

Substance Misuse and Adolescents: Navigating Resources and Overcoming Barriers to Recovery

Robin L. Peyson, MHSA
RLP Consulting



DISCLOSURES

**This activity is jointly provided by Cardea Services
and the Travis County Youth Substance Abuse
Prevention Coalition**

Cardea Services is approved as a provider of continuing nursing education by Montana Nurses Association, an accredited approver with distinction by the American Nurses Credentialing Center's Commission on Accreditation.



DISCLOSURES

COMPLETING THIS ACTIVITY

Upon successful completion of this activity, 1 contact hour will be awarded

Successful completion of this continuing education activity includes the following:

- Attending the entire CE activity;
- Completing the online evaluation;
- Submitting an online CE request.

Your certificate will be sent via email.

If you have any questions about this CE activity, contact Lori Weber at lweber@cardeaservices.org.



CONFLICT OF INTEREST

The planners and presenters of this activity have no relevant financial relationships with any commercial interests pertaining to this activity.

Acknowledgement

This presentation is funded by:
OWH Grant #: ASTWH170057-01-00

By the end of the session, participants will be able to:

- Explain how to make a referral and navigate community resources
- Discuss potential barriers that may arise in the SBIRT process for adolescents and sub-populations
- Explain how to overcome those barriers
- Explore resources available to help adolescents, pregnant girls, family members, and providers

SBIRT Webinar Series

- This webinar is the second in a series to enhance efforts to prevent opioid/substance misuse among adolescents, especially girls.
- The first webinar held on Oct. 12 (**Substance Misuse and Adolescents: A Focus on Screening and Brief Intervention**) addressed screening and brief intervention in depth related to adolescents and girls.
- To access webinars visit the Travis County Youth Substance Abuse Prevention Coalition website at <http://www.tcysapc.org/>.

Screening Tools

- There are different screening tools designed for different settings, substances and populations.
 - Which tool works best for your organization is an administrative choice.
- **CRAFTT** (John R Knight, MD; CeASAR)
 - **MAST** (Miller, 1976; Selzer, Vinokur, & Van Rooijen, 1974)
 - **AUDIT** (WHO, 1982)
 - **SASSI** (Miller, 1990)
 - **ASI** (McLellan et al., 1980; McLellan et al., 1985)
 - **CAGE** (Soderstrom et al, 1997)
 - **TWEAK** (Russell, 1994)

Your Screening Instrument is Positive- NOW WHAT?



What to say and how to say it.....

Getting ready to connect ...

- Exploring unconscious bias
- The importance of language and empathy
- Key motivational interviewing skills as it relates to substance use disorder (SUD)

Exploring Unconscious Bias

- **Social stereotypes** about certain groups of people that individuals form outside their own conscious awareness
- Everyone holds **unconscious beliefs** about various social and identity groups, and these biases stem from one's tendency to organize social worlds by categorizing

USCF, Office of Diversity and Outreach

The Importance of Language

Deficit-Based Language	Strengths-Based Language Alternatives
<ul style="list-style-type: none"> ▪ Addict ▪ Alcoholic ▪ Drug addict ▪ Substance abuser 	<ul style="list-style-type: none"> ▪ Person experiencing challenges with alcohol or other drug use ▪ Person experiencing substance use challenges
<ul style="list-style-type: none"> ▪ Drugs and alcohol 	<ul style="list-style-type: none"> ▪ Alcohol and other drugs (AOD)
<ul style="list-style-type: none"> ▪ Opiate/opioid addict 	<ul style="list-style-type: none"> ▪ Person experiencing challenges with opiates/opioids
<ul style="list-style-type: none"> ▪ Problem 	<ul style="list-style-type: none"> ▪ Challenge
<ul style="list-style-type: none"> ▪ Recovering addict ▪ Recovering alcoholic 	<ul style="list-style-type: none"> ▪ Person with lived experience
<ul style="list-style-type: none"> ▪ Relapse 	<ul style="list-style-type: none"> ▪ Intermittent success ▪ Returned to use ▪ Resumed use ▪ Working through the cycles/stages of recovery
<ul style="list-style-type: none"> ▪ Resistant to treatment ▪ Treatment resistant 	<ul style="list-style-type: none"> ▪ Not ready to engage ▪ Chooses not to have or has opted out of treatment
<ul style="list-style-type: none"> ▪ Substance abuse 	<ul style="list-style-type: none"> ▪ Substance use ▪ Substance misuse

