

Adolescent Substance Use and Treatment Services in Alabama

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Alabama Department
of Mental Health
connecting mind and wellness

Training Objectives

1. List commonly used substances of choice in Alabama
2. Discuss the physical and behavioral signs of adolescent substance use
3. Explain the screening and assessment process for adolescent treatment
4. Provide resources for accessing behavioral health treatment resources
5. Describe the core adolescent treatment services

“Adolescents are not monsters. They are just people trying to learn how to make it among the adults in the world, who are probably not so sure of themselves.”

Virginia Satir



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Primary Type	Total	
Alcohol	113	
Benzodiazepines	4	
Cocaine/Crack	8	
Marijuana/Hashish	1,073	
Methamphetamine	28	
None	247	
Other Amphetamines	1	
Other Hallucinogens	1	
Other Opiates and Synthetics	31	
Other Stimulants	3	
Over-the-Counter	1	
Total	1,510	

**Adolescent SU
Treatment STATS
(FY 2023 = 1,510)**

WHAT IS NICOTINE?

nicotine 

[**nik**-uh-teen, -tin, nik-uh-**teen**]

Examples Word Origin

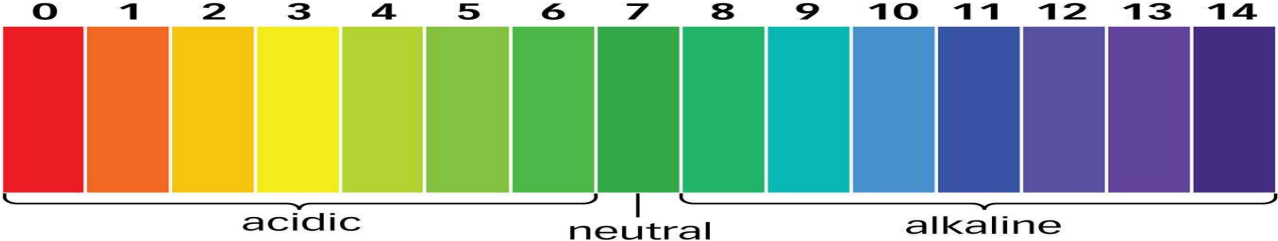
noun *Chemistry.*

1. a colorless, oily, water-soluble, highly toxic, liquid alkaloid, $C_{10}H_{14}N_2$, found in tobacco and valued as an insecticide.

Source: www.dictionary.com

Nicotine Comes In Different Types

pH
Scale



HOW DOES NICOTINE IN E-CIGARETTES IMPACT THE BRAIN?.



Youth who use nicotine can harm the parts of the brain that control attention, learning, mood, and impulse control.

[Source: Quick Facts on the Risks of E-cigarettes for Kids, Teens, and Young Adults | CDC](#)

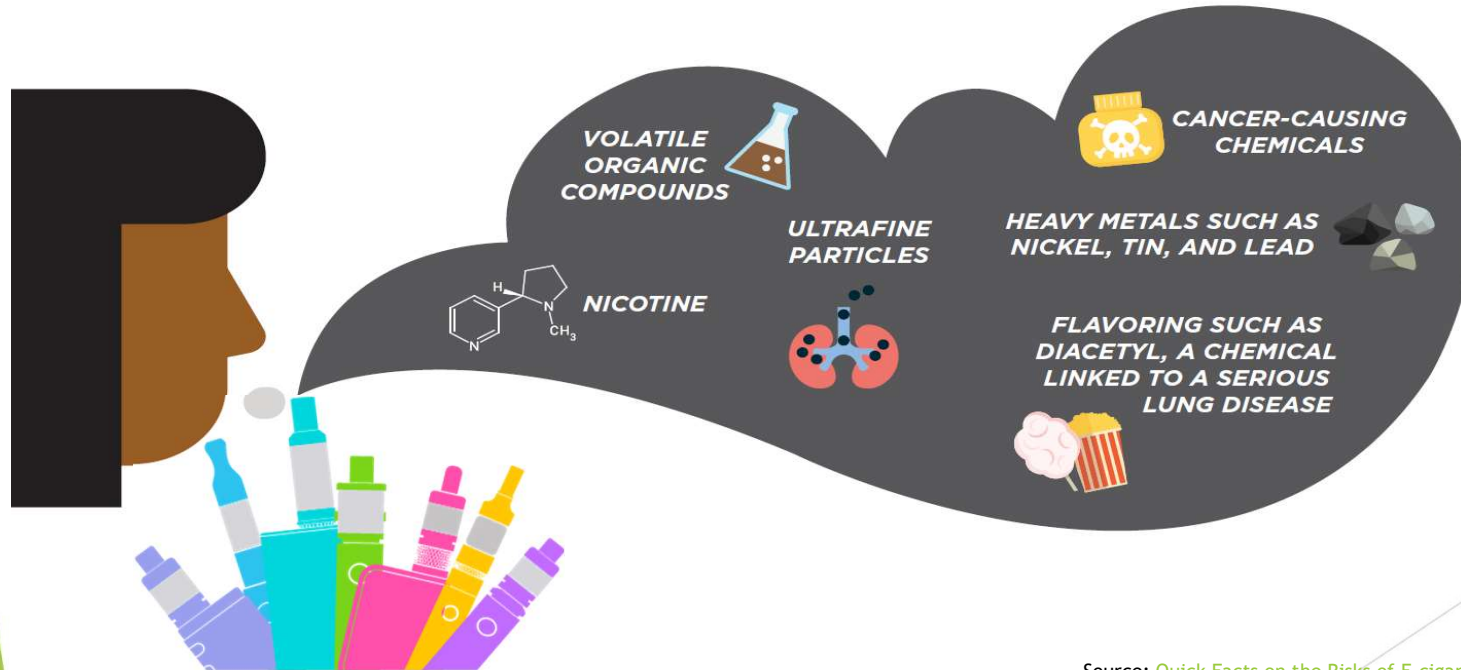
E-CIGARETTES COME IN MANY DIFFERENT SHAPES

