

Using Mindfulness To Support Substance-Using Adolescents & Young Adults: An Introduction for Providers

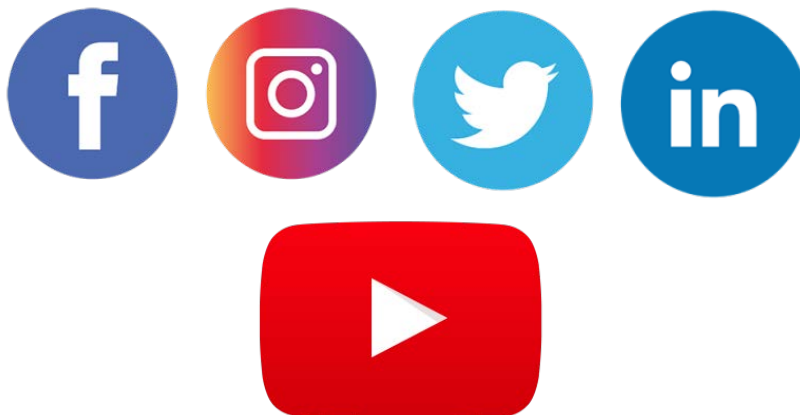
with Dr. Sam Himmelstein

06.21.2022



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Please stay connected!



@drsamhimmelstein
@familyspring



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Family Spring

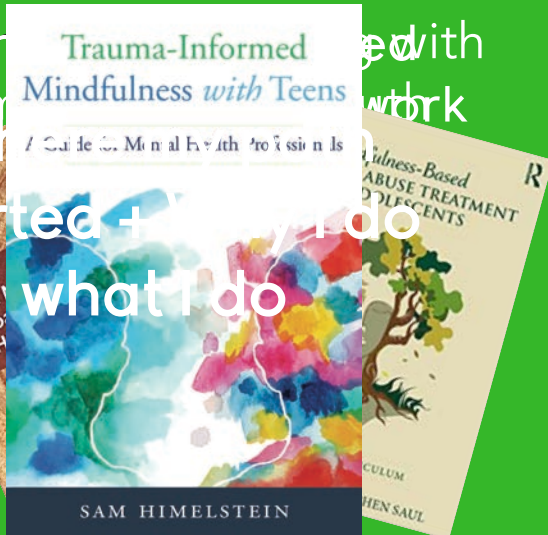
Our Sponsor Today

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About me

- Over 10 years of experience with trauma-informed care. What I started + how I do what I do



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Agenda

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

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)

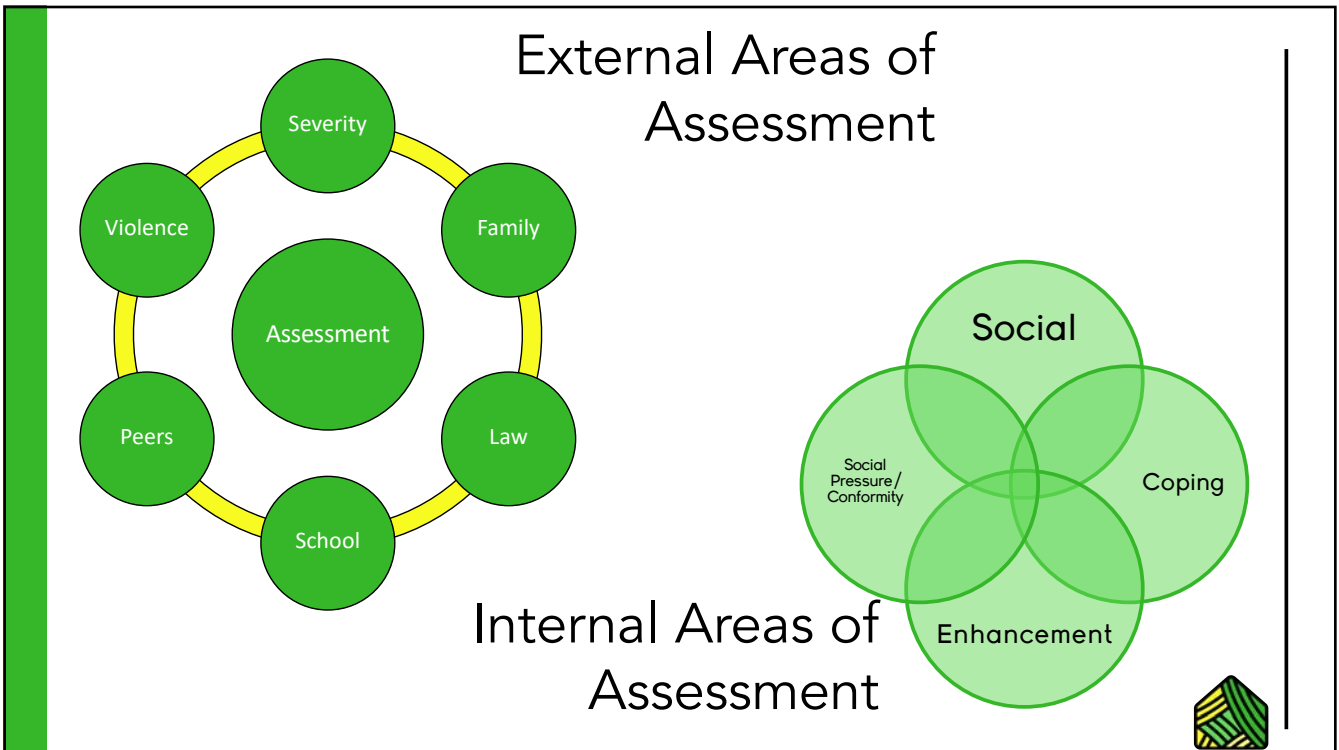
30% of young adults aged 19-25 have mental health issues (9m)



