

Promising Programs for Youth Affected by Opioid Use

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Learning Objectives

- ❑ Update on the epidemic among young adults
- ❑ Profile innovative programs available to youth in the US

Opioid Epidemic Among Youth

Opioid use among young adults

NSDUH (2016)

Heroin: Trends in Annual Use, Risk, Disapproval, and Availability

Use
% who used in last 12 months

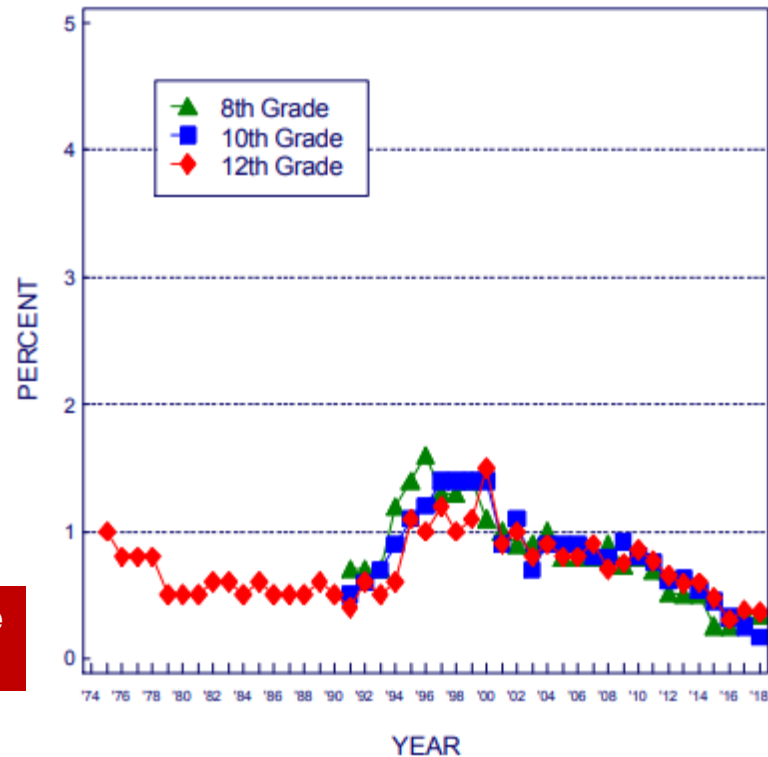
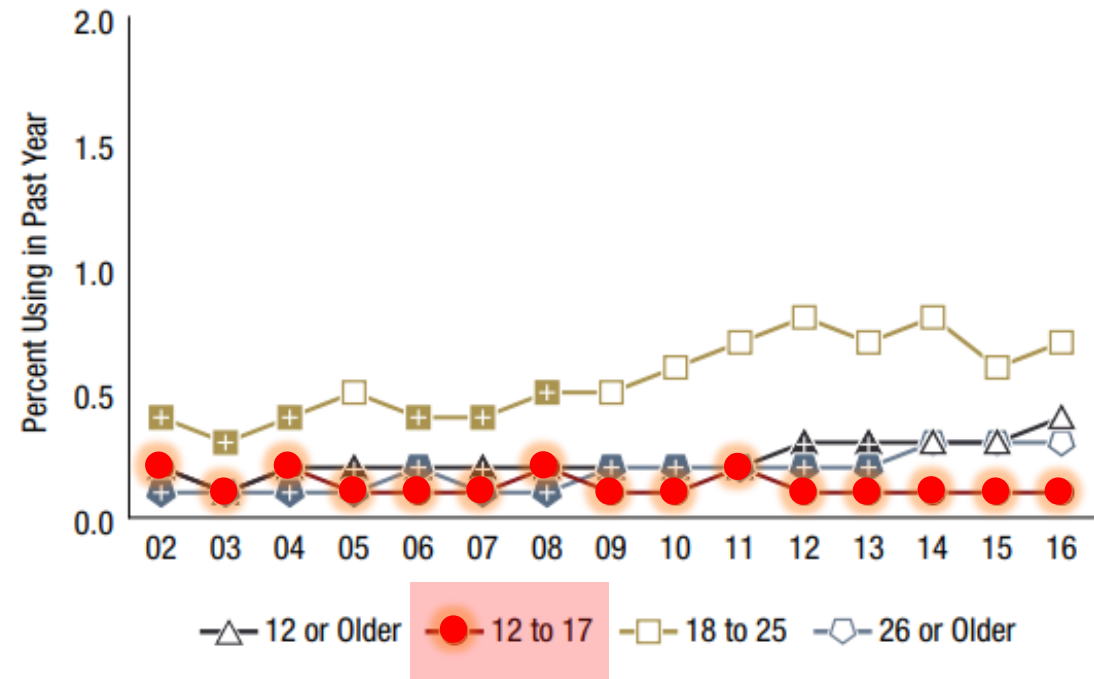


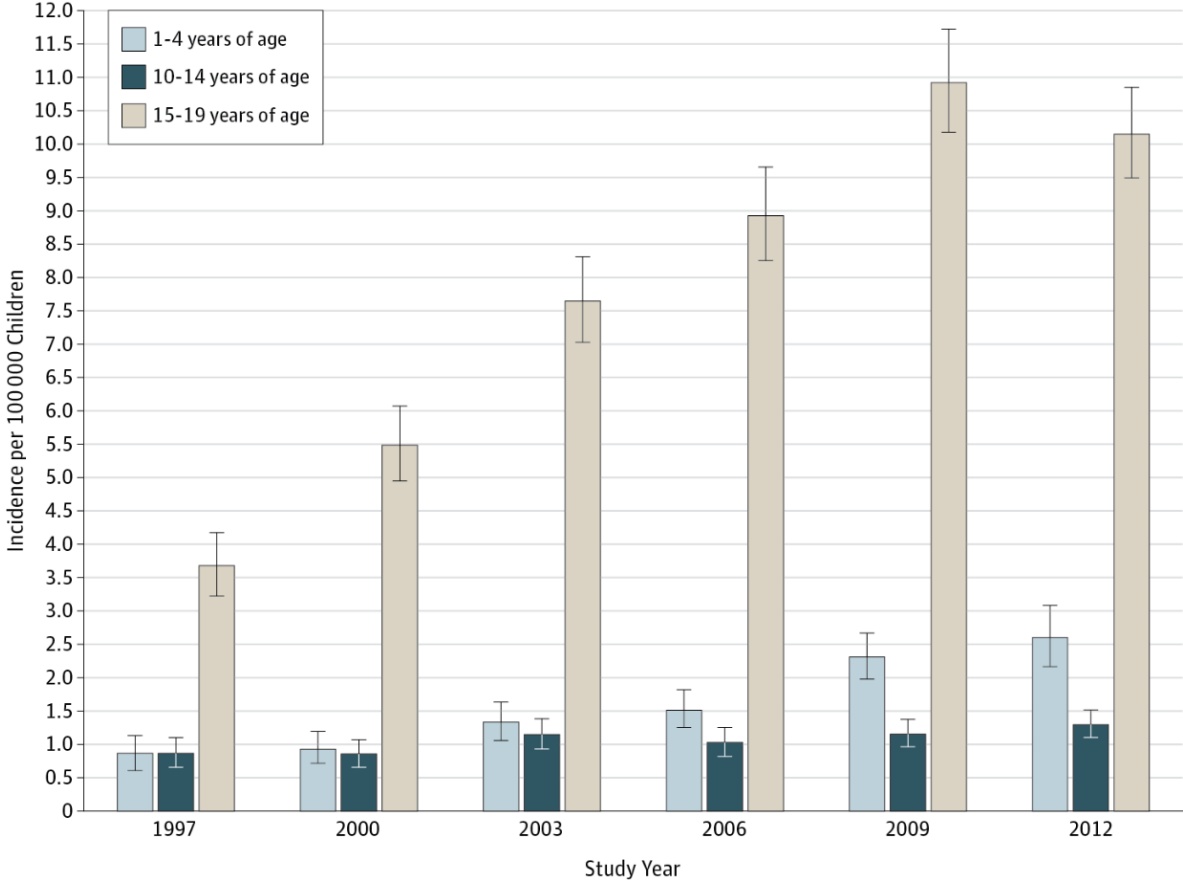
Figure 29. Past Year Heroin Use among People Aged 12 or Older, by Age Group: Percentages, 2002-2016



