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Build Up Your Teen
Treatment **IQ**

Evidence-based prevention and treatment for youth



NIDA/SAMHSA

Adolescent Blending Team

Regional Addiction Technology Transfer Centers (ATTCs)

- Central Rockies ATTC
- Mid-America ATTC
- New England ATTC
- South Southwest ATTC





**The Alternative Peer Group:
A Developmentally
Appropriate Recovery
Support Model for Youth**

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**7th & Final Webinar of this Series
Wednesday, July 12, 2017**

Today's Presenters



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Disclosures

Presenters have no conflicts to disclose



Objectives

1. What is required to engage youth in long-term recovery from substance use disorders?
2. What are the elements and theoretical underpinnings of the Alternative Peer Group recovery support model?
3. How do we measure recovery from SUD and evaluate the efficacy of APGs and other youth recovery support models?
4. What is the lived experience of achieving long-term recovery in an APG?

Youth SUD Treatment

- 10% of adolescents who need treatment actually receive it
- 55% to 89% of treated adolescents relapse in first year
- 90% of adults with addiction began using before age 18

Effective intervention for adolescent substance use disorders (SUDs) is a matter of critical importance to the public health of our nation.

Feinstein et al., 2012; Gonzales-Castaneda, & Kaminer, 2016).



Shift to Recovery

- New treatment focus: prevention, early intervention, and recovery support.
- Youth recovery support models
 - Developmentally appropriate
 - Comprehensive
 - Include families and peers
 - Make recovery more appealing than substance use.

(Gonzales-Castaneda, & Kaminer, 2016; McKay, 2017)



ROSC

(Recovery-Oriented Systems of Care)

- Integrated systems of services that build resilience and help individuals to achieve long-term recovery
- Should include
 - Clinical services
 - Continuing care elements
 - Peer support
 - Linkage to other recovery support services



Recovery Capital

- *The internal and external resources a person can draw upon to achieve and sustain recovery*
- Unanswered questions:
 - How do youth accrue recovery capital?
 - What are the processes of recovery for youth?
 - What do youth need to initiate and sustain long-term recovery?

Laudet & Humphreys, 2013; White & Godley, 2007)



Youth Recovery

- Recovery is a protracted non-linear process that requires change in all youth's ecological contexts
- Establishing connections with a solid community of recovering peers should promote sustained recovery for youth.



White & Roth, 2012.



The Alternative Peer Group (APG)

- A promising adolescent recovery support model that includes a focus on prevention, early intervention, and recovery management.
- Congruent with principles of the ROSC continuum
- Promote recovery in youth by integrating recovering peers and prosocial activities into evidence-based clinical practice.



APG History

- 1971 – Father Charlie and Bob created Palmer Drug Abuse Program at Palmer Memorial Episcopal Church
- They received permission from the World Service Organization of Alcoholics Anonymous to alter the wording of the steps to be "more suitable to people dependent on mind-changing chemicals in general, not just alcohol".
- First of its kind to combine outpatient treatment programming with sober, social activities

(Meehan,, 1984)



APG History

- Became known as the Alternative Peer Group or APG
- Replicated in different locations with satellites across the United States
- PDAP members grew up and opened their own versions of the APG model
- Currently, there are six programs that use the APG model in the greater Houston area for adolescents and young adults

Cornerstone Recovery. (2009). <http://www.cornerstonerecovery.org/>; Beyond Your Best Counseling. (2017). <http://www.beyondyourbestcounseling.com/>; Lifeway International. (2011). www.lifewayinternational.org/; Teen and Family Services. (2012). <http://www.teenandfamilyservices.org/>; Palmer Drug Abuse Program. (n.d.). <http://www.pdap.com/aboutus.htm>; Young Adult Recovery Services. (2017). <http://www.youngadultrecovery.com/index.html>



APG Model



APG Theoretical Basis

- Stages of Change
- Social Influence
- Ecological theory



Key APG Elements

- Recovering peer role models
- Sober recreational activities
- Long-term aftercare support
- Parental involvement

