

An Introduction to Assessing and Engaging Substance-Using Youth

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Please stay connected!

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About me

- Over 15 years of experience working with teens
- Started my own practice, *What I do*
- *Trauma-Informed Mindfulness with Teens*
- *Adolescent-Based ABIDE TREATMENT PROGRAMS*

SAM HIMMELSTEIN

About You...

We don't have time to go around and do introductions with everyone, although I'd love to! Go ahead and share your details in the chat!





Agenda

- **Brief Centering/Mindfulness**
- **Assessment:** What guidelines should I be thinking about for referring out to SUD treatment?
- **Engagement → Further Assessment:** How do we build trust / work with resistance, so that we can engage in treatment *but* also get accurate data for ongoing assessment?

This training is VERY introductory!






High-Level Thoughts on SUD

SUD doesn't occur in a vacuum:

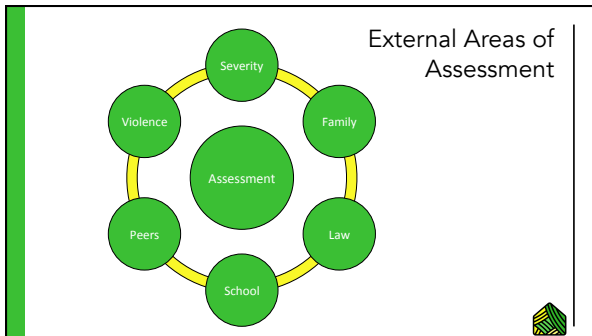
- **Cannabis user (mild);** doing "okay" in school, struggles with social anxiety
- **Percocet & "Syrup" user (severe);** spends tens of thousands or more per year. Prescribed Percocet after being shot. Currently in JJC.
- **Alcohol/marijuana user (moderate);** uses alcohol to deal with intense depression and family discord; recently hospitalized

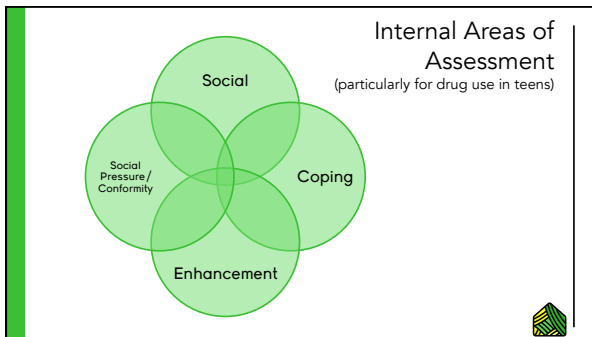
A person wearing a red hoodie and blue jeans, standing with their hands in their pockets. The image is partially obscured by a green speech bubble shape.

What's the line? When do I refer out for SUD treatment?

A blue 3D stick figure is walking a tightrope. The figure is in a balancing pose, with one leg extended forward and the other back. The tightrope is a thin black line.








Assessment Tools for Providers (non-exhaustive)

Screening Tools:

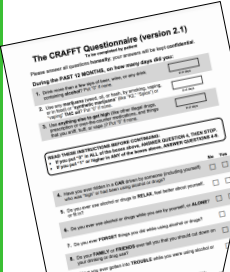
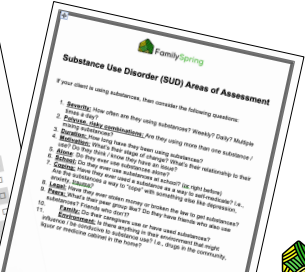
- CRAFFT [car, relax, alone, forget, friends/family, trouble]
- MAYSI-2 [Massachusetts Youth Screening Instrument]


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]



Let's take a closer look...

