

Mental illness & Substance Use in Young People

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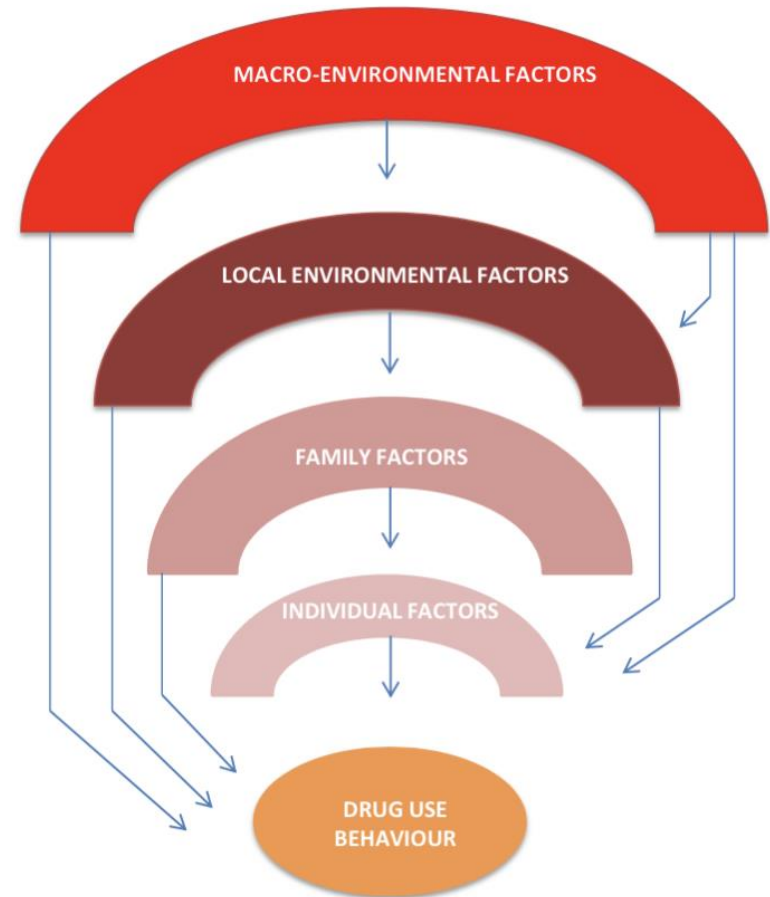
Context & Disclosures

- Background- dual diagnosis, addiction specialist, clinician-researcher
- I mainly work with adults!
- No conflicts of interest or disclosures to declare

