

WEBVTT

1 "Brenna Michel" (1771824896)

00:00:09.869 --> 00:00:17.669

Welcome everyone and thank you for calling in for signals 2023 children and families. Awareness series.

2 "Brenna Michel" (1771824896)

00:00:17.669 --> 00:00:23.550

My name is Brennan Michael on the personal health team social worker with Sigma.

3 "Brenna Michel" (1771824896)

00:00:23.550 --> 00:00:26.880

Due to the format of this call, um.

4 "Brenna Michel" (1771824896)

00:00:26.880 --> 00:00:31.770

Please feel free to ask your questions throughout.

5 "Brenna Michel" (1771824896)

00:00:31.770 --> 00:00:37.590

The teleconference, you can use the slide, please type your questions in there.

6 "Brenna Michel" (1771824896)

00:00:37.590 --> 00:00:49.620

And we can answer your questions throughout the presentation. A handout for today's seminar is available online at Sigma dot com, slash forward, slash children families.

7 "Brenna Michel" (1771824896)

00:00:49.620 --> 00:00:56.160

Also, please log into slideshow for the Q and a, to participate any in the moment questions. Presenter may have.

8 "Brenna Michel" (1771824896)

00:00:56.160 --> 00:01:09.450

Please note that all policies not all policy covers today's topic for more specific information. If your policy covers topics discussed in today's seminar, please contact the number on the back of your insurance card.

9 "Brenna Michel" (1771824896)

00:01:09.450 --> 00:01:23.160

So, today, I have the pleasure of introducing Dr Connor O Neil he has a license psychologist associate director of therapy at bright side, health and program director of bright Side's health.

10 "Brenna Michel" (1771824896)

00:01:24.355 --> 00:01:39.025

Prices care program prior to joining bright side he served as an assistant professor at Duke school of Medicine in the Duke center for adolescent and young adult substance, use treatment and the UCLA dupe center for trauma, informed, suicide, self,

11 "Brenna Michel" (1771824896)

00:01:39.025 --> 00:01:41.995

harm and substance abuse, treatment and prevention.

12 "Brenna Michel" (1771824896)

00:01:42.270 --> 00:01:54.900

Neil has provided clinical care teens and young adults with Co, occurring substance, use and mental health conditions in outpatient and intensive outpatient treatment settings.

13 "Brenna Michel" (1771824896)

00:01:54.900 --> 00:02:00.480

And has provided supervision training and program development for related services.

14 "Brenna Michel" (1771824896)

00:02:01.195 --> 00:02:15.715

So, today's seminar is going to talk this talk will introduce in overview of terms trends and warning signs of substance, use among teams, impacts and risks of team. Substance use will be presented and parent roles in prevention.

15 "Brenna Michel" (1771824896)

00:02:15.715 --> 00:02:20.395

Intervention will be offered a summary of evidence, based treatments. And resources.

16 "Brenna Michel" (1771824896)

00:02:20.480 --> 00:02:31.770

Will also be provided so Dr coronial we would like to thank you for being here today. And you were welcome to start your presentation whenever you're ready.

17 "Conor O'Neill" (1984697856)

00:02:31.770 --> 00:02:35.040

Thank you so much for the lovely introduction right now.

18 "Conor O'Neill" (1984697856)

00:02:35.040 --> 00:02:44.070

It's wonderful to be here and speak with you all about this important topic. So, as Brian shared, I'll be speaking on teenage substances. What families should know.

19 "Conor O'Neill" (1984697856)

00:02:45.085 --> 00:02:53.065

And my 1st, few slides, you've already covered for me brenna in terms of my introduction and background. So I'm going to breeze through these here.

20 "Conor O'Neill" (1984697856)

00:02:53.065 --> 00:03:03.715

1 thing I'll mention as well, in addition to my clinical and academic work prior to becoming a licensed psychologist. I was also a school psychologist and.

21 "Conor O'Neill" (1984697856)

00:03:04.070 --> 00:03:12.240

Continue to have a special interest in supporting you through school systems as well.

22 "Conor O'Neill" (1984697856)

00:03:12.240 --> 00:03:22.855

I just wanted to share a little bit about bright side health as it relates to my current role before we get into our topic for today. If you were curious about what bright side health is in my role there.

23 "Conor O'Neill" (1984697856)

00:03:23.155 --> 00:03:29.695

As you mentioned, um, our associate director of therapy as well as the program director for our crisis care program.

24 "Conor O'Neill" (1984697856)

00:03:30.000 --> 00:03:44.995

And bright side health is a virtual mental health care platform that offers comprehensive treatment with psychiatry. So, medication management for mental health conditions as well as evidence based therapy.

25 "Conor O'Neill" (1984697856)

00:03:45.660 --> 00:03:57.390

In addition, we have our crisis care program, which is focused on the treatment of individuals with elevated suicide risks. Currently our services are for adults.

26 "Conor O'Neill" (1984697856)

00:03:57.390 --> 00:04:06.210

And we utilize a number of different digital, mental health tools and evidence based approaches to treatment.

27 "Conor O'Neill" (1984697856)

00:04:06.210 --> 00:04:14.310

But, of course, today, I'm here to talk about teenage substance use and as you shared right now, we're going to be talking about a number of related topics to this.

28 "Conor O'Neill" (1984697856)

00:04:14.310 --> 00:04:20.490

A broader topic we're going to be looking at different terms and trends and some warning signs to be mindful of.

29 "Conor O'Neill" (1984697856)

00:04:20.490 --> 00:04:26.459

I'm gonna speak on the impacts and potential risks of teenage substances.

30 "Conor O'Neill" (1984697856)

00:04:26.459 --> 00:04:30.479

The role that parents can play in preventing and intervening.

31 "Conor O'Neill" (1984697856)

00:04:30.479 --> 00:04:42.269

And if it gets to the point, that treatment is needed, we'll talk about evidence based treatment approaches, which can be helpful I think, for parents and families to be aware of, to know what to expect and what to look for.

32 "Conor O'Neill" (1984697856)

00:04:42.269 --> 00:04:50.129

And at the end of my slide deck, I'll be sure to offer some resources for you all.

33 "Conor O'Neill" (1984697856)

00:04:50.129 --> 00:04:55.649

Our objectives today are to cover the current trends of substance use among teams.

34 "Conor O'Neill" (1984697856)

00:04:55.649 --> 00:05:03.089

My hope is that as attendees, you'll develop an understanding of some of the factors and risks of teenage substance use.

35 "Conor O'Neill" (1984697856)

00:05:03.089 --> 00:05:08.999

Learn how parents can help, and as I mentioned, introduce some of these evidence based approaches.

36 "Conor O'Neill" (1984697856)

00:05:08.999 --> 00:05:12.719

So, let's jump in, I want to start by talking about the terms.

37 "Conor O'Neill" (1984697856)

00:05:12.719 --> 00:05:16.469

You'll see this, these terms substance use.

38 "Conor O'Neill" (1984697856)

00:05:16.469 --> 00:05:30.894

Substance substance use disorder, we have all sorts of ways of describing this, so I just kind of set the stage for what we're talking about today when I used the term substance, this would be interchangeable with the word like a drug. Right?

39 "Conor O'Neill" (1984697856)

00:05:30.894 --> 00:05:36.384

So, it's, it's something that impacts how the brain works and that.

40 "Conor O'Neill" (1984697856)

00:05:36.469 --> 00:05:45.659

Impact on the brain can result in changes in how people think how they feel, or how they behave. That's what we mean by substance.

41 "Conor O'Neill" (1984697856)

00:05:45.659 --> 00:05:50.009

It can be ingested in many different ways.

42 "Conor O'Neill" (1984697856)

00:05:50.009 --> 00:06:01.109

That results in health or social problems with a person, when we think about how substances can be ingested, we're talking about eating or drinking.

43 "Conor O'Neill" (1984697856)

00:06:01.109 --> 00:06:06.419

It can be smoked, inhaled or snipped. They can be injected.

44 "Conor O'Neill" (1984697856)

00:06:06.419 --> 00:06:13.649

There are so many different ways that a substance can get into the body. So it's there's not just 1 way. Of course.

45 "Conor O'Neill" (1984697856)

00:06:13.974 --> 00:06:25.134

And when I talk about substances, these can be legal or illegal, they can be prescribed by a doctor. They can be purchased on the street illegally. They can be purchased over this.

46 "Conor O'Neill" (1984697856)

00:06:25.164 --> 00:06:33.564

And then the store over the counter, um, there's other terms, like, substance misuse that I'm not going to get.

47 "Conor O'Neill" (1984697856)

00:06:33.649 --> 00:06:38.999

Today on this talk, I'm going to be focused today. Very much on substance use.

48 "Conor O'Neill" (1984697856)

00:06:38.999 --> 00:06:45.329

Which is the act of ingesting and using the substance that it can cost potential harm.

49 "Conor O'Neill" (1984697856)

00:06:45.329 --> 00:06:52.739

And has the potential for addiction or dependency and then I'm also going to be speaking on substance use disorders.

50 "Conor O'Neill" (1984697856)

00:06:53.184 --> 00:07:04.164

You'll see here, I have the acronym. I use that throughout our slide deck here today, because it's a mouthful with substance use disorder and I want to make sure we can fit but this is a medical term.

51 "Conor O'Neill" (1984697856)

00:07:04.164 --> 00:07:12.654

This is a diagnosis that describes a pattern of substance use that causes problems for people, including.

52 "Conor O'Neill" (1984697856)

00:07:12.739 --> 00:07:17.189

Teams substance use disorders are treatable.

53 "Conor O'Neill" (1984697856)

00:07:17.189 --> 00:07:20.309

But they can be long lasting.

54 "Conor O'Neill" (1984697856)

00:07:20.309 --> 00:07:30.089

And they can worsen him through adulthood. So teams that develop substance use disorders are actually a greater risk for those persisting throughout their life.

55 "Conor O'Neill" (1984697856)

00:07:30.089 --> 00:07:40.404

And affecting them, in different ways 1 of the things we know about a substance use disorder is that relapses are common and considered part of the disorder.

56 "Conor O'Neill" (1984697856)

00:07:40.824 --> 00:07:50.004

I included that piece here because I wanted you all to understand, especially as it relates to team teams that, uh, 1 step back.

57 "Conor O'Neill" (1984697856)

00:07:50.089 --> 00:07:59.369

In a teenager substances does not mean that they don't have hope for

future gains and treatment.

58 "Conor O'Neill" (1984697856)

00:08:04.619 --> 00:08:19.554

1 of the big topics, I think in teenage substance uses this idea of well, what's normal sort of experimenting? We know it's relatively common for teams to experiment with drugs and alcohol.

59 "Conor O'Neill" (1984697856)

00:08:19.554 --> 00:08:24.534

So what's more normative or like, just experimenting and what's a problem.

