

# Creating Stability in a Changing World

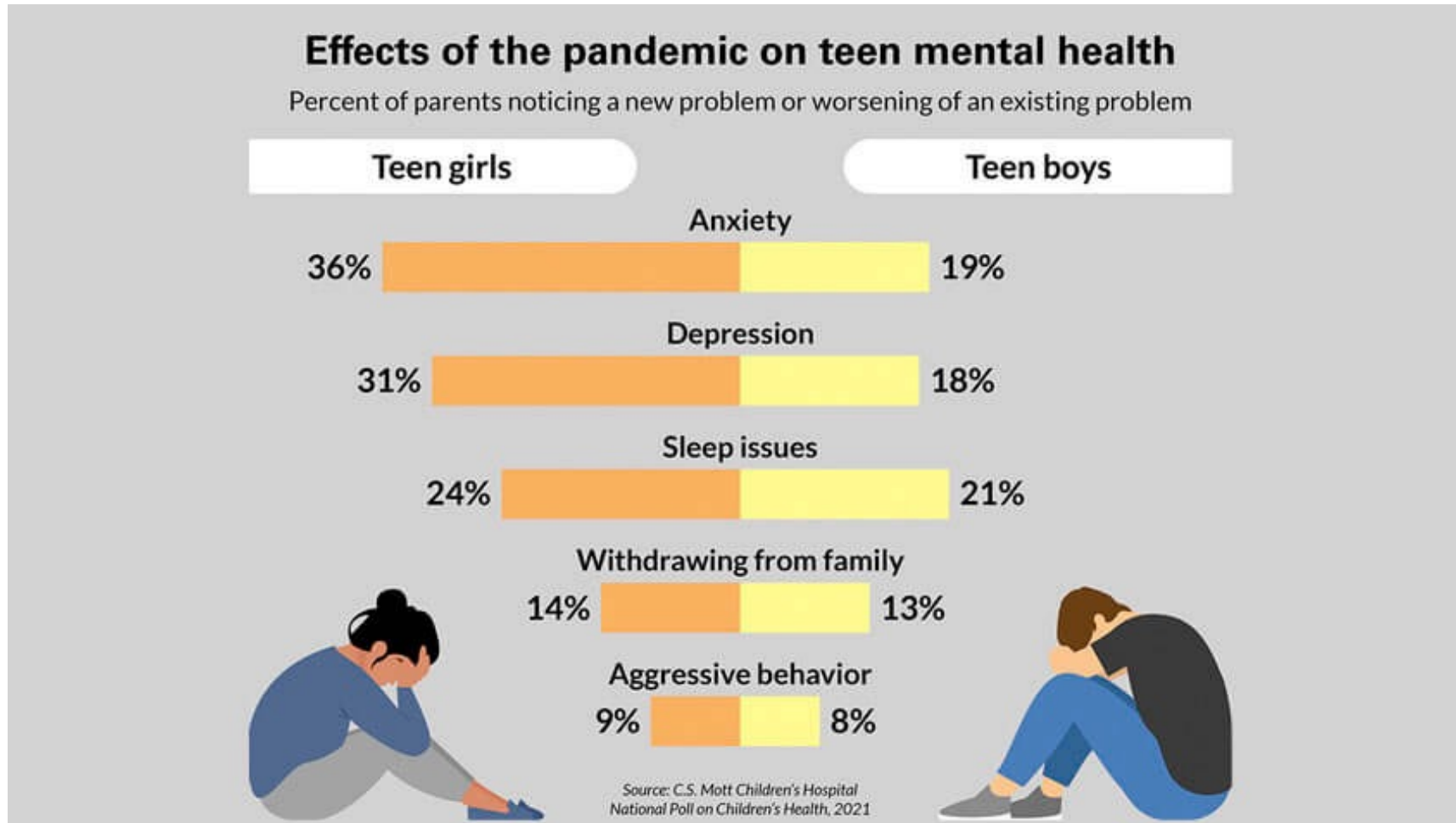
Cultivating Teen Mental Health in 2023

---

**Aaron Weiner, PhD**

[aaron@weinerphd.com](mailto:aaron@weinerphd.com)

# 46% of parents reported a new or worsening problem

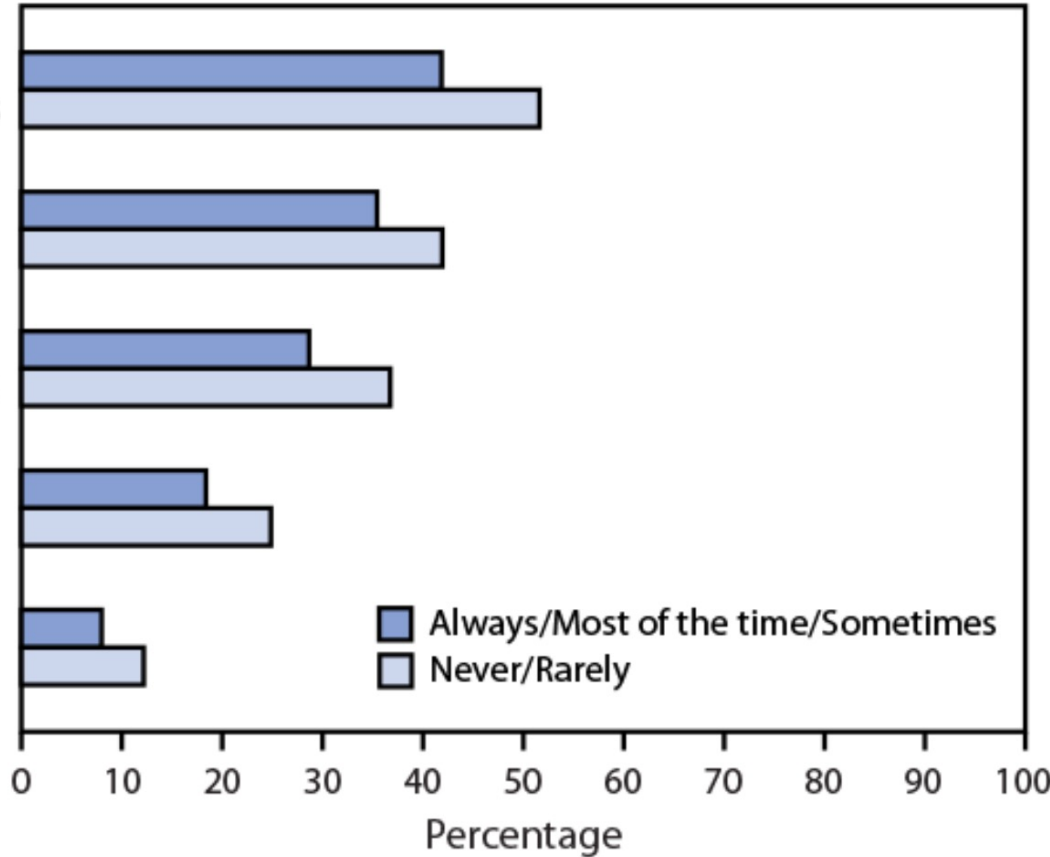
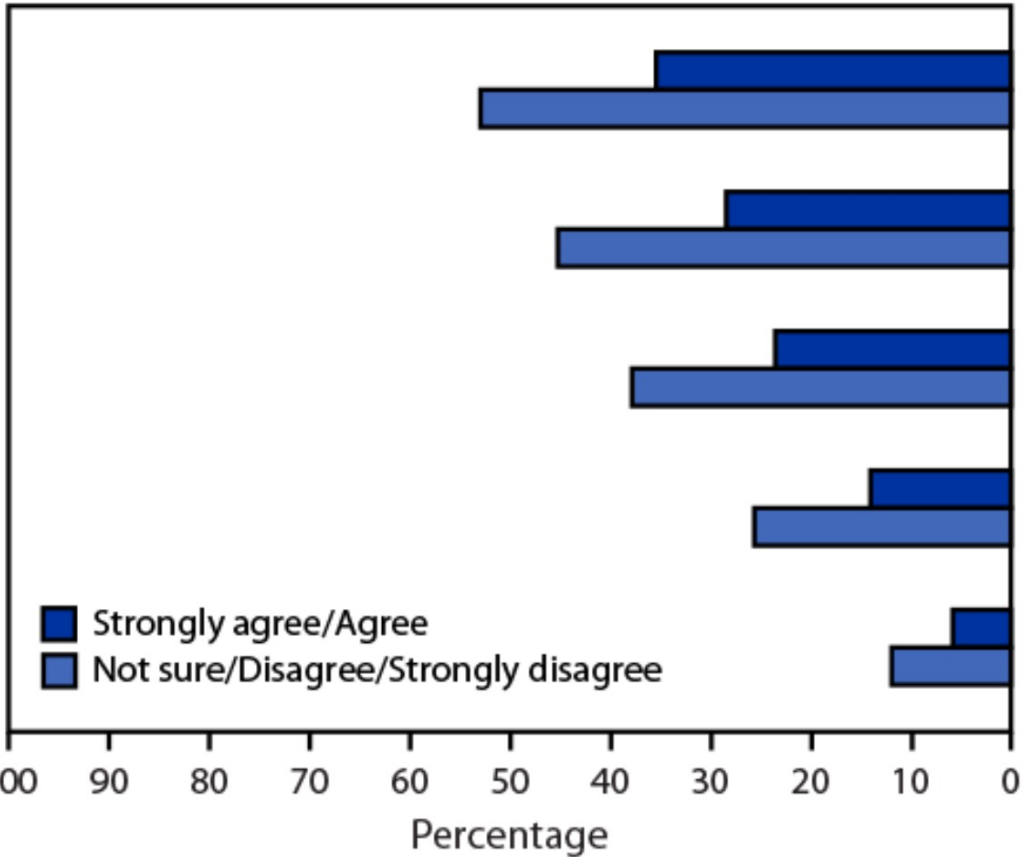


