



# Adolescents and Fentanyl

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# Adolescent Substance Use: A Risk Reduction Model for Care

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# Sea Mar Adolescent Medical Clinic

- **2019:** parents and patients expressed an interest in adolescent substance use disorder (SUD) services that included support for Spanish Speaking families.
- **2020:** during COVID lockdown demand for adolescent SUD and medications for opioid use disorder (MOUD) services increased.
- **2021:** Sea Mar Adolescent Medical Clinic started a formal SUD program including Adolescent MOUD and SUD Counseling.





# Sea Mar Adolescent Medical Clinic

## Currently:

- 50+ total adolescents received/receiving **MOUD** services (ages range 13-21)
- Majority identify as BIPOC
- Majority are at/under federal poverty level
- Majority referred from a residential substance use program
- Almost all participants in MOUD care are engaged in SUD counseling and/or SUD peer groups
- Most have an adult or parent/guardian become part of the care team





# Why do we see substance use during adolescence?

- Adolescence is typically the time when use develops.
- Currently, around 6 to 9% of adolescents using opioids will go on to develop opioid use disorder within 6 to 12 months (Borodovsky JT, 2018).
- Less than 3% of adolescents in outpatient or inpatient SUD programs receive medication for OUD (Borodovsky JT, 2018).
- Further disparities exist for non-Hispanic (NH) Black and Latinx adolescents. When compared to NH White adolescents, NH Black and Latinx adolescents are even less likely to receive medication for OUD (Hadland SE, 2017).

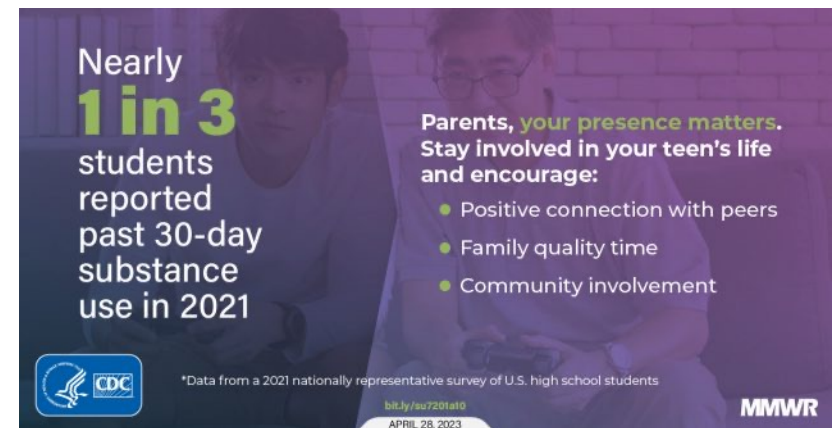


FIGURE. Prevalence of current\* co-occurring substance use among high school students who reported any current substance use<sup>†</sup> — Youth Risk Behavior Survey, United States, 2021

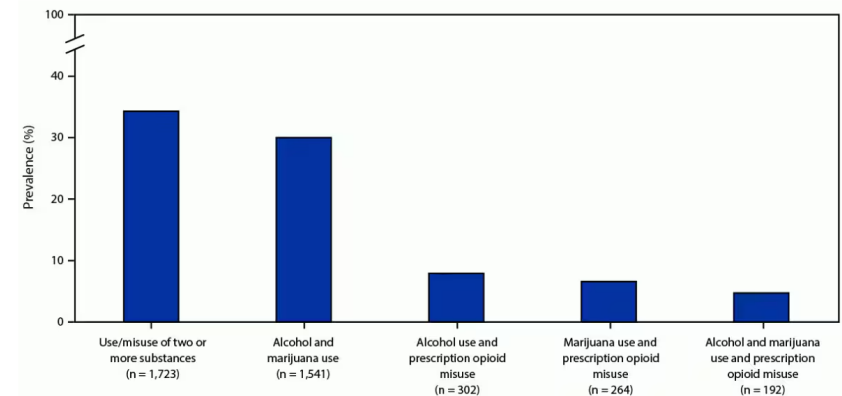


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Current co-occurring substance use

