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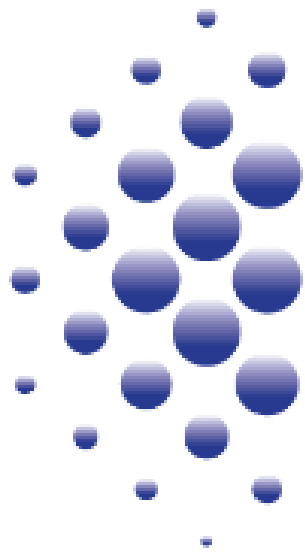
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Strategies to Reduce Underage Substance Abuse in Tribal Communities

November 18, 2020

Presented by: Dr. Anjali Nandi, PhD, MAC, LAC

Facilitated by: Greg Brown



BJA's

Comprehensive Opioid, Stimulant, and Substance Abuse

Program

Webinar Information

This project was supported by Grant No. 2019-MU-BX-K031 awarded by the Bureau of Justice Assistance. The Bureau of Justice Assistance is a component of the U.S. Department of Justice's Office of Justice Programs, which also includes the Bureau of Justice Statistics, the National Institute of Justice, the Office of Juvenile Justice and Delinquency Prevention, the Office for Victims of Crime, and the SMART Office. Points of view or opinions in this document are those of the author and do not necessarily represent the official position or policies of the U.S. Department of Justice.

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Participants will be muted for the duration of the webinar.

Questions and comments can be asked using the question box in the control panel.



Presentation slides, instructor bios, and corresponding resources can be found in the handouts section of the control panel.

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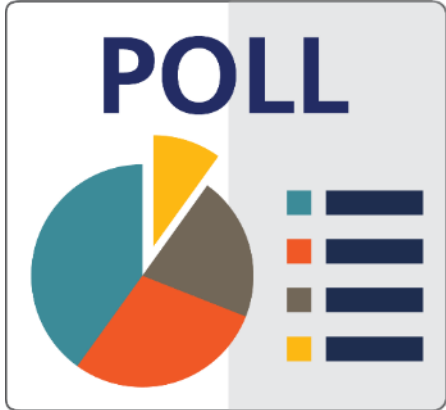
- At the end of the webinar, a short evaluation will appear (pop-up blocker must be turned off).
- A recording of this webinar will be available in approximately 2 weeks at www.ncjtc.org.
- A certificate of attendance will be sent within 2 weeks to participants who:
 - ✓ Attend the entire live webinar
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Note: Certificates will not be provided for viewing the recorded webinar.

Poll Questions

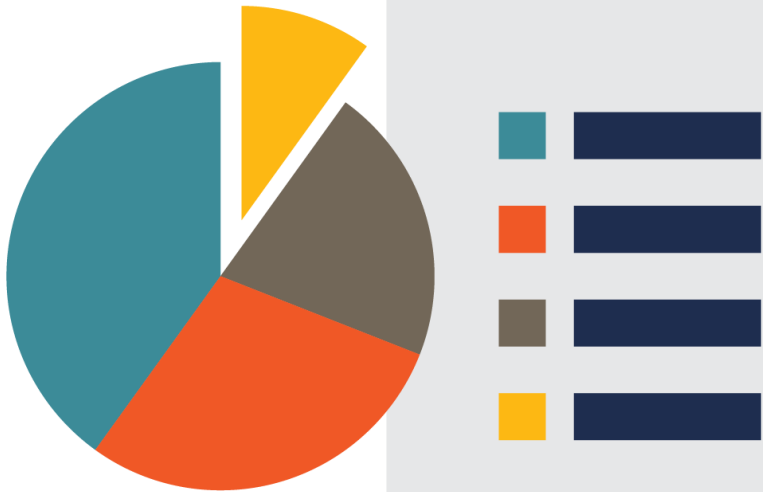
Poll questions may be asked during the webinar.

This is your time to weigh in with your thoughts.



Please respond promptly; polls are open for a short period of time.

POLL



Which of the following best describes your role?

- Victim Services / Victim Advocate
- Probation / Community Corrections
- Law Enforcement
- CAC Worker, Social Worker, Mental Health Worker
- Other

Learning Objectives

- ① Understand social emotional development and social emotional skills.
- ② Examine the connection between social emotional development and substance use.
- ③ Explore how to develop social emotional skills in different arenas.



