Adolescent ADHD & Substance Use Disorder

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Project Goals
- Observe and learn current ADHD treatment protocol in Family Health Center of Worcester’s ADHD Clinic
- Establish a protocol for identifying and treating adolescent ADHD patients with substance use disorder using independent research and input from ADHD team
- Present protocol to providers and staff at Family Health emphasizing techniques to discuss substance use with adolescents

Substance Use Disorder

DSM-V Definition: Clinically and functionally significant impairment caused by repeated use of alcohol and/or drugs
- 37% of adolescents (12-17) in the US reported using alcohol or drugs in the past year
- Almost 8% of teens met the criteria for substance-related disorders

Substance-specific frequency of use

ADHD and Substance Abuse
- ADHD patients more likely to develop SUD
- Stimulant medications misused, abused, and/or diverted
- Substance abuse must be considered in ADHD diagnosis & management

Protocol: Screening ADHD Patients for Substance Abuse

1. Speak to patient alone
2. Explain actions/ importance of taking stimulant medication
- consequences of misuse/ diversion
- counteractive effects of alcohol/ marijuana

Methylphenidate Mechanism of Action

Talking to Teens about Substance Use
- When the screen comes back positive....
  - Treat substance abuse before treating ADHD
  - Have an open discussion on teen’s substance use
    - Use MI techniques
    - Help patient identify negative consequences of substance abuse
    - Ensure patient does not feel judged or scolded
    - Facilitate the patient in setting attainable goals
    - Warn patient of barriers to achieving said goals

Should the parent/guardian be involved?
- Involving the parent/guardian is often beneficial to the teen
- Offer to act as a mediator between patients and parents/guardians

Sources
- http://pediatrics.aappublications.org/content/115/6/1734
- http://pediatrics.aappublications.org/content/134/3/e293.full
- http://pediatrics.aappublications.org/content/early/2011/10/14/peds.2011-2654.full.pdf+html
- “ADHD Grand Rounds” by Angela Beeler, MD
- “Alcohol & Drugs” presentation by Libby Polott, MPH
- http://www.samhsa.gov/disorders/substance-use

Thank you!

Family Health Center of Worcester Team One & The ADHD team:
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