



The Association  
for Child and Adolescent  
Mental Health

coram   
Life Education

SCARF





The Association  
for Child and Adolescent  
Mental Health

coram   
Life Education

SCARF

# Insights into Addiction & Substance Use

With Professor Barry Carpenter & Dr Paolo Deluca



# Today's learning objectives

- Understand the trends and prevalence of substance use amongst young people
- Challenge some of the common myths around addiction and substance use
- Explore the associated risks and potential psychological consequences for young people who use drugs



The Association  
for Child and Adolescent  
Mental Health



**POLL: Which type of school are you representing this evening?**



The Association  
for Child and Adolescent  
Mental Health



# Addiction & Substance Use

*Dr Paolo Deluca*





The Association  
for Child and Adolescent  
Mental Health



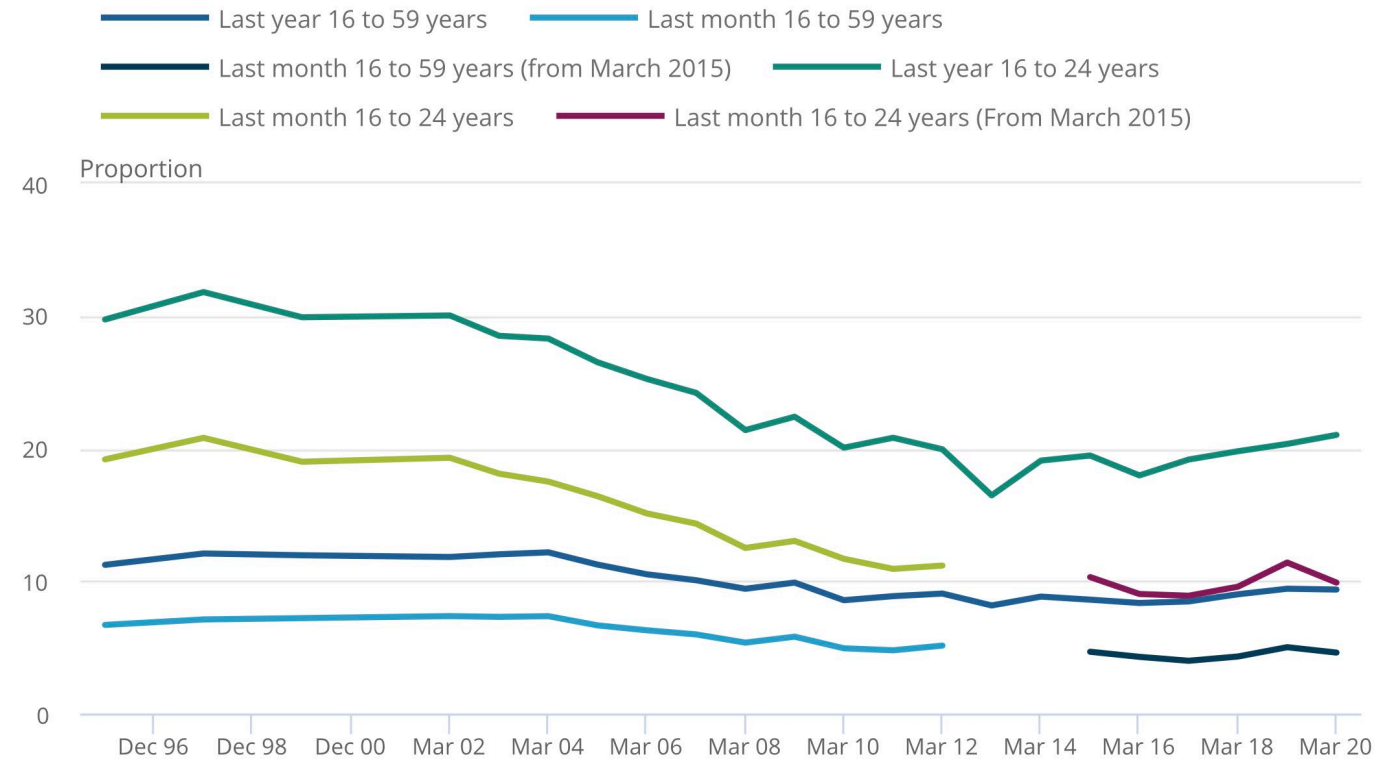
**POLL:     What is the most popular drug among young people?**

# Prevalence of substance use

- Around one in five adults aged 16 to 24 years had taken a drug in the last year (21%; approximately 1.3 million people)
- 7.4% of adults aged 16 to 24 years had taken a Class A drug in the last year (approximately 467,000 people)
- 4.3% of adults aged 16 to 24 years were classed as “frequent” drug users (had taken a drug more than once a month in the last year)
- Cannabis (18.7%), Cocaine, nitrous oxide (8.7%)



