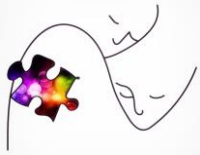
YA ECHO: Treating Adolescent Substance Use

Focus on a Family-Centered Approach



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Training for Co-Occurring Collaborative Serving Maine
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Learning Objectives

- ✓ To understand why family involvement is so critical to the prevention and treatment of youth substance use disorders.
- ✓ To identify risk factors, co-occurring issues, and other complexities youth with SUDs and their families may experience.
- ✓ To describe evidence-based best practices to incorporate families in assessment, treatment, and recovery supports.
- ✓ To review family recovery resources, and discuss a holistic approach to a family-centered approach through a case study.

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Defining Family

"Family isn't always blood, it's the people in your life who want you in theirs: the ones who accept you for who you are, the ones who would do anything to see you smile and who love you no matter what."

- Maya Angelou

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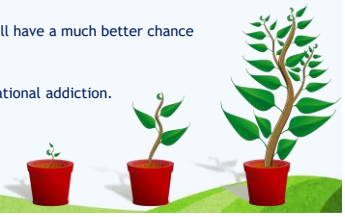
Why Focus on the Family?

- Families need help too - addiction affects everyone.
- Nurture the soil - the plant will have a much better chance of thriving.
- Break the cycle of intergenerational addiction.



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Recovery and the Family System

- For youth who use substances, research shows that family involvement consistently produces better outcomes (vs. individual treatment for youth).
- Family members play a key role in preventing youth from developing substance use disorders, as well as helping sustain them in recovery.
- When parents/caregivers get help for their substance use disorder, the family can recover too.

"Evidence Base on Outpatient Behavioral Treatments for Adolescent Substance Use, 2014-2017: Outcomes, Treatment Delivery, and Promising Horizons", Journal of Clinical Child & Adolescent Psychology, A. Hogue, C. Henderson, S. Becker & D. Knight (2018)

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Challenges Faced by Families of Youth with SUDs

- **Confusion** - what's going on with my child?
- **Stigma** - parents feel shame, judgment, and fear
- **Sadness and anxiety** - what will happen to my child?
- **Loneliness** - how can I share what's really going on?
- **Navigating treatment** - how do I know what to do?

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Challenges Faced by Families of Youth with SUDs

- **Limited resources** – financial, emotional, etc.
- **Unresolved parent/caregiver issues** – substance use, domestic violence, mental health issues, etc.
- **Cultural barriers** – language, religion, racism, etc.
- **Logistics** – transportation, child care, insurance, etc.
- **Burnout and secondary trauma** – various symptoms

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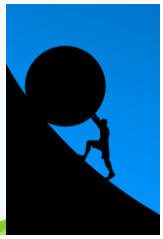
Youth Substance Use Disorders: Developmental Challenges

- Youth are more likely to hide their substance use.
- Youth often mistrust adult intentions.
- Youth often resist treatment, and are less likely to feel they need help or to seek out treatment.
- Teens have a full developed reward system but a still-developing prefrontal cortex.



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Youth Substance Use Disorders: Key Risk Factors

- Early Use
- Genetics
- Environmental Factors
- Trauma
- Mental Health

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What Families Need to Know: Key Messages

- There is hope! Addiction is treatable.
- It's not your fault.
- Recovery takes time – there are no quick fixes.
- Recovery has many pathways.
- You are not alone – getting support is essential.
- Focus on self care – put your own oxygen mask on first.
- Keep learning about addiction and recovery, and how to support your loved one in treatment.

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Engaging Families in Recovery

- **Create a warm, trauma-informed, culturally sensitive space** that welcomes families from all backgrounds.
- **Emphasize family involvement** as key to their child's recovery – and involve families as much as possible.
- **Include families in discussions** about treatment. Invite them to participate in family sessions and meetings.
- **Help address barriers to engagement** – transportation, child care, cultural differences, etc.

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Adolescent ASAM Criteria: Family Involvement is Essential

ASAM recommends integrating the family into:

- ✓ Substance Use Assessment *(assess family functioning and recovery environment)*
- ✓ Treatment Planning *(include family therapy, education and support; level of care placement considers family context)*
- ✓ Substance Use and Co-Occurring Treatment
- ✓ Education and Recovery Supports

Mee-Lee, D., Shulman, G. D., Fishman, M. L., Gastfriend, D. R., & Miller, M. (Eds.). (2013). The ASAM criteria: Treatment criteria for addictive, substance-related, and co-occurring conditions (3rd ed.). The Change Companies.

