



Partnership to End Addiction

**How Parents and Other Caregivers Can Screen
for Substance Use Problems**

About us

Partnership to End Addiction is a national nonprofit that exists to:

- Empower families
- Advance effective care
- Shape public policy
- Change culture



We help the helpers & help families find answers



Why we care

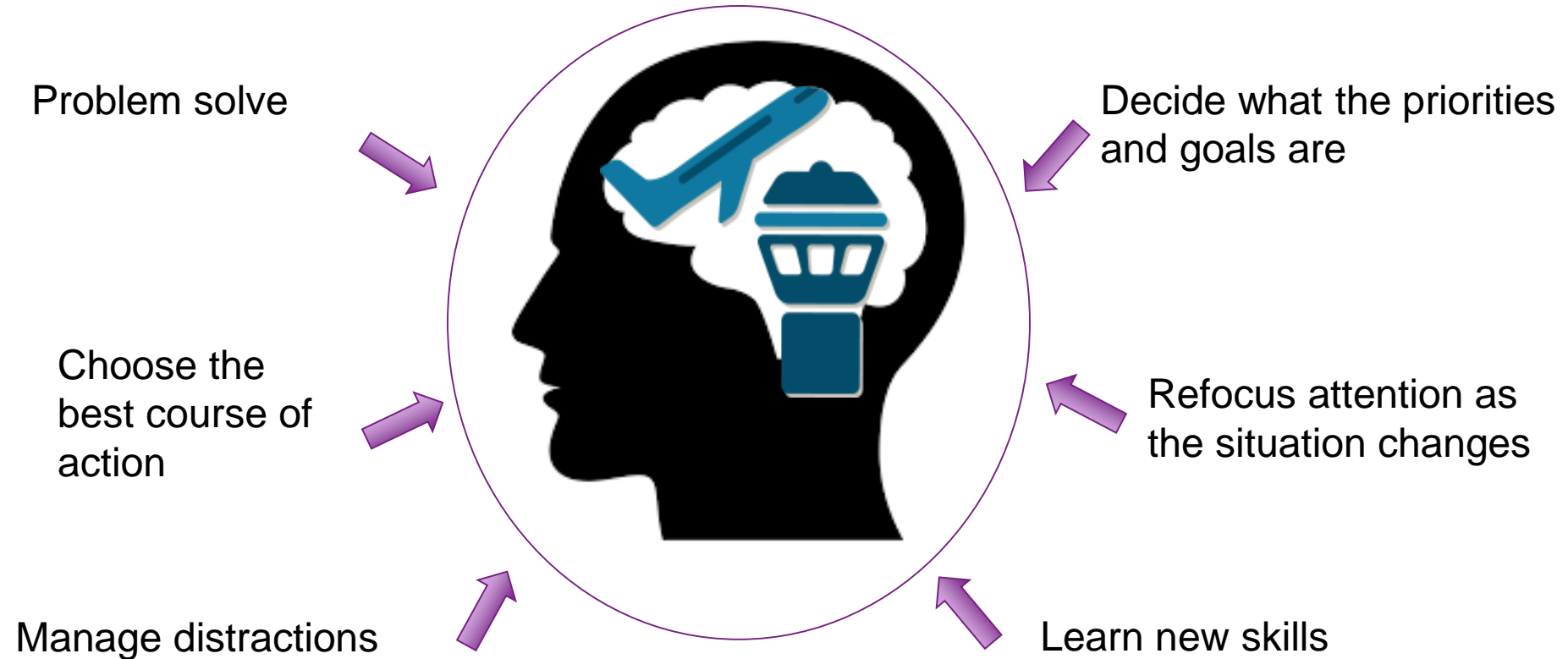
- Addiction is a terrible disease, but one that is preventable and treatable.
- Much more can be done to get quality treatment and support to those who need it.
- More than 9 in 10 cases begin with substance use before age 21.

So many things for parents to worry about!

