



CT CONNECTION

STRONG CONNECTIONS



STRONG TEENS



**From
Substance Use
to Recovery:**

Providing Hope
and Resources

It can be a scary time when your teen is in crisis, but there ARE important things you can do to help. This booklet was created for families of teens who have had a substance use screening—to explain the process and provide guidance for moving forward. Our goal is to help you understand adolescent Substance Use Disorder (SUD) and show you where to find SUD public services in Connecticut.

WHAT JUST HAPPENED?

explaining ASBIRT

Adolescent Screening, Brief Intervention, and Referral to Treatment: ASBIRT

STEP 1: Screening

Your teen has responded to a questionnaire about their mental health and/or risky substance use behaviors. This screening happened in a healthcare, home, or community program setting. It identifies the level of severity of substance use and/or mental health conditions. It also determines if treatment(s) may be helpful, and if so, what kind.

Levels of Substance Use Severity:

LOW

slight risk of health problems from current pattern of use

MODERATE

at risk of health and other problems from current pattern of substance use

HIGH

at serious risk of experiencing severe problems (health, social, financial, legal, relationships) because of how much substance is used and how often
May be experiencing a Substance Use Disorder



STEP 2: Brief Intervention

A trained professional will talk with your teen and your family about how substance use can cause other problems like school problems, health problems, problems with friends and family, and problems with the law. Your teen was encouraged to reduce or stop risky substance use. If your teen has a higher level of risky substance use, they were urged to accept more intensive treatment. The bottom line is to motivate your teen to choose and maintain a healthy lifestyle. If your teen is using substances, this means motivating your teen to make changes and accept help.



STEP 3: Referral to Treatment

Based on the severity of your teen's substance use or their mental health condition, your teen and your family may be referred to services that can help. These can range from brief therapy to more intensive treatment at a specialized alcohol and drug treatment agency.

Why Is It Important to Know If My Teen has a Substance Use Disorder?

Misuse of substances – alcohol, tobacco, marijuana, stimulants like Ritalin and Adderall, hallucinogens, and prescription pain medications like Vicodin, OxyContin, and Percocet – often starts in the teen years.* Research shows young teens that start misusing substances have more trouble stopping despite harmful consequences.

Using substances compulsively, despite harmful consequences, is Substance Use Disorder (SUD). SUD can happen at any age, but it usually starts when a person is young.¹

SUD can be successfully treated. The sooner it is detected through professional screening, the less likely it will get worse. Not everyone screened will have felt significant disruptions. But it's important to follow through with treatment recommendations. Stopping SUD before it causes serious problems helps your teen get back on track faster. And getting help after problems have started can help them from getting worse. Teens with serious SUD can get better with the right help.

* See pages 16-19 for important information about prescription medications and Narcan™.

Failing to meet major obligations at school, home, or work.



What is SUD?

Substance use disorders, previously called substance abuse or substance dependence, occur when the repeated use of alcohol and/or drugs causes clinically and functionally significant impairment, such as health problems, disability, and failure to meet major responsibilities at work, school, or home. Healthcare professionals base SUD diagnosis on evidence of impaired control over how much or how often substances are used, problems with friends and family, use in risky situations like when driving, and pharmacological criteria (tolerance and withdrawal).²

Why is Early Detection Important?

Early detection is a chance for you and your teenager to get support for substance use problems. It decreases the chance that your teen may need more intensive treatment later on.³ And even if a SUD is detected later it will help your teen and your family get the help you need to get well.



Why do we need to get help?

Teens often don't realize the danger they expose themselves to, particularly when it comes to substance use. They don't know that they are opening themselves up to a chronic, progressive, and powerful disease. Teenagers with SUD need help to recognize, reduce, and prevent problematic use, and misuse of alcohol and other substances. Screening by a professional confirms if there is a problem and guides timely, appropriate treatment and care. **People recover with treatment.**⁴



Why can't some teens stop using drugs on their own?

