

00:01:34.380 --> 00:01:42.330

Jeff Bornstein: Welcome to meet the partner saving lives by understanding the role of pediatricians in treating adolescent substance use.

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00:01:43.410 --> 00:01:49.440

Jeff Bornstein: My name is Jeff Bornstein and i'll be running this dialogue for health web form with my colleague Murlean Tucker.

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00:01:50.580 --> 00:01:55.140

Jeff Bornstein: Thank you to our partner for today's event the national overdose prevention network.

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00:02:40.590 --> 00:02:52.890

Jeff Bornstein: Now it's time to meet the Moderator of today's event Dr Carmen Rita Nevarez. Dr. Nevarez is the public health institute's senior Vice President of external relations and preventative medicine.

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00:02:53.580 --> 00:03:09.960

Jeff Bornstein: director of the Center for health leadership in practice and director of dialogue for health for the Public Health Institute, she is also the director of the California op overdose prevention network and the national overdose prevention network welcome Carmen.

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00:03:14.820 --> 00:03:23.820

Carmen Nevarez: Thank you josh and and good morning or afternoon everyone, wherever you are we really are delighted to have you joining us for this important conversation.

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00:03:24.210 --> 00:03:28.860

Carmen Nevarez: says substance use or abuse often starts when we're adolescence.

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00:03:29.640 --> 00:03:44.580

Carmen Nevarez: We wanted to take time today to just converse with someone who is really truly an expert in this field and to see what her thoughts are and the kinds of questions that you may have about addressing the problem of such substance use and is used in in.

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00:03:46.020 --> 00:03:53.190

Carmen Nevarez: In this age group, so our learning objectives for today are just to briefly introduce the national overdose prevention network.

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00:03:53.550 --> 00:04:04.500

Carmen Nevarez: To talk about the role of pediatricians in overdose prevention and to explore how we can build even more effective partnerships with adolescent treatment providers next slide.

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00:04:06.450 --> 00:04:17.910

Carmen Nevarez: We will start with a Pole, and this will help us to understand and also the audience to understand how many of you out there are partnering with or representing a pediatric adolescent medicine.

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00:04:18.480 --> 00:04:27.930

Carmen Nevarez: specialty so if you'll pull up that Pole and I would like you all to just take a moment to check the right box for where you are and.

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00:04:28.620 --> 00:04:36.240

Carmen Nevarez: And then, after I introduce nope and we'll come back and look at the results we can all get a sense of who else is in the audience with you.

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00:04:36.930 --> 00:04:52.320

Carmen Nevarez: Again, I want to just emphasize, we want your questions, we want your comments and your thoughts so don't hesitate to say what's on your mind by just typing into the Q amp a box so let's talk about what an open is and what we can do to support your work that can.

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00:04:53.580 --> 00:05:07.440

Carmen Nevarez: Our team at public health institute's Center for health leadership and practice launched a statewide forum for all coalition's individuals and organizations that we're working to combat the opioid crisis in California.

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00:05:07.890 --> 00:05:15.330

Carmen Nevarez: Through that work with established a very successful statewide network and we're serving over 33 million Californians.

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00:05:15.750 --> 00:05:25.470

Carmen Nevarez: Our success has really been based on the experience of running a national leadership Academy, on behalf of CDC which has served more than 125 communities nationwide.

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00:05:25.980 --> 00:05:34.020

Carmen Nevarez: we've learned what it takes to drive local change for complex problems like overdose deaths ingredients are strong collaborations.

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00:05:34.350 --> 00:05:47.010

Carmen Nevarez: Because stopping overdose does requires collaboration from all of the members of your Community really strong partnerships are really needed in order to make this work, sustainable and really increase the REACH.

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00:05:47.520 --> 00:05:55.830

Carmen Nevarez: We know that you must leverage the assets that you have in your Community bring everybody together to implement what your Community feels that it needs.

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00:05:56.100 --> 00:06:04.920

Carmen Nevarez: In order and align that with evidence based practice in order to really reach the results in a lasting way that you that you all know that you need and want.

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00:06:05.910 --> 00:06:14.010

Carmen Nevarez: work across sectors get everybody to the table and adopt what works don't don't bother to reinvent the wheel.

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00:06:14.340 --> 00:06:22.530

Carmen Nevarez: There is very good evidence out there, we have a great library of how different people have implemented those strategies.