Monitoring the Future (2018)

Opioid poisonings

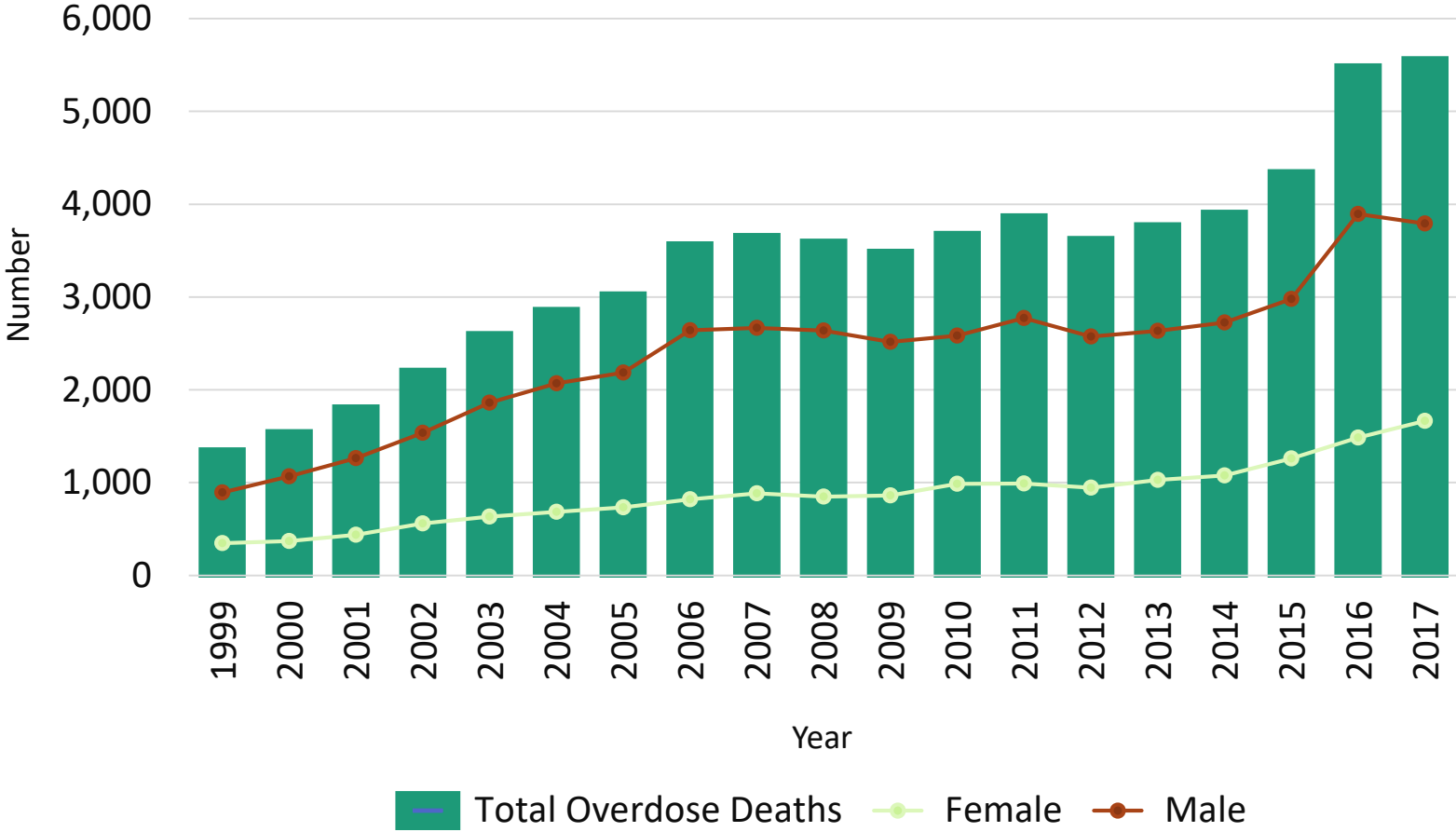
Hospitalizations for Prescription Opioid Poisonings Stratified by Age Category



Pediatric hospitalizations for opioid poisonings **increased nearly 2-fold** from 1997 to 2012

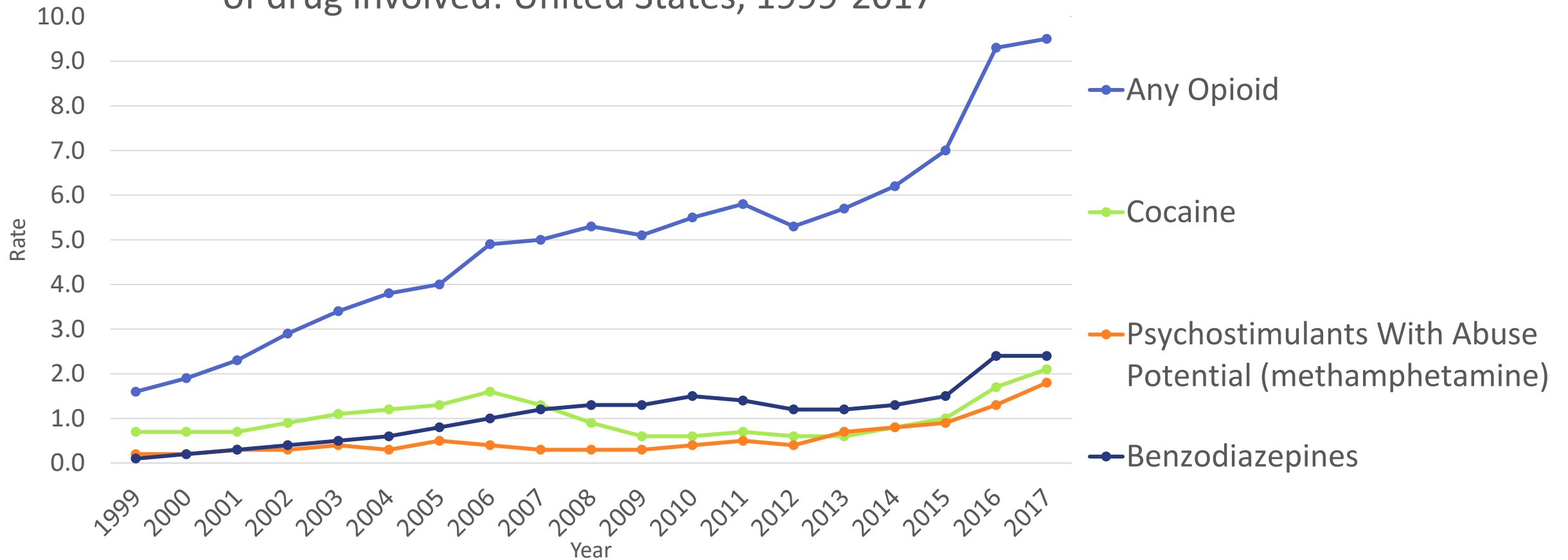
Overdose deaths involving all drugs

Young Adults (15-24 year olds)



