



Parents Academy

Identifying Risky Behaviors

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Disclosures

- No conflict of interest with this content
- Consultant: Braeburn Pharmaceuticals
- Director: Two Dreams



Objectives

- Describe path to use, abuse, and dependence
- Explain developmental tasks of adolescence
- Explore parenting for development
- Understand variables to use



Objectives, continued

- Minimize enabling feelings, beliefs and behaviors
- Encourage growth and responsibility
- Outline potential consequences of potential insults
- Create recovery plan

Major Forms of Drug Use

- Alcohol Use
- Cocaine Use
- Hallucinogen Use
- Heroin Use
- Inhalant Use
- Marijuana Use
- Methamphetamine Use
- Sedative-Hypnotics and Anxiolytics Use





**STOP
Turn
Back**

**Community
Coalitions**

**SDFS
CSAP**

The Lure and the Trap

- Start to use drugs
- Pleasure experienced



Path to Addiction



- Innocent beginning
 - Minor effects
 - Pleasurable effects
 - Cannot “unlearn”
- Continued social use
 - Unpleasant effects diminish
 - Economic costs minimal
 - No interference with activities

Path to Addiction

- Line crossed
 - Consequences increase
 - Use to feel normal
 - Hard to connect experience to drugs
- Majority of students, no observable major consequences