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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)

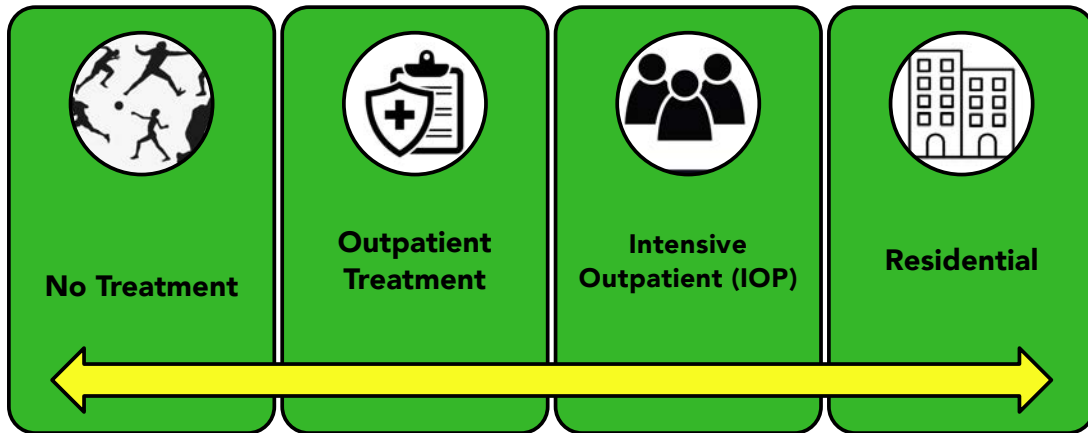
Assessment Tools:

- 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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Accurate assessment leads to accurate plan



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What is Mindfulness?



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Mindful Breathing (Meditation)



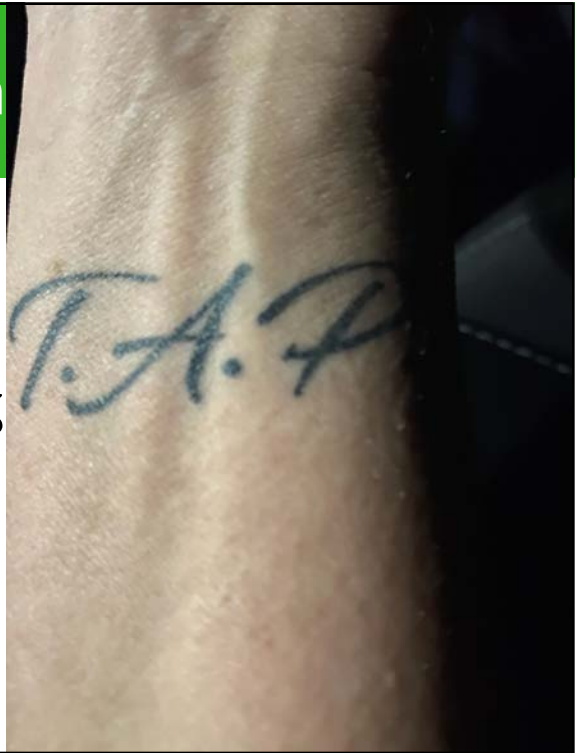
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Mindfulness Beyond

