



Short commentary

Adolescents and Addiction

William James*

Teaching and Family Support, Puget Sound Educational Service District, Washington, USA

Addiction is an incredibly complex issue, particularly for adolescents. There is an abundance of evidence that adolescent addiction is impacted by a number of factors including biological, psychological, social, spiritual and cultural issues. One of the most profound studies is the Adolescent Childhood Experiences (ACEs) study [1-4]. The ACEs study is a sweeping investigation of childhood abuse, neglect, and trauma. Adverse childhood experiences, or ACEs, are events that are potentially traumatic that take place in childhood (0-17 years). For instance, experiencing violence, abuse, or neglect, being a witness to violence in the home or neighborhood, or having a family member attempt or die by suicide. Other issues include growing up in a family where the environment is undermined by substance use problems, mental health issues, or instability due to parents separating or a household member going to jail or prison.

Adverse childhood experiences can lead to lasting negative effects on overall well-being and health as well as educational aspirations. ACEs can increase the propensity for injuries, sexual issues, and chronic diseases and can lead to major causes of death such as heart disease, cancer, diabetes, and suicide. ACEs and other social determinates of health can cause prolonged or toxic stress. ACEs can be impacted by living in a poor neighborhood, racially segregated housing, frequent moving, hunger, and lack of resources such as clothing, money, healthcare, good schools and unstable family relationships, lack of employment and mental stress like anxiety and depression. Some children are also exposed to substance use, domestic violence and poor parenting.

Screening and teaching social-emotional skills in school using the Screening, Brief Intervention and Referral to Treatment [5] or services as outlined in the piece, "Check Yourself Before You Wreck Yourself" (Journal of Substance Use, December 2022) can lead to creating or strengthening safe and stable relationships at school and home. This strategy can serve to promote social-emotional learning, strengthen school-family relationships, and prevent problem

*Corresponding author: William James, Teaching and Family Support, Puget Sound Educational Service District, 800 Oakesdale Avenue SW. Renton, Washington, USA, E-mail: w.h.james@comcast.net

Citation: James W (2023) Adolescents and Addiction. *J Addict Addictv Disord* 10: 110.

Received: December 22, 2022; **Accepted:** January 04, 2023; **Published:** January 11, 2023

Copyright: © 2023 James W. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution and reproduction in any medium, provided the original author and source are credited.

behaviors. The idea behind the screening tool is to promote a safe and nurturing school environment where youth feel secure in sharing their feelings, thoughts, and behaviors to a member of the school counseling team. In this manner, counselors can focus on risk and protective factors at school and at home.

Hawkins, Catalano, and Miller [6]; Hawkins and Catalano [7] have extensively written and researched risk and protective factors based on individual, family, media, community and school influences. "Check Yourself Before You Wreck Yourself" [8] is an attempt to tease out some of the family, school, and community risk and protective factors that impact our youth in school settings. Family risk factors include challenges related to special needs, youth who feel that they cannot talk to their parents or caregivers about their feelings; youth who start sexual activity; those who engage in delinquent behavior, those who are involved in neglectful or abusive situations, those living with families with low or limited income, single parents or grandparents raising children; parents with poor or limited understanding of child development; poor discipline and punishment; isolated parents and negative communication style; and families that accept violence and aggression.

Community risk factors include high rates of crime and violence, high rates of poverty and limited educational and economic options, high rates of unemployment, easy availability of alcohol and other substances, low community involvement, limited community activities for youth, unstable housing and frequent moves for families, hunger, and elevated levels of social disorder. Protective factors for youth and young adults include those families that establish stable and safe relationships, have caring adults who are able to take care of basic needs like clothes, food, and shelter, provide supervision and monitoring, problem-solving, and support school requirement and engage in fun and enjoyable activities as a family. Additional research is needed on parent-focused prevention of adolescent risk behavior linked to the impact of risk and protective factors.