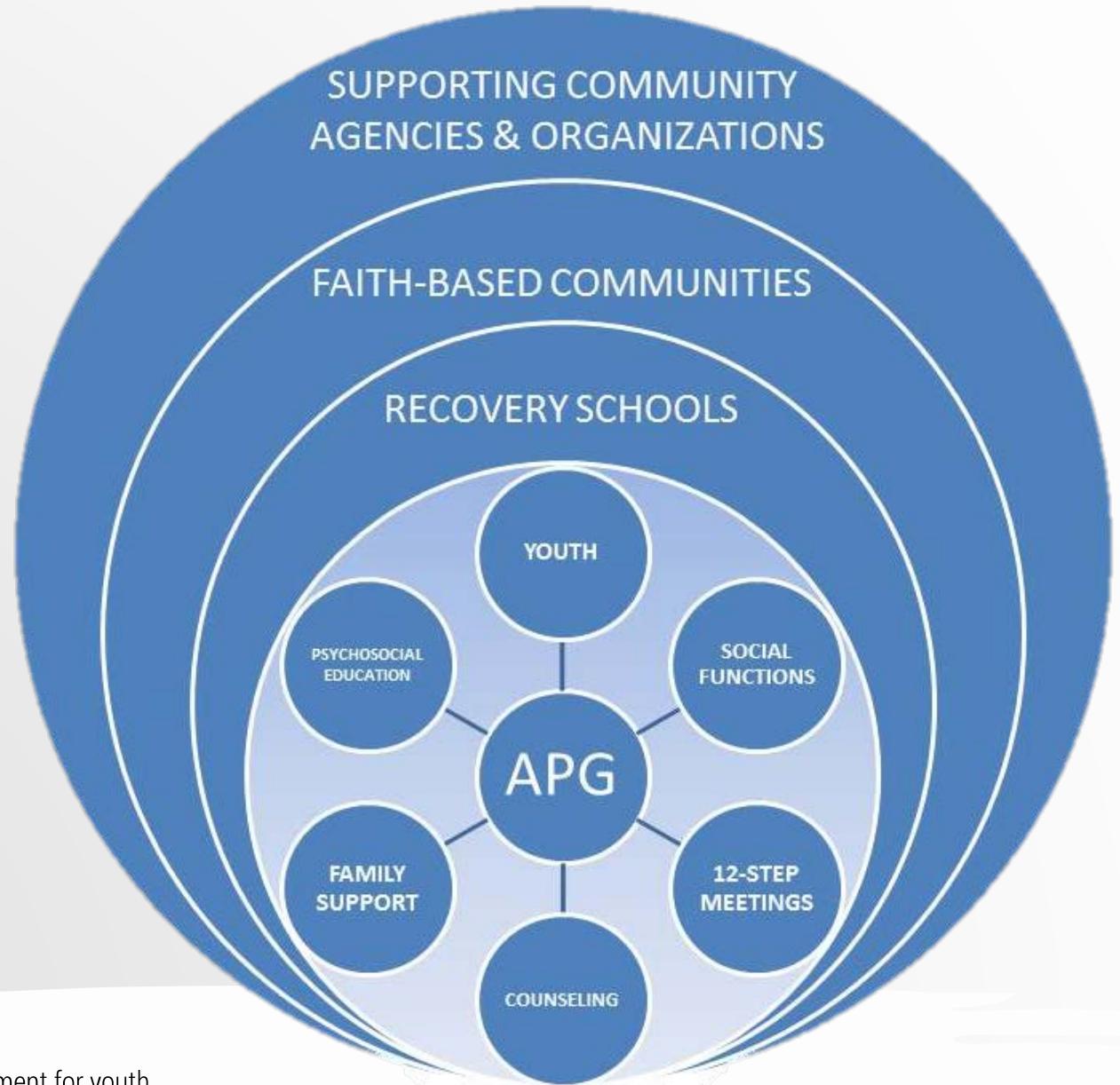
Build recovery capital

Integration into greater 12-Step Community

Linkage with treatment and other recovery support services



APG Model Within ROSC



Association formed in 2014



**Association
of
Alternative
Peer Groups**

<http://www.aapg-recovery.com/>



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Prior Research

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Quantitative Research (2011)

Method

- Subjects (N = 82) Control (N = 80)
- Center for Addiction and Mental Health (**CAMH**)
- Texas School Survey of Substance Use (**TSSSU**)
- Inventory of Peer and Parent Attachment (**IPPA**)

Results

- 85% abstinence rates vs less than 30% for control.
- **greater attachment** to peers and close friends among adolescents in APG programs compared to controls, especially among male subjects.
- **weaker sense of attachment and communication** to parental figures than do age and gender matched control



adolescents.