Practice MI: Use Your OARS

Open Questions

Affirmations

Reflections

Summaries

Motivational Interviewing Overview

- Motivation is the key to change
- Associated with successful referrals to recovery support services
- Encourages behavior change by helping person explore and resolve uncertainty about their substance use behavior and ability to address it



Motivational Interviewing Resources

Enhancing Motivation for Change in Substance Abuse Treatment, SAMHSA (last revised 2013)

- <https://store.samhsa.gov/shin/content//SMA13-4212/SMA13-4212.pdf>

Motivational Techniques and Skills for Health and Mental Health Coaching/Counseling

- <https://www.nova.edu/gsc/forms/mi-techniques-skills.pdf>

SAMHSA recommended resources

- <https://www.integration.samhsa.gov/clinical-practice/motivational-interviewing>

Texas Health Steps

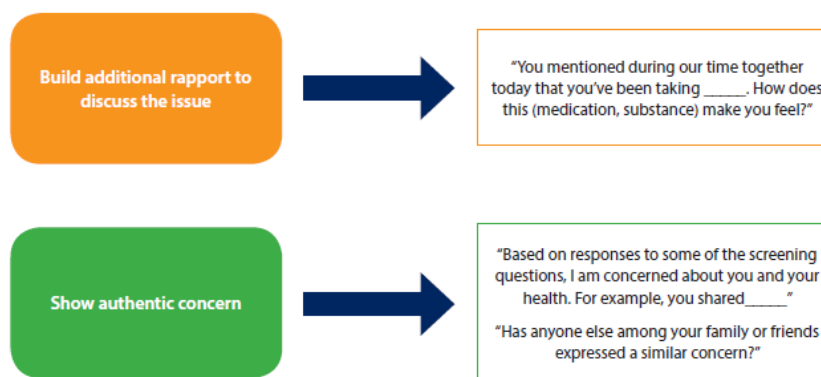
- <https://www.txhealthsteps.com/>



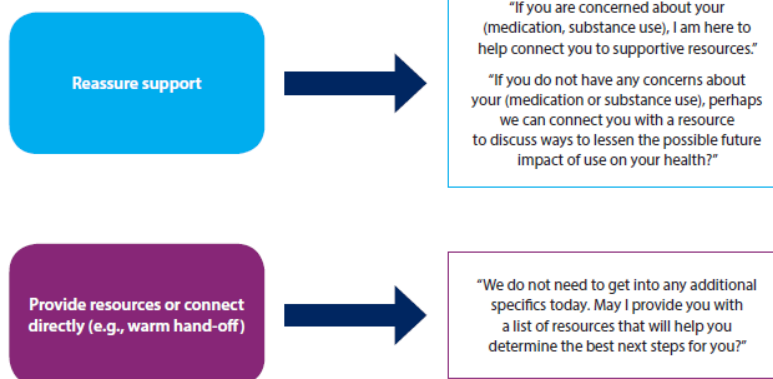
Examples

- “When I compare your screening answers to other people who have completed this screen, it lets me know that there is cause for concern.....”
- “The results of this screening is cause for concern. “
- “I am concerned about what this screening may indicate.”
- “I care about your health, and this screening indicates you may have a problem.”

Implementing a Referral Pathway



Implementing a Referral Pathway



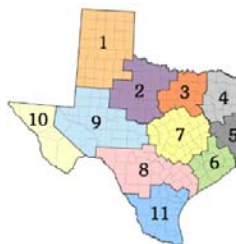
Connect and Engage

- Important to do a "warm hand-off."



Making the Referral

- If you have access to a Behavioral Health specialist, refer to that person.
- Otherwise refer to OSAR (Outreach, Screening, Assessment Referral). For HHSC Region 7, OSAR is provided by Bluebonnet Trails Community Services.



Barriers and Issues When Making a Referral

- **Communication-**
 - Related to language or culture
- **Undocumented status**
 - Hispanic community is fearful
- **Trauma-Informed Care**
 - Up to 80% of women seeking treatment for drug abuse report trauma

Barriers and Issues When Making a Referral

- **Transportation-**
 - Lack of transportation to get to referral location
- **Family issues**
 - SUD affects families
 - Fear
 - Denial
 - Threatened

Focus on Girls

- Adolescent girls 12 to 17 are more likely than boys in that age group to use all psychotherapeutics, including pain relievers, for nonmedical reasons. (*Final Report: Opioid Use, Misuse, and Overdose in Women*, July 19, 2017, Office on Women's Health)
- Among nonmedical users, girls in this age range are more likely to become dependent. (*Final Report: Opioid Use, Misuse, and Overdose in Women*, July 19, 2017, Office on Women's Health)
- Girls frequently begin to use substances to make or maintain connections, and to try to feel connected, energized, or loved. (Anthony, et. al., 2000)

WHAT Does OSAR Do?

