



**Tribal Healing to Wellness Court**

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

[wellness@tlpi.org](mailto:wellness@tlpi.org)

# YOUTH IN RECOVERY

Kristina Pacheco, Lori Vallejos,  
Santana Bartholomew & Anna Clough





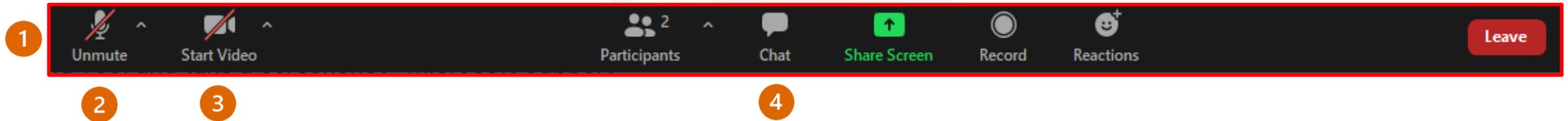
# BEFORE WE BEGIN...

Here are some friendly housekeeping reminders

- 1 Your control panel will appear at the bottom of your user screen. (As shown below)
- 2 All attendees will be muted during the beginning of the meeting. Please select “unmute” when you would like to speak. We ask that you please mute yourself when you are not speaking to avoid audio interference with other participants
- 3 If you would like to turn on your camera, please select “Start Video”.
- 4 Use the Chat box to submit a comment to “Everyone” or “Host”

We request that everyone please complete the workshop evaluation..

This webinar will be recorded. A copy of the PowerPoint will be posted on WellnessCourts.org.





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# DISCLAIMER

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## PRESENTERS



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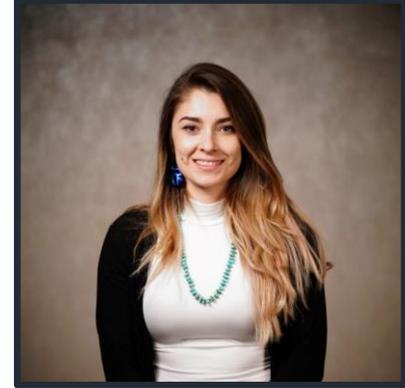
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# WHAT IS RECOVERY?



# SAMHSA RECOVERY & RECOVERY SUPPORT

## Health

- Overcoming or managing one's disease or symptoms and making informed health choice to support physical & emotional wellbeing

## Home

- Having a stable & safe place to live

## Purpose

- Conducting meaningful daily activities & having the independence, income & resources to participate in society

## Community

- Having relationships & social networks that provide support, friendship, love & hope



A large, light-colored oval containing a faint illustration of a diverse group of people of various ages and ethnicities standing together. The background of the oval is a soft, starry pattern.

# DO THESE APPLY TO ADOLESCENTS?



# ▶ BARRIERS TO YOUTH'S RECOVERY PROCESS

Denial

Identity

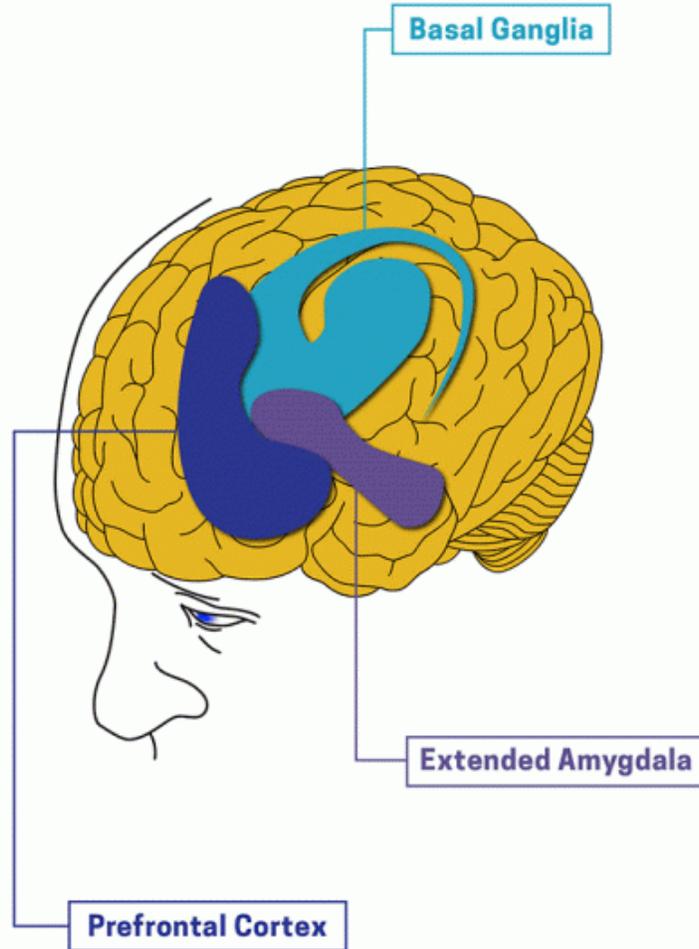
Accepting the  
label of  
addict/alcoholic

Peer influence

Age



# ADOLESCENT BRAIN



Source: Facing Addiction in America:  
The Surgeon General's Report on  
Alcohol, Drugs, and Health

Because the Prefrontal Cortex still developing; teenagers rely on the Extended Amygdala to make decisions. The amygdala is associated with emotions, impulses, aggression and instinctive behavior.