Framework for understanding substance use in young people

Figure 2.2: Influences model

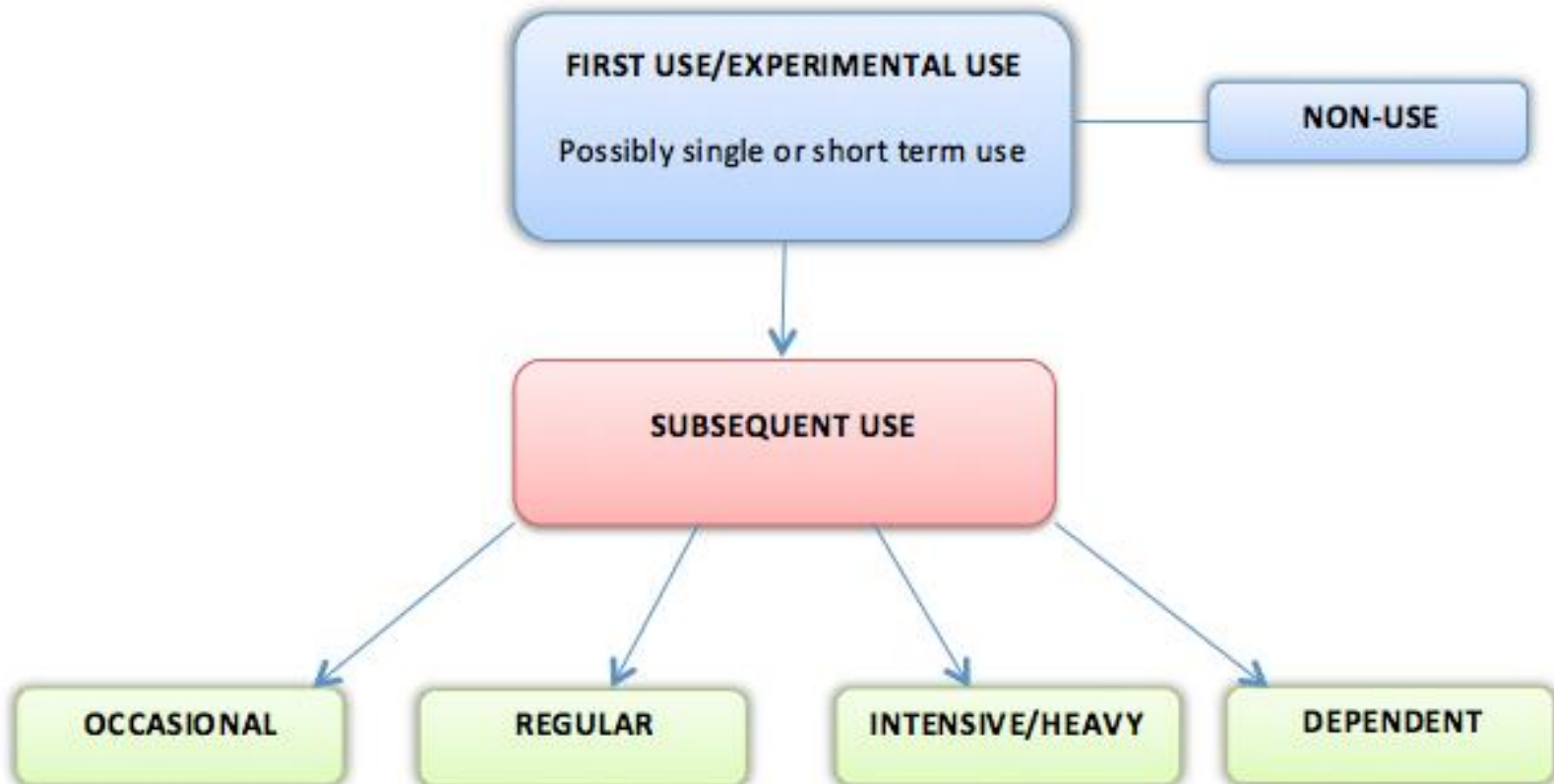
FACTORS THAT INFLUENCE DRUG USE BEHAVIOUR



Structural Determinants of Youth Drug Use, ANCD research paper 2, Australian National Council on Drugs, 2001

