

Adolescent Risk Behaviors: “The Kids May Not Be All Right”



Presenter Disclosure



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(1) The following personal financial relationships with commercial interests relevant to this presentation existed during the past 12 months:

No relationships to disclose

Objectives



- Participants will gain greater understanding of adolescent brain development and environmental influences.
- Participants will review common teen risk behaviors and screening tools.
- Participants will explore various methods, approaches and interventions that nurse practitioners can use to address teen risk behaviors.

Fast Facts

Each Year:

- ~13,000 teen deaths in the U.S.
- 85% of teen deaths attributed to homicide, suicide or accidents
- ~19 million new STD infections, half among those aged 15-24
- Close to 30% of teens have ridden in a car driven by someone who had been drinking
- On an avg. school day, 33% of teens watch TV \geq 3hrs/day
- ~16% of teens are identified as being overweight



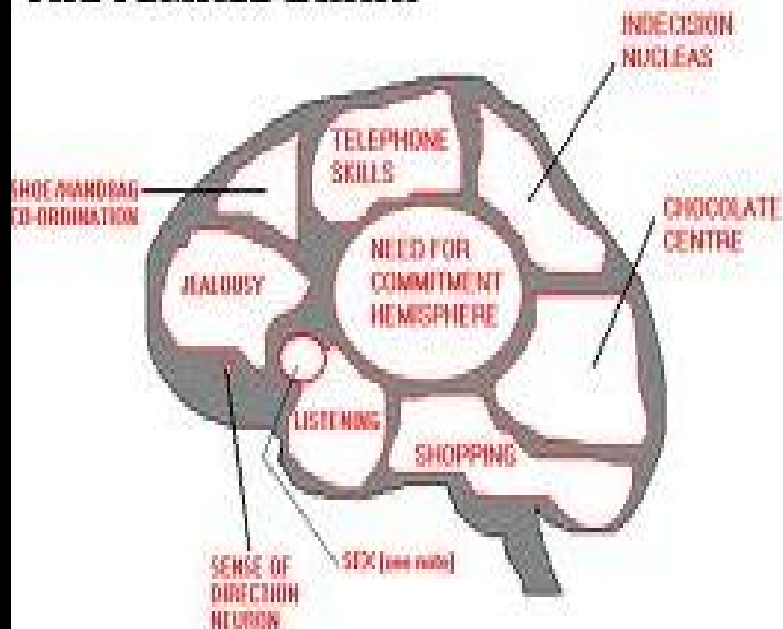
Part I

Adolescent Brain Basics



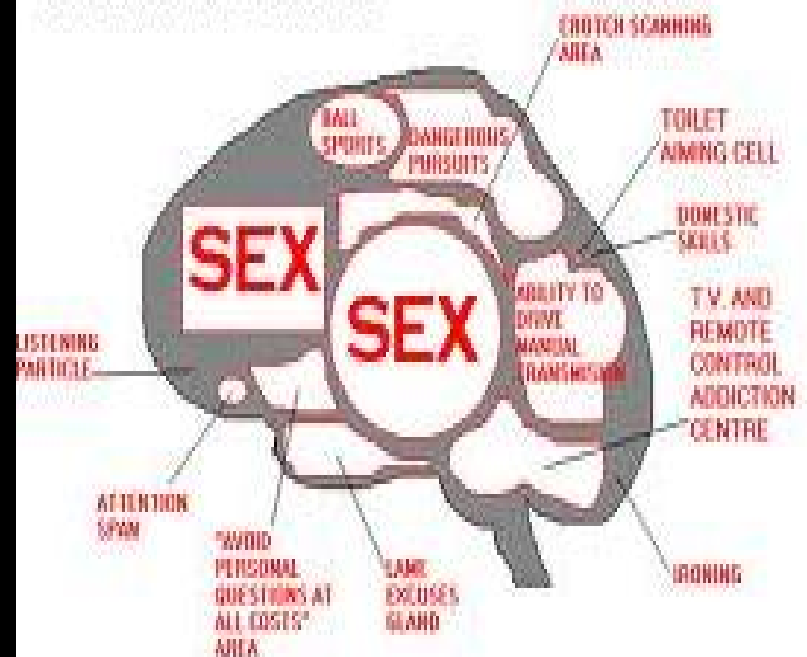
The Mature Brain

THE FEMALE BRAIN



FOOTNOTE: Note how closely connected the small sex cell is to the listening gland.

