

Youth and Drug Abuse



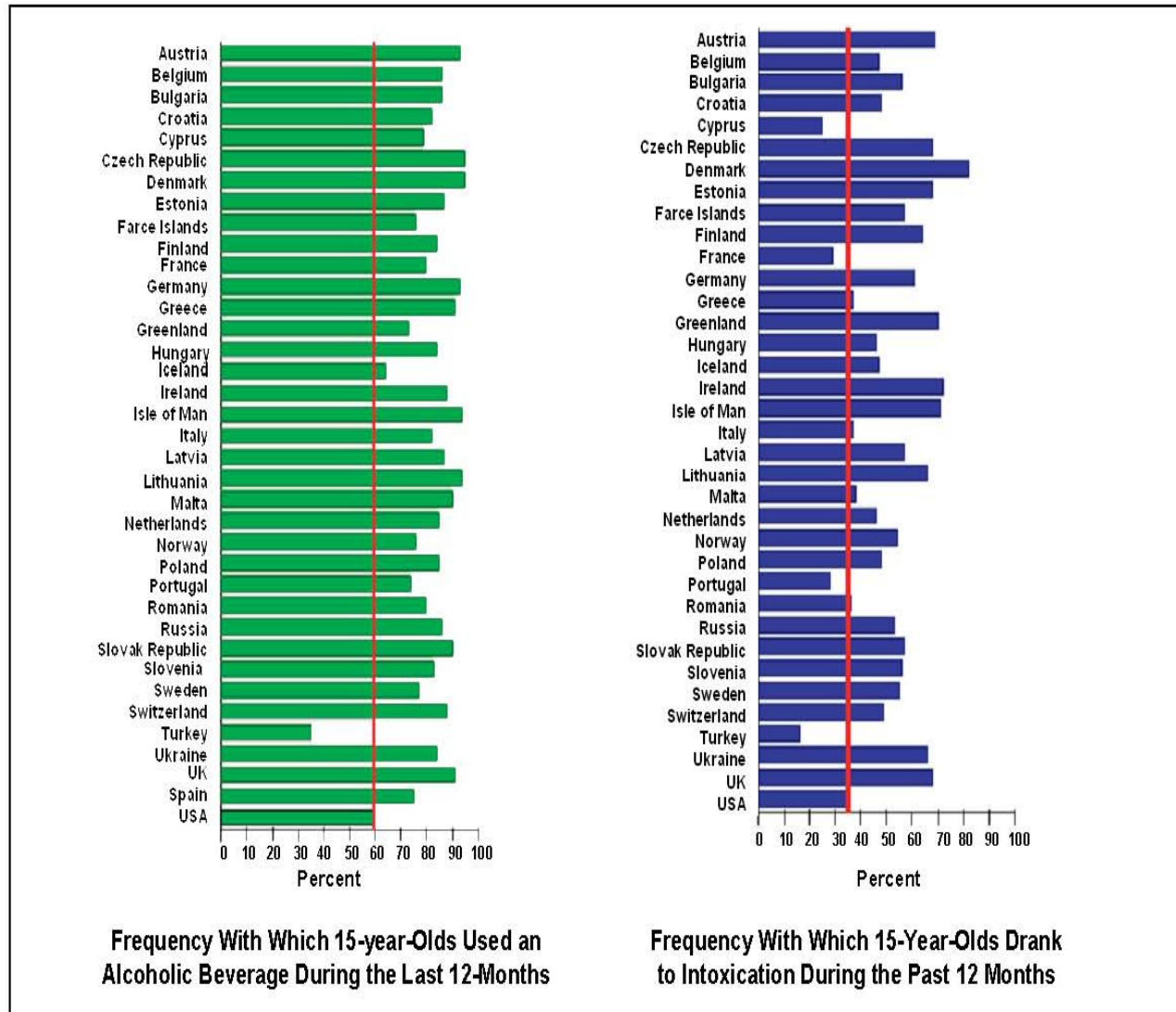
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United Nations Expert Group Meeting
World Programme of Action for Youth
19-21 May 2008

