Substance Use in Adolescents and Transitional Age Youth: Justice Involvement and Homelessness

Produced in Partnership by:

[Logos of ATTC, AMERSA, and NORC]
1) The Impact of Substance Use on the Developing Adolescent Brain

2) Who's Doing What?: The Epidemiology of Adolescent Substance Use

3) Substance Use Interventions for Adolescents and Transitional Age Youth

4) Integrating Stigmatized Loss and Disenfranchised Grief into the SBIRT Model

5) Substance Use in Adolescents and Transitional Age Youth: Justice Involvement and Homelessness

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Ask Questions

Ask questions at any point through the zoom “Chat” feature.

Answers will be posted on the website.
Webinar Presenters

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Dr. Martinez has no conflicts of interest to disclose.

Dr. Obando has no conflicts of interest to disclose.
Supporting Justice-involved Youth Transition Successfully to Adulthood

Tamara Itzel Martinez, MD
Boston Children’s Hospital/Adolescent Substance Use and Addiction Program
What you see:

- Feeling loved
- Feeling satisfied
- Feeling confused
- Feeling detached
- Feeling secure
- Feeling sad
- Feeling connected
- Feeling angry
- Feeling joyful
- Am I safe? Am I loved?
- Can I do things for myself?
- Am I capable? Am I nourished?
- Do I belong? Am I respected?
- Do I have power? Am I secure? Am I included?

https://www.pinterest.com/pin/171559067031579025/
DYS/ASAP Team Model

* Patient evaluation
* Interview with legal guardian

ASAP/DYS team meeting (s)

Meet weekly with JIY patient
Challenges to Successful Transition: Justice-involved Youth

- Abuse and/or neglect
- Multiple foster home placements
- Lack of continuity in education
- Losses of relationships
- Mental illness
- Substance use
- Involvement with the justice system
- Unstable housing or homelessness
- Poverty
- Chronic illness
Justice-involved Youth

- Undiagnosed disabilities
- LGBTQ Youth
- Gender
- Race/Ethnicity

The Latinx Data Gap in the Youth Justice System

Posted → Aug 25th, 2020

This report examines how statewide agencies involved in the juvenile justice system collect and report racial and ethnic data across the U.S.

Sonja Diaz
Experts

Julie Aguilar
Fellows

Adriana Bernal
Fellows

María Morales
Fellows

https://latino.ucla.edu/research/the-latinx-data-gap-in-the-youth-justice-system/
Demographics of Justice Involved Youth in Massachusetts

• In FY20, 15% were females and 85% were males

• The average age of the committed population was 16.6 years, and the median age was 17.0 years

https://archives.lib.state.ma.us/bitstream/handle/2452/836761/ocn936069520-2020.pdf?sequence=1&isAllowed=y
DYS First Commitments FY2020 by Race/Ethnicity

- Hispanic/Latinx: 41.6%
- Black or African American: N=39, 26.2%
- White: N=38, 25.5%
- Multiracial: N=2, 1.3%
- Asian: N=2, 1.3%
- Chooses not to self-identify: N=6, 4.0%
Grid 1: Operating a motor vehicle with a suspended license, marijuana possession (over 1 ounce), shoplifting, disorderly conduct, trespass.

Grid 2: OUI liquor or drugs, possession of heroin, assault, assault & battery, tagging, breaking & entering.
DYS Detention Admissions FY2020 by MSO Grid

<table>
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<tr>
<th>Grid</th>
<th>2033</th>
<th>1622</th>
<th>1257</th>
<th>910</th>
<th>765</th>
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https://archives.lib.state.ma.us/bitstream/handle/2452/836761/ocn936069520-2020.pdf?sequence=1&isAllowed=y
Supporting a Successful Transition Into Adulthood for JIY

