
SUBSTANCE USE AMONG BLACK YOUTH

UNDERSTANDING THE INFLUENCE OF
SOCIAL DETERMINANTS OF MENTAL HEALTH
AND DEVELOPING STRATEGIES TO ADDRESS THE
IMPACT ON BLACK YOUTH

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9:00 am – 1:30 pm

DISCLOSURES

No conflicts of interest to report

No financial disclosures to report

LEARNING OBJECTIVES

By the end of the training, participants will be able to

- Review how social determinants of mental health influence the risk of substance use in Black youth.
 - Identify three risk factors among Black youth more likely to use substances.
 - Describe three programs aimed to prevent substance use in youth.
 - Describe practical tips and strategies parents and teachers can use to create open communication and talk about the dangers of substance use in youth.
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AGENDA

Topic A: Risk Factors for Substance Use in Black Youth

Topic B: Negative Consequences of Substance Use in Black Youth

Topic C: Strategies to Identify and Manage Substance Use in Black Youth

Topic D: Implicit Bias, how it contributes to health inequities and negative health outcomes.

RISK FACTORS

Biological

- Addiction potential of alcohol and other substances
- Genetics and family history
- Co-Occurring mental health problems

Psychological

- Low self esteem
- Peer pressure, Negative feelings about not fitting in with peers
- Feeling indestructible/invincible, Inability to understand and appreciate consequences

Social

Access to substances

Poverty, community violence, and other social determinants of health

Patterns of substance use among Black youth vs racial/ethnic groups

Race-based stress, racism, and racial discrimination

RISK FACTORS

Biological

- Addiction potential
 - alcohol
 - tobacco
 - prescription medications
 - marijuana
 - other illicit substances
 - Genetics and family history
 - Co-Occurring Mental Health Problems
 - Mood Disorders
 - Anxiety Disorders
 - Developmental Disorders
 - Psychotic Disorders
-

RISK FACTORS

Psychological

- Low self esteem
 - Peer pressure
 - Negative feelings about not fitting in with peers
 - Feeling indestructible or invincible
 - Inability to understand and appreciate consequences
-

RISK FACTORS

Social

- Access to substances
 - Social Determinants of Health
 - Poverty
 - Community violence
 - Other social determinants of health
 - Patterns of substance use among Black youth vs other racial/ethnic groups
 - Race-based stress, racism, and racial discrimination
-

RACISM AND CLASSISM (OPARA ET AL 2019)

- Mediated by policies that increase race and class isolation
 - Increase access to drugs, crime, violence and income inequality
 - Increase risk of drug use among urban youth
-

IMPLICIT BIAS

Historical context:

- 13th Amendment

Contemporary factors:

- 13th Amendment & The War on Drugs, Nixon Era
- 13th Amendment & The Transformative War on Drugs, Reagan Era

News media, TV/movies, magazines, social media, and other forms of communication magnify the War on Drugs.

