

# Adolescent Alcohol and Drug Issues

~ AFM Programs & Services

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# AGENDA

- What's going on out there?
  - Trends and Stats: School Based & Street Involved Youth
- Why Kids Become Involved?
- Signs of Involvement & Re-Involvement
- Interventions
  - Caring Things that Help
- Community Based Resources

# Substances Used by MB Students (2004 Survey)

- Alcohol 73%  
(80% in Senior Grades)
- Cannabis 33%  
(42% in Senior 4)
  - Statistics for Senior High
    - Mushrooms 12%
    - Meth 3%
    - Club Drugs (Ecstasy = 2.6%) 3%
    - Cocaine/Crack 5%
    - Other Stimulants 3%
    - Other Hallucinogens 3%
    - Inhalants 3%

# Trends in Alcohol Consumption (2004)

- 73 % of students (Grade 7-14) drank alcohol in the past year
- Less than 10% of students get drunk on a weekly basis
- 52% of males & 51% of females began drinking before the age of 15
- "Binge" Drinking: 25% of students drink more than 5 drinks about once per month
- "Hazardous Drinking": About 15% drink 8 or more drinks at least once per month

# Marijuana Trends

- Next to alcohol, cannabis is the next most widely used drug.
- 2.3 % of those surveyed are using THC 2-3x/month
- 2.7 % are using 2-3x/week and 1.9 % are using daily
- 69.9 % of those surveyed have never tried cannabis



