

# Integrated Health Topic: Teen Substance Abuse

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MD

Transforming Mental  
Health

*Leading the way for children to  
live their best lives*

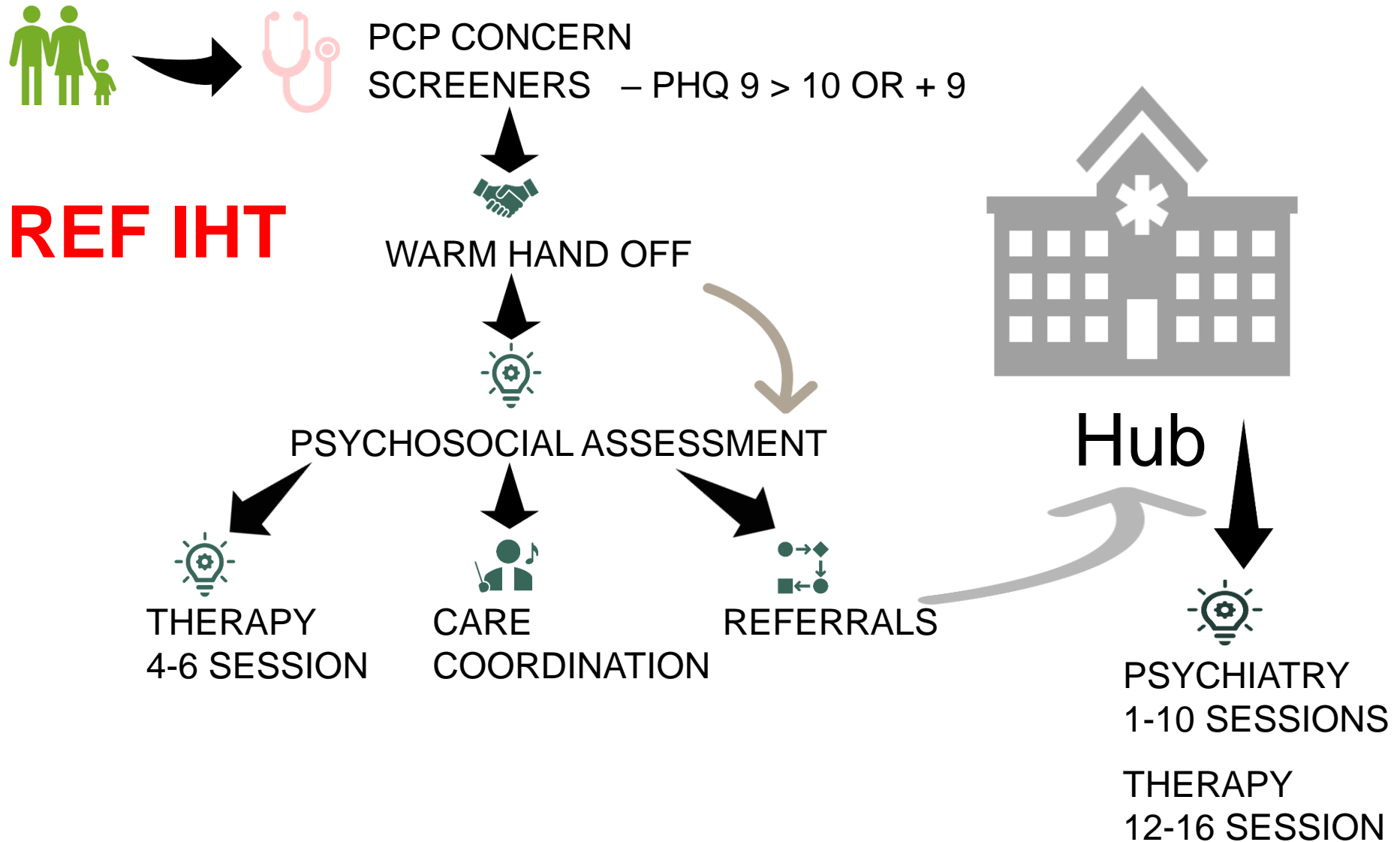


# Introduction

No disclosures



# MHI Flow





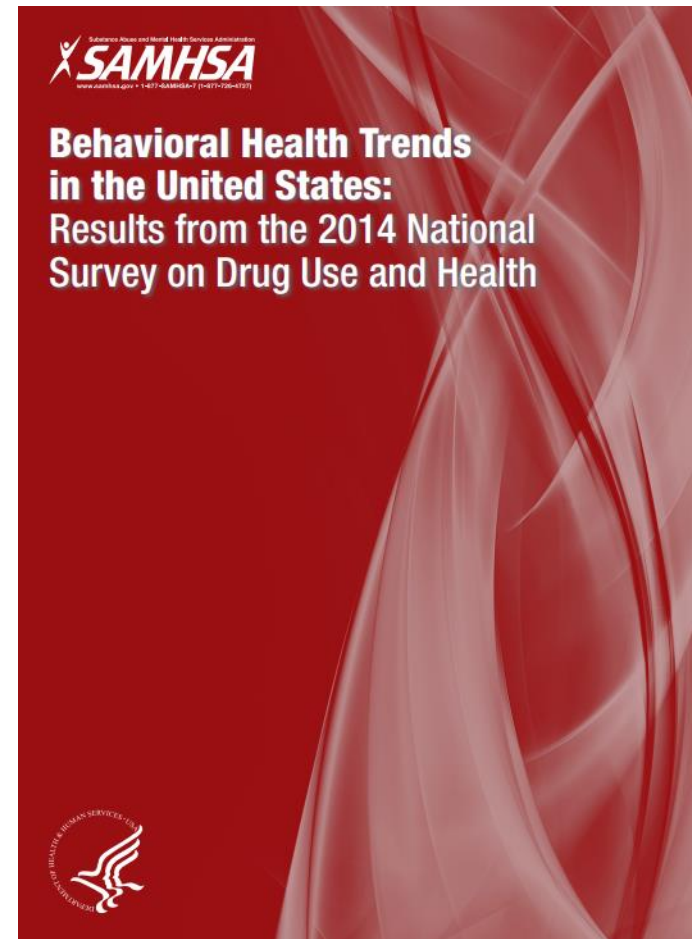
# Agenda

- Use / Abuse rates
- Screening and Treatment
- Disorders, withdrawal and intoxication syndromes
- Resources
- Questions?

# **SAMHSA**

*Substance Abuse and Mental Health  
Services Administration*

<https://www.samhsa.gov/>



**NIDA**

*National Institute on Drug Abuse*

## Drug Use Trends Among U.S. Teens

Monitoring the Future 2020 Survey Results

Monitoring the Future is an annual drug use survey of eighth, 10th and 12th grade students conducted by researchers at the University of Michigan, Ann Arbor, and funded by the National Institute on Drug Abuse.