Health insurance claims up 20% for mental health



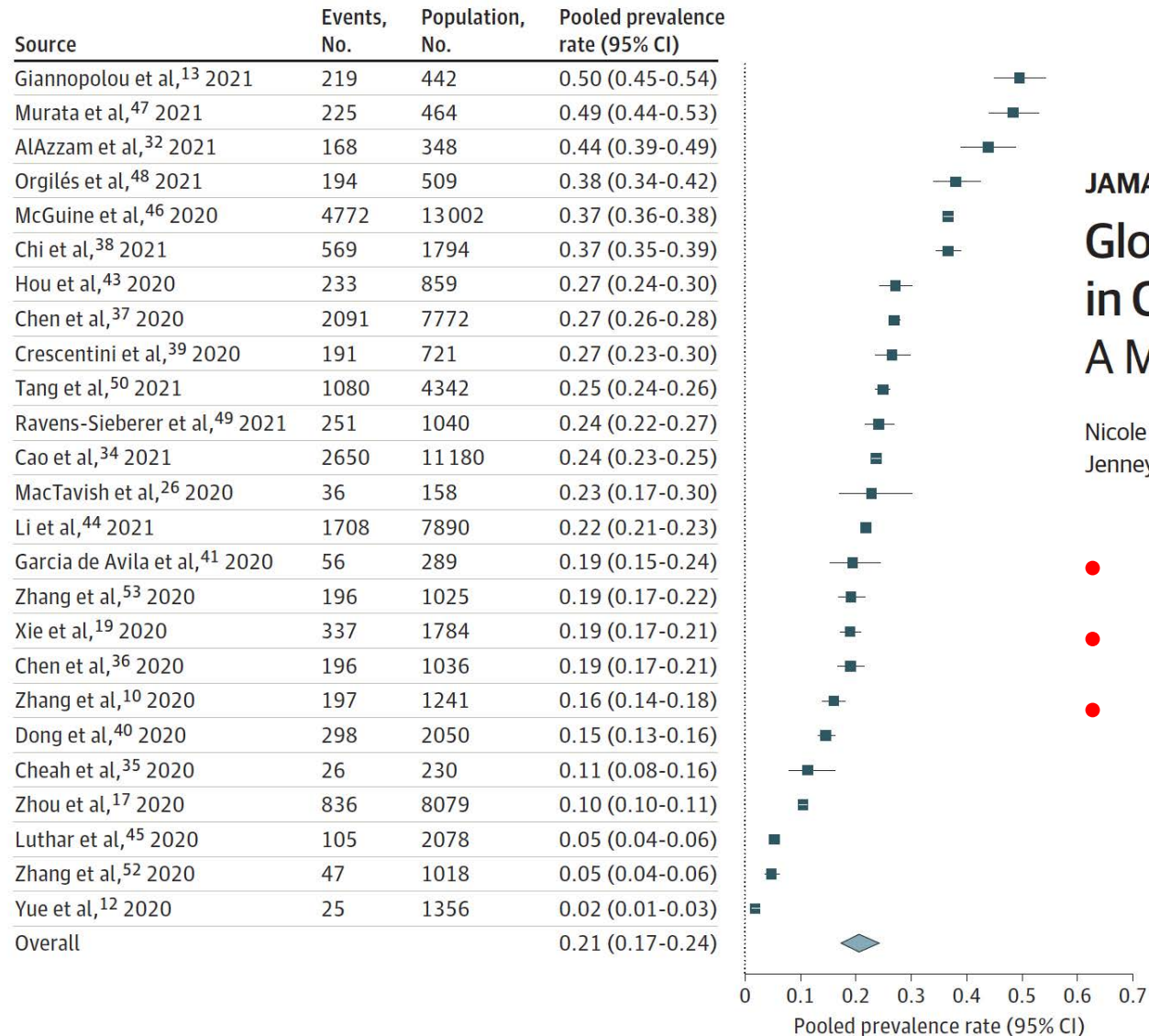
Students who felt close to persons at school

Students who were virtually connected to others



- 44% experienced “persistent feelings of sadness or hopelessness”
- 20% seriously considered attempting suicide

Figure 2. Forest Plots of the Pooled Prevalence of Clinically Significant Anxiety Symptoms in Youth During the COVID-19 Pandemic



JAMA Pediatrics | Original Investigation

## Global Prevalence of Depressive and Anxiety Symptoms in Children and Adolescents During COVID-19 A Meta-analysis

Nicole Racine, PhD, RPsych; Brae Anne McArthur, PhD, RPsych; Jessica E. Cooke, MSc; Rachel Eirich, BA; Jenney Zhu, BA; Sheri Madigan, PhD, RPsych

- 20% had clinical levels of anxiety
- 2x higher than pre-pandemic
- Worsening over time

Contributing studies for clinically elevated anxiety symptoms are presented in order of largest to smallest prevalence rate. Square data markers represent prevalence rates, with lines around the marker indicating 95% CIs. The diamond data marker represents the overall effect size based on included studies.



ARCHIVAL REPORT | [ARTICLES IN PRESS](#)



PDF [1 MB]



Figures



Save



Share



Reprints



Request

# Effects of the COVID-19 Pandemic on Mental Health and Brain Maturation in Adolescents: Implications for Analyzing Longitudinal Data

Ian H. Gotlib • [Jonas G. Miller](#) • [Lauren R. Borchers](#) • ... [Lauren A. Costello](#) • [Jordan M. Garcia](#) • [Tiffany C. Ho](#) • [Show all authors](#)






[Open Access](#) • Published: December 01, 2022 • DOI: <https://doi.org/10.1016/j.bpsgos.2022.11.002>



PlumX Metrics

“After looking at our data, we realized that they’re not. Compared to adolescents assessed before the pandemic, adolescents assessed after the pandemic shutdowns not only had more severe internalizing mental health problems, but also had reduced cortical thickness, larger hippocampal and amygdala volume, and more advanced brain age.”



<b>The Percentage of High School Students Who:*</b>	<b>2011 Total</b>	<b>2013 Total</b>	<b>2015 Total</b>	<b>2017 Total</b>	<b>2019 Total</b>	<b>2021 Total</b>	<b>Trend</b>
<b>Experienced persistent feelings of sadness or hopelessness</b>	28	30	30	31	37	42	
<b>Experienced poor mental health†</b>	–	–	–	–	–	29	–
<b>Seriously considered attempting suicide</b>	16	17	18	17	19	22	
<b>Made a suicide plan</b>	13	14	15	14	16	18	
<b>Attempted suicide</b>	8	8	9	7	9	10	
<b>Were injured in a suicide attempt that had to be treated by a doctor or nurse</b>	2	3	3	2	3	3	

# STRESS AND ITS IMPACT ON ABILITY TO FUNCTION



**27%** of all adults said that most days they are so stressed they can't function



% REPORTING THEY ARE SO STRESSED THEY CAN'T FUNCTION

**46%** of those under 35



**42%** ages 35 to 44



**16%** ages 45 to 64



**4%** ages 65+



**56%** of Black adults under 35



**46%** white adults under 35



**44%** Latino/a adults under 35



**43%** Asian adults under 35



# Normal vs. Problematic Reactions

---





# General signs of emotional distress

---

- **Internalizing**

- Academic problems
- Difficulty sleeping
- Difficulty concentrating
- “Shutting down”
- Social withdrawal
- Somatic problems
- Excessive time in social media or games
- Self-harming behaviors

- **Externalizing**

- Moodiness and defiance
- Alcohol and drug use
- Extreme sensitivity to criticism
- Reckless or self-destructive behavior
- Violence or “acting out”

# Specific concerns

---

- Depression
  - Negative thinking, expectancies, and comments
  - Statements of low self-esteem
  - Not enjoying normally pleasurable activities
  - Frequent crying
  - Suicidal indicators
    - Thoughts, statements, or writing about death or suicide
    - Speaking positively about the impact of death
    - Giving away valued items
    - Abrupt mood stabilization



- Anxiety
  - General sense of overwhelm
  - Avoidance of certain activities or groups
  - Panic attacks

# Youth Substance Use

---

- By their senior year...
  - 70% have tried alcohol
  - 50% have used some illegal substance
  - 40% will have vaped or smoked a cigarette
  - 20% will have misused a prescription
- 8% of the general population has a diagnosable substance use disorder
  - 90% start during teenage years



# E-cigarette use among teens increases 21% over previous year, study finds

*Almost 28% of those reporting use said they used e-cigarettes every day.*

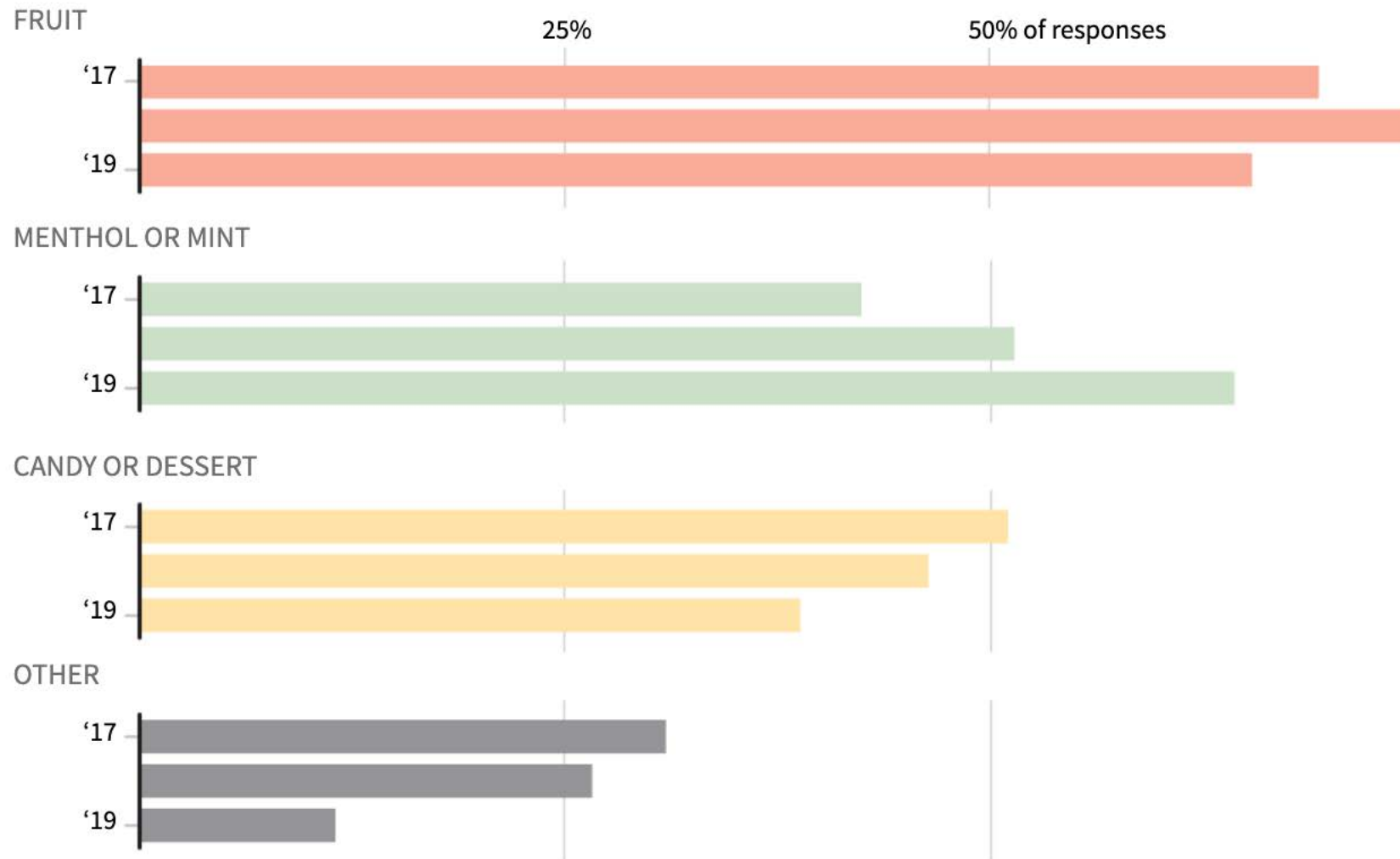
**TABLE. Prevalence of current (past 30-day) e-cigarette use,\* overall and by selected characteristics and school level — National Youth Tobacco Survey, United States, 2022**

Characteristic	Overall		High school		Middle school	
	Estimated weighted no. <sup>†</sup>	% (95% CI)	Estimated weighted no. <sup>†</sup>	% (95% CI)	Estimated weighted no. <sup>†</sup>	% (95% CI)
<b>Among all students (N = 28,291)</b>						
Current use of e-cigarettes	2,550,000	9.4 (8.0–11.1)	2,140,000	14.1 (12.4–16.0)	380,000	3.3 (2.6–4.2)
<b>Among current e-cigarette users</b>						
<b>Frequency of use during past 30 days</b>						
1–5 days	1,030,000	40.6 (37.2–44.1)	790,000	37.2 (33.4–41.1)	230,000	60.0 (53.3–66.3)
6–19 days	430,000	17.1 (14.2–20.4)	360,000	16.8 (13.9–20.2)	70,000	19.3 (12.7–28.3)
20–30 days	1,080,000	42.3 (38.5–46.3)	980,000	46.0 (41.6–50.4)	80,000	20.8 (15.8–26.8)
<b>Daily e-cigarette use<sup>§</sup></b>	<b>700,000</b>	<b>27.6 (24.5–31.0)</b>	<b>640,000</b>	<b>30.1 (26.6–33.9)</b>	<b>40,000</b>	<b>11.7 (8.0–16.7)</b>



