

tūturu.

How to have the deeper
conversations about
alcohol and other drugs



Key Points

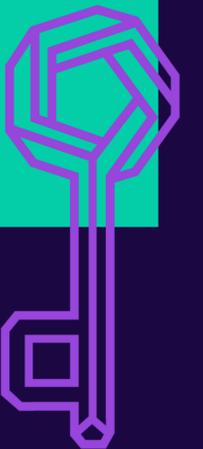
Substances can directly act on some of the challenging experiences typical during adolescence.

Building a toolbox of emotional and self-regulation tools is a crucial part of adolescent development.

Disengagement from environments that promote connection worsens the situation

If a young person fills their tool box with substance use, it limits their possibilities for further skill acquisition

This can lead to
arrested
development



Adult and Youth Perspectives can differ



Adult Perspective

- ▶ Stupid/foolish
- ▶ Easily influenced
- ▶ Acting without regard for consequence
- ▶ Dangerous
- ▶ Withdrawn



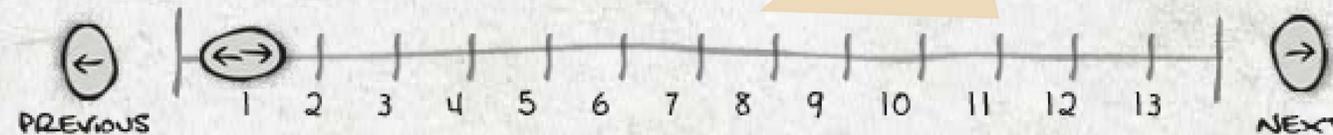
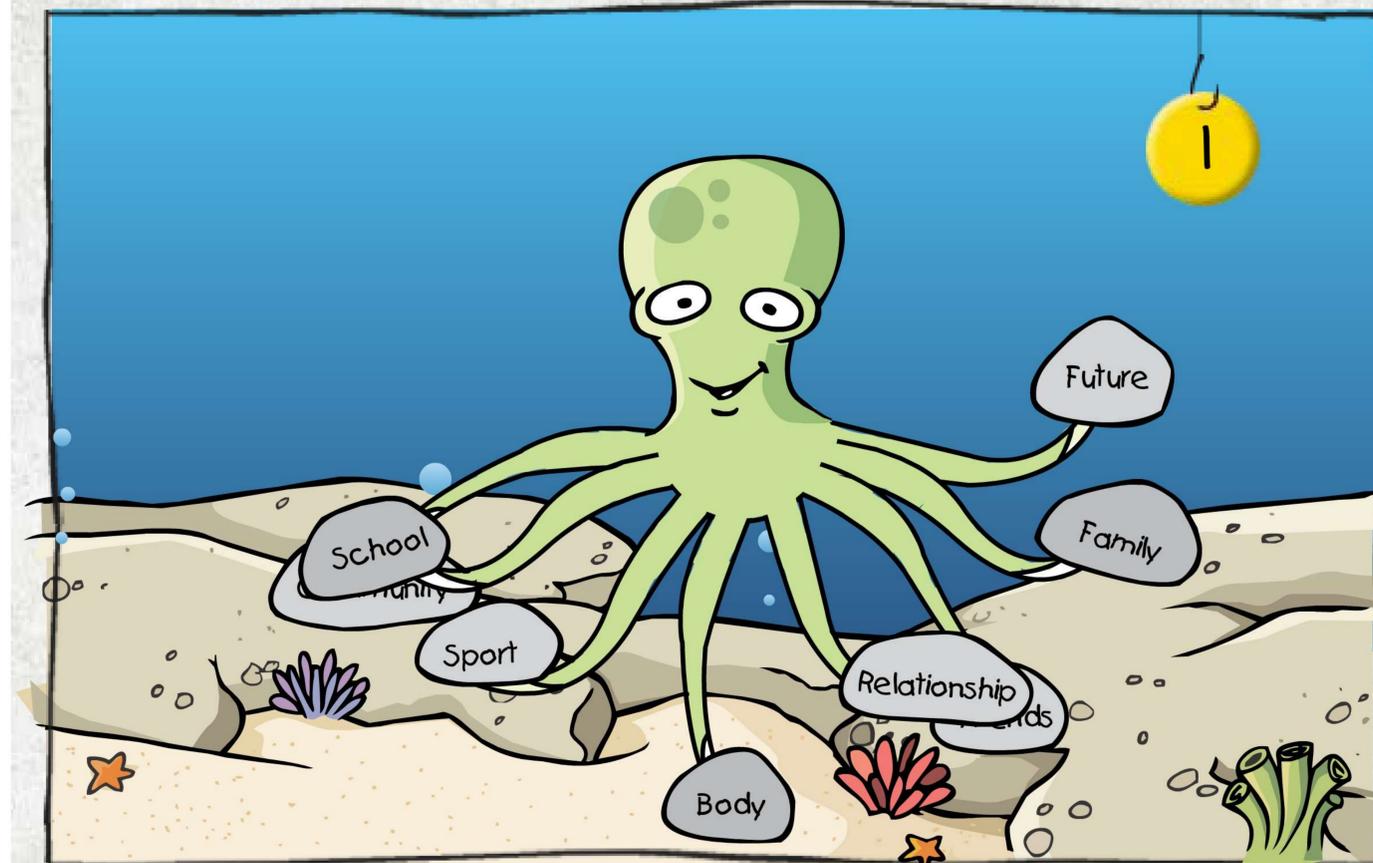
Adolescent Perspective

