LAUNCHING YOUR TEEN SAFELY

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LEARNING OUTCOMES

I. Recognize the extent of mental health issues affecting emerging adults
II. Learn about new research on resilience and parenting skills
III. Increased awareness of UVA and national resources
WHO’S HERE?
What are your concerns?
WHAT’S HAPPENING IN HIGH SCHOOLS AND ON CAMPUS?
young people has some form of diagnosable mental illness.
Disordered eating is the deadliest mental illness claiming more lives than any other.
DEPRESSION AND SUICIDE

BY THE NUMBERS

23% of students who committed suicide were treated at student counseling centers

Suicide is the 11th leading cause of death for young people aged 15 to 24

But 3rd

56% Increase in number of college students reporting depression symptom in the past 6 years
44% of college students have felt so depressed it was hard to function.
1 in 4 females & 1 in 6 males will become victims of sexual violence...

...it’s four times more likely to occur on college campuses.
How big of an issue is it?

In a survey of 11,500 college students, 47% said they were hazed during high school.

Hazing generally occurs in co-curricular activities, such as athletics and performing arts, but 16% claimed to experience “class hazing” — an initiation into the high school itself.

On average, males are hazed 2.4 times in high school:

- 900 males

females, 1.5 times:

- 500 females
Charlottesville/Albemarle 9th-12th Graders (2012)

Social Norms

During the past 30 days, how many times did [you/a typical student] ride in a car or other vehicle driven by someone who had been drinking alcohol?*

- You: 12
- Perceived Typical Student: 59

...how many times did [you/a typical student] drive a car or other vehicle when you had been drinking alcohol?*

- You: 4
- Perceived Typical Student: 54

...on how many days did [you/a typical student] have at least one drink of alcohol?*

- You: 23
- Perceived Typical Student: 73

...on how many days did [you/a typical student] have 5 or more drinks of alcohol in a row, that is, within a couple of hours?*

- You: 12
- Perceived Typical Student: 58

<table>
<thead>
<tr>
<th>Source</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>A parent or family member</td>
<td>26%</td>
</tr>
<tr>
<td>Someone not related to them over age 21</td>
<td>25%</td>
</tr>
<tr>
<td>Someone not related to them under age 21</td>
<td>22%</td>
</tr>
<tr>
<td>Took it from home</td>
<td>10%</td>
</tr>
<tr>
<td>Took it from someone else's home</td>
<td>5%</td>
</tr>
<tr>
<td>Other</td>
<td>12%</td>
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</table>
SOCIAL NORMS APPROACH

Healthy = Normal
Of 100 U.Va. undergraduate students on a Saturday night...

45 drinking **no alcohol**.

23 drinking moderately - 1 to 3 drinks over the course of the evening.

21 drinking a bit more (4 to 6 drinks).

11 drinking heavily - 7 or more

2/3 of students are at low risk for problems

*2015 U.Va. Health Survey*
90.1% of UVa students believe it is their responsibility to intervene when they notice a problem situation (2013 Health Survey)
Hazardous Drinking Trends of 18-22 Year-Olds

Poisoning deaths outnumber traffic crash deaths

http://www.cdc.gov/nchs/data/factsheets/factsheet_drug_poisoning.htm
Two 20-year-old women take a memory test. One of them abuses alcohol. The MRI scan on the left is of her brain, the lack of color indicating a sluggish mind. In contrast, the scan on the right is of the woman who doesn’t have a drinking problem. The colors show less brain activity. Not surprisingly, she does better on the test.

Teen drinking, thinking don’t mix
Alcohol appears to damage young brains, early research finds

By Kathleen Sacredman USA TODAY

Teen girls drink, bravelly face a host of hazards, ranging from accidental injuries to death by alcohol poisoning. If early research is verified, women might see another danger to their future brain function.

Preliminary studies indicate that heavy, regular drinking can damage the developing brains of teens and young adults and perhaps lower chances of success in school, work and relationships.

Cover story

Changing youths’ drinking habits, 43

Call for teens to do well in school or at work. Critics say it’s not easy to change brain damage on alcohol abuse. They say that every teen who drinks heavily also associates drinking with less risk factors that could hurt the brain.

But researchers say that though the work is in the early stages, the evidence points toward a link between alcohol and damage to young brains.
The Young Adult Brain

Areas not fully developed until ~ age 25:

• Reasoning
• Impulse control
• Planning
• Decision-making

Source: H Scott Swartzwelder, Clinical Professor of Psychiatry and Psychology and Neuroscience, Duke University. Research supported by NIAAA and the U.S. Department of Veterans Affairs
Alcohol and drug use often begins here

Romer et al., 2010
“Stressed out” teenagers

- Adolescent amygdala highly reactive to stressful stimuli
- Stress hormone (cortisol) levels higher during adolescence
- Adolescence is a time of high stress and uncertainty

Amygdala
- Volume knob for fear and anxiety
- Allows for learning to fear things
- Allows for learning not to fear things

Alcohol and the adolescent brain: Why delaying the onset of drinking is so important – Aaron White, PhD, NIAAA
Alcohol – “Shot of courage”

- By suppressing the amygdala alcohol diminishes psychological experiences of stress (fear and anxiety)
- Does not help with the physiological effects of stress
- Makes it easier to do risky things

Alcohol
- Quiets the amygdala
- Temporary reduction in experience of stress

Alcohol and the adolescent brain: Why delaying the onset of drinking is so important – Aaron White, PhD, NIAAA
POOR IMPULSE CONTROL + EMOTIONAL DRIVE IN HIGH GEAR = STOP
Problem Drinking and Biology

- Family history = 4X greater risk
- 25% of UVa students report a family history of problem drinking
- Treat addiction like any other health issue
WHAT TO DO???
HANDS ON PARENTING