Dr. Anjali Nandi, PhD, MAC, LAC
Associate, NCJTC
Presenter



Kevin Mariano
Project Coordinator, NCJTC
Panelist



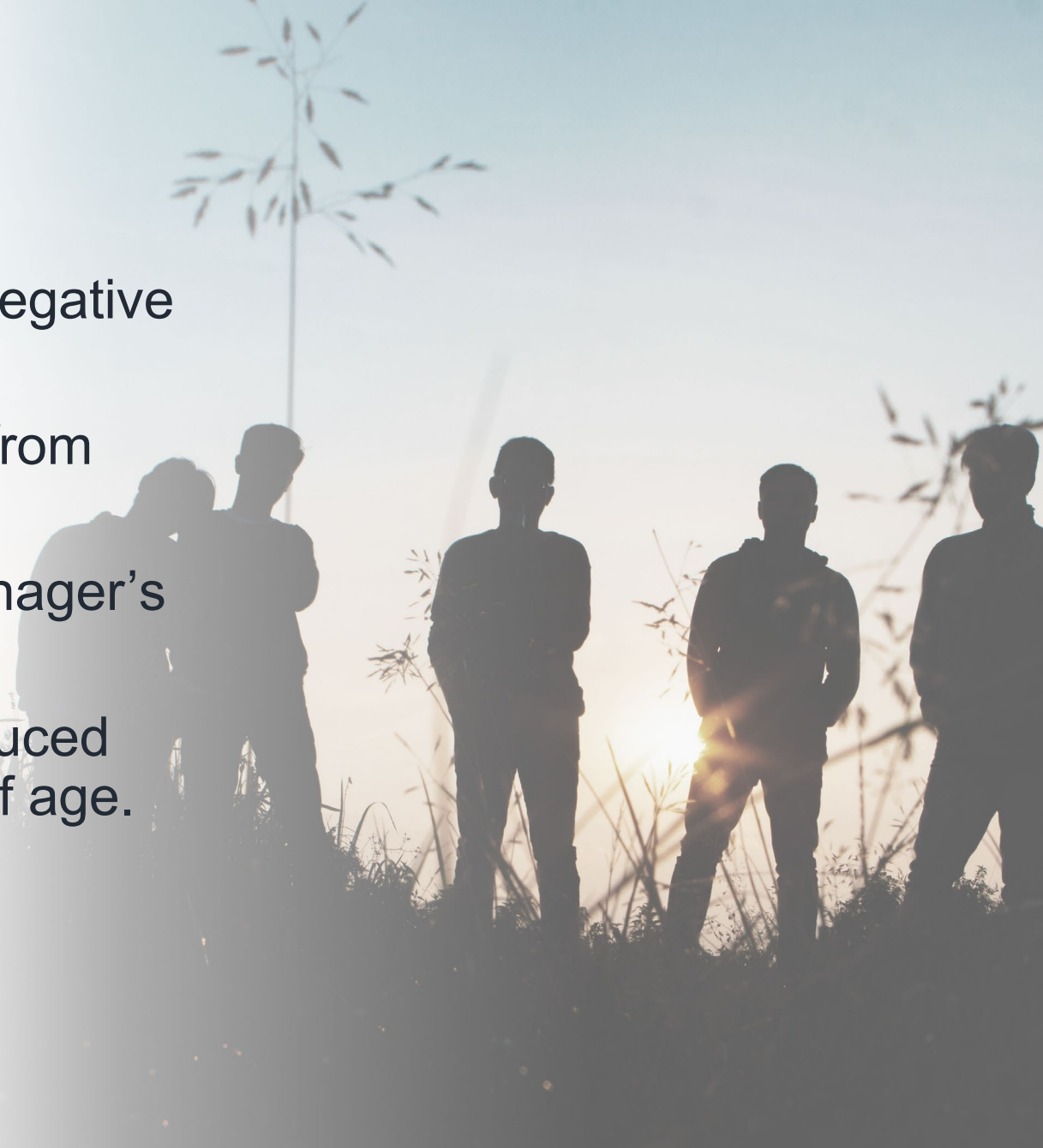
Justine Souto
Program Manager, NCJTC
Panelist



Greg Brown
Program Manager, NCJTC
Moderator

Why is This Important?

