The Scariest Things You Didn’t Know About Drugs, Alcohol and Today’s Youth Culture

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Drug/alcohol use is correlated with adolescent sexual promiscuity and assault.
#2
Binge drinking on college campuses is increasing.
#3
More High School seniors injected drugs in 2007 (2.4%) than in 2001 (2.1%)
#4
People who begin drinking before the age of 15 are *four times more likely* to develop alcohol dependence than those who begin at age 21.
# 5
Heroin is the new party drug.
#6
13% of High School seniors have used illicit narcotics.
# 7
Marijuana potency has (at least) doubled since 1983.
# 8
Your kid can get any pill he wants with an internet connection and a credit card.
Mother arrested for serving alcohol to minors
BY JENNIFER BARRIOS |
jennifer.barrios@newsday.com 11:18 PM EDT, August 6, 2007

# 9
Serving alcohol to minors in your home can get you arrested
# 10
Your attitudes and behaviors have a profound effect on your kid’s use of drugs and alcohol!

*Traffic, Director Stephen Soderburgh*
I. Why Do Teenagers Get Addicted?

II. What Can I do About My Teenager’s Addiction?

III. What Makes a Good Addiction Treater or Facility?

IV. Bringing the Family Into the Treatment
I. Why Do Teenagers Get Addicted?
The Three “C”s of Addiction

• Compulsive Use
• Loss of Control over use
• Continued use despite knowledge of adverse consequences
Addiction is a Disease

- Addiction remits and relapses
- Addiction responds to treatment
- But some choice exists (like other diseases)
Percentage of Those Who Try a Drug and Later Become Dependent

- Nicotine: 32%
- Heroin: 23%
- Crack, IV cocaine: 23%
- Intranasal cocaine: 17%
- Alcohol: 15%
- Cannabis: 9%
- Sedative-Hypnotics: 9%
- Analgesics 7.5%


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Addiction

- Alcohol
- Cocaine
- Heroin
- Nicotine
- Marijuana

- Food
- Sex
- Gambling
Dual Diagnosis

- Addiction and Mental Illness run together
- Depression and anxiety can be caused by drug use
- Depression and anxiety can cause drug use (self-medication)
I'm getting worried about all these steroid hormones you've been giving me, Coach.

Don't be ridiculous, Jennifer.
Denial is Not Lying
Addiction is a Disease of the Choosing Mechanism
II. What Can I do About A Teenager’s Substance Use?
What is Unconditional Love?

David Mencken (not a therapist, but a lawyer and volunteer firefighter) once explained to me the difference between conditional and unconditional love. If your children are trapped in a burning building, you will rush in after them without a thought. If only your spouse were trapped in the same burning building, you would probably still rush to the rescue. But for a moment you would consider the danger of rushing in, the general prohibition about entering burning buildings, and make some assessment of your chances for success. In those thoughts – maybe taking no less than a millisecond – resides the difference between conditional and unconditional love. We love our children unconditionally.
Don’t wait for the teenager to hit bottom
Warning Bells for Mental Illness and Addiction

911 Warning Bells
- Suicidal Thoughts
- Hints about Suicide
- Hallucinations (Seeing or hearing things that aren’t there)
- Delusions (A fixed false belief, often paranoid.)

Less Serious Warning Bells
- Over-Suspiciousness
- Severe Isolation
- Odd Beliefs
- Over-religiousness
Encourage Empathy From Family and Friends
Tell the teenager you are worried

- Ask Open-Ended Questions
- Listen reflectively
- Affirm Your Understanding
- Summarize
- Elicit Self-Motivating Statements

Encourage Mutual Help Groups (Young People’s Meetings)
Encourage (Age and Gender Appropriate) Treatment
Who Referred Adolescents to Addiction Treatment?

- Courts: 55%
- Self: 16%
- School: 8%
- Community: 11%
- Addiction Clinician: 4%
- Clinician: 6%

Drug and Alcohol Services Information Services (DASIS), Office of Applied Studies, Substance Abuse and Mental Health Administration, 5/24/07
How To Handle the Teenager Who Refuses Treatment

• Be ready to call 911
• Get help yourself
• Set up Logical Consequences
• Stay in the Game!
It’s Time to Call 911
What to do in an EMERGENCY
Get Help Yourself!
Set Up Consequences*

- Natural Consequences
  - Hangover
  - Overdose
  - Fatigue

- Logical Consequences
  - Loss of privileges
  - Withdrawal of financial support
  - Refuse to socialize when the addict is active

*Schaefer, Dick. Choices and Consequences. Johnson Institute, 1987 pp. 94-95

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Set a Tripwire

Job problems?
Relationship problems?
Hospital Visit?
Arrest?
Complaints from friend?
Missing School?
Stay In the Game!!

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III. What Makes a Good Addiction Treater or Facility?
Addiction is cunning and persistent.
The clinician should share those qualities.
There Are Many Ways To Treat Addiction

- Mutual Support Groups (AA)
- Medications
- Cognitive – Behavioral Therapy
- Professional Group Therapy
- Inpatient Facilities
- Outpatient Intensive Therapy
Coercion is Not a Dirty Word
The Spectrum of Addiction Treatment Voluntariness

Adapted from Blume S, Involuntary Treatment for Substance Use Disorders, Unpublished Paper, 1999
The Whizzinator

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IV. Bringing the Family Into the Treatment
Top Ten Reasons to Think that Your Teenager Has A Drug or Alcohol Problem

10. Your teenager seems drowsy more often than usual.

9. Your teenager becomes irritable and stops talking to you.

8. Your teenager changes friends

7. Your teenager uses more money than seems necessary

6. Your teenager’s grades worsen precipitously

5. Your teenager’s eating habits change markedly

4. Your teenager loses interest in previously cherished activities

3. Your teenager’s physical health deteriorates

2. Your teenager has drugs or drug paraphernalia
Top Ten Reasons to Think that Your Teenager Has A Drug or Alcohol Problem

1. Your teenager tells you he has a problem with drugs or alcohol
Limits and Boundaries

- Full-family participation in treatment
- Confidentiality with therapist
- Expectations
- Drug and Alcohol Ban
- Consequences
Limits and Boundaries

- Parents *try* Al-Anon
- Drug and Alcohol Ban
- Multi- family groups
- When to call 911
Constructive Coercion

• Use natural and logical consequences
• Stay with the teenager
• Bring legal action if you must
Kick Over the Chessboard!
Contacts

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