THE MALE BRAIN



FOOTNOTE: the "Listening to children cry in the middle of the right" gland is not shown due to it's small and underdeveloped nature. Best viewed under a microscope.

5 Pillars of Brain Development

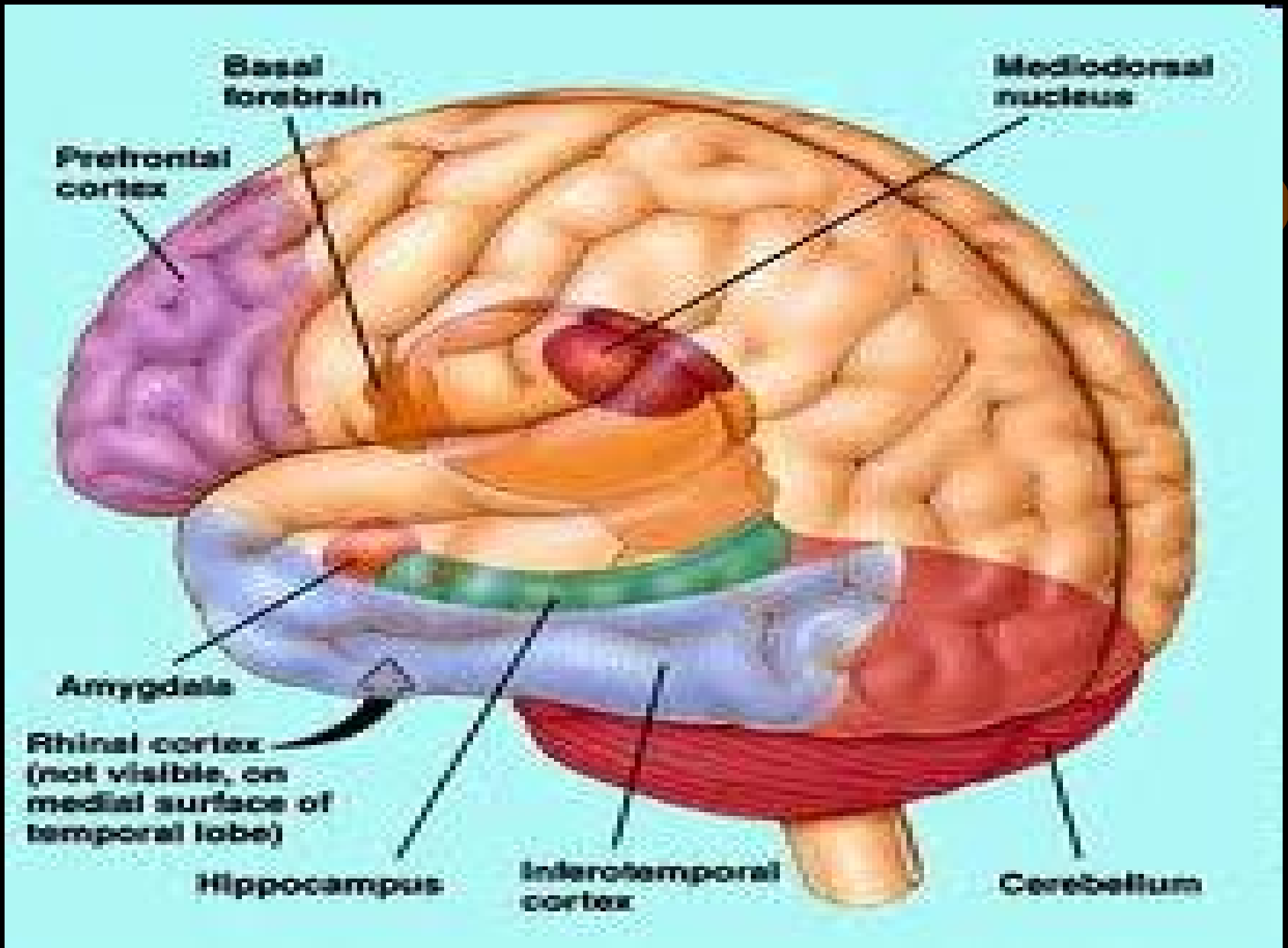
1. Use it/Lose it
2. Blossoming/Pruning
3. Windows of Opportunity
4. Windows of Sensitivity
5. Myelination



