



Institute of

Child Psychology

Substance Use:

Prevention and Intervention

Presented by: Sara Heitzman, Registered Provisional
Psychologist

Substance Use: Prevention and Intervention.

Slide 4: What we say matters.....

What is Recovery Based Language?

What language can you implement?

Recovery based language is implementing a way of speaking that limits the stigma associated with some words. The language we use:

- Represents the meanings we have constructed from experience
- Prompts attitudes, expectations and actions
- Should always reflect 'unconditional positive regard' for people.

We may be unaware of how the words we use reflect our attitudes and the impact they have upon those around us.

The words we choose reflect our attitudes - that we do (or do not) truly value people, believe in and genuinely respect them.

None of us should be defined by the mental health conditions or psychosocial difficulties that we experience, or by any single aspect of who we are; we should be respected as individuals first and foremost.

For more information visit :

<https://mhcc.org.au/wpcontent/uploads/2019/08/Recovery-Oriented-Language-Guide-2019ed-v1-20190809-Web.pdf>

Slide 5: Most Commonly used substances in Teens.

Pills, Marijuana and tobacco and Nicotine.

Drug trends change overtime however pharmaceuticals can typically be easily accessed in homes and people's medication is more often than not stored in cabinets. Some people choose to lock up medication in a safe or tool box. Just being aware that teens may want to experiment and having early discussion about medication safety is prudent. More recently in the past 10 years we have seen a decreased in cigarettes however an increase in vaping. Its important to understand the potential risks that Vaping can present.

Slide 6: Other relevant concerns

Includes alcohol, teens typically binge drink rather than sip on alcohol the goal to in young people is to get drunk rather than drink as a compliment to the social engagement. Please see website for lower risk drinking guidelines.

https://www.drinksenseab.ca/drinksense-tips/low-risk-guidelines/?gclid=Cj0KCQjw8rT8BRCbARIsALWiOvSwx698BU8AUusTbfBx3WDFIOgoOQG7iW1PSb7TPEQNjuhhRnGJaNoaAjIEALw_wcB

Other substances such as pharmaceuticals, psychedelics like mushrooms and ecstasy, opioids can all be abused. Gaming, shopping, gambling, sex and porn can also be considered a decency when if the behaviour takes over.

If someone is using an opioid they should also carry a Narcan/ naloxone kit

<https://harmreduction.org/issues/overdose-prevention/overview/overdose-basics/understanding-naloxone/>

Some pharmacies may distribute if not talk with your medical health professional.

Slide 7: Vaping and Cigarettes

A website summarizing common vape brands.

<https://tobaccofreeca.com/e-cigarettes/identify-which-products-teens-are-vaping/>

Slide 8: Marijuana and Legalization

Marijuana has been rebranded many places given the trend in legalization. What messaging do you want to send to your young people about it?

Slide 9 Video - Drugs and the brain

<https://youtu.be/8qK0hXuXOC8>

Drugs are often used to self-medicate. The trend in health care is to offer concurrent treatment meaning addressing mental health and substance abuse at the same time.

Slide 10- Types of drugs

Stimulants
Depressants
Hallucinogens

Understanding a person's interactions and drug of choice can sometimes help inform their plan to reduce use. Are they using to calm down? Are they using to sleep?

Slide 11- How did you learn about substance use? What do you model about Substance use? What are your boundaries in the home around substance use?

Slide 12-How to treat Substance Dependency/Addiction

Substance Dependency is not a problem of will or morality we look at the whole person.

Slide 13-Video Rat Park
What were your thoughts?

Slide 14 and 15 - Risk Factors

Having risk factors is not a cause for concerns however looking at the amount of risk factors and comparing to the amount and strength of protective factors paints a picture.

Slide 16 and 17- Protective Factors

Having many strong protective factors plays a huge role in mitigating substance use problems and or helping a person recover. Protective factors need to be generated from the person of interest. Every individual gets to decide how important of strong their protective factors are.

