



It Takes a Family: The Impact of Family Participation in Teen Substance Use Treatment

Presented by:

Lindsey Behrens, CADC III, ICADC

Ellen Urtecho, LCSW

CE Webinar

It Takes a Family: The Impact of Family Participation in Teen Substance Use Treatment

Featuring

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Ellen Urtecho, LCSW

Presented by

Evolve Adolescent Behavioral Health



Questions

Please use the **Q&A** box to submit any questions that come up throughout the presentation.

Chat

Please use the **Chat** to submit any comments or concerns. To ensure all questions get answered, please use the **Q&A**.

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Introductions



Lindsey Behrens, CADC III, ICADC

Substance Use Recovery Manager & Virtual Program Coordinator

Lindsey is Evolve's Virtual Program Coordinator and Substance Use Recovery Manager. Lindsey utilizes evidence-based practices and is trained as a SMART recovery facilitator.



Ellen Urtecho, LCSW

Associate Clinical Director

Ellen is a Licensed Clinical Social Worker who has been working with Evolve since 2021. Since joining the team, Ellen has gained experience as a Residential Counselor, Associate Therapist, Primary Therapist, and is now an Associate Clinical Director.

Terminology

- **IP:** Identified Patient (interchangeable with client, participant, teen struggling with addiction)
- **Family:** (Including but not limited to parents, siblings, guardians, extended family living within the home)
- **CSO:** Concerned Significant Other (also interchangeable with family)

Spectrum of Use (terminology) can range from:
habitual use, problematic use, SUDs, addiction

Learning Objectives

1. Ability to describe the importance of including family in substance use treatment for teens.
2. Attendees will be able to identify at least three benefits to understanding the impact of substance use on family members and how that knowledge can benefit clinical work.
3. Ability to identify how homeostasis can keep families from effectively engaging in the recovery process.
4. Ability to identify how relapse prevention planning and contingency management can impact the recovery process in the home environment.

History of Family Involvement in SUD Treatment

- Family involvement has not always been standard practice.
- When family treatment was involved in treatment, it was not always done in effective and supportive ways.
- Current practice is shifting from seeing family involvement as an additive service to a priority.

Key Ways Family Participation is a Part of Evidence-Based Treatment for SUDs

- Community and family support can improve treatment entry rates, engagement, retention, and outcomes.
- SUDs affect family members and concerned significant others (CSOs) of those using substances, not just the individual themselves.
- Family plays an important role in the change process.



Why include the family in treating SUD's in teens?

Family Risk Factors for Substance Use

- History and views of parental substance use
- Exposure and access to substances
- Harsh or permissive parenting
- Lack of family connectedness, warmth, and involvement
- Socioeconomic factors
- Marital and family conflict
- Dysfunctional family patterns
- Lack of open and consistent communication

Family Protective Factors Against Substance Use

- Reliable caregiver support
- Family predictability and consistency
- Consistent and balanced disciplining
- Clear expectations
- Open communication
- Appropriate monitoring
- Healthy boundaries
- Parent skills
- Engagement, warmth, and connection within the family

Impact of Substance Use on the Family

- Lack of Trust
- Increased Mental Health and Physical Symptoms
- Isolation
- Challenging Emotions (anger, frustration, sadness, embarrassment)
- Increased Feelings of Guilt and Shame
- Financial Strain
- Resentment

