Substance Use Prevention

How mentors can make a big difference
Substance Use
Risk & Protective Factors

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Risk Factors for Adolescent Substance Use

Community
- Availability of drugs
- Community laws & norms favorable to drug use
- Transitions & mobility
- Extreme economic deprivation
- Low neighborhood attachment & community disorganization

Family
- Family history of substance use
- Family management problems
- Family conflict
- Favorable parental attitudes towards substance use

School
- Academic failure beginning in late Elementary school
- Lack of commitment to school

Individual/Pear
- Early & persistent anti-social behavior
- Rebelliousness
- Gang involvement
- Friends who engage in substance use
- Favorable attitudes towards substance use
- Early initiation of substance use
- Constitutional factors
Protective Factors Against Adolescent Substance Use

- **Community**
  - Rewards for prosocial involvement

- **Family**
  - Family attachment
  - Opportunities for prosocial involvement
  - Rewards for prosocial involvement

- **School**
  - Opportunities for prosocial involvement
  - Rewards for prosocial involvement

- **Individual/Peer**
  - Belief in the moral order
  - Interaction with prosocial peers
  - Prosocial involvement
  - Rewards for prosocial involvement
Mentors Can Enhance Protective Factors

- **Prosocial Involvement:**
  - Check & Connect: Implementing with Fidelity: Intensive Interventions-page 52
    - Initiate service-learning opportunities
    - Facilitate youth involvement in after-school & community activities
    - Establish a community service tutoring program
    - Help students find summer jobs or other structured summer activities
  - Explore students’ interests and hobbies
  - Help students find new interests and hobbies
Consequences

- Impacts on the developing brain:
  - Attention
  - Learning
  - Mood
  - Impulse control
  - Increased risk for future addiction
Video #1: Brain Development
Consequences

- Teen substance use linked to:
  - Higher absenteeism
  - Poor or failing grades
2019 SHARP Survey Results

<table>
<thead>
<tr>
<th></th>
<th>Lifetime use</th>
<th>Past 30 days</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vaping</td>
<td>18.9%</td>
<td>9.7%</td>
</tr>
<tr>
<td>Alcohol</td>
<td>16.7%</td>
<td>5.5%</td>
</tr>
<tr>
<td>Marijuana</td>
<td>12.2%</td>
<td>6.2%</td>
</tr>
<tr>
<td>Cigarettes</td>
<td>6.9%</td>
<td>1.2%</td>
</tr>
<tr>
<td>Prescription Drugs</td>
<td>5.6%</td>
<td>1.9%</td>
</tr>
</tbody>
</table>

The use of Cocaine, Methamphetamine, and Heroin rates are below 1%.
Video #2: Vaping

2019 Monitoring the Future
National Institute on Drug Abuse

VAPECING:
Why do Teens Vape and What are the Health Concerns?
– NIDA Director Dr. Nora Volkow

Recorded December 2019
Starting the conversation...

**Spirit of Motivational Interviewing**
- Partnership, Acceptance, Compassion, Evocation

**Motivational Interviewing Core Skills**
- Open Ended Questions, Affirmations, Reflections, Summaries
Starting the Conversation...

- Bring up something in the recent news:
  - “There’s been a lot in the news lately about teens vaping. How much do you know about this?”

- If the student has a health class or other course where substance use is discussed:
  - “What have you learned about alcohol, vaping or other drugs?”

- If the school has been discussing it (Red Ribbon Week etc):
  - “The school has been taking part in a drug prevention week, what are your thoughts on that?”

- SAMSHA Talk they Hear You App
  - Created for parents, but goes through some conversation starter scenarios that could be helpful for other trusted adults
Remember:

These kinds of conversations are best built on a foundation of a strong relationship.

Unless the student initiates the topic, you may want to focus on building a strong mentoring relationship first.
Warning Signs

- Behavior changes with no apparent cause:
  - Acting withdrawn
  - Frequently tired or depressed
  - A change in peer group
  - Carelessness with grooming
  - Decline in academic performance
  - Missing classes or skipping school
  - Loss of interest in favorite activities
  - Changes in eating or sleeping habits
  - Deteriorating relationships with family members and friends
Starting the Conversation...

- Show your concern
  - “You haven’t been yourself lately...”
- Stay calm & avoid judgement
- Be direct
  - “Your grades have been dropping”
  - “That looks like a vape pen”
- Let them know you value their honesty
- Elicit change talk
- Get others involved, as needed
Video #3: Conversation about drinking
Local Resources

- 211.org

Local Substance Abuse Area Authority: https://dsamh.utah.gov/contact/location-map

Local Health Department

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References

References


Thank you!

Questions?

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