# Why do we see substance use during adolescence?

- As a result, the majority of adolescent OUD treatment programs rely on detoxification which can lead to increased risk of overdose and poor retention rates in these programs (Camenga Deepa R., 2019).
- A call to action was recognized in 2016, when the American Academy of Pediatrics released a policy statement recommending treatment of adolescent opioid use disorder (OUD)

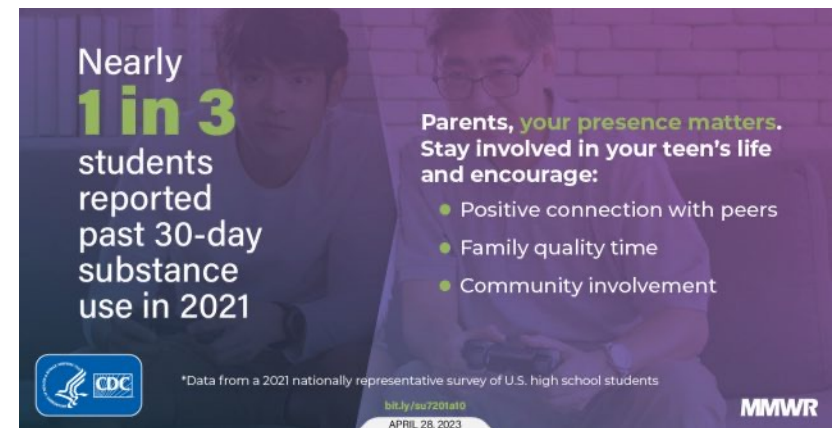


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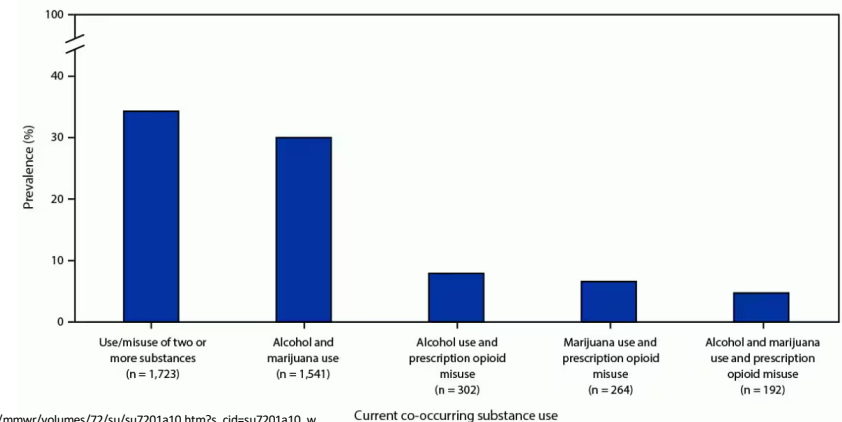


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# Why is MOUD not widely offered?

- Most providers (including pediatricians) did not receive training in management of adolescent substance use.
- Most adolescent subspecialty programs do not include training on identification or management of OUD.
- Addiction subspecialty programs have historically focused on adult care.
- Historically Waiver X limited access to prescribers, since its removal uptake amongst providers has been slow.
- There are no existing long-term studies on the risks of buprenorphine use for OUD on the adolescent brain, however, waiting on these would be inappropriate given the significant health risks associated with chronic opioid use including risk for overdose and death (Camenga Deepa R., 2019).