Trauma Symptoms



Anxiety and
Depression



Hypervigilance



Startle
Responses



Re-Experiencing
Events



Unwanted
Thoughts



Sleep
Disturbances



Emotional
Numbing or
Dysregulation



Need to
Control

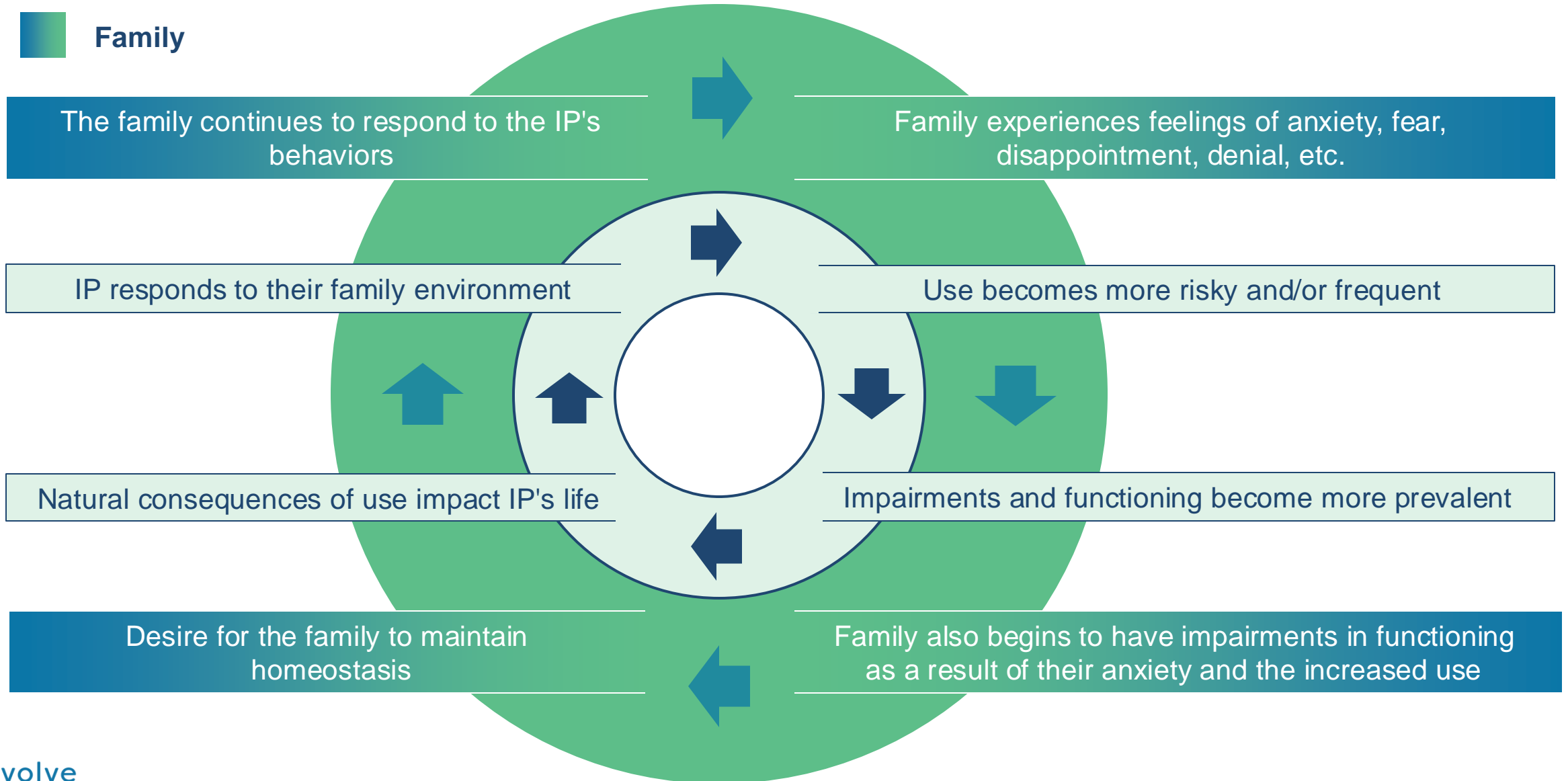


➤ **Why is it important for us to know how the family has been impacted?**

Progression of Addiction



Identified Patient
Family



Recovering Through the Parallel Process

"However, just as the teenager is embarking on a journey of self-discovery, skill-development, and emotional maturation, so parents too need to use this time to recognize that their own patterns may have contributed to their family's downward spiral. This is The Parallel Process."

— Krissy Pozatek, LCSW



scapegoat



addict



caretaker



hero



mascot



lost child

Parents and the identified patient have the ability to influence and impact one another through the parallel process, and through understanding that behavior impacts behavior (the integrated experience).

Family Homeostasis

The desire for a family to keep their family system stable and balanced in the face of extreme stress or dysregulation.

*Can be present in active use and in recovery.





**What can we do to help families heal together
and to break through homeostasis?**

Interventions

- Psychoeducation on substance use/addiction, homeostasis, family roles, and how they have been impacted
- Including Family in **Relapse Prevention Planning**
- Behavioral Family Counseling - **Contingency Management**

➤ **The goal is to disrupt homeostasis.**

Including Family in Relapse Prevention Planning



Relapse Prevention Planning with Family Support

1. Work with client to create a relapse prevention plan.
2. Discuss with client the benefits of including family. (Ask them if there are any areas they are not comfortable sharing)
3. Discuss with family, the purpose of this session and provide general psychoeducation as needed.
4. Schedule a session to bring family to review the RPP.
5. Once RPP is shared, provide space for family to provide additional warning signs.
6. Identify steps family members are willing to take to support client.
7. Collaborate with client and family on how to approach challenging situations such as warning signs and lapses/relapses.



Family Relapse Prevention Plan

1. Assist family in identifying personal triggers.
2. Identify skills family members can use when triggered to cope effectively.
3. Identify thoughts and cognitive distortions that could lead to a return to old behaviors.
4. Identify community supports.
5. Identify self-care activities.
6. Help the family to cope ahead for triggering situations.

