

YMCA – YOUTH SUBSTANCE ABUSE PROGRAM

AGENDA

1. Program services
2. Youth Substance Use Trends
3. Why do Youth Use Substances?
4. Stages of change
5. Points to consider



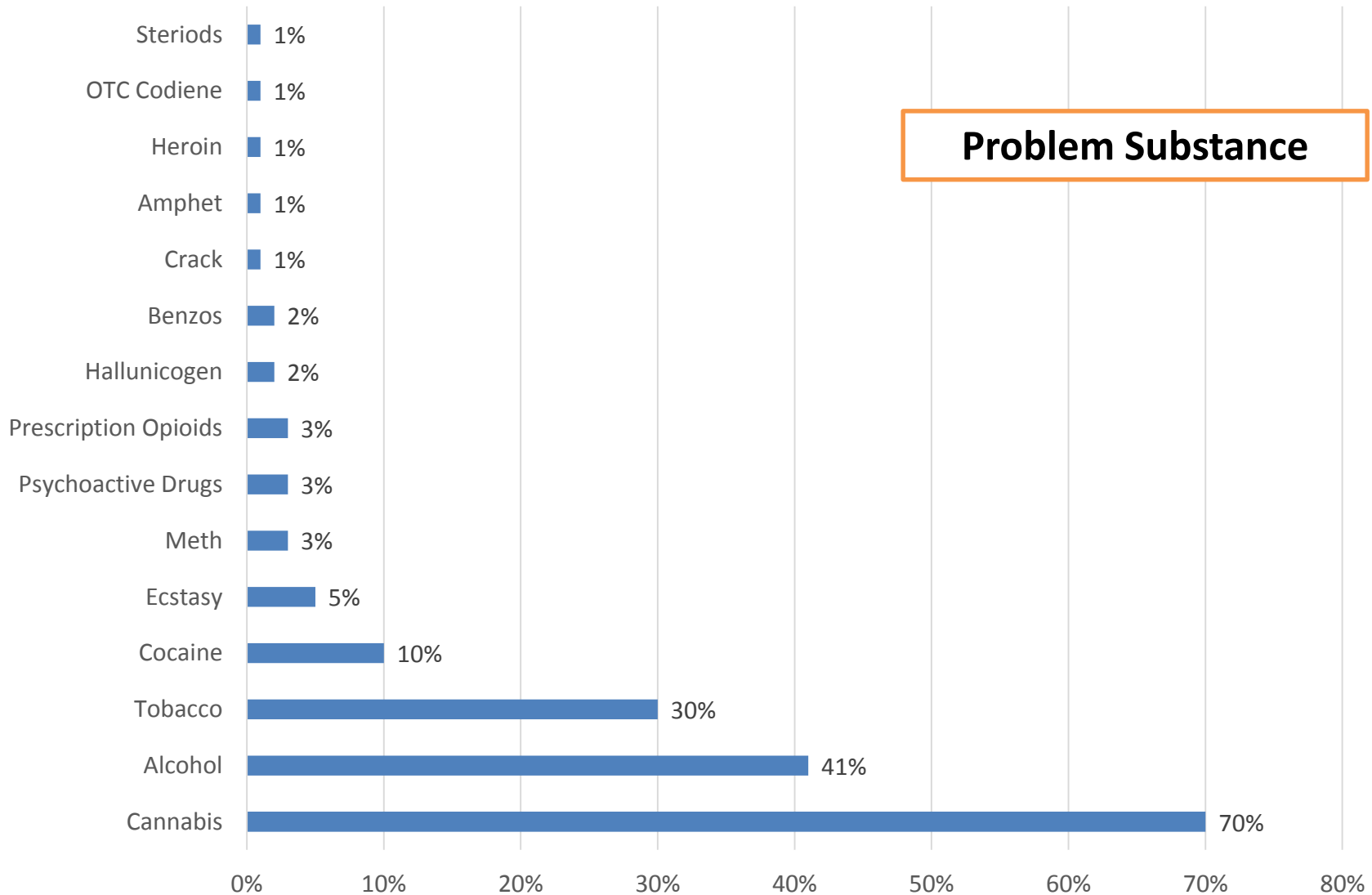
YMCA – YOUTH SUBSTANCE ABUSE PROGRAM

SERVICES OFFERED

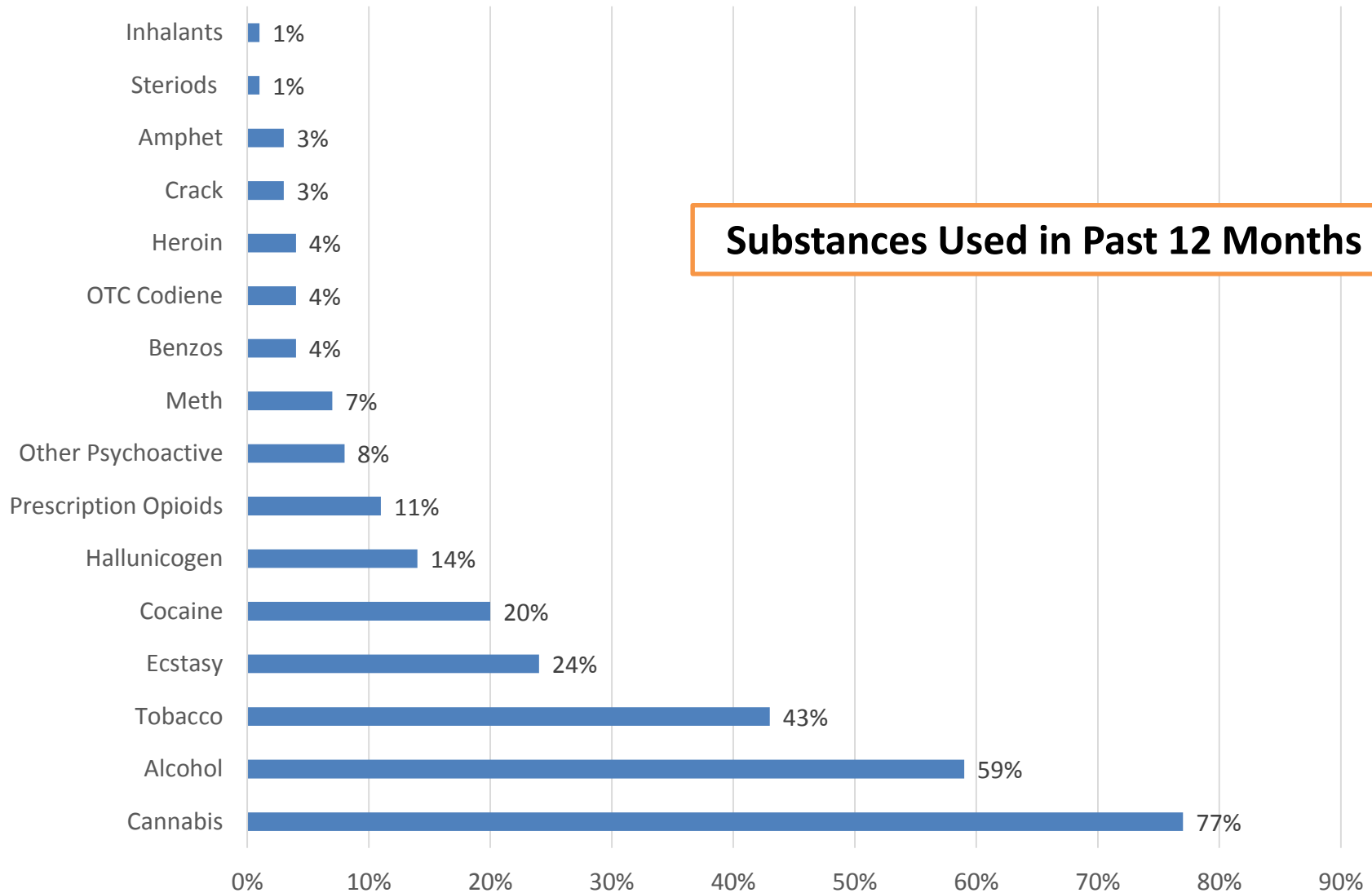
- Free & confidential counselling services for youth 14 – 24
- Support youth with substance use / misuse concerns
- Harm reduction perspective
- Provide assessments & referrals
- Needle Exchange Program
- Consulting & supporting agencies and/or organizations
- Free education & training



Youth Substance Use Trends



Youth Substance Use Trends



Ontario Student Drug Use and Health Survey

<http://www.camhx.ca/Publications/OSDUHS/2015/index.html#section4>



Why Do Youth Use Substances?