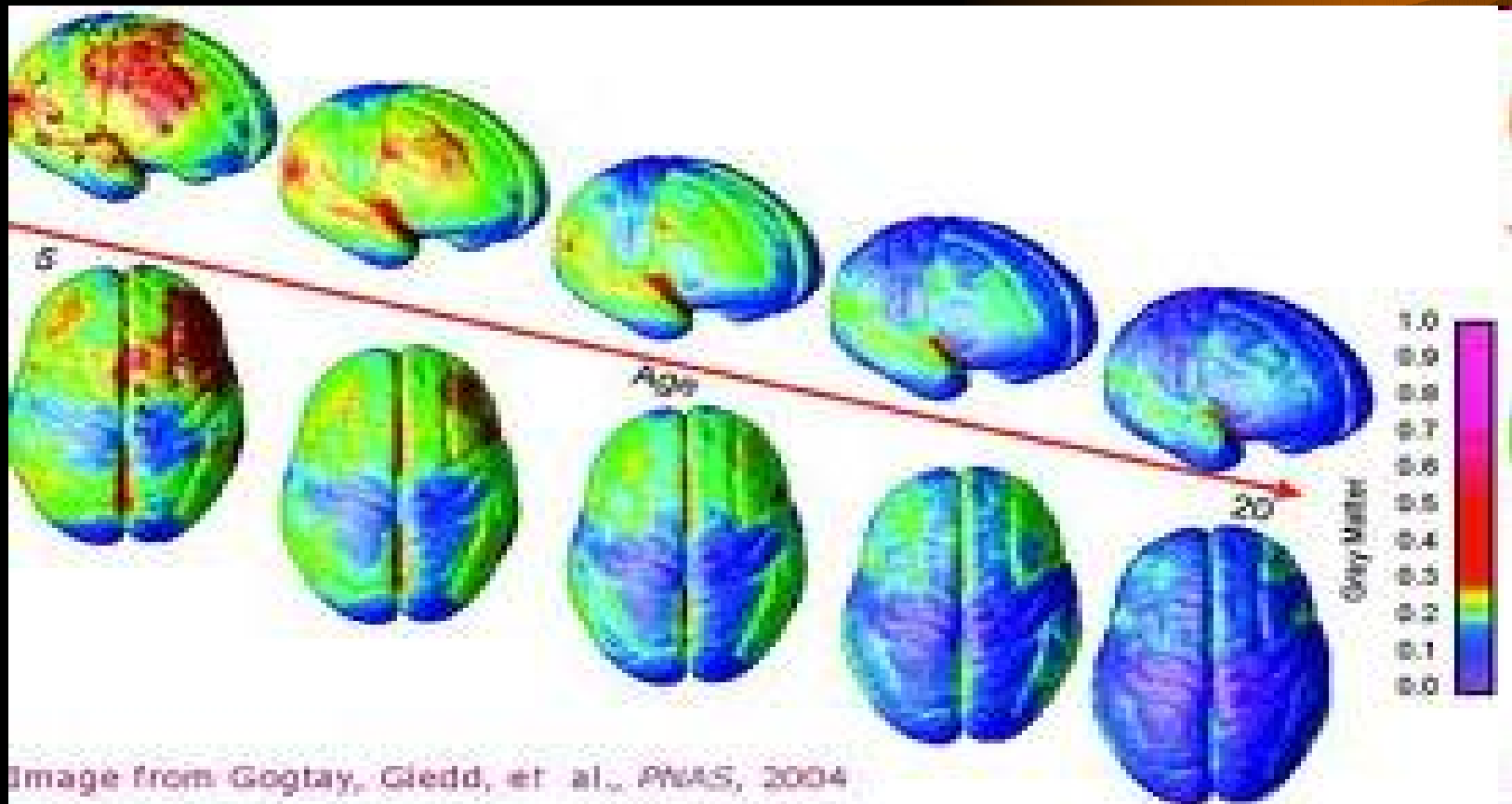
Structural Changes

- 95% of brain size/structure formed by age 6
- White matter increases, gray matter decreases
- Prefrontal cortex under construction
- Corpus callosum integrates/connects right-left hemispheres
- Myelination increases by 100%
- Increased limbic system activation





Changes in Gray Matter Development





Hormonal Changes

- Hypothalamus activates pituitary
- Surge in sex, growth and stress hormone production
- Impact on brain neurotransmitters



