



ADOLESCENT SUBSTANCE MISUSE:

Vermont Trends and Recent Innovations in Adolescent and Family Treatment

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Centerpoint

Youth. Families . Community Health.

Disclosures

- We have no relevant financial relationships to disclose or conflicts of interest to resolve
- We will discuss no unapproved or off-label pharmaceuticals

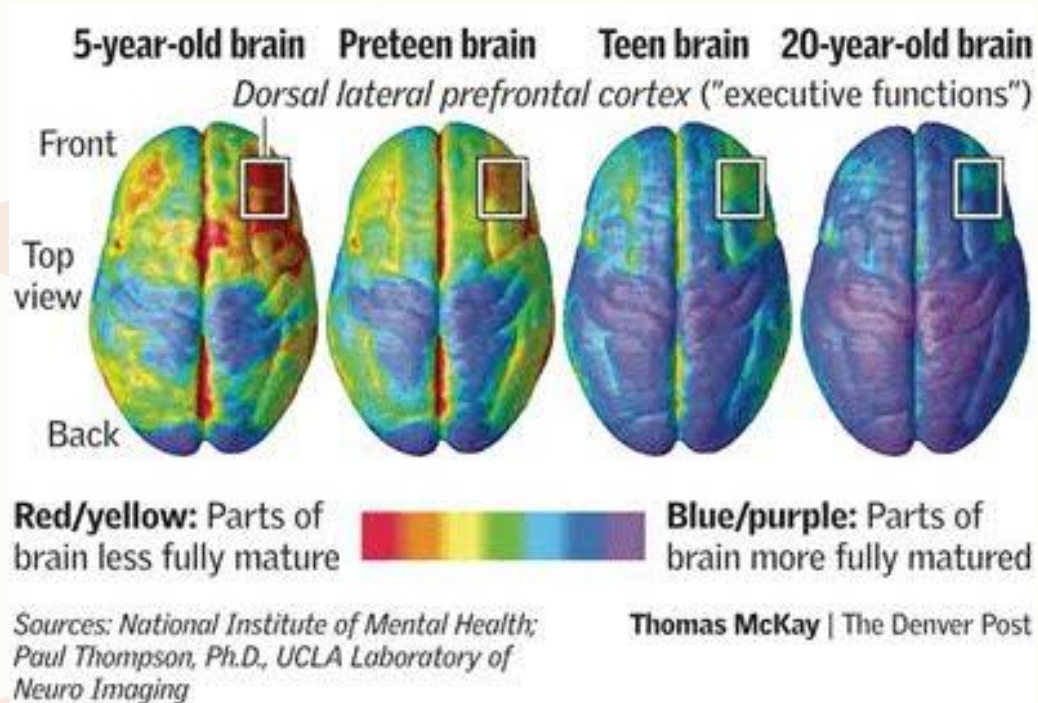
Objectives

- Brief background data on use of most common substances
- How we can try to identify use
- Advice for prevention and resources for assistance
- Adolescent and family approaches in treatment setting
- Caring for self while caring for others

Vermont Youth



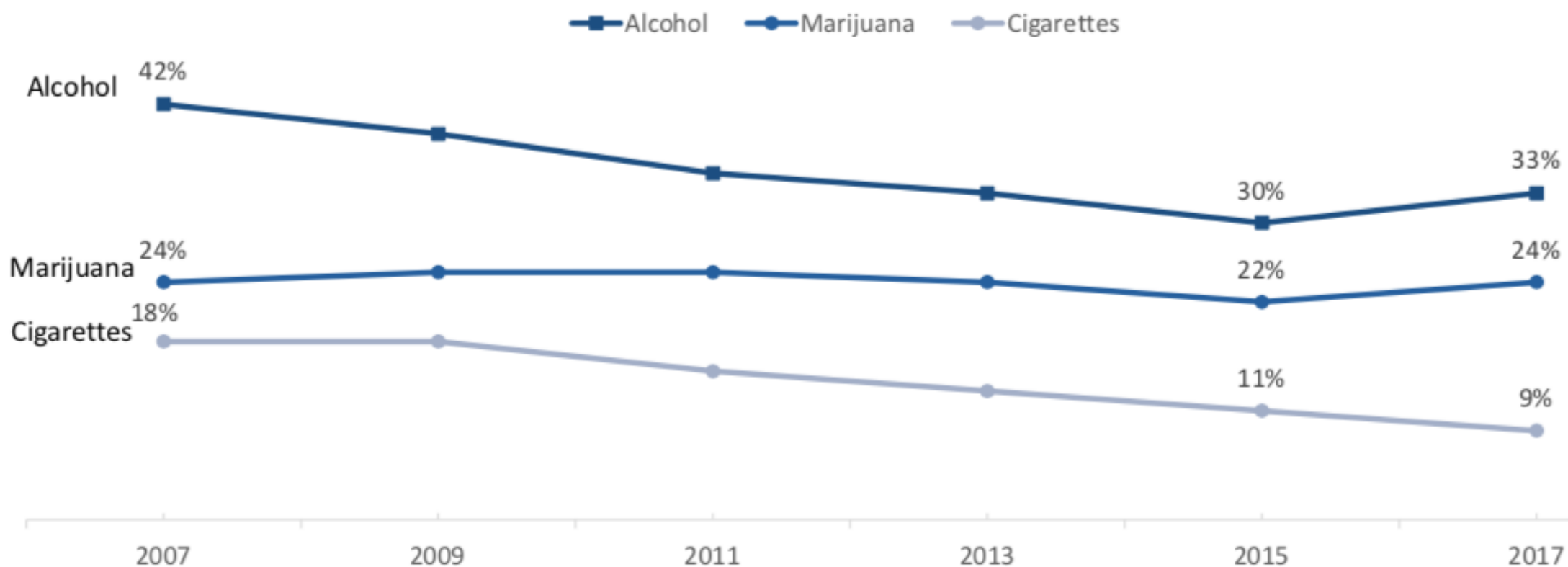
Youth Brain Development



Vermont Youth Risk Behavior Survey High School 2017



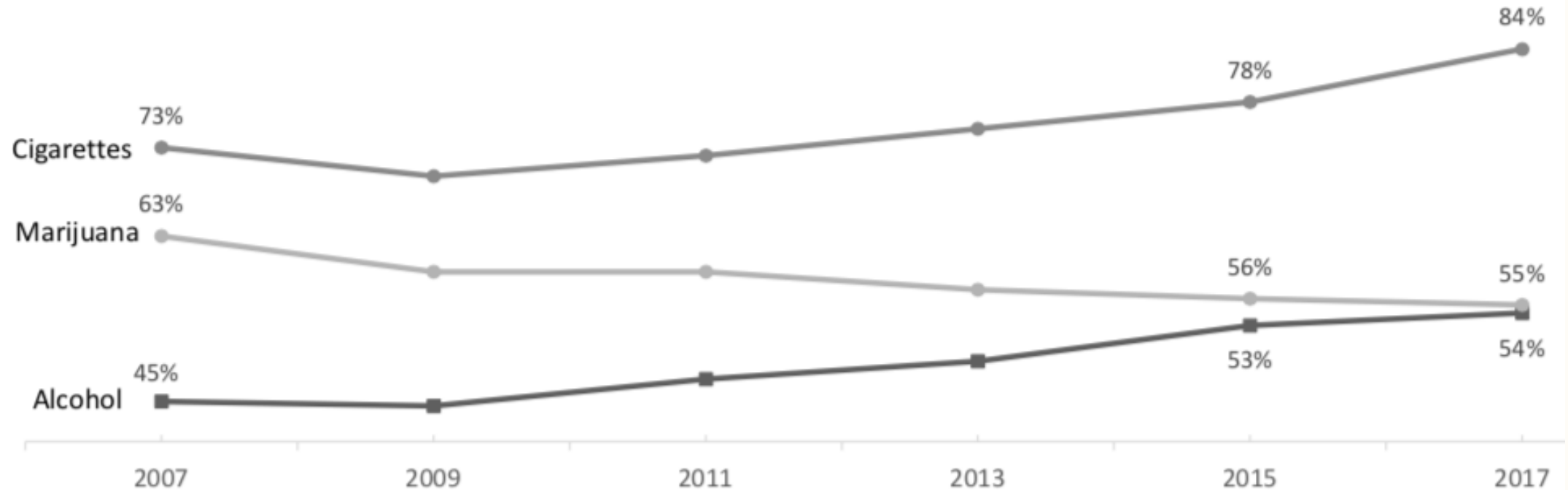
Past 30 Day Alcohol, Marijuana, and Cigarette Use



May 2018

VERMONT DEPARTMENT OF HEALTH

Peer Disapproval of Alcohol, Marijuana, and Cigarettes Wrong or Very Wrong to Use

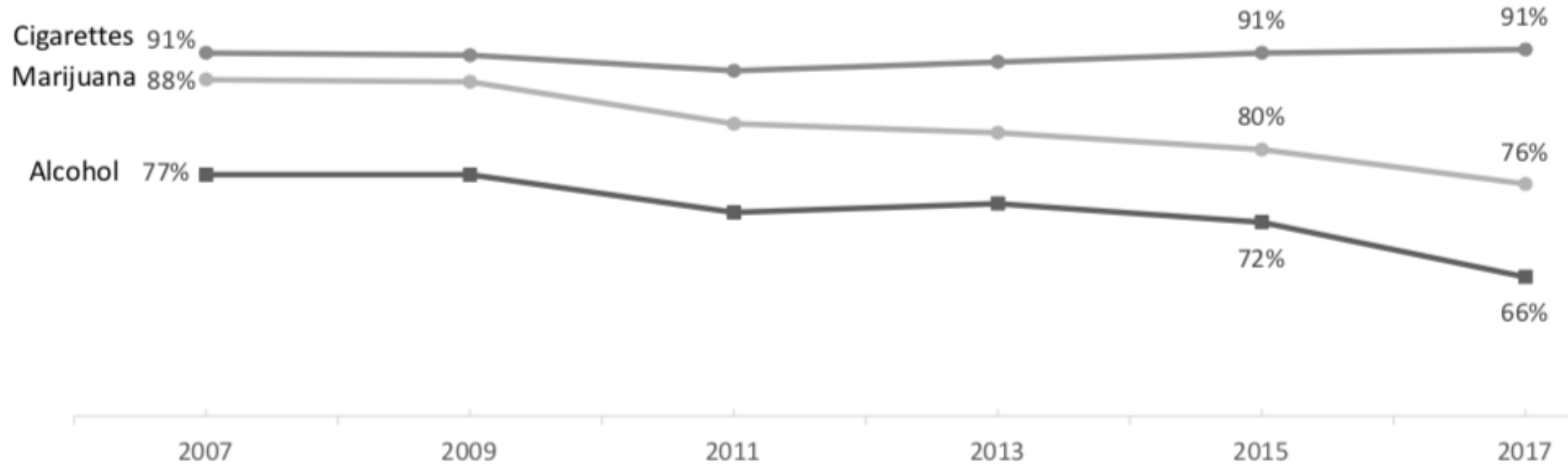


May 2018

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[VDH 2017 HIGH SCHOOL YRBS](#)

