

Why do people take drugs?

To feel good
To have novel:
Feelings
Sensations
Experiences
AND
To share them

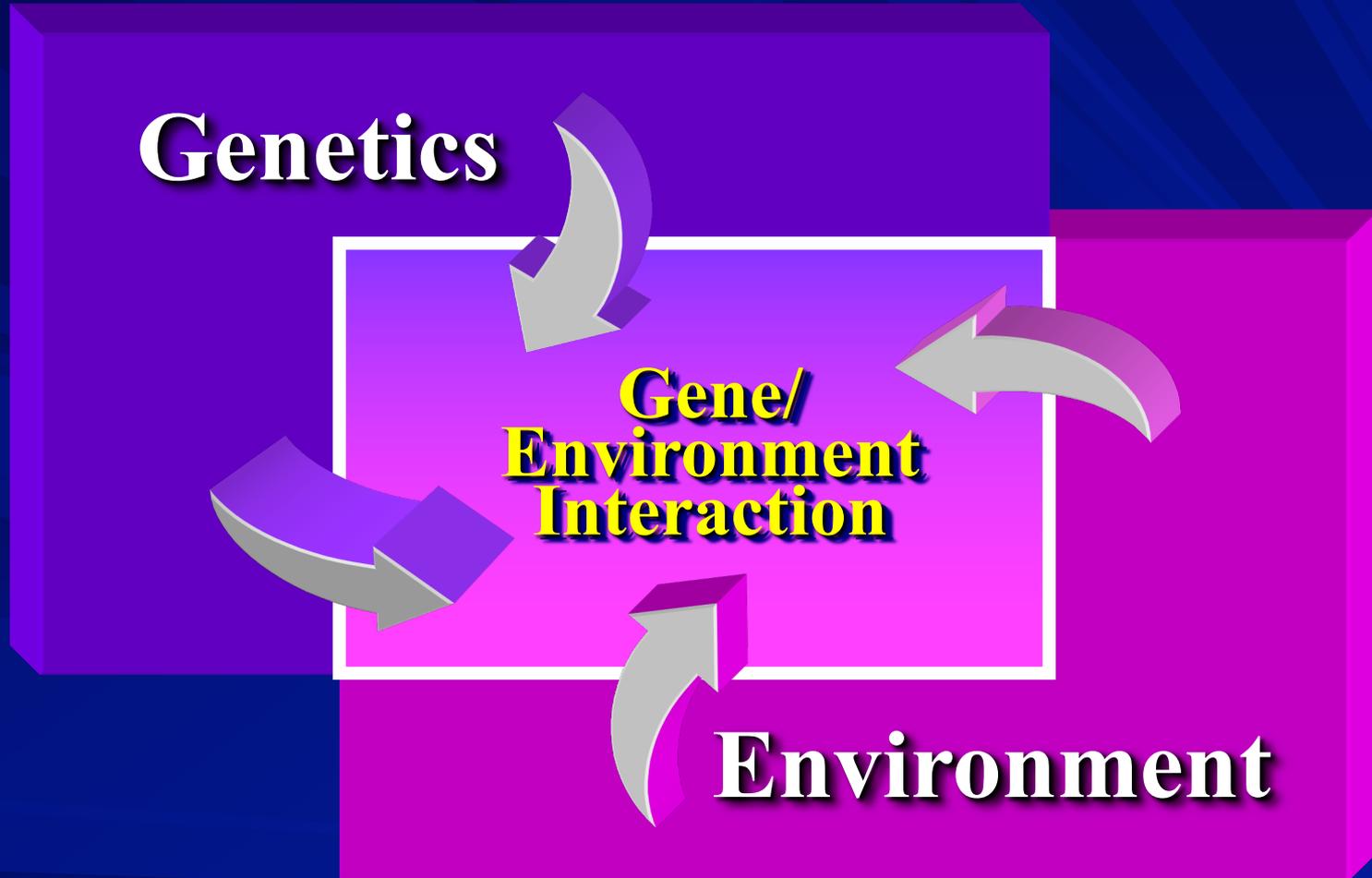


To feel better
To lessen:
Anxiety
Worries
Fears
Depression
Hopelessness
Withdrawal

Genetics

**Gene/
Environment
Interaction**

Environment



Addiction Potential of Various Substances

1.	Tobacco	32%
2.	Heroin	23%
3.	Cocaine	17%
4.	Alcohol	15%
5.	Sedatives	9%
6.	Cannabis	9%

If age of start is:

= or < 18 years old +17%

= or < 15 years old +25-50%



Heroin Use Is Part of a Larger Substance Abuse Problem

Nearly all people who used heroin also used at least 1 other drug.