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00:06:22.830 --> 00:06:31.440

Carmen Nevarez: How to implement, though the evidence and we look forward to hearing from you what some of your ideas are and what some of your experiences have been in implementing what works.

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00:06:31.830 --> 00:06:45.750

Carmen Nevarez: We use a prevent manage treat and stop framework and a lot of what we do so you'll see that in our materials so we're taking

this network nationwide to help you save lives and partnership with partnerships and strategies and resources for overdose prevention.

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00:06:47.250 --> 00:06:48.270

Carmen Nevarez: Next slide please.

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00:06:49.890 --> 00:06:56.340

Carmen Nevarez: Okay, so it's really truly a pleasure to introduce Dr Sharon lady she is the.

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00:06:56.790 --> 00:07:04.440

Carmen Nevarez: board certified developmental behavioral pediatrician and assistant professor of pediatrics at Harvard Medical School.

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00:07:04.770 --> 00:07:12.840

Carmen Nevarez: and also the director of adolescent substance abuse program in the division of developmental medicine at Boston children's hospital.

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00:07:13.110 --> 00:07:21.450

Carmen Nevarez: Which is comprised of clinical research, training and policy arms she's evaluated and treated thousands of adolescents with substance use disorders.

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00:07:21.780 --> 00:07:30.540

Carmen Nevarez: and has taught national curricula published extensively on outpatient management of substance use disorder and adolescents, including screening.

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00:07:30.810 --> 00:07:39.720

Carmen Nevarez: And brief advice in primary care, which I know many of us really want to hear about and the use of drug testing and outpatient management of opioid dependence adolescence.

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00:07:40.110 --> 00:07:48.990

Carmen Nevarez: Before we hand her the MIC let's take a really quick look at who our audiences, so it looks like we have a lot to learn today because.

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00:07:49.710 --> 00:08:04.260

Carmen Nevarez: Nearly three quarters of us have not yet worked with

an adolescent adolescent medicine specialist, and so we very much want to hear what you have to say, Dr levy and I will turn the microphone over to you.

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00:08:10.680 --> 00:08:22.440

Sharon Levy: Thank you and and thank you for inviting me today um is such an important topic and it touches so many of our lives so it's really.

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00:08:24.300 --> 00:08:28.170

Sharon Levy: A pleasure to be able to address the audience and.

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00:08:29.520 --> 00:08:47.520

Sharon Levy: share my thoughts on it come at this at as a slightly different perspective, working with younger people than folks who work with adults might so and I think that there's just so much that we can do right if we can get to the problems early and and divert them.

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00:08:48.570 --> 00:08:50.280

Sharon Levy: So i'm.

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00:08:52.590 --> 00:09:01.950

Sharon Levy: Carmen you and you asked me a little to talk a little bit about myself on in the role that I play on.

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00:09:05.820 --> 00:09:20.850

Carmen Nevarez: Yes, that that is exactly correct let's let's go ahead and just start with what your story is and figure out where you, you know where you fit into this found your road to where you've landed and and get you started on telling us a little bit about why that's important.

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00:09:23.400 --> 00:09:31.230

Sharon Levy: Great, so I am trained as a developmental behavioral pediatrician and also an addiction medicine specialist.

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00:09:32.550 --> 00:09:38.580

Sharon Levy: And i'm about a little bit more than 20 years ago now, a.

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00:09:39.810 --> 00:09:52.290

Sharon Levy: philanthropist family made a donation to my hospital

Boston children's hospital, where I was just finishing up my training actually and the donation was.

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00:09:53.940 --> 00:10:12.660

Sharon Levy: devoted to opening up what ultimately became the first substance use disorders treatment program at an academic children's hospital, and so the hospital made that commitment, and then they went looking for a director and I raised my hand and.

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00:10:14.160 --> 00:10:23.970

Sharon Levy: The story is as simple as that, if we're going to be completely honest i'm not really sure that I was all that well qualified back at that time, but.

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00:10:25.350 --> 00:10:33.600

Sharon Levy: I was somebody who is willing to take on this undertaking, which you know I think I may not have realized that the moment.

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00:10:34.620 --> 00:10:50.190

Sharon Levy: At that moment what it was getting myself into but there really were no models, there were no role models, there were no examples that we could pattern ourselves on so we had really a wide open space in front of us and.