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Rochat, R., Rossiter, A., Nunley, E., Bahavar, S., Ferraro, K, MacPherson, C., & Basinger, S. (2011). *Alternative peer groups:*

Are they effective? Manuscript in preparation. IRB approval was obtained through BCM Protocol #H-24935

Qualitative Research (2012-2013)

1. How do youth, parents, and staff describe the process of recovery from adolescent substance use disorder?
2. What are the key elements for adolescents' success in recovery?



Recovery is a "JOURNEY"



- A process
- Quest like
- Impossible to travel alone
- Requires much preparation
- Takes TIME
- Full of perils
- Life long

(Nash, et al., 2015)

Key Elements

- Relationships
- Time
 - *Duration*
 - *Timing*
 - *Dose*

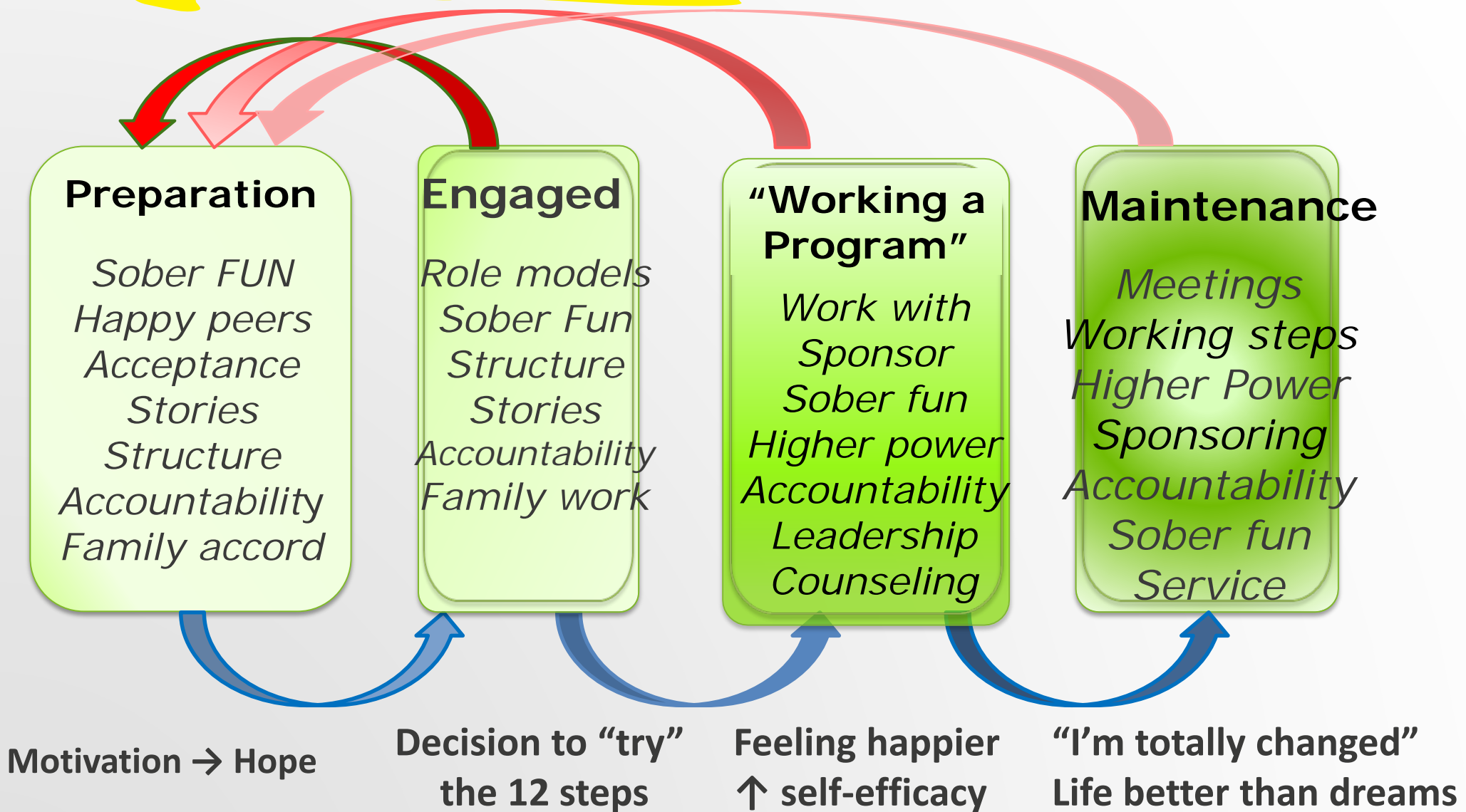
Nash et al., 2015



Relationships



The Process of Recovery



What to measure

Processes of recovery

- Motivation
- Readiness for change
- Confidence to abstain

Recovery Capital

- Peer Relations
- 12 Step Involvement
- Life Satisfaction
- Spiritual Well-being

Outcomes

- Mental health symptoms
- Substance use
- Functioning



Operationalizing Youth Recovery

(2015-present)

- Consumer informed
 - Qualitative results
 - Focus groups
 - Community Advisory Group
- Web-based surveys measure change over time in
 - Recovery processes
 - Recovery capital
 - Outcomes

Nash, 2016



Lived Experience

- Experience in APG
- Effects of APG on recovery
- Effects of APG on life



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Comments?
Questions?

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- Presentation and references (in next slides) available at <http://www.attcnetwork.org/projects/teentxiq.aspx>

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- In the next few days, the ATTC Network Coordinating Office will email you instructions on how to download your certificate of attendance.
- **Frequently Asked Questions (FAQ) coming soon!** www.teentxiq.org


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*Teen Smoking, Vaping & Dipping:
How Should Providers Respond?*
Rosemarie Martin, PhD | Webinar | July 13, 2016

Participant Questions & Presenter Responses (continued from Page 1)

Q3	<i>Clients have told me they use e-cigarettes to vape nicotine and drug-free flavored liquid that does not contain nicotine. Does using the non-nicotine vapes promote graduation to nicotine products, either combustible or non-combustible?</i>