Repeated drug use changes the brain. Brain imaging studies in people with Substance Use Disorder (SUD) show changes in areas critical to judgment, decision-making, learning and memory, and behavior control. These changes make quitting difficult, even for those who feel ready.⁵



Previously, people thought of substance misuse as a moral shortcoming. Healthcare professionals now recognize it as a disease to be treated, and not a personal failure. Your teen deserves your love and understanding during their recovery process.

Connecticut Adolescent Substance Use Treatment Services

Connecticut has several levels of public services to help children, youth, and their families identify, treat and support recovery from mental health and substance use disorders. These services can be provided in the home or in your community. They often prevent the need for more intensive and out-of-home care such as inpatient hospital, residential, or group home services. Connecticut's Department of Children & Families and the Department of Mental Health and Addiction Services offer a variety of services to state residents.

Where can you get help?

There are many different types of help available for teens and their families. Help is available through assessment, treatment, support groups for teens and their families, and positive activities for teens that replace substance use. Services can be located by phone, the internet, or through direct referral from a health care provider or community organization.



YOUR PHONE



2-1-1

2-1-1 is a free and confidential phone service that helps people across Connecticut find the local resources they need. It is available 24 hours a day and 7 days a week.

Additional details available on page 12

Connecticut Young Adult Warmline

The CT Statewide Young Adult Warmline is operated by members of Join Rise Be through Advocacy Unlimited, Inc. The mission of this initiative is to “connect our peers to community resources, motivate callers to move forward, and inspire hope by demonstrating the positive outcomes of recovery.” Call

1-855-6HOPENOW 7 days a week from Noon - 9:00 pm.

Emergency Mobile Psychiatric Services (EMPS)

EMPS is a mobile intervention service for children and adolescents in crisis that can be accessed through 2-1-1. The program comprises a team of nearly 150 trained mental health professionals across the state that can respond immediately face to face or by phone when a child is experiencing an emotional or behavioral crisis.

THE INTERNET

Connecticut Network of Care

Connecticut Network of Care has online information for individuals, families, and social service agencies concerned with community mental health services, substance use treatment programs, and help for people with developmental disabilities.

connecticut.networkofcare.org

Additional details available on page 12

TurningPointCT.org

TurningPointCT.org is a website developed by young people in Connecticut in recovery from mental illnesses and SUD. It provides information about SUD and mental health services in the state and offers hope, by sharing personal recovery stories.

Additional details available on page 13

YOUR TEEN'S PEDIATRICIAN OR FAMILY DOCTOR

They can be an excellent source for medical information about substance use. Depending on their expertise and community connections, some may be able to refer you to substance use treatment providers to begin the help process.

YOUR TEEN'S SCHOOL COUNSELOR

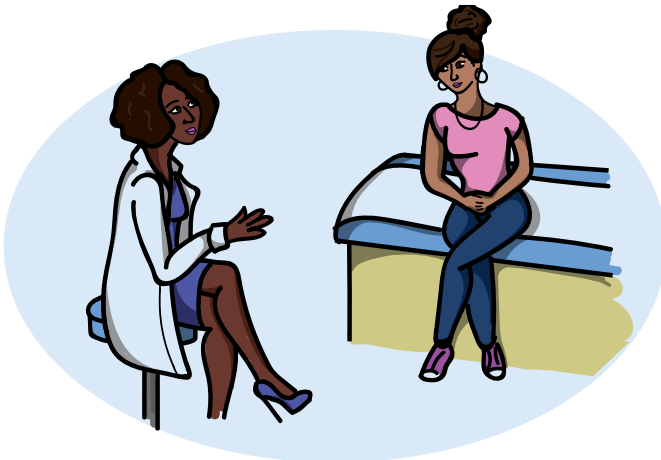
They may also be able to assist you in finding help for your child. Keep in mind that some school counselors may not have an expertise in substance use disorder.

