Family Therapy for Substance Use in Hispanic and Latino Adolescents: Basics

• To increase the knowledge and skill-set of substance use disorder professionals treating substance use and co-occurring disorders in Hispanic and Latino adolescents
Objectives

• Describe and understand substance use patterns in Hispanic and Latino youth

• Describe the types of co-occurring psychiatric disorders often seen in adolescents who use substances

• Identify and describe family and cultural factors that can impact symptom development and treatment processes

• Identify the skill-set and strategies to effectively engage Hispanic and Latino families

• Identify the skill-set and strategies to effectively intervene with Hispanic and Latino families

• Discuss some of the complexities surrounding the treatment of adolescent substance use

About the Author

• Daniel Santisteban, PhD

Daniel Santisteban, Ph.D., is a Clinical Psychologist and Professor at the University of Miami, School of Education and Human Development. Dr. Santisteban has been the recipient of six NIH grants to develop and test enhancements to family treatments for special populations (Hispanics and drug abusing adolescents with co-occurring disorders), and is the developer of Culturally Informed and Flexible Family Based Treatment for Adolescents (CIFFTA). Dr. Santisteban has published over 35 book chapters and articles on family therapy outcomes, family processes, cultural competence, adolescent co-occurring disorders, and the blending of research and practice. He has received numerous awards including the 2004 American Family Therapy Academy award for Distinguished Contribution to Family Systems Research and the 2012 University of Miami Civic Engagement Award. He has been a contributor to NIH grant review committees, treatment guidelines panels, journal editorial boards, and to agencies focused on bridging research and practice in public health systems.
Audience

Expertise/competence levels

- **Level One** - There is little emphasis on the possible role that families play in patient care.

- **Level Two** - Reflects involvement of the family not only for information gathering that can help in the tailoring of information, but also for mobilizing simple family behaviors that can help the patient with their problem (e.g., helping with treatment compliance).

- **Level Three** - Moves more deeply into the family by including an understanding of the family’s stress and pain, and trying to provide support and empathy, caring for the affective side of the family. At level three one can begin to see more clearly an expansion of the target of intervention as the practitioner attempts to alleviate problems and pain in the larger system.

- **Level Four** - Involves a higher level of intensity of family intervention, beginning to conceptually link problematic family behaviors to the present problems (not necessarily as causes but perhaps as resulting from and helping to maintain the present problem). Limited and focused interventions can be used to impact family relationships that in turn, can impact the presenting problem.

- **Level Five** - More sophisticated and intensive family treatment is found at this level. Here highly trained family therapists seek to diagnose and treat more dysfunctional and entrenched family dynamics that require an intensive and sustained treatment focus.

Training for Trainers

- June 25-26, 2014
- Chicago
- Trainers: Daniel Santisteban, PhD
  Clara Abalo, LMHC
Module 1: Social and Cultural Considerations

Objective: To provide a description of substance use and associated difficulties among Hispanic and Latino adolescents and the context in which it exists.
Module 1: Social and Cultural Considerations

- Rates of substance, alcohol and co-occurring psychiatric disorders among Hispanic and Latino youth
  - Substance use rates among Hispanic and Latino youth
  - Co-occurring psychiatric disorders
    - Attention Deficit/Hyperactivity Disorder (ADHD)
    - Depression
    - Rates of risky sexual behavior, STIs and HIV
    - Substance use in the context of the adolescent developmental stage
    - Understanding the benefits and pitfalls of grouping people as Hispanic and Latino
    - Numbers and growth of Hispanics and Latinos by nationality in the United States
    - Relative youth of the Hispanic and Latino population in the United States
    - Relationship between acculturation-related processes and substance use profiles

Module II: The Evidence-Base on Risk and Protective Factors and Efficacious Interventions for Substance Use in Adolescents

- Objective: Provide a description of the body of evidence relevant to risk factors, protective factors and treatment
Module II: The Evidence-Base on Risk and Protective Factors and Efficacious Interventions for Substance Use in Adolescents

- Risk factors for substance use - Use of Bronfenbrenner’s Social Ecology Model as a framework to visualize/conceptualize domains
  - Family level risk factors
  - School-related risk factors
  - Peer-related risk factors
  - Neighborhood-related risk factors

Module II: The Evidence-Base on Risk and Protective Factors and Efficacious Interventions for Substance Use in Adolescents

- Assessment of family functioning
  - Conflict between adolescent, parents and other family members
  - Consistent and predictable parental leadership, support and guidance
  - Parent-adolescent emotional connection/attachment
  - Parents’ understanding of the relationship between adolescent’s difficulties, substance use and co-occurring psychiatric disorders
  - Age appropriate monitoring, behavior control and limit-setting
  - Parents struggling with substance use or mental health
  - Quality of communication, including the ability to express needs and convey empathy
  - Assessing the degree to which there may be reinforcement of maladaptive behaviors
Module II: The Evidence-Base on Risk and Protective Factors and Efficacious Interventions for Substance Use in Adolescents

- Family therapy as an effective treatment for family and contextual conditions linked to adolescent substance use
- Evidence-based treatments for substance use disorders
  - Multisystemic Therapy (MST)
  - Multidimensional Family Therapy (MDFT)
  - Brief Strategic Family Therapy BSFT® (BSFT)

Module III: Family Therapy Essential Skills and Competencies

- Objective: Provide a description and understanding of some of the major tasks and competencies the family therapist must master
Module III: Family Therapy Essential Skills and Competencies

- Components of couples and family therapy (Celano, Smith and Kaslow, 2010)
  - Thinking systemically:
    - developing a systemic formulation
    - forging a systemic alliance
  - Understanding family of origin issues
  - Reframing and managing negative interactions
  - Building cohesion/intimacy/communication
  - Restructuring/parenting

Module IV: Family Therapy Tasks and Techniques

- Objective: Provide a description and understanding of some of the major tasks and techniques the family therapist must master
Module IV: Family Therapy Tasks and Techniques

- Defining the family
- Engaging and joining all relevant and helpful family members
  - Examples of possible issues engaging family members
  - Beginning the work of changing family relationship patterns in session
    - Early in treatment
    - Midway through treatment
    - Final stage of treatment

Module IV: Family Therapy Tasks and Techniques

- Techniques
  - Enactments
  - Tracking
  - Reframing
  - Assigning tasks
  - Focusing
  - Highlight
  - Blocking maladaptive interactions
Module V: Cultural Competence and Culturally-Informed Treatment

- Objective: Provide a description and understanding of the role of cultural competence when working with Hispanic and Latino adolescents and families

Module V: Cultural Competence and Culturally-Informed Treatment

- Parent-adolescent conflict and the possible impact of acculturation-related issues
- Attachment and immigration related processes
- Leadership support and guidance
- Appreciating the power and positive influence of extended families
- Assessing the fit between the family's world's view and the process of family therapy
- Culturally Informed Treatment
Module VI: Critical Issues in Working with Substance Using Adolescents

- Objective: Provide a description of some of the special circumstances that emerge in the treatment of substance use among adolescents

Module VI: Critical Issues in Working with Substance Using Adolescents

- Termination and relapse prevention
- Working with adolescents when they have suicidal urges, ideation or self-harm behavior
- Working with adolescents when they come to the session under the influence of substances
- Working with hospitals and/or substance residential programs when the adolescent has had suicidal behavior or deteriorating substance use
- Placing an adolescent in a more restrictive environment due to severe substance use
- Additional limits to confidentiality
Group exercises

• Introductions/Interview
• Discussion on psychiatric symptoms and impact families and substance use
• Discussion of acculturation-related issues
• Case vignettes
• Guided role-play
• Video of a family therapy session