

Substance use and young people

Webinar

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Before we get started...

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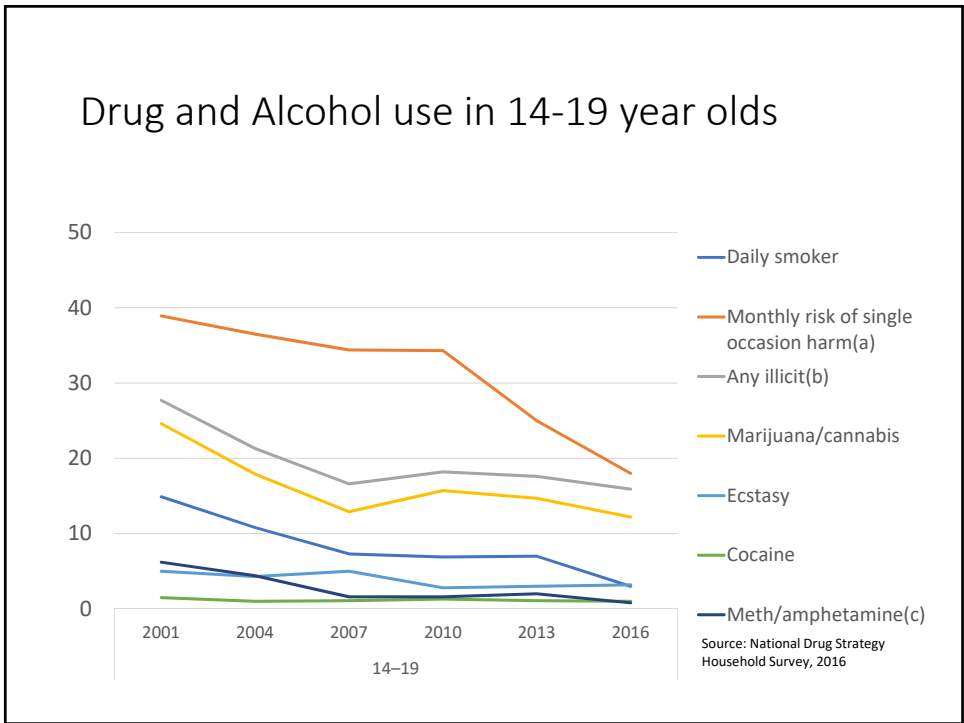
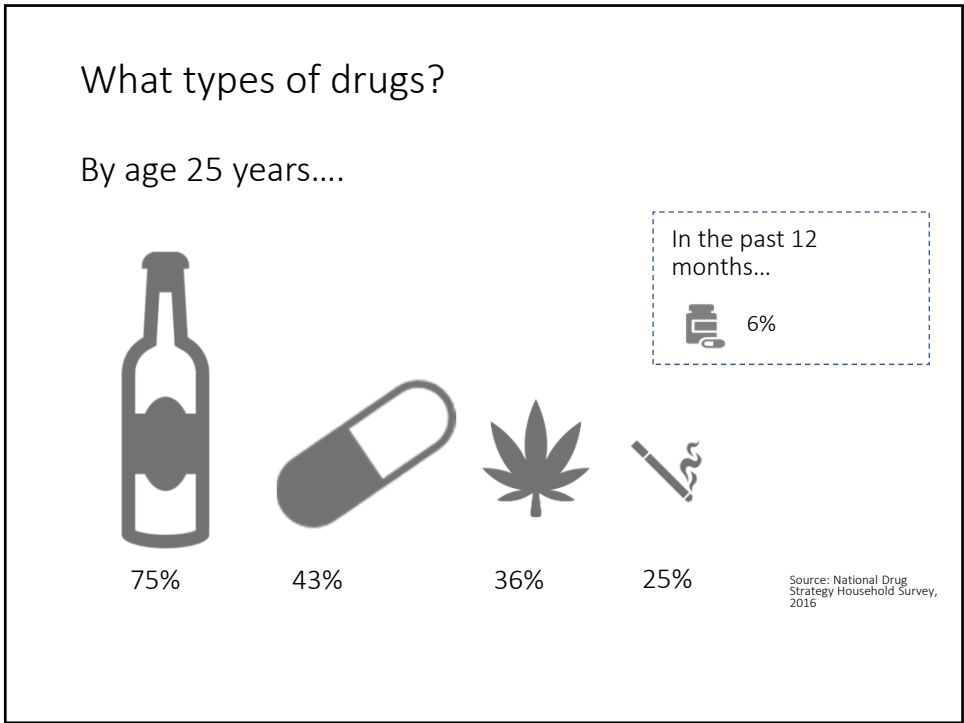
Drug and Alcohol Use in
Australian Young People