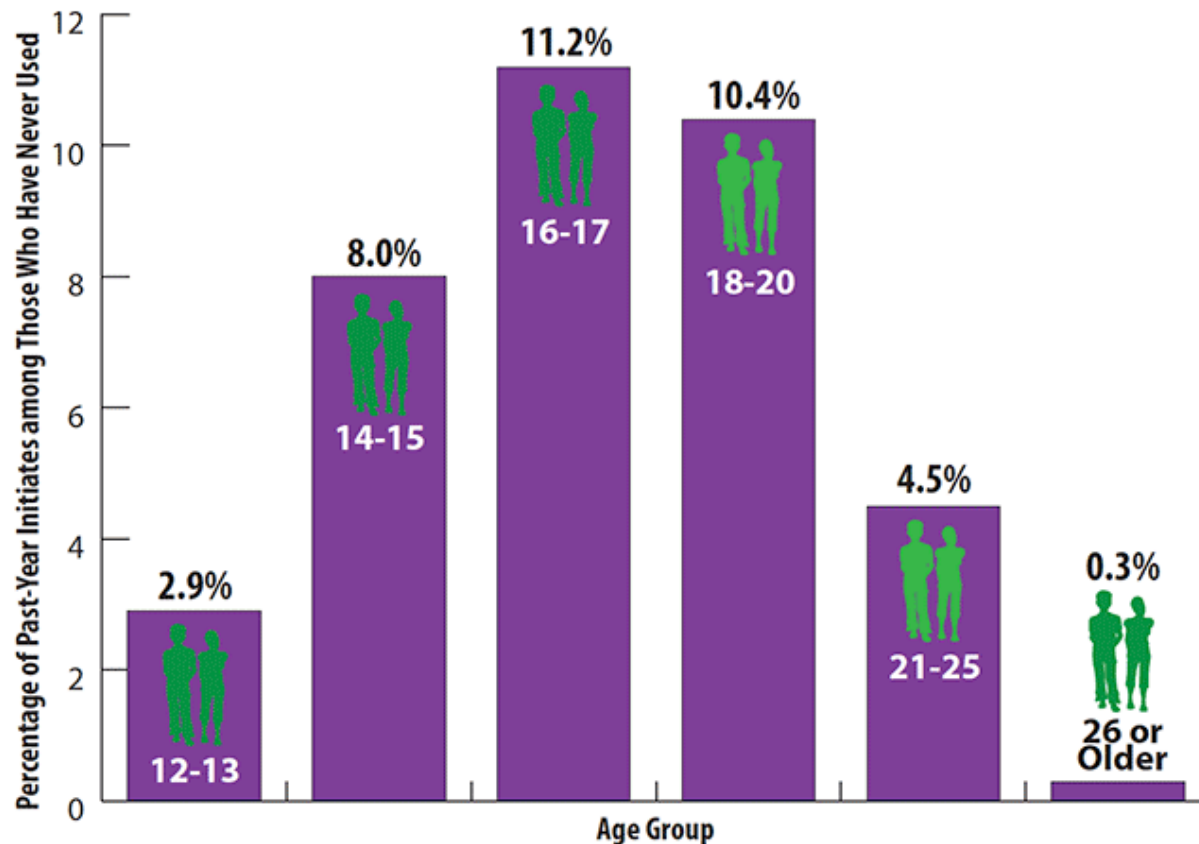
[ More than **11,800 students** from **112 schools** across the United States participated in the 2020 survey.\* ]

\*Data collection stopped prematurely due to the COVID-19 pandemic. Completed surveys represent about 25% of the size of a typical year's data collection. However, results were gathered from a broad geographic range and were statistically weighted to be nationally representative.

<https://www.drugabuse.gov>

# Child and Teen Substance USE

## The Drug Danger Zone: Most Illicit Drug Use Starts in the Teenage Years



Source: SAMHSA, Center for Behavioral Health Statistics and Quality,  
National Survey on Drug Use and Health, 2011 and 2012.

# Child and Teen Substance Abuse USE

- In 2014: 12 – 17
  - **11.5 %** w/ alcohol use (steady)
    - 6.1% w/ binge drinking in the past month
  - **7 %** w/ tobacco use
  - **9.4 %** w/ illicit drug use (down trend?)
    - 7.4 % w/ marijuana use (steady trend)
    - 0.6 % stimulant use (increasing)
    - 0.5 % LSD / ecstasy use (steady)
    - 0.2 % methamphetamine use (steady)
    - 0.2 % w/ cocaine use disorder (steady)
    - 0.1 % w/ heroin Use Disorder (steady)



