



youth panel

discussion

SUBSTANCE USE,
RECOVERY, & SUPPORT

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Disclosures

- **I am employed through Community Healing Centers**
- **This presentation does not promote any business or products.**
- **I'm not selling anything.**
- **The treatment recommendations in this presentation derive from clinical reasoning and are evidenced-based.**

Agenda

- ✿ **Learning Objectives**
- ✿ **Meet the Panelists**
- ✿ **Moderated Discussion- Round Table**
- ✿ **Audience Q&A**

Learning Objectives

Identify early signs of substance use or risky behaviors among youth, allowing for timely intervention and support.

Develop a deeper empathy and understanding of the experiences of youth in substance use and recovery.

Understand ways to provide support and interventions that empower youth while fostering resilience and positive outcomes.

Helena Cole

&

Emma Brown



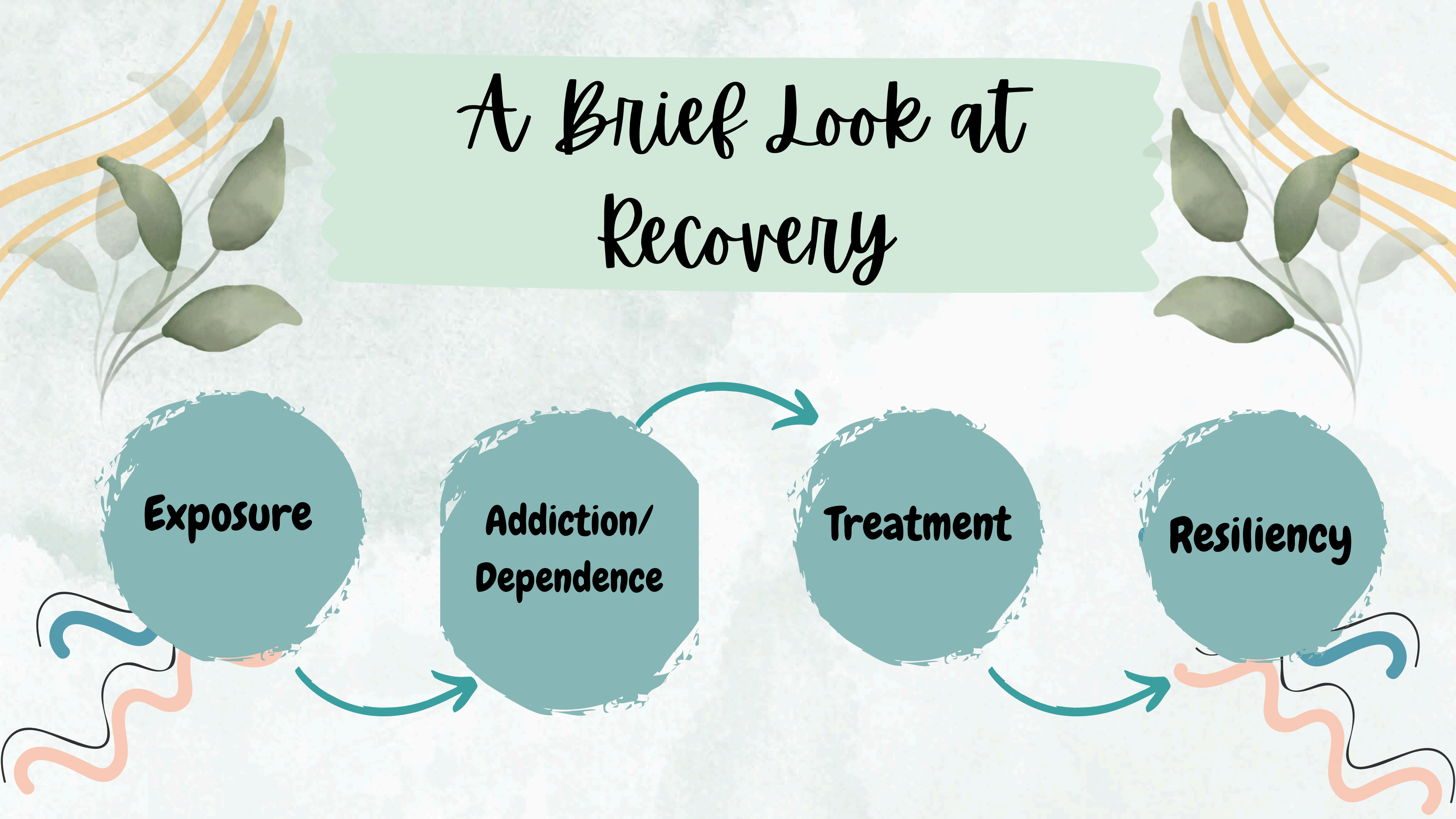
A Brief Look at Recovery

Exposure

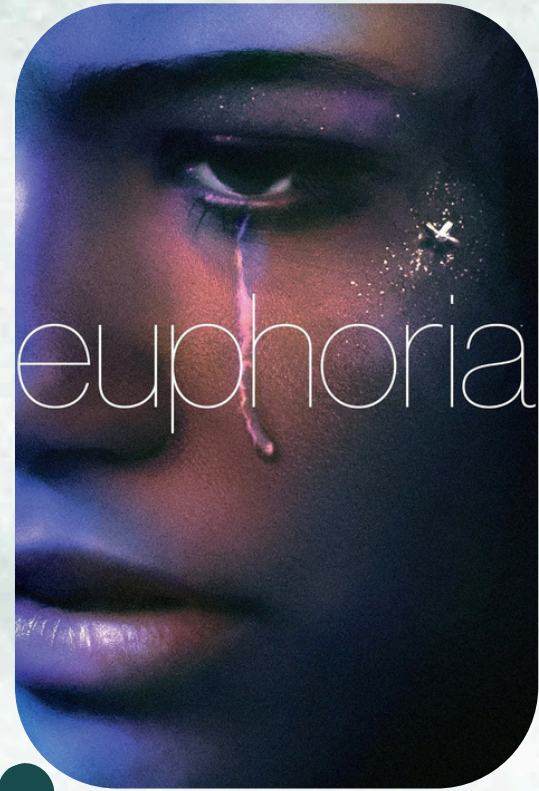
**Addiction/
Dependence**

Treatment

Resiliency



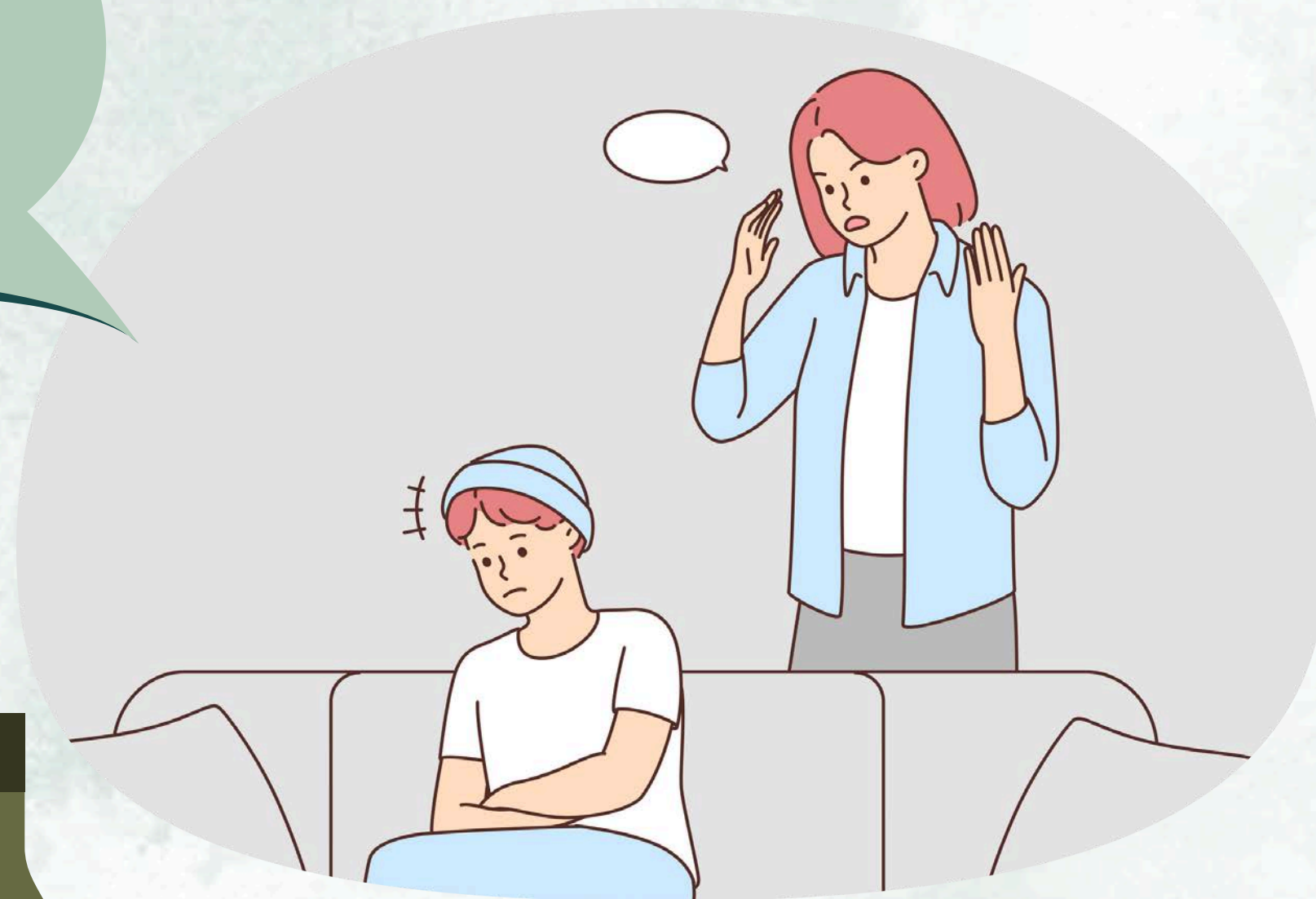
Do you remember your first time?