Framework for understanding substance use in young people

Figure 1 Continuum of usage patterns



Framework for understanding co-morbidity in young people

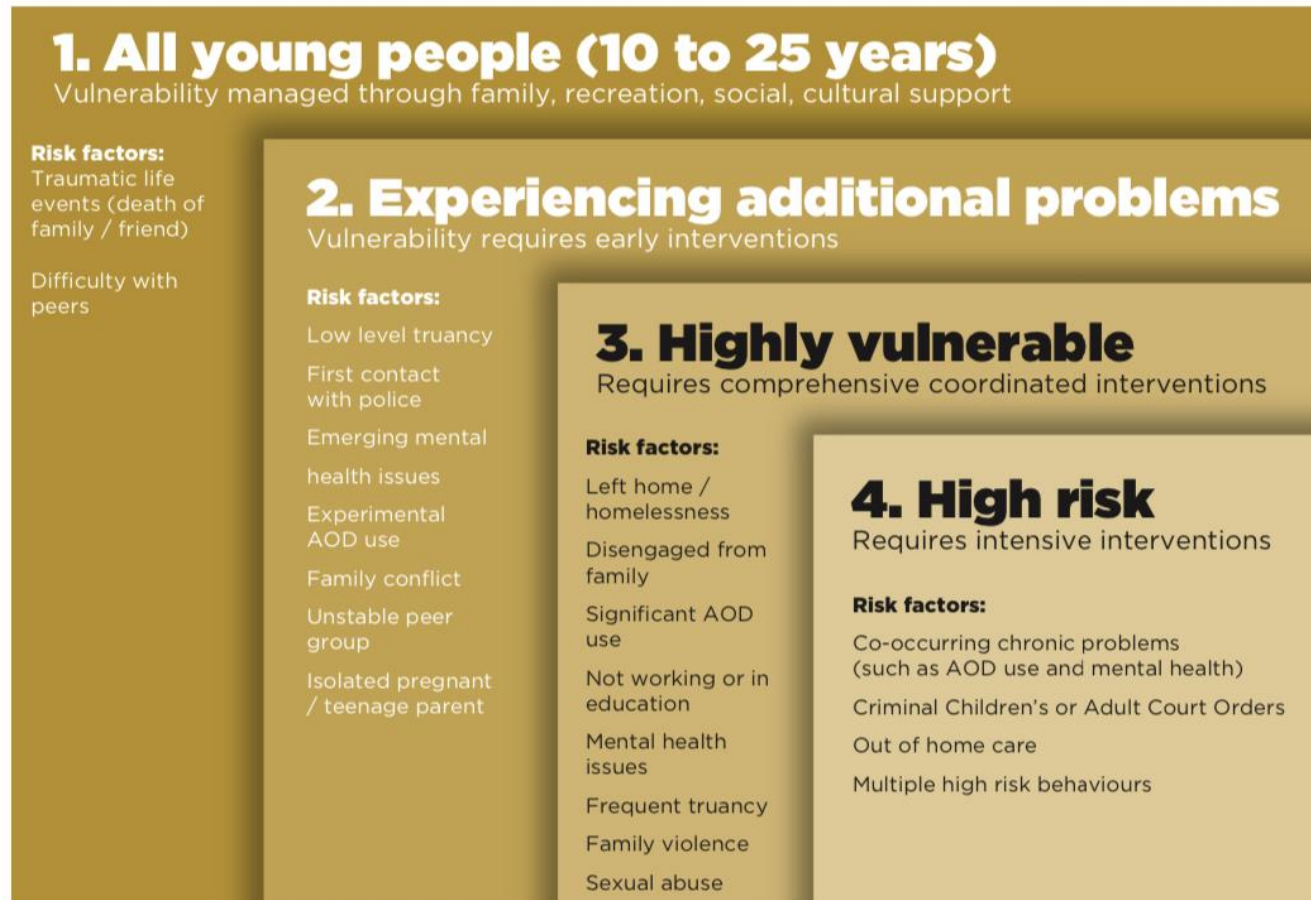


Figure 3: Vulnerable Youth Framework

Source: Development of a policy framework for Victoria's vulnerable young people (Victorian Government 2008, 12).

Framework for understanding substance use in young people



IMPLICATIONS

The increased onset of mental illness between the ages of 12 and 25 years coincides with exposure to alcohol and other drugs for many young people. Alcohol and other drug use can both contribute to the onset of mental illness and exacerbate existing symptoms. Once comorbid mental illness and alcohol/other drug use is present it is difficult to disentangle the two health issues. Treatment for both is required.

Higher levels of alcohol and other drug use, including tobacco use among young people with a mental illness, underlines the importance of treating both health issues. Early interventions for alcohol/other drug use is also important considering the longer-term health effects.

There are gaps in the available data describing the mental health and alcohol/other drug use of young people. More detailed research is needed on the onset and interaction of mental illness and alcohol/other drug use. Larger sample sizes are also required for sub-population groups of 12–25 year olds.