## MOST POPULAR E-CIGARETTE FLAVORS, 2017-19

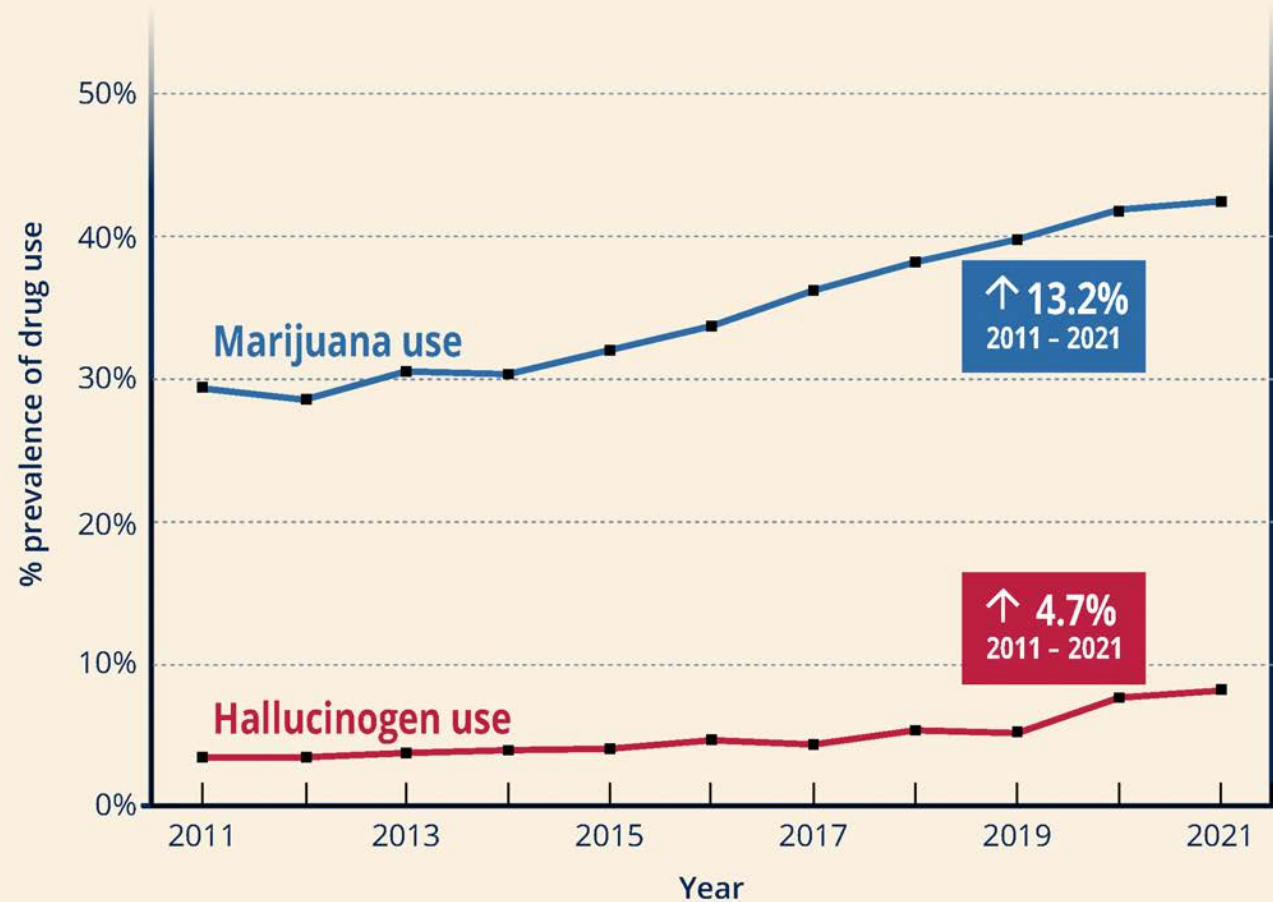
Flavors used by high school students in the previous 30 days.



Note: In each year's survey, alcohol, chocolate or clove or spice flavors got less than 10% of responses each.

Sources: National Youth Tobacco Survey, U.S. Food and Drug Administration; Juul

# Historic Highs in Past-Year Marijuana and Hallucinogen Use Among Young Adults (Ages 19-30) in 2021



Source: 2021 Monitoring the Future Panel Survey

# More THC, More Consequences

## Percentage of THC and CBD in Cannabis Samples Seized by the DEA from 1995-2018

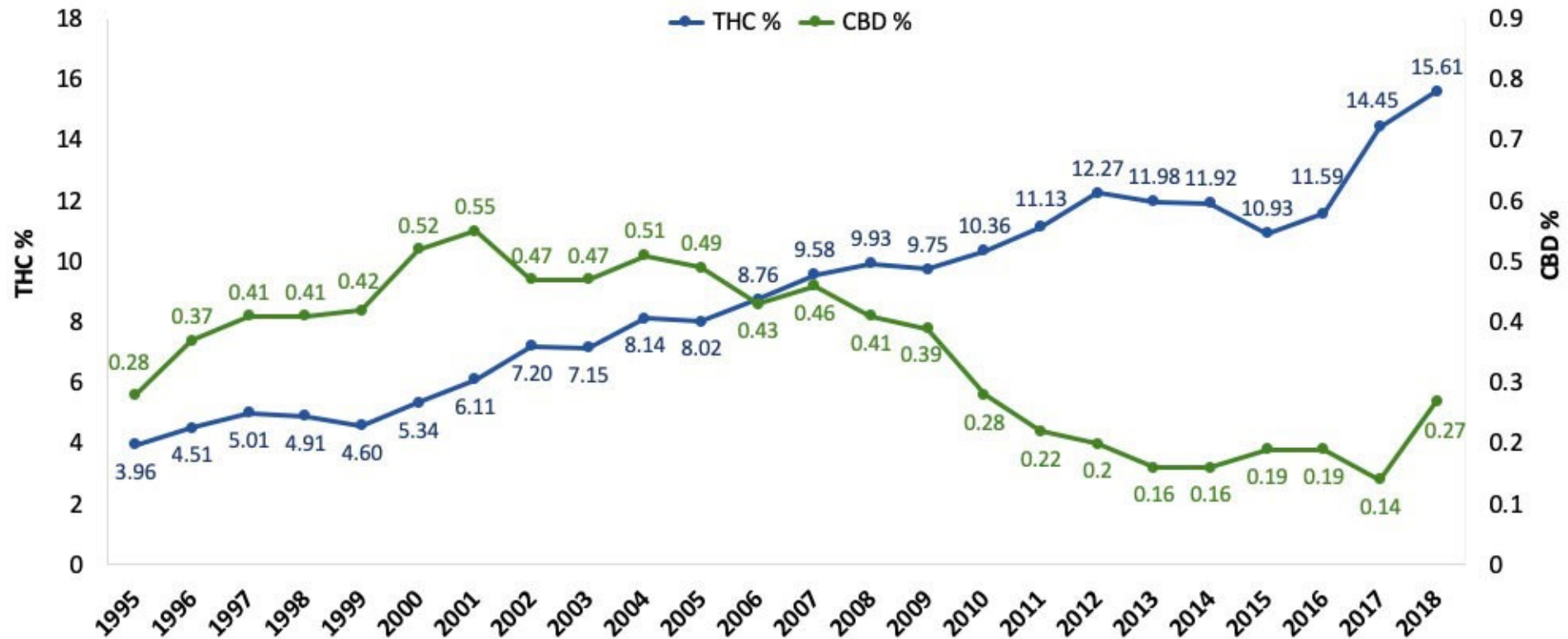


Fig 3. Proportion of products with different levels of THC per state.

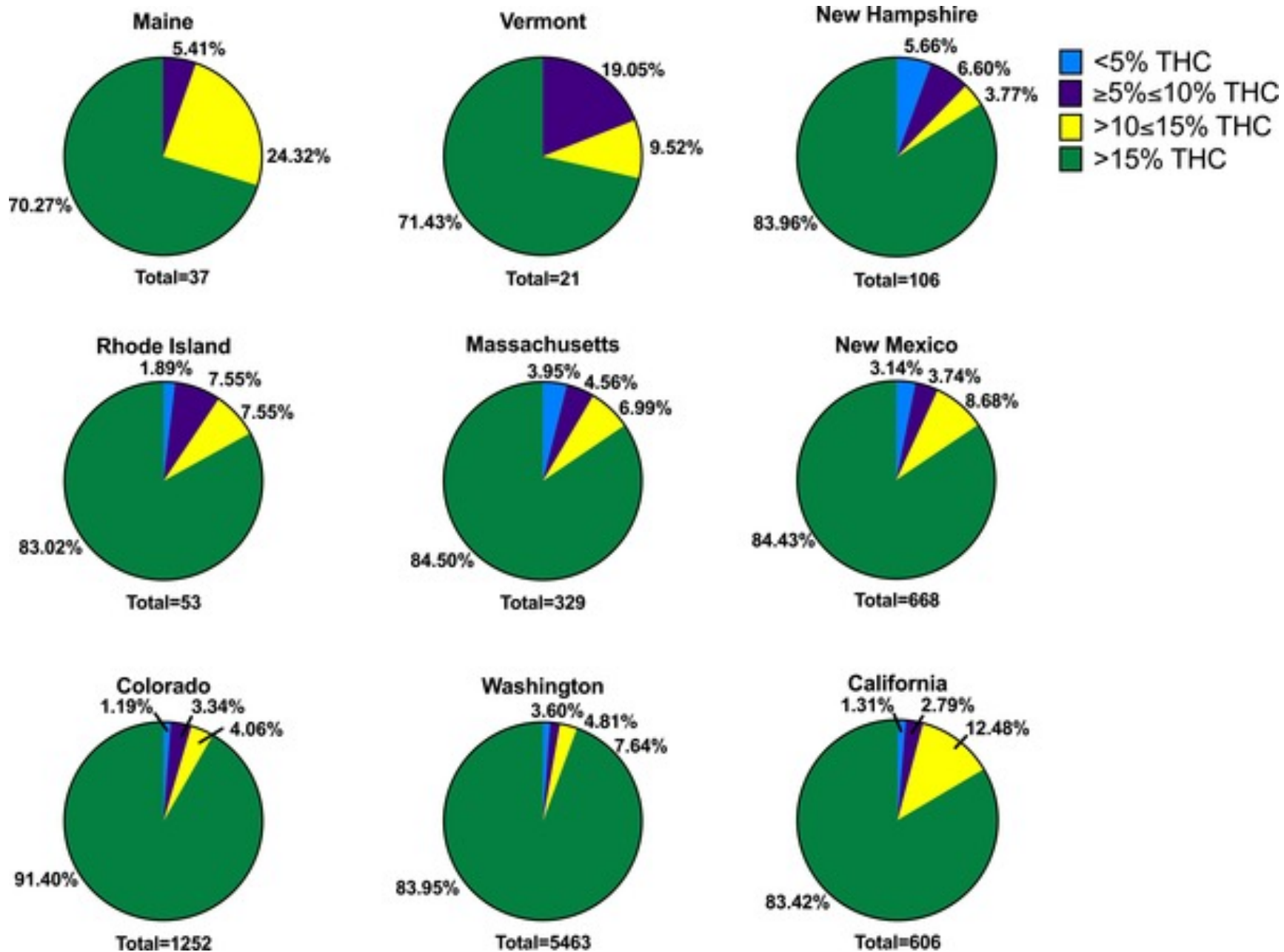
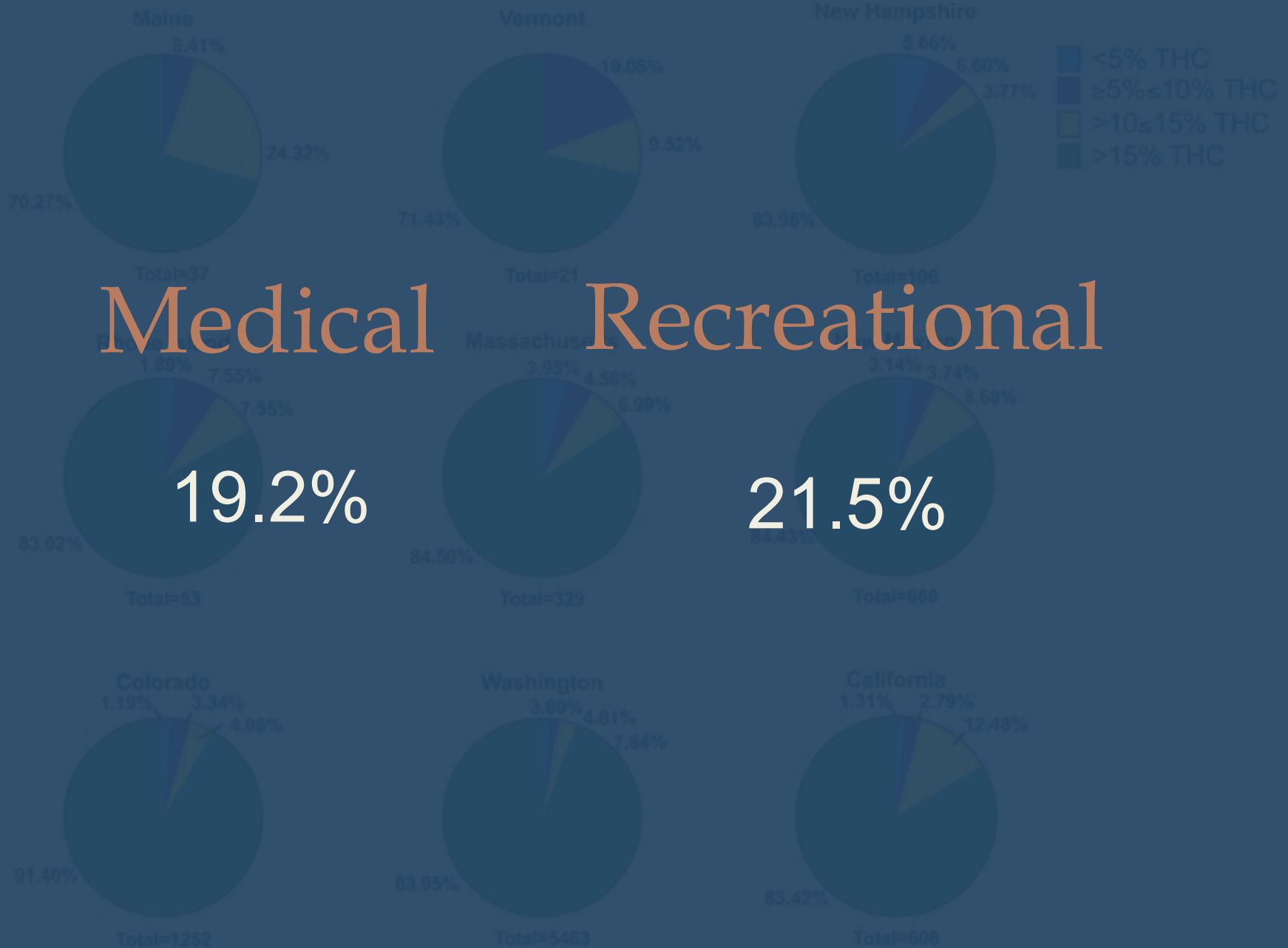