- Youth are particularly susceptible to the negative effects of substances.
- Youth experience disproportionate harm from substance use.
- Negative impacts of substances on a teenager's brain is significant and long-lasting.
- Negative impacts can be significantly reduced when initiation is delayed past 21 years of age.





Why is This Important?

- Youth usually drink less frequently but at a higher quantity than adults.
- ~5,000 people under age 21 die each year from injuries caused by drinking.
- An additional 4,600 young people die from drug overdoses.
- ~200,000 people under age 21 visit an emergency room each year for alcohol-related injuries.

Why is This Important?

7x

More likely to have had sex

6x

More likely to smoke
marijuana

4x

As likely to have been hit or
slapped by a partner

7x

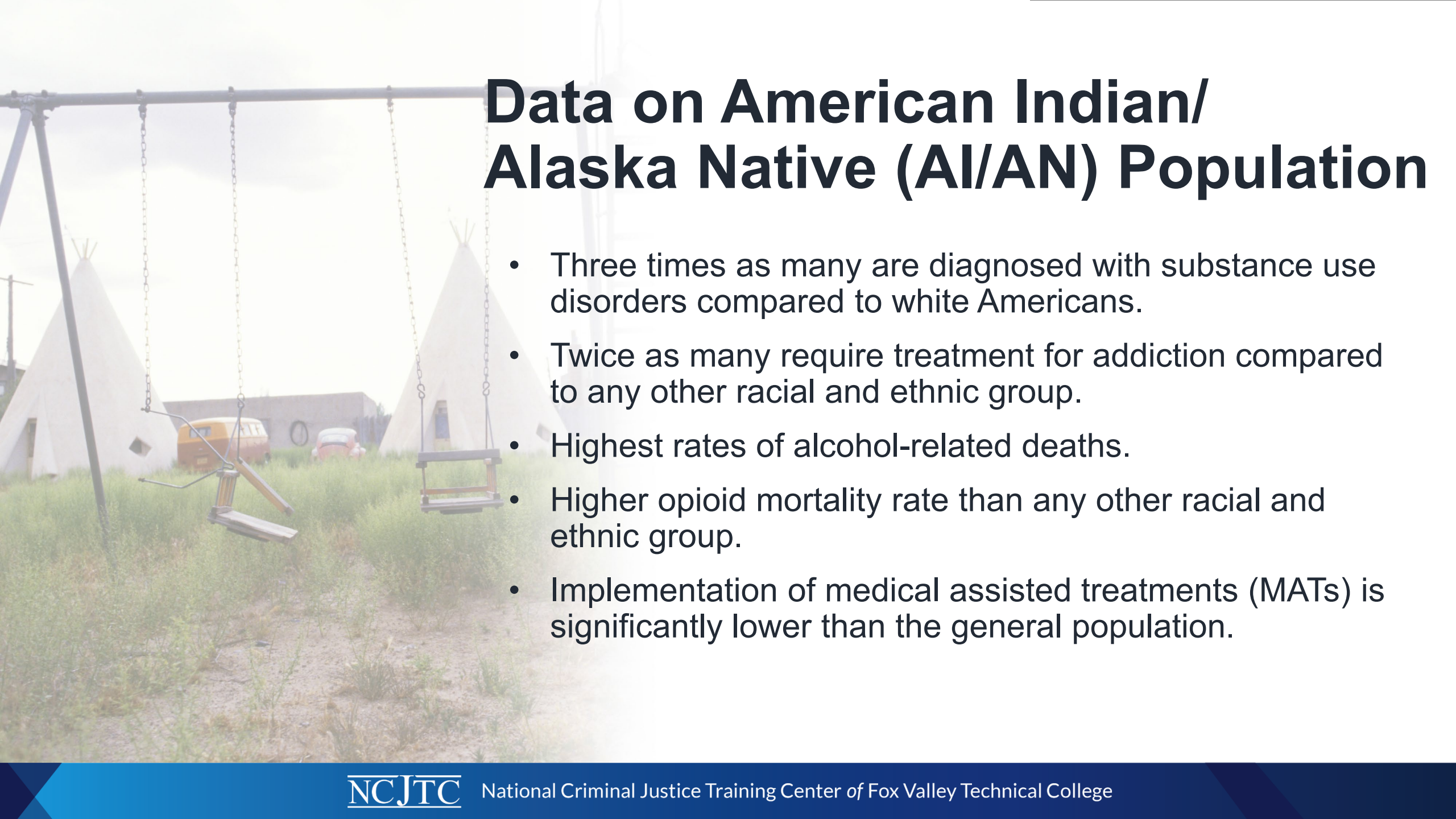
More likely to smoke
cigarettes

2x

More likely to use prescriptions
drugs without a prescription

Sources:

drugabusestatistics.org/teen-drug-use
www.monitoringthefuture.org

The background image shows a playground with several swings hanging from a metal frame. In the background, there are two white teepees and a small yellow car. The scene is set in a grassy area with a cloudy sky.

