

Substance Use Interventions for Adolescents and Transitional Age Youth

Produced in Partnership:







Webinar Moderator

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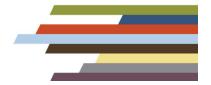


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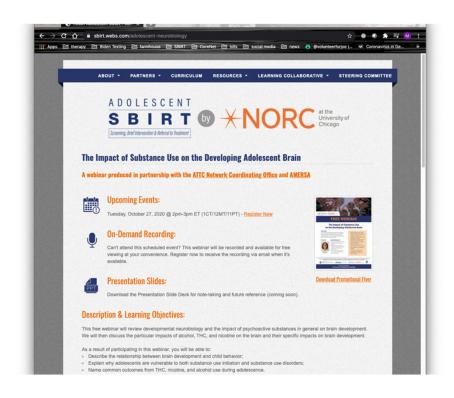
- 1) The Impact of Substance Use on the Developing Adolescent Brain
- 2) Who's Doing What?: The Epidemiology of Adolescent Substance Use
- 3) Substance Use Interventions for Adolescents and Transitional Age Youth
- 4) Integrating Grief and Loss Conversations into the SBIRT Model

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Access Materials

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- On-demand access 24/7
- Brief survey
- Certificate of Completion brief application (1 NAADAC CE)

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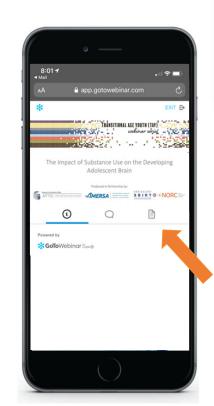


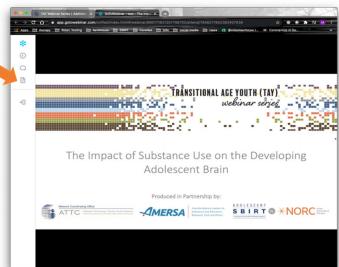


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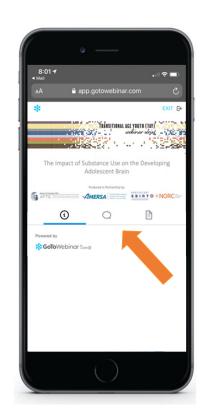


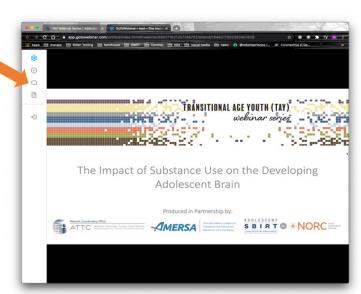


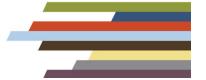
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Webinar Presenters





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Primary care physician and researcher specialized in addition medicine

Boston Medical Center, Boston, MA

Assistant Professor of Pediatrics and Medicine, Boston University

Nicholas Chadi, MD, MPH

Pediatrician and researcher specialized in adolescent and addiction medicine

Sainte-Justine University Hospital Centre, Montreal, Canada

Assistant Professor of Pediatrics, Université de Montréal Disclosures

Dr. Chadi and Dr. Bagley have no conflicts of interest to disclose

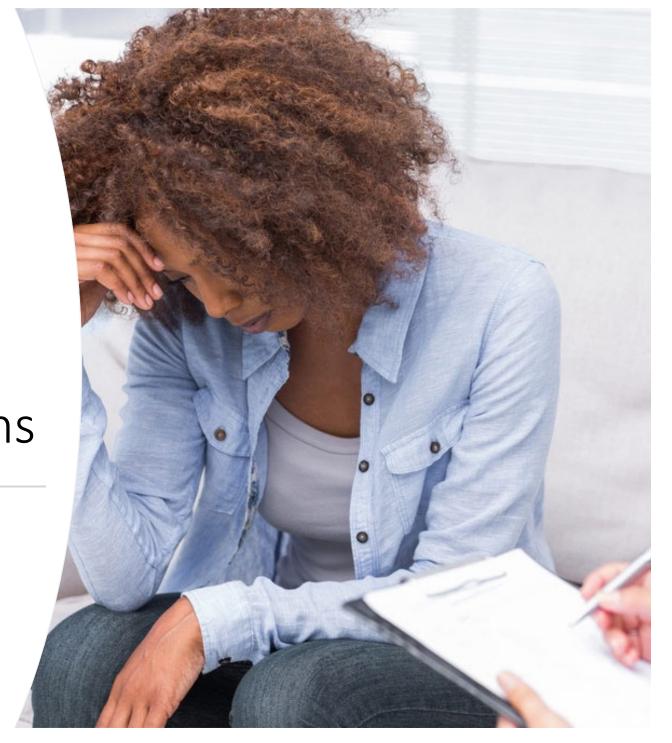


Describe the steps involved in conducting screening, brief intervention and referral to treatment (SBIRT)

Review key behavioral and medication treatment approaches for youth with substance use disorders

Discuss the role of family and community support in caring for youth with substance use disorders