THE IMPACT OF TRAUMA

1. Intrusion

- Nightmares, flashbacks, thoughts, sensations
- Poor concentration

2. Avoidance

- Dissociation – shutting down
- Substance use – zoning out
- Isolation and withdrawal

3. Negative Cognitions and Mood

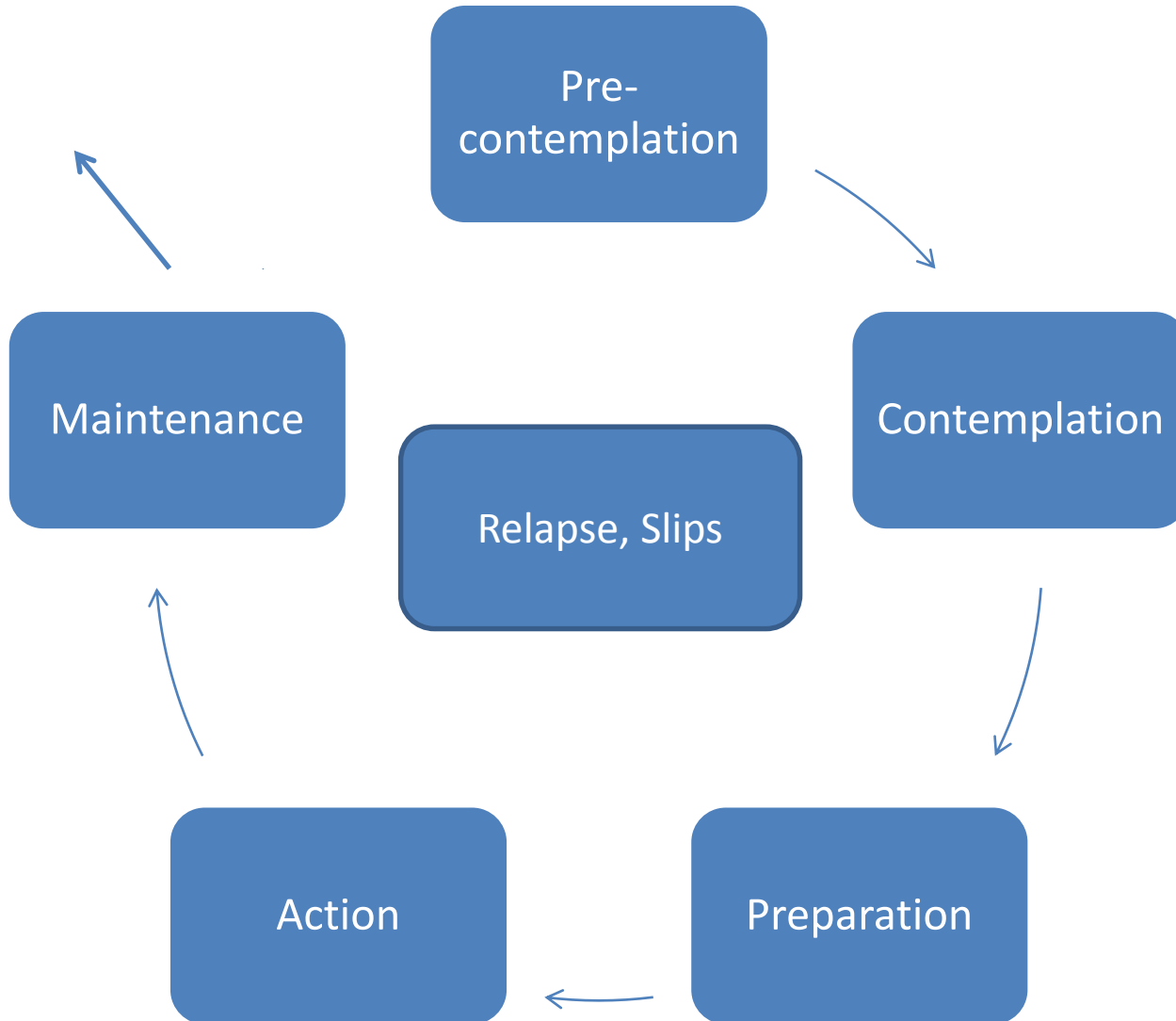
- Sense of blame of self or others
- Estrangement from others, diminished interest in activities
- Memory issues