Exposure



Do as I say,
not as I do.



Family



What's rock bottom?



Recovery

You're not alone.



Therapy

LEARN
AS YOU
GROW

REMEMBER
YOUR
WHY

Keep
Moving
Forward!

you
can do
anything

Keep
Going!

Motivations



Question & Answer

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Questions: Exposure

- ✿ How did you first learn about drugs and alcohol?
- ✿ How did you first experiment with drugs or alcohol?
- ✿ Did you experience peer pressure?
- ✿ What does the internet, TV, movies, music tell you about drug and alcohol use?
- ✿ What did you wish you learned about drugs and alcohol when you were younger?

Questions: Family

- ✿ What rules did your parents have about using drugs or alcohol?
- ✿ What happened when your parents caught you?
- ✿ How has your recovery affected your family?
- ✿ Has your family/family stress ever triggered you to want to use drugs or alcohol?
- ✿ Does your family support your recovery now? If so what do they do?





Questions: Recovery

- ✿ **Who first told you that you had a problem?**
- ✿ **How did you know you had a “problem.”? What was the “rock bottom“?**
- ✿ **What things, people, or situations trigger you to use?**
- ✿ **What about depression, anxiety, or other mental health things?**

Questions: Therapy

- ✿ What has your experience with therapy been like?
- ✿ How has therapy helped?
- ✿ Have you had any bad experiences any therapy?
- ✿ What would you tell a kid who doesn't want to go to therapy?

Questions: Motivation

-  **What initially motivated you in your recovery?
Was it your self? the court? parents?**
-  **What motivates your recovery now?**
-  **What's been the hardest part of recovery?**
-  **How do your long term goals motivate you?**

Experimentation

vs.

