



Navigating the Treatment Space

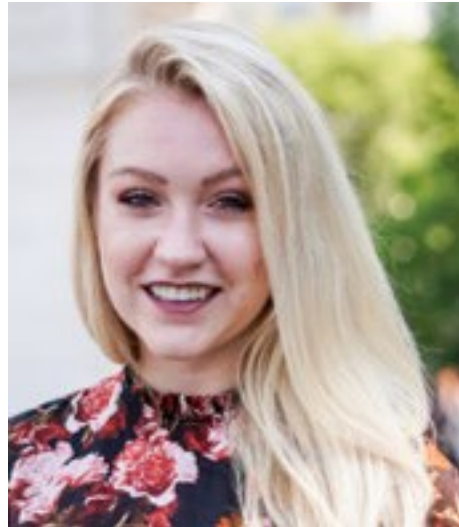
March 27th, 2024

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What We Plan to Cover

1. Navigating Tough Conversations with Kids
2. Getting Outside Help
3. Types of Treatment
4. Family Involvement in Treatment
5. Resources for Parents/Caregivers



Navigating Tough Conversations with Kids



Treatment Roadmap



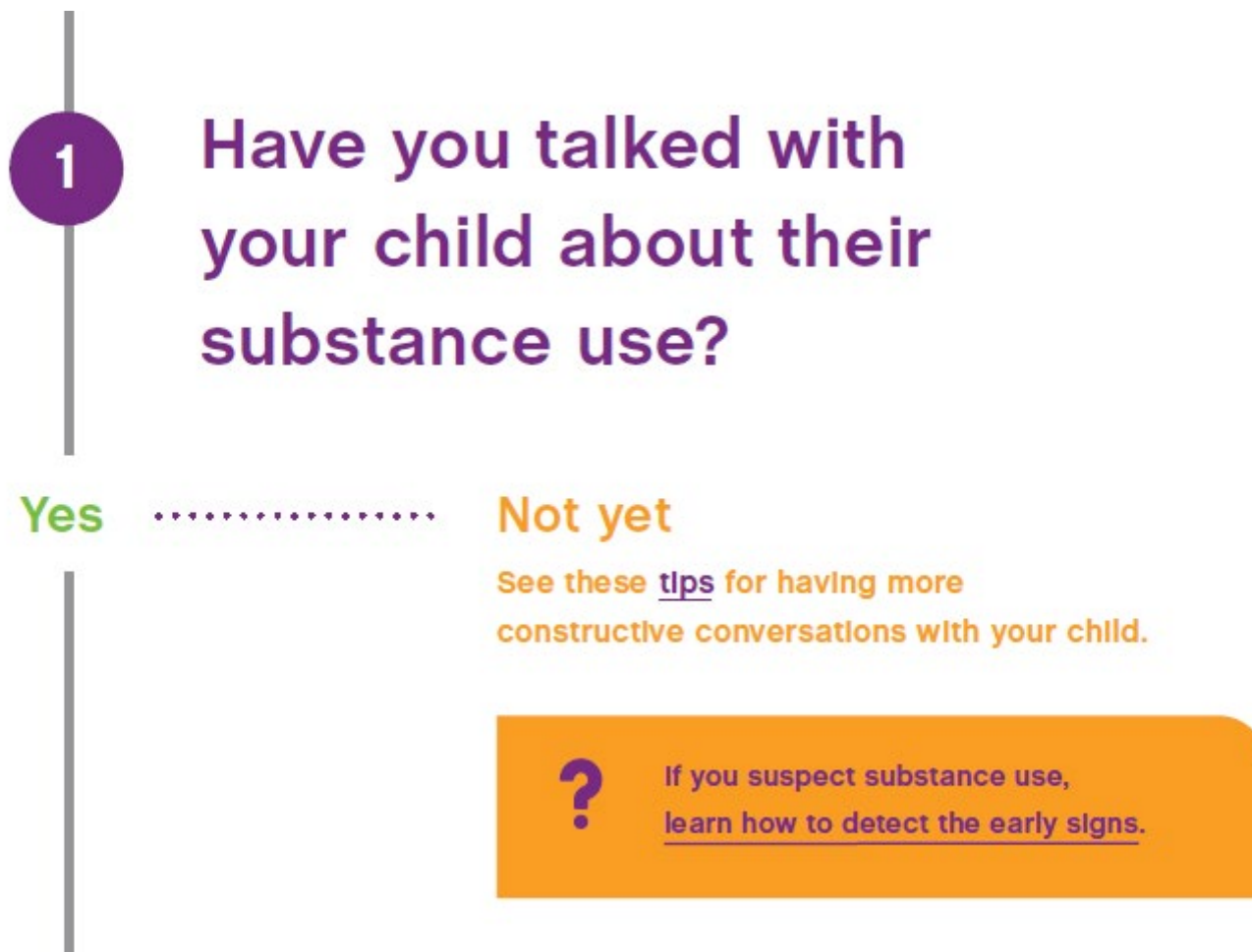
Your Child's Treatment Roadmap

The road to recovery isn't the same for everyone. There are many options to consider for your child or loved one.