Data on American Indian/ Alaska Native (AI/AN) Population

- Three times as many are diagnosed with substance use disorders compared to white Americans.
- Twice as many require treatment for addiction compared to any other racial and ethnic group.
- Highest rates of alcohol-related deaths.
- Higher opioid mortality rate than any other racial and ethnic group.
- Implementation of medical assisted treatments (MATs) is significantly lower than the general population.

Youth-Specific Statistics

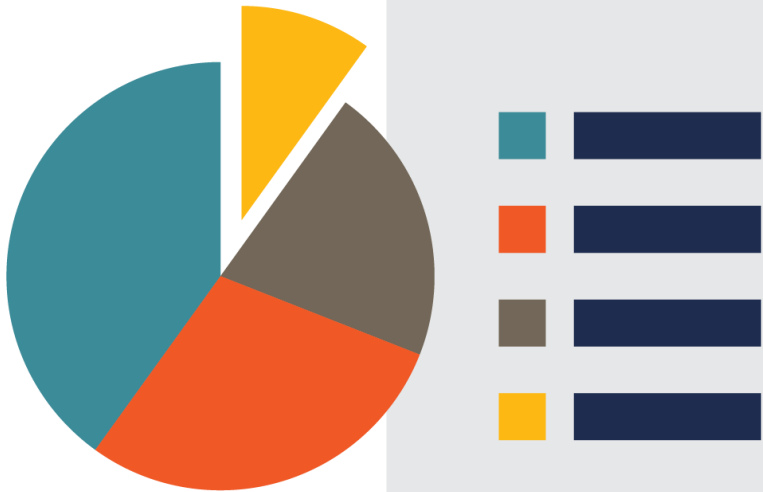
- Nearly 1 in 5 Native American young adults (18-25 years) has a substance use disorder.
- Approximately 4 in 10 Native American adolescents (12-17 years) have a lifetime prevalence of illicit drug use.
- Native American adolescents have the highest rates of lifetime tobacco product use, marijuana use, nonmedical use of pain relievers, and nonmedical use of prescription-medication.

Sources:

Substance Abuse and Mental Health Services Administration.(2019)
2018 National Survey on Drug Use and Health Detailed Tables



POLL



Which drug do adolescents use the most?

- Alcohol
- Marijuana
- Nicotine (vaping)
- None of the above

Sign and Symptoms of a Problem

Physical signs:

- Bloodshot eyes
- Change in eating, sleeping pattern
- Change in, or not caring about, physical appearance
- Shakes or tremors, particularly in the morning
- Unusual body odor
- Injuries or bruises

Behavioral signs:

- Change in behavior at school, home
- Using mouthwash, incense to cover up smells
- Sudden change in peers or a switch in where they hang out, what they do
- Money or valuables missing
- Being secretive

Psychological signs:

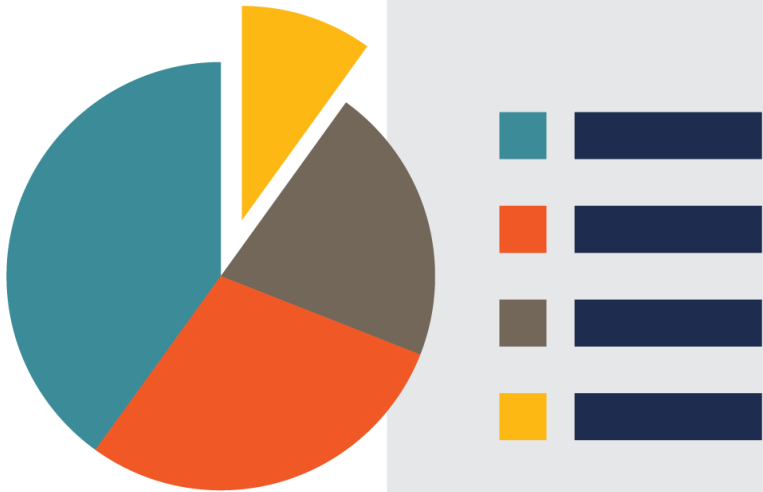
- Moody, irritable, easily angered
- Change in personality
- Change in level of motivation
- Prone to paranoia
- Appears withdrawn, depressed

