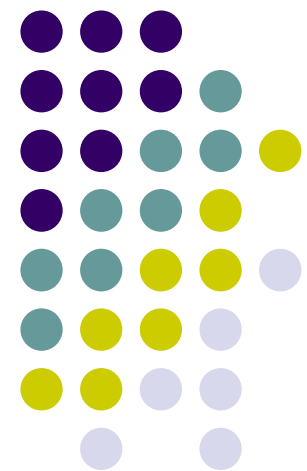


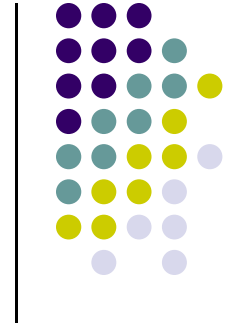
From Data to the Right Services

Gloria Chaim, MSW, RSW

Joanna Henderson, Ph.D. C.Psych.

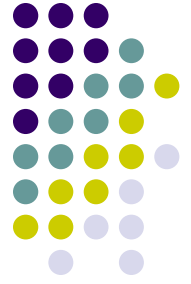


What's the best option?



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

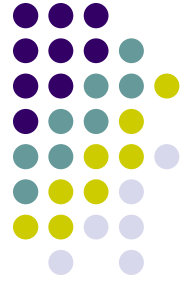


- Household survey – adolescents aged 12-17
- PTSD, Major Depressive Episode, Substance Abuse/Dependence
- Conduct disorder/ADHD excluded
- 15.5% of boys and 19.3% of girls met diagnostic criteria for one of the three disorders
- Co-morbidity strongly predicted by witnessing violence and experiencing sexual or physical assault

Co-occurring Diagnosis

		PTSD	MDE	SA/D
Boys	PTSD	-	47.3	29.7
	MDE	23.5	-	18.1
	SA/D	13.5	16.6	-
Girls	PTSD	-	70.6	24.2
	MDE	31.7	-	17.0
	SA/D	24.6	38.5	-

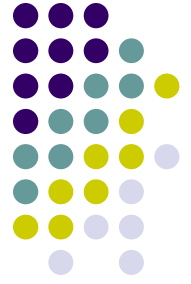
CYFP Initiative to Screen Clients



Purpose:

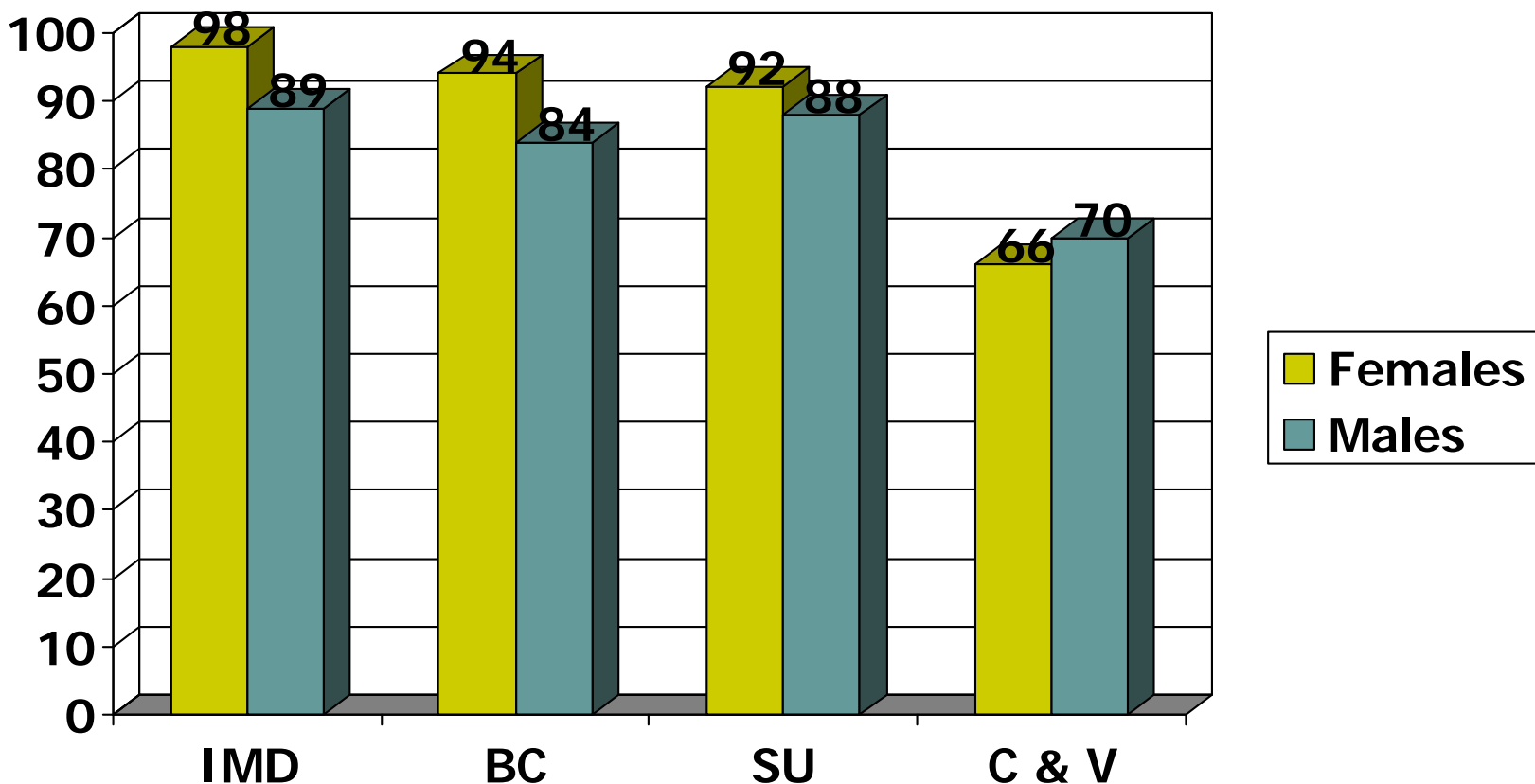
- Ensure that all clients are screened for substance use and mental health concerns regardless of their point of entry
- Examine the needs of the population by various variables such as point of entry (mh/su) and a number of determinants of health (i.e. age, gender, education, relationships)
- Raise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

Youth Addiction & CD Service: Sample

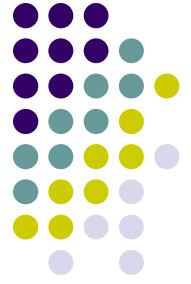


- 126 youth
 - 49 females, 77 males
- Age range 16 to 24 years
- Mean age = 20.14
 - females = 20.41 yrs, males = 19.97 yrs

