

## **2023 Youth & Family Behavioral Health Conference**

**Thursday, October 5, 2023**

### **Event Schedule**

#### **8:30 AM – 8:45 AM**

Presenter: Dr. Joseph Lee

Welcome Remarks

#### **8:45 AM – 9:45 AM**

Presenter: Dr. Amelia Arria

Title: Addressing Substance Use among Adolescents and Young Adults: Contemporary Challenges and Science-Informed Solutions

Description: This presentation will provide a broad overview of substance use trends among young people, including alcohol, tobacco, vaping, and prescription drug misuse. Special attention will be given to how cannabis has become a primary concern for communities and educational institutions. Key strategies for substance use prevention and early intervention in different settings will be articulated. Addressing substance use effectively will require collaborations between community members, educational professionals, parents, policy makers and clinical providers.

Objectives:

- To review substance use trends among the population of adolescents and young adults in the U.S.
- To describe specific challenges related to cannabis use among young people
- To highlight the impact that substance use can have on student academic performance
- To articulate key strategies for preventing substance use and intervening early to mitigate consequences

#### **9:45 AM – 10:00 AM**

Presenter: Alumni Tucker

#### **10:00 AM – 11:00 AM**

Presenter: Dr. Heather Jones

Title: The Intersection of Recovery, Mental Health, and Families

Description: As parents of young people try to navigate a disjointed healthcare system desperate to get their loved one help, it can be difficult to know which way to turn. In these moments of crisis, many aren't thinking about their own wellbeing or mental health. When families get help, they become a better support for their loved one which in turn increases recovery outcomes. We will discuss how to creatively create intersecting pathways of individuals in recovery, their family systems, and mental health interventions to increase wellbeing and quality of life.

Objectives:

- Understand accessible resources in the community to support the families of clients in their practice
- Identify strategies for family engagement across a continuum of entry points

- Incorporate strategies into practice
- Measure outcomes of family engagement

### **11:00 AM – 12:00 PM**

Presenter: Dr. Quyen Ngo

Title: Parenting in a Technology Rich World

Description: Unlike previous generations, youth today grow up saturated with easy access to a whole host of technologies. This conduit for constant connection to the external world opens kids and teens up to a range of highly influential ideas, cultures, and experiences that can impact the development and trajectory of our kids and their future. We will discuss some of these critical developmental stages, common influences (including attitudes about substance use and alcohol), the unique position that parents find themselves in, and ways to leverage technology streams for increased connection.

Objectives:

- Understand how kids use technologies across different age groups
- Learn parenting strategies to assess benefit/risk associated with technology
- Identifying how technology can be leveraged to keep children safe and increase connection between family

### **12:00 PM – 12:30 PM**

Lunch Break

### **12:30 PM – 12:45 PM**

Videos: MEET MIKE

### **12:45 PM – 1:45 PM**

Presenters: Sarah Schwalbach and Amy Anderson

Title: The CRAFT Model: Evidenced Based approach for engaging loved ones in recovery

Description: What are the most effective ways for family members to encourage a loved one struggling with substance use disorder to engage in help? We're sharing background information and skills from one of the best evidence-based approaches. Community Reinforcement and Family Training (CRAFT) prepares family members to leverage the influence they have in their relationship with their loved one to promote recovery.

Objectives:

- CRAFT skills can create impactful breakthroughs that support families by:
  - Capitalizing on their extensive knowledge of their loved ones
  - Encouraging family members to remove obstacles to engaging in helping services
  - Identifying opportune moments for conversations Increasing likelihood of engagement in communication between loved one and family members

### **1:45 PM – 2:00 PM**

Presenter: Special Alumni Guest

### **2:00 PM – 3:00 PM**

Panel Presenters: Dr. Jennifer Exo, Chief Shane Mikkelson, Dan Porter, Jeremy Drucker

Title: Navigating Current Substance Abuse Trends in Youth and Youth Adults: Anticipating, Safeguarding and Fostering Well-Being

**3:00 PM – 4:00 PM**

Presenter: Dr. Jackie Braughton

Title: It Takes a Village: A Framework for Parents Undergoing Substance Use Treatment

Description: Historically, treatment and recovery from substance use have been predominately structured through the lens of the individual. This poses significant difficulties as individuals can often feel like they attain sobriety within a bubble but struggle to learn how to navigate and maintain recovery as they integrate back into their existing roles and relationships. In particular, parents undergoing substance use treatment are in a unique circumstance – learning how to individually heal, while also faced with the realities and needs of their children. We'll discuss how clinicians can conceptualize SUD treatment while honoring the role of the parent and their need for individualized support without severing their sacred connection to their kids; including reviewing culturally responsive ways to tap into community and professional supports for children dealing with parents struggling with substance use.

Objectives:

- Present a practical framework for honoring the role of the parents through substance use treatment
- Learn ways to integrate individual and family-based interventions during treatment and early recovery
- Identify community and professional supports during treatment and recovery for children, youth, and adult children

**4:00 PM – 4:15 PM**

Presenter: Dr. Heather Jones

Closing Remarks and Send Off