A recent research study by Scheuer and others investigated parent-focused prevention of adolescent health risk behavior in a multisite cluster-randomized trial implemented in pediatric primary care [9]. It has become clear that evidence-based parenting interventions can play a significant role in reducing adolescent risk behaviors going beyond the "Check Yourself" tool [8]. Guiding Good Choices (GGC) is a 5-session curriculum for parents with adolescents. GGC has been shown to reduce depression, substance use and other risk behaviors. Additional research is needed regarding parent or caregiver evidence-based interventions designed to assist adolescents.

References

1. Shin SH, McDonald SE, Conley D (2018) Patterns of adverse childhood experiences and substance use among young adults: A latent class analysis. *Addict Behav* 78: 187-192.
2. Afifi TO, Ford D, Gershoff ET, Merrick M, Grogan-Kaylor A, et al. (2017) Spanking and adult mental health impairment: The case for the designation of spanking as an adverse childhood experience. *Child Abuse Negl* 71: 24-31.
3. Hughes K, Bellis MA, Hardcastle KA, Sethi D, Butchart A, et al. (2017) The effect of multiple adverse childhood experiences on health: A systematic review and meta-analysis. *Lancet Public Health* 2: 356-366.

4. Merrick MT, Ports KA, Ford DC, Afifi TO, Gershoff ET, et al. (2017) Unpacking the impact of adverse childhood experiences on adult mental health. *Child Abuse Negl* 69: 10-19.
5. Babor TF, McRee BG, Kassebaum PA, Grimaldi PL, Ahmed K, et al. (2007) Screening, Brief Intervention, and Referral to Treatment (SBIRT): Toward a public health approach to the management of substance abuse. *Subst Abus* 28: 7-30.
6. Hawkins JD, Catalano RF, Miller JY (1992) Risk and protective factors for alcohol and other drug problems in adolescence and early adulthood: Implications for substance abuse prevention. *Psychol Bull* 112: 64-105.
7. Hawkins JD, Catalano Jr RF (1992) *Communities That Care: Action for Drug Abuse Prevention*. Jossey-Bass, New York, USA.
8. James WH, Randolph D, Pothen WW (2022) Check yourself before you wreck yourself: Qualitative inquiry into risky behaviors and substance use during early-mid-adolescence. *Journal of Substance Use*.
9. Scheuer H, Kuklinski MR, Sterling SA, Catalano RF, Beck A, et al. (2022) Parent-focused prevention of adolescent health risk behavior: Study protocol for a multisite cluster-randomized trial implemented in pediatric primary care. *Contemp Clin Trials* 112: 106621.