Parental Disapproval of Alcohol, Marijuana, and Cigarettes Wrong or Very Wrong to Use

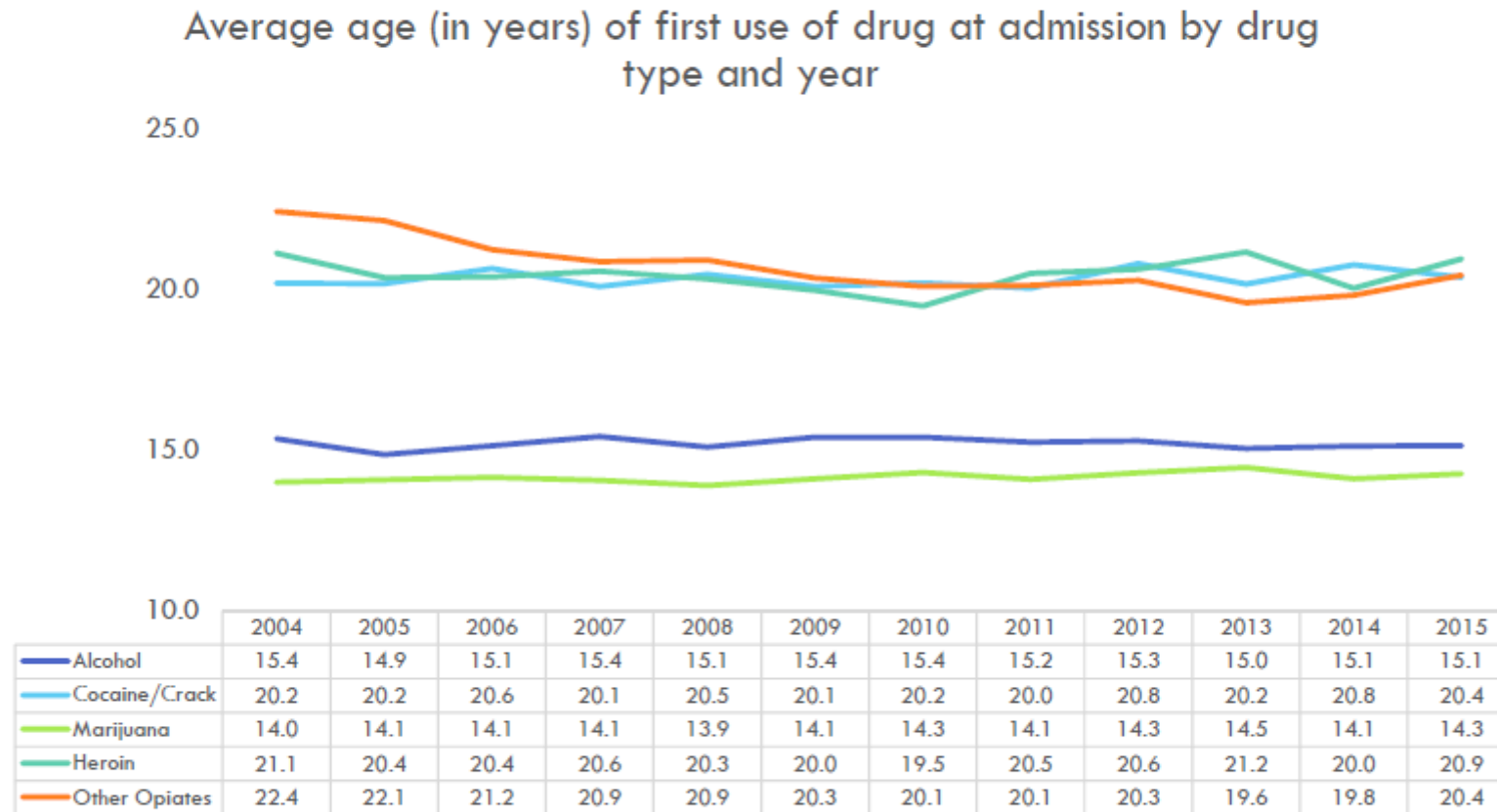


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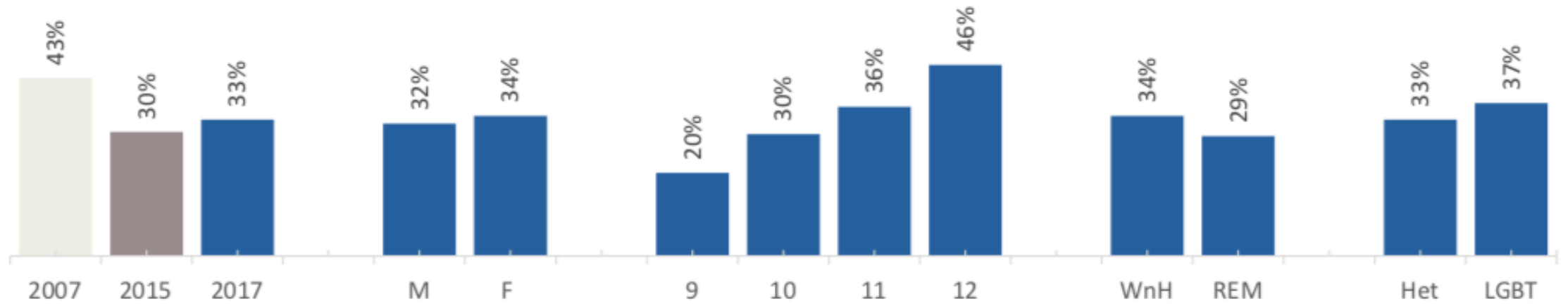
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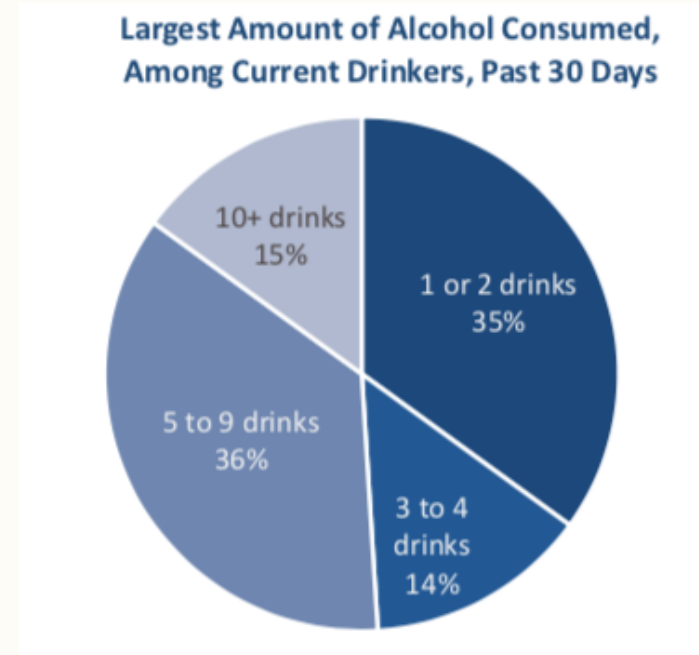
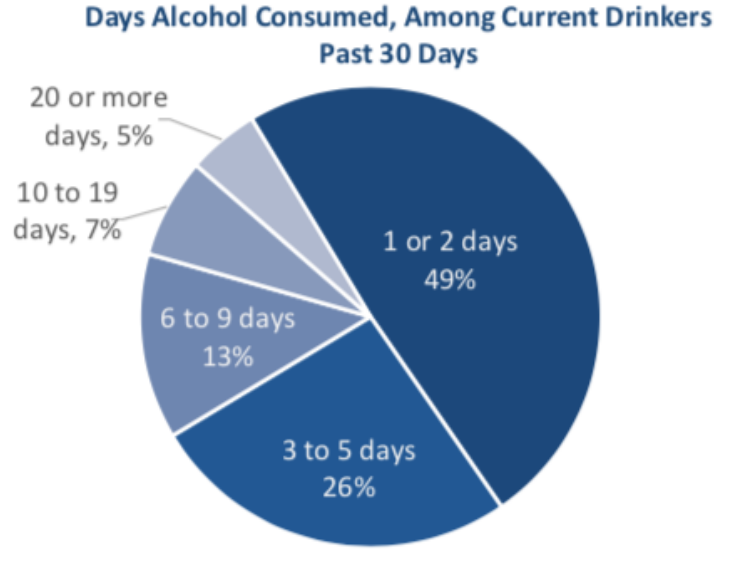
[VDH 2017 HIGH SCHOOL YRBS](#)

The average age of first drug use by clients has remained stable



Drank Alcohol, Past 30 Days



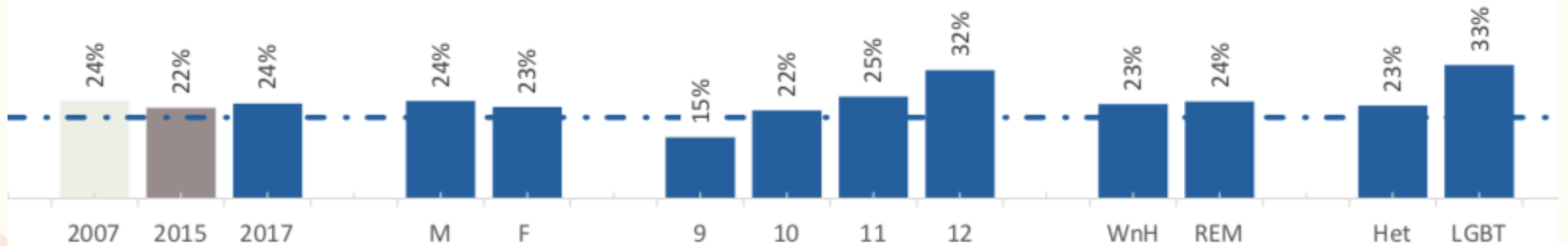


May 2018

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Marijuana Use, Past 30 Days

— HV2020 Goal (20%)