E-cigarettes are devices that heat a liquid into an aerosol that the user inhales.



E-cigarettes Make Aerosol, Not Vapor

THE E-CIGARETTE AEROSOL THAT USERS BREATHE FROM THE DEVICE AND EXHALE CAN CONTAIN HARMFUL AND POTENTIALLY HARMFUL SUBSTANCES:



Source: [Quick Facts on the Risks of E-cigarettes for Kids, Teens, and Young Adults](#) | CDC

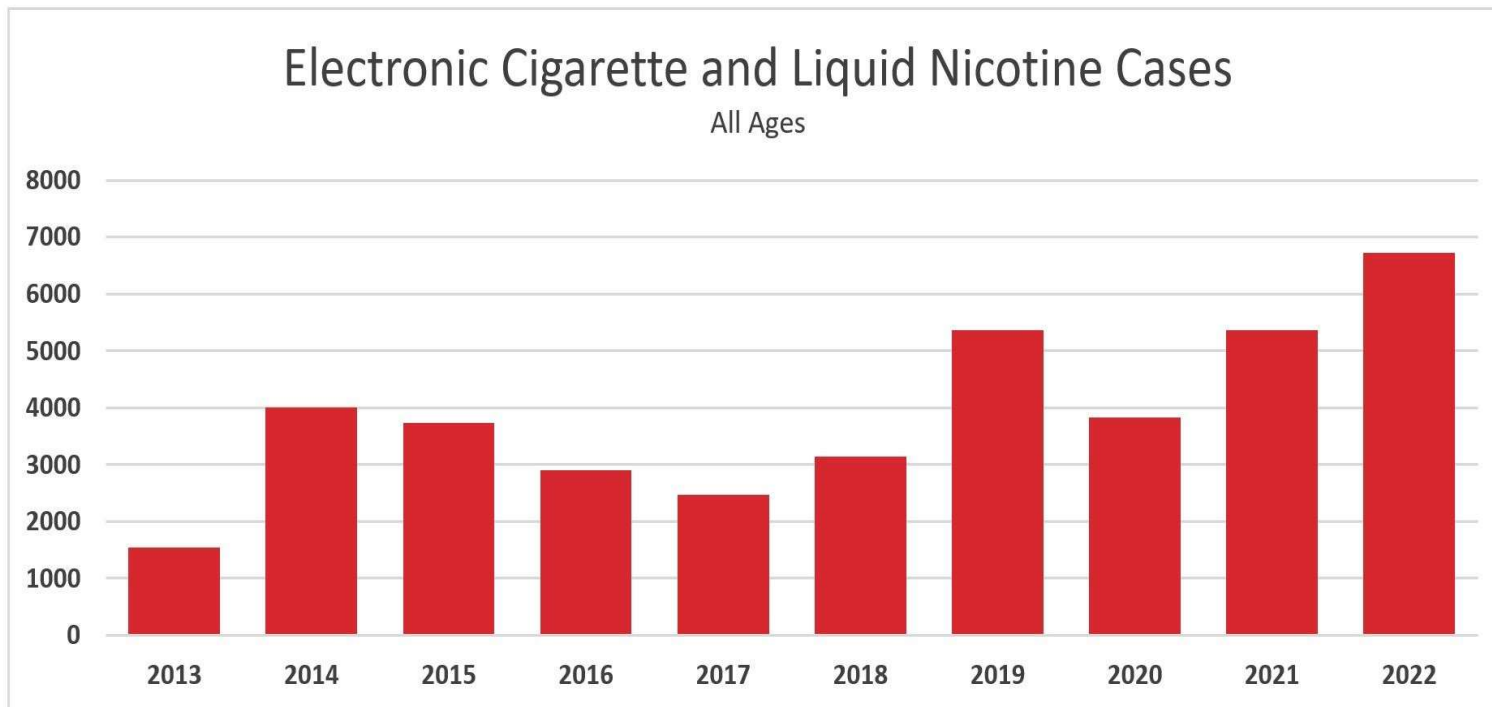
BEHAVIOR RISKS

Youth who use e-cigarettes may be more likely to smoke regular cigarettes in the future.