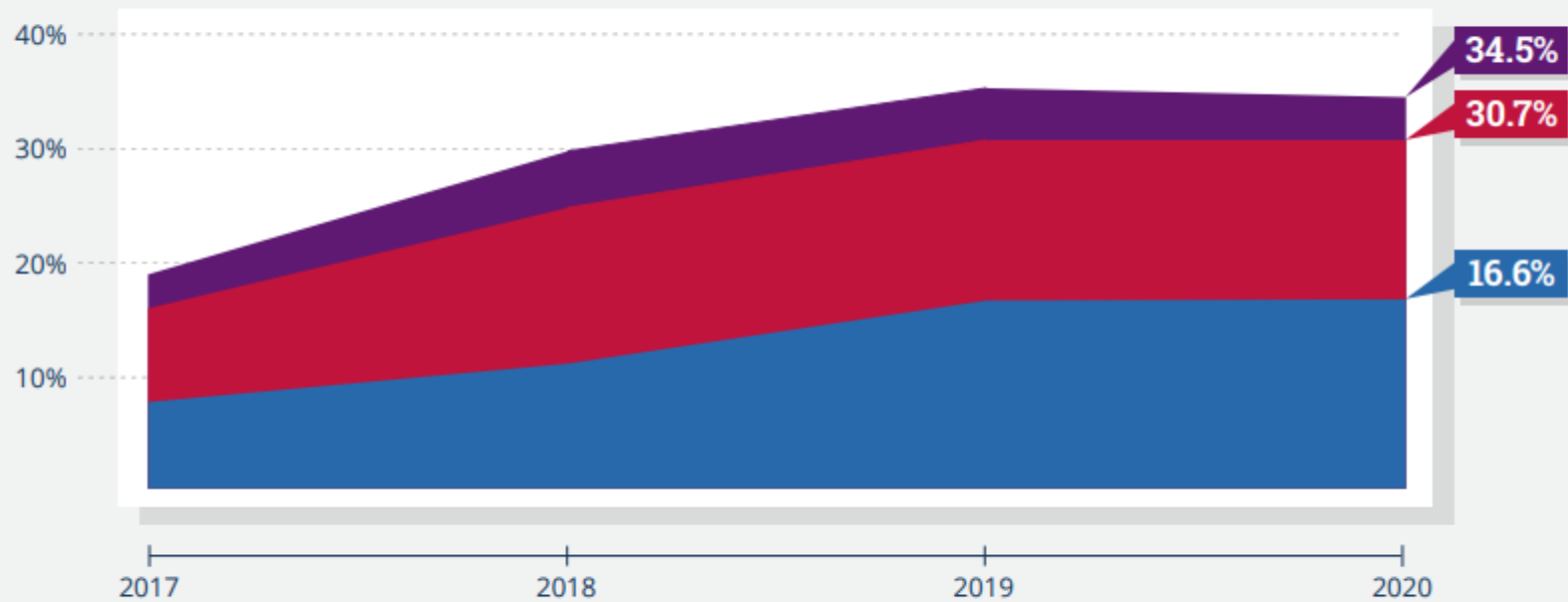
# Child and Teen Substance Abuse Disorders

- In 2014: 12 – 17
  - 2.7 % w/ alcohol use disorder in the past year (down trend)
  - 3.5 % w/ illicit drug use disorder (down trend?)
    - 1.6 % w/ marijuana use disorder (steady trend)
    - 0.7 % w/ opioid use disorder (steady trend)
    - 0.3 % w/ cocaine use disorder (steady trend)
    - 0.2 % w/ heroin Use Disorder (steady trend)