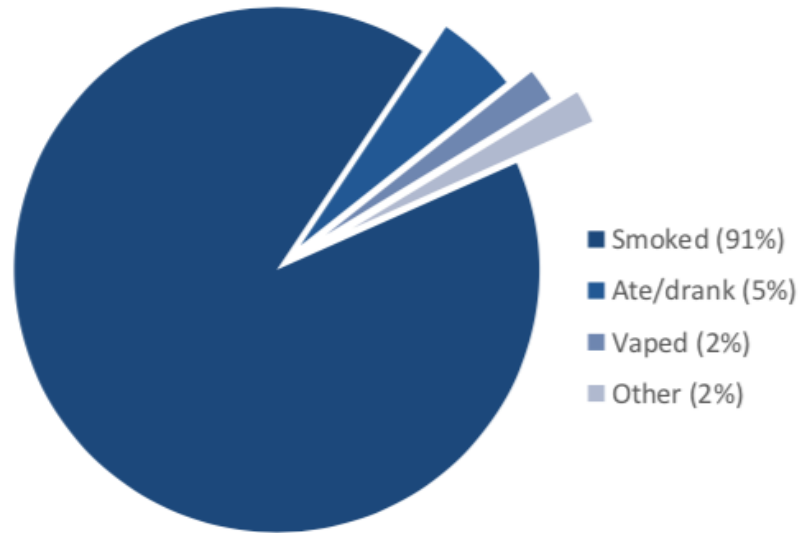


May 2018

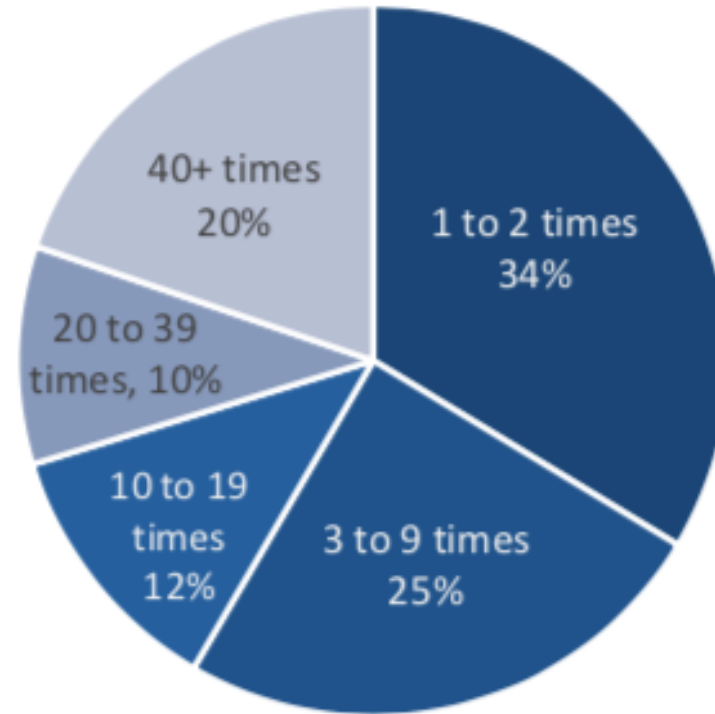
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Primary Methods Used to Consume Marijuana,
Among Current Users



Frequency of Use Among Current Users

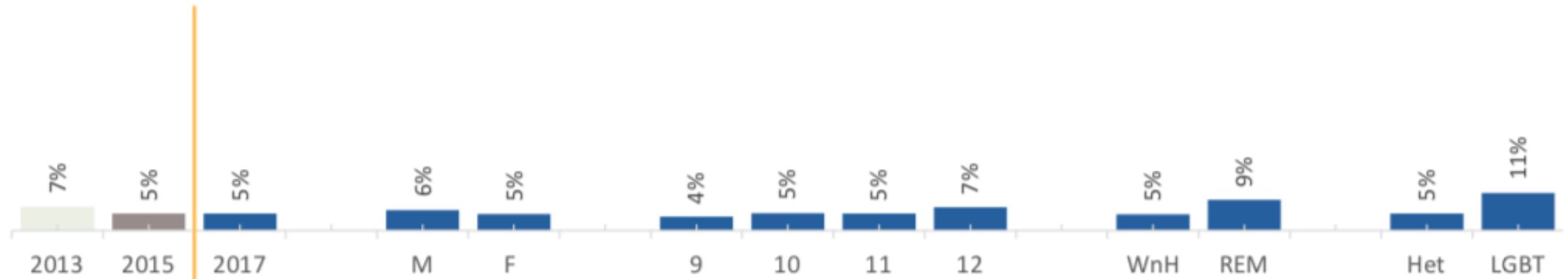


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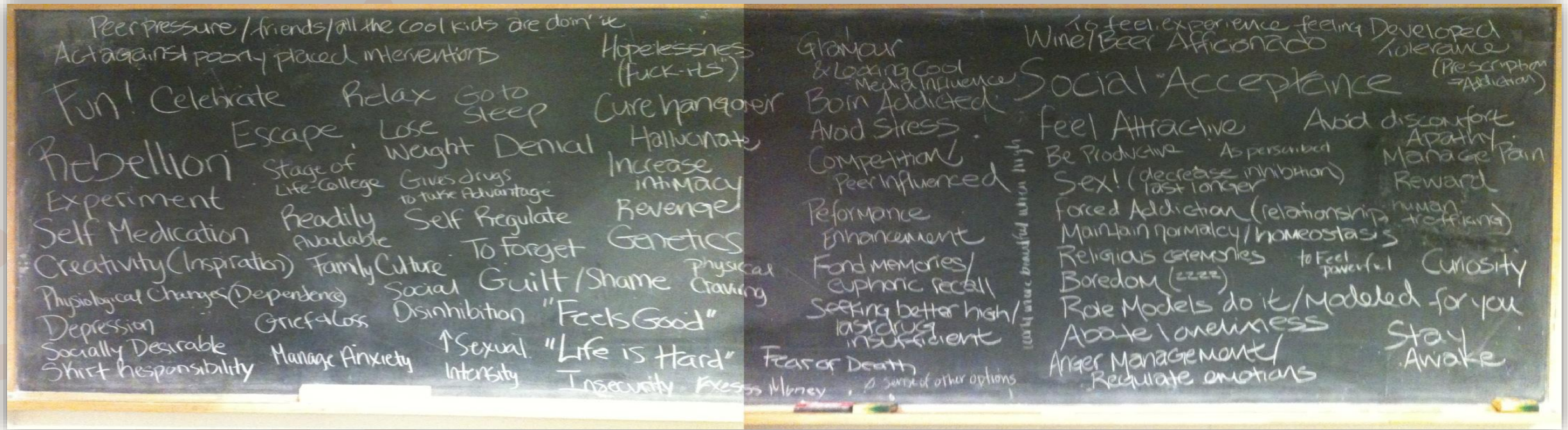
VDH 2017 HIGH SCHOOL YRBS

Current Prescription Drug Misuse



NOTE: This question was new in 2017. It combined previous questions about current stimulant and pain medicine misuse and added the phrase "or differently than how a doctors told you to use it" was added to reflect both illicit use and misuse of prescription drugs. Caution should be taken when comparing prescription drug misuse with prior prescription drug use due to the addition of use as not intended.

WHY DO teens get high...do drugs...drink...smoke pot... snort...
trip...take pills....shoot...get drunk...roll?



To feel good... To feel better... To avoid feeling bad... To stop feeling bad...

And does it work?

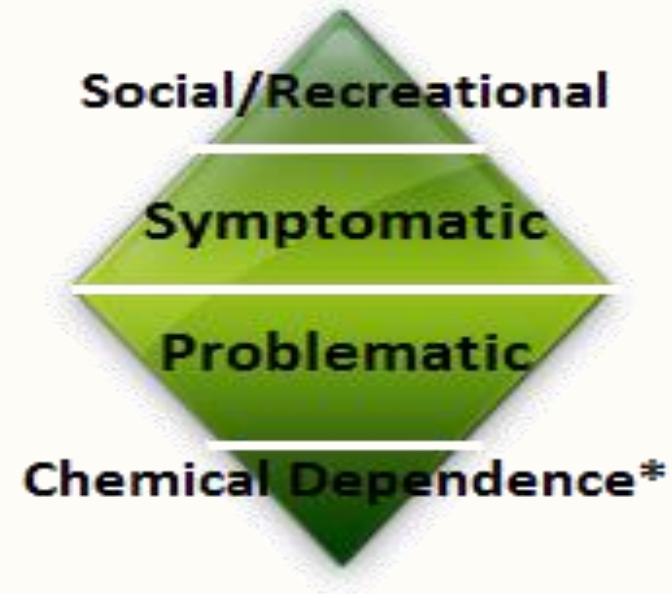


Severity of Substance Use in the Lives of our Clients

Diagnostic

Functional Significance

| | |
|------|---|
| | DSM V Diagnostic Criteria Mild: 2-3 items Moderate: 4-5 items Severe: 6 or more items |
| | A problematic pattern of use leading to distress, as manifested by: |
| 1 - | taken in larger amounts or over longer period than intended |
| 2 - | persistent desire or unsuccessful efforts to cut down |
| 3 - | great deal of time spent to obtain, use, or recover from effects |
| 4 - | craving, strong desire, urge to use |
| 5 - | failure to fulfill major role obligations |
| 6 - | causing or exacerbating recurrent/persistent social/interpersonal problems |
| 7 - | abandoned or reduced social/occupational/recreational activities |
| 8 - | creating physical hazards, recurrent |
| 9 - | causing or exacerbating persistent or recurrent physical/psychological problems |
| 10 - | tolerance: increased amount or diminished effect |
| 11 - | Withdrawal: symptoms, or use to alleviate symptoms |



Screening . Set the Stage

Rates of alcohol or illicit drug use among adolescents aged 12-17 years increase with age. The rate for adolescents aged 16-17 years was **about 7 times** the rate for adolescents aged 12-13 years.