T. Take a breath

A. Acknowledge “

P. Proceed



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Relationship



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The “Bedrock” of this work, whether you're just starting out or have been in the field 25 years...

I am the Executive Director for an organization that brings trauma-informed, mindfulness-based, social emotional learning curriculum to schools in a large urban school district. I have over 25 years of experience working with at-risk youth, my dissertation for my Ph.D. was on at-risk youth, and I taught at the University level for over a decade working with teachers. I have a post-doctoral certification in trauma counseling and, Dr. Himmelstein's trauma courses were the best and most informative courses I have ever taken on this topic. I learned a TREMENDOUS amount from Dr. Himmelstein's course content, from his life experience that he shares, and more importantly how to connect with traumatized youth to build authentic relationships. The courses are extremely well-organized, incredibly thought-provoking, filled with relevant materials, and extremely practical when working with students or youth with trauma histories. I now consider Dr. Himmelstein one of my greatest mentors, and strongly believe that anyone working with youth who have experienced trauma must take these courses. I cannot recommend any course I have ever taken with more conviction and passion. Let's put it this way, if you work with traumatized youth and don't take Dr. Himmelstein's courses, you are missing some of the most critical information you need to connect with the youth you serve.



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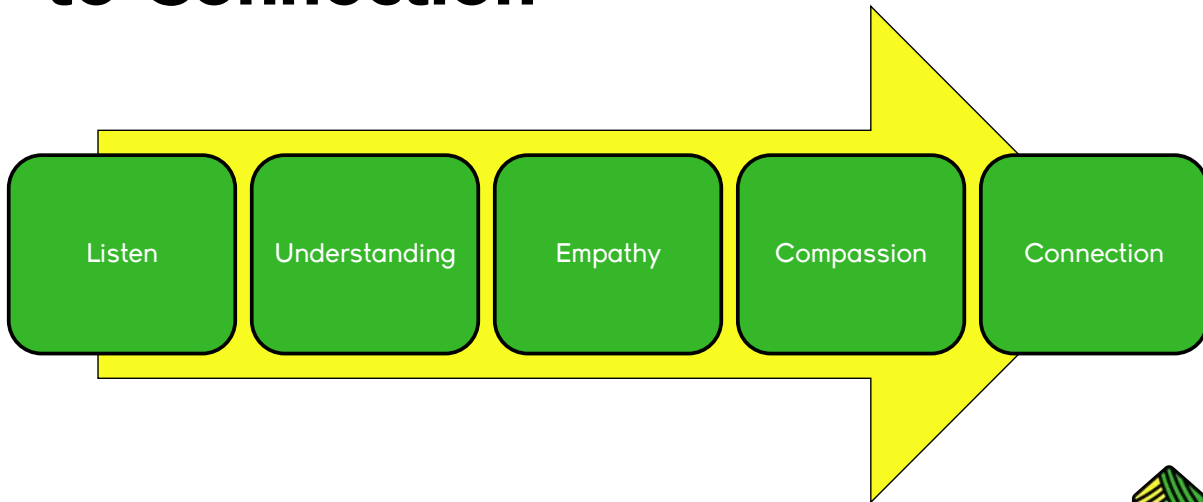
Deep / Reflective Listening

“Deep listening is the type of listening that can help relieve the suffering of the other person. You can call it compassionate listening. You listen with only one purpose. Help him or her empty his or her heart...”