Dr Louise Birrell

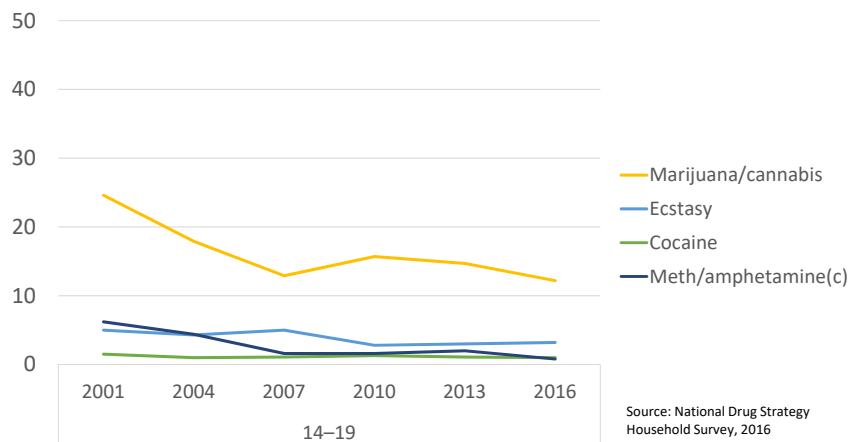
- ✓ **Understanding of patterns of substance use among young people**
- ✓ How do young people present to GP's and Allied health professionals
- ✓ Understanding when a young person has readiness for change
- ✓ What's helpful in creating access to health care

