



The University of Texas at Austin
Steve Hicks School of Social Work

Preventing and Responding to Youth Substance Misuse and Substance Use Disorders

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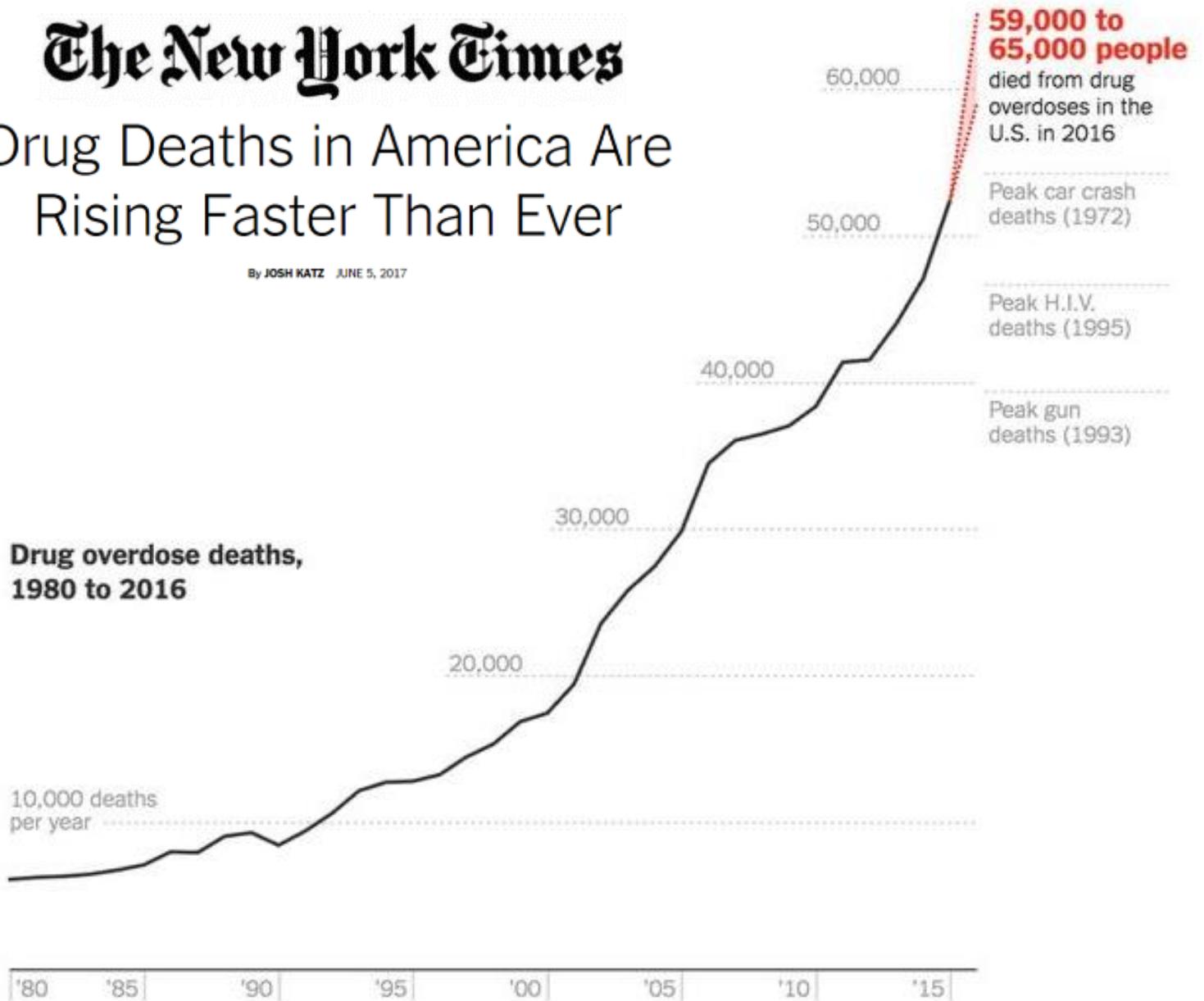
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The New York Times

Drug Deaths in America Are Rising Faster Than Ever

By JOSH KATZ JUNE 5, 2017

Drug overdose deaths, 1980 to 2016



Drug Overdose in Texas

- In 2016, 2,790 Texans died due to drug overdose
- More than the population of a Texas 6A high school
- More than the population of nearly 60 percent of the cities and towns in Texas



Sources: Texas DSHS Provisional counts of drug overdose deaths, 2/15/2018.