60 "Conor O'Neill" (1984697856)

00:08:24.619 --> 00:08:29.489

When does this experimental use to become problematic?

61 "Conor O'Neill" (1984697856)

00:08:29.489 --> 00:08:35.189

The truth is, is that just experimenting can be dangerous in and of itself.

62 "Conor O'Neill" (1984697856)

00:08:35.189 --> 00:08:46.409

But there is a progression, oftentimes where substance use moves from an experimental use to a problematic use over time.

63 "Conor O'Neill" (1984697856)

00:08:46.409 --> 00:08:54.479

But this can be, this can happen very quickly, or it can be a slow drip. This could be something that kind of grows over time.

64 "Conor O'Neill" (1984697856)

00:08:55.104 --> 00:09:03.954

When we think about warnings, if if this is progressives, look at this progressing slowly, it might be harder to pick up on some of those warning signs.

65 "Conor O'Neill" (1984697856)

00:09:04.194 --> 00:09:11.424

But if substance use problems progress very quickly, they might be noticeable in a pretty immediate way.

66 "Conor O'Neill" (1984697856)

00:09:13.679 --> 00:09:23.729

So, how does this work? Well, what we know is that for many teams that try substances, they try it and then they stop and they don't have any serious problems.

67 "Conor O'Neill" (1984697856)

00:09:23.729 --> 00:09:28.679

Which is, which is the hope, of course, for all teams that there's no serious problems with substance use.

68 "Conor O'Neill" (1984697856)

00:09:28.679 --> 00:09:34.589

Of course, some try it and then they continue to use every once in a while.

69 "Conor O'Neill" (1984697856)

00:09:34.589 --> 00:09:38.909

But again, not to the point of developing serious problems or concerns.

70 "Conor O'Neill" (1984697856)

00:09:38.909 --> 00:09:42.449

And then there is a subset of teenagers.

71 "Conor O'Neill" (1984697856)

00:09:42.449 --> 00:09:46.739

To experiment and use drugs or alcohol for the 1st time.

72 "Conor O'Neill" (1984697856)

00:09:46.739 --> 00:09:51.299

And it continues, and it leads to a substance use disorder.

73 "Conor O'Neill" (1984697856)

00:09:51.299 --> 00:10:01.739

It can lead to using very dangerous substances where sometimes even just a single use can result in serious harm problems or even death.

74 "Conor O'Neill" (1984697856)

00:10:01.739 --> 00:10:05.489

Because of this, we want to acknowledge.

75 "Conor O'Neill" (1984697856)

00:10:05.489 --> 00:10:10.529

And address these warning signs when we pick up on that very quickly.

76 "Conor O'Neill" (1984697856)

00:10:10.529 --> 00:10:14.129

The truth is that it's just never too early to intervene.

77 "Conor O'Neill" (1984697856)

00:10:14.129 --> 00:10:19.919

And, in fact, earlier that we can intervene with teams that are using substances the better.

78 "Conor O'Neill" (1984697856)

00:10:19.919 --> 00:10:26.909

We are more likely to be able to intervene and actually prevent ongoing use if we can do it early.

79 "Conor O'Neill" (1984697856)

00:10:32.249 --> 00:10:40.199

Unfortunately, we can't predict who is going to go on to developing the substance use disorder.

80 "Conor O'Neill" (1984697856)

00:10:40.199 --> 00:10:51.744

But we do have some key factors that are important to consider and I want to kind of split these columns up here and talk about them a little bit differently on the left hand side.

81 "Conor O'Neill" (1984697856)

00:10:51.924 --> 00:11:00.174

These are some factors that are, we know, can be risk factors. Meaning they can increase the potential for.

82 "Conor O'Neill" (1984697856)

00:11:00.199 --> 00:11:07.259

Substance use disorder to emerge and a team. We look at things like family history simply being in a family.

83 "Conor O'Neill" (1984697856)

00:11:07.259 --> 00:11:12.869

With close family members who have a history of substance use disorder can place a teen at greater risk.

84 "Conor O'Neill" (1984697856)

00:11:12.869 --> 00:11:17.159

We look at family and friends who use substances.

85 "Conor O'Neill" (1984697856)

00:11:17.159 --> 00:11:24.269

Does that team have people close to them in their life who actively use drugs or alcohol?

86 "Conor O'Neill" (1984697856)

00:11:24.269 --> 00:11:38.219

in the event that there is limited adult supervision and monitoring you can see how this might open the door for more used to go on notice and when use goes unnoticed it's more likely to lead to the development of the disorder

87 "Conor O'Neill" (1984697856)

00:11:38.219 --> 00:11:45.839

We look at things like attitudes and expectations about use. What are the beliefs that teens have about substance? Use.

88 "Conor O'Neill" (1984697856)

00:11:45.839 --> 00:11:54.449

How do they feel about it? Do they think it's dangerous? Do they think it's okay? Do they think everybody's doing it? And there's no serious consequences.

89 "Conor O'Neill" (1984697856)

00:11:54.449 --> 00:12:00.959

Understanding your team's beliefs and attitudes goes a long way in terms of being able to prevent.

90 "Conor O'Neill" (1984697856)

00:12:00.959 --> 00:12:11.279

Um, and also intervene earlier if a team has availability to substances, they're more likely to use it. They're more likely to potentially develop a a disorder.

91 "Conor O'Neill" (1984697856)

00:12:11.279 --> 00:12:24.059

And then we also are very mindful of modeling. How is substance use being modeled in this team's world through family through friends to the media through social media.

92 "Conor O'Neill" (1984697856)

00:12:24.474 --> 00:12:33.324

On this other column here we're looking at things that sometimes can contribute to substances, maintain substances,

93 "Conor O'Neill" (1984697856)

00:12:33.444 --> 00:12:43.974

be a result of substance use and lead to disorders things like social rejection and having problems with social interactions as a team.

94 "Conor O'Neill" (1984697856)

00:12:44.059 --> 00:12:56.309

Having mental health difficulties alongside, with substance use and there's a little bit of a chicken or an egg here with mental health conditions and substance use.

95 "Conor O'Neill" (1984697856)

00:12:56.309 --> 00:13:01.919

What we know is that they Co occur they exist together many times to teams.

96 "Conor O'Neill" (1984697856)

00:13:01.919 --> 00:13:06.899

Sometimes mental health conditions come 1st, and then substance use comes later.

97 "Conor O'Neill" (1984697856)

00:13:06.899 --> 00:13:19.134

Other times the substance use comes 1st, and can actually create or trigger mental health difficulties. The very complex relationship that really does require professional treatment.

98 "Conor O'Neill" (1984697856)

00:13:19.164 --> 00:13:23.153

Assess understand and provide the right level of care in these situations.

99 "Conor O'Neill" (1984697856)

00:13:23.399 --> 00:13:33.569

Teams with a history of trauma are more likely to go on to develop his substance use disorders. And the earlier someone starts using drugs and alcohol.

100 "Conor O'Neill" (1984697856)

00:13:33.569 --> 00:13:38.249

The more likely they are to develop more serious problems with drugs and alcohol.

101 "Conor O'Neill" (1984697856)

00:13:38.249 --> 00:13:45.149

It's also very important to look at the frequency of use and severity of use these things.

102 "Conor O'Neill" (1984697856)

00:13:45.149 --> 00:13:48.989

Contribute to the likelihood of a disorder of being developed.

103 "Conor O'Neill" (1984697856)

00:13:53.189 --> 00:14:06.959

So, what are these warning signs? What should we be looking for as adults and responsible folks and teams lives? The 1st thing I would say is as a parent, or has an adult that is.

104 "Conor O'Neill" (1984697856)

00:14:06.959 --> 00:14:11.399

You know, familiar with a team, you know, them best.

105 "Conor O'Neill" (1984697856)

00:14:11.399 --> 00:14:15.899

And if something doesn't feel, right or if something seems different.

106 "Conor O'Neill" (1984697856)

00:14:15.899 --> 00:14:29.939

Notice it acknowledge it and let's talk about ways to address it right and learn more 1 of the big keys for recognizing warning signs for substance use in teams are changes.

107 "Conor O'Neill" (1984697856)

00:14:29.939 --> 00:14:39.659

Changes in their physical appearance changes in their social interactions, or maybe either friend groups.

108 "Conor O'Neill" (1984697856)

00:14:39.659 --> 00:14:51.689

Their social behavior changes in their emotions are they more irritable? Are they, um, are they having more difficulty with managing their emotions or are they.

109 "Conor O'Neill" (1984697856)

00:14:51.689 --> 00:15:06.449

Presenting with more anxiety or depression symptoms and then behavioral changes. So I have a list here. This is not exhausted by any means. This is this is a list of some signs of substances, but there are many others.

110 "Conor O'Neill" (1984697856)

00:15:06.449 --> 00:15:13.529

So, just to go through the list here, things like losing interest in things they once used to enjoy.

111 "Conor O'Neill" (1984697856)

00:15:13.529 --> 00:15:26.879

1 thing that we see as substance use escalate it says teams that used to enjoy doing certain things. They stopped doing that and they start doing more things that allow for using drugs and alcohol.

112 "Conor O'Neill" (1984697856)

00:15:27.294 --> 00:15:41.034

With that activity, this is really problematic because there starts to be a relationship that's formed between doing the things that a team likes to do and using alcohol or drugs.

113 "Conor O'Neill" (1984697856)

00:15:41.334 --> 00:15:42.354

And when that.

114 "Conor O'Neill" (1984697856)

00:15:42.599 --> 00:15:47.489

Gets linked and interconnected. It becomes hard to parcel part.

115 "Conor O'Neill" (1984697856)

00:15:47.489 --> 00:15:52.709

And 1 of the things that I'll often talk about in treatment with teens is like, the enhancement with.

116 "Conor O'Neill" (1984697856)

00:15:52.709 --> 00:15:58.764

It's like anything I do is better if I'm high or it's better if I have a few drinks and we challenge that assumption.

117 "Conor O'Neill" (1984697856)

00:15:59.364 --> 00:16:12.624

But what happens when teams develop a substance use condition is they might not actually experience joy and interest to the same extent that they used to because the drugs or alcohol hijacked their brain and the pleasure rewards.

118 "Conor O'Neill" (1984697856)

00:16:12.709 --> 00:16:20.279

In their brain to where truly they get the pleasure from the drug and not as much from what they used to like to do.

119 "Conor O'Neill" (1984697856)

00:16:20.279 --> 00:16:26.249

Really important to look for changes in friend groups. I I mean, friends.