Our guide outlines key steps to help you make the right choice for your child and your family. As you navigate your options for treatment, please know that we're here to help along the way with information, support and guidance for the entire family.

Find more information at drugfree.org/treatment-and-recovery/

Treatment Roadmap



Getting ready to talk to your child about your concern...

01

Note changes that you have observed

02

Get on the same page as your partner

03

Set a goal

01

Note changes that
you have observed



**SHIFTS IN MOOD
& PERSONALITY**



**BEHAVIORAL
CHANGES**



**HYGIENE &
APPEARANCE**



**PHYSICAL
HEALTH**

02

Get on the same page as your partner

This doesn't necessarily mean agreeing with your partner – it means presenting as a **united front**.

This is a **stressful situation** for both you and your partner, and you will need one another's support.

Remind each other that nobody is to blame

Come to an agreement on the position you'll take

Try not to undermine or talk poorly about each other

Remember to come from a place of love when talking to your child

03

Set a goal

Share Love

Reset boundaries

Clarify expectations

Share my concerns

“You went through my stuff? You’re a snoop!”

Remain Calm.

Defend your choice to look through your teen’s things by expressing your concern for their health and safety.

Say: “I’m sorry you feel that I broke your trust. But as a parent, my job is to keep you safe and healthy, and therefore I have to step in when I believe you’re doing something unsafe.”

“You smoke/drink! You are such a hypocrite!”

Remain Calm.

Focus on the issue at hand – you don’t want YOUR TEEN using substances.

Say: “I wish I had never started smoking because it’s so hard to stop.”

Explain that it is legal for adults to drink, and it is illegal for people under 21 to drink because their brains aren’t equipped to handle alcohol yet.

If you are in recovery, say: “I love you too much to let you experience that pain and go through what I went through.”

“I didn’t do it!”

Remain calm.

Stay focused on your goal for the conversation.

Say: “I see a lot of warning signs and love you way too much to let anything happen to you. I’d love to talk about what’s going on so I can figure out how to help you. I have no intention of getting mad or punishing you.”

DOS

- Keep Calm
- Remember this is your child's health and well being
- Come from a place of love and concern
- Be direct
- Withhold judgement
- Listen carefully
- Ask about the WHY
- Share expectations

DON'TS

- Have a conversation if they are under the influence, on the way out the door, or getting ready for bed
- Make sure no one is Hungry, Angry, Lonely or Tired (HALT)
- Get defensive
- Take what they say at face value
- Answer your phone



Getting Outside Help



What if I think that my child needs outside help?

- You may decide they need more help and guidance than you personally can give.
- This may be scary to think about, but “outside help” doesn’t necessarily mean rehab.
- The first thing to do is to find someone who can provide a **professional evaluation** of the current substance use
- This should be a health provider (therapist/psychiatrist) who has **specific experience with young people and substance use**
- You can get a referral from your **child’s pediatrician** or look **online**



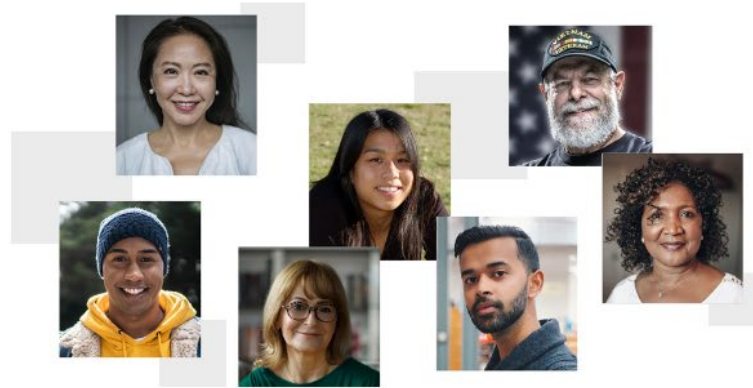
FindTreatment.gov

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- Home
- Search For Treatment
- State Agencies
- Facility Registration
- FAQs
- Help
- About
- Contact Us

Millions of Americans have mental and substance use disorders. Find treatment here.

Welcome to FindTreatment.gov, the confidential and anonymous resource for persons seeking treatment for mental and substance use disorders in the United States and its territories.



Find a Treatment Facility ⓘ

[Search](#)

FindTreatment.Gov

What type of treatment are you interested in?