U.S. Census Bureau (2017). Annual Estimates of the Resident Population in Texas: April 1, 2010 to July 1, 2016.

Available at: <https://www.census.gov/data/datasets/2016/demo/popest/total-cities-and-towns.html>

Drug Use Starts Early and Peaks in Adolescence

Drug abuse starts early and peaks in teen years



- Adolescence is a period of profound brain maturation.
- We *thought* brain development was complete by adolescence
- We now know... maturation is not complete until about **age 25.**

INSIDE THE ADOLESCENT BRAIN

The brain undergoes two major developmental spurts, one in the womb and the second from childhood through the teen years, when the organ matures by fits and starts in a sequence that moves from the back of the brain to the front.



By age 13 for girls and 15 for boys, the neurons in the brain of the brain have formed the vast majority of new connections. Over the rest of the years, most of these links will be pruned.

Corpus Callosum

Thought is an involved and intricate process, and it is the corpus callosum, a bundle of nerve fibers, that connects the left and right hemispheres of the brain. Both sides receive the same information and process it in different ways.

Prefrontal Cortex

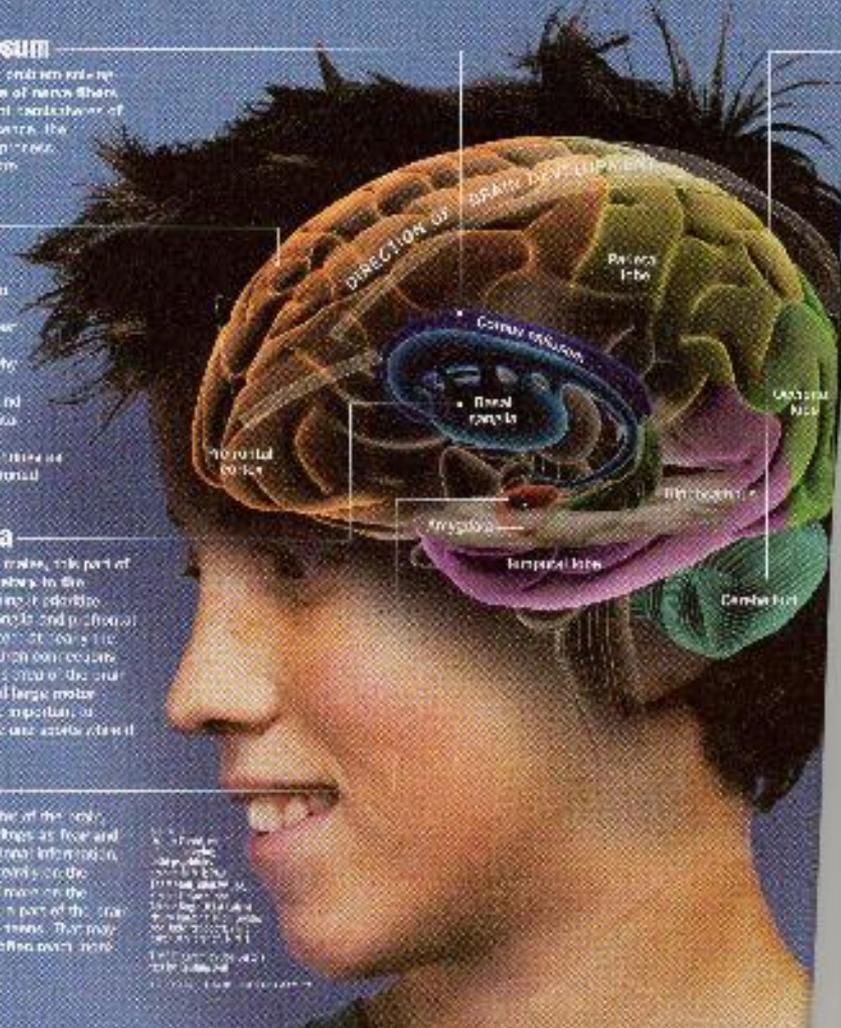
The CEO of the brain, the prefrontal cortex is the seat of our second thoughts. It is the part of the brain that helps us to make decisions, solve problems, and control our emotions. It is the part of the brain that helps us to plan and execute our actions.

