

Illinois Problem Solving Courts 2021 Conference

Presents

*Substance Use Disorders Treatment for
Emerging Adults*

Presenter

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Definition

Emerging adulthood is a developmental period between the ages of 18 to 25.

Most Emerging Adults Are Clear That:

- *"We are not teenagers."*
- *"We do not fully feel adult yet."*

The 5 Features of Emerging Adulthood

- *The age of identity exploration*
- *The age of instability*
- *The age of self-focus*
- *The age of feeling in-between*
- *The age of possibilities*

Source: Arnett

Empathy With Emerging Adults

- *Remember when you had more money than money.*
- *Remember when you lived in a dorm and did laundry at your parent's house.*

Empathy With Emerging Adults Continued

- *Remember the times your parents bailed you out.*
- *Remember the times you needed a loan until payday.*
- *Remember the time you switched majors*

Risk Factors for Heavy Substance Use Among Emerging Adults

- *Family history*
- *Trauma*
- *Abandonment*

Iceberg Model

Addiction



Co-dependence



Toxic Shame



Abandonment/Trauma

John Freil

Guilt vs. Shame

Guilt

- *Behavior*
- *"I've done wrong"*
- *"I've done bad"*
- *"I made a mistake"*

Shame

- *Your being*
- *"There is something wrong with me"*
- *"I am bad"*
- *"I am a mistake"*

Shame

*The belief that I am unlovable and unworthy
of belonging.*

Bryne Brown, Ph. D.

Iceberg Model

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Abandonment/Trauma

John Freil

Co-dependence

An over involvement with things outside of us and an underinvolvement with things inside of us. Left untreated codependence can lead to addiction.

John Friel



Marilyn Monroe



Billie Holiday

Iceberg Model

Addiction



Co-dependence



Toxic Shame



Abandonment/Trauma

John Freil

Risk Factors for Heavy Substance Use Continued

- *The stress of transitions*
 - *Feeling in-between*
 - *Not feeling completely stable*
 - *Career choice stress*
 - *Uncertainty regarding the future*

Risk Factors Continued

- *Feeling that substance use is a rite of passage*
- *A substance using peer group*
- *Not ready to settle down yet*
- *Substance use as a 'Social Lubricant'*
- *Getting all of my partying done before I start a family*
- *Connections to a drug using sub-culture*

Risk Factors For Some Emerging Adults in Marginalized Communities

- *Poverty*
- *A view that the world is designed for some groups more than others*
- *Rage – caused by dehumanizing experiences and ignored losses*
- *Community trauma*

Risk Factors For Some Emerging Adults in Marginalized Communities Continued

- *Easy access to drugs*
- *Juvenile arrests and adult felony arrests*
- *Moral injury*

Why Focus on Substance Use Among Emerging Adults

- *The heaviest substance use*
- *Highest overdose rate*
- *Costliest criminal activity*
- *Worse outcomes*

Engaging Emerging Adults in Substance Use Disorders Treatment

- *Least restrictive alternative*
- *A little treatment is better than no treatment at all*
- *3 sessions at a time*
- *Space between sessions*
- *End sessions on a peak*

