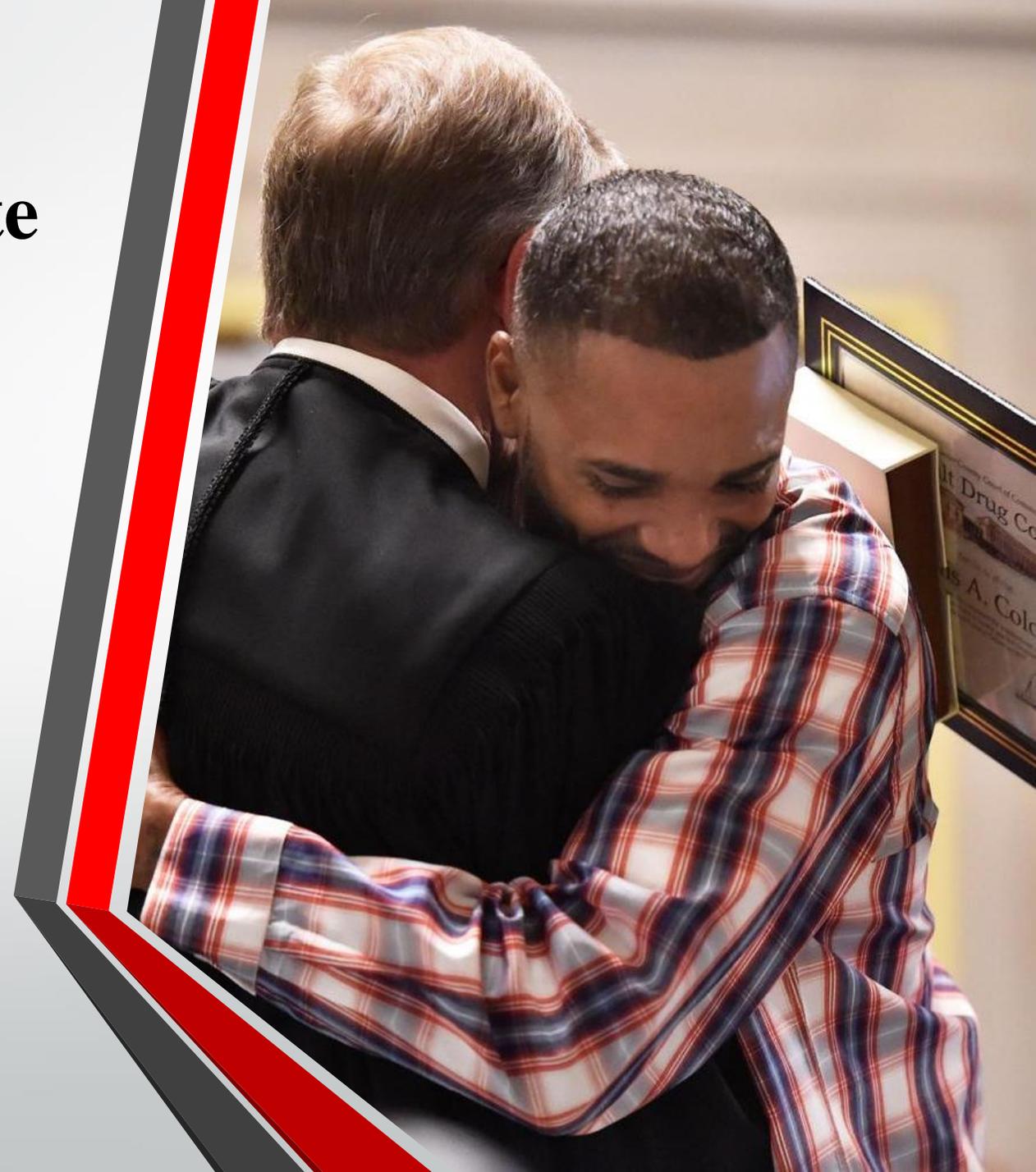
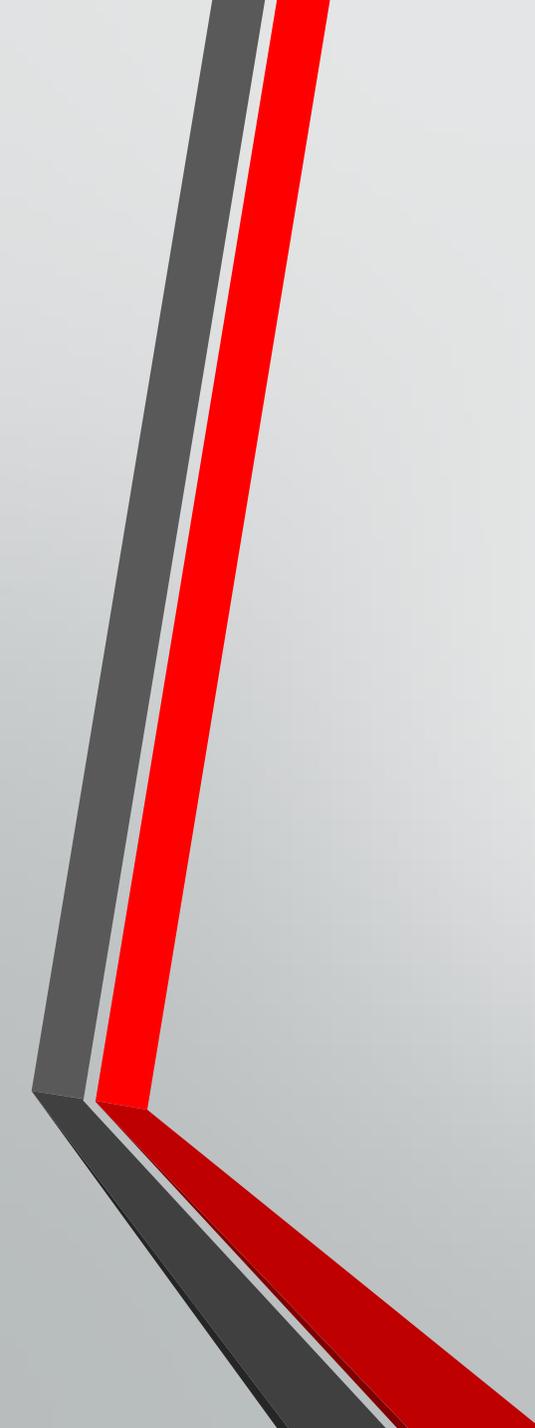


