

Teens and Screens

Helping Parents Navigate Risks with Technology

11/15/23

Live Webinars Supporting
5-Actions Programs™

John Fitzgerald, PhD, LPC, CAS
Digital Therapeutics Group, LLC



Agenda:

- Discuss the ways present and emerging technologies are impacting teen's life today
- Talk about the risks, benefits, and costs of technology
- Discuss ways to intervene with teens when technology becomes a problem

New Mexico 5-Actions Programs™

- **Self-guided roadmap** to understanding and addressing addiction (substance and behavioral)
- **Launched November 2020** in New Mexico
- **Mobile-friendly online platform**, free for all who sign up to use the program
- **Over 125+ videos**, screening tools, and links to resources
- **24/7 phone support** from trained clinicians

Please Sign Up: www.NM5Actions.com

New Mexico
5-Actions Program™

In partnership with New Mexico Crisis and Access Line
24/7: 1-855-662-7474

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Self-Guided Roadmap to Understanding and Addressing Pre-Addiction and Addiction

The New Mexico 5-Actions Program™ is free, paid for by New Mexico Human Services Department, Behavioral Health Services Division.

HOW IT WORKS

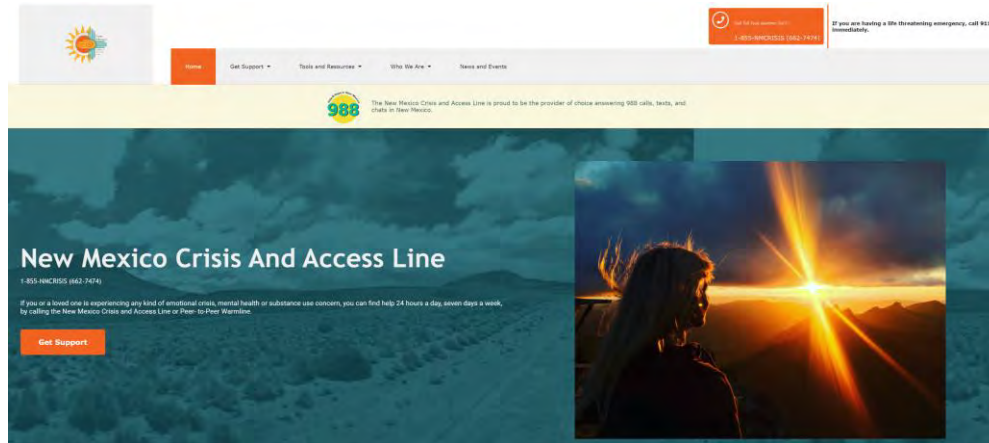
Powerful Tools To Support You On Your Journey

- 24/7 phone support
- Substance & behavioral
- Over 6 hours of video
- COVID-specific resources
- Tools to help loved ones
- Evidence-based tools

What You Will Do

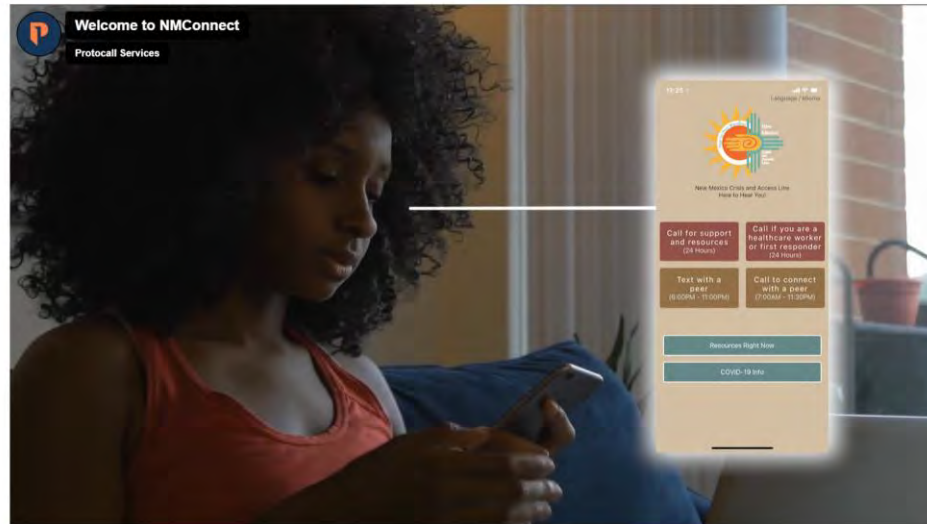
- Learn about addiction, treatment, and how people successfully change
- Explore your own behaviors, and identify powerful leverage points for change
- Assess all your own addictions and co-occurring mental health issues
- Develop a personalized roadmap for your journey out of addiction

NM 5-Actions Program and NMCAL



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Get it on Google Play



5-Actions Program™ Webinars

- **Monthly webinars** to address timely topics that are linked to the 5-Actions Program
- **One-hour format** in which we do our best to optimize your time
- **Guest experts** from the community with lived experience and working as professionals
- **Community discussion** where you can ask questions and connect with speakers

<https://5actionswebinars.com/>

[Hypernormalization and Addiction](#)

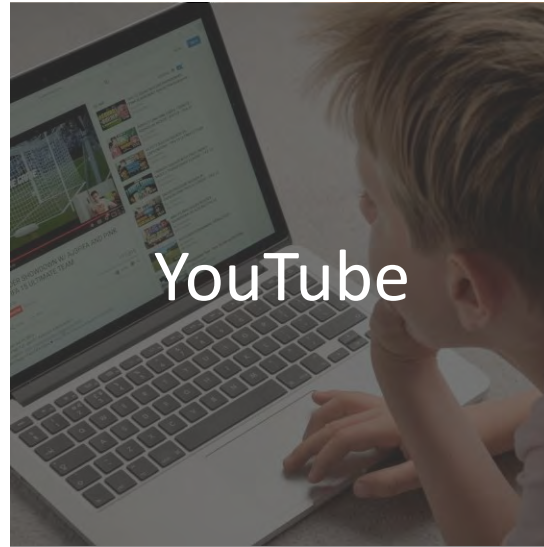
December 13 @ 3:00 pm - 4:00 pm PST
Online Via Zoom

Writer and podcaster Merryana Salem recently said “It’s a surreal feeling to bear witness to the world’s horrors while remembering to buy milk on your way home.” In this webinar, we’ll dive into the topic of hypernormalization and its relationship to addiction. The term was first coined by Alexei Yurchak in his book Everything was... [Learn More »](#)