4.2%

12-13 years



13.9%

14-15 years



29.1%

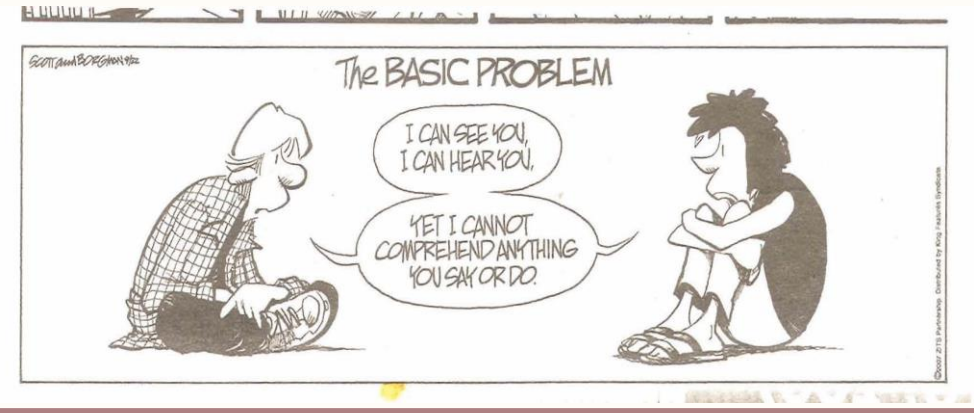
16-17 years



In a clinical setting, **confidentiality** affects an adolescent's

- Decision to seek care
- Disclosure of behaviors
- Follow-up for care

Confidentiality: Parental Perspective



- Parents are not the enemy.
- Parents are experiencing their own adjustment to their child's adolescence.
- Educate parents about the benefit and need for confidentiality

Explain the concept in advance

Are you Ready?

R is for Relationships. Healthy relationships with peers, teachers and coaches are important for teens. Teens also need guidance to ensure safe and healthy romantic relationships.

E for Energy to get things done. Good physical and mental health and proper sleep will help ensure good energy.

A for Awareness of the world and how your teen fits in. Are there opportunities to contribute in the family, at school or in the community to develop a sense of honesty, kindness, empathy and generosity?

D for Decision Maker. As your adolescent's brain develops, are there opportunities to learn how to make healthy, independent decisions?

Y for saying Yes to healthy behaviors. Acknowledge your child's strengths as a foundation on which to build.



Other helpful resources:

<http://parentupvt.org/>

<http://www.umhs-adolescenthealth.org/improving-care/videos/>

Chlamydia factsheet form CDC:

<https://www.cdc.gov/std/chlamydia/chlamydia-factsheet-june-2014.pdf>

White River Family Practice
331 Olcott Drive
White River Junction, VT 05001
(802) 295-6132
www.whiteriverfamilypractice.com



White River Family Practice

What to Expect: Adolescent Snapshot

What to Expect At An Adolescent Visit

Visits are recommended annually.

These are comprehensive visits that evaluate physical and emotional health, stresses and lifestyle choices.

Anything can be discussed and everything is confidential. No information will be given to a parent or guardian unless your teen gives us permission or is in danger of hurting themselves or others. However, even though parents or guardians are asked to leave the room for part of the exam, your concerns are very important to us!

Dart Teen Screener is a useful iPad tool we offer in the office. This allows us to quickly assess important health indicators for your teen. Your child's participation is completely optional.

The State of Vermont strongly recommends routine urine for girls ages 16-24 to assess for chlamydia. Chlamydia is a disease which can be silent in girls and can affect their future fertility.

If your child would like to be addressed by a different name or gender identity than what we have in our records, please let us know.

Overall, we hope that these visits are a comfortable way for your child to get information to any health question. If there is any way we can make the experience better, please let us know.

Adolescent Risks

Teen years are often challenging, marked by extreme emotions, rapid physical growth, hormones, experimentation and risk taking.

Accidents are the leading cause of death in adolescents.

Sadly, suicide is the second leading cause of death. Take all talk of suicide, even jokes, seriously. Our office is always on call, and the Crisis Text Line is available for free confidential 24/7 help.



CRISIS TEXT LINE |

Text "VT" to 741741

Discuss choices around smoking, alcohol and drugs. Prescription drugs now pose a significant health problem and need to be stored safely.

Adolescent Immunizations

- HPV Vaccine: To Protect Against Cancer of the cervix, mouth, throat and more!
- Meningococcal Vaccines: To Protect Against Infection of the Brain and Spinal Cord
- Tdap: To Protect Against Tetanus, Diphtheria and Pertussis (Whooping Cough)

For best protection, start vaccinating at the 11-12 year old visit and complete all series.

Talking to Your Teen - Puberty and Sex

Unfortunately, many adolescents (and younger kids) turn to the internet to answer questions they have about sexuality, sex and puberty.

Don't be afraid to discuss puberty and sex with your teen. Share with them basic knowledge and your values around meaningful, caring, safe relationships.

Some websites to help with topic of sex, consent and possibly embarrassing health questions.

www.voicingconsent.org (teens)

www.goaskalice.columbia.edu
(Columbia University)

www.youtube.com/watch?v=pZwvrxVavnQ
(Consent is Like Tea)

www.cdc.gov/teenpregnancy/parent-guardian-resources/index.htm (CDC site for parents)

Healthy Lifestyle

Healthy meals are the work of the whole family. Aim for fruits and vegetables at every meal, whole grains, lean meats, 3 servings of high calcium foods (like milk) daily. Avoid skipping meals and sugary drinks!

Exercise is recommended for one hour daily for physical and mental health.

Getting your adolescent to sleep can be a struggle. Turning off electronics early in the evening can help!

Post information in clinic

OUR POLICY ON CONFIDENTIALITY

Our discussions with you are private. We hope that you feel free to talk openly with us about yourself and your health. Information is not shared with other people unless we are concerned that someone is in danger.

Face Sheet on Questionnaire

Patients

Our Policy on Confidentiality:

Our discussions with you are PRIVATE. We hope that you feel free to talk openly with us about yourself and your health. This information is NOT SHARED with others unless we are concerned that someone is in danger.

We will ask your parents or other support people to leave the room when we discuss sensitive topics to protect your privacy.

What topics are confidential?

We will NOT share our discussions related to sexual health, reproduction, mental health, and substance use UNLESS you give us permission to.

What must be reported?

- You are being physically or sexually abused
- You are at serious risk of harming yourself or others



Purpose:

We review these questions with you during your appointment in order to provide you with good advice about keeping yourself healthy. If you have any questions about these subjects, ask your provider.

You do not have to answer these questions if you are uncomfortable with them. We do ask that you to read through the questionnaire so you will be aware of the subjects we will be discussing during your visit.

Face Sheet on Questionnaire

Parents

To the Parents and Caregivers of Adolescent Patients:

- We recognize the value of your participation in your adolescents' health needs.
- We understand you are experiencing your own adjustment to your child's transition through adolescence.
- You will have the opportunity to voice any concerns you may have about your adolescents' health.
- Please understand the importance of a private encounter between our providers and adolescents during the adolescent visit.
- We will ask you to step out of the room for part of the visit.
- If you have any questions or concerns, please share them with your provider.
- We encourage adolescents to have an annual health supervision (well visit) every year.

Our Policy on Adolescent Confidentiality:



- Discussions between the provider and adolescent during the private portion of this visit are confidential and will not be shared with other people unless we are concerned someone is in danger.

COMING SOON! Nov 13-14: Abigail English, JD

The Center for Adolescent Health and the Law

Adolescent & Young Adult Health Care in Vermont

A Guide to Understanding Consent & Confidentiality Laws

April 2018



**** CONFIDENTIAL REVIEW DRAFT ****

C**A****H****L**
&

Center for Adolescent Health & the Law
*promoting the health of adolescents and young adults and
their access to comprehensive health care*

Home
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Home

The **Center for Adolescent Health & the Law** is a unique national organization that works exclusively to promote the health of adolescents and their access to comprehensive health care. The Center addresses a broad range of complex legal and policy issues that affect access to health care for the most vulnerable youth in the United States. The Center provides information and analysis, publications, consultation, and training to health professionals, policy makers, researchers and advocates who are working to protect the health of our adolescents and young adults.

10-Year Initiative on Sexual Exploitation & Trafficking
The Center for Adolescent Health & the Law is launching a **10-year initiative** to address sexual exploitation and trafficking of adolescents and young adults.

Key Resources on the Affordable Care Act
The Center for Adolescent Health & the Law in collaboration with the National Adolescent and Young Adult Health Information Center (NAHIC) has published a series of **issue briefs** explaining the implications of the Affordable Care Act (ACA) for adolescents and young adults.

State Minor Consent Laws: A Summary, 3rd Edition
The highly acclaimed 3rd edition of State Minor Consent Laws: A Summary is available! [Click here for more information on this landmark publication.](#)

Asking sensitive questions . Set the stage

YOUTH PERCEPTION OF QUESTIONS

Why do you think I am asking?

Why do people use these things?

What are the risks

Clarify why you are asking


- Very personal questions!
- If you have asked personal questions throughout development then it won't be so strange
- If you know the patient well it won't be so strange
- CAUTION: If they've known you since they were born they may not want to disappoint you and may be wary of your relationship with their parents
 - Clarify confidentiality
 - Clarify that you know they are changing, their lives are changing



Screening Questionnaires .

Electronic or Paper

- Depression (PHQ9)
- Alcohol, Drugs (CRAFFT)
- Pre-Visit Questionnaire
- Other questions



Bright Futures Previsit Questionnaire
15 to 17 Year Visits

For us to provide you with the best possible health care, we would like to get to know you better and know how things are going for you. Our discussions with you are private. We hope you will feel free to talk openly with us about yourself and your health. Information is not shared with other people without your permission unless we are concerned that someone is in danger. Thank you for your time.

What would you like to talk about today?

Do you have any concerns, questions, or problems that you would like to discuss today?

What changes or challenges have there been at home since last year?

Do you have any special health care needs? ☐ No ☐ Yes ☐ Unsure, describe:

Do you live with anyone who uses tobacco or spend time in any place where people smoke? ☐ No ☐ Yes, describe:

How many hours per day do you watch TV, play video games, and use the computer (not for schoolwork)?