IMPLICIT BIAS - 13TH AMENDMENT & THE WAR ON DRUGS, NIXON ERA



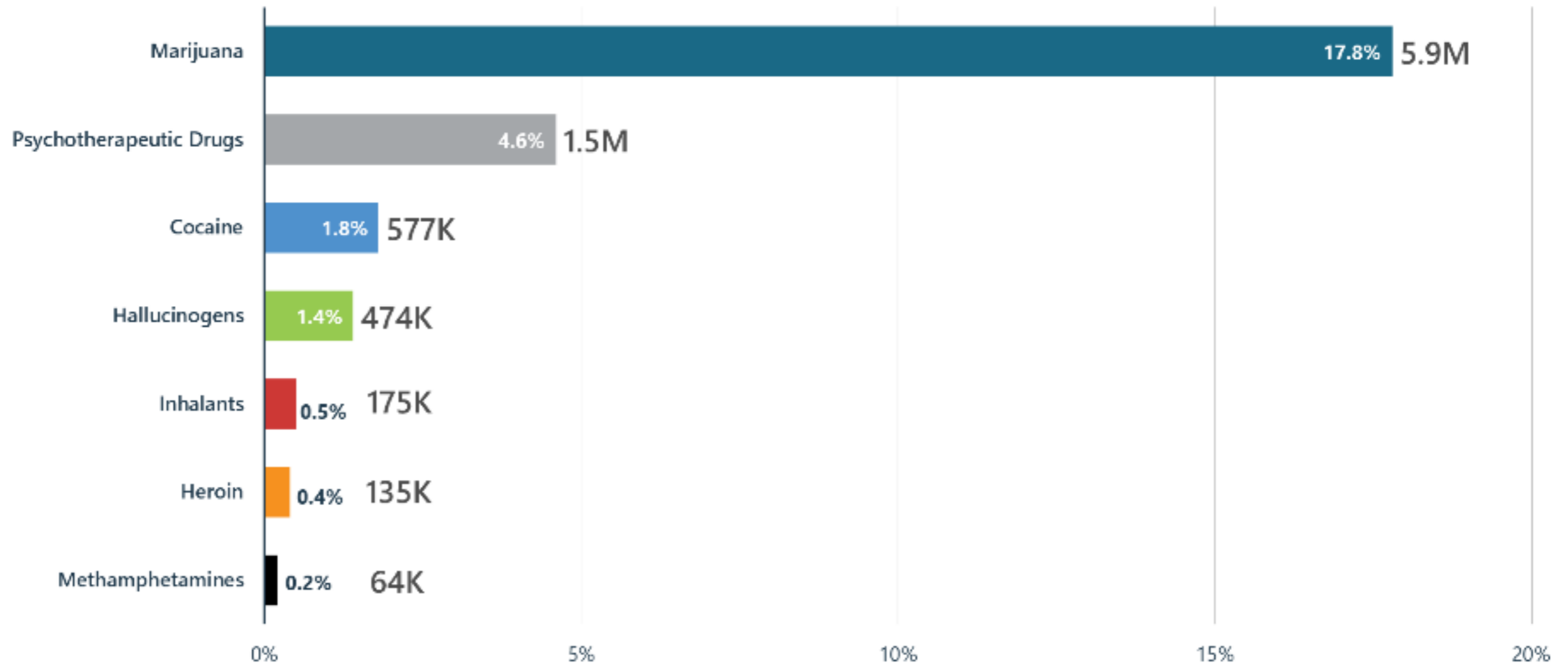
2018 National Survey on Drug Use and Health: African Americans

Substance Abuse and Mental Health Services
Administration U.S. Department of Health and Human
Services