120 "Conor O'Neill" (1984697856)

00:16:26.724 --> 00:16:39.534

Have power, right they have power at all ages, especially for teams, and we want to be mindful of what those friend groups are doing and if there's changes in frame groups,

121 "Conor O'Neill" (1984697856)

00:16:39.564 --> 00:16:46.164

this is 1 thing that we see with teams that use drugs and alcohol, they tend to stick together, it's not to say that.

122 "Conor O'Neill" (1984697856)

00:16:46.249 --> 00:16:57.734

Teams don't use by themselves as well, which is a significant concern and risk factor, but many times, uh, teams that use used together and they end up spending time together with friends.

123 "Conor O'Neill" (1984697856)

00:16:57.734 --> 00:17:02.054

So this becomes very reinforcing cause the people around that are supporting.

124 "Conor O'Neill" (1984697856)

00:17:02.549 --> 00:17:08.039

So, emotional or behavioral science might be irritability or anger.

125 "Conor O'Neill" (1984697856)

00:17:08.154 --> 00:17:22.044

Changes in their sleeping and eating, we especially see this was sleeping. Are they staying up late or are they having trouble waking

up? Are they drowsy throughout the day? And I know you might be saying, well, that just sounds like every teenager on the planet, which could be true.

126 "Conor O'Neill" (1984697856)
00:17:22.314 --> 00:17:25.374
So that's why we say, look for changes.

127 "Conor O'Neill" (1984697856)
00:17:26.394 --> 00:17:40.374
changes in their physical appearance things like red eyes drowsy eyes are there are there's sense or smells that might mean they're using right looking for different things like that

128 "Conor O'Neill" (1984697856)
00:17:41.094 --> 00:17:42.894
rule breaking behavior

129 "Conor O'Neill" (1984697856)
00:17:42.989 --> 00:17:53.939
Are they avoiding interactions with parents? Are they trying to steer clear of parents? Especially maybe when they come home after spending time with friends, or go into an activity, or there might not have been so much supervision.

130 "Conor O'Neill" (1984697856)
00:17:53.939 --> 00:17:58.169
Looking for any behaviors of stealing or lying.

131 "Conor O'Neill" (1984697856)
00:17:58.169 --> 00:18:09.839
Frequently asking for money and not having a good reason, or evidence of what that money was spent on right? Because the money can be spent on drugs or alcohol.

132 "Conor O'Neill" (1984697856)
00:18:09.839 --> 00:18:24.509
We know declining grades, irresponsible behaviors changes in these things can mean that a team might be using drugs or alcohol, and then social media activity. There's a lot of ways that warning signs can be flagged through social media.

133 "Conor O'Neill" (1984697856)
00:18:24.509 --> 00:18:27.809
We look at things like the posts that the team are making.

134 "Conor O'Neill" (1984697856)
00:18:28.014 --> 00:18:40.524
Who they're following what type of hashtags they're using, there can be warning signs embedded in the direct messages that they have with

people we see teams with secret accounts that are different from their other accounts.

135 "Conor O'Neill" (1984697856)

00:18:40.524 --> 00:18:47.784

And that's where they engage with substance, use, related behavior, communication, et cetera. I'm going to talk a little bit more about social.

136 "Conor O'Neill" (1984697856)

00:18:47.809 --> 00:18:52.169

Media role as well.

137 "Conor O'Neill" (1984697856)

00:18:52.169 --> 00:18:58.529

there are so many ways that social media can impact teams and it can also impact substance use by teams

138 "Conor O'Neill" (1984697856)

00:19:00.234 --> 00:19:06.264

Social media is a place of information, and it's the spreading of information, but this information is not always accurate.

139 "Conor O'Neill" (1984697856)

00:19:06.834 --> 00:19:17.454

And so oftentimes teams are exposed information about drugs and alcohol that provide 1 side of the story or 1 aspect of information.

140 "Conor O'Neill" (1984697856)

00:19:17.729 --> 00:19:23.759

Teenage substance use on social media, it can be romanticized.

141 "Conor O'Neill" (1984697856)

00:19:23.759 --> 00:19:28.829

Glamorized it can look cool or it can look harmless.

142 "Conor O'Neill" (1984697856)

00:19:29.184 --> 00:19:41.184

And this is misinformation, oftentimes substance use when portrayed on social media, is it, it minimizes the potential problems.

143 "Conor O'Neill" (1984697856)

00:19:41.724 --> 00:19:48.744

Oftentimes it shows that maybe even the perceived benefits, but not the problems that go along with it, which.

144 "Conor O'Neill" (1984697856)

00:19:48.829 --> 00:19:54.839

You know, we're there, there can be really dangerous trends on about substance issues.

145 "Conor O'Neill" (1984697856)

00:19:54.839 --> 00:19:58.949

Thinking back to things like tech, top challenges.

146 "Conor O'Neill" (1984697856)

00:19:58.949 --> 00:20:07.619

Extremely dangerous challenges that have to do with ingesting things that can cause very serious bodily harm.

147 "Conor O'Neill" (1984697856)

00:20:07.619 --> 00:20:14.339

Social media is a place of access, not just for information, but it can actually be a place to access drugs and alcohol.

148 "Conor O'Neill" (1984697856)

00:20:14.339 --> 00:20:19.649

Drug dealers will advertise their substances on social media.

149 "Conor O'Neill" (1984697856)

00:20:19.649 --> 00:20:33.269

They will go on things like Snapchat or Instagram, and quite literally advertise the product that they have available to sell and it's used as a platform to connect and distribute and access drugs.

150 "Conor O'Neill" (1984697856)

00:20:33.269 --> 00:20:41.279

There's also things like money apps that create an anonymous market face for the buying and selling of substances.

151 "Conor O'Neill" (1984697856)

00:20:41.279 --> 00:20:45.929

As you can see collectively, this is a concern.

152 "Conor O'Neill" (1984697856)

00:20:45.929 --> 00:20:56.099

But there are things that we can be looking out for. This is just 1 example. Okay, this is.

153 "Conor O'Neill" (1984697856)

00:20:56.394 --> 00:21:07.164

A document put out by the DVA. That is decoded. Okay, this is not exhaustive again. This doesn't include all the emojis.

154 "Conor O'Neill" (1984697856)

00:21:07.164 --> 00:21:14.964

That could represent, um, drug use by teams, but it gives you a list of some things. That could be looked at. It could be looking out for.

155 "Conor O'Neill" (1984697856)

00:21:15.239 --> 00:21:20.549

It's broken down by different drug categories and what it might mean.

156 "Conor O'Neill" (1984697856)

00:21:20.574 --> 00:21:34.464

My takeaway here is being mindful of the context of emojis. I mean, we know teams, they speak through text the speaker emoji. Right? It's not uncommon. Some of this might be completely benign.

157 "Conor O'Neill" (1984697856)

00:21:34.644 --> 00:21:36.384

Not cause for concern.

158 "Conor O'Neill" (1984697856)

00:21:36.719 --> 00:21:47.549

But it might be a huge concern. So, being able to be aware of what this might look like, in the context of communication and social media or texting can be important.

159 "Conor O'Neill" (1984697856)

00:21:52.769 --> 00:21:57.359

I want to just pause and take a look to see if there's any questions so far.

160 "Conor O'Neill" (1984697856)

00:21:57.359 --> 00:22:05.309

I don't see any coming in so I'll keep moving along, but please feel free to, to answer your questions. If you have any, as we go and I'll do my best to answer.

161 "Conor O'Neill" (1984697856)

00:22:05.309 --> 00:22:10.529

I want to speak now to the impact of a substance use disorder.

162 "Conor O'Neill" (1984697856)

00:22:10.529 --> 00:22:16.799

On teams, there are 3 key things that we look for.

163 "Conor O'Neill" (1984697856)

00:22:16.799 --> 00:22:21.959

When we consider the potential impacts for a team and their substances.

164 "Conor O'Neill" (1984697856)

00:22:21.959 --> 00:22:25.559

The 1st is the age of.

165 "Conor O'Neill" (1984697856)

00:22:25.559 --> 00:22:34.619

When did they start using substances? And, as I mentioned before the

earlier, someone starts using substances, the more concerns that we have.

166 "Conor O'Neill" (1984697856)

00:22:34.619 --> 00:22:39.809

And the evidence is really clear on this the longer we can.

167 "Conor O'Neill" (1984697856)

00:22:39.809 --> 00:22:52.319

Get a teenager to wait to use drugs and alcohol the less likely they are to develop a substances condition. That doesn't mean it won't still happen but it does mean that they're less likely to.

168 "Conor O'Neill" (1984697856)

00:22:52.319 --> 00:22:57.029

How frequently a teenager is using substances.

169 "Conor O'Neill" (1984697856)

00:22:57.029 --> 00:23:09.209

As well, as the severity of their use, severity of use is kind of a broad term. I mean, there's a lot that can go into that. Some things that we think about when we, when we use the term severity.

170 "Conor O'Neill" (1984697856)

00:23:09.209 --> 00:23:13.529

Is the amount of a drug or the amount of alcohol.

171 "Conor O'Neill" (1984697856)

00:23:13.529 --> 00:23:23.759

It can go along with frequency. It might be the environment or setting and behavior that follows.

172 "Conor O'Neill" (1984697856)

00:23:23.759 --> 00:23:29.039

Drugs and alcohol use, so there might be more risky behavior like driving a car.

173 "Conor O'Neill" (1984697856)

00:23:29.039 --> 00:23:43.674

The type of drug or alcohol use, not all substances are created equal. Some are more dangerous than others and teams that use more dangerous drugs and move on to expanding into different types of substances.

174 "Conor O'Neill" (1984697856)

00:23:44.064 --> 00:23:47.934

That's a concern. And it can, it's more likely to lead to a substance use disorder.

175 "Conor O'Neill" (1984697856)

00:23:48.179 --> 00:23:58.289

When these things are present teams are more likely to have a number of adverse negative impacts on their lives.

176 "Conor O'Neill" (1984697856)

00:23:58.289 --> 00:24:03.149

And not just their lives, but frankly, the lives of those around them as well, like their family members.

177 "Conor O'Neill" (1984697856)

00:24:03.149 --> 00:24:07.799

Teams are more likely to have poor school achievement.

178 "Conor O'Neill" (1984697856)

00:24:07.799 --> 00:24:13.619

It creates problems with relationships with family and with friendships.

179 "Conor O'Neill" (1984697856)

00:24:13.619 --> 00:24:19.109

It can lead to future mental health difficulties. I would all say it can.

180 "Conor O'Neill" (1984697856)

00:24:19.554 --> 00:24:29.904

For long exacerbate and reinforce current mental health difficulties again, it's a very complex relationship, mental health and substance abuse,

181 "Conor O'Neill" (1984697856)

00:24:30.474 --> 00:24:37.794

but we know that often times 1 can lead to the other and together. They have more negative outcomes for teams.

182 "Conor O'Neill" (1984697856)

00:24:37.979 --> 00:24:41.309

There is an increased risk of suicide.