The Importance of Collegiate and Young Adult Substance Use Disorder Treatment in the Justice System

Kitty Harris, PhD, LMFT, LCDC

Summit Behavioral Health





Overview

- Emerging Adults
- Neuroscience of Emerging Adults
- Developmental Issues
- Process Model of Addiction and Recovery
- Resilience
- Social Support
- Structured Style



Why Focus on Emerging Adults?

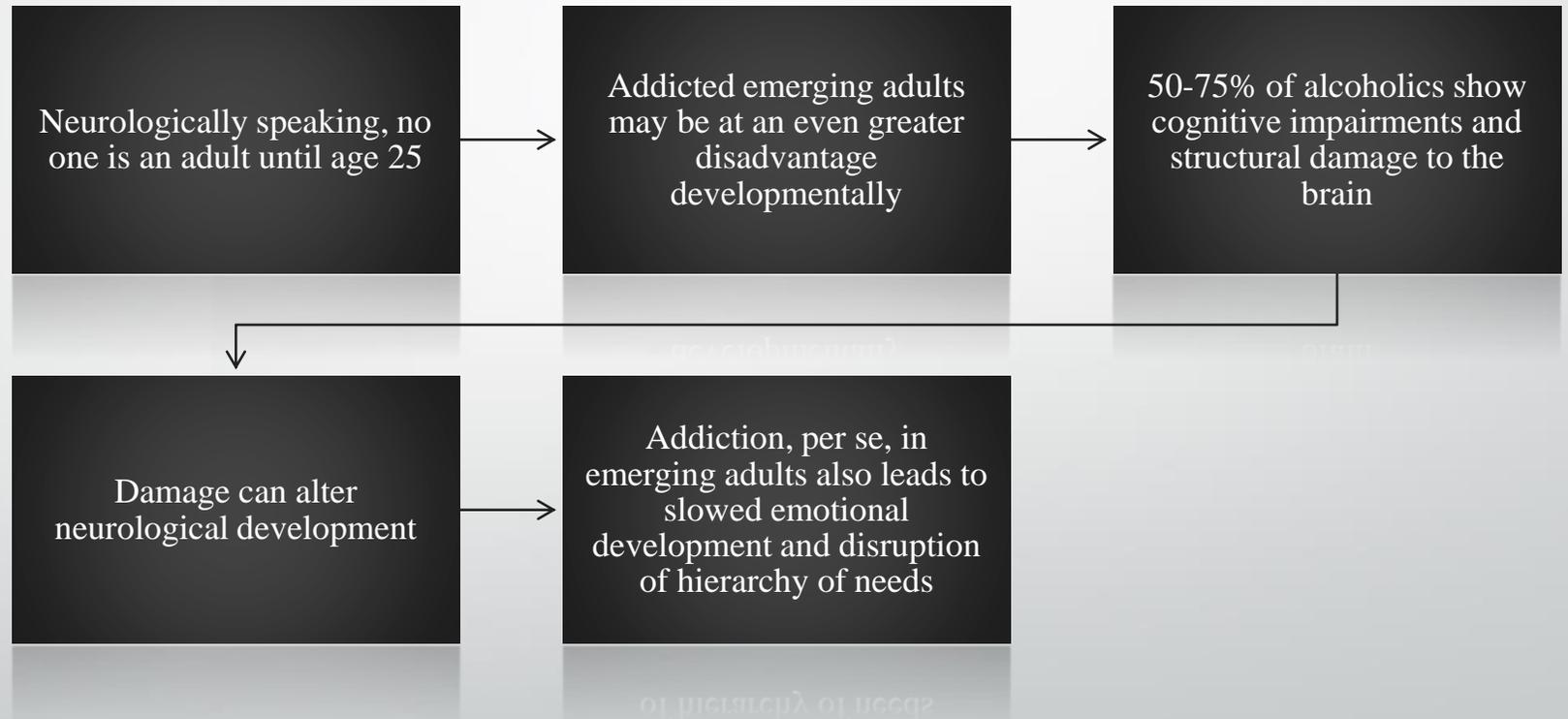
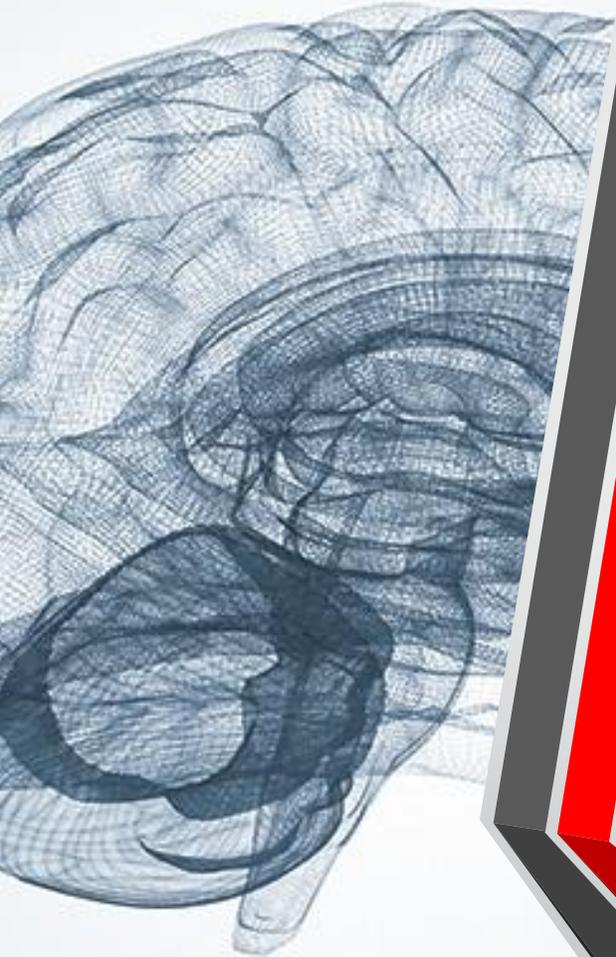
- The peak developmental period for onset of substances use disorder is young adulthood
- The median age for onset of substance use disorder is 20 years old
- Among emerging adults in college with addiction problems, less than 10% ever seek assistance
- Treatment aligns well with hierarchy of needs for adolescents and emerging adults

Emerging Adults

- Substance use is highest among college age group
- 49% of college students binge drink and/or abuse prescription/illicit drugs
- 23% of college students meet the criteria for substance use disorder
- 15.5% of emerging adults needed substance use treatment in 2015
- An estimated 4% of students on any given college campus are in recovery from addiction



Neuroscience of Emerging Adults



Developmental Issues

Defining Terms

- **Egocentrism**: The belief that others are preoccupied with one's appearance and behavior
- **Imaginary Audience**: A consequence of Egocentrism. Continuously reacting to an imaginary audience, acutely aware of their actions and perception of self toward others
- **Personal Fable**: A constructed narrative one believes is true. Leads to dysfunctional thoughts and behavior
- **Adolescent Development Needs Hierarchy**:
 - Personal Safety
 - Emotional Security
 - Sense of Identity
 - Belonging
 - Mission

Developmental Issues



Physical safety

“Knowing I am safe”



Emotional security

“Knowing my feelings will be heard”



Identity

“Knowing who I am”



Competence

“Knowing I have abilities”



Belonging

“Knowing where I fit”