SAMHSA
Substance Abuse and Mental Health
Services Administration

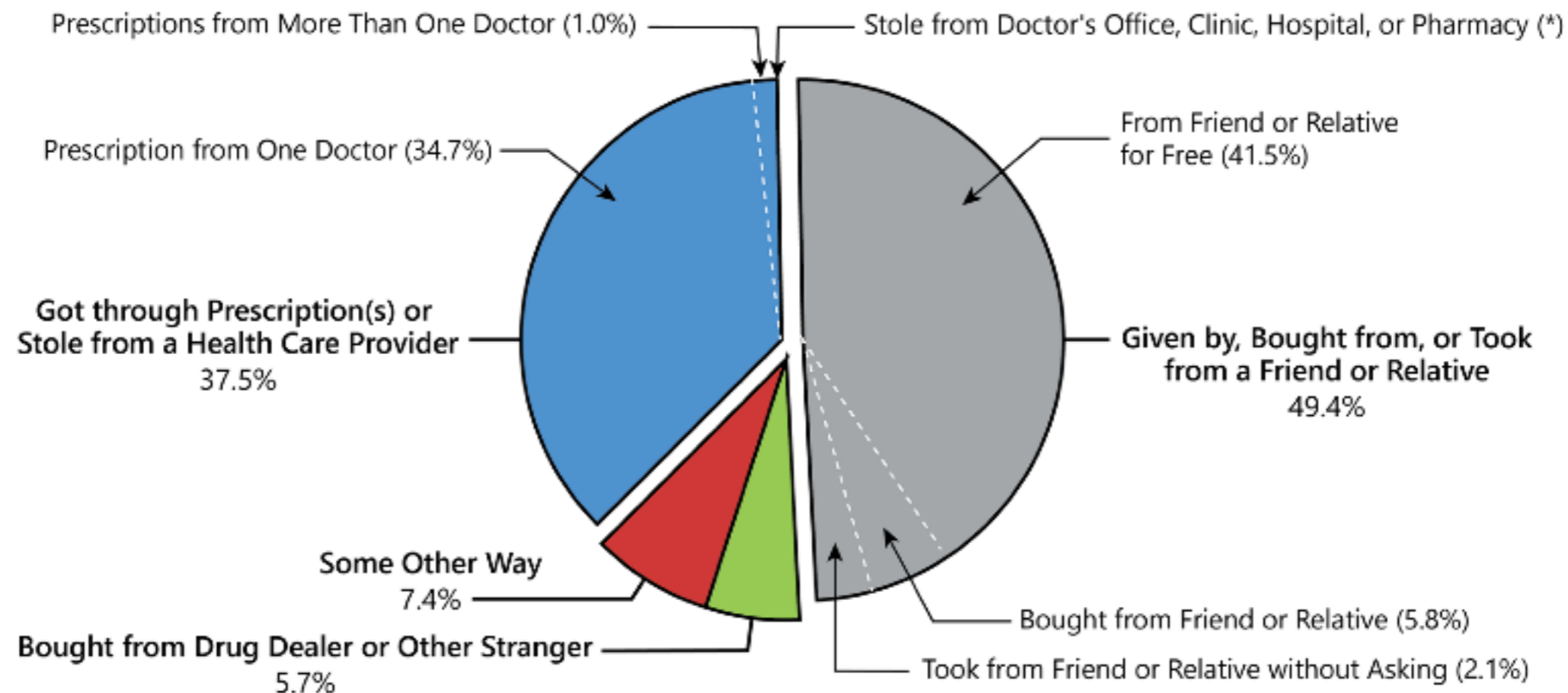
ILLICIT SUBSTANCE USE AMONG AFRICAN AMERICANS: MARIJUANA IS THE MOST USED



PAST YEAR, 2018 NSDUH, African American 12+

SOURCES WHERE PAIN RELIEVERS WERE OBTAINED FOR MOST RECENT MISUSE AMONG AFRICAN AMERICANS

PAST YEAR, 2018 NSDUH, African American 12+

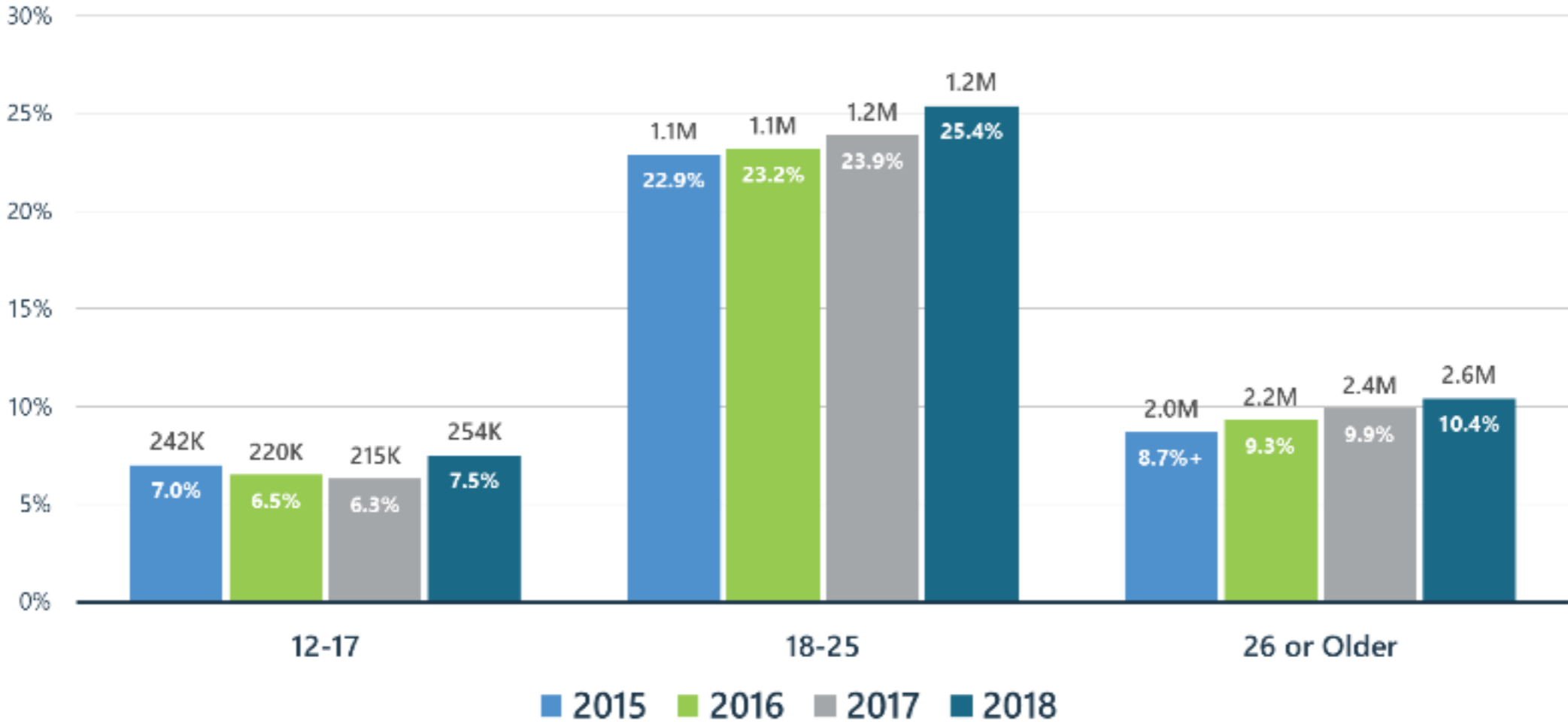


1.1 Million African Americans Aged 12 or Older Who Misused Prescription Pain Relievers in the Past Year

* Estimate not shown due to low precision.

