

Rollercoaster

The ups and downs of youth substance use
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Why this title?

- Becoming an adult requires a leap much as getting into a rollercoaster
- Car, with peers, trusting society as a structure, an unknown course with twists and turns
- Many different designs to choose



Substances

- Can lead to more intense ride
- Shift the continuum and trajectories towards adulthood
- Can challenge the structure safety
- Can threaten personal safety
- Require models of care to responsive and fluid to the shifts and deviations of the tracks



Outline

- What research says on treatment
- The problem of causation
- Implementation into prevention
- Heterogeneity and models of care



Current learnings

- Opportunistic frequent screening
- Barriers to access continue to confound
- Availability where youth are
- Newer mediums offer new possibilities
- Adult to scale –does not work



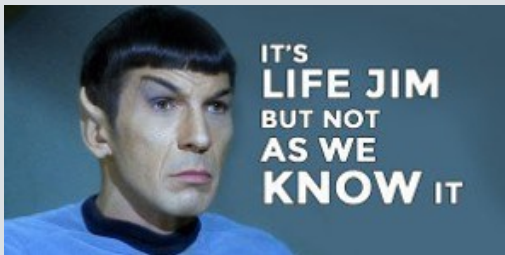
And...

- Debate over length of time for treatment
- Over what the goals of treatment are
- The problem of “normatives”
- Intensely individual
- Unidimensional outcomes fail



How to target intervention

- Decision must refer to continuum of use
- Must include the likely harms of the substance
- Needs understanding of pattern of use
- Must occur within a broader context of health



Health transformed

- Sequelae into adulthood from the experiences in childhood and adolescence – sensitive periods
- Inequities and exclusions
- Lack of connectedness yet never more connected



Global peer groups

- Immersion in peer group potent
- Digital disruption
- Globalised, diverse world
- New patterns of work
- Different patterns of adulthood



Associations not causations

- May not predict best practice interventions
- Neglects evolving contexts
- Gender
- Substance use is a “wicked problem”



Inpatient or outpatient

- Dependency is often not the issue
- Outpatient allows the time frame suggested by research
- Inpatient stay cannot simply duplicate adult treatment to scale



What we have

- 15 beds
- Passionate and dedicated youth service
- Opportunity to ensure individualized treatment plans
- How does this work?



WHY TAKE DRUGS?

- STRESS
- LOW SELF ESTEEM
- MISINFORMATION
- SOCIAL ACCEPTANCE
- EASY ACCESS



Going up...

- The use of methamphetamine and substances giving the chance for intense elevation
- Settings: ED, community health centres and access through centralised intake



Challenges

- Symptoms hard to manage within the built environment of a hospital
- Confounded by broader societal trends
- Medications not tested on youth
- “scattering”, irritability, mood instability and vulnerability



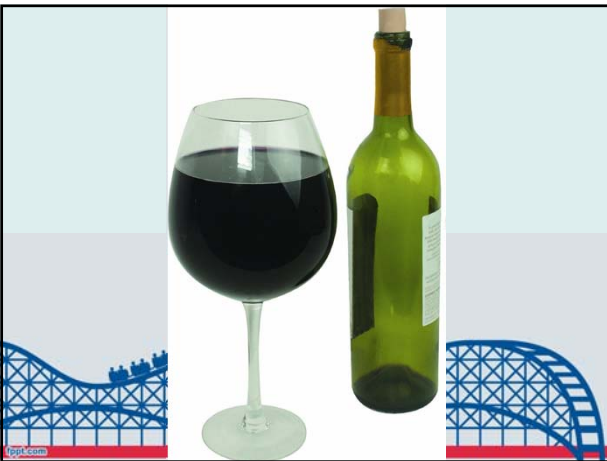
New psychoactive substances

- Access is very different to previous
- New independence from the anonymity of virtual markets
- Shift rapidly with health knowledge too often gained retrospectively



Cannabis

- The issues with synthetic
- Contradictory public health messages
- Lengths of stay may not target the true peak of withdrawal
- Effects and harms temporally bound

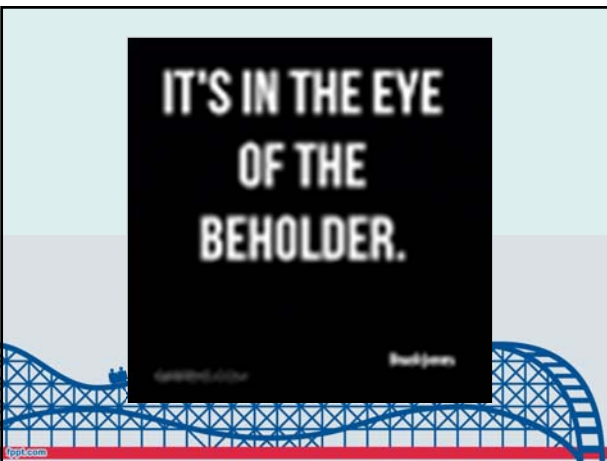


Alcohol

- Youth listened
- AND WE GOT IT WRONG
- Need to refocus and highlight the different effects on young people
- Role socio-culturally
- Not dependence



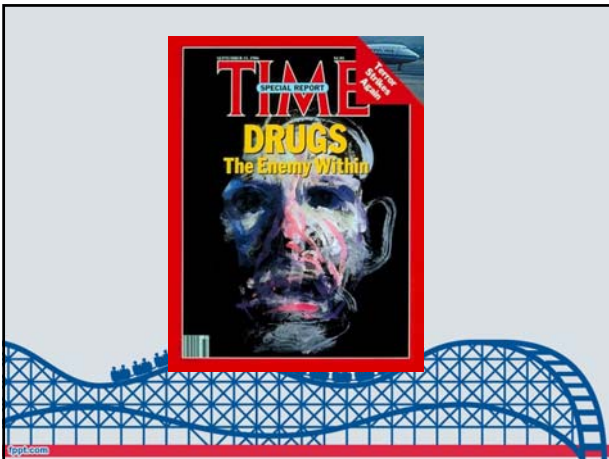
IT'S IN THE EYE
OF THE
BEHOLDER.



Youth- transition

- Not static
- Usage reflects this
- The need for constant checking in on their needs, dreams, and goals
- The importance of hope





The Enemy Outside

Not moral panic

A blue roller coaster track with a train of small figures is positioned at the bottom of the slide, set against a light gray background.

ALL DRUGS ARE NOT CREATED EQUAL, SOME ARE FAR WORSE THAN OTHERS...BUT YOUTH DON'T KNOW WHICH ONES ARE

The image shows the cover of the book "Animal Farm" by George Orwell. The cover features a cartoon illustration of a pig in a suit, looking upwards. The title "ANIMAL FARM" is written in large red letters. The author's name "GEORGE ORWELL" is at the top.

A black poster featuring the Star Wars character Darth Vader. The text "KEEP CALM AND USE THE FORCE" is written in white and red capital letters. The poster is set against a light gray background with a blue roller coaster graphic at the bottom.

Tools of a Jedi

- HEADSS
- SBIRT
- Screening regularly no matter where
- Opportunistic intervention and shift the message

A blue roller coaster track with a train of small figures is positioned at the bottom of the slide, set against a light gray background.

Human rights

- Reflect on the importance of substance misuse in our children and adolescents lives
- Recognition in UN documents
- Fullest potential for each individual

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