Psychological Resilience Interventions to Reduce Recidivism in Young People: A Systematic Review
<table>
<thead>
<tr>
<th>Words to Avoid</th>
<th>Use Instead</th>
</tr>
</thead>
<tbody>
<tr>
<td>Offender, Inmate, Felon, Criminal, Convict, Prisoner, Delinquent</td>
<td>Individual with justice system involvement; individual impacted by the justice system; individual affected by the justice system</td>
</tr>
<tr>
<td>Ex-offender, Ex-con, Ex-Offender, Ex-Prisoner</td>
<td>Individual with prior justice system involvement; individual previously incarcerated; individual with justice history</td>
</tr>
<tr>
<td>Parolee, Probationer, Detainee</td>
<td>Individual on parole; individual currently under parole supervision; individual on probation; individual in detention</td>
</tr>
</tbody>
</table>
| Juvenile Offender, Juvenile Delinquent | Young person with justice system involvement; Young adult impacted by the justice system  
*Justice-involved youth (preferred term by the American Academy of Pediatrics)* |

https://www.aappublications.org/news/2020/10/16/justice-involved-youth-pediatrics
Positive Youth Development (PYD)

https://www.acf.hhs.gov/fysb/positive-youth-development
Emotional Intelligence: A Major Predictor of Success

EI Skill Areas:

• Perceiving and expressing emotion.
• Using emotion to facilitate thought.
• Understanding emotion.
• Regulating emotion.

Barriers to Success: Education Inequities
Dismantling the School-to-Prison Pipeline

**RULER**-evidence-based approach to social and emotional learning

**EMOTIONS INFLUENCE:**
attention, memory, learning, decision making, creativity, mental and physical wellbeing, academic and workplace performance

https://hundred.org/en/innovations/ruler
Components of Comprehensive Drug Abuse Treatment

- Assessment
- Evidence-Based Treatment
- Substance Use Monitoring
- Clinical and Case Management
- Recovery Support Programs
- Continuing Care

- Vocational Services
- Mental Health Services
- Medical Services
- Educational Services
- HIV/AIDS Services
- Legal Services
- Family Services

Photo: NIDA

REFERENCES


https://archives.lib.state.ma.us/bitstream/handle/2452/836761/ocn936069520-2020.pdf?sequence=1&isAllowed=y


Webinar Presenters

Aura M. Obando, MD
Family Team Program Director,
Boston Health Care for the Homeless Program

Instructor of Medicine and Pediatrics Harvard Medical School
Substance Use in Adolescents and Transitional-Age Young Adults Experiencing Homelessness

- Epidemiology of Youth Experiencing Homelessness
- Considerations in Treatment
- Low Barrier Care and Risk Mitigation
No More Missed Opportunities

“Adolescence and young adulthood represents a key developmental window. Every day of housing instability represents missed opportunities to support healthy development and transitions to productive adulthood.”

Morton et al. Chapin Hall at the University of Chicago, 2017
Nick, age 18
Prevalence of Youth Homelessness

• Nationally:
  • Voices of Youth Count, ages 13-25, 2016-2017
    • 1 in 10 YA aged 18-25 reported homelessness in last 12 months (3.5 million)
      • Most had experiences that started in childhood or adolescence
    • 1 in 30 minors age 13-17 endured some form of homelessness (700,000)
    • 29% of youth reported substance use problems
    • 69% had mental health difficulties
    • 1/3 experienced death of parent/caregiver
    • 1/3 had experience with foster care
    • 1/2 had been in juvenile detention, jail or prison
      -Morton et al. Chapin Hall at the University of Chicago, 2017

• 51.2% become homeless due to parental/caregiver rejection
  -Whitbeck L et al. USDHHS. 2016
Relative Risk of young-adults (18-25) to experience homelessness

- YYA with < a high school diploma/GED - 346%
- Black or AA youth - 83%
- Hispanic, non-White youth - 33%
- LGBT youth - 120%
- Unmarried parenting youth - 200%

Morton et al. Chapin Hall at the University of Chicago, 2017
“Sometimes substance use is really about connecting with other people.”

-member Boston Youth Action Board
### Substance Use

#### Study of 656 homeless youth
- 73.2% reported use of alcohol
- 64.6% reported use of marijuana
- 37.5% reported use of “hard” drugs
- 2/3 reported cigarette use

#### Study of 601 street-dwelling youth
- 60% met DSM-IV-TR criteria for drug addiction of at least one substance
- 50% met DSM-IV-TR criteria for alcohol addiction
- 49% for substance dependence

Whitbeck L et al. USDHHS. 2016
Bender K et al. *J of Adolescence*. 2013
Considerations in Treatment

• Relationship building
• High risk for other issues: trafficking, unintended pregnancy, mental health needs
• Lack of parental/family supports
• Lack of basic needs
Trust

“It’s hard to trust even the people that legally have to keep your trust.”