4. Arousal

- Trouble sleeping, hypervigilance, startle response, impulsivity, irritability



Stages of Change



Supporting Youth Through the Stages

MOTIVATIONAL INTERVIEWING

1. Autonomy

- “The development of autonomy is one of the key tasks of adolescence, and this independence of thoughts, feelings, and decisions is a basic human need.”
- “Your job is not to take responsibility for change, but rather to support and guide while seeking to elicit the young person’s own ideas for change.”

2. Collaboration

- “a partnership between you and the young person”

3. Evocation

- “evoke and elicit reasons for and concerns about change, rather than imparting unsolicited advice”
- “MI seeks to evoke intrinsic motivation – the engagement in behaviors for personal interest as opposed to external consequences.”



Supporting Youth Through the Stages

PRE-CONTEMPLATION

“I don’t see anything wrong with what I’m doing.”

“There is no problem.”

Strategies:

- ✓ Roll with resistance (don’t argue with the “Yeah, buts...”)
- ✓ Reflect feelings, show empathy
- ✓ Plant seeds of doubt
- ✓ Develop discrepancy between values and goals and their behaviour
- ✓ Develop ambivalence



Supporting Youth Through the Stages

CONTEMPLATION

“Maybe I need to change something...”

“I don’t like how things are right now, but I don’t know what to do.”

Strategies:

- ✓ Resolve ambivalence
- ✓ Explore the benefits and concerns about use, and about change
- ✓ Provide non-judgmental information
- ✓ Support self-efficacy



Supporting Youth Through the Stages

PREPARATION

“I’ve decided to make a change.”

Strategies:

- ✓ Decide on small, achievable, and realistic goals.
- ✓ Explore triggers and strategies for overcoming them
- ✓ Plan for difficult situations
- ✓ Incorporate other resources



Supporting Youth Through the Stages

ACTION

“I’ve started making changes.”

Learning from what works and what doesn’t.

Strategies:

- ✓ Acknowledge small gains and efforts
- ✓ Provide positive reinforcement
- ✓ Continue exploring triggers, barriers, and strategize overcoming barriers



Supporting Youth Through the Stages

MAINTENANCE

“It’s getting easier.”

Strategies:

- ✓ Reinforce benefits, acknowledge difficulties
- ✓ Explore successful strategies
- ✓ Re-evaluate goals



Supporting Youth Through the Stages

RELAPSE & SLIPS

“I messed up....”

Strategies:

- ✓ Reframe as a learning opportunity
- ✓ Problem solve new strategies
- ✓ Increase supports and resources as needed
- ✓ Express empathy
- ✓ Reinforce strengths



Points to Consider...

PREPARE

- Understanding your own bias & experiences
 - how did you learn about substances?
 - how does your substance use influence the conversation?
 - how do you view substance use? Specific substances?
- Be equipped information and / or resources
- Don't need to be an expert
- Talk about substances when youth brings up the topic
- May be shocked or uncomfortable with disclosure
- Disclosure of past substance use

2 or more guardians

- Understanding each others different biases
- Consistent with the messaging and / or information
- Collaboration & united front



Something to Think About

What is addiction?



QUESTION???

THANK YOU!!!

YMCA – YOUTH SUBSTANCE ABUSE PROGRAM (YSAP)

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We serve: Rexdale, North York, Etobicoke, Downtown Toronto & Scarborough;
Mississauga, Brampton, Bolton & Caledon