Where does mental health, wellbeing and mental illness fit into this?

- Substance use, anxiety and depressive disorders make up over $\frac{3}{4}$ of the disability related to mental health problems
- The peak burden of disability, and peak onset, is between 15-24 years of age
- They share common factors underpinning them
 - And they frequently interact

Trauma



Understanding the Links Between Adolescent Trauma and Substance Abuse

A Toolkit for Providers

2nd Edition

June 2008

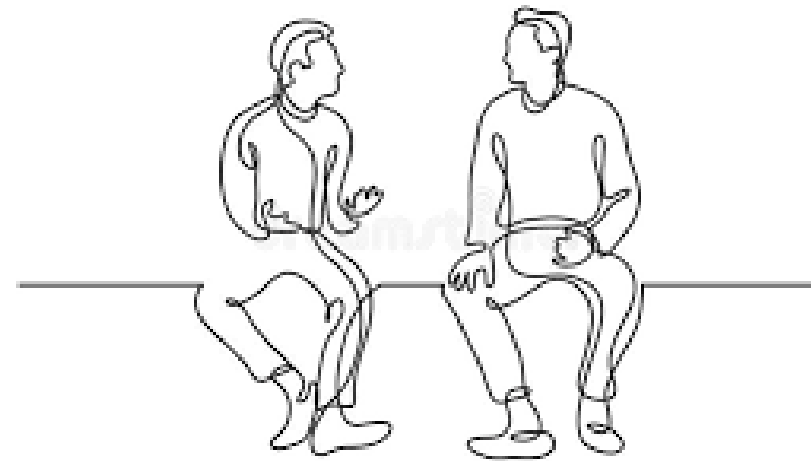
From the Adolescent Trauma and Substance Abuse Committee of the National Child Traumatic Stress Network

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Established by Congress in 2000, the National Child Traumatic Stress Network (NCTSN) is a unique collaboration of academic and community-based service centers whose mission is to raise the standard of care and increase access to services for traumatized children and their families across the United States. Combining knowledge of child development, expertise in the full range of child traumatic experiences, and attention to cultural perspectives, the NCTSN serves as a national resource for developing and disseminating evidence-based interventions, trauma-informed services, and public and professional education.

The need for early identification & intervention

- The earlier the age of onset, the higher the likelihood of persistence and severity
- Screening & early intervention is essential
- Underpins a 'no wrong door' integrated care approach



Working with young people with co-occurring problems

Some implications of being 'young' for youth AOD practice

- *The young person's brain is more susceptible to some of the harms of various drugs, and may identify and process 'risk' differently from adults*
- *'Change' is a key feature of a young person's life*
- *Learned behaviours can be 'unlearned' in young people more easily than adults*
- *The impacts of childhood trauma (for example, various forms of abuse or loss) is sometimes still very fresh*
- *Abuse or grief and loss may still be occurring or experienced as current.*

Source: Developing a youth AOD framework: engaging young people who use drugs. 2011. Dovetail Professional Development Training.

Resources



The National Centre of Excellence
in Youth Mental Health

Two at a time

Alcohol and other drug use by young people
with a mental illness


Dovetail

Training Resources News Videos

Supporting the youth alcohol & other drug sector in Queensland

Dovetail provides clinical advice and
professional support to workers, services and
... with young people
... other drug use

BUDDYS - Building Up Dual Diagnosis in Youth Services
HYDDI our partner service
Homeless Youth Dual Diagnosis Initiative



Victorian Dual
Diagnosis Initiative

Youth Dual Diagnosis
Resource Guide
2015

☰ **YouthAOD Toolbox** 🔍



Advance your practice knowledge
Help young people achieve their goals

What is this toolbox?

This toolbox provides practitioners in the youth
alcohol + other drugs field with reliable and
current information to help to increase their
knowledge and enrich their practice.

 WATCH HOW

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