

Building our Skill Set to Strengthen Clinical Interventions with Young Adults

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The Social Work Perspective

- ▶ The person in-environment perspective is a perfect framework for defining complexities and respecting the individual nature of young adult additional issues and importance of thinking comprehensively regarding recovery.

Conceptualization of the Truth

Reports from significant others

- Identified Client
- Parents, spouses, siblings
- Teachers, guidance counselors, principals, school nurse, PO, Lawyers, Peers
- Prioritize HELP
- Who wants to work on what?
- Honesty with Self vs Honesty with Others
- As much knowledge as possible

The Matrix of Denial

- ▶ When the young adult comes from a Family System rooted in Active Addiction
- ▶ The Resistant Parents “Not in my home”
- ▶ Help the Parents seek help
- ▶ Multiple mental health issues in the same house (Impact of Siblings) Note on Trauma
- ▶ The Parents that expect you to fix their child- “My child has the issue, not me” When do I let go?
- ▶ The shame game

Interventions for Families

- 1.) Educate
- 2.) Helping the family to assess the situation
- 4.) Identify past hurts and resentments .
- 4.) Finding a footing again in the therapeutic alliance, Help build alliances in Family unit (United front i.e. Divorced etc.)
- 6.) Comprehensive Collaboration, “No Ego”
- 7.) Healthy Guidelines for Communication
- 8.) Assertiveness Training: “Parents, Parent”.
- 9.) Helping the family to build trust with the IP

Young Adult Drinking and Using Drugs

- ▶ Perceived social norms
- ▶ Impact of Social Media and connection as a therapist especially during Covid-19
- ▶ “Cannabis use is hard to combat”
- ▶ School pressure, FOMO, Fraternities & Sororities
- ▶ “Pre- Gaming” and Dangers of Binge Drinking
- ▶ Empathy? What was it like for you?
- ▶ Are they ready for college, Realistically?
- ▶ Boundaries
- ▶ Discipline is learning, not a punishment

Principles of Motivation

Support Self-Efficacy

- ▶ A Person's belief in the possibility of change as an important motivator.
- ▶ The client, not the counselor, is responsible for choosing and carrying out change.
- ▶ The counselor's own belief in the person's ability to change becomes a self-fulfilling prophecy.
- ▶ When does self-determination end ?
- ▶ Are we motivated? Are we Advocating?
- ▶ "This isn't the 1st time"

Organizations

- ▶ PROACT (5 county area)
- ▶ Join the Faces and Voices of Recovery
- ▶ YPR (Young People in Recovery)
- ▶ Caron Parent Support Group
- ▶ 12 Step Fellowships, Dharma Recovery and Smart Recovery
- ▶ Online presents is global

Tips for Parents

- ▶ Boundaries
- ▶ No drinking or with the IP after the intervention
- ▶ Have reasonable expectations of the outcomes
- ▶ Keep your word
- ▶ Become inventive with your approaches
- ▶ Acknowledge positive changes in behaviors
- ▶ Spend time together
- ▶ Thank the Child

Recovery Process as a Journey

- ▶ The healing process of addiction and dual diagnosis in recovery is an ongoing process of breaking through the layers, uncovering self, aiding in the acceptance of self and developing the support to regulate affect.
- ▶ Change or Restoration of family values
- ▶ Young adult recovery also encompasses the full development of a healthy sustainable way of living.
- ▶ It is a Journey not a destination