- Medication-Assisted Treatment (MAT)
- Inpatient Services
- Outpatient Services
- Withdrawal Management



Near

Zipcode / City, State

All

County

All

Provider Name

Agency / Provider name

- Show only Intoxicated Driver Resource Center (IDRC)-affiliated agencies
- Show only locations with available beds (only for Inpatient and IWM levels of care)

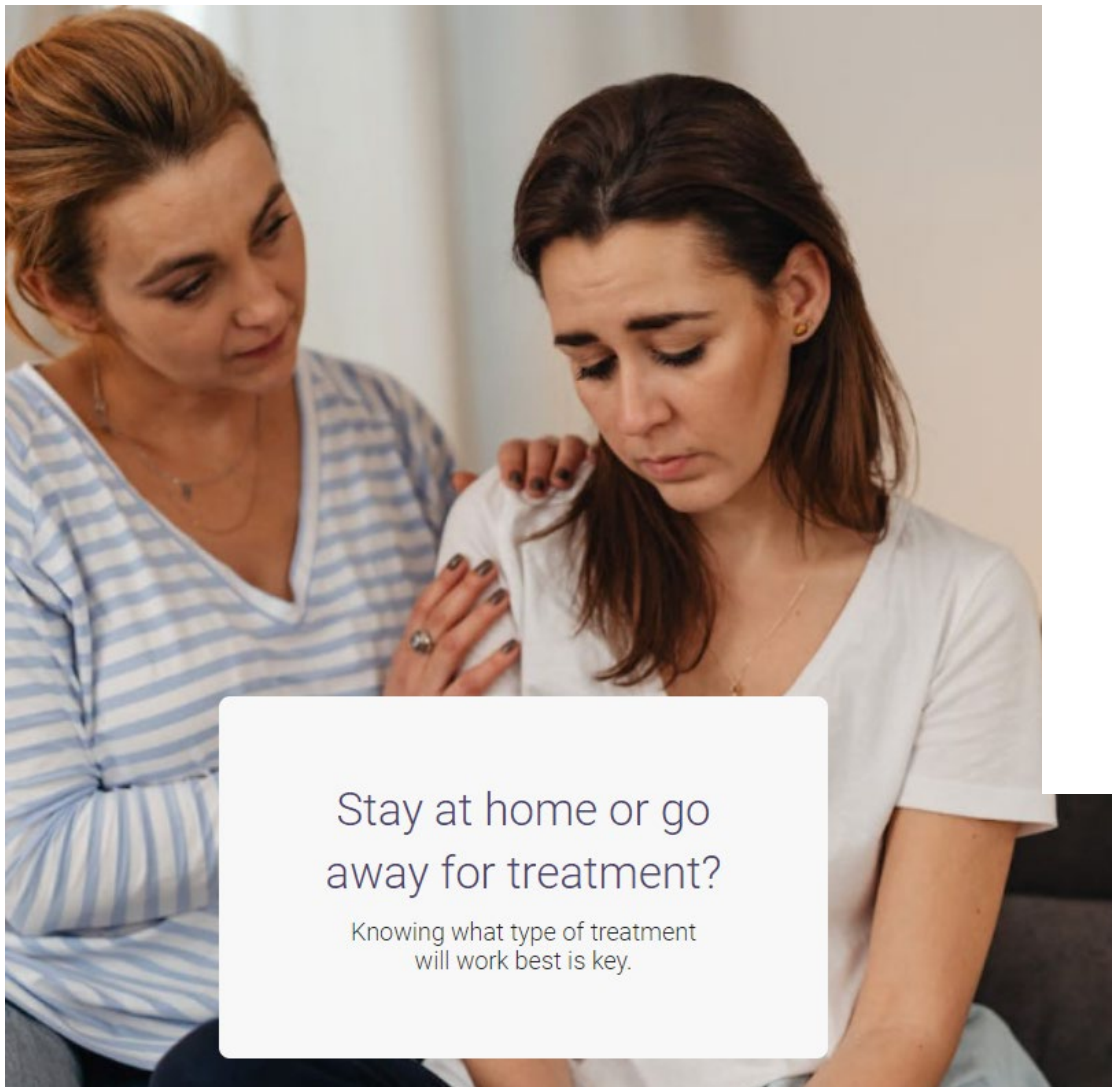
* If bed capacity is available at a particular provider per the directory search, please contact the provider by phone first to be screened for that level of care.

* Bed availability does not guarantee that you or your loved one will meet the provider's admission criteria. If you are having difficulty finding available treatment please call 1-844-ReachNJ (1-844-732-2465) to reach a trained addiction specialist who will help you find available and appropriate treatment services. ReachNJ staff are available 24/7.

Search

Reset

1-844-REACHNJ



Stay at home or go
away for treatment?