U.S. Department of Health and Human Services. *E-Cigarette Use Among Youth and Young Adults. A Report of the Surgeon General.* Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2016.

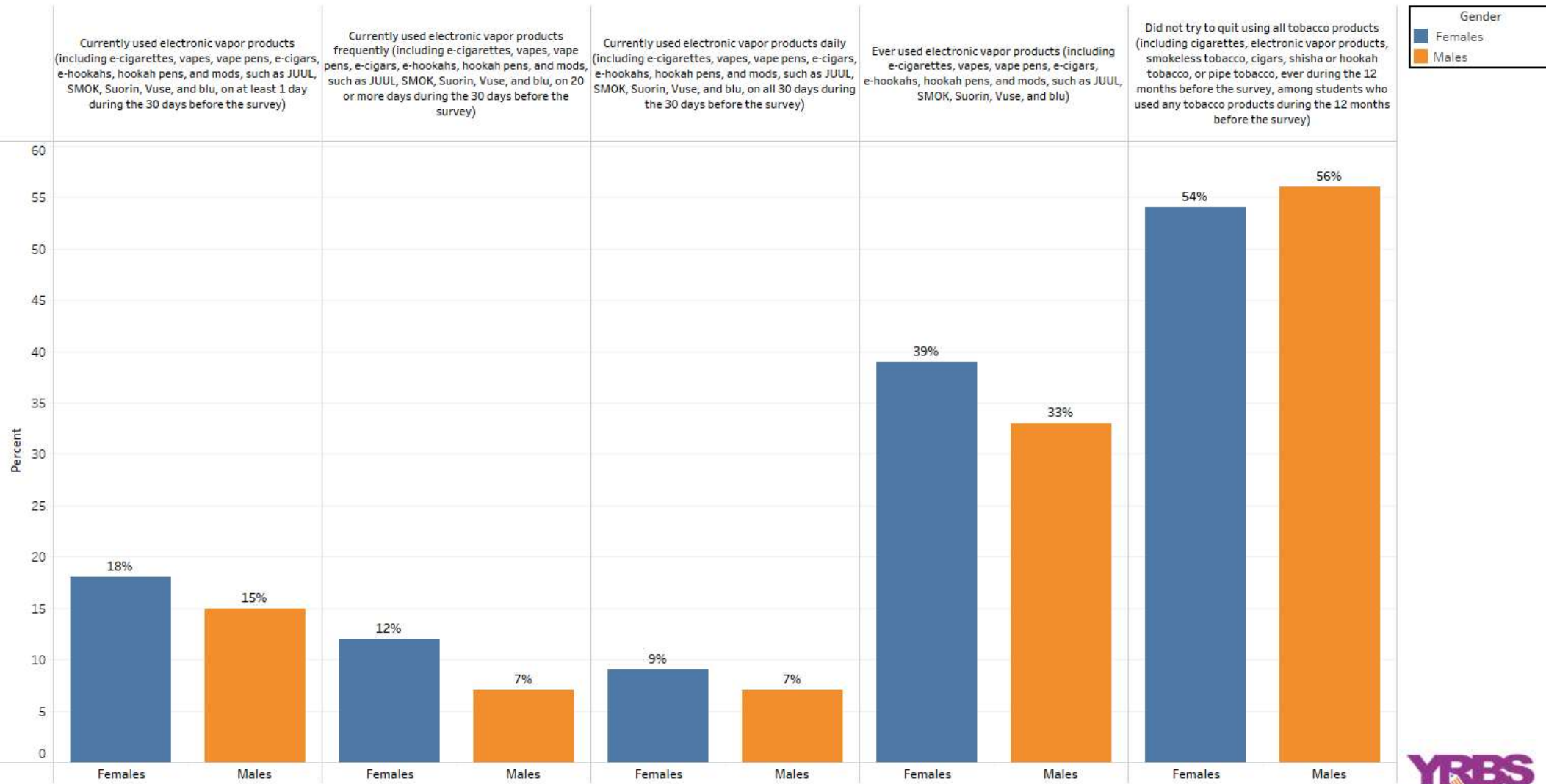


E-cigarette Poisonings



Source: American Association of Poison Control Centers

Highschool Vaping: Gender