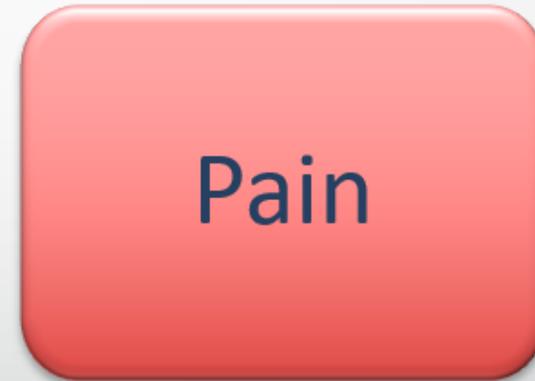
Mission and purpose

“Knowing my life has meaning”

Process of Addiction

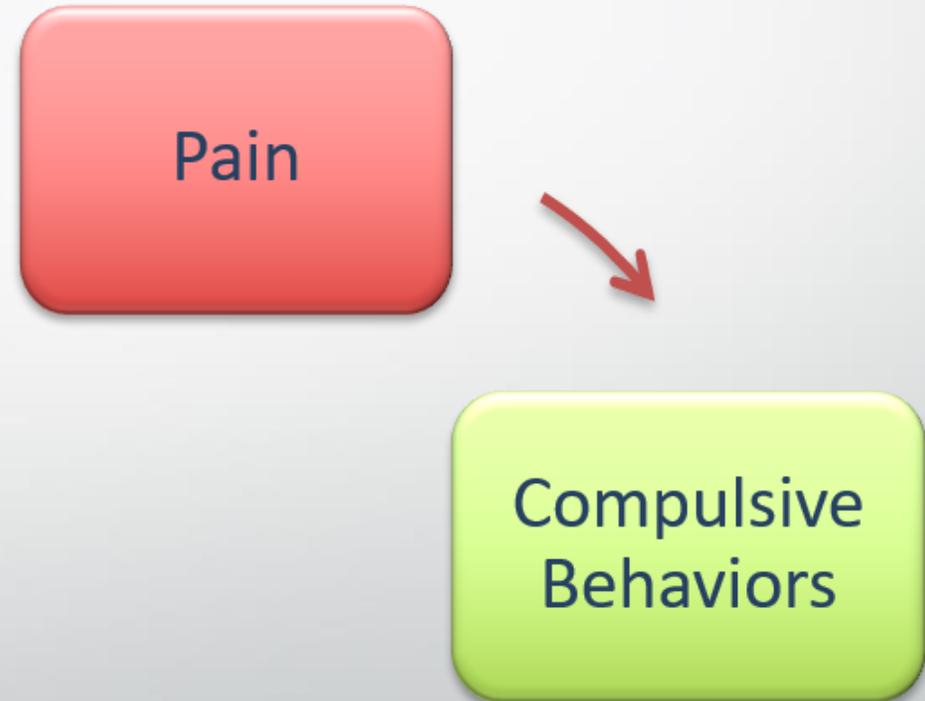
Pain

- Physical
- Mental
- Emotional
- Social
- Spiritual



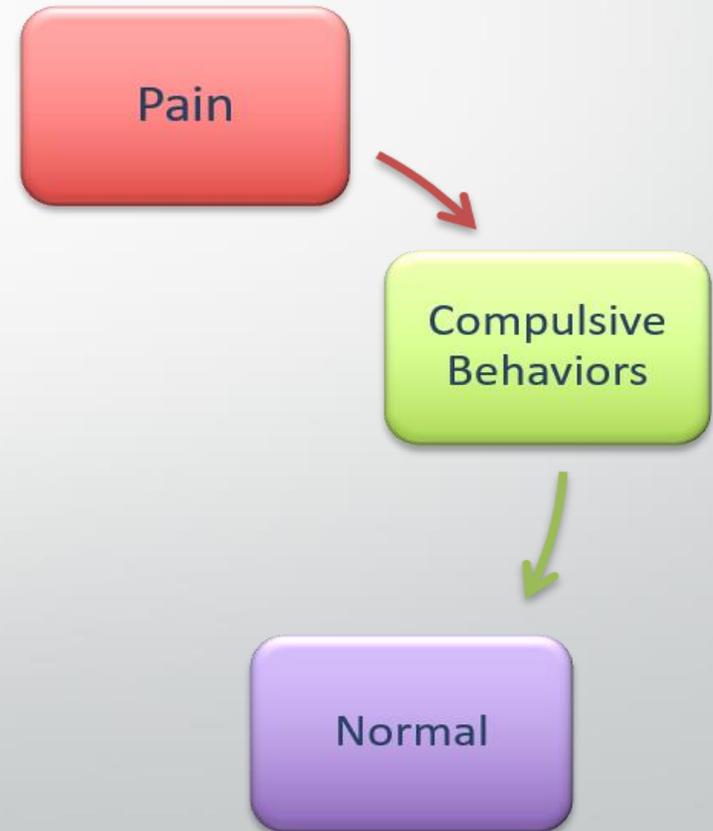
Compulsive Behaviors

- Using Substances
- Over-Eating or Restricting
- Over-Exercise
- Sex
- Self-harm



