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Welcome to:
Project ECHO- Screening, Brief
Intervention, and Referral to
Treatment (SBIRT) for Substance
Use in Adolescents

Please mute yourself unless you are speaking.
Participants are encouraged to share their video.
Use the chat feature to ask questions or share ideas/ resources

Funding

The Practice Improvement to Address Adolescent Substance Use (PIAASU-2) project is funded by generous support from the Conrad N. Hilton Foundation. Its contents are solely the responsibility of the project faculty and staff and do not necessarily represent the official views of the American Academy of Pediatrics or the Conrad N. Hilton Foundation.

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Recording:

This session will be recorded for educational and quality improvement purposes. Slides from today's call, along with a video recording of the lecture, will be shared following this call. However, a recording of the case discussion will not be shared; this is to ensure confidentiality and provide a safe space to discuss concerns and questions.

Please participate!

Please make sure your microphone is muted during the session. You will have the ability to mute/unmute yourself to participate in today's call. If you do have any IT difficulty during today's call, please chat to Ashley Politz or call/ text (225) 505-7611 and she can assist you.

If you have video capability, please enable it! It makes for a more interactive and engaging session if we can all see each other.

Finally, please enter your name and where you're from in the chat box so that we can get to know each other, and so that we may count your attendance.

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Accreditation Statement:

The Louisiana AAP is accredited by the Louisiana State Medical Society (LSMS) to provide continuing medical education for physicians. The Louisiana AAP designates this live internet activity for a maximum of 7.0 *AMA PRA Category 1 Credit™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

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Successful completion of this CME activity, which includes participation in the activity and individual assessment of and feedback to the learner, enables the learner to earn up to 7 MOC points in the American Board of Pediatrics' (ABP) Maintenance of Certification (MOC) program. It is the CME activity provider's responsibility to submit learner completion information to ACCME for the purpose of granting ABP MOC credit.

In order to receive MOC 2 points you must attend all seven sessions and complete the MOC Attestation Form upon completion of the program.

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Disclosures:

Louisiana AAP planning committee member, Joseph Bocchini, Jr., MD, has disclosed that he has received research grant funds from GlaxoSmithKline, Novavax, Pfizer, Inc. and Regeneron and sits on the Advisory Board for Moderna, Pfizer, and Valneva. All remaining faculty, Louisiana AAP Education Committee members and staff have no relevant financial relationships to disclose with ineligible companies whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients. All relevant financial relationships have been mitigated.

In accordance with LA AAP policy, all committee, planning, and faculty members have signed a conflict-of-interest statement in which they have disclosed any financial relationships within the past 24 months with ineligible companies whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients. Such disclosure allows the participant of the activity to better evaluate the objectivity of the information presented.

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Session 7: Deeper Dive into Brief Intervention and Referral

July 7, 2022 | Noon

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Louisiana AAP: Adolescent SBIRT ECHO Series

Carolyn Swenson, MSPH, MSN, RN - Consultant: Peer Assistance Services

Adam Musielewicz, MPA, BA, CNM -Peer Assistance Services

Session 7: July 7, 2022

Brief Intervention and Referral to Treatment - A Deeper Dive

Objectives

1. Explore current topics in adolescent substance use.
2. Review vignettes that illustrate use of SBIRT.
3. Explore additional Motivational Interviewing techniques.
4. Explore evidence-based treatment modalities.
5. Examine practice needs for implementing SBIRT.
6. Explore feasibility and sustainability for future SBIRT work.
7. Wrap up - address additional questions, needs and best practices.

