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# ADOLESCENTS



# Effects of Adult Crisis on Mississippi Children

- 92.5% of people in MS who are in need of treatment are not receiving services
- 3,693 Mississippi children were placed in foster care in 2016
- 17% were infants
- 45% of those placements, parental substance use was a factor

# Adolescent Numbers

- Heroin reached its lowest rate among high school students in 2016 and 2017-.3%
- Still around 20% of seniors stated it was available if they desired
- Other Opioids including Vicodin and Oxycontin-4%
- Around 36% of seniors stated it was available if they desired
- 60% believed Prescription pain meds to be less risky than heroin

# SFL Numbers


36 Males	22 Females
Cannabis 32	15
Stimulant 9	8
Other 7	4
Alcohol 4	2
Cocaine 4	0
Sedative 5	5
Opioid 6	7

# Foiled by numbers

- Easy to get caught up in numbers without individuals
- Perceived risk in taking prescribed meds to help study or engage in conversations
- Try typing in “How to fool a Doctor into giving you medication” (Anxiety, ADHD, etc.)
- Why such a jump with 18-25 year olds?



# New Normal

- Where is support and extended family?
  - Hiding
  - Lying
  - What is ok?
  - What is not ok?
  - Dreams
  - Realities
  - Hope!
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# How do Adolescents Normally Act

- Begin natural separation from parents
- Desire privacy
- Desire distance
- Over sensitive
- Self-conscious
- Moody
- Anger outburst
- Sexual curiosity
- Trying new things (substances)






# Some stories

- 14 years old
  - Pimped by my mother and Father
  - 12 Foster Homes
  - No healthy attachments
  - Nowhere to go
  - Hope?
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# Unresolved Trauma

- Social impact
  - Emotional impact
  - Physical impact
  - Mental Health challenges lasting into adulthood
  - Risky behavior to ease the pain
  - How do we know when someone cares for us?
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# Without Horrific Stories

- No social skills (phone)
  - Difficulties in school
  - Pressure from friends and associates
  - Most claim substances are everywhere
  - Most believe if it is sold over the counter it is safe
  - Act spontaneously with everything
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# So what is different today?

- Of course, different substances
  - Different behaviors
  - Different ideas of success
  - Different pressures to act – Peer Pressure
  - Different family structure
  - Different legal substances
  - Different beliefs of parents
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# How to treat!

- We must understand Trauma and have the ability to treat effectively – If missed then no treatment will be effective
- Behavior – Causes and ideas to help an individual understand why they are behaving in a certain way. (Counselors and individual)
- Positive hope filled interventions
- Individuals feel comfortable with punishment
- Changing our ideas of what works




# Building Healthy Teens

- Emotionally – Understanding teens struggle with emotions even without substance use
- Healthy Environment – One that supports well-being and stimulates growth
- Physical Health – Need for physical activity, diet, sleep and nutrition
- Social – Expansion of sense of connection/belonging and support system
- Spiritual – Sense of purpose and meaning




# Behavioral Model

- Point system or token economy
  - Recognition of positive behavior
  - Short term and long term
  - System for guardians to practice and implement
  - All about language
  - Motivational Incentives of varying levels
  - Therapist attitudes are biggest concern
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# Having Fun

- What does fun look like?
  - Different for each adolescent
  - Always complain but new experiences are a must
  - Making sure the staff are having fun and getting differing ideas
  - Just do it!!
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# Putting it all together!!

- Personal Plan for Health
- Use of Peer-Support and Peer-Counseling
- Fully involved in care plan
- Wrapping supports for the individual
- Crisis planning and interventions
- Learning as a group
- Comfortable with trying new ideas/no fear of failure



# Concerning Behaviors

- Decrease in enjoyment of Family/Friends
- School performance
- Strong resistance to attend school
- Problems with memory, attention, concentration
- Big changes in energy levels, eating or sleeping patterns
- Feelings of hopelessness, sadness, anxiety