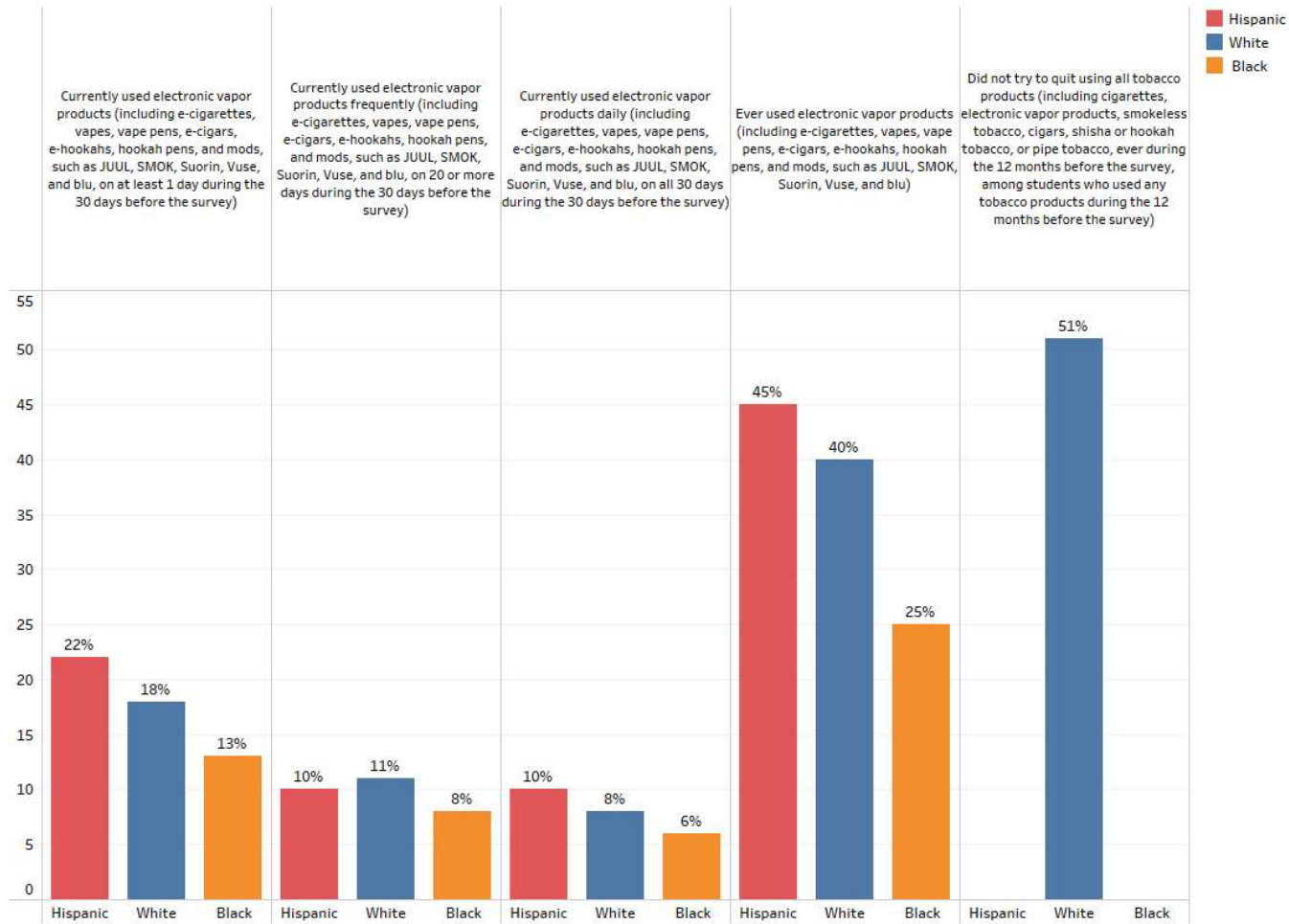


Gender
 ■ Females
 ■ Males



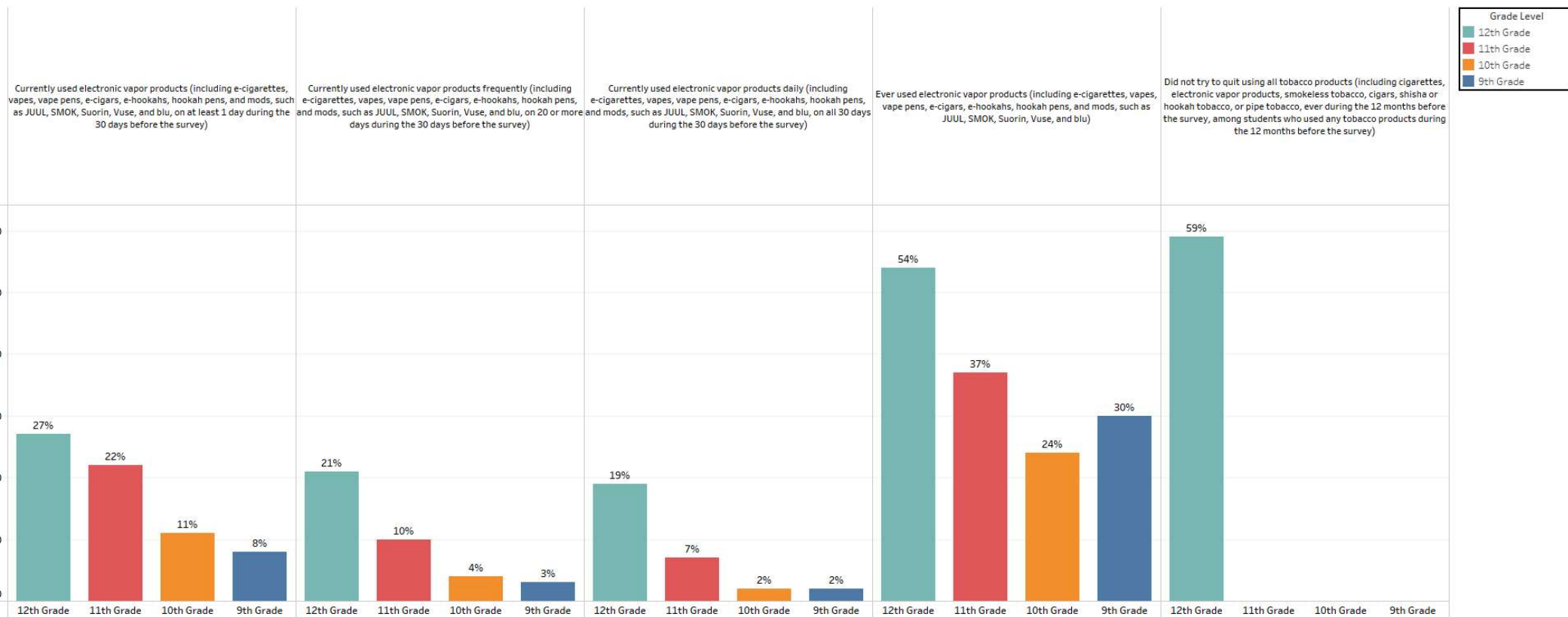
Females and Males for each Question %1. Color shows details about: Females and Males. The marks are labeled by: Females and Males. The view is filtered on Question %1, which keeps 6 of 25 members.