# Prevalence of substance use overtime







The Association  
for Child and Adolescent  
Mental Health



# **POLL: Have you heard of Novel Psychoactive Substances?**

# Novel Psychoactive Substances

sciencesuppliesdirect.com

Select Language | Currency: GBP | My Account | My Cart | Wishlist | Checkout | Contact Us | Log In | Affiliate

## SCIENCE SUPPLIES DIRECT

Find it     
0 Item £0.00

Digital Scales | Safety Equipment | Research Chemicals | Analytical Balances | Microscopes | Laboratory Supplies | Educational Material | General Lab Chemicals

### NAVIGATION

- Latest News
- About Us
- Contact Us
- Home
- Terms & Conditions
- Testimonials
- Affiliate Application

### Latest Posts

- New Chem 3-FPM
- Synthacaine & Modafinilz Instock
- Bitcoin Now Accepted
- Website Downtime - Outstanding Orders
- Bank Account Issue

### FEEDBACK

100% PROTECTED

2009 BEST RUNNER UP

### bitcoin

NOW ACCEPTED

15% OFF

### NEXT DAY DELIVERY

AVAILABLE ON ALL UK ORDERS. FREE FOR ORDERS OVER £80

### 100% SECURE & DISCREET

BILLING, ORDERING AND PACKAGING

### PRICE MATCH PROMISE

WE WILL BEAT ANY OTHER GENUINE WEBSITE PRICE

### LOYALTY POINTS SCHEME

COLLECT LOYALTY POINTS EVERY TIME YOU BUY ONLINE


4.7/5 from 957 Reviews

By far the most reliable RC site I've ever come across - and has lived quite 2014-12-01 more

Buy Research Chemicals, Science Supplies & Labware

Order Research Chemicals, Laboratory Materials, Professional Scientific Apparatus and Digital Scales from a Trusted EU Store. Distributing novel research chemicals since 2009 we have an unrivalled reputation for providing the finest quality legal Research Chemicals alongside professional service and speedy delivery. Buy today from our secure UK store and have your order despatched to anywhere in Europe the very same day.

### PRODUCTS UNDER £10

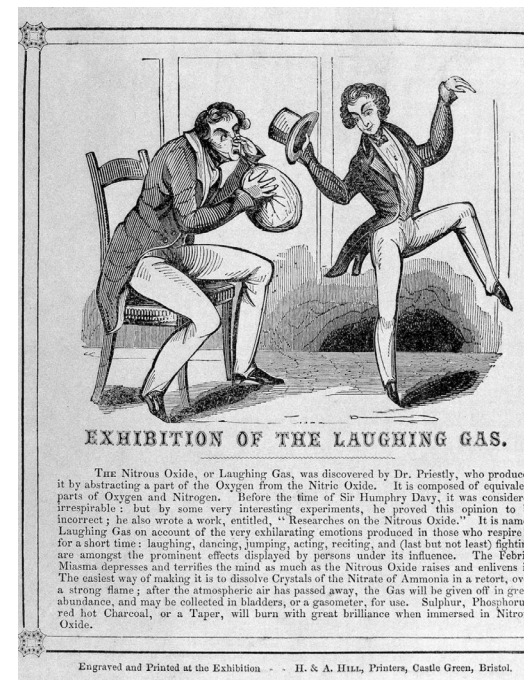
 Periodic table, laminated £4.00 <input type="button" value="Add to Cart"/>	 Microplate / Culture Plate (24 wells) £5.00 <input type="button" value="Add to Cart"/>	 10 1mg Etizolam Pellets £7.00 <input type="button" value="Add to Cart"/>	 10 Diclazepam Pellets £7.00 <input type="button" value="Add to Cart"/>
---	---	---	---

### SPECIAL OFFERS

BECOME AN



96



# Nitrous Oxide



The Association  
for Child and Adolescent  
Mental Health



# POLL: Common myths about addiction?



# Common myths

1. Addiction mostly affects certain types of people
2. Everyone who use drugs becomes addicted
3. You cannot recover from addiction
4. If someone just uses willpower, they should be able to stop.
5. Prescription drugs are not addictive like street drugs because they come from a doctor.
6. All drugs are the same vs Some drugs are more harmful than others