Rates of endorsement for current concerns by GAIN-SS subscale



Most Common MH Concerns



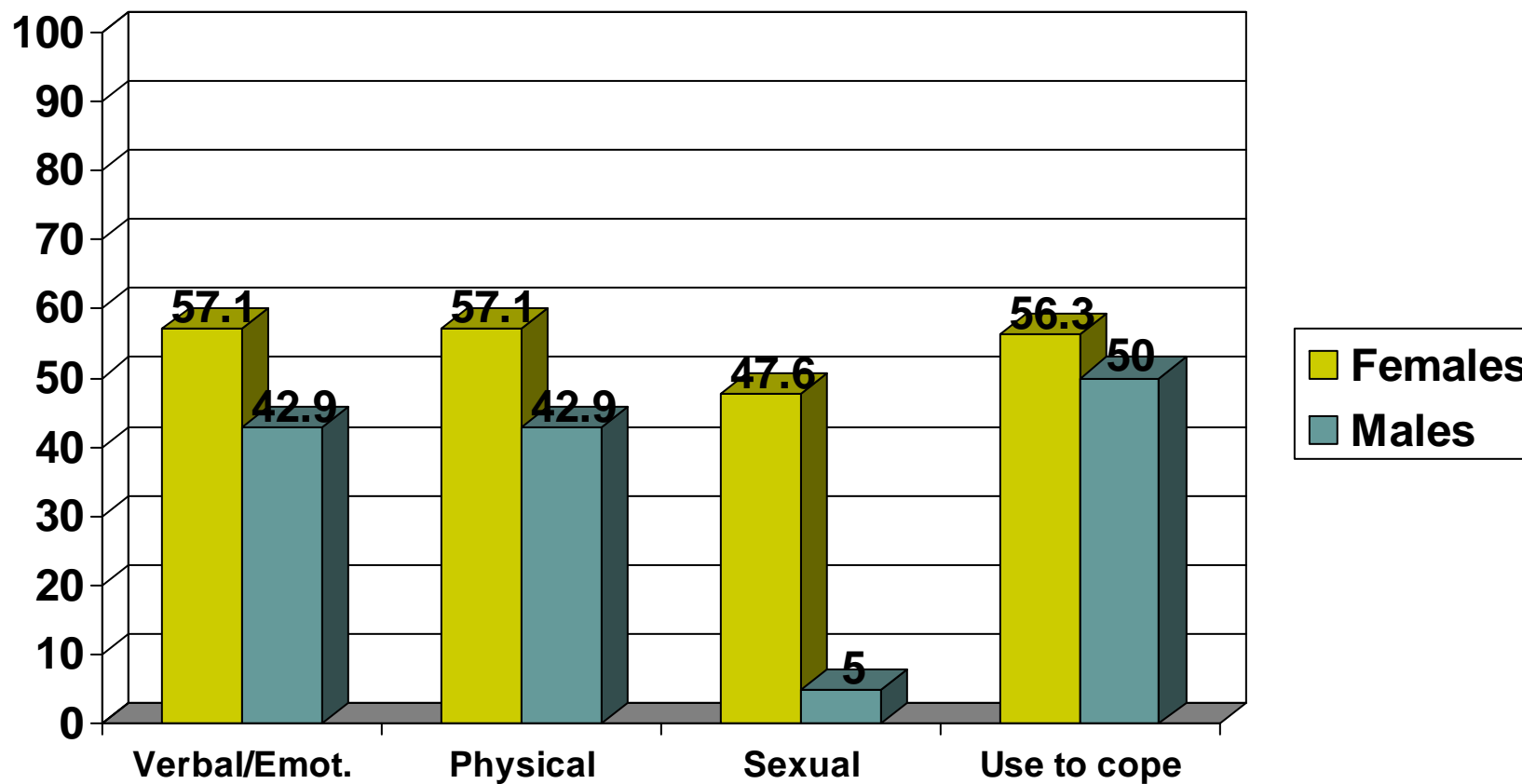
Females	Males
Problems with sleeping, bad dreams, restless, sleep during day	Feeling very trapped, lonely, sad, blue, depressed
Feeling very trapped, lonely, sad, blue, depressed	Lied or conned people
Feeling very anxious, nervous, tense, like something bad would happen	Problems with sleeping, bad dreams, restless, sleep during day
Something reminded you of past and you became very distressed	Feeling very anxious, nervous, tense, like something bad would happen



