



Maine Juvenile Treatment News

Acadia Family Center Partners with Community on Teen Treatment

by: Ed Oechslie, ATR-BC, LCPC (eded@acadiafamilycenter.org)

Mount Desert Island is a beautiful place with rich traditions in the fishing, tourism, and boatbuilding industries. It is also a community with a deep history of substance use, chemical dependency, and addictions that span generations. Some of the hardest hit and the hardest to engage in treatment are the island's adolescents. Community engagement and collaboration with every agency working with the teens became an effective way to address the challenge.

With an identified need for teen substance use treatment on the island, Acadia Family Center and MDI Alcohol & Drug Abuse Group went to the teens, the school department, and other community providers for the information needed to design an effective program. This spring, MDI Group sponsored a forum in which seven MDI High School students presented the results of a survey to which over 400 students responded with ideas for activities and healthy alternatives to substance use. The students identified creative arts, sports, and hanging out with friends as opportunities they look for. Barriers

identified were transportation and information. Panelists from the community agencies—Harbor House, Neighborhood House, Camp Beech Cliff, the YMCA and YWCA, and Acadia Family Center—then talked about their existing programs, and responded with new ideas to meet the students' requests for more and varied teen-specific activities. Those same agencies are currently working to collaborate on transportation and public information so that teens have both knowledge of and access to the programs offered.

substance use. The program builds on the strengths-based ideals of resiliency already being delivered to lower grades in the school system as a prevention model, and participants in APT are required to join in an activity that engages a personal strength or challenges a self-limiting fear.

As the effort continues, we will build an island-wide interactive web of resiliency and strengths-based activities that enhance self-awareness and self-confidence in ways that encourage community action and leadership. Collaboration of community agencies will include two-way referrals for treatment and activities, all of which are supported through consistent drug and alcohol policies for all agencies. What we are discovering is that a community-wide problem requires a community-wide solution.

Ed Oechslie is the Executive Director of Acadia Family Center



Acadia Family Center in beautiful Southwest Harbor, Maine

Acadia Family Center, for its part, launched Acadia Program for Teens (APT), a dynamic action-based outpatient group that uses experiential and creative arts therapies to treat those teens affected by

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New at the JTN website:

- Jody Kamon's Powerpoint Presentation on Adolescent Brain Development and Substance Abuse.
- Resources for Parents including parental monitoring tips and how to talk to your kids about drugs and alcohol.
- Go to www.juveniletreatmentnetwork.org to check out these new features.

BENEFITS OF JTN (The Network) MEMBERSHIP

In the Spring 2009 JTN Newsletter Issue under *Site Visits* we promised to improve our education to JTN Members about what JTN membership provides. We continue to improve our systems so that they strive toward being low barrier. If you have experienced high barrier in the past, e-mail kriss@day-one.org or call 767-0991 X140 so we can update you on the systems, or take your feedback. **The Network is here to serve YOU.**

First clarification is that the JTN works to serve **ALL** adolescents in need of services, **NOT** limited to young people in the juvenile justice system.

Here are some of the “products” that are really important for you to know about and take advantage of in this new fiscal year:

Treatment Funding – The Network can arrange treatment funding (generally up to 15 sessions) for clients who do not have MaineCare or any insurance, or for clients who have insurance with high co-pay, or for clients who may have another *barrier*, please e-mail or call the NETWORK to discuss how to access available funds. It is a funding of last resort, BUT it is funding! **A word of caution**—please do not promise funds to a client or family. We’ve run into some sticky situations when parents have misinterpreted how this system works.

Transportation Funding – The Network can reimburse clients for transportation to and from treatment in two ways generally: **1.** Submit a form directly to the JTN for mileage reimbursement by check; or **2.** Have the counselor pre-arrange receipt of a gas card. We will ask for minimal information to help us track usage and the dollars available. Transportation funding is available for clients or their families even if they have insurance, but have a barrier to affording transportation to and from treatment. On rare occasions, we are able to make arrangements for taxi reimbursement. In those situations, always consult with JTN staff prior to any arrangements.



