

# Adolescent Substance Use Trends

Julita Peniston and Frederika Brangman

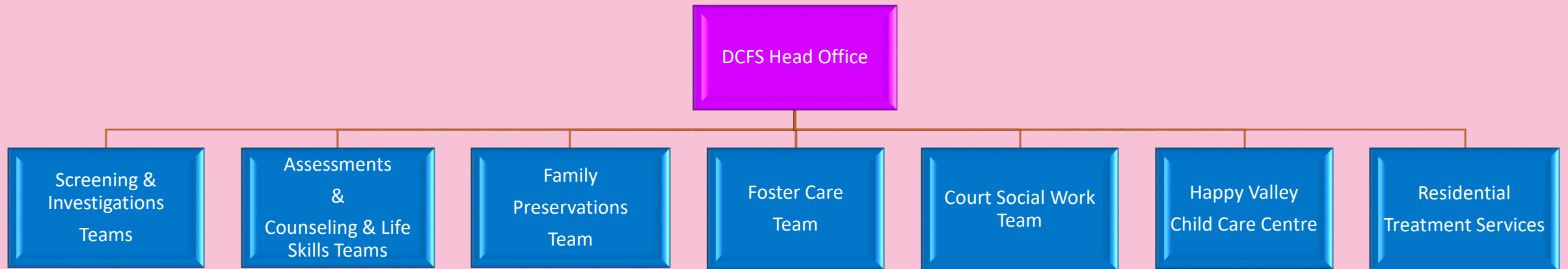


# Our History

Bermuda Youth Counselling Services (BYCS)



# Department of Child and Family Services Organizational Structure



# Our Team

Assessments & Counseling & Life Skills Services

Assessments &  
CLS Clinical Supervisor  
Dr. Zina Zuill, PhD, CFT

## Assessments Team

Dr. Annisha Peets, PhD, MSW, MSc.  
Sharika Thomas-Bather, MSW  
Shaydrina Hassell, MSW, MA

## Counseling Team

Julita Peniston, LCSW, CFT, ICADC, CCTP  
Frederika Brangman, MSW, ICADC  
Tonica Adams-Ray, MSc, CFT, CTP

# Our Services

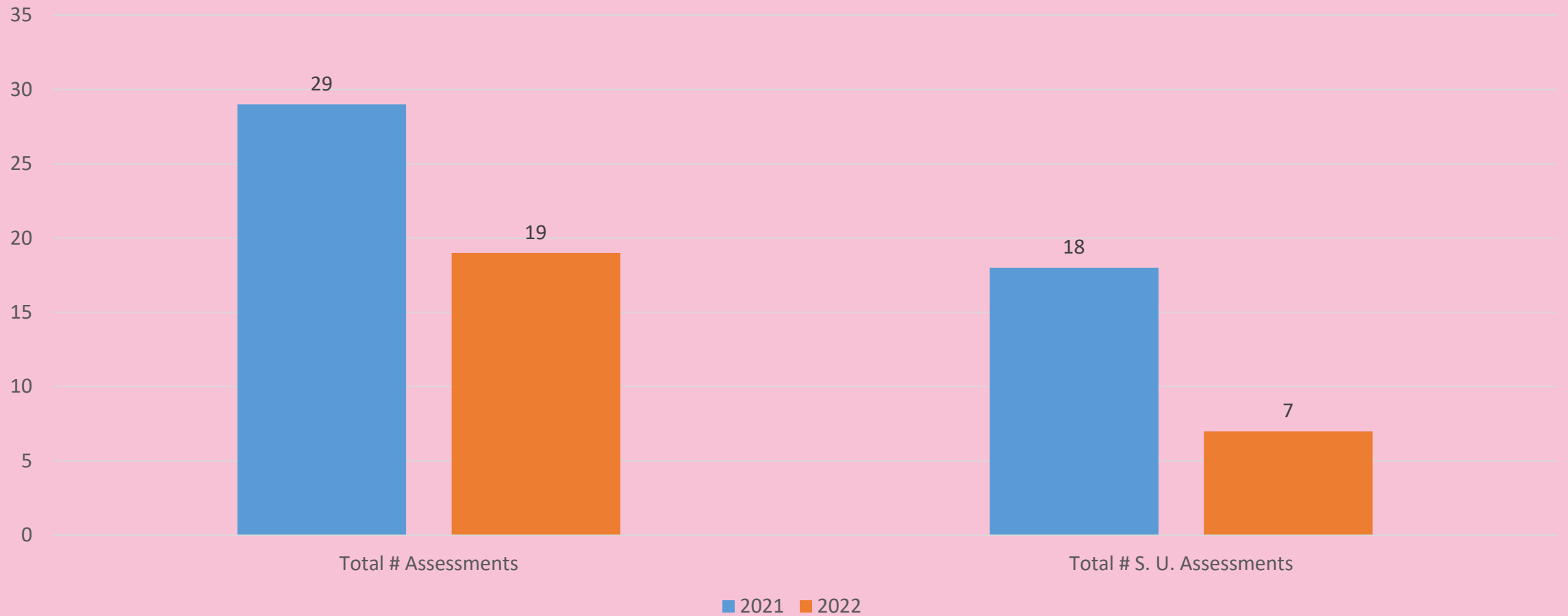
- Assessments
  - Social-Emotional
  - Cognitive
  - Substance
  - Family

