

Conference on The Treatment of Adolescent Addiction

16-17th November 2006 – Dublin, Ireland

Introduction

International best practice indicates that treatment of chronic adolescent addiction problems should involve dedicated input by a Multi-Disciplinary Team. Established in 2000, The Young Persons Programme at The Drug Treatment Centre Board, Dublin, has evolved and grown to form an expert team in the management of the most complex cases of adolescent addiction.

In both Britain and Ireland, there is growing awareness of the need for Child & Adolescent Psychiatrists to become more involved in the provision of addiction treatment to teenagers with substance misuse difficulties. According to research carried out by the Royal College of Psychiatry, Psychiatrists have begun to examine the roles they are playing, or could potentially play, in treating adolescents with substance misuse problems. However many report that they have very limited exposure to addiction during their training. As a result many Psychiatrists seek training and education in the field of treating adolescents with complex addiction problems.



The Drug Treatment Centre Board has designed a two-day Conference taking place in November 2006 with the main learning objective being to equip attendees with the basic skills to conduct assessments of complex adolescent addiction cases and to subsequently develop treatment plans to tackle the problems identified. The format of the Conference will involve a combination of lectures, case discussions, small group work and workshops dealing with very specific areas of treatment. We are delighted to acknowledge the support of the ACAMH in this initiative.

We believe that this conference will not only educate but will create a forum for shared learning and developing networks that will enhance the portfolio of skills of adolescent and child psychiatrists. We are delighted to have the opportunity to present to our colleagues from Ireland and the UK and we look forward to welcoming you!

Sheila Heffernan
General Manager

Speaker Dr Bobby Smyth

Dr Bobby Smyth is a Consultant Child & Adolescent Psychiatrist, working full time with adolescents who have addiction problems. Based at the Addiction Service of the HSE, Dublin Mid-Leinster and The Drug Treatment Centre Board, Dr Smyth completed general psychiatry training in St John of God Hospital, Dublin before undertaking higher specialist training on Merseyside in England. Also currently lecturing in Trinity College on addiction with the Department of Public Health & Primary Care. Dr Smyth previously sat on the Executive Committee of the Child Psychiatry section of the Royal College of Psychiatrists.

In addition to his current post, Dr Smyth sat on the Department of Health working party examining treatment services for under 18s with serious addiction problems in Ireland. He was on the addiction advisory subgroup reporting to the Expert Group on Mental Health Policy. He has been involved in addiction research for past ten years and has published research papers in national & international peer reviewed journals.

Paper Adolescent Development, Substance Misuse and Aetiology

There is a complex interaction between adolescent development and substance misuse problems. Firstly, young people who demonstrate some degree of developmental deviation or delay in childhood are more likely to subsequently demonstrate drug and alcohol problems during their teenage years. Secondly, when substance misuse problems develop during adolescence, they have a negative impact on normal development, promoting avoidance coping styles for example. There is increasing research which identifies the teenagers who are at greater and lesser risk of developing drug and alcohol problems. Individual risk factors include a history of conduct disorder, reduced religious and community affiliation, a sensation seeking temperament, early tobacco use and affiliation with drug using peers. Family risk factors include drug or alcohol abuse by parents or siblings, a tolerant attitude by parents towards intoxication and drug use, violence and a parenting style that is critical and unfair with inconsistent enforcement of rules. Society risk factors include a tolerant attitude towards intoxication, such as that seen in both Ireland and England. Drug and alcohol abuse escalates with increasing availability of these substances.

Speaker Kevin Ducray

Kevin Ducray is Senior Clinical Psychologist at The Drug Treatment Centre Board. He obtained his BA, BA Honours in Psychology and then his Masters Degree in Clinical Psychology (with Distinction) from the University of Natal, South Africa. Upon completion of his clinical internship Kevin has worked with young people in number of areas. These include as a psychologist in the military, as a clinician in a medium term psychiatric hospital and lecturer in the Sub Department of Medically Applied Psychology (Department of Psychiatry, at the University of Natal, Durban), as a Principal Psychologist with the police and as a private practitioner. Kevin also holds a Higher Diploma in Education and a qualification in Human Resource Assessment.

Paper Individual Therapy Approaches to Adolescent Substance Use Disorders

There are a number of individually focussed psychotherapeutic approaches that can be utilised as part of a comprehensive treatment package in assisting adolescents with a substance use disorder. These models or interventions (which often share common features or components) can be employed alone, or in concert with each other in a “stepped care” or progressively staged manner, depending on the clients needs or phase of treatment.

