Addiction, students, and the Family
Broader consequences of the Addiction Epidemic
Let’s take a survey...
The epidemic continues to grow

- Nationally more than 23 million people over the age of 12 suffer from substance use disorder
- NJ estimates that 8-9 people die from an overdose EACH DAY in NJ
- That is 56-63 people per WEEK
- Which is 240-270 per MONTH...
Students are being impacted by the epidemic in many ways

- Students with substance use disorder
- Parents with substance use disorder
- Siblings with substance use disorder
- Loss of a loved one to substance use disorder
- Being raised by a grandparent
In an average classroom size of 25, there are 4-6 students with a chemically dependent parent.

These students are more likely to be:
- Absent
- Truant
- Tardy
- Suffer from poor academic performance
- Higher incidence of dropping out of school and at an earlier age in comparison to their peers
Signs of Substance Use

TYPICAL:
• Bad Grades
• Poor Behavior
• Trouble with the Law
• Sleeping in Class
• Isolation

ATYPICAL:
• What signs did Hope demonstrate????
Signs of COSA

• Because of their life experiences, COSA children may have developed feelings, such as:

  • Believing they have to be perfect
  • Believing they have to become parent to the parent
  • Difficulty trusting others
  • Difficulty maintaining a sense of attachment
  • Difficulty achieving positive self-esteem
  • Difficulty achieving self-autonomy
  • Extreme shyness or aggressiveness
The Stigma of Addiction
What might be the next trend in the addiction epidemic?

Most Commonly-Abused Stimulants

- Crack
- Ecstasy
- Cocaine
- Adderall
- Ritalin
• Offering 50 free scholarships to our I&RS/504 Trainings

• Please see information in your packet
SUBSTANCE USE NAVIGATORS (SUN)

1. 30 licensed clinicians covering all 15 vicinages of NJ funded by NJ Dept of Children and Families – Children's System of Care

2. Assessing the current system of care specific to substance use disorder treatment and services

3. Training Schools and Pediatricians on best practices for addressing substance use disorder
Pediatric Psychiatry Collaborative
Regional Hubs

Legend

* AtlanticHealth Hub @ Newton
* AtlanticHealth Hub at Goryeb
* Hackensack University Medical Center Hub
* Hackensack Meridian Hub @ Palisades
* Meridian Hub @ Saint Peter’s
* Meridian Hub @ Jersey Shore
* Cooper Hub @ Camden
* Cooper Hub @ Pennsville

*Essex County served by Rutgers University Behavioral Health Care
Common Reasons to Call PerformCare:

1. Substance Use
2. Depression
3. Anxiety
4. Bullying (or being Bullied)
5. Concerns from Teachers
6. Physical or Verbal Aggression

Families should call if they suspect or are concerned their teen maybe using substances.

Available 24 hours a day
7 days a week

1-877-652-7624

www.performcarenj.org
Thank You
Bringing Recovery to Light

This workshop will be facilitated by Key Leadership from our Peer Recovery Program who have lived experience with Substance Use Disorder.
Presenters

Angela Cicchino
Program Supervisor

Eric McIntire
Assistant Director

Jenna Reidy
Program Supervisor
Description

• Have you ever had a student that you suspected was suffering from Substance Use Disorder?

• Have you ever interacted with a student impacted by a family members Substance Use Disorder?

• What does Substance Use Disorder recovery mean?
Workshop Goal

• Introducing the importance of non-stigmatizing language surrounding SUD

• Understanding how our words have the power to increase the successful outcomes when addressing SUD

• Providing tools to initiate and support a recovery process
Workshop Objectives

Language Matters:

- Understanding the impact of SUD Stigma
- How the words we choose can help or harm
- Creating a space and opportunity for recovery
The Impact of SUD Stigma

- Public perception of SUD is within a person’s control, a moral failing or choice
- SUD stigma carries a perception of criminality
- Disproportionately influence health outcome and mental well-being
- Fear of judgment and/or discrimination prevent people from getting the help they need
Our Words Have Power

‘ADDICTION-ARY’ ADVICE

The Recovery Research Institute’s glossary of addiction-related terms flags several entries with a “stigma alert” based on research that suggests they induce bias. A sampling:

ABUSER, ADDICT
Use “person-first” language: Rather than call someone an addict, say he or she suffers from addiction or a substance-use disorder.

DRUG
Use specific terms such as “medication” or “a non-medically used psychoactive substance” to avoid ambiguity.

CLEAN, DIRTY
Use proper medical terms for positive or negative test results for substance use.

LAPSE, RELAPSE, SLIP
Use morally neutral terms like “resumed” or experienced a “recurrence” of symptoms.
“Person first” language focuses on the person, not the disorder.

When Discussing Addictions...

<table>
<thead>
<tr>
<th>SAY THIS</th>
<th>NOT THAT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Person with a substance use disorder</td>
<td>Addict, junkie, druggie</td>
</tr>
<tr>
<td>Person living in recovery</td>
<td>Ex-addict</td>
</tr>
<tr>
<td>Person living with an addiction</td>
<td>Battling/suffering from an addiction</td>
</tr>
<tr>
<td>Person arrested for drug violation</td>
<td>Drug offender</td>
</tr>
<tr>
<td>Chooses not to at this point</td>
<td>Non-compliant/bombed out</td>
</tr>
<tr>
<td>Medication is a treatment tool</td>
<td>Medication is a crutch</td>
</tr>
<tr>
<td>Had a setback</td>
<td>Relapsed</td>
</tr>
<tr>
<td>Maintained recovery</td>
<td>Stayed clean</td>
</tr>
<tr>
<td>Positive drug screen</td>
<td>Dirty drug screen</td>
</tr>
</tbody>
</table>
Creating a Safe Space

• Utilizing person first language creates a safe space for conversation

• We don’t need all answers- resources can help provide tools for students to improve well being

• Consistency and support along the way
We need to treat people with addiction with the same respect, compassion and empathy as anyone with any other serious, chronic health condition. **Nobody chooses to become addicted.**

Honourable Judy Darcy
MINISTER OF MENTAL HEALTH AND ADDICTION
Workshop Objectives

• What is Recovery:
  - The definition and how it is individualized
  - The dimension of wellness
  - Examples through Personalized stories
SAMHSA Working Definition

"Recovery is a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential."

Substance Abuse and Mental Health Services Administration (SAMHSA)
An agency within the U.S. Department of Health and Human Services
Identifying Recovery

**WELLNESS**

- **EMOTIONAL**: Coping effectively with life and creating satisfying relationships.
- **ENVIRONMENTAL**: Good health by occupying pleasant, stimulating environments that support well-being.
- **INTELLECTUAL**: Recognizing creative abilities and finding ways to expand knowledge and skills.
- **PHYSICAL**: Recognizing the need for physical activity, diet, sleep, and nutrition.
- **SOCIAL**: Developing a sense of connection, belonging, and a well-developed support system.
- **FINANCIAL**: Satisfaction with current and future financial situations.
- **SPIRITUAL**: Expanding our sense of purpose and meaning in life.
- **OCCUPATIONAL**: Personal satisfaction and enrichment derived from one's work.
A Generation Found

• https://youtu.be/iNGDP8ISb9s