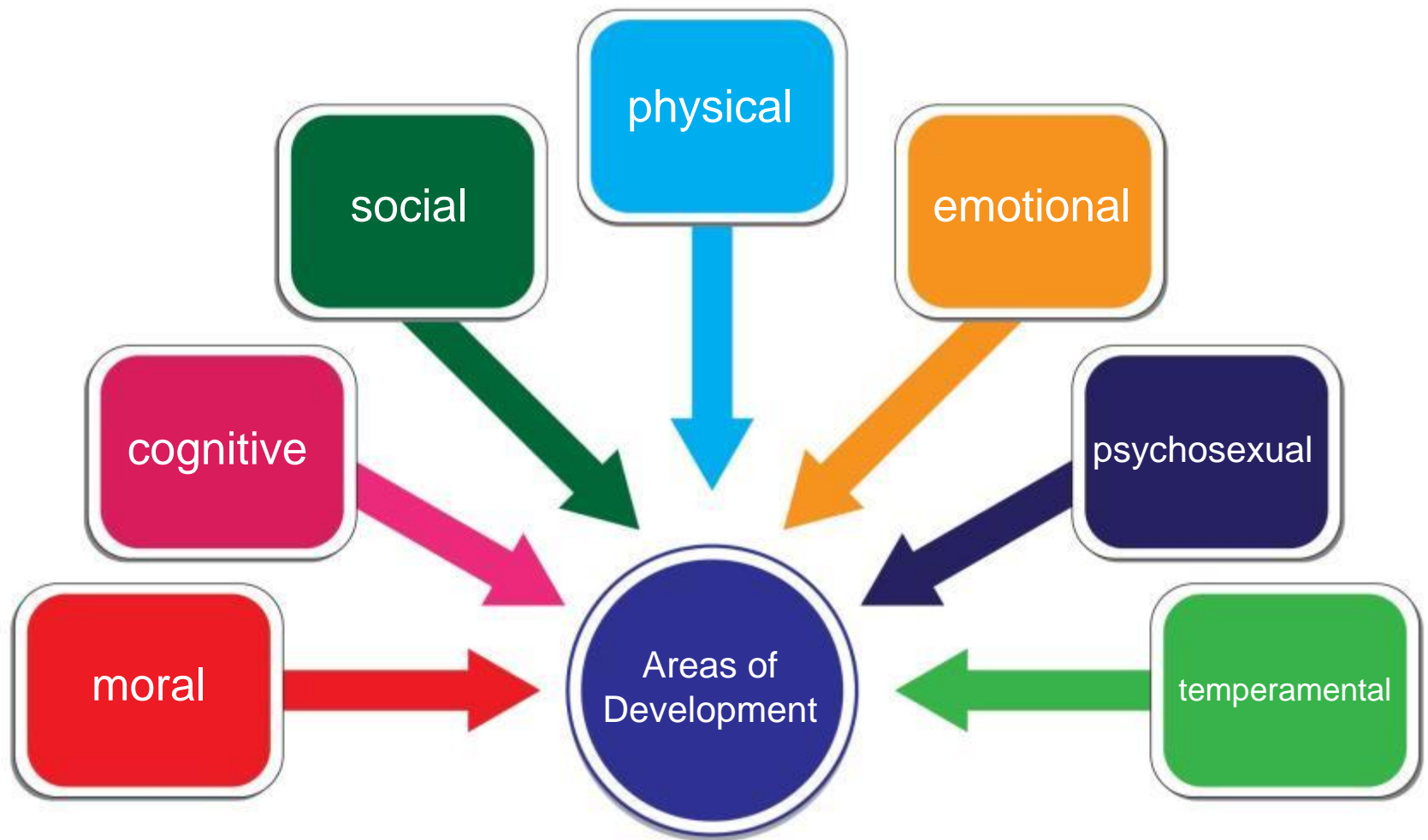


Why Use a Developmental Model?



- To assess
- To encourage and promote growth
- To understand

Seven Areas of Development





Four Tasks of Adolescence

- Seven areas translate into four major areas where major developmental tasks are defined as:



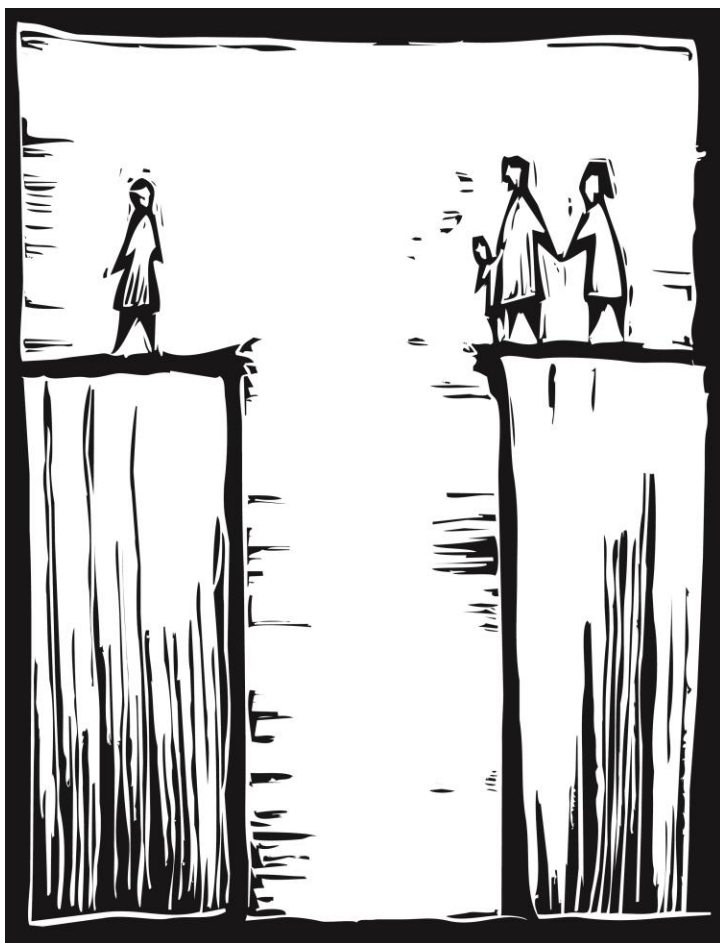
Goals of Development are Balanced by Preoccupations of Adolescence



- Sexual identity
 - Body image (fertility)
- Self identity
 - Friends
- Separation
 - Independence (family)
- Vocational selection
 - Value clarification (future)



Early Adolescence



- First efforts at separation
- Recognition of non-perfect parent and rebellion against them
- Strong identification with peers

Early, continued

- Abstract thinking
- Verbalization of values
- Mood swings
- Difficulty with impulse control
- Insecurity about body changes