Hang in there... treatment works

It takes a lot of courage for families to seek help for a child with possible SUD. Treatment involves a lot of hard work for all of you. It can interrupt your teen's and family's normal schedule for a little while, but in the long run it helps your teen to achieve their academic, personal, and athletic goals. Treatment WORKS and teens can recover from Substance Use Disorder with time and patience. The goal is to get your teen healthy and well before they venture into the world on their own.⁶


Detox may be a necessary first step

In some cases, Detoxification (Detox) may be required before seeking other treatment. Detox is a medically supervised program for alcohol or drug addiction designed to rid the body of intoxicating or addictive substances. This is used as a first step in overcoming physiological or psychological Substance Use Disorder, and to make sure that stopping substance use is done safely. Getting the right care is just as important as early detection. SUD screening results will help determine the right level of care for your teen's situation, and are the best way to know if detox is needed.



What are the treatment and support options for your teen?

There are different types of treatment and support services.

 **SUPPORT GROUPS** are groups of people with common experiences or concerns who provide each other with encouragement, comfort, and advice.

- **12-step groups** such as Alcoholics Anonymous and Narcotics Anonymous offer a worldwide fellowship of people helping other people with SUD or a compulsive behavior to achieve and maintain abstinence from mood-altering substances or compulsive behaviors. AA.org; NA.org
- **Advocacy Unlimited (AU)** offers comprehensive recovery and advocacy education for people with or in recovery from mental health and/or SUD. AU offers courses in Recovery University Certification, Advocacy Education, the Young Adult “Super Advocate” Program, and the “Join Rise Be” Young Adult Initiative. Join Rise Be operates a Young Adult Warm-line: 1-855-6-HopeNow to guide young adults toward wellness. Available 7 days a week from Noon - 9:00 pm. AU also offers Toivo, a holistic wellness initiative, through classes in interactive yoga, meditation, transformative habits, mindfulness, music healing, nutrition workshops, recovery workshops, wellness events, and much more. www.mindlink.org
- **Al-Anon (and ALATEEN for younger members)** is a worldwide organization that offers a program of help and mutual support for families and friends of someone with a drinking problem. Participants in AL-ANON and ALATEEN give and receive comfort and understanding through a mutual exchange of experience, strength and hope, and learn how the principles of the AL-ANON program can be applied to their own lives. www.ctalanon.org

What are the treatment and support options for your teen? *Continued from page 9*

- **Connecticut Community for Addiction Recovery (CCAR)** is a centralized recovery resource in CT offering services for people in all stages of recovery. Its Recovery Community Centers (RCCs) in Bridgeport, Hartford and Windham offer recovery meetings, training, family support groups, recovery coaching, recovery social events, and telephone recovery support.
ccar.us
- **FAVOR** is a statewide advocacy organization made up of local community partner organizations that provide youth and/or family support. Connecticut family support organizations provide family-focused, advocacy-based, and culturally-sensitive community services that improve outcomes and family wellbeing.
www.favor-ct.org

- **Peer support groups for teens**—CT STRONG is one of Connecticut's peer support initiatives serving Milford, New London and Middletown. It engages and connects transition age youth and young adults to high quality behavioral health care.
www.abhct.com/Programs_Services/CT-STRONG



Treatment Services

Depending on the severity of the SUD, treatment could take place in a clinical setting, community organization, or even in your home.

➔ **INTENSIVE IN-HOME** services are delivered by a professional two to three times per week in your home or community. Therapies address the youth's needs with family involvement and strengthening family structures and supports.

See the listing of publicly funded in-home services in your area in the enclosed CT Connection brochure. There are two types of in-home services:

Multi-Dimensional Family Therapy (MDFT) services are listed in yellow. These services emphasize a teen's interpersonal relationships and include family therapy.

Multi-Systemic Therapy (MST) services are listed in pink and center around a teen's support system. The emphasis is on changing the environment and systems surrounding the teen to effect change in their behavior.