Highschool Vaping: Race



White, Black and Hispanic for each Question %. Color shows details about White, Black and Hispanic. The marks are labeled by White, Black and Hispanic. The view is filtered on Question %, which keeps Currently used electronic vapor products (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods, such as JUUL, SMOK, Suorin, Vuse, and blu, on at least 1 day during the 30 days before the survey), Currently used electronic vapor products daily (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods, such as JUUL, SMOK, Suorin, Vuse, and blu, on all 30 days during the 30 days before the survey), Currently used electronic vapor products frequently (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods, such as JUUL, SMOK, Suorin, Vuse, and blu, on 20 or more days during the 30 days before the survey), Did not try to quit using all tobacco products (including cigarettes, electronic vapor products, smokeless tobacco, cigars, shisha or hookah tobacco, or pipe tobacco, ever during the 12 months before the survey, among students who used any tobacco products during the 12 months before the survey) and Ever used electronic vapor products (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods, such as JUUL, SMOK, Suorin, Vuse, and blu).

Highschool Grade Level Vaping: 9th - 12th Usage



9th Grade, 10th Grade, 11th Grade and 12th Grade for each Question %. Color shows details about 9th Grade, 10th Grade, 11th Grade and 12th Grade. The marks are labeled by 9th Grade, 10th Grade, 11th Grade and 12th Grade. The view is filtered on Question %, which keeps Currently used electronic vapor products (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods, such as JUUL, SMOK, Suorin, Vuse, and blu, on at least 1 day during the 30 days before the survey), Currently used electronic vapor products frequently (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods, such as JUUL, SMOK, Suorin, Vuse, and blu, on 20 or more days during the 30 days before the survey), Currently used electronic vapor products daily (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods, such as JUUL, SMOK, Suorin, Vuse, and blu, on all 30 days during the 30 days before the survey), Did not try to quit using all tobacco products (including cigarettes, electronic vapor products, smokeless tobacco, cigars, shisha or hookah tobacco, or pipe tobacco, ever during the 12 months before the survey, among students who used any tobacco products during the 12 months before the survey) and Ever used electronic vapor products (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods, such as JUUL, SMOK, Suorin, Vuse, and blu).

Fentanyl

What is Fentanyl?

Fentanyl is a potent synthetic opioid drug approved by the FDA for use as an analgesic (pain relief) and anesthetic. It is approximately 100 times more potent than morphine and 50 times more potent than heroin as an analgesic.



The U.S. Drug Enforcement Agency said just 2 milligrams of fentanyl, or the amount that could fit on the tip of a pencil, is considered a potentially lethal dose. Retrieved from [DEA](#).

How is it misused?

Fentanyl like other opioids and can have a euphoric effect. It can be injected, snorted/sniffed, smoked, taken orally by pill or tablet, and spiked onto blotter paper. Fentanyl patches are misused by removing its gel contents and then injecting or ingesting these contents.

What are the signs of an overdose?

Tiny pupils; Limp body; Unable to talk; Pale, gray, or bluish skin, lips, or nails; Cold or clammy skin; Breathing is very slow or has stopped; Extremely sleepy or passing out; Snoring, choking, or gurgling sound

Source: DEA Fact Sheet: Get Smart about Drugs, 2020 and CDC <https://www.cdc.gov/stopoverdose/fentanyl/>

What's the Difference?

Pharmaceutical-grade fentanyl - a legitimate medication produced by pharmaceutical companies that have developed advanced technology to control the quality and maintain the proper dosages of the end products. Pharmaceutical-grade fentanyl is tightly regulated and is safe when administered by professionals as prescribed.