Middle Adolescence



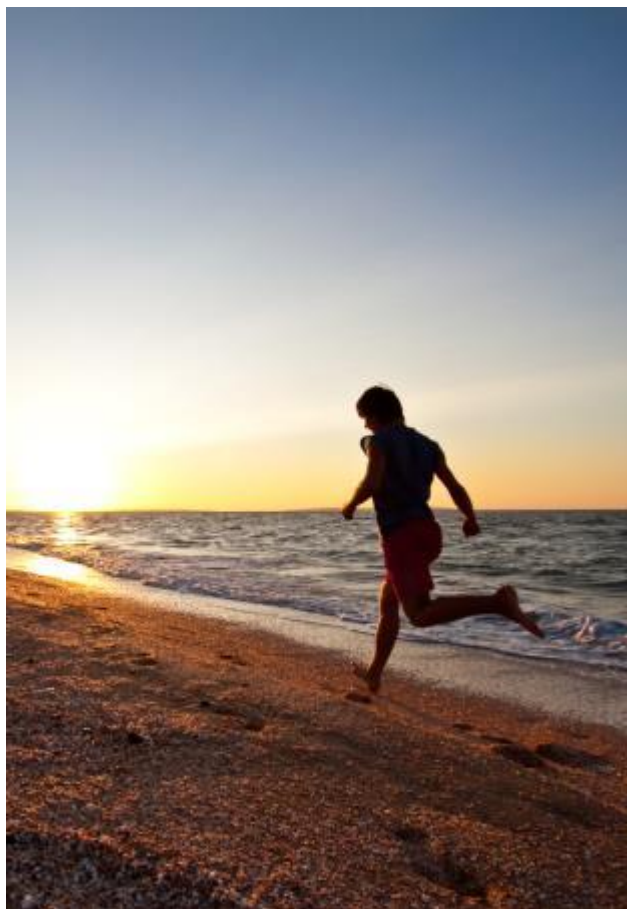
- Peak of rebellion
- Transition from parental to peer direction
- Increased sexual interest

Middle, continued

- Difficulty with postponement of gratification
- Increased cognitive abilities
- Values clarification



Late Adolescence



- Firmer identity
- Increased ability to express emotions
- Increased ability to postpone gratification

Late, continued

- Resolution of relationship with authority figure
- Increased emotional stability
- Increased self reliance



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Parenting



- Description
- Security v. Freedom
- Limits
 - Clear
 - Age Appropriate
 - Earned
 - Growth Oriented

Good Consequences

- Related
- Reasonable
- Timely
- Basic
- Escalate
- Consistently applied
- Calmly applied



Bad Consequences



- Revengeful
- Self-punishing
- Empty
- Shaming
- Primary

Why Kids Use: Contrasting Views



Parents

- School
- Parents
- Peers
- Pushers
- Media
- Police
- Role Models

Adolescents

- Feelings
- Fun
- Risk Taking
- Thrill Seeking
- Autonomy
- Experimentation
- New Identity



Variables to Experimentation

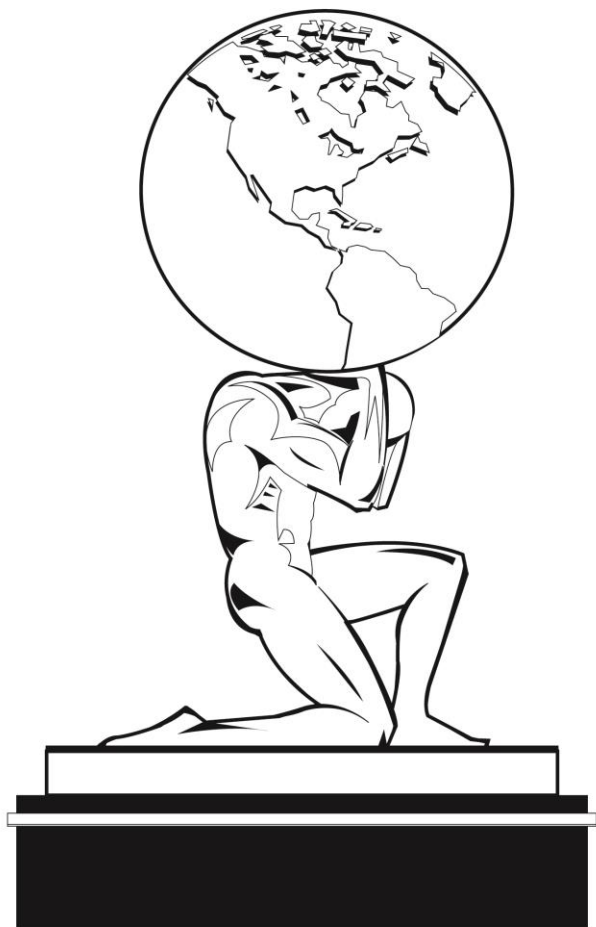
- Availability
- Access
- Perceived Risk
- Prior Use
- Peer Use
- Respect Norms

Enabling: Feelings

- Protective instinct
- Self-doubt
- Fear
- Performance anxiety
- Anger



Enabling: Beliefs



- Pressures are too great
- I am not relevant
- All kids do it
- I love, therefore, I trust

Enabling: Behaviors

- Keeping secrets
- Avoiding conflict
- Shielding from consequences
- Doing their work