Basal Ganglia

Large in the brain, the basal ganglia is the seat of our first thoughts. It is the part of the brain that helps us to make decisions, solve problems, and control our emotions. It is the part of the brain that helps us to plan and execute our actions.

Amygdala

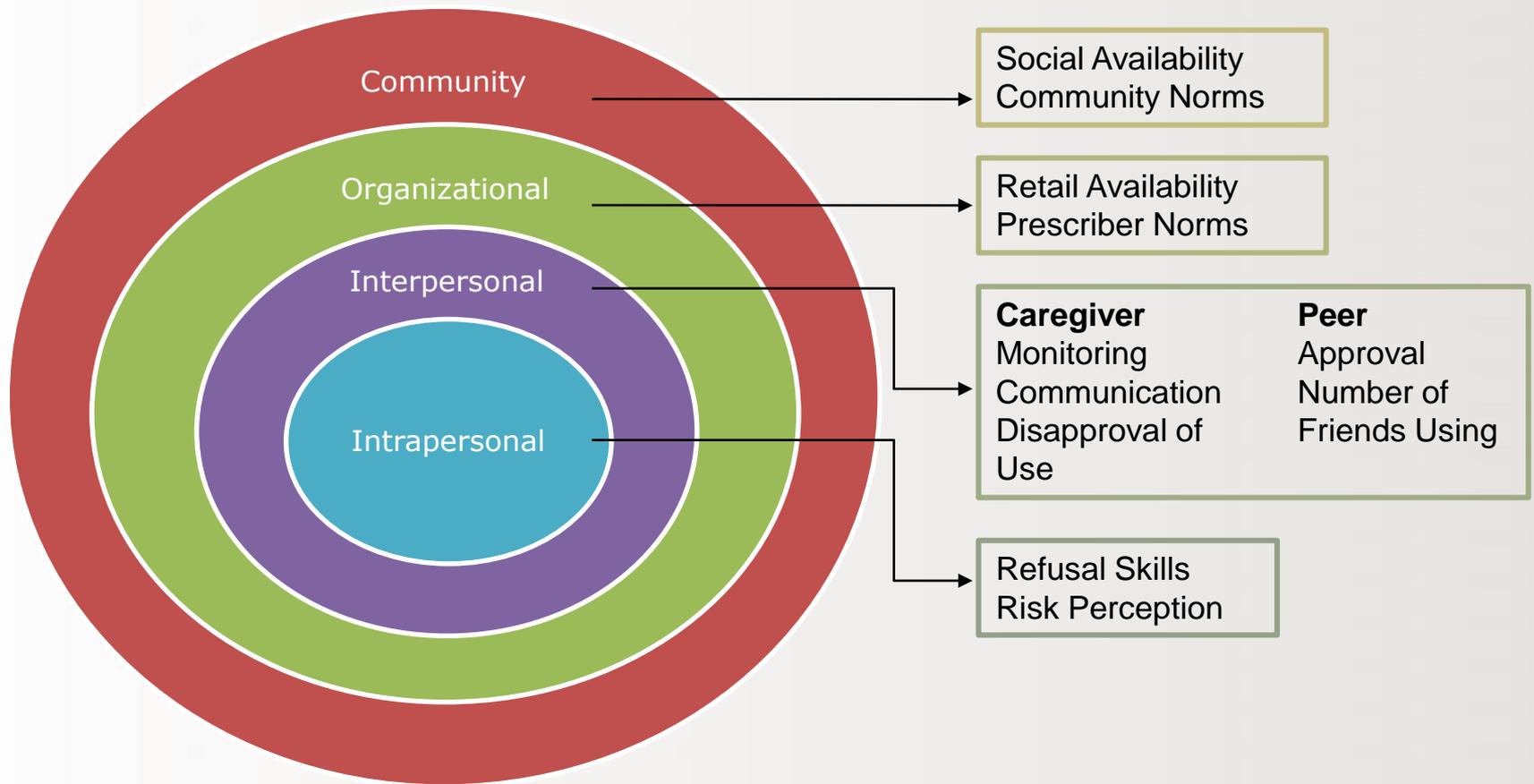
The amygdala is the seat of our emotions. It is the part of the brain that helps us to make decisions, solve problems, and control our emotions. It is the part of the brain that helps us to plan and execute our actions.