Frequency of Alcohol Use and Drinking to Intoxication During Past 12 Months in Youth Across Nations

Source: The European School Survey Project on Alcohol and Other Drugs, 2003 (<http://www.espad.org/>)

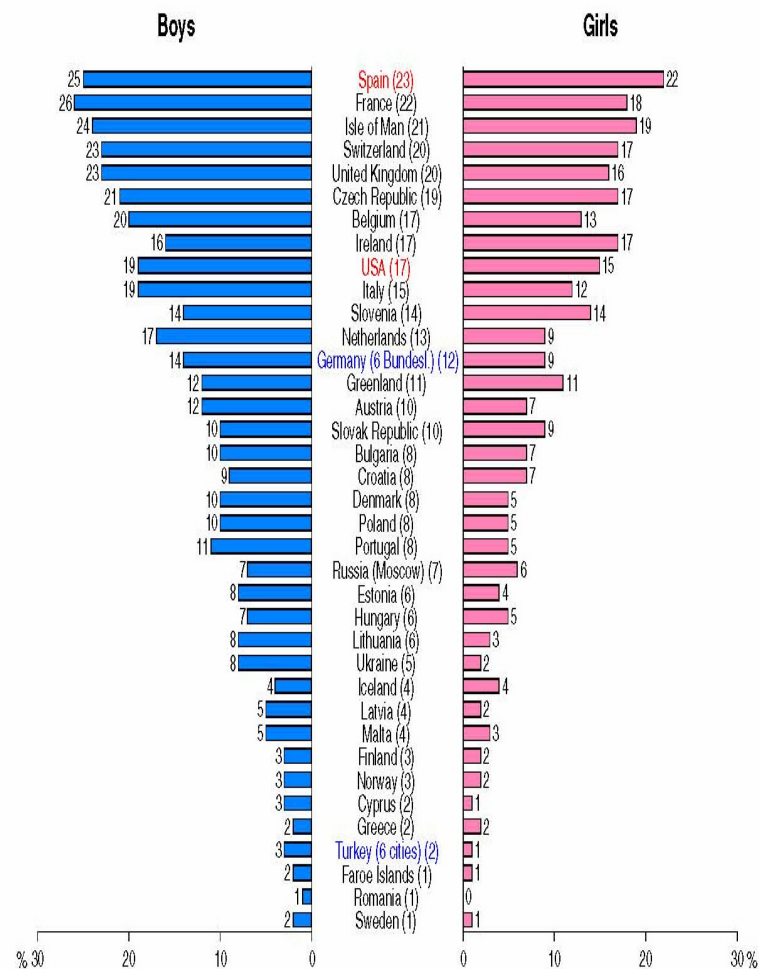
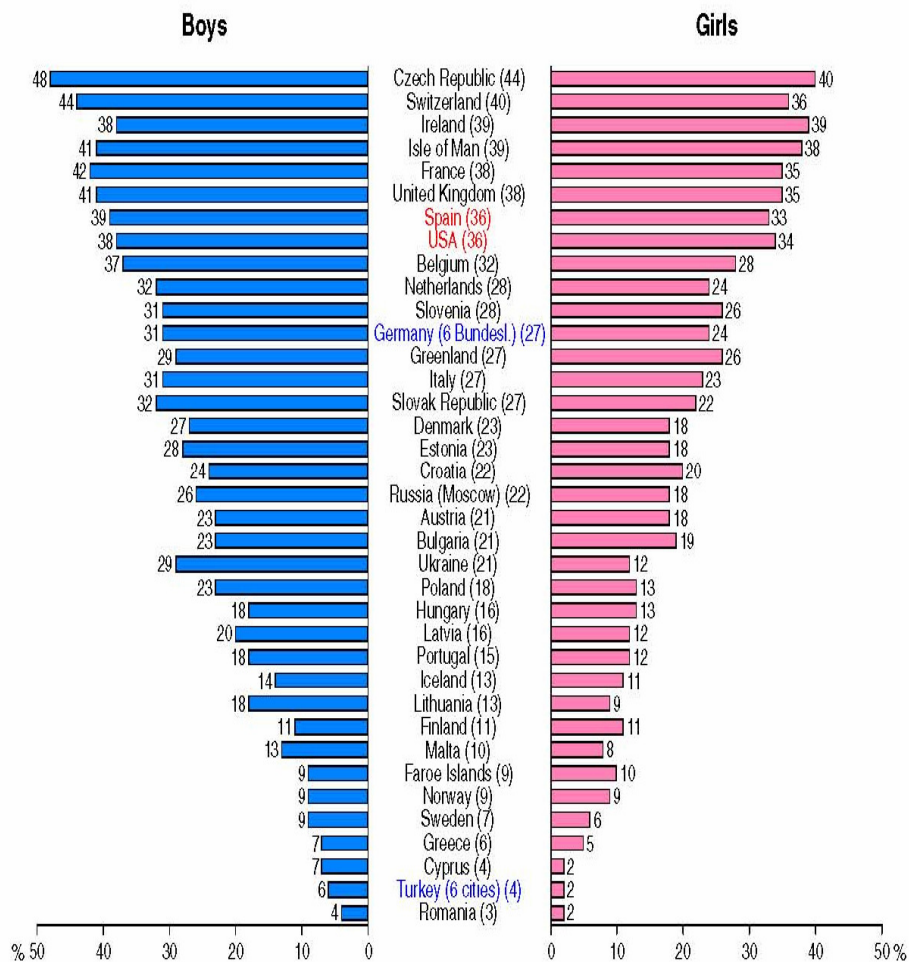