# Monitoring the The Future

## Surge of Nicotine Vaping Levels Off, but Remains High

### Past-Year Nicotine Vaping Held Steady



8th  
graders

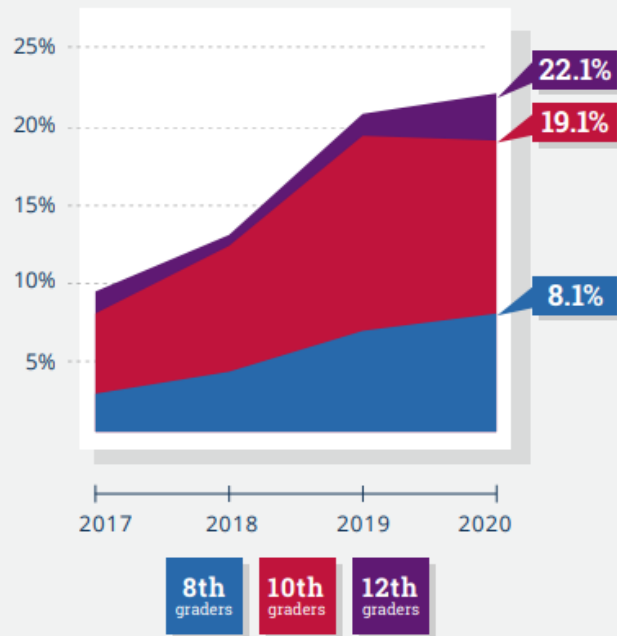
10th  
graders

12th  
graders

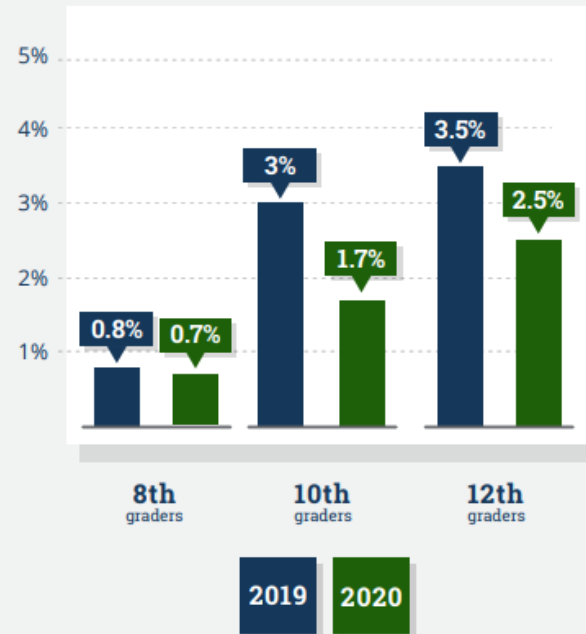
# Monitoring the The Future

## Past-Year Marijuana Vaping Holds Steady

### Past-Year Marijuana Vaping



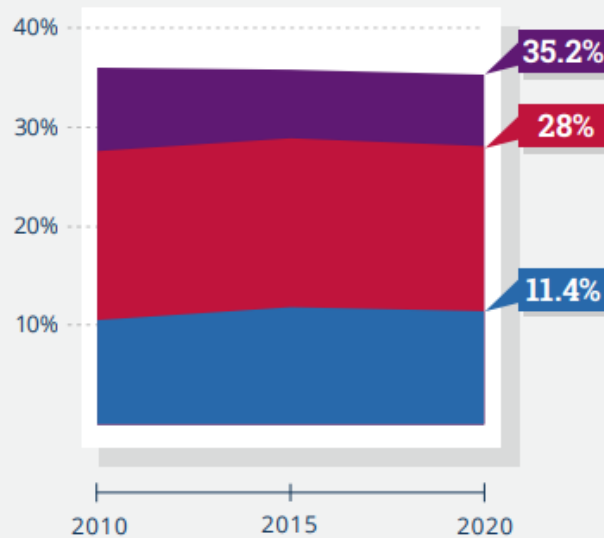
### Daily or Near-Daily Marijuana Vaping Decreases Significantly Among 10th Graders



