

What Are You Smoking?: Addressing Nicotine and Cannabis Use in Adolescents

Submission ID	3004051
Submission Type	Workshop
Topic	Addiction- Substance Use Disorders: Identifying, Diagnosing, Treating, and/or Managing
Status	Submitted
Submitter	Jennifer Creedon
Affiliation	LSUHSC
Participant(s)	Jennifer Creedon (Chairperson), Britney Lambert (Presenter), Kimberly Rousseau (Presenter), Jennifer Creedon (Presenter)

SUBMISSION DETAILS

Workshop Summary While most substance use among adolescents has been on the decline over the current decade, there have been concerning trends with regards to the use of nicotine and cannabis in this age group. Much of this has been driven by vaping, or the use of electronic cigarettes or similar devices that deliver nicotine or cannabis, often with enticing flavors targeted toward youth. E-cigarettes were initially marketed as a safer alternative to combustible cigarettes for adults interested in reducing use however use by previously nicotine-naïve adolescents has reversed the promising decline in youth tobacco use. Vaping is also a common vehicle for cannabis use among teens and may be harder for caregivers to detect compared to more traditional means of use. Electronic delivery systems also allow for the use of higher potency cannabis, which is associated with increased risk for psychiatric comorbidities.

Despite awareness of these trends, many clinicians feel ill equipped to address vaping with their adolescent patients and may be even less confident in potential options for treatment. This workshop will provide data on current trends in adolescent vaping and the impacts of comorbid psychiatric diagnoses, social media, and social determinants of health. There will be opportunity for participants to share common barriers in treating such patients and to collaborate on possible solutions. Through case examples, small group discussions, and role play, this workshop will provide participants with up-to-date information on the scope and potential consequences of adolescent vaping and increase confidence in assessing and managing patients with problematic cannabis and/or nicotine use.

Workshop Interaction and Engagement Methods Skill-Building Exercises – incorporating tools such as hands-on training, quizzes, toolkits, worksheets, facilitated small group discussions or breakouts., Practical training and problem solving (Role play/Real play) - Presenters or prepared audience members take on various roles to practice techniques/skills., Case Discussion - Use of cases to engage the audience in brainstorming about diagnosis, treatment planning, clinical issues.

Interactive Plan Description Workshop Timeline

5 min: Introductions

5 min: Case example

- Will be used to frame key concepts of the workshop and as a jumping off point for small group discussions.

10 min: Epidemiology and Trend in Adolescent Vaping- Dr. Creedon

- Didactic

15 min: Small group breakouts: Presenters will facilitate breakout groups to allow for interactive discussion of clinical scenarios participants are seeing in their settings. This will allow for identification of common challenges as well as sharing of interventions.

- Discuss clinical cases
- Identify common clinical challenges, brainstorm solutions
- Bring back to large group

10 min: Adolescent Cannabis Use – Dr. Lambert

- Didactic

10 min: Adolescent Nicotine use – Dr. Rousseau

- Didactic

15 min: Small group case example with guided role play

- Participants will be given case examples and prompts to facilitate role play within small groups of clinical situations including obtaining a vaping history from an adolescent and utilizing motivational interviewing techniques.

20 min: Large group discussion and questions/Wrap up

Writing Educational Learning Objectives

Please list at least three (3) brief learning objectives below.

Learning Objective 1 Participants will recognize the impact of adolescent nicotine and cannabis use on mental health symptoms.

Learning Objective 2 Participants will employ clinical interviewing strategies to obtain a thorough adolescent vaping history.

Learning Objective 3 Participants will assess current barriers to the assessment and treatment of adolescents with nicotine and cannabis use disorders.