Before we get started…

Questions/comments “Q&A” “Chat”

Technical Support:
- Call 1800 786 027, extension 2, quote webinar ID 563-957-784 when prompted
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Live viewers remember: Complete CPD assessment at conclusion of webinar
Drug and Alcohol Use in Australian Young People

Dr Louise Birrell

Key Learning Outcomes

- Understanding of patterns of substance use among young people
- How do young people present to GP’s and Allied health professionals
- Understanding when a young person has readiness for change
- What’s helpful in creating access to health care
What types of drugs?

By age 25 years:

- Alcohol: 75%
- Prescription drugs: 43%
- Marijuana: 36%
- Other illicit: 25%

In the past 12 months:
- Alcohol: 6%


Drug and Alcohol use in 14-19 year olds

- Daily smoker
- Monthly risk of single occasion harm
- Any illicit
- Marijuana/cannabis
- Ecstasy
- Cocaine
- Meth/amphetamine

Illicit drug use in 14-19 year olds

Drug and Alcohol use in 20-29 year olds

Illicit Drug use in 20-29 year olds

Patterns of Alcohol Use
Alcohol

- 74% drank alcohol in 2011
- 68% drank alcohol in 2014
- 66% drank alcohol in 2017

- 46% drank alcohol in the past year

- 15% drank in the past week
  - 15% in 2011 & 15% in 2014

- Alcohol use increases with age:
  - 43% 12 year olds
  - 85% 17 year olds

- 5% drank at risky levels in the past week

Source: ASSAD, 2017

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What do secondary students drink?

- 37% Premixed spirits
- 19% Spirits
- 34% Beer (males)
- 8% Beer (females)

- 43% of current drinkers got alcohol from parents

Source: ASSAD, 2017
Alcohol Trends (12-17 year olds)

Source: ASSAD, 2017

Alcohol harms

- Young people vulnerable to short-term harms
- 56% of students who drank alcohol reported experiencing at least one negative event as a result

Source: ASSAD, 2017
Alcohol drinking in secondary school students aged 12-17 years, Drinking alcohol: Ever, by Local Health District in NSW 2017

Source:
http://www.healthstats.nsw.gov.au

Alcohol drinking in secondary school students aged 12-17 years, Drinking alcohol: Ever, by Local Health District in NSW 2017

Source:
http://www.healthstats.nsw.gov.au
Tobacco

In 2017, 82% had never smoked a cigarette

Source: ASSAD, 2017

![Graph showing smoked in the past month]

Source: ASSAD, 2017
Illicit Drug Trends

In summary...

- Overall picture of declining alcohol and drug use amongst young people in general population surveys

  BUT they are still far more likely to drink alcohol in risky quantities, and use cannabis, ecstasy or cocaine in the previous 12 months than any other age group (NDSHS, 2016)

- Among certain populations use is high, drug trends change according to region

- Young people particularly vulnerable to harms
Young people presenting for treatment

In relation to people under 30:
• In 2016–17, there were around 76,300 presenting for treatment, representing 40% of all clients
• Principal drug of concern: most likely to present to treatment where cannabis was the principal drug of concern (37%), followed by amphetamines (29%).
• Self/family (31%) was the most common source of referral, followed by health service (25%) and a diversion program (24%).
• Treatment type: counselling (37%), support and case management only (18%) and assessment only (14%)

Source: Alcohol and Other Drugs Treatment Services National Minimum Data Set (AODTS NMDS)

1,647 clients sought treatment for AOD in the Northern Sydney PHN in 2016-2017
Sydney Drug Education & Counselling Centre (SDECC)

- Specialised counselling service for young people with problematic substance use and their families.
- Offices at Manly and St. Leonard's
- Provide comorbid mental health services
- Harm Minimisation Framework
- Trauma Informed Framework

Primary Clients: Young people aged between 12-25 with a SUD
Secondary Clients: Parents/guardians of young people aged 14-25

Service Area

SDECC aligns with the SNPHN region which encompasses 9 LGAs:
- Hornsby
- Hunters Hill
- Ku-ring-gai
- Lane Cove
- Mosman
- North Sydney
- Northern Beaches
- Ryde
- Willoughby
What are we seeing within the Northern Sydney Area?

The principal drug of concern among young people has been overwhelmingly Cannabis (69%) followed by Alcohol (18.5%) and Methamphetamine (3.35%).

Concerning current trends - young people presented with pharmaceutical abuse including - Benzodiazepines e.g. Diazepam and Xanax, Psychiatric drugs e.g. ADHD medication mainly Ritalin and quetiapine, increases in pregabalin (Lyrica) and Modafinil.
Cannabis

“you just work with the drug”
“make them quit”
Biggest Barrier to treatment is stigma

A prominent media reporter “has called on drug users to be sterilised, and after reviewing the comments below her article it appears that many of her readers support such a policy” (October 2016)

Stigma also sticks to the family

The difference is of course, that when people suffer from these other conditions the person and their families receive care, concern, support and reasonably accessible treatment. In contrast, the families of drug users suffer in silence from the shame and stigma that it generates in the community. Their sense of isolation and helplessness grows each day.
Motivational interviewing

Most commonly used skill set when working with people who are stages of precontemplation, contemplation and preparation phases. Remember you cannot shift behaviour until you shift attitude.

Language matters

Language is powerful—especially when discussing alcohol and other drugs and the people who use them. Stigmatising language reinforces negative stereotypes. “Person-centred” language focuses on the person, not their substance use.

<table>
<thead>
<tr>
<th><strong>try this</strong></th>
<th><strong>instead of this</strong></th>
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</thead>
<tbody>
<tr>
<td>substance use, non-prescribed use</td>
<td>abuse</td>
</tr>
<tr>
<td>person who uses/injects drugs</td>
<td>drug user/abuser</td>
</tr>
<tr>
<td>person with a dependence on...</td>
<td>addict</td>
</tr>
<tr>
<td>person experiencing drug dependence</td>
<td>suffering from addiction</td>
</tr>
<tr>
<td>person who has stopped using drugs</td>
<td>clean</td>
</tr>
<tr>
<td>person with lived experience of drug dependence</td>
<td>ex-addict</td>
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Tate (16)

- Parents initially made contact
- History of involvement with mental health providers
- Diagnosed with a variety of different illnesses including major depressive disorder, anxiety disorder, obsessive compulsive disorder and ADHD
- Met criteria for cannabis dependence also sometimes uses alcohol mixed with benzos and nitrous oxide
- DASS-21 Score extremely severe (all areas) at intake
- Presented very underweight and not wanting treatment

Harm Reduction

- Abstinence may come at some point but for most people with drug and alcohol problems it is almost never a first step
- Opportunities for a positive experience with services
Thank You

www.sdecc.org.au
www.nada.org.au (language matters)
www.adf.org.au

Webinars
Recordings of Dovetail run webinars which include a mixture of guest presenters and the Dovetail team.

- Nov 1, 2018: The bigger picture: Current drug use trends of young people accessing AOD treatment in QLD
- Dec 20, 2016: NRODMe-type hallucinogens
- Jul 11, 2016: Understanding Inhalkins

Resources

- Dovetail: https://www.dovetail.org.au/training
- Positive choices: https://positivechoices.org.au/
Thank you!

Questions?

Further info

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To complete CPD assessment (live viewers only)
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Next Webinar

Wednesday 11 September 2019, 7.30pm
Alcohol use in pregnancy
Speaker: Associate Professor Delyse Hutchinson, PhD, MClinPsych

Register: https://zoom.us/webinar/register/WN_tcRhJwSmRZyOx
mRj4QoefA