Marijuana Use Youth Across Nations

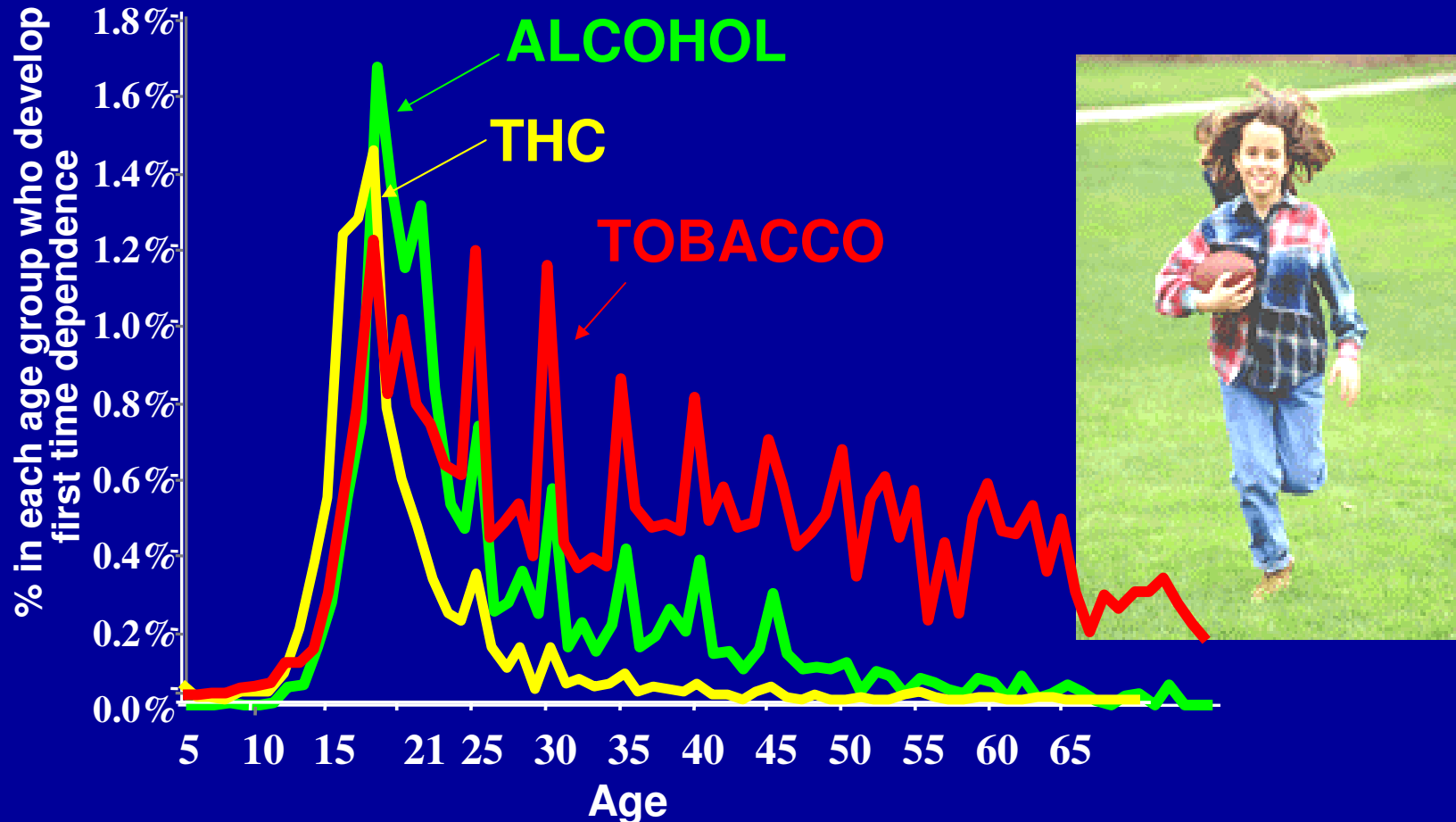
Source: The European School Survey Project on Alcohol and Other Drugs, 2003 (<http://www.espad.org/>)