Illicit fentanyl - underground market version obtained or made by dealers and mixed into pills, other powders, blotter papers and liquids, etc. in “labs” with no quality controls. It is not manufactured to the same quality standards as the pharmaceutical fentanyl. The potency of illicit fentanyl can vary widely from maker to maker, or even from batch to batch, and the buyers don’t know the contents of what they are getting. In addition, illicit fentanyl can be pressed into molds with common brand marks that look exactly like pharmaceutical prescription pills

Within an illicit fentanyl supply, there may be unreacted precursor chemicals, byproducts that form due to poor heating or stirring, etc. Also, the amateur chemists can change the ingredients (precursors) of the recipe to form “fentanyl analogs.”

Source: DEA Fact Sheet: Get Smart about Drugs, 2020; Ad Council, Song for Charlie; Photo source: Just Think Twice

Why are we seeing synthetic opioids now?

- Illicitly manufactured fentanyl (IMF) analogs are cheaper, quicker, and easier to produce than heroin
- It is more potent, making it easier to transport and conceal
- Pill presses have become available making it easy to manufacture them to look legal/legitimate

Are there a lot of fake pills?

**ONE
PILL CAN
KILL**

Department of Justice | Drug Enforcement Administration

FAKE PILLS FACT SHEET

Fake pills are widely available across every state in the Country.

- DEA and its law enforcement partners are seizing deadly fake pills at record rates.
- Fake pills have been seized in all 50 states and the District of Columbia.
- Drug trafficking is also inextricably linked with violence.

In 2022, DEA seized more than 50.6 million

50,600,000

**fake pills often laced with fentanyl
-more than double the amount of fentanyl
pills seized in 2021-**

Source: DEA One Pill Can Kill Campaign

SAMHSA
Substance Abuse and Mental Health
Services Administration

Marijuana Use and Edible Gummies

For people who begin using marijuana before age 18, the risk of developing marijuana use disorder is even greater

3 in 10

people who use marijuana have
marijuana use disorder

Marijuana Use and the Brain

A stylized graphic of a human brain in shades of green, with several interlocking gears inside, symbolizing cognitive processes. The background is a solid green color with some abstract shapes in the corners.

- Memory, learning, attention, decision-making, coordination, emotion, and reaction time. Infants, children, and teens (who still have developing brains) are especially susceptible to the adverse effects of marijuana.
- Long-term or frequent marijuana use has been linked to an increased risk of psychosis or schizophrenia in some users.





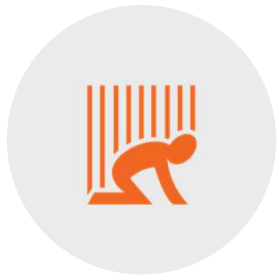
**Psychotic
Episodes**



Hallucinations



Paranoia



Panic Attacks



**Impaired Motor
Ability**



Heart Problems

Effects of Marijuana Edibles

Signs of Adolescent Substance Use

Physical warning signs of SUD

- Bloodshot eyes, pupils larger or smaller than usual.
- Changes in appetite or sleep patterns.
- Deterioration of physical appearance, personal grooming habits.
- Runny nose or sniffing.
- Sudden weight loss or weight gain.
- Tremors, slurred speech, or impaired coordination.

Signs of Adolescent Substance Use

Behavioral Changes

- Mood changes (temper flare-ups, irritability, defensiveness)
- Academic problems and low achievement (poor attendance, low grades, disciplinary action)
- Lack of school connectedness.
- Childhood sexual abuse.



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What in the world
does the
adolescent “need”?

Accessing Substance Use Treatment Services for Adolescents in Alabama



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Screening and Assessing for Substance Use Disorders in Adolescents



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Adolescent Screening Tool - CRAFFT

.....a short clinical assessment tool designed to screen for substance-related risks and problems in adolescents.

Car

Relax

Alone

Friends

Forget

Trouble

Adolescent Screening Tool

- used with ages 12-21 (American Academy of Pediatrics)
- can be administered by a health care provider, behavioral health provider or other qualified staff
- can be done in any confidential clinical or community setting
- can be done over the telephone or in-person

CRAFFT Screening Questions

1. Have you ever ridden in a **car** driven by someone (including yourself) who was high or had been using alcohol or drugs?
2. Do you ever use alcohol or drugs to **relax**, feel better about yourself, or fit in?
3. Do you ever use alcohol or drugs while you are by yourself or **alone**?

CRAFFT Screening Questions continued

4. Do you ever **forget** things you did while using alcohol or drugs?
5. Do your **family or friends** ever tell you that you should cut down on your drinking or drug use?
6. Have you ever gotten into **trouble** while you were using alcohol or drugs?

CRAFFT Screening Outcomes.....