Drug misuse	Child abuse and neglect	Childcare	Student debt	Racial justice
Suicide	Bullying and cyberbullying	College admissions	Driving safety	Aging parents
Unhealthy eating	Not enough exercise	Financial stress	Risky sexual behavior	Gun violence
Internet safety		Relationships	Unemployment	Anxiety/ depression
		COVID-19		

Why Experimenting/Misuse Matters

Great Brain Health is Like a Superior Air Traffic Control System



Why Experimenting/Misuse Matters

The Air Traffic Control System (Brain) with Drugs/Alcohol Leads to Near Misses, Collisions & Crashes

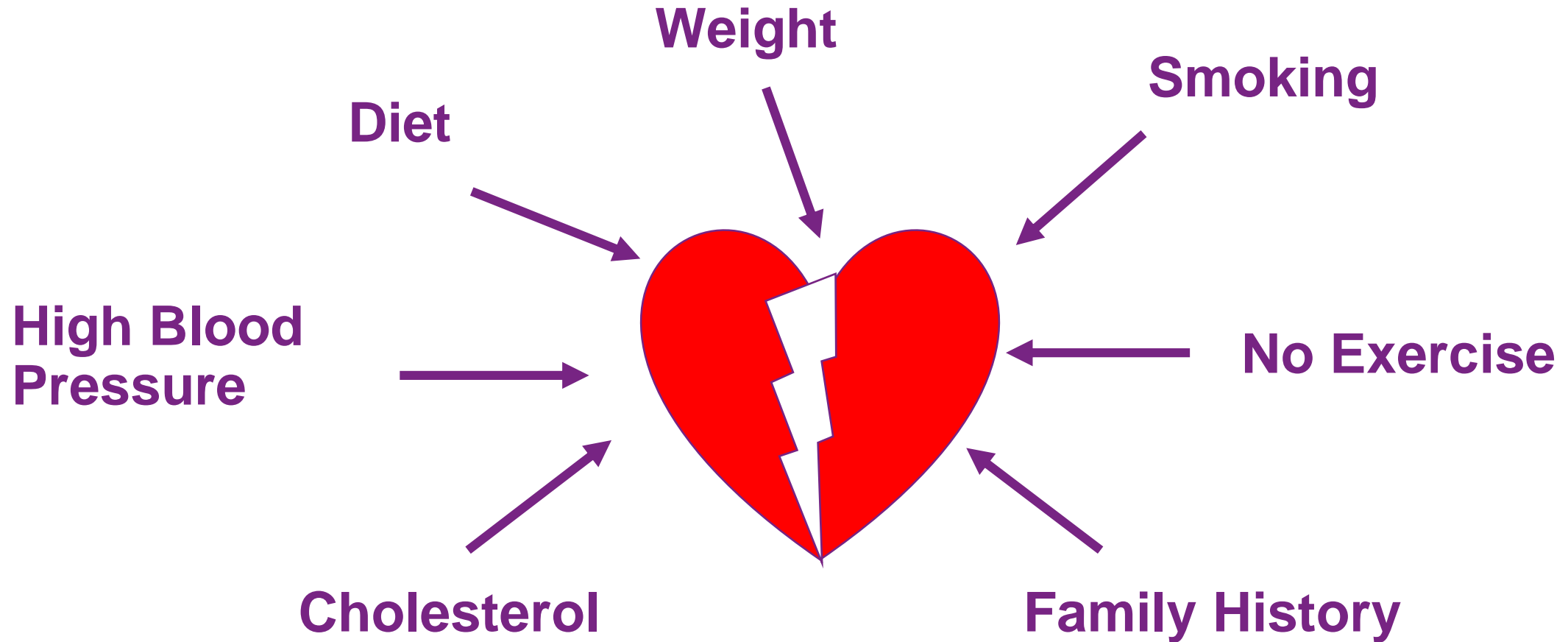


- Car accidents
- Injuries
- Unwanted sex
- Sexually Transmitted Diseases (STDs)
- Fights
- Lower Grade Point Average (GPA)
- Drop out of college
- Depression & anxiety as adults

AND for 1 of 10

▪ Substance Use Disorder

Risk factors for heart disease





Why not risk factors for substance use problems?