Models commonly cited as being suitable for treating adolescents with a substance use disorder include: Motivational Interviewing or Motivational Enhancement therapy, Cognitive Behavioural Therapy, Behavioural Therapy for Adolescents, Relapse Prevention Therapy, Supportive Expressive Therapy, the Matrix Model, Individualised Drug Counselling, Brief Interventions, Solution – Focussed Therapy, Twelve Step Facilitation, Dialectical Behaviour Therapy (adapted for Substance Abuse), Psychoeducation, the Community Reinforcement Approach with Vouchers, and other Voucher-based Reinforcement therapies.

The key principles, central objectives, special characteristics and evidence base for the main approaches listed above will be introduced and discussed.

Speaker Deirdre Carey

Deirdre Carey graduated from University College Dublin in 1995 with a Masters Degree in Social Work. She worked for 9 years as a Community Care Social Worker with the Eastern Health Board, now the Health Service Executive. She worked mainly in child protection and duty/intake teams. She joined the Social Work team in The Drug Treatment Centre in 2002 and worked in a multi-disciplinary team providing social work support to adult clients. In January 2006, Deirdre transferred to the Young Persons Programme where she is a member of the multi-disciplinary team providing a programme to young people who have substance misuse difficulties.

Paper Children at Risk and Child Care Issues

This paper will examine policy and practise relating to children at risk and childcare issues within the Drug Treatment Centre Board's Young Persons Programme, a service for adolescent substance misusers. The Childcare Act 1991 places a legal obligation on the Health Service Executive to promote the welfare of children who are not receiving adequate care and protection. This legal obligation informs Children First, the national guidelines for the protection and welfare of children. Under both the Childcare Act and Children First, the welfare of the child is paramount. It is the policy of The Drug Treatment Centre Board to safeguard the welfare of all children by protecting them from harm. In partnership with parents, and through sharing information with both statutory and voluntary agencies, the board seeks to assist in reducing or minimising the potential risk or actual harm to children. The paper will outline the Bio-Psycho-Social model adopted by the programme, highlighting the multidisciplinary approach to assessment and treatment plans. It will also point to dilemmas faced, including when one or both parents are under the age of 18, and hence, under the terms of the act, themselves children.

The paper will further give an overview of current childcare issues, including accommodation problems, and access to education and welfare, and illustrate the child centred, family oriented, approach to these issues undertaken within the programme.

Speaker Dr. K.A.H Mirza

Currently employed as Hon. Senior Lecturer and Consultant psychiatrist at the Institute of Psychiatry, Kings College, London Dr Mirza leads a specialist drug and Alcohol service for young people in Lambeth. With a longstanding interest in the treatment and research in to substance misuse and over the past 20 years Dr Mirzas has worked with adults, children and young people affected by substance misuse in India, Ireland, Canada and UK.

Dr Mirza pioneered group treatment programmes for children of substance misusing parents and conducted research in to neurobiology of addictions and whilst working as an Associate professor of psychiatry at Dalhousie University in Canada was instrumental in developing innovative ways of working with large systems to address substance use in the young using principles of Appreciative enquiry. In addition to being involved in clinical trials and have publishing in the fields of Depression, psychopharmacology and substance use, Dr Mirza is currently engaged in developing systemic/family interventions for the treatment of young people with substance use.

Paper Developing a Specialist Adolescent Drug and Alcohol Service in the UK

Substance use is common in young people and is associated with significant levels of morbidity and mortality. Semantic confusion about what constitutes substance misuse in young people and inter-professional rivalries hampered development of specialist treatment services. Despite methodological shortcomings, there is an emerging evidence base for treatments that work for young people. Interventions for young people with drug and alcohol related problems should be informed by a sense of history, a reflective awareness of the developmental aspects of substance use and a systemic perspective on risk and protective factors.

A brief overview of the “holy trinity”- historical, developmental and systemic perspectives in relation to substance use in young people will be provided followed by a description of the recent frameworks for service delivery in the UK using a tiered approach. Professionals working in CAMHS have a specific role in the identification and early intervention of young people with substance use and treatment of co-existing psychiatric disorders. CAMHS should be part of a wider consortium that includes Social Services, Paediatrics Voluntary Agencies, Youth Justice System and Education. Clearly demarcated roles and responsibilities and good communication between various agencies are crucial in developing successful service delivery.

An integrated, multi-agency specialist service was set up in 2002 to provide assertive outreach services to young people across the borough of Lambeth in close partnership with statutory and non-statutory agencies. Young people in Lambeth can access the services through any of the statutory or voluntary agencies and the “integrated virtual team” comprising staff from CAMHS, social services, youth offending team and voluntary agencies meet on a regular basis to assess the needs of young people and their families and provide comprehensive care. The trials and tribulations of setting up the service, success so far and our aspirations for the future will be described.