Key Ring Pipe

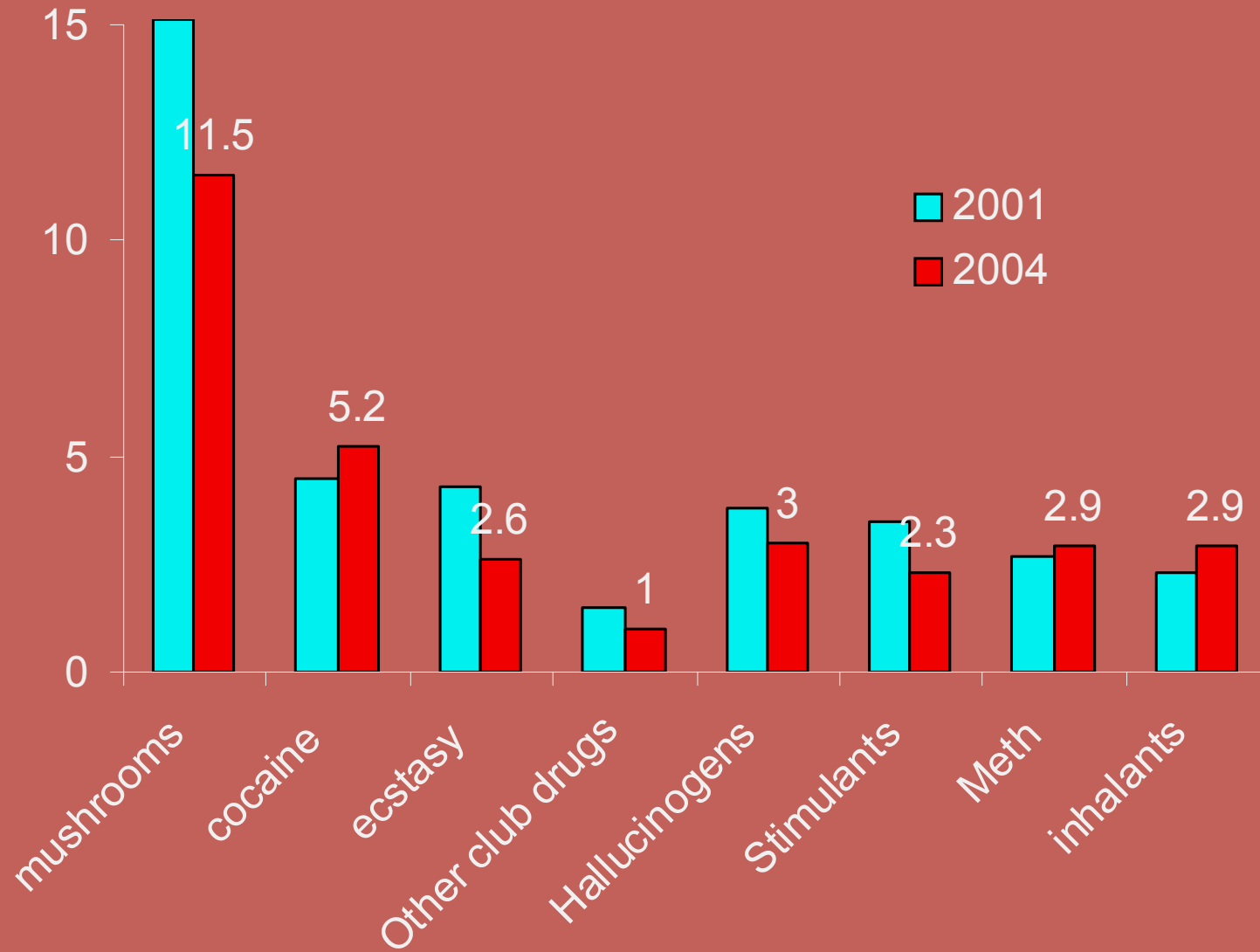


## Winnipeg-Adolescents Without Shelter Respondents=167

Drug	Males		Females	
	Total	Daily or Almost Daily	Total	Daily or Almost Daily
All Drugs	97%	69%	97%	60%
Cannabis	95%	61%	93%	51%
Meth	55%	18%	52%	21%
Stimulants	41%	12%	35%	12%
Cocaine	39%	1%	38%	0%
Crack	39%	1%	43%	2%

Adolescence without Shelter: A Comprehensive Description of Issues Faced by Street Youth in Winnipeg by Jennifer Bodnarchuk, Ph.D, David Patton, Ph.D and Troy Rieck

## Differences in other drug use since 2001 (high school students only)



# Prevalence of Affected Issues

- Approximately, 10% of people in society have a problem with AOD use
- Approximately 3.4% of people have a problem with Gambling
- Between 20-30% of children are affected by a family members use of AOD
- Between 15-20% of children are affected by a family member's gambling
- In our program, 68% of our youth clients are affected by family member's AOD Use and 14.8% report being affected by a family member's gambling

# Why Kids Use?

## *Glasser's Basic Needs*

- *TO SURVIVE*
- *TO BELONG*
- *TO HAVE POWER*
- *TO BE FREE*
- *TO HAVE FUN*

# Why Adolescents Experiment

- Easy availability, inexpensive fun
- Curiosity
- Opposition to authority
- Symbol of developmental transition

## Why some go Beyond Experimenting

- Coping
- Demonstrate desired attributes
- Gain admission to peer group
- Express opposition to authority
- Force recognition of development
- “Joining the club” of using parents

# LEVELS OF INVOLVEMENT

A framework to describe the range of individual gambling, alcohol or other drug involvement. This framework covers non-problematic to highly problematic behaviours, & describes the various levels of involvement in terms of observable data or reported experiences.



# Levels of Involvement



- **Non-Involvement**
  - Irregular
  - Regular
  - Harmful
  - Dependent

# LEVELS OF INVOLVEMENT

- Non-use
  - non using lifestyle
  - 10-20% of Adults non-use with alcohol



# LEVELS OF INVOLVEMENT

- Irregular Use
  - Random, infrequent or experiential use
  - "Once in a blue moon."
  - Little or no evidence of harmful consequences



# LEVELS OF INVOLVEMENT

- Regular Use
  - Patterned use
  - Little or no evidence of significant or persistent harmful consequences



# LEVELS OF INVOLVEMENT

- Harmful Use
  - Patterned use and recurring use
  - Evidence of adverse social, mental or physical consequences



# LEVELS OF INVOLVEMENT

- **Dependent Use**
  - Despite negative consequences and problems in life areas, use is continued, plus...
    - there are failed attempts to cut down/quit
    - a lot of time is spent using or thinking about using
    - strong urges to use are experienced
    - there are uncomfortable feelings when straight
    - more of the substance is needed to get the same high

# What would be signs of a Problem?



A night out with the girls.  
What's the harm in getting drunk?



A night out with the boys.  
What's the harm in getting drunk?

# Signs of a Problem

- **Emotional Indicators:**

- Depression
- Mood swings
- Aggression/violence
- Preoccupied with substances
- Cravings for the substance

- **Physical Indicators:**

- Weight loss
- Exhaustion, lethargy
- Appears run down, ill
- Skin conditions: welts, acne
- Secondary infections
- Unexplained injuries & accidents
- Cravings

- **Socially:**

- Unexplained absences (AWOL's)
- Change in peer group
- Legal issues
- Loss of interest in regular activities/hobbies

- **At School:**

- Attendance issues
- Frequent lates
- Inability to concentrate
- Cognitive changes
- Declining grades
- Lack of interest

# Caring Things That Help

## Role of the Individual...

- Express Concern
- Make a Referral for Assistance
- Avoid Judging, Labelling & Blaming —Focus on Behaviour
- Avoid Enabling
- Provide On-going Support
- Maintain Positive Attitude