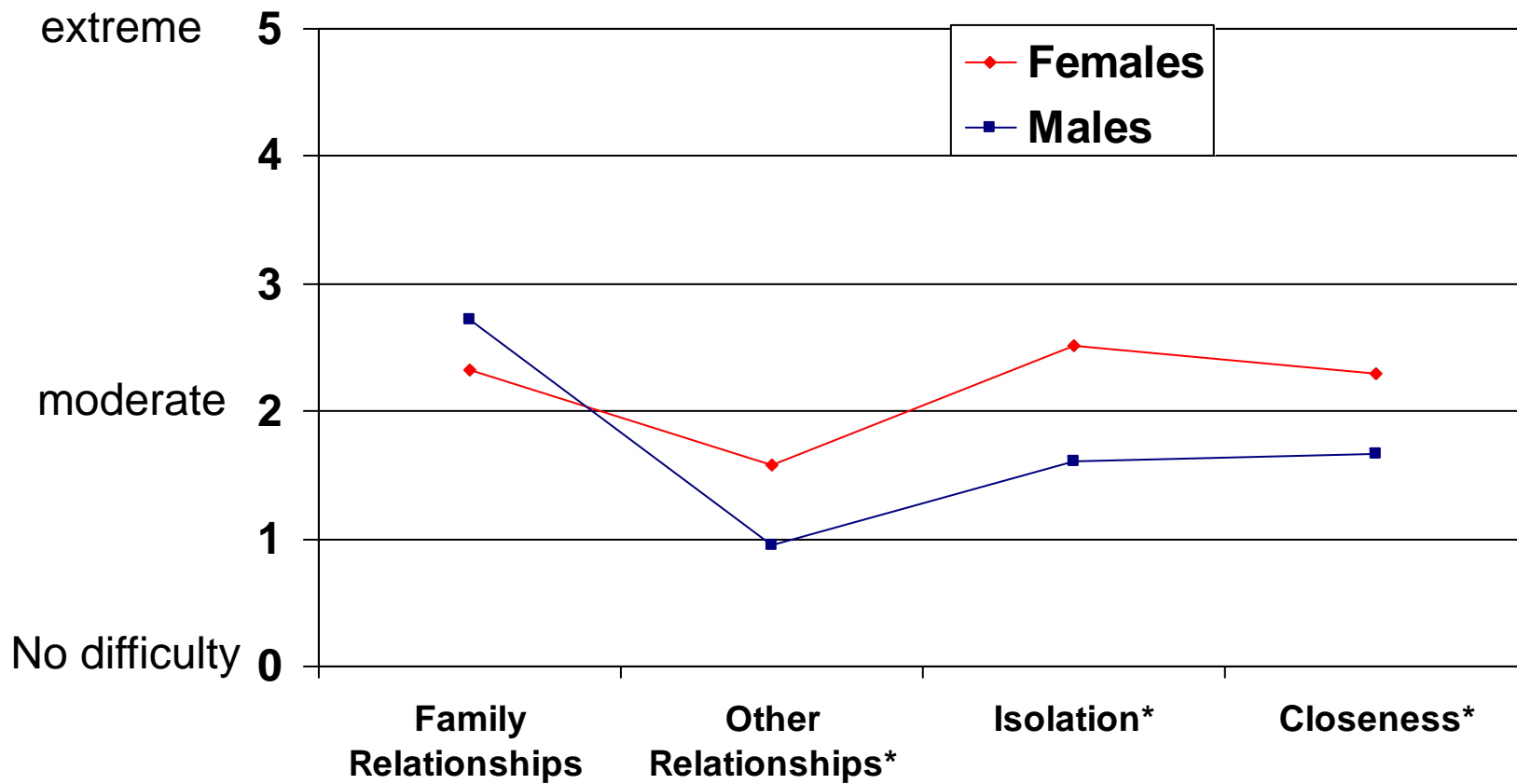
MH Concerns (cont.)

