

# THE HIGHLIGHTER

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## The Difference Between Adult vs. Adolescent Issues and Treatment

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Ohio Department of Alcohol and Drug Addiction Services

### Adolescent Specific Research:

There is little empirical research on adolescent treatment outcomes and less on evaluation of specific treatments. Definitions still remain problematic, confounded by adaptation of adult models and ideologies and cultural differences. In recent years research and practice have identified significant developmental differences between adolescents and adults. These differences are important, and should be factored in when determining the appropriate approach for adolescents. Most researchers and therapists agree that there needs to be significant efforts toward identifying effective treatment services and outcomes for adolescents and their families. In addition, not every adolescent is the same; therefore, additional research on what works for a specific group of adolescents is needed. We know that the length of time a child spends in treatment and the extent of family involvement contribute to success. As a field, we have to continue our research to identify what services or components contribute to success, support the transfer of technology from research to practice and gain political commitment to address these problems.

Most agree that there are key issues to consider when working with substance use disorder adolescents.

1. Not all adolescents who use alcohol and other drugs are or will become dependent. Current research suggests that adolescent drug involvement is an interaction among individual interpersonal and contextual factors that together

heighten vulnerability. Their prognoses may be quite different because their patterns of drug abuse (usually briefer exposure period), their drug/s of choice and the duration of treatment they receive is significantly different from adults.

2. Understanding developmental issues of adolescence is central to designing effective treatment for youth. The primary developmental issues include negotiating levels of autonomy, dependence in relation to parents and families, identity formation, sexuality, academic functioning, peer relationships and adjusting to physical changes.
3. Some delay in normal cognitive and social-emotional development is often associated with substance use during the adolescent period, and learning problems are estimated to co-occur in as high as 50% of the youth. Treatment programs and services should be adaptable for those youth with disabilities.
4. There is growing evidence that as many as 75% of adolescents with substance use disorders also have some other challenges, such as, conduct disorder, attention deficit-hyperactivity disorder and major affective disorder.
5. Adolescents may have been coerced into treatment; therapist should be sensitive to the possible motivational barriers linked to receiving services. The nature of drug-related problems that induce

youth to enter treatment and the reasons they seek treatment are likely to be closely linked to their families of origin and to school performance.

6. Treatment providers need to be sensitive to gender and age differences. Adolescent girls tend to display more internalizing comorbid disorders (e.g., depression) compared to boys, who are more likely to display externalizing disorders (e.g. conduct disorder). Adolescents may often be closer (trauma/abuse is more recent) to their trauma/abuse than adults.
7. Providers should make every effort to involve the adolescent client's family because of the family's possible role in the origins of the problem and their importance as an agent of change in the adolescent's environment. Today's adolescents are surrounded by increasingly graphic messages from the media which frequently glamorize alcohol and drug use. Adolescents also face stressors their parents neither expected or experienced: weapons, gangs, pressure to succeed and peer pressure to engage in risky behavior. Adolescents spend more time today without direct adult guidance.

Sources for this article:  
McLellan AT, Meyers, Kathleen (2004): Contemporary Addiction Treatment: A Review of Systems Problems for Adults and Adolescents. *Biol Psychiatry*, 56:764-770.

Winters, Ken C. (1999): Treating Adolescents with Substance Use Disorders: An Overview of Practice Issues and Treatment Outcome. *Substance Abuse*: 20: Vol 4.

April is Alcohol Awareness

If you know of a youth that needs substance abuse treatment please call Century Health at 419-425-5050 or the ADAMHS Board 419-424-1985.

## ADAMHS BOARD UPDATE

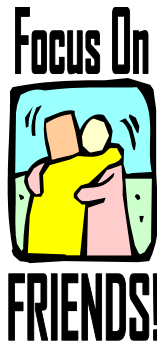
### FOCUS ON FRIENDS HIRES NEW DIRECTOR



Lisa Ann Wise was hired by the Focus on Friends Board of Directors as the Center Director. Ms. Wise began her duties on January 3, 2006. As Director Ms. Wise will oversee the day to day operations of Focus on Friends, preparing information needed for Board meetings, preparing financial and other reports and helping with groups and activities for the membership.