Site Consultations – The Network staff will meet with you at your location of choice to help you work on any ideas, issues, programs that relate to adolescent services. We will also help identify funding sources to help meet the needs. One example is that we are currently working with a few agencies to acquire cell phones to implement the text appointment reminder system highlighted by Amy McNamara, Community Concepts, in the Spring 2009 JTN Newsletter.

Training/Workforce Development – The Network staff work closely with AdCare to ensure that trainings are provided to keep all of us current on adolescent development, treatment issues, and services. Recently AdCare sponsored two days of training with Jody Kamon, Ph.D. on *Adolescent Brain Development and Substance Use*. If there is a barrier to attending an AdCare workshop, call us to see if we can help. In addition, JTN staff can provide training to your agency on various topics related to adolescents and young adults in treatment. We will come to you and will provide the training at no cost to your agency.

NIATx (The Network for Improvement of Addiction Treatment) Training and Consultation - We help coordinate assistance to you for process improvement using the NIATx Model (www.niatx.net) with a Maine based NIATx coach and Certified Change Leader. JTN staff employs the NIATx model to improve JTN systems.

More Products to Come – We are in the midst of developing more products during this first quarter of the new fiscal year and will keep you informed.



When in doubt, call or send us an e-mail.

Positive Tickets: Creating Positive Relationships with Law Enforcement Officers and Youth

by: Ronni Katz

The One Maine One Portland Coalition, which is housed within the City of Portland's Health and Human Services Public Health Division, is getting ready to launch the evidence-based Positive Tickets Program.

The Positive Tickets Project is an evidence-based program that uses an environmental approach to help build positive relationships between youth and law enforcement officers. Young people are given positive "tickets" for doing things right. The tickets can be redeemed for fun activities and prizes. Positive Tickets are issued to youth for

staying out of trouble or performing good deeds. The ticket is the gateway to the relationship. The City of Richmond, British Columbia, Canada has experienced an amazing 41 % reduction in their youth crime during the past three years. Positive Tickets has been a major contributing factor.



Positive Tickets is built within the framework called Asset Building, also known as the 40 Developmental Assets. This framework, developed by the Search Institute of Minneapolis, identifies 40 critical factors for young people's growth and development. When drawn together, the assets offer a

set of benchmarks for positive child and adolescent development. The assets clearly show important roles that families, schools, congregations, neighborhoods, youth organizations, and others in communities play in shaping young people's lives.

The Positive Tickets Project's launch is expected to coincide with the opening of Portland Public Schools. Community Police Officers throughout the city will hand out positive tickets on an ongoing basis to young people who exhibit positive behaviors. The tickets can be redeemed for various activities and prizes including food and tickets to a Portland Pirates game.

For more information or to become a Positive Tickets sponsor, please contact Ronni Katz at (207) 756-8116 or rmk@portlandmaine.gov

DID YOU KNOW?: Technology and Youth Culture

By: Michele Hylen, LCSW, CCS (micheleh@day-one.org)

One way to understand social-networking sites like Facebook and MySpace is to consider that younger digital natives are not necessarily being exhibitionists when they post photographs of themselves and share personal details there. Instead, these users are living a life in which consciousness is spread out evenly over two platforms: real life and the Web.

Sasha Frere-Jones
Living on the Radio
The New Yorker, April 20, 2009

Digital Natives? E-Teens? Social Interactive Technologies (SITs)? Computer Mediated Communication? If you are not already doing so, it is time to rethink connection and technology in order to understand the social culture and climate our young people breathe. It is past time to use technology in how we engage and serve them.

"DID YOU KNOW?" is a fantastic video on the progression of information technology that was highlighted at the July 2009 State Association of Addiction Services (SAAS) and The Network for the Improvement of Addiction Treatment (NIATx) shared annual conference. Properly described as a "must watch", there are at least two important highlights from the video to consider right now --



- The amount of new technical information is doubling every 2 years...
- For students starting a four year technical degree this means that half of what

they learn in their first year of study will be outdated by their third year of study.

