

Adolescent Substance Use

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Learning Objectives

Risk factors for youth substance use

Indicators for substance use and abuse

Increase protective factors to reduce risk

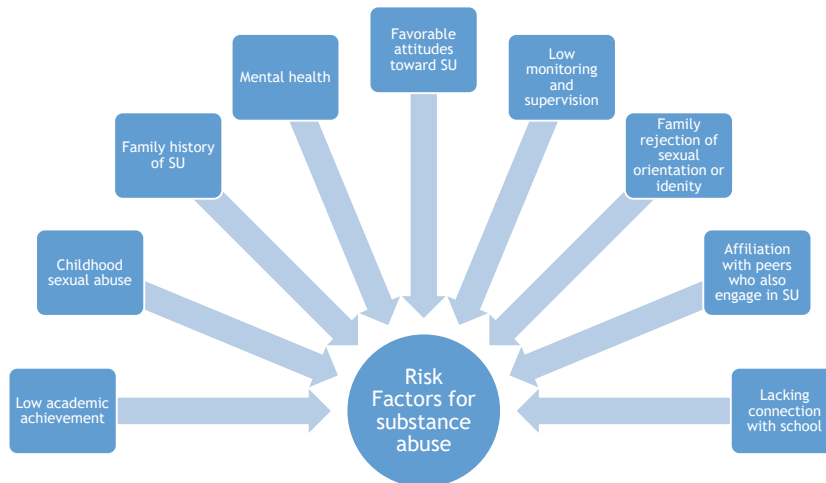
How to connect to local resources

Language Matters

When it comes to talking to youth and families, say “substance use” instead of “addiction”

Diagnostic term is Substance Use Disorder

Risk Factors



Individual
Risk Factors

Social skills

Mental health

Functional impairment

Family and School Risk Factors

Sometimes attitude is about what IS NOT said

Monitoring and supervision

Not valuing or encouraging school or prosocial activities

Schools labeling as “bad kids”

Protective Factors

Family engagement and support

Parent disapproval of substance use

Parental monitoring and supervision

School connectedness



Reducing Risk for Substance Use

- Parents should model healthy behaviors and attitudes
- Foster healthy interests through conversations and prosocial activities
- Know where your child is (who, what, where, when, how are you getting home)
- Know your child's friends AND their parents
- Set clear rules
- Maintain a safe home

Maintaining Home Safety

A

Get it out

- Utilize safe disposal strategies – pharmacy, Detera Bags

B

Lock it up

- Two locks are better than one

C

Reduce quantity

- Harm reduction

Know the Signs of Substance Abuse

- Eyes – redness, pupils dilating/constricting, use of eye drops
- Frequent use of cologne, perfume, or incense
- Withdrawn
- Odd smells
- Change in peer groups, not wanting parents to know peers or their parents
- Secretiveness
- Appetite and sleep changes
- Change in motivation
- Pay attention to any sudden behavioral changes

Recent Trends

- Increased use of marijuana wax, oils, and edibles
 - Youth are engaging in more regular use of marijuana, and alcohol is becoming more occasional
- Heavy use of vaping products
 - Many youth lack education on how much nicotine they are actually consuming
- More high-risk substance use, especially in rural regions
- Kratom Extract
- Some OTCs – Unisom, Tylenol PM

What
Parents
Can Do

Have a conversation

Urinary Drug Screens

Alcohol Test Strips

Talk to friends' parents

When to Refer to Treatment

- There are risks and benefits of treatment
- Signs that SUD treatment would be beneficial:
 - Increased family conflict
 - Risky behaviors (i.e. high-risk sex, leaving for long periods of time, spending time with individuals that are significantly older than them, dealing)
 - Legal charges
 - Missing school or declining grades
 - Use is becoming excessive
 - Causing physical impairments or using drugs/alcohol that exacerbate pre-existing conditions
 - Causing severe emotional distress
 - Risk of overdose

Helpful Resources



<https://parentslead.org>



<https://myfirstlink.org> or Call 2-1-1



<https://www.nd.gov/dhs/locations/regionalhsc/>



<https://www.attcnetwork.org>

Questions?



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Case Study

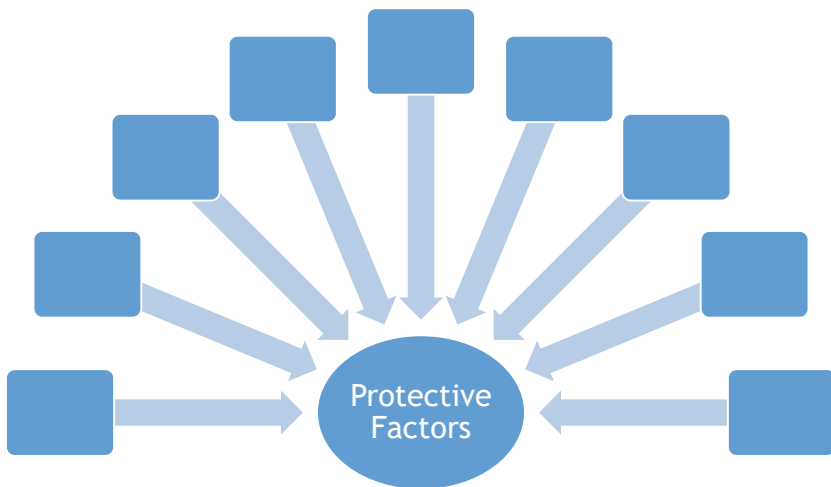
Julie presents to your office with her 15-year-old adopted son, Brady, due to behavioral concerns. Brady has been spending a significant amount of time in his room, declining to participate in family activities, and will sleep until noon or later almost daily. Julie has a close, loving relationship with Brady, and he will typically seek emotional support from her, however, there is significant conflict between Brady and his father who struggles with alcohol abuse.

Brady has always struggled academically but in the last six months has refused to attend school altogether. In the past, Brady had participated in cheer and had a lot of friends at school but denies seeing them in some time. Lately, Brady has been leaving the house without telling his parents where he is going and has been gone overnight.

Case Study Continued

It should be noted that Brady identifies as female, and at times will sign papers with the name Breanna but continues to use he/him pronouns and prefers to be called Brady. Julie speaks to Brady about this openly and is accepting of Brady's gender identity. Brady's father, John, says that he is accepting of Brady's gender identity but at times will make comments of disappointment when he is intoxicated. Brady is also half African American and has expressed that because of this he has felt different from his family and community.

Both parents work full-time jobs but have substantial debt. Julie will pick up overtime sometimes to keep up with bills. John will frequently drink at various bars to avoid arguments with Julie. Both parents love Brady dearly and want to see him thrive once again.



What would you
recommend?