# Sea Mar Adolescent Clinic Approach

- **Screening**

- Substance Use
  - Types (modalities, duration, frequency)
  - Reasons for use
  - Behaviors around or during use
- Co-occurring diagnoses: anxiety, depression, PTSD, eating disorders

- **Avoid abstinence-only language**

- **Always prescribe Narcan regardless of substance being used**

- **Medication management:**

- Opioid use disorder
- Alcohol use disorder
- Methamphetamine use disorder
- Nicotine use
- Co-occurring diagnoses





# Sea Mar Adolescent Clinic Approach

- **Overdose Education and Prevention (discussed with patient and supportive caregivers or guardians)**
  - Never use alone
  - Keep your phone charged and ON
  - Add emergency contacts on your phone
  - Use a fentanyl test strip to test your substance(s) of choice
  - Always carry Narcan
  - If you feel “off” or very tired or have challenges breathing, Narcan yourself
  - Don’t hesitate to call 911



# Resources for Parents

**Center for Motivation and Change developed a guide that provides parents with tools on:**

- Goal setting
- Self care
- Communication
- Avoidance of enabling behaviors
- Managing substance use in the home with positive reinforcement and natural consequences

20<sup>o</sup> minute guide

A guide for parents about how to help their children change their substance use





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# Interagency Recovery Academy

## THE RECOVERY ACADEMY - WASHINGTON'S ONLY SOBER PUBLIC HIGH SCHOOL

Seattle Public Schools' Interagency Recovery Academy

“The Recovery Academy gave me a place to fit in and find comfort in a sober lifestyle that not many people my age were doing. It gave me an environment where my ideas were valued, and my problems met with solutions rather than dismissal.”



### Academic Support

- ▶ A combination of classroom instruction and online learning
- ▶ Small class sizes
- ▶ Credit Retrieval
- ▶ Running Start opportunities and job readiness assistance

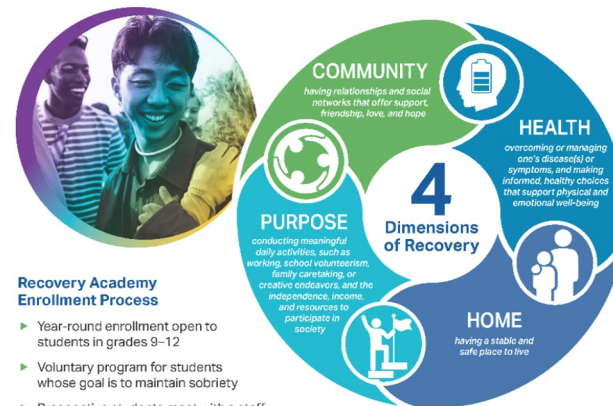
### Recovery Support

1. Individualized recovery plans
2. On-site substance use counseling and sober support groups
3. Positive pro-social recovery community
4. Referrals to mental health and other resources

### Approach

The Interagency Recovery Academy is for high school students in grades 9–12 who are actively working toward their academic, career, and recovery goals. Within a student-centered environment, the program promotes the Four Dimensions of Recovery: Health, Home, Purpose, and Community.

Daily recovery groups build shared accountability among students who support each other as they progress through key milestones of sobriety. The school also partners with community organizations who provide additional resources to students and families after school.



### Recovery Academy Enrollment Process

- ▶ Year-round enrollment open to students in grades 9–12
- ▶ Voluntary program for students whose goal is to maintain sobriety
- ▶ Prospective students meet with a staff member where they may ask questions and discuss how the school might meet their needs.
- ▶ During the initial visit, prospective students meet with a staff member and may ask questions and discuss how the school might meet their needs.

### What It's Like Being a Recovery Academy Student

Being in recovery means that students are building sober lifestyles in and out of school by cultivating connections with peers, engaging in fun pro-social activities, and being a presence in the recovery community. **More than half (51%) of Recovery Academy students have more than one year of recovery following initial enrollment.**



Graphic is based on SAMHSA's 4 major dimensions of recovery: <https://www.samhsa.gov/find-help/recovery>

### Contact Information

#### TO SCHEDULE A VISIT TO THE RECOVERY ACADEMY

**Seth Welch, MSW, SUDP**  
Student and Family Advocate  
206-947-1532

**Eric Mansfield**  
Recovery Academy Campus Lead  
206-252-1812

FOR INFORMATION ABOUT INTERAGENCY ACADEMY

**Bjorn Danielson**  
Assistant Principal  
206-659-2982

FOR MORE INFORMATION ABOUT THE RECOVERY ACADEMY

**Jessica Levy, MSW**  
Outreach Coordinator  
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