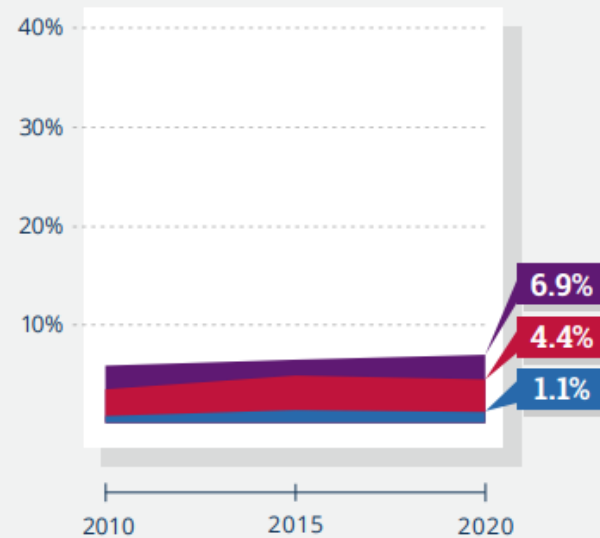
# Monitoring the The Future

## Marijuana Use Remains Steady

### Past-Year Marijuana Use



### Daily Marijuana Use



8th  
graders

10th  
graders

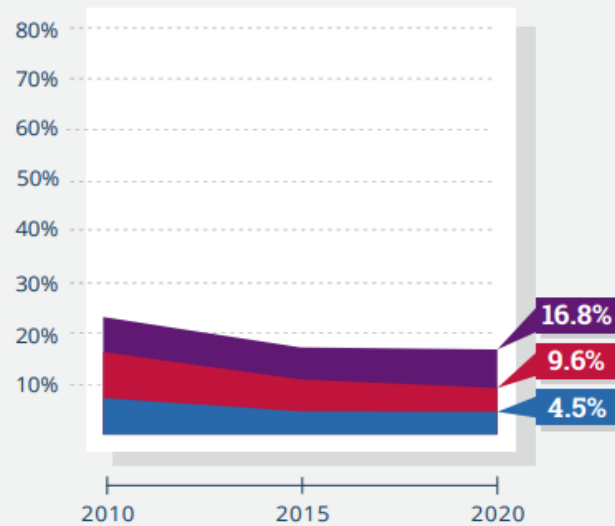
12th  
graders

# Monitoring the The Future

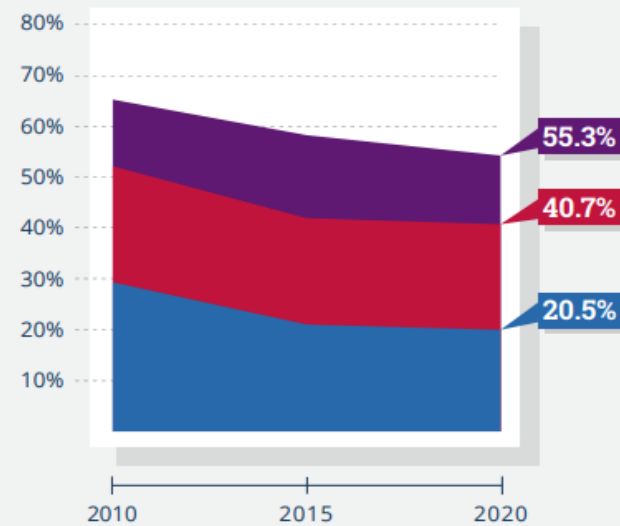
## Gradual Decline in Alcohol Use Slows

Long-term trend of decreasing alcohol use among all grades levels off.