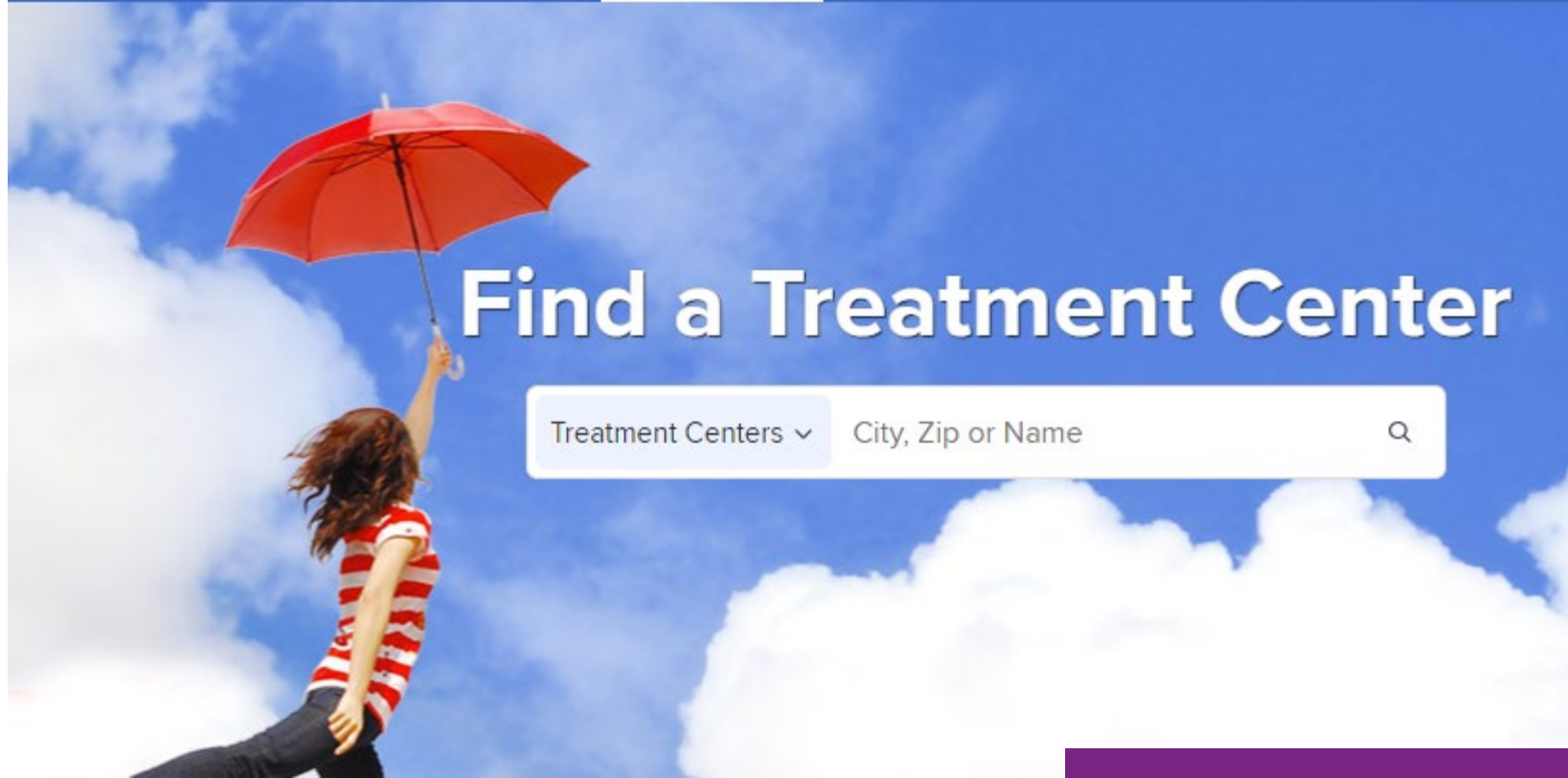
Knowing what type of treatment
will work best is key.



Let's find treatment that's right for you.

Enter location or facility name

treatmentatlas.org



Psychologytoday.com

What happens next?

- A provider will help to determine whether your child has a substance use disorder, and if so, what the severity of that disorder is.
- There are 11 symptoms that a provider will assess.
- And an SUD is diagnosed as either mild, moderate or severe based on how many criteria the person has.

What is the definition of a substance use disorder?

- A substance use disorder (SUD) (also referred to as an addiction), is a disease that involves the continued use of one or more substances even though there may be serious health and social consequences.
- Addiction interferes with parts of the brain that are responsible for reward, motivation, learning, judgment and memory.

The important point to remember is that all substance use disorders are **treatable** regardless of whether they are **mild, moderate** or **severe**. The earlier families intervene and take steps to help a loved one, the better.



Types of Treatment



Treatment Roadmap

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Explore your options

It's important to educate yourself about all your options.

But keep in mind that a full assessment, discussed below as a next step, will help determine the appropriate level of care.



Counseling

When it comes to individual therapy, you can typically expect sessions in an outpatient or private practice setting.



Intensive outpatient program (IOP)

IOP's offer 6-9 hours of programming per week. Counseling options vary along with psychiatric services.



Partial hospitalization program (PHP)

If PHP is right for your child, they'll live at home or in provided housing while receiving 20 or more hours of programming per week. Counseling options vary along with psychiatric services.