lifetime

30-day



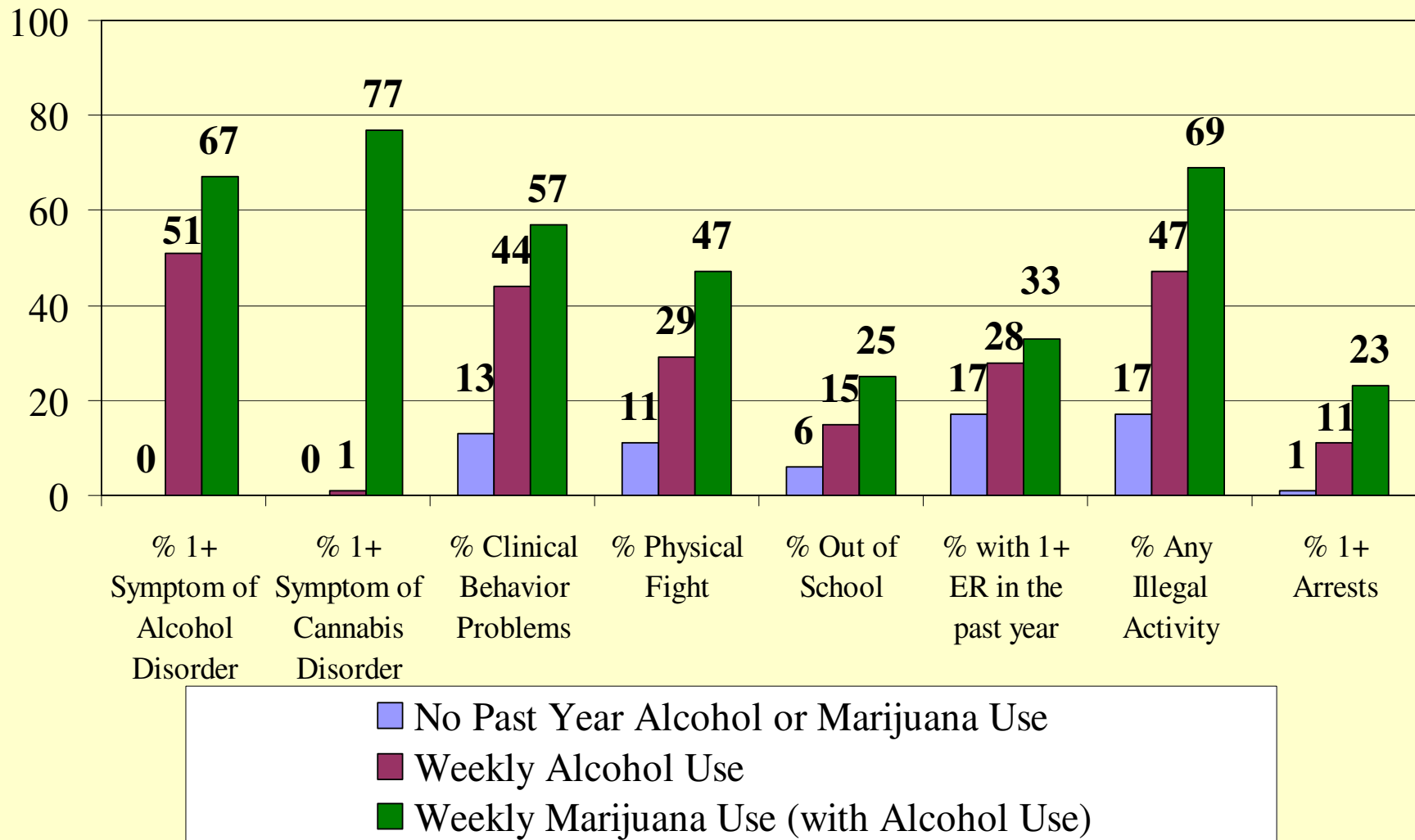
Addiction Is A Developmental Disease *often starts in childhood and adolescence*