Key Learning Outcomes

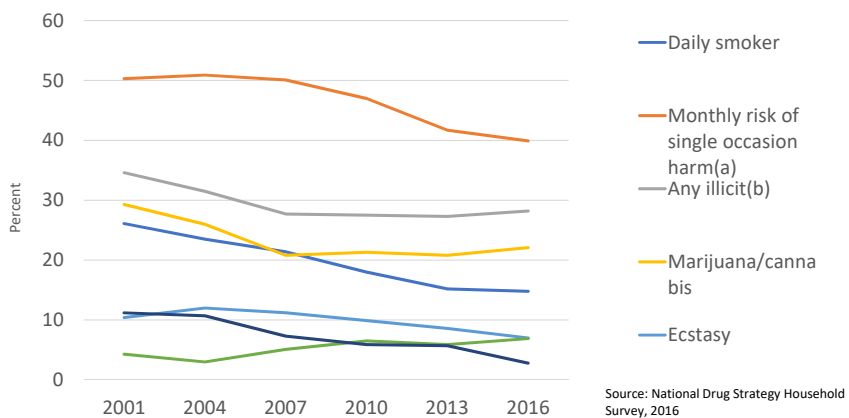




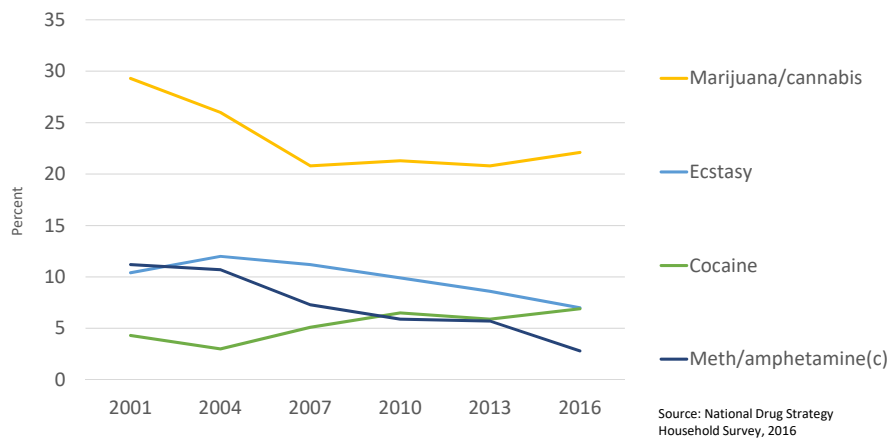
Illicit drug use in 14-19 year olds



Drug and Alcohol use in 20-29 year olds



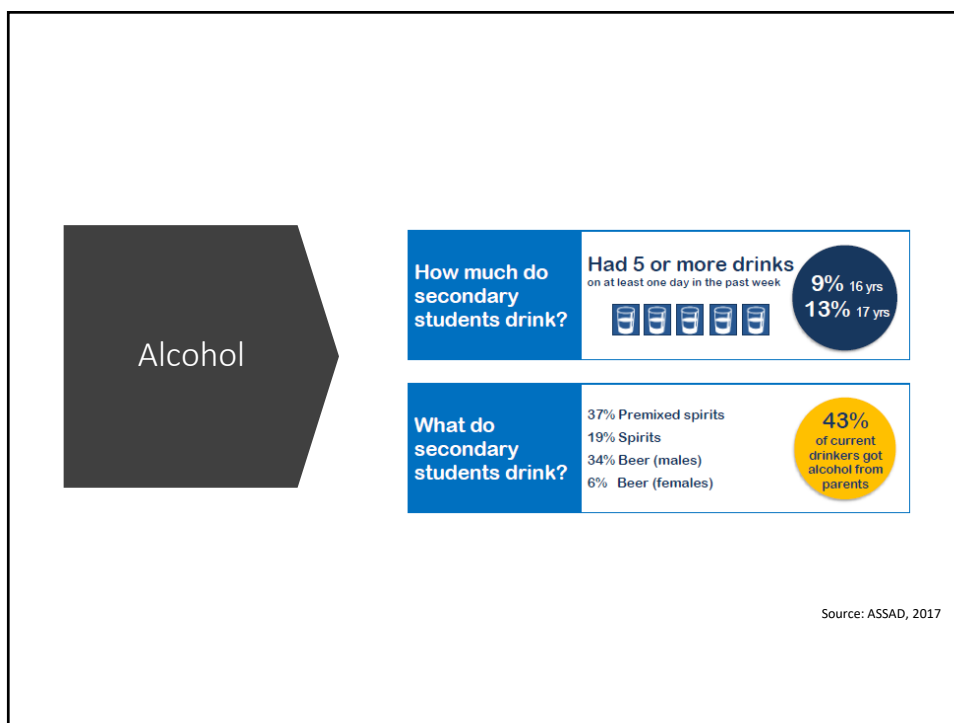
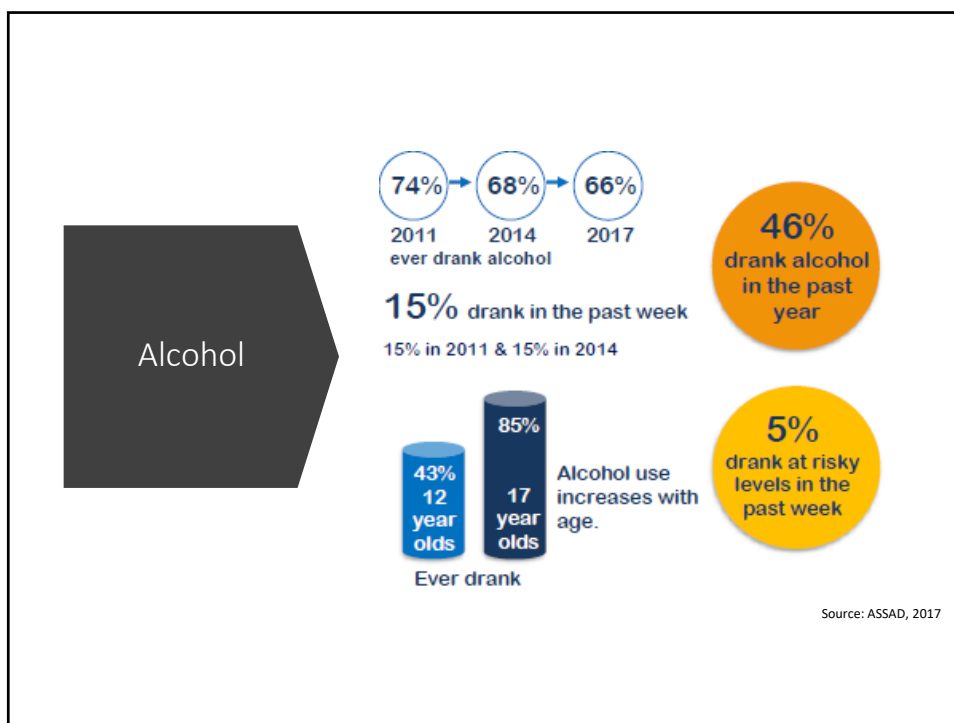
Illicit Drug use in 20-29 year olds



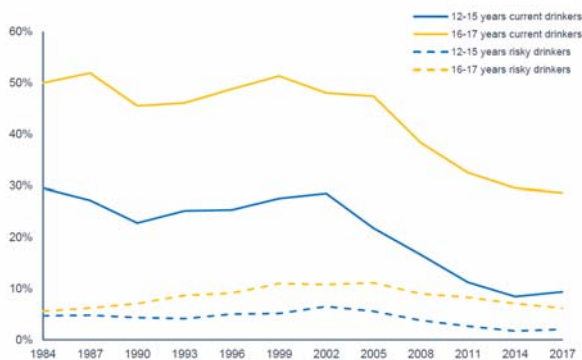
Patterns of Alcohol Use



Source: National Drug Strategy Household Survey, 2016



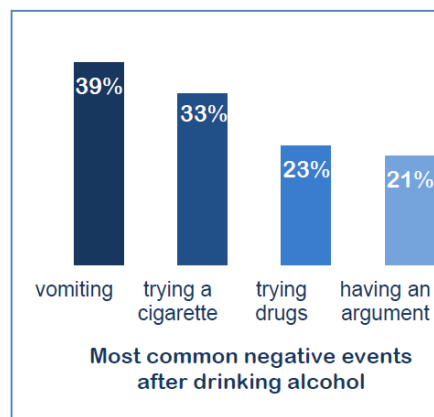
Alcohol Trends (12-17 year olds)