Teens and Technology



Gaming



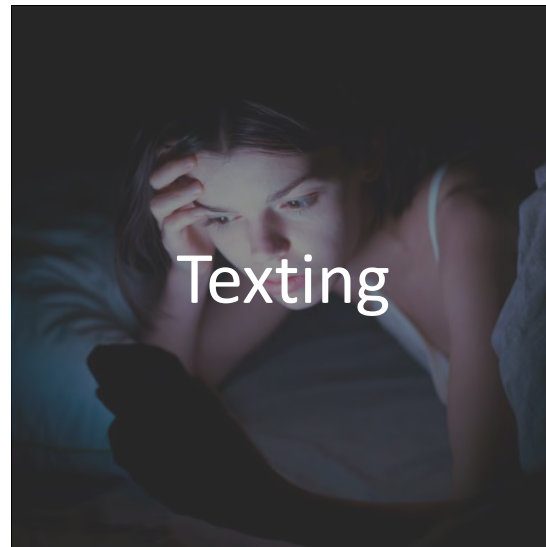
YouTube



Pornography



Social Media

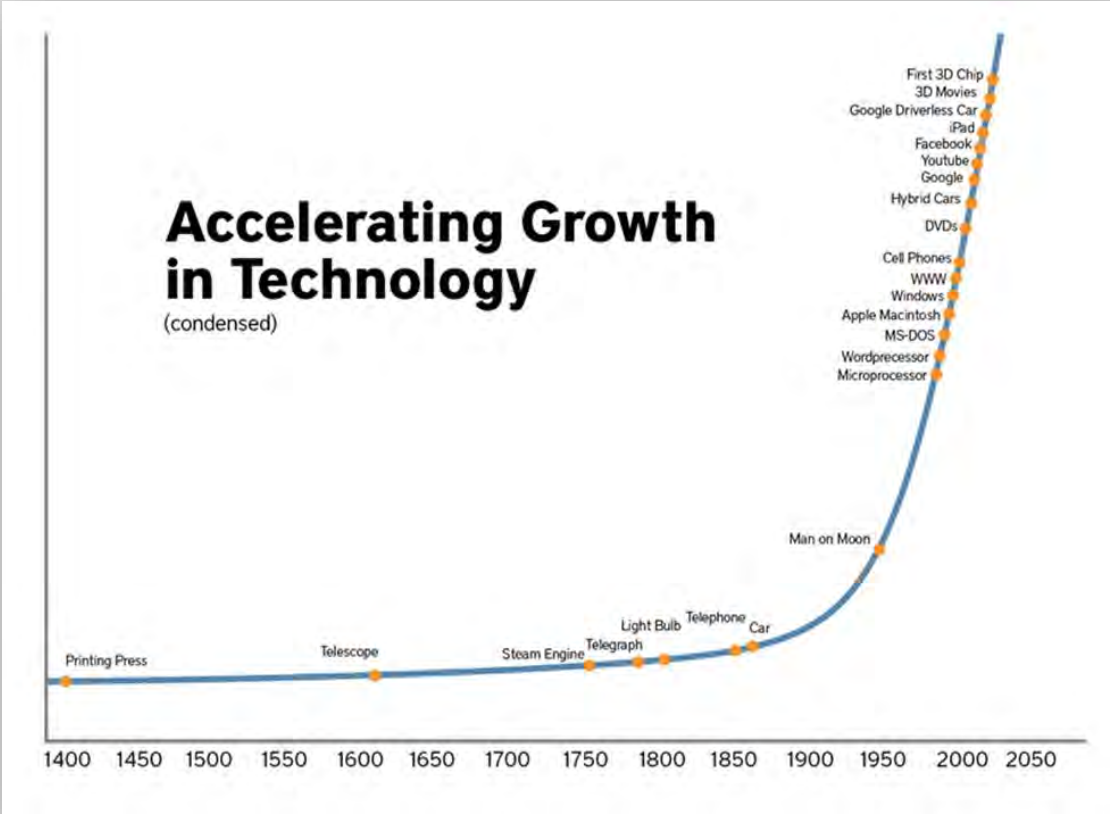


Texting



ChatGPT

Accelerating Rate of Technological Innovation



1983

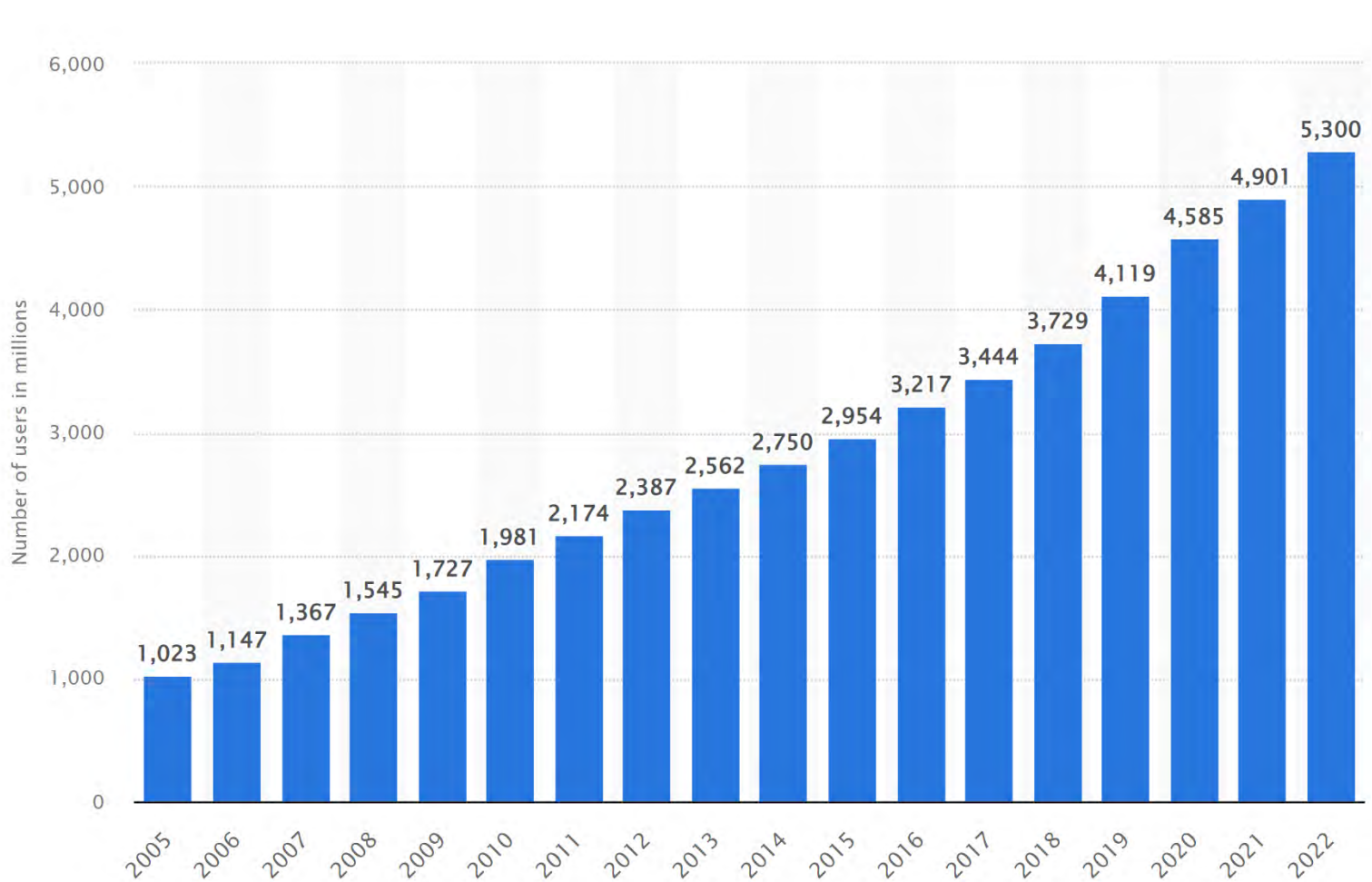


2015



2023

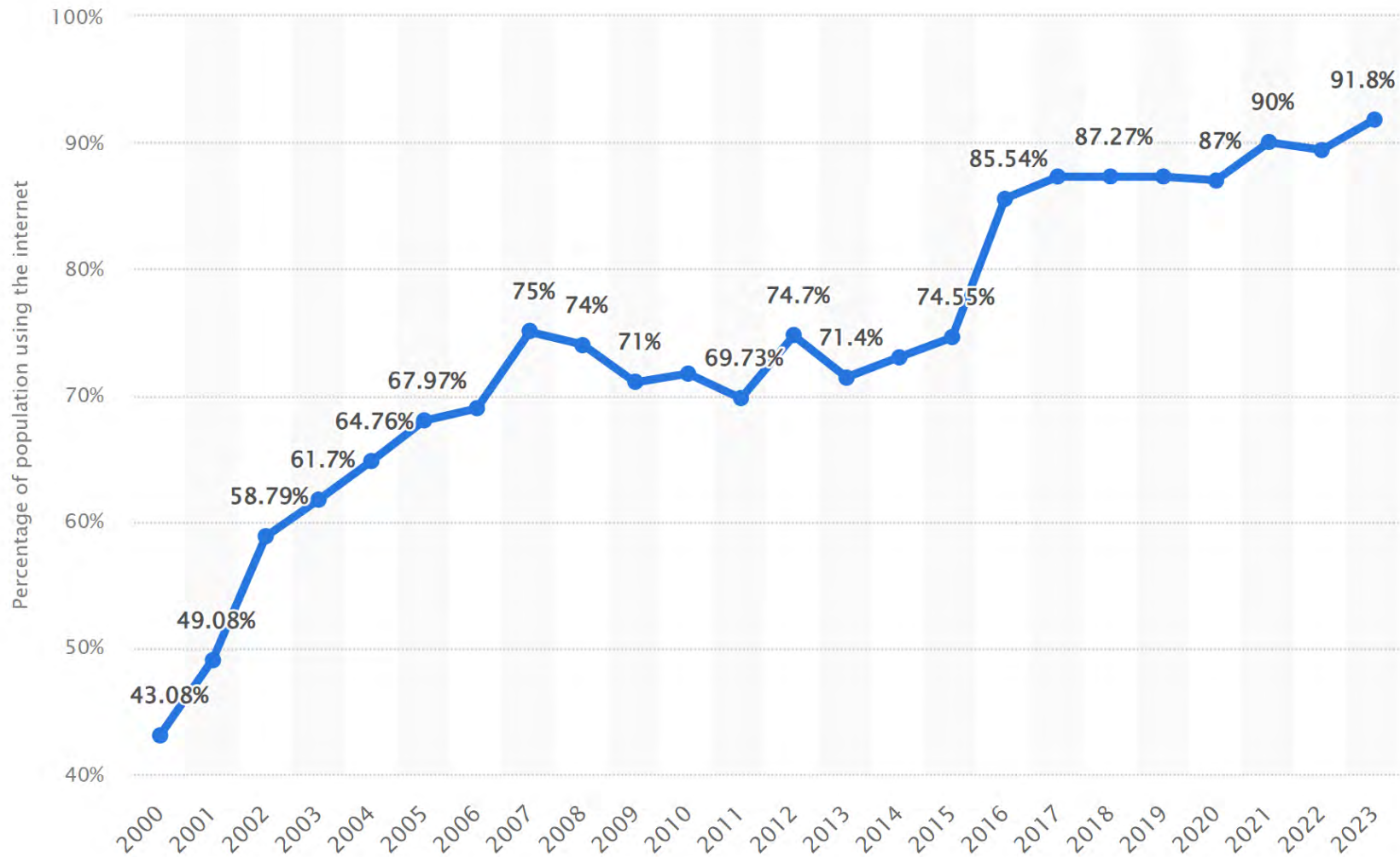
Number of internet users worldwide from 2005 to 2022 (in millions)



Source: <https://www.statista.com/statistics/273018/number-of-internet-users-worldwide/>



Percentage of population using the internet in the US: 2000 to 2023

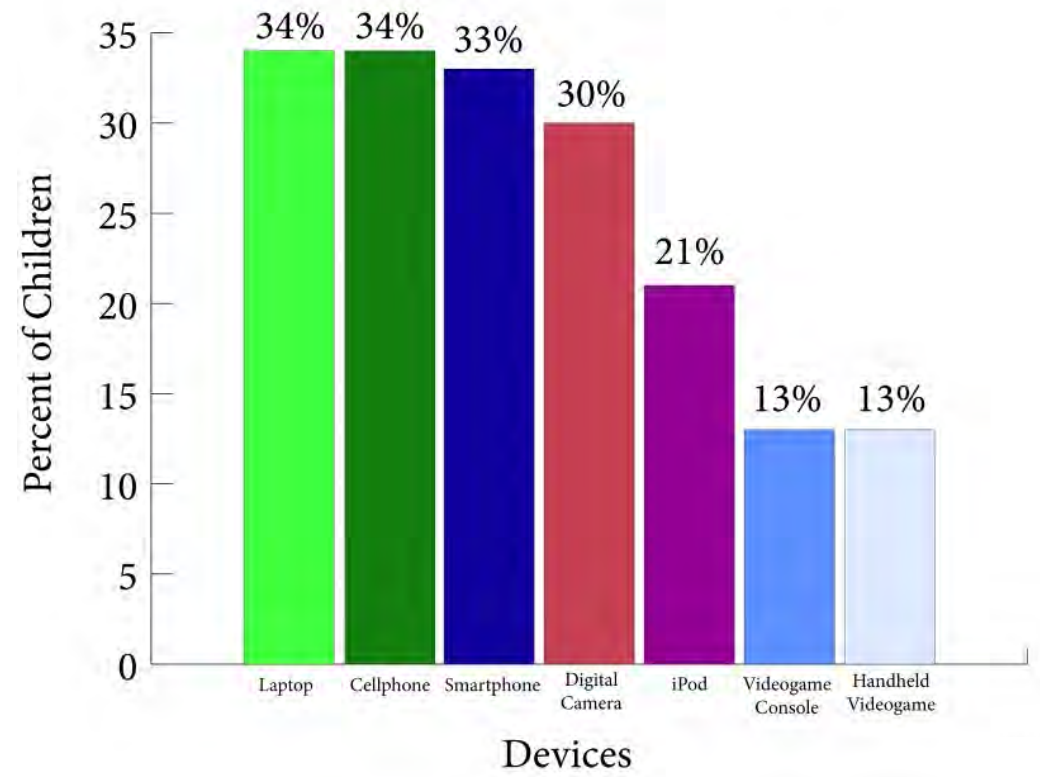


<https://www.statista.com/statistics/209117/us-internet-penetration/>

Growing Up on Technology



Technology Children Use by Age 2

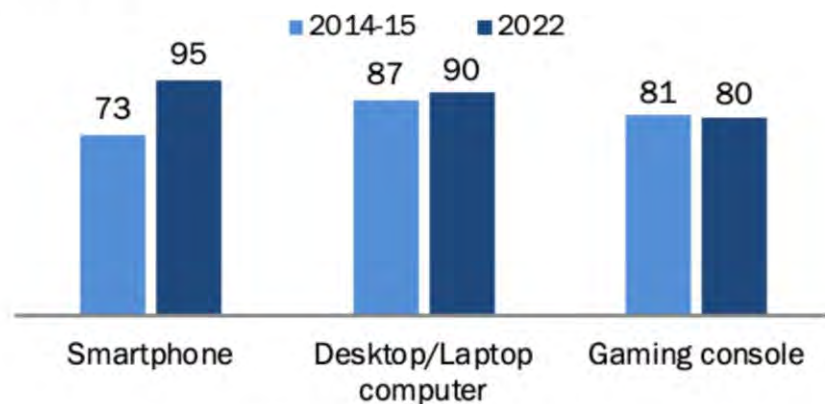


Source: American Academy of Pediatrics

Teen Access and Use of Smartphones

Nearly all teens in 2022 have access to a smartphone, up from 73% in 2014-15

% of U.S. teens who say they have access to the following devices



Note: Teens refer to those ages 13 to 17. Those who did not give an answer are not shown. The 2022 question wording further clarified access at home.

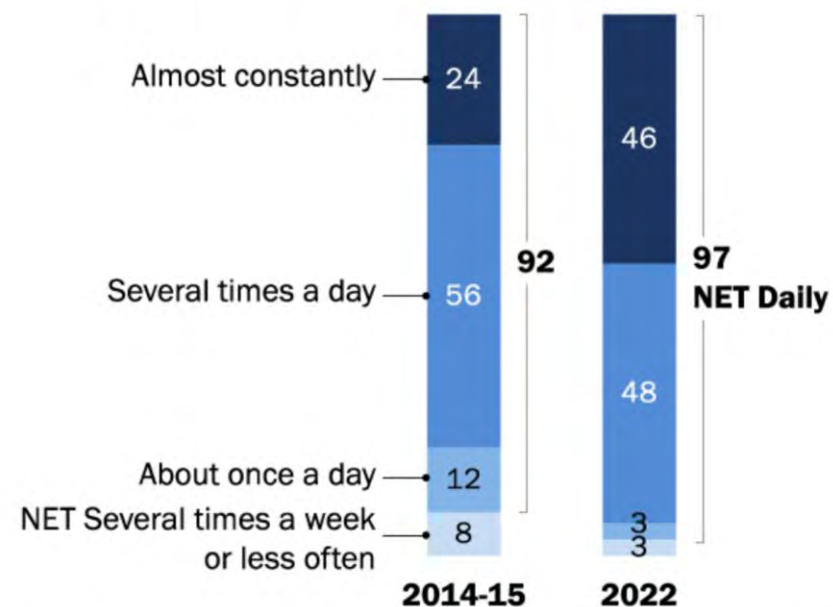
Source: Survey conducted April 14-May 4, 2022.

