

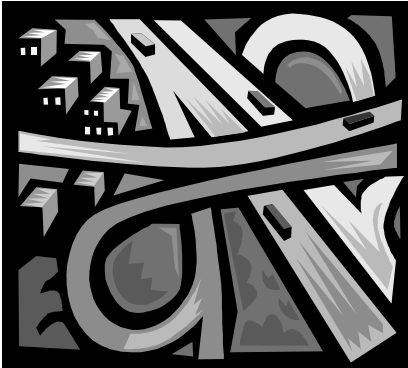
**ADOLESCENT SUBSTANCE ABUSE
SERVICES IN ARIZONA
A ROADMAP TO THE SYSTEM**

Beginning Your Journey

Family Friendly Version



Introduction



Finding your way around an unfamiliar place is easier with a map. This handout is designed to help you find your way as you begin seeking and obtaining substance abuse services for your youth.

This booklet was designed with the help of other parents who have traveled the road that you are traveling. It was written with the hope that your journey will be made a little easier.

Sometimes searching for information and services for your child can be overwhelming. This guide is intended to be used as an introduction to when a youth has a substance abuse issue. It may not answer all of your questions, but we hope it will give you a start on your journey.

Substance Abuse in Youth

Substance use can affect a family in many ways. There are different levels of use and abuse. Some youth only use what is called a gateway drug occasionally, while some will have a drug addiction that is having a serious impact on their life. A professional will use a tool called an assessment to find out at what level a youth is using. There are supports available at all levels of use to help you and your child navigate a difficult time.

Serious substance abuse can lead to drug addiction. Addiction is not just a behavior choice, but is the result of changes to the brain that make it extremely difficult for a youth to quit without support. This support is available in many different forms, depending on what is right for your family and child.



When is help needed?

Signs that a youth is using substances.

Teenagers and young adults are particularly at risk for substance abuse. They may use substances to build confidence, lower their inhibitions, experience the pleasure associated with substances, and to cope with problems they are experiencing. Early intervention can prevent a more serious addiction that could have permanent effects on their lives.

There are many signs that a child may be using drugs. These can also be signs of a behavioral health or other serious issues, so it is important to have a child evaluated by a professional, such as your primary care doctor or a behavioral health provider.

A few common signs include:

- Withdrawn, depressed, and tired
- Stops personal care, such as showering and other grooming habits
- Argumentative and uncooperative
- Changing friends
- Losing interest in activities
- Eating or sleeping differently
- Trouble focusing
- Red-rimmed eyes or constantly sick
- Finding pipes, rolling papers, drug bottles, and/or lighters



For more information, please see the resources on page.

Other areas that a professional uses to diagnose drug dependence and addiction:

- Using alcohol or other illicit substances
- How young a person starts using
- How long a person uses the substances and how much they use
- Use of large amounts of substances in a short period of time

- Negative social or emotional consequences of use

There is a scale or a continuum of substance abuse: **abstinence** (not using the substance at all), **experimental use**, **early abuse**, **abuse**, **dependence** (also known as addiction), and **recovery**. Where your youth is on this scale, plus the factors listed above, will help your family decide in partnership with a provider, what type of treatment might be necessary for your child.

Co-occurring disorders

A **co-occurring disorder** is when there is a behavioral health issue not caused by substance use and substance use together. The behavioral health issue and substance use together will make both diagnosis and treatment harder. The effects of substance abuse often closely resemble a behavioral health disorder, and a youth may be using substances to help to deal with the problems from the behavioral health issue. This is referred to as **self-medication**. A co-occurring disorder should be looked for especially when there are frequent **relapses** or episodes of drug use.

Other factors that increase the risk of a youth using substances are the presence of developmental disabilities or chronic physical problems. Treatment of youth with these issues requires good coordination with other treatment providers and doctors.

Finding Help

Most private health insurances will cover substance abuse treatment. If your child is covered through AHCCCS, he or she will be eligible for behavioral health services through your local public behavioral health provider or Regional behavioral Health Authority (RBHA). For information for whom to contact, please refer to the center of this booklet.



Treatment

There are many recommended treatments when a youth has a substance use issue. If a youth is receiving behavioral health services funded through AHCCCS, treatment choices will be decided with the help of a team, referred to as a **Child and Family Team**. If the youth is covered by private pay insurance, treatment plans should be developed working in close partnership with your provider and insurance. In any case, family members (Parents/Caregivers) should be actively involved in the development of the Treatment Plan.

You are the expert when it comes to your child. You know your child better than anyone else.