Adolescents' Responsibilities

- Feelings
- Behaviors
- Performance
- Social life
- Outside life
- Future



Teaching Adolescents



- Modeling
- Reinforcement
- Consistency
- Encouraging
- Patience
- Allowing mistakes



Health
Consequences
Ahead

DEAD END
AHEAD

CAUTION

Consequences Early

- Ambivalence about separation
- Persistent anger
- Self harming behaviors
- Rebellious peers/subculture
- Doubts



Early, continued



- Frustration and isolation
- Inability to deal with the abstract
- Confusion
- Inability to learn from experiences

Consequences, Middle



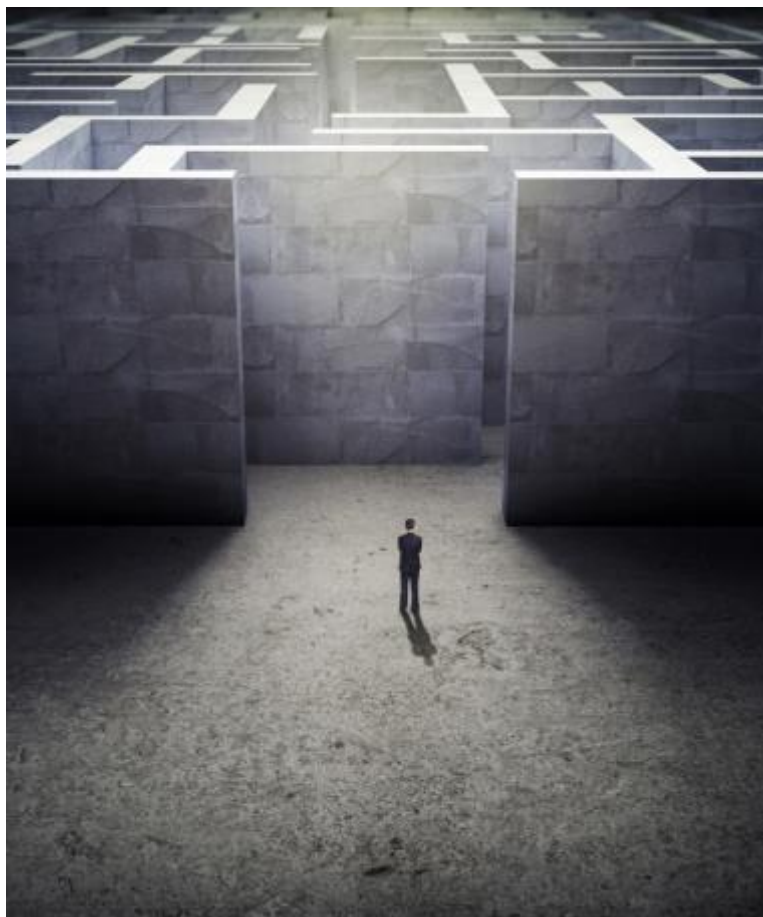
- Struggles with parents
- Self involvement
- Peer approval seeking
- Active sexual fantasy life

Middle, continued

- Inability to postpone gratification
- Unable to abstract
- Poorly defined moral values
- Inability to use wisdom and to evaluate situations according to appropriate values



Consequences, Late



- Minor adult disturbances
 - Unresolved relationship and identity issues
 - Expression stunted
 - Unable to postpone gratification
 - Persistent emotional instability
 - Personal responsibility lags
 - Ability to make choices confused

Late, continued

- Mood swings
- Difficulty in defining vocational goals
- Deficits in formulation of moral, religious, and sexual values



Model Treatment Programs

- Bio-behavioral assessment

- Detoxification considerations

- Counseling

- Medical treatment

- Psychiatric care

- Referral to wrap around services

- Long term follow-up





Resources

- ASAM website for PPC (<http://www.asam.org/publications/patient-placement-criteria/ppc-2r>)
- NIDA (<http://drugabuse.gov/>)
- Two Dreams (<http://www.twodreams.com>)
- Dr. AGB (<https://twitter.com/dragb>)
- Dr. AGB Goes to Back Rehab (<http://drbarthwell.wordpress.com/>)
- The Challenge in Higher Education: Confronting and Reducing Substance Abuse on Campus
(https://www.ncjrs.gov/ondcppubs/publications/pdf/challenge_higher_e_d.pdf/)
- Teenage Drug Use Checklist (<http://timetoact.drugfree.org/know-get-focused.html>)
- Parents Toll-Free Helpline
(<http://timetogethelp.drugfree.org/learn/helpline>)



Thank You!

Questions?