Welcome
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
POLL: Which type of school are you representing this evening?
Addiction & Substance Use

Dr Paolo Deluca
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
POLL: Have you heard of Novel Psychoactive Substances?
Novel Psychoactive Substances

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Nitrous Oxide
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
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 (e.g., 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

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SAVE THE DATE!

3.45 - 5.00pm
Eating Disorders – 15th Nov
Self-harm – 6th Dec

3.45 - 5.00pm
Bereavement – 31st Jan
On-line & Social Media – 1st Mar
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