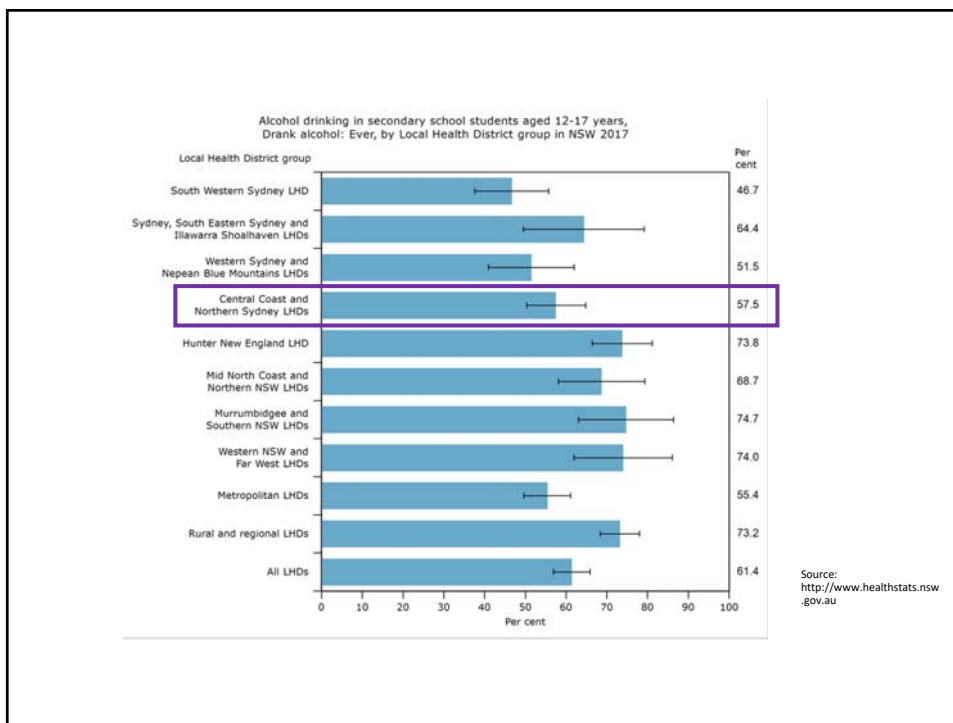
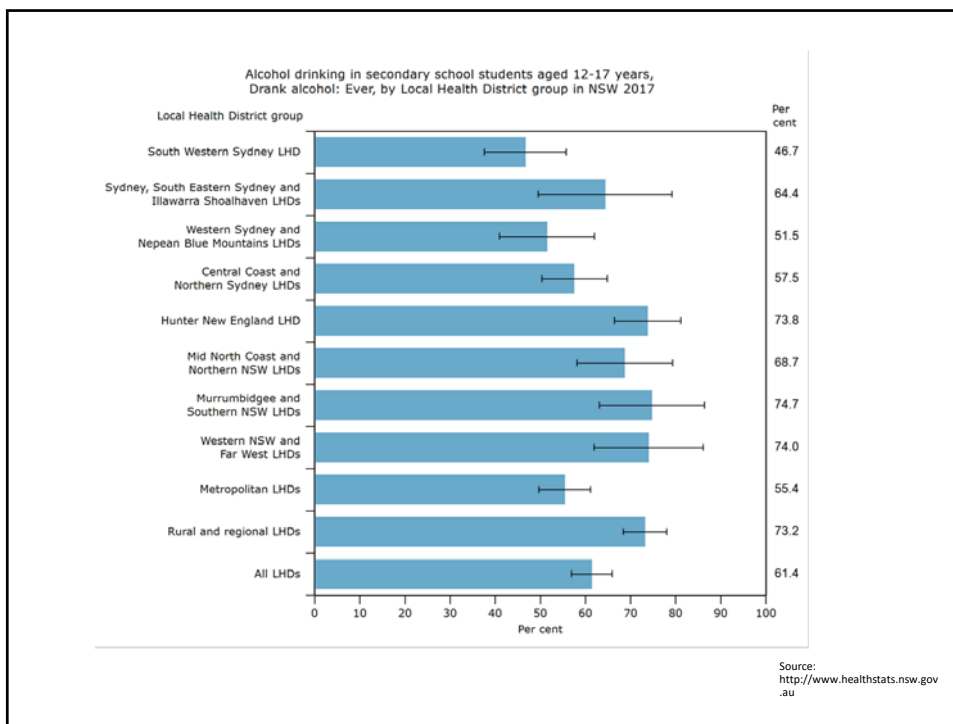
Source: ASSAD, 2017