Developing Brain = Less Brakes on the “Go” System



Correlates of Substance Misuse



Sources: McLeroy, K. R., Bibeau, D., Steckler, A., & Glanz, K. (1988). An ecological perspective on health promotion programs. *Health Education & Behavior*, 15(4), 351-377.

SAMHSA CAPT (2016). Preventing Prescription Drug Misuse: Understanding Who Is at Risk.

Available at: <https://www.samhsa.gov/capt/sites/default/files/resources/preventing-prescription-drug-misuse-understanding.pdf>

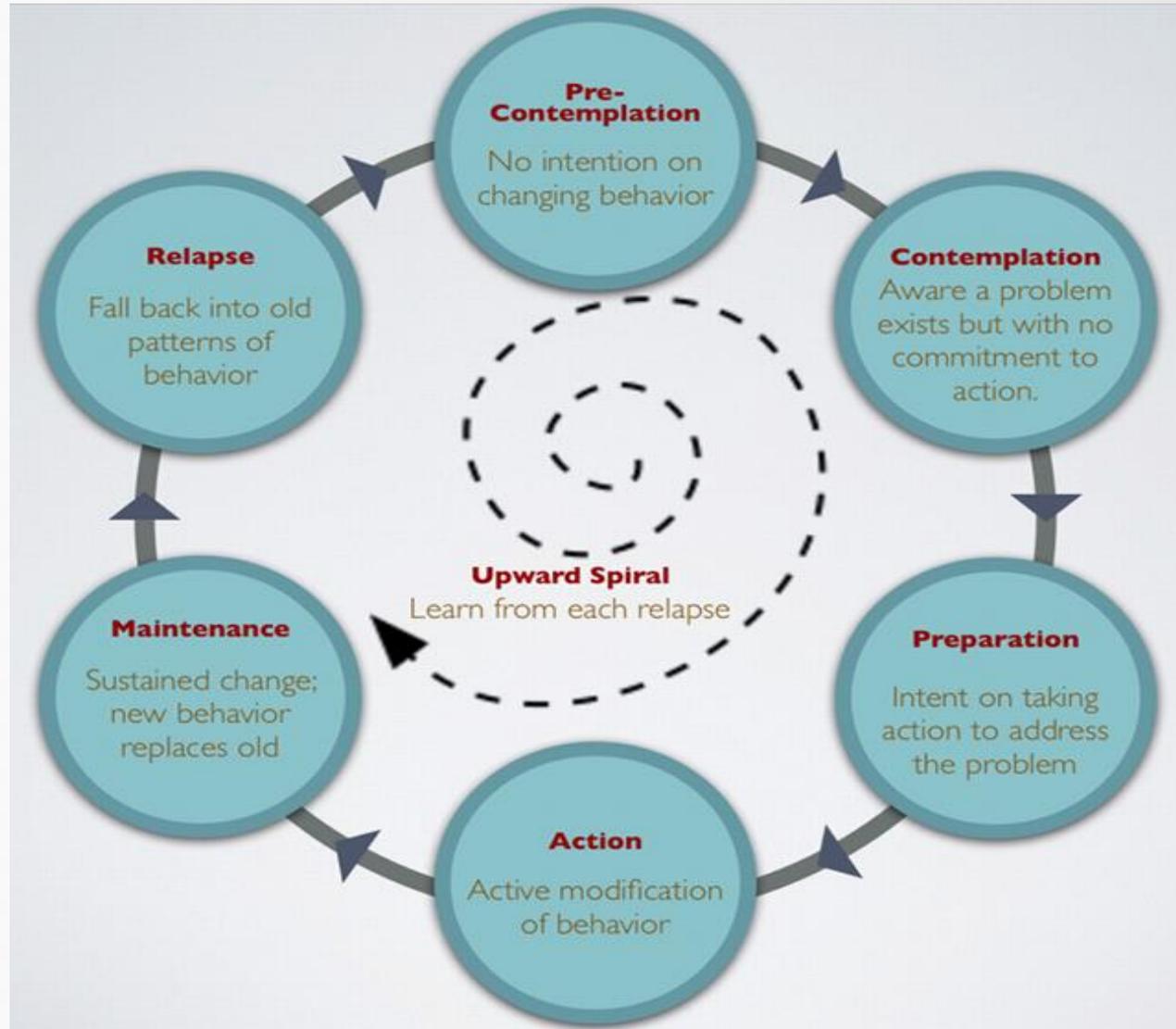
Keys to Effective Prevention

- Accurate, honest information
- Social Skills / Effective Communication
- Problem Solving
- Affect Regulation
- Self Efficacy
- Drug Resistance Strategies
- Culturally grounded approaches
- Consideration of Harm Reduction and Abstinence Based Models

