



Supporting Teens with Substance Use and Mental Health Challenges in the age of COVID

with Dr. Sam Himelstein on 9.16.21 @ 12 noon PST



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Please stay connected!



@drsamhimelstein  
@familyspring



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About me

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## Agenda

- **Assessment:** How do we know what type of help someone needs?
- **Engagement:** How do we build trust/relationship to actually engage teens?
- **Skills:** How do we teach the necessary skills to manage symptoms and lead to growth and healing?

*This training is VERY introductory!*



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## COVID has increased symptoms in teens

Jones, E.A.K., Mitra, A.K., & Bhuiyan, A.R. (2021). Impact of COVID-19 on mental health in adolescents: A systematic review. *Int. J. Environ. Res. and Public Health*, 18, 2470.

20m Americans struggle with substance use disorder (SUD)

1 in 6 youth aged 6-17 have a mental health (MH) issue (9m)

1 in 4 young adults aged 19-25 have mental health issues (9m)



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## Assessment



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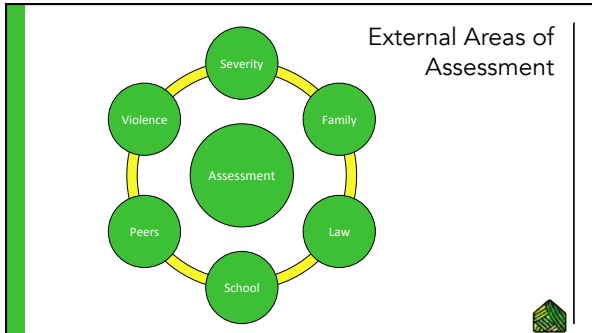
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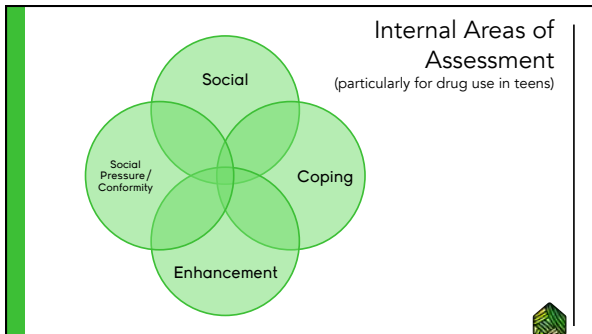
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Assessment Tools for Providers  
*(non-exhaustive)*

**Screening Tools:**

- CRAFFT (car, relax, alone, forget, friends/family, trouble)
- MAYSI-2 (Massachusetts Youth Screening Instrument)

**Assessment Tools:**

- DMQ-R (Drinking Motives Questionnaire – Revised)
- SASSI-A3 (Substance Abuse Subtle Screening Inventory)
- CANS (Child and Adolescent Needs and Strengths)
- BASC-3 (Behavior Assessment System for Children)

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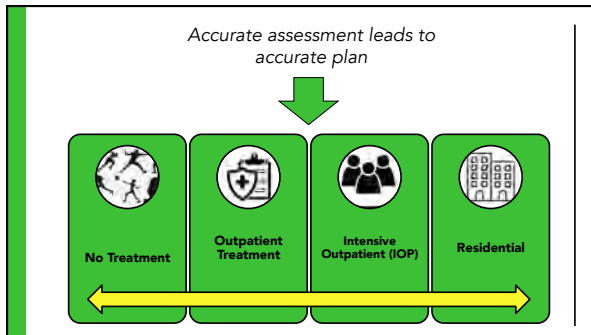
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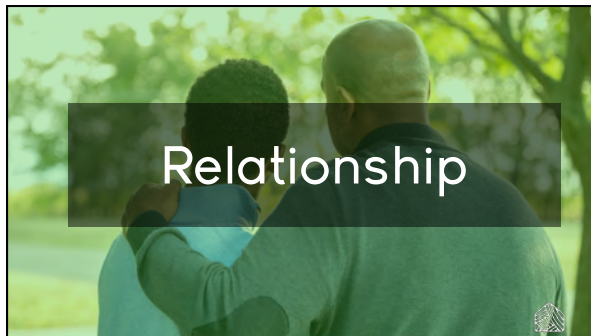
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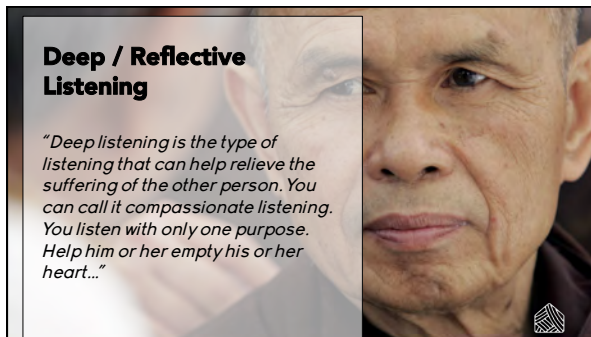
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### How Listening Leads to Connection

Listen   Understanding   Empathy   Compassion   Connection

*Quick tip for parents/caregivers about when to be ready to listen*

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### Skillful Self-Disclosure

1. Use to humanize the self
2. Boundaries are important
3. What does "skillful" mean?

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### Skill Development

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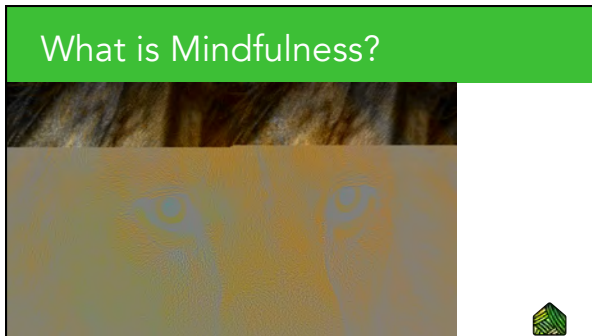
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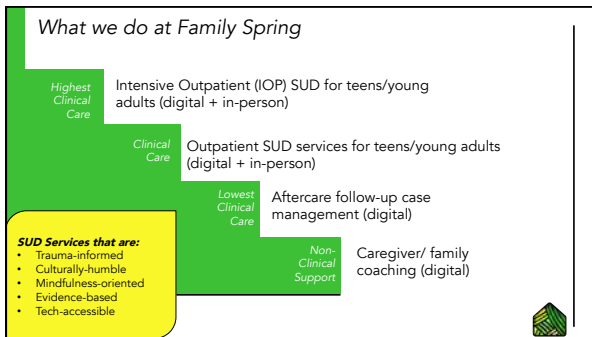
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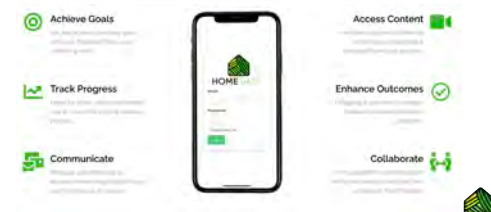
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**Home Base** is our app that enhances SUD treatment for teens, young adults, and their families for better outcomes



The screenshot shows a mobile app interface with a central phone displaying the 'HOME' screen. Surrounding the phone are six feature cards: 'Achieve Goals' (with a target icon), 'Track Progress' (with a bar chart icon), 'Communicate' (with a speech bubble icon), 'Access Content' (with a book icon), 'Enhance Outcomes' (with a checkmark icon), and 'Collaborate' (with a group of people icon). Each card has a brief description of the feature.

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Send referrals to our waitlist



**Family Spring**

[sam@myfamilyspring.com](mailto:sam@myfamilyspring.com)  
<https://myfamilyspring.com/gethelpnow>

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