We are interested in answering your questions. Please check off the boxes for the topics you would like to discuss the most today.

| | |
|---------------------------------------|--|
| Your Growing and Changing Body | <input type="checkbox"/> How your body is changing <input type="checkbox"/> Teeth <input type="checkbox"/> Appearance or body image <input type="checkbox"/> How you feel about yourself <input type="checkbox"/> Healthy eating <input type="checkbox"/> Good ways to keep active <input type="checkbox"/> Protecting your ears from loud noise |
| School and Friends | <input type="checkbox"/> Your relationship with your family <input type="checkbox"/> Your friends <input type="checkbox"/> Girlfriend or boyfriend <input type="checkbox"/> How you are doing in school <input type="checkbox"/> Organizing your time to get things done <input type="checkbox"/> Plans after high school |
| How You Are Feeling | <input type="checkbox"/> Dealing with stress <input type="checkbox"/> Keeping under control <input type="checkbox"/> Sexuality <input type="checkbox"/> Feeling sad <input type="checkbox"/> Feeling anxious <input type="checkbox"/> Feeling irritable <input type="checkbox"/> Keeping a positive attitude |
| Healthy Behavior Choices | <input type="checkbox"/> Pregnancy <input type="checkbox"/> Sexually transmitted infections (STIs) <input type="checkbox"/> Smoking cigarettes <input type="checkbox"/> Drinking alcohol <input type="checkbox"/> Using drugs <input type="checkbox"/> How to avoid risky situations <input type="checkbox"/> Decisions about sex, alcohol, and drugs <input type="checkbox"/> How to support friends who don't use alcohol and drugs <input type="checkbox"/> How to follow through with decisions you have made about sex, alcohol, and drugs |

SHEEADSSS

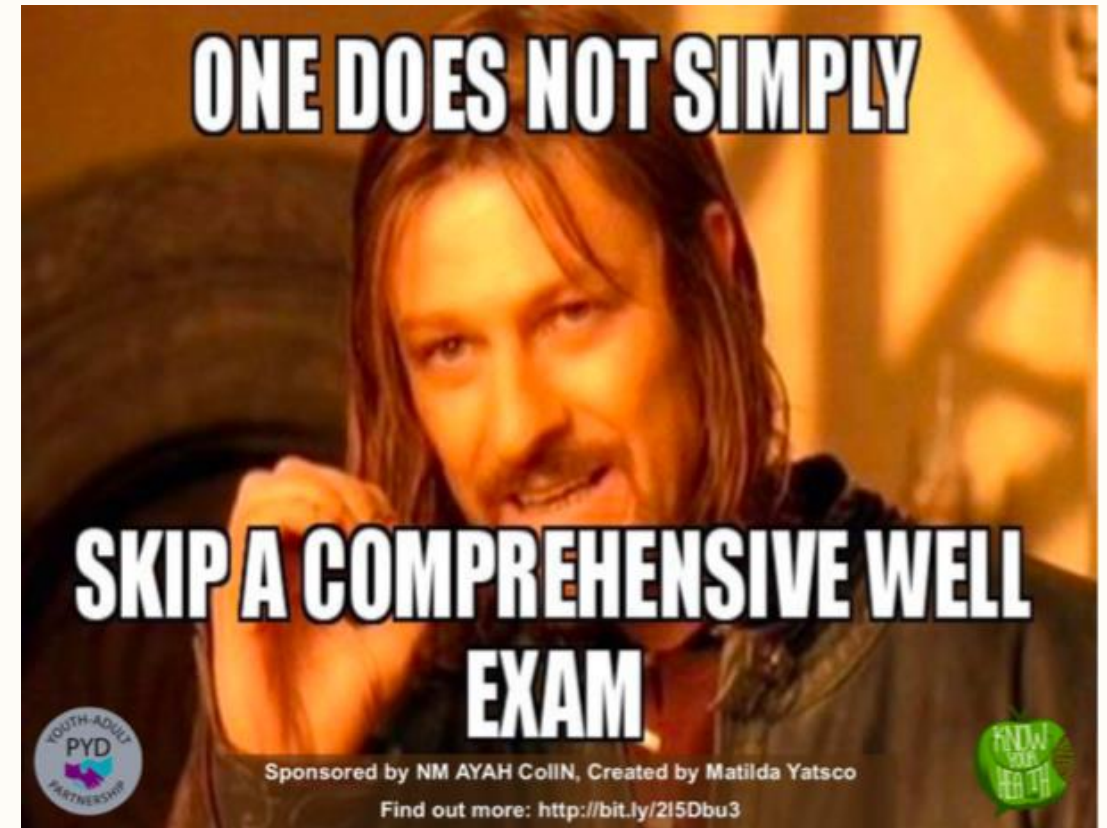
- S: Strengths/Spirituality
- H: Home
- E: Education/Employment
- E: Eating
- A: Activities
- D: Drugs and Alcohol
- S: Sexuality
- S: Suicide/depression
- S: Safety

Klein DA, Goldenring JM & Adelman WP. *Contemporary Pediatrics*. 2014.



PREVENTION

ADOLESCENT WELL VISITS!



New Mexico Adolescent and Young Adult Health COIIN

Screening

Identify the fires



Anticipatory Guidance



Positive Youth Development



“ People who work with children, youth and their families have a unique opportunity to seek out, identify, reflect and celebrate their strengths. Learning to recognize and use those strengths can foster healthy development, resilience in adversity, and courage to pursue interests, and dreams.”

– Dr. Paula Duncan, 3/20/17

Opioid Precautions

Figure 2.0 – Opioid Limits for Children Ages 0-17 Years

| Pain | Average Daily MME (allowing for tapering) | Prescription TOTAL MME based on expected duration of pain | Common average DAILY pill counts | Commonly associated injuries, conditions and surgeries |
|-------------------------|--|---|---|---|
| Minor pain | No Opioids | 0 total MME | 0 hydrocodone 0 oxycodone 0 hydromorphone | molar removal, sprains, non-specific low back pain, headaches, fibromyalgia, un-diagnosed dental pain |
| Moderate to Severe pain | 24 MME/day | 0-3 days: 72 MME | 4 hydrocodone 5mg or 3 oxycodone 5mg or 3 hydromorphone 2mg | non-compound bone fractures, most soft tissue surgeries, most outpatient laparoscopic surgeries, shoulder arthroscopy |

VERMONT'S MOST DANGEROUS LEFTOVERS.

Safely store and throw away unused or expired medicine. It prevents misuse. Here are three steps you can take to ensure the safe use, storage, and disposal of prescription drugs.

- SAFE USE**
Only take medication prescribed to you by a doctor. Only use it in the prescribed dosage. And never share prescription drugs with friends or family.
- SAFE STORAGE**
Store prescription medication locked and out of reach of kids, family, and guests. Know where it is at all times. Keep it in its original bottle with its label.
- SAFE DISPOSAL**
Most prescription drugs should NOT be flushed down the toilet or washed down the sink. In Vermont, you can drop off your medications at a permanent disposal site. Proper disposal helps avoid harming water sources, wildlife, pets, and people.

For information on the proper and safe disposal of medications, visit www.healthvermont.gov.

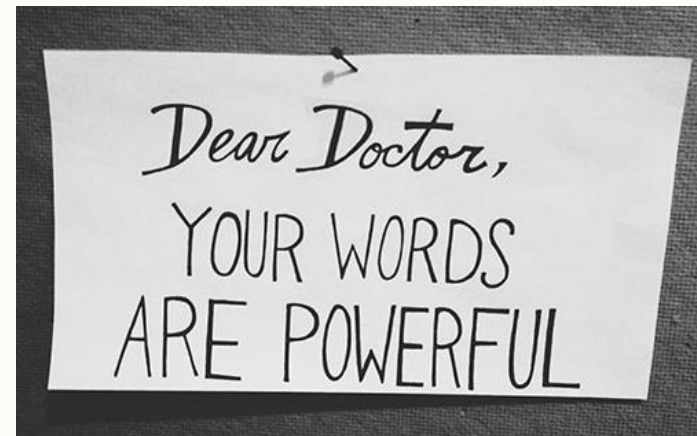
To locate a permanent disposal site in your community, dial 2-1-1.

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VERMONT DEPARTMENT OF HEALTH
DEPARTMENT OF PUBLIC SAFETY

Setting the Stage for Intervention

- Emphasize that your approach is nonjudgmental and that you welcome future visits
-

- “I’m here for you, and I want you to feel comfortable confiding in me. If you have something personal to talk about, I’ll try to give you my best advice and answer your questions”

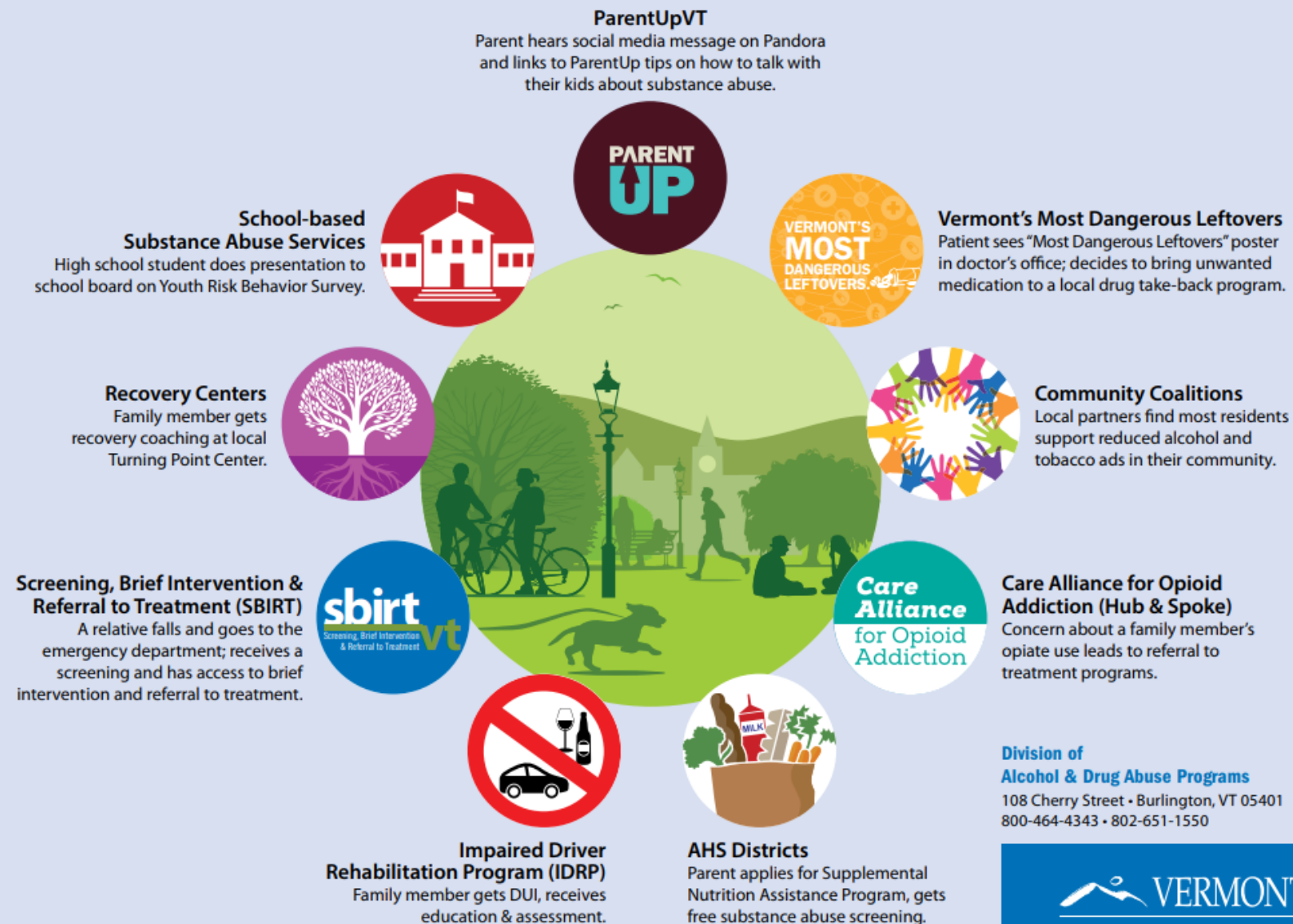


Have a Conversation
See SBIRT slides!