"Teens, Social Media and Technology 2022"

PEW RESEARCH CENTER

Nearly half of teens now say they use the internet 'almost constantly'

% of U.S. teens who say they use the internet ...



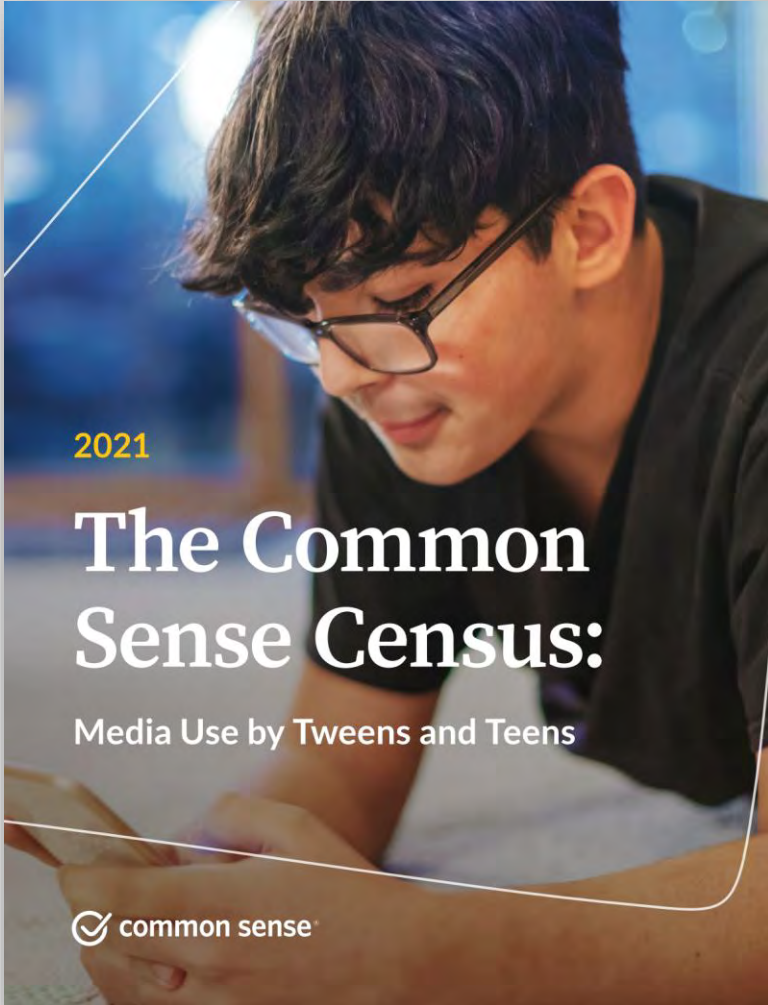
Note: Teens refer to those ages 13 to 17. Figures may not add up to the NET values due to rounding. Those who did not give an answer are not shown.

Source: Survey conducted April 14-May 4, 2022.

"Teens, Social Media and Technology 2022"

PEW RESEARCH CENTER

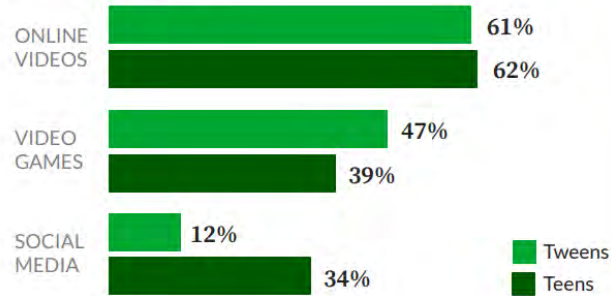
What are teens doing online?



Watching online videos is the favorite media activity of both tweens and teens.



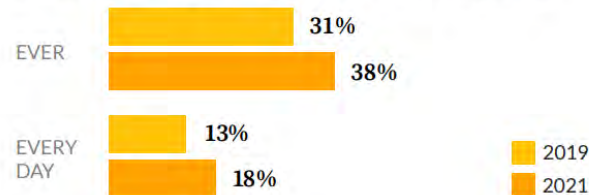
Percent of 8- to 18-year-olds who enjoy each activity "a lot," 2021



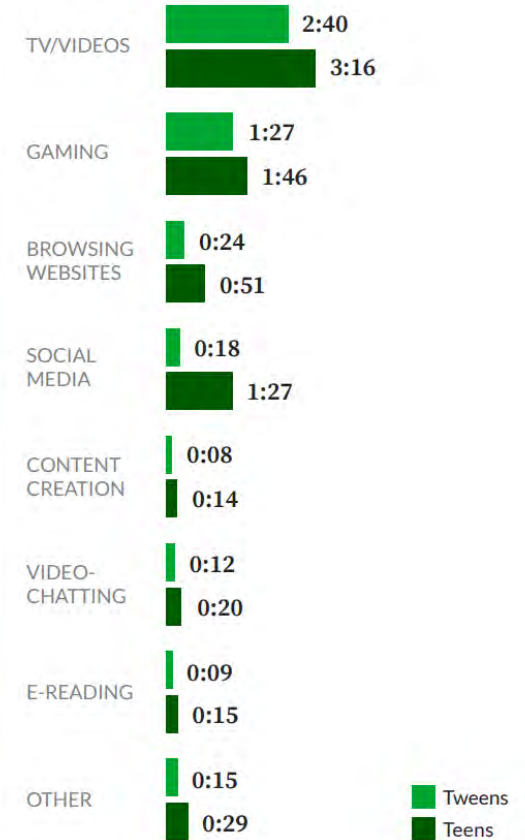
Social media use is growing among tweens.



Among tweens, percent who use social media ...



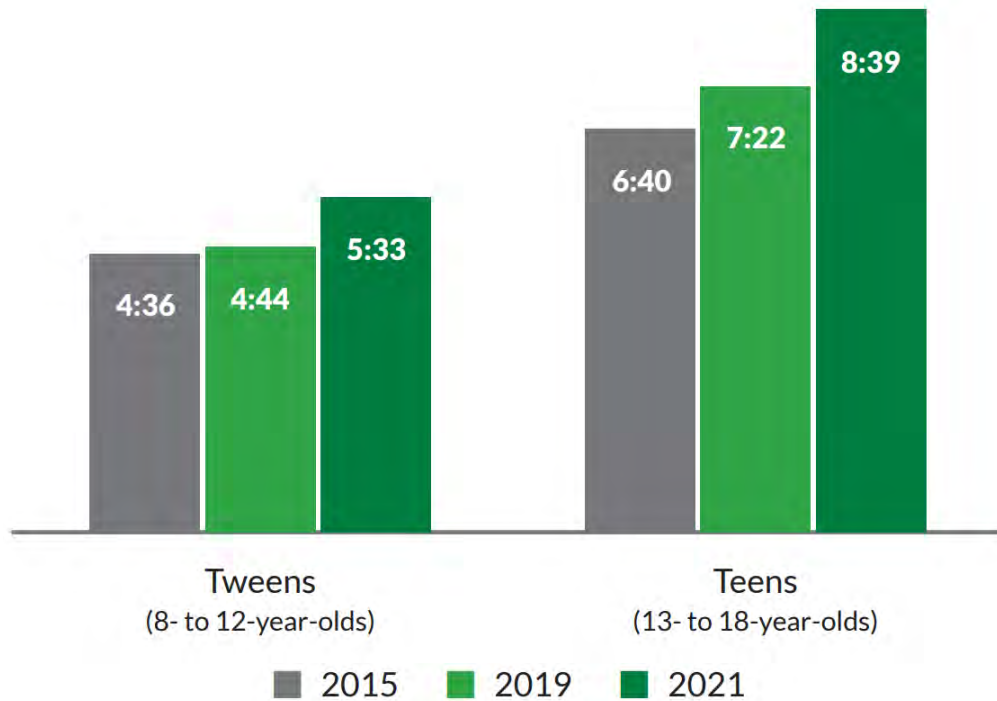
Average daily entertainment screen use, by activity and age, 2021



E-reading includes ebooks and online reading (articles, stories, news, etc.)

How much time do teens spend online?

Total entertainment screen use among tweens and teens, per day, 2015 to 2021

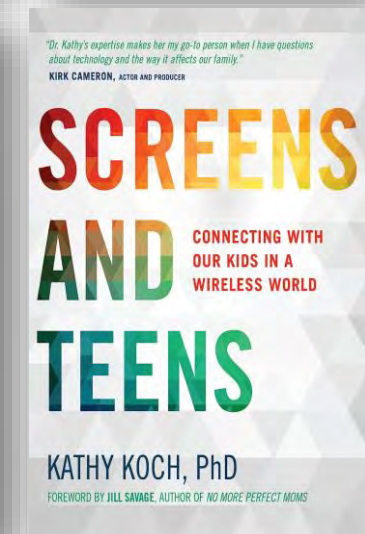
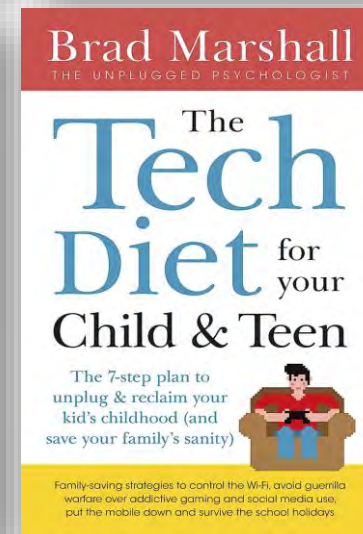
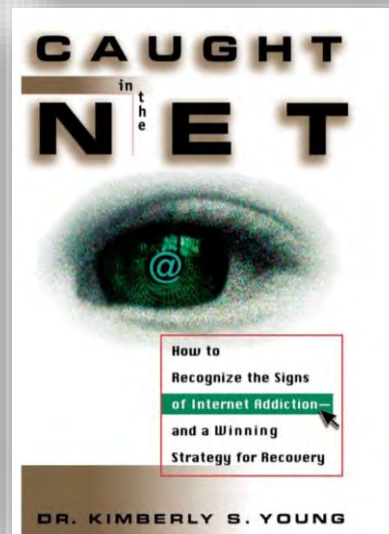
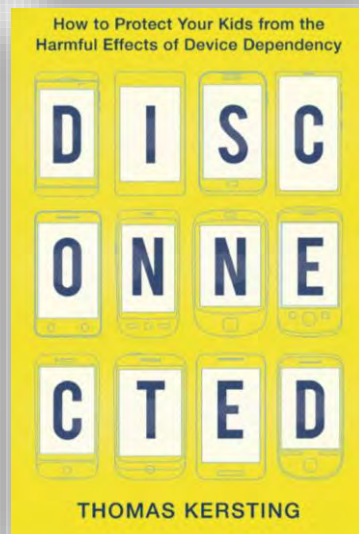
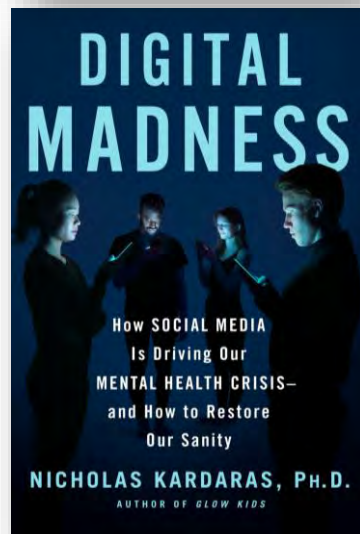
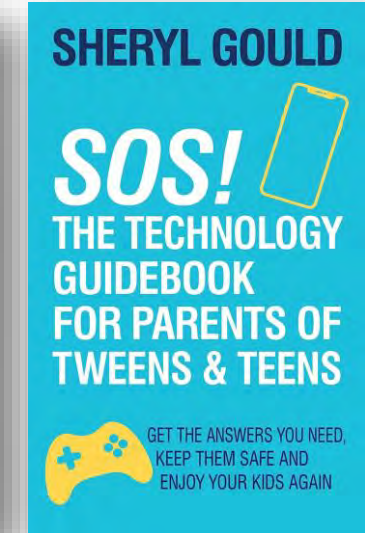
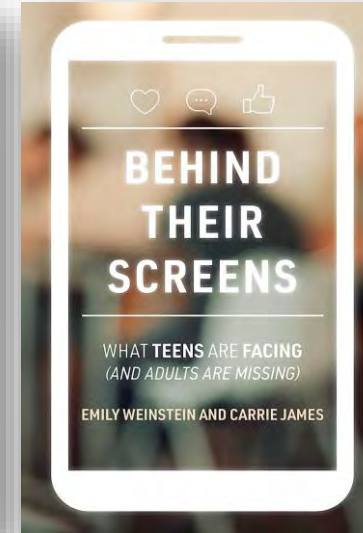
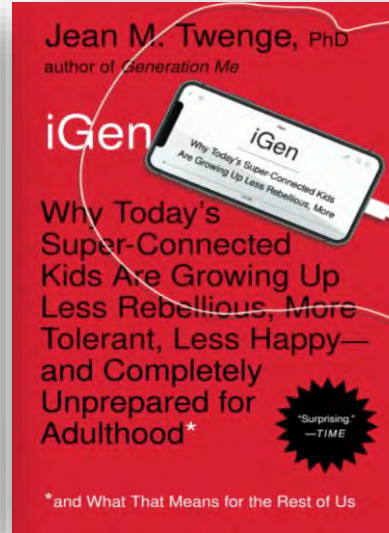
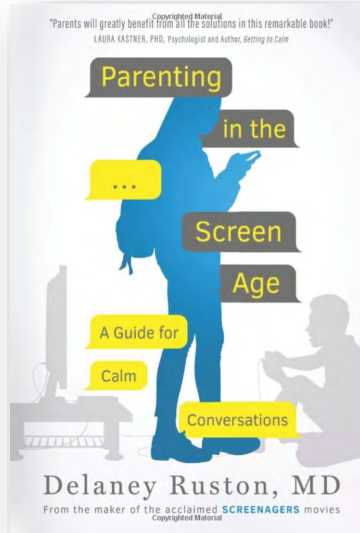


