

Youth Substance Use Disorder Programs

- ▶ New users of alcohol often start before age 18. Most people who develop substance use disorders (SUD) begin using before age 25. Studies show that among adolescents (ages 12-17) and young adults (ages 18-25), frequent marijuana use is associated with concurrent or eventual opioid misuse, heavy alcohol use, and depression. The Oregon Health Authority is working to address factors contributing to early use of substances, including misuse and substance use disorders.
- ▶ To promote prevention, best practices and cross-system collaboration throughout Oregon's SUD treatment system, OHA works with a variety of partners, programs, and stakeholders, including:
 - "12-step" (self-help) organizations
 - Faith-based organizations
 - Family organizations
 - Hospitals and emergency rooms
 - Intellectual and developmental disability programs
 - Culturally specific organizations
 - Juvenile court systems
 - Juvenile justice systems including the Oregon Youth Authority
 - Primary care clinics
 - Mental health treatment programs
 - Schools and school districts
 - SUD treatment - outpatient/residential

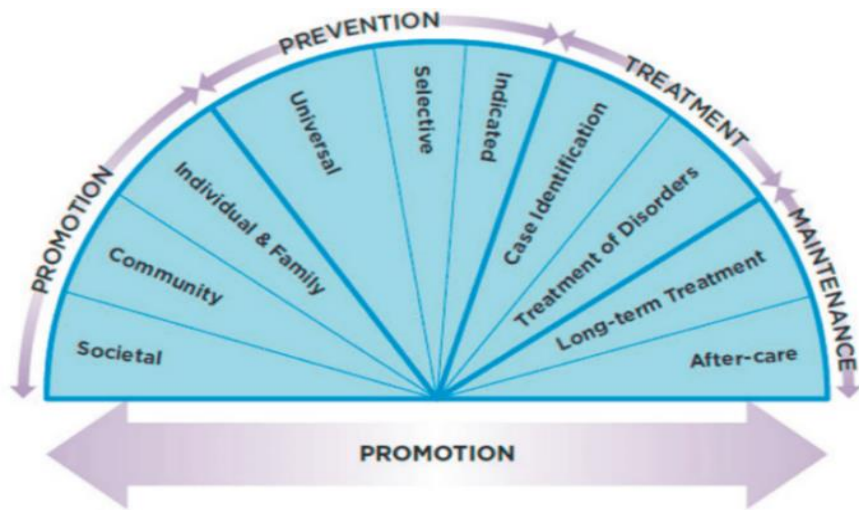


Figure 1. adapted from *Mental Health Intervention Spectrum*, 2009ⁱ

In addition, contracted SUD service providers must provide developmentally focused, age-appropriate services using the Spectrum of Mental, Emotional, and Behavioral Health (Institute of Medicine, 2019)ⁱⁱ.

Promotionⁱⁱⁱ:

- ▶ Public policy, supportive environments, community action, and personal skills that promote health (such as promoting healthy lifestyles, resilience, protective factors, etc.).

Prevention^{iv}:

- ▶ Universal: strategies for the entire population (community, school, and neighborhood) with messages and programs aimed at preventing or delaying the use and misuse of alcohol, tobacco, cannabis, and other drugs.
- ▶ Selective: strategies for subsets of the total population who may be experiencing higher risk of substance misuse by virtue of their membership in a particular population segment.
- ▶ Indicated: strategies designed for individuals who have started using substances (early use) yet have not been diagnosed with a substance use disorder.

Treatment:

- ▶ Substance Use Disorder treatment programs for youth occur in residential and outpatient settings that include family, individual and group therapy. Therapy assists youth to review the reasons they use substances and habits that lead to substance use.

Therapy provides recommendations for lifestyle changes youth can make to modify those habits, and helps youth understand the impacts of peer groups and peer pressure. Other services include monitoring through urinalyses, discussion of life events that may have impacted substance use and provision of family and youth peer support.

- ▶ Children under age 12 often need a treatment plan matched to their developmental level and skills and should not be treated with older adolescents ages 13 to 17.
- ▶ Adolescents are most appropriately treated with their peers and not with adults.

Recovery^v:

- ▶ Recovery is a process of change through which individuals improve their health and wellness, live self-directed lives and strive to reach their full potential.

Because setbacks are a natural part of life, resilience becomes a key component of recovery. Resilience is a person's skill or ability to bounce back after difficult times. Recovery is characterized by continual growth and improvement in one's health and wellness and managing setbacks.

Program contact

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Resources for Oregon youth seeking treatment and care:

- ▶ If you or someone you know has a SUD, find [resources from the Substance Abuse and Mental Health Services Administration](#) (SAMHSA) or call the [SAMHSA National Helpline](#) for free, confidential treatment referral and information at 1-800-662-HELP (4357).
- ▶ If you know a high school-age youth that would benefit from a safe, sober and supportive school environment, please contact [Harmony Academy](#), [Rivercrest Academy](#), or the new program [Discovery Academy](#)

Residential Youth Treatment Facilities in Oregon:

[Madrona Recovery](#): 503-749-0200 (co-occurring disorders, licensed as psychiatric and SUD residential)

[Adapt Deer Creek](tel:541-672-2691): 541-672-2691

[NARA Youth Residential Treatment Center](tel:971-274-3757): 971-274-3757

[Rimrock Trails](tel:888-532-6247): Toll Free, 888-532-6247 or Residential Admissions, [458-207-6443](tel:458-207-6443)

The [Oregon Youth Authority](#) also provides substance use treatment within its facilities.

ⁱ National Research Council (US) and Institute of Medicine (US) Committee on the Prevention of Mental Disorders and Substance Abuse Among Children, Youth, and Young Adults: Research Advances and Promising Interventions; O'Connell ME, Boat T, Warner KE, editors. Washington (DC): [National Academies Press \(US\)](#); 2009.

ⁱⁱ National Academies of Sciences, Engineering, and Medicine 2019. Fostering Healthy Mental, Emotional, and Behavioral Development in Children and Youth: A National Agenda. Washington, DC: The National Academies Press. <https://doi.org/10.17226/25201>.

ⁱⁱⁱ Kumar, S., & Preetha, G. (2012). Health promotion: an effective tool for global health. Indian journal of community medicine: official publication of Indian Association of Preventive & Social Medicine, 37(1), 5–12.

^{iv} National Institute of Drug Abuse. 1997. *"Drug Abuse Prevention: What Works."*, p. 10-15.

^v SAMHSA. (n.d.) Recovery and Recovery Support. Retrieved September 2022, from <https://www.samhsa.gov/find-help/recovery>