- Counseling
  - Individual
  - Family
  - Groups
  - Psycho-Education



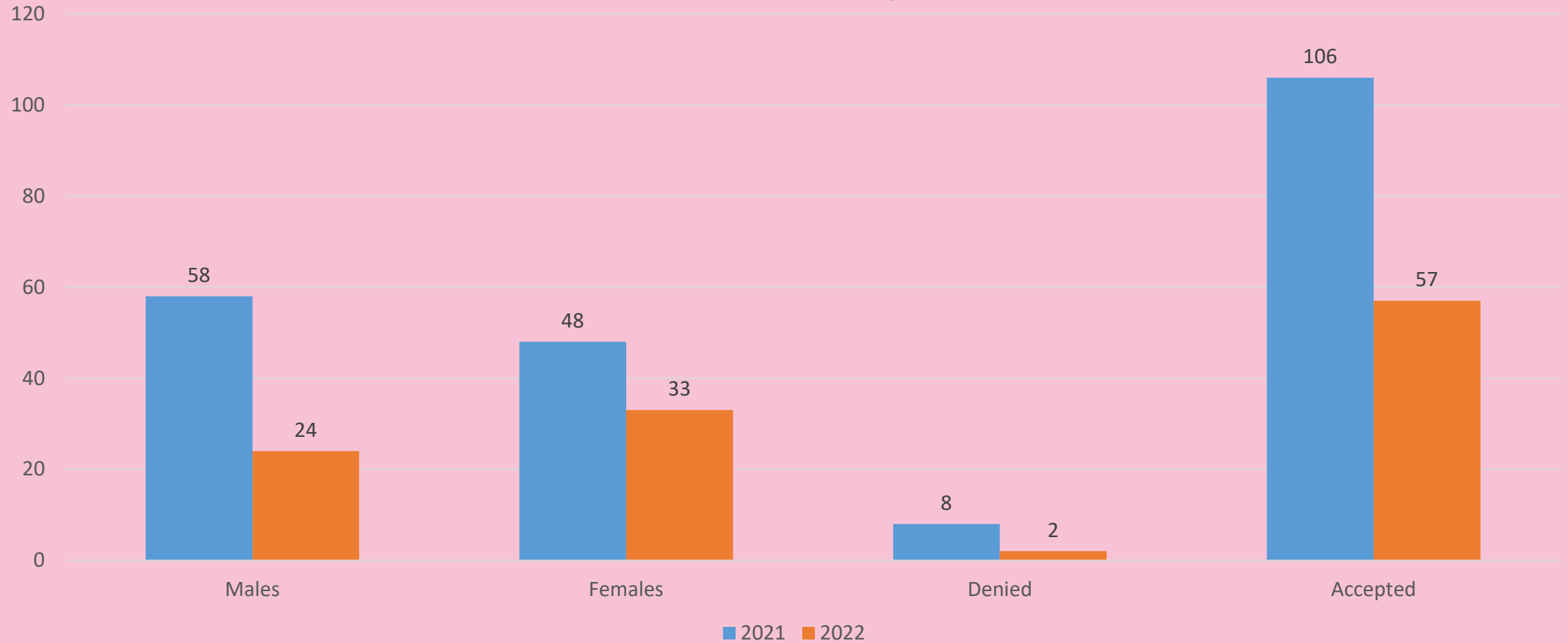
# DATA 2021-2022

## CLS Assessments



# DATA 2021-2022

## CLS Counseling



# Adolescent Trends



- Types of Substances
- Alcohol Use
- Marijuana Use – Plant Materials
- **Shatter New**
- **Vaping New**

- Contributing Factors
  - Family
  - School
  - Community



# Alcohol

- Current Trend: Hennessy
- Family Norms
- Holiday Trends
- Impact of COVID



# Marijuana



- Historical – Plant material
- Current – Shatter Concentrate



<https://www.youtube.com/watch?v=zbAY763zt4M>

# Vaping



VANILLA MEDLEY	ICED MANGO	BLUSHED MANGO
GOLDEN TOBACCO	CLASSIC PEACH	TEQUILA SUNRISE
AROMATIC TOBACCO	CRISP WATERMELON	LYCHEE ORCHARD
RICH TOBACCO	ORIGINAL STRAWBERRY	PASSIONFRUIT FIELDS
CRISP MINT	CUCUMBER MIX	FOREST BLUEBERRY
PEPPERMINT TOBACCO	DARK CHERRY	BERRY MIX
CREAMY MINT		

## Side effects of vaping

- Mouth and airways**
  - Irritation
  - Cough
  - Increased airway resistance
- Heart and circulation**
  - Chest pain
  - Increased blood pressure
  - Increased heart rate
- Stomach**
  - Vomiting
  - Nausea

## WHY VAPE?

Vape cartridges are portable, discreet, and convenient. They don't smell like Snoop Dog just walked by, plus they are popular among both beginner and experienced consumers. At Ethos, we offer a wide variety of cannabis vapes.

CHECK OUT OUR REASONS WHY THEY SHOULD BE YOUR NEXT PURCHASE >>>

# Risk Watch List

Fentanyl – Rainbow Candies (Skittles, Nerds, Gummy Bears)  
Powder & Blocks - DEA Update August 30, 2022



# DCFS Substance Use Referral Process



Contact

278-9111

(Children's Hotline)

from Police, Schools, Family, Mandated Reporters... anyone can call!

## Screening & Investigation

### Counseling & Life Skills for Substance Use

All others referrals are assessed internally regarding identified services