Total screen time use, by age and demographic, 2021

Average daily screen use among ...	Gender		Race/Ethnicity		
	Boys	Girls	White	Black	Hispanic/Latino
8- to 12-year-olds	6:11 ^a	4:55 ^b	4:29 ^a	6:26 ^b	7:00 ^b
13- to 18-year-olds	9:16 ^a	8:02 ^b	7:49 ^a	9:50 ^b	10:02 ^b

Source:
https://www.commonsensemedia.org/sites/default/files/research/report/8-18-census-integrated-report-final-web_0.pdf

No Shortage of Information on Teens and Technology



Benefits of Technology

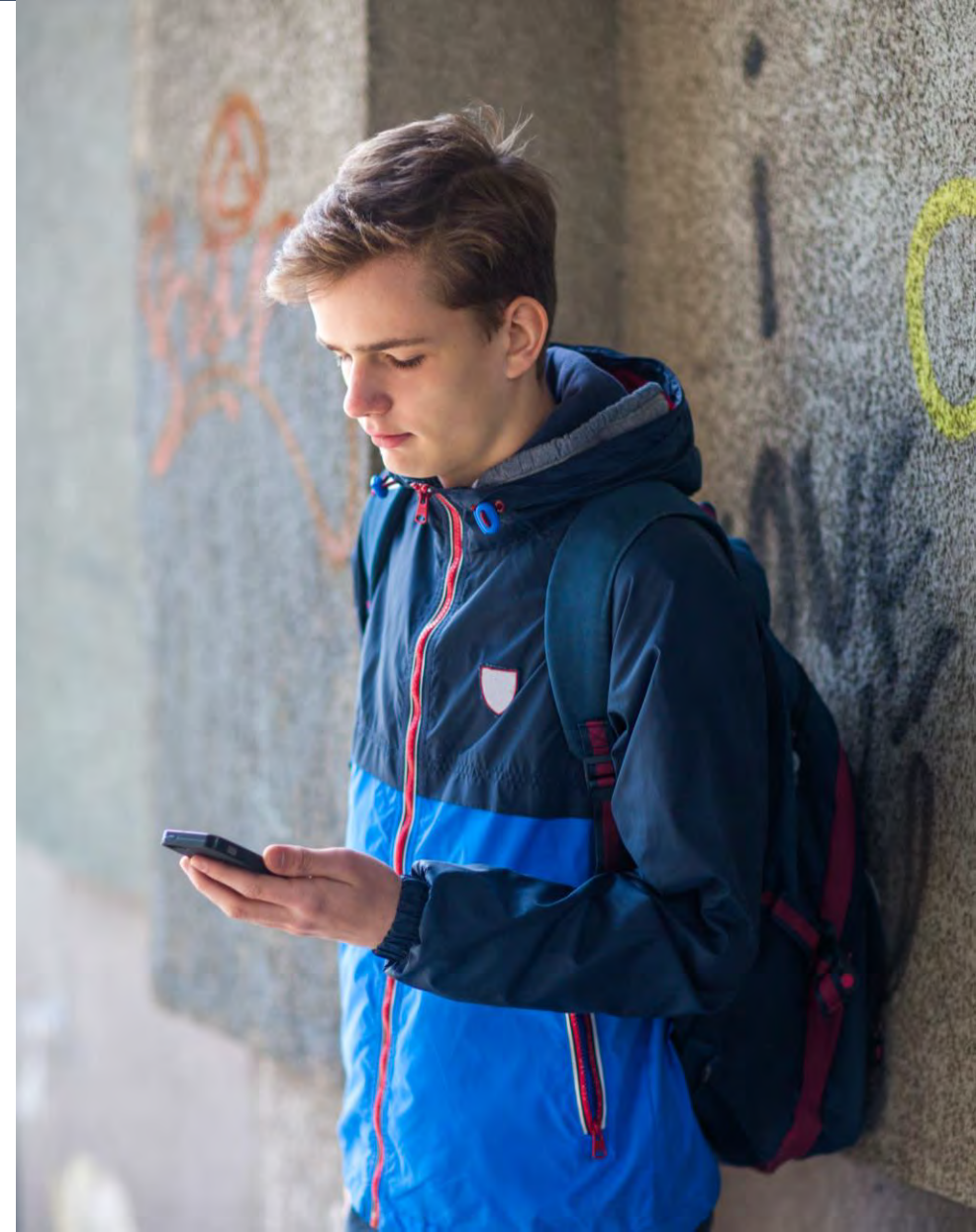


- Socialization and Relationship Building
- Problem Solving Skills
- Enhanced Education and Digital Learning Tools
- Interactive Creativity and Digital Expression
- Health-Related Tracking and Management
- Safety and Emergency

Risks of Technology

- Impaired emotional and social intelligence
- Social Isolation
- Sleep disruption
- Increase in mindlessness
- Adverse impact on brain development
 - Reduced attention span
 - Decreased working memory
 - Decreased meta-cognitive awareness
 - Decreased coherence (organization) of mind
 - Distracted concentration
 - Mind more reactive

Small, GW, Lee, J., Kaufman, A, et al. (2020). Brain health consequences of digital technology use. *Dialogues in Clinical Neuroscience*. Vol. 22, No. 2, 179-187.



Risks of Technology



Teens are exhausted by phone notifications but don't know how to quit, report finds

By Kristen Rogers, CNN

Updated 5:01 PM EDT, Tue September 26, 2023



Goodboy Picture Company/E+/Getty Images

A lot of total screen use occurs during school hours, a new report has found

Social Media and Fentanyl

ONE PILL CAN KILL DRUG ENFORCEMENT ADMINISTRATION

SOCIAL MEDIA Drug Trafficking Threat

WHAT WE KNOW

With the growth of social media and the proliferation of smartphones, a dangerous and deadly new drug threat has emerged: **criminal drug networks are abusing social media to expand their reach, create new markets, and target new clientele.** This includes by selling deadly fake fentanyl and methamphetamine pills, often to unsuspecting teenagers, young adults, and older Americans, who think they are buying the real thing.

No longer confined to street corners and the dark web, criminal drug networks are now in every home and school in America because of the internet apps on our smartphones.

HOW IT WORKS

ONE-STOP SHOP

Drug traffickers have turned smartphones into a one-stop shop to market, sell, buy, and deliver deadly, fake prescription pills and other dangerous drugs. In just three steps, deadly drugs can be purchased and delivered to your home just like any other good or service.

1. Advertise

Drug traffickers advertise on social media platforms like Facebook, Instagram, Snapchat, TikTok, Twitter and YouTube. These advertisements are in disappearing, 24-hour stories and in posts, which are promptly posted and removed. Posts and stories are often accompanied by known code words and emojis that are used to market and sell illicit and deadly drugs on social media. These code words and emojis are designed to evade detection by law enforcement and by the preset algorithms used by social media platforms.



ADVERTISE

JANUARY 2022
#ONEPILLCANKILL [dea.gov/onepill](https://www.dea.gov/onepill)

SOCIAL MEDIA Drug Trafficking Threat **ONE PILL CAN KILL**

COMMON EMOJI CODES

FAKE PRESCRIPTION DRUGS

PERCOCET & OXYCODONE XANAX ADDERALL

OTHER DRUGS

METH HEROIN COCAINE

MDMA & MOLLIES MUSHROOMS COUGH SYRUP MARIJUANA

DEALER SIGNALS

DEALER ADVERTISING

HIGH POTENCY

UNIVERSAL FOR DRUGS

LARGE BATCH

Disclaimer: These emojis reflect common examples found in DEA investigations. This list is not all-inclusive, and the images above are a representative sample.

2. Connect

Prospective buyers contact drug traffickers on social media apps in response to their advertisements – either using direct messaging or by commenting on a post. Once contact is made, drug traffickers and potential buyers often move to an encrypted communications app like WhatsApp, Signal, and Telegram. Drug traffickers typically switch to these encrypted communications apps to arrange drug deals with prospective buyers.

3. Pay

After a deal is made, drug traffickers request payment using one-click apps like Venmo, Zelle, Cash App, and Remitly.

CONNECT & PAY



JANUARY 2022
#ONEPILLCANKILL [dea.gov/onepill](https://www.dea.gov/onepill)

SOCIAL MEDIA Drug Trafficking Threat **ONE PILL CAN KILL**

WHERE IT'S HAPPENING

DEA has directly connected social media drug sales to overdose deaths.

DEA has found drug trafficking on internet apps nationwide – across urban, suburban, and rural communities. In 2021, DEA has investigated more than 80 cases involving drug trafficking on internet apps.

Social media drug trafficking impacts all age groups, but adolescents and young adults are particularly susceptible given their high-rates of social media usage.

WHAT YOU CAN DO

- Stay vigilant and aware of the drug trafficking threats on smartphone apps.
- Know the dangers of counterfeit pills: their accessibility, availability and increasing lethality.
- Share the message that One Pill Can Kill.
- Visit [DEA.Gov/onepill](https://www.dea.gov/onepill) to learn more.

JANUARY 2022
#ONEPILLCANKILL [dea.gov/onepill](https://www.dea.gov/onepill)

Social Media and Fentanyl



<https://coag.gov/app/uploads/2023/03/Colorado-AG-Report-Social-Media-Fentanyl-Illegal-Drug-Sales.pdf>

“Gaining access to illicit drugs via social media—including dangerous substances containing fentanyl—is nearly as convenient as using one’s phone to order a pizza or call an Uber.”