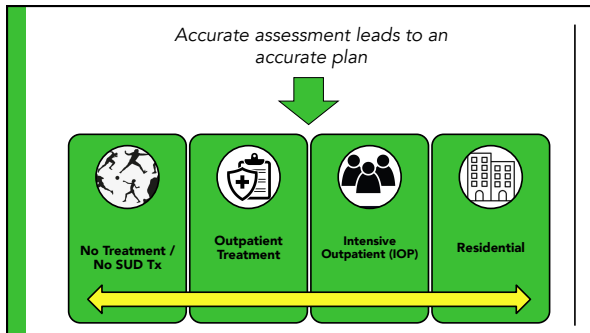





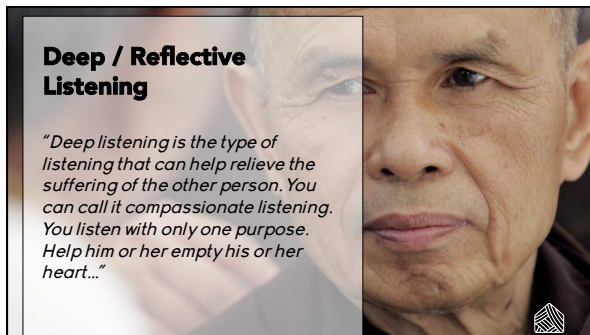


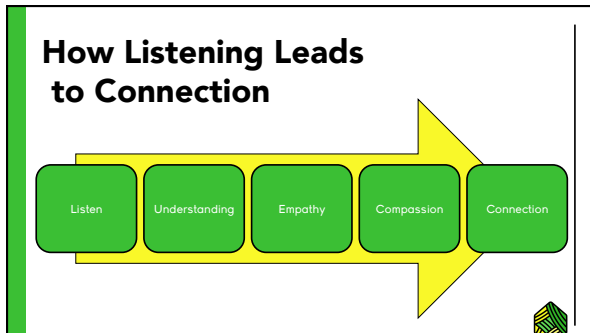
Like many of our treatment experiences, **the line isn't based on absolute rules** & relies on your clinical discernment

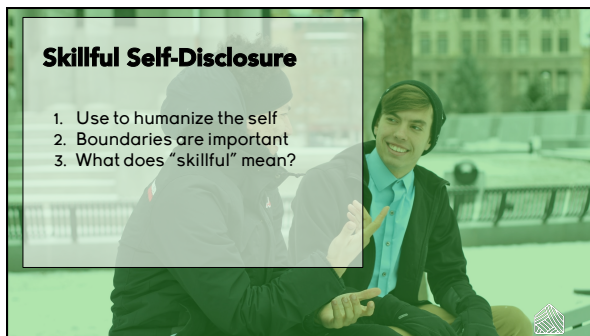


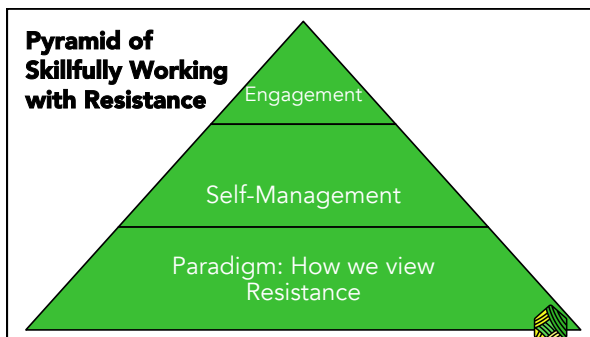


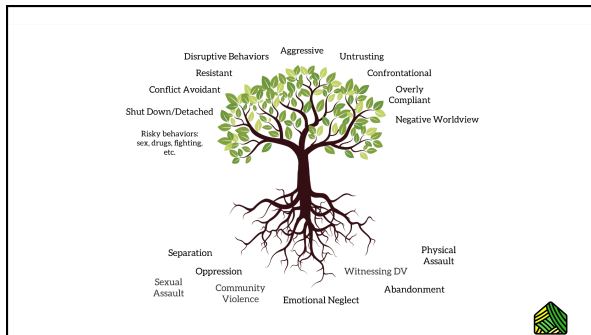












The Importance of Self-Care

Prevent...

- Burnout
- Compassion Fatigue
- Vicarious Trauma

Facilitate...

- Personal Growth
- Improve Skillsets
- Happy and purpose life

Q&A

Send referrals to our waitlist!!!



Family Spring

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<https://myfamilyspring.com/gethelpnow>

Link for evaluation/certificate in the chat!
