

10 Things Every Caregiver and Counselor Should Know about Adolescent AOD-Involvement

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20th Annual Children Come First Conference, 11/16/09

1. Most teens are not drug involved.
2. Adolescent AOD-involvement reflects a continuum of severity (experimental/early abuse/abuse/dependence).
3. There are multiple biological, psychological, social factors that increase a teen's chances for developing AOD problems.
4. Alcohol affects teens differently than adults.
5. Marijuana can be addictive.
6. Adolescent AOD problems typically co-occur with other psychological and behavioral problems.
7. Caregivers play a critical role in prevention and intervention.
8. There are several scientifically-based approaches to effectively addressing teen AOD use problems.
9. There are treatment approaches that are ineffective and that can do harm to young people.
10. There are multiple pathways to relapse and recovery for teenagers.

Resources:

- AOD prevalence: Wisconsin Youth Risk Behavior Survey, <http://dpi.wi.gov/sspw/yrbsindx.html>
- NIDA's Drugs, Brains, and Behavior: The Science of Addiction, <http://www.drugabuse.gov/scienceofaddiction/>
- Ken Winters, Effects of Drugs of Abuse on the Developing Brain, www.tresearch.org/resources/presentations/WintersBrain2004.ppt#1
- Partnership for a Drug Free America-Parent Tool Kit, <http://www.drugfree.org/>
- CASA's Family Matters: Substance Abuse and the American Family, www.casacolumbia.org/absolutenm/articlefiles/380-family_matters_report.pdf
- NIDA's Principles of Drug Addiction Treatment: A Research-Based Guide, www.drugabuse.gov/PDF/PODAT/PODAT.pdf
- Family Guide to Adolescent Substance Abuse Information and Services in Wisconsin, www.wifamilyties.org
- Adolescent Addiction resources, <http://www.hbo.com/addiction/>