Other Resources

Working together to eliminate substance abuse in Vermont



Parent Up Resources



PARENT UP

AS A PARENT, YOU ARE THE #1 INFLUENCE ON YOUR KIDS.

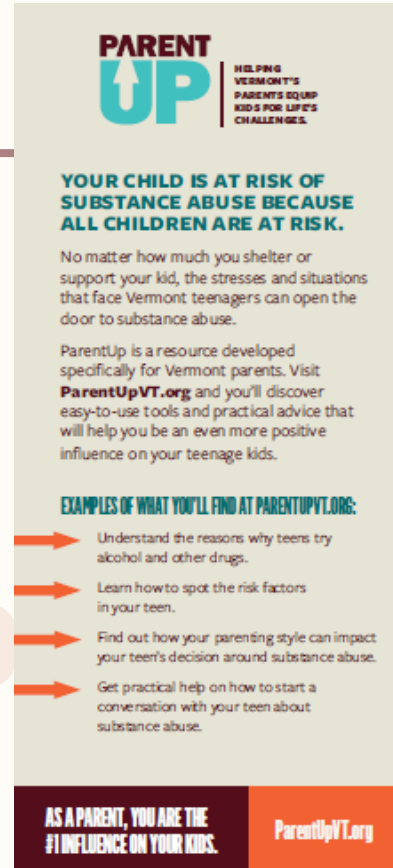
ALL TEENS ARE AT RISK OF SUBSTANCE ABUSE.

And you have the power to equip your kids to better handle the challenging realities of being a teenager.

GET SIMPLE TIPS, ADVICE AND TOOLS to help you be the best influence possible when it comes to substance abuse and your teenage kids.

ParentUpVT.org

<http://store.pear-vt.org/product/>



PARENT UP HELPING VERMONT'S PARENTS EQUIP KIDS FOR LIFE'S CHALLENGES.

YOUR CHILD IS AT RISK OF SUBSTANCE ABUSE BECAUSE ALL CHILDREN ARE AT RISK.

No matter how much you shelter or support your kid, the stresses and situations that face Vermont teenagers can open the door to substance abuse.

ParentUp is a resource developed specifically for Vermont parents. Visit **ParentUpVT.org** and you'll discover easy-to-use tools and practical advice that will help you be an even more positive influence on your teenage kids.

EXAMPLES OF WHAT YOU'LL FIND AT PARENTUPVT.ORG:

- Understand the reasons why teens try alcohol and other drugs.
- Learn how to spot the risk factors in your teen.
- Find out how your parenting style can impact your teen's decision around substance abuse.
- Get practical help on how to start a conversation with your teen about substance abuse.

AS A PARENT, YOU ARE THE #1 INFLUENCE ON YOUR KIDS.

ParentUpVT.org

VIDEOS

Tips From Parents Like You: Drive the Friends



Tips from Vermont parents on how to keep their teens on the right track when it comes to drug and alcohol use. Staying connected to the friends of your kids is one easy to stay close to your own kid.

Tips From Parents Like You: Meet the Parents



Tips From Parents Like You: How to Ask



Vermont parents know it's important to have conversations with their kids about alcohol and drug use. It's important for parents to remember that it's not just the questions you ask, but it also depends on how you ask the questions.

Tips From Parents Like You: Small Signs



<http://parentupvt.org/media-center/>

PARENT UP

WHO'S AT RISK?

WHAT'S AT STAKE?

HOW CAN I HELP
PREVENT IT?

HOW CAN I HELP MY
AT-RISK TEEN?

HOW DO I TALK TO
MY TEEN ABOUT
MARIJUANA?

SUPPORT

MEDIA CENTER

Search ...



MY TEEN NEEDS HELP NOW

I THINK MY TEEN IS DRINKING
OR DOING DRUGS

I KNOW MY TEEN IS DRINKING
OR DOING DRUGS

I'M CONCERNED ABOUT MY
TEEN'S MENTAL HEALTH

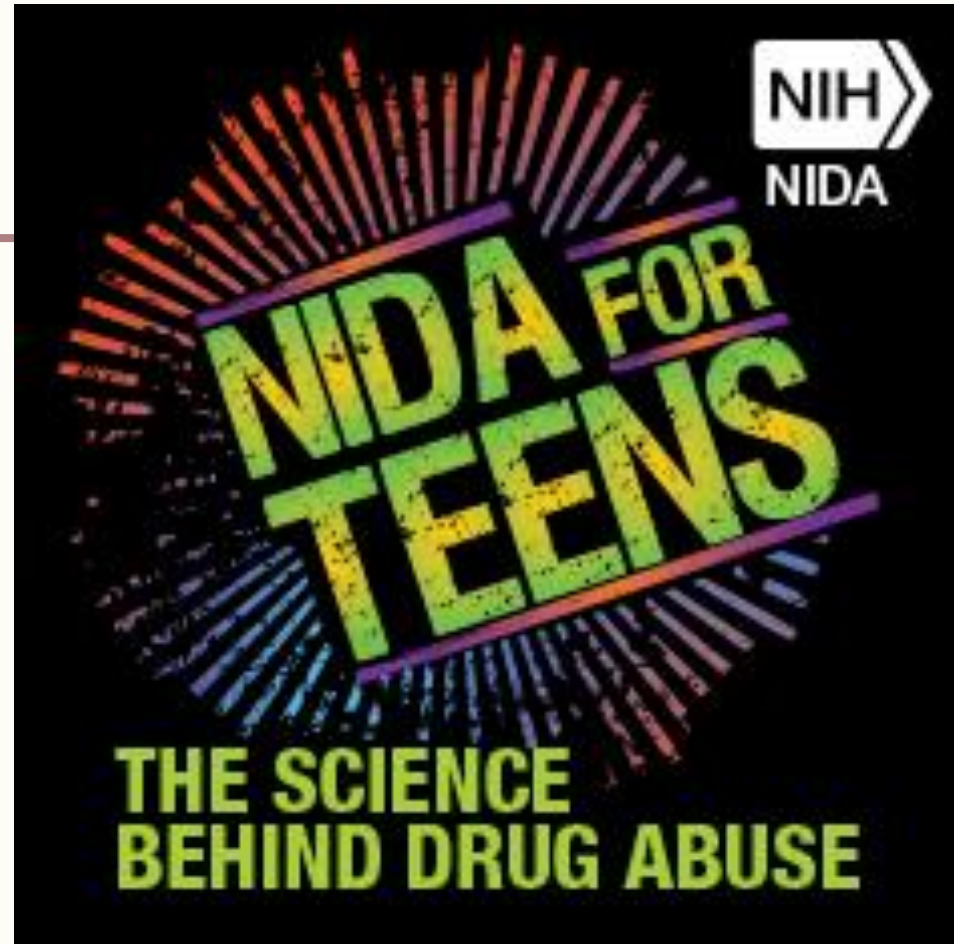
MY TEEN NEEDS HELP NOW

CLOSE

TALK TO YOUR CHILD ABOUT MARIJUANA

Take me to teen drinking,
other drug use, or other
mental health topics

NIDA FOR TEENS



<https://teens.drugabuse.gov/>

Referrals



Warm Referral Most Ideal

- Onsite resources
- School
- Local organization





Treatment & Recovery Centers

Windham County

Health Care & Rehabilitation Services of Southeastern Vermont
 1 Hospital Court Bellows Falls, VT
 (802) 463-3947
 O

Health Care & Rehabilitation Services of Southeastern Vermont
 51 Fairview Street Brattleboro, VT
 (802) 254-6028
 A, O

Rise I
 435 Western Avenue Brattleboro, VT
 (846)-388-6249
 HH

Rise II
 11 Underhill Avenue Bellows Falls, VT
 (802)-396-5068
 HH

Rise III
 178 Linden Street Brattleboro, VT
 (846)-396-5068
 H, W

Starting Now
 1 Anna Marsh Lane Brattleboro, VT
 (802) 258-3730
 I

Turning Point of Windham County
 39 Elm Street Brattleboro, VT
 (802) 257-5500
 RC

Statewide Residential Programs

Howard Center Act One/Bridge Program
 184 Pearl Street Burlington, VT
 O, PIR, R (802) 488-6425

Recovery House
 98 Church Street Wallingford, VT
 O, HA, PIR, R (802) 446-2640

Phoenix House
 3 Pierce Road Dublin, NH
 A, R 1-888-671-9392

Valley Vista
 23 Upper Plain Road Bradford, VT
 A, O, R (802) 222-5201

1 Alden Place Vergennes, VT (802) 222-5201
 R, RC

Opioid Treatment Hubs

BAART Behavioral Health Services
 475 Union Street Newport, VT (802) 334-0110
 1097 Hospital Drive St. Johnsbury, VT (802) 748-6166
 242 South Main Street St. Albans, VT (802) 370-3545

Habit OpCo
 16 Town Crier Drive Brattleboro, VT (802) 349-1880
 254 Plainfield Road West Lebanon, NH (603) 298-2146

West Ridge Center for Addiction Recovery
 1 Scale Avenue, Building 10 Rutland, VT (802) 776-5800

Brattleboro Retreat
 1 Anna Marsh Lane Brattleboro, VT (802) 257-7785

Central Vermont Addiction Medicine
 300 Ganger Road Berlin, VT (802) 223-2003

Howard Center Chittenden Clinic
 1 South Prospect Street Burlington, VT (802) 488-6450
 75 San Remo Drive South Burlington, VT (802) 488-6450
 ToB Free (800) 413-2272

KEY TO AVAILABLE SERVICES

| | |
|--|--|
| A Adolescents D Detox HA Halfway House I Intensive Outpatient IRDP Impaired Driver Rehabilitation Program | O Outpatient PSP Public Inpatient Program R Residential RC Recovery Center W Women Only |
|--|--|

Alcohol & Drug Treatment Resource Guide

Thinking about treatment?