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00:10:51.480 --> 00:10:55.020

Sharon Levy: got the opportunity to really figure out what some programming.

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00:10:56.100 --> 00:11:08.640

Sharon Levy: should and could look like and over the past 20 years we've been really working on and building up the treatment services that we offer in the sub specialty treatment Program.

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00:11:14.010 --> 00:11:23.040

Carmen Nevarez: So um what, what do you think is most important for understanding why adolescent.

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00:11:24.120 --> 00:11:40.020

Carmen Nevarez: The adolescent medicine perspective is different, what do we need to think about when we think about adolescents and their risk for substance abuse or substance use, what are the key what are

key elements to sort of be prepared for.

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00:11:41.400 --> 00:12:01.950

Sharon Levy: Well, that is exactly the right question from my perspective, so what we understand about adolescence is that they're in a period of very active brain growth and development it's really remarkable that we, this was not well recognized until.

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00:12:03.090 --> 00:12:04.800

Sharon Levy: Now 50 to 100 years ago.

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00:12:05.820 --> 00:12:11.760

Sharon Levy: People when they reached 14 1516 until fairly modern times were really considered adults.

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00:12:12.780 --> 00:12:21.540

Sharon Levy: And it's it's really this modern concept that adolescence are a distinct developmental phase now anyone who has.

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00:12:22.440 --> 00:12:39.510

Sharon Levy: lived or worked with adolescence or been an adolescent themselves will recognize this you know, this is actually it's pretty remarkable that we were able to miss that because I think you know nowadays we really recognize that so much as distinct about adolescents, but one of the.

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00:12:40.770 --> 00:12:56.850

Sharon Levy: But that an active brain development really has a large impact on on behavior and also on you know certain vulnerabilities so we know that adolescents are more interested in risks risk taking.

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00:12:57.600 --> 00:13:01.920

Sharon Levy: that's natural it's actually healthy it's something we are evolved to do.

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00:13:02.550 --> 00:13:11.340

Sharon Levy: um, but it also puts us at risk, and especially in modern society, one of the big wrists is going to be on substance use right and so.

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00:13:11.670 --> 00:13:24.810

Sharon Levy: You know the way that I think about this is that if, as a culture we make substances available the part of the population that's going to be most interested in trying them is going to be our young people right our adolescents and young adults.

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00:13:25.470 --> 00:13:32.160

Sharon Levy: And it's not only that on substance use is sort of attractive because of you know, the.

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00:13:33.750 --> 00:13:40.890

Sharon Levy: Because of the risk taking, and those sort of the different kinds of behaviors we see in younger people it's also true that.

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00:13:42.090 --> 00:13:49.710

Sharon Levy: The the parts of the brain that are developing during adolescence are really important to protect us from addiction.

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00:13:49.980 --> 00:14:06.270

Sharon Levy: And so, here is a group of people that are attracted to substance use and yet don't have the neurologic hardware that prevents them from developing the disorder of addiction and so they're a very, very high risk and vulnerable bowl group.

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00:14:06.930 --> 00:14:18.690

Sharon Levy: And so they're they're an obvious group where it's an obvious point to intervene right to try and deflect substance use early.

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00:14:19.410 --> 00:14:29.370

Sharon Levy: it's you know right before as people are starting to really try and identify that and intervene really early, we can do a remarkable amount of good.

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00:14:29.820 --> 00:14:35.490

Sharon Levy: By preventing people from ever getting to the point of addiction, so I think that that's really critical.

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00:14:35.880 --> 00:14:48.330

Sharon Levy: And I told you about the substance use disorders program that we opened at Boston children's hospital a couple of decades ago, and there we treat kids who've primarily who've developed substance



use disorders.

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00:14:49.710 --> 00:14:59.400

Sharon Levy: But one of the issues for me was that waiting for kids develop a substance use disorder it's very important that we have treatment for that population.

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00:15:00.090 --> 00:15:10.410

Sharon Levy: But it's somehow it feels like it's missing something right why can't we go upstream and see if we can really start doing things before.

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00:15:11.010 --> 00:15:23.040

Sharon Levy: The problems, develop and so about five or six years ago, our program started partnering with pediatricians all over the State of Massachusetts to see if we could.