**What the referrer tells you**

**What the case  
actually involves**

@socialworkersdownunder

# Presenting Factors...

## Adolescent Behavioral Perspective

Now let's take a look at the causes of teen stress.

- § Academic Stress
- § Social stress
- § Financial stress
- § Physical stress
- § Stress due to divorce of parents
- § Romantic relationships
- § Traumatic events
- § Poor self-esteem
- § Poor time management
- § Unhealthy competition
- § Social media and technology

*Looking at the causes of teenage stress, it boils down to teenagers feeling like they are not able to cope with demands being placed upon them. When this happens, inadequately managed stress can lead to anxiety, withdrawal, aggression, physical illness, or poor coping skills such as smoking and the use of alcohol or drugs.*



# Family

- Family
  - Changes within the family structure e.g. Divorce
  - Substance use within the family system
  - Domestic violence
  - Multigenerational trauma
  - Grief and loss
  - Mental Illness – Dual Diagnosis
  - Medical Health ↔ Financial





# School



## ➤ School

- Academic Expectations – COVID/ Remote learning & adjusting back to life on campus
- Peer-relationships & bullying
- Social Media
- Grief and loss
  - Gang influences
  - Sport performance
  - Gateway
  - Lack of resources

# Community



## ➤ Community

### ➤ INFLATION – HIGH COST OF LIVING

- Employment
- Housing
- Decriminalization
- Cultural norms
- COVID Fatigue

# Supportive Resources

## 5 TIPS TO HELP TEENS COPE WITH STRESS

### GET SOME SLEEP



Getting enough sleep helps you grow and develop normally, pay attention throughout the day, and maintain overall health. For teens, this means about **8-10 hours each night**.