Service Plans

A plan for treatment of a substance use issue is developed using a **service plan**. This plan will outline the goals that you and your youth have for reducing substance use and developing positive behaviors.

The plan should discuss:

- Anything that might keep your family or your youth from participating in treatment.
- Realistic goals set by both your family and your youth that address all social, medical, behavioral and substance related issues.
- Immediate, specific steps to take.
- Your family's strengths, culture resources and supports.
- Any goals required by another agency, such as child welfare, juvenile justice, or the educational system.
- Opportunities to learn new skills in order to stay drug free
- What drug testing methods, if any, will be used and how often.

Family and friends are an important part of the treatment process.

A youth's drug-free friends and social circle can help them reach their goals. A successful treatment program will address all parts of a youth's life.

Treatment Types

Behavioral Contracting and Drug Testing

Contracts can give youth a sense of control and a feeling of ownership over the treatment. Often contracts are developed in the team setting in order to make the goals agreeable to everyone. These contracts can be reinforced by cautious use of drug testing, which can help keep a youth from denying an issue, teach them the health risks of the behavior, and to see if they are learning the skills they need to stay substance free. Drug testing is not a punishment and should be consented to by both the youth and their guardian, if they are still a minor.

School and Vocational Training

Part of realistic goal setting, focusing on school and vocational training provides an area of achievement for the youth and can protect a youth from future substance use.

Multi-Systemic Therapy

This family-oriented, home-based program is often used with youth with juvenile justice issues. It promotes positive social behavior and changes how youth function in their natural settings, such as home, school, and the neighborhood. MST recognizes the importance of family and community. The primary goals are to reduce criminal activity, reduce anti-social behavioral, including substance use, and to reduce jail and out-of-home placement.



Brief Strategic Family Therapy (BSFT)

This is a problem-focused approach that works to eliminate substance use factors. It works to strengthen families, and reduce problem behaviors in children and youth. It concentrates on assisting the entire family to improve family relations.

Motivational Enhancement Treatment/CBT

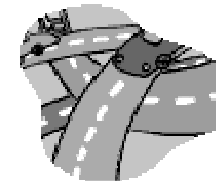
This treatment works with individual youth in helping them move through identified areas of change:

- Pre-Contemplation- Person is not thinking of stopping and does not think they have a problem.
- Contemplation- May want to change, but not considering it soon.
- Preparation- Starting to commit to change
- Action- Actively working to change and practicing new behaviors
- Maintenance- Develops new lifestyle to avoid relapse

It respects a person's personal decision-making ability.

Relapse Prevention and Management

Relapse prevention is a necessary part of all therapeutic programs to help the youth acquire the coping skills for handling cravings. Substance abuse and dependence come from chronic (long-term) behavior, and changes and dependence to drugs come slowly. Successful treatment recognizes relapse as a part of recovery, and includes helping the youth with management of relapse as part of the goals.



Twelve-Step Treatment

Attendance at Alcoholics Anonymous (AA) and Narcotics Anonymous (NA) groups can be a useful addition to treatment, and are frequently encouraged. These programs have youth work on specific steps toward recovery, attendance at self-support groups (AA or NA), and finding a **sponsor** who is another person in recovery from substance use problems that can lend support when they need it. Twelve-step programs and self-support groups offer several benefits including a no-substance-using peer group, available sponsors, and other types of supports, all critical to the youth's recovery. A youth should only attend support groups designed for their age range.

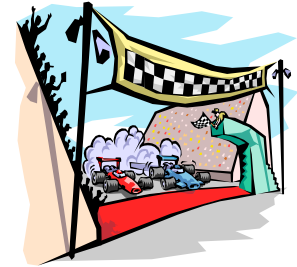
Most treatment strategies are provided in the home and involve the family. In some cases, medical care may be required before treatment can begin. There are out-of-home treatment programs available for youth. Discuss with your provider or team if out-of-home treatment is the right choice for your youth and family's needs.

The Recovery Process

All treatment programs and methods explore the process of recovery. **Recovery** is more than just stopping use of a substance. It is learning to live a healthy life without substances. There are many views on the meaning of recovery, and it is a process that has setbacks and often does not progress quickly. Different treatments name stages of recovery differently, but the generally accepted stages are a period of acknowledgement of the problem, a time when things seem to be going well and quickly, a stage when old behaviors come back and need to be re-addressed-often a time of relapse, a period of adjustment as new issues are explored and addressed, a finally stage where a person can state that they are recovered.

If your family is experiencing a possible substance use issue, there are many places to find more information. Meanwhile, please remember the 7 Cs:

- I didn't **Cause** it.
- I can't **Cure** it.
- I can't **Control** it.
- I can **Care** for myself by:
 - **Communicating** my feelings.
 - **Making healthy Choices.**
 - **Celebrating** myself.