Fig 3. Proportion of products with different levels of THC per state.



# Marijuana – Flavors, Edibles, & Marketing









# Marijuana – Flavors, Edibles, & Marketing

## FLOWER



62 Items | [See All](#)

					
<b>HYBRID</b> <b>Banana Cookies</b> Rythm ★★★★★ 70 FLOWER (3.5G) THC 19.32%	<b>INDICA</b> <b>Brownie Scout</b> Rythm ★★★★★ 743 FLOWER (3.5G) THC 26.67% CBD 0.2%	<b>SATIVA</b> <b>Clementine</b> Rythm ★★★★★ 260 FLOWER (3.5G) THC 18.66% CBD 0.15%	<b>INDICA</b> <b>DG Cookies</b> Rythm ★★★★★ 27 FLOWER (3.5G) THC 20.81%	<b>HYBRID</b> <b>Layer Cake</b> Rythm ★★★★★ 276 FLOWER (1G, 3.5G) THC 24.84% CBD 0.12%	<b>HYBRID</b> <b>Mandarin Cookies V2</b> Rythm ★★★★★ 159 FLOWER (1G, 3.5G) THC 26.45%
<b>\$60.00/3.5G</b> <a href="#">Add to cart</a>	<b>\$59.00/3.5G</b> <a href="#">Add to cart</a>	<b>\$60.00/3.5G</b> <a href="#">Add to cart</a>	<b>\$60.00/3.5G</b> <a href="#">Add to cart</a>	<b>\$60.00/3.5G</b> <a href="#">Add to cart</a>	<b>\$60.00/3.5G</b> <a href="#">Add to cart</a>



## Despite restrictions, recreational cannabis companies use marketing that appeals to adolescents

A Content Analysis of Cannabis Company Adherence to Marketing Requirements in Four States

*Journal of Studies on Alcohol and Drugs*, 83(1), 27–36 (2022).

Article Tools

Megan A. Moreno, M.D., M.S.Ed., M.P.H.,<sup>a,\*</sup> Marina Jenkins, B.A.,<sup>a</sup> Kole Binger, B.S.,<sup>a</sup> Lauren Kelly, M.S.W.,<sup>a</sup> Pamela J. Trangenstein, Ph.D.,<sup>b</sup> [Show All...](#)

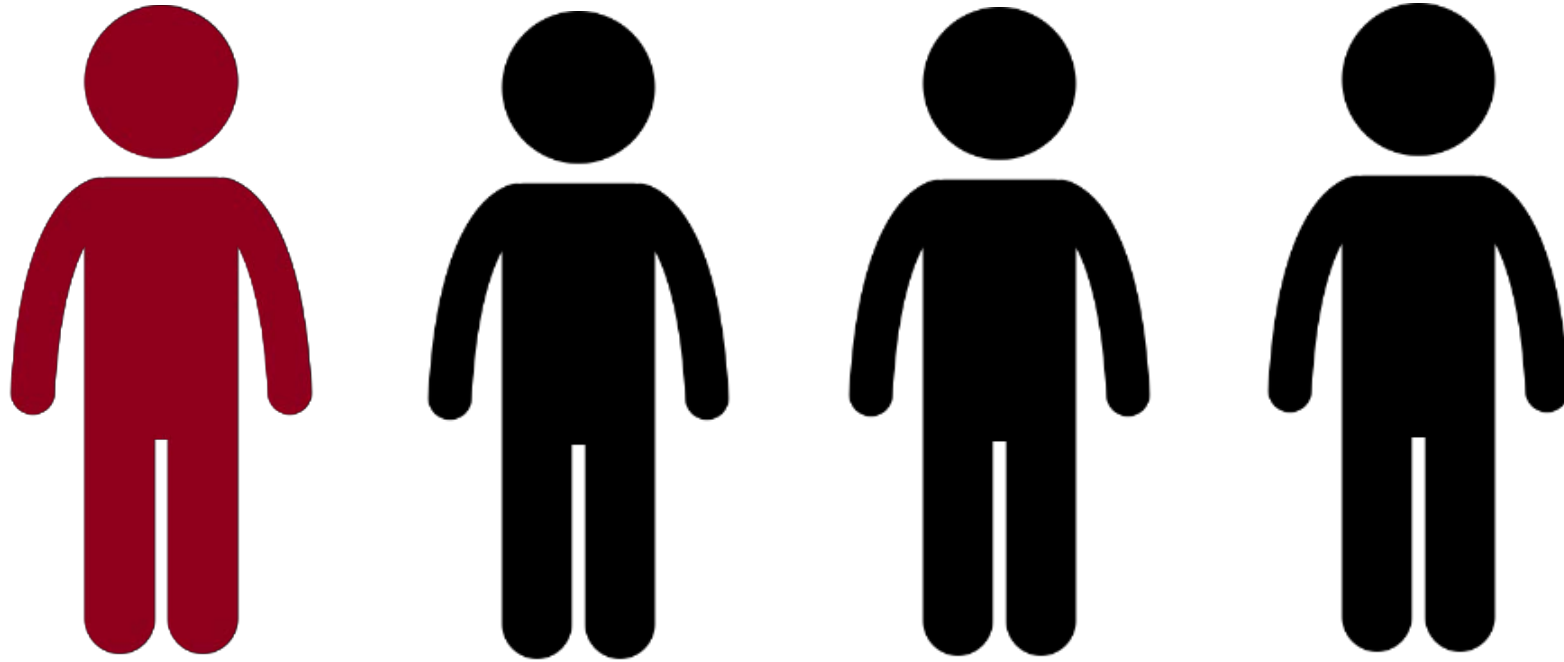


**Daily Herald**  
Suburban Chicago's Information Source

## Medical pot dispensary faces backlash after handing out swag during Buffalo Grove Days







**One in four 12<sup>th</sup> graders** indicated they would try marijuana, or increase their current use more, if it were legalized

# Associations between Local Jurisdiction Ordinances and Current Use of Cannabis Products in California Adolescents

Christopher J. Rogers  , Jane K. Steinberg, Robert O. Vos, Daniel W. Soto & Jennifer B. Unger 

Pages 373-379 | Published online: 14 Dec 2021

 Download citation

 <https://doi-org.proxy2.library.illinois.edu/10.1080/10826084.2021.2012693>



## Findings

Local policy allowing cannabis retail was associated with adolescents' significantly higher past 30-day use of cannabis ( $\beta = 0.25$  95% CI = 0.08, 0.42) and perceived access ( $\beta = 0.60$  95% CI = 0.27, 0.94).

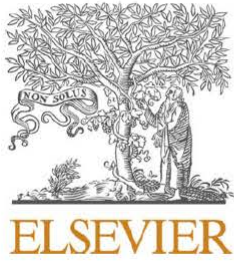
# Youth's Proximity to Marijuana Retailers and Advertisements: Factors Associated with Washington State Adolescents' Intentions to Use Marijuana

STACEY J.T. HUST , JESSICA FITTS WILLOUGHBY , JIAYU LI, and LETICIA COUTO

*Edward R. Murrow College of Communication, Washington State University, Pullman, Washington, USA*

---

The current study explored the influences of advertising exposure, numbers of marijuana retailers, distance to retailers, and constructs from the integrative model of behavioral prediction, including outcome beliefs, perceived norms, and efficacy, on youth's intentions to use marijuana in a state in which the use of recreational marijuana is legal. A state-wide online cross-sectional survey of 350 adolescents ages 13–17, residing in Washington state, was conducted in June 2018. The results of the regression analysis suggest that exposure to marijuana advertising, positive and negative outcome beliefs, and perceived peer norms were associated with intention to use marijuana. Distances to retailers moderated the relationships between exposure to advertising and intentions, as well as between positive outcome beliefs and intentions. States that have legalized recreational marijuana should continue considering the location of retailers in relation to neighborhoods and advertising regulations to reduce the appeal to youth. Additionally, prevention efforts could aim to influence outcome beliefs and norms in an attempt to reduce adolescents' intentions to use recreational marijuana.