Current issues in adolescent substance use

Drug use severity in adolescence and substance use disorder risk in adulthood

“People who reported multiple symptoms consistent with severe substance use disorder at age 18 exhibited two or more of these symptoms in adulthood... [and were] also more likely, as adults, to use and misuse prescription medications, as well as self-treat with opioids, sedatives, or tranquilizers.”¹

“Screening adolescents for drug use is extremely important for early intervention and prevention of the development of substance use disorder,” said Nora Volkow, M.D., director of NIDA.”¹

1. NIDA. 2022, April 1. Drug use severity in adolescence affects substance use disorder risk in adulthood. Retrieved from <https://nida.nih.gov/news-events/news-releases/2022/04/drug-use-severity-in-adolescence-affects-substance-use-disorder-risk-in-adulthood> on 2022, June 30

Trends in cannabis potency

- ▶ Mean Δ^9 -THC concentration increased from **8.9% in 2008 to 17.1% in 2017**¹
- ▶ Mean Δ^9 -THC concentration in hash oil samples (concentrates) increased from **6.7% in 2008 to 55.7% in 2017**¹
- ▶ “[N]ow cannabis manufacturers are extracting THC to make oils; edibles; wax; sugar-size crystals; and glass-like products called shatter that advertise high THC levels in some cases exceeding 95 percent.”²
- ▶ Higher concentration THC associated with greater risk of anxiety, agitation, paranoia and psychosis, cannabinoid hyperemesis syndrome and greater risk of developing cannabis use disorder²
- ▶ 1 in 6 individuals who initiate cannabis use during adolescence develop CUD³

1. Chandra S, Radwan MM, Majumdar CG, Church JC, Freeman TP, El Sohly MA. New trends in cannabis potency in USA and Europe during the last decade (2008-2017). *Eur Arch Psychiatry Clin Neurosci*. 2019 Feb;269(1):5-15. doi: 10.1007/s00406-019-00983-5. Epub 2019 Jan 22. Erratum in: *Eur Arch Psychiatry Clin Neurosci*. 2019 May 23; PMID: 30671616.

2. New York Times, June 28, 2022, As Weed Becomes More Potent, So Do Its Risks.

3. SAMHSA: <https://www.samhsa.gov/marijuana>

Adolescent Cannabis use and mental health

Question: Is adolescent cannabis consumption associated with risk of depression, anxiety, and suicidality in young adulthood?

Findings: In this systematic review and meta-analysis of 11 studies and 23,317 individuals, **adolescent cannabis consumption was associated with increased risk of developing depression and suicidal behavior later in life, even in the absence of a premorbid condition. There was no association with anxiety.**

Meaning: Preadolescents and adolescents should avoid using cannabis as use is associated with a significant increased risk of developing depression or suicidality in young adulthood; these findings should inform public health policy and governments to apply preventive strategies to reduce the use of cannabis among youth.

[Association of Cannabis Use in Adolescence and Risk of Depression, Anxiety, and Suicidality in Young Adulthood: A Systematic Review and Meta-analysis](#)

Gabriella Gobbi, MD, PhD; Tobias Atkin, BA; Tomasz Zytynski, MD; Shouao Wang, MSc; Sorayya Askari, PhD; Jill Boruff, MLIS; Mark Ware, MD, MSc; Naomi Marmorstein, PhD; Andrea Cipriani, MD, PhD; Nandini Dendukuri, PhD; Nancy Mayo, PhD
JAMA Psychiatry. 2019;76(4):426-434. doi:10.1001/jamapsychiatry.2018.4500

NIDA for Teens

- ▶ <https://teens.drugabuse.gov/teens>
- ▶ Drug facts
- ▶ Activities, games, and more
- ▶ “16 and Recovering”: Where are they now? Messages of hope for those looking to begin their own recovery journey.
- ▶ Scholastic Heads Up: Real News about Drugs and Your Body
- ▶ Videos: Exploring Drug Effects

Mindfulness and Meditation Apps for Teens

1. Headspace (free trial then \$): <https://www.headspace.com/>
 - ▶ “Meditation made simple; great for beginners
2. Calm (free trial then \$): <https://www.calm.com/>
 - ▶ Meditation, personalized, peaceful nature-scapes and more
3. My.Life -formerly Stop, Breathe & Think (most content free): <https://my.life/>
 - ▶ Focus on emotional, mental, psychological, physical self-awareness; *Surf the Urge* (DBT)
4. Smiling Mind (free; no strings attached): <https://www.smilingmind.com.au/>
 - ▶ Mindfulness; guided meditations for specific anxiety situations; nonprofit org. in Australia
5. Insight Timer (most content free): <https://insighttimer.com/>
 - ▶ Meditation, including live virtual meditation events; digital journal; good for self-motivated teens
6. Three Good Things (free): <https://raccoon.ae/three-good-things>
 - ▶ Focus on mindfulness; gratitude; journaling

Source: <https://evolvreatment.com/blog/mindfulness-apps-teens/>

Smart Recovery: Teen and Youth Support

Self-Management-And-Recovery-Training (SMART)

SMART Recovery is a self-help program that offers a place where teens can get together to try to look into and change behaviors that hurts themselves and others like smoking, drinking, fighting and using drugs, to name a few.