### FOCUS ON YOUR STRENGTHS



Take time to **think about what you're good at** and ways to do more of those things. By focusing on and building your strengths, you can keep your stressors in perspective.



### DO THINGS THAT MAKE YOU HAPPY



**Find activities or hobbies that make you happy** and incorporate them into your daily life.



### ENGAGE IN PHYSICAL ACTIVITY



**Exercise takes our mind off stress** and releases chemicals in our brain that make us feel better. This can be anything from a stroll in the park, to a downhill bike ride or basketball game with friends.



### TALK TO SOMEONE



It can be hard to manage stress alone. Talk to a parent, teacher or other trusted adult about your problems and they may be able to help you find **ways to manage your stress**.



MHFA.org/teens

## SUPPORTING A LOVED ONE DEALING WITH MENTAL AND/OR SUBSTANCE USE DISORDERS

### STARTING THE CONVERSATION

When a family member is drinking too much, using drugs or struggling with a mental disorder, your support can be key to getting them the treatment they need. Starting the conversation is the first step to getting help.

#### How You Can Help

- IDENTIFY AN APPROPRIATE TIME AND PLACE.** Consider a private setting with limited distractions, such as at home or on a walk.
- EXPRESS CONCERNS AND BE DIRECT.** Ask how they are feeling and describe the reasons for your concern.
- ACKNOWLEDGE THEIR FEELINGS AND LISTEN.** Listen openly, actively, and without judgement.
- OFFER TO HELP.** Provide reassurance that mental and/or substance use disorders are treatable. Help them locate and connect to treatment services.
- BE PATIENT.** Recognize that helping your loved one doesn't happen overnight. Continue reaching out with offers to listen and help.

#### What to Say

"I've been worried about you. Can we talk? If not, who are you comfortable talking to?"

"I see you're going through something. How can I best support you?"

"I care about you and am here to listen. Do you want to talk about what's been going on?"

"I've noticed you haven't seemed like yourself lately. How can I help?"

For more resources, visit [www.SAMHSA.gov/families](http://www.SAMHSA.gov/families).

If you or someone you know needs help, call **1-800-662-HELP (4357)** for free and confidential information and treatment referral.

SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities. 1-877-SAMHSA-7 (1-877-726-4727) • 1-800-487-4889 (TDD) • [www.samhsa.gov](http://www.samhsa.gov)



Substance Abuse and Mental Health Services Administration

## #ProtectUrSelfie

### Develop positive alcohol- and drug-free ways to deal with stress!



#### FOCUS ON WHAT YOU CAN CONTROL.

The one thing you always have control over is your attitude and how you can react to the situation.



#### TAKE CARE OF YOUR BODY

Exercise, eat healthy, get enough sleep, take deep breaths which can help reduce anxiety and make you feel calmer.



#### TAKE CARE OF YOUR MIND

Journal, talk about your stresses, and focus on the good stuff!



#### SURROUND YOURSELF WITH THE POSITIVE

Express your gratitude to someone you are grateful for, surround yourself with things or people who make you laugh, spend time with positive people doing positive things, look for things that give you joy!







#### BE AN EXAMPLE

Use social media to show friends how you are #CopingWithCovid in a positive, alcohol- and drug-free way.

[WWW.POWEROFYOUTH.COM](http://WWW.POWEROFYOUTH.COM)

# Solution Based Collaborations

		<b>Bermuda Drug Information Network</b>		
		Department for National Drug Control & Services		
		Department of Child & Family Services		
		Bermuda Police Service		
		Bermuda Hospitals Board – KEMH/MWI/CAS		
		Ministry of Education		
		Court Services		
		HMS Customs		
		Government & Private Practitioners (Medical & Mental Health)		
		Pro-Social Clubs		
...and the many other supportive individuals and services in Bermuda who aid in improving the circumstances and reducing substance use risks regarding Bermuda’s children & families				



*Thank  
you*