O Outreach

- Help individuals, who identify as having a problem with drugs and alcohol, locate available services in their communities.

S Screening

- Work with individuals, their families and support systems to make referrals and recommendations that best suit their needs.

A Assessment

- Available to any resident of the state of Texas for *free*.

R Referral

- Considered the payer of last resort.
- Connected to state-funded resources for treating opioid use disorders.



WHAT Does OSAR Do?

- OSAR counselors complete a drug and alcohol **screening/assessment** to determine if an individual is an appropriate candidate for HHSC funded services.
- Provide **Referrals** to HHSC funded inpatient and outpatient drug and alcohol treatment.
- Provide education and support surrounding treatment **options**, selection, and placement.



WHAT Does OSAR Do?



- Provide case management to provide short-term assistance in accessing supportive services.
- Up to **5** Motivational Counseling/Brief Intervention sessions ***free of charge*** following the initial screening.



Who may benefit from OSAR?

- Individuals who are contemplating substance use treatment
- Individuals interested in discussing options for treatment services and would like more information regarding referrals
- Individuals with insurance benefits who may need TX HHSC financial assistance to assist with their deductible



Who may benefit from OSAR?

- Individuals with Medicaid or Medicare who would like assistance connecting to appropriate treatment options via their insurance provider
- Individuals who are seeking support while they are waiting to enter a substance use program
- Individuals who have been referred to OSAR to complete a screening as part of an open CPS investigation



OSAR Contact Info. & Locations

Bluebonnet
Trails' Intake Line
1-844-309-6385

Serve 30-county
Central Texas
Region

[Austin State Hospital 4110 Guadalupe St. Bldg. 785 Austin, TX](#)

[Community Care Clinic 2529 S. 1st St. Austin, TX](#)

[Community Care Clinic 1210 W. Braker Ln. Austin, TX](#)

[Bluebonnet Trails 1401 Medical Parkway, Cedar Park, TX](#)

[Bluebonnet Trails 1009 N. Georgetown St. Round Rock, TX](#)

[Bluebonnet Trails 4606 Innovation Loop Marble Falls, TX](#)

[Bluebonnet Trails 275 Jackson St. Bastrop, TX](#)

[Hays/Caldwell Council 1901 Dutton Dr. San Marcos, TX](#)



Special Priority Populations

- Pregnant females with SUD, who inject substances
- Pregnant females with SUD
- Males and Females with SUD, who inject substances
- Males and Females with SUD, who have been referred to services by DFPS/CPS.

Special Priority Populations

- Pregnant women are a federally determined priority population and must be admitted for substance use treatment immediately, esp. women who are injecting drugs. (no waiting list)
- Individuals referred by Dept. of Family Protective Services must be admitted within 72 hours.
- There are Specialized Substance Use Services for Pregnant and Parenting Women.

Navigating Resources



Resources (see handout for details)

SUPPORT GROUPS

Alcoholics Anonymous
Central Texas Area Narcotics Anon.
Sage Recovery & Wellness
Communities for Recovery
North Austin Foundation
Lifering Secular Recovery
SMART Recovery
Texas Students for Recovery

COUNSELING

Austin Center for Grief & Loss
Capital Area Counseling
Christi Center
Community Care Clinic
Lifeworks
LoneStar Circle of Care
Phoenix House
Sol Counseling
YWCA

TREATMENT

LOCAL MENTAL HEALTH AUTHORITIES*

Integral Care
Bluebonnet Trails CS

DETOX & TREATMENT

Austin Recovery
Bluebonnet TCS
Cenikor
Christian's Farm Treehouse
Clean Investments, Inc.
Georgetown Behavioral Health
Integral Care
Right Step
Texas Star Recovery (Nero)

* Contracted by Texas HHSC for public mental health and substance use services

Resources
for
Adolescents

Peer Support Services for Adolescents

- LifeWorks and Texas Students in Recovery offer peer support counseling
- **Peer-based Recovery Supports and Services (PBRSS)**
 - Non-clinical, peer-based activities that help individuals make life changes to recover from disabling mental illness and/or substance use disorder conditions.
 - All pathways to recovery are embraced, and that the individual seeking recovery determines which path works best for them.
 - Holistic and incorporate wellness.
 - Coaching is provided by individuals who, themselves, are in recovery.
 - Peers share their lived experience and provide hope to many seeking to begin or sustain their recovery.