Kaiser Permanente research



- 41,000+ teen health records
- Born between 1997 and 2000 with a link to mother's health record



- Factors that increase the risk of developing a substance use problem between ages 12 and 18

Self-harm 5X	Trauma/Stress 23%	ADHD 71%	Headaches 76%	Depression 2.8X	Bipolar 77%
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Partnership Survey

- 300 parents and caregivers
- Oldest child 17 to 21 years old
 - Prevention
 - Early Use
 - Struggling



Survey statements...

- Frequently gets into trouble at school
 - Usually obeys the rules at home
 - Has been diagnosed with an eating disorder, depression, anxiety, etc.
 - Has an older brother or sister who smokes, vapes, drinks or uses other substances
 - There has been a death in the immediate family
 - Experiencing a difficult divorce
 - Feels safe in our neighborhood
 - Is a risk-taker or thrill seeker
-





Put the questionnaire on a diet

Connection to school

Statement

- Is not interested or engaged in school



Why we are asking

- Kids who don't get along with their teachers or classmates, aren't interested in school, or find that the subjects are difficult may turn to substances to cope. These can be signs of learning difficulties, mental health problems or other behavioral concerns

Risk-taking

Statement

- Is a risk taker - enjoys risky or thrill-seeking behavior



Why we are asking

- Kids who are risk-takers and attracted to new and exciting experiences may be more likely to experiment with substance use.

High stress

Statement

- Is under a great deal of stress



Why we are asking

- All kids deal with stress. However, some kids may experience higher levels of stress or find it more difficult to cope. As a result, they may turn to substance use as a way to handle their stress.

Impulsivity

Statement

- Can't wait patiently for their turn or a promised reward if it's delayed



Why we are asking

- Teens' brains are still developing well into their mid-20's. This includes the part of the brain responsible for impulse control – thinking things through before acting and being able to wait for rewards if they're delayed. Kids who really struggle to control impulses may be more likely to struggle with substance use.

Friends who use substances

Statement

- Is close friends with kids (other than brothers or sisters) who smoke, vape, drink or use other drugs



Why we are asking

- Peer use of substances is among the strongest predictors of substance use among youth. Friends or other kids your child knows may offer or push your child to try alcohol, vape or use other substances.

Enforcing rules

Statement

- I have trouble enforcing rules for my teenage child



Why we are asking

- Research shows that setting and enforcing rules for your teen, in addition to monitoring their activities and whereabouts, play an important role in preventing substance use and other risky behaviors.

Knowing your child's friends

Statement

- I don't know who my teen's close friends are



Why we are asking

- Getting to know your teen's friends and keeping up to date on your child's activities, including who they are with – both offline and online – can be a way of showing them you care. It can also help you develop a stronger parent-teen relationship.

Family communication

Statement

- In our family we often insult or yell at each other



Why we are asking

- Positive, supportive communication within the family is important to developing a child's ability to manage life. Frequent loud arguments, yelling, and criticism can make it harder for a child to cope with pressure from school and peers.

Attitude towards marijuana

Statement

- It's okay for teenagers to use marijuana



Vitalezz via AdobeStock

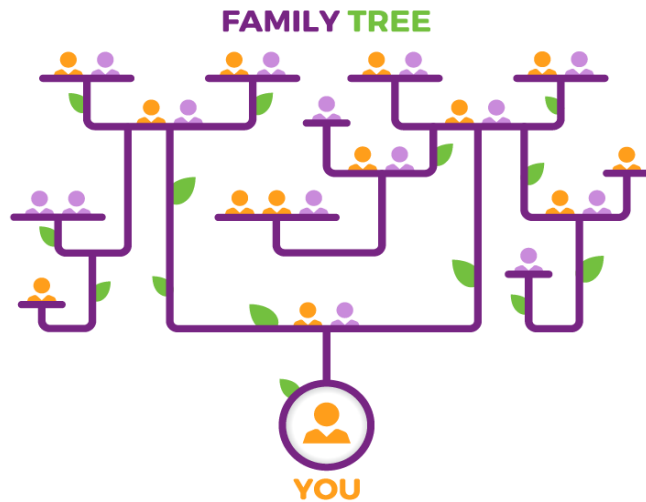
Why we are asking

- Parents' attitudes towards substance use make a difference. Research tells us that parents who let their teens know that they think it's okay to use marijuana, drink or use other drugs may be putting their kid at higher risk for heavy, frequent use in their teen and young adult years.