Type of drugs involved in overdose

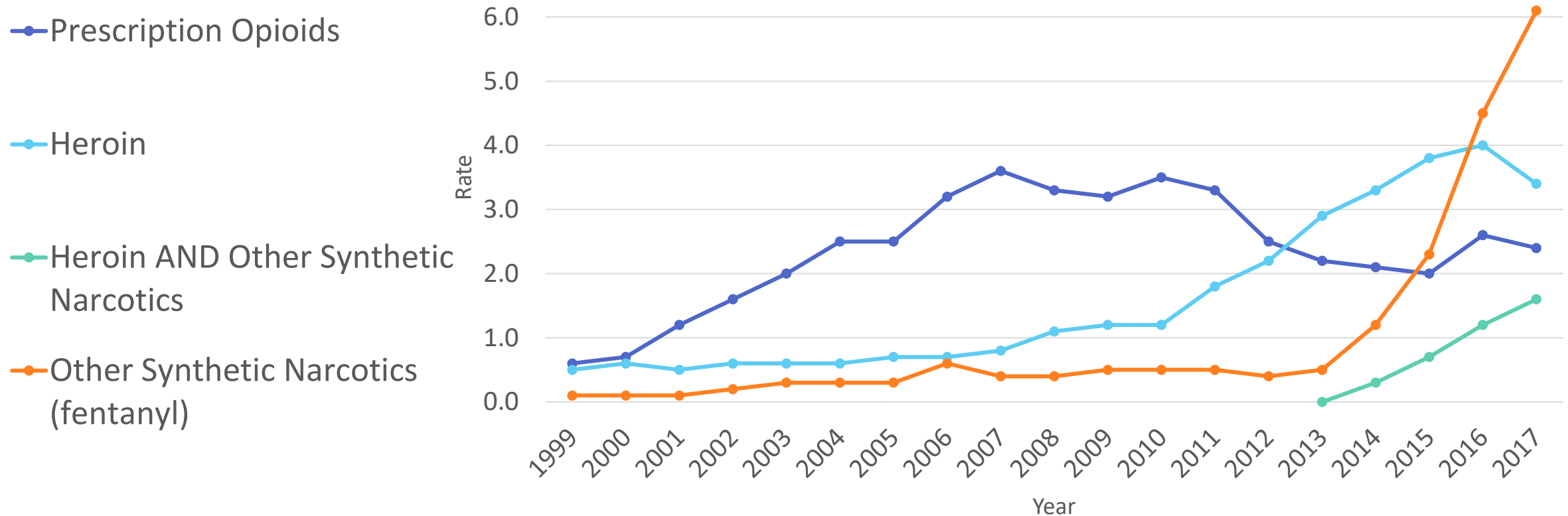
Drug Overdose Death Rates for 15-24 year olds by type of drug involved: United States, 1999-2017



Data Source: Centers for Disease Control and Prevention, National Center for Health Statistics. Multiple Cause of Death 1999-2017 on CDC WONDER Online Database, released December, 2018

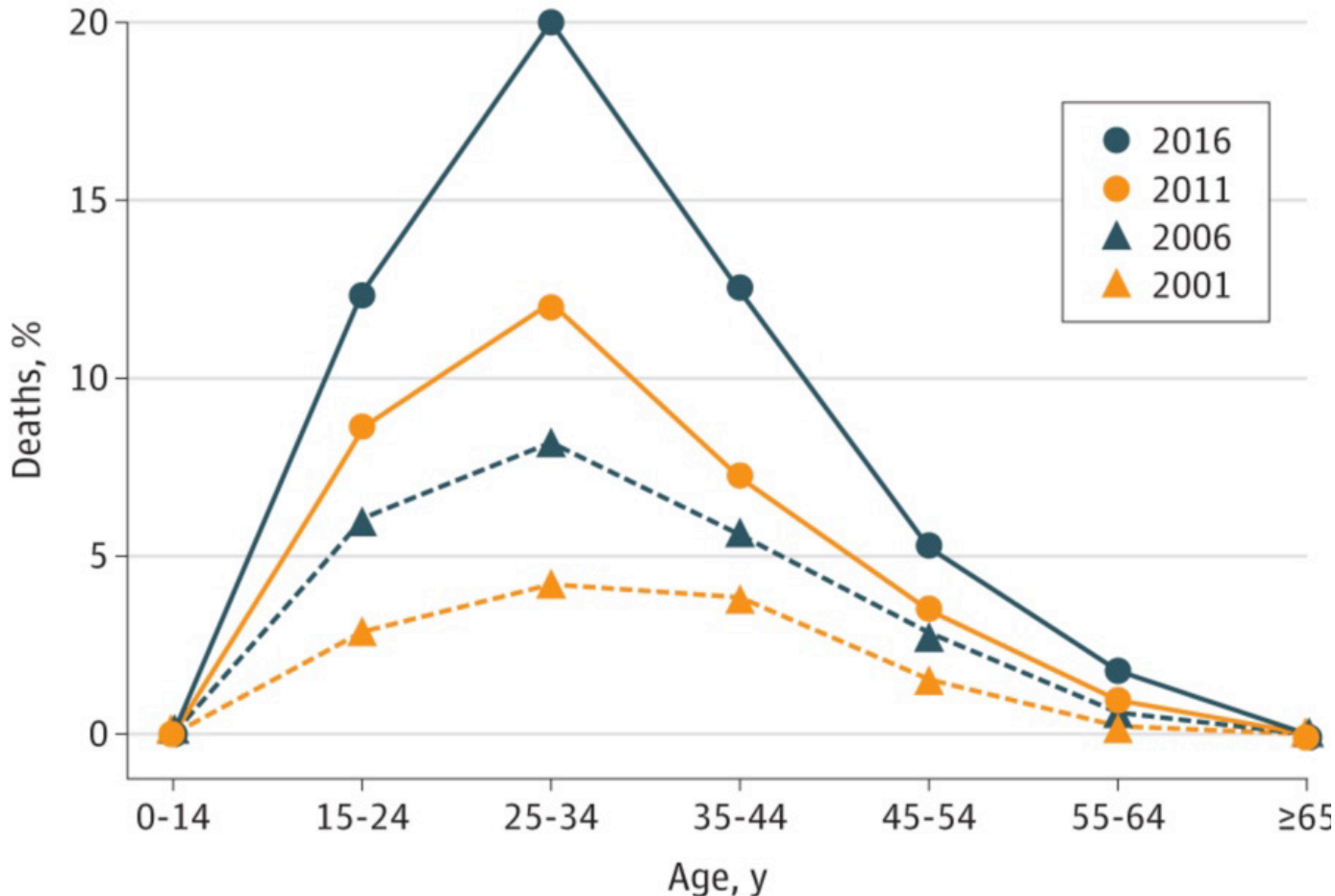
Overdose deaths involving opioids

Drug Overdose Death Rates for 15-24 year olds by type of opioid drug involved: United States, 1999-2017



Data Source: Centers for Disease Control and Prevention, National Center for Health Statistics. Multiple Cause of Death 1999-2017 on CDC WONDER Online Database, released December, 2018

