University, Community & Medical School Collaboration Solving Youth Substance Misuse/Addiction

Presenters:
Lori Holleran Steiker, Ph.D
Julie McElrath, LMSW
Hannah Milne, BSW
Reality by the Numbers

• Overdose is the #1 cause of death for those under 50*

• 1 in 3 households is affected by addiction**

• 1 in 6 of young adults (18 to 25) have a Substance Use Disorder. The highest % of any age group***

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** Facing Addiction, 2018, https://www.facingaddiction.org/home/infographic

State of Care

1. Acute Care Model for a Chronic Condition

2. Disaggregated “system” of cottage industries

3. Real solutions are local
States of Change for Chronic Conditions

- **Pre contemplation**: “ignorance is bliss”
- **Contemplation**: “fence sitting”
- **Preparation**: “testing the waters”
- **Action**: “go for it”
- **Maintenance**: “steady as she goes”
- **Relapse**: “Fall from grace”

COMPARISON OF RELAPSE RATES BETWEEN DRUG ADDICTION AND OTHER CHRONIC ILLNESSES

Why is addiction treatment evaluated differently? Both require ongoing care

**YES!!!**
Hypertension Treatment

**NO???
Addiction Treatment**

### Diabetes Care 365

An annual Diabetes Management Program to maintain your blood sugar level and prevention/treatment of Diabetes Complications for 365 Days.

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**Additional Features**

- **Doctor Referral**
- **Nurse Referral**
- **Quarterly Patient Meeting**
- **Prescription Management**
- **Personalised Diabetes Education**

**Consultations:**
- Diabetologist
- Dietitian

**Source:** Dr. Dhruv K. Singh. Zest Diabetes Care, 2016, [https://yourbusiness.azcentral.com/acknowledge-copyright-statement-7617.html](https://yourbusiness.azcentral.com/acknowledge-copyright-statement-7617.html)
TREATMENT WORKS, BUT INACCESSIBLE FOR MANY

- Like many other illnesses, most people recover from M/SUDs
- 88 percent of individuals diagnosed with depression recover within 5 years

Components of Comprehensive Drug Addiction Treatment

- Vocational Services
- Family Services
- Legal Services
- Mental Health Services
- Medical Services
- HIV/AIDS Services
- Educational Services
- Assessment
- Evidence-Based Treatment
- Substance Use Monitoring
- Clinical and Case Management
- Recovery Support Programs
- Continuing Care

The best treatment programs provide a combination of therapies and other services to meet the needs of the individual patient.

The Youth Substance Misuse and Addiction Pop-Up Institute will launch a diverse network of UT and renowned scholars, agencies/organizations who focus on youth substance misuse, research, intervention, and recovery initiatives. As such, the group is positioned to make substantial contributions to research and practice in multiple settings, to examine the impact of addiction as it undermines the health of young people on and off campus, their families, the community, the state, and the nation. The group will also focus its energy on making sure that the work creates the best possible impact on UT students, both as participants and recipients of the innovations that grow from the Institute. Undergraduate Studies (UGS) will participate to integrate drug/alcohol wellness components to UT programming.
Youth Recovery Network

Center for Substance Misuse Prevention and Wellness (funded by the Hildebrand Foundation $3.4 million)

University of Texas Opioid Response Collaborative
INTERDISCIPLINARY PARTICIPANTS

- UT Faculty
- UT Staff
- Researchers
- Youth experts
- Medical School
- Community leaders
- Peers in recovery
- SUD Agencies, Orgs. and Coalitions
**YOUTH SUBSTANCE MISUSE & ADDICTION**
**POP-UP INSTITUTE**

**DAILY COFFEE TALKS**

**WEEKDAY MORNINGS**
10:00 am - 11:00 am
CENTER FOR STUDENTS IN RECOVERY
BELMONT HALL (BEL 222)
2109 SAN JACINTO BLVD
AUSTIN, TX 78702

**APRIL 16**
Dr. Lori Holleran Steiker & Julie McElrath, Exec. Director of University High School, Youth Substance Misuse/Addiction: Innovative Interdisciplinary Initiatives and Solutions

**APRIL 17**
Dr. Ruben Parra Cardona & Deliana Garcia: Interaction of Drug Use and Dependence in Immigrant Populations

**APRIL 18**
Bret Hutton: A Work of AART - Promoting Recovery and Resiliency for Youth

**APRIL 19**
Dr. Bill McKenna & Sierra Castedo: Collegiate Wellness and Recovery Programs

**APRIL 23**
Lynn Sherman: The Big Picture

**APRIL 24**
Jessica Hughes Wagner: Prescription Stimulant Misuse Among College Students - A Conversation About “Study Drug” Misuse Trends, Social Norms, and Health Communication