- ▶ Online meetings
- ▶ Message board
- ▶ Resources
- ▶ Much more!

<https://www.smartrecovery.org/teens/>

Vignettes

Mild SUD Risk

- CRAFFT score-1
- Monthly use
- No-Use trial
- Address underlying needs
- Follow-up

Moderate SUD Risk

- CRAFFT score = 1-2
- Monthly/Escalating use
- Referral especially if co-occurring MH diagnosis
- Follow-up/Monitor use

High SUD Risk

- CRAFFT score = 2+
- Weekly or more frequent use
- Initiate referral
- Ongoing follow-up and monitoring
- Support recovery process



Less
intensive

More
intensive

Monitoring substance use

- ▶ Negotiate a no-use trial (about 2 weeks) then check-in to discuss.
- ▶ Ask the adolescent to keep a diary of substance use: circumstances, triggers, mood, and consequences.
- ▶ Review past-month use with a timeline follow-back calendar.
 - ▶ Download Timeline Follow-Back Calendars from NSU Florida here: [Timeline Followback Forms and Related Materials \(nova.edu\)](#)

Wake-up call

No Use Challenge

My provider has recommended that no use of alcohol or other drugs is the safest choice for me at this time of my life.

I, _____, agree to not drink/use _____ (alcohol, tobacco product, vape product, marijuana, and other drugs, or take anyone else's medicine) for the next _____ days, and then my provider will check in with me.

- I also will not provide alcohol and/or other drugs for anyone else during this time.
- I agree not to drive a motor vehicle, scooter, or bike while under the influence of drugs (including marijuana) or alcohol.
- I will not ride with a driver who has been drinking or using drugs (including marijuana).

I will follow-up with my provider, _____, on _____.

Signature

Date

If stopping use is difficult, negotiate an agreement with adolescent that exploring more intensive services will be the next step.

Name/ID#: _____ Date: _____

TIMELINE FOLLOWBACK CALENDAR: 2022

1 Standard Drink is Equal to

 One 12 oz can/bottle of beer	 One 5 oz glass of regular (12%) wine	 1 1/2 oz of hard liquor (e.g. rum, vodka, whiskey)	 1 mixed or straight drink with 1 1/2 oz hard liquor
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Complete the Following

Start Date (Day 1): _____ End Date (yesterday): _____

2022	SUN	MON	TUES	WED	THURS	FRI	SAT
J	2	3	4	5	6 Epiphany	7	8
A	9	10	11	12	13	14	15
N	16	17 Martin Luther King Day	18	19	20	21	22
	23	24	25	26	27	28	29
	30	31	1	2	3	4	5
F	6	7	8	9 Ash Wednesday	10	11	12
E	13	14 Valentine's Day	15	16	17	18	19
B	20	21 Presidents Day	22	23	24	25	26
	27	28	1	2	3	4	5
M	6	7	8	9	10	11	12
A	13	14	15	16	17 St. Patrick's Day	18	19
R	20	21	22	23	24	25	26
	27	28	29	30	31	1	2
A	3	4	5	6	7	8	9
P	10	11	12	13	14	15	16
R	17	18	19 Pascha	20	21	22 Good Friday	23
	24 Easter	25	26	27	28	29	30
M	1	2	3	4	5	6	7
A	8 Mother's Day	9	10	11	12	13	14
V	15	16	17	18	19	20	21
	22	23	24	25	26	27	28
	29	30 Memorial Day	31				