Resources
for
Adolescents

Phoenix House

- **Assessment and Evaluation Services**
- **Therapy/Support Groups** including 12-step work, cognitive behavioral therapy, and trauma-informed therapy.
- **Outpatient Services and Residential Services for Teens** including comprehensive assessment; individual group, and family counseling; mental health services; case management; life-skills education; drug testing; and recreational activities.
 - specialized program for girls/women
 - residential treatment for boys 13 – 18 with SUD and co-occurring mental health problems
- **Prevention and Education Services**

**Resources
for
Adolescents**

Treatment for Adolescents

- **Austin Recovery:** Residential care for pregnant females as well as newborn and toddlers.
- **Bluebonnet Trails Community Services:** Adolescent intensive outpatient program for adolescents.
- **CHILL (Changing How I Live My Life):** Adolescent intensive outpatient program.
- **Others** (see Resource List handout)

**Resources
for
Adolescents**

University High School

- Sober high school in Austin, Texas, for 9th thru 12th grade students in recovery from a substance abuse disorder who are committed to remaining abstinent from alcohol and other drugs.
- Engages teens and their families in journey to recovery.
- High quality, accredited academics that include dual-credit courses and credit recovery.
- Member of Association of Recovery High Schools
- Email info@uhighschool.com or call 512-382-0072.

**Other
Resources**

Medically Assisted Treatment

- **Integral Care** and **Bluebonnet Trails Community Services** now provide Medication Assisted Treatment (**MAT**) for persons with an Opioid Use Disorder.
- **MAT** - The use of medications (e.g. Methadone, Buprenorphine Naltrexone) in combination with counseling and behavioral therapies, to provide a “whole-patient” approach to the treatment of substance use disorders.
- **MAT during pregnancy** can prevent maternal (and fetal) withdrawal and improve pregnancy outcomes.
- Research shows MAT works!

SAMHSA: <https://www.samhsa.gov/medication-assisted-treatment/treatment#counseling-behavioral-therapies>

**Other
Resources**

Overdose Prevention with Naloxone

- Naloxone is a medication approved by the Food and Drug Administration (FDA).
- Prevents overdose by opioids such as heroin, morphine, and oxycodone.
- Blocks opioid receptor sites, reversing the toxic effects of the overdose.
- Administered when a patient is showing signs of opioid overdose.
- Medication can be given by intranasal spray, intramuscular (into the muscle), subcutaneous (under the skin), or intravenous injection.



Other
Resources

Overdose Prevention with Naloxone

- Training and continuing education credits available on overdose prevention and response education to students, health professionals, and the public to combat the opioid crisis using harm reduction strategies.
- **Operation Naloxone** - Inter-professional collaboration from faculty and students at The University of Texas at Austin [College of Pharmacy](#), [Steve Hicks School of Social Work](#), and [Texas Overdose Naloxone Initiative](#) (TONI).
- **Communities for Recovery** - Train the Trainer Naloxone Training

Guide to Finding Quality Addiction Treatment



Center on Addiction has guide that provides information that can help answer questions:

- Do you need treatment?
- What kind of treatment do you need?
- What treatment setting is right for you?
- What kind of provider should you look for?
- How do you find a treatment provider?
- What should you look for in a program or provider?
- What happens after treatment?

Link to Guide:

<https://www.centeronaddiction.org/sites/default/files/Guide-to-finding-quality-addiction-treatment-2018.pdf>

What should you look for in a program or provider?

- Is care is overseen by one or more physicians with specialized training and experience in treating substance use disorders?
- Is there a range of effective treatments are available, not just one?
- Are there plenty of effective treatment sessions offered for at least three hours each week?
- Is there an addiction medicine physician or addiction psychiatrist on staff full time?
- Is treatment available for other medical conditions the individual may have?
- What happens if the patient relapses? Are they kicked out?
- Is the program licensed or accredited?
- What programming is provided for the family?