Part 1:
Screening
and
behavioral
interventions

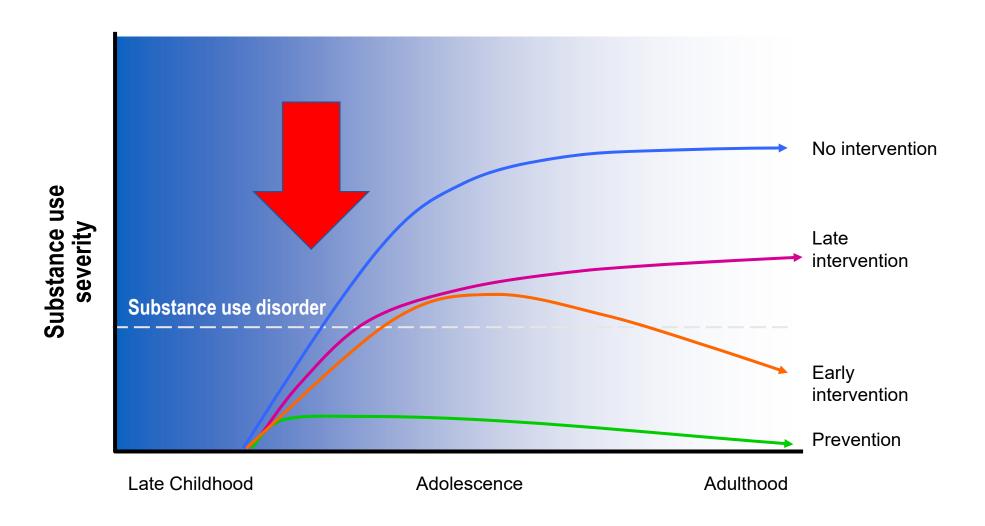




Clinical vignette: Cynthia

- 14 years old, grade 9
- Started vaping 2 years ago
- Uses high concentration pre-filled disposable flavored nicotine and THC vaping devices
- Vapes before, during and after school and wakes up once or twice every night "to take a few hits"
- Tells you: "I just love how social vaping is! All my friends do it. The only problem is that I do it so much, I kinda don't wanna do anything else".
- What else would you like to know about Cynthia's substance use behaviors?
- How could you help her cut down or quit?

Early intervention: bending the curve



A few words about SBIRT...

- Screening: Universal or targeted screening for assessing use and severity of alcohol; illicit drugs; and prescription drug use and disorders
- Brief Intervention: An interpersonal interaction whose primary impact is motivational, working to trigger a decision and commitment to change.
- Referral to Treatment: Referrals to specialty care for adolescents with substance use disorders

School SBIRT in Massachusetts

The state of Massachusetts has recently adopted a law requiring all schools to offer **SBIRT** to all middle and high school students by the end of the 2017-2018 academic year



House Bill No. 4056: The Commonwealth of Massachusetts

An Act relative to substance use, treatment, education and prevention.

Section 15: Subject to appropriation, each city, town, regional school district, charter school or vocational school district shall utilize a verbal screening tool* to screen pupils for substance use disorders. Screenings shall occur on an annual basis and occur at 2 different grade levels as recommended by the department of elementary and secondary education, in consultation with the department of public health.

^{*}Screening protocols must be approved by the Department of Public Health – the MA DPH has stated that SBIRT is the only approved screening protocol for use in middle and high schools.

Experience of School SBIRT in a Sample of Middle and High School Students in Massachusetts

- School SBIRT is generally well-accepted by students
- The majority of students value speaking with an adult about substance use and would feel comfortable following up with the screener
- There are several barriers to disclosure of substance use behaviors and the best ways to address these barriers remain unclear



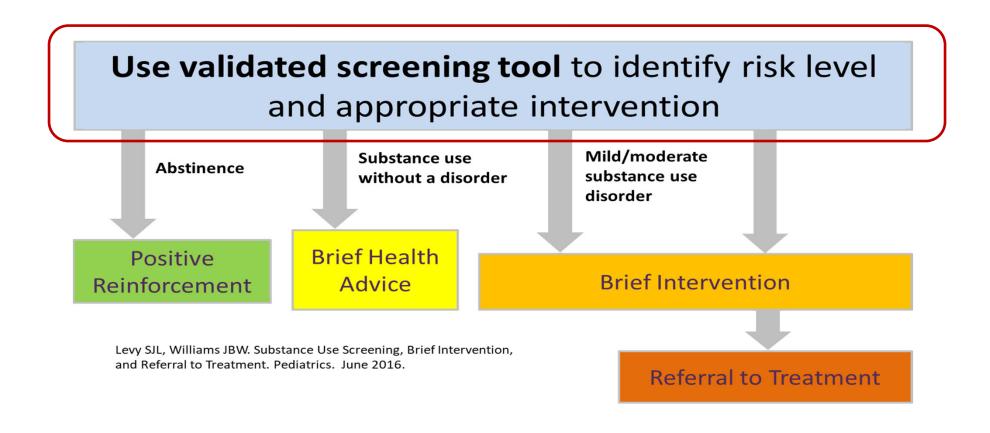


RESEARCH ARTICLE

Student Experience of School Screening, Brief Intervention, and Referral to Treatment

First published: 24 March 2020 | https://doi.org/10.1111/josh.12890 | Citations: 1

Screening, Brief Intervention and Referral to Treatment (SBIRT)



Privacy and confidentiality

- Important to clarify the **limits** of confidentiality
- Should be discussed with every young person at the beginning of every visit
- Encourage the youth to be honest/truthful
- Create a space where the youth will feel comfortable sharing sensitive information
- Reasons to breach confidentiality (i.e. to parents):
 - Self-harm/suicidality, harm to others, sexual abuse