**APRIL 25**
Dr. Michelle Marinelli: Adolescence, Stress, and Punishment - How These Factors Impact the Risk for Addiction

**APRIL 26**
Dr. Carlton Erickson: The Science of Addiction - It Might Not Be What You Think It Is

**RESEARCHER/EXPERT MINI-LECTURES & DISCUSSIONS ON RELEVANT TOPICS**

**APRIL 27**
Dr. Christopher Brownson & Dr. Lauren Galbas: Youth, Substances, and Suicide

**APRIL 30**
Dr. Kasey Claborn: Digital Platforms for Healthcare Systems Related to Substance Use

**MAY 1**
Dr. Robert Crouse: Drinking Behavior of U.S. Teenagers: Alcohol-related Integration into School Social Networks Undermining Health and Wellness

**MAY 2**
Dr. Diana DiNitto: Drug and Alcohol Policies Impacting Youth

**MAY 3**
Wendell Campbell (US Drug Enforcement Agency): Fentanyl - True Costs and Concerns

**MAY 4**
Dr. Lucas Hill: Opioid Use and Youth - Overtreatment

**MAY 7**
Stephanie Duncan: Homeless Youth and Substance Use

**MAY 8**
Mary Cook: Recovery Coaches as Key Players

**MAY 9**
Dr. Mike Mackert: Health Communications Regarding Youth and Substance Use

**MAY 11**
Dr. Mary Velasquez: Adolescent SUBST/HBRT

**CALENDAR OF EVENTS**

**APRIL 16**
- Pop-Up Kick Off 10:00 am - 11:00 am
  - Dr. Lisa Seeger Steiker and Julie McElrath, Executive Director of University High School
  - High School Music and lunch 12:30 pm - 12:45 pm with the Austin Cajun Aces!
  - Center for Students in Recovery (BEL 222)

**APRIL 20**
- 9:00 am - 4:00 pm
  - Fostering Hope and Possibilities: Fundamentals of Solution-Focused Practice when working with Youth and Families Coping with Trauma
  - Thompson Conference Center
  - 2400 Robert Deason Dr

**APRIL 22**
- 1:00 pm - 3:00 pm
  - Save a Life: Naloxone Training
  - Steve Holy, High School Social Work Utopia Theatre (SBW 2,106)
  - 1025 San Jacinto Blvd

**APRIL 23**
- 3:00 pm - 4:30 pm
  - Seminar on Addiction and Recovery: A Public Health Approach to Addressing Substance Misuse and Addiction with Dr. Jessica Canes, MPH, PhD
  - Center for Students in Recovery (BEL 222)
  - 2109 San Jacinto Blvd

**APRIL 25**
- 10:00 am - 3:00 pm
  - UT Austin Drug Take Back Day
  - Littlefield Fountain

**MAY 9**
- 1:00 pm - 2:00 pm
  - Help or Hindrance: A Discussion on the Impact of Professional Organizations' Policy, Culture, and Stigma on Substance Abuse with Jessica Barnard ISJ
  - Center for Students in Recovery (BEL 222)
  - 2109 San Jacinto Blvd

**MAY 15**
- 9:00 am - 12:00 pm
  - Youth Recovery Network Research & Practitioner Convening
  - Texas Union Quadangle Room

**MAY 17**
- 3:00 pm - 7:00 pm
  - Backyard Storytime: Youth and Recovery
  - 2007 University Ave.

**MAY 18**
- 1:00 pm - 3:00 pm
  - Seminar on Addiction and Recovery: KUT Radio's Two Guys on Your Head
  - Center for Students in Recovery (BEL 222)
  - 2109 San Jacinto Blvd

**MAY 18**
- 5:00 pm - 6:00 pm
  - SAPSA National Prevention Week Town-Hall
  - Dell Medical School - Health Learning Building
  - 1501 Red River St. - Parking Health Center Garage

**MAY 19**
- 5:00 pm - 6:30 pm
  - SAPSA National Prevention Week Town-Hall
  - Dell Medical School - Health Learning Building
  - 1501 Red River St. - Parking Health Center Garage

**MAY 20**
- 10:00 am - 12:00 pm
  - Pop-Up Institute Summit
  - Dell Medical School - Health Learning Building
  - 1501 Red River St. - Parking Health Center Garage

**DAILY COFFEE TALKS**
Researcher/Expert Mini-Lectures & Discussions on Relevant Topics

**APRIL 16 - May 18**

**http://sites.utexas.edu/youthsubstancemisuse**
CENTRAL TEXAS YOUTH RECOVERY NETWORK

THE PROBLEM
Youth and their families experiencing problems with substance misuse don’t have knowledge of recovery supports or know how to navigate the recovery system, and providers serving youth are not providing coordinated care, leading to delays in initial intervention and relapse.

