

Building Lasting Integrated Primary Care and Mental Health Systems to Address Substance Use in Adolescents and Young Adults

*David Stewart, PhD, ABPP
Dean, California School of Professional Psychology
Alliant International University*

**The 65th National Dialogues on Behavioral Health
New Orleans, Louisiana**

AGENDA

- Define the current state of the substance misuse crisis including opioid and methamphetamine
- Describe an overview of neuro-behavioral models
- Explain a Social-Ecological approach to Understanding Substance Misuse
- Describe and explain brief interventions for teens and young adults
- Discuss social-ecological based interventions for providers and concerned others



Current state of the Opioid Crisis

THE OPIOID EPIDEMIC BY THE NUMBERS



130+

People died every day from opioid-related drug overdoses³ (estimated)



10.3 m

People misused prescription opioids in 2018¹



47,600

People died from overdosing on opioids²



2.0 million

People had an opioid use disorder in 2018¹



81,000

People used heroin for the first time¹



808,000

People used heroin in 2018¹



2 million

People misused prescription opioids for the first time¹



15,349

Deaths attributed to overdosing on heroin (in 12-month period ending February 2019)²



32,656

Deaths attributed to overdosing on synthetic opioids other than methadone (in 12-month period ending February 2019)²

THE OPIOID EPIDEMIC BY THE NUMBERS



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81,083
in 2023



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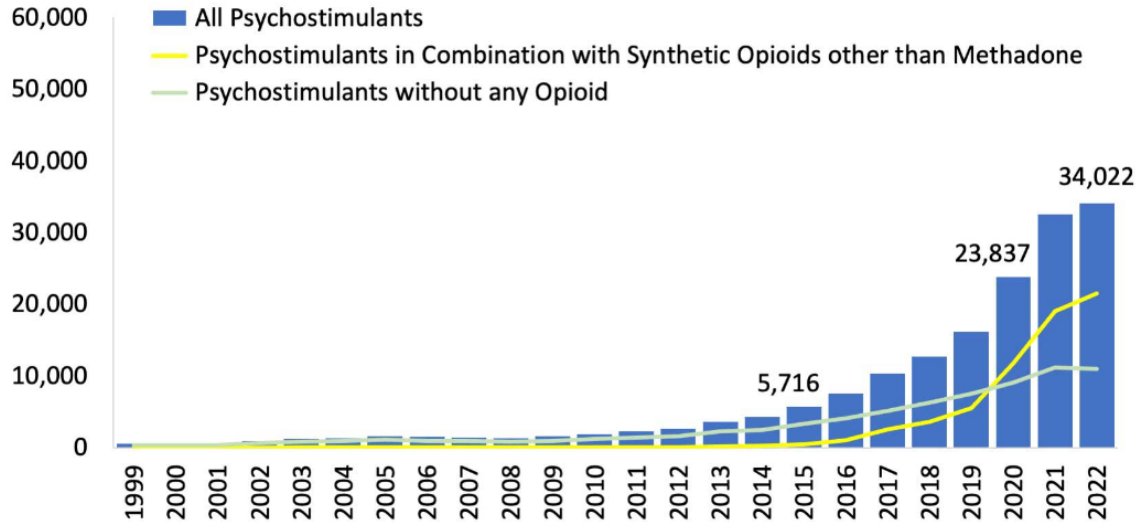
Headlines



Live Video News Crime Weather Hurricane Center Sports Investigations Español

**Fentanyl overdoses in Louisiana nearly double
the nationwide average**

National Overdose Deaths Involving Psychostimulants with Abuse Potential (Primarily Methamphetamine)*, by Opioid Involvement, Number Among All Ages, 1999-2022