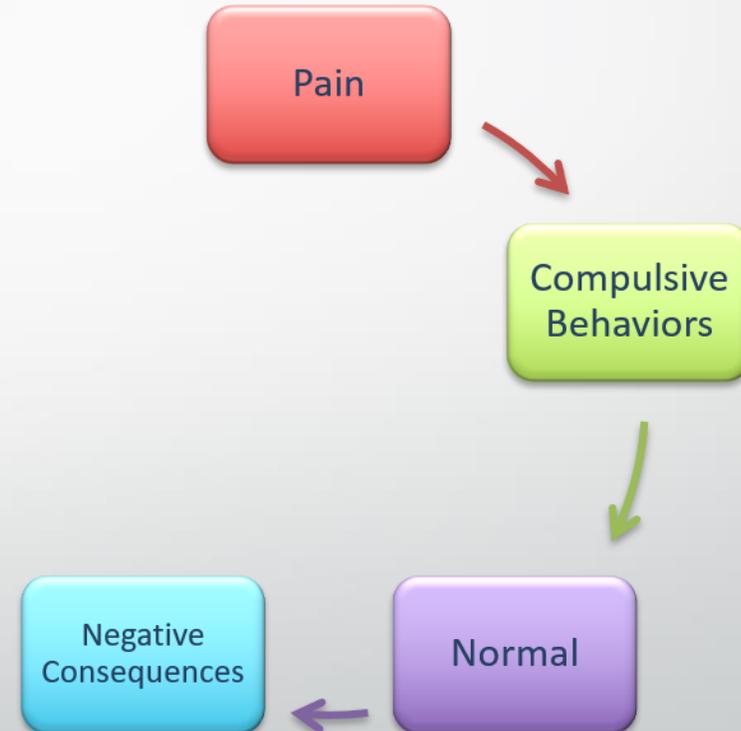
Normal

- People use substances and behaviors to feel “normal” and bring some sort of relief for their pain.



Negative Consequences

- **Types of consequences**
 - Legal
 - Health
 - Relationship
 - Employment or School
 - Financial