This guide addresses commonly asked questions for people trying to get help.

Windham County





Division of Alcohol & Drug Abuse Programs
 108 Cherry Street, Burlington, VT 05401
 (802) 464-4343 | (802) 651-1550

Do you or someone you know need help with alcohol, marijuana, prescription drugs, or other drugs?

Vermont
Association
of

Addiction
Treatment
Providers


FIND HELP

PROGRAM

SEARCH

Who We Are +
Find Help in Your Area
How We Help
News & Information
Vermont System of Care

VAATP represents the Addiction Treatment System of Care in the State of Vermont. Our organization helps to educate the public about addiction and the effectiveness of treatment at transforming lives and helping people find lasting recovery. Our member agencies provide effective, evidence-based treatment to many thousands of adults, adolescents, and families each year. The VAATP engages in advocacy to improve the care delivery system, so that all people can get help when they need it most.



Addiction Treatment: Transforming Lives

FIND HELP

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Vermont

2-1-1

Get Connected. Get Answers.

United Ways of Vermont

Every Solution Starts Somewhere.

United Way

Vermont 2-1-1 is the number to dial to find out about hundreds of important community resources, like emergency food and shelter, disability services, counseling, senior services, health care, child care, drug and alcohol programs, legal assistance, transportation agencies, educational and volunteer opportunities, and much more.

2-1-1 is not an emergency number like 9-1-1, nor is it directory assistance like 4-1-1.

2-1-1 is your first step toward solving everyday problems or when you are facing difficult times.

It's a free service. It's confidential. It's 24/7.



PARTNERING:

Effective Collaboration and Coordination for
Youth, Families and Communities Impacted by
Substance Abuse and Mental Health Issues



Danielle Jatlow, LICSW LADC





Centerpoint provides a full array of treatment & educational services to teens and their families faced with emotional, behavioral, mental health, substance abuse, or special learning needs.

Centerpoint clients receive a comprehensive plan of services that may include:



- *psychiatric and mental health evaluation*
- *substance abuse screening and assessment*
- *integrated special education and mental health day treatment services through the Centerpoint School*
- *outpatient counseling for mental health and substance abuse concerns*
- *family counseling and parent support*
- *group therapy*
- *intensive outpatient (IOP) treatment*
- *gender-specific treatment services*
- *school-based substance abuse and mental health services*
- *case management and community support*
- *services for youth involved through juvenile justice and the legal system*
- *counseling services for the college and transition-aged student*
- *drug testing*
- *training and consultation*



Centerpoint Adolescent Treatment Services are provided throughout Northwestern Vermont, with central locations in Chittenden County:

81 West Canal Street
Winooski, VT 05404

1025 Airport Drive
South Burlington, VT 05403

94 West Canal Street
Winooski, VT 05404

You can reach Centerpoint by phone at 488-7711, by fax at 488-7732, or on the web at www.centerpointservices.org

Vermont Youth Treatment Enhancement Program



- **Access:** Improving access to care, offering immediate response with expanded community-based and co-located services
- **Efficiency:** Increasing efficiencies by addressing administrative, operational, and financial impediments to allow for sustainable services and capacity that matches need
- **Quality of Care:** Enhancing existing services and adding options for care, with evidence-based and developmentally matched models of practice
- **A Family and Community Systems Approach:** Strengthening current partnerships and developing new partnerships and collaboration opportunities



Immediate Access



Centerpoint's timely response for
Substance Abuse and Mental Health
Assessment, Counseling, and Support

- What do you need?
- What do you want?
- How can we help?

Integrated Family & Parent Support Work Framework

- A collection of guiding principles and perspectives
- Practice- and principles-informed framework that emphasizes the importance of:
 - establishing safety
 - building rapport
 - supporting engagement
 - understanding self-awareness
 - and providing opportunities for young people, parents, and families to take meaningful leadership roles connected to their health and wellness

Adolescent framework

Access & Responsiveness

- Capitalizing on motivation and readiness through immediate access and decreasing barriers to engagement

Developmentally-matched services and supports

- Voluntary services, differentiated individual, group and family counseling modalities, creative and relational approach to all aspects of the work, honoring openness, non-judgmental stance, expressing curiosity, guided by inquiry.

Family and Community-Oriented

- Family and community as defined by youth, culturally responsive, choice and differentiated offerings matched with readiness, intersectional, experiential, paced.

Co-occurring understanding and focus

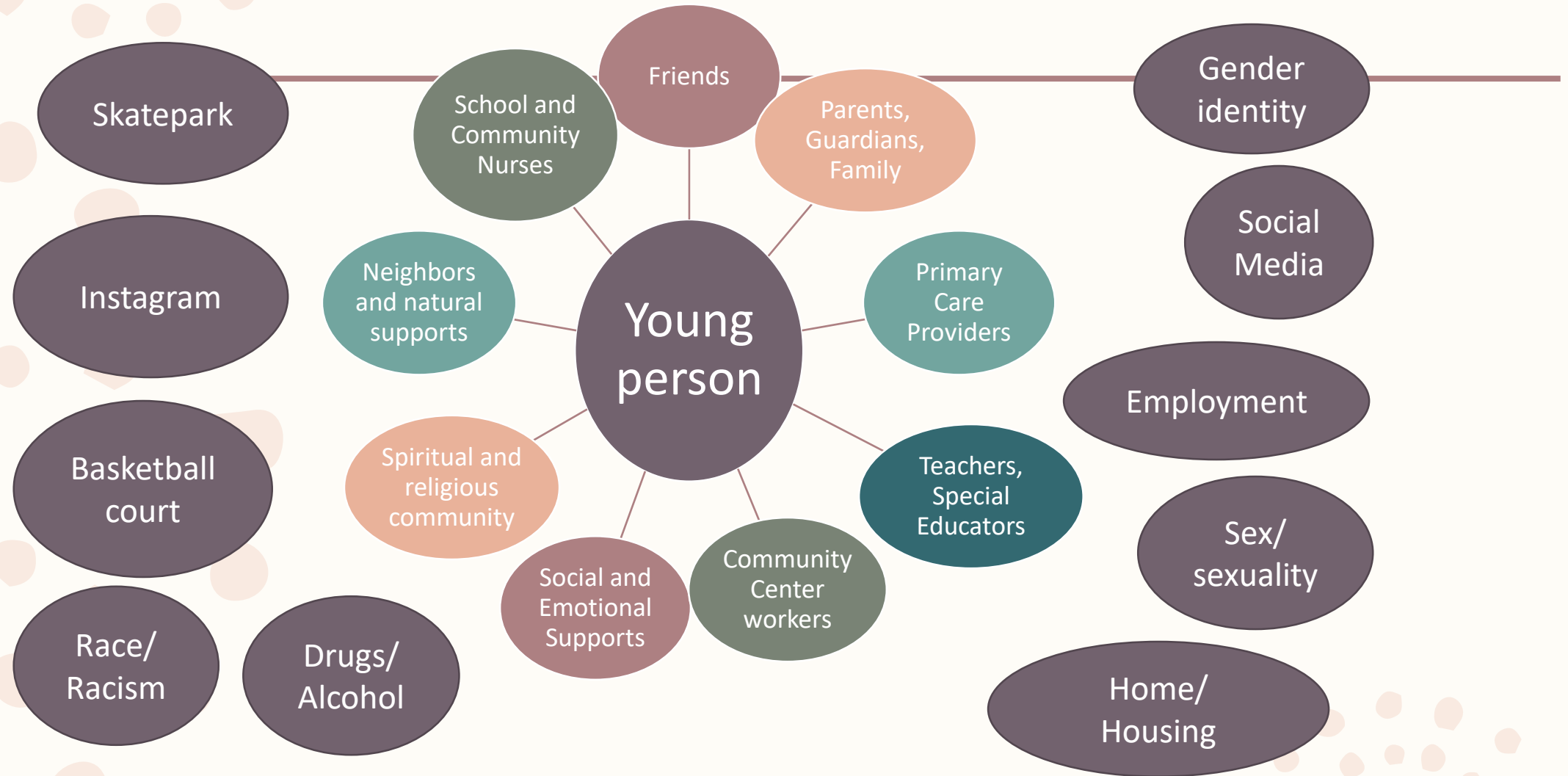
- Substance abuse, mental health, trauma and other co-occurring or situational issues (environmental, familial, systemic), intersectional, functional, and seamlessly integrated.

Interdisciplinary

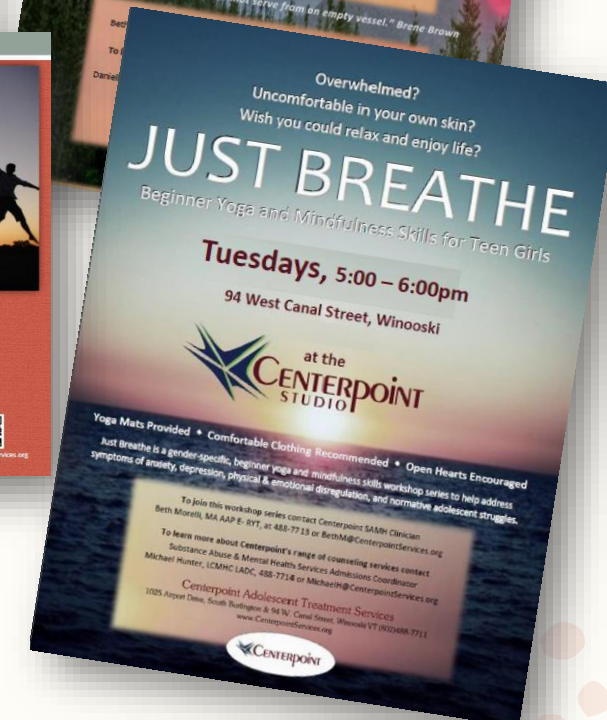
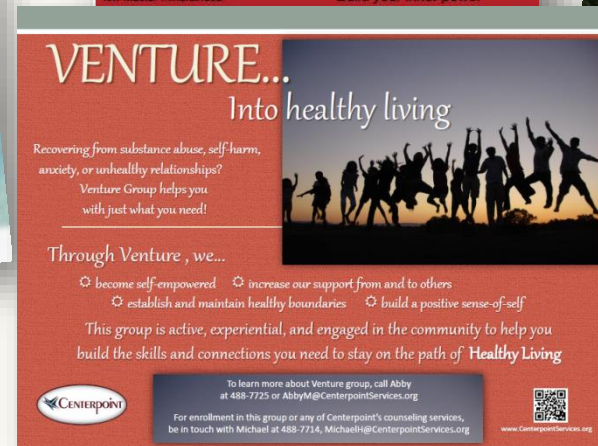
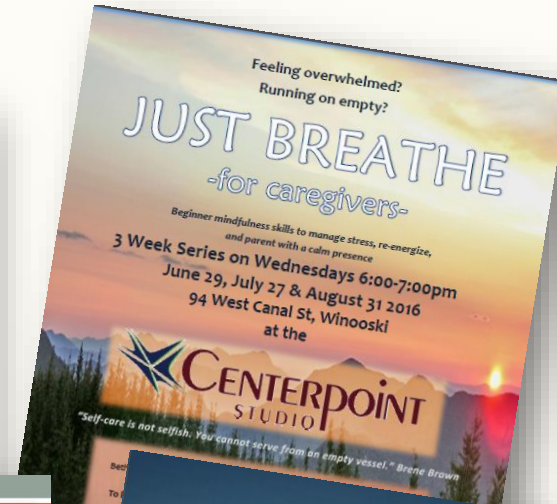
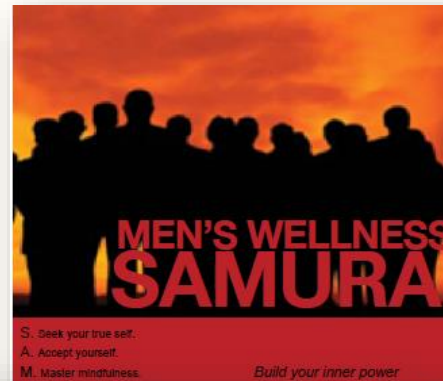
- Young people navigate many relationships and systems. Services and supports (natural and professional) should be in collaboration, collaborative, and asset-oriented.