183 "Conor O'Neill" (1984697856)

00:24:41.309 --> 00:24:45.359

And there is an increased risk of serious.

184 "Conor O'Neill" (1984697856)

00:24:45.654 --> 00:24:58.704

Arm through things like accidents, violence and irresponsible sexual activity, meaning unprotected sex there's greater risk for sexual assault, being a victim of rape or sexual.

185 "Conor O'Neill" (1984697856)

00:25:00.509 --> 00:25:08.309

And there are serious substance use problems that persist later into

life when a team has a substance use disorder earlier on.

186 "Conor O'Neill" (1984697856)

00:25:08.309 --> 00:25:18.959

There are a number of negative outcomes for adulthood. I don't want to spend time going through all of these today, but certainly you can see they mirror that.

187 "Conor O'Neill" (1984697856)

00:25:18.959 --> 00:25:22.439

Uh, the, the negative impacts as a team.

188 "Conor O'Neill" (1984697856)

00:25:22.439 --> 00:25:31.199

And then some, and and it really, it continues to worse it over time for many teams. If it's not treated appropriately.

189 "Conor O'Neill" (1984697856)

00:25:31.199 --> 00:25:42.719

The increase risk for suicide continues, there are brain and parents in adulthood that can be the result of teenage substance use disorders that go and treated.

190 "Conor O'Neill" (1984697856)

00:25:43.104 --> 00:25:49.404

Adults are more likely to have to be incarcerated or be involved in the legal system,

191 "Conor O'Neill" (1984697856)

00:25:49.404 --> 00:25:58.644

more likely to experience homelessness and poverty more likely to be hospitalized and less likely to receive the treatment that they need.

192 "Conor O'Neill" (1984697856)

00:26:02.819 --> 00:26:07.109

All of this is to say, I just want to make a summary point here.

193 "Conor O'Neill" (1984697856)

00:26:07.109 --> 00:26:17.819

That it's really important to intervene as early as we can. So we can give teams the best chance possible to prevent some of these negative outcomes in adulthood.

194 "Conor O'Neill" (1984697856)

00:26:20.999 --> 00:26:27.419

So, now I want to talk a little bit about the current trends that we're seeing just recently and.

195 "Conor O'Neill" (1984697856)

00:26:27.419 --> 00:26:40.439

Trends and substance use have been a hot topic as it relates to the pandemic, because there's been some notable changes and I'm going to speak to that. Today. Those changes aren't just for adults. They're for teenagers, too.

196 "Conor O'Neill" (1984697856)

00:26:40.439 --> 00:26:48.899

To begin the most commonly used substances by teenagers include nicotine alcohol in canvas.

197 "Conor O'Neill" (1984697856)

00:26:49.494 --> 00:27:01.854

Today I'm going to talk a little bit more about the alcohol and the cannabis side of things, but that's not to to underestimate the substantial impact that nicotine has on teens.

198 "Conor O'Neill" (1984697856)

00:27:02.004 --> 00:27:07.854

And particularly the impact that nicotine has through adulthood, which many times starts in teenagers.

199 "Conor O'Neill" (1984697856)

00:27:08.129 --> 00:27:17.009

Substance use disorders, having disproportionate impact on certain teenage populations.

200 "Conor O'Neill" (1984697856)

00:27:17.009 --> 00:27:25.379

This means that teenagers who report having to identifying as having 2 or more races.

201 "Conor O'Neill" (1984697856)

00:27:25.379 --> 00:27:30.089

teenagers that identifies american indian or alaskan native

202 "Conor O'Neill" (1984697856)

00:27:30.089 --> 00:27:34.229

And teenagers who identify as.

203 "Conor O'Neill" (1984697856)

00:27:34.229 --> 00:27:44.909

Being part of the plus communities all are at higher risk for substances, compared to their peers.

204 "Conor O'Neill" (1984697856)

00:27:44.909 --> 00:27:50.009

There have been impacts by the pandemic, but perhaps surprisingly.

205 "Conor O'Neill" (1984697856)

00:27:50.009 --> 00:27:54.449

They've been relatively positive as it relates to substance use.

206 "Conor O'Neill" (1984697856)

00:27:54.449 --> 00:28:00.419

Substitutes rates and teens decline from 2020 to 2021.

207 "Conor O'Neill" (1984697856)

00:28:00.419 --> 00:28:03.629

And these declines have held steady.

208 "Conor O'Neill" (1984697856)

00:28:03.629 --> 00:28:08.759

From 2021 to 2022 for the most part, which is.

209 "Conor O'Neill" (1984697856)

00:28:08.759 --> 00:28:20.939

Very encouraging to see now the question of why do these declines occur with the pandemic when the pandemic created so much stress, and it contributed mental health difficulties, right? It almost seems.

210 "Conor O'Neill" (1984697856)

00:28:20.939 --> 00:28:34.169

Like, that's the opposite of what we would have expected. And the answer is this is still being research. We have a lot to learn. We have so much to learn about how the pandemic is impacted our, our society and, and our behavior as people.

211 "Conor O'Neill" (1984697856)

00:28:34.169 --> 00:28:47.639

1 potential reason might be reduced access to drugs and on call when things shut down, there was a restriction in access for teens in many ways.

212 "Conor O'Neill" (1984697856)

00:28:47.639 --> 00:28:52.769

Importantly, when things open back up, these declines held steady.

213 "Conor O'Neill" (1984697856)

00:28:52.769 --> 00:29:00.899

So, we really want to learn more about what, why is that? What can we be doing more of to maintain and continue to clients.

214 "Conor O'Neill" (1984697856)

00:29:00.899 --> 00:29:09.269

Now, that's the good news. The concerning news is that declines and substance use. Don't tell the whole story.

215 "Conor O'Neill" (1984697856)

00:29:09.269 --> 00:29:13.949

Prevalence is 1 part danger.

216 "Conor O'Neill" (1984697856)

00:29:13.949 --> 00:29:19.109

Overdose and death by substance use is another part.

217 "Conor O'Neill" (1984697856)

00:29:19.109 --> 00:29:23.609

And unfortunately, overdose deaths have actually written.

218 "Conor O'Neill" (1984697856)

00:29:23.609 --> 00:29:26.609

Despite the fact that rates.

219 "Conor O'Neill" (1984697856)

00:29:26.609 --> 00:29:37.229

Have gone down or stay stable. I see a couple of questions in the chat here. So I want to take a look.

220 "Conor O'Neill" (1984697856)

00:29:37.229 --> 00:29:45.569

All right is it okay to give a team nicotine gum as a replacement? If they're addicted to vaping is the gum a safer choice? What? A great question.

221 "Conor O'Neill" (1984697856)

00:29:46.284 --> 00:29:50.754

My opinion on this is that, you know what we're really talking about here.

222 "Conor O'Neill" (1984697856)

00:29:50.754 --> 00:30:03.624

This is a question about, um, really getting at, like, harm reduction and an approach to treatment that can minimize the potential consequences of being a, of nicotine by teams. Um, well, while.

223 "Conor O'Neill" (1984697856)

00:30:03.929 --> 00:30:10.769

Kind of slowly moving towards, uh, complete abstinence or sensation.

224 "Conor O'Neill" (1984697856)

00:30:10.769 --> 00:30:16.109

You know, my, my approach to this would be.

225 "Conor O'Neill" (1984697856)

00:30:16.109 --> 00:30:20.609

If we can, if we can get to abstinence, that's the goal.

226 "Conor O'Neill" (1984697856)

00:30:20.904 --> 00:30:34.134

How we get there is another question, I would advise working with a

professional in this approach and really monitoring closely so that there isn't any double dipping.

227 "Conor O'Neill" (1984697856)

00:30:34.134 --> 00:30:40.524

Like, there's, there's nicotine gum, but there's also maybe still going on because then they're going to be even more nicotine. So.

228 "Conor O'Neill" (1984697856)

00:30:40.609 --> 00:30:45.824

This is important to monitor very closely with the work of a professional. That would be my recommendation.

229 "Conor O'Neill" (1984697856)

00:30:46.034 --> 00:30:57.674

But there there is, you know, a path here where what's the best way to sort of scale down the potential harm of nicotine and just prevent nicotine addiction? Because that's the biggest concern, right?

230 "Conor O'Neill" (1984697856)

00:30:59.099 --> 00:31:11.189

Another question, what are the common substances currently? Uh, good question. The most commonly ones used are nicotine alcohol and cannabis, which is marijuana or weed and.

231 "Conor O'Neill" (1984697856)

00:31:11.904 --> 00:31:24.384

This these are the ones that I'm talking about a little bit. Now, there are some anecdotal trends that I've observed as it relates to teenage substance use with more, um, some more dangerous substances.

232 "Conor O'Neill" (1984697856)

00:31:24.624 --> 00:31:31.164

We're seeing things like teams buying drugs on the street that are synthetic. We're seeing.

233 "Conor O'Neill" (1984697856)

00:31:31.189 --> 00:31:36.179

We're seeing increases in, you know, like street xanax.

234 "Conor O'Neill" (1984697856)

00:31:36.179 --> 00:31:42.719

Which isn't Xanax is danger enough as dangerous enough as it is. And often times it's this is.

235 "Conor O'Neill" (1984697856)

00:31:42.719 --> 00:31:53.609

Unclear what chemicals are in the pill or powder and oftentimes, and sometimes I should say there can be fat and all in there, which is what I'm going to speak to in the next slide or so.

236 "Conor O'Neill" (1984697856)

00:31:53.609 --> 00:32:05.399

We see different types of over the counter medications being used things like things like like abusing Benadryl. Uh, that's the trend that we were seeing in our substance use clinic.

237 "Conor O'Neill" (1984697856)

00:32:05.694 --> 00:32:20.694

We see things that are marketed as supplements are sold in tobacco and big shops, like freedom, or depending on how you describe it. This is opioid, like properties. Um, there's not a whole lot of research out on it. There are negative consequences.

238 "Conor O'Neill" (1984697856)

00:32:20.694 --> 00:32:25.314

It is addictive. I've treated it personally and and it's available.

239 "Conor O'Neill" (1984697856)

00:32:25.399 --> 00:32:37.919

You're supposed to be at least 18, and there's certain states that are passing laws around these types of products, but it's hard to keep up. So many products are being developed. And it's hard to keep up with, uh, the long regulations.

240 "Conor O'Neill" (1984697856)

00:32:37.919 --> 00:32:42.059

We are seeing an increase in cannabis use.

241 "Conor O'Neill" (1984697856)

00:32:42.084 --> 00:32:48.084

Not just the flower the or the bud, but there's all sorts of ways to ingest cannabis.

