

Great Lakes ATTC
and
IDHS/DASA
Presents

*The Impact of Trauma and Substance Use
Disorders on the Development of Transition
Age Youth and Intervention Strategies*

Presenter
Mark Sanders, LCSW, CADC

Outline

- *Trauma – a brief history*
- *The Ace Study*
- *The link between trauma, addiction, mental illness and Co-occurring Disorders*
- *Adolescent and Transition Age Youth Development and the Impact of Trauma and Substance Use Disorders*
- *Effective Treatment for Transition Aged Youth*

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Lessons from History:

The Alcoholic Republic

"Americans drank more alcohol per capita, the first 40 years after the signing of The Declaration of Independence than anytime in our nations history."

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Rationale

- *The British had all the tea*
- *Water was impure*
- *Milk spoiled easily*

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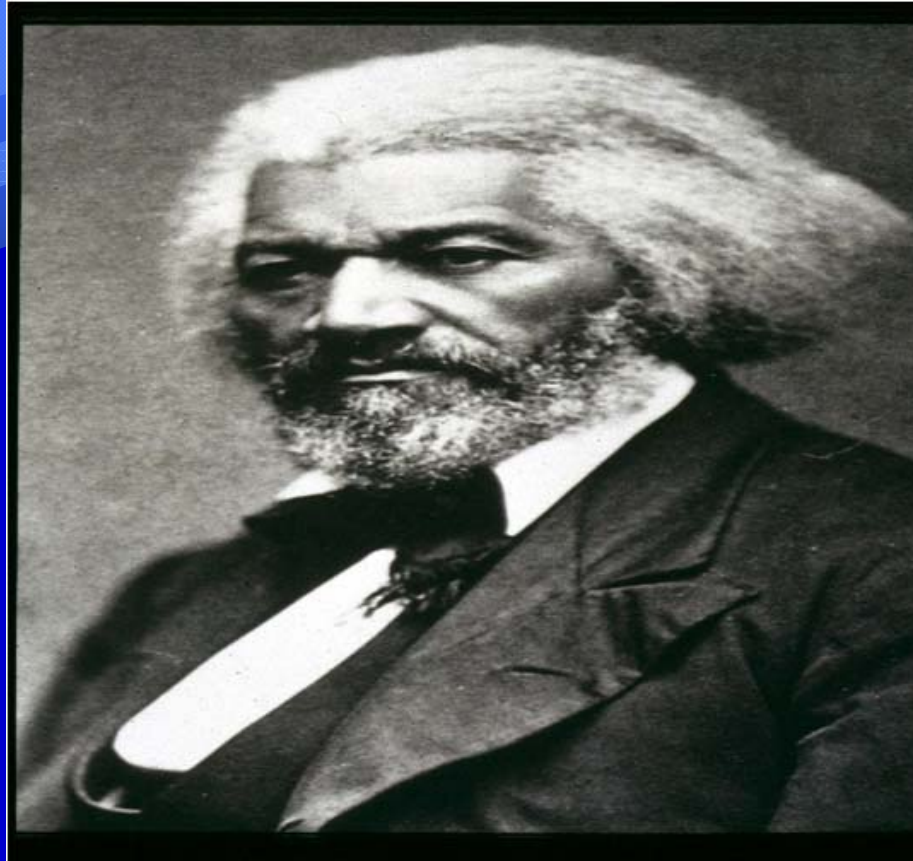


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Martha Washington
Leader of the Temperance Movement