MARIJUANA USE AMONG AFRICAN AMERICANS

PAST MONTH, 2015-2018 NSDUH, African American 12+

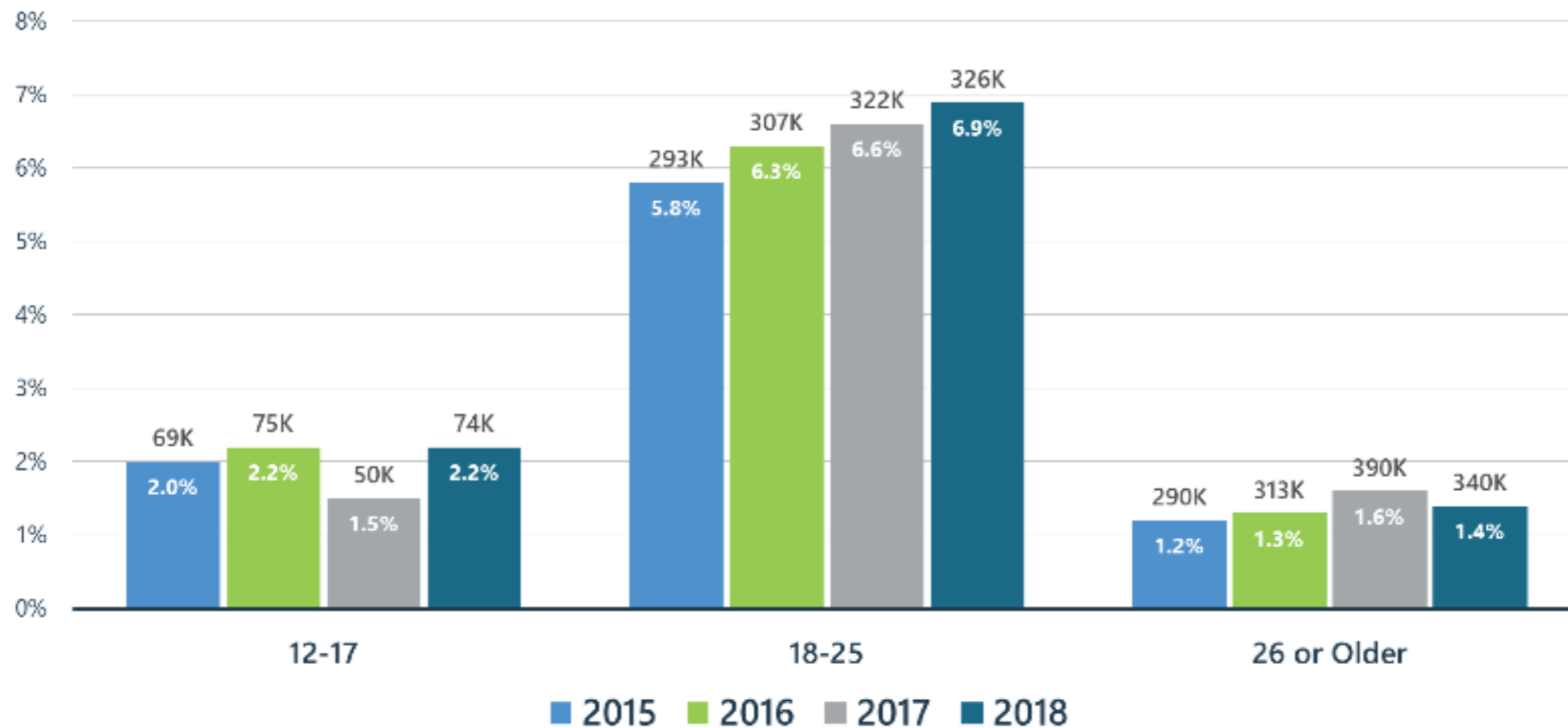


+ Difference between this estimate and the 2018 estimate is statistically significant at the .05 level.