Speaker Dr Patricia Byrne

Dr. Patricia Byrne is a Senior Registrar in Child and Adolescent Psychiatry with a special interest in adolescent addiction. She worked at the Young Persons Programme (YPP) as a clinical and research registrar and completed research with Dr. Bobby Smyth on the progression to needle use in young drug users. She is currently working with Mr. Kevin Ducray (Senior Psychologist at the Drug Treatment Centre Board) on the needs of cocaine users in a methadone maintenance population. With the YPP team she has received training and supervision in Motivational Interviewing, and has commenced a Masters in Cognitive Behavioural Therapy in Child and Adolescent Psychiatry in University College Dublin.

Paper Psychopharmacology of Adolescent Addiction and Co-Morbidity

Pharmacological interventions form an important part of treatment in adolescent addiction. This presentation will review what options are available for treatment of different addictions, and review the evidence base for these agents, particularly for those under 18 years of age. For opiate addiction we will review the use of methadone and buprenorphine in an under 18 year old population, including issues of licence and consent.

Many adolescents present with co-morbid difficulties, either poly-substance misuse, a history of childhood emotional and behavioural disorders, or a current psychiatric disorder. This can lead to challenging situations about appropriate treatment options and suitability for different services. We will review the major co-morbid presentations, and explore how these interact with available treatment options, and consider ways of providing a cohesive treatment plan and liaison between services if required.

Speaker Dr Gerry McCarney

Dr. Gerry McCarney is working as a Consultant Child and Adolescent Psychiatrist with a special interest in Addiction in Dublin, Ireland. At present he is helping to develop a community based service for drug-users under the age of 18 in wider Northern Dublin district. He has sessional commitments to The Drug Treatment Centre Board, the Mater Hospital and St. Patrick's Institution for young offenders.

Dr. McCarney completed his undergraduate training at U.C.C., Cork, Ireland. He later trained in Belfast and Dublin, prior to completing his higher training within the South London and Maudsley Trust in London. His areas of interest are adolescent addiction and forensic issues in young people.

Paper Needs of adolescents with serious drug problems

Heroin users accessing treatment in Dublin are extremely young by international standards. We reviewed the needs of the first seventy young people who commenced treatment. Their mean age was 16.8 years (range 14-18). Exactly half the group were female. The mean age of leaving school was just 14 years. The median age for first use of an illicit drug was 12 years (inter-quartile range [IQR], 11 – 14 years). Twenty-one (31%) had been in care. Homelessness was reported by 51%. There was a history of opiate abuse by a sibling in 37 (55%) cases and a parental history of alcohol abuse in 38 (60%) cases. Forty-one (59%) reported injecting drugs. Forty-two (60%) reported regular use of other substances. The median period of daily opiate abuse prior to treatment was 12 months (IQR, 6 – 24 months). Thirty-six (52%) had previous convictions and 24 (35%) had been in prison. Thirty-seven (54%) had previously seen a psychiatrist and nine (13%) had received past inpatient psychiatric treatment. This study highlights the multiple and complex needs of teenagers abusing opiates. Services seeking to meet their needs require a broad range of bio-psycho-social interventions and excellent interagency working to address these needs.

Speaker Maeve Dwan

Maeve Dwan R.P.N., R.G.N., Bsc (Hons), Msc (Systemic Psychotherapy) is a Clinical Nurse Specialist in Child and Adolescent Mental Health and a Registered Systemic Family Therapist with FTAI and ICP. Maeve has worked in the area of Child and Adolescent Mental Health for over 10 years in residential, inpatient and community settings both in Ireland and in the UK. Maeve has worked as a Family Therapist with the Young Persons Programme at the Drug Treatment Centre Board for the past two years.

Paper Family Therapy as a Treatment Modality for Substance Abuse in Adolescence.

Drug abuse in adolescence is of particular concern because of the potential for negative long-term effects on the adolescent, their family and the intergenerational effect on their children. Drug abuse is not always a uni-dimensional problem and it may occur as part of a wider pattern of life difficulties. This presentation will explore a systemic model for conceptualising these difficulties and will look at the evidence for a systemic approach to therapy.

For some families difficulties emerge long before the adolescent begins to use drugs. Other families may develop difficulties in response to the drug use or associated or co-occurring behaviours. Research shows that families are the strongest and most enduring force in the development of children and adolescents. For this reason, family based interventions have been studied as treatments for drug abusing adolescents and have been found to be efficacious in treating both the drug abuse and related co-occurring problem behaviours.