Validated Screening Tools

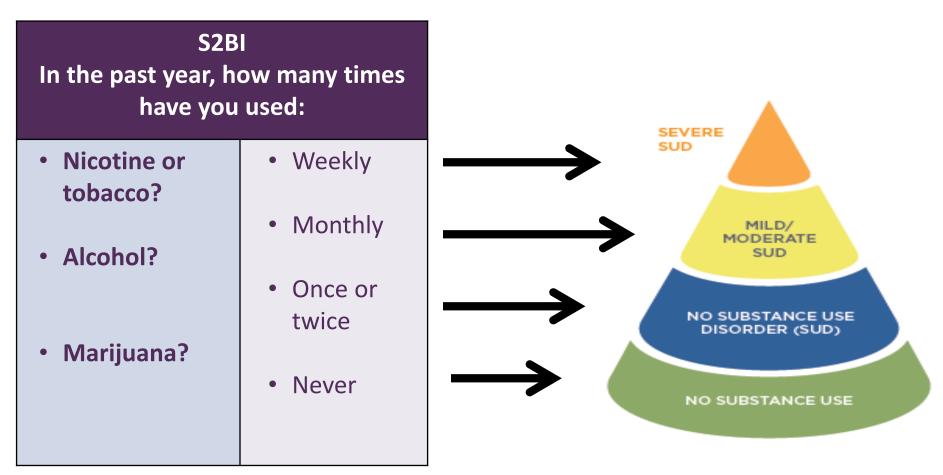
- BSTAD: Brief Screener for Tobacco, Alcohol, and other Drugs (Kelly S, 2014)
- S2BI: Screening to Brief Intervention (Levy, 2014)
- CRAFFT 2.1+N: Car-Relax-Alone-Forget-Friend-Trouble (Knight, 2002)

Screening to Brief Intervention (S2BI)

In the past year, how many times have you used Nicotine/tobacco (including cigarettes, electronic cigarettes or vapes) Never Alcohol? Once or twice Marijuana? Monthly **STOP if all "Never."** Otherwise, CONTINUE. Weekly Prescription drugs that were not prescribed for you (such as pain medication or Adderall)? Illegal drugs (such as cocaine or Ecstasy)? Inhalants (such as nitrous oxide)? Herbs or synthetic drugs (such as salvia, "K2", or bath salts)?

Levy SJL, Williams JBW. Substance Use Screening, Brief Intervention, and Referral to Treatment. Pediatrics. June 2016

Screening to Brief Intervention (S2BI)



Levy SJL, Williams JBW. Substance Use Screening, Brief Intervention, and Referral to Treatment. Pediatrics. June 2016.

The CRAFFT+N 2.1 Interview

To be orally administered by the clinician

Begin: "I'm going to ask you a few questions that I ask all my patients. Please be honest. I will keep your answers confidential."

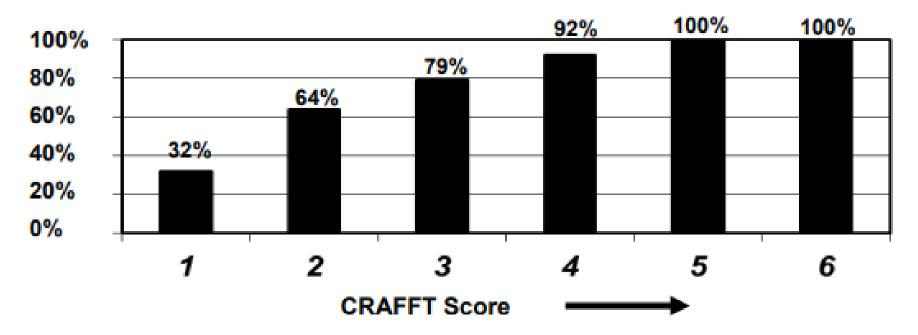
Part A During the PAST 12 MONTHS on how many days did your

	ing merities is mentioned, on menty days and your	
1.	Drink more than a few sips of beer, wine, or any drink containing alcohol? Say "0" if none.	# of days
2.	Use any marijuana (weed, oil, or hash by smoking, vaping, or in food) or "synthetic marijuana" (like "K2," "Spice")? Say "0" if none.	# of days
3.	Use anything else to get high (like other illegal drugs, prescription or over-the-counter medications, and things that you sniff, huff, or vape)? Say "0" if none.	# of days
4.	Use any tobacco or nicotine products (for example, cigarettes, e-cigarettes, hookahs or smokeless tobacco)?	# of days

When possible, consider self-administration using pen/paper or electronic formats to improve response/disclosure rates

Did the patient answer "0" for all questions in Part A?				
	Yes □ No □			
	Ask CAR question only, then stop	questions	below	
Pa	art B	No	Yes	
С	Have you ever ridden in a CAR driven by someone (including yourself) who was "high" or had been using alcohol or drugs?			
R	Do you ever use alcohol or drugs to RELAX , feel better about yourself, of fit in?	r 🗆		
A	Do you ever use alcohol or drugs while you are by yourself, or ALONE ?			
F	Do you ever FORGET things you did while using alcohol or drugs?			
F	Do your FAMILY or FRIENDS ever tell you that you should cut down on your drinking or drug use?			
T	Have you ever gotten into TROUBLE while you were using alcohol or drugs?			
	*Two or more YES answers suggest a serious problem and r assessment. See back for further instructions		ther	

Percent with a DSM-5 Substance Use Disorder by CRAFFT score*



*Data source: Mitchell SG, Kelly SM, Gryczynski J, Myers CP, O'Grady KE, Kirk AS, & Schwartz RP. (2014). The CRAFFT cut-points and DSM-5 criteria for alcohol and other drugs: a reevaluation and reexamination. Substance Abuse, 35(4), 376–80.