- ▶ Exciting/fun
- ▶ Sense of belonging
- ▶ Testing limits/not caring/gaining status
- ▶ Thrilling/exciting
- ▶ Needing privacy

Source: Bruun and Palmer (1998)

www.youthadtoolbox.org/introduction-adolescent-development

The Teenage Octopus



The Amplify! approach is built on best evidence. In particular:

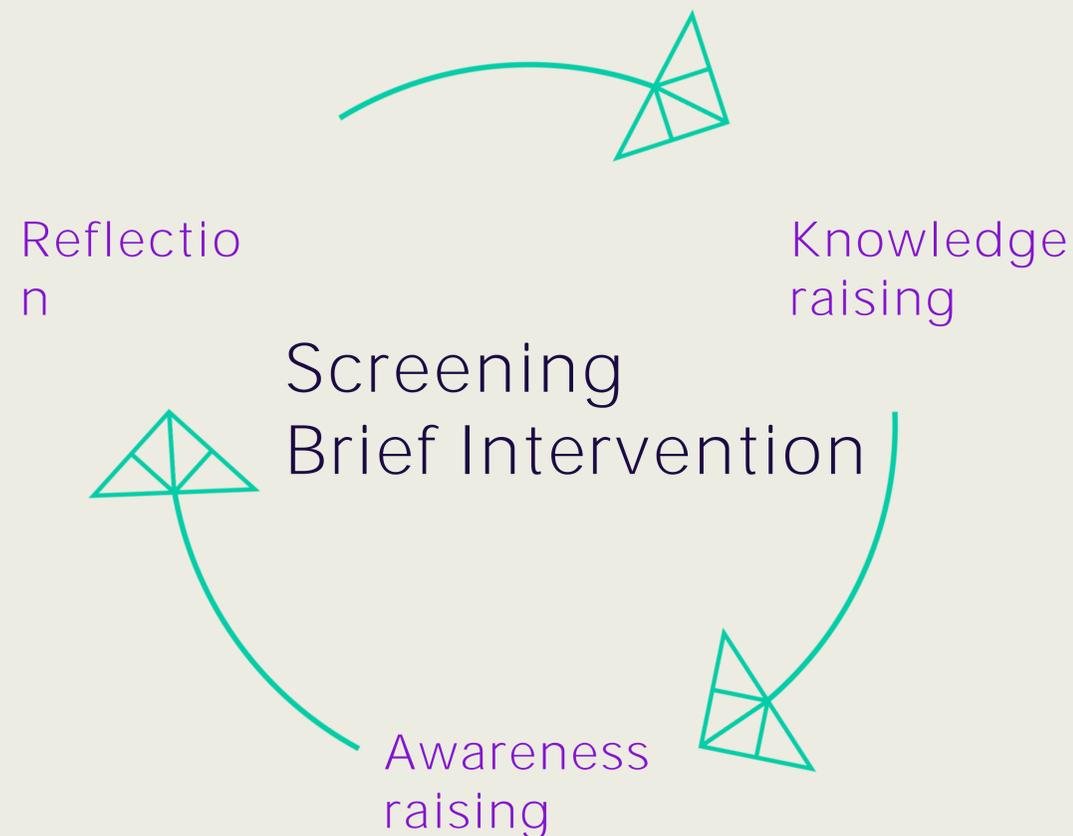
- Research on resiliency and positive youth development
- The transtheoretical model of change (most of our young people enter into the programme at the precontemplation phase where



Screening



Screening is about gathering information and making a quick judgement on the next steps