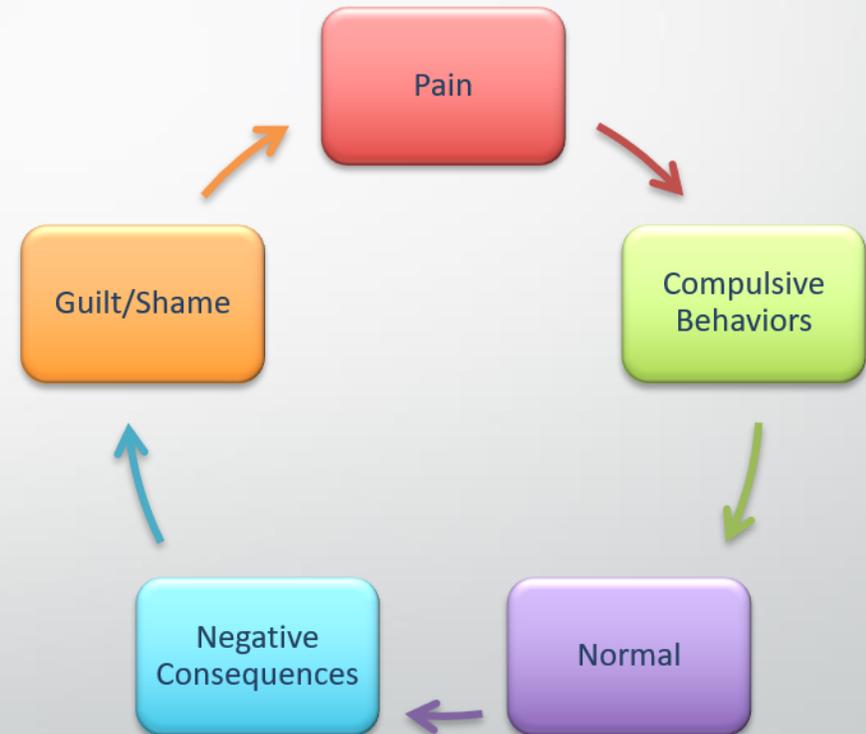
Guilt/Shame

- **Guilt**

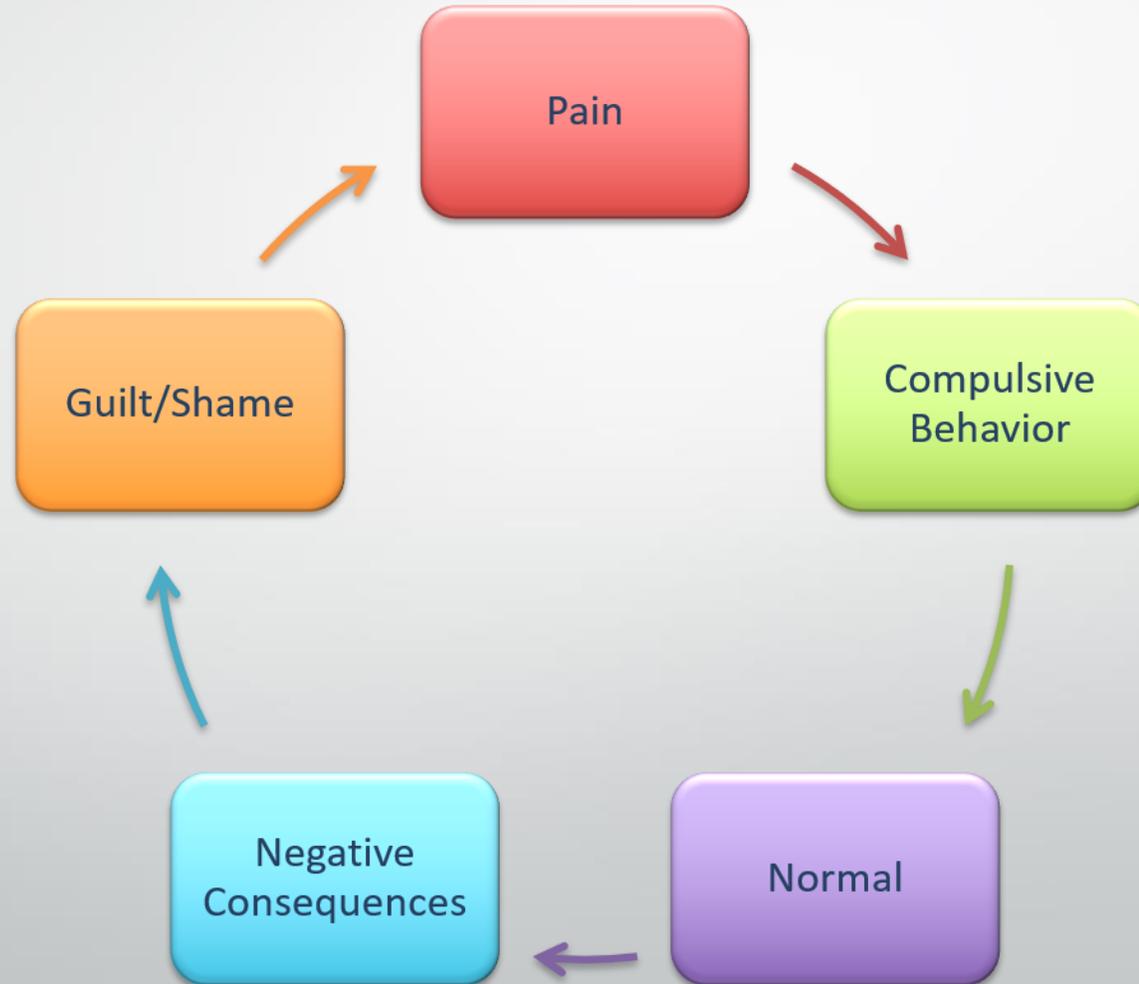
- Guilt is feeling bad about what you do.

- **Shame**

- Shame is feeling about who you are.