- Clear rules/expectation
- Monitor behavior and social media
- Not afraid to say no

Teens of “hands on” parents are 4x less likely to drink and drive
SCAFFOLDING

Create a plan TOGETHER

- ID tough situations
- Create strategies (Plan A, B, C and even D!)
  - “My dad will take away my license.”
  - “I don’t need a ride -- my friend is coming.”
  - “My mom will ground me for life — and she always finds out.”
HELP YOUR TEEN SAVE FACE

- Create a secret code when they need help/safe ride home
  - Text: 1-1-1
  - “I’m getting the flu”
CREATE A SAFETY NET

- Get a ride home “no questions asked”...that night
- Follow up the next day about decisions that resulted in need for a ride home
- Reward good decision making – build resilience
  - “You made a poor decision about ‘x’” AND you made a good decision about (driving, not staying in a bad situation, etc.)”
  - Consider lessening punishment when a bad decision is followed by a good one instead of being compounded by another poor decision
- Consider plans for special events (prom)
F O R M  A N  A L L I A N C E  W I T H  O T H E R  P A R E N T S

- 99% of parents say they would not serve alcohol at their kid’s party
- 80% of parents believe teens attend substance-free parties
- 50% of teens who attend parties say alcohol, drugs or both are available
- 28% of teens say they have been at supervised parties where alcohol is available.
- Make a pact to monitor each other’s kids and pledge that there will be no unsupervised parties.

National Center on Addiction and Substance Abuse at Columbia
GENERAL GUIDELINES FOR TOUGH TOPICS

- Focus more on health than the law
- Be factual, but avoid scare tactics
- Discuss positive norms
- Set clear behavioral expectations
- Initiate conversations NOW – age appropriate
- Repeat the message
INITIATE CONVERSATIONS, REPEAT

- Why people drink
- Substitutes for drinking
- Risks of alcohol overdose

Heavy drinkers whose parents had a conversation with them BEFORE they left for college were 20x more likely to have healthy drinking patterns up to a year later.

http://healthland.time.com/2013/03/29/when-it-comes-to-curbing-drinking-college-students-do-listen/#ixzz2QdUKEx9s
Should Parents Allow Teens to Drink at Home?

Several studies in the US and other countries suggest that allowing teens to drink at home, either with parents or supervised by parents, increases the odds that a teen will binge drink outside of the home.

Children who had sipped alcohol by the sixth grade were about five times more likely to have a full drink by the time they were in high school and four times more likely to binge drink or get drunk.

"younger teens and tweens may be unable to understand the difference between drinking a sip and drinking one or more drinks"

U.S. TEENS COMPARED TO OTHER COUNTRIES

Contrary to popular belief in the United States, American teenagers (15-16 year olds in this case) do NOT binge drink (5+ drinks per night) more often than kids in Europe. Compared to the 14 countries below, US teens only outpace teens in Turkey.

Source: 2003 ESPAD and MTF surveys; 2005 publication by the US Dept of Justice and PIRE.
Teen Arguing = Protective Behavior?

- A UVa study examined arguments between 157 13-year-old kids and their parents. Topics: grades, chores, money and friends.
  - how the PARENTS reacted to these arguments* determined whether or not their kids became good arguers.
  - *rolled their eyes, yelled back, stifled the discussion, listened to teen's points, encouraged a calm discussion

- When interviewed again at ages 15 and 16, what the kids learned in handling arguments with their parents was related to social interactions with peers.

- Teens who learned how to calmly discuss disagreements with their parents were more apt to confidently disagree with friends, particularly about alcohol or drugs. These kids were 40% MORE LIKELY to say "no" than kids who didn't argue with their parents.

1. **Argue to teach decision-making.** When you argue the various sides of an issue with your kids ("Beach or mountains this summer?") , they are learning to present different options ("Both!") and then decide which choice to follow.

2. **Focus on the future.** Arguments about the past ("Who made the mess with the toys?") or the present ("Good children don’t leave messes.") are far less productive than focusing on what to do or believe: "What’s a good way to make sure that toys get cleaned up?"

3. **Call “fouls.”** Anything that impedes debate counts as a foul: Shouting, storming out of the room, or recalling past family atrocities should instantly make you choose the opposite side.

4. **Reward the right emotions.** Respond to screaming and anger by not responding, except to say, “Oh, come on. You can do better than that.”

5. **Let kids win sometimes.** When they present a good argument, there’s no better teaching method than rewarding them. My overreliance on the slow cooker, for instance, made my son beg for “dry” food. “Even the cat’s meals,” he said, “aren’t all wet.” Good point. I served hamburgers next. Very dry hamburgers.

Family Checkup: Positive Parenting Prevents Drug Abuse

Revised October 2012

Looking for Treatment?
Use the SAMHSA Treatment Locator or 1-800-662-HELP.

Featured Publication
Drugs, Brains, and Behavior - The Science of Addiction
As a result of scientific research, we know that addiction is a disease that affects both brain and behavior.
Handle Tough Questions
Talking with your teen or middle schooler is an important part of helping keep your family safe. MADD's Power of Parents program can give you the tools you need to handle hard situations. Learn More >>

Is your Child Drinking?
Now, more than ever, it’s critical for parents to talk to their teen about the dangers of underage drinking and the potential consequences. MADD offers several products to help parents talk to their children about the reality of underage drinking and the potential consequences of usage.

PowerTalk 21
About Underage Drinking
Why 21?
Power of Parents
Why Should You Care?
Is Your Child Drinking?
Keep Your Teens Safe
Handle Tough Questions
Driving Smart
Social Host
Resources
Sponsors & Partners
RESOURCES

Gordie’s Call Campaign
gordiescall.org
THANK YOU!