### Binge Drinking\*



### Past-Year Alcohol Use



\*5 or more drinks in a row  
in the past two weeks

8th  
graders

10th  
graders

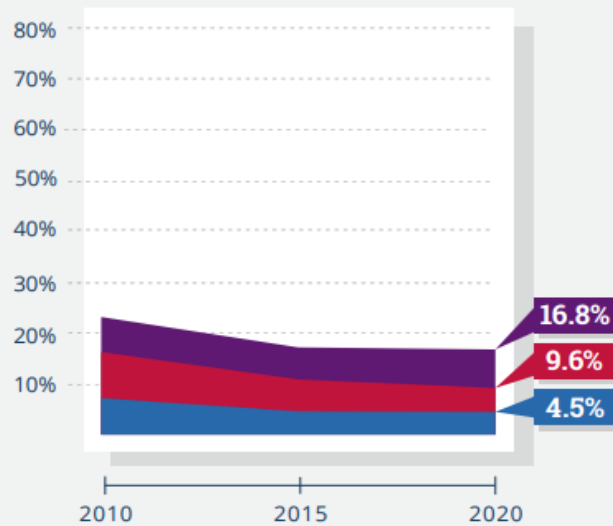
12th  
graders

# Monitoring the The Future

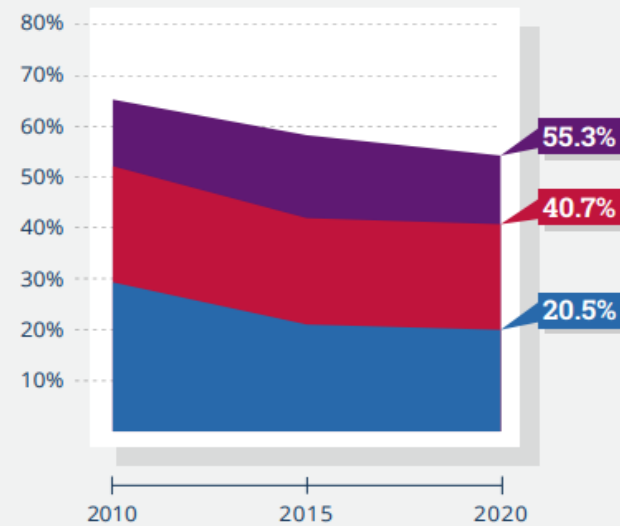
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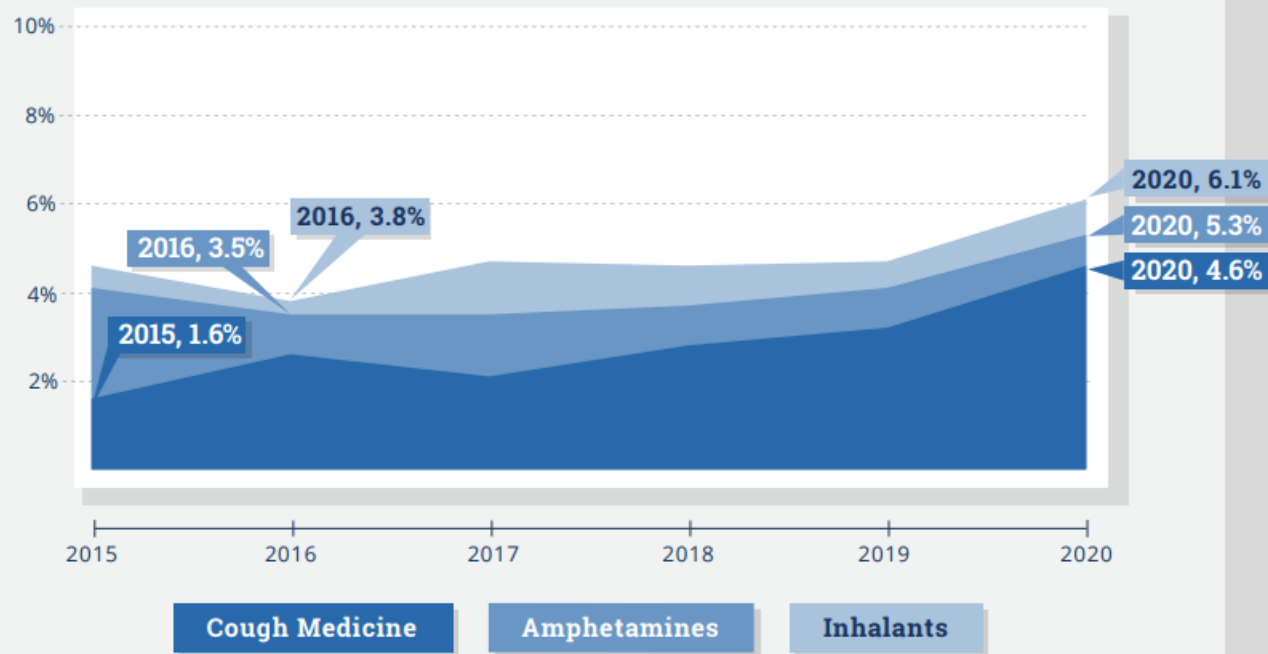
10th  
graders

12th  
graders

# Monitoring the The Future

## Amphetamine, Inhalant & Cough Medicine Misuse Trending Upward Among Eighth Graders

### Past-Year Substance Misuse Among Eighth Graders



# Pandemic Impacts on Substance Abuse USE

- Increasing rates of alcohol and marijuana consumption
- Increase exposure to parental substance use
- Increase in substance use with parents
- (Dumas et al., 2020)



# Summary of Use and Abuse

- Stress and Trauma increase use (e.g. Pandemic)
- Marijuana and ETOH use increase with age
- Vaping is increasing
- These are risk factors for disorders
- Screening is essential
- Interventions should be tailored

(Any use other than MJ/ETOH -> consider treatment)

# What to Do?

- Screening is essential
- Interventions should be tailored

**Exhibit 1: Screening to Treatment**



(SAMHSA)

(Any use other than MJ/ETOH -> consider treatment)

Exhibit 1: Screening to Treatment



# Brief Intervention

- Advising the adolescent to quit
- Providing information about the harmful effects of substance use
- Reinforcing the adolescent's strengths
- Assisting in creating a plan to stop or reduce substance use
- Mitigating other risks related to substance use, such as promoting safe sex practices or recommending testing for sexually transmitted infections, HIV, or hepatitis C

Exhibit 1: Screening to Treatment



# TREATMENT

- **Refer - IHT, SmartCare**
- Counseling and psychotherapy
  - Motivational interviewing
    - Style of treatment interaction to ↑ motivation to change
  - Cognitive behavioral therapy
    - Restructuring thoughts to change behavior / feelings
  - Group based therapy
    - Psychotherapy provided with peer input / support
- 12-step models
  - Grew out of Alcoholics Anonymous
- Relapse prevention
- Vocational rehabilitation
- Medications