Contents lists available at [ScienceDirect](#)

# Drug and Alcohol Dependence

journal homepage: [www.elsevier.com/locate/drugalcddep](http://www.elsevier.com/locate/drugalcddep)

## Associations of cannabis retail outlet availability and neighborhood disadvantage with cannabis use and related risk factors among young adults in Washington State

Isaac C. Rhew<sup>a,\*</sup>, Katarina Guttmannova<sup>a</sup>, Jason R. Kilmer<sup>a</sup>, Charles B. Fleming<sup>a</sup>,  
Brittney A. Hultgren<sup>a</sup>, Philip M. Hurvitz<sup>b,c</sup>, Julia A. Dilley<sup>d</sup>, Mary E. Larimer<sup>a</sup>

**Results:** Adjusting for individual- and area-level covariates, living within 1-kilometer of at least one cannabis retail outlet was statistically significantly associated with any past year and at least monthly cannabis use as well as high perceived access to cannabis. Results using a 2-km buffer and census tract-level metrics for retail outlet availability showed similar findings. Neighborhood disadvantage was statistically significantly associated with at least weekly and at least daily cannabis use and with greater perceived acceptability of cannabis use.

**Conclusions:** Results may have implications for regulatory and prevention strategies to reduce the population burden of cannabis use and related harms.



Brienna N. Rutherford<sup>1,2</sup> | Carmen C. W. Lim<sup>1,2</sup> | Benjamin Johnson<sup>1,2</sup> |  
Brandon Cheng<sup>1,2</sup> | Jack Chung<sup>1,2</sup> | Sandy Huang<sup>3</sup> | Tianze Sun<sup>1,2</sup> |  
Janni Leung<sup>1</sup> | Daniel Stjepanović<sup>1</sup> | Gary C. K. Chan<sup>1</sup>

**TABLE 1** Results of sentiment analyses of substance-related content on social media.

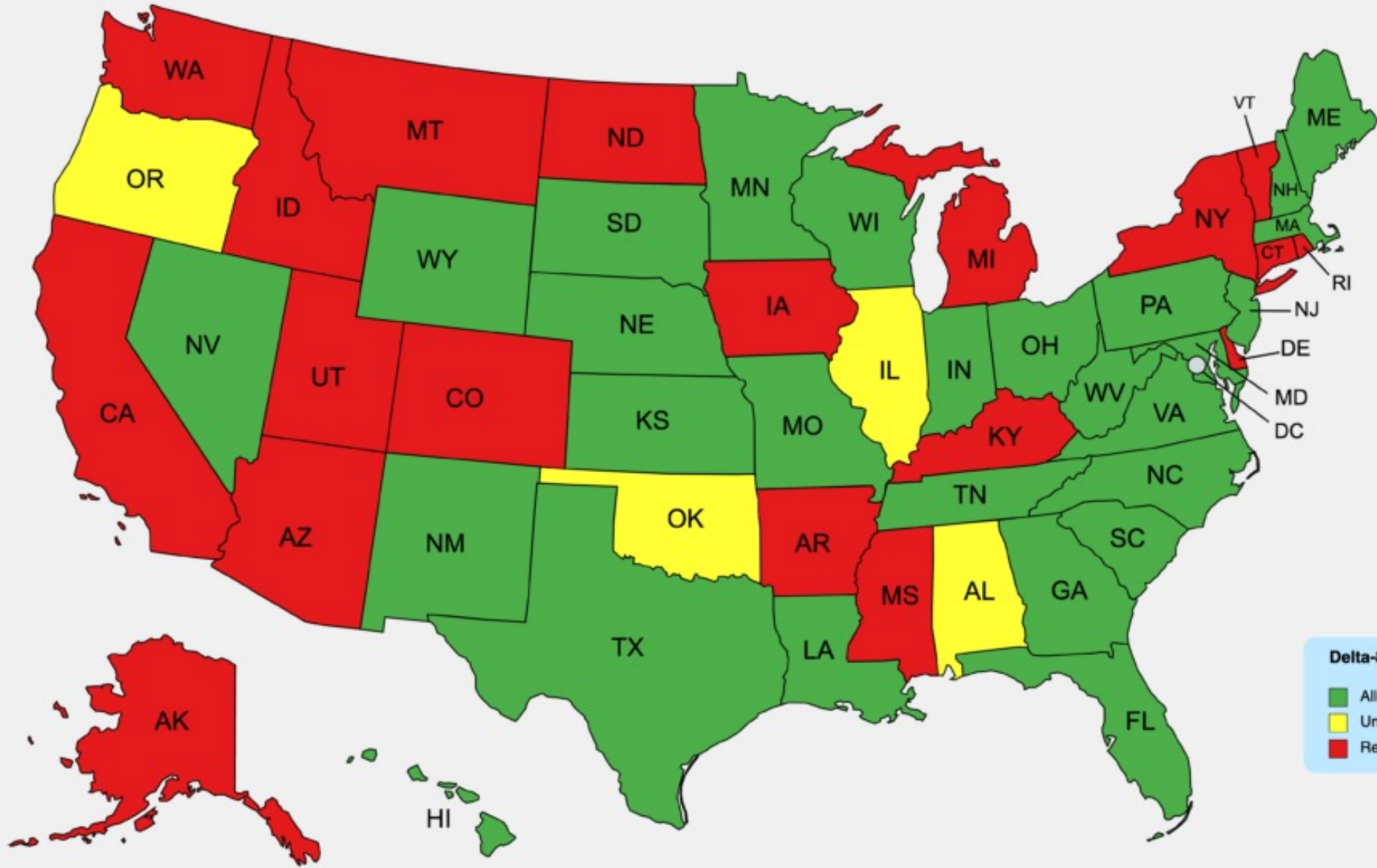
Substance	Sentiment			Total
	Positive, No. (%)	Negative, No. (%)	Neutral, No. (%)	
Tobacco	365 286 (59.8)	182 128 (29.8)	63 451 (10.4)	610 865
Alcohol	3879 (91.6)	352 (8.3)	NS	4231
Opiates	3114 (40.7)	4247 (55.5)	288 (3.8)	7649
Cannabis	2 346 064 (79.5)	543 404 (18.4)	60 766 (2.1)	2 950 234
E-cigarette	52 560 (85.9%)	4805 (7.9)	3786 (6.2)	61 151
Polysubstance	2648 (87.9)	365 (12.1)	NS	3013
Total	2 773 551 (76.3)	735 301 (20.2)	128 291 (3.5)	3 637 143

NS indicates that data for this column was not stated.

# Delta-8 THC

- Derived from CBD/Hemp
- 50-75% as psychoactive as Delta-9 THC
- Legal in ~39 states





**Delta-8 Legal Status**

- Allowed
- Under Review
- Restricted/Banned



# Delta-8 THC

- Derived from CBD/Hemp
- 50-75% as psychoactive as Delta-9 THC
- Legal in ~39 states
- Completely unregulated
- No health and safety standards
- Made using toxic chemicals





# THC-O Acetate

- Rumored to be 3x as strong as THC
- Produced from Delta-8







CATEGORIES

- CBD Products >
- Delta-8 Products >
- Delta-9 Products >
- Delta-10 THC Products >
- Delta-11 Products >
- HHC Products >
- HHC-O Products >
- HHC-P Products >
- Mushroom Supplements >
- PHC Products >
- THC-B Products >
- THC-H Products >
- THC-JD Products >
- THC-O Products >
- THC-P Products >
- THC-V Products >
- THC-X Products >



☆☆☆☆☆ Write a review

## Flying Monkey x Crumbs King Kong THC-H & THC-JD Disposables | 2.5 Gram

**\$36.00**

- 2.5 Grams Per Disposable
- Collaboration between Flying Monkey and Crumbs
- Blend of Delta-8 + Delta-10 Enriched with THC-H + THC-JD