2. Use these talking points for brief counseling.



REVIEW screening results
 For each "yes" response: "Can you tell me more about that?"

RECOMMEND not to use



"As your doctor (nurse/health care provider), my recommendation is not to use any alcohol, marijuana or other drug because they can: 1) Harm your developing brain; 2) Interfere with learning and memory, and 3) Put you in embarrassing or dangerous situations."

3. RIDING/DRIVING risk counseling



"Motor vehicle crashes are the leading cause of death for young people. I give all my patients the Contract for Life. Please take it home and discuss it with your parents/guardians to create a plan for safe rides home."



4. RESPONSE elicit self-motivational statements Non-users: "If someone asked you why you don't drink or use drugs, what would you say?" Users: "What would be some of the benefits of not using?"



5. **REINFORCE** self-efficacy

"I believe you have what it takes to keep alcohol and drugs from getting in the way of achieving your goals."

Risk factors for substance use disorders



Recreational use AOR: 3.42

(95% CI 1.45-8.07)



Younger age AOR: 0.95

with 95% CI 0.94-0.97)

Exposure to marijuana

AOR: 3.67 (95% CI 1.02-13.14)



Cigarette smoking

AOR: 2.2 (95% CI 1.3-3.5)



Unprescribed pain relief

AOR: 1.8

(95% CI 1.20-2.60)



Prescribed pain relief

AOR: 1.33

(95% CI 1.04-1.70)





Familial alcohol problem/drug use

Hard drug abuse/dependence

OR: 7.89-7.92



PTSDHard drug abuse/dependence

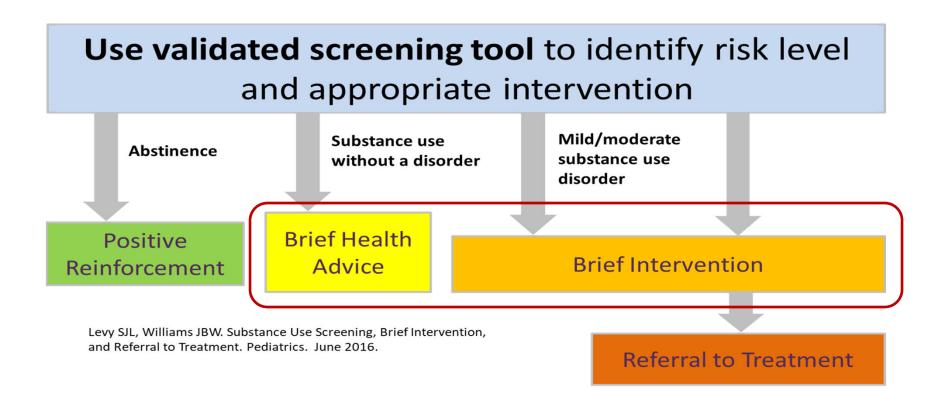
OR: 8.68

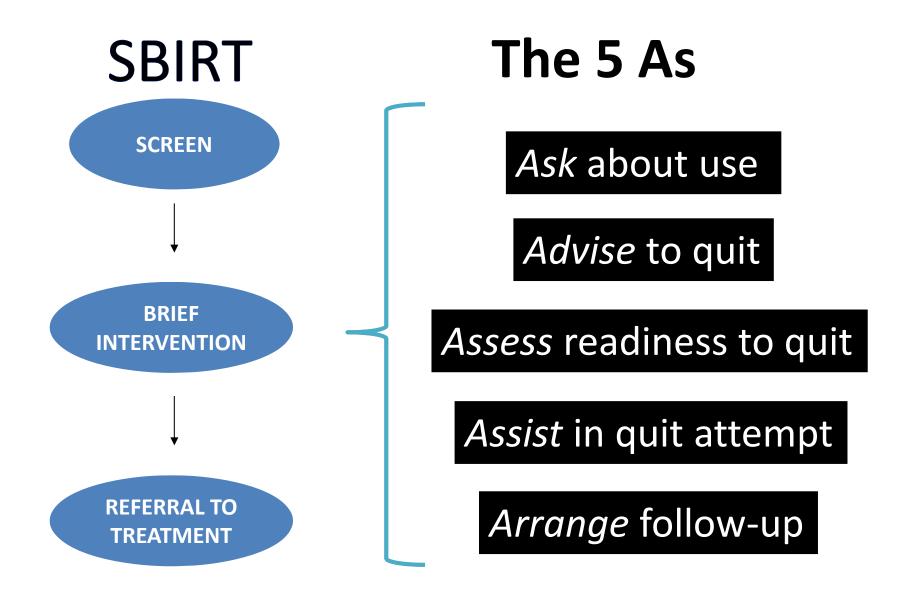
Major depression, anxiety disorder, or panic disorder

Opioid use **OR: 4.43** (95% CI 3.64-5.38)

Sources: Kilpatrick DG, Acierno R, Saunders B, Resnick HS, Best CL, Schnurr PP (2000). Risk Factors for Adolescent Substance Abuse and Dependence: Data From a National Sample. J Consult and Clin Psych 63(1):19-30. Sullivan MD, Edlund MJ, Zhang L, Unützer J, Wells KB (2006). Association Between Mental Health Disorders, Problem Drug Use, and Regular Prescription Opioid Use. *Arch Intern Med* 166(19):2087-2093.