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00:15:24.060 --> 00:15:32.910

Sharon Levy: identify programs earlier and then not only identify them, but actually start treatment earlier and instead of bringing kids and families.

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00:15:33.150 --> 00:15:42.300

Sharon Levy: into a sub specialty you know tertiary treatment facility, we can actually deliver care right in the Community right in their pediatricians offices.

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00:15:42.570 --> 00:15:54.390

Sharon Levy: And that's a lot of the work we do, and a lot of that work is preventive and the The goal is really to develop to deliver substance use disorder treatment of prevention and treatment of all kinds.

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00:15:55.980 --> 00:15:57.420

Sharon Levy: I am a firm believer that.

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00:15:58.530 --> 00:16:05.370

Sharon Levy: i'll tell you in my more than 20 years experience in working with this group um I have.

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00:16:06.180 --> 00:16:16.140

Sharon Levy: not met anybody who would who had become addicted to opioids are it overdosed on opioids who did not first have a long history of using cannabis nicotine alcohol.

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00:16:16.440 --> 00:16:24.390

Sharon Levy: And so, identifying that early use and deflecting it is we don't always think of that is prevention of opioid use disorder.

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00:16:24.900 --> 00:16:35.880

Sharon Levy: But actually at you know it's a really key critical piece because it's it's the kids who start developing problems with the other substances are much more likely to go on and and develop.

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00:16:36.690 --> 00:16:52.020

Sharon Levy: opioid problems and be at risk of overdose so we wanted to see if we could get to those kids you get to them early and we can move beyond just sort of recognizing in and identifying it but really move into treatment and helping them change their behaviors.

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00:16:53.370 --> 00:17:10.950

Carmen Nevarez: So i'm wondering if you could just talk for a moment, maybe what are some of the early um the sort of the early signals that could help parents, teachers communities to recognize and help to.

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00:17:12.300 --> 00:17:16.320

Carmen Nevarez: engage young people who are at higher risk than others.

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00:17:18.150 --> 00:17:24.750

Sharon Levy: Well i'm going to back that up just a little bit and answer a question that you didn't ask and start by saying that.

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00:17:25.770 --> 00:17:32.640

Sharon Levy: Really, I encourage parents and school staff coaches on certainly mental.

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00:17:35.310 --> 00:17:41.100

Sharon Levy: Health professionals, we really all of the caring adults who work with kids or interact with kids.

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00:17:41.400 --> 00:17:50.220

Sharon Levy: That really the that the best message for them is that on choosing not to use substances is really best for health and best for development.

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00:17:50.640 --> 00:17:54.690

Sharon Levy: Now that doesn't mean that's going to stop all kids from using all substances, we know that.

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00:17:55.230 --> 00:18:07.680

Sharon Levy: But I think it's really important that trusted adults really speak with one voice and the way that I think about it, our kids are exposed to messages that promote substance use throughout the culture.

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00:18:09.390 --> 00:18:17.670

Sharon Levy: 100 times a day right they see alcohol ads you know there's lots of promotion around beeping and cigarettes and tobacco.

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00:18:18.030 --> 00:18:27.600

Sharon Levy: And these days, cannabis and so there's there's lots and lots out there that's promoting substance use, and there are far fewer opportunities.

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00:18:28.140 --> 00:18:37.920

Sharon Levy: To really tell kids the truth, which is hey your brain and body are developing right now and really the best thing for your health and your long term health and your development.

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00:18:38.160 --> 00:18:47.670

Sharon Levy: would be not to use any of these substances, so I I like to start with that because I think that it's important to put that universal prevention.

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00:18:48.210 --> 00:18:59.880

Sharon Levy: piece out there, you know, I think that a lot of adults, want to be very practical and so they can sometimes be afraid of that message saying, well, I know kids are going to drink so what's the point of telling them not to.

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00:19:00.210 --> 00:19:05.910

Sharon Levy: Well, I I still think it's a really, we can say it, we can say it clearly and that you know that doesn't mean we're going to.

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00:19:06.390 --> 00:19:13.980

Sharon Levy: You know, judge harshly, you know kids who who use substances but really to put that clearly out there to to help.

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00:19:14.550 --> 00:19:27.150

Sharon Levy: Balance the score and help kids really think about this, you asked how do we start knowing when somebody is developing is showing signs of developing a problem there are a couple of screening tools out there that are used.