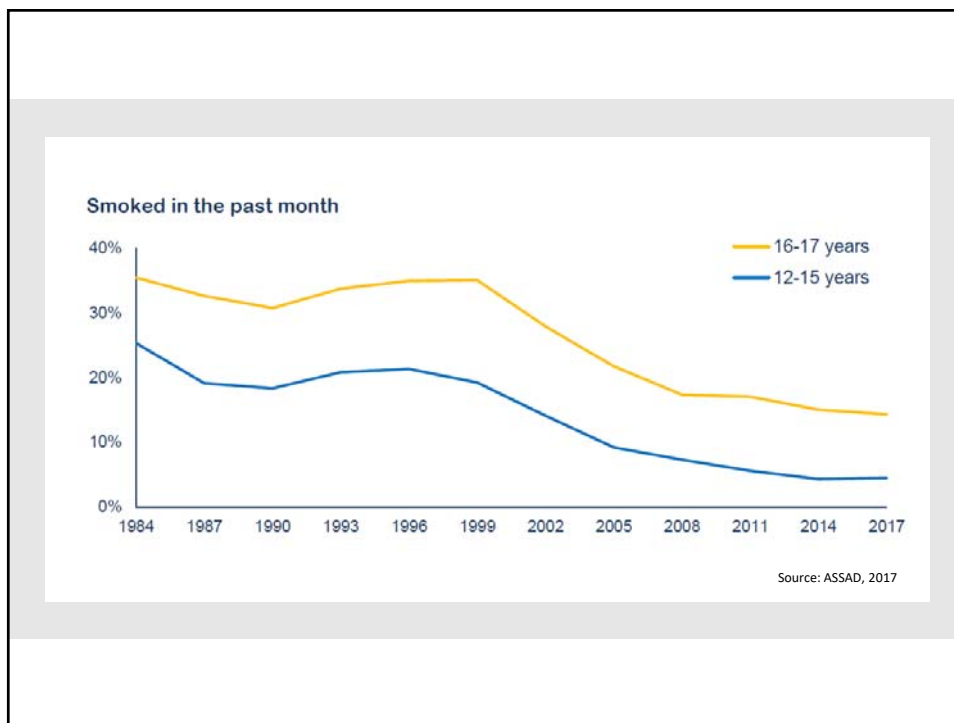
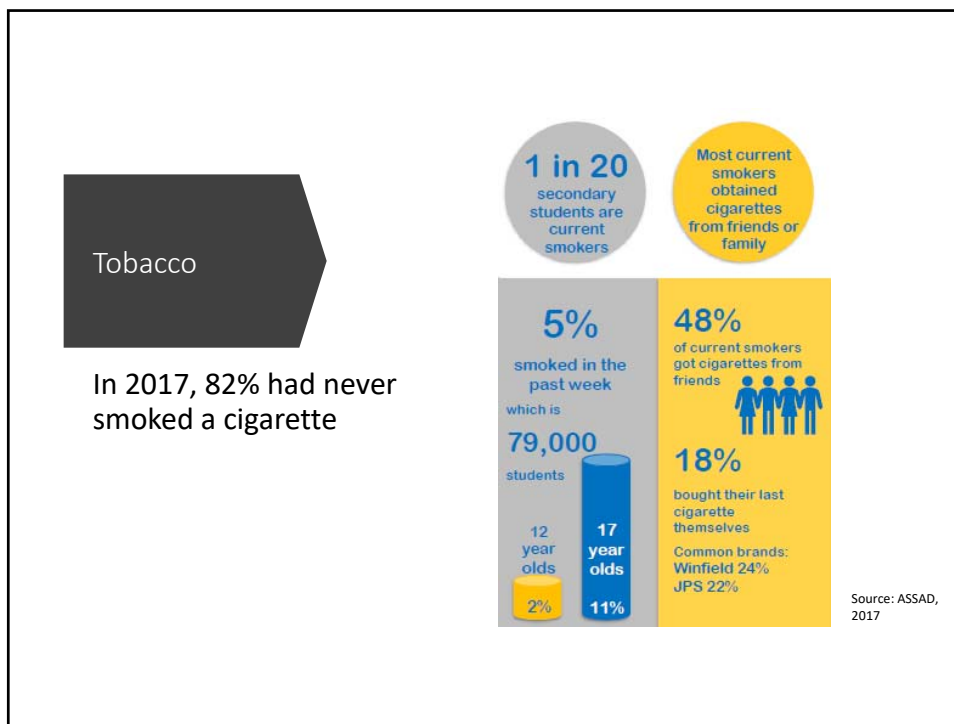
Alcohol harms