Age at **alcohol**, at **tobacco**, and at **cannabis** dependence as per DSM IV

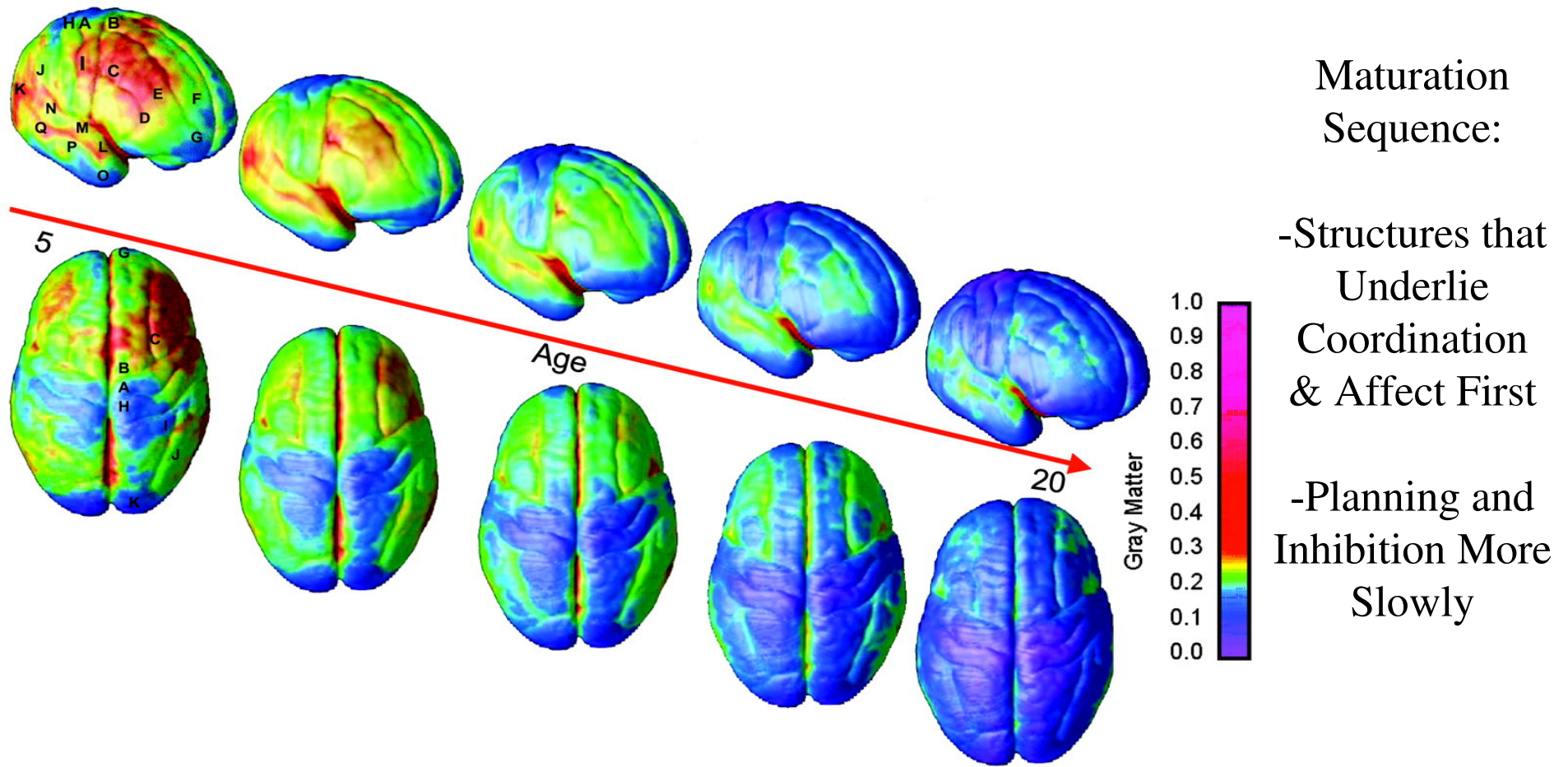
NIAAA National Epidemiologic Survey on Alcohol and Related Conditions, 2003.