Family history

Statement

- There is a history of addiction (to drugs, alcohol, gambling, sex, etc.) in the family of at least one of my teenage child's biological parents.



Why we are asking

- A family history of addiction or mental illness can put a child at higher risk of developing substance use issues. Genes aren't destiny, but can raise the risks of having a problem.

Parent/Caregiver mental health

Statement

- At least one of my teenage child's biological parents or current caregivers has seen a healthcare provider about a mental health disorder



Franckreporter/Collection via Getty Images

Why we are asking

- A parent's or caregiver's mental health issues – such as depression, anxiety, bipolar disorder or others – can be a predictor of substance use problems for their child as their child enters their teen years.

Allowing drinking in the home

Statement

- I allow my teenage child's friends to drink at our house



Why we are asking

- Allowing underage drinking at home doesn't protect teens from developing alcohol problems later, but rather increases the risk.

Child's mental health

Statement

- My teen has seen a healthcare professional about one or more mental health or behavioral issues:
 - Anxiety
 - Depression
 - Conduct or behavioral disorder (refers to a pattern of difficulty following rules, respecting others or behaving in socially acceptable ways)
 - Post-traumatic stress disorder
 - Eating disorder
 - Self-harm

Why we are asking

- Teens who struggle with mental health issues, especially untreated ones, may seek to “self-medicate” by using nicotine, alcohol or other illegal drugs.

Coming attraction

- Risk assessment offered as a family-friendly tool
- Personalized feedback including resources to address risk factors
- Testing and launch in early fall



We're here to help ...

Partnership helpline



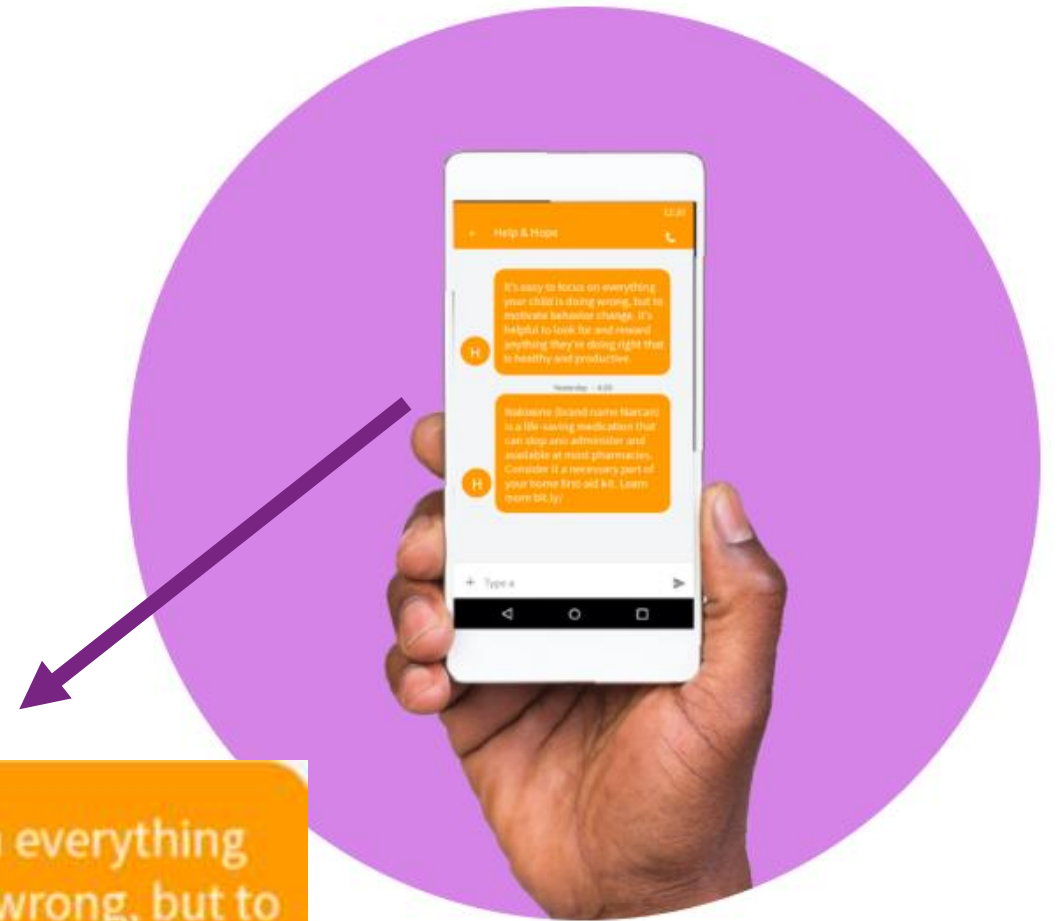
- Bilingual specialists provide support, guidance and resources
- Personalized plan for your family
- Schedule a call via email, text, Facebook Messenger



