

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
 - Reasons teens use
 - Prevalence
 - Youth access
 - Opiates
 - Prescription drugs
 - Origin: Pharmacy and legitimate drug companies
 - Sold legally
 - (Mis)used by the individual for whom they are prescribed
 - Diverted to individuals for whom they are not prescribed
 - “Prescription” illicit drugs
 - Origin: Illegal labs and illegitimate sources
 - Resemble prescription drugs
 - Sold illegally
 - Traditional illicit drugs
 - Stimulants
 - Prescription drugs
 - Origin: Pharmacy and legitimate drug companies
 - Sold legally
 - (Mis)used by the individual for whom they are prescribed
 - Diverted to individuals for whom they are not prescribed
 - Methamphetamine
 - Benzodiazepines
 - Prescription drugs
 - Origin: Pharmacy and legitimate drug companies
 - Sold legally
 - (Mis)used by the individual for whom they are prescribed
 - Diverted to individuals for whom they are not prescribed
 - “Prescription” illicit drugs
 - Origin: Illegal labs and illegitimate sources
 - Resemble prescription drugs
 - 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
 - Cl1 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