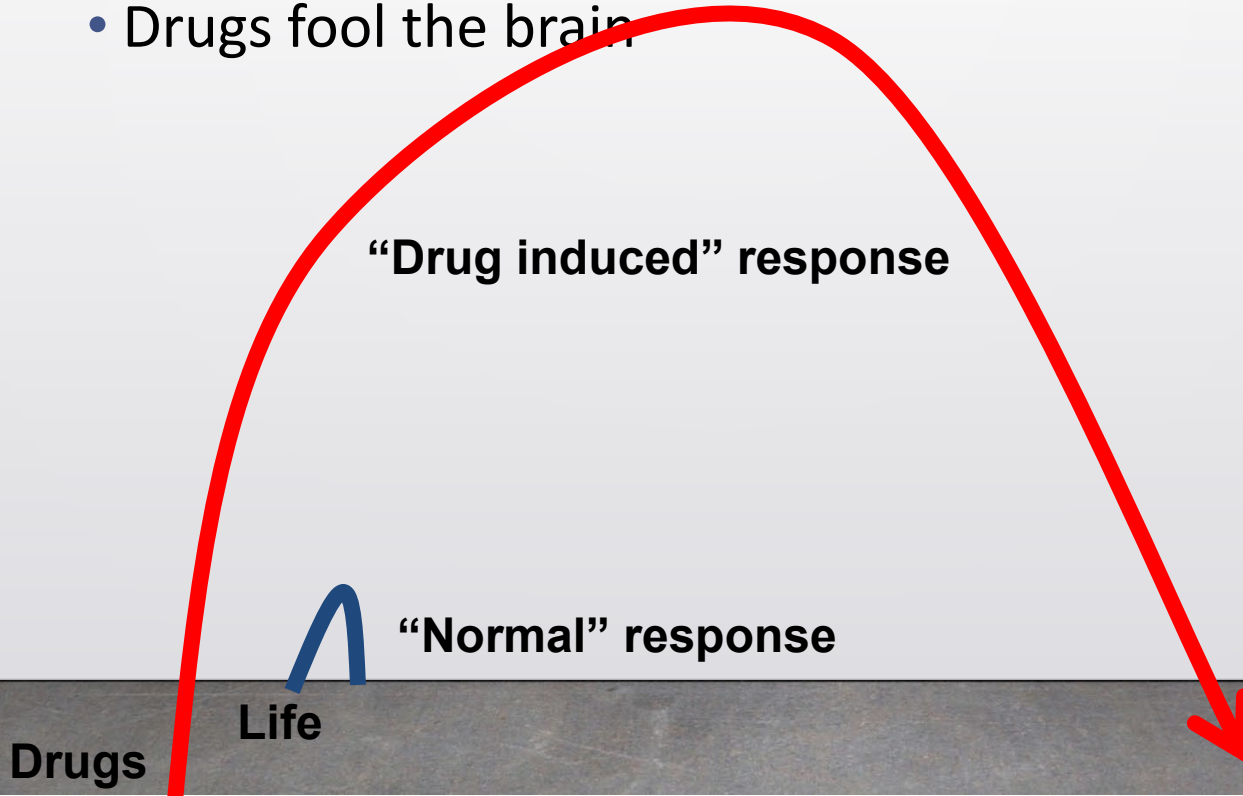


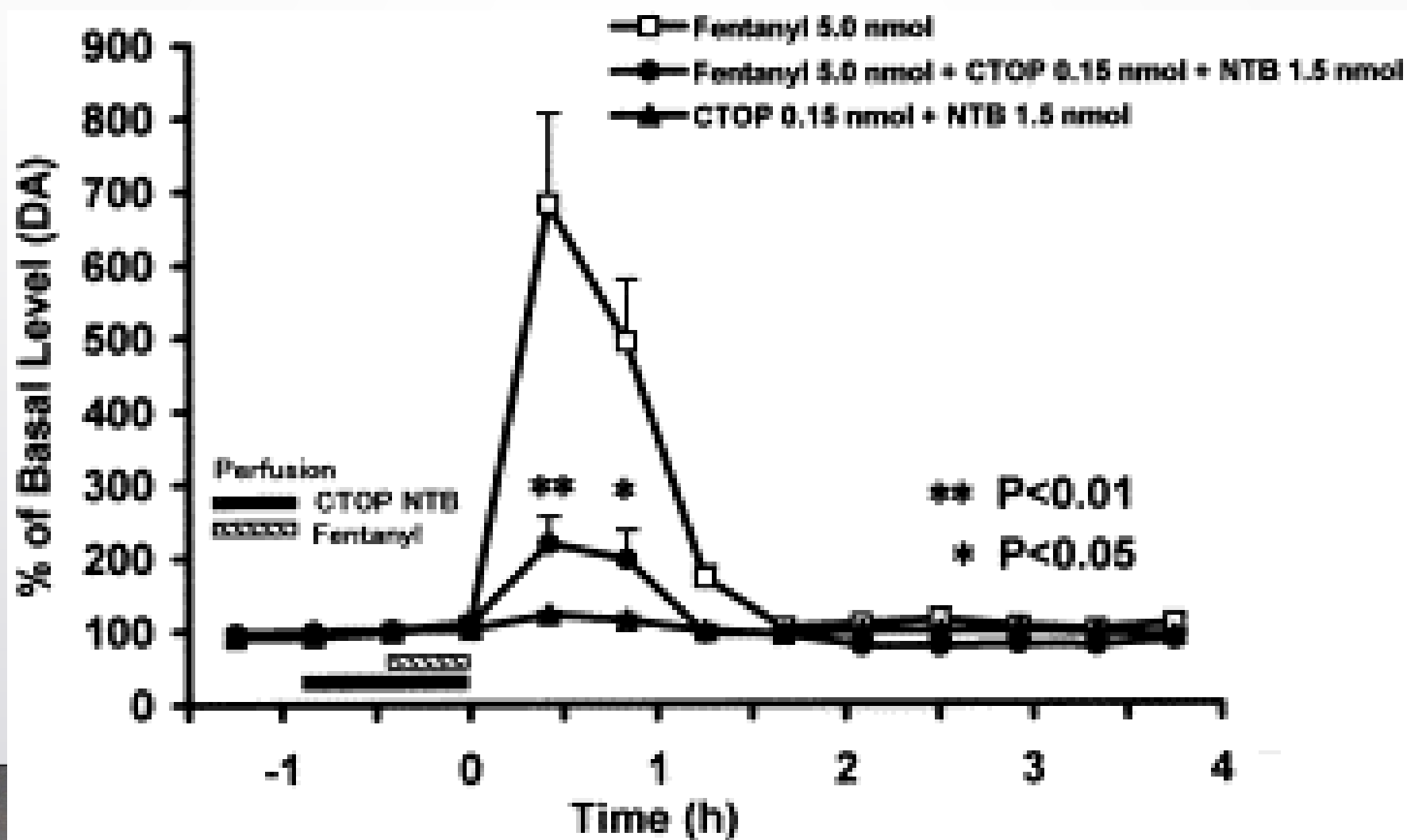


Reward System/Neurobehavioral Models

Substance Induced Dysregulation

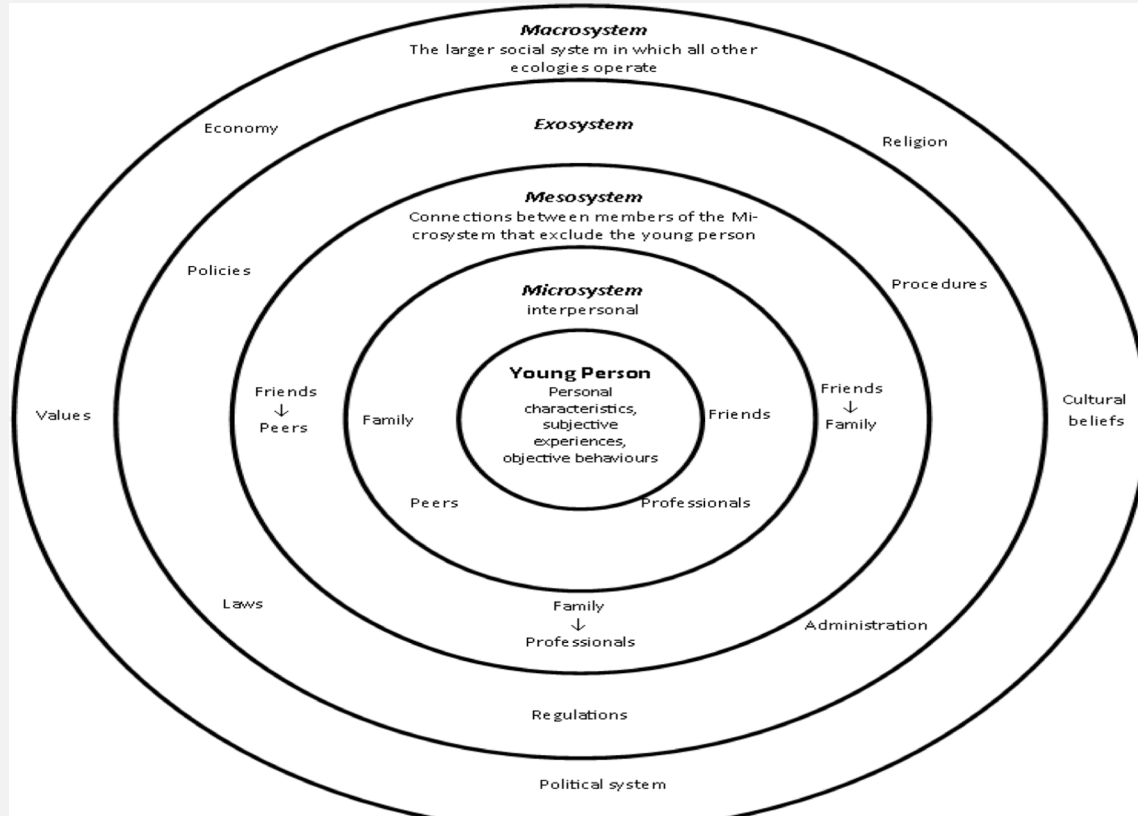
- Drugs fool the brain





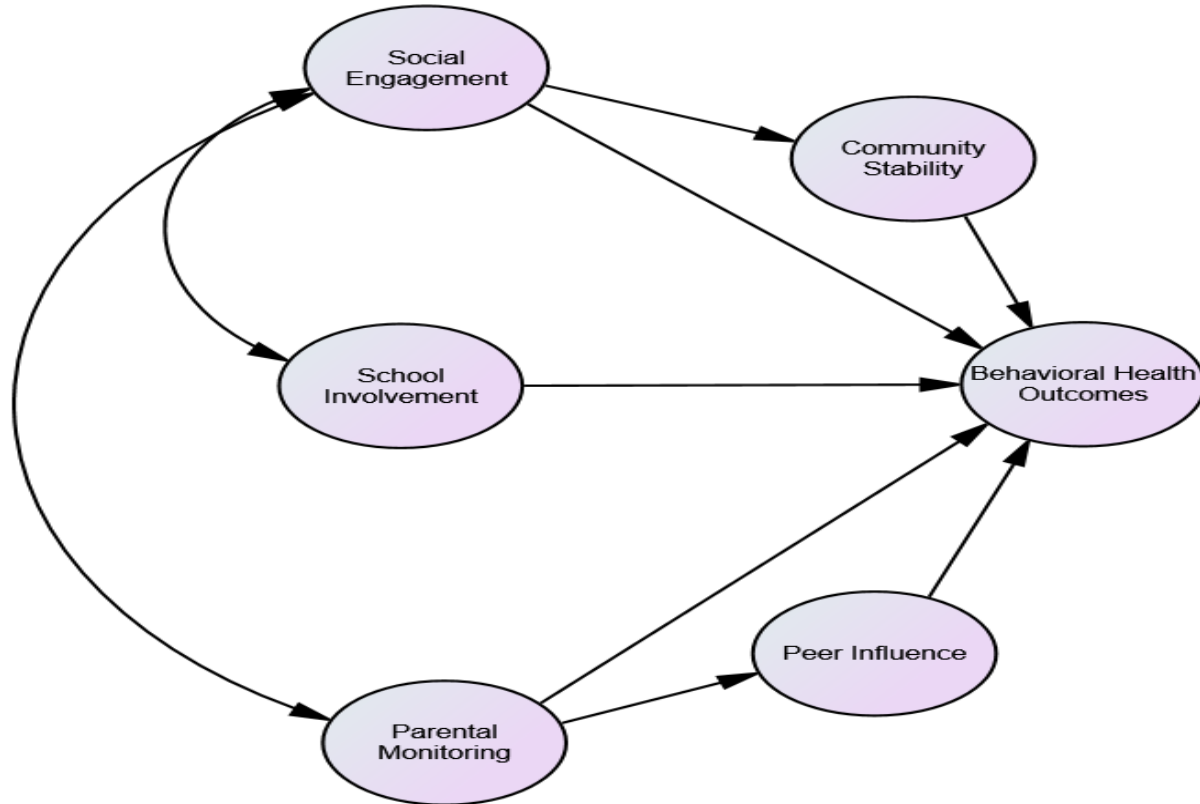


OVERVIEW OF SOCIAL-ECOLOGICAL APPROACH

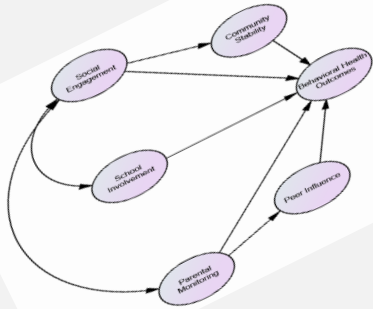


Citation: Dallimore DJ, Neukirchinger B, Noyes J (2018) Why is transition between child and adult services a dangerous time for young people with chronic kidney disease? A mixed-method systematic review. PLoS ONE 13(8): e0201098. <https://doi.org/10.1371/journal.pone.0201098>