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How Listening Leads to Connection



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Skillful Self-Disclosure

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

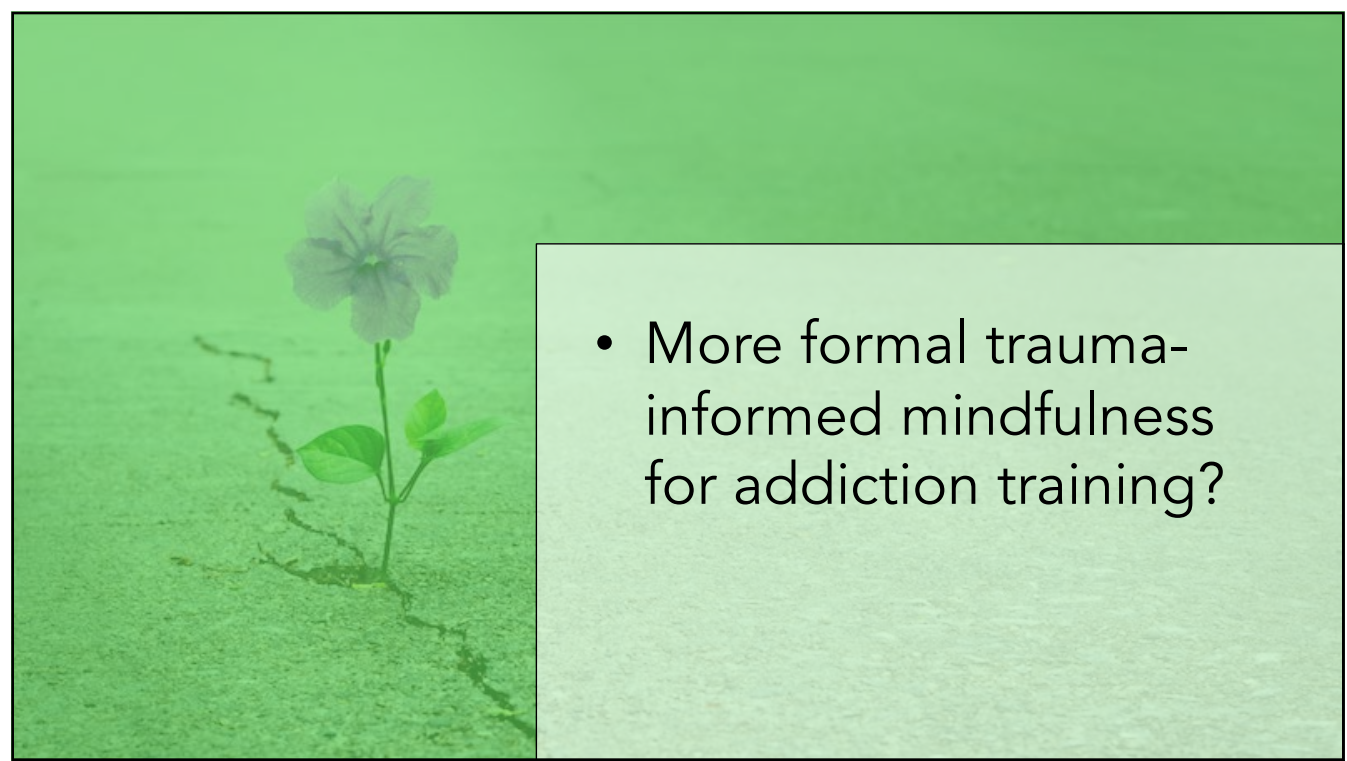


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Q&A



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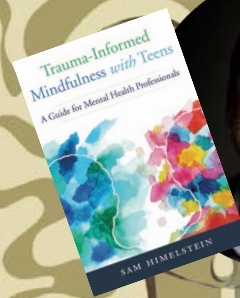
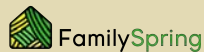
- More formal trauma-informed mindfulness for addiction training?

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Introducing...

Mindfulness for Trauma & Addiction: A Daylong for Helping Professionals

Tuesday July 12th 9AM – 4PM (pst) on Zoom



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Training Details

- Tuesday July 12th 9AM – 4PM (PST) all on Zoom
- Certificate of Completion
- 5.5 CEs
- Recorded for LIFETIME access!!!
- Training Cost:
 - ~~\$197~~
 - \$167 by next Tuesday 6/28 at 11:59pm PST



<https://courses.centerforadolescentstudies.com/product/mindfulness-trauma-addiction/>



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Getting Certificate for this training



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Family Spring

Virtual / Hybrid Substance Use Disorder and Mental Health Treatment for Teens, Young Adults, and their Families in California

<https://myfamilyspring.com/gethelpnow/>



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