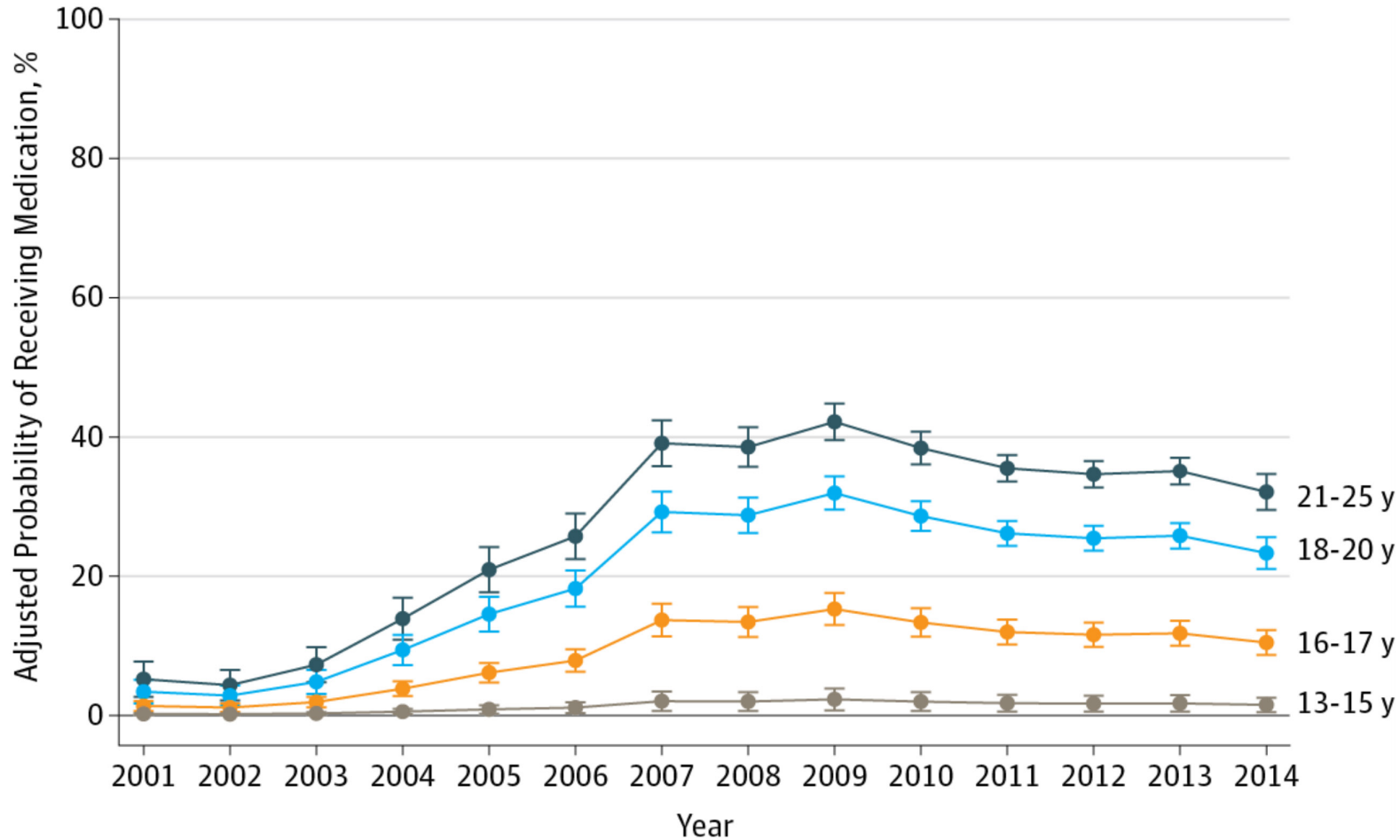
Significant increase in deaths and opioid use disorder



9.4% increase of all deaths attributed to opioids among 15-24 yo

From 2013 to 2014, **42% increase** in prevalence of opioid use disorder among **11-29 yo** in MA

Access to medication treatment

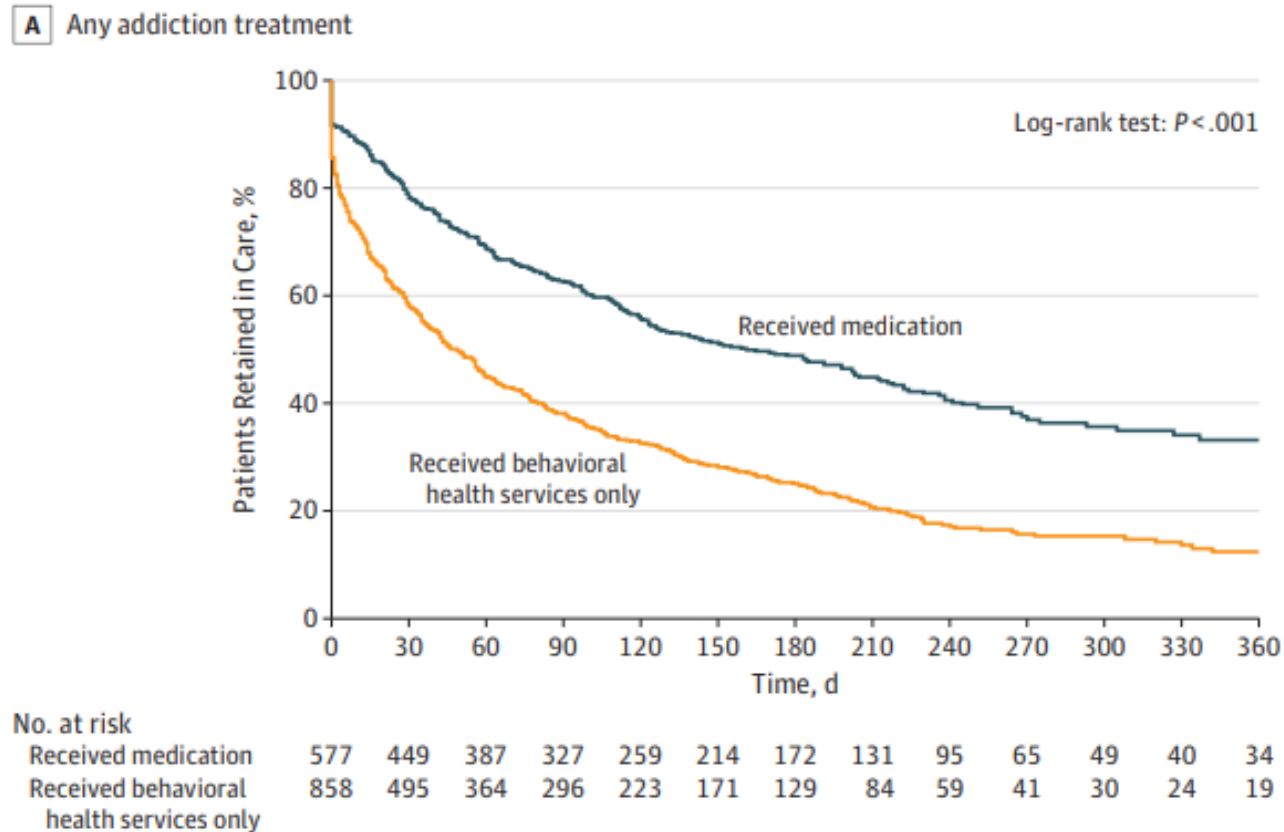


Availability of services for adolescents is limited: **fewer than 1 in 3** specialty drug treatment programs in the United States offers care to adolescents

From 2000 to 2014 **only 1 in 4** youth diagnosed with OUD received medication (buprenorphine or naltrexone) within 6 months of diagnosis

Retention in medication treatment

Figure. Retention in Care According to Timely Receipt of Opioid Use Disorder Medication Within 3 Months of Diagnosis Among Youths