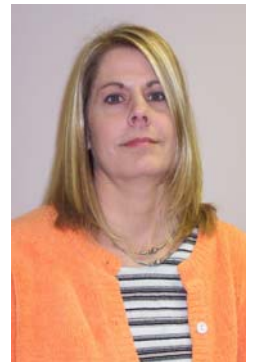
Before becoming the Director of Focus on Friends, Ms. Wise worked for Bowling Green City Schools, Tiffin City Schools and the Seneca County Auditors Office. Ms. Wise has a Bachelor of Science and a AAB in Business Management from The University of Toledo.

Focus on Friends is a drop-in center for people who have been diagnosed with a mental illness. Members receive peer support, education, activities and friendship. The Center is located at 509 Trenton Ave, Findlay. For current hours of operation please call 419-423-5071.



### Welcome to the Board!

In December the Board welcomed Patricia Bakies as their newest member. Nick-named Pat or Patty, she was born in Bluffton and has lived in Findlay all her life. She describes her ideal day off as curling up on her love seat and reading a good book with a cup of tea. Growing up in Findlay, Patty remembers playing and being carefree with neighborhood friends and her brothers and sisters. She admits that she is spoiled and often whines until she gets her own way. She is usually quiet in a crowd until she is comfortable, then watch out, she has been known not to stop talking. Her favorite animal is the chimpanzee. Family values are extremely important to her and her parents have been married almost 50 years.



As a psychiatric nurse, mental health and substance abuse issues are very important to her. She sees the never ending need for quality outpatient care for the mentally ill.

### *Meet Our CIT Officer*

Deputy Brian Williams graduated from the Crisis Intervention Team (CIT) Training in September of 2002. Brian has been in law enforcement for 20 years. Taking the Training has helped him understand that people in crisis often mask the effects of their symptoms with other substances.

A county woman had been making several calls to her family members threatening suicide throughout the night. One family member who lived in another state had made a call to the local village Police Department to check on her mother. Their assessment found that the woman's threats were not specific and left with no intervention. Family members subsequently turned their phones off for the night. When checking an answering machine in the morning the family member heard a message from her mother that she was going to commit suicide. This member then contacted the Hancock County Sheriff's Office and Deputy Williams and another deputy arrived at the residence to find the woman semi-conscious. She was transported to the hospital for treatment. Deputy Williams was able to use his training to assess that the woman had had a long history of alcoholism and had recently started drinking again. The family had stated that this was an ongoing problem for her.

Understanding a person in crisis and taking all threats seriously is vital. Family members, friends and professionals should use these threats as a call for help. All law enforcement would rather make a visit and find nothing wrong then to not be aware of an issue and have a tragedy.



## COMMUNITY PARTNERSHIP NEWS



### Spring Focus Groups

Please attend the focus group that best fits your work or volunteer commitments. Your input is needed at these focus groups to help direct prevention and education programming for future Partnership & ADAMHS Board initiatives. Please RSVP by calling 419-424-1335 or email [aaltman@bhg.org](mailto:aaltman@bhg.org) by March 13th.

<p><b><u>Spiritual</u></b></p> <p>March 14 9:00-10:30 a.m.</p> <p>St. Andrew's UM Church 120 West Sandusky St.</p>	<p><b><u>Public Awareness</u></b></p> <p>March 14 11:30 a.m. - 1:00 p.m.</p> <p>Tony Packos 2020 Tiffin Ave., Findlay</p>	<p><b><u>Judicial/Law Enforcement/ Government</u></b></p> <p>March 14 3:00-4:00 p.m.</p> <p>Findlay Police Department</p>	<p><b><u>Education</u></b></p> <p>March 15 10:00-11:00 a.m.</p> <p>Community Partnership Office 438 Carnahan Ave.</p>
<p><b><u>Health &amp; Human Services</u></b></p> <p>March 16, 7:30-9:00 a.m. United Way of Hancock County, 245 Stanford Parkway</p>			

### Gardening Partners Seeks Supplies

A community gardening youth service project, *Gardening Partners: Generations Growing Together*, is beginning its pilot program this spring. Maintenance of the plots will be shared by students involved in the Juvenile Diversion program and by students participating in the smART Works Program. Recipients of the organic garden produce will be the Mobile Meals program at the Hancock County Agency on Aging. Excess produce and flowers will be sold at the downtown Findlay Farmers' Market, with proceeds going back into the program. The garden plots are to be located in the community garden at First Presbyterian Church.

In-kind donations of tools, equipment, plant materials, personal talents and monetary contributions may be made by contacting Amber Wolfrom at the Partnership Office, [awolfrom@bhg.org](mailto:awolfrom@bhg.org) or 419-424-1335.