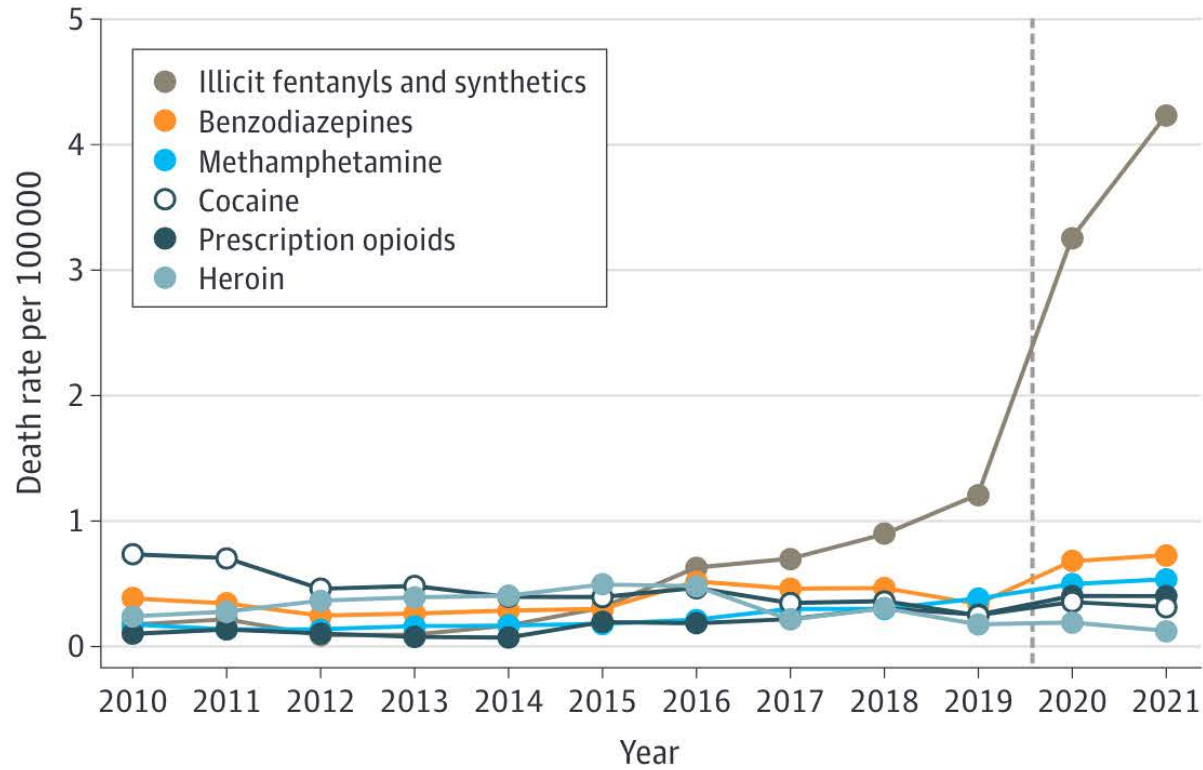
Flavor

**CHOOSE AN OPTION** ▾

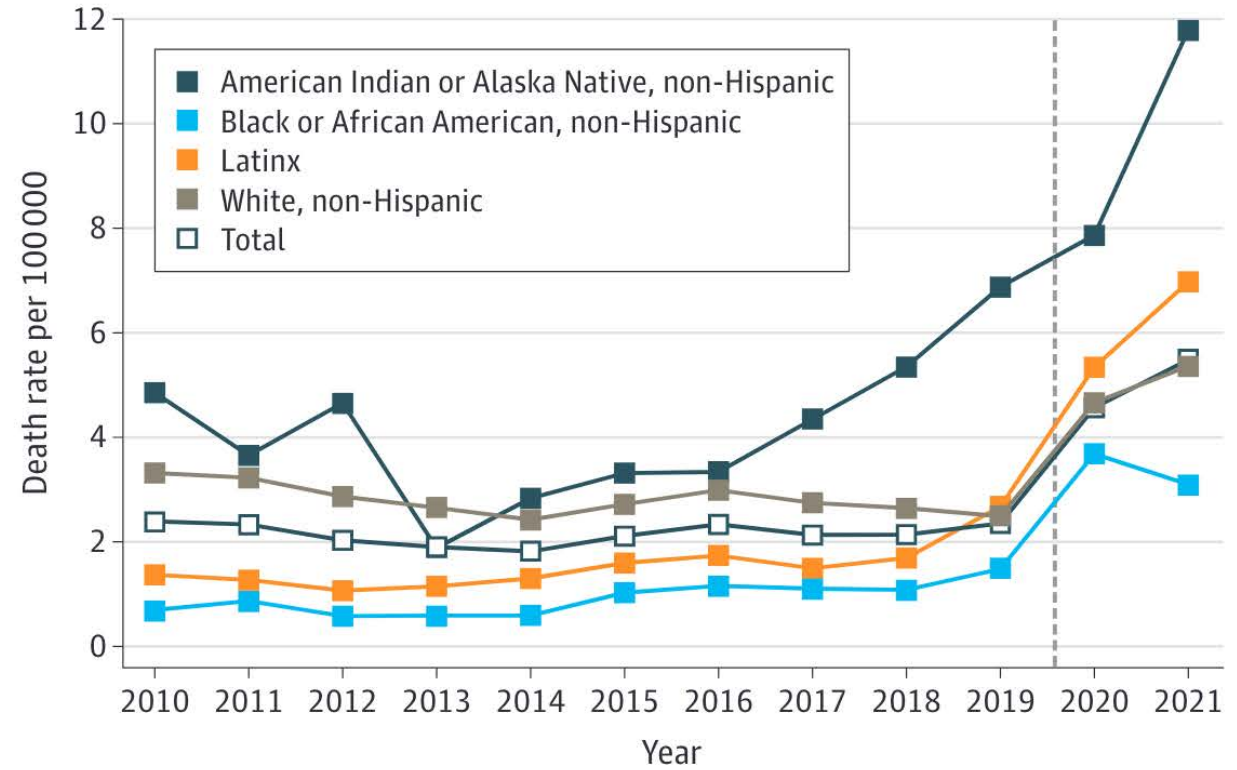
**Earn up to 180 Loyalty Points.**

Figure. Adolescent Overdose Deaths, 2010-2021

**A** Overdose mortality among adolescents by substance type



**B** Overdose mortality among adolescents by race and ethnicity





# Minneapolis man charged in 7-year-old's overdose death; rainbow fentanyl found in home

Josh Skluzacek KSTP

November 14, 2022 - 5:07 PM



This picture from the Drug Enforcement Administration shows colorful fentanyl pills, known as "rainbow fentanyl." (DEA)

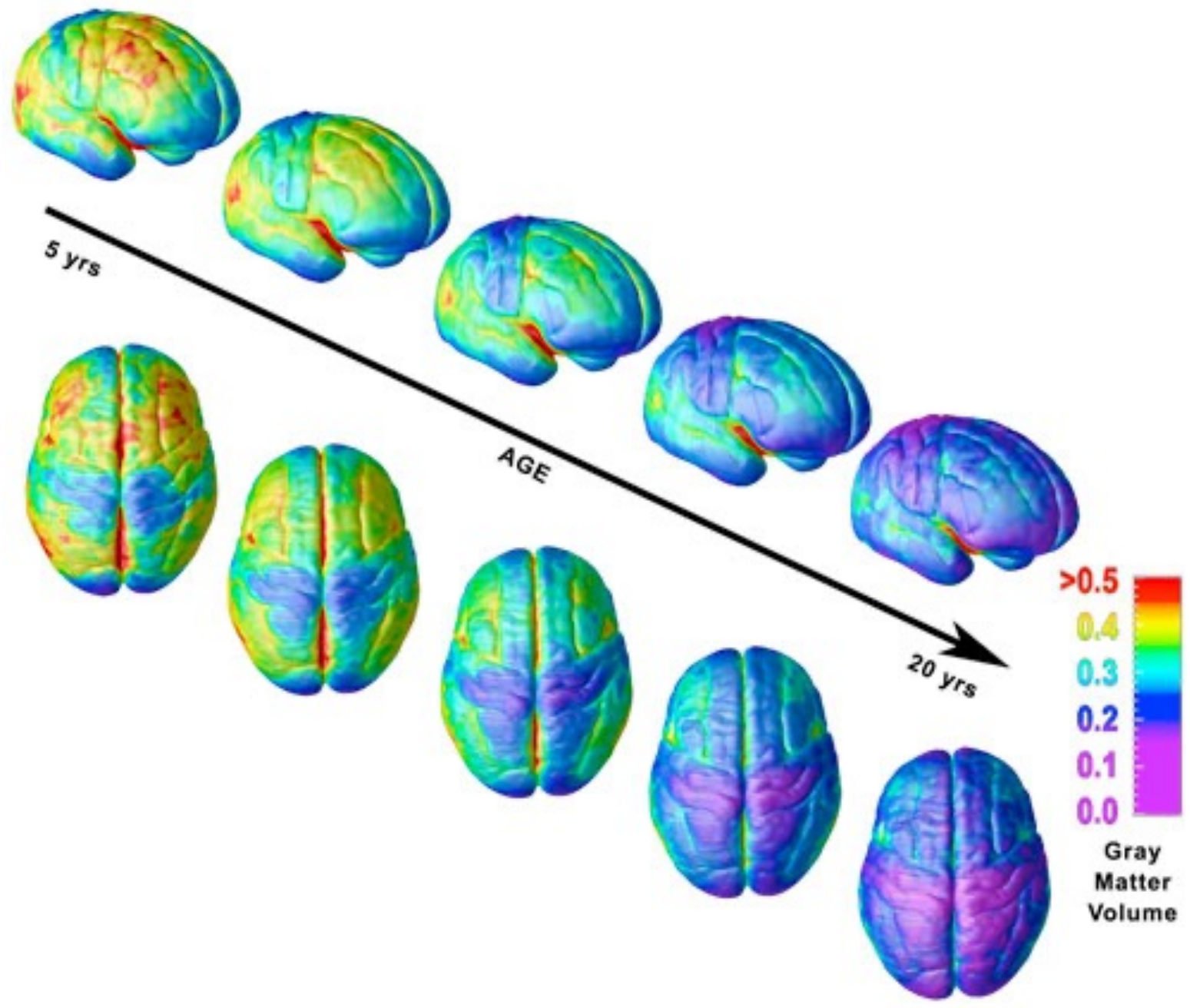
Why do we “choose” to cope poorly?







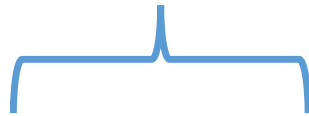




Behavior is **purpose-driven**, even  
if it doesn't seem to make sense

# Unhealthy Coping Comes from Discomfort

Fury  
Clinical Depression  
Panic Attacks  
Chronic Anxiety



Nervous Tics  
Addictive Behaviors  
Eating Disorders  
Hoarding  
Compulsions

Phobias/Avoidance  
Snapping at Others  
Unhealthy Relationships  
Self-Destructive Behavior  
Isolation



So, how can we help?



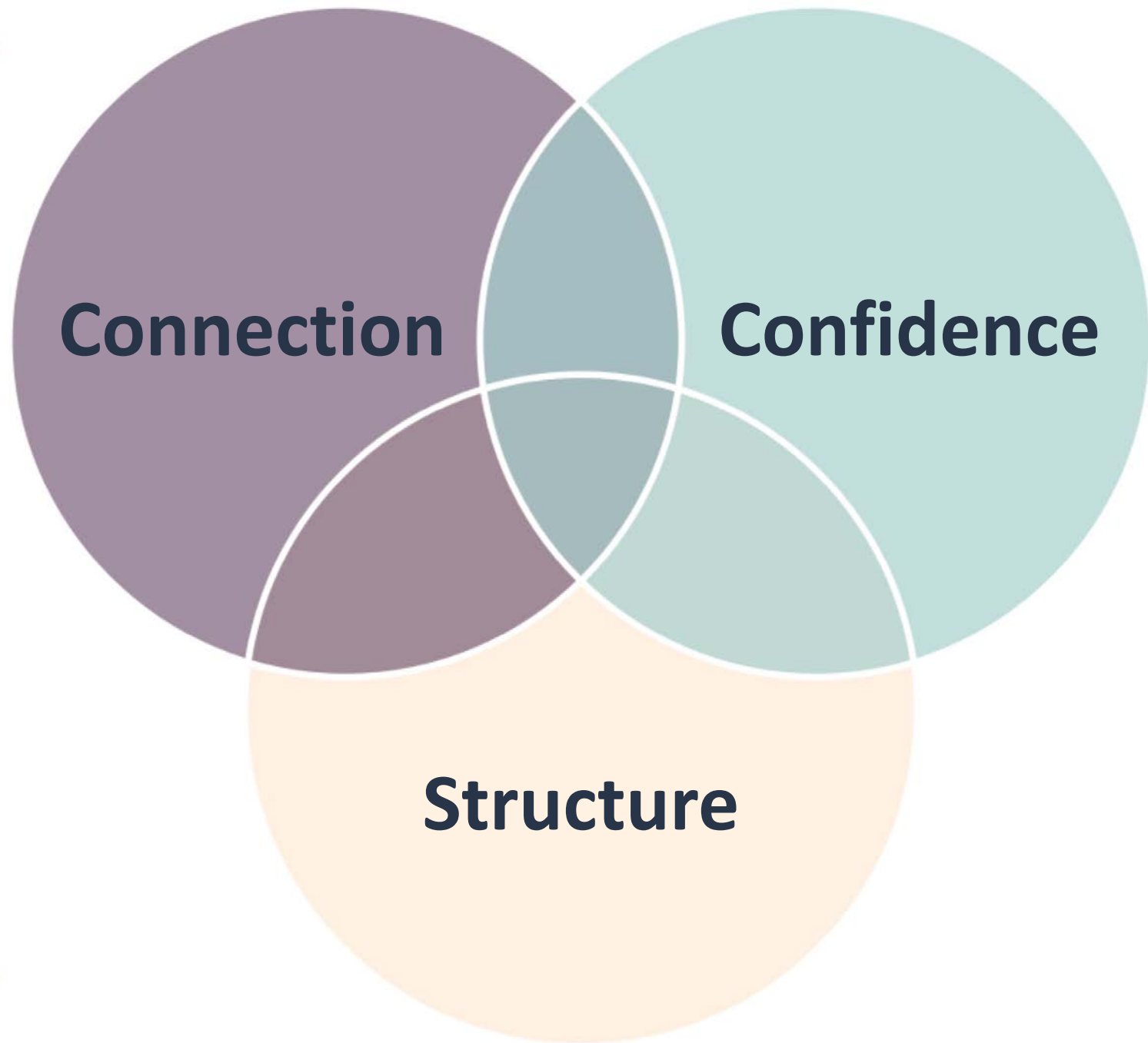
# Demonstrating Emotional Safety

---

- Communicate with **LOVE**
  - **L**istening
    - Open-ended questions, reflections
  - **O**ffering
    - Feedback sandwich
      - Ask permission
      - Provide information
      - Ask for reactions
  - **V**alidating
    - Reinforces self-efficacy, self-trust
  - **E**mpathizing
    - Be in the hole with them
- Have persistence and don't get discouraged