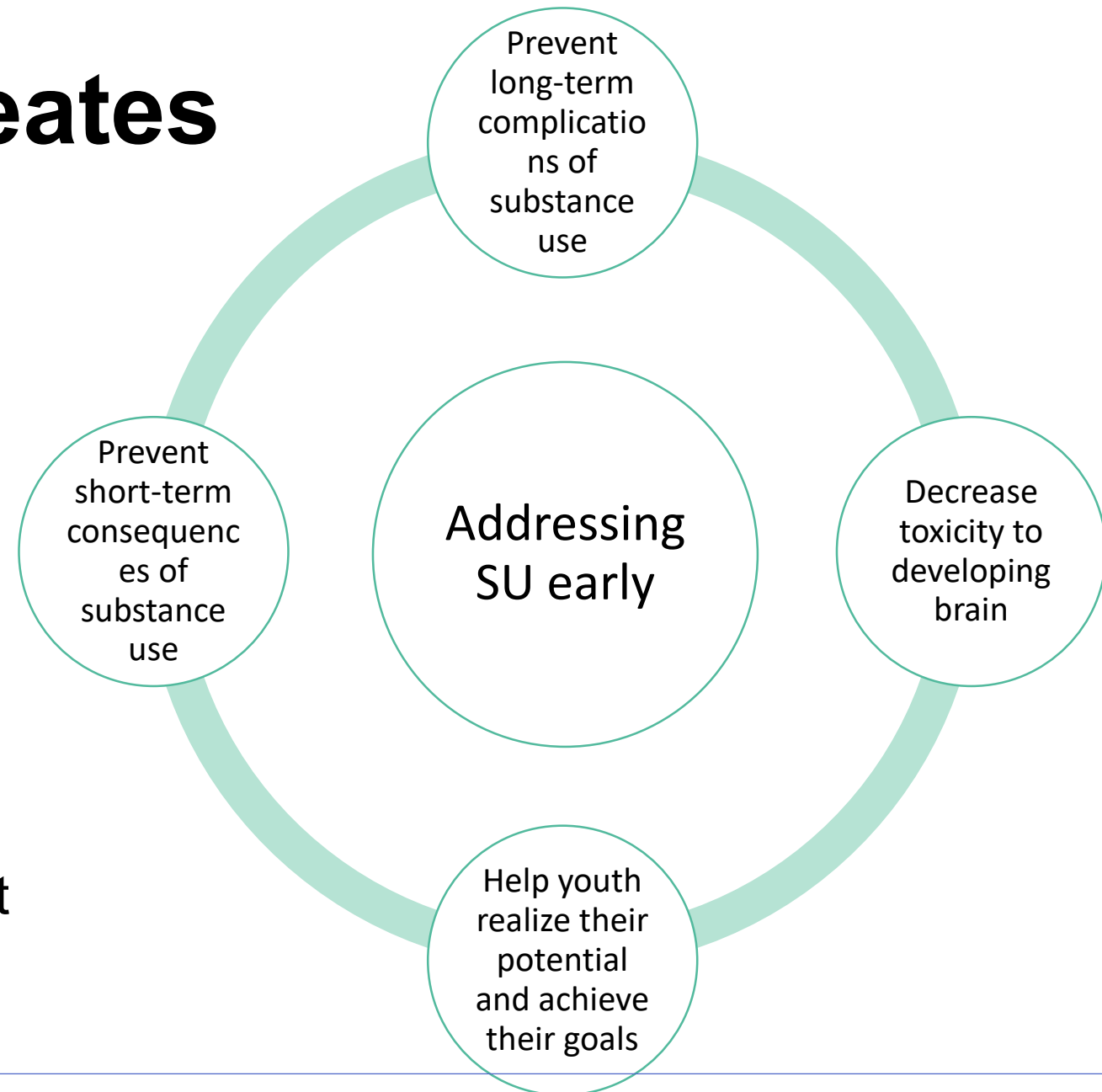


Only **4.7%** of adolescents younger than 18 years and **26.9%** of young adults 18+ received timely OUD medications

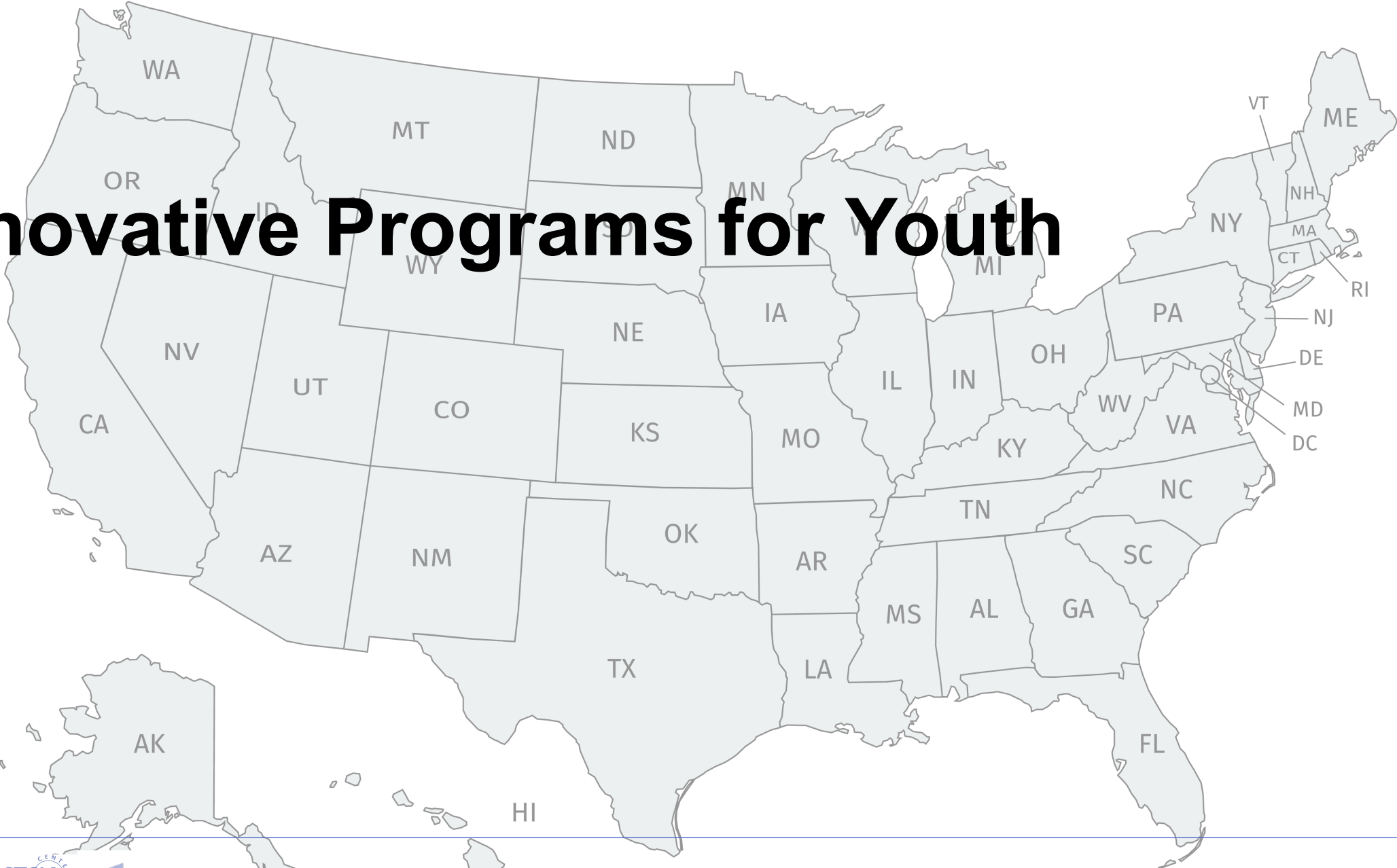
Medications independently associated with **lower attrition from treatment** compared to behavioral health services alone

Early intervention creates opportunities

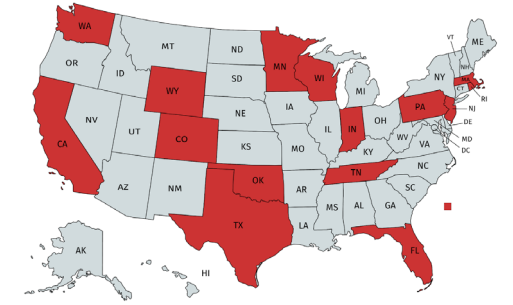
- ❑ Risk of developing a substance use disorder is linearly correlated with age of initiation
- ❑ Children who initiate drinking before age 14 are **~5 times more likely** to develop an alcohol use disorder compared with those who initiate at age 19
- ❑ Brief, early interventions in the context of usual medical care work



