerous states
History of K-2

• First on sale early 2000’s
• Initially believed to be natural
• USA started to test it 2008 and found synthetic cannabis
• Europe 2004
• UK 2006
Method of K-2 Use

- Snorted
- Injected
- Oral
Effects of use

- Racing heartbeat
- Extreme elevations of blood pressure
- Sleeplessness
- Loss of appetite
- Strange eye movement
- White powder on nostrils or lips
Psychological effects

• Extreme agitation
• High Anxiety- Often misdiagnosed by medical field
• Hallucinations
• Paranoia
• Change in personality, often change in peers
• Severe Depression- often misdiagnosed
• Aggression and violence
• Suicidal thoughts
• Possible legal problems as evidenced by recent violent attacks
• Often leads to vomiting
Cravings

• Strong Psychological addiction
• Cravings are physical
• Need to obtain more and frequency occur quickly
• Leads to binges often
• Can feel suicidal when craving
How sold

- Marketed as a “legal alternative”
- Sold over the internet
- Smoke and tobacco shops
- Convenience shops
- Novelty shops
- Party stores
DXM

- Dextromethorphan Hydrobromide
- Often found in over the counter medications
- Dissociative, Psychedelic cough suppressant
- Primarily abused by teens
- Leads to dissociative behaviors and possible death
- Found in more than 125 products
Impact of DXM

- Liver damage
- Bloody black or stool problems
- Miscarriage in woman
- Increased bleeding or bruising
- Loss of consciousness
- Nausea
- Vomiting
Feelings of DXM

• Compared to Ecstasy
• Leads to plateaus
• Leads you to believe “super feelings”
• Risky behaviors such as swimming, driving
How to get DXM

- Drug store
- Internet
- Friends houses
Psychological effects

- Depression
- Anxiety
- Hallucinations
- Peer change
- Activity level change
- Poor motivation
- Poor school grades
Inhalants and Huffing

• Common products found in the home
• Among the most popular and most deadly of substances
• Breathable chemical Vapors that produce psychoactive (Mind-Altering) effects
• Often not meant for consumption
Types of Inhalants

- Solvents
- Gases
- Nitrates
Solvents

• Industrial or household solvents such as paint thinners, cleaning fluids, gasoline or glue
Gases

- Butane lighters
- Propane tanks
- Whipping creams
- Aerosols
- Hair or deodorant sprays
- Fabric protector
- Medical anesthetic gases such as cholerform, halothane, nitrous oxide
Nitrates

• Aliphatic nitrates available to public
• Amyl Nitrates only by prescription
• Butyl nitrates is now illegal
Health Hazards

• Similar effects to anesthetics which slow down the body’s functions
• Initially stimulates the body- heightened or euphoric feeling
• Hearing loss
• Limb spasms
• Central nervous system or brain damage
• Bone marrow damage
- Liver and Kidney damage
- Blood Oxygen depletion
- Depression
- Anxiety
Prevention

• Be aware as a parent of Chemical odors on clothing
• Paint or stains on the body
• Drunk or disoriented appearance
• Slurred speech
• Nausea or loss of appetite
• Missing household items
Trends

• Has continually increased the past 6 years
• Higher rates among 8\textsuperscript{th} to 10\textsuperscript{th} graders
• Increased relationship to depression/ low self esteem
Alcohol

• Legal for those 21 years and older
• Affects every part of the body
• Lowers inhibitions
Health Hazards

• Motor coordination
• Impulse control
• Memory
• Judgment and decision making capacity
• Leads to risky behaviors
Risky behaviors

- Illicit drug use- often it is a gateway drug
- Sexual activity
- Violence
- School
- Driving
Standard Drink

• One 12 ounce bottle of beer or wine cooler
• 5 ounce glass of wine
• 1.5 ounces of 80 proof distilled spirits
Cloud 9

- Synthetic
- Same affect as Cocaine Meth and ecstasy
- Put drops on tongue
- Mix often with soft drinks or gum
- Legal currently