- Drug sellers use creative, and often coded, methods of marketing and selling drugs on Internet platforms.
- Drug sellers also rely on certain Internet platform designs and features to facilitate drug sales.
- Companies’ responses to drug activity on their platforms generally have been both uneven in their application and limited in effectiveness.
- Federal and state lawmakers have proposed and enacted legislation employing various innovative strategies to combat the online illicit substance market

Example of Social Media Drug Distribution

 **United States Attorney's Office**
District of Oregon

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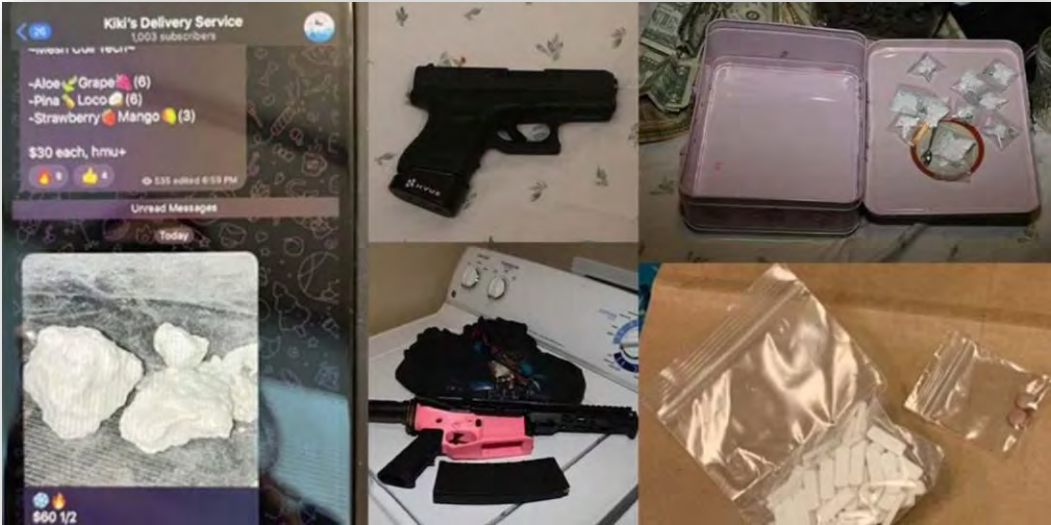
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Justice.gov > U.S. Attorneys > District of Oregon > Press Releases > 19-Year-Old Oregon Woman Faces Federal Charges for Running Social Media Drug Distribution Service Targeting Minors

PRESS RELEASE

19-Year-Old Oregon Woman Faces Federal Charges for Running Social Media Drug Distribution Service Targeting Minors



 **Kiki's Delivery Service**
996 subscribers

-Aloe Grape (10)
-Pina Loco (10)
-Strawberry Mango (10)

\$30 each, hmu+

Unread Messages

Today

Kiki's Delivery Service
Happy Holiday my Loves 🎁!

Today is a day of relaxation and spending time with your Families and/or Loved ones so enjoy what you can because memories are valuable. Make the best out of any situation today 🥰🥰

I will be going mobile @7:00 today so everyone who orders can say hello to me 😊 I am only going out on orders \$100+ including a \$10-\$20 delivery fee so hmu with:

- order
- address

By 7:00 🕒 so I can add you to my list! Then I will message you each individually when I am on my way 🙏

Lmk if you need anything 🥰🥰🥰🥰

Unread Messages

Sexting: Common Among Teens



Sexting is the sharing of sexually explicit images, videos, or messages through electronic means.

Parenting in the Screen Age, Dr. Delaney Ruston (p. 249)

Review in JAMA Pediatrics showed that **sexting has become more common among adolescents**. Meta-analysis of 39 studies, 12 to 17 years old, with an average age of 15 years old.

- At least **1 in 4 teens** are receiving sexually explicit texts and emails
- At least **1 in 7** are sending sexts
- More than **1 in 10** teens are forwarding sexts without consent
- About **1 in 12** teens have had sexts they've sent forwarded without their consent

Source: Prevalence of multiple forms of sexting behavior among youth: A systematic review and meta-analysis. Madigan, S., Ly, A., Rash, C., Van Ouytsel, A., Temple, J.. JAMA Pediatr, 2018; 172(4):327-335.

Sexting: Risks



Teens who take, send, or forward sexting images may face:

- Embarrassment if their picture is shown to family, friends, classmates and even strangers
- Bullying or harassment from peers who judge them for sexting
- Trouble at school if they have violated a school policy, including being kicked off athletic teams or suspended
- Future consequences since images can follow them for a long time and be seen by college admissions officers or potential employers
- Legal problems, including crimes related to sending or forwarding inappropriate images of minors

ChatGPT and Other AI Platforms

ChatGPT Sprints to One Million Users

Time it took for selected online services to reach one million users



* one million backers ** one million nights booked *** one million downloads

Source: Company announcements via Business Insider/LinkedIn



statista

Benefits

- Provides assistance with schoolwork
- Learn new languages and accents
- Share stories, fun jokes, and kid-friendly literature
- Offers innovative word-based games to play
- Kids can ask ChatGPT hard, awkward questions and receive creative responses

Risks

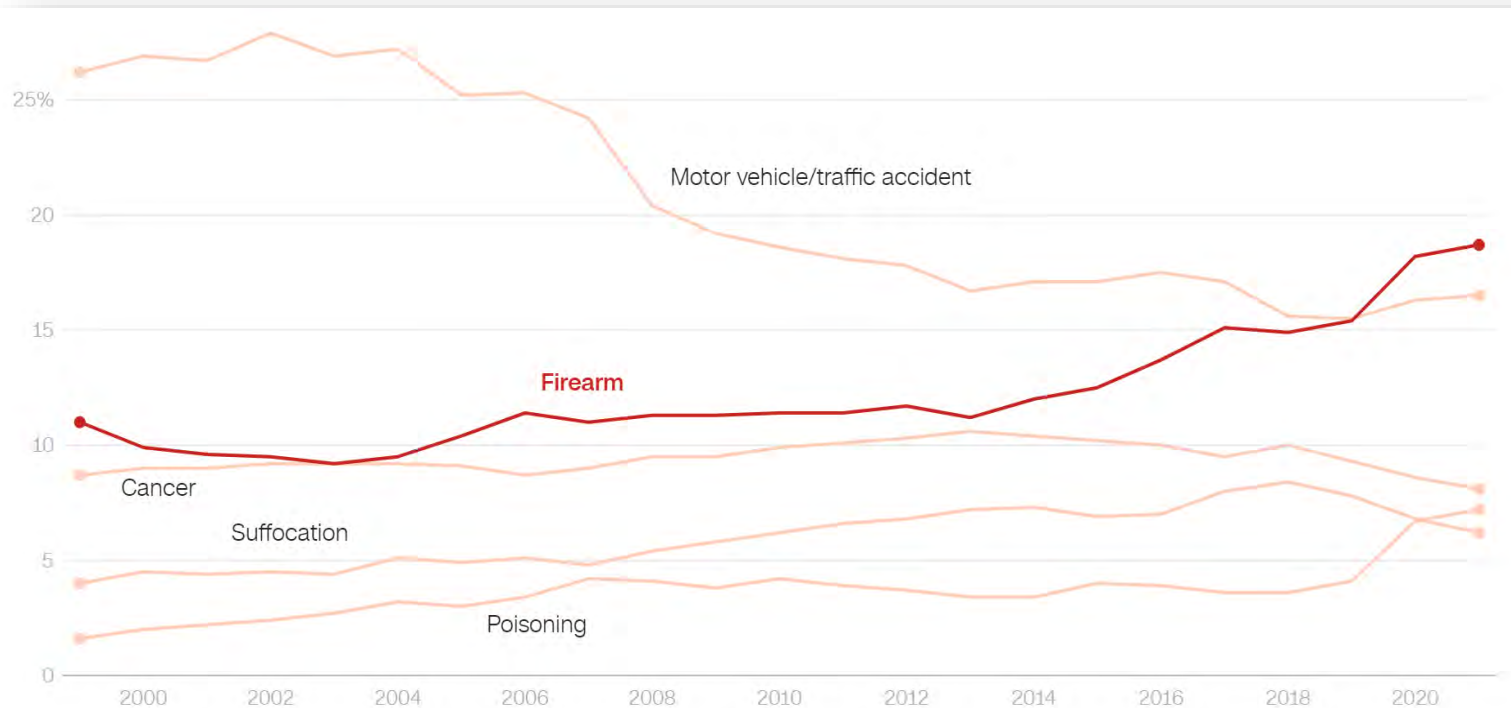
- Plagiarism and cheating with schoolwork
- Spreading misinformation without a trusted source
- Constrict creativity and systems thinking
- Contribute to social and relational constrictions
- Provides limited information since it only states what it's been taught
- It causes kids to grow lazy and lack self-drive
- Stolen data and lack of data privacy

Helping Teens Safely Navigate Technology



Putting Risks in Context

Top five causes of death for children ages 1-18, as a percentage of all causes



Note: Data shows the top five "injury mechanism and all other leading causes of death" as collected by the CDC Wonder database, as of 2021.

Source: Centers for Disease Control and Prevention Wonder database

Graphic: Annette Choi, CNN

- Suicide
- Bullying
- Sex, Pregnancy, and STDs
- Trauma, Depression, Anxiety
- **Challenges with Technology**
- Tobacco
- Alcohol
- Recreational Drugs (fentanyl)
- Obesity

Navigating Risks

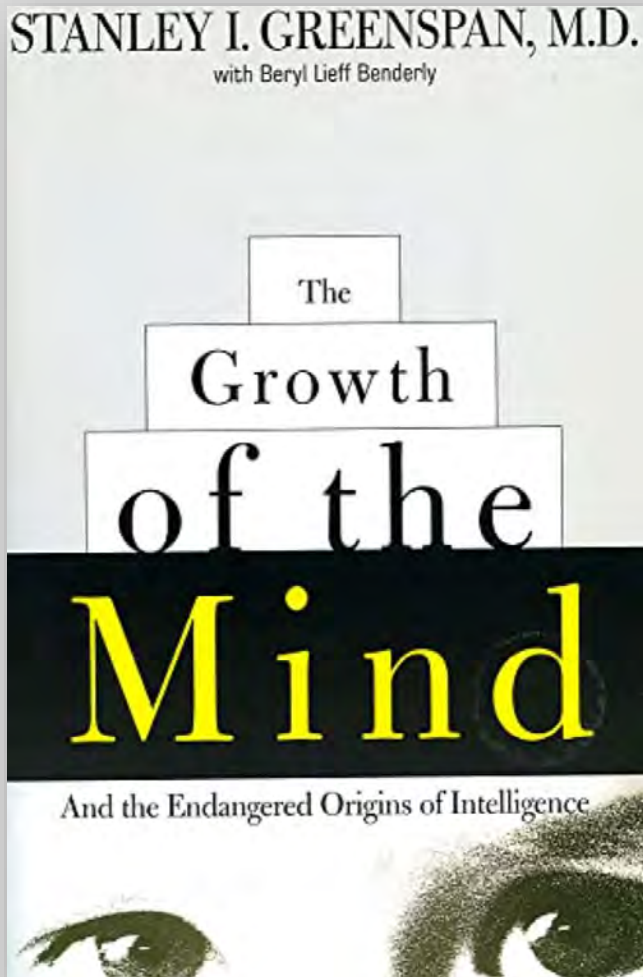


How can parents best help their kids navigate present and emerging life risks?

Emotional Roots to Downstream Life Challenges



Critical Role of Emotions in Life



An **understanding of the role of emotions at the root of all mental development** helps us define the elusive concept of mental health.