- Young people vulnerable to short-term harms
- 56% of students who drank alcohol reported experiencing at least one negative event as a result

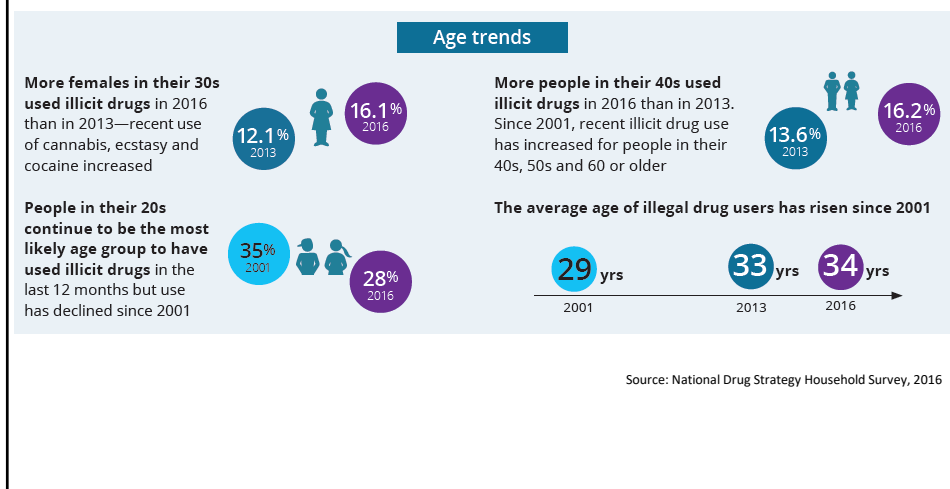


Source: ASSAD, 2017





Illicit Drug Trends



In summary...

- *Overall picture of declining alcohol and drug use amongst young people in general population surveys*

BUT they are still far more likely to drink alcohol in risky quantities, and use cannabis, ecstasy or cocaine in the previous 12 months than any other age group (NDSHS, 2016)

- *Among certain populations use is high, drug trends change according to region*
- *Young people particularly vulnerable to harms*

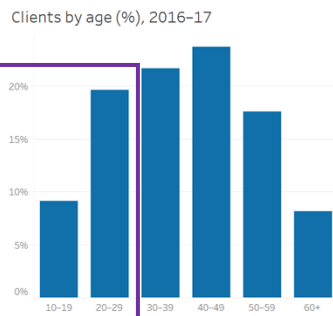
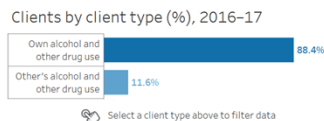
Young people presenting for treatment

In relation to people under 30:

- In 2016–17, there were around 76,300 presenting for treatment, representing **40% of all clients**
- Principal drug of concern: most likely to present to treatment where **cannabis** was the principal drug of concern (37%), followed by amphetamines (29%).
- **Self/family** (31%) was the most common source of referral, followed by health service (25%) and a diversion program (24%).
- Treatment type: **counselling** (37%), support and case management only (18%) and assessment only (14%)

Source: Alcohol and Other Drugs Treatment Services National Minimum Data Set (AODTS NMDS)