Screening, Brief Intervention and Referral to Treatment (SBIRT)





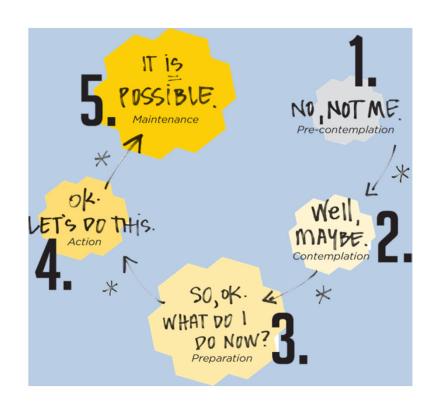
U.S. Department of Health and Human Services. Treating tobacco use and dependence: 2008 update; Practice guideline executive summary: http://www.ncbi.nlm.nih.gov/books/NBK63956

Brief intervention

- -
- Use a patient-centered strengths-based approach
- •
- Advise youth to consider cessation
- Provide information about health consequences
- Use a non-judgmental approach
- Determine readiness/willingness to quit (scale from 1 to 10)

Motivational interviewing: eliciting change

- Counselling method informed by level of readiness based on stages of change
- Assisting patients to resolve ambivalence
- Aims to elicit the patient's
 own reasons for change and
 advantages favoring change

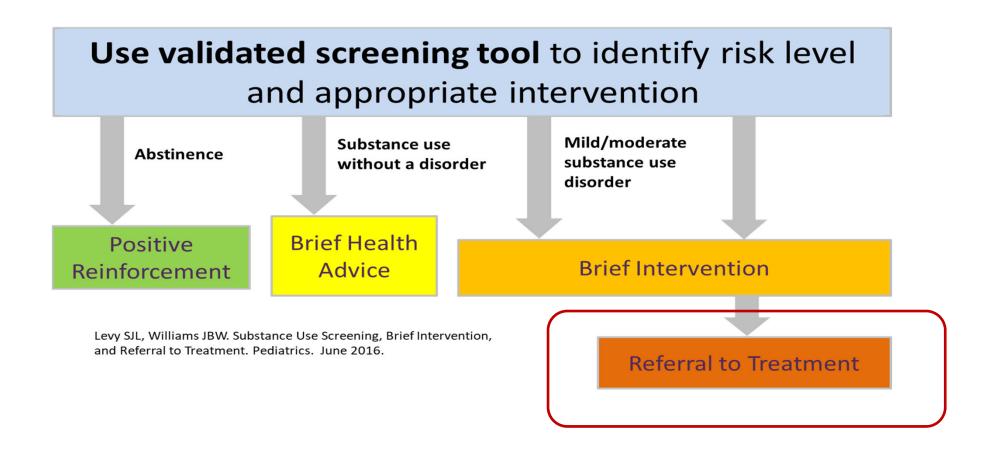


MI Toolbox

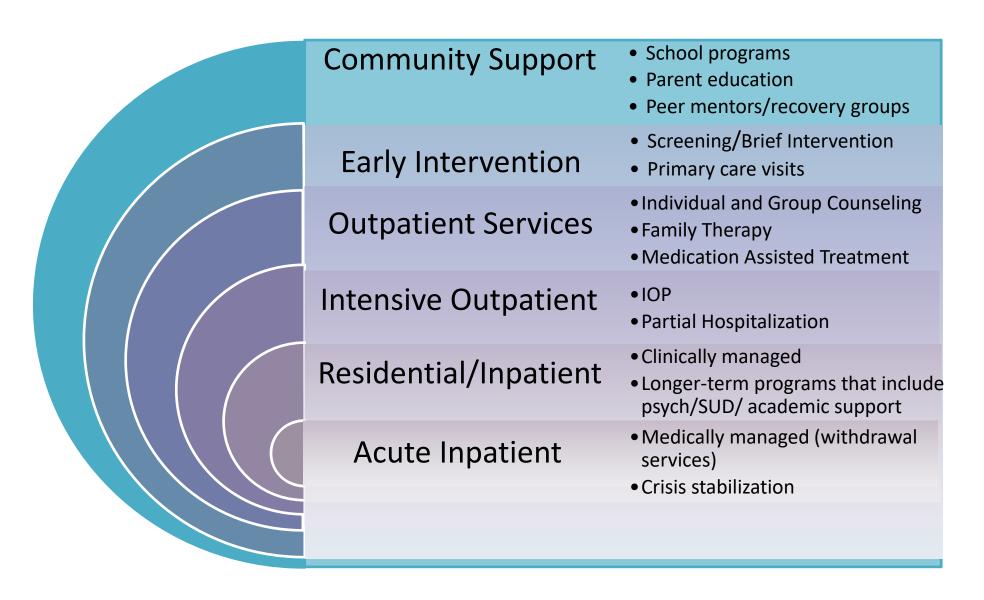
- Open-ended questions
- Reflective listening
- Affirming
- Negotiating
- Reframing
- Summarizing