Conversations can Make a Difference



These conversations give young people an opportunity to:

- ▶ Think and talk about what is happening and their substance use
- ▶ Gain insight and motivation to make positive changes
- ▶ Identify problems or areas of risk
- ▶ Get personalised feedback on their situation
- ▶ Receive personalised information and advice on how to reduce potential harms



Framing the conversation



Signpost

- ▶ Your role in looking out for their wellbeing
- ▶ What the flow of questions will be
- ▶ Confidentiality

Evoke
curiosity

Reassure
and build
self-efficacy

No Assumptions

- ▶ **Don't assume they want to use substances**
- ▶ Normalise substance use as something that is in their community
- ▶ If they are using substances, assume they are ambivalent about changing

Ask what is important
to them, so you can
tailor your brief advice
to their context

Ask permission
before giving tips

A youth screening tool



The CRAFFT Screen

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 Alone?
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?

Positive responses to two or more of these questions indicates further assessment is needed.

Reference: Knight JR, Sherritt L, Shrier LA, Harris SK, Chang G. Validity of the CRAFFT substance abuse screening test among adolescent clinic patients. *Archives of Pediatrics & Adolescent* 156 (6) 607-614, 2002

SACS – A New Zealand youth screening tool

Section B indicates severity:

0 or 1
low concerns
(monitor in the future)

2 or 3
low concerns
(brief advice)

4 and above
moderate to serious concerns
(brief advice and referral)

1 Point 2 points

B) Mark one box (on each row), on the basis of how things have been for you *over the last month*.

	Not True	Somewhat True	Certainly True
1. I took alcohol or drugs when I was alone.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I've thought I might be hooked or addicted to alcohol or drugs.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Most of my free time has been spent getting hold of, taking, or recovering from alcohol or drugs.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I've wanted to cut down on the amount of alcohol and drugs that I am using.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. My alcohol and drug use has stopped me getting important things done.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. My alcohol or drug use has led to arguments with the people I live with (family, flatmates or caregivers etc.).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. I've had unsafe sex or an unwanted sexual experience when taking alcohol or drugs.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. My performance or attendance at school (or at work) has been affected by my alcohol or drug use.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. I did things that could have got me into serious trouble (stealing, vandalism, violence etc) when using alcohol or drugs.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. I've driven a car while under the influence of alcohol or drugs (or have been driven by someone under the influence).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

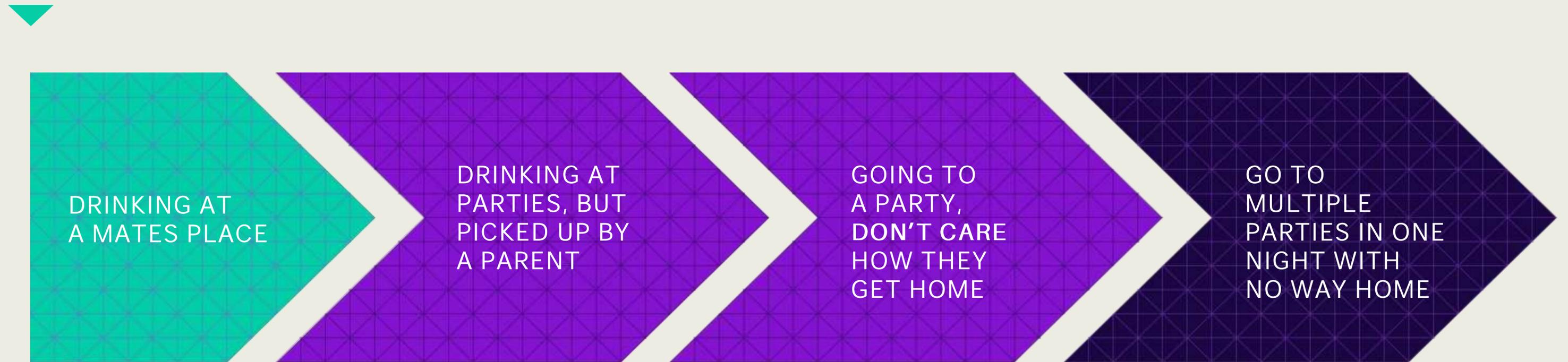
SACS difficulties scale

YOUR SACS DIFFICULTIES MOUNTAIN RANGE

Connect the boxes with a straight line and turn the page up this way to see your SACS Difficulties Mountain Range like here.

Is your progress smooth or rocky?

Changing safe zone boundaries



tūturu.

Thanks!

For more info, visit
tuturu.org.nz