Contingency Management

- ✓ Provides motivational incentives to influence behavioral changes and continued sobriety.
- ✓ Is one of the main recommended treatments for substance use disorders.
- ✓ Has over 3 decades of research.
- ✓ Goal is to reinforce abstinence and other recovery related behaviors
- ✓ Is recommended to be done in conjunction with other therapeutic approaches.
- ✓ Utilizing CM in family therapy can be used as a vehicle for problem-solving.

Positive Reinforcement

+ Adding something desired +

Negative Reinforcement

- Removing something undesired -

Positive Punishment

+ Adding something unwanted +

Negative Punishment

- Removing something wanted -

Things to Keep in Mind

- Should be specific
- Must be measured
- Timing matters
- Increase incentive over time to maintain engagement
- Incentives and punishments should be **INDIVIDUALIZED** to the client
- Identifying proportionate reinforcers and punishments



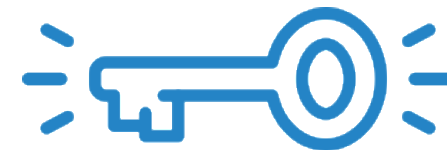
*Although the reward can have monetary value, **money or gift cards should not be given.**

Steps to Implementing CM at Home

1. Identify goals / desired behavior to increase/decrease
Example: increase maintaining curfew from 3 times a week to 5 times a week
2. Identify tasks individuals can and already do perform
Example: IP is already coming home 3x a week on time, so she will receive xyz privilege. If she can come home on time 2 more times this week, she will receive an additional xyz privilege.
3. Identify potential rewards / penalties
Example: Both parties may then agree that adherence to this curfew time will be rewarded via (ex: continued allowance), whereas broken curfew will be met with (ex: grounding and suspension of allowance).
4. Write a contingency / home contract or agree on terms



Summary Points



- Family engagement is a key part of treatment for SUDs in teens.
- Prioritizing family involvement can influence change and disrupt homeostasis in treatment for SUDs.
- Including family in relapse prevention planning and contingency management, has the potential to alter the home environment, resulting in healthier family patterns and greater potential for lasting change.

Case Example

A family is seeking outpatient therapy due to their teenager's use of marijuana. Parents report that IP has come home from school and soccer practice high on marijuana at least 3x a week for the past 2 months, whereas prior to this they noticed occasional experimentation. Parents report that IP's use has become more frequent and that her grades are beginning to drop in all classes. Parents also report that her soccer coach reports that she misses practice regularly, leaving him no choice but to suspend her from the team. Parents report that they have been attempting to decrease the intensity of the impairments caused by marijuana use by emailing her teachers to ask about make-up schoolwork and tests. Parents have also reached out to her soccer coach and falsely informed him that the client has been missing practice due to medical reasons. Parents report "We know how important soccer is to her and don't want her to jeopardize her future."

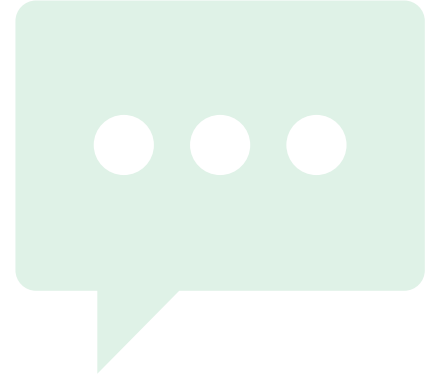
Her parents report that she only cares about being on her phone and hanging out with her friends, so they've limited access to these privileges, although admit that they have been inconsistent with this. They report they've also added extra chores and now drop her off and pick her up from soccer practice, which IP finds "annoying". Parents report that despite these consequences, she still comes home from school high and "just doesn't care about the rules." Parents are seeking support with finding new ways to manage cts's substance use.

Before moving on to the next slide with questions about this case example, please identify the following:

- At least 1 way parents are maintaining homeostasis
- Examples of what the IP finds motivating and aversive

Question 1

In the chat below, please identify 1 way that parents are engaging in homeostasis.



Question 2

In the chat below, please identify one example from any of the approaches in contingency management that parents in the case example can implement:

- **Positive reinforcement**
(adding something desired)
- **Negative reinforcement**
(removing something undesired)
- **Positive Punishment**
(adding something unwanted)
- **Negative Punishment** *(removing something wanted)*

Example of what this can look like in the chat:

Positive reinforcement: _____(example)_____



Resources for Families



Family Mutual Support Options:

<https://smartrecovery.org/family>

<https://smartrecovery.org/family-friends-worksheets>

<https://al-anon.org/>

Book Options:

The Parallel Process

by Krissy Pozatek, LCSW

Beyond Addiction: How Science and Kindness Help People Change

by Jeffrey Foote, Carrie Wilkens, Nicole Kosanke, Stephanie Higgs



➤ **Questions?**

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more about our treatment
programs for teens.

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Thank you for attending!



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