Most used at least **3** other drugs.

Heroin is a highly addictive opioid drug with a high risk of overdose and **death** for users.

People who are addicted to...



ALCOHOL

are

2x



MARIJUANA

are

3x



COCAINE

are

15x



Rx OPIOID PAINKILLERS

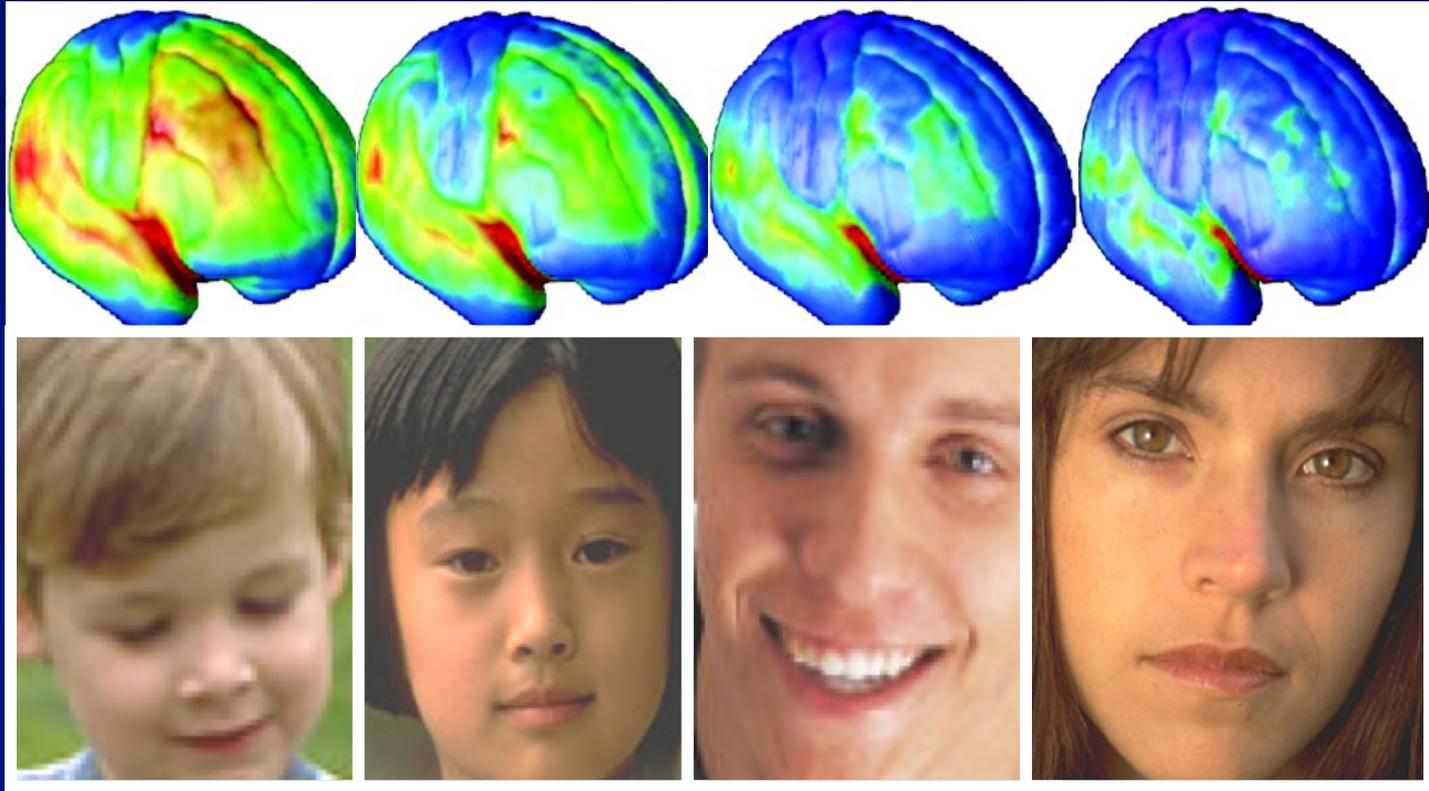
are

40x

...more likely to be addicted to heroin.