➔ **OUTPATIENT** treatment takes place once a week in an office. It includes classes, appointments with specialists, or group meetings.

- **Talk Therapy** (psychotherapy) is a mental health treatment in which a patient discusses their feelings and problems with a therapist to understand them, develop strategies to reduce them, and recover.

➔ **MEDICATION ASSISTED TREATMENT (MAT)** uses FDA-approved medications to help with withdrawal or cravings that result from cutting down or stopping substance use. MAT often is combined with counseling and behavioral therapies. It is often used for the treatment of opiate/opioid (pain killer) substance use.

See the listing of publicly funded outpatient programs for your area in the enclosed CT Connection brochure. Outpatient programs are highlighted in blue (A-CRA/ACC programs)

➔ **RESIDENTIAL** treatment is provided in a live-in health care facility that provides therapy for substance use, mental wellness, or other behavioral problems. Contact your physician or insurance provider for a referral to a residential program.

➔ **INPATIENT** treatment occurs in a hospital or clinic. It requires at least one overnight stay. For a referral, call the hospital or clinic directly, or contact your physician or insurance provider.

Additional Resource Details

2-1-1 [Dial 2-1-1 or visit: www.211ct.org]

- Dial 2-1-1 from anywhere in Connecticut and you will reach a highly-trained contact specialist who will provide resources in your community. Every day, contact specialists help callers find assistance for complex issues such as financial problems, substance use, and suicide prevention. 2-1-1 is available 24 hours a day every day of the year. Multilingual assistance and TDD access is also available. 2-1-1 is your one-stop connection to local services such as utility assistance, food, housing, child care, after school programs, elder care, crisis intervention, and much more. 2-1-1 is always ready to assist you in finding the help you need. If you are outside of Connecticut or have a problem using the 2-1-1-number, dial 1-800-203-1234.

Connecticut Network of Care website

[connecticut.networkofcare.org]

- Connecticut Network of Care is the state's online information portal for individuals, families, and social service agencies concerned with community mental health services, substance use treatment programs, and help for people with developmental disabilities. It is a single point of entry providing critical information, communication, and advocacy for people navigating the system of behavioral health resources, working to avoid the need for formal services, or ready to transition out of the behavioral health system.

FAVOR - Statewide Advocacy for Children's Mental Health and Behavioral Health [www.favor-ct.org]

- FAVOR is a Connecticut organization that provides parents and caregivers of children with mental health needs an opportunity to be a part of a unified voice that will be heard throughout the state.
 - Family Peer Support Program provides direct family advocacy services to families with children who have medical, mental, or behavioral health challenges.
 - The CT Medical Home Initiative assists families to access family-trusted pediatric care and the medical and non-medical services that are needed to help children and their families achieve their maximum potential.

Turning Point website [TurningPointCT.org]

- TurningPointCT.org is a peer website developed by young people in Connecticut who are in recovery from mental health and substance use issues. The teen and young adult developers identify with feelings and struggles of self-harm, drugs, and alcohol and share recovery solutions that have worked for them. Their website provides peers with empowering emotional health and mental health information and support. It also helps them understand their options and how to navigate the behavioral health system. TurningPointCT.org:
 - helps teens and young adults learn about treatment models, local community supports, and state and national resources.
 - connects to other teens and young adults who may be struggling with depression, anxiety, self-harm, thoughts of suicide, addiction, mood swings, eating disorders, substance use, or any form of emotional distress or mental illness.

How are treatment costs covered?

The type of provider and treatment service (private or public) you select will determine the cost. Private provider treatment services may cost more than public provider treatment services.

PUBLIC

DEPARTMENT OF CHILDREN & FAMILIES (DCF) VOLUNTARY SERVICES:

The Department of Children and Families may provide, on a voluntary basis, casework, community referrals and treatment services to children who are not committed to the Department and do not require protective service intervention, but who may require, due to emotional or behavioral difficulties, any of the services offered, administered by, under contract with or otherwise available to the Department. DCF policy outlines eligibility requirements for this program.