RESOURCES FOR MORE INFORMATION

Drug Free AZ <http://www.drugfreeaz.com/>

- Information for parents, children, and teens regarding substance use, abuse and treatment.

SAMSHA – Center for Drug Abuse Treatment <http://csat.samhsa.gov/>

- (800) 662-HELP
- (800) 487-4889 (TDD)
- Treatment facility locator and national helpline

The Anti-Drug <http://www.theanitdrug.com/>

- (800)729-6686
- Information on substance abuse for parents, including detailed signs of use to look for.

National Institute on Drug Abuse <http://www.drugabuse.gov/>

- Comprehensive information on drug use and abuse, including lists of commonly used drugs.

Arizona Department of Health Services: Division of Behavioral Health Services <http://azdhs.gov/bhs/index.htm>

- (602) 364-4558



Glossary

Abstinence is when a person refrains from using any drugs or alcohol.

Addiction is a state of physical or emotional dependence on a drug or alcohol.

Advocates are persons that help you by letting others know what is necessary to meet your needs.

AHCCCS the Arizona Health Care Cost Containment System is the state agency that manages the Medicaid program in Arizona.

At-risk means that the person is more likely to experience problems than others his or her age due to issues in their lives.

Child and Family Team a defined group of people that includes, at a minimum, the child and his/her family, any foster parents, a behavioral health representative, and any individuals important in the child's life and who are identified and invited to participate by the child and family. For more information see the *Children's Behavioral Health Services in Arizona- A Roadmap To The System*.

Community-based are services provided in or near the community you live in.

Co-Occurring Disorder is when there is a behavioral health issue not caused by substance use together.

Co-pay is the part of the health care bill that a family has to pay after their plan or program has paid its share.

Crisis is a situation that requires the help and support of professionals to help calm the individual.

Gateway drugs drugs such as cigarettes that encourage more experimentation to occur other drugs such as marijuana, cocaine, meth, etc.

Individualized is an approach of looking at the specific and individual needs of the child or youth and their family.

Medicaid is a federally funded program that pays for medically necessary medical care for low-income children and their families.

Medically necessary are services that are necessary to meet the person's health needs and to prevent their condition from getting worse.

Multi-disciplinary means persons with different expertise, training, and focus.

Primary care doctors are pediatricians or family care doctors who provide routine medical care to help your child stay healthy.

RBHA-(Regional Behavioral Health Authority)

Relapse is when a person who stopped using substances starts to use them again.

Residential is a placement outside of the home.

Service or Support Plan is a plan developed by all of the professionals involved with a child and family with the family to outline what the family feels they need to take care of their child.

Therapeutic means a treatment that is intended to be helpful in getting the person back to as close to normal as possible.



T/RBHA's or Tribal/Regional Behavioral Health Authorities are organizations under contract with the Department of Health Services/Behavioral Health Services to coordinate the delivery of behavioral health services for certain eligible persons in geographically specified state service areas. The T/RBHA's serving Arizona are:

Northern Arizona Regional Behavioral Health Authority or NARBHA serving Apache, Coconino, Mohave, Navajo and Yavapai counties in Northern Arizona.

White Mountain Apache Tribe

Magellan serving Maricopa County

Cenpatico Behavioral Health of Arizona serving Yuma, LaPaz, Gila and Pinal Counties.

Gila River Indian Community

Community Partnership of Southern Arizona (CPSA) serving Cochise, Graham, Greenlee, Pima and Santa Cruz Counties.

Pasqua Yaqui Tribe



For youth receiving health coverage through AHCCCS and needing substance abuse services, the following are numbers to call in your area:

For persons who live in Mohave, Yavapai, Coconino, Navajo and Apache Counties, call Northern Arizona Regional behavioral Health Authority (NARBHA) at 1-800-640-2123.

For persons who live in Maricopa County, call Magellan Health Services at 1-800-564-5465.

For persons who live in Pima, Nogales Cochise, Graham or Greenlee Counties call Community Partnership of Southern Arizona (CPSA) at 520-318-6946 or 1-800-771-9889.

For persons eligible for services with the White Mountain Apache Tribe, call 928-338-4811.

For persons eligible for services with the Pasqua Yaqui Tribe, call 520-883-5000.

For persons eligible for services with the Gila River Indian Community, call 800-259-3449.

For assistance from a family support organization

Call MIKID, Mentally Ill Kids In Distress at 1-800-356-4543 or

The Family Involvement Center at 602-288-0155.