■ INCREASED
EXPOSURE TO
DRUGS AND TOXIC
STRESS AT AN EARLY
AGE INCREASES RISK

- Exposure to drugs of abuse during adolescence could have profound effects on ***Brain Development & Brain Plasticity***



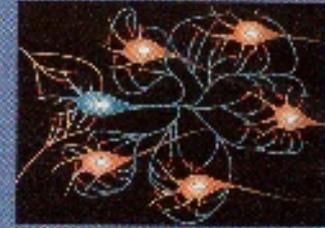
- Understanding drug abuse and addiction from a ***Development Perspective*** has important implications for their **Prevention & Treatment**

- Adolescence is a period of profound brain maturation.
 - It was believed that brain development was complete during childhood
 - The maturation process is not complete until about age 24!

INSIDE THE ADOLESCENT BRAIN

The brain undergoes two major developmental spurts, one in the womb and the second from childhood through the teen years, when the organ matures by fits and starts in a sequence that moves from the back of the brain to the front.

Nerve Proliferation ...



By age 13 for girls and 15 for boys, the neurons in the back of the brain have formed thousands of new connections. One out of two neurons made at birth will be pruned.

Corpus Callosum

Thought is an involved process that requires coordinated activity by bundles of nerves that connect the left and right hemispheres of the brain. Each side receives the message, makes and processes it, and then sends it back to the other.

Prefrontal Cortex

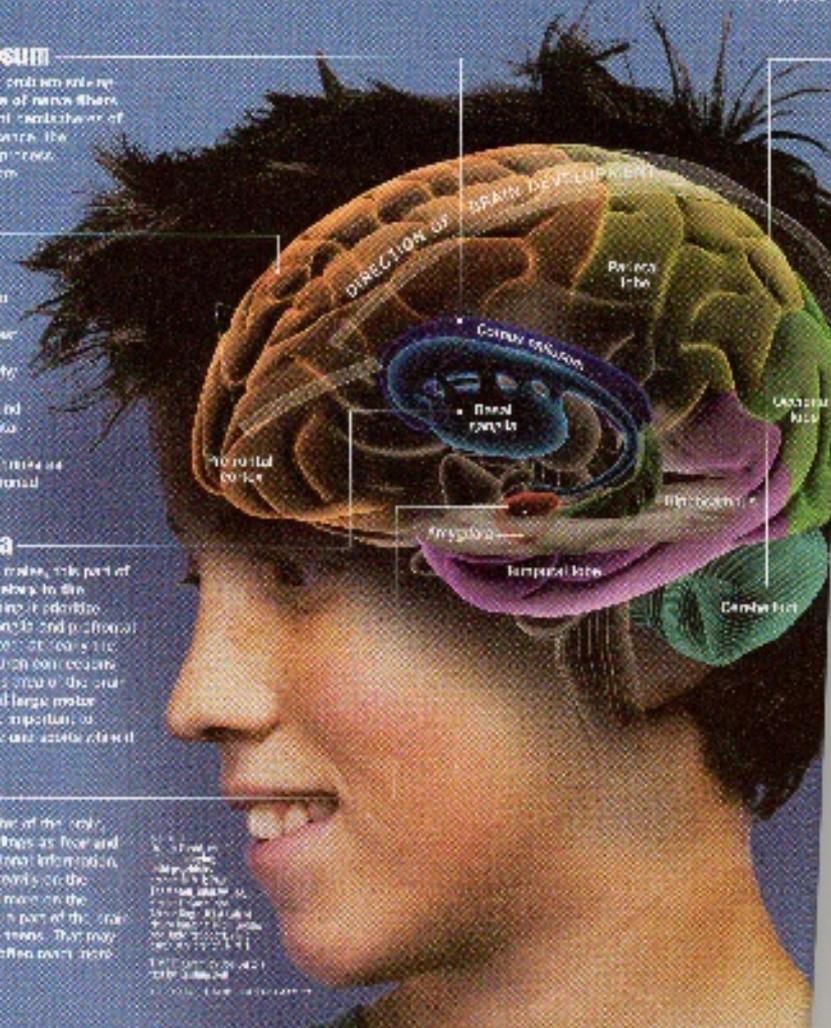
The CEO of the brain, also called the seat of sober second thought, is the last part of the brain to mature—often not fully until the late 20s or early 30s. Located just behind the forehead, the prefrontal cortex is the goal director of the brain, setting and then attuning us to our personal and social goals during the teenage and adult years.