If mental health is defined by a person's mastery of a series of developmental tasks – the acquisition of the capacity to reflect, to relate deeply to others, and to regard others with empathy in the face of stress or change – **we will insist on the importance of intimate interpersonal experiences and emotional growth.**

Emotions: Nature and Nurture



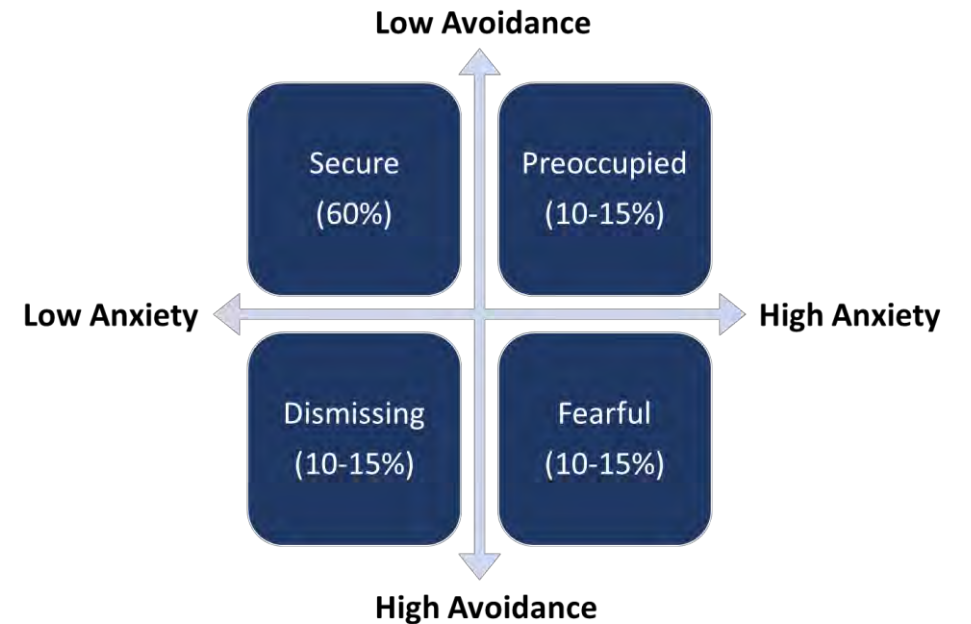
Attachment



- Relational template
- Cradle to grave
- 2-years of age

Attachment Style

Parenting Behavior	Mother or Caregiver #1	Father or Caregiver #2
(1) Protection Kept me safe from danger and threats. I felt safe when with him/her.	1 2 3 4 5 6 7	1 2 3 4 5 6 7
(2) Attunement Was emotionally in tune with how I was feeling, could read my emotions and respond in a way that made me feel they understood how I felt.	1 2 3 4 5 6 7	1 2 3 4 5 6 7
(3) Soothing and Reassurance Calmed and soothed me effectively when I became distressed, upset, or overwhelmed.	1 2 3 4 5 6 7	1 2 3 4 5 6 7
(4) Expressed Delight Took genuine interest in me, and expressed delight in who I was. I felt special and valued by him/her.	1 2 3 4 5 6 7	1 2 3 4 5 6 7
(5) Encouragement Encouraged exploration and discovery, helped me find and express my natural interests and talents, supported me (without pressure) becoming the best version of myself possible.	1 2 3 4 5 6 7	1 2 3 4 5 6 7



Assessing Attachment Style

<https://openpsychometrics.org/tests/ECR.php>

Adverse Childhood Experiences (ACEs) and Substance Use

Abuse

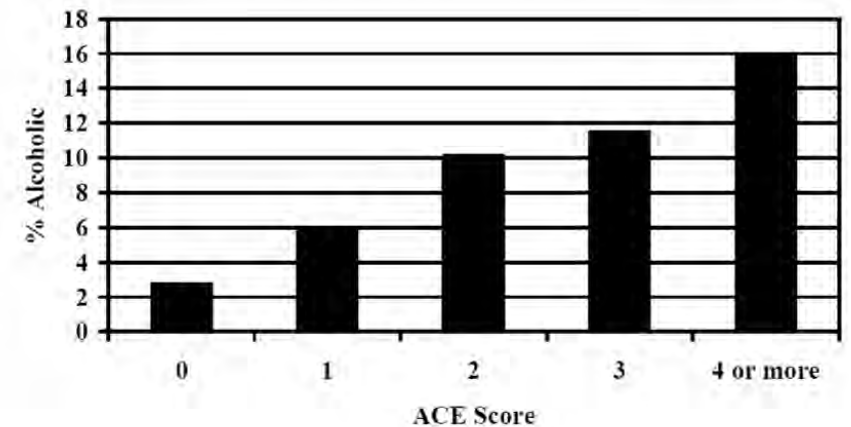
1. Psychological (by parents)
2. Physical (by parents)
3. Sexual (anyone)
4. Emotional neglect
5. Physical neglect

Household

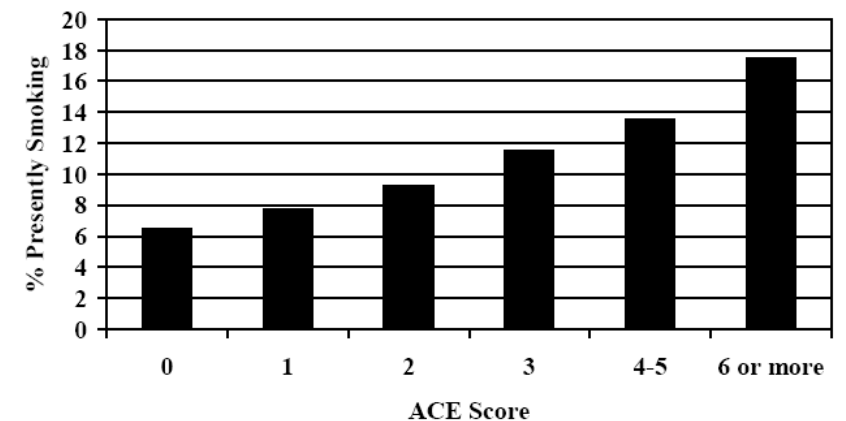
6. Substance Abuse
7. Mental Illness
8. Parental Separation/Divorce
9. Battered Mother
10. Criminal Behavior

Score = 0 to 10

ACE Score vs. Adult Alcoholism



ACE Score vs. Smoking



ACEs and Problematic Screen Use

Raney et al. BMC Public Health (2023) 23:1213
https://doi.org/10.1186/s12889-023-16111-x

BMC Public Health

RESEARCH

Open Access



Associations between adverse childhood experiences and early adolescent problematic screen use in the United States

Julia H. Raney^{1*}, Abubakr A. Al-shoaibi¹, Kyle T. Ganson², Alexander Testa³, Dylan B. Jackson⁴, Gurbinder Singh¹, Omar M. Sajjad³ and Jason M. Nagata¹

Abstract

Background Problematic screen use, defined as an inability to control use despite private, social, and professional life consequences, is increasingly common among adolescents and can have significant mental and physical health consequences. Adverse Childhood Experiences (ACEs) are important risk factors in the development of addictive behaviors and may play an important role in the development of problematic screen use.

Methods Prospective data from the Adolescent Brain Cognitive Development Study (Baseline and Year 2; 2018–2020; N=9,673, participants who did not use screens were excluded) were analyzed in 2023. Generalized logistic mixed effects models were used to determine associations with ACEs and the presence of problematic use among adolescents who used screens based on cutoff scores. Secondary analyses used generalized linear mixed effects models to determine associations between ACEs and adolescent-reported problematic use scores of video games (Video Game Addiction Questionnaire), social media (Social Media Addiction Questionnaire), and mobile phones (Mobile Phone Involvement Questionnaire). Analyses were adjusted for potential confounders including age, sex, race/ethnicity, highest parent education, household income, adolescent anxiety, depression, and attention-deficit symptoms, study site, and participants who were twins.

Results The 9,673 screen-using adolescents ages 11–12 years old (mean age 12.0) were racially and ethnically diverse (52.9% White, 17.4% Latino/Hispanic, 19.4% Black, 5.8% Asian, 3.7% Native American, 0.9% Other). Problematic screen use rates among adolescents were identified to be 7.0% (video game), 3.5% (social media), and 21.8% (mobile phone). ACEs were associated with higher problematic video game and mobile phone use in both unadjusted and adjusted models, though problematic social media use was associated with mobile screen use in the unadjusted model only. Adolescents exposed to 4 or more ACEs experienced 3.1 times higher odds of reported problematic video game use and 1.6 times higher odds of problematic mobile phone use compared to peers with no ACEs.

Conclusions Given the significant associations between adolescent ACE exposure and rates of problematic video and mobile phone screen use among adolescents who use screens, public health programming for trauma-exposed

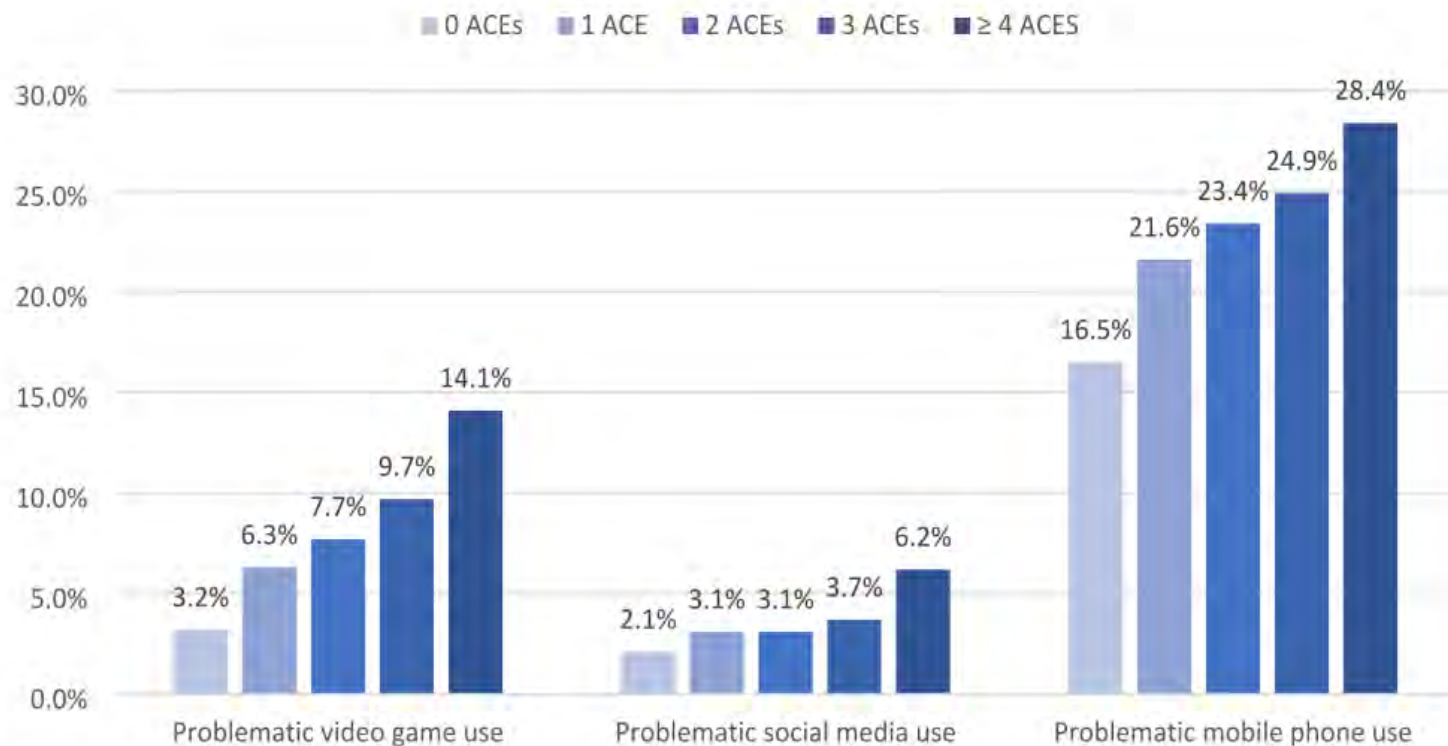
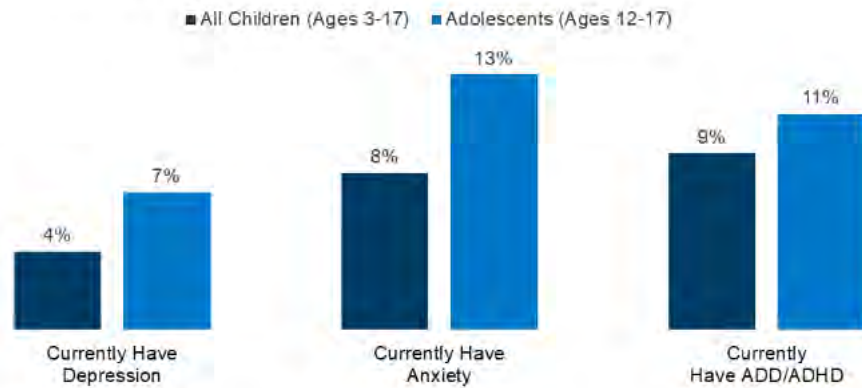