Screening, Brief Intervention and Referral to Treatment (SBIRT)

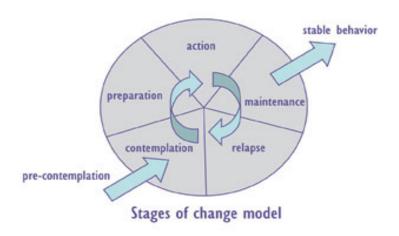


Continuum of care

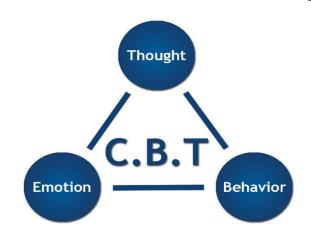


Behavioral approaches for TAY with substance use disorders

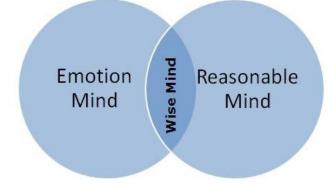
Motivational Interviewing



Cognitive Behavioral Therapy



Dialectical Behavior Therapy



Contingency Management



Part 2: Medications, family and community support





Clinical vignette: Ben

- 19 years old, sophomore in college
- Known for anxiety and ADHD
- In 10th grade started trading his ADHD medication for opioid and benzodiazepine pills that he would then resell at school
- Now uses oxycodone and alprazolam on a daily basis "to keep stress levels down at school"
- Often attends "pill parties" where he and his friends ingest different pills "without knowing what they do"
- What else would you like to know about Ben's substance use behaviors?
- How could you help him cut down or quit?

What else do you want to know?

- Why does Ben say he is here today?
- Frequency and dose of opioids and benzodiazpines
- Route of administration and history of overdose
- Does he think that his parents know about his substance use?

What are your next steps?

Determining the diagnosis

Assessing Risk

Identifying others who can provide support for Ben

Diagnosis: Substance Use Disorder

Substance use occurring over 12 months with ≥2 of:

- 1. Taken in larger amounts / over a longer period than intended
- 2. Persistent desire / unsuccessful efforts to cut down
- 3. Excess time spent in activities to obtain, use or recover from substance
- 4. Craving
- 5. Failure to fulfill major role obligations at work, school, or home
- Continued use despite having persistent / recurrent social or interpersonal problems
- 7. Social, occupational, or recreational activities given up
- 8. Recurrent use in situations in which it is physically hazardous
- 9. Continued use despite knowledge of having a persistent or recurrent physical or psychological problem
- 10.Tolerance
- 11.Withdrawal

Mild:

2-3 criteria

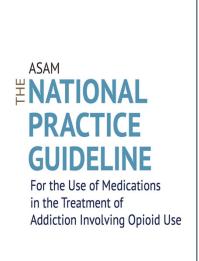
Moderate:

4-5 symptoms

Severe:

≥6 symptom

Is pharmacotherapy indicated?



American Academy of Pediatrics (2016): Encourage pediatricians to consider offering medication treatment or discuss referrals to other providers for this service

POLICY STATEMENT

Organizational Principles to Guide and Define the Child Health Care System and/or Improve the Health of all Children



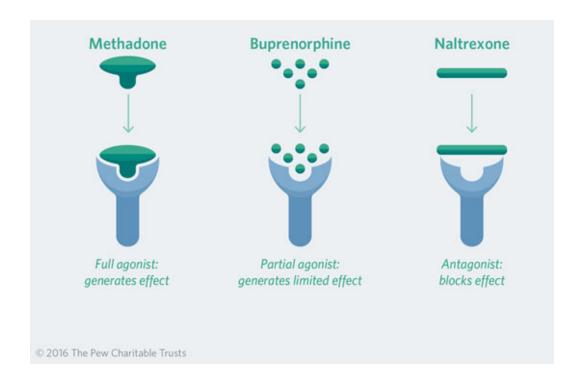
American Society of Addition Medicine (2015):

Clinicians should consider treating adolescents using the full range of treatment options, including pharmacotherapy

Medication-Assisted Treatment of Adolescents With Opioid Use Disorders

COMMITTEE ON SUBSTANCE USE AND PREVENTION

Medication Treatment: Opioids



Medication Treatment: Opioids

FDA-Approved Drugs Used in MAT²¹

Medication	Mechanism of action	Route of administration	Dosing frequency	Available through
Methadone	Full agonist	Available in pill, liquid, and wafer forms	Daily	Opioid treatment program
Buprenorphine	Partial agonist	Pill or film (placed inside the cheek or under the tongue)	Daily	Any prescriber with the appropriate waiver
		Implant (inserted beneath the skin)	Every six months	
Naltrexone	Antagonist	Oral formulations	Daily	Any health care provider with prescribing authority
		Extended-release injectable formulation	Monthly	

^{© 2016} The Pew Charitable Trusts

What's the evidence?

