What’s the best option?

1. Mixed gender youth service

2. Adult women only service, average age 35
Unique risk factors for young women

- Development Stage
- Vulnerability (e.g. dating violence)
- Reasons for use (relational challenges)
- Societal Pressures (body image, role expectations)
- Co-occurring concerns (depression, trauma)
US National Survey of Youth

- Household survey – adolescents aged 12-17
- PTSD, Major Depressive Episode, Substance Abuse/Dependence
- Conduct disorder/ADHD excluded
- 15.5% of boys and 19.3% of girls met diagnostic criteria for one of the three disorders
- Co-morbidity strongly predicted by witnessing violence and experiencing sexual or physical assault
<table>
<thead>
<tr>
<th>Co-occurring Diagnosis</th>
<th>PTSD</th>
<th>MDE</th>
<th>SA/D</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Boys</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>PTS D</td>
<td>-</td>
<td>47.3</td>
<td>29.7</td>
</tr>
<tr>
<td>MDE</td>
<td>23.5</td>
<td>-</td>
<td>18.1</td>
</tr>
<tr>
<td>SA/D</td>
<td>13.5</td>
<td>16.6</td>
<td>-</td>
</tr>
<tr>
<td><strong>Girls</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>PTS D</td>
<td>-</td>
<td>70.6</td>
<td>24.2</td>
</tr>
<tr>
<td>MDE</td>
<td>31.7</td>
<td>-</td>
<td>17.0</td>
</tr>
<tr>
<td>SA/D</td>
<td>24.6</td>
<td>38.5</td>
<td>-</td>
</tr>
</tbody>
</table>
Purpose:

- Ensure that all clients are screened for substance use and mental health concerns regardless of their point of entry.
- Examine the needs of the population by various variables such as point of entry (mh/su) and a number of determinants of health (i.e. age, gender, education, relationships).
- Raise awareness of management and staff about the unique needs of various subgroups of youth clients.
Youth Addiction & CD Service: Sample

- 126 youth
  - 49 females, 77 males
- Age range 16 to 24 years
- Mean age = 20.14
  - females = 20.41 yrs, males = 19.97 yrs
Rates of endorsement for current concerns by GAIN-SS subscale

![Bar chart showing endorsement rates for different subscales (IMD, BC, SU, C & V) for females and males.](image-url)
# Most Common MH Concerns

<table>
<thead>
<tr>
<th>Females</th>
<th>Males</th>
</tr>
</thead>
<tbody>
<tr>
<td>Problems with sleeping, bad dreams, restless, sleep during day</td>
<td>Feeling very trapped, lonely, sad, blue, depressed</td>
</tr>
<tr>
<td>Feeling very trapped, lonely, sad, blue, depressed</td>
<td>Lied or conned people</td>
</tr>
<tr>
<td>Feeling very anxious, nervous, tense, like something bad would happen</td>
<td>Problems with sleeping, bad dreams, restless, sleep during day</td>
</tr>
<tr>
<td>Something reminded you of past and you became very distressed</td>
<td>Feeling very anxious, nervous, tense, like something bad would happen</td>
</tr>
</tbody>
</table>
MH Concerns (cont.)

- Notably, 90% of females and 62% of males endorsed concerns with traumatic distress*
- Also, 46% of females and 32% of males report thinking about suicide in the past year
Reported Abuse History

- Verbal/Emotional: Females 57.1%, Males 42.9%
- Physical: Females 57.1%, Males 42.9%
- Sexual: Females 47.6%, Males 5%
- Use to cope: Females 56.3%, Males 50%
Other Concerns

- Family Relationships
- Other Relationships*
- Isolation*
- Closeness*

Scale:
- No difficulty
- Moderate
- Extreme

- Females
- Males
Substances Used

- Alcohol: 100% Females, 95.8% Males
- Tobacco: 81% Females, 95.7% Males
- Cannabis: 95.2% Females, 91.7% Males
Substances Used

<table>
<thead>
<tr>
<th>Substance</th>
<th>Females</th>
<th>Males</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cocaine</td>
<td>71.4</td>
<td>60.9</td>
</tr>
<tr>
<td>Ecstasy</td>
<td>57.1</td>
<td>60.9</td>
</tr>
<tr>
<td>Halluc. Psychoact.</td>
<td>38.1</td>
<td>59.1</td>
</tr>
<tr>
<td>Psychoact.</td>
<td>28.8</td>
<td>30.4</td>
</tr>
</tbody>
</table>
Substances Used

- Amphet.: Females 23.8, Males 12.5
- Crack: Females 28.6, Males 16.7
- Heroin: Females 9.5, Males 4.8
- Meth: Females 9.5, Males 13

Chart showing the percentage of individuals using different substances.
Substances Used

Barbit.* Benzo.* Codeine Opiods

Females

Males

<table>
<thead>
<tr>
<th>Substance</th>
<th>Females</th>
<th>Males</th>
</tr>
</thead>
<tbody>
<tr>
<td>Barbit.*</td>
<td>23.8</td>
<td>0</td>
</tr>
<tr>
<td>Benzo.*</td>
<td>42.9</td>
<td>12.5</td>
</tr>
<tr>
<td>Codeine</td>
<td>30</td>
<td>17.4</td>
</tr>
<tr>
<td>Opiods</td>
<td>57.1</td>
<td>47.8</td>
</tr>
</tbody>
</table>
Youth Addiction and Concurrent Disorders Service

- Youth aged 16-24 years and their families
- Voluntary
- Wide range of substances
- Wide range of other concerns
- Multi-disciplinary team (m and f)
From Generic to Population-informed & Population-specific services

- Treatment options are evolving
- Previously limited -- aimed to meet the broader needs of youth in general
- Currently moving towards a population informed and specific approach to meet the needs of specific subgroups of youth i.e., identified concerns, severity, age and gender
Intervention Services

- Brief Intervention (First Contact)
- Severe Mental Illness & SUD
- Day Treatment (incl. Academic component)
- Structured Relapse Prevention
- CBT group for Depression & SU
- CBT group for Anxiety & SU
- Seeking Safety (Lisa Navajits) – PTSD & SUD*
- Girls Talk *
- Other Groups: Health, Recreation, Vocational
Seeking Safety—Most popular topics

- Detaching From Emotional Pain (Grounding) (B)
- Setting Boundaries in Relationships (R)
- Coping with Triggers (B)
- Healing from Anger (R)
Thank you!

Contact information:

gloria_chaim@camh.net