Innovative Programs for Youth






Recovery High Schools

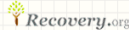


Schools specifically designed for students recovering from substance use

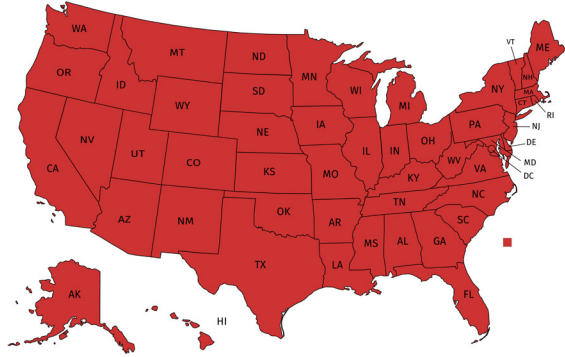
Finch et al (2017): Adolescents attending recovery schools were significantly more likely to report complete abstinence at the 6-month follow-up

HIGH SCHOOL-AGE TREATMENT PROGRAMS

RECOVERY HIGH SCHOOL	THERAPEUTIC BOARDING SCHOOL	TREATMENT CENTER SCHOOL
A HIGH SCHOOL SPECIFICALLY DESIGNED FOR STUDENTS RECOVERING FROM A SUBSTANCE ABUSE DISORDER	A BOARDING SCHOOL THAT OFFERS AN EDUCATIONAL PROGRAM TOGETHER WITH SPECIALIZED STRUCTURE AND SUPERVISION FOR STUDENTS	A TREATMENT CENTER THAT FOCUSES ON SUBSTANCE ABUSE AND PROVIDES EDUCATIONAL INSTRUCTION
		
<ul style="list-style-type: none">✓ Location: Local✓ Students live: At home✓ Affiliation: Generally an educational institution✓ Availability: Any student in recovery that meets state requirements	<ul style="list-style-type: none">✓ Location: Remote✓ Students live: On-site✓ Affiliation: Generally a treatment center✓ Availability: Generally based on ability to pay	<ul style="list-style-type: none">✓ Location: Varies✓ Students live: Residential and outpatient✓ Affiliation: Generally a treatment center✓ Availability: Generally based on ability to pay

 Recovery.org

STRENGTHENING *Families* PROGRAM FOR PARENTS AND YOUTH 10-14



12 randomized control trials have found:

PARENTS REPORTED

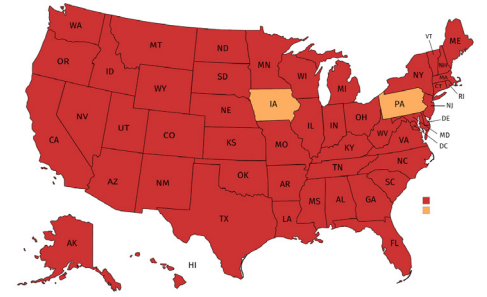
- Increased family unity
- Increased positive communication
- Increased positive parenting skills
- Improved family management and organization
- Improved parent/child relationship
- Decreased family conflict

CHILDREN EXPERIENCED

- Increased social skills, cooperation and pro-social friends
- Improved school performance
- Reduced misconduct and aggression
- Reduced depression and anxiety
- Dramatically reduced tobacco, alcohol and drug abuse use

- ❑ Designed to encourage happier family relationships, improve mental health outcomes, decrease youth alcohol and drug use
- ❑ 7- to 14-week skills courses with individual and family sessions
- ❑ Adapted in all 50 states and 36 countries

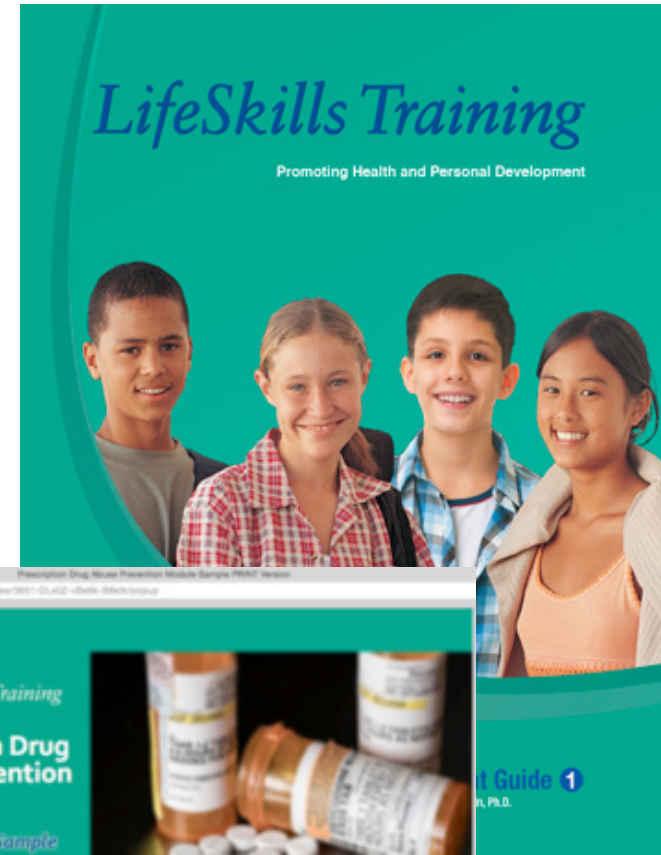
LifeSkills Training



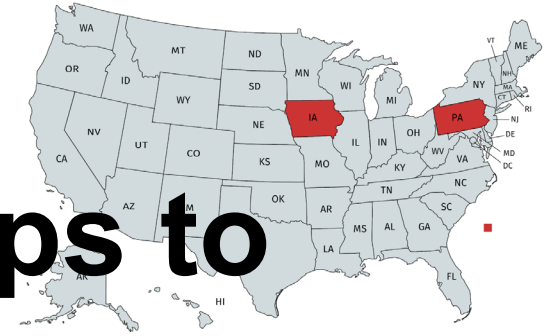
Available for elementary, middle, and high school ages

Typically combine training in self-management skills, social skills, and substance use resistance skills

Particular Prescription Drug Abuse Prevention Module

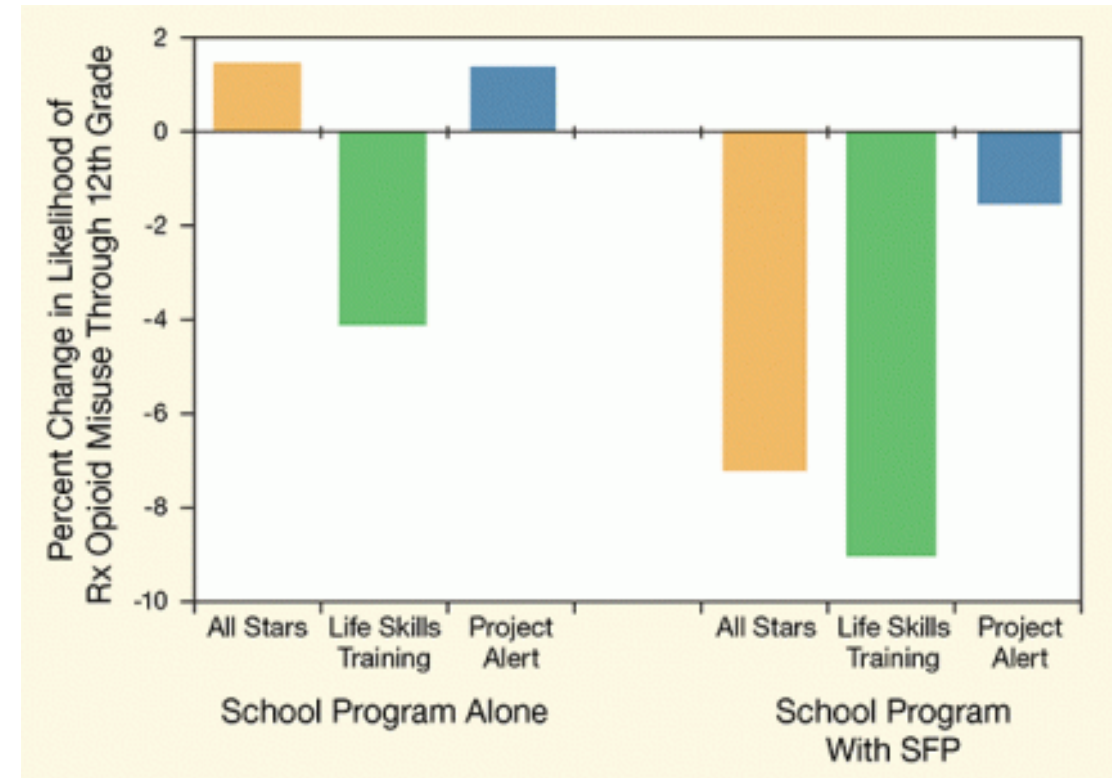


PROSPER (Promoting School-community-university Partnerships to Enhance Resilience)