Progression

10th-12th grade

Poly substance use

Supervision of adult

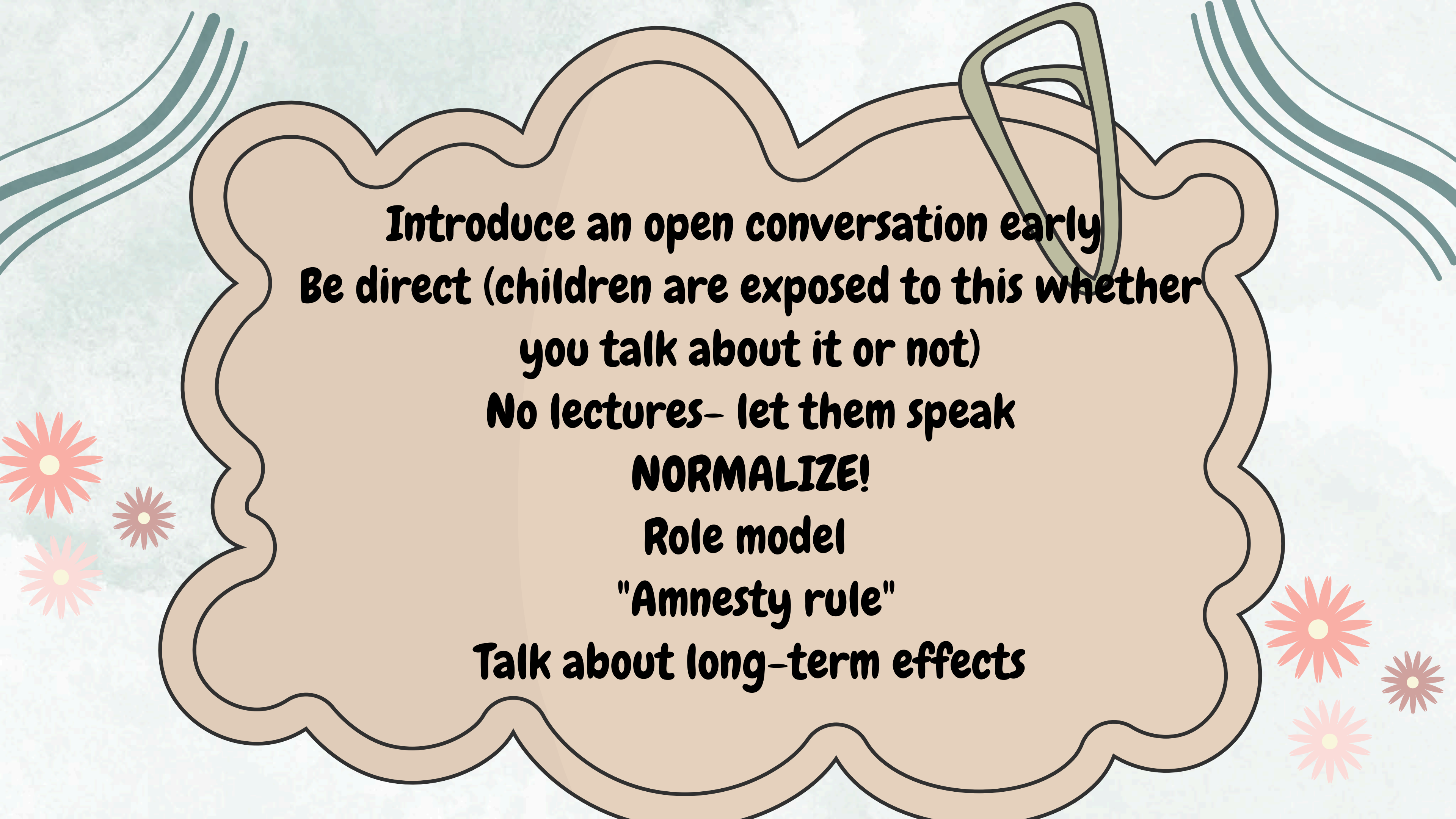
Use alone

Refusal skills

Change in lifestyle

Doesn't impact life or goals

Affect brain's reward center



Introduce an open conversation early
Be direct (children are exposed to this whether
you talk about it or not)
No lectures- let them speak
NORMALIZE!
Role model
"Amnesty rule"
Talk about long-term effects

Common Triggers to use or relapse

Stress

Distress tolerance skills, emotion regulation skills

Social Situations

Refusal skills, social skills, social anxiety

Isolation

Building self-concept, thought blocking, mindfulness

Boredom

Exploring hobbies, maintaining schedule, community involvement

Underestimating

Relapse prevention planning, radical acceptance, non-judgement alliance

Mental Health

Crisis planning

Common Reported Coping Skills in Adolescence

Therapy

Identify goals

Physical activity

Helping others

Supportive friends

Creativity

Family time

Crisis Survival