STUDY: A SOCIAL ECOLOGICAL MODEL OF ADOLESCENT PROBLEM BEHAVIOR IN A NATIONAL SAMPLE



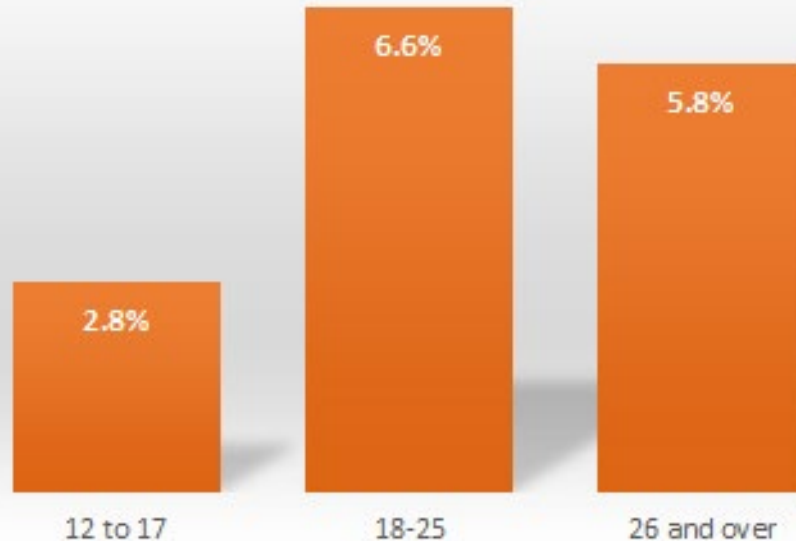
Which factors correlate with teens who misuse opioids?



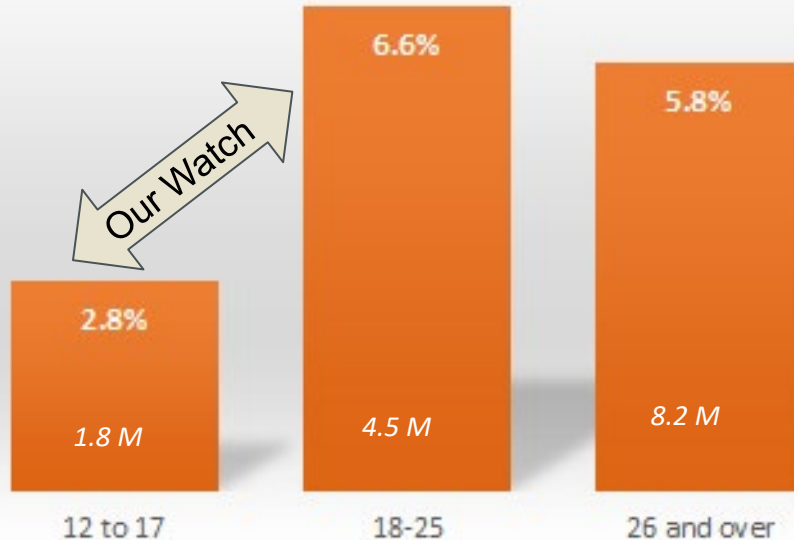
- *Peer Behavior:* Having few peers who are marijuana users decreases risk by **51%**
- *Parental Monitoring:* Parents who limit time out of the house decrease risk by **21%**
- *School Involvement:* Liking school decreases risk by **40%**
- *Social Engagement:* Participating in youth activity is neutral
- *Community Stability:* Being below 2x the federal poverty threshold increases risk by **72%**
- *Emotional Problems:* Having ever been diagnosed with Major Depression increases risk by **304%**
- *Arrest:* Having ever been arrested for law breaking increases risk by **500%**

Lost in Transition

2018-2022 National Survey of Drug Use and Health Prevalence of Past Year Opioid Misuse by Age (Prescription and Illicit Combined)



2018-2022 National Survey of Drug Use and Health Prevalence of Past Year Opioid Misuse by Age (Prescription and Heroin Combined)



Social Ecological Vulnerabilities for Young Adults compared to Teens and Older Adults

Risk for Opioid misuse is higher for young adults than other age groups when...