NIDA-funded trial in 14 Iowa and Pennsylvania communities that chose among a menu of intervention options for their 7th grade students

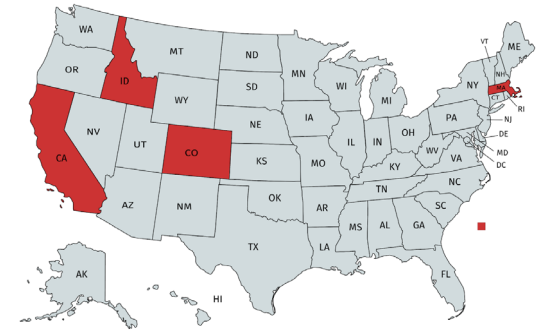
Considered LifeSkills Training, Project Alert, and All Stars in conjunction with the Strengthening Families Program



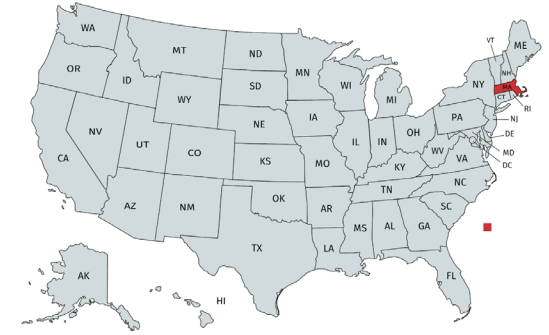
The Phoenix

Sober active community:
provides fitness
programs, facilitated by
instructors in recovery
themselves

Membership fee: 48 hours
of sobriety



Bridge Over Troubled Waters



Offers street outreach, mobile medical van, runaway hotline, counseling and support, education and career development

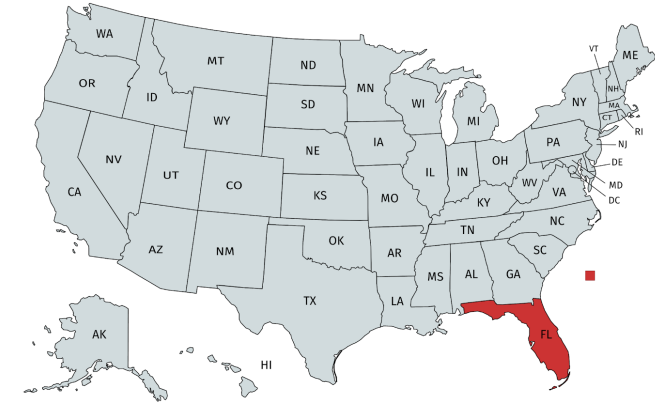
Daily “foot patrol”

Mobile Medical Van: provides medical attention, survival kits, clothes, food, and referrals

Operates independent housing for young adults and emergency youth shelter, *Warming Center*



Familias Unidas



Substance use and sexual risk behavior prevention intervention for Hispanic youth and families

Targets risk and protective factors

Led by a trained facilitator through 8 multi-parent groups and 4 family sessions

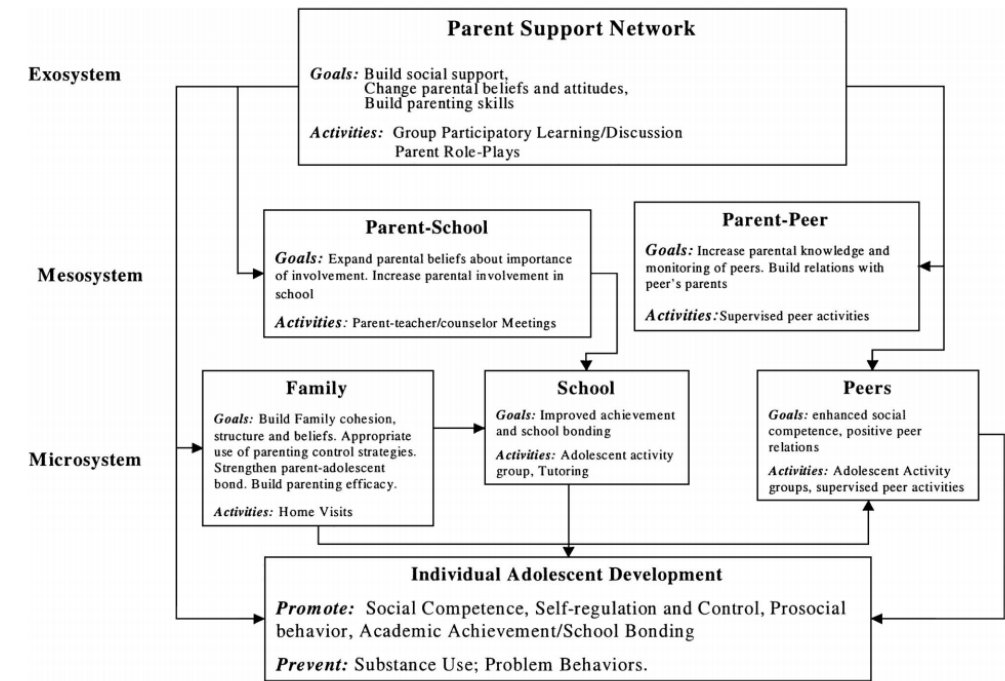
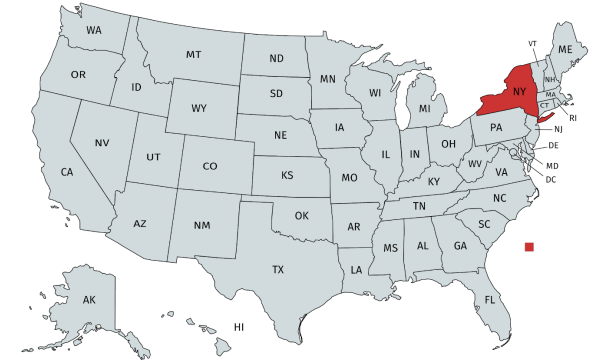


Fig. 1. Intervention goals and activities in the four specified levels of the Familias Unidas intervention model.