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TLFB 2022

2022	SUN	MON	TUES	WED	THURS	FRI	SAT
				1	2	3	4
J	5	6	7	8	9	10	11
U	12	13	14	15	16	17	18
N	19 Father's Day	20	21	22	23	24	25
	26	27	28	29	30	1	2
J	3	4 Independence Day	5	6	7	8	9
U	10	11	12	13	14	15	16
L	17	18	19	20	21	22	23
	24	25	26	27	28	29	30
	31	1	2	3	4	5	6
A	7	8	9	10	11	12	13
U	14	15	16	17	18	19	20
G	21	22	23	24	25	26	27
	28	29	30	31	1	2	3
S	4	5 Labor Day	6	7	8	9	10
E	11	12	13	14	15	16	17
P	18	19	20	21	22	23	24
	25	26	27	28	29	30	1
O	2	3	4 Health Fairness	5	6	7	8
C	9	10 Columbus Day	11	12	13 Van Klapp	14	15
T	16	17	18	19	20	21	22
	23	24	25	26	27	28	29
	30	31 Halloween	1	2	3	4	5
N	6	7	8	9	10	11 Veterans Day	12
O	13	14	15	16	17	18	19
V	20	21	22	23	24 Thanksgiving	25	26
	27	28	29	30	1	2	3
D	4	5	6	7	8	9	10
E	11	12	13	14	15	16	17
C	18	19	20	21	22	23	24
	25 Christmas	26 Hanukkah	27	28	29	30	31

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Timeline follow-back

Exploring patterns of alcohol or drug use

- ▶ Increasing? Decreasing? Staying steady?
- ▶ Where? When? With whom? How much?
- ▶ Triggers: Friends? Family or relationship issues? School issues?
- ▶ Emotions: Happy? Frustrated? Sad? Bored? Worried? Disappointed?
- ▶ Consequences: Physical symptoms? School? Parents? Relationships? Sleep?

=====

Goals:

Monitor changes and identify escalating use

Explore how alcohol/marijuana/other drugs affects emotions, physical symptoms, school, relationships, etc.

Explore strategies for cutting back/stopping.

Involving parents/guardians

- ▶ Involve them whenever possible.
 - ▶ Adult involvement is usually critical for treatment engagement.
- ▶ Arrange a family visit.
 - ▶ Assure the adolescent you will be their advocate and steer discussion away from tangential issues.
- ▶ Explore family substance use and offer resources if needed.
 - ▶ The Contract for Life (may be a way to open-up the conversation).
- ▶ Encourage close parental monitoring during treatment and recovery.
 - ▶ Access to alcohol/marijuana/other drugs
 - ▶ Peers
 - ▶ Activities and privileges (e.g., access to a vehicle)
 - ▶ Cash
 - ▶ Establish clear expectations with consequences

Motivational Interviewing for Referral to Treatment

Introducing referral to treatment: Summarize

So, we talked about how vaping marijuana is probably what leaves you totally unmotivated to do your homework and that's why you are failing math, and you find that you are in the same situation week after week. Plus, you got in trouble at school, and it's making your relationship with your parents more difficult.

This tells me that you could benefit from some help to change your marijuana use. Talking with a counselor could be a helpful next step.

What do you think?

When there is low motivation to engage in treatment

- ▶ Focus on how the adolescent views the substance use.
- ▶ Listen for *any* mixed feelings and ambivalence.
- ▶ Look backward in time - what was better then? Any substance use?
- ▶ Look forward in time - what would it look like for life to be better? How does substance use fit into that picture?
- ▶ Build on *any* desire for life to be different.
- ▶ Reflect-back and summarize what you hear - so the adolescent ***hears their own voice talking.***

Sample Questions

- How do you view your substance use? What's good and not so good about it?
- What do you wish was different in your life right now?
- Tell me about a time when life was better. What was different? Any substance use?
- Thinking about the future, what would tell you that alcohol was causing problems?
- **If** you decide that changing is a good idea, what's the first step you will take?
- What would need to be different for you to try different ways to handle stress?

SUMMARIZE

We discussed how drinking alcohol often makes depression worse and I described treatments you could try. You do not feel ready to stop drinking and try counseling right now because it seems like a lot of work and, at the same time, you can see that it might be helpful at some point in the future. Our plan is to check-in again next month about how drinking is affecting your life.