Photo: Boston Youth Action Board
Modalities for Building Rapport

• “Safe” and youth-friendly spaces
• Trauma-informed approach
• Motivational interviewing
• Risk-mitigation approach
• Reducing stigma
• Cultural responsiveness and cultural humility
• Co-locating services
Pregnancy and High Risk Sex

- 48% of youth on streets and 33% in emergency shelters reported at least 1 pregnancy (<10% for general population)
- Initiate sex at earlier age, more sex partners, inconsistent contraceptive use, survival sex
- More likely to receive inadequate prenatal care

Homelessness and contraception

- High rates of unintended pregnancy in women experiencing homelessness in U.S.
- Women with OUD have especially high unintended pregnancy rates (86% vs. 31-47%)
- ACOG recommends LARCs

-ACOG. *Obstet Gynecol*. 2013
High Risk Sex

• Substance use → higher risk sex
  • Unprotected sex, sex under influence of drugs/alcohol, multiple partners

  - Tucker J et al. *AIDS and Behavior* 2011

• Condom use:
  • 29.8% vaginal sex
  • 16.9% oral sex
  • 39.3% anal sex

• STI dx: 20.3% (2% HIV)

  - Whitbeck L et al. USDHHS. 2016
Trafficking and YYA Homelessness

• MA youth count: 13.5% YYA reported survival sex
• 25% of LGBTQ youth exchanged sex for money
• Avg age of entry into commercial sex industry was 14 yo

MA State Plan to End Youth Homelessness, 2018

• Covenant House and trafficking: in NJ 9.2%, in NY 14% and in New Orleans 15%

Chisolm-Straker et al, Covenant House New Jersey, 2017
Mental Health

• High trauma burden (72%) compounded by new traumas
  • Lead to depression, anxiety, PTSD, SI, attachment issues, SUD

• Rates as high as 84% of YYA meet criteria for psychiatric diagnosis
  -MA State Plan to End Youth Homelessness. 2018

• Co-occurring SUD with psychiatric disorder: exacerbate each other, more severe, more relapse, worse prognoses
  -Spencer AE et al. Pediatrics 2021
Mental Health

• Barriers with access to care
• Difficulties accessing and storing meds
• Making appointments
• “If you can’t be stable, you can’t get stable.”

MA State Plan to End Youth Homelessness. 2018
Family Engagement in Treatment

• SUD Workgroup “Principles of Care for Young Adults With Substance Use Disorder” *Pediatrics* 2021
  • In some cases, family involvement may exert negative influence on recovery
  • But when able, safe and thoughtful involvement of family associated with improved outcomes
  • Young adult should invite their family themselves and control flow of information

• Consider a broad view of “family”
  • “Street Family” or “Chosen Family”
  • Supportive program staff
Social Determinants of Health

- Access to health insurance
- Access to shelter/housing
- Food insecurity
- Clean clothes, laundry
- Transportation access
- Immigration status
- Education & Employment
- Social Isolation
“I hear a lot of the youth we work with referred to as ‘hard to reach’ or ‘service resistant,’ and I can’t disagree more with those statements. They are on our streets and in our parks; they are in plain view. How much easier can they be to reach? They want services, but the truth is they want services that accept them the way they are, provide them with the things they need by people that treat them as individuals with respect and dignity.”

- Mary Howe, a service provider in San Francisco, in “Behavioral Health among Youth Experiencing Homelessness”
BHCHP Low Barrier Model of Care

- Shelter-based care
  - Primary care
  - Gender-affirming treatment
  - STI testing and treatment
  - Same day contraception
  - PrEP
  - HCV treatment
- Insurance enrollment
- Psychiatry
- Phlebotomy
- Case management
Low-Barrier Care

- Drop-in center approach
- Normalize accessing medical care (STI testing, immunizations) by making visible
- Complex care navigation: Addressing SDOH to engage youth, help with vital documents, accompanying youth to specialist referrals
- Alliance building with community partners
- Trust building and street outreach
- Targeted mobile services (Community Care In Reach medical van)
Preventive Care
- Immunizations (prioritize Hepatitis A and B, Influenza, Tetanus)
- TB screening
- Age/gender appropriate cancer screening
- Screening for Sexually Transmitted Illness