Response 3	Yes the electronic cigarette can be used with liquid that does not contain nicotine. There is emerging evidence that the users of electronic cigarettes are more likely initiate combustible cigarette use in the future. (See Leventhal, A. M., Strong, D. R., Kirkpatrick, M. G., Unger, J. B., Sussman, S., Riggs, N.R., & Audrain-McGovern, J., 2015; Primack, B. A., Soneji, S., Stoolmiller, M., Fine, M. J., & Sargent, J. D., 2015; Wills, T. A., Knight, R., Sargent, J. D., Gibbons, F. X., Pagano, I., & Williams, R. J., 2016; Barrington-Trimis, J. L., Urman, R., Berhane, K., Unger, J. B., Cruz, T. B., Pentz, M. A., & McConnell, R., 2016)
Q4	<i>Can teens legally purchase and use Hooka at age 18 like other tobacco products?</i>
Response 4	It is legal in some states to buy Hooka at age 18; other states have raised the legal age to 21.
Q5	<i>If someone starts smoking in their teens, how can that affect the ability to quit smoking as an adult?</i>
Response 5	Eighty percent of tobacco use begins before age 18 and continues into adulthood (USDHHS, 2012). Smoking a few cigarettes during teen years increases the chance of becoming dependent on nicotine and leads to a 16-fold increase in the risk of smoking as an adult (See Chassin et al., 1990).
Q6	<i>Do we know what the correlation is between alcohol use and cigarette/e-cigarette use?</i>
Response 6	These studies are just coming out. So far, evidence demonstrates that e-cigarette use is associated with alcohol consumption and drinking problematically. (See Hershberger, A. R., Karyadi, K. A., Vanderveen, J. D., & Cyders, M.A., 2016; Hughes, K., Bellis, M. A., Hardcastle, K. A., McHale, P., Bennett, A., Ireland, R., & Pike, K., 2015)

 **ATTC** Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

 **blending initiative**
NIDA • SAMHSA

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ATTC

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- This live webinar series concludes today, July 12, 2017
- Key Messages presented in these 7 webinars will be featured in an attractive Dissemination Packet & jump drive in the Fall of 2017
- Remember recorded webinars are archived:
www.TeenTxIQ.org

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