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00:19:27.720 --> 00:19:36.480

Sharon Levy: Widely certainly in Massachusetts, but I think in other parts of the country to that are meant for medical settings to really help on.

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00:19:37.110 --> 00:19:51.090

Sharon Levy: identify kids who are at higher risk of having a substance use disorder and actually and fairly remarkably this tools are really, really very simple all of the tools that we're using these days.

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00:19:52.110 --> 00:19:57.030

Sharon Levy: Are the the primary ones more popular ones, these days are simply based.

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00:19:57.420 --> 00:20:10.500

Sharon Levy: On reports of frequency of use, so I want to warn you that these are like screening questions that have been carefully validated and so, in order to really get them to work well, they have to be asked, exactly as they've been developed on.

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00:20:11.160 --> 00:20:24.570

Sharon Levy: And so we really recommend that when you're going to do, screening that you do you do with a piece of paper that has the questions, exactly as they're supposed to be there really meant for on they're really meant for.

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00:20:26.670 --> 00:20:37.680

Sharon Levy: Healthcare settings but using these tools which can usually be answered in far less than a minute about 30 seconds, we can identify kids who are.

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00:20:38.190 --> 00:20:44.880

Sharon Levy: at high risk of having a substance use disorder currently and we also tend to pick up on.

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00:20:45.540 --> 00:20:50.910

Sharon Levy: issues around kids who may not have a substance use disorder, but are engaged in high risk behaviors, for example.

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00:20:51.330 --> 00:21:07.890

Sharon Levy: About 4% of kids in our practices report some non medical use of opioids in the past year, so those are kids you know, the vast majority of them don't have a substance use disorder, but it's really wonderful opportunity for us.

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00:21:09.240 --> 00:21:13.590

Sharon Levy: To be able to provide them some education and some advice on.

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00:21:15.120 --> 00:21:20.310

Sharon Levy: You know before before they go down before they do develop.

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00:21:21.390 --> 00:21:22.470

Sharon Levy: symptoms or a problem.

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00:21:23.430 --> 00:21:29.460

Carmen Nevarez: Now, one of the one of the questions from our audience is how to make sure that we can quickly.

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00:21:30.930 --> 00:21:44.940

Carmen Nevarez: incorporate strategies or screening strategies into practice, because the time for visits is always limited and i'm wondering if maybe you could comment on that, but also, if you would mind sharing some.

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00:21:46.950 --> 00:21:58.350

Carmen Nevarez: Some resources with us so that we can make sure that we posted on the website or people that actually want to take a few minutes and look at some tools and and see what could be useful to them in the work that they're doing.

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00:21:59.130 --> 00:22:11.730

Sharon Levy: yeah absolutely so on so time is always of the essence, when we're talking about health care appointments and especially primary care, especially preventive care for adolescents, there are thousands of things that we'd like to cover.

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00:22:12.150 --> 00:22:23.970

Sharon Levy: So you know what I would say is that, especially these days, I think, use of a portal is becoming more popular and a lot of our partner practices are asking.

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00:22:24.540 --> 00:22:33.750

Sharon Levy: Patients parents have younger kids or patient's themselves for adolescents to fill out questionnaires and the portal before their visit ever begins now of course.

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00:22:34.740 --> 00:22:43.110

Sharon Levy: that's going to be harder for people who may not have the technology that allows them internet access and all that, so you know, I think that.

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00:22:44.700 --> 00:22:52.470

Sharon Levy: hybrid strategies are always the best right so for people who can get on the portal and answer those questions before their visit that's really wonderful.

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00:22:53.160 --> 00:23:04.050

Sharon Levy: A lot of our practices for kids who couldn't or didn't answer the questions beforehand they'll either hand them on in an iPad that belongs to the practice have them get on right then and there.

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00:23:04.440 --> 00:23:15.210

Sharon Levy: You know right as they're having their height and weight done, they can answer a couple of questions or or do it on paper, if there's if computer resources are limited, so you know, I think that.

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00:23:16.380 --> 00:23:26.310

Sharon Levy: A lot of practices are already screening for things like depression, anxiety symptoms of ADHD, and so I see substance use.

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00:23:26.700 --> 00:23:42.900

Sharon Levy: disorders, as is really just part of that package really something that can be rolled right in, and so, then when the primary care provider sits down with a teenager they can really see the whole picture and say okay this this this young person is.

