



**Listen so your
TEEN will talk**

Strategies from
Natural Highs,
Motivational Interviewing
& the Iceland Model
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**Covid 19 &
Substance Abuse Trends**
Feb-April 2020

- Average drinks per day increased 27 percent
- Binge drinking increased by 26 percent
- Largest increases in excessive drinking observed in the Western U.S. (which includes Colorado)
- Significant increases among women, Black adults, and people with children.

Sources: Barbosa, C, Cowell, A, Dowd, W. How Has Drinking Behavior Changed During the COVID-19 Pandemic? Results from a Nationally Representative survey. RTI International, July 2020. World Health Organization, Fact sheet - Alcohol and COVID-19: what you need to know (2020)

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Youth & MJ Trends
2017-2019

- Driving under the influence of MJ has increased from 9% to 32.4% among high school students between 2017-2019
- Dabbing/high THC Concentrate Use has increased from 20.3% to 52% in high school students who use MJ (20.6% of all students)

Data Sources: Healthy Kids Colorado Survey (HKCS)

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Today's Cannabis is not the same as pot in the 1960's

- The original Cannabis Plant contained < 1% THC
- Marijuana in the 1960's contained around 2% THC
- Average THC of seized MJ in 1995 was 4% THC
- Current FDA Research marijuana that is considered "High THC": 5-10% THC
- Netherlands since 2011 – Limit of 15% THC (above is "hard drug")
- Current "Organic Cannabis" is CO Dispensaries 25-35% THC
- Current Concentrates in CO (Shatter, Cartridges, Dabs) up to 99% THC

Data Sources:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4481131/>

<http://theatlantic.com/science/archive/2015/06/organic-cannabis-policy-in-the-netherlands-moving-forward-not-backwards/>

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The Iceland Model

- Alcohol use in teens (15-16y) from **42%** (1998) to **5%** (2016).
- Cannabis is down from **17%** to **7%**
- Those smoking cigarettes daily from **23%** to just **3%**.

Data Sources:

<https://mosaicscience.com/story/iceland-prevent-teen-substance-abuse/>

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The Iceland Model - How did they do that?

- Parents now spend more than double the amount of time with their teens
- Teens engage in After-School activities
- Parents committed to boundaries & rules around substance abuse
- Iceland installed curfew for teens
- No advertisement for alcohol and other drugs is allowed
- The whole community is working together

Data Sources:
<https://mosaicscience.com/story/iceland-prevent-teen-substance-abuse/>
<https://www.alcohol-defilm.com/>

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Zoom Community Documentary & Discussion -

Starting Conversations
about Alcohol
between Teens and Parents

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What we learned from Teens in Natural Highs

- Brain Chemistry (#1)
- Healthy Alternatives (Yerba Mate, herbs, somatic practices, acupuncture, trance dancing, healthy risks, leadership, etc.)
- Not being told "Don't do drugs" but being taught why not to do drugs
- Atmosphere of Safety & Non-Judgment

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Natural Highs
 Healthy Alternatives to Drugs & Alcohol

A grassroots community nonprofit supporting healthy peer culture & leadership for teens & adults

Please connect with us on naturalhighs.org

Facebook: [Naturalhighsofficial](https://www.facebook.com/naturalhighsofficial)
 Instagram: [#naturalhighsofficial](https://www.instagram.com/naturalhighsofficial)



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Motivational Interviewing

“Motivational Interviewing is a collaborative conversation style for strengthening a person’s own motivation and commitment to change.”

Miller & Rollnick (2012)

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Motivational Interviewing SPIRIT

- Empathy
- Genuineness
- Egalitarianism
- Acceptance / Unconditional Positive Regard
- Warmth
- “MI Spirit”
 - Collaboration
 - Evocation
 - Autonomy (“It’s your choice”)

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Motivational Interviewing SKILLS

- Open Questions
- Affirmations
- Reflections
- Summaries


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Open Questions Examples

- "What are your thoughts on this?"
- "What do you think you should do about this?"
- "What do you think about your friend's drug use?"
- "What are you curious about?"
- "Why do you think that happened?"
- "What kind of support do you need?"
- "Tell me more about"
- "What do you want to do?"



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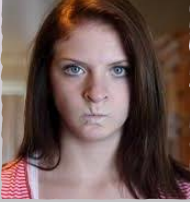


Reflecting vs. Advice

- Empathy
- A statement of understanding & validation
- Intonation down
- Short stems:
 - "It sounds like..."
 - "It seems like..."
 - "So you..."
 - "It's..."
 - "It's like..."
 - "You feel..."