Behavior Manifestations

- Hypersensitivity/mood lability
- Impulsivity/inability to delay gratification
- Sub-optimal decision-making/prioritizing
- Increased parent-child conflicts
- Increased identification/affiliation with peers
- Risk receptive/novelty-seeking



Evolution

The Method to the Madness

- Need to be able to take risks to leave family/find mate
- Exploration of adult behavior with privileges and consequences
- Emotional reactivity promotes vigilance to threats
- Adults demonstrate shift to increased competitiveness towards adolescents
- Females develop increased interest in infants “allomaternal behaviors”
- Adaptation mechanism has outlived some of its usefulness



Influencing Factors

- Substances/Toxins
- Nutrition
- Genetics
- Culture
- Environment
- Trauma
- Sleep



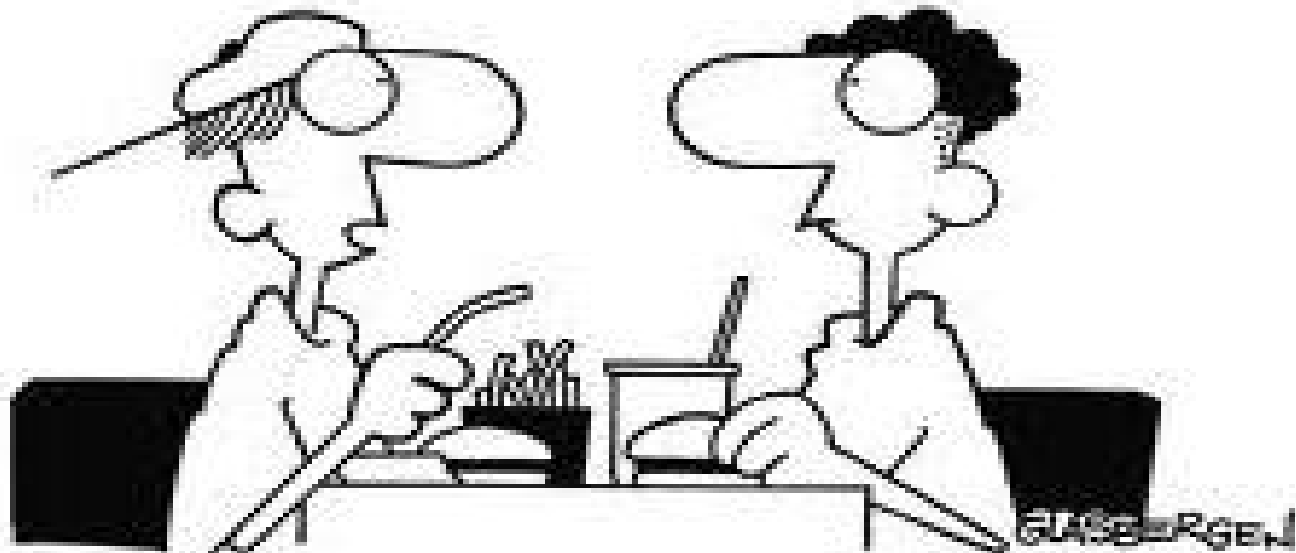
SEX. DRUGS.
ROCK & ROLL.

yeah. glamorous. ain't it?