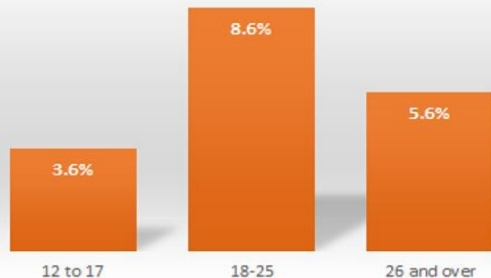
Living Below Poverty Level **+15%**



Don't finish high school **+41%**



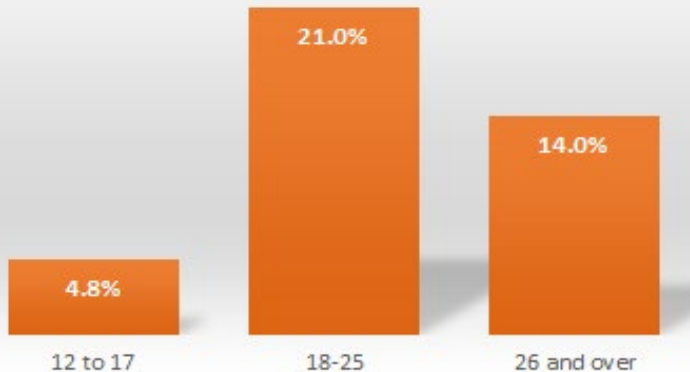
Don't have health insurance **+47%**



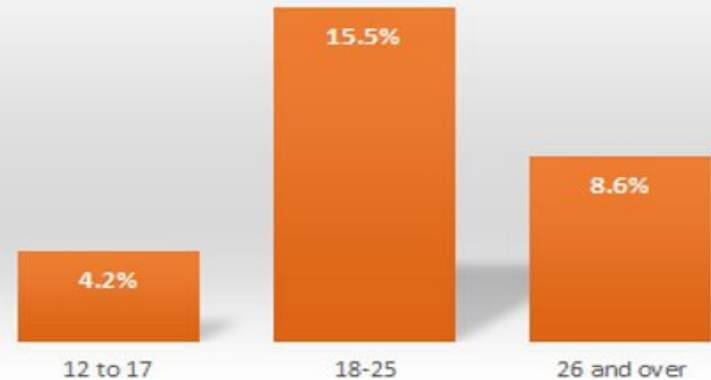
Social Ecological Vulnerabilities for Young Adults compared to Teens and Older Adults

Risk for Opioid misuse is higher for young adults than other age groups when...

Have a Lifetime Major Depression DX **+98%**



Have ever had a MJ or Alcohol Use Disorder **+250%**



Social Ecological Interventions

- MI/SBIRT Interventions for Individuals
- Community Reinforcement Approach and Family Training (CRAFT)
- Adolescent Community Reinforcement Approach (A-CRA)
- Multisystemic Therapy

What are the advantages of things staying just the way they are now?

What are the disadvantages of things staying just the way they are now?

**CHANGE
TALK!**

What are the advantages of changing?

What are the disadvantages of changing?

**CHANGE
TALK!**



All-In-A-Minute

- **F**eedback
- **R**esponsibility
- **A**dvice
- **M**enu of Options
- **E**mpathy
- **S**elf-Efficacy

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evice=pc](https://www.tiktok.com/@kentwired/video/7209474172072906027?is_from_webapp=1&sender_device=pc)



FRAMES for Fentanyl

- We talked today about your partying and getting pills from dealers at music festivals
- One of the big concerns is that drugs bought from strangers can be laced with fentanyl even a small dose of a few mg can cause overdose
- You have said you want to take responsibility for your health and also don't want to see anything happen to your friends and you can decide to do some things to protect yourself



FRAMES for Fentanyl

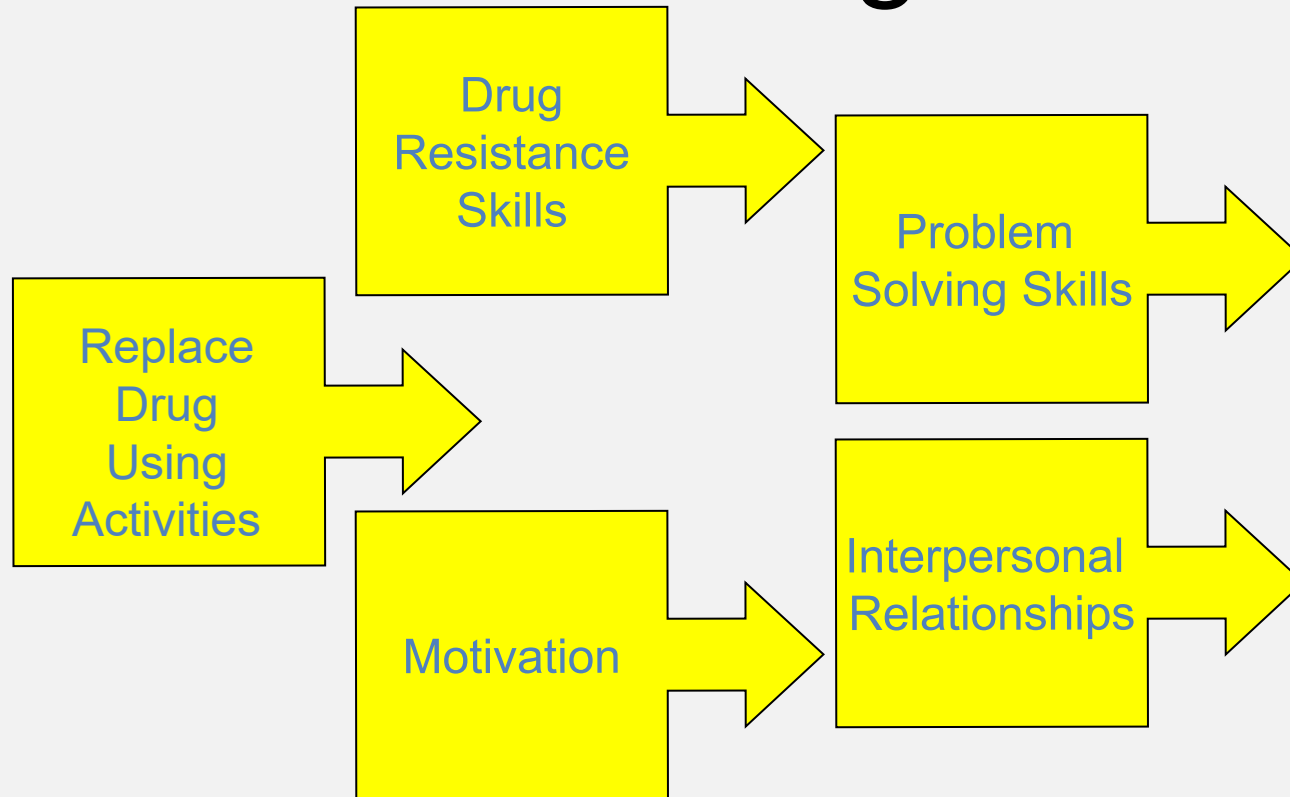
- Besides, not taking pills, my advice would be to avoid buying pills from strangers at all and make sure you are safe
- I will give you some fentanyl test strips to be able to actually test pills for it. You also have Narcan spray and will carry that with you for signs of overdose



