UPGRADING ADDICTION TREATMENT INTERVENTIONS FOR MILLENNIAL CLIENTS

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Often described as hyper-connected yet relationally disengaged, the characteristics of the millennial generational impact how they react to traditional addiction treatment models. In this workshop, we will explore existing trends in millennial substance use and mental health and identify ways in which we can update current models of substance use disorder treatment. Participants will learn specific interventions and treatment plans that address needed skills for millennial clients, such as executive functioning development, anxiety reduction and mindfulness awareness. We will also share tips and tools for bringing your practice up to date with technological resources for supporting those in recovery. |
• Learn about existing addiction and mental health trends among young people
• Explore specific strengths and challenges of the millennial generation.
• Identify areas in current addiction models that can be improved upon to meet the needs of the millennial generation.
• Practice and Plan for specific interventions to address needed skills supporting their ability to stay sober and maintain changes in their life.
MILLENNIAL ALCOHOL TRENDS
MILLENNIAL MARIJUANA TRENDS

- USE AMONG 18+ POPULATION IS STEADILY INCREASING
- HIGHER POTENCY
- GREATER VARIETY
- INCREASED SOCIAL ACCEPTANCE
MILLENNIAL ILlicit AND PRESCRIPTION DRUG USE TRENDS

- Abuse of prescription drugs (benzos, stimulants, opiates)  
  Overall illicit drug use is down (except marijuana)
Many college students and employees abuse adderall as a means to get more work done. The stresses of finding a job, doing well in school, and paying off student loans can also leave millennials feeling anxious and depressed. The legal drugs being used to treat these problems are being over prescribed and people are not handling them properly.
MILLENNIAL OPIATE TRENDS

HEROIN HITS HOME

"Your body does not care whether you give it Vicodin or heroin. Essentially it is the same receptor to our bodies. They are both opiates."

—AUDI KATZ, TRAUMA INTEGRATIVE COACH

THE OPIOID EPIDEMIC
A Generation in Crisis

They’re the most powerful painkillers ever invented. And they’re creating the worst addiction America has seen.

TIME
MILLENNIAL NICOTINE TRENDS

- Young Adults age 18-25 have the highest prevalence of smoking
- Use of cigars, pipes, smokeless tobacco and vapes up

Overall, Adult smoking down from 42% in ’65 to 20% in ’10
MILLENNIAL TRAITS

- Hyper-connected
- Pressured/Overly Structured as kids
- Confident and Optimistic
- Financially Burdened
- More Anxious/Less Distress
- Tolerance Skills
- Socially Oriented
- More likely to seek out help
MILLENNIAL BRAIN

(a) Lateral view

Frontal lobe
Olfactory bulb
Temporal lobe
Precentral gyrus
Postcentral gyrus
Central sulcus
Sylvian fissure
Parietal lobe
Occipital lobe
Cerebellum

Dopamine flooding
Linear processing
18 hours a day
HOW TECHNOLOGY IS CHANGING OUR BRAINS

- Atrophies the pre-frontal cortex
- Heightens limbic arousal
HOW TECHNOLOGY IS CHANGING OUR BRAINS

Disconnection

attention, memory, communication

Impulsivity

quick acting, novelty seeking, emotionally driven
Self Reflection

Distress Tolerance/Emotional Regulation

Focus/Patience

Connection

Millennial Challenges in Treatment
MILLENNIAL TENSION POINTS WITH TRADITIONAL MODELS

• "I get tired of always talking about my deficits instead of focusing on my strengths."
• "I don't like being told I have a disease and that the cure is going to meetings."
• "I don't want to identify as an addict/alcoholic."
• "I like AA/NA for the social aspect, but doing the steps doesn't work for me."
• "I'm an individual, and there are more ways to recovery than just attending meetings."
• "Just talking about being sober doesn't do much for me......I need have experiences that make me appreciate being sober.""
• “My anxiety/ depression trauma is what I want to work on. I only use to manage my mental health.”
UPGRADERS

- Flexible Curriculum
- Lived Experience
- Passion and Values Based

Executive Functioning
- Technology
- Professional Development

Experiential Learning
- Community Environment
- Here and Now Focus

Personalized Recovery
- Service
- Leadership

Here and Now Focus
- Personalized Recovery
- Experiential Learning
- Executive Functioning

Flexible Curriculum
- Lived Experience
- Passion and Values Based
SENSORY PROCESSING
EMPOWERING A SENSE OF SAFETY IN SELF AND CHOICE
EXECUTIVE FUNCTIONING
IMPROVING COGNITIVE FUNCTIONING AND SELF SUFFICIENCY

Executive Function Challenges:
- Activation: Organizing, prioritizing and activating to work
- Focus: Focusing, sustaining, and shifting attention to tasks
- Effort: Regulating alertness, sustained effort, and speed
- Action: Monitoring and self-regulating actions
- Memory: Utilizing working memory and accessing recall
- Emotion: Managing frustrations and modulating emotions

Start:
- Identify long and short-term goals: What is the point of all this? How will I accomplish it?
- Plan a strategy for accomplishment: What steps do I need to follow? What tools do I need?
- Step back, reflect, and self-check: Did I accomplish my goal? What did I do well? What can I do better?
- Think flexibly and reconsider approach: Is my strategy working? Is there a better way for me to reach my goal?
- Prioritize the information and resources: What are the main ideas and their supporting details?

Finish:
IDENTITY FORMATION
EXTINGUISHING USING RITUALS AND
TRYING ON NEW IDENTITY MARKERS
APPS, BLOGS, SITES
Thank you for your attention and time!