San Diego Drug Trends and Teens Training
May 24, 2018

Training Outline

Morning

• Detailed description of three drug trends in San Diego County in Teens
  o Reasons teens use
  o Prevalence
  o Youth access
    ▪ Opiates
      • Prescription drugs
        o Origin: Pharmacy and legitimate drug companies
        o Sold legally
        o (Mis)used by the individual for whom they are prescribed
        o Diverted to individuals for whom they are not prescribed
      • “Prescription” illicit drugs
        o Origin: Illegal labs and illegitimate sources
        o Resemble prescription drugs
        o Sold illegally
    ▪ Traditional illicit drugs
      ▪ Stimulants
        • Prescription drugs
          o Origin: Pharmacy and legitimate drug companies
          o Sold legally
          o (Mis)used by the individual for whom they are prescribed
          o Diverted to individuals for whom they are not prescribed
        • Methamphetamine
      ▪ Benzodiazepines
        • Prescription drugs
          o Origin: Pharmacy and legitimate drug companies
          o Sold legally
          o (Mis)used by the individual for whom they are prescribed
          o Diverted to individuals for whom they are not prescribed
        • “Prescription” illicit drugs
          o Origin: Illegal labs and illegitimate sources
          o Resemble prescription drugs
          o Sold illegally
      ▪ Quick note on synthetic drugs (brief definitions)
        • Spice
- Bath Salts
- MDMA/Ecstasy
- In depth description of the effects of drugs on the developing brain
  - Relationship between age of initiation of chronic use and delayed brain development
    - Frontal Lobe
    - Limbic System
  - Dopaminergic effects and the development of addiction
  - Mental health
- Designing intervention approaches that are youth specific and drug specific
  - Prevention versus intervention
  - Motivating youth to seek and accept treatment
    - Motivational Interviewing
    - Leveraging support
      - Peers and friends
      - Parents and extended family
      - Teachers, counselors, and coaches
      - Mental Health and Primary Care Providers
  - Access to care
    - Prior to age 12
    - After age 12
    - Insurance coverage
  - Levels of Care
    - Detox (medical versus non-medical)
    - Residential Treatment
    - Intensive Outpatient Programs
    - Outpatient Programs
    - Wrap-around programs
  - Trauma Informed Approaches to Treatment
  - Whole Body Wellness
    - Mind
    - Body
    - Spirit
  - Approaches to Treatment: Primary Therapies
    - Individual and Group Psychotherapies
      - Cognitive Behavioral Therapy
      - Dialectic Behavioral Therapy
      - Interpersonal Therapies
        - Attachment-based
        - Intensive Short Term Dynamic Psychotherapies (ISTDP)
- Mindfulness
- Psychoeducation
- Family Therapy
- Psychotropic Medication Management and/or Medication Assisted Treatment
  - Adjunctive Therapies
    - Nutrition Therapy
    - Acupuncture
    - Movement Therapy
      - Recreational
      - Physical Fitness and Personal Training
      - Yoga
      - Tai Chi
    - Expressive Therapies
      - Art Therapy
      - Journaling
      - Music Therapy
    - Play Therapy
    - Animal Therapies
      - Pet therapy and emotional support animals
      - Equine therapy
  - Social Support Communities
    - 12-step
    - Smart Recovery
    - Life Ring
    - Refuge Recovery
    - BILY

**Afternoon**

- Marijuana
  - Chemical composition
    - Endogenous cannabinoids
    - THC versus CBD
      - Differential effects on the body
      - Psychoactive versus non-psychoactive
  - Today's marijuana
    - Potency
    - Methods of delivery/use
  - Effects on the developing brain & body
    - CI1 receptors
    - IQ
    - Memory
- Emotional regulation
- Anxiety
- Long-term effects
  - Physiological intoxication effects
  - Social implications
    - DUI
    - Intent to distribute
    - FAFSA implications
    - Job implications
      - Pre-employment medical exams and drug testing
      - “420 friendly” versus zero tolerance workplace policies
  - Youth access
  - Myths/Truths
  - Addiction potential in youth
  - Messaging to youth
    - Media messages
    - Legalization of recreational marijuana
    - Parental use
  - Talking about marijuana with youth
    - Using facts in meaningful ways
    - Influencing youth attitudes
    - Dispelling myths and putting truth into context
    - Vignettes
- Resources and referrals