



The Impact of Pandemic Life on Teens

FCD Prevention Works

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FCD Prevention Works



Prevention is a **climate**, not a program

- Private nonprofit organization
- **43** years of school-based substance abuse prevention
- **Over 2.5** million students, **70** countries
- **Over 130k** students surveyed



Agenda



The Impact of Pandemic Life on Teens

- Adolescent Mental Health
- Adolescent Substance Use
- What can we do?



FCD's Prevention Approach



An **empowering** process that promotes **individual, family, and community** health **throughout life** by implementing **practical and effective** strategies that:

1. **Identify** & strengthen protective factors that contribute to well-being
2. **Identify & address** risk factors that **interfere with well-being** and,
3. Identify & intervene on behaviors **that lead to disease.**



Scope of the Research



Research Review

- ▶ Pandemic related research
- ▶ COVID-19 research
- ▶ Literature reviews included
- ▶ COVID-19 Specific databases





COVID-19 AND ADOLESCENT MENTAL HEALTH



Adolescent Mental Health



Negative Outcomes

- ▶ Declining adolescent mental health
- ▶ Results
 - ▶ Increased symptoms of depression, anxiety and trauma
- ▶ Causes
 - ▶ Increased domestic violence/harsh parenting techniques
 - ▶ Lack of medical care
 - ▶ Diminished access for ESL or disabilities
 - ▶ **Tech challenges**
 - ▶ Social media exposure

Adolescent Mental Health



Good News!

- ▶ Mental health has improved for some teens
- ▶ Causes:
 - ▶ More family time/community cohesion
 - ▶ Lack of bullying
 - ▶ Better sleep
 - ▶ Reduced sensory exposure
 - ▶ More time to think and reflect
 - ▶ **Perception shift and resilience building**

Mental Health



Risk Factors

- ▶ Pre-existing symptoms of depression/anxiety
- ▶ High levels of adult stress/anxiety
- ▶ Family financial struggles
- ▶ Family dysfunction and interpersonal conflict (domestic violence, substance abuse, harsh parenting)
- ▶ Lack of medical care
- ▶ High community infection rates
- ▶ Tech challenges
- ▶ **More exposure to social media**

Mental Health



Good News!

- ▶ More family time/feelings of connection to family, friends, community
- ▶ **Positive/Resilient personal or family narrative**
- ▶ Finding meaning in crisis
- ▶ Positive outlook
- ▶ COVID-19 information
- ▶ Exercise





COVID-19 AND ADOLESCENT SUBSTANCE USE



Adolescent Substance Abuse



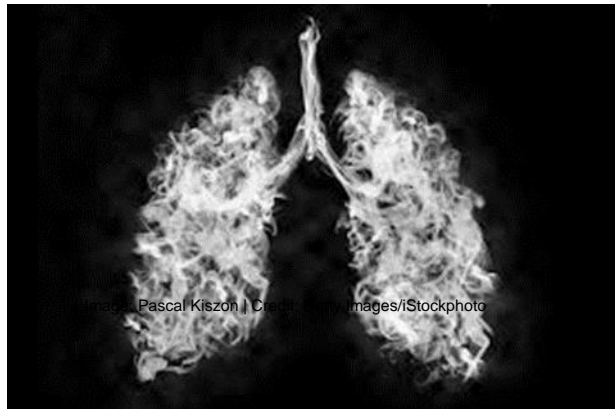
Alcohol

- ▶ Binge drinking declined
- ▶ Number of teens drinking declined; number of drinking days increased
- ▶ **49%** of adolescent drinkers reported drinking alone
- ▶ Link between depression and drinking alone
- ▶ Link between concerns for popularity and drinking online or in-person
- ▶ **Alcohol overdose soared after lock-down was lifted**

Adolescent Substance Use



Nicotine



- ▶ Increased risk/worse prognosis for vapers and smokers
- ▶ Increased relapse risk
- ▶ No EVALI research

Adolescent Substance Use



Other Drugs

- ▶ Opioids
- ▶ Marijuana
- ▶ Gambling





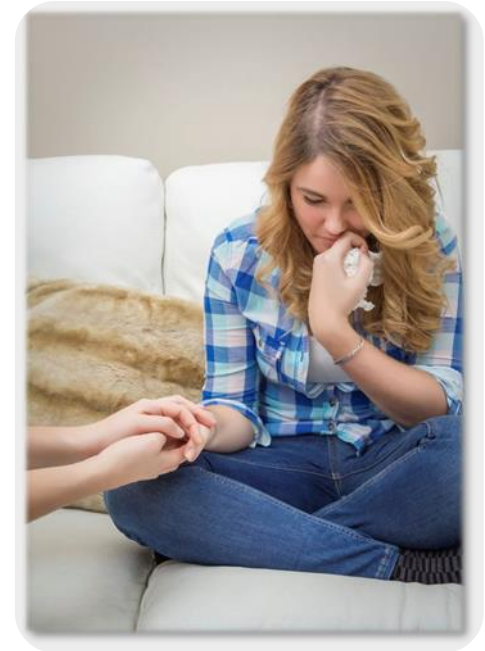
WHAT CAN YOU DO?



Address Risk Factors



- ▶ **Take care of yourself**
- ▶ Know your child – Intervene early
- ▶ Acknowledge potential trauma
- ▶ Limit social media time
- ▶ Address family history
- ▶ Social norms approach



Nurture Protections



- ▶ Focus on family, friends, community in safe ways
- ▶ **Build and practice resilience**
- ▶ Write a family narrative
- ▶ Find meaning in crisis
- ▶ Factual COVID-19 information
- ▶ Communicate!
 - ▶ It's not one 60 minute conversation - It's 60 one minute conversations

Universal Prevention



Professionals



- ▶ Interventions
 - ▶ Whole community focus
 - ▶ Universal screening (e.g., YRBSS)
 - ▶ More factual information
 - ▶ SEL/Media literacy
 - ▶ Focus on healthy student connections
 - ▶ Connection focus
 - ▶ **Social norms approach**

Universal Prevention



Professionals

- ▶ Stay informed
- ▶ Nurture protections
- ▶ Identify and address risks
- ▶ Intervene early
- ▶ Keep the conversation going
- ▶ Take care of yourself





**QUESTIONS?
COMMENTS?
THANK YOU!**

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Cigna Behavioral Health Awareness

If you are a Cigna customer and have questions about Substance Use treatment or about your benefits and how to use them, please contact:

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