Youth Clubhouses

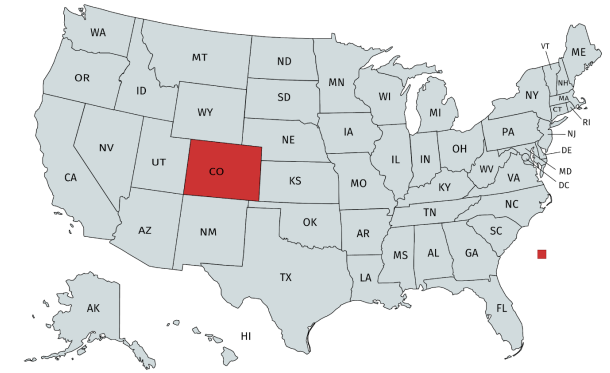
Community-based havens that provide peer-driven support services in a non-clinical setting

Homework help and tutoring, sports and fitness, community service, group entertainment and peer mentoring



Created with mapbox.com





Statewide social marking campaign to encourage conversations between parents and teens around substance use and abuse

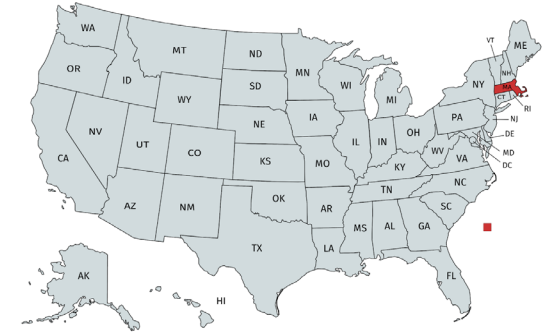


Drug abuse prevention organization that seeks to empower teens to make healthy choices

Collaboration with Partnership for Drug-Free Kids and Colorado Meth Project



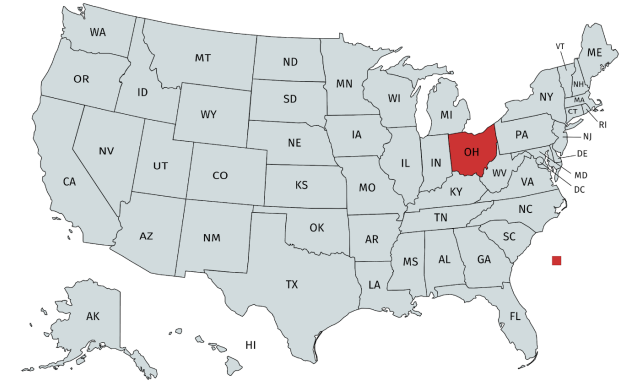
CATALYST Clinic at Boston Medical Center



- Opened 6/2016 in response to gap in addiction treatment services for adolescents and young adults at BMC
- Co-located in Adolescent Center and Adult Primary Care
- Integrated, comprehensive care team
 - *Clinical/medical*: Medical Director, Adolescent Physician, Addiction Nurse Care Manager
 - *Behavioral health*: Licensed Independent Clinical Social Worker (LICSW), Licensed Clinical Social Worker (LCSW), Addiction Psychiatrist
 - *Recovery support*: Two recovery coaches
 - *Administrative*: Program Manager and Coordinator

Start Talking!

Building a Drug-Free Future



Tools to start conversations between parents, educators, community leaders, and youth about living healthy lives

HOPE: K-12 curriculum developed for schools including lessons, assessments, and learning materials to develop functional knowledge, attitudes, and necessary skills to prevent drug abuse

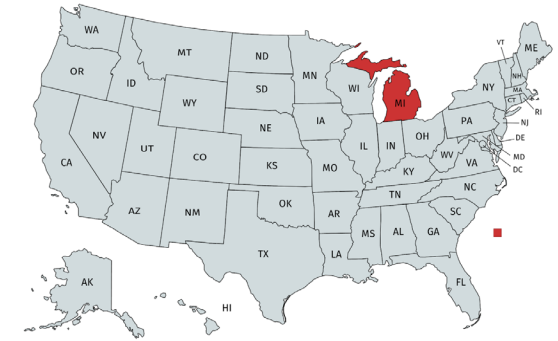
5 Minutes for Life: Ohio State Troopers, Ohio National Guard members and local law enforcement offer 5 minute presentations encouraging responsible decision-making, leadership, and encouraging drug-free lifestyles

HOPE | Health and Opioid Prevention Education



GenerationRx
Safe medication practices for life.

Michigan Youth Treatment Infrastructure Enhancement (MYTIE)



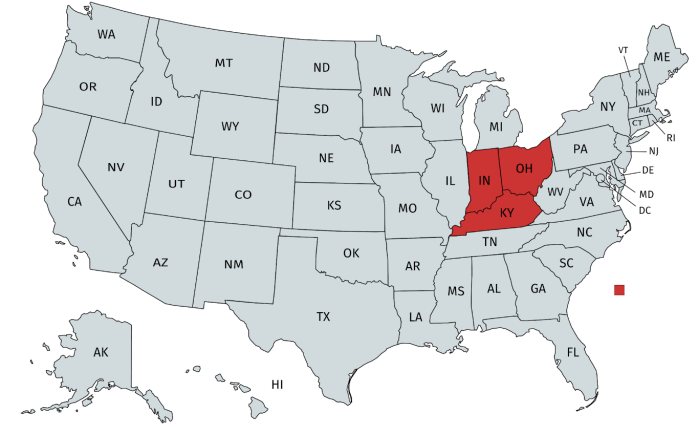
Initiative to guide development of effective continuum of care for transitional aged youth (16-21 years old) and their guardians

Increase service and treatment access, establish partnerships, identify disparities and barriers that affect access to treatment

Teens Linked to Care (TLC)

Develop a framework for schools to address HIV, STD, teen pregnancy, high-risk substance use through education, primary prevention, and early detection screening in 3 pilot rural communities: Indiana, Kentucky, Ohio

Implementation of program activities through Youth Advisory Boards (YAB) and Community Advisory Boards (CAB)



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Operation Prevention

DEA and Discovery Education initiative to create a comprehensive program for opioid misuse

Includes virtual field trips, parent resources

Operation Prevention Video Challenge



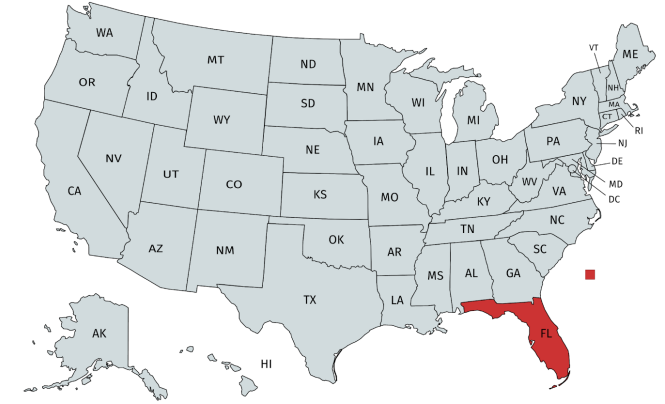
An advertisement for the Operation Prevention Video Challenge. It features a hand holding a smartphone that displays a video of two people holding signs that say "ONE MESSAGE..." and "TO SAVE LIVES". The text on the ad includes "OPERATION PREVENTION Video Challenge", "IMPACT the Opioid Epidemic", "Film a PSA for a chance at a \$10,000 scholarship", and a red button that says "Enter the Challenge".

OPERATION PREVENTION

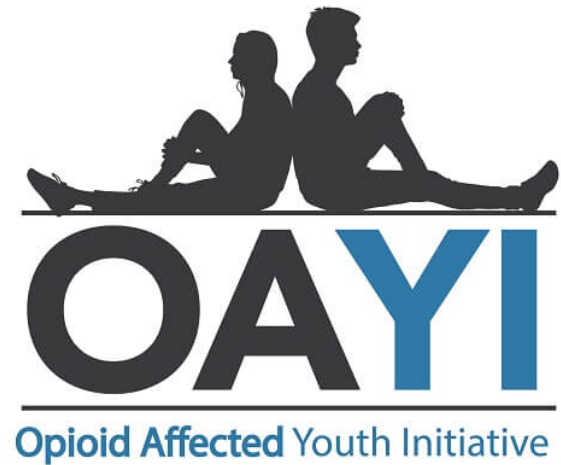
<https://www.operationprevention.com/>

Opioid Affected Youth Initiative (OAYI)

US Department of Justice initiative in Miami-Dade County to develop data-driven, coordinated responses to address opioid use among youth under 25 years old



Created with mapchart.net



Thanks to Samantha Schoenberger for assistance in putting together this presentation