- 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

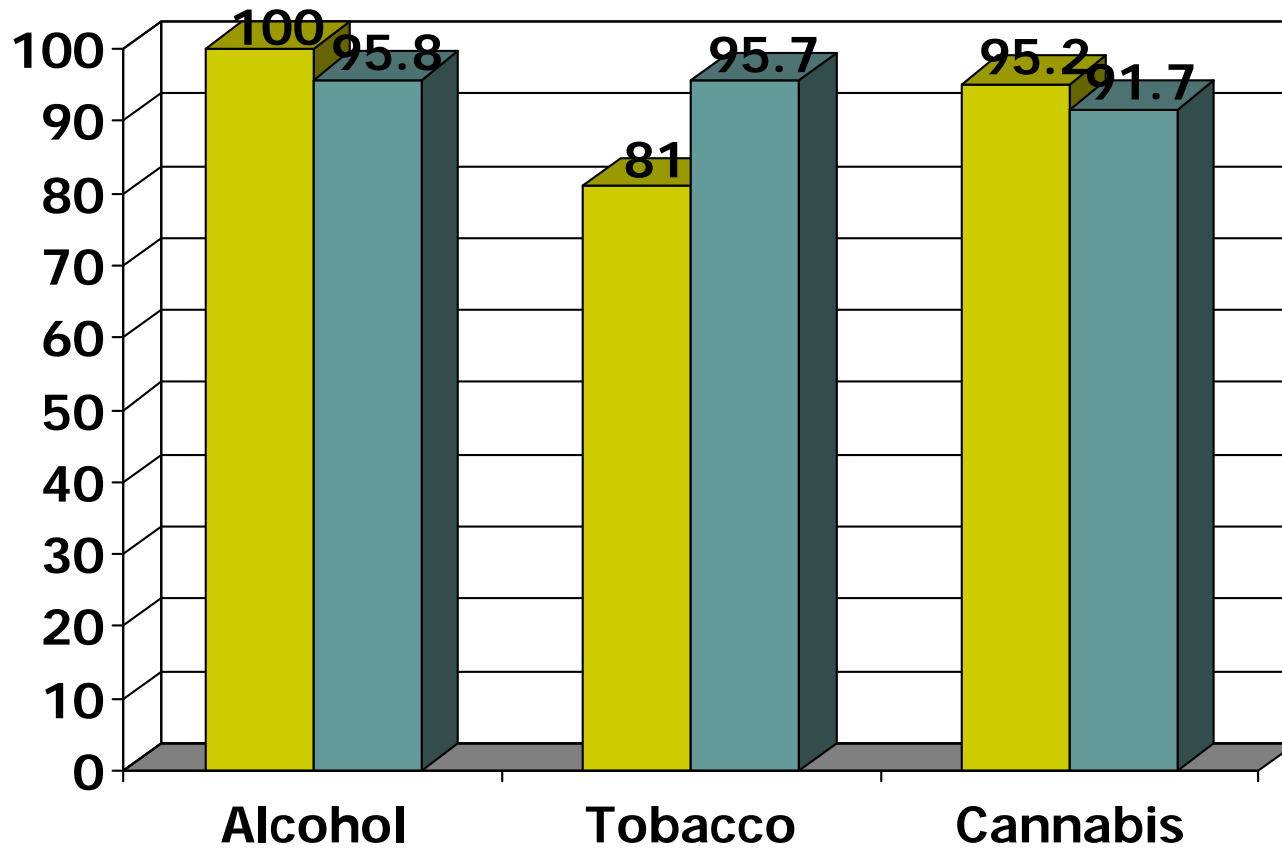
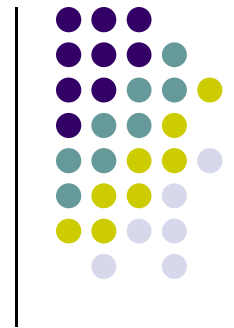
Reported Abuse History