Take 5 minutes to watch this very fun and innovative video before reading on:

<http://www.youtube.com/watch?v=jpEnFwiqdx8>

Many of us working with young people are over 35. We may or may not be adept at social technology – instant messaging, texting, blogging, social networking. Even if we have children of our own who are versed in e-communication, it does not follow automatically that we are. Many of our organizations top leadership are over 45 and are delighted when we know how to work our cell phones and e-mail systems at the most basic levels. It is hard making change, particularly when we have concerns about the impact of losing face to face communication.

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“Did You Know?” (continued from page 3)

There is a long history of different groups being threatened by the advent of particular technologies...in the early nineteenth century a group of weavers from Yorkshire, known as Luddites, sabotaged machines that were being introduced as part of the large-scale mechanization brought about by the development of industrial capitalism....It was not the technology per se which the Luddites were opposed to, but rather the changes its introduction wrought; the relocation of work from home to factory threatened the cultural stability of their craft-based communities and way of life.(1)



While many of us are worried legitimately about the changes we see in our young people as they connect through technology, the technology is here and

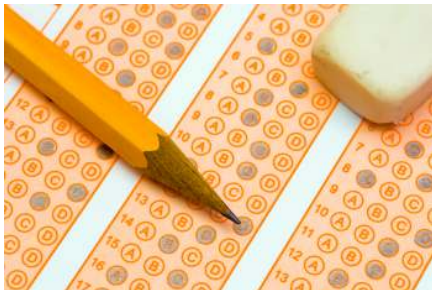
moving at tsunami rates. There are very helpful ways to incorporate technology into our work with adolescents, young adults and their families. Our challenge is to join them as they prepare to live in a wired world.

(1) Holloway, S. & Valentine, G. "Technophobia: Parents' and children's fears about information and communication technologies and the transformation about culture and society." in Children, Technology & Culture: The Impacts of Technologies in Children's Everyday Lives. Eds. Hutchby & Moran-Ellis, 2001, p. 58.

From MYDAUS to MIYHS: Surveying Maine's Youth

by: Scott M. Gagnon, MPP (scottg@day-one.org)

Have you ever wondered what the trends look like for substance use amongst youth in Maine? How about in your county? Your school district? For a little more than a decade, the Maine Office of Substance Abuse has made that possible through its biannual survey the Maine Youth Drug and Alcohol Use Survey. The MYDAUS was the result of a partnership between OSA and the University of Washington looking at developing evidence-based prevention strategies. The purpose of this survey is to measure and quantify the amount of alcohol, tobacco, and other drug use amongst middle school and high school students in Maine. In addition, the survey was designed to also identify risk and protective factors that influenced those patterns of use.



The MYDAUS has been implemented in Maine schools since 1996 and starting in

2000 it was administered every two years. The survey has offered a wealth of data and has been an important tool for many involved in the substance abuse fields. It has been an important barometer for communities to watch the trends in substance use and to gauge impacts of school-based prevention initiatives. However, as useful as this tool has been, one of the drawbacks for schools was the sheer length of the survey. There was also the issue

that this was but one survey public schools were asked to complete. In an effort to combat these concerns, the Office of Substance Abuse and its partners developed the new survey called the Maine Integrated Youth Health Survey.

The MIYHS incorporates the same basic measures of prevalence of alcohol and other drug use as was found in the MYDAUS surveys. The questions measuring

risk and protective factors have been dropped; however, the MIYHS does add measures for developmental assets, as well as questions around nutrition and intentional and unintentional injuries. For more information on the new MIYHS survey, go to this url:

<http://www.maine.gov/dhhs/osa/data/mydaus/faq.htm>

The Office of Substance Abuse has a great on-line system where you can browse state, district level, and county level for all of the past administrations of the MYDAUS. Point your browser to: <http://www.maine.gov/maineosa/survey/home.php> Click on the map indicating what level of data you wish to browse. You can then download a summary report for a particular year, or call up additional reports not included in the summary. Numbers are presented in easy to read charts and accompanied with charts. This is a great resource and it is worth the time to familiarize yourself with it.