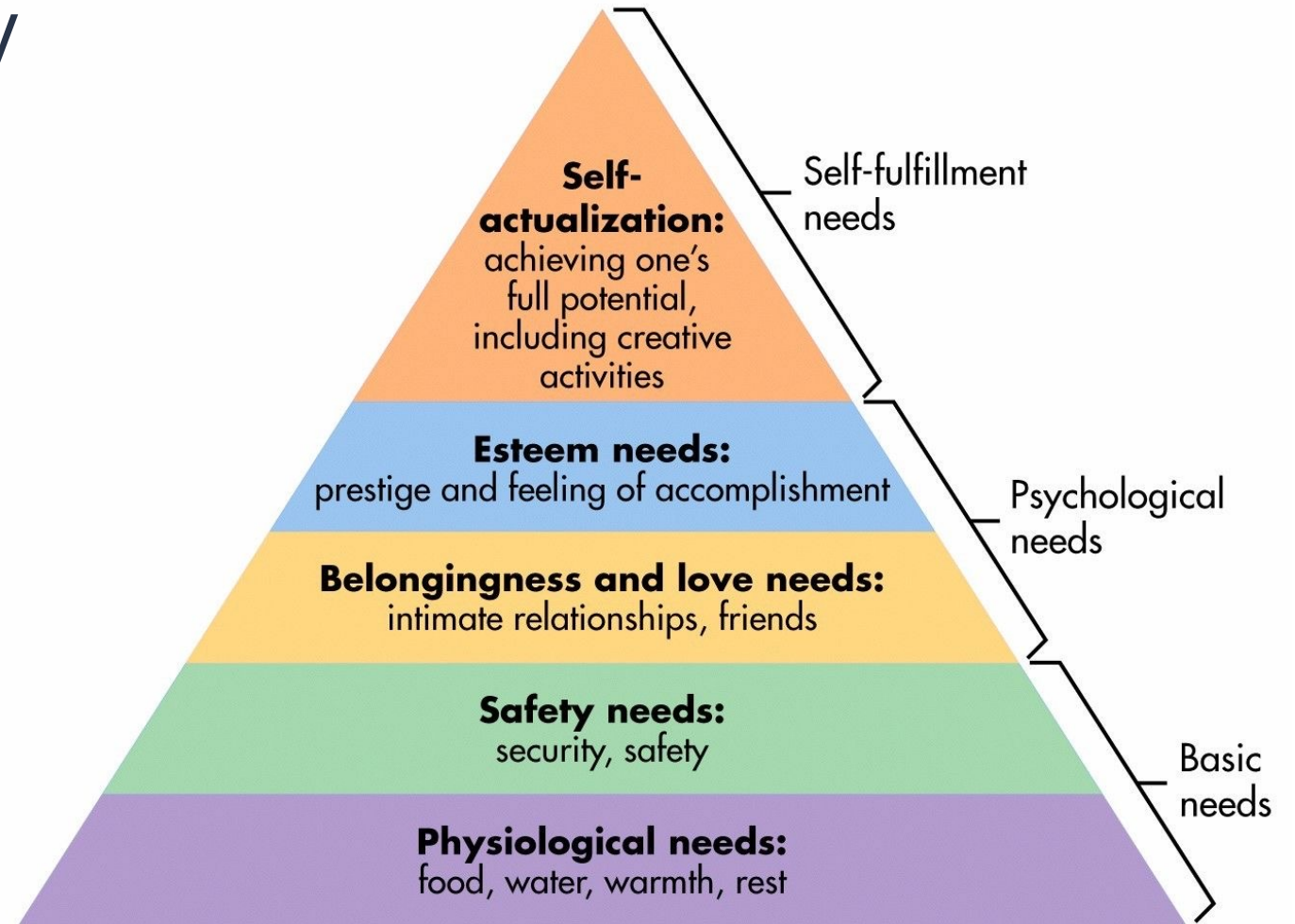


**Stability**



# Building Security in Structure

- Routines & Predictability
  - Stable foundation
  - **Choice** to reach further
- What should be stable?
  - Schedules
  - Discipline
  - Basic and psychological needs
- Family traditions





# Destructive Family Dynamics

---

- Enabling
- Avoidance / Fear
- Parental splitting
- Normalizing chaos / Lack of consequences
- Negative impact on other children
  - Modeling
  - Neglect
  - Chronic stress

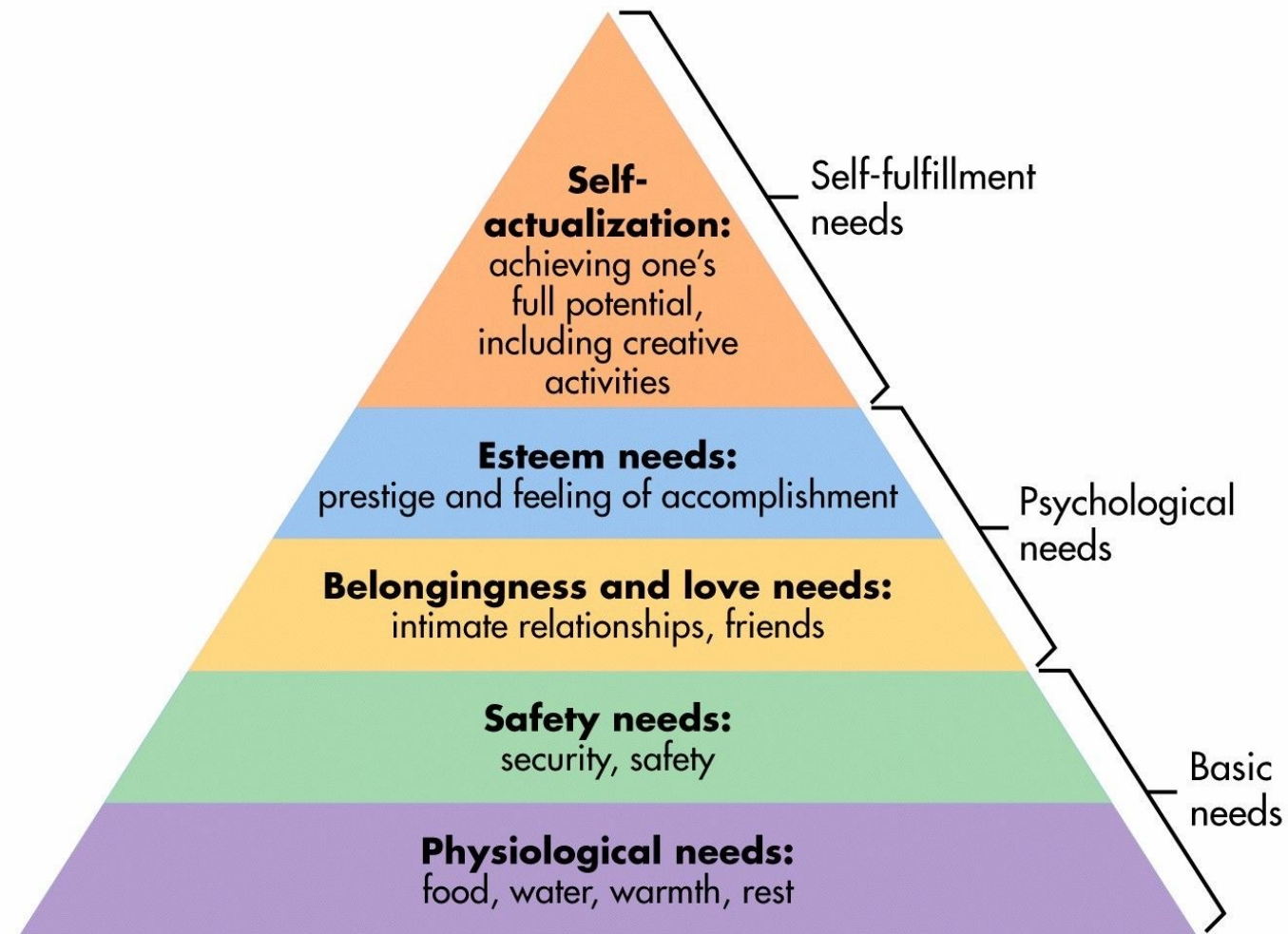
## Millennials 101: How to Enjoy Your Parents' Basement

Bloomberg **Opinion**



Credit: Maureen Downey

Structure provides **security** and is the launchpad for a **positive identity**



# Encouraging Healthy Connectivity

---

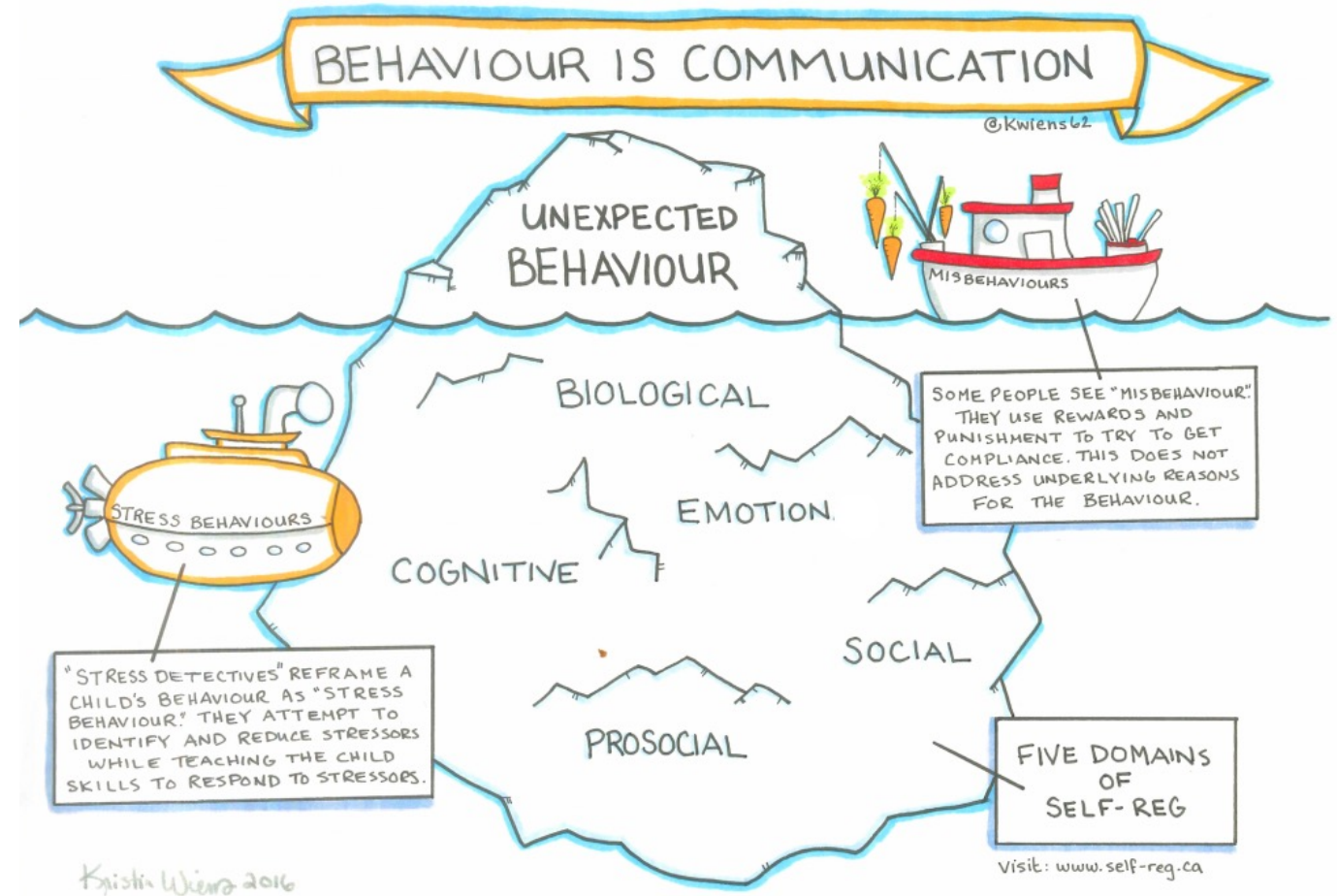
- Social
  - Face time is important
  - A part of the household, not apart from the household
  - Other healthy adult role models
- Behavioral
  - Our behaviors have a direct impact on our feelings
- Emotional
  - Being unable to identify and express emotions can lead to unhealthy routes of expression





# Reframing “Bad Behavior”

- Behaviors are the tip of the iceberg
- Lens shift – “acting out” is a child trying to complete their stress cycle and self-regulate
- Focus on **why**, not what



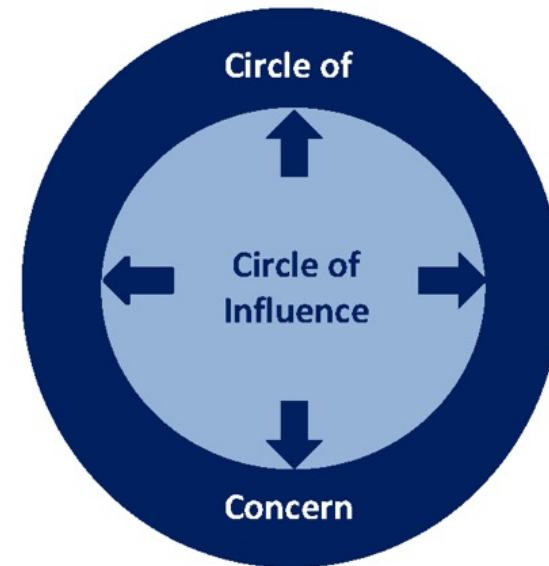


Connection provides self-understanding of...