Families can initiate an application by calling DCF's Careline at 1-800-842-2288.

INSURANCE:

If your child has health insurance, it may cover a variety of substance use treatment services. Ask treatment centers about payment options and what insurance plans they accept. Treatment centers can also advise you on other low-cost options, such as sliding scale fees based on your income.

For more information on the Affordable Care Act, call 1-800-318-2596 or go to: www.healthcare.gov⁷

For adults that may need services, the **Behavioral Health Treatment Services Locator** provides payment information for each of the treatment services listed. This service, provided by the Substance Abuse and Mental Health Services Administration (SAMHSA), includes information on sliding fee scales and payment assistance. You can find more information about the cost of treatment in their “Frequently Asked Questions” section.

You can also call the treatment helpline to ask about treatment centers that offer low- or no-cost treatment.

1-800-662-HELP (1-800-662-4357)

1-800-487-4889 (TTY)

Mind your Meds

Misuse of prescription or over-the-counter (OTC) medications can be harmful and even life-threatening. All medications have side effects but physicians can manage risks for their patients who take medicines as prescribed. Without physician oversight, people who misuse prescription medicines (whether their own or someone else's) are at risk for serious side effects that can be fatal. Misusing a prescription drug can also lead to SUD.

According to The Substance Abuse Mental Health Services Administration (SAMHSA), people misuse four different kinds of prescription drugs:

- pain relievers
- tranquilizers
- stimulants
- sedatives

Prescription drugs are often readily accessible in the home. That can make it easy for someone to take a medicine when it's no longer needed or when it's prescribed for another family member. Federal government studies show that 1-in-5 high school students have taken a prescription drug without a doctor's prescription; the majority of these teens get the drugs for free from friends or relatives.

The Food and Drug Administration encourages people to know which medications their family members are taking, read warnings and precautions listed on drug labels, and discuss this information with their family member's prescribing physicians. Parents are urged to store drugs in a safe, secure place and to dispose of them properly when they're no longer needed.



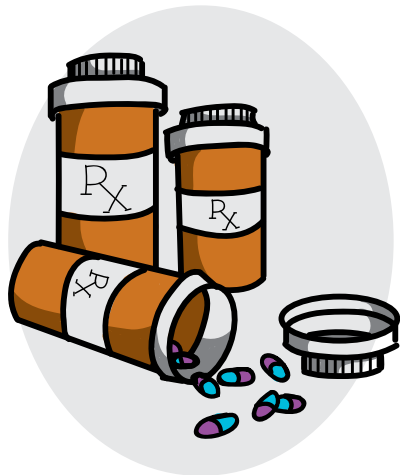
An important warning about pain relievers

Heroin and prescription pain medicine belong to the same class of drugs: opioids. Opioids attach to specific molecules in the body called opioid receptors. When opioids attach to these receptors, they can decrease the amount of pain a person is feeling. They can also cause a person to feel relaxed and happy—and that can lead some people to misuse the drugs. People who become addicted to prescription pain relievers may switch to heroin because it's cheaper, easier to get, and has similar effects.

Opioid drugs of all kinds can be very addictive. When someone has an addiction to prescription pain relievers or heroin, it's very difficult for them to stop using the drug. When they try, withdrawal symptoms can include restlessness, muscle and bone pain, diarrhea, vomiting, trouble sleeping, cold flashes with goosebumps, and uncontrollable leg movements.

Continuing to use opioids, however, can lead to sleepiness and constipation. Worse, depending on the amount taken, opioids can reduce the person's ability to breathe. In fact, taking just one large dose of prescription pain relievers or heroin could cause someone's breathing to stop. This is how people die from an overdose.