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Reflecting vs. Advice: Connect before you Correct



- "You feel strongly about...."
- "You don't like when people talk negative about something that is important to you"
- "It's important to you to...."
- "You really wanted that ..."
- "You are angry at me for"

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Affirmations



- Specific
- Genuine
- Personal
- Supporting behavior change

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Affirmations

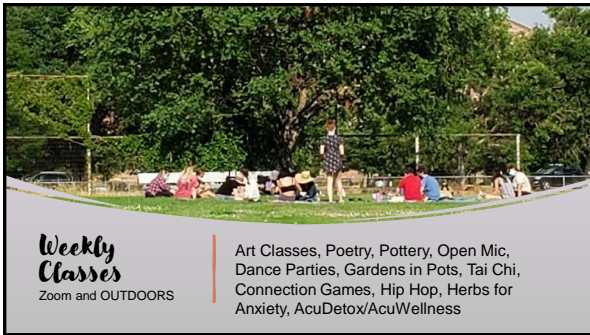


- "This is a great question!"
- "I'm so glad you let us know that you see this differently. I really appreciate your perspective."
- "Thank you for speaking up about that"
- "I really appreciate how much you care about"
- "I am so proud of you for putting so much effort into"
- "I noticed how you spoke up for ..."

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WORRIED About Your Child's Substance Use?

What if there were proven skills that empowered you to prevent your child's use? What if that meant also helping your relationships, improved communication, and helped you feel more relaxed?

Meet **C.R.A.F.T.** (Community Reinforcement and Family Training), an evidence-based, non-confrontational technique with a 70% success rate for reducing use, or getting the user into treatment if any steps including counseling.

Outcomes:

- Understanding substance use motivations and deterrents
- Improved connections & communication
- Improved self-care
- Empowerment
- Community with other concerned parents
- Confidence to actively influence your child

Session times, via Zoom, Saturdays for 10 weeks
 Tuesdays & Thursdays – 12 noon-2:30pm starts September 15 & 17
 Tuesdays, 6:30-8 pm – starts September 17
 Cost: **FREE**

Registration is open for the October 11th open enrollment health & is partnership with **Weston Health Institute of Boston**

Open to Limited & Closed HIV (Check)
 Register online at: www.nasochicago.com
 or call for more information: 781-268-4488

Facilitators:
 Therapist, MA, M.Ed. New Recovery Center, Health Coach, Substance Use Specialist, Addiction Recovery Coach, Health Coach, Certified Peer Support Specialist, Recovery Coach, Certified Peer Support Specialist, Certified Peer Support Specialist, Certified Peer Support Specialist, Certified Peer Support Specialist

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- **FREE 10-week evidence-based program**
- **for parents with children struggling with substance misuse**
- Offered via Zoom
- Sessions meet 12-1:30 pm Tuesdays or Thursdays
- Starting 9/15

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Natural Highs
 Healthy Alternatives To Drugs & Alcohol


HOME RESOURCES PODCAST STORE ONLINE VIDEO COURSES ABOUT US PROGRAMS OUTREACH SUPPORT US CONTACT



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Sign up **HERE** for **FREE Natural Highs Emails**

Join our mailing list to get **FREE** Natural Highs 'Resiliency Care Packets' with worksheets, inspiration, Natural Highs practices, and updates and invitations to current events!




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Start Here to find the right
Natural Highs Resources for YOU!




FOR TEENS

During these times of "social distancing" we are offering FREE Online "Hangouts", Workshops, and Classes for TEENS and ways to stay inspired with online materials.




FOR PARENTS

Our roles have suddenly changed with teens being at home. We want to offer support for PARENTS to stay strong & inspired in their role supporting teens.



FOR ADULTS

During these times it is hard to not fall back into old habits. We are developing resources to help stay on track or begin healthy lifestyle choices and healthy alternatives to substance abuse.



HOW TO SUPPORT

This is how you can be part of and support Natural Highs as teens and adults with mental health and substance abuse issues can find community and support.

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ONLINE Hangouts &
Meetings for TEENS





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Natural Highs Class for ADULTS

Naropa Student Counseling Center presents:

Fall 2020
Did you know...
drugs and alcohol
can change the feelings
you love most?








For questions, or to reserve
your spot today, contact:
tuition@naropa.edu.
SPACE IS LIMITED!!!

NATURAL HIGHS COURSE
HEALTHY ALTERNATIVES TO DRUGS AND ALCOHOL


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Natural Highs
is creating Innovative Prevention/Intervention Programs for Teens & Adults

Select a membership level

<p>Natural Highs ACUDETOX Sponsor</p>  <p>\$5 PER MONTH</p> <p>Join</p> <ul style="list-style-type: none"> Sponsor one monthly ACUDETOX Treatment for a Teen Be part of the Natural Highs Community 	<p>Natural Highs PATRON</p>  <p>\$10 PER MONTH</p> <p>Join</p> <p>Thank you so much for being part of the Natural Highs Community or Supporter!! We couldn't do it without your support!!</p> <ul style="list-style-type: none"> Be part of the Natural Highs Community 	<p>Monthly TEEN Natural Highs Membership</p>  <p>\$25 PER MONTH</p> <p>Join</p> <p>A monthly TEEN Natural Highs Membership includes a weekly outdoor event with a live performance.</p>
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Natural Highs | **Intergenerational Philosophy Circles**
For people all ages

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More Info & Connect | Naturalhighs.org

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