Consequences of Teen Substance Use



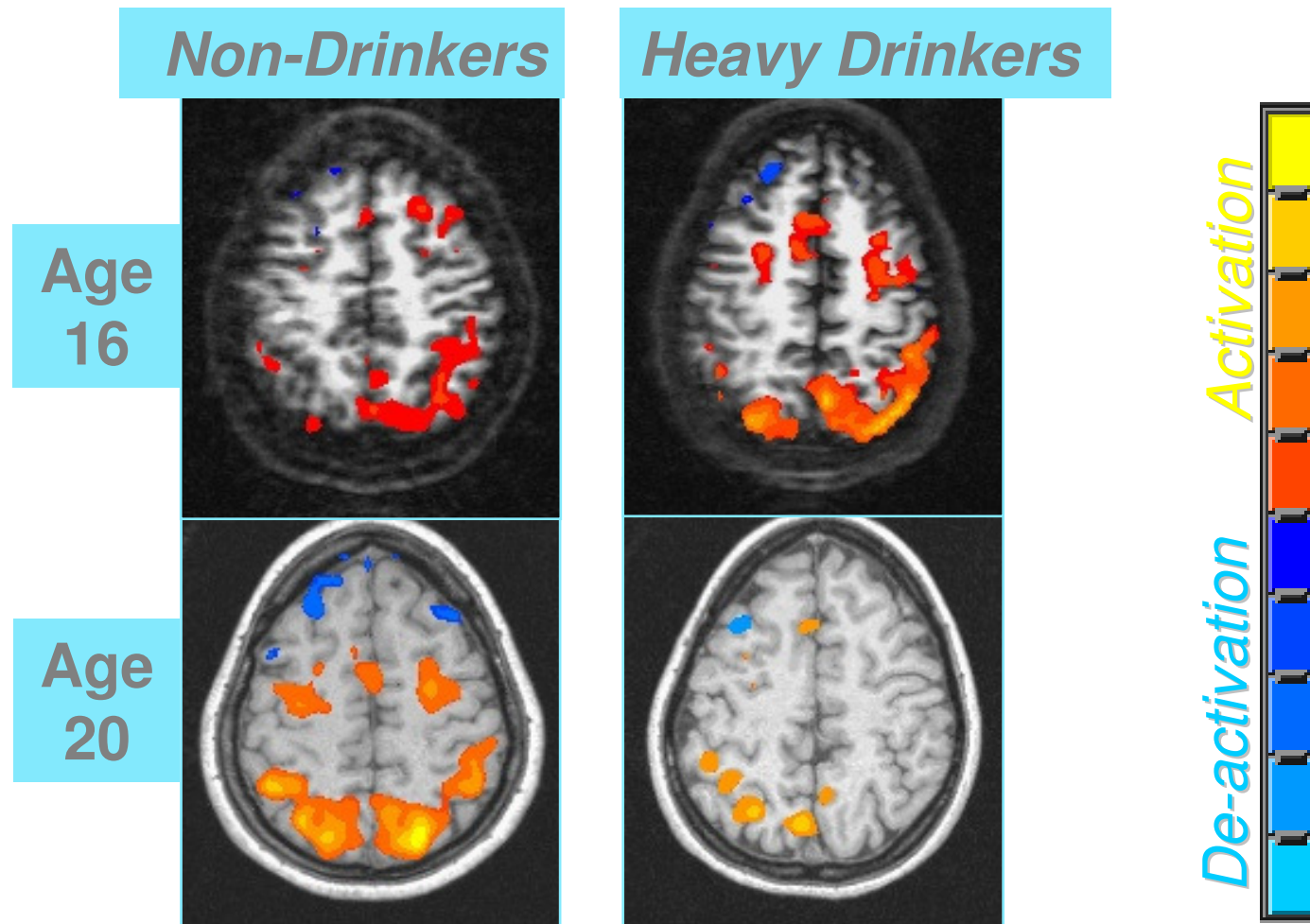
Source: Dennis, Godley and Titus (1999) and 1997 NHSDA