This presentation will bring the presenters experience of introducing systemic ideas and frameworks into the young persons programme at the Drug Treatment Centre Board. My hope is to explore the movement of the young persons Family from a peripheral position of marginal involvement to a central role in the young persons treatment, leading to an understanding of the Young person's difficulties in the context of Family, peers and community in an attempt to create a context for a drug free lifestyle.

Our mission is to provide an integrated person centred, specialist addiction service, supported by best practice and national leadership in academic excellence.

WORKSHOPS

Workshop A Working with Families affected by Adolescent Addiction

This practice orientated workshop will assist participants in exploring systemic approaches to working with adolescents and their family's. Case Vignettes will be used to illustrate the issues of working with young people and their families where substance misuse exists. We will explore how we can engage with those with whom we work and how we can utilise systemic ideas.

Participants will be facilitated in exploring their own assumptions, beliefs and bias's when working with substance misuse. Additionally the workshop will provide a forum where the participants can discuss and learn from each other's experiences of working with young people where substance misuse is having a profound effect on their development and on family life.

Workshop B Cognitive Behavioural Therapy in Adolescent Addiction

CBT is regarded as an effective and appropriate psychological treatment for an increasing number of problems including substance use disorders. This workshop will comprise a blend of theoretical and practical components and will include the key concepts, basic tenets and broad principles of this approach as well as cover the activities and interventions of most practical utility to clinicians working with adolescents who suffer from addictions.

In addition delegates will be exposed to key topics such as:

- (i) The assessment and functional analysis (understanding the link between antecedents and consequences) of adolescent substance use
- (ii) The importance of assisting clients to recognise, avoid and cope with those thoughts and behaviours related to substance use and
- (iii) The identification of salient skills training (such as managing cravings, refusal and assertive skills, recognising and practising safe decision making, problem solving, developing coping plans, HIV risk reduction, communication skills and facilitating help seeking behaviours) of benefit to the client

CONFERENCE OVERVIEW

Location The Davenport Hotel, Merrion Square, Dublin, IRELAND

Time Thursday 16th November, 09.45-16.30hrs Friday 17th November, 09.15-16.30hrs

The Drug Treatment Centre Board are delighted to welcome, as guest Chairs of the Conference sessions:-
 Alice O'Flynn - National Core Group Manager, Social Inclusion Service, Health Service Executive Eastern Region,
 Cathal Morgan - National Drug Strategy Manager, Health Service Executive,
 David Moloney - Principal Officer, Community Health Division, Dept. of Health and Children

Thursday 16th November 2006

| Topic | Speaker |
|--|--------------------|
| Welcome Address by Sheila Heffernan, General Manager | Ms S. Heffernan |
| Adolescent Development, Substance Misuse & Aetiology | Dr B. Smyth |
| Complex Range of Needs of Addicted Teenagers | Dr G. McCarney |
| Address by An Tanáiste and Minister for Health and Children | Mary Harney T.D. |
| Developing a Specialist Adolescent Addiction Service in UK | Dr KAH Mirza |
| Young Persons Programme – A Service Users Perspective | Client |
| Structured Assessment, Care Plans and Treatment Review - Workshop | Lead by Dr B Smyth |
| Developing Guidelines on Confidentiality, Consent, Child Protection and Inter-Agency Working | |
| Panel Discussion | |

Friday 17th November 2006

| Topic | Speaker |
|---|--------------------|
| Family Therapy approaches to Adolescent Addiction | Maeve Dwan |
| Individual Therapy approaches to Adolescent Addiction | Kevin Ducray |
| Parallel Workshops:- | |
| A. Family therapy in Adolescent Addiction | A = Maeve Dwan |
| B. Cognitive Behavioural Therapy in Adolescent Addiction | B= Kevin Ducray |
| Care Planning & Treatment Reviews – Workshop | Lead by Dr B Smyth |
| Psychopharmacology of Adolescent Addiction & Co-Morbidity | Dr Patricia Byrne |
| Children at Risk and Child Care Issues | Deirdre Carey |
| Panel Discussion & Questions | |

The schedule for all presentations is yet to be finalised. Please see www.addictionireland.ie/events for the finalised version. A copy of the conference schedule will also be furnished to each delegate on registration at the conference.

The Drug Treatment Centre Board
Trinity Court, 30/31 Pearse Street, Dublin 2, Ireland
Events Office Tel. +353 1 6488750
E-mail: seminars@dtcb.ie
Website: www.addictionireland.ie