Did I get that right?

When there is some readiness to accept help

- ▶ Affirm their desire to improve their life.
- ▶ Ask them to explain their reasons for deciding to make a change.
- ▶ Acknowledge that change is difficult.
- ▶ Ask about specific next steps.
- ▶ Ask how confident they feel about being able to change.
- ▶ Enhance self-efficacy by affirming that you believe in their ability to change.
- ▶ Assure them of ongoing support and care no matter how it goes.

Examples

- ▶ “I hear you saying that it’s important to change your alcohol use before it becomes a more serious problem down the road.”
- ▶ “What are your main reasons for deciding to make this change?”
- ▶ “How will this make your life better?”
- ▶ “Changing substance use is difficult and there are ways to help you be successful.”
- ▶ “What are some first steps that you will take to make this change?”
 - ▶ “I can share some ideas, but it would be great to hear your ideas first.”
- ▶ “On a scale from 0-10, how confident are you that you will be able to make this change?” “What could help you feel more confident?”
- ▶ “I believe you will be able to make this change and I am here to support you, throughout the process.”

SUMMARIZE

You recognize that vaping marijuana is getting in the way of important things in your life like school and setting a good example for your younger brother. Your decision to meet with a counselor to is a positive next step. Even if it's difficult, you feel ready to get help to make this change.

How about if we set up that appointment before you leave today?

Then, I'd like to check in with you in two weeks to discuss how it went.

Does this sound ok?

	Changing	Not Changing
Benefits of		
Costs of		

Decisional Balance Worksheet

Evidence-based treatment modalities

Evidence-Based Modalities (SAMHSA)

1. Individual behavioral approaches
2. Family-based approaches
3. Medication for opioid use disorder

Individual Behavioral Health Approaches

- ▶ Cognitive Behavioral Therapy (CBT):
 - ▶ Teaches participants to anticipate problems and develop effective coping strategies; learn to monitor thoughts and feelings to recognize distorted thinking that triggers substance use.
- ▶ Adolescent Community Reinforcement Approach:
 - ▶ Replaces influences that led to substance use with influences that reinforce abstinence and healthier family, social, educational, and vocational relationships
- ▶ Motivational Enhancement Therapy:
 - ▶ Reduces ambivalence about engaging in treatment or stopping substance use

Family Based Approaches

- ▶ Family therapy approaches recognize the importance of treating individuals as subsystems within the family system. Family-based treatments work with multiple units (e.g., parent-adolescent combinations), as well as target other systems (e.g., peers, school, neighborhood) that can contribute to negative interactions in families.
- ▶ Examples:
 - ▶ Brief Strategic Family Therapy
 - ▶ Family Behavior Therapy
 - ▶ Functional Family Therapy
 - ▶ Multidimensional Family Therapy

