



ST VINCENT'S
HEALTH AUSTRALIA

Young People and Opioid Management

Victorian Opioid Management ECHO
Department of Addiction Medicine
St Vincent's Hospital Melbourne 2018

UNDER THE STEWARDSHIP OF MARY AIKENHEAD MINISTRIES

Stages of development in adolescence

Stages of development

- Early (~13-15y) - Changes of puberty, concrete thinking
- Middle (~16-17yo) - Peers
- Late (~18y+) - Looking ahead/planning
- Young adulthood

Establishing **rapport** - HEADDSSS

Risk factors and protective factors

Resilience

HEEADSSS

Home

Education / employment

(E)

Activities

Drugs (incl alcohol)

Depression (and other mental health concerns)

Suicidality / Self-harm

Sexuality

Spirituality*

*broad definition: sense of belonging;
inner strength; notion that is bigger
than self...

Focus of the health professional

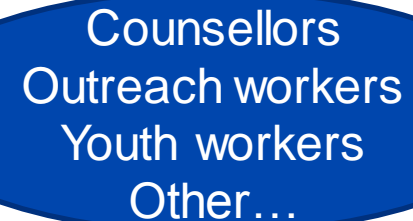
Focus on health and provide information related to this

- General health, mental health
- Monitor for adverse effects of (all) substance use
- OST determined on a case by case basis

Facilitate self-determination

- Assist with healthy adolescent development :

nb. importance of RF/PF



Counsellors
Outreach workers
Youth workers
Other...

Focus of the health professional

Counsellors
Outreach workers
Youth workers
Other...

Facilitating self-determination:

- Identify important adult – someone they can draw strength from
- Encourage core competencies – anger mx, problem solving, conflict resolution, decision making, capacity to understand their emotions
- Recognise rigid thinking – challenge unhelpful thoughts and replace with more helpful ones
- Pro-social activities/ interests - eg art, sport, drama, music
School can help?



YoDAA

YOUTH
DRUGS +
ALCOHOL
ADVICE

YoDAA is Victoria's Youth Drug and Alcohol Advice service. Whether you are a young person, or someone concerned, YoDAA provides the simplest way to access the information and support that you need.

WORKERS

Information, tools, advice and news for professionals helping young people with AOD related issues.

[ENTER SITE](#)

YOUNG PEOPLE

Advice, options, support and understanding for young people worried about drug or alcohol use.

[ENTER SITE](#)

FAMILIES + CARERS

Strategies, advice and acknowledgement for those concerned about a young person's drug use.

[ENTER SITE](#)

SCHOOLS

Knowledge, skills and support for school wellbeing staff to assist young people.

[ENTER SITE](#)

Example case

Case Study - AJ

- 17 year old male
- Lives with his single mother but no engagement/relationship with her; chaotic home environment
- Using heroin intermittently – few times a month, not injecting
- No longer attending school ; has a girlfriend
- Activities / interests ? Unclear at the moment. Occasional party – alcohol, cigs
- Mood – low, but not suicidal; anxiety largely the reason for dropping out of school
- Mother not a substance user
- No family history of MH or AOD

Assessment - AJ

Stage of adol. devt	Risk Factors	“Protective factors”
Middle	H – Chaos – More info; what day in AJ life is like	
		E – attending
	A - ? More info; explore; AJ peers – all heroin using?	
	D- alc, tob, heroin Other drugs – cannabis? Frequency? Amount? Mode (IV?)Context?	
	D: low mood	
		Detail: duration, symptoms, suicidality, self-harm? abuse?...
	S: not spiritual/religious	
	Monitor	S – GF no substance use

Case Study – AJ – actions (1)

- Middle adolescence
- Peers increasingly important to him
 - encourage non-using peer relationships eg GF
- **Home:** Mother – come back to this
- **Activities/interests** – explore possibilities; nb note above re: peers
- Caring adult / Connection
 - school teacher? sport coach?
 - counsellor? outreach worker?

Case Study – AJ – actions (2)

YoDDA

Drugs/substances:

Heroin – careful assx; monitor frequency and risk taking UID;

OST always on a case but case basis

Tobacco – mixed in with cannabis, respiratory symptoms

Alcohol – discuss safety strategies – getting home when UIA, risk taking behaviours/misadventure

Helpful to seek second opinion

Case Study – AJ – actions (3)

- **“E”ducation in HEADDSSS:**

- encourage re-engagement in education/apprenticeship or employment
- early intervention important

- **“D” in HEADDSSS:**

- Depn/Anxiety management – mx strategies/techniques (SSRIs?)
- Insomnia - techniques

Case Study – AJ – actions (4)

- **Mother:**

Confidentiality

Parents and adolescent substance use – parental mental health

Parental substance use

Parenting skills