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00:23:45.090 --> 00:23:51.510

Sharon Levy: endorsing some symptoms that have anxiety also on telling us about some regular.

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00:23:51.780 --> 00:24:02.220

Sharon Levy: Cannabis use new let's see if we can wrap these two together and guide that person to the right treatment to take care of take care of both of them because that's really what whole person care is really all about.

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00:24:02.730 --> 00:24:09.690

Carmen Nevarez: yeah yeah it's a very good point oh there's another another aspect of this that came up in the Q amp a and I think it's important to take a moment.

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00:24:10.470 --> 00:24:17.430

Carmen Nevarez: What if you're working with an adolescent to has parents that are users and how.

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00:24:18.060 --> 00:24:34.710

Carmen Nevarez: How do you how can we reach out to them, both because we know that that does increase their probability of having a substance use disorder later in their life but, but because they may feel tremendous responsibility towards their parents and not know how to open a conversation.

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00:24:36.300 --> 00:24:55.170

Sharon Levy: Now you know there's been some work done actually around on parents and their feelings about being screened for their own substance you about their own substance use during their child's pediatric visits most of this work was done with parents of young children, but.

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00:24:56.430 --> 00:25:07.890

Sharon Levy: What what we know is that parents are really open to it, you know, having a pregnancy is for women and and I think you know, being an expectant Father as well it's.

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00:25:08.520 --> 00:25:24.810

Sharon Levy: Really, a moment when people are more amenable to change, then other times in their life right so parenthood is really a great link into thinking about one's own behavior we work with adolescence.

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00:25:26.580 --> 00:25:43.350

Sharon Levy: it's family history of substance use disorders is pretty common amongst the population, I just want to say that I work with a lot of parents who have substance use disorders themselves, you know many of them are many of them are are.

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00:25:45.570 --> 00:25:56.010

Sharon Levy: I would say, none of them want their children to have substance use disorder so they're often very, very concerned and just because they have experienced with a substance doesn't mean that they're comfortable with their child using it.

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00:25:56.370 --> 00:26:05.550

Sharon Levy: I would say they're all also we do screen parents very briefly in our program we don't treat parents and, but we do recommend that they.

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00:26:06.540 --> 00:26:18.510

Sharon Levy: seek their own treatment, and I think that saying to a parent, you know, this is really something that I recommend that you do is often very, very moving on it, especially.

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00:26:19.650 --> 00:26:29.460

Sharon Levy: If they if they can say that in front of their child that's often very moving to both parties and i've had families where that has happened.

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00:26:30.090 --> 00:26:38.880

Carmen Nevarez: Well that's very that's very useful to hear, I wonder, since this whole series is about partnerships and trying to think about how we.

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00:26:40.290 --> 00:26:49.200

Carmen Nevarez: Especially communities can can engage parts of the of their community that perhaps I never thought of what are some of the partnerships with.



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00:26:50.460 --> 00:27:09.420

Carmen Nevarez: Community drug safety groups or substance use groups that you have seen that you think the partnership part that works really well either being invited in to speak or or being an active member of any any experience with that that you'd care to share.

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00:27:12.270 --> 00:27:22.890

Sharon Levy: Well it's it's a great question, I mean one of the things that I think about frequently is, you know how schools are places that kids pass through it's very much like primary care right.

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00:27:23.430 --> 00:27:40.830

Sharon Levy: But it's even more so because kids spend their time in schools right they spend, you know as much time in schools, as they do anywhere else, and so you know, having strong partnerships with schools and seeing that as an opportunity to.

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00:27:44.100 --> 00:28:03.690

Sharon Levy: To provide you know resources to guide kids there are complications with doing that too right there are issues around confidentiality there, there are all kinds of issues, but you know our, our group has work with school systems to provide some nicotine education and also some.

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00:28:05.550 --> 00:28:11.040

Sharon Levy: Peer to peer therapy groups in school settings and you know what we have found is that.

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00:28:11.850 --> 00:28:30.870

Sharon Levy: it's it's very practical for kids right because they're there and it's you know there's a certain level of of convenience and it's a great place to introduce some some things that rely on on peer support and peer counseling, so I think that there are, I think that those are really.

150

00:28:32.100 --> 00:28:40.230

Sharon Levy: Important thoughts of where can I where can I partner, where do where do we have kids you know, again, it goes back to thinking about.

