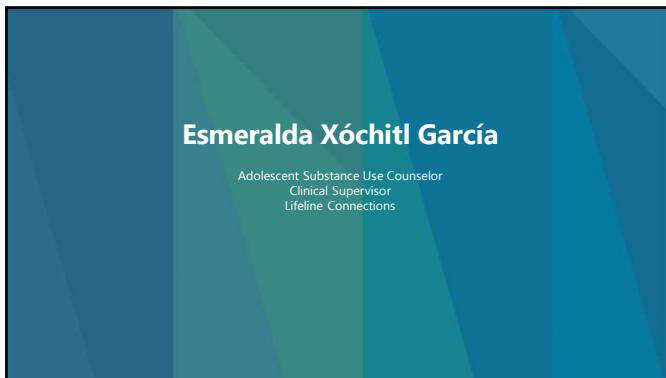




Harm Reduction in Adolescent Substance Use Disorders

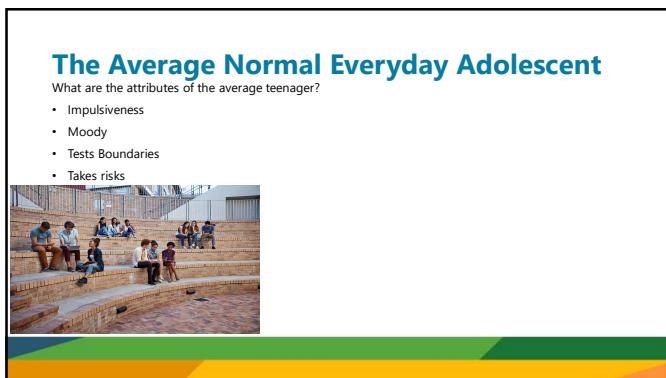
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Adolescent Substance Use Counselor
Clinical Supervisor
Lifeline Connections

2



The Average Normal Everyday Adolescent

What are the attributes of the average teenager?

- Impulsiveness
- Moody
- Tests Boundaries
- Takes risks



3



Addiction

Definition:

the fact or condition of being addicted to a particular substance, thing, or activity. (Oxford)



4



Substance Use Disorder

A problematic pattern of use leading to clinically significant impairment or distress, as manifested by at least two of the following within a 12-month period

- More is taken an or more is taken over a longer period of time than planned
- Unsuccessful attempts to quit or cut down.
- Spending a lot of time accessing drugs, being high, or recovering.
- Cravings
- Not meeting employment, personal, and social obligations
- Continued use despite interpersonal conflict caused by use
- Giving up important hobbies, friends, or pass times.
- Using in physically dangerous situations (DSM-5)

5



Harm Reduction

Definition:

Harm reduction is an approach that emphasizes engaging directly with people who use drugs to prevent overdose and infectious disease transmission, improve the physical, mental, and social wellbeing of those served, and offer low-threshold options for accessing substance use disorder treatment and other health care services. (SAMHSA)



6

Time to address our bias

What are your thoughts and perceptions about drugs, and drug use?

Why might they be harmful?



7

Pharmacological Misinformation



How to provide psychoeducation to youth who see themselves special, or different.



8

Why Conventional wisdom doesn't work

We were taught about drugs the wrong way, and its still happening.



9



Safe Spaces

- Non-judgmental
- Provides space for the person to be honest
- Makes them feel as though you will help them, rather than react to them.
- Meets the patient where they are

10

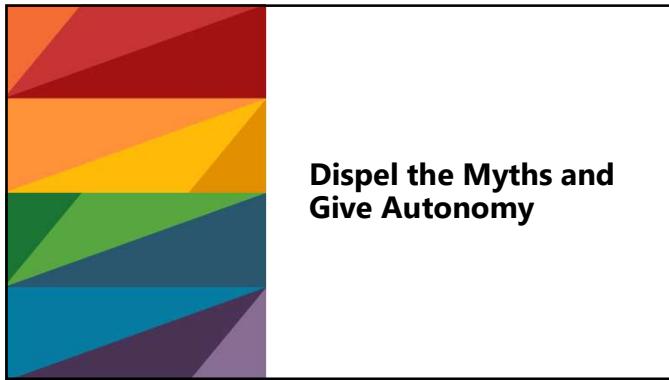
Trusted Adults

If they trust you, they will be willing to get help from you.

11

Education through correction of misinformation

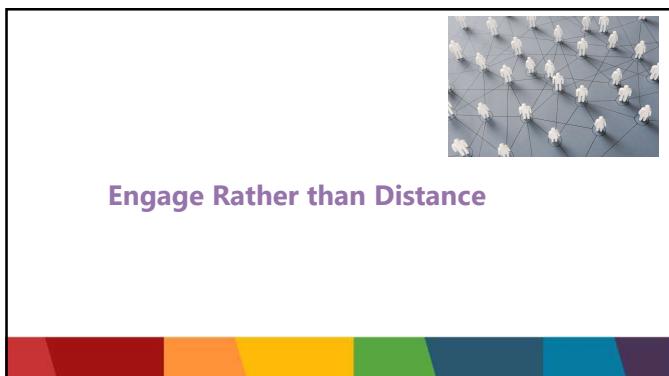
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15



Prosocial Engagement

What do you have to trade for cutting down, or stopping their substance use?

16



Involve their Community and Family

17

Make Connections to Community Partners

You might be surprised about who is willing to help, and how much good it can do.



18

When Safe Involve Family



Kordale and Kaleb Lewis and family
Image source Adweek.

19



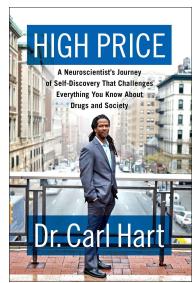
**Remove the Threat of
Justice System
Involvement**



20



Read books by scientists who specialize in addiction
Dr. Carl Hart



21