1,647 clients sought treatment for AOD in the Northern Sydney PHN in 2016-2017



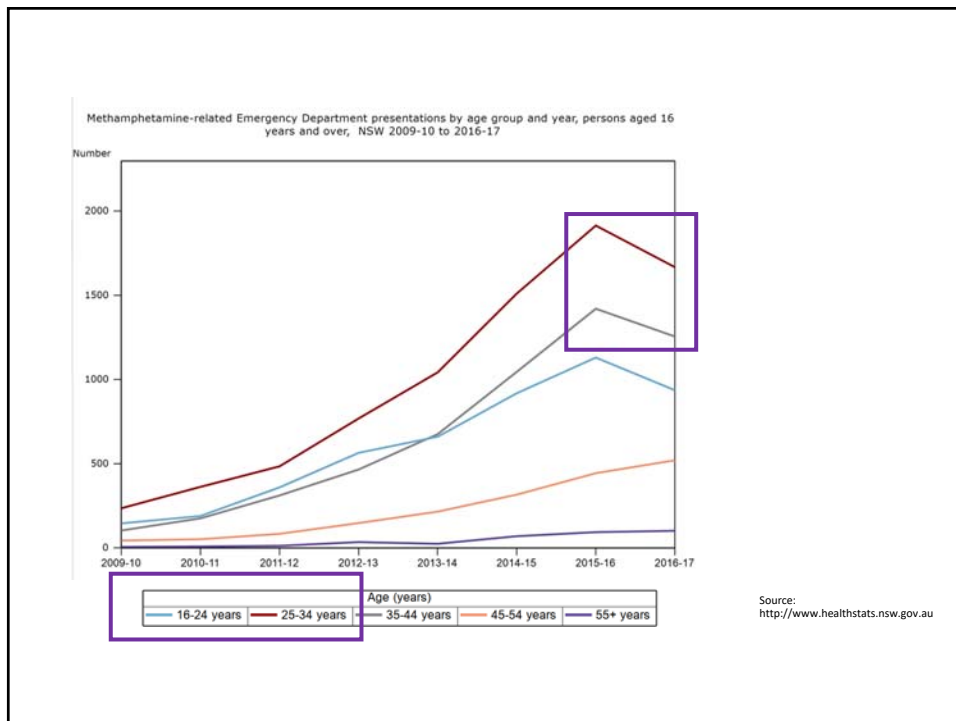
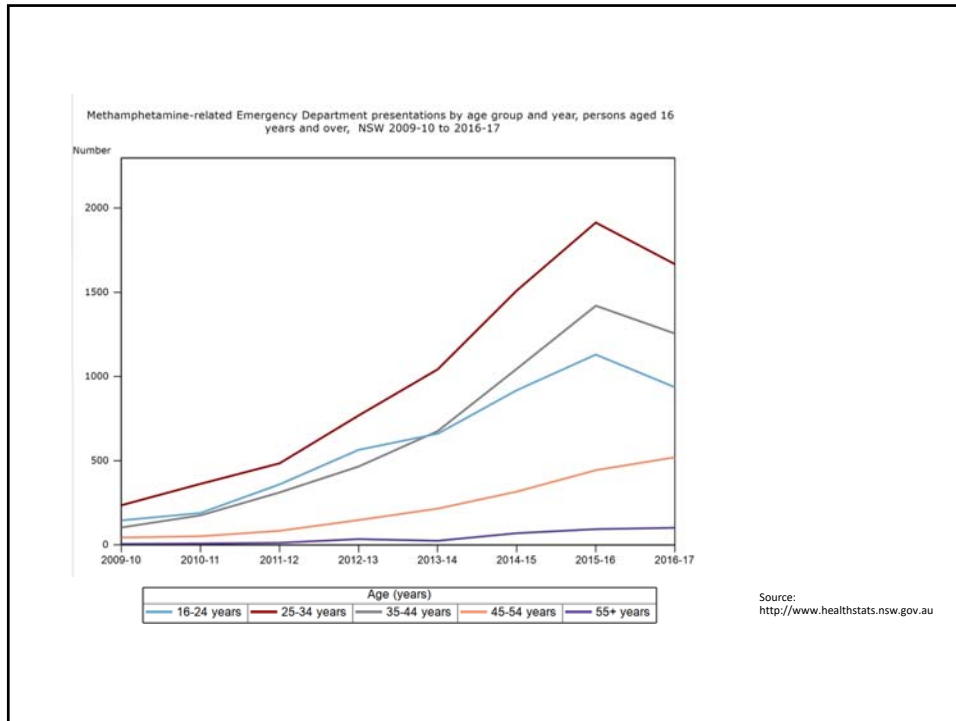
Clients by sex (%), 2016-17



Clients by Indigenous status (%), 2016-17



Note: Data presented is from publicly funded AOD treatment services (which includes PHN-commissioned services) that have reported to the AODTS NMDS. See Technical notes page for further notes regarding data.
Source: Alcohol and other drug treatment services national minimum data set (AODTS NMDS) <<http://www.aihw.gov.au>>



Sydney Drug Education & Counselling Centre (SDECC)

- Specialised counselling service for young people with problematic substance use and their families.
- Offices at Manly and St Leonard's
- Provide comorbid mental health services
- Harm Minimisation Framework
- Trauma Informed Framework
- Primary Clients: Young people aged between 12 -25 with a SUD
- Secondary Clients: Parents/ guardians of young people aged 14-25



Service Area

SDECC aligns with the SNPHN region which encompasses 9 LGAs:

- Hornsby
- Hunters Hill
- Ku-ring-gai
- Lane Cove
- Mosman
- North Sydney
- Northern Beaches
- Ryde
- Willoughby



What are we seeing at SDECC

2015/16

- Alcohol 12%
- Cannabis 71%
- Meth (ICE) 6%

2016/17

- Alcohol 18%
- Cannabis 70%
- Meth (ICE) 7%

What are we seeing within the Northern Sydney Area?

The principal drug of concern among young people has been overwhelmingly Cannabis (69%) followed by Alcohol (18.5%) and Methamphetamine (3.35%).