TOOL KIT: How to talk about drugs

- Set a respectful and inquisitive, intimate and safe tone
- Do not interrupt
- You cannot change someone – they must choose change
- Don't make assumptions – there is no typical “profile” for substance misuse and addiction
- Listen more than talk – reflect what you hear – don't try to FIX
- Be candid and nonjudgmental
- Affirm perspective, feelings, and freedom of choice
- Ask questions tentatively
- Be patient and do not get defensive – people with substance use problems may turn the conversation quickly to make the person asking lose balance
- Use non-stigmatizing language

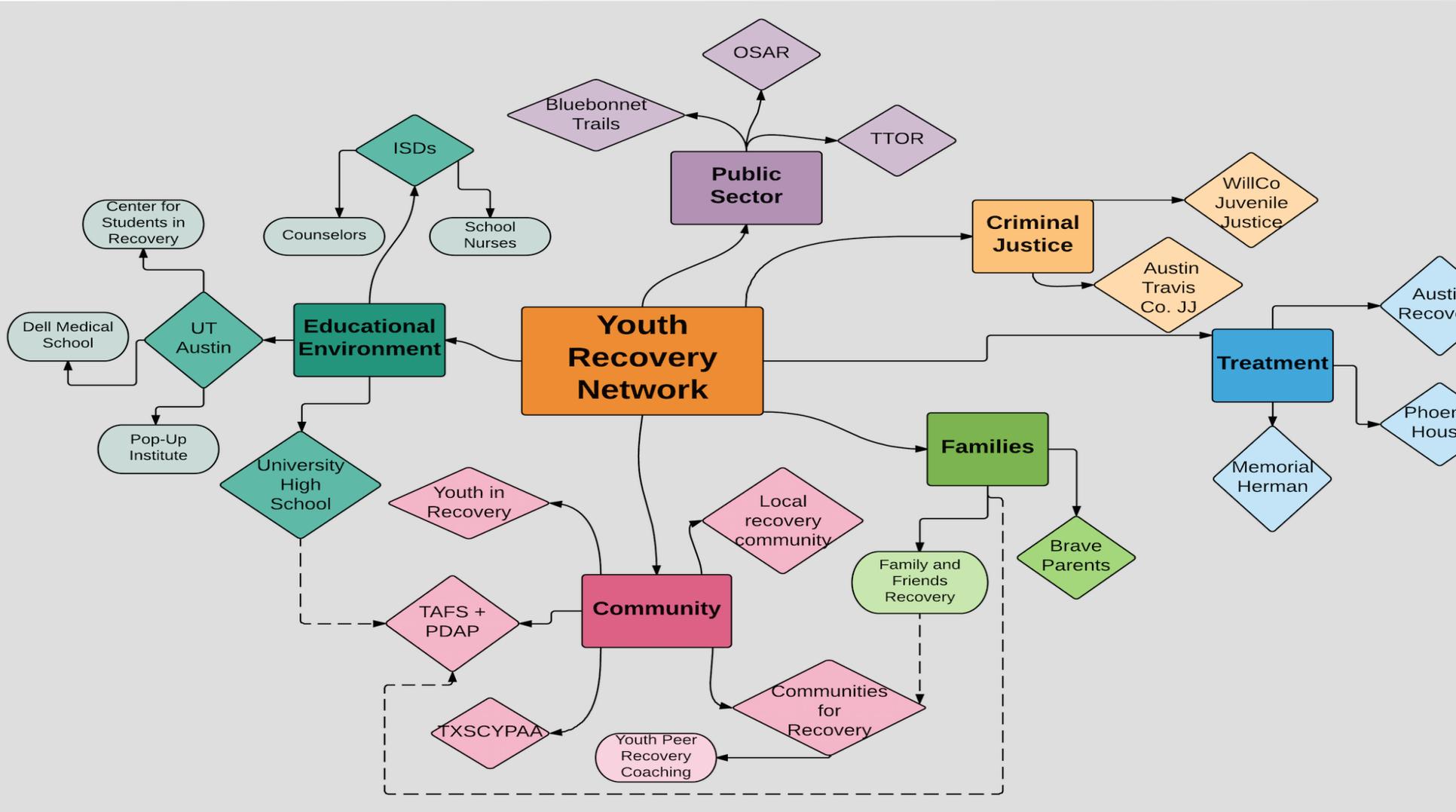
Stages of Change



Change Conversations

Students can articulate the “payoffs and downsides” of using substances, and this is key for motivational change.







The University of Texas at Austin
 Office of the Vice President
 for Research

Towards Solving the Problem of Substance Misuse and Addiction among Youth and Emerging Adults



The Youth Substance Misuse and Addiction Pop-Up Institute will launch a diverse network of UT and renowned scholars, agencies/organizations who focus on youth substance misuse, research, intervention, and recovery initiatives. As such, the group is positioned to make substantial contributions to research and practice in multiple settings, to examine the impact of addiction as it undermines the health of young people on and off campus, their families, the community, the state, and the nation. The group will also focus its energy on making sure that the work creates the best possible impact on UT students, both as participants and recipients of the innovations that grow from the Institute. Undergraduate Studies (UGS) will participate to integrate drug/alcohol wellness components to UT programming.