242 "Conor O'Neill" (1984697856)

00:32:48.114 --> 00:33:00.054

I have a few slides on that later, but to highlight a few of the trends cannabis is, you know, the folks that sell this stuff in the market. And I don't mean like drug dealers. I mean, companies, they're crafty.

243 "Conor O'Neill" (1984697856)

00:33:00.449 --> 00:33:06.029

And they've come up with ways in certain states to sell legal cannabis.

244 "Conor O'Neill" (1984697856)

00:33:06.029 --> 00:33:09.569

Um, even where illegal.

245 "Conor O'Neill" (1984697856)

00:33:09.569 --> 00:33:17.219

By taking the predominantly CBD plan, which is legal, federally.

246 "Conor O'Neill" (1984697856)

00:33:17.219 --> 00:33:32.184

Based on the percentage of it's in the plan, but a very low percentage of THC and a plan is federally legal and then they go through a chemical process to create things like Delta 8 or THC 0.

247 "Conor O'Neill" (1984697856)

00:33:32.214 --> 00:33:32.994

or a.

248 "Conor O'Neill" (1984697856)

00:33:33.209 --> 00:33:48.054

These are psycho active canvas products that can be bought in nicotine in vape shops and they get people high and they're not to mention the quality control concerns, but we don't really have a great sense of how they impact the brain or body.

249 "Conor O'Neill" (1984697856)

00:33:48.054 --> 00:33:50.244

Yet. These are some of the trends that we've seen.

250 "Conor O'Neill" (1984697856)

00:33:50.579 --> 00:34:02.009

Another question here does ADHD represent a higher risk factor for substance use disorders. How can we reduce that risk as parents of a child? With ADHD? What a great question, you know.

251 "Conor O'Neill" (1984697856)

00:34:02.274 --> 00:34:09.654

The short answer is, yes, because we're thinking about like, risk behavior as a whole is more likely to occur with short term. With ADHD.

252 "Conor O'Neill" (1984697856)

00:34:09.834 --> 00:34:21.924

It's not that kids with ADHD are automatically biologically more likely to use substances, but they may be more likely to take risks. They may be less likely to think all.

253 "Conor O'Neill" (1984697856)

00:34:22.009 --> 00:34:31.424

The way ahead at the potential consequences of use, and they may be more impulsive and maybe more likely to use in risky situations and things of that nature.

254 "Conor O'Neill" (1984697856)

00:34:31.754 --> 00:34:41.504

So, when it comes to working with kids with ADHD that we have concern about substances, I would say it starts with some of the things we're talking about earlier, look for changes.

255 "Conor O'Neill" (1984697856)

00:34:41.759 --> 00:34:52.409

Look for warning signs, and I'm going to talk later about how to talk with kids about substance use and I think we'll have some good recommendations there as well.

256 "Conor O'Neill" (1984697856)

00:34:52.409 --> 00:35:03.299

All right, coming back to our current trends, this slide simply shows the declines that we've seen across 810 and 12 graders as it relates to any illicit drug use.

257 "Conor O'Neill" (1984697856)

00:35:03.299 --> 00:35:16.439

In the past year, you know, so, the big takeaway for, for me here that I would I would highlight is that we're seeing declines across, you know, pretty much the span of teenage years through that 2020 to 2021 year.

258 "Conor O'Neill" (1984697856)

00:35:20.489 --> 00:35:25.409

Here it is a table form, and it's broken down a little bit more and not just lifetime use.

259 "Conor O'Neill" (1984697856)

00:35:25.409 --> 00:35:30.179

But, past year and past 30 days for alcohol.

260 "Conor O'Neill" (1984697856)

00:35:30.179 --> 00:35:33.779

Excuse me and cannabis. All right.

261 "Conor O'Neill" (1984697856)

00:35:33.779 --> 00:35:39.119

So we can see lifetime use for alcohol is the highest.

262 "Conor O'Neill" (1984697856)

00:35:39.119 --> 00:35:43.469

And lifetime used for cannabis it's next, right? This makes sense.

263 "Conor O'Neill" (1984697856)

00:35:43.469 --> 00:35:47.309

I'd like to look at the past 30 days.

264 "Conor O'Neill" (1984697856)

00:35:47.309 --> 00:35:50.849

For me, this gets that frequency a little bit more.

265 "Conor O'Neill" (1984697856)

00:35:50.849 --> 00:35:56.459

How often are teenagers doing this? Not just once in their life, but, you know, in the past month.

266 "Conor O'Neill" (1984697856)

00:35:56.459 --> 00:36:03.179

Have they use 1 of these substances then for 12 graders? Almost 30% that they have.

267 "Conor O'Neill" (1984697856)

00:36:03.179 --> 00:36:15.239

And for cannabis, we see, it's actually not that far off. Right there's a bigger difference between the 28% of 12 graders for alcohol use in the past 30 days and 20% for cannabis use.

268 "Conor O'Neill" (1984697856)

00:36:15.239 --> 00:36:18.749

But let's go down a couple of grades and look at the past 30 days.

269 "Conor O'Neill" (1984697856)

00:36:18.749 --> 00:36:25.259

For 8th graders, 6% report using alcohol in the past 30 days. 5% report using cannabis.

270 "Conor O'Neill" (1984697856)

00:36:25.259 --> 00:36:30.179

Similar sort of, um, comparisons for 10th graders, but more frequent. Of course.

271 "Conor O'Neill" (1984697856)

00:36:30.179 --> 00:36:35.759

I happen to think that the cannabis rates might be a little bit under reported.

272 "Conor O'Neill" (1984697856)

00:36:35.759 --> 00:36:39.539

Even when the numbers we have here, we know what's a concern.

273 "Conor O'Neill" (1984697856)

00:36:43.919 --> 00:36:49.079

I mentioned that the danger danger of substances.

274 "Conor O'Neill" (1984697856)

00:36:49.079 --> 00:36:53.999

Has actually grown despite prevalence going down, or staying state.

275 "Conor O'Neill" (1984697856)
00:36:53.999 --> 00:37:02.399
15% of teams report having ever used some particularly dangerous drugs.

276 "Conor O'Neill" (1984697856)
00:37:02.399 --> 00:37:05.759
Okay, inhalants.

277 "Conor O'Neill" (1984697856)
00:37:05.759 --> 00:37:09.419
Marilyn methamphetamine.

278 "Conor O'Neill" (1984697856)
00:37:09.419 --> 00:37:15.629
Hallucinogens MDMA or to see.

279 "Conor O'Neill" (1984697856)
00:37:15.629 --> 00:37:21.299
14% report misusing prescription opioids.

280 "Conor O'Neill" (1984697856)
00:37:21.299 --> 00:37:27.749
This is what I was talking about when I said severity of substances.

281 "Conor O'Neill" (1984697856)
00:37:27.749 --> 00:37:31.139
Overdose steps have increased.

282 "Conor O'Neill" (1984697856)
00:37:31.139 --> 00:37:40.139
Dramatically in the last 2 years, this is largely attributed to that all. I'm going to speak to that a little bit more, but just to put this in context.

283 "Conor O'Neill" (1984697856)
00:37:40.139 --> 00:37:47.489
There was a 94% increase in overdose tax among teams through 2019 to 2020.

284 "Conor O'Neill" (1984697856)
00:37:47.489 --> 00:37:50.819
And then from 2020 to 2021.

285 "Conor O'Neill" (1984697856)
00:37:50.819 --> 00:37:53.819
A 20% increase over top of that.

286 "Conor O'Neill" (1984697856)
00:37:53.819 --> 00:38:06.719

We're seeing more than just fat and all being responsible for deaths. Now we're seeing other synthetic drugs that are extremely powerful. Extremely dangerous.

287 "Conor O'Neill" (1984697856)

00:38:06.719 --> 00:38:14.880

This graph demonstrates the deadly impact of feminine.

288 "Conor O'Neill" (1984697856)

00:38:14.880 --> 00:38:22.470

This line here is and other synthetics, like it.

289 "Conor O'Neill" (1984697856)

00:38:22.470 --> 00:38:29.820

These lines down here, you can see the table are different drug classes that can result in overdose.

290 "Conor O'Neill" (1984697856)

00:38:29.820 --> 00:38:34.710

benzodiazepines, these are your this is your.

291 "Conor O'Neill" (1984697856)

00:38:34.710 --> 00:38:39.870

Methamphetamine cocaine prescription, opioids heroin.

292 "Conor O'Neill" (1984697856)

00:38:39.870 --> 00:38:44.250

Now, Here's what's really interesting when.

293 "Conor O'Neill" (1984697856)

00:38:44.250 --> 00:38:49.260

There have been some slight optics and overdose debts since some of these drug categories.

294 "Conor O'Neill" (1984697856)

00:38:49.260 --> 00:38:57.600

But when fat and all is removed, when they've researched this and looked at these drug classes, where all was not detected.

295 "Conor O'Neill" (1984697856)

00:38:57.600 --> 00:39:09.420

They actually gone down, so overwhelmingly responsible for the vast majority of overdoses that have increased in recent years. And if you were curious, this dotted line here, this is the pandemic.

296 "Conor O'Neill" (1984697856)

00:39:09.420 --> 00:39:17.850

Um, it did not slow down. It went up how dangerous is.

297 "Conor O'Neill" (1984697856)

00:39:17.850 --> 00:39:21.930
Well, 2 milligrams can illegal.

298 "Conor O'Neill" (1984697856)
00:39:21.930 --> 00:39:29.520
2 milligrams here is depicted. Oh, it looks like my slide. Got a little, um, moved over the content here. I'm sorry 2 miligrams is depicted here.

299 "Conor O'Neill" (1984697856)
00:39:29.520 --> 00:39:43.620
Next to a penny, that could be a lethal dose. It is 50 times more powerful than heroin. And as I mentioned, it's believed to be the primary driver of the increase in overdose steps across all different categories currently because we're finding it in there.

300 "Conor O'Neill" (1984697856)
00:39:43.620 --> 00:39:54.180
It is being laced with different drugs particularly. This is anecdotal, but particularly the street Xanax pills.

301 "Conor O'Neill" (1984697856)
00:39:54.180 --> 00:40:00.210
This is very dangerous not just because of on its own is deadly, which it is. Of course.

302 "Conor O'Neill" (1984697856)
00:40:00.210 --> 00:40:03.990
But because the folks making these street drugs.

303 "Conor O'Neill" (1984697856)
00:40:03.990 --> 00:40:07.950
There's no quality control, right? This is.

304 "Conor O'Neill" (1984697856)
00:40:07.950 --> 00:40:12.660
Something that can result in what we call hotspots.

305 "Conor O'Neill" (1984697856)
00:40:12.660 --> 00:40:22.740
This is when a street drug is sold, whether it be in a pill form, or maybe a baggy form, but some sort of powder or condensed powder.