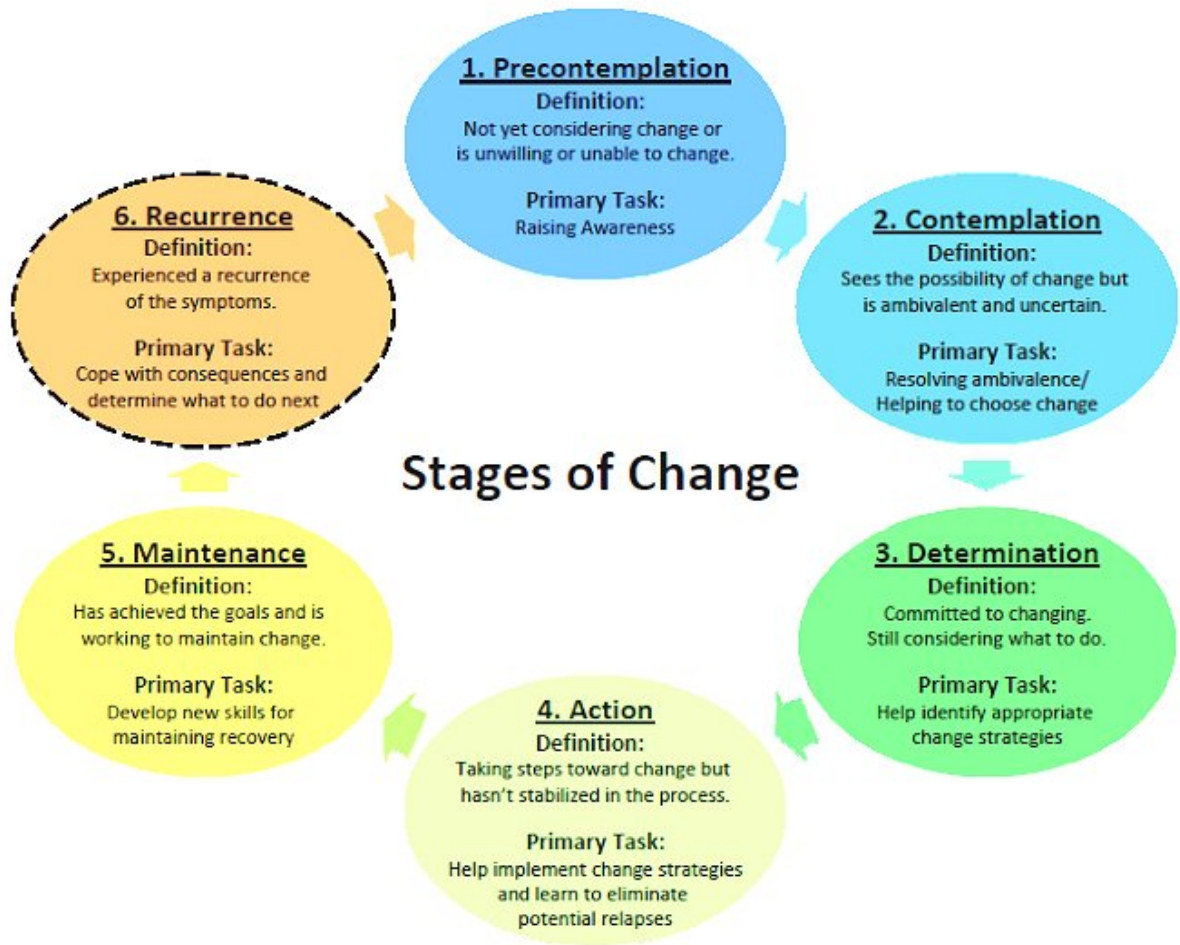
Slide 18-Myths

MYTHS

- Some people have addictive personalities
- Drinking coffee helps you “sober up”
- Vaping is safe
- Substance dependency is an issue of morality.

Slide 19- Theory of Change- think about a change you have made and the steps that you went through, see if you can line it up with the model of change theory.

What happens when a caregiver and a young person are in different stages of change?



Retrieved from: Psychcentral

Slide 20-Precontemplation

What does this look like for you? Walk yourself through the steps.

Slide 21-Contemplation

Slide 22- Preparation

Slide 23- Action

Slide 24- Maintenance

Slide 25- Continuum of Use

- No Use
- Use
- Misuse
- Abuse
- Dependency

Not all use means a dependency.

Slide 26-Use

Slide 27-Misuse

Slide 28- Abuse

Slide 29-Dependency

Slide 30-Withdrawals

Can be overlooked but are a consistent negative side effect of use.

Slide 31-Wellness wheel

Can you rate yourself in these areas? What can you add to support these areas of life? When you think of your young person how are they doing? This can be done as a family activity.



Source: Simon Fraser University

Slide 32-Intervention and Supports.