The Association  
for Child and Adolescent  
Mental Health



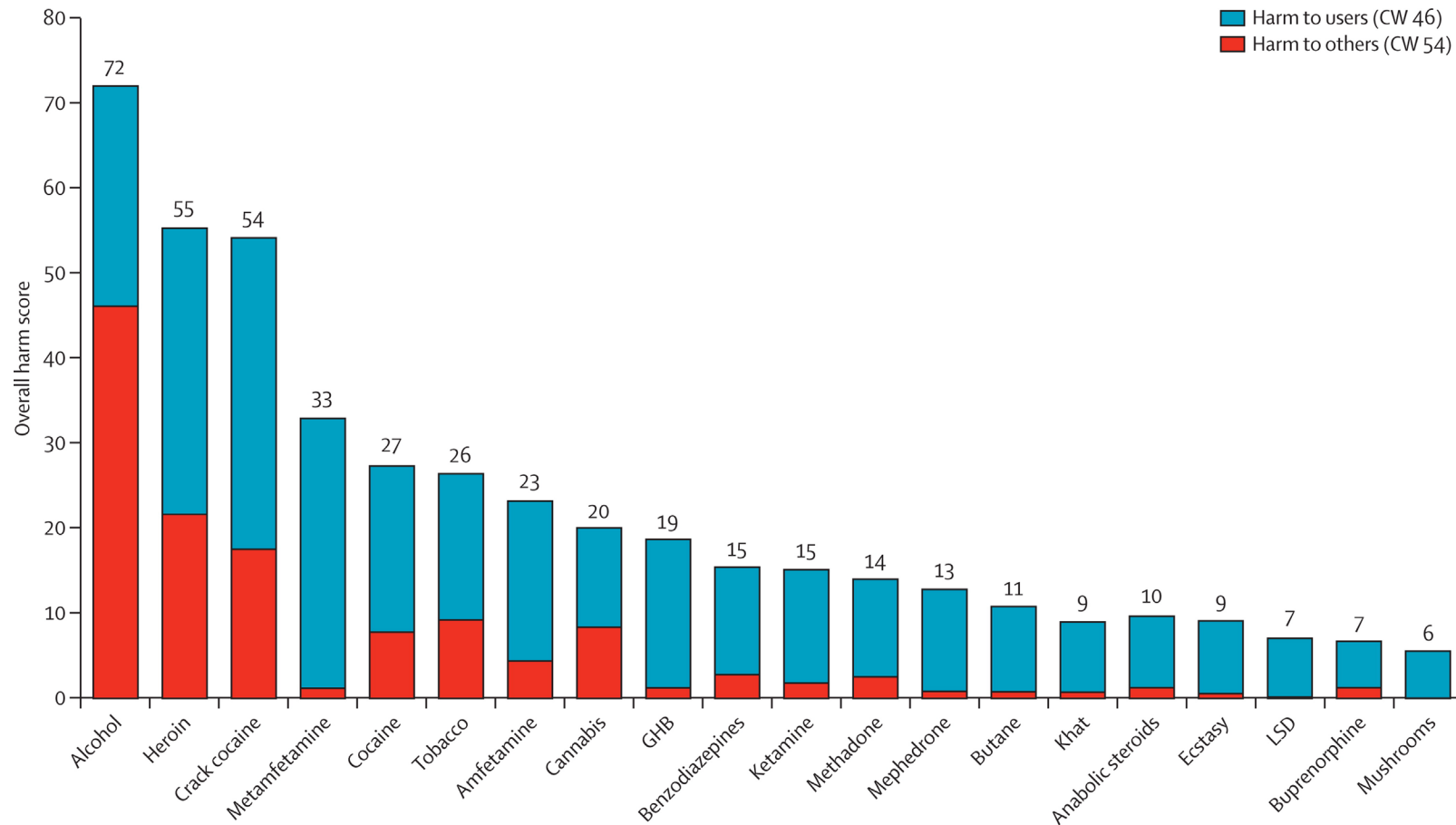
# POLL: Risk factors that predict addiction?

# Risks and Harms

- Complex interaction between a multitude of factors (Individual, family and community level) influence substance use.
  - Psychosocial factors (eg Impulsivity & sensation seeking, emotion regulation)
  - Positive alcohol expectancies and sensation seeking are associated with more drinking.
  - Earlier age of first drug use correlates with greater harm
  - Family level (Negligence, poor supervision, substance use family member)
  - Community level (having peers using drugs)
  - Protective factors (Optimism, mindfulness, wellbeing, high paternal awareness, structured activities, strong religious beliefs)



# Drug harms



The Lancet 2010 3761558-1565DOI: (10.1016/S0140-6736(10)61462-6)





The Association  
for Child and Adolescent  
Mental Health

coram   
Life Education

SCARF





The Association  
for Child and Adolescent  
Mental Health

coram   
Life Education

SCARF





The Association  
for Child and Adolescent  
Mental Health

coram   
Life Education

SCARF



3.45 - 5.00pm

Eating Disorders – 15th Nov

Self-harm – 6th Dec



3.45 - 5.00pm

Bereavement – 31st Jan

On-line & Social Media – 1<sup>st</sup> Mar



The Association  
for Child and Adolescent  
Mental Health

# Resources

coram   
Life Education

SCARF

## **ACAMH Topic Guide:**

<https://www.acamh.org/topic/addiction/>

## **ACAMH Podcast:**

<https://www.acamh.org/podcasts/youth-substance-use-and-co-occurring-mental-health-concerns/>

## **ACAMH Research Digests:**

[https://www.acamh.org/?s=substance+misuse&current\\_tab=research\\_digest](https://www.acamh.org/?s=substance+misuse&current_tab=research_digest)