- Yes or No Responses
- 2 or more yes's, proceed to administer the ADMH Approved Integrated Placement Assessment

ADMH Integrated Placement Assessment

- ▶ ASAM-American Society of Addiction Medicine
- ▶ Reasons ASAM Placement Criteria has been adopted:
 - ▶ To establish a common language among treatment providers
 - ▶ To promote individualized treatment
 - ▶ To improve the quality of assessments
 - ▶ To improve the quality of treatment
 - ▶ To improve the quality of treatment planning

ASAM Dimensions

- ▶ Dimension 1 -Acute Intoxication or Withdrawal Potential
- ▶ Dimension 2 -Biomedical Conditions and Complications
- ▶ Dimension 3 -Emotional/Behavioral/Cognitive Conditions and Complications
- ▶ Dimension 4 -Readiness to Change
- ▶ Dimension 5 -Relapse/Continued Use/Continued Problem Potential
- ▶ Dimension 6 -Recovery and Living Environment



Substance Use Treatment Model for Getting Help

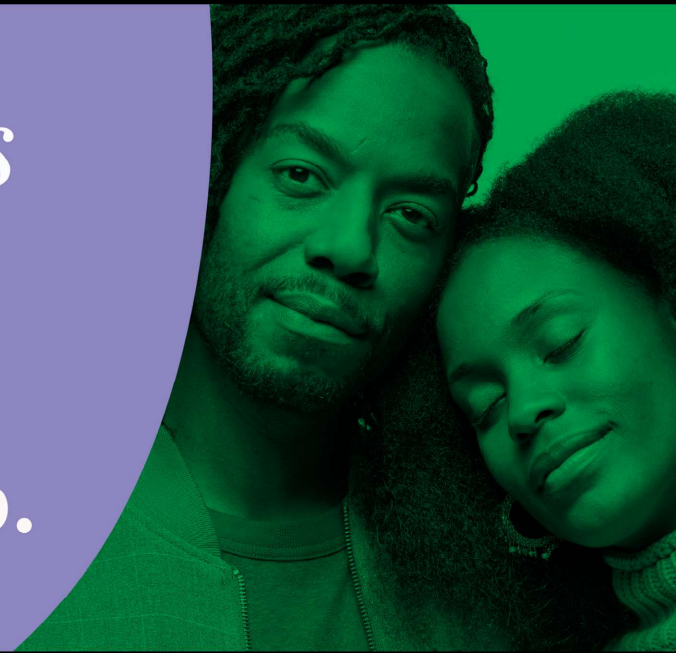


24/7 Helpline
844-307-1760

Misusing drugs *increases*
suicidal thoughts.



Call 988 for help.



Alabama Crisis System of Care

Crisis Centers are now open in:
Birmingham, Huntsville, Mobile,
Montgomery, and Tuscaloosa



Alabama Department
of Mental Health

Call for Services

ADVOCACY

1-800-367-0955

MENTAL ILLNESS

1-800-367-0955

AUTISM

1-800-499-1816

PEER SUPPORT

1-800-832-0952

DEVELOPMENTAL DISABILITY

1-800-361-4491

SUBSTANCE USE

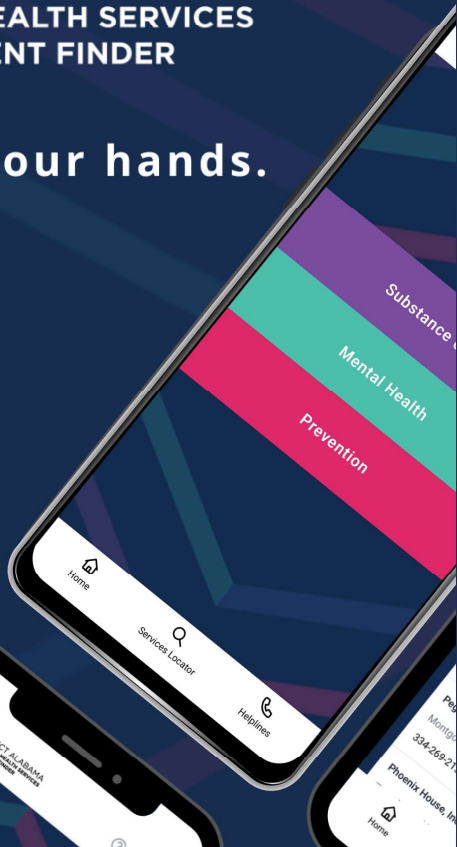
1-844-307-1760



CONNECT ALABAMA BEHAVIORAL HEALTH SERVICES & TREATMENT FINDER

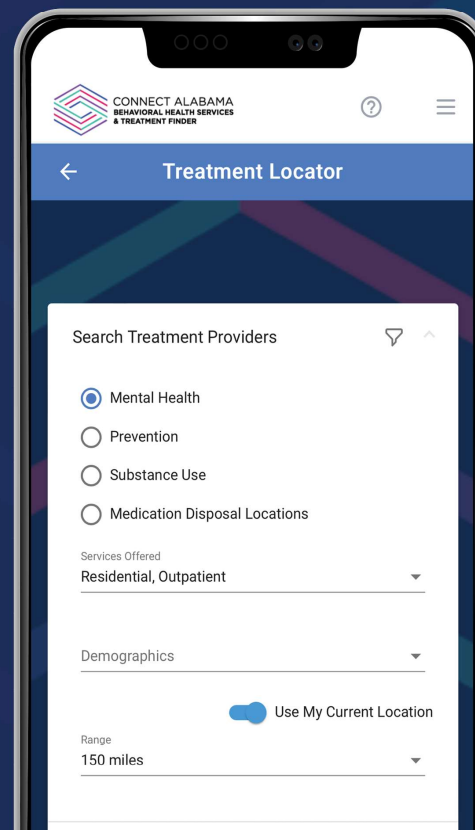
HELP is in your hands.