Youth and young adults want sober fun options that are really fun!

Parents feel isolated and don’t know how to access or navigate the recovery system.

Providers face outdated paradigms and silos between organizations.

THE SOLUTION
A simple, person-centered network of integrated recovery services and community supports for youth and families experiencing challenges with alcohol or other drugs.
Areas of Focus

Providing referral and navigation support to recovery services for youth and their parents

Creating an interconnected community of recovery supports for youth through a shared data system

Promoting cross-sector alignment through convening and information sharing

Supporting recovery by connecting peers (youth to youth; parents to parents; provider to provider)
Youth and Young Adults Ages 14-25 experiencing challenges with drugs or alcohol

**Education**
- Higher Ed
- Early Childhood
- TEA region 13
- School Health Advisory Councils
- School Principals and Counselors
- PTAs
- Charter Schools
- Recovery HS
- Judiciary - drug courts and diversion programs

**Healthcare**
- Primary healthcare:
  - Federally Qualified Healthcare clinics
  - Private physicians
  - Dentists
- Therapists
- Counselors
- Psychiatrists
- Insurance companies
- State government
- Substance Use Treatment:
  - Inpatient
  - Intensive outpatient
  - Outpatient
- Medication Assisted Treatment (MAT)
- Naloxone
- Detox
- LCDCs
- Sober Houses
- Alternative Peer Groups (APGs)
- Recovery interim programs
- Recovery community organizations

**Justice**
- Independent School Districts
- Juvenile Justice
- Law Enforcement
- CPS/child welfare system of care coordination
- Probation Officers
- County Government

**Community & Family**
- Local Government
- Elected officials
- Prevention coalitions
- Recovery champions
- Parent support groups
- Peer support networks
- Recovery coaches
- 12-step alternatives
- 12-step programs

**Recovery Supports**
- Media
- Social services/basic needs support
- Social Media
- Faith communities:
  - Pastors and Clergy
  - Youth groups
  - Family support
Example of Teen Recovery Support: Alternative Peer Groups

Keystone Austin
The History of APGs

• 1971- Palmer Drug Abuse Program (PDAP)

• 1985- Lifeway International

• 1999- Cornerstone

• 2002- Teen and Family Services

• 2018- Keystone APG
How APGs Work

An Alternative Peer Group can provide all of the following or a few of the following services:

• Family Counseling
• Individual Counseling
• Peer Recovery Coaching
• Support Groups for Adolescents
• Multi-family Group
• Parent Support Groups
• After School Hangouts
• Weekend Sober Activities
KEystone Program

Programming at Keystone consists of different social environments that provide teens with opportunities to have fun with one another while practicing accountability and supporting each other. We also emphasize parent involvement in our program. Addiction is a family disease, as it affects more than just the afflicted individual. We believe that the whole family must change to be successful.

Monday
Social Activity for Teens On-Site (at our Main Location)  4:30-6:30PM

Tuesday
Family Group  6-7PM
Parent Led Support Group  7-8PM
Peer Led Support Group  7-8PM

Wednesday
Optional AA Meeting & Coffee  6-8PM

Thursday
Social Activity for Teens On-Site  4:30-6:30PM

Friday
Peer Led Support Group  6-7PM
Parent Led Support Group  6-7PM
Social Activity for Teens Off-Site  7-10PM

Saturday
Social Activity for Teens Off-Site  12-4PM/6-10PM
THE CENTER FOR SUBSTANCE MISUSE PREVENTION AND WELLNESS

- Interdisciplinary approach integrating Student Affairs, Mental Health Center and Academic Units
- Pilots with Signature Course Professors, FIG Mentors and Advisors, Environment, Peers, Technology, and Innovations
- Advisory Council and Mini Grants
- Reach Across 40 Acres
- Covering Continuum from Prevention, Early Intervention and Recovery
Contact Information

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