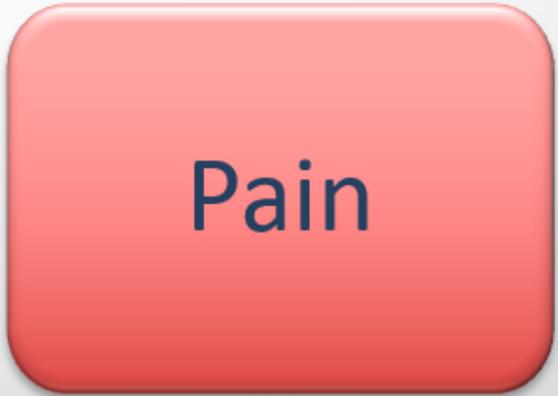
Compulsive Cycle



Process of Recovery

Pain

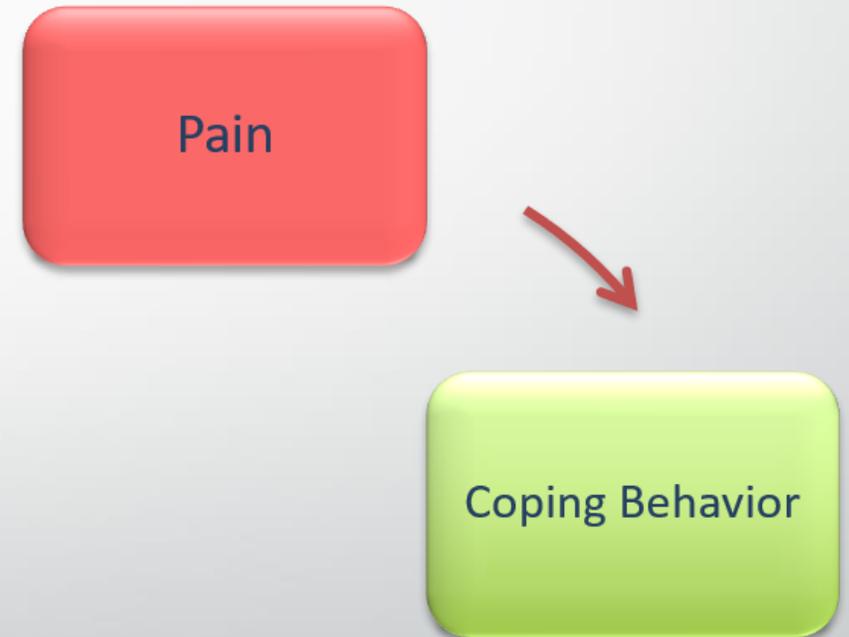
- Physical
- Mental
- Emotional
- Social
- Spiritual



Pain

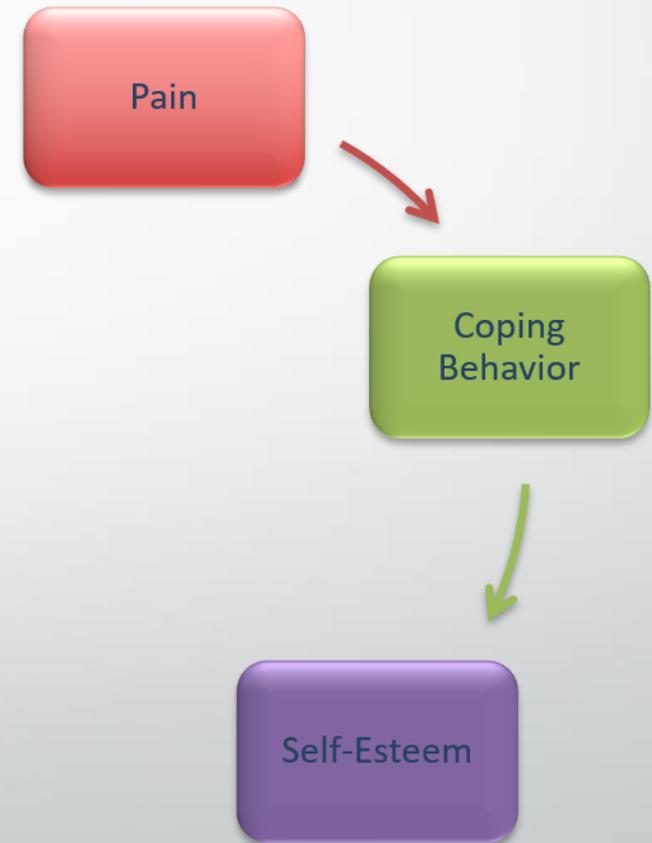
Coping Behaviors

- **Utilizing healthy coping skills**
 - Talking to someone
 - Working a 12-Step program
 - Journaling
 - Going on a walk
 - Meditating



Self-Esteem

- A feeling of pride in oneself
- Being confident or satisfied with oneself
- A person's overall emotional evaluation of his or her own worth