- Advances In Industrial Biotechnology | ISSN: 2639-5665
- Advances In Microbiology Research | ISSN: 2689-694X
- Archives Of Surgery And Surgical Education | ISSN: 2689-3126
- Archives Of Urology
- Archives Of Zoological Studies | ISSN: 2640-7779
- Current Trends Medical And Biological Engineering
- International Journal Of Case Reports And Therapeutic Studies | ISSN: 2689-310X
- Journal Of Addiction & Addictive Disorders | ISSN: 2578-7276
- Journal Of Agronomy & Agricultural Science | ISSN: 2689-8292
- Journal Of AIDS Clinical Research & STDs | ISSN: 2572-7370
- Journal Of Alcoholism Drug Abuse & Substance Dependence | ISSN: 2572-9594
- Journal Of Allergy Disorders & Therapy | ISSN: 2470-749X
- Journal Of Alternative Complementary & Integrative Medicine | ISSN: 2470-7562
- Journal Of Alzheimers & Neurodegenerative Diseases | ISSN: 2572-9608
- Journal Of Anesthesia & Clinical Care | ISSN: 2378-8879
- Journal Of Angiology & Vascular Surgery | ISSN: 2572-7397
- Journal Of Animal Research & Veterinary Science | ISSN: 2639-3751
- Journal Of Aquaculture & Fisheries | ISSN: 2576-5523
- Journal Of Atmospheric & Earth Sciences | ISSN: 2689-8780
- Journal Of Biotech Research & Biochemistry
- Journal Of Brain & Neuroscience Research
- Journal Of Cancer Biology & Treatment | ISSN: 2470-7546
- Journal Of Cardiology Study & Research | ISSN: 2640-768X
- Journal Of Cell Biology & Cell Metabolism | ISSN: 2381-1943
- Journal Of Clinical Dermatology & Therapy | ISSN: 2378-8771
- Journal Of Clinical Immunology & Immunotherapy | ISSN: 2378-8844
- Journal Of Clinical Studies & Medical Case Reports | ISSN: 2378-8801
- Journal Of Community Medicine & Public Health Care | ISSN: 2381-1978
- Journal Of Cytology & Tissue Biology | ISSN: 2378-9107
- Journal Of Dairy Research & Technology | ISSN: 2688-9315
- Journal Of Dentistry Oral Health & Cosmesis | ISSN: 2473-6783
- Journal Of Diabetes & Metabolic Disorders | ISSN: 2381-201X
- Journal Of Emergency Medicine Trauma & Surgical Care | ISSN: 2378-8798
- Journal Of Environmental Science Current Research | ISSN: 2643-5020
- Journal Of Food Science & Nutrition | ISSN: 2470-1076
- Journal Of Forensic Legal & Investigative Sciences | ISSN: 2473-733X
- Journal Of Gastroenterology & Hepatology Research | ISSN: 2574-2566
- Journal Of Genetics & Genomic Sciences | ISSN: 2574-2485
- Journal Of Gerontology & Geriatric Medicine | ISSN: 2381-8662
- Journal Of Hematology Blood Transfusion & Disorders | ISSN: 2572-2999
- Journal Of Hospice & Palliative Medical Care
- Journal Of Human Endocrinology | ISSN: 2572-9640
- Journal Of Infectious & Non Infectious Diseases | ISSN: 2381-8654
- Journal Of Internal Medicine & Primary Healthcare | ISSN: 2574-2493
- Journal Of Light & Laser Current Trends
- Journal Of Medicine Study & Research | ISSN: 2639-5657
- Journal Of Modern Chemical Sciences
- Journal Of Nanotechnology Nanomedicine & Nanobiotechnology | ISSN: 2381-2044
- Journal Of Neonatology & Clinical Pediatrics | ISSN: 2378-878X
- Journal Of Nephrology & Renal Therapy | ISSN: 2473-7313
- Journal Of Non Invasive Vascular Investigation | ISSN: 2572-7400
- Journal Of Nuclear Medicine Radiology & Radiation Therapy | ISSN: 2572-7419
- Journal Of Obesity & Weight Loss | ISSN: 2473-7372
- Journal Of Ophthalmology & Clinical Research | ISSN: 2378-8887
- Journal Of Orthopedic Research & Physiotherapy | ISSN: 2381-2052
- Journal Of Otolaryngology Head & Neck Surgery | ISSN: 2573-010X
- Journal Of Pathology Clinical & Medical Research
- Journal Of Pharmacology Pharmaceutics & Pharmacovigilance | ISSN: 2639-5649
- Journal Of Physical Medicine Rehabilitation & Disabilities | ISSN: 2381-8670
- Journal Of Plant Science Current Research | ISSN: 2639-3743
- Journal Of Practical & Professional Nursing | ISSN: 2639-5681
- Journal Of Protein Research & Bioinformatics
- Journal Of Psychiatry Depression & Anxiety | ISSN: 2573-0150
- Journal Of Pulmonary Medicine & Respiratory Research | ISSN: 2573-0177
- Journal Of Reproductive Medicine Gynaecology & Obstetrics | ISSN: 2574-2574
- Journal Of Stem Cells Research Development & Therapy | ISSN: 2381-2060
- Journal Of Surgery Current Trends & Innovations | ISSN: 2578-7284
- Journal Of Toxicology Current Research | ISSN: 2639-3735
- Journal Of Translational Science And Research
- Journal Of Vaccines Research & Vaccination | ISSN: 2573-0193
- Journal Of Virology & Antivirals
- Sports Medicine And Injury Care Journal | ISSN: 2689-8829
- Trends In Anatomy & Physiology | ISSN: 2640-7752

Submit Your Manuscript: <https://www.heraldopenaccess.us/submit-manuscript>