Brain Maturation continues into the 20's



Gogtay, Nitin et al. (2004) Proc. Natl. Acad. Sci. USA 101, 8174-8179

Teen Drinking & Brain Activity: Compensation to Deactivation Hypothesis?



Compared to adult substance abusers, adolescent substance abusers...



- briefer history, few medical consequences
- more episodic use
- more polysubstance use
- different developmental challenges
- more co-occurring problems
- greater likelihood of natural recovery
- pressing need for autonomy and individuation
- much less likely to seek treatment

Pediatrics, 2008, “Special Issue on Underage Drinking”

sponsored by the U.S. National Institute on Alcohol Abuse & Alcoholism



- adolescent treatment approaches rely on adult treatment approaches
- developmental incongruence of adult-derived methods
 - adolescent drug abusers are different from adult drug abusers
 - normative developmental differences
- in order to be maximally effective, adolescent substance abuse treatment must take into account such developmental realities
- developmental realities include wide divergence in
 - developmental status,
 - anticipated effects and consequences of alcohol and drug use,
 - social and emotional contexts of use,
 - the risk factors contributing to the onset and trajectory of use

Screening with Brief Intervention Works



- Youth expect and are open to discussing alcohol and drug use (Steiner, 1996. Stern, 2006)
- Screening and brief interventions can reduce alcohol, tobacco and marijuana use (Knight, 2005, McCambridge, 2004, Oze et al., 2003)
- Brief Interventions in emergency rooms can reduce alcohol/drug use and related problems (Monti, et al., 2004)
- Brief Interventions in school settings can reduce alcohol/drug use and related problems (Wagner, 2007)