Basal Ganglia

Large, subcortical structures that, in males, make part of the brain's motor system. In the prefrontal cortex, they help it identify information. The basal ganglia and prefrontal cortex are closely connected. They help us make decisions, control our emotions, and learn from them. The basal ganglia are made up of small and large motor neurons, so it's the important to expose people to a wide range of activities to keep it growing.

Amygdala

The so-called emotional center of the brain, home to such primal feelings as fear and rage. In the adult, incoming information flows first to the amygdala, then to the prefrontal cortex. The amygdala is a small, almond-shaped structure, but it's the important to expose people to a wide range of activities to keep it growing.

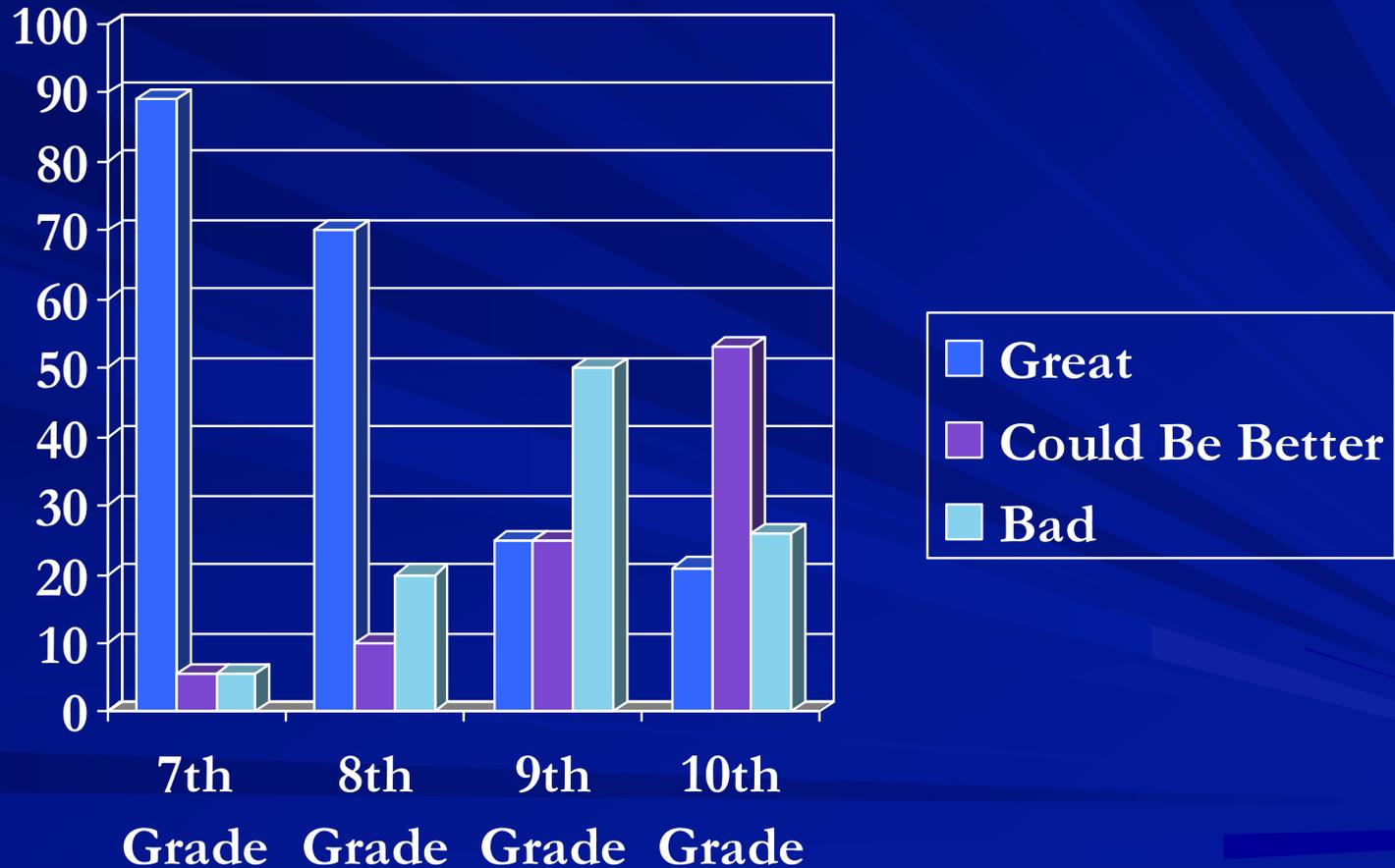


Source: *Brain Development*, by Dr. Bruce S. McEwen, Harvard Medical School, Boston, MA. www.harvard.edu

Can Addiction be Prevented by Delaying Drug Use Onset?

- **Every year use of a substance is delayed, the risk of developing a substance use disorder is reduced.**

How do your kids view your relationship?



Anxiety of parents will
influence the anxiety
of your teens.

—*John Gottman*

Meet your kids
where they are

IF YOU MEET YOUR KIDS
WHERE THEY ARE YOU
WILL ALWAYS WALK
AWAY WITH EMPATHY
AND UNDERSTANDING

Mental Health

- Lovable
- Capable
- Connected

ALWAYS ASSESS

■ ABILITY

■ WILLINGNESS

THE TWO JOBS OF CHILDREN

■ RECEIVE LOVE

■ LEARN

■ INDIVIDUATION

■ SEPARATION

■ AUTONOMY

■ COOPERATION

TRUST
VS
FAITH

■ DEPERSONALIZE

■ BE NICE AND
FORGIVE

(STAY THE ADULT)

- EVERYONE MAKES THE BEST DECISIONS AVAILABLE TO THEM AT THE TIME WITH THE CHOICES AVAILABLE TO THEM.

Do what the
relationship allows
for the moment

