

Help for young people with addiction problems

Available treatment programmes

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Topicality of the problem

Over 1/5 of European population aged 15 and older binge drink at least once a month.

The European School Survey Project on Alcohol and Other Drugs (ESPAD) was conducted in 36 EU countries in 2011.

A total of 7627 schoolchildren in grades 8-10 participated in the 2011 *ESPAD Survey in Latvia*. 2622 of them were 15 years old.

The 2011 ESPAD data on smoking, alcohol and drugs use in the last month and lifetime

(M. Trapencieris and others, 2012)

- Use of inhalants in Latvia is 2X higher than the average in Europe
- Use of cannabinoids in lifetime has increased (↑6% compared with 2007, 1 / 10 schoolchildren have tried herb mixture «spice» at least once in life)
- 22% of schoolchildren in Latvia and 20% in Europe have used illegal drugs in lifetime (in Latvia: ecstasy - 4,3%, amphetamine -3,8%, LSD and other hallucinogens-3,7%, cocaine -3,5%)

The 2011 ESPAD data on smoking, alcohol and drugs use in the past 30 days and lifetime (M. Trapencieris and others, 2012) (1)

- Smoking in the past 30 days(78%, ↓2% compared with 2007, boys -↓6%, girls - ↑2%)
- Use of any alcoholic beverage during the past 30 days (49%, ↓5% in comparison with 2007.g.)
- 96% of schoolchildren 15-16 years old have tried alcohol at least 1X during lifetime, 9% - at least 2X, 34,6% - 40 X
- In the past 12 months – 87% of schoolchildren, but 2 / 3 (65%) – have drunk alcohol in the past 30 days

The 2011 ESPAD data on smoking, alcohol and drugs use in the past 30 days and lifetime (M. Trapencieris and others, 2012) 2)

Latvian schoolchildren in Europe:

1st place – smoking in the past 30 days

2nd place – use of inhalants in lifetime

5th place – trying drugs in lifetime

(except for cannabinoids)

12th place – use of alcohol in the past 30 days

17th place – in terms of volume of alcohol consumed on one occasion (more than 5 doses)

23rd place – lifetime use of sleeping pills and sedatives (not prescribed by doctor)

Road to addiction...

- Proven genetic predisposition – from 50% to 64% (*Schuckit MA, Smith TL, 1996; Uhl GR, Grow RW, 2004*)

- 50/50

(biological causality versus psychosocial) Changes in behavior, thinking and personality



The life cycle of the addict



How to organize help?

Approaches:

- *Cognitive behavioral*
- *Humanistic*

How can we influence child's thinking and behavior?

Use social competence model!

Social competence model

- reducing problem behavior
- management of stress situations
- fulfillment of life tasks
- strengthening protective determinants and increasing endurance
- acquiring new skills

Motivation

Needs are the driving force behind our behavior

The goal of motivation theory is to predict behavior, those actions and resources that activate inner power

find motivation...



...some days motivation

Motivation is internal (motivated by self-interest) and external (positive and negative)