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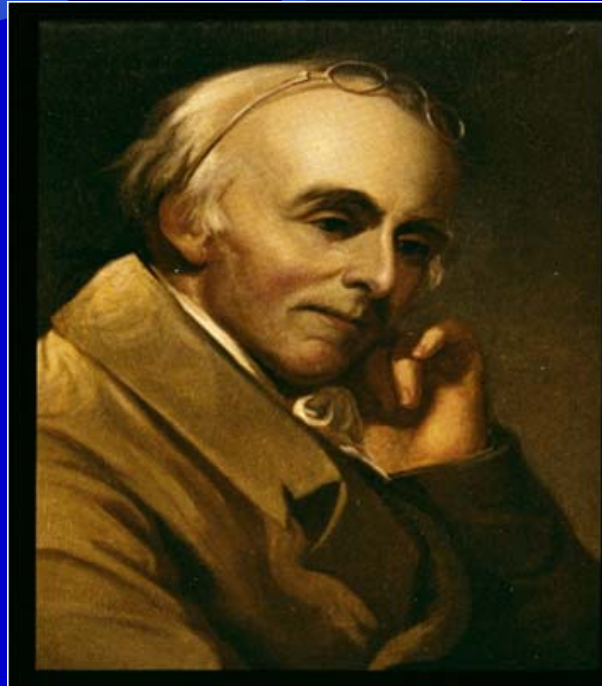


"We can't stagger to freedom."

Frederick Douglass

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Leader of the Black Temperance Movement

Benjamin Rush, M. D.



First Surgeon General

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Every Helping Professional Needs to be an Advocate for Trauma Informed Care as a Part of their Ethical Responsibility

A brief history

- *Freud*
- *World War I*
- *World War II*
- *Vietnam War*
- *Modern Addictions and Mental Health Treatment*
- *The Woman's Movement*
- *The ACE Study*

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Center for Disease Control and Prevention

The Adverse Childhood Study (ACE)

Research with Nearly 18,000 Adults

*Discovered A Strong Correlation Between
Early Childhood Trauma and
Physical and Mental Illness in Adulthood*

ACE Study

Directions – For each “yes” answer, give yourself one point. For each “no” answer, give yourself zero points.

When you were growing up in your household, before age 18, did you have any of the following experiences?

- 1. Often had a parent or someone else in the household who swore at you, yelled at you, and sometimes, or often, acted in a way that made you believe you might be physically hurt. _____*
- 2. Sometimes, often, or very often, were you pushed, grabbed, slapped, or had something thrown at you, or hit so hard that you had marks or were injured? _____*

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ACE Study Continued

- 3. An adult or person at least five years older ever touched you or fondled you in a sexual way, had you touch their body in a sexual way, attempted oral, anal, or vaginal intercourse with you or actually had oral, anal, or vaginal intercourse with you. _____*
- 4. Were you ever mad to feel unloved, unprotected, and not special in your home? _____*
- 5. Were there times when you did not have food, clean clothes, and a place to live? If you were sick, were there times when an adult did not take care of you consistently? _____*

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ACE Study Continued

- 6. Did you ever witness your mother or stepmother get pushed, grabbed, slapped, hit, or have something thrown at her? _____*
- 7. Was there anyone in your household who was a problem drinker, alcoholic, or who used street drugs? _____*
- 8. Did you live with a household member who was depressed, mentally ill, or attempted suicide? _____*
- 9. Were your parents ever separated or divorced? _____*
- 10. Did you ever have a household member who went to prison? _____*

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Ace and Transition Age Youth

- *If a Transition Age Youth answers yes to 3 out of 10 ACE Study questions they are at an increase of developing a Substance Use Disorder*
- *If a Transition Age Youth answers yes to 3 out of 10 questions they are at risk of developing a mental illness*
- *Answering yes to 4 out of the 10 questions increases the risk of a Co-occurring Disorder*

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Adolescent and Transition Age Youth Development

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Stages of Adolescent Development

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Early Adolescence (ages 12 to 14)

- *Rapid body and hormonal changes*
- *Mood swings*
- *Concerns about whether "I will be normal"*
- *Constantly compares physical appearance to others*

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Justin Bieber

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Beyonce

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Taylor Swift

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Early Adolescence Continued

- *Have internalized beliefs about the ideal body type and ideal beauty*

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Early Adolescence Continued

- *Increased need for privacy*
- *Curiosity about sexual matters*
- *Crushes on stars and teen idols*
- *Would rather be with their friends than their parents*
- *A need for heroes to look up to*

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Early Adolescence Continued

- *A need to disagree with their parents and take the opposite view*
- *Often abandon childhood hobbies*
- *Feelings of invincibility*
- *Mostly interested in the present moment*