306 "Conor O'Neill" (1984697856)
00:40:22.740 --> 00:40:32.640
And it's not even lead to strip the fat and all that's in there. But at least it's not evenly distributed across the whole bag across the whole pill. It can be concentrated in 1 spot.

307 "Conor O'Neill" (1984697856)

00:40:32.640 --> 00:40:35.790
And if somebody takes just that spot.

308 "Conor O'Neill" (1984697856)
00:40:35.790 --> 00:40:40.500
Then they are taking all of the funnel and it can be deadly.

309 "Conor O'Neill" (1984697856)
00:40:40.500 --> 00:40:48.300
People that don't have a tolerance. Opiates are more likely to overdose and die from response to.

310 "Conor O'Neill" (1984697856)
00:40:48.300 --> 00:40:57.630
So, if a team thinks they're taking something, but it actually has been all in it and they've never taken notes before. Then this is a particularly dangerous scenario.

311 "Conor O'Neill" (1984697856)
00:40:57.630 --> 00:41:03.150
And as I mentioned, the increase of this stuff is going up.

312 "Conor O'Neill" (1984697856)
00:41:03.150 --> 00:41:10.105
I want to pivot now to talk a little bit more about cannabis. This is, you know, the the 2nd, most common drug used by teams.

313 "Conor O'Neill" (1984697856)
00:41:10.135 --> 00:41:21.715
All right, and there's a lot of information and misinformation and a whole lot of different beliefs about cannabis use, and as it relates to teams. So I'm here to give a perspective on the current research.

314 "Conor O'Neill" (1984697856)
00:41:22.825 --> 00:41:36.385
Our knowledge is still growing, we're still learning about how cannabis use impacts teams. 1 of the things that we do know is that it is a fundamentally different drug than it was 30 years ago. Okay.

315 "Conor O'Neill" (1984697856)
00:41:36.565 --> 00:41:41.965
Thc and weed and marijuana and cannabis is different. Now.

316 "Conor O'Neill" (1984697856)
00:41:42.020 --> 00:41:51.450
It is skyrocketed it used to be the concentration of THC and the flower, the bud back in the 90 s was like, less than 5%.

317 "Conor O'Neill" (1984697856)
00:41:51.450 --> 00:42:05.370

Now, it can be over 20% and there are different ways. There. We have things like, concentrates like, vaping cannabis or there's, this thing's called wax or shard and.

318 "Conor O'Neill" (1984697856)
00:42:05.370 --> 00:42:09.120
Dabs these are highly concentrated.

319 "Conor O'Neill" (1984697856)
00:42:09.120 --> 00:42:14.430
That can be upwards of 90% so it's a different impact on the brain.

320 "Conor O'Neill" (1984697856)
00:42:14.430 --> 00:42:23.250
The frequency and the strength of cannabis really matters for brand development and teenagers. I'm going to get into this a bit more.

321 "Conor O'Neill" (1984697856)
00:42:23.250 --> 00:42:33.000
I mentioned these synthetics, like the delta a, and the oh, they're available. They're available. We're nicotine is sold during gas stations a lot of times, depending on the state.

322 "Conor O'Neill" (1984697856)
00:42:33.000 --> 00:42:37.380
Um, although States are catching up and and some states are passing laws against this.

323 "Conor O'Neill" (1984697856)
00:42:37.380 --> 00:42:40.860
The methods can be harder to detect. It's not just.

324 "Conor O'Neill" (1984697856)
00:42:40.860 --> 00:42:47.880
You smoke and oh, you might smell like marijuana and your eyes and bloodshot and, you know, now.

325 "Conor O'Neill" (1984697856)
00:42:47.880 --> 00:43:01.615
You can take them as an edible. You can ingest cannabis through bathing through these cartridges or other high concentrates. It can be true to do a picture, which is a little droplet. That can be put on your tongue or, um, in your mouth.

326 "Conor O'Neill" (1984697856)
00:43:01.915 --> 00:43:05.005
There are different drinks or lozenges and.

327 "Conor O'Neill" (1984697856)
00:43:05.370 --> 00:43:08.850

Candy so many ways that canvas can be adjusted.

328 "Conor O'Neill" (1984697856)

00:43:14.460 --> 00:43:25.075

So, how does cannabis work in the brain, especially with teams? Um, well, this is how it works for everybody starting here. Cannabis use, increases and decreases different brain chemicals.

329 "Conor O'Neill" (1984697856)

00:43:25.165 --> 00:43:34.435

These changes eventually lead to the release of 1, particular brain, chemical called dopamine, which is sometimes referred to as the pleasure.

330 "Conor O'Neill" (1984697856)

00:43:34.460 --> 00:43:39.480

Chemical, what happens when dopamine is released the brain gets rewarded.

331 "Conor O'Neill" (1984697856)

00:43:39.480 --> 00:43:50.280

It feels good. This relates to what I was going back to you earlier and to talk about how teams might do less of what they used to, like, because they're getting rewarded for the directives. Their brain is being recorded.

332 "Conor O'Neill" (1984697856)

00:43:50.280 --> 00:43:56.010

Frequent use leads to needing more.

333 "Conor O'Neill" (1984697856)

00:43:56.010 --> 00:44:01.080

Cannabis to get the same effect. This is classic path to addiction.

334 "Conor O'Neill" (1984697856)

00:44:01.080 --> 00:44:07.650

And, yes, marijuana can be addictive for teams and communicate for anybody.

335 "Conor O'Neill" (1984697856)

00:44:07.650 --> 00:44:13.500

Teams brands respond differently than adults. So cannabis affects teenagers differently.

336 "Conor O'Neill" (1984697856)

00:44:13.500 --> 00:44:20.070

Our brains have something called the endocannabinoid system, or.

337 "Conor O'Neill" (1984697856)

00:44:20.070 --> 00:44:30.360

And we all have us, and it's responsible for all sorts of different brain functions and frankly we're learning more and more about what this particular brain system does. But we know it's related to things like eating.

338 "Conor O'Neill" (1984697856)

00:44:30.360 --> 00:44:35.040

Anxiety learning and memory, and I'm just gonna pause there.

339 "Conor O'Neill" (1984697856)

00:44:35.040 --> 00:44:39.600

Can probably see how each of those things can relate to using cannabis right?

340 "Conor O'Neill" (1984697856)

00:44:39.600 --> 00:44:44.790

It's related to things like reproduction, metabolism, growth and development.

341 "Conor O'Neill" (1984697856)

00:44:44.790 --> 00:44:50.820

And when someone uses cannabis, it directly impacts their endocannabinoid system.

342 "Conor O'Neill" (1984697856)

00:44:50.820 --> 00:45:00.810

The problem for teens is that their endocannabinoid system is undergoing rapid and significant changes.

343 "Conor O'Neill" (1984697856)

00:45:00.810 --> 00:45:06.360

During teenage years, so when teens use cannabis.

344 "Conor O'Neill" (1984697856)

00:45:06.360 --> 00:45:12.360

They're actually disrupting the natural development of this brain structure.

345 "Conor O'Neill" (1984697856)

00:45:12.360 --> 00:45:17.220

This is 1 of the reasons why teens have different.

346 "Conor O'Neill" (1984697856)

00:45:17.220 --> 00:45:21.330

Adverse impacts from cannabis use than adults.

347 "Conor O'Neill" (1984697856)

00:45:21.330 --> 00:45:32.400

What we don't know is whether or not these changes are permanent, there's some evidence to suggest that they could be, but we have a lot

more to learn about the potential consequences around this.

348 "Conor O'Neill" (1984697856)

00:45:36.120 --> 00:45:42.360

Some of the key findings around cannabis use teams and mental health are as follows.

349 "Conor O'Neill" (1984697856)

00:45:42.360 --> 00:45:48.720

We know that there is a very strong there. There can be a strong relationship with a strong evidence.

350 "Conor O'Neill" (1984697856)

00:45:48.720 --> 00:45:53.670

For mental health impairment and cannabis use in use.

351 "Conor O'Neill" (1984697856)

00:45:53.670 --> 00:46:03.720

It looks like this is a dose response relationship. What I mean by that is the more frequent and the more potent cannabis that's used.

352 "Conor O'Neill" (1984697856)

00:46:03.720 --> 00:46:07.170

And recall, it's just getting more and more potent right now.

353 "Conor O'Neill" (1984697856)

00:46:07.170 --> 00:46:11.760

The more likely the team is to have negative outcomes.

354 "Conor O'Neill" (1984697856)

00:46:11.760 --> 00:46:16.980

These negative outcomes are not to be taken lightly. They're very serious.

355 "Conor O'Neill" (1984697856)

00:46:16.980 --> 00:46:22.020

Teams that use frequent, high, concentrated cannabis.

356 "Conor O'Neill" (1984697856)

00:46:22.020 --> 00:46:32.850

Alright, greater risk of developing a psychosis. This is an emerging trend. We are seeing more teenagers present with psychotic symptoms related to cannabis use.

357 "Conor O'Neill" (1984697856)

00:46:32.850 --> 00:46:40.230

And it's thought that this is because of the highly concentrated that is available in products these days.

358 "Conor O'Neill" (1984697856)

00:46:40.230 --> 00:46:47.370

More intense use and what I mean by that is the frequency and potency of the of the canvas.

359 "Conor O'Neill" (1984697856)

00:46:47.370 --> 00:46:51.570

At younger ages also increases risk for suicide.

360 "Conor O'Neill" (1984697856)

00:46:51.570 --> 00:46:55.260

Both in relation to the way, like, thoughts of suicide.

361 "Conor O'Neill" (1984697856)

00:46:55.260 --> 00:46:59.100

And behavior, actual suicide attempts.

362 "Conor O'Neill" (1984697856)

00:46:59.100 --> 00:47:05.640

The short term benefits, or I should say, perceived benefits of using cannabis.

363 "Conor O'Neill" (1984697856)

00:47:05.640 --> 00:47:10.230

For mental health purposes actually can lead to longterm problems.

364 "Conor O'Neill" (1984697856)

00:47:10.230 --> 00:47:19.080

I'll give you an example, teenagers with depression or anxiety might use cannabis and say, hey, it helps. And I've treated teams like this like.

365 "Conor O'Neill" (1984697856)

00:47:19.080 --> 00:47:24.210

You know, Dr Neil, this, this, when I use weed, I don't feel any interest anymore.

366 "Conor O'Neill" (1984697856)

00:47:24.210 --> 00:47:34.645

I say, exactly because what's happening is it is preventing the team from learning healthy, adaptive ways to manage and reduce their anxiety.

367 "Conor O'Neill" (1984697856)

00:47:34.705 --> 00:47:42.805

And in fact, what it can do is reinforce and prolong and increase problems with mental health conditions.