FRAMES for Fentanyl

- I know that having all this first aid and caution can kinda get in the way of having a good time this summer and you really want to have a chance to travel and be with your friends
- I am impressed with your knowledge on this subject and your deep concern for your friends and I think you can pull off having a chill time AND sort of being well prepared and safe

Brief Treatment Targets



Brief Relapse Prevention Plan

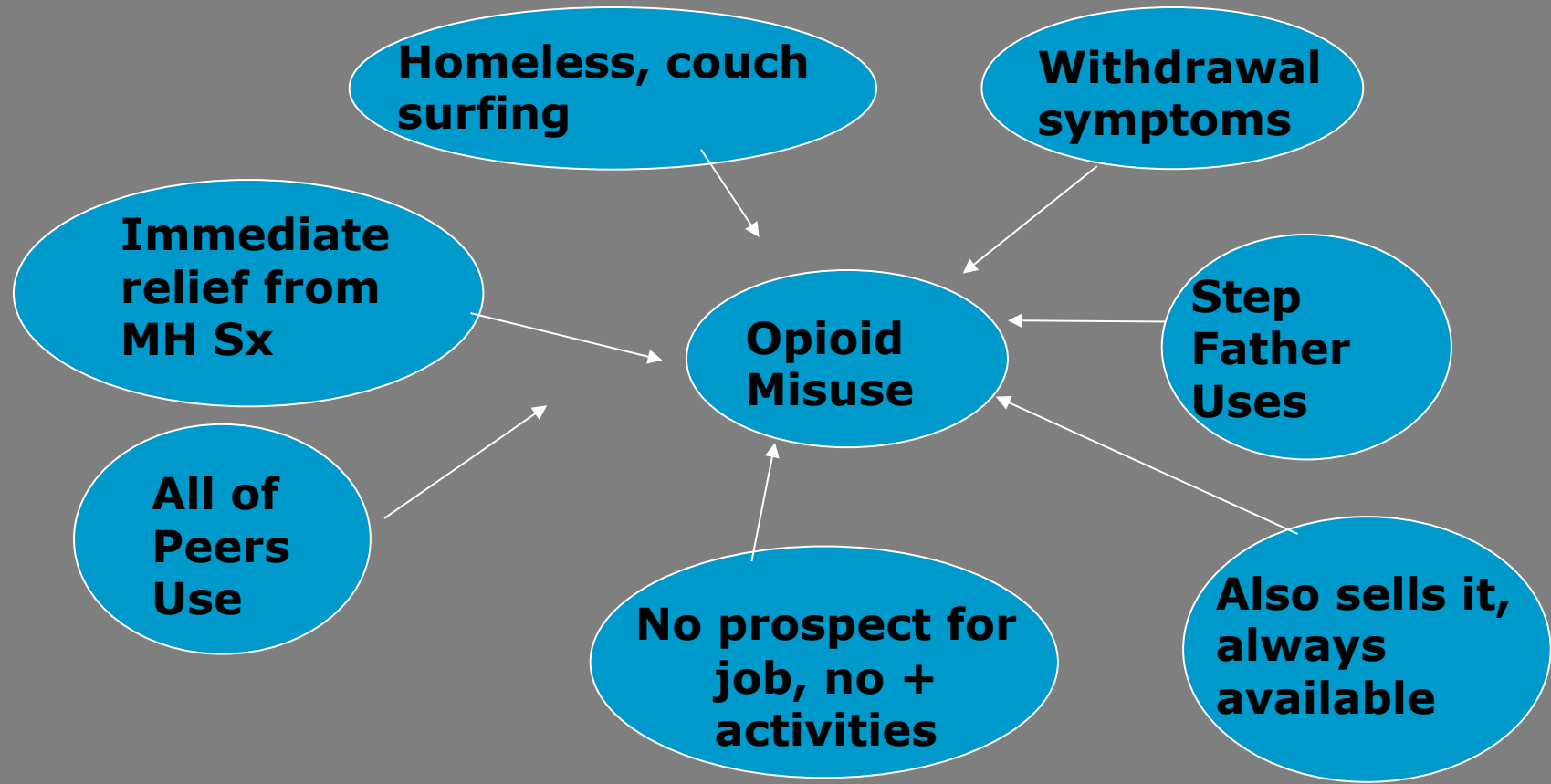


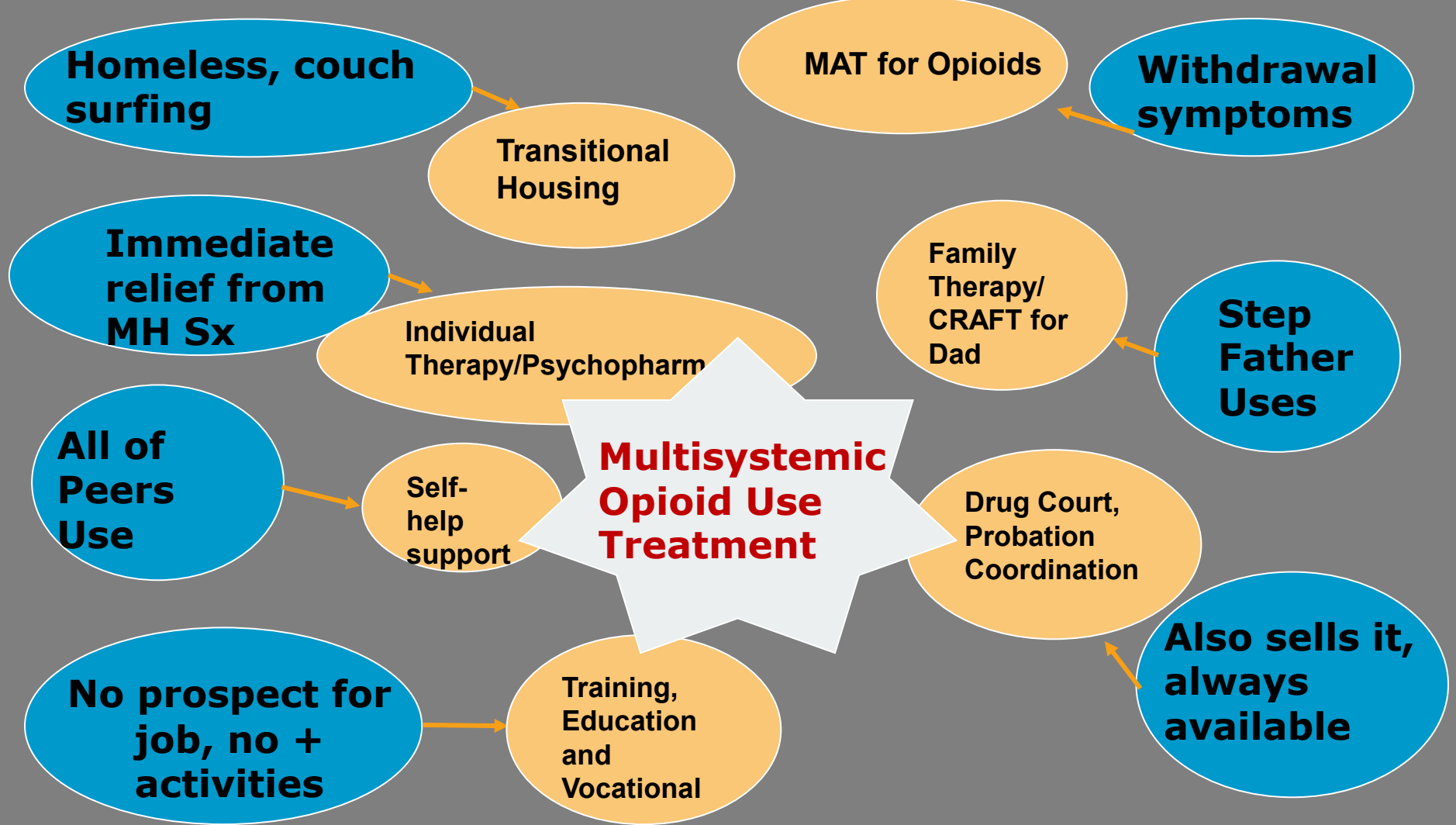
Millionaire Lifelines

- 50:50: Get rid of the bad choices
 - “Do Nothing”
 - “Make things worse”
- Phone a (Safe and Trusted) Friend
 - Make a plan with a friend
 - Contact them, go where they are
- Ask the Audience
 - Follow RP plan
 - Go to a meeting
 - Go to therapy (online)
 - Seek safe crowds (church, school, work)



Common Goals	Common Techniques For Family Interventions	
Reduce Substance Use	Identify high-risk situations, emotional and behavioral triggers to substance use	Develop specific strategies to cope with high-risk situations and triggers
Clearly and Effectively Communicate	Teach strategies to communicate needs and requests without apology or aggression	Teach reflective listening, validation
Support Positive Change	Identify and engage in shared positive activities	Provide reinforcement for abstinence, positive behavior change (school, work, etc.)
Improve Bond/Emotional Connection	Identify and schedule family members both all-together and in dyads to spend time together (5 minutes to several hours)	Engage discussion of positive affirmations and appreciation for each other and review of positive events and examples of good coping in family members