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Early Adolescence Continued

- *May start engaging in risky behavior (trauma exacerbates the risk)*
- *Close relationships with peers are important*
- *Frustration and anxiety because of a lack of experience in dealing with many things they are encountering for the first time*

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Middle Adolescence (ages 15 to 17)

- *Many of the physical changes associated with puberty may have taken place*
- *Still often concerned with their physical appearance and believe that others are concerned with their physical appearance as well*
- *May try new images constantly*
- *Concerned about sexual attractiveness*

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Middle Adolescence Continued

- *Often the most conflictual period for parents*
- *Changes in eating habits*
- *Messy room*
- *May try to hide the amount of love, acceptance, and support they need from their parents*
- *Often still feel invincible, which can lead to risky behavior*

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Middle Adolescence Continued

- *Friends mean everything*
- *Loss of friends can contribute to depression*
- *May start to express themselves verbally more often*
- *Increased ability to control impulses*
- *Start to resolve conflict better*
- *Often not focused on cause and effect, i.e., linking drinking with bad driving, sex with pregnancy and STDs*
- *Thinking stronger about a future vocation, college, career etc.*

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If an adolescent does not achieve the developmental tasks during adolescence they will have to be completed in the emerging adult years causing them to fall behind in achieving the developmental tasks of emerging adulthood

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Stages of Development

- *Consumer years*
- *Apprenticeship years (emerging adulthood)*
- *Productive years*
- *Elder years*

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Stages of Development Consumer Years (Birth to 18)

- *Consume knowledge*
- *Consume food*
- *Play!*
- *Ends in earning a high school diploma*

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*Stages of Development
Apprenticeship Years (18 to 29)*

➤ *You prepare for a vocation or career*

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Stages of Development Continued

- *Productive years (30 – 70)*
- *Elder years (70 (+))*

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What Makes Transition Age Youth Fall Behind in the Developmental Milestones

- *Not completing the developmental tasks of adolescence*
- *Making up for lost time because you missed your adolescence*
- *Substance use and trauma*

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Transition Aged Youth Emerging Adulthood

(Ages 18 to 25) from the end of adolescence to the young adult years. The Transition Aged Youth is engaged in behaviors that leads towards greater responsibility as manifested by a stable job or career, marriage and parenthood.

Jeffrey Arnett

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5 Features of Emerging Adulthood

- 1. Age of identification – zero in on who they are, what they want out of work, school and love*
- 2. Age of instability – Post high school. This period is marked by repeated residence changes. They often go to college, live with a friend or romantic partner.*

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Features of Emerging Adulthood Continued

- 3. Age of self-focus – freed of the parental and societal directed routines, transition aged youth try to decide what they want to do. Where they want to go and who they want to be with before these choices are limited by marriage, children and a career*

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Features of Emerging Adulthood Continued

- 4. Age of feeling in between – Taking responsibility for self, but still don't completely feel like an adult*

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Features of Emerging Adulthood Continued

5. Age of possibilities! Optimism reigns. They believe they have a good chance for a better life than their parents.

Jeffrey Arnett

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How does Substance Use Disorders Impact the 5 Features of Emerging Adulthood?

- *Arrested development*
- *Difficulty graduating from high school*
- *A focus on chasing the high and avoiding withdrawal makes it difficult to pursue your dreams*
- *Greater potential of a felony arrest*

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Impact of Substance Use Continued