Interdisciplinary understanding & Ecosystem framework

(Adolescent life space is often complex)



Creative Engagement Strategies for Adolescents



Guiding Principles and Perspectives: Family Framework

Family systems lens

Critical Inquiry

Developmental frame

Family voice, values and leadership

Differentiated responses and platforms


Stance of curiosity

Culturally relevant and meaningful

Honoring strength, resilience, and lived experience

Connection/affiliation

Building a Bridge: Warm Handoff is Key

 1025 Airport Drive, So Burlington, VT 05403
securely email this form to: Admissions@CenterpointServices.org
or call 802-488-2711

SAMH Referral for Services

Please complete both pages of this form

Today's Date: [Click here to enter a date](#)

Student's Name: [Click here to enter text](#) DOB: [Click here to enter text](#)
Student's School: [Click here to enter text](#) Age: [Click here to enter text](#) Grade: [Click here to enter text](#)

☐ Parent/Guardian Name: [Click here to enter text](#)
Preferred Contact Info: [Click here to enter text](#)
☐ Additional Parent/Guardian Name: [Click here to enter text](#)
Preferred Contact Info: [Click here to enter text](#)
Student's Legal Address: [Click here to enter text](#)
Is this the student's primary residence? ☐ Yes ☐ No ☐ Unknown

Referral Source: Who are you?


Your Name: [Click here to enter text](#)
Contact Info – Your phone: [Click here to enter text](#) Your email: [Click here to enter text](#)
What is your role/title? [Click here to enter text](#)
Others contributing to or supporting this referral? [Click here to enter text](#)

Insurance and Funding

Student's Social Security Number: [Click here to enter text](#)
☐ This student has active Medicaid insurance coverage.
☐ This student is covered by Commercial Insurance: ☐ Blue Cross ☐ Cigna ☐ MVP
☐ Other: [Click here to enter text](#)
Policy Number: [Click here to enter text](#) Group Number: [Click here to enter text](#)
Policy Subscriber's Name: [Click here to enter text](#) Relationship to Student: [Click here to enter text](#)
☐ This student has no insurance or financial coverage for services.
☐ These services will be covered by the school district or existing contract with Centerpoint.
☐ Other: [Click here to enter text](#)

PLEASE COMPLETE Page 2
with

☒ Reason for Referral ☒ Disposition: Next Steps

 - page 2 -

Please briefly describe the Reason for Referral,
including your concerns, identified needs, and hopes or goals for this student:
[Click here to enter text](#)

☐ If regarding truancy, the Truancy Response Team Priority Service Screening form may also be completed

Disposition: What happens next...

☐ Warm Referral: In-person student-counselor contact established. Date: [Click here to enter text](#)
☐ Student was informed to call Centerpoint to schedule an appointment or provide additional information
☐ Parent/guardian was informed to call Centerpoint to schedule an appointment or provide additional information
☐ Student was informed that they will receive a call from Centerpoint
☐ Parent/guardian was informed that they will receive a call from Centerpoint
Informed via: ☐ live conversation ☐ email/text
☐ voicemail/phone message ☐ other means of communication: [Click here to enter text](#)
Date message delivered: [Click here to enter a date](#) ☐ Confirmation that message was received

Centerpoint Administration

Referral Received (Date): [Click here to enter a date](#) ☐ Phone ☐ email ☐ Hardcopy/In-person
Initial Client Contact with Centerpoint (Date/Time): [Click here to enter a date](#)
Assessment/Service Appt (Date/Time): [Click here to enter a date](#) Clinician: [Click here to enter text](#)
☐ Initial Assessment/Service Appt offered, if different (Date/Time): [Click here to enter a date](#)
Assessment/Service Disposition:
☐ Service Provided ☐ Client No Show
☐ Service Cancelled/Rescheduled – New Appt Date: [Click here to enter a date](#)
HC EHR? ☐ No ☐ Yes: ☐ [Click here to enter text](#) ☐ Active ☐ Inactive

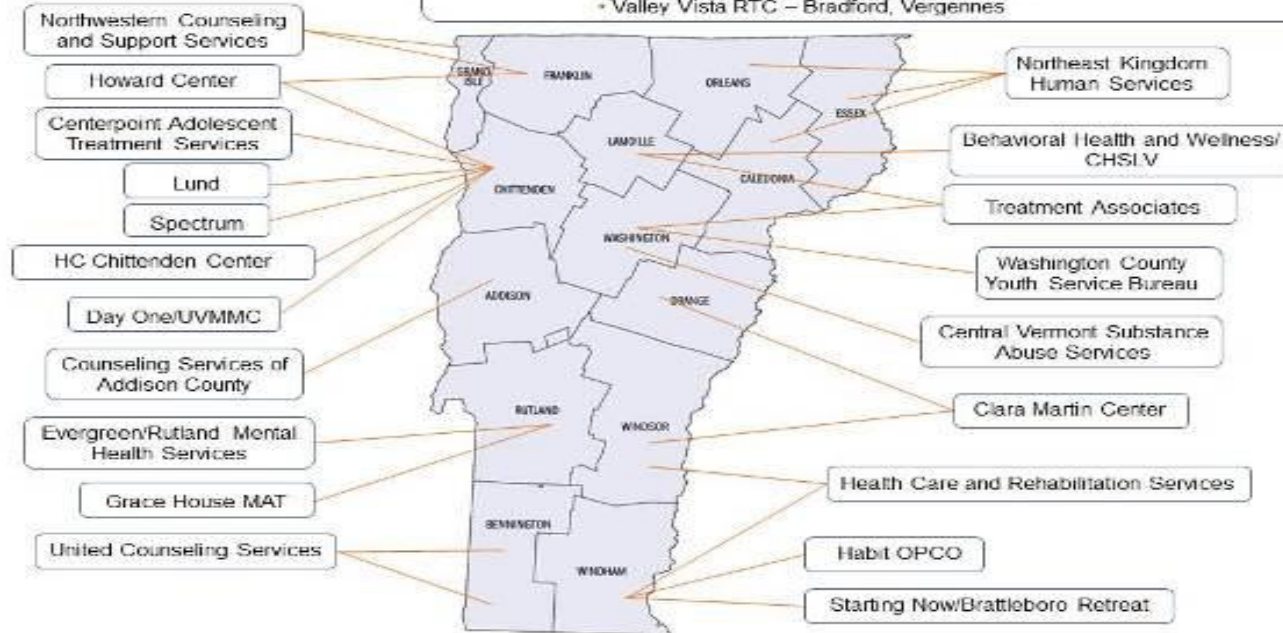
School
Rev. 02/2017

Developing a Culture of Collaboration and Partnership

- Creating an internal culture that values coordination (upon admission, during critical points of treatment, prior to and upon discharge), supporting all to understand the value of collaboration and partnership
- Small changes make a big difference and impacts client care
- Talking with clients about the pros and cons of sharing information with partners so that they can make informed decisions about consent/release of information
- Increasing relational affiliation with key and potential partners
- Taking time to understand what services and supports partners are providing to authentically support young people's motivation to engage
- Spotting themes and trends among client population and sharing knowledge among partners to develop programming to meet burgeoning needs

Vermont
Association
of
**Addiction
Treatment
Providers**

- BAART Behavioral Health – Berlin, Newport, St. Albans, St. Johnsbury
- Brattleboro Retreat – Brattleboro
- Phoenix House – Burlington, Brattleboro, Barre, Bellows Falls
- Serenity House, Recovery House – Wallingford
- Valley Vista RTC – Bradford, Vergennes





Taking Care While Taking Care

“It's a transformative experience to simply pause instead of immediately fill up the space. By waiting (pausing), we begin to connect with fundamental restlessness as well as fundamental spaciousness.”

-Pema Chodron, from "When Things Fall Apart"



Taking Care While Taking Care

- Making Meaning & Perspective Taking
- Mindful practice integration
- Connection and Playfulness
- Stepping into practice with curiosity and patience
- Patience with self and others
- Practicing with authenticity and “groundedness”



Taking Care While Taking Care

- What are the ways we can bring more pause, connection, meaning, patience, and play into our practice?
- What gets in the way and what are our creative approaches to working with complex human beings?
- How are we supporting one another and partnering (internally and externally) to support the health and wellbeing of clients and practitioners?

Thanks for your time

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Adolescent Medicine

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www.CenterpointServices.org

802-488-7721



Questions & Curiosities

considerations, consultation

CHAMP Learning Session Afternoon Breakouts

Williams Family Room – 403

Suicide Prevention in Pediatric and Family Medicine Practices

Presenters: Steven Broer, PsyD; Maya Strange, MD and Rebecca Chaplin, MS

Jost Foundation Room – 422

Prescribing Wellness for Families

Presenters: Andrew Rosenfeld, MD and Andrea Green, MD

Sugar Maple Ballroom – 401

Brief Negotiated Interview: An Intervention for Positive Screens

Presenters: Win Turner, PhD and Jody Kamon, PhD