Concerning current trends - young people presented with pharmaceutical abuse including - Benzodiazepines e.g. Diazepam and Xanax, Psychiatric drugs e.g. ADHD medication mainly Ritalin and quetiapine, increases in pregabalin (Lyrica) and Modafinil

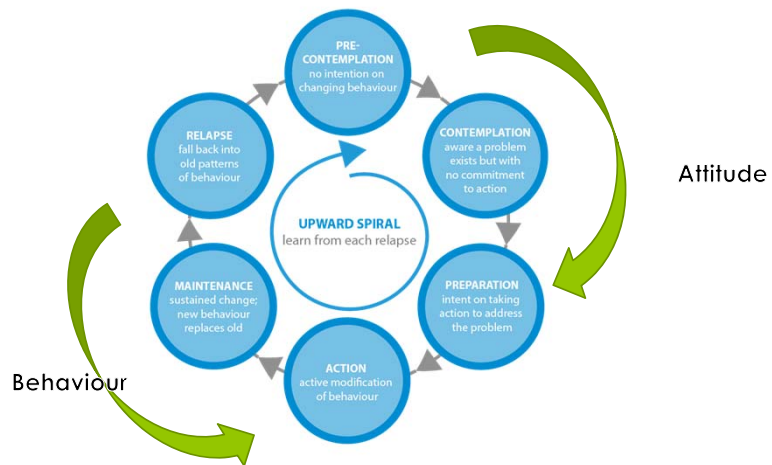
Cannabis

"you just work with the drug"

"make them quit"



STAGES OF CHANGE



Biggest Barrier to treatment is stigma

A prominent media reporter

"has called on drug users to be sterilised, and after reviewing the comments below her article it appears that many of her readers support such a policy"

(October 2016)



Stigma also sticks to the family

The difference is of course, that when people suffer from these other conditions the person and their families receive care, concern, support and reasonably accessible treatment. In contrast, the families of drug users suffer in silence from the shame and stigma that it generates in the community. Their sense of isolation and helplessness grows each day.

Language matters

Language is powerful—especially when discussing alcohol and other drugs and the people who use them. Stigmatising language reinforces negative stereotypes. "Person-centred" language focuses on the person, not their substance use.

When working with people who use alcohol and other drugs...

👍 try this	👎 instead of this
substance use, non-prescribed use	abuse misuse problem use non-compliant use
person who uses/injects drugs	drug user/abuser
person with a dependence on...	addict junkie druggie alcoholic
person experiencing drug dependence	suffering from addiction has a drug habit
person who has stopped using drugs	clean sober drug-free
person with lived experience of drug dependence	ex-addict former addict used to be a...

Motivational interviewing

Most commonly used skill set when working with people who are stages of precontemplation, contemplation and preparation phases. Remember you cannot shift behaviour until you shift attitude

If u don't like my ATTITUDE, quit talking to me...

More Fun Only On www.ApnaTalks.com

Tate (16)

- Parents initially made contact
- History of involvement with mental health providers
- Diagnosed with a variety of different illnesses including major depressive disorder, anxiety disorder, obsessive compulsive disorder and ADHD
- Met criteria for cannabis dependence also sometimes uses alcohol mixed with benzos and nitrous oxide
- DASS-21 Score extremely severe (all areas) at intake
- Presented very underweight and not wanting treatment

Harm Reduction


- Abstinence may come at some point but for most people with drug and alcohol problems it is almost never a first step
- Opportunities for a positive experience with services

Thank You

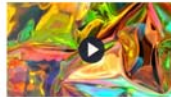
www.sdecc.org.au
www.nada.org.au (language matters)
www.adf.org.au

Webinars


Recordings of Dovetail run webinars which include a mixture of guest presenters and the Dovetail team.



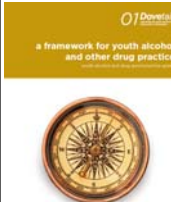
Nov 1, 2018
The Bigger picture: Current drug use trends of young people accessing AOD treatment in QLD





Dec 20, 2016
NBOMe-type hallucinogens





Jul 11, 2016
Understanding Inhalants















Resources

- Dovetail <https://www.dovetail.org.au/training>
- Your room <https://yourroom.health.nsw.gov.au/Pages/home.aspx>
- Positive choices <https://positivechoices.org.au/>
- ASSAD survey results <http://www.nationaldrugstrategy.gov.au/internet/drugstrategy/publications.nsf/Content/australian-secondary-students-alcohol-drug-survey>
- National Drug Strategy Household Survey <https://www.aihw.gov.au/reports/illegal-use-of-drugs/ndshs-2016-detailed/contents/table-of-contents>

Thank you!

Questions?

Further info

 For video recording and handouts of this webinar, visit <https://sydney.edu.au/research/centres/matilda-centre.html> and click on 'Workforce Training'

 To complete CPD assessment (live viewers only) <https://www.surveymonkey.com/r/HXF3YTM>



Next Webinar

Wednesday 11 September 2019, 7.30pm

Alcohol use in pregnancy

Speaker: Associate Professor Delyse Hutchinson, PhD, MCLinPsych

Register: https://zoom.us/webinar/register/WN_tcRhJwSmRZyOxmRj4QoefA