 Improved retention in care (clinical trials and observational data)

Decreased opioid positive urine drug tests (clinical trials)

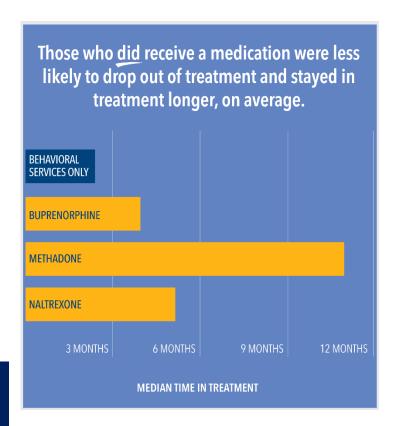
Improved mortality (observational data)

BUT TAY have poorer retention!

Low timely receipt of MOUD among youth



Only 1 in 4 youths received treatment within 3 months of OUD diagnosis



Access to timely addiction treatment lacking

Research

JAMA Pediatrics | Original Investigation

Receipt of Addiction Treatment After Opioid Overdose Among Medicaid-Enrolled Adolescents and Young Adults

Rachel H. Alinsky, MD, MPH; Bonnie T. Zima, MD, MPH; Jonathan Rodean, MPP; Pamela A. Matson, MPH, PhD; Marc R. Larochelle, MD, MPH; Hoover Adger Jr, MD, MPH, MBA; Sarah M. Baglev, MD, MSc; Scott E. Hadland, MD, MPH, MS

IMPORTANCE Nonfatal opioid overdose may be a critical touch point when youths who have never received a diagnosis of opioid use disorder can be engaged in treatment. However, the extent to which youths (adolescents and young adults) receive timely evidence-based treatment following opioid overdose is unknown.

OBJECTIVE To identify characteristics of youths who experience nonfatal overdose with heroin or other opioids and to assess the percentage of youths receiving timely evidence-based treatment.

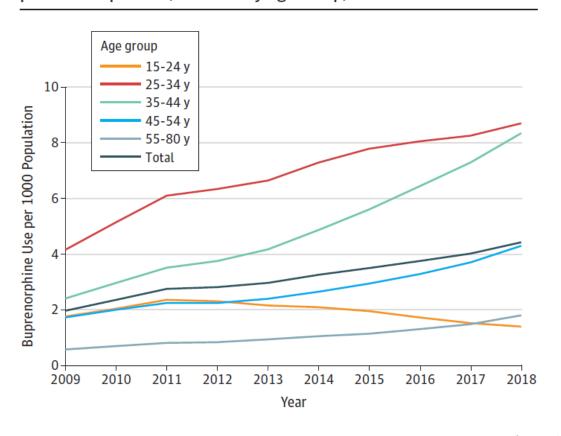
Supplemental content

<1/3 received timely addiction treatment after overdose
Only 1 in 54 received MOUD

Youths who experienced a heroin overdose were significantly less likely than those who overdosed on other opioids to receive any treatment

Widening treatment gap 15-24 yo

Figure. Trends in Buprenorphine Use in the United States per 1000 Population, Total and by Age Group, 2009-2018



Barriers

 Only 1% of buprenorphine prescribers in the US indicate "pediatrics" as their primary specialty

 Stigma related to having an opioid disorder AND the medications that we use to treat OUD

All patients should be offered naloxone

 Can be given by medical professionals and lay people

48 states have eliminated need for prescription

49 states allow third party prescribing

Complications of Substance Use

• In 2018, highest rate of acute hepatitis C was among 20-29 yo (300% increase from 2009 to 2018)

In 2018, about 1 in 5 of new HIV cases among 13-24 yo

 KEY to integrate HIV prevention and safer injecting strategies for at risk TAY

Nicotine Use Disorder Treatment

- Pharmacotherapy: Nicotine replacement therapy, Buproprion SR, Vanrencline
 - Approved for use in TAY
 - Gum, lozenges, and patch available over the counter
- Behavioral Treatment
 - Grade "A" USPSTF recommendation for brief advice
 - Intensive counseling
 - Quitlines

Among 18-22 yo with NUD, fewer than 1.5% received rx and 4% received behavioral treatment!

Alcohol Use Disorder Treatment

- Behavioral treatment: CBT, MET
- Pharmacotherapy: naltrexone, acamprosate, disulfiram
 - Approved for use in TAY
 - Do NOT require any specific training prior to prescribing

Considerations for treatment of other substance use disorders

Behavioral treatment is main option

Polysubstance use is the norm

 KEY to integrate treatment of co-occurring psychiatric disorders

Addiction is a Family Disease

Addiction is a chronic illness

 Families can be invited to be part of treatment planning

Their involvement can vary

 Few family based strategies that have been specifically tested among the TAY population

Strategies Focused on the Family

- Many strategies exist that focus on supporting families affected by addiction whose loved ones may not be in treatment yet.
- The following is not an exhaustive list but provides information on well-known approaches.
 - Community Reinforcement Approach and Family Training (CRAFT)
 - Overdose Education and Naloxone Rescue Kits
 - Al-Anon or other mutual support groups

CRAFT

- Therapists trained in the CRAFT methods help the family member to engage the individual who is resisting treatment.
- This is done by helping the family member learn how to modify their environment to reward behaviors that promote sobriety and withhold rewards when the individual is using drugs or alcohol.
- CRAFT also involved teaching the family member about positive communication skills. The family member will also learn about the difference between enabling alcohol/drug use and reinforcing sober behavior.
- Importantly, the therapist will support the member in taking care of him or herself during this process whether their loved one enters treatment or not.