Medication Assisted Treatment

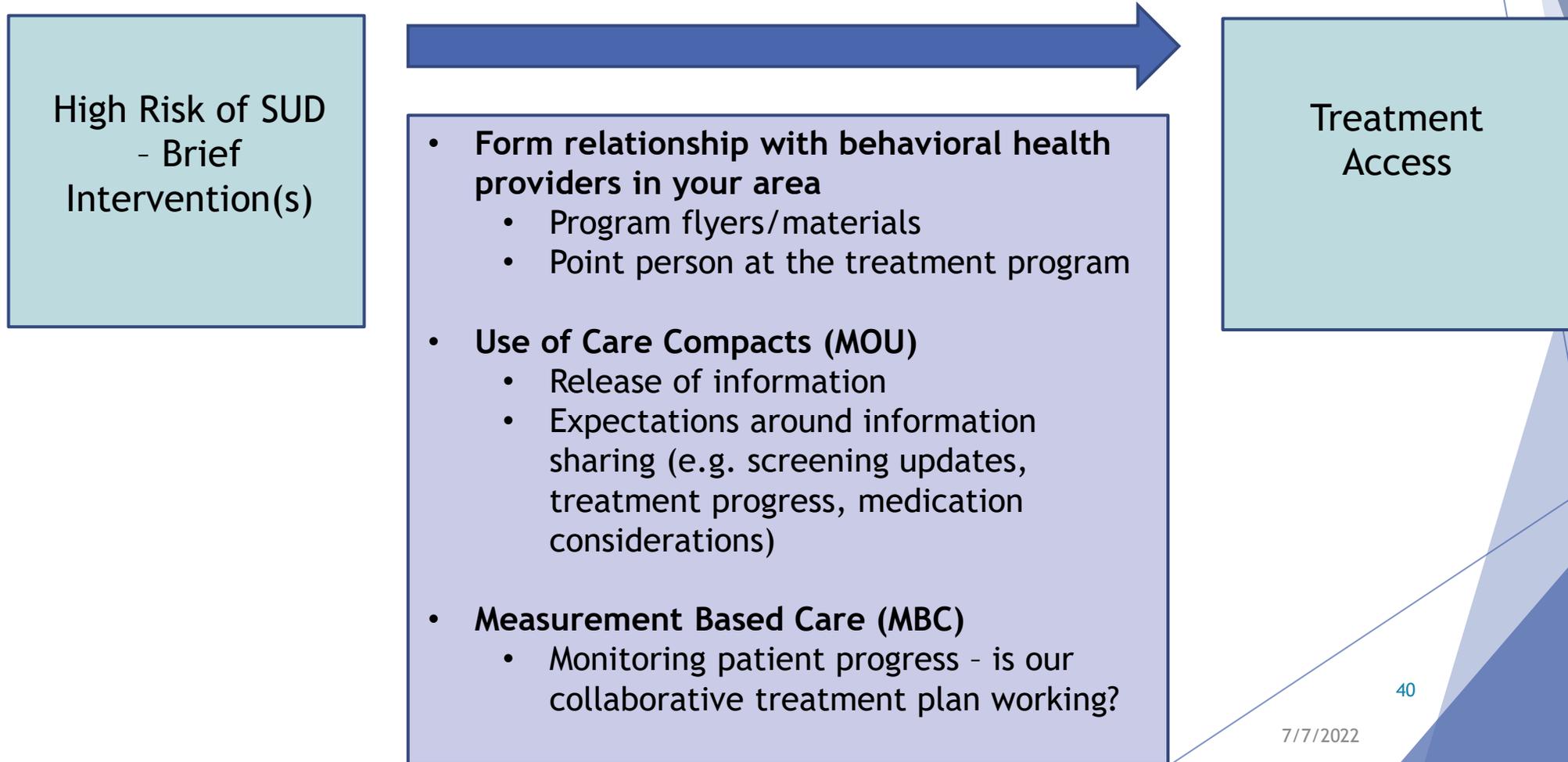
- ▶ Medications are widely used to treat opioid, alcohol, and tobacco use disorders; however, few medications are approved for adolescent use
- ▶ Notable exception:
 - ▶ Buprenorphine - Medication used to treat opioid use disorder
 - ▶ Approved for use in adolescents aged 16 and over
 - ▶ Can be dispensed by a physician or another prescriber