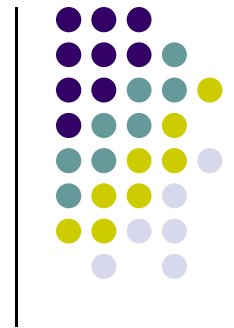


Other Concerns

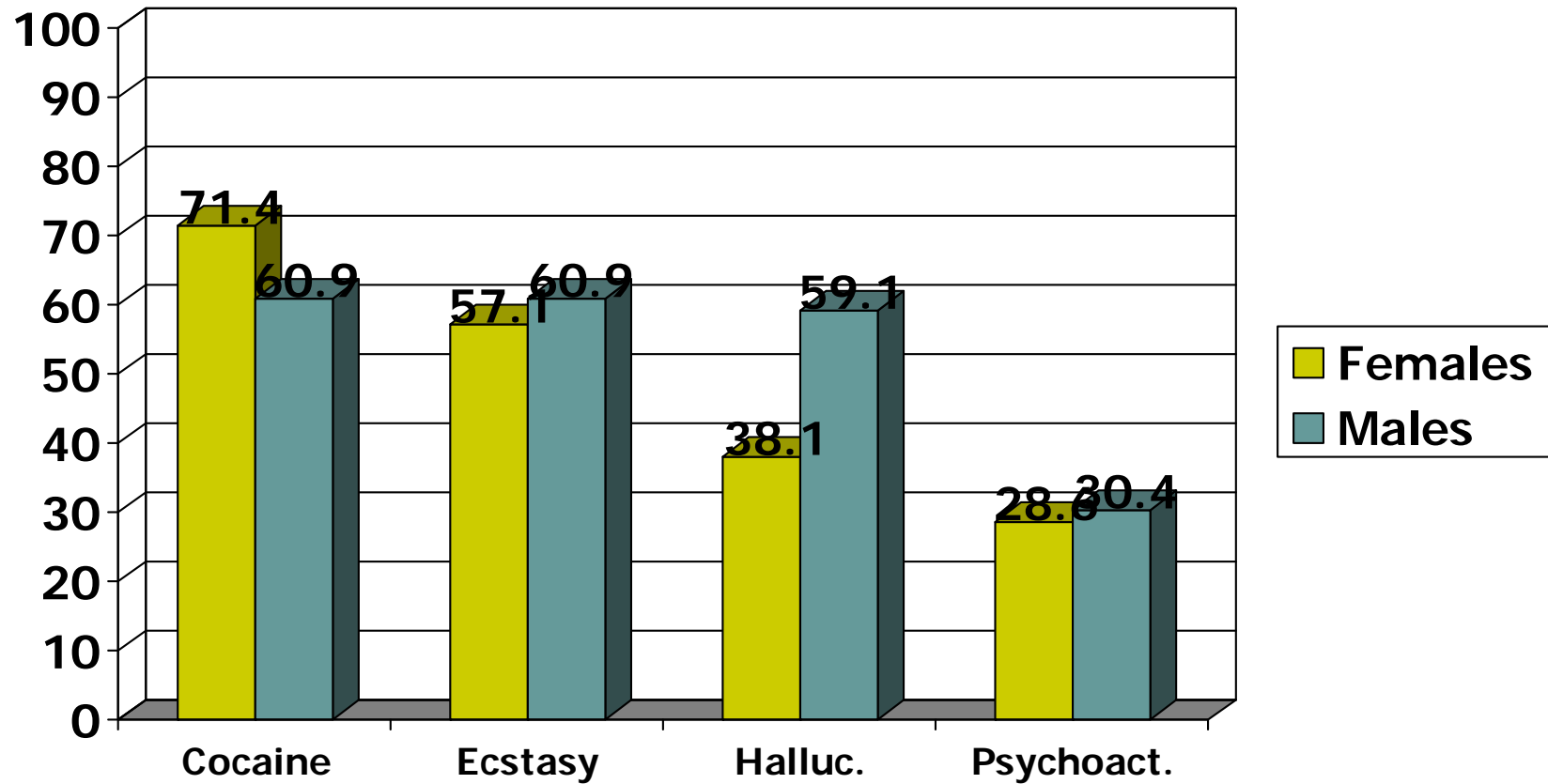