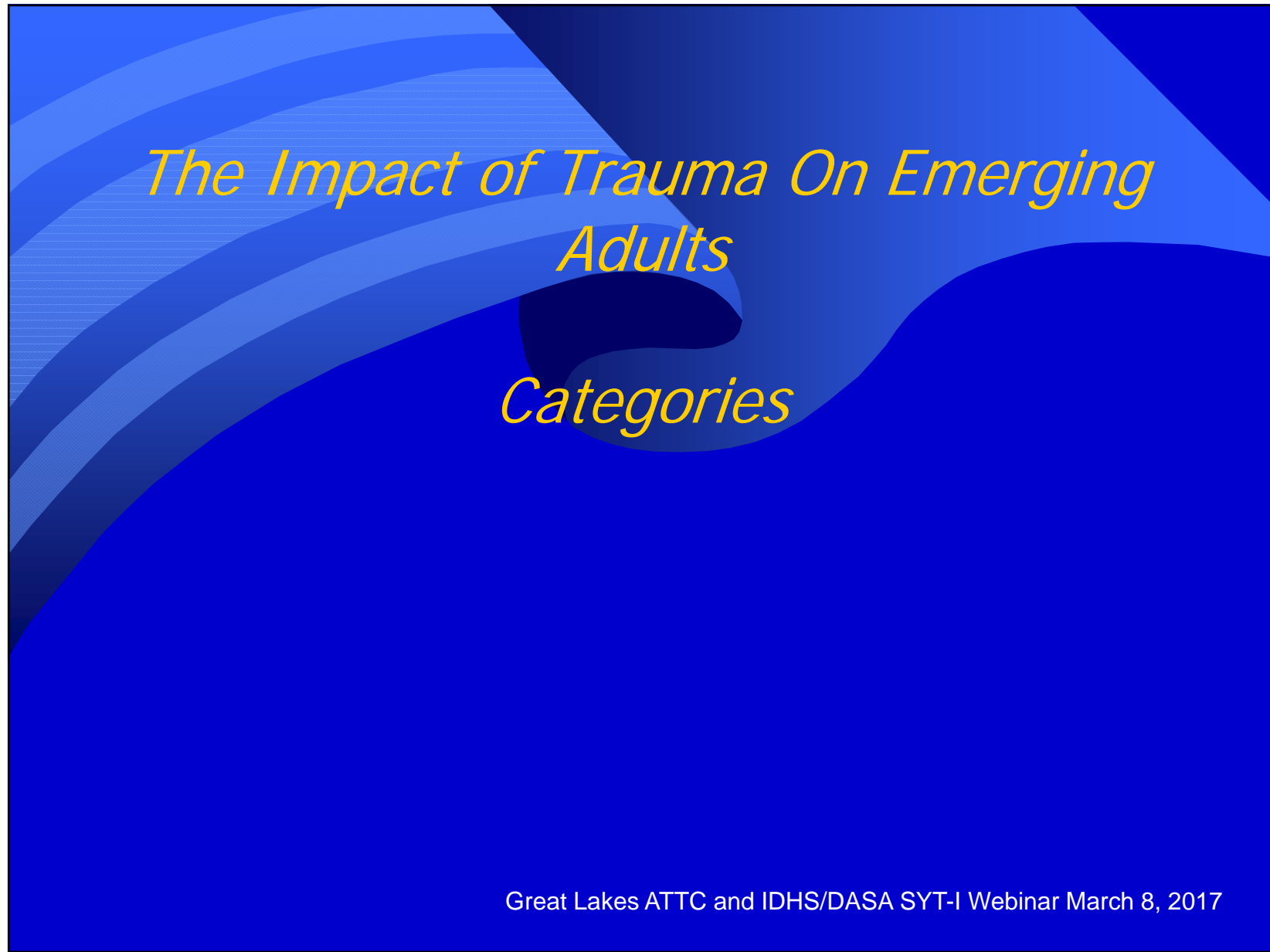
- *Greater dependence on their parent, keeping the Transition Age Youth in a child or adolescent position*
- *Addiction to a drug sub-culture making it difficult to join pro-social groups*

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Impact of Substance Use Continued

- *Numbing caused by drug use makes it difficult to develop healthy relationships*
- *Positive drug screens makes it difficult to secure and keep "a good job"*
- *Active substance use destroys hope, ambition and energy*

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PTSD

- *The person has been exposed to a traumatic event*
- *Recurrent and intensive distressing recollections of the event*
- *Efforts to avoid conversations, activities, places and people that bring up memories of the event*
- *Difficulty falling or staying asleep, nightmares, flashbacks*

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PTSD vs. Complex Trauma

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With PTSD exposure to a specific traumatic event is required