Long-Term Impacts of Teenage Substance Abuse

- Between ages 12 and 21, the brain is susceptible to significant impairment from alcohol/drugs use.
- Early use of substances can cause permanent learning disabilities.
- Alcohol/drugs are addictive substance; the longer youth delay using, the less likely they are to develop a problem later in life.
- People who reported drinking before age 15 were four times more likely to become dependent or abuse alcohol/drugs later in life.



POLL



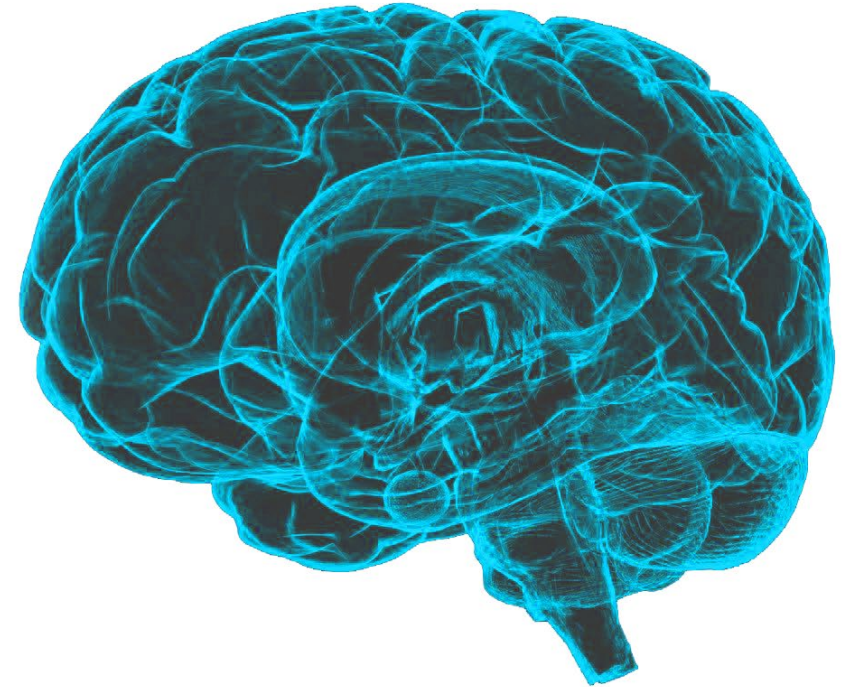
In a study using brain scans, scientists found that teens with higher substance use between ages 16 and 18 had smaller gray matter volume at age 25 in which part of the brain?

- Frontal cortex
- Amygdala
- Limbic system
- Cerebellum

Impact of Alcohol on the Brain

Alcohol has a greater negative impact on a teenager's brain than an adult's brain

- Teenage years, the brain is going through significant structural and functional changes.
- It affects the developing brain in several different ways:
 - Affects the way neurons communicate.
 - Damages brain tissue.
 - Impacts areas in the brain focused on learning and memory.



Dopamine & Gamma Aminobutyric Acid (GABA)

Two neurotransmitters that are particularly impacted by alcohol/drugs use are dopamine and GABA.

Dopamine

- Motivation
- Learning
- Reward

GABA

- Mood management
- Calming, sedative effect

What is Risk-Taking and is it Normal?



- Children and adolescents are more likely to take risks because different parts of their brain are maturing at different times.
- Risk-taking is about the adolescent finding out who he or she is, exploring the boundaries that exist.
- Risk-taking is an essential part of identity development.
- Risk-taking is not about the adolescent being rebellious and trying to hurt the part intentionally.

What Can I do to Support Healthy Risk-Taking?

- ✓ Provide healthy options.
 - Sports, creative arts
 - Trying new activities, even as a family
 - Meeting new people or traveling
 - Being on stage
 - Running for positions at school
- ✓ Model positive behavior.
- ✓ Talk with your child.
- ✓ Develop deep social support systems.
- ✓ Maintain a sense of family connectedness.
- ✓ Monitor your child, stay involved with them.