Substances Used

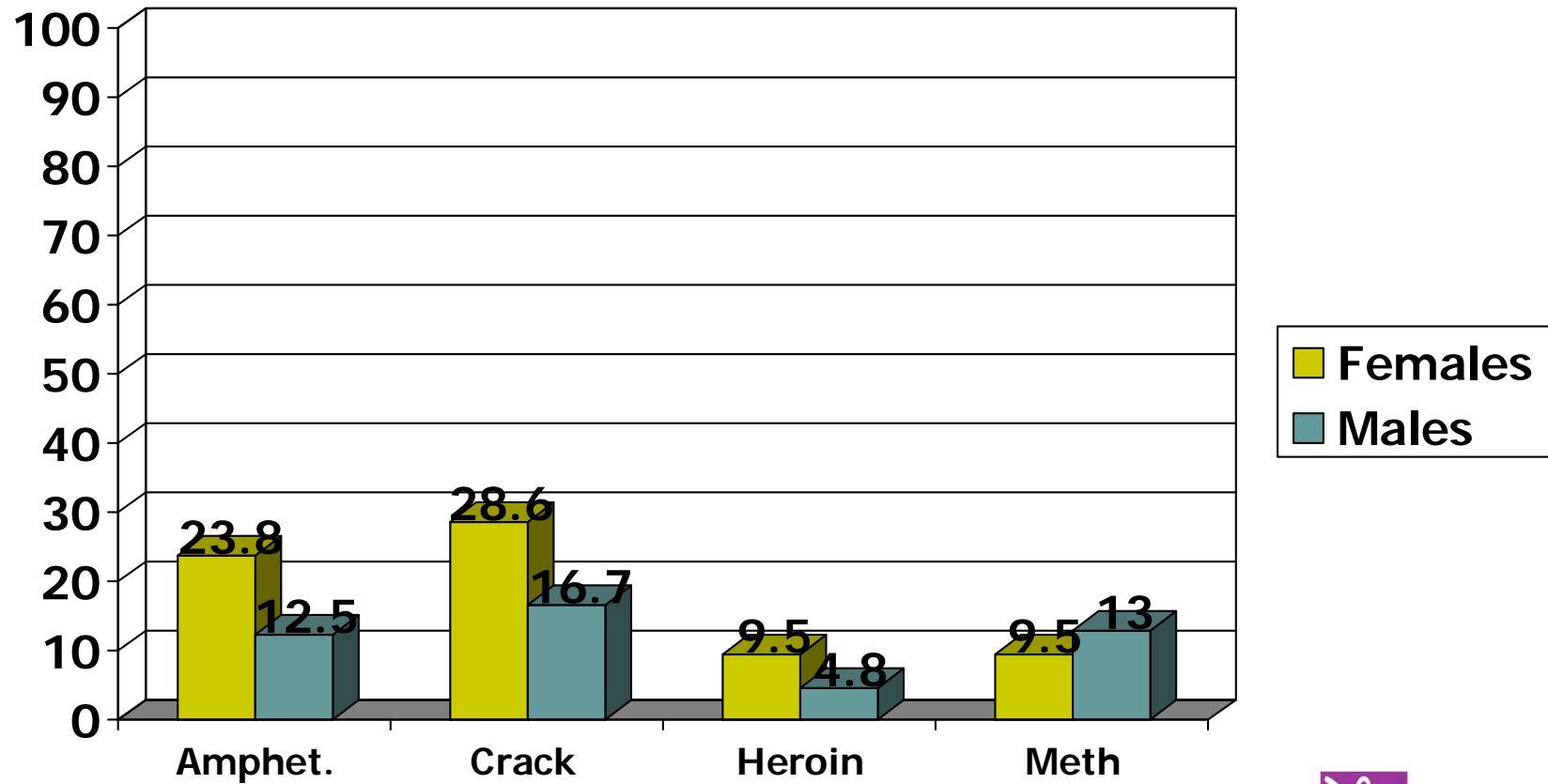
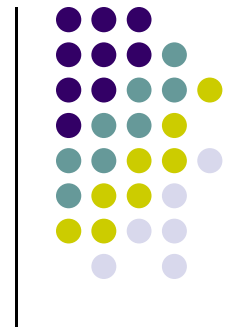




