Effects of Caregiver SUD on the Well-Being of Children and Youth

Kay Jankowski, Ph.D.
Scope of the Problem

- Approximately 1 in 8 children (8.7 million nationally) aged 17 or younger lived with at least one parent with a past year substance use disorder
- 1 in 10 (7.5 million) lived with a parent who had an alcohol use disorder
- 1 in 35 (2.1 million) lived with a parent who had a past year illicit drug use disorder
What Are the Negative Effects?

Maltreatment Risk
- 5x risk for experiencing a trauma
- 4x risk for experiencing neglect
- 3x risk for experiencing abuse

Child Protection Involvement
- Increased risk for referral to child protection, risk for re-referral, increased rate of substantiated cases
Negative Effects: Children’s Social Emotional Functioning

- Internalizing problems (depression, anxiety, PTSD)
- Disruptive behavior problems
- Impairment in emotion regulation, development of healthy relationships
- Academic problems
- Increased physical health problems
- Development of alcohol and drug problems in adolescence
Effects on Parenting

Impairment in Attachment – parental substance abuse associated with greater likelihood of insecure or disorganized attachment in their children

Undermines household stability

Needs of children become secondary to addiction

Impaired judgment of priorities related to care, supervision and guidance
We Do Have Interventions that Work

Number of Evidence Based Treatment Models

- Child Parent Psychotherapy (children ages 0-6 and their caregiver)
- Trauma Focused CBT (children ages 4-18+)
- Circle of Security
- Other Parenting Models; Home Visiting Models
Substance Use Doesn’t Exist Alone…

Children with parental SUDs often have other risks

However, if identified early, can be an opportunity for early intervention for at-risk and traumatized children
Community and Pediatric Care Collaborations

Recovery Friendly Pediatric Healthcare

Holly A. Gaspar, Med, CCLS, CTRS

Children’s Hospital at Dartmouth-Hitchcock
Problem

Children impacted by parental substance misuse are at-risk for environmental exposures that may effect their health & development

ACEs In New Hampshire:
- 20% of children ages 17yrs and younger have had 2+ Adverse Childhood Events (ACE)
- 31% of children ages 0-5yrs have 1+ ACE

Children who are exposed to adverse events in childhood have a higher likelihood of misusing substances in adulthood

Early childhood is a critical time for healthy brain development
Strong starts......

How can we improve healthcare for children impacted by social vulnerabilities?

How can we support families better in healthcare?

What does it mean to be healthy, and how do you get there?
<table>
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<th><strong>How will we get there?</strong></th>
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<td><strong>Engage</strong></td>
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IMPROVE CHILD & FAMILY OUTCOMES
INITIATIVES, INNOVATION, IMPROVEMENT

STAFF EDUCATION: TRAUMA INFORMED CARE, DE-STIGMATIZING APPROACHES TO CARE, BRAIN SCIENCE OF ADDICTION/RECOVERY

INCREASED COMMUNICATION WITH FAMILIES

STANDARDIZATION AND INCREASE SCREENINGS

IMPROVED COMMUNITY PARTNERSHIPS AND COLLABORATIONS

ENHANCED ACCESS TO RESOURCES

ADVOCACY
“ALONE WE CAN DO SO LITTLE; TOGETHER WE CAN DO SO MUCH.”

- Helen Keller
Identifying and addressing adolescent substance risk: SBIRT

Oct 5, 2018

Steven H. Chapman, M.D.
Boyle Community Pediatrics Program
President, NH Pediatric Society
CHILDREN ARE NOT LITTLE ADULTS

WHAT IF....?
Jill

• 15, Basketball Player, fair student
• Smokes marijuana, drinks at parties
• Terrified of getting caught
Realities: Underage EtOH binging is high

SBIRT Process

- Universal Screening
- Positive Reinforcement
- Brief Advice
- Brief Intervention
- Follow Up
- Refer to Treatment
Please answer the following questions.

Have you ever ridden in a CAR driven by someone (including yourself) who was “high” or had been using alcohol or drugs?

- Yes
- No

Do you ever use alcohol/drugs to RELAX, feel better about yourself or fit in?

- Yes
- No

Do you ever use alcohol/drug while you are by yourself, or ALONE?

- Yes
- No

Please answer the following questions.

Do you ever FORGET things you did while you were using alcohol or drugs?

- Yes
- No

Do your FAMILY or FRIENDS ever tell you that you should cut down on your drinking or drug use?

- Yes
- No

Have you gotten into TROUBLE while you were using alcohol or drugs?

- Yes
- No
What is a Brief Intervention?

- Use screener as a starting point
- Identify strengths
- Listen, Assess risk and protective factors, and readiness to change
- Provide brief education with concern and compassion, avoid preaching or judgment
- Summarize adolescent’s priorities
  Together make a plan
- Follow-up
Tim

- 16, Negative Screen, Positive Reinforcement
- 3 Months Later…
- Phone Call from Mother, Suspended From School
Lessons and the Future

• Systematic Approach Leads to Culture Change
• Most Kids with Substance Use will talk, and need adults who care about
• Primary Care Relationships are Powerful
• Brief Intervention Done is a Win