## Role of the Agency or School...

- Respond Rather than React
  - Establish Student Assistance Program (SAP)
  - Develop/Update AOD Policy
  - Staff Training on AOD Issues & Protocols
  - Incorporate Activities that Promote Prevention & Reduction of AOD Related Harm
- Use Natural & Logic Consequences
- Focus on Individual Choice & Accountability
- Recognize connection to other risk behaviours
- Refer/Make Connections to Programs & Supports

# How to Express Concern...

## Identify Behaviour(s) of Concern

- Specific, observable behaviour that causes YOU to be concerned

## Share Concern

### Use "I" messages

- I care...
- I see...
- I feel...

## Listen

- I want...
- I will...

## Continue to Offer Help & Support

# AFM Youth Services

## Youth Counselling & Rehabilitations Services

- **Who to Refer...**
  - Any young person (12-19<sup>th</sup> birthday) whose alcohol, other drug or gambling involvement is of concern.
- **Services We Offer...**
  - Our goal is to provide youth clients with the information, skills and opportunities to successfully address their concerns about alcohol and other drug use, or gambling involvement, and any related problems. Our non-residential services include:
    - Assessment Interviews
    - Informational support for parents & caregivers
    - Group Counselling
    - One-to-One Counselling
    - Child/Parent Meetings
    - Family Therapy
    - Referral to other services, when appropriate. For example, COMPASS: AFM's Youth Residential Program.
- **How to Refer...**
  - Phone 944-6235 and ask to speak to an Intake Counsellor.
  - Office located at 200 Osborne Street North, across from Memorial Park. Parking is available on Colony Street.

# Rehabilitation Programs

A Good Place to Start For New Clients...

- **Awareness Group:** an information & education program dealing with AODG. This program is designed to facilitate the assessment process. Following this 4-session group program, an individual session is scheduled to complete the assessment and discuss recommendations for next steps.

# Parent's Intervention Program

A program for parents or guardians to provide information and support to parents concerned about their child's involvement with alcohol, drugs or gambling. Parents may attend whether or not their child is involved with AFM.

Information on alcohol/drug use and problem use, the impact on families, what parents can do to assist their child, parent self-care, and an introduction to self-help groups for parents.

Duration: 4 evenings (Tuesdays and Thursdays) over a 2 week period, from 7:00-9:30 p.m. Call 944-6235

# AFM Youth Services

## Prevention & Education Services

- Staff Training on AOD Issues
  - (Internal/Customized & Community Based)
- Consultation, Assistance & Support in...
  - Developing/Revising AOD Policy
  - Developing/Revitalizing a Student Assistance Program (SAP)
  - Training & Support for SAP Committee Members
- Capacity Building re: Prevention Activities & Curriculum Ideas
- Presentations to Student Committees (Peer Helpers, TADD, etc.)
- Presentations for Parent Sessions
- Partner for Community Development Initiatives

# Educator Workshop Series

- The following Training Sessions are offered...
  - Adolescent AOD Issues
  - Methamphetamines: Issues, Challenges & Solutions
  - Facilitating Groups with Youth
  - Group Counselling with Adolescents
  - Youth & Gambling
  - Motivation & Change
  - Working with Involuntary Clients
  - Working with Children & Families At Risk
- For Specific Details About these Sessions, including Dates...
  - Workshop Flyers are forwarded to schools in September & January
  - Visit our website ([www.afm.mb.ca](http://www.afm.mb.ca))
  - Or call 944-6235

# AFM Youth Services Philosophy

- A drug is a drug is a drug...and alcohol is a drug.
- Dependent use is a love/trust relationship with a drug.
- It takes a system to crack a system.
- Problem use affects everyone associated with the user.
- When we enable, we inadvertently encourage people to stay stuck.
- Use of natural and logical consequences increases the chance of positive change.
- We see individuals as capable and resilient...

## Additional AOD Resources for Youth

Resource	Location	Phone Number
The Addictions Foundation of Manitoba, Youth Services	Winnipeg and throughout Manitoba <a href="http://www.afm.mb.ca">www.afm.mb.ca</a>	944-6235
Alcoholics Anonymous	Winnipeg and throughout Manitoba	942-0126
Al-Anon/Alateen	Winnipeg	943-6051
The Behavioral Health Foundation	St. Norbert <a href="http://www.bhf.ca">www.bhf.ca</a>	261-6111 females 482-9712 males
Cocaine Anonymous	Winnipeg	936-0000
Native Addictions Council of Manitoba	Winnipeg	586-8395
Whiskey Jack Treatment Centre	Thompson	359-8995