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Complex Trauma Includes Multiple Layers and Years of Traumatic Experiences

- *Neglect*
- *Abandonment*
- *Multiple placements*
- *Parental substance abuse*
- *Adult emotional unavailability*
- *Multiple losses*
- *Exposure to domestic violence*
- *Abuse*

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Most Common Symptoms of Complex Trauma

- *Difficulty regulating emotions* 65%
- *Difficulty with impulse control* 63%
- *Negative self-image* 62%
- *Difficulty concentrating (ADD)* 60%
- *Aggression (Conduct Disorder)* 56%
- *PTSD* 12%
- *Substance Abuse* 10%

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Historical Trauma

A cumulative emotional and psychological wounding over the lifespan and across generations, emanating from massive group trauma

- Brave Heart, 2000

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Historical Trauma Features

- *Loss of culture*
- *Survivor guilt*
- *Depression*
- *Traumatic stress symptoms*
- *Numbing*
- *Low self esteem*

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Historical Trauma Features Continued

- *Historical unresolved grief*
- *Substance use*
- *Suicidal ideations*
- *Traumatizing others at the micro and macro levels*

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24 - 7 - 365 Terror

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An Existential Concern

How long do African American and Latino males live?

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Dispelling the Myth

- *500 – 700 murders annually*
- *40,000 annual births in Chicago*
- *2.7 million residents*

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Dispelling the Myth Continued

- *9 million residents of Cook County*
- *112 murders in Englewood over last 20 years*
- *73 thousand residents of Englewood*
- *Life expectancy of African American men in Chicago is age 70. Hispanic Latino males age 73*

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The Impact of Trauma on Transition Aged Youth

A Review of the ACE Study Findings

- *Early cigarette smoking*
- *Increased risk of lung cancer and liver disease*
- *Increased risk of prescription drug use*
- *Mental illness in early adulthood*
- *Homelessness*

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The Impact of Trauma Continued

- *Early pregnancy*
- *Depression*
- *Suicide attempts and risky sexual behavior*
- *Hepatitis C, HIV, and other sexually transmitted diseases*
- *Substance Uses Disorders*

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*Effective Treatment With Transition Aged
Youth What Works*

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- *A combination of outpatient treatment (the least restrictive alternative) and family therapy*

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Treatment of Transition Aged Youth Continued

- *The use of Evidenced Based Family Therapy Models*
- *Multi-dimensional Family Therapy*
- *CRAFT*
- *A-CRA*

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Effective Treatment Continued

Differentiation of self should be a goal when doing family work with Transition Age Youth. The goal is to help them establish healthy boundaries, stay out of triangles and move towards greater independence

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Differentiation Of Self In Family Therapy

- *Some separate meetings with the parents*
- *Separate meetings with the Transition Age Youth*

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Treatment of Transition Aged Youth Continued

The Use of Evidence Based Practices That Are Transition Age Youth Friendly

- *Behavioral Couples Therapy*
- *12 Step Facilitation*
- *Motivational Interviewing*
- *Medication Assisted Recovery*
- *Integrated Dual Disorders Treatment*

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Other Important Aspects of Treatment for Emerging Adults

➤ *Helping them stay alive!*

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How to Stay Alive

- *Not sharing needles or cookers*
- *The use of Narcan*
- *The use of condoms and other safer sex practices*
- *Never mixing any drug with alcohol*

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How to Stay Alive Continued

- *Education about tolerance decreases after periods of abstinence*
- *Staying out of cars with strangers*
- *Decreasing or eliminating the use of one substance while continuing to use another*
- *Education about the harmful effects of various drugs they are thinking about trying*

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Other Aspects of Effective Treatment Continued

- *An educational, vocational and occupational component*
- *Strong linkage with a community college*
- *Help with disengagement from cultures of addiction*
- *Trauma Informed Care*

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3 Waves of Trauma Informed Treatment