Residential (Rehab)

In residential, sometimes called "rehab" programs, treatment takes place in a residential setting to provide 24-hour structure and at least 5 hours of clinical service per week. The length of your child's stay will depend on the severity of their substance use disorder as well as insurance or ability to pay.



Inpatient

Inpatient is offered to provide 24-hour care including medical services and usually lasts a few days or weeks. Once stabilized, a lower level of care is offered.



Medications to Assist Treatment (MAT)

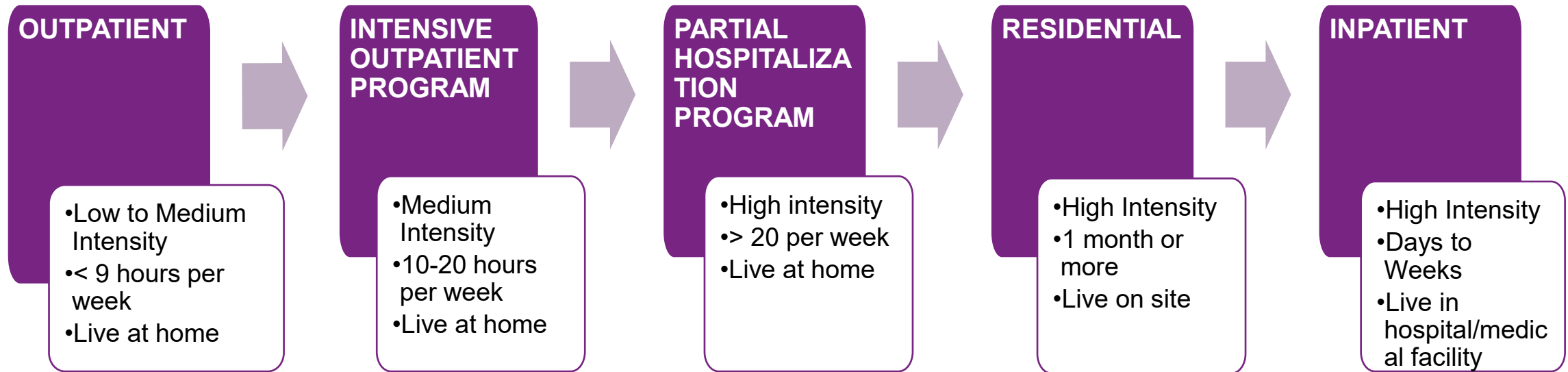
If your child has an alcohol, nicotine or opioid use disorder, medication may be prescribed to address withdrawal symptoms and cravings, either taken at a clinic or at home.