The good news is, there are medications that can help a person stop abusing opioids and overcome SUD. There's also a medication called Narcan™ that can reverse the effects of an opioid overdose—if it's given quickly enough to the person who has stopped breathing.⁸



You should know about Narcan™, The Opioid Overdose Antidote

Narcan™ (Naloxone) is a prescription medication that reverses an opioid overdose, regardless of whether that opioid is a street drug like heroin, or a prescription drug like Oxycontin, Vicodin, or Percocet. Narcan™ is available in different forms. The most common types are an injection and an intranasal mist.

Narcan™ is completely benign. If it turns out that the situation was not an opioid overdose there is NO negative affect.

Per the Good Samaritan law, there are no legal ramifications to administering Narcan™.

Any person, who in good faith believes that another person is experiencing an opioid-related drug overdose may, if acting with reasonable care, administer an opioid antagonist to such other person. Any person, other than a licensed health care professional acting in the ordinary course of such person's employment, who administers an opioid antagonist in accordance with this subsection shall not be liable for damages in a civil action or subject to criminal prosecution with respect to the administration of such opioid antagonist.

How do I get Narcan™?

Connecticut law allows prescribers (physicians, pharmacists, surgeons, PAs, APRNs, dentists, and podiatrists) to prescribe Narcan™ to any person to prevent or reverse an opioid overdose. Your family doctor should be able to give you a prescription. If not, call the DMHAS Community Call Line at 860-418-6962 for assistance.

Pharmacists who have been trained and certified are now able to prescribe and dispense Narcan™ to you from a pharmacy. Here's the website for a list of Naloxone Prescribing Pharmacists in Connecticut:

[data.ct.gov/Health-and-Human-Services/
Naloxone-Prescribing-Pharmacists/qjtc-pbhi](https://data.ct.gov/Health-and-Human-Services/Naloxone-Prescribing-Pharmacists/qjtc-pbhi)

or snap a photo of the QR code with your smartphone to go directly to the website.



PREPARE AHEAD!

**Have Narcan™ on hand
for an emergency.**

In the case of an overdose:

- 1. Call 9-1-1**
- 2. Administer Narcan™**

End Notes

1. National Institute on Drug Abuse (NIDA)
<https://www.drugabuse.gov/related-topics/treatment/what-to-do-if-your-teen-or-young-adult-has-problem-drugs>
2. The Substance Abuse and Mental Health Services Administration (SAMHSA)
<http://www.samhsa.gov/disorders/substance-use>
3. National Institute on Drug Abuse (NIDA)
<https://teens.drugabuse.gov/blog/post/real-teens-ask-how-old-are-kids-who-start-using-drugs>
<https://www.drugabuse.gov/publications/principles-drug-addiction-treatment-research-based-guide-third-edition/frequently-asked-questions/there-difference-between-physical-dependence>
4. National Institute on Drug Abuse (NIDA)
<https://www.drugabuse.gov/related-topics/treatment/what-to-do-if-your-teen-or-young-adult-has-problem-drugs>
5. National Institute on Drug Abuse (NIDA)
<https://www.drugabuse.gov/related-topics/treatment/what-to-do-if-your-teen-or-young-adult-has-problem-drugs>
6. National Institute on Drug Abuse (NIDA)
<https://www.drugabuse.gov/related-topics/treatment/what-to-do-if-your-teen-or-young-adult-has-problem-drugs>
7. National Institute on Drug Abuse (NIDA)
<https://www.drugabuse.gov/related-topics/treatment/what-to-do-if-your-teen-or-young-adult-has-problem-drugs>
8. National Institute on Drug Abuse (NIDA)
<https://teens.drugabuse.gov/blog/post/what-s-connection-between-prescription-pain-pills-and-heroin>
9. Department of Mental Health and Addiction Services (DMHAS)
<http://www.ct.gov/dmhas/lib/dmhas/publications/narcfactsheet.pdf>

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