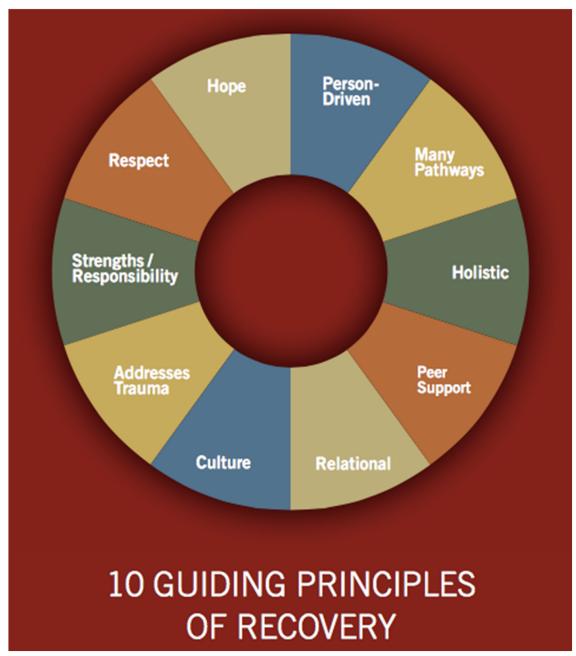
Overdose Education and Naloxone Prescribing

- Family members are receptive to receiving overdose education and naloxone (Strang et al,2008)
- Overdose education and receipt of naloxone rescue kits increases confidence and security of family members (Bagley et al, 2015)
- In MA, family members reported 20% of all rescues from state distributed naloxone

Mutual help support groups

- As a result of the increase in opioid use and opioid related deaths, many support groups for parents and families have arisen locally in communities.
- It may be helpful for providers to become familiar with the support groups in their own communities. This can include simply identifying a group and a meeting schedule or attending a meeting as a guest.

^{*}More information can be found on the resources slide at the end of the module.





Conclusion

Take home messages



- Screening using validated tools is a quick and effective way to engage with TAY about their substance use behaviors
- Brief interventions based on motivational interviewing should be considered first-line treatment for substance use among TAY
- Evidence-based treatment, including pharmacotherapy, should be offered to TAY
- Treatment plans should (1) include families (2) be tailored to individual risk and (3) build on the strengths of the TAY

Thank You!





Sarah Bagley, MD, MSc

Primary care physician and researcher specialized in addition medicine

Boston Medical Center, Boston, MA

Assistant Professor of Pediatrics and Medicine, Boston University

Nicholas Chadi, MD, MPH

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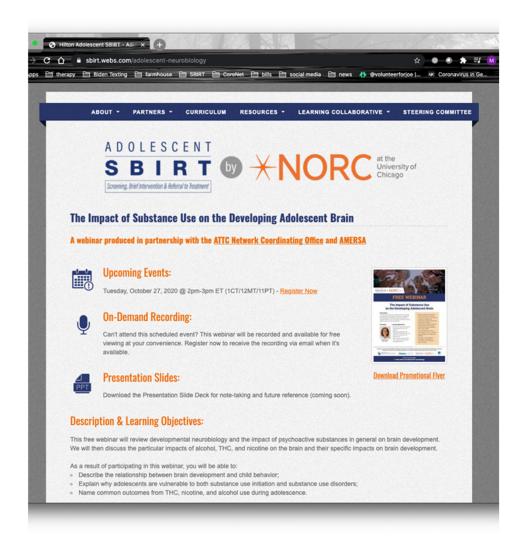
Sainte-Justine University Hospital Centre, Montreal, Canada

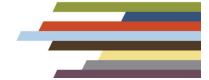
Assistant Professor of Pediatrics, Université de Montréal

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- Follow-up email
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- On-demand access 24/7
- Brief survey
- Certificate of Completion brief application (1 NAADAC CE)

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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)
- <u>Vaping 2: Education vs Punishment Using Deferred Citation</u> (Recorded webinar)
- Understanding Suicide Part 2 Adolescents and the Changing Brain (Recorded webinar)

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October is Domestic Violence Awareness Month



@ATTCnetwork



@attcNetwork

In Honor of Domestic Violence Awareness Month: Responding to Substance Use Coercion in Treatment and Recovery Services

By Carole Warshaw, MD, and Gabriela Zapata-Alma, LCSW, CADC,

Intimate Partner Violence (IPV) Can Have Profound

include deliberately introducing a partner to substances, forcing or coercing a partner to use, interfering with treatment, controlling medication; sabotaging recovery efforts; threatening a partner with withdrawal, and leveraging the stigma associated with substance use to discredit a partner with potential sources of safety and support.



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)
- <u>Selecting and Implementing Evidence-Based Practices to Address Substance Misuse</u>
 <u>Among Young Adults: Webinar on SAMHSA's Resource Guide</u>
- <u>Preventing Youth Vaping (Webinar Series) Part 1 of 2: The Extent and Risk Factors for Youth Vaping (Recorded webinar)</u>
- 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

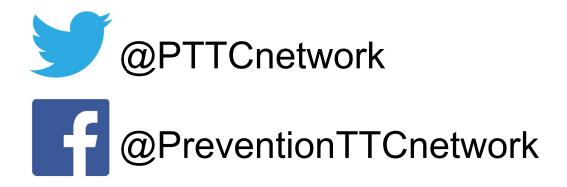
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