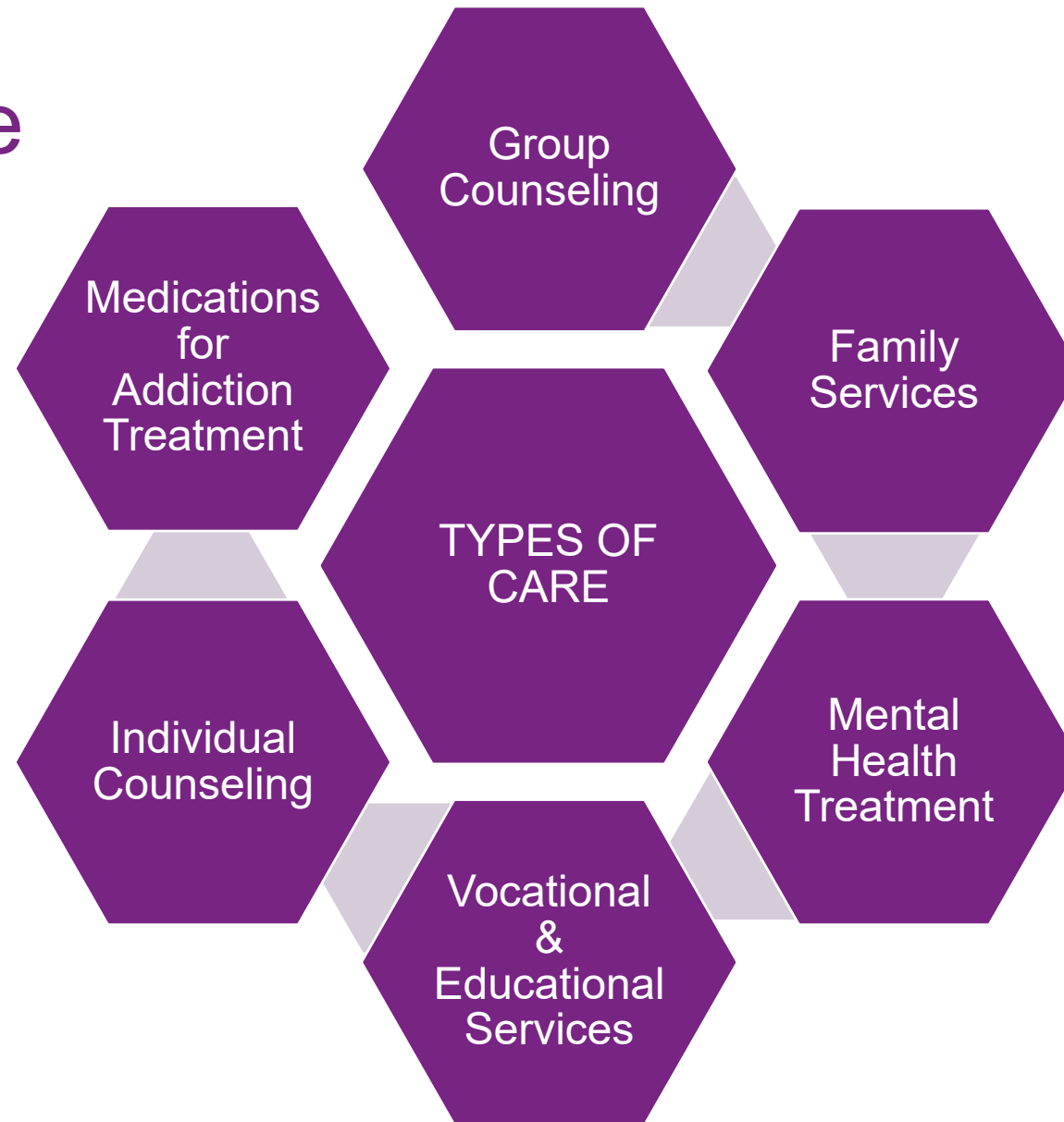
Detox Reminder

Alcohol or benzodiazepine dependence cases may require detox to be medically supervised.

Treatment: Levels of Care



Treatment: Types of Care



Treatment Roadmap

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Find a provider

Obtain all the information you need on finding the right treatment provider for your child.



Connect with a specialist

Our support is free and confidential. Specialists are ready to listen and help you find answers for yourself and your child. [Servicio disponible en Español.](#)

You will receive a response to text or email within 24 hours.



Text Connect to 55753



Email a Specialist



Schedule a Call



Family Involvement in Treatment



When we say family, we mean...

Parent and
Stepparent

Foster
Parent

Aunt/Uncle

Grandparent

Other family
member

Sibling

Friend

Significant
Other

Treatment Roadmap

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Starting treatment

When it's time for your child to begin treatment, it's important you stay involved, connected and aware of everything that can happen. After all, even successful journeys have a few bumps in the road.



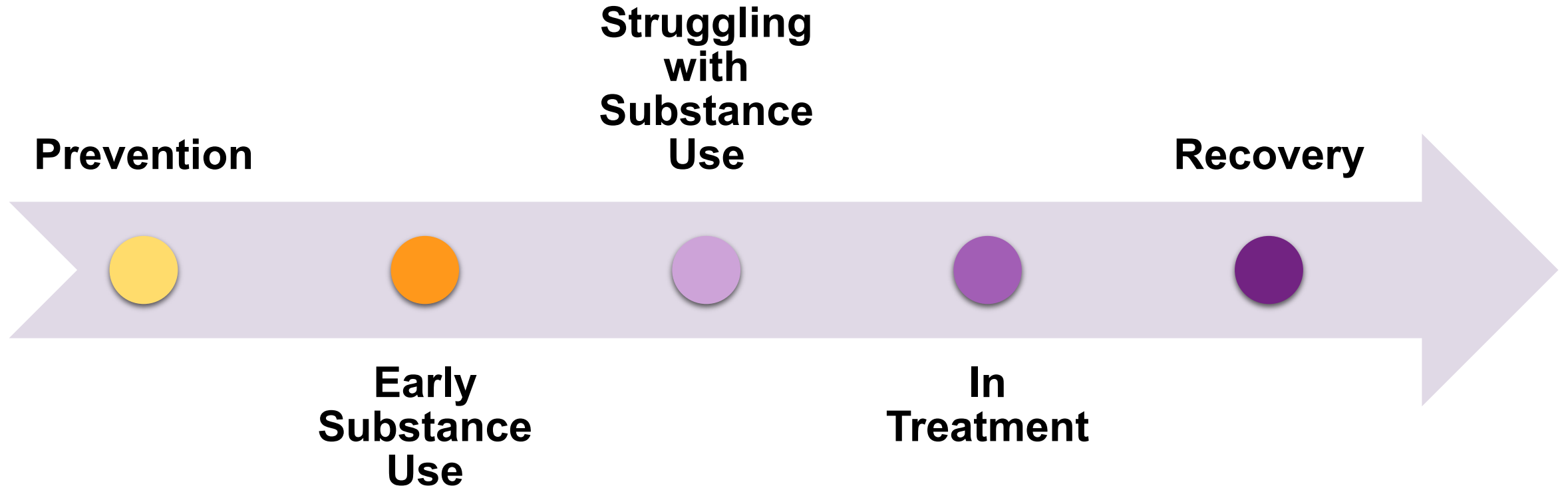
Make sure your child signs a release form, and remember to stay up to date on how involved family can be.