Fig. 1 Problematic screen use (video game, social media, mobile phone)* by reported ACE score. *Problematic use characterized by binary cutoffs where mean score ≥ 4

Increasing Depression, Anxiety, ADHD, and SI

Figure 1

Percent of Children with Anxiety, Depression, and ADD/ADHD, 2018 and 2019



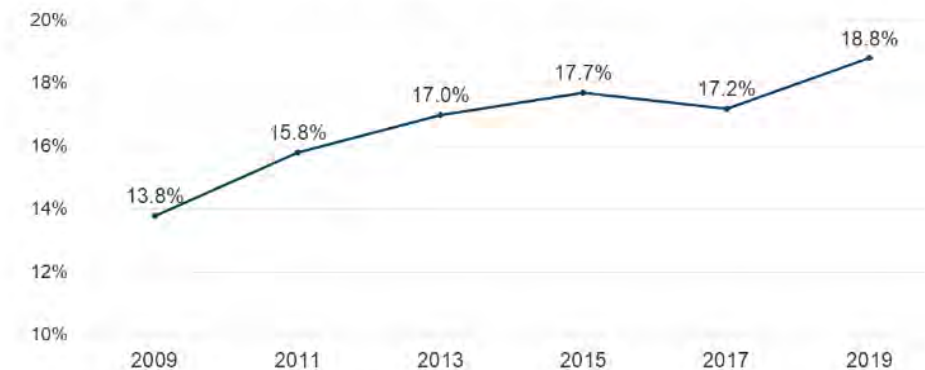
NOTES: ADD/ADHD refers to Attention Deficit Disorder or Attention Deficit/Hyperactivity Disorder.
SOURCE: KFF analysis of National Survey of Children's Health, 2018 and 2019.

KFF

Figure 1: Percent of Children with Anxiety, Depression, and ADD/ADHD, 2018 and 2019

Figure 2

Percent of High School Students Who Seriously Considered Attempting Suicide in the Past Year, 2009-2019



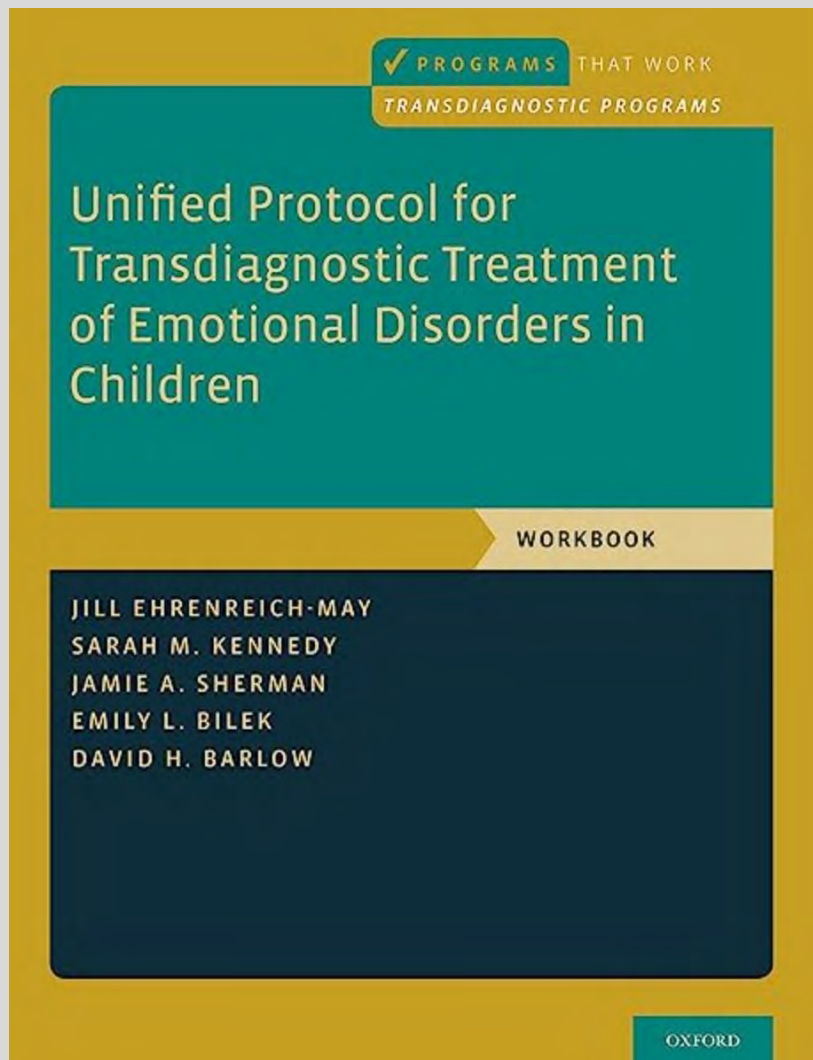
SOURCE: Youth Risk Behavior Survey, 2009-2019.

KFF

Figure 2: Percent of High School Students Who Seriously Considered Attempting Suicide in the Past Year, 2009-2019

<https://www.kff.org/coronavirus-covid-19/issue-brief/mental-health-and-substance-use-considerations-among-children-during-the-covid-19-pandemic/>

Addressing ACEs and other Underlying Roots



- Panic Disorder
- Generalized Anxiety Disorder
- Social Anxiety Disorder
- Obsessive-Compulsive Disorder
- Posttraumatic Stress Disorder
- Depression (Major/Persistent Depressive Disorder)
- Borderline Personality Disorder
- Eating Disorders
- Self-Destructive Behavior

Assessing Risks with Technology

What digital devices does your teen use regularly?

(Smart phone, computer, laptop, tablet, smart television, smart watch, etc.)

How does your teen use the devices?

(Always on, work, school, pleasure, etc.)

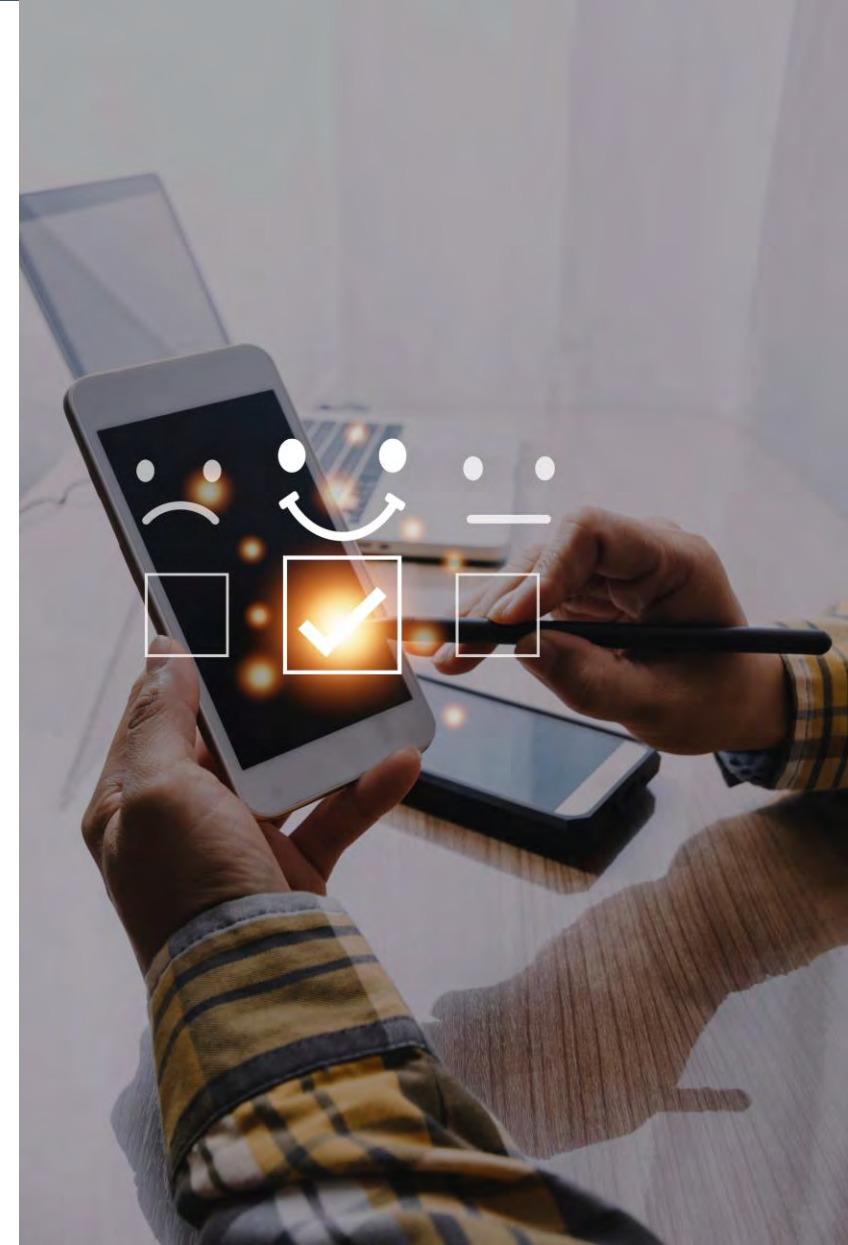
How much time does your teen spend with each device?

(Track for a few days, uses devices to help)

How does your teen feel about their technology use?

(Enhances life, detracts, benefits/risks)

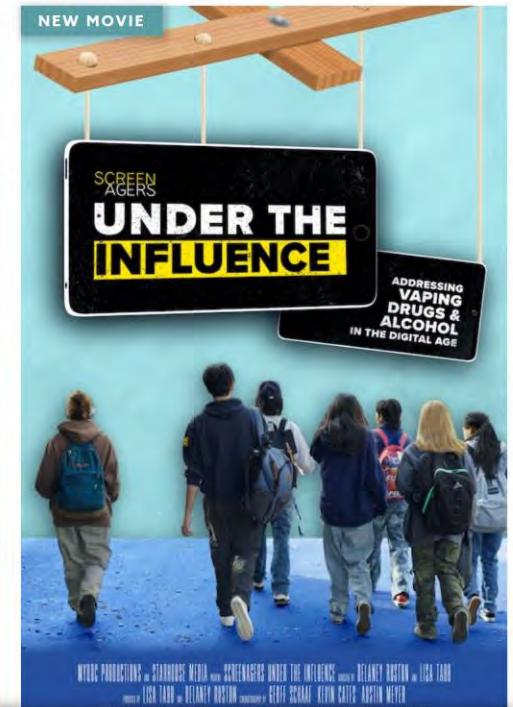
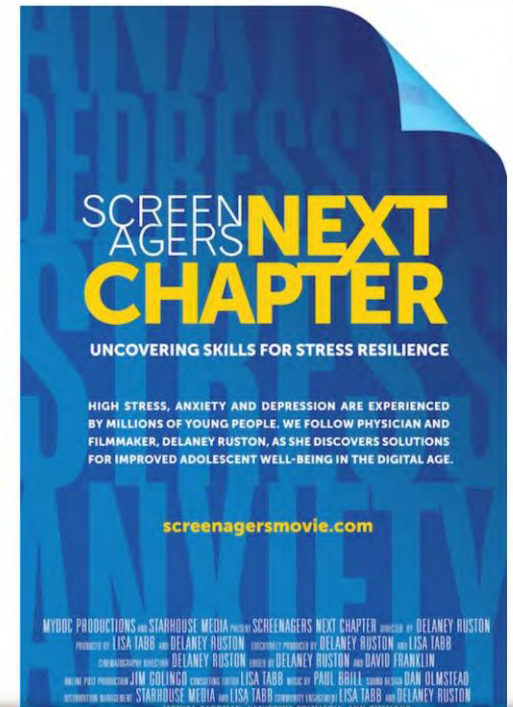
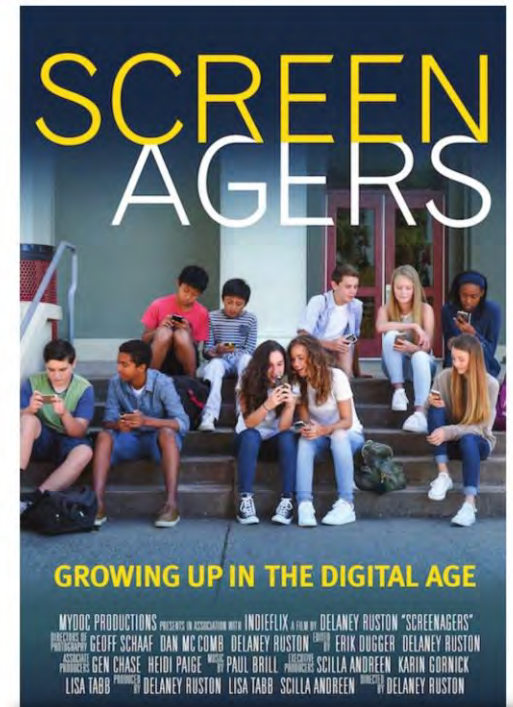
To what degree does your teen's use of technology impact sleep, relationships, and ability to focus?