368 "Conor O'Neill" (1984697856)

00:47:43.230 --> 00:47:55.200

Now, Barry, new research, just the other week, came out in the Journal

of American, digital, American, medical association JAMA that showed that even.

369 "Conor O'Neill" (1984697856)

00:47:55.200 --> 00:48:01.890

Low frequency cannabis use they call that non disordered cannabis use meeting.

370 "Conor O'Neill" (1984697856)

00:48:01.890 --> 00:48:06.720

These teams did not meet criteria for substance use condition with cannabis.

371 "Conor O'Neill" (1984697856)

00:48:06.720 --> 00:48:11.340

They still had a number of these adverse outcomes.

372 "Conor O'Neill" (1984697856)

00:48:11.340 --> 00:48:16.260

Around depression, suicidal thoughts.

373 "Conor O'Neill" (1984697856)

00:48:16.260 --> 00:48:20.670

I'm thinking, like, I'm thinking clearly or thinking slowly.

374 "Conor O'Neill" (1984697856)

00:48:20.670 --> 00:48:24.570

And academic achievement, we have a lot more to learn.

375 "Conor O'Neill" (1984697856)

00:48:24.570 --> 00:48:32.970

But we know that the consequences are really so, what can you do? What's your role as a parent looking? Parents? Do.

376 "Conor O'Neill" (1984697856)

00:48:32.970 --> 00:48:36.090

1 of the most important things is to talk to your teams.

377 "Conor O'Neill" (1984697856)

00:48:36.090 --> 00:48:43.470

And there are different ways to do this, but 1 way is to do it more than once.

378 "Conor O'Neill" (1984697856)

00:48:43.470 --> 00:48:56.635

Small talks frequently can be more effective than the 1 big sit down. Let's talk about teenage drug use. Right? It's not to say that. That can't still be helpful and may well be needed with your team.

379 "Conor O'Neill" (1984697856)

00:48:56.635 --> 00:49:03.355

If you have a serious concern button, frequent small talks, convey a different type of message.

380 "Conor O'Neill" (1984697856)

00:49:03.470 --> 00:49:07.200

Is that your tuned into this? You're checking in on this.

381 "Conor O'Neill" (1984697856)

00:49:07.200 --> 00:49:14.820

You want to be engaged with your team around this and you're watching.

382 "Conor O'Neill" (1984697856)

00:49:14.820 --> 00:49:19.620

So, how can you talk to teens about substances? What's a good way to go about it?

383 "Conor O'Neill" (1984697856)

00:49:19.620 --> 00:49:24.930

We want you to approach conversations in an open non, threatening manner.

384 "Conor O'Neill" (1984697856)

00:49:24.930 --> 00:49:34.050

And look easier said than done. Right? If, if you have a really serious concern about your team, using drugs or alcohol, if you catch them in the moment.

385 "Conor O'Neill" (1984697856)

00:49:34.285 --> 00:49:43.765

It's hard to approach this in an open non, threatening way. So I, I'm not here to say that this is easy to do, but I just want to offer you some guidelines.

386 "Conor O'Neill" (1984697856)

00:49:43.765 --> 00:49:54.025

That might be helpful and could result in, you know, some positive outcomes as it relates to your team and their, and the potential for substances show care for.

387 "Conor O'Neill" (1984697856)

00:49:54.050 --> 00:50:07.200

For their health and their wellness and their future kind of embedding this in, it's not about just don't do drugs. Right? It's, it's about wanting you to be healthy and well, and have the best future you can have.

388 "Conor O'Neill" (1984697856)

00:50:08.185 --> 00:50:21.535

I want to try and present as a good source of knowledge and

information, because, as we said, with social media and and other outlets and friend groups, there's a lot of misinformation, or at least just part of the picture and we want to try and provide them with the whole picture,

389 "Conor O'Neill" (1984697856)

00:50:21.745 --> 00:50:27.115

because teams are going to make their own choices, but if they're fully informed and they know someone cares and.

390 "Conor O'Neill" (1984697856)

00:50:27.200 --> 00:50:30.840

Watching, and is there to help and guide they might.

391 "Conor O'Neill" (1984697856)

00:50:30.840 --> 00:50:35.100

Be more likely to make a choice that is more healthy.

392 "Conor O'Neill" (1984697856)

00:50:35.100 --> 00:50:47.400

It's important to ask about their attitudes and their view on substances that might clue you in to what their beliefs are. And if you have a good sense of their beliefs, you might have a better sense of what they're likely to do or not do.

393 "Conor O'Neill" (1984697856)

00:50:47.400 --> 00:51:00.030

Important to set clear expectations and rules around substance, use show them that you're paying attention to their actions and choices and choices be plugged in be included into what they're doing.

394 "Conor O'Neill" (1984697856)

00:51:00.030 --> 00:51:06.510

Explore and discuss ways for your team to respond to peers, they will encounter drug and alcohol use.

395 "Conor O'Neill" (1984697856)

00:51:06.510 --> 00:51:21.330

So how should they respond what if 1 of our close friends starts to do it and they're asked to do it with them right? Just exploring these different scenarios and how they can be equipped to respond to them and be ready for questions about your own substance abuse.

396 "Conor O'Neill" (1984697856)

00:51:21.330 --> 00:51:28.410

Oh, it's the difference between the wine you have at dinner or, um, well, did you ever smoke weed when you routine?

397 "Conor O'Neill" (1984697856)

00:51:28.410 --> 00:51:36.300

You might get ask these so thinking about how you want to be prepared to talk about this.

398 "Conor O'Neill" (1984697856)

00:51:36.300 --> 00:51:39.900

There's more to be done than just talking. You can role model.

399 "Conor O'Neill" (1984697856)

00:51:39.900 --> 00:51:46.320

Role model and your attitudes and your actions, and convey responsible attitudes towards substance use.

400 "Conor O'Neill" (1984697856)

00:51:47.005 --> 00:51:54.235

Be mindful of your behavior, what are you doing? How often might you be drinking or if there's other substances that you use?

401 "Conor O'Neill" (1984697856)

00:51:54.235 --> 00:52:05.815

What does that look like and how is it being modeled to the team trying to avoid glamorizing substance use at teams are going to look at someone in their 450 or 60 s. or sixty s

402 "Conor O'Neill" (1984697856)

00:52:06.320 --> 00:52:14.070

That person's using well, it's okay if I go to right but we know that it's different and it's not the case and there's consequences that all stages of life.

403 "Conor O'Neill" (1984697856)

00:52:14.070 --> 00:52:24.120

So we want to think about all the models and your teams, like, not just you as a model and be available, be accessible to talk about this and to intervene. If needed.

404 "Conor O'Neill" (1984697856)

00:52:24.865 --> 00:52:35.665

Immediate things, you can do restrict access, we know access to drugs and alcohol leads to. It's more likely that someone's going to use the drugs alcohol. Right? So you can take an inventory of your home.

405 "Conor O'Neill" (1984697856)

00:52:35.665 --> 00:52:44.035

You can secure alcohol, remove it from your home medications be mindful of what are what's in your home? What does is it still.

406 "Conor O'Neill" (1984697856)

00:52:44.120 --> 00:52:51.660

Needed dispose upon needed medications responsibly and secure medications that need to be in the home.

407 "Conor O'Neill" (1984697856)

00:52:51.660 --> 00:53:03.090

Monitoring is key there's a balance here between respecting the team's natural sense of independence and privacy with monitoring their behavior.

408 "Conor O'Neill" (1984697856)

00:53:03.090 --> 00:53:06.840

And you'll find that right balance for your family. Of course.

409 "Conor O'Neill" (1984697856)

00:53:06.840 --> 00:53:14.700

But part of that balance is being clear about the expectations and being able to follow through on.

410 "Conor O'Neill" (1984697856)

00:53:14.700 --> 00:53:25.470

Potential consequences for those expectations, it's important to get to know their friends and monitor their peer groups too. Right? Like, what what are they all do together? What's the sense of of this framework?

411 "Conor O'Neill" (1984697856)

00:53:25.470 --> 00:53:32.100

Be mindful of what they're doing their plans you can build in check ins and accountability measures. What I mean by that is.

412 "Conor O'Neill" (1984697856)

00:53:32.100 --> 00:53:44.280

Maybe they check in with you when they get home right? And you're able to not interrogate, but just be able to have that accountability. They know coming home that you're watching, you're listening, you're paying attention.

413 "Conor O'Neill" (1984697856)

00:53:44.280 --> 00:53:47.310

And inconsistent and stable of rules.

414 "Conor O'Neill" (1984697856)

00:53:47.310 --> 00:54:00.810

Other people and your teams, like, might have insight to their behavior and it's certainly welcome to learn about that and monitor social media activity and presence. And, of course, as I mentioned any changes in moods and activities.

415 "Conor O'Neill" (1984697856)

00:54:00.810 --> 00:54:05.430

If you are worried about your team, you can get help in a few ways.

416 "Conor O'Neill" (1984697856)

00:54:05.430 --> 00:54:10.740

Talk to your team's pediatrician, it's a great 1st step cause they can direct you to treatment resources.

417 "Conor O'Neill" (1984697856)

00:54:10.740 --> 00:54:16.440

Check in with your health insurance company for a network providers, it can be a really wonderful place to start.

418 "Conor O'Neill" (1984697856)

00:54:16.440 --> 00:54:25.110

And I've included fine treatment dot Gov, which can link it can provide treatment resources for substance.

419 "Conor O'Neill" (1984697856)

00:54:25.110 --> 00:54:37.590

I'm going to go through these principles of treatment. Now. There are many of them so I'm going to summarize a few key ones here to give you a sense of what substance use treatment looks like for teens. The big takeaway is comprehensive.

420 "Conor O'Neill" (1984697856)

00:54:37.590 --> 00:54:42.900

I already mentioned we want to identify and address it as early as possible.

421 "Conor O'Neill" (1984697856)

00:54:42.900 --> 00:54:47.730

Teams can benefit from treatment, even if they're not addicted. So we want to intervene early.

422 "Conor O'Neill" (1984697856)

00:54:47.730 --> 00:54:53.550

Routine medical visits are a great place to start to screen for these sorts of things.

423 "Conor O'Neill" (1984697856)

00:54:53.550 --> 00:55:01.410

Legal and family interventions can help. So, some teams might not be might not want treatment, but that doesn't mean treatment. Can't still work.

424 "Conor O'Neill" (1984697856)

00:55:01.410 --> 00:55:12.330

We do want it to be tailored to the team and focus on the whole person. Not just the substance use disorder, which means that there are a number of different mechanisms to treatment.

425 "Conor O'Neill" (1984697856)

00:55:12.330 --> 00:55:15.600

Behavioral approaches to the teams are effective.

426 "Conor O'Neill" (1984697856)

00:55:15.835 --> 00:55:27.085

This means developing contingencies and what I mean, by that is, like, consequences for use and and, and when I say consequences, I don't mean just like negative. I mean positive too. Like are there are there?