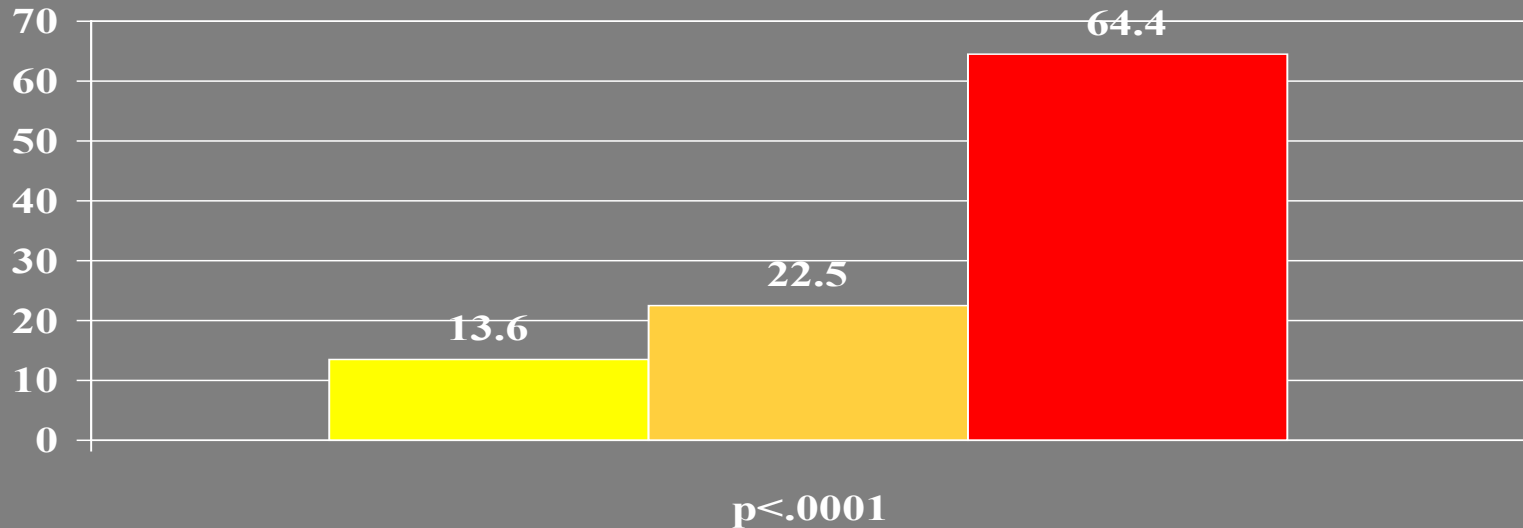


Rationale for Working with COs

- ◆ Engaging COs is an excellent way to access substance users who are resistant to treatment
- ◆ Problem users report that family influence was an important reason why they entered treatment or changed
- ◆ COs are in need of help themselves

Treatment Engagement Rates

■ Al-Anon ■ Johnson ■ CRAFT



Smith, J.E. & Meyers, R.J. (2004): *Motivating Substance Abusers to Enter Treatment: Working with Family Members*, Guilford Press: New York, NY.



Effective Advice to Concerned Others

Domain	What is Expected	What We Need to Know	How to Make it Happen (Communication is Key)
School	Attend Daily and Achieve at acceptable level	Attendance every day at all classes. Work completed and turned in	<ul style="list-style-type: none"> ● Check-in verbally ● Online attendance, assignment and grade trackers. ● Regular call to guidance counselor
Work	Part time that doesn't interfere with school or treatment	Schedule and hours Pay amount Spending/Saving amounts	<ul style="list-style-type: none"> ● Keep a calendar of work schedule ● View paystubs to ascertain hours worked and earnings ● Consider assisting with money management and cash to prevent drug/alcohol purchases

Domain	What is Expected	What We Need to Know	How to Make it Happen (Communication is Key)
Recreation	<p>Engage in prosocial activities</p> <p>Some limit on gaming/screen /chat time</p>	<p>Enrollment or informal participation in out-of-home organized activities with other people (sports, clubs, arts, volunteer, religious)</p>	<ul style="list-style-type: none"> ● Identify Activities, ask school for ideas ● Support Participation <ul style="list-style-type: none"> - Financially (if able) - Attend events - Talk about activities ● Control access to Wi-Fi or data at agreed limits
Peers	<p>Know who you spend time with in person and online</p>	<p>Who are you with What will you be doing Where will you be When will you be there</p>	<ul style="list-style-type: none"> ● Daily check in about activity ● Establish curfew ● Agreement to send and respond to texts. ● No post-hoc excuses for changing plans or being late. If things happen there should be live updates (purchase pocket phone charger)

Domain	What is Expected	What We Need to Know	How to Make it Happen (Communication is Key)
Treatment	Attend as scheduled	Number of sessions attended and evidence of engagement in treatment	<ul style="list-style-type: none"> • Keep a calendar of the appointments and check in verbally about them. • Teen and parent sign limited release of information • Therapist updates on attendance and global rating of engagement
Substance Use	Abstain	Success in above domain Reports from treatment providers Adolescent self-report Objective measures (urine drug screen)	<ul style="list-style-type: none"> • Periodic family meeting with or without treatment team to review progress across domains. Use agreed evaluation strategies • Adolescent reports use, near misses, urges to therapist or parent • Connect incentives to negative drug screens if used



Monitoring Progress with Tx Team

	Attending Treatment, Expected Activities and Complying with House Rules	Not Attending, Meeting expectations or Complying with Rules
Using Substances	<p style="text-align: center;"><u>Caution</u></p> <ul style="list-style-type: none"> ● Plan may be working ● Continue supporting treatment engagement ● Analyze Slips and Relapses ● make a plan for new or improved coping strategies 	<p style="text-align: center;"><u>Warning!</u></p> <ul style="list-style-type: none"> ● Plan is not working. ● Increase monitoring, ● Implement Motivational Interviewing ● Incentivize treatment engagement. (e.g. vouchers, gift cards, screen time)
Abstaining	<p style="text-align: center;"><u>Keep Going!</u></p> <ul style="list-style-type: none"> ● Plan is working, ● Continue supporting treatment engagement ● Analyze successful coping and validate ● Strengthen positive activities 	<p style="text-align: center;"><u>Caution</u></p> <ul style="list-style-type: none"> ● Plan is not being implemented but something is working. Is it sustainable? ● Incentivize treatment engagement. ● Analyze successful coping and validate ● Strengthen positive activities