Addictions Services

Treatment-on-Demand
- Inpatient detox (transportation arranged)
- Medications for addiction treatment
  - Buprenorphine:
    - Prescribed directly on van
    - Observed induction on the first day of treatment
    - Ongoing maintenance
  - Naltrexone oral or intramuscular, prescribed and administered directly on the van
  - Methadone, referral to Opioid Treatment Programs

Other Addictions Services
- Naloxone distribution and overdose prevention education
- Pre- and Post-exposure prophylaxis for HIV
- HIV, HCV testing
- Wound care for skin abscesses, including incision/drainage
- Syringe access and disposal
- Risk reduction counseling
- Tele-behavioral health

Primary Care Services
Chronic Disease Management (including, not limited to)
- HIV / HCV Treatment
- Substance Use Disorder treatment
- Hypertension management
- Diabetes management

Referrals
- Psychiatry
- Specialty medical care at BMC and MGH
- Other referral locations based on patient preference

Community Care in Reach Model Elements
Slide by Dr. Jessie Gaeta, BHCHP
Risk Mitigation
This is what patient centered care looks like
Youth-Friendly Risk Mitigation and Engagement

- Create youth-centered spaces
- De-stigmatize accessing care
- Social Media
- Overdose prevention guidance: FaceTime, hotlines (NeverUseAlone.com), apps (Canary, Remote Egg Timer, Kitestring)
- Consistency
- Incentives: charging stations, free WiFi, gift cards
  - Material needs: food, drink, gloves/hats, hand warmers
- Include the youth voice in informing the design of the intervention
  - Peer education and navigation

Nick, continued
In Summary....

• There’s a high prevalence of youth and young adult homelessness and every patient should be screened for housing status

• Consider if your patient may fit one of the prevalent subpopulations of youth homelessness: pregnant/parenting, mental health needs, SUD, high-risk sex, trafficking, and connect to or offer appropriate services

• Connect youth to low barrier care that emphasize the principles of risk mitigation, co-located services, drop-in access
References


8. Massachusetts State Plan to End Youth Homelessness. Prepared for: Secretary Marylou Sudders, Executive Office of HHS, Chair of the MA commission on Unaccompanied Youth. 2018


11. Noyes E, Yeo E, Yerton M, Plakas I, Keyes S, Obando A, Gaeta JM, Taveras EM, Chatterjee A. Harm Reduction for Adolescents and Young Adults During the COVID-19 Pandemic: A Case Study of Community Care in Reach. Public Health Reports. In publication


Thank you!

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Related Products & Resources from the ATTC Network

• CLAS Standards in Behavioral Health: Working with Youth and Adolescents (Recorded webinar)
• Understanding Latino Youth Recovery: Issues, Assets and Creating Resiliency (Recorded webinar)
• Adolescent Brain Maturation and Health: Intersections on the Developmental Highway
  • Recorded presentation
  • Handouts
• Effects on Marijuana Use on Developing Adolescents (Recorded webinar)
• Vaping Overview and CATCH My Breath Program (Recorded webinar)
• Vaping 2: Education vs Punishment Using Deferred Citation (Recorded webinar)
• Understanding Suicide Part 2 Adolescents and the Changing Brain (Recorded webinar)

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Related Products & Resources from the PTTC Network

- Underage Alcohol Use: An Overview of Data and Strategies (Recorded webinar)
- Youth Opioid Addiction: What Preventionists Need to Know (Recorded webinar)
- Selecting and Implementing Evidence-Based Practices to Address Substance Misuse Among Young Adults: Webinar on SAMHSA’s Resource Guide
- Preventing Youth Vaping (Webinar Series) Part 1 of 2: The Extent and Risk Factors for Youth Vaping (Recorded webinar)
- Preventing Youth Vaping Part 2 of 2: Policy Recommendations and Promising Practices for Addressing Youth Vaping (Recorded webinar)
- The Benefits of Engaging Youth in Communities: Insights and Evidence from Developmental Science (Recorded webinar)
- Vaping and LGBTQ Youth (Recorded webinar)
- Informing Prevention 6-Part Webinar Series on Adolescents: Mountain Plains PTTC
- Adolescent SBIRT Pocket Card

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