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Family Education and Recovery Resources: Checklist

- Risk Reduction
- Outpatient Family Services
- Peer Support & Parent Coaching
- Evidence-Based Model (CRAFT)
- Educational Resources

Share these resources with all families in recovery

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Risk Reduction: What Families Can Do

- Encourage families to get trained to use naloxone (Narcan) and have Narcan kits on hand, to reverse an opioid overdose and save a life.
- Work with each family to create a family safety plan in case of a substance use or mental health crisis.
- Role model no substance use at home. Lock up any drugs, alcohol, or other substances (e.g. prescription opioids). Create a recovery-supportive environment.

To learn more: www.cdc.gov/stopoverdose/naloxone; www.nida.nih.gov/publications/drugfacts/naloxone

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Overdose Prevention and Narcan Training: Save a Life

Organizations teaching families/providers how to access and use Narcan (Naloxone):

- **Eyes Open:** www.eyesopenforme.org/haveitonhand
- **Maine Access Points:** www.maineaccesspoints.org
- **Prescribe to Prevent:** www.prescribetoprevent.org
- **Get Naloxone Now:** www.getnaloxonenow.org

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OPTIONS Initiative: www.knowyouroptions.me

- Liaisons provide brief therapeutic interventions and outreach with those at high risk of overdose, de-escalate behavioral health crises, engage in post-overdose follow up visits, and **make referrals for both those struggling with addiction and families/affected loved ones.**
- Behavioral health clinicians work in all 16 counties in Maine. To find the liaison in your area, go to: www.knowyouroptions.me/options-liaisons
- Maintains list of family recovery resources (filter by "support for families and friends"): www.knowyouroptions.me/resources?_sft_resource-populations=friends-family
- Info for families and friends: www.knowyouroptions.me/family-friends-allies/

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Outpatient Family Services: Evidence-Based Approaches

Evidence-based models to support families & reduce youth substance use:

- **Multisystemic Therapy:** www.mstservices.com
- **A-CRA:** www.chestnut.org/ebtx/treatments-and-research/treatments/a-cra
- **Functional Family Therapy:** www.fftllc.com
- **Multidimensional Family Therapy:** www.mdft.org
- **Brief Strategic Family Therapy:** www.brief-strategic-family-therapy.com
- **ARISE:** www.arise-network.com

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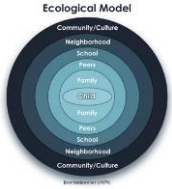
Multisystemic Therapy (MST)

- MST is an intensive, family-focused treatment program for youth (aged 12 - 17) and their families.
- Aims to reduce delinquent and antisocial behavior by addressing core causes.
- Views client as a network of systems (family, peers, school, and neighborhood). Therapists work in all these areas.
- Small caseloads; team member on all 24/7; services provided in home for 3-5 months.
- Find an MST provider in Maine: www.maine.gov/dhhs/ocfs/support-for-families/childrens-behavioral-health/services/find-a-provider



To learn more, go to www.mstservices.com; call 843-856-8226 or email info@mstservices.com

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Adolescent Community Reinforcement Approach (A-CRA)

- Community-based, brief treatment for ages 12-24
- Includes individual sessions for the client, parent/caregiver sessions, and family sessions.
- Goal is to help young person develop a healthy pro-social lifestyle more rewarding than using behavior
- Promotes abstinence, positive social activity and peer relationships, and improvied relationships with family.

To learn more: www.chestnut.org/ebtx/treatments-and-research/treatments/a-cra

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Peer Support Groups for Families and Parent Coaching

- Encourage families to join a peer support group:
  - ✓ *Connect with others who are going through a similar experience*
  - ✓ *Gain shared understanding, respect, and empowerment*
  - ✓ *Stay updated on resources and continue learning about addiction*
  - ✓ *Stay engaged in the recovery process*
- Refer all families to local and/or virtual peer support groups.
- Tell families about free parent coaching too!