■ Tailor intervention based on your relationship with your child and your child's relationship with alcohol and drugs

Greatest problem is that
parents were afraid of
stating their beliefs and
feelings.

NIH/Risky Adolescent Behavior Study

ENJOY YOUR
MATE MORE
THAN YOUR
CHILDREN

■ The greatest gift a father can give to his children is to love their mother and the greatest gift a mother can give to her children is to love their father.

■ This is where kids learn intimacy and dignity and respect

What was the last
good conversation you
had with your child?

What were you doing?

If you could, what would you change about your relationship with your dad?

The top 5 answers:

5. Trust me more
4. Be home more
3. Be more understanding
2. Spend more time together
1. Communicate more.

■ THE MORE YOU SHOW YOUR
HUMANESS, THE MORE YOU
ARE LOVABLE
(FAMILY MEALS)

ASK YOUR KIDS

- How am I doing as your parent?
- What am I doing well?
- What could I do better?
- What are the messages I give you that tell you I believe in you?

More Questions

- Do you feel you can tell me anything?
(and if not what am I doing that is getting in the way)
- Do you feel I am honest with you?
- Do you feel you know me?

Unconditional acceptance is the most difficult to convey exactly when it is needed most: when our children have disappointed us, violated our values, or made themselves odious to us.

Precisely at such times we must indicate in a word or gesture, that the child is more important than what he/she does, that the relationship matters more than conduct or achievement. We make the relationship safe before we address the behavior.

(Gordon Neufeld)

- Reasonable parenting –
 - based on who your child is not who you think they should be
 - show them how much you care before you show them how much you know