# Alcohol Use Disorder

- $\geq 2$  within a 12 month period
- Larger Amounts than intended, attempts to cut down, times spent, craving, role failures, ongoing use despite problems, physically hazardous use, tolerance, withdrawal
- Can treat with naltrexone 25 mg daily (must get LFTS)
- Other meds are available, but more

# Alcohol Use Disorder

- Alcohol use rates increase during adolescence
- ~ 12/13 2.2% -> 16/17 30.5%
- Often adolescents will not meet criteria

# Cannabis Use Disorder

- $\geq 2$  within a 12 month period
- Larger Amounts than intended, attempts to cut down, times spent, craving, role failures, ongoing use despite problems, physically hazardous use, tolerance, withdrawal

# Hallucinogen - PCP Use Disorder

- $\geq 2$  within a 12 month period
- Larger Amounts than intended, attempts to cut down, times spent, craving, role failures, ongoing use despite problems, physically hazardous use, tolerance
- NO WITHDRAWAL component



# PCP Intoxication

- Vertical nystagmus
- Hyperadrenergic
- Seizures or Coma
- Hyperacusis

# Hallucinogen Intoxication

- Pupillary Dilation
- Sweating / palpitations
- Blurry vision

# Inhalant Use

- $\geq 2$  within a 12 month period
- Larger Amounts than intended, attempts to cut down, times spent, craving, role failures, ongoing use despite problems, physically hazardous use, tolerance
- Classically, no withdrawal component

# Opiate Use

- $\geq 2$  within a 12 month period
- Larger Amounts than intended, attempts to cut down, times spent, craving, role failures, ongoing use despite problems, physically hazardous use, tolerance, with WITHDRAWAL component

# Opiate

- Withdrawal medications
  - Symptomatic
  - MAT – Typically require specialist
    - Buprenorphine (X waiver)
    - Methadone (Hospital or treatment facility)
    - Naltrexone



# Dangerous Withdrawal syndromes

- ETOH and Benzos
  - Typically requires hospitalization and treatment with benzodiazepines



# Treatable Withdrawal Syndromes

- Opiates
- Clonidine, anxiolysis, supportive



# Substance Induced Psychiatric Syndromes

- Psychosis
- Mania
- Depression (also side effect)
- Anxiety (also side effect)



# Other Pearls

- Marijuana, CBD is not a good option for anxiety or other treatments
- (Depression and Psychosis risk)
- May be a role for naltrexone treatment for methamphetamine abuse, but very limited data
- Avoid Benzos
- Stimulants are most likely to be abused if the child has used other illicit substances

# Resources

- **San Diego County Adolescent Substance Abuse Resources:**  
[https://www.sandiegocounty.gov/content/dam/sdc/hhsa/programs/bhs/homepage/BHS\\_SUD\\_Brochures/BHS%20AOD%20Adolescent%2008-01-17\\_FINAL.pdf](https://www.sandiegocounty.gov/content/dam/sdc/hhsa/programs/bhs/homepage/BHS_SUD_Brochures/BHS%20AOD%20Adolescent%2008-01-17_FINAL.pdf)
- **National Institute on Alcohol Abuse and Alcoholism:** <https://www.niaaa.nih.gov/>
- **Substance Abuse and Mental Health Services Administration:** <https://www.samhsa.gov/find-treatment>
- **Smartcare:** <http://www.smartcarebhcs.org/> :
- SmartCare for Families : 858-956-5900
- SmartCare for Providers : 858-880-6405



# Resources

- [Psychologytoday.com](http://Psychologytoday.com)



# References

Dumas, T. M., Ellis, W., & Litt, D. M. (2020). What Does Adolescent Substance Use Look Like During the COVID-19 Pandemic? Examining Changes in Frequency, Social Contexts, and Pandemic-Related Predictors. *Journal of Adolescent Health, 67*(3), 354–361. <https://doi.org/10.1016/j.jadohealth.2020.06.018>

Substance Abuse and Mental Health Services Administration. (2021). Screening and Treatment of Substance Use Disorders among Adolescents. Advisory.