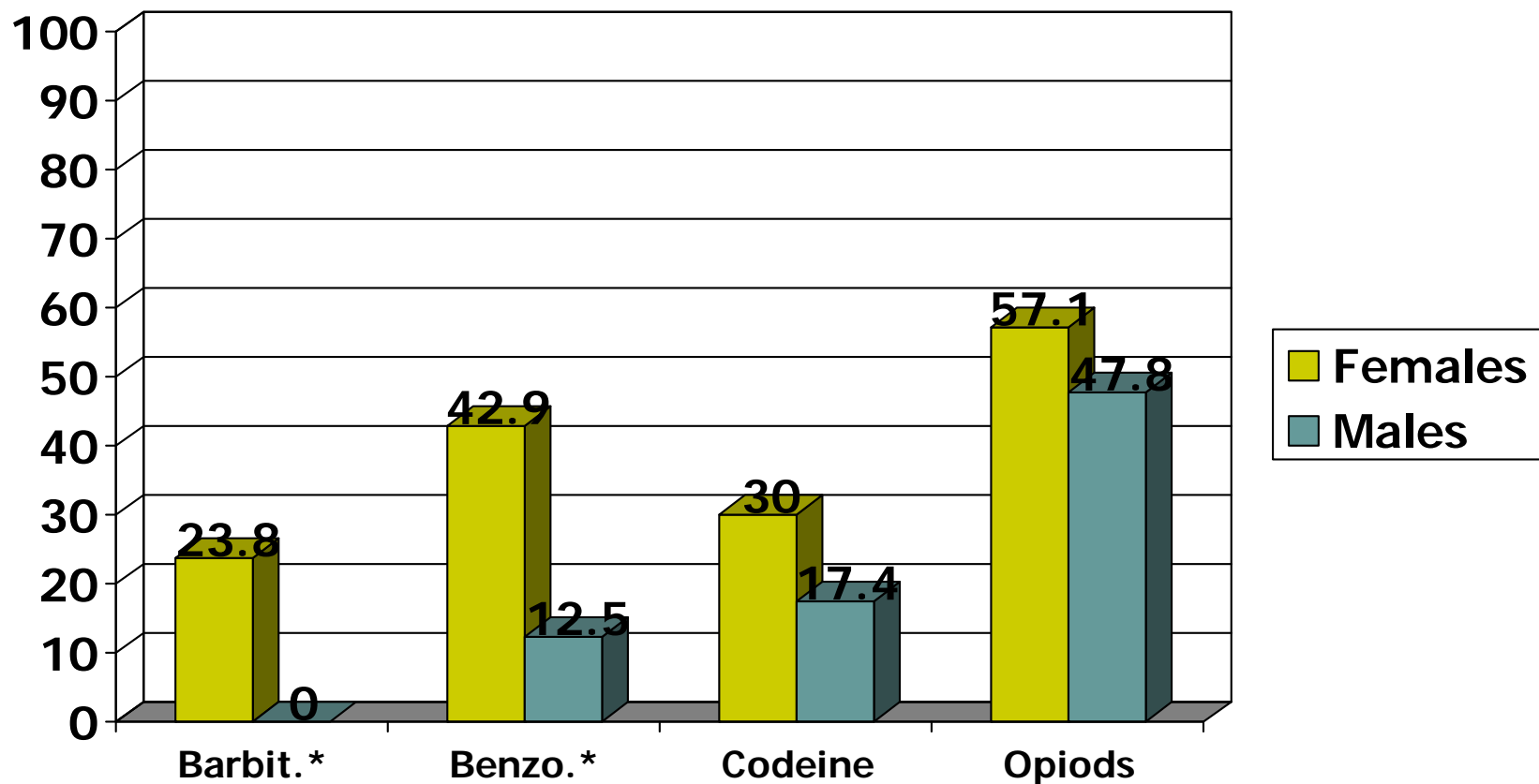
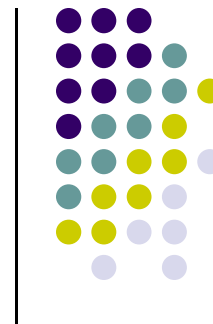
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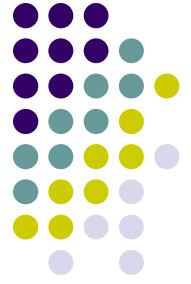
Substances Used



Substances Used

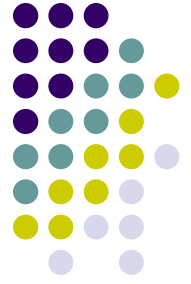


Youth Addiction and Concurrent Disorders Service



- 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!

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