Practice Needs – Feasibility - Sustainability

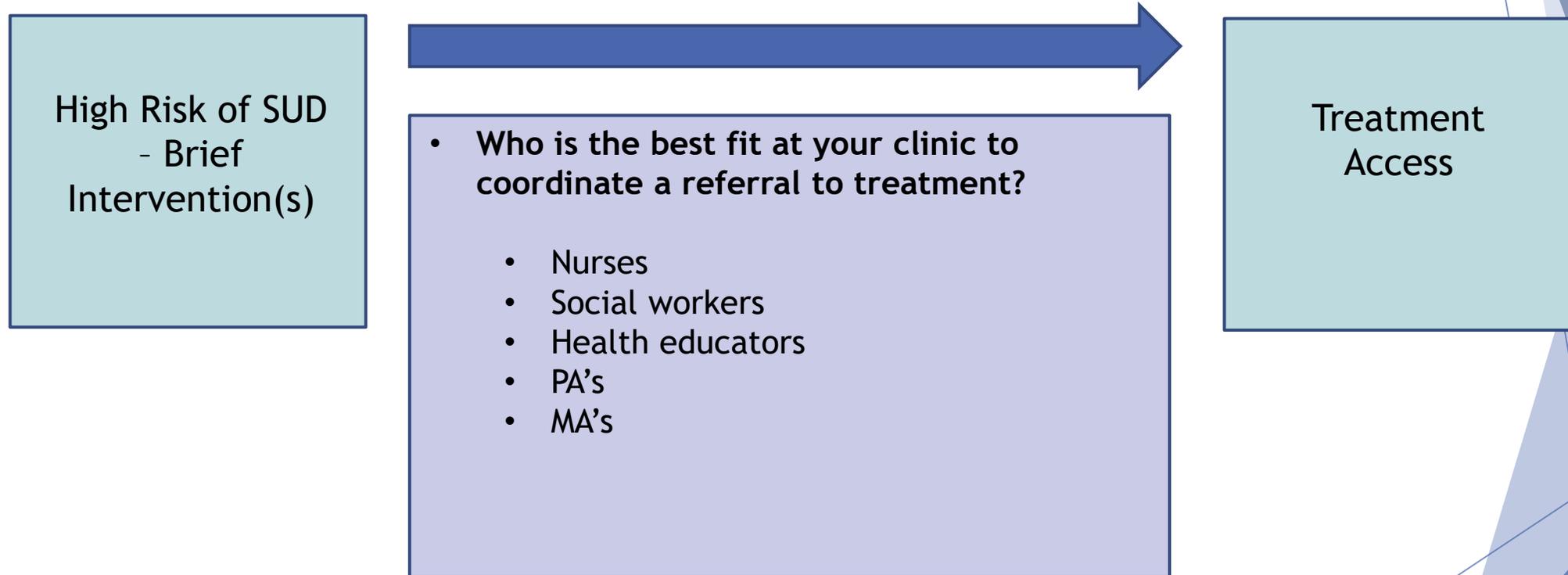
Best Practices in Care Coordination - Referral to Treatment

- ▶ Conditions met to trigger a Referral to Treatment:
 - ▶ The screening tool indicates a moderate/high risk of SUD
 - ▶ Youth patient is ready to access treatment
 - ▶ Evaluation of existing steps/plan in place lend themselves to further assessment for SUD risk
 - ▶ Multiple Brief Interventions provided to continue to enhance motivation

Best Practices in Care Coordination - Referral to Treatment



Best Practices in Care Coordination - Referral to Treatment



Wrap-up: Questions – Needs- Best practices

Thank you for joining us today and being part of the ECHO series.

Look for a follow-up email from us that includes today's slides and recording of the lecture, and the evaluation survey link. The email will also contain links to information required by AAP for physicians who participated in the program. Please be sure to complete the forms.

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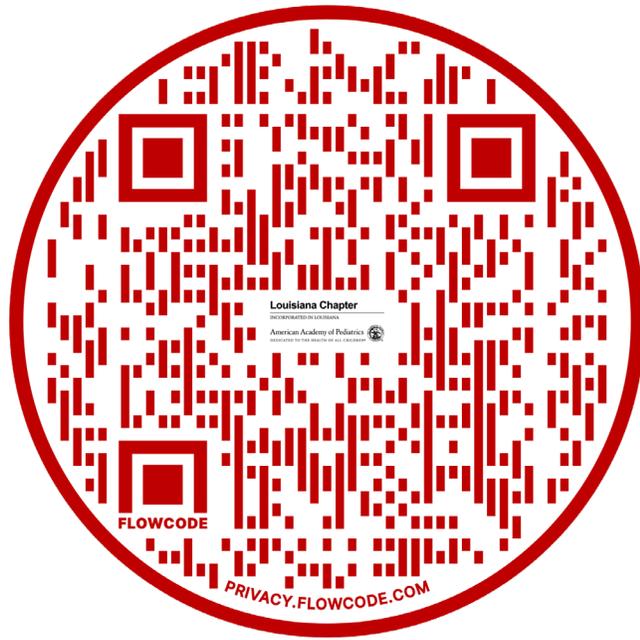
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Evaluation Survey:

Link: https://www.surveymonkey.com/r/LAAAP_SBIRTPostSess

QR:



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