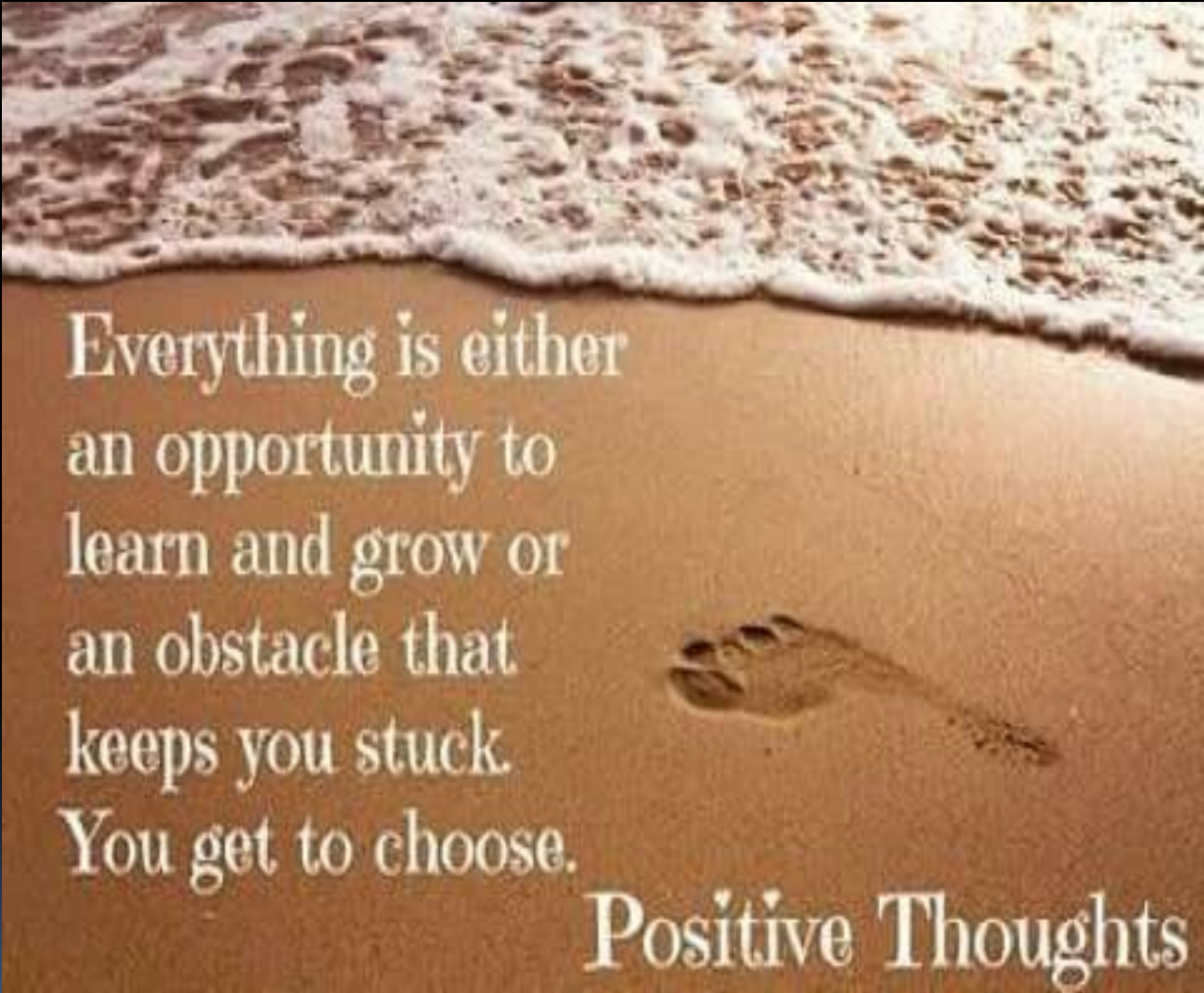
# Concerning Behaviors

- Frequent aggression, disobedience or lashing out
- Hygiene
- Dangerous or illegal thrill seeking behavior
- Paranoid or overly suspicious of others
- Seeing or hearing things not there
- None of these are all inclusive but could show a pattern.

**SURROUND YOURSELF WITH**




**THOSE ON THE SAME  
MISSION AS YOU**



Everything is either  
an opportunity to  
learn and grow or  
an obstacle that  
keeps you stuck.  
You get to choose.

Positive Thoughts



When you begin  
to catch even a glimpse  
of how your

*Heavenly Father*

sees you

&

what He is  
counting on you to do  
for Him

*your life will never be the same!*