Part II

Screening for Risks

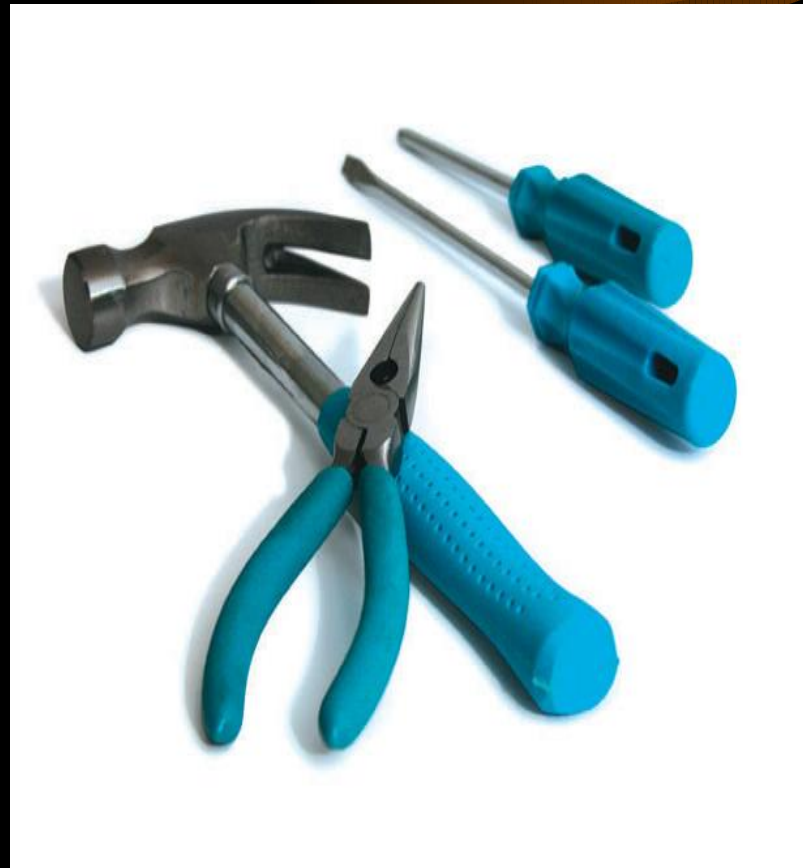
Copyright 1997 Randy Glasbergen. www.glasbergen.com



**"I forgot to make a back-up copy of my brain,
so everything I learned last semester was lost."**

Tools

- PHQ-9/PHQ-2
- CRAFFT
- GAPS
- Teen Screen
- HEADSSS
- Columbia PSC-Y



Part III

Going into Action



LEARN MODEL

- **L**isten, with empathy and understanding to the teen/family's perception of the problem
- **E**xplain your perception of the problem
- **A**cknowledge and discuss the differences and similarities
- **R**ecommend treatment/intervention
- **N**egotiate agreement

• Berlin EA & Fowkes WC, Jr, West J, Med 1983,12: 139,93-98

Keeping it Simple

- Educate adolescent about their brain
- Support parent in parenting
- Coach in communication
- Use motivational interviewing & other behavior change techniques
- Refer to resources when needed



PARENTING

Who Says It Has To Be Difficult?

PREVENTION

Recognition of behavior norms
Setting limits/boundaries
Listening without judgment
Education/Health promotion
Authentic engagement
Healthy/creative outlets
Opportunities for leadership

INTERVENTION

Natural & logical consequences
Peer mediation/Support groups
Motivational interviewing
Community Resources
Specialized Services

TREATMENT

Individual counseling
Family Therapy
Mediation
Crisis Services

CARE
CONTINUUM



Teen Resources

Web Sites

- www.teenhealthfx.com
- www.teenshealth.org
- www.goaskalice.columbia.edu
- www.teenwire.com
- www.sexetc.org
- www.nicotienfreekids.com
- www.freevibe.com
- www.teen-matters.com

Hotlines

- Domestic Violence 1-800-799-7233
- Gay/Lesbian Issues 1-800-843-4564
- Sexual Assault 1-800-656-4673
- Crisis Intervention 1-800-999-9999
- STD/AIDS 1-800-227-8922
- Planned Parenthood 1-800-230-7526
- Child Abuse 1-800-422-4453

Professional Resources

- Books

- David Walsh, *Why Do They Act That Way?* (NY: Free Press, 2005)
- Richard Restak, *The Secret Life of The Brain* (Washington, DC: Joseph Henry Press, 2001)
- Robert Ornstein & Richard Thompson, *The Amazing Brain* (NY: Houghton Mifflin, 1984)

- Journals

- J Giedd, “Structural Magnetic Resonance Imaging of the Adolescent Brain,” *Anal of New York Academy of Sciences* 1021(2004)77-85
- L P Spear, “The adolescent brain and age-related behavioral manifestations,” *Neuroscience and Biobehavioral Reviews* 24(2000) 417-463
- S Blakemore & S Choudbury, “Development of the addolescent brain: implications for executive function and social cognition,” *Journal of Child Psychology and Psychiatry* 47:3 (2006) 296-312

- Web Sites

- <http://www.pbs.org/wgbh/pages/frontline/shows/teenbrain/work/onereason.html>
- <http://teenscreen.org>
- <http://health.state.mn.us>
- <http://www.cdc.gov/HealthyYouth/yrbs.index.htm>

Questions?