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Peer Support Groups for Families: Non 12-Step *(sample list)*

- **Family Restored Support Group**: www.thefamilyrestored.org
  Support groups in Maine for families and loved ones of those battling addiction (statewide).
- **Parents of Addicted Loved Ones (PAL)**: www.palgroup.org
  For parents with an adult child dealing with substance use disorder. Weekly meetings are available all over the country - two chapters in Maine (Bingham and Madison).
- **MaineHealth Mid Coast Hospital**: www.mainehealth.org/mainehealth-mid-coast-hospital/care-services-mainehealth-mid-coast-hospital/substance-use-treatment-mainehealth-mid-coast-hospital
  Integrated substance use treatment services, including family intervention program.
- **SMART Recovery Family & Friends:** www.smartrecovery.org/family
  Peer support meetings based on SMART Recovery and CRAFT offer families and friends tools to effectively support their loved ones, while learning to cope.
- **Learn To Cope** (Massachusetts): www.learn2cope.org
  Online discussion board; virtual and in-person meetings.

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Peer Support Groups for Families: 12-Step *(sample list)*

- **Al-Anon/Alateen Groups:** www.al-anon.alateen.org; www.maineafg.org
  Peer support meetings for those impacted by a loved one's alcohol use. Alateen offers meetings and online peer support for 13-18 year olds.
- **Nar-Anon Groups:** www.nar-anon.org
  Peer support meetings for those impacted by a loved one's drug use.
- **Mar-Anon Family Groups:** www.mar-anon.com
  Peer support meetings for those affected by a loved one's marijuana use; also offers Facebook and WhatsApp groups.
- **Families Anonymous:** www.familiesanonymous.org
  Peer support meetings for families affected by a loved one's SUD and behavioral issues.
- **In The Rooms:** www.intherooms.com
  Free online recovery tool offering weekly Alanon and Naranon groups, peer support for those with SUDs, etc.
- **Hazelden Betty Ford:** www.hazeldenbettyford.org/family-loved-ones/family-program
  Weekly virtual family support groups. Native American Family Program and Spanish Family Program (free).

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Peer Support for Grandparents Raising Grandchildren

- Often grandparents must raise their grandchildren, while their own children struggle with addiction or are in treatment.
- Make referrals to support groups for grandparents. For resources / programs, go to: *www.grandfamilies.org/Portals/0/State%20Fact%20Sheets/Grandfamilies-Fact-Sheet-Maine.pdf*

Helpful Resources:

- **Grand Resource: Help for Grandfamilies Impacted by Opioids and Other Substance Use:** *www.gu.org/app/uploads/2019/01/Grandfamilies-Report-GRANDResource-Opioids.pdf*
- **Grandparents Raising Grandchildren Impacted by Addiction/Substance Use Disorder:** www.elunanetwork.org/resources/grandfamilies-grandparents-raising-granchildren-impacted-by-addiction-subst
- **Talking to Grandchildren about Parent's Substance Use:** www.massgrg.com/assets/DCF_SubstanceAbuse_Flyer.pdf

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Parent Coaching and Education Resources

GEAR Family Network: www.crisisandcounseling.org/gearparentnetwork

- Call anytime: 1-800-264-9224
- Emotional support, resources, etc. for families in Maine raising youth with mental, emotional, substance use or behavioral health concerns

Partnership to End Addiction- www.drugfree.org

- Bilingual helpline at 1-855-DRUGFREE
- Intervention and treatment resources
- Interactive online parent community
- Toolkits for parents
- Free peer-to-peer coaching using CRAFT model

Partnership to End Addiction

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Family Recovery Model: CRAFT and the Invitation to Change

- **CRAFT** is an evidence-based model that helps families…
  - *Reduce their loved one's substance use*
  - *Get their loved one into treatment*
  - *Reduce their own pain, anger, & worry*
  - *Improve their own well-being*

- **Invitation to Change is** a compassionate method to empower families to gain CRAFT skills, using Motivational Interviewing and Acceptance and Commitment Therapy principles.