Download the
Connect Alabama
app today!



THE ONLY TREATMENT APP

You'll ever need



KEY FEATURES



Substance Use



Mental Health



Prevention

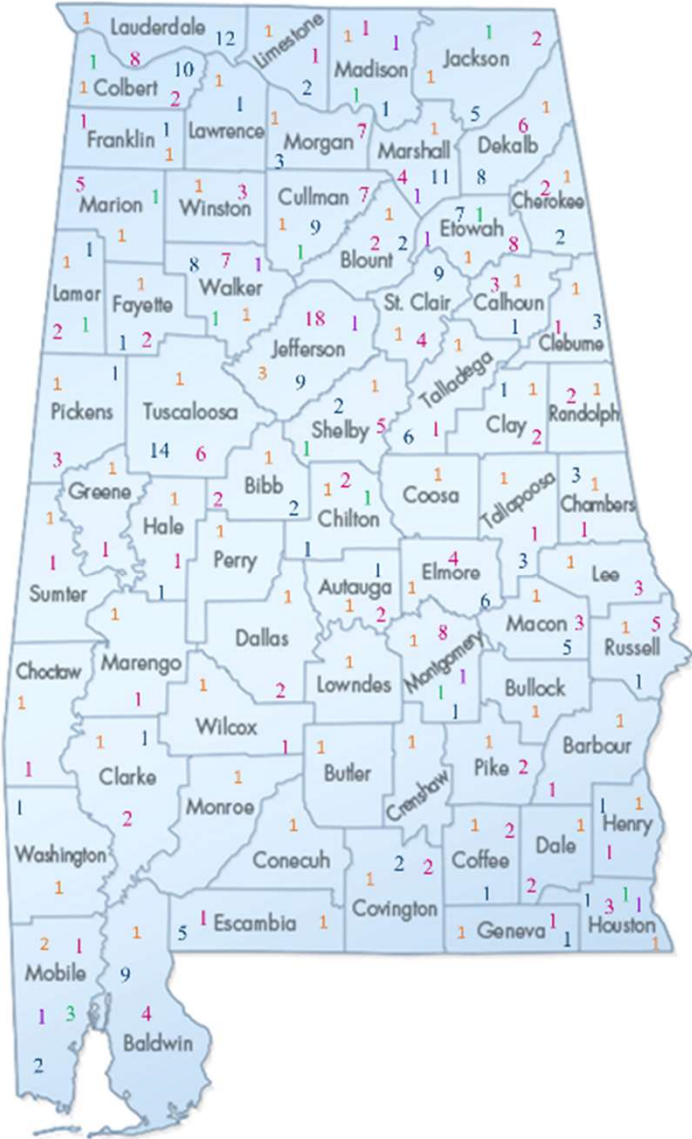


Treatment Locator

Treatment Services in Alabama

(81 state certified providers)

Adolescent = 11
 Adult = 70



SU Adolescent Treatment Levels of Care

- **Level 0.5** Early Intervention
- **Level 1** Outpatient Treatment
- **Level 2** Intensive Outpatient OR Partial Hospitalization
- **Level 3** Residential/Inpatient Treatment (*Low, Medium, High*)
- **Level 4** Medically Managed Intensive Inpatient Treatment

Substance Use Core Treatment Services

Behavioral Health Screenings

Alcohol and Drug Testing

Individual Counseling

Group Counseling

Family Counseling

Smoking Cessation

Case Management:

- *Case Planning*
- *Linkages*
- *Advocacy*
- *Monitoring*

HIV Early Intervention Services

Mental Health Consultation

Medication Management

Peer Support and Recovery Services

Sign Language Services

Psychoeducation



Best Practices in SU Treatment with Adolescents



- Screening and assessment based on ASAM criteria/integrated SUD and MH treatment
- Family Involvement
- Early intervention and prevention of progression of use
- MI and CBT Approaches to treatment
- Adolescent Development Considerations
- Culturally responsive
- Group Therapy and 12-step facilitation
- Trauma Informed Care and effective crisis intervention
- Dynamic and relatable (state appropriate) treatment planning
- Community and school involvement

How to approach adolescents in providing effective treatment...

- ▶ Relatable
- ▶ Creative
- ▶ Sustainable
- ▶ Fun
- ▶ Personable
- ▶ Relevant

Meaningful
Progressive
Suitable
Constructive
Interesting
Attention to
Learning Styles

References

- ▶ SAMHSA.gov
- ▶ National Institute on Drug Abuse
- ▶ American Society of Addiction Medicine (ASAM)
- ▶ Alabama Department of Mental Health - ASAIS
- ▶ Youth Risk Behavioral Survey
- ▶ Centers for Disease Control and Prevention

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