“You were a safety net when I felt like I was drowning. You had resources to suggest and knew just what to say. Thank you for being there.”

Help & Hope

- Text “join” to 55753
- Answer a few questions
- Get messages of support, encouragement and resources
- Chat to reach our helpline

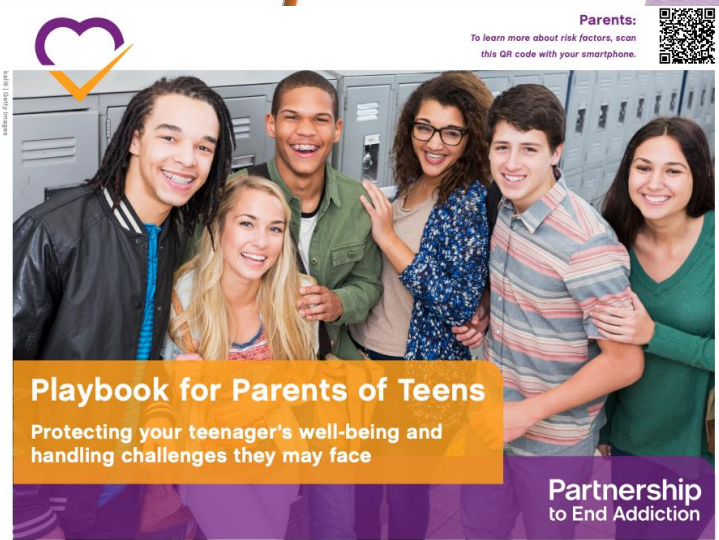
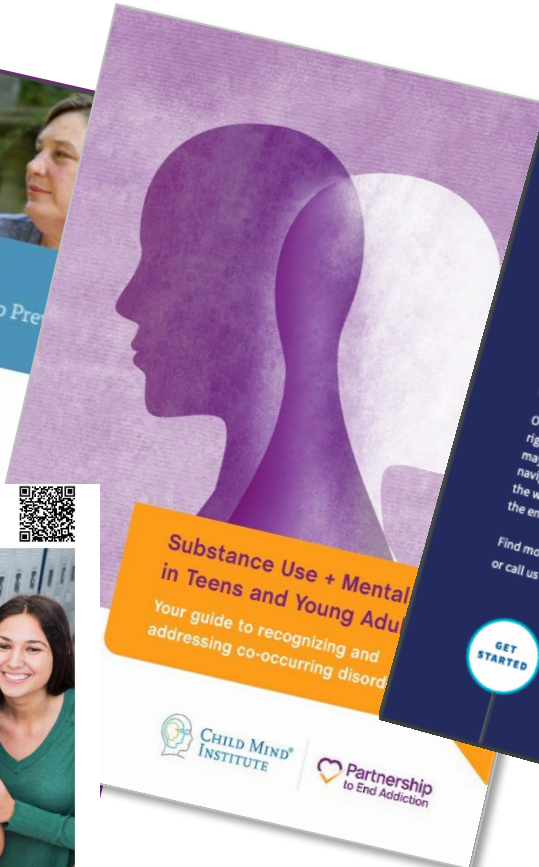
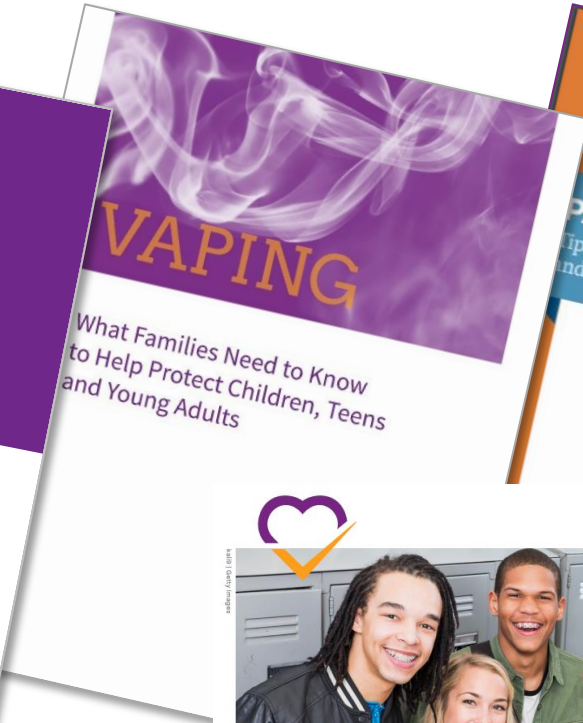