## CHECK THIS OUT!!!



[www.anewdayohio.org](http://www.anewdayohio.org)

**Live Web Cast -  
The University of Findlay's website  
April 6, 11:00 am**

View this live training from your computer. Learn about the hazards of discovering a meth lab and the residual effect it has on community services.

Go to [www.findlay.edu](http://www.findlay.edu) - \* click on "Offices & Services" / \* click on "School of Environmental and Emergency Management" / \* click on "Webcasts"

### Family Resource Centers

#### Parent Project Hancock County is Going Statewide

Family Resource Centers will be co-sponsoring with the Ohio Attorney General's office a Parent Project facilitator training in June 2006. The goal of the Ohio training this year will be to equip six additional counties to implement the Parent Project model and to have them be research sites. The counties will be asked to submit a substantial amount of information to the Attorney General's office after a 1-year implementation cycle. These outcomes will then be used to submit applications to have Parent Project recognized by the State of Ohio as a "best practice" model of parenting.

The most exciting news is that the application for "best practice" standing will outline the model of implementation that has been used by Hancock County. We have proven continuous success as the longest running Parent Project program in the State. This has earned us the ability to stand as the example to others of what makes a successful program in a community.

In exchange for the consultation time that will be needed to coordinate this statewide training, Family Resource Centers will be given the opportunity to have up to 5 people trained for free.

Without the financial assistance from the Community Foundation and the ADAMHS Board/Community Partnership, Parent Project of Hancock County would not have existed.

**New Faces at Century Health**



Pam Kasiorkiewicz, MSSA, LISW began her new role as Century Health's Director of Outpatient Services on January 16, 2006. Pam's responsibilities include the oversight of four major programs within Century Health's operations: Mental Health and Substance Abuse Treatment, Emergency Services and Employee Care Systems (EAP).

Pam has over 30 years of social work experience. She began her career working as a social worker at the State Hospital in Toledo, Ohio and later transferred to the Department of Rehabilitation and Corrections in Lima, Ohio where she served as the Mental Health Administrator. Pam retired from the State system of care in 2004 at which time she joined the mental health outpatient staff at Century Health as a clinical social worker. Pam also possesses a Diplomate in Social Work and is an active member of the National Association of Social Workers.

Century Health is proud to have someone of Pam's caliber join its management team. Pam possesses a wealth of knowledge in respect to behavioral health issues and has proven herself to be a true client advocate in her past and current practice. Pam recognizes the importance of clinical skill and expertise in providing quality treatment to those in need. She plans to support her staff in developing both of these strengths so that clients can be effectively treated.

It is well known that individuals who have experienced a mental illness are a wonderful resource for others who are striving for health and wellness in their own recovery. Century Health believes that persons with mental illness have knowledge, skills and abilities that are valuable in achieving the organization's overall mission. It is because of this belief that Century Health has hired Gina Lewis to serve as a Peer Specialist within the Supported Employment Program.



Gina's role at Century Health will be to provide support to those clients who become employed. The first week on the job has been defined as a critical time for clients. To have someone available to provide outreach through a friendly contact during this first week of adjustment to employment increases the long-term success rate. Gina will provide assistance, encouragement and understanding to working clients at any point during which they are employed.

Gina Lewis comes to us with past experience as a Job Developer/Job Coach. She also had marketing experience, which lends to her sincere ability to reach out to others. Gina has had her own struggles with mental illness, but this challenge also provides her with the capacity to empathize and relate to clients at a level of having "walked in their shoes."

Gina shares, "I want to be a part of the mental health service system to help others like me. I want to help them realize that they can rise above their illness and attain their goals and dreams."

Century Health is pleased to be able to create a job opportunity for people with mental illness to help other persons who struggle with diseases of the brain. Gina's position is funded through a grant received from the Ohio Department of Mental Health.



***What's Happening at Focus on Friends?***

Focus on Friends have hosted big events for our consumers in the past few months. However, nothing has compared to the New Year's Eve and Super Bowl parties. Even though the turnout was not high, everyone had a great time. For the New Year's party, there were all kinds of games and good cheers going around, along with plenty of food. For



the Super Bowl party, everyone also had a great time rooting on the Steelers and starting quarterback and Findlay native, "Big" Ben Roethlisberger. We gave away a Super Bowl cookie, won by Todd Hickle. Turnout was very good. The Spring Fling is coming up in the next few months. Make sure to watch for more details.