Your journey doesn't stop at treatment.

Families Have Been Underutilized and Lack Tools

- Most SUD treatment and recovery support is focused on the **individual** and occurs without family involvement.
- This is reinforced by an insurance model that focuses on the individual and overlooks support for concerned significant others.
- Families have been forced to play an **informal** yet **essential role** to compensate for the inadequacies of the treatment system.
- **Most families do not receive evidence-based interventions to provide them with the necessary skills to most effectively help themselves and their loved one.**

Continuum of Substance Use



In Treatment

Research strongly supports **family-based and multi-systems approaches** to adolescent substance use treatment

Family involvement:

- Increases treatment entry
- Enhances treatment completion
- Is linked to better outcomes

In a meta-analytic review, five out of the six treatments identified as being effective were family-based interventions.



Treatment & Recovery

Parenting Toward Recovery

The CRAFT Approach

Encouraging Healthy, Constructive, Positive Changes for Your Family



SDI Productions/Getty Images



Contact the
helpline

“My son is using drugs and it’s wrecking our family. I’ve tried to talk to him, but he just gets mad and then we just stop talking. What should I do?”

Treatment Roadmap

8

Continuing care

Start continuing care on day one of treatment. This should always remain a critical part of treatment to keep the journey going strong.



Support groups & recovery coaching

Recovery coaches and support groups can help your child learn how to navigate life in recovery and build social supports.



Ongoing counseling

Building on the foundation of treatment, ongoing counseling can strengthen coping and life skills, address triggers and offer a place to process struggles and successes of recovery.



Living situation

During treatment and in aftercare, providing safe and stable housing is critical whether in the family home, with a relative or friend, or in some form of sober housing.



Naloxone to reverse an overdose

As a safety measure, have naloxone on hand if your child is in treatment for heroin or other opioids.



Medications

Your child may require the support of an addiction psychiatrist to address substance use and other mental health issues. Taking medications as prescribed and managing symptoms with the help of your provider are key.



Structure

Building a full life that includes school, work, hobbies/interests, volunteering, socializing, spirituality, recovery activities and more can lead to better outcomes.



Family support

Reinforcing healthy behaviors, setting limits, using listening skills and attending your own support groups can help your child succeed in recovery.

In Recovery

Continuing care/aftercare is generally recognized as a key element of effective SU treatment for teens.

Only about **a third** of treatment programs provide good quality continuing care for teens or their parents.





Resources for Parents and Caregivers





Prevention/Early Use



Playbook for Parents of Pre-Teens

Protecting your pre-teen's well-being and heading off problems



Alcohol

What Families Need to Know to Help Protect Young People

For the full set of Alcohol Guides, visit drugfree.org/alcohol

Partnership to End Addiction



A Parent's Guide to Raising Resilient Kids

Partnership to End Addiction

Prevention/Early Use



Lo que debe saber para ayudar a proteger a los niños, adolescentes y adultos jóvenes

Cuáles Son los Factores de Riesgo de la Adicción. Y Cuáles Afectan a Latinos.



Trauma por la Migración y Consumo de Sustancias: lo que las Familias Deben Saber



Prevention/Early Use



¿SU HIJA O HIJO ESTÁ EN RIESGO? UNA EVALUACIÓN SOBRE EL RIESGO QUE CORRE SU HIJA O HIJO DE CONSUMIR SUSTANCIAS



IS YOUR CHILD AT RISK? A SUBSTANCE USE RISK ASSESSMENT

Survey: 5 - 6 minutes to complete

This risk assessment is designed to help you b your child may face related to mental health, w family history, and their environment.

You can take actions to reduce the chances yo substances or experience problems with them

Cuestionario: 7 minutos para completar

Esta evaluación está diseñada para ayudarle a comprender mejor los riesgos de que su hija o hijo consuma sustancias tomando en cuenta su salud mental, situación personal, personalidad, historia familiar y entorno.