<http://sites.utexas.edu/youthsubstancemisuse/>

By: Hank Edwards (hankedwardsfineart.com)



SHIFT

THE CAMPUS CULTURE

A Bold Call to Action: Shifting the existing norms around substance use at UT Austin through the cutting-edge collaboration of scholars, researchers and instructors with college health and student-affairs practitioners. SHIFT is a national model for proactive prevention of substance misuse and improved campus wellness.

UT STUDENT SPECIFIC STATISTICS

68.7% drank alcohol on one or more days in the last 30 days

32.6% had 5 or more drinks in one sitting in the past 2 weeks

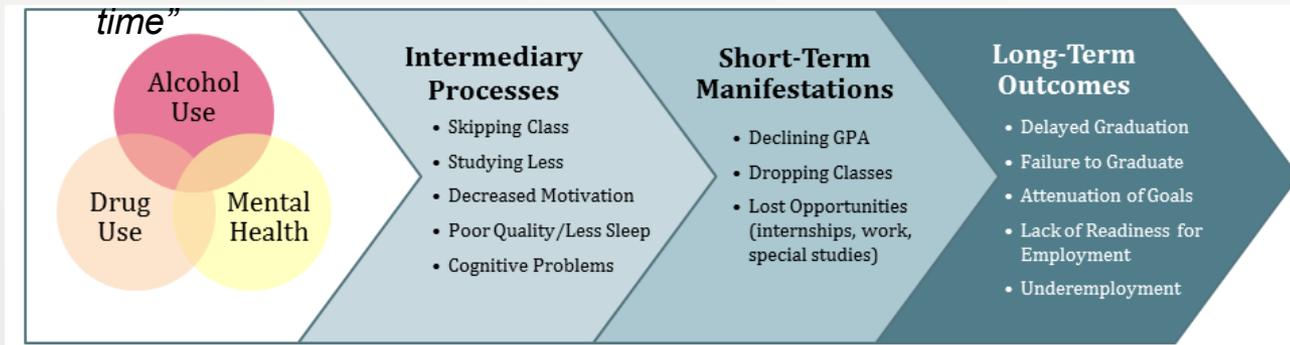
8.2% had 5 or more drinks in one sitting on 3 or more occasions in the past 2 weeks

5.6% used an illicit drug in the last month

19.9% used marijuana on one or more days in the past 30 days

Substance Use + Academics

“a ‘cascade’ of interrelated problems that accumulate over time”



Alcohol use, drug use, and mental health outcomes have a cascade of effects on college students' academic outcomes

Arria, A. M., Caldeira, K. M., Bugbee, B. A., Vincent, K. B., & O'Grady, K. E. (2013). The academic opportunity costs of substance use during college. College Park, MD: Center on Young Adult Health and Development.



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Questions?



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