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First Wave

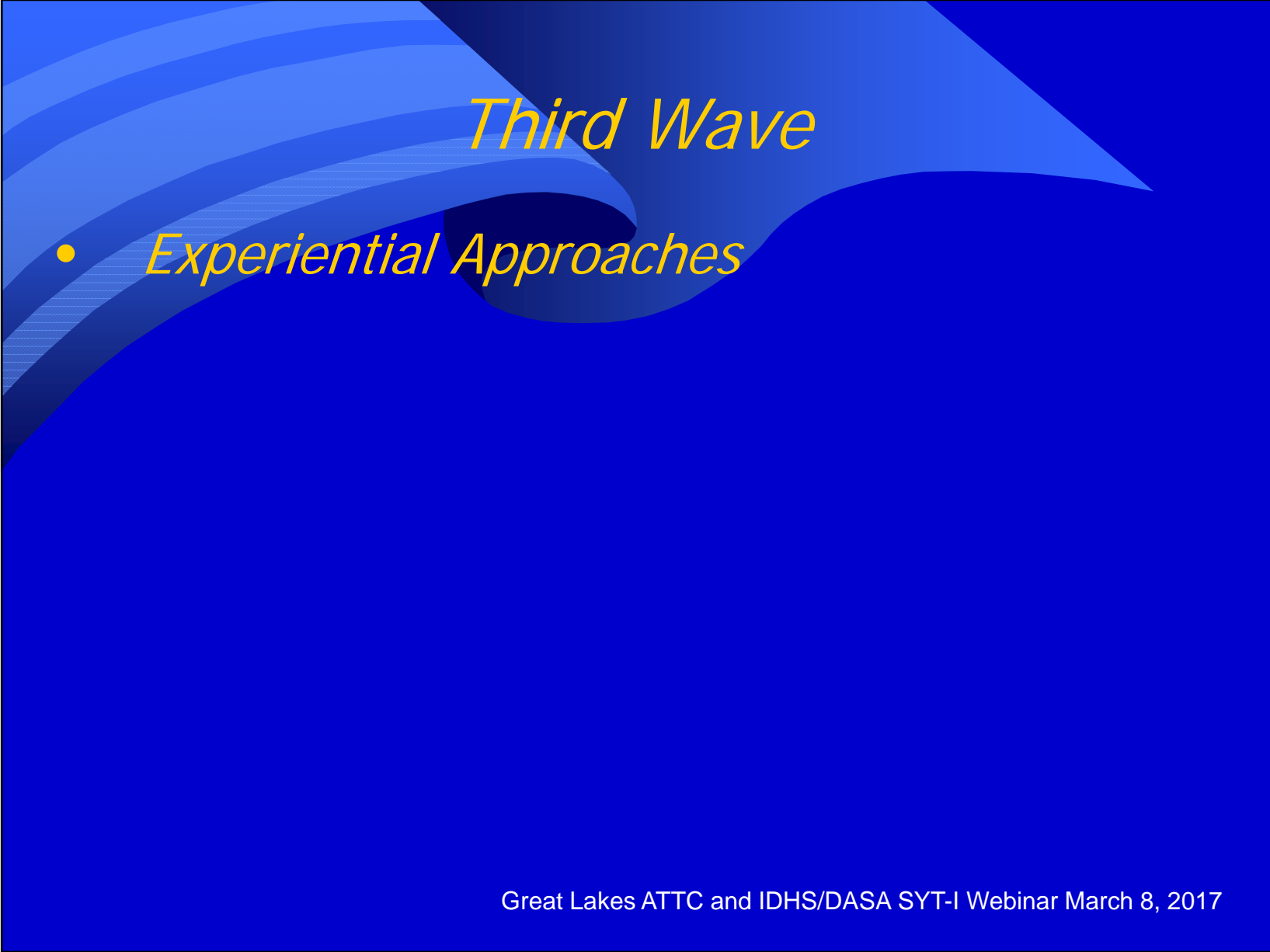
- *Psychodynamic Approaches*
Judith Hermann
- *Safety*
- *Remembering and mourning*
- *Reconnection*
 - *Finding a survivor mission*
 - *Striving to reach your potential*

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Second Wave

- *Cognitive Behavioral Therapies*

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Third Wave

- *Experiential Approaches*

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September 11th survivors were asked what helped them most with their trauma