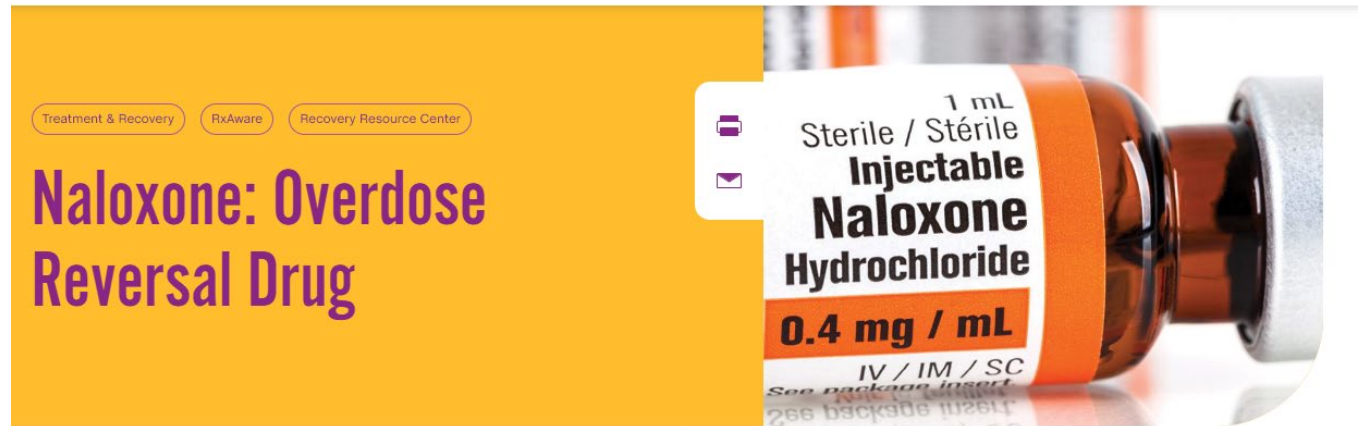
Usted puede tomar medidas para reducir las posibilidades de que su hija o hijo consuma sustancias o desarrolle problemas si las consume tras completar esta evaluación y obtener sus resultados.



Thank you for completing the questionnaire.

You Have Identified
13 Risk Factors

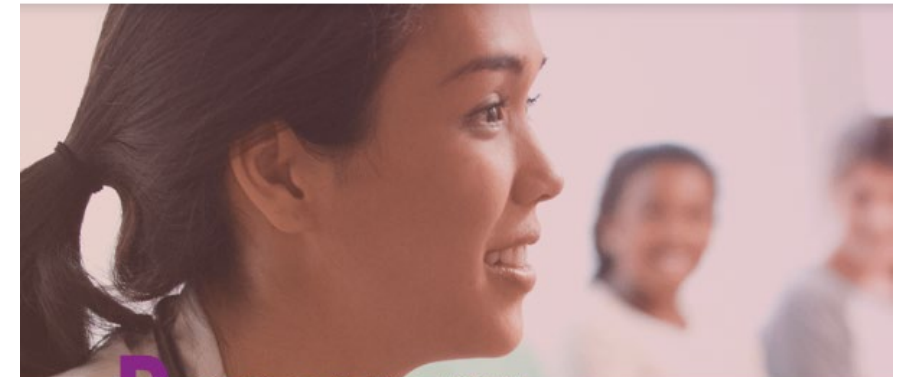
Struggling/Recovery



When is it time to get help?

Recognizing and understanding the problem, and helping a loved one reach the point of being willing and ready to engage in treatment and recovery, is an important milestone.

- ▶ Understanding addiction
- ▶ Identifying problem substance use
- ▶ Suggesting treatment to a loved one
- ▶ Reducing potential for harm



Recovery Resource Center

Struggling/Recovery



Helpline Support

Speak to one of our trained specialists by phone, email or text, and get answers to your questions, share your concerns and develop an action plan.

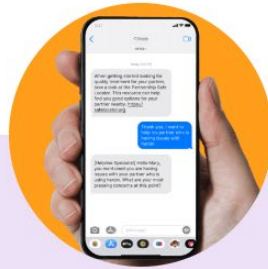
Connect with a Helpline Specialist



Online Support Groups

Join our support groups led by parent coaches, for parents and caregivers who may have children experimenting with, or dependent on, substances.

Join our online support groups



Personalized Messages

Receive information and resources via text, based upon your situation to help you support your loved one and yourself.

Receive personalized text messages

Recovery Resource Center

Get Support

Answer a few questions about your concerns and situation to get free, confidential, personalized resources. You will also have the option to connect with a helpline specialist.

Get Personalized Guidance



What's the Difference Between a Slip or Lapse and a Relapse?

Struggling/Recovery

Cómo Alentar a su Hija o Hijo para que Busque Ayuda ante su Consumo de Sustancias



Guía sobre Drogas

En esta sección podrá consultar información actualizada y con base en la evidencia científica sobre algunas de las sustancias que más se consumen en Estados Unidos. El objetivo es proporcionar información confiable a fin de apoyarle en su esfuerzo por ayudar a su ser querido.

Treatment



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CREATING A PLAN

Realizing that your teen or young adult child needs help for their substance use can be frightening and overwhelming. We can help you navigate the steps along the way.

Helping a Young Person Stop Vaping

Centers for Disease Control and Prevention (CDC):

<https://teen.smokefree.gov/quit-vaping/how-to-quit-vaping>

Truth Initiative's *quitting resources*:

<https://truthinitiative.org/thisisquitting>

National Cancer Institute's *Smokefree Teen*:

smokefree.gov

National Cancer Institute's *SmokefreeTXT*:

Text QUIT to (47848)

American Lung Association's *Not On Tobacco*:

<https://www.lung.org/quit-smoking/helping-teens-quit/not-on-tobacco>

Questions?





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