It's easy to focus on everything your child is doing wrong, but to motivate behavior change, it's helpful to look for and reward anything they're doing right that is healthy and productive.

Skill-building program



- Ten 15-minute online lessons:
 - “Why”
 - Responding rather than reacting
 - Having good conversations
 - Encouraging healthy behaviors
 - Setting limits
 - Using consequences



Peer parent coaching

- Trained peer parent coach
- Five one-hour sessions
- Work on problems
- Develop skills
- Share resources



Tim Roberts/Collection via Getty Images

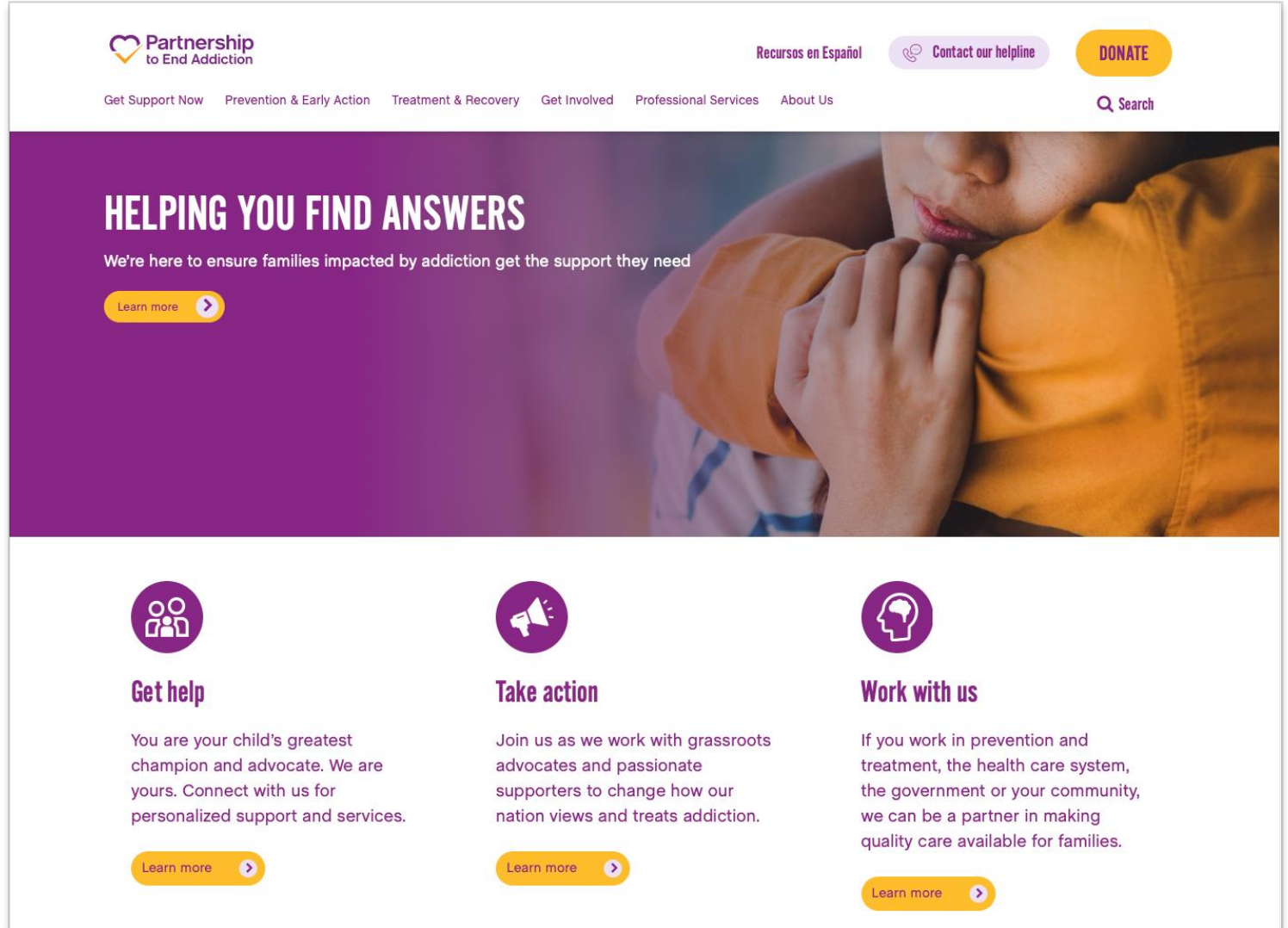
Online Support Community



- Hour-long zoom meetings
- Led by peer parent coach
- Specific topics:
 - Understanding substance use
 - Communication skills
 - Self-care
 - Using rewards and consequences
 - Finding quality care

To do, today

- Visit drugfree.org
- Talk to friends and family
- Contact our helpline if needed
- Volunteer
(become a parent peer coach)
- Advocate
(sign up for action alerts)



The screenshot shows the homepage of the Partnership to End Addiction website. At the top left is the logo, a heart with a checkmark inside, followed by the text "Partnership to End Addiction". To the right of the logo are links for "Recursos en Español", "Contact our helpline" (with a phone icon), and a yellow "DONATE" button. Below the logo is a navigation menu with links: "Get Support Now", "Prevention & Early Action", "Treatment & Recovery", "Get Involved", "Professional Services", and "About Us". On the far right of the navigation is a search icon and the word "Search". The main content area has a purple background with a photo of a person hugging another person. The headline reads "HELPING YOU FIND ANSWERS" in white, with the subtext "We're here to ensure families impacted by addiction get the support they need" below it. A yellow "Learn more" button with a right arrow is positioned below the subtext. Below this are three columns, each with a purple circular icon, a title, a paragraph of text, and a yellow "Learn more" button with a right arrow. The first column has an icon of two people and is titled "Get help", with text: "You are your child's greatest champion and advocate. We are yours. Connect with us for personalized support and services." The second column has an icon of a megaphone and is titled "Take action", with text: "Join us as we work with grassroots advocates and passionate supporters to change how our nation views and treats addiction." The third column has an icon of a head with a brain and is titled "Work with us", with text: "If you work in prevention and treatment, the health care system, the government or your community, we can be a partner in making quality care available for families."



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Cigna Behavioral Health Awareness

If you are a Cigna customer and have questions about Substance Use treatment or about your benefits and how to use them, please contact:

Stephanie Gissal - 800.274.7603 x398516

Alex Turner - 800.274.7603 x513597

Wanda Russell – 800.274.7603 x342063