427 "Conor O'Neill" (1984697856)

00:55:27.115 --> 00:55:35.515

Um, let's say, rewards, we're not using, but when we get to treatment, sometimes we have different privileges that are linked to abstinence and things like.

428 "Conor O'Neill" (1984697856)

00:55:35.600 --> 00:55:46.410

That nature we want to teach teams, refusal skills and problem solving skills. We want to be screening for trauma because that's a risk factor and treating Co occurring mental health conditions.

429 "Conor O'Neill" (1984697856)

00:55:46.410 --> 00:55:52.740

We also want to keep teams and treatment because we know those relapses can happen.

430 "Conor O'Neill" (1984697856)

00:55:55.675 --> 00:56:05.845

There are a few very clear evidence based approaches, cognitive, behavioral therapy, dialectical, behavioral therapy, motivational, interviewing and contingency management.

431 "Conor O'Neill" (1984697856)

00:56:06.235 --> 00:56:12.715

These are evidence based approaches that can be applied in many different levels of care. I'm not gonna go into the nuts and bolts of this because.

432 "Conor O'Neill" (1984697856)

00:56:12.740 --> 00:56:16.320

You know, that's not the scope of the talk and of course, we're getting close to time.

433 "Conor O'Neill" (1984697856)

00:56:16.320 --> 00:56:28.375

But what I would ask for you is, if you do find yourself pursuing treatment for your team, with substance use, then look for evidence space treatment across these ranges of conditions. Okay.

434 "Conor O'Neill" (1984697856)

00:56:28.555 --> 00:56:32.785

And these are the different levels of care that could be available for teams when it comes to treatment.

435 "Conor O'Neill" (1984697856)

00:56:35.010 --> 00:56:46.140

Treatment needs to be comprehensive, right? When a team meets criteria for substance use condition, it's serious and it needs to be treated that way and it can impact and have ripples throughout their life.

436 "Conor O'Neill" (1984697856)

00:56:46.140 --> 00:56:59.130

And this just gives a visual of all the different services and resources that can be leveraged to work together to support care for that team. And for the family that's affected by.

437 "Conor O'Neill" (1984697856)

00:56:59.130 --> 00:57:04.200

There are some resources that I've hyperlinked here about how to talk to your team about substance use.

438 "Conor O'Neill" (1984697856)

00:57:04.200 --> 00:57:17.550

Where to find treatment, some pure based recovery supports this is huge in treatment for, for teams and for really anybody at all ages about connecting with peers that are also in recovery or working on recovery. It's, it's important.

439 "Conor O'Neill" (1984697856)

00:57:17.550 --> 00:57:31.285

And supporting loved ones affected by other substance use, this has huge ripple effects. It doesn't just affect the person that may be using drugs or alcohol and having problems those problems, you know, they carry into other people that love for that person.

440 "Conor O'Neill" (1984697856)

00:57:31.645 --> 00:57:33.564

And Here's some resources for them as well.

441 "Conor O'Neill" (1984697856)

00:57:36.450 --> 00:57:42.600

There are my references and I know we're very close to time, but I would love to be able to answer any questions that I can.

442 "Conor O'Neill" (1984697856)

00:57:47.040 --> 00:57:50.580

I see 1 question here, um, about.

443 "Conor O'Neill" (1984697856)

00:57:51.655 --> 00:58:06.355

That not most desirable because of accessibility what other factors are contributing. So I, I want to clarify isn't necessarily being desired by teams maybe by some, which is, which is scary.

444 "Conor O'Neill" (1984697856)

00:58:06.690 --> 00:58:21.685

Uh, the fear with fentanyl is that it is being found in many different substances, and it can lead to unintentional ingestion and ingestion and then overdose and depth the more desirable,

445 "Conor O'Neill" (1984697856)

00:58:21.685 --> 00:58:26.665

or I would say the more frequent substances that are being used, continue to be alcohol.

446 "Conor O'Neill" (1984697856)

00:58:26.690 --> 00:58:38.790

On cannabis, can you please share a few examples on how kids should respond to peer pressure? I hear many high schoolers. Older kids, offer drugs phase, 2, smaller kids on school campus.

447 "Conor O'Neill" (1984697856)

00:58:38.790 --> 00:58:42.030

Yeah, this is such a great question.

448 "Conor O'Neill" (1984697856)

00:58:42.745 --> 00:58:51.235

I think it starts with understanding the reasons that your team has to not use drugs or alcohol. Right? So what are their values?

449 "Conor O'Neill" (1984697856)

00:58:51.295 --> 00:59:02.005

Why would they want to say no, and really working with them to be direct to be clear and to be able to really move.

450 "Conor O'Neill" (1984697856)

00:59:02.055 --> 00:59:09.945

Move on from the conversation, so this is something that in treatment we rehearse with teams and we really work with them.

451 "Conor O'Neill" (1984697856)

00:59:09.945 --> 00:59:19.785

What do they think would work and we practice it and we hear how it goes and we challenge them on it and that would be my recommendation and really individualizing the approach for the team.

452 "Conor O'Neill" (1984697856)

00:59:29.400 --> 00:59:43.945

Other questions that I could answer, if everyone could just look in

there.

453 "Brenna Michel" (1771824896)

00:59:44.425 --> 00:59:49.315

There's also a poll survey questions. If you could please take a moment.

454 "Brenna Michel" (1771824896)

00:59:49.400 --> 00:59:54.240

To answer those for us is just 5 quick questions.

455 "Brenna Michel" (1771824896)

00:59:54.240 --> 00:59:57.840

Any other last minute questions anyone wanted to ask.

456 "Brenna Michel" (1771824896)

01:00:04.410 --> 01:00:17.905

I know I had 1 for myself, actually in regards to the synthetics and like, the synthetic marijuana's create them. Things like that. There. I know there's a shop in my town that recently open that sells all of that and the woman reports.

457 "Brenna Michel" (1771824896)

01:00:17.905 --> 01:00:23.935

But how amazing this stuff is, but I was a drug counselor myself for 4 years. So I'm very aware of that.

458 "Brenna Michel" (1771824896)

01:00:24.410 --> 01:00:27.750

Not good, uh, for you, and it's very addictive.

459 "Brenna Michel" (1771824896)

01:00:27.750 --> 01:00:40.050

What would be the best way to approach? Because it is something that's sold just over the counter at a local coffee shop. How do you approach that with a team about? You know, why? This isn't a healthy choice.

460 "Conor O'Neill" (1984697856)

01:00:40.050 --> 01:00:43.230

What a? Great what a great question, right out.

461 "Conor O'Neill" (1984697856)

01:00:45.085 --> 01:00:56.215

There's a few ways to probably approach that. I think 1st, it would be like, understanding what their beliefs are about that substance and do just like some fact checking. Right?

462 "Conor O'Neill" (1984697856)

01:00:56.215 --> 01:01:03.145

Like, let's just explore that openly together about the potential

consequences. Not just the benefits and try and put together a full.

463 "Conor O'Neill" (1984697856)

01:01:03.230 --> 01:01:10.455

Picture and then I think there might be some creative ways to challenge the assumption that just because something is sold over the counter. That's safe.

464 "Conor O'Neill" (1984697856)

01:01:10.545 --> 01:01:23.205

There are so many examples we could we could find in our local grocery store that things are sold, but are not safe to ingest in certain quantities or at. All right so.

465 "Conor O'Neill" (1984697856)

01:01:23.230 --> 01:01:28.650

So just sort of you could do so almost in a.

466 "Conor O'Neill" (1984697856)

01:01:28.975 --> 01:01:36.625

You can do so with some levity and sort of like, you know, what would happen is you can buy this detergent, but what would happen if you drank it right?

467 "Conor O'Neill" (1984697856)

01:01:36.625 --> 01:01:48.535

Like, not anything that is sold is is meant to be ingested or a safe in terms of some of the facts as it relates to these, these synthetics or supplements that.

468 "Conor O'Neill" (1984697856)

01:01:48.650 --> 01:02:01.860

Oftentimes marketed as or synthetic cannabis is a little bit different. Um, is being able to challenge the source of their knowledge and beliefs and really exploring that.

469 "Conor O'Neill" (1984697856)

01:02:02.005 --> 01:02:12.535

How reliable and valid were the sources of information that the team is used to construct their beliefs and attitudes about that drug and that.

470 "Conor O'Neill" (1984697856)

01:02:12.535 --> 01:02:21.835

I have found to be 1 of the more effective ways in working with teams, and, you know, letting them like, working together, collaboratively for them to develop their own.

471 "Conor O'Neill" (1984697856)

01:02:21.860 --> 01:02:27.885

Belief system, because telling them is helpful maybe, but they could balk at that. Right?

472 "Conor O'Neill" (1984697856)

01:02:27.885 --> 01:02:41.835

I mean, like, it's about them having ownership of their own beliefs and I think as adults and teens lives, creating an environment where they have access to the accurate information and supporting that.

473 "Conor O'Neill" (1984697856)

01:02:41.860 --> 01:02:50.460

Challenging previous assumptions that, or maybe just that assumptions based on less valid information.

474 "Brenna Michel" (1771824896)

01:02:50.460 --> 01:03:04.615

Well, thank you so much Dr, Neil, it's Thank you. Everybody for attending. It's been a great presentation. I, this is a topic that I care a lot about. So I'm very excited for this today. Um, thank you for providing such wonderful insights.

475 "Brenna Michel" (1771824896)

01:03:04.885 --> 01:03:10.375

If anyone has any specific questions about the topics discussed today. Please contact Cigna by calling the number on the.

476 "Brenna Michel" (1771824896)

01:03:10.460 --> 01:03:21.435

Your insurance card, and again, because somebody did ask about the emoji slide the presentations, they can be found online just go to dot com,

477 "Brenna Michel" (1771824896)

01:03:21.435 --> 01:03:28.455

slash children families and you'll be able to find today's presentation if you'd like a copy of it. Um.

478 "Brenna Michel" (1771824896)

01:03:30.085 --> 01:03:36.115

Please join us for next month. Thursday, June, 15th at 12 0 PM Central 10 PM.

479 "Brenna Michel" (1771824896)

01:03:36.115 --> 01:03:48.235

Eastern topic will be trauma reactions and post traumatic growth in children and youth be presented by Mary LiLo from parent education program coordinator from Minnesota. And again, thank you. thank you

480 "Brenna Michel" (1771824896)

01:03:48.770 --> 01:03:52.410

For presenting today, and thank you everybody for attending.

481 "Brenna Michel" (1771824896)

01:03:52.410 --> 01:03:58.536

Thank you so much. Everyone. All right. I just had some quick for you.
We'll go back over into practice.