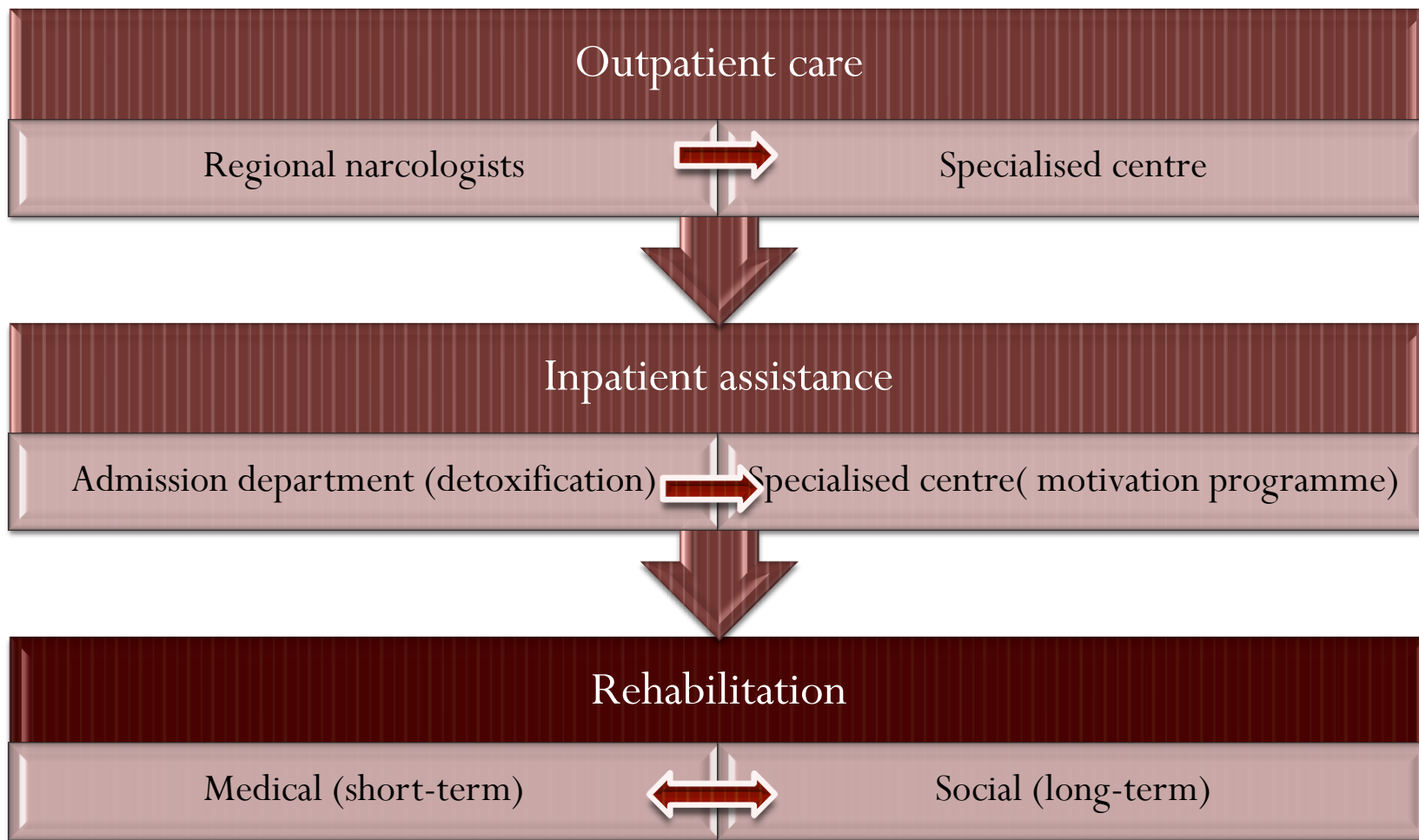
Addict's motivation process

Factors forming motivation:

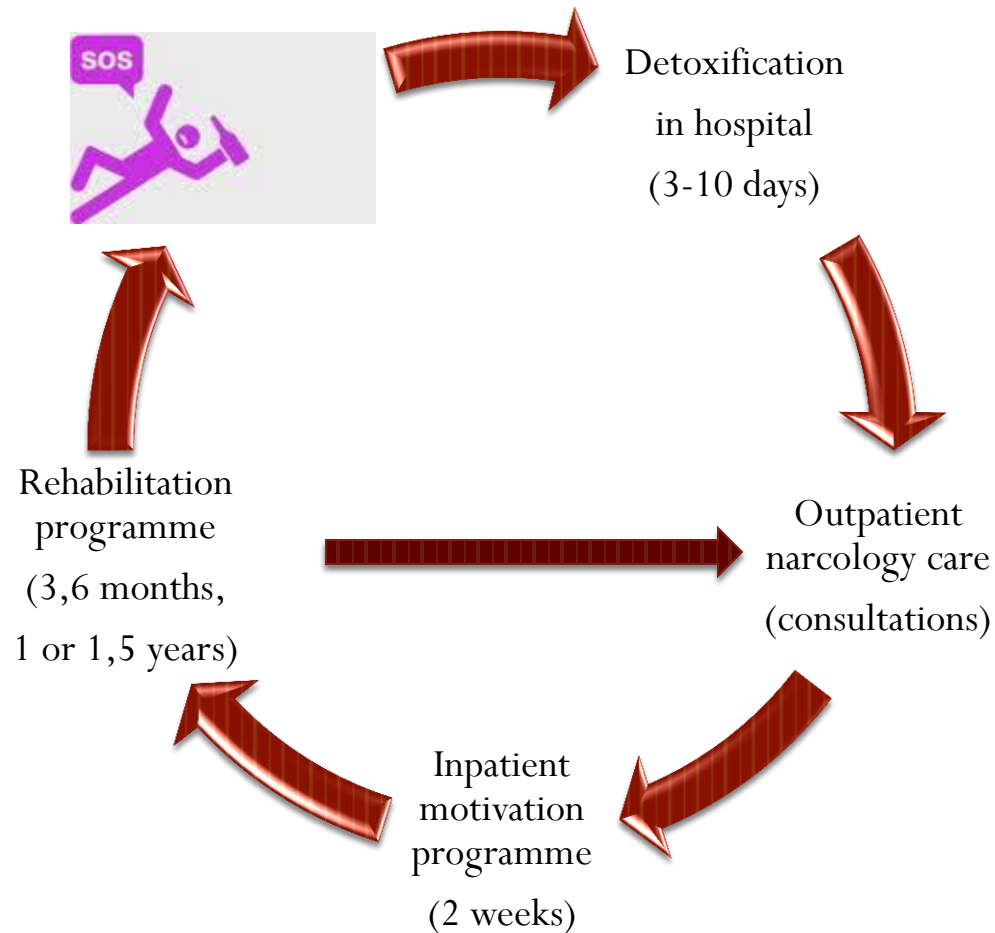
- level of suffering
- desire to receive help
- desire to continue treatment
- desire for changes
- desire and ability to change

Motivation is not a single case of conversation, it might take several weeks or even months, but this time is necessary for the adolescent / young adult to become aware of the problems and the nature of change

Addiction treatment and rehabilitation facilities for adolescents/young adults in Latvia



Sample of help for adolescent addict



Specialized help to adolescents

In 2014 316 patients (aged 9-19) with drug intoxication and drug use disorders received treatment

In 2014 196 patients (aged 9-19) with alcohol intoxication and alcohol use disorders received treatment

(Source: Register of patients with particular diseases, patients with drug use disorders,SPKC, 2015)

5 addiction help centres:

- Riga Centre of Psychiatry and Addiction Disorders
(consultations for teenagers, life skills improvement social psychological training groups for adolescents)
- Hospital Gintermuiza in Jelgava
(motivation and medical rehabilitation programmes for adolescents)
- Straupe Drug Hospital in Cesis district- rehabilitation centre for adolescents
“ Saulriti”

Specialized help to adolescents(1)

- Liepaja regional hospital –Addiction division([detoxification](#) available)
- Daugavpils regional hospital – Addiction division ([detoxification](#) available)

Interprofessional cooperation

- Multidisciplinary team
- Inter-institutional cooperation
- Contacts (individual, strengthening cooperation)
- Unanimous approach of specialists:
no attack, no humiliation, no blame !

Thank you!