While the brain is still developing adolescents might:

- Choose high-risk activities or risky behavior
- Express more and stronger emotions
- Make impulsive decisions



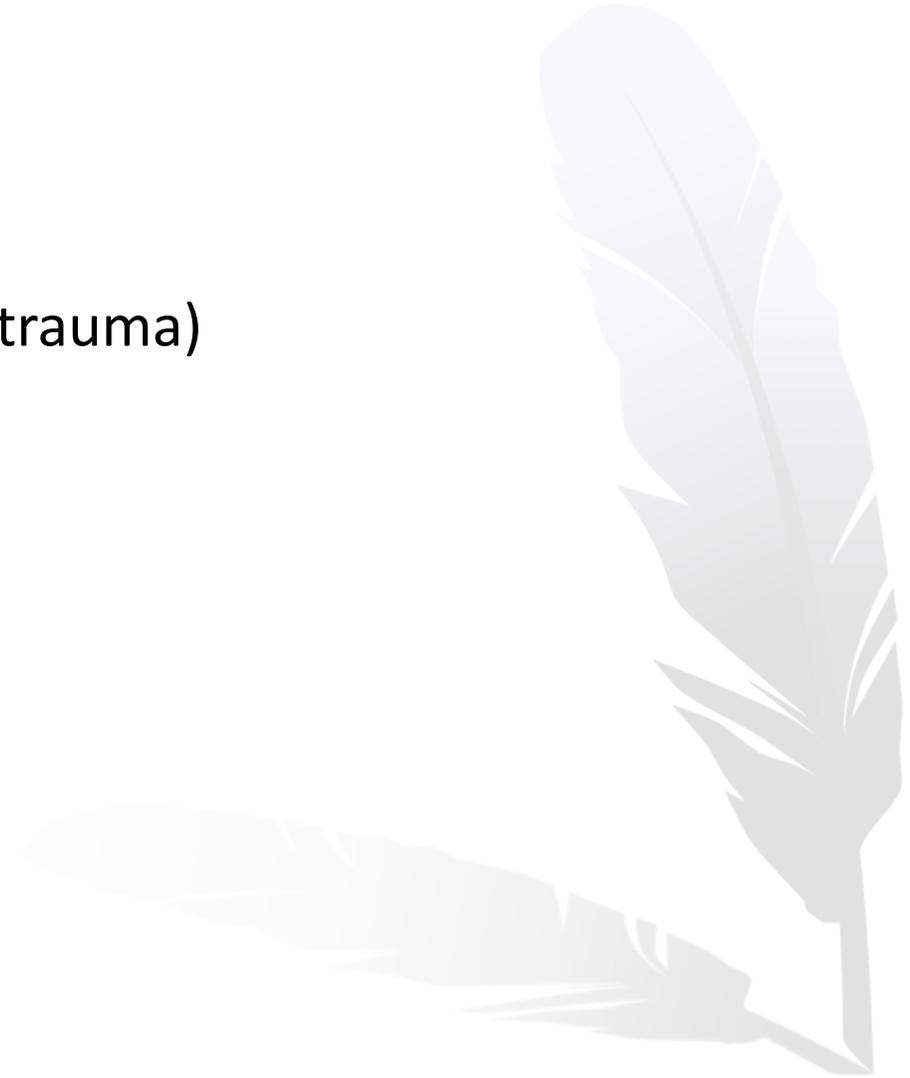
# ▶ HOW CAN WE HELP BUILD A HEALTHY ADOLESCENT BRAIN

- Encourage Positive Behavior
- Promoting good thinking skills
- Helping adolescents get enough sleep
- Staying Connected
- Setting Boundaries
- Invest in each adolescent individually
- Understanding how adolescents spend their time is important
  - Sports
  - Cultural involvement
  - School
  - Alone time



# ▶ WHY DO ADOLESCENTS USE

- To fit in (Family, Friends, Community, etc.)
- To feel good
- To feel better (mental health issues may be surfacing, trauma)
- To do better
- To experiment



# ▶ RECOVERY LANGUAGE

Youth may not buy in to established recovery language of adults such as “addict” or “alcoholic”

Look for “young” people in recovery groups if they are available in your area or through online 12 step groups if that is a requirement

Manualized treatment tailored for youth



# ▶ MEET THEM WHERE THEY ARE

While program requirements must be met, also be respectful

The process may be slower than working with adults

Consider different modalities of therapeutic interventions

How we respond to return to use



# ▶ CELEBRATING SUCCESS

Key	Key Component #6: Incentives and Sanctions:
Share	Share stories with others in the community of your program
Form	Form a group of “Young people in Recovery” in your community
Work	Mental Health and Substance Use providers must work together





## QUESTION AND ANSWERS

1. HOW ARE YOU CELEBRATING RECOVERY SUCCESS WITH YOUR CLIENTS?
2. HOW ARE YOU MEASURING SUCCESS?
3. DOES THIS MEAN ABSTINENCE FROM ALCOHOL AND DRUGS OR IS SUCCESS MEASURED IN OTHER WAYS?





## CONTACT US



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