A person is sitting on a concrete ledge outdoors, leaning against a metal pole. They are wearing black jeans with large tears at the knees and black sneakers with white soles. They are holding a smartphone in their hands and looking at the screen. The background is a blurred street scene.

Helpful Skills

Talk and Listen

- Have frequent conversations.
- Change the discussion from “right and wrong” to “not now.”
- Equip them with and practice refusal strategies.
- Avoid sending mixed messages about alcohol.
- Prepare them for substance-related emergencies.

Establish Rules

- Develop rules regarding alcohol/drugs use.
- Develop alternatives, clear expectations for each behavior.
- Set clear consequences for violations of these rules.
- Catch them doing things right.
- Apply consequences when the rules are not followed.

Additional Skills

- ✓ Brainstorm culturally congruent ideas.
- ✓ Reinforce confidentiality and its limits.
- ✓ Recognize the impact of historical trauma.
- ✓ Make having a trauma-informed lens a standard part of treatment.
- ✓ Integrate tribal cultural and traditional spiritual activities.
- ✓ Provide support for ancillary needs.
- ✓ Engaging family and tribal community members.



Co-Occurring Disorders and Illnesses

Co-occurring disorder is the term for when a person has two or more disorders or illnesses.

Common Co-occurring Disorders and Illnesses

- Anxiety
- Attention deficit hyperactivity disorder (ADHD)
- Autism spectrum disorders
- Depression
- Eating disorders
- Obsessive compulsive disorder (OCD)
- Post-traumatic stress disorder (PTSD)
- Substance use disorders (smoking, vaping, using drugs, alcohol)
- Thoughts of suicide



Mental Health and Substance Abuse

Studies show that teens use substance as “self medication.” This may explain why some teens with mental health disorder experiment with drugs and alcohol.

The mental health disorder could lead to substance abuse or the substance abuse could lead to mental health disorders. Science shows that substance abuse can change the way the brain works with can contribute to a mental health disorder.

Protective Factors that Reduce Underage Substance Abuse

- Healthy and secure relationship between parent and child
- Perceived parental disapproval of substance use
- Parental monitoring and encouragement
- Adult mentor
- Social norms that support delaying use
- Culturally congruent services
- Higher levels of engagement in school
- Participation in hobbies/activities
- Ability to handle oneself effectively in social situations
- Access to good healthcare



References & Resources

*Preventing Drug Use among
Children and Adolescents
(In Brief)*

National Institute on Drug Abuse (NIH)
www.drugabuse.gov

*Principles of Adolescent Substance
Use Disorder Treatment:
A Research-Based Guide*

National Institute on Drug Abuse (NIH)
www.drugabuse.gov

Teen Substance Use & Risks
Centers for Disease Control and Prevention (CDC)
www.cdc.gov

Children & Teens
National Institute on Drug Abuse (NIH)
www.drugabuse.gov

Direct links to these resources can be found in the Handouts section.



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ncjtc.org/iasaptraining

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Upcoming Webinars

December 2 | 1:00 PM CT

- ✓ *Examining the Relationship between Adverse Childhood Experiences (ACEs) and Substance use among Tribal Populations*

Registration emails coming soon...

Bureau of Justice Assistance's Comprehensive Opioid, Stimulant, and Substance Abuse Program (COSSAP) Resource Center



www.cossapresources.org

COSSAP Resources

Tailored Assistance—The COSSAP training and technical assistance (TTA) program offers a variety of learning opportunities and assistance to support local, tribal, and state organizations, stakeholders, and projects in building and sustaining multidisciplinary responses to the nation’s substance abuse crisis. ***You do not need to be a COSSAP grantee to request support.*** TTAs are provided in a variety of formats, including virtual and in-person training events, workshop and meeting presentations, and online resources. Request TTA to support your activities at <https://cossapresources.org/Program/TTA/Request>.

Funding Opportunities—Current COSSAP and complementary funding opportunities are shared at <https://www.cossapresources.org/Program/Applying>.

COSSAP Webinars—All COSSAP webinars are recorded and made available online at <https://www.cossapresources.org/Media>.

Join the COSSAP community! Send a note to COSSAP@iir.com with the subject line “Add Me” and include your contact information. We’ll be happy to ensure you receive the latest-and-greatest COSSAP opportunities, resources, and updates.

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