- Who you are (and who you want to be)
- Where you belong
- What you like to do
- Why you feel the way you do
- How to navigate your emotional world

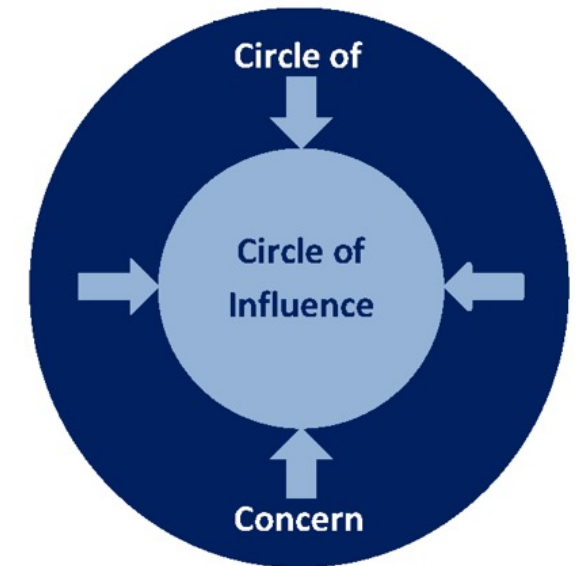
# Building Inner Strength through Confidence

- Confidence comes from **real-life experiences confirming positive beliefs**
  - Not from logic!
- Work within circle of influence to raise self-efficacy
- Mindset shift: “Can I?” vs. “How can I?”
- Intellectual understanding helps...but then you still need to explore



**Proactive Focus**

Positive energy enlarges Circle of Influence



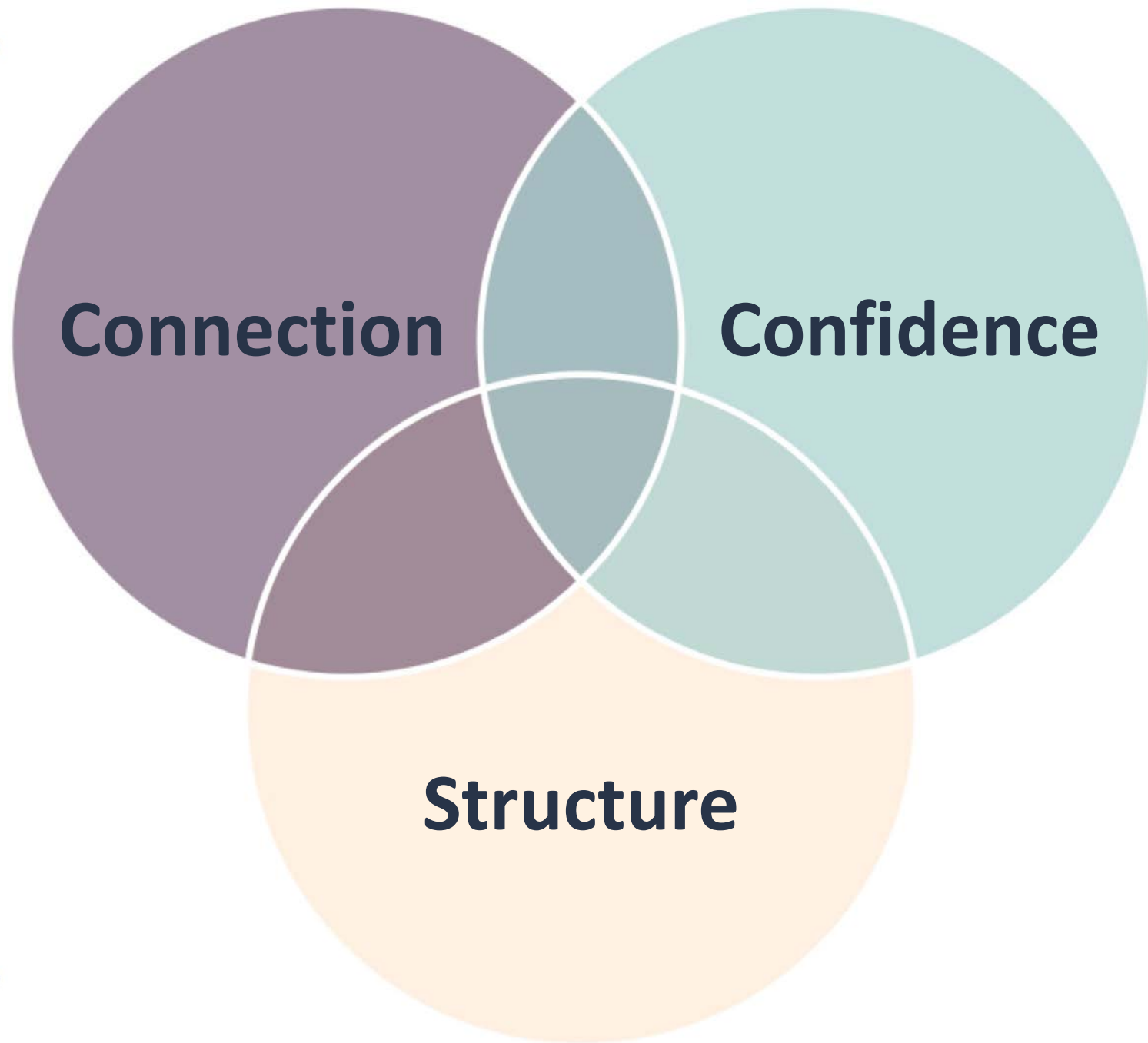
**Reactive Focus**

Negative energy reduces Circle of Influence

# Confidence provides...

- Emotional foundation for action and growth
- Initiative to correct imbalances
- Conviction through strong self-efficacy
- Intrinsic sense of safety and security

**Stability**



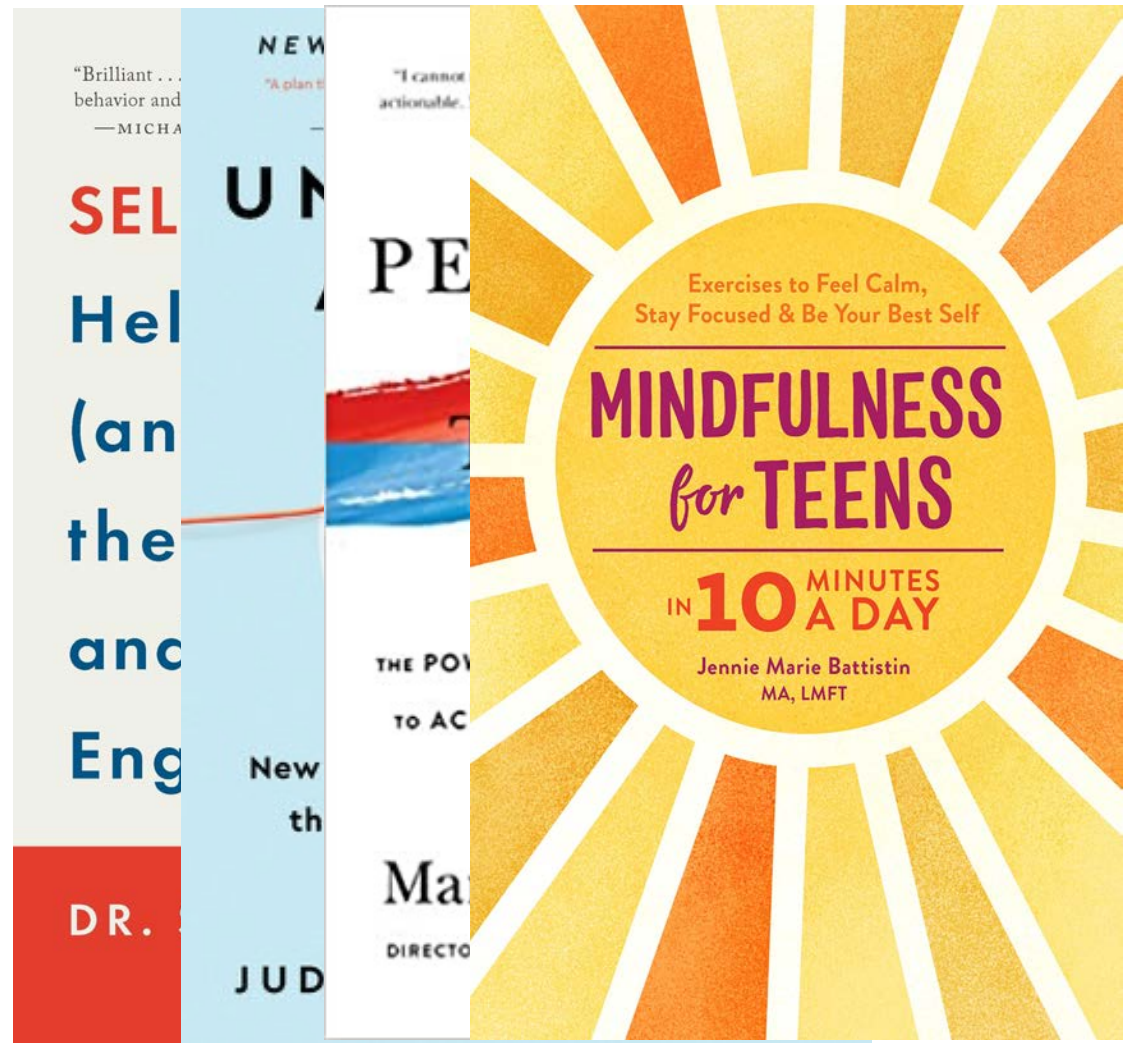


What can I do if I think I need help?

# Apps



# Books




# Real Therapy is Different than DIY



## Stop Knee Pain Now! 5 Exercises To Strengthen Your Knees

4.6M views • 1 year ago

 Tone and Tighten

Five of the best home exercises for knee pain presented by a doctor of physical therapy. Perfect for beginners and those ...

4K









# Therapy Directories

---



**Psychology Today**

# Emergencies

---



# Summary

---

- Our kids need our support, now more than ever
- Substances are more accessible and more potent than in the past
- Stay tuned-in to your child – if you know what normal looks like, you'll know when it changes
- Emotional stability comes from **emotional safety, structure, connection, and confidence** – all of which can be built at home!
- If you need help, please reach out – resources are here!

# Thank You!

Aaron Weiner, PhD

[aaron@weinerphd.com](mailto:aaron@weinerphd.com)

[www.weinerphd.com](http://www.weinerphd.com)