Positive Consequences

Types of consequences

- Legal
- Health
- Relationship
- Employment or school
- Financial

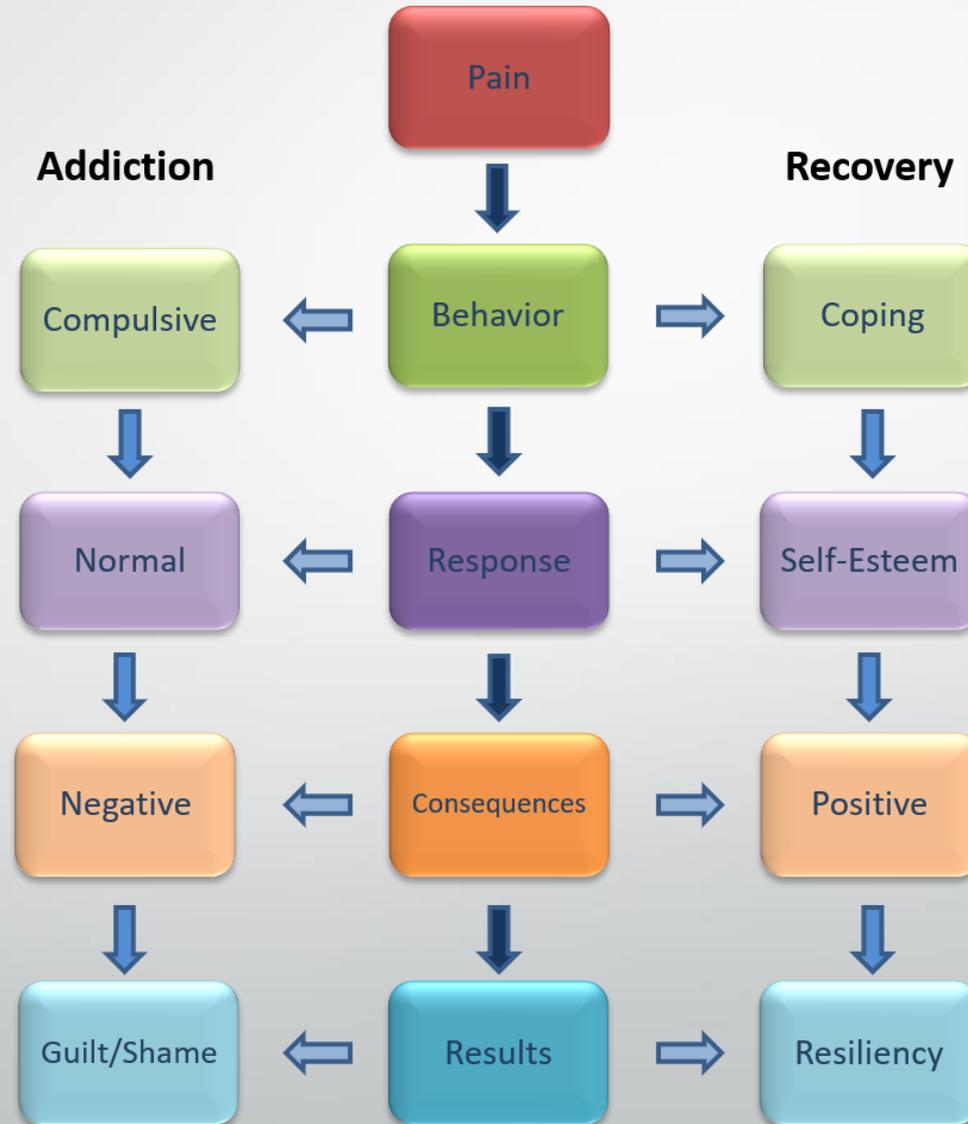


Resiliency

- Ability to recover from the strain of the negative situation or to overcome obstacles despite their impact on an individual's life



Process Model of Addiction & Recovery



Resilience

- Resilience is defined as one's ability to thrive during periods of **stress**
- Healthy levels of resilience have been shown to reduce the psychological impact of:
 - Child abuse
 - Bereavement
 - Natural Disasters
- A large body of research suggests **stress** is the greatest predictor of **relapse**
- Thus, investigating level of resilience in recovery may help us understand successful addiction recovery

A group of diverse young adults, including men and women of various ethnicities, are standing in a circle on a grassy field. They are all smiling and holding hands, suggesting a supportive community. The background shows a clear sky and some buildings in the distance.

Social Support

- Differences in social support can be seen before and after treatment
- Those who successfully enter recovery decrease high-risk and increase low-risk friends
- Greater social support system (i.e., increased scores on the Social Resources Scale) may elicit greater recognition of one's former addiction related interests, which clash with their current recovery-influenced social support system

Structured Style

- Structured behavior and goals are critical factors associated with successful recovery lifestyle
- The importance of structured style is highlighted through emphasis on consistent meeting attendance, active engagement in sponsorship, and regular involvement in recovery culture activities



Conclusion

- Treatment aligns well with hierarchy of needs for emerging adults
- Identifying developmental issues among emerging adults
- Transition from compulsive behaviors to the process of recovery
- Developing resilience through social support and structure
- References may be requested