151

00:28:40.980 --> 00:28:47.520

Sharon Levy: Our decision to try and decrease the number of kids that we were bringing into a coronary care treatment program you know.

152

00:28:47.790 --> 00:29:00.600

Sharon Levy: In the middle of a busy city and saying, where can I push support and resources out to the places where kids actually are right so let's maximize their convenience and see if we can get them to engage that way.

153

00:29:01.080 --> 00:29:10.050

Carmen Nevarez: yeah yeah important points that you're making I think one other thing that we'd like to hear a brief word on since we're just about at time.

154

00:29:10.530 --> 00:29:22.170

Carmen Nevarez: Is if you have any thoughts about how to help build the resilience of our young people and how we can partner more effectively to help build the result their resilience.

155

00:29:24.780 --> 00:29:34.470

Sharon Levy: So um you know um one thing that I know about substance use disorder treatment is that it.

156

00:29:36.210 --> 00:29:47.910

Sharon Levy: That you know, having these kinds of caring relationships, I mean so much of it is about relationship and relationship, building on you so much time is spent really.

157

00:29:49.020 --> 00:30:02.520

Sharon Levy: Working on D stigmatizing the condition, you know even with that you know even with parents about really working to help kids and their parents incentivize.

158

00:30:03.240 --> 00:30:16.740

Sharon Levy: Good choices and healthy choices, and I feel like when you build that in when you when you are motivating kids to do to get involved in treatment because of the benefits that it.

159

00:30:17.070 --> 00:30:24.030

Sharon Levy: It provides them rather than you know the what we're so used to hearing you better do this, or else, or you better not do this, or else.

160

00:30:24.330 --> 00:30:31.170

Sharon Levy: But if you can flip that around you know, I think that that really does build resilience it builds relationships.

161

00:30:31.830 --> 00:30:47.100

Sharon Levy: Even between kids and their parents, which are obviously lifelong relationships and so often are stressed by substance use and substance use disorders and so really starting to rethink that and turn that around I feel like is one of the great ways of doing that.

162

00:30:47.850 --> 00:30:59.670

Carmen Nevarez: Well, I want to thank you for taking your time to be with us today it's it really matters to have a conversation with somebody like you, was the experience that you have and clearly the kinds of questions that our audience had were very.

163

00:31:00.840 --> 00:31:13.530

Carmen Nevarez: showed showed a real need for the type of knowledge and experience that you bring I will tell everybody in our audience will do our best to get some screening tools up and some and answer some of the questions that that you all.

164

00:31:14.160 --> 00:31:24.570

Carmen Nevarez: That you all have shared with us, we know that there's never enough time to to answer everything and with that, let me just go to the next slide and remind everybody that.

165

00:31:25.680 --> 00:31:26.340

Carmen Nevarez: Our next.

166

00:31:27.750 --> 00:31:30.480

Carmen Nevarez: Our upcoming event is going to be the.

167

00:31:32.130 --> 00:31:33.150

Carmen Nevarez: National leadership.

168

00:31:35.070 --> 00:31:45.750

Carmen Nevarez: Sorry, our our third and final installment of the third part of the three part series on saving lives with trauma informed practices is coming up, and that will be.

169

00:31:46.620 --> 00:31:57.000

Carmen Nevarez: available the registration information is available on our website and then also to let everybody know that we do have a national overdose prevention leadership summit coming up on the fifth and sixth.

170

00:31:57.390 --> 00:32:04.560

Carmen Nevarez: And you can find information, the link to that on our website and then just Finally, let us know how we can help you.

171

00:32:04.950 --> 00:32:16.350

Carmen Nevarez: Go ahead and feel free to contact us at n O P n.org forward slash contact and for more information about upcoming events and other opportunities, please.

172

00:32:16.800 --> 00:32:19.080

Carmen Nevarez: Please sign up for our newsletter.

173

00:32:19.470 --> 00:32:31.800

Carmen Nevarez: So thank you to everybody, for being a part of this with us today, and thank you so much, Dr levy and I really appreciate your you're spending the time with us, so thank you to the producers who in the background, always make this work so smoothly.

174

00:32:32.220 --> 00:32:35.520

Carmen Nevarez: So goodbye to everybody appreciate your your participation.