Parenting in the Screen Age



THE SCREENAGERS TRILOGY



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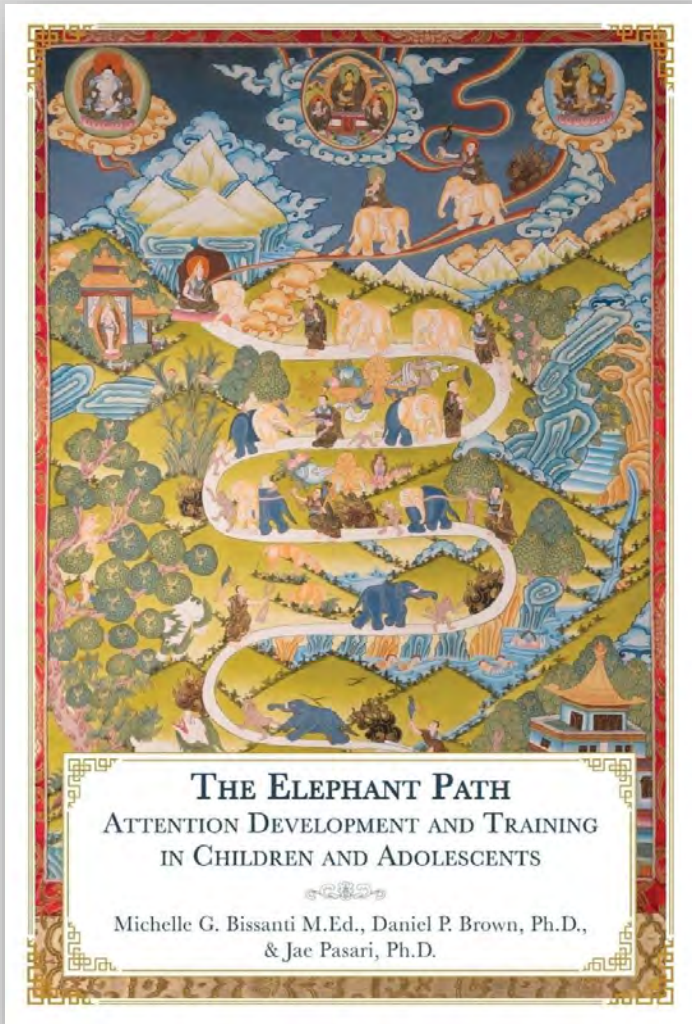
Accept

Parenting in the Screen Age: Conversation Starters

- The internet can be a tool for spreading important public health messages. Have you seen anything about the risk of drug use?
- Have you seen drugs advertised for sale on social media?
- Why would people ask for a sext?
- What would it take to make sexting risk-free?
- Can you imagine some of the risks of sexting? What could happen with those photos?
- What are some reasons guys may pressure girls to send photos?
- Do think porn shows how sex really is between loving people?
- When you are on the internet playing a game or watching a YouTube video, have you ever seen naked people?



Mitigating Attentional Risks



...although mindfulness training is very popular, it claims to do too much, and its skill-set doesn't readily map onto the priorities for training attention in children.

In this generation of children, the priorities are to **train the executive attentional system and the executive function system and reduce mind-wandering** (p. 173).

Collaborative Problem Solving

change·*able*

How Collaborative
Problem Solving
Changes Lives
at Home, at School,
and at Work

J. Stuart Ablon, PhD

Director of Think:Kids at Massachusetts General Hospital



Rethinking Challenging Kids-Where There's a Skill There's a Way | J. Stuart Ablon | TEDxBeaconStreet

658,136 views • Oct 24, 2014

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Treating Problematic Use of the Internet in Adolescents



- Programs Based on **Cognitive Behavioral Therapy**
- Programs Based on **Educational Intervention**
- Programs based on **Positive Psychology**
- Programs Based on **Multifamily Group Therapy**

The findings of the analyzed studies corroborate the idea that **intervention programs for adolescents are necessary**, not only to prevent, but also to treat current problems derived from the use of the Internet and technological devices.

Treating Opioid Use Disorders in Teens

Table. Reported Treatment and Supportive Programming Used by Adolescent Residential Addiction Treatment Facilities (N = 160)

Treatment and support modalities	No. (%) ^a
Pharmacotherapy^b	
Offers any buprenorphine	39 (24.4)
Northeast ^c	6/15 (40.0)
Midwest ^c	11/32 (34.4)
South ^c	11/52 (21.2)
West ^c	11/61 (18.0)
Offers buprenorphine initiation with discontinuation prior to discharge	12 (7.5)
Offers buprenorphine initiation with ongoing treatment	17 (10.6)
Offers buprenorphine for ongoing treatment only	3 (1.9)
Offers buprenorphine to adolescents <16 y	12 (7.5)
Behavior treatment^b	
Family therapy ^d	86 (53.8)
Cognitive behavior therapy	52 (32.5)
Community reinforcement approach	44 (27.5)
Community reinforcement and family training	26 (16.3)
Dialectical behavior therapy	17 (10.6)
Mutual help	
12-step program or Alcoholics/ Narcotics Anonymous	59 (36.9)
Other supportive programming	
Equine therapy	40 (25.0)
Art therapy	40 (25.0)
Music therapy	37 (23.1)
Outdoor adventure	21 (13.1)

^a Percentages total greater than 100% because categories are not mutually exclusive

^b Recommended by the Society for Adolescent Health and Medicine.³

^c US census regions are defined as follows: Northeast includes CT, ME, MA, NH, RI, VT, NJ, NY, and PA; Midwest, IN, IL, MI, OH, WI, IA, KA, MN, MO, NE, ND, and SD; South, DE, DC, FL, GA, MD, NC, SC, VA, WV, AL, KY, MS, TN, AR, LA, OK, and TX; and West, AZ, CO, ID, NM, MO, UT, NV, WY, AK, CA, HI, OR, and WA.

^d Family therapy includes community reinforcement and family training.

- This study surveyed US adolescent residential addiction treatment facilities to assess treatments used for adolescents younger than 18 years seeking treatment for opioid use disorder.
- Based on these findings, **the average person would need to call nine facilities on the SAMHSA list to find one that offered buprenorphine.** To find one for an adolescent under 16, they would need to call 29 facilities.

“Buprenorphine is the one medication that’s approved for use in adolescents, and it’s underused in facilities taking care of kids with the most severe opioid use disorder,” said co-author Todd Korthuis, M.D., M.P.H., head of addiction medicine at OHSU.

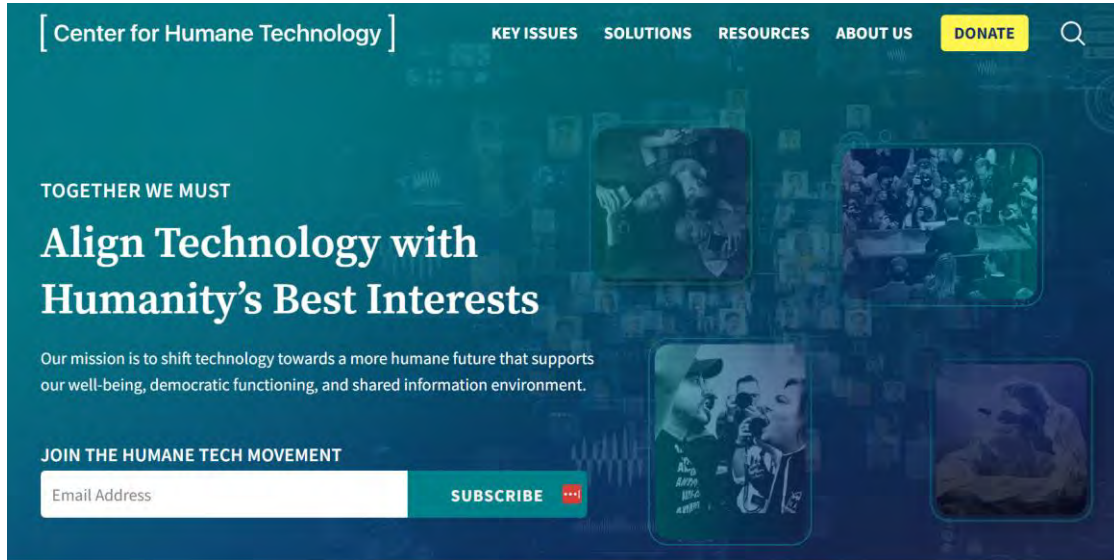
Source: Treatments Used Among Adolescent Residential Addiction Treatment Facilities in the US, 2022, JAMA, June 13, 2023, Vol. 329, Number 22

Guide for Parents Seeking Teen Treatment

- **Start with** your teen's primary care physician, ensure they use validated screening tools to assess risks and severity of symptoms
- **Get referrals** for private practice clinicians from physician, insurance, or trusted family/friends
- **Don't overpathologize** your teens symptoms, seek to understand the message in them, and how they are adaptive in the best sense (www.NM5actions.com)
- **Collaboratively involve** your teen in their care, offer options, allow them to select from options



Resources

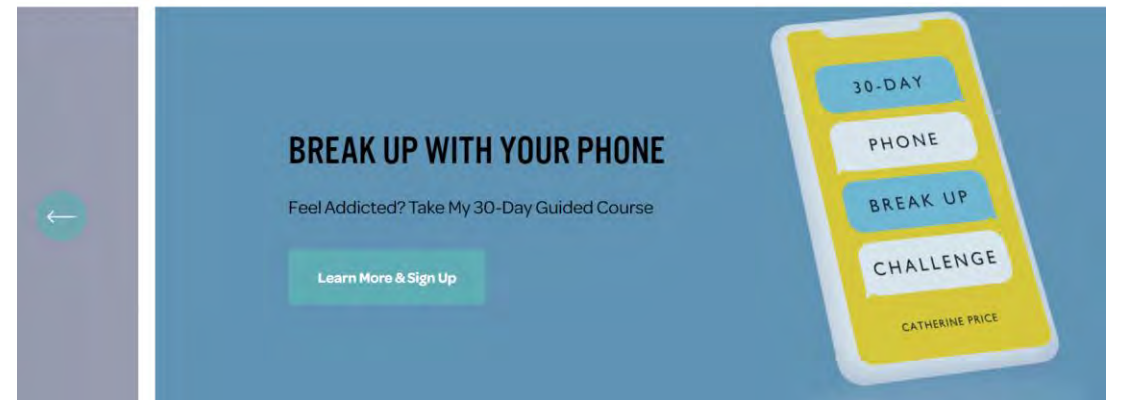


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Summary



- Technology is now ubiquitous, playing a role in almost all aspects of a teen's life today
- There are benefits, risks, and costs to technology that we must understand and manage
- Addressing the underlying roots of downstream teen challenges enhances resilience to a wide range of risk factors
- You are not alone as a parent in addressing challenges with technology, reach out for help!

Questions & Discussion

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