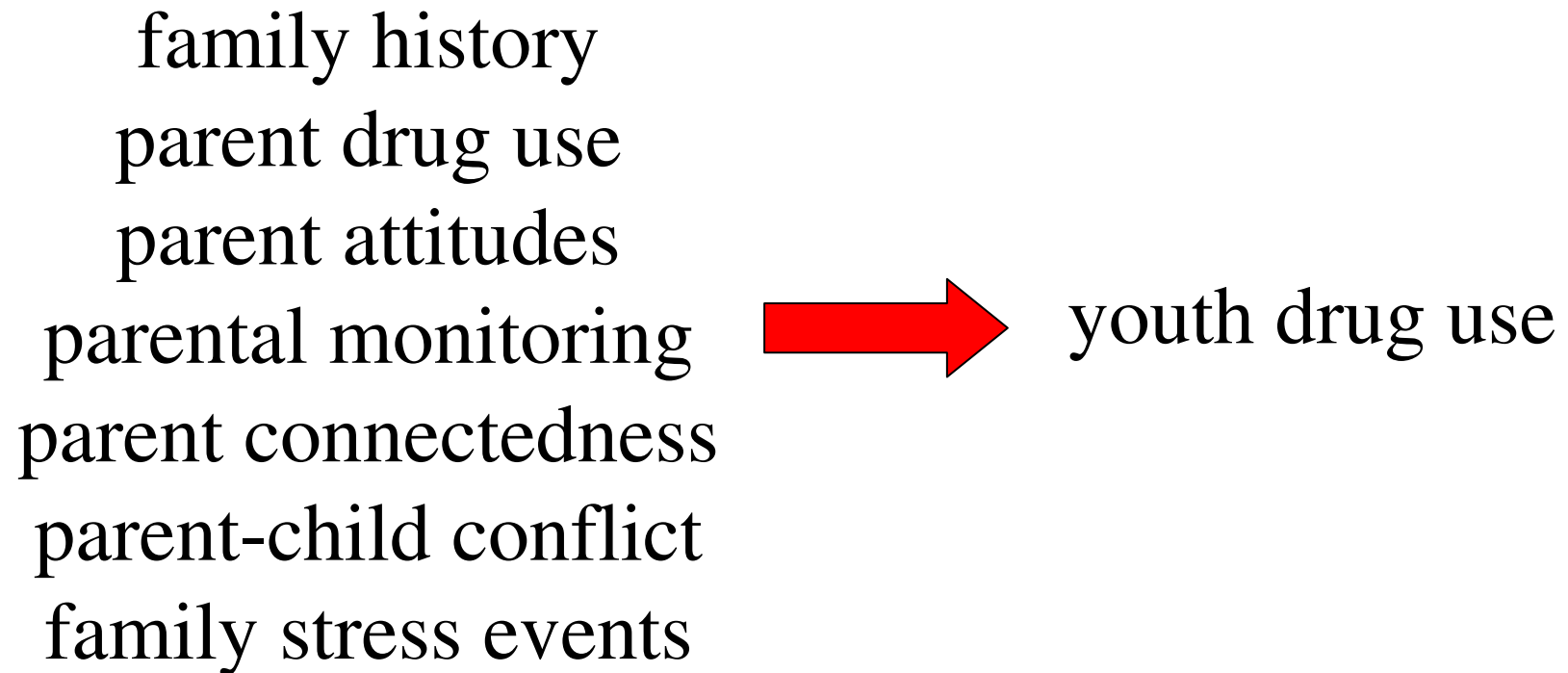
Science indicates that parents....



- play a vital role in prevention and treatment of adolescent drug abuse
- do not always understand they have influence
- do not know how to use the influence they have
- are ill-equipped to spot signs of experimentation and intervene effectively
- do not know how to
 - locate treatment and support services
 - ask the right questions when seeking help
 - support their child through treatment and the recovery process

How Do Parents Influence Youth Drug Use?

(adapted from Clayton, 1992; Jacob & Johnson, 1997; Willis & Yaeger, 2003)



Summary: Youth and Drug Abuse



1. Adolescent alcohol and other drug use is widespread
2. Adolescent substance abuse is a significant public health concern
3. The peak onset age for substance dependence is late adolescence
4. Interventions can work, but too few teens get it
5. Few interventions are developmentally congruent
6. Brief interventions are effective, economical, and developmentally congruent
7. Parents have influence, but need guidance in how to use it

Goals & Targets: Youth and Drug Abuse



- Halve the number of youth who develop alcohol or drug use problems during adolescence
 - Alcohol, marijuana, and tobacco use prevalence among population aged 15-24 years
 - Morbidity and mortality rates associated with adolescent alcohol and other drug use
 - Substance abuse and dependence diagnoses prevalence among population aged 15-24 years
- Achieve universal access to early intervention services for adolescents alcohol and other drug users
 - Proportion of population of adolescent substance users with access to intervention or services
 - Proportion of parents who are knowledgeable and skilled in preventing adolescent alcohol and other drug use