



Tribal Healing to Wellness Court

www.wellnesscourts.org
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YOUTH IN RECOVERY

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DISCLAIMER

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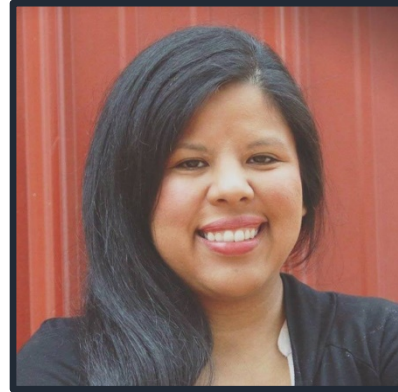


PRESENTERS



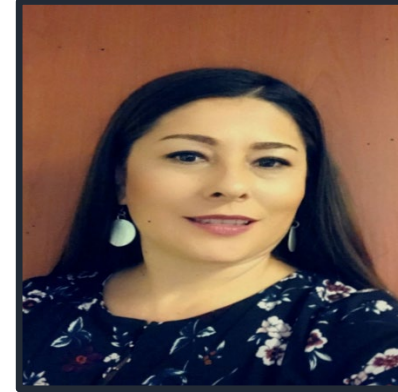
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WHAT IS RECOVERY?



SAMHSA RECOVERY & RECOVERY SUPPORT

Health

- Overcoming or managing one's disease or symptoms and making informed health choice to support physical & emotional wellbeing

Home

- Having a stable & safe place to live

Purpose

- Conducting meaningful daily activities & having the independence, income & resources to participate in society

Community

- Having relationships & social networks that provide support, friendship, love & hope



A large, light-colored oval containing a stylized illustration of a diverse group of people of various ages and ethnicities. The background within the oval is dark with small white stars. The text is overlaid on this illustration.

DO THESE APPLY TO ADOLESCENTS?



▶ BARRIERS TO YOUTH'S RECOVERY PROCESS

Denial

Identity

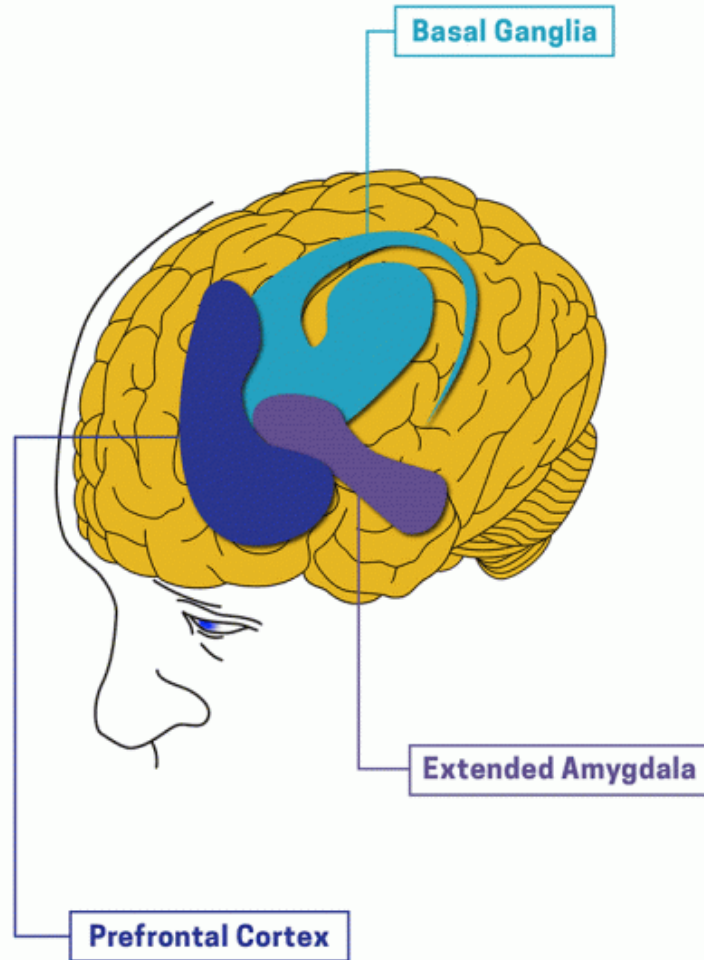
Accepting the
label of
addict/alcoholic

Peer influence

Age



ADOLESCENT BRAIN



Source: Facing Addiction in America:
The Surgeon General's Report on
Alcohol, Drugs, and Health

Because the Prefrontal Cortex still developing; teenagers rely on the Extended Amygdala to make decisions. The amygdala is associated with emotions, impulses, aggression and instinctive behavior.

While the brain is still developing adolescents might:

- Choose high-risk activities or risky behavior
- Express more and stronger emotions
- Make impulsive decisions



▶ HOW CAN WE HELP BUILD A HEALTHY ADOLESCENT BRAIN

- Encourage Positive Behavior
- Promoting good thinking skills
- Helping adolescents get enough sleep
- Staying Connected
- Setting Boundaries
- Invest in each adolescent individually
- Understanding how adolescents spend their time is important
 - Sports
 - Cultural involvement
 - School
 - Alone time



▶ WHY DO ADOLESCENTS USE

- To fit in (Family, Friends, Community, etc.)
- To feel good
- To feel better (mental health issues may be surfacing, trauma)
- To do better
- To experiment



▶ RECOVERY LANGUAGE

Youth may not buy in to established recovery language of adults such as “addict” or “alcoholic”

Look for “young” people in recovery groups if they are available in your area or through online 12 step groups if that is a requirement

Manualized treatment tailored for youth



▶ MEET THEM WHERE THEY ARE

While program requirements must be met, also be respectful

The process may be slower than working with adults

Consider different modalities of therapeutic interventions

How we respond to return to use



▶ CELEBRATING SUCCESS

Key	Key Component #6: Incentives and Sanctions:
Share	Share stories with others in the community of your program
Form	Form a group of “Young people in Recovery” in your community
Work	Mental Health and Substance Use providers must work together





QUESTION AND ANSWERS

1. HOW ARE YOU CELEBRATING RECOVERY SUCCESS WITH YOUR CLIENTS?
2. HOW ARE YOU MEASURING SUCCESS?
3. DOES THIS MEAN ABSTINENCE FROM ALCOHOL AND DRUGS OR IS SUCCESS MEASURED IN OTHER WAYS?





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THANK YOU!

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