Engaging Emerging Adults Continued

- *An effective opening statement*

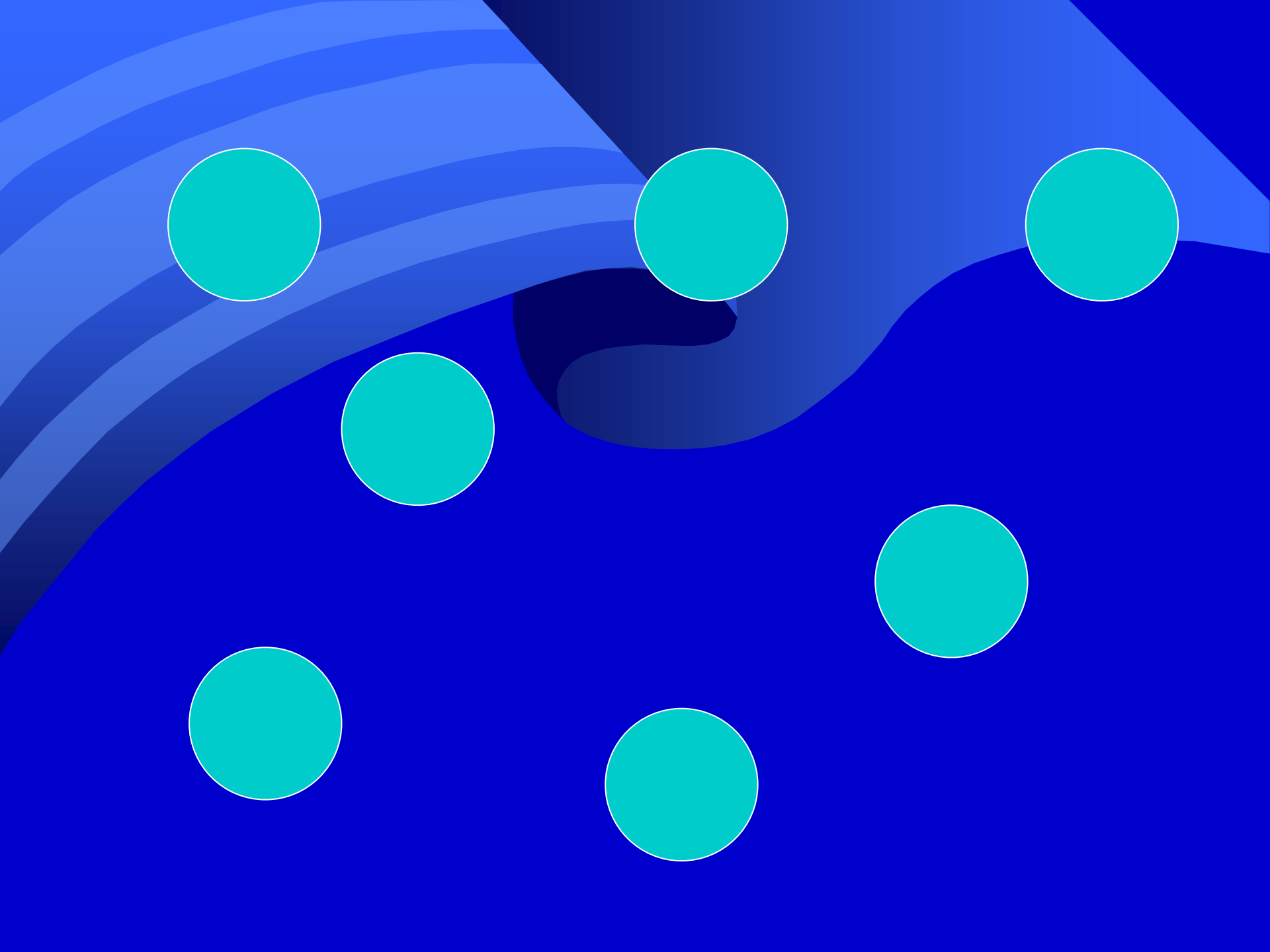
Vignette

You are working with a 19 year old client who was referred to you by his probation officer after trying to steal a computer from Walmart to buy methamphetamines. His referral is mandatory. He has never had counseling before and is traveling to meet with you for a first session. What do you think he is saying to himself as he travels to his first session?

Opening Statement

I am not going to try to tell you what to change or how to change. I am here to find out what's going on in your life and help you make any changes you decide to make.

I know I cannot make you stop using methamphetamines. I will honor whatever decision you make concerning your drug use.



Engaging Emerging Adults Continued

- *A drug use vacation along with increasing recovery capital*

Recovery Capital

Internal and External Resources Which Increase Recovery

- *Success prior to addiction*
- *Employability*
- *A good education*
- *Vocational skills*
- *Healthy family support*
- *Healthy community support*
- *Hope for the future*
- *Cultural pride*
- *Prosocial peer recovery support*

Engaging Emerging Adults Continued

- *If this does not work, would you be willing to try?*
- *Harm reduction*
- *Stage Based Intervention*
- *Family work – different than with adolescents*
- *Medication Assisted Recovery*

Engagement Continued

Specific focus on:

- *Marijuana*
- *Opioids*
- *Alcohol*

Evidence Based Practices With Emerging Adults

- *CBT*
- *Motivational Interviewing*
- *The use of motivational incentives*
- *Medication Assisted Recovery*
- *Housing first*
 - *Recovery Homes*
 - *Recovery Dorms*
 - *Sober Living*