- *Acupuncture*
- *Massage*
- *Yoga*
- *Movement*

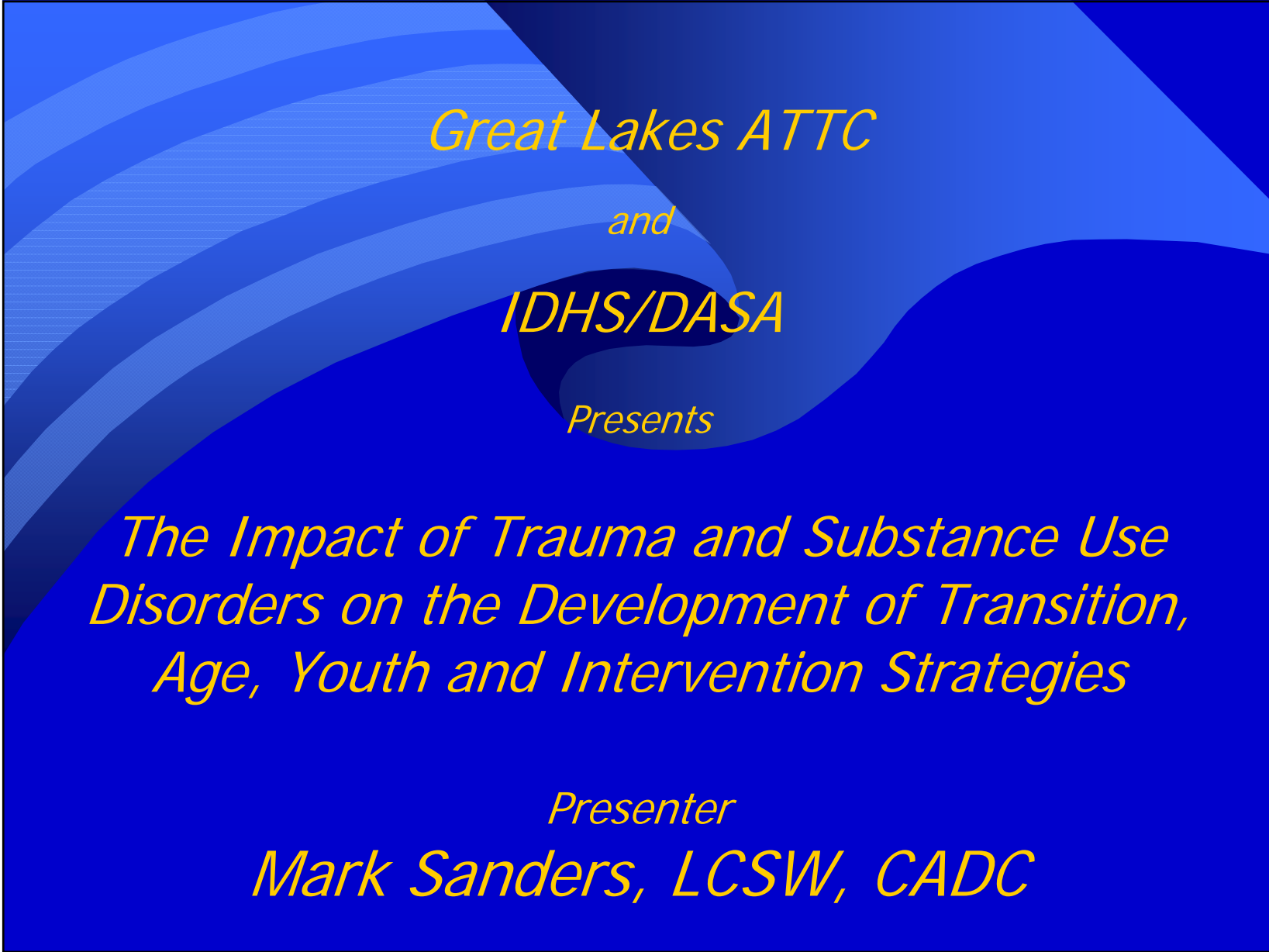
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