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CRAFT Principles

- **Behaviors make sense** – understand why youth are using drugs
- **Active listening** – respond in a way that encourages change
- **Positive reinforcement** – focus on what's going well (vs. what's not); reinforcers include a hug, fun activity, favorite meal, etc.
- **Natural consequences** – allow others (teachers, employers, law enforcement, etc.) to provide boundaries around substance use
- **Self-care** – role model healthy coping skills and self-compassion

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Resources to learn CRAFT *(sample list)*:

- **Co-occurring Collaborative Serving Maine**: www.ccsme.org/product/community-reinforcement-and-family-training-craft (online course for providers)
- **Partnership to End Addiction:** www.drugfree.org/parenting-toward-recovery (CRAFT skills info, free parent coaching using Invitation to Change Approach, etc.)
- **We The Village:** www.wethevillage.co (online course)
- **SMART Recovery Family & Friends:** www.smartrecovery.org/family (uses CRAFT model)
- **CRAFT Certified Clinicians:** www.robertjmeyersphd.com/download/CertifiedTherapists.pdf
- **Parent CRAFT**: www.cadenceonline.com (online course)

For updated CRAFT resources, go to Helping Families Help:
www.helpingfamilieshelp.com/resources-for-families-dealing-with-addiction

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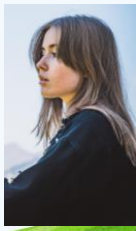
Case Example: Maria

- 16-year-old referred to treatment after teachers noticed her grades slipping and dropping out of theater and art club.
- She began binge drinking and vaping cannabis with friends at parties; cannabis use escalated to weekly and then daily use. She says it helps her "chill" and to fall asleep.
- She has been diagnosed with anxiety and depression. Lately she has been more irritable and withdrawn.
- Maria lives with her grandmother, Angela (father is incarcerated, mom is "on the streets"). Angela wants to be supportive, but doesn't know how.



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Case Example: Maria

- What are the treatment goals for Maria?
- What level of care (treatment program) would be best for Maria? What other supports would help Maria in recovery?
- How can we involve the family (Angela) in the Maria's treatment and recovery?
- What other family resources could help Angela support Maria's recovery?

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Case Example: Treatment Goals

- **Strengthen motivation for recovery:** Use motivational interviewing to help her explore the impact of substance use and mental health on her goals and relationships.
- **Stabilize mental health**: Address anxiety and depression with evidence-based therapy (e.g., CBT, DBT), possibly with psychiatric evaluation for medication management.
- **Reduce / eliminate substance use**: Develop insight into substance use triggers, increase coping skills, identify recovery goals based on her level of readiness.
- **Improve daily functioning**: Re-engage in school, extracurriculars (like theater/art), improve sleep hygiene, etc.
- **Enhance emotional regulation and healthy coping skills** (e.g. for stress, sleep, and emotional distress).

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Case Example: Treatment Planning / Level of Care

What level of care / treatment is appropriate for Maria?

- Integrated treatment
- Community-based outpatient treatment, or Adolescent IOP if available (3-5 days/week), so she can stay in school part-time while receiving focused group and individual therapy.
- Family therapy and/or family intervention program such as Multisystemic Therapy or A-CRA.

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Case Example: Family Involvement Strategies

How can the treatment program(s) involve Angela in Maria's recovery process?

- **Risk Reduction / Safety Planning**
- **Family therapy**: focus on family dynamics, communication skills, emotional support
- **Psychoeducation**: Help Angela understand substance use, mental health, trauma, etc.
- **Parenting Skills**: Help Angela learn how to support recovery, manage her own stress.
- **Inclusion in treatment planning**: Involve Angela in key decisions and recovery goal-setting to promote shared responsibility and transparency.

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Case Example: Additional Family Resources and Referrals

What other family recovery resources could help Angela?

- **Peer support groups for families**: Connect Angela with other families in recovery (12 step, non 12 step, for grandparents, etc)
- **CRAFT model**: Refer Angela to a program to learn CRAFT.
- **Parent coaching**: Refer Angela to the Partnership to End Addiction
- **School support**: Counselors, social workers, or 504/IEP plans to support Maria's academic re-engagement.
- **Case management services**: Help accessing transportation, financial aid, or legal support if needed.

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Q & A

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Final Thoughts…

- Thank you for taking time to learn!
- Thank you for your hard work!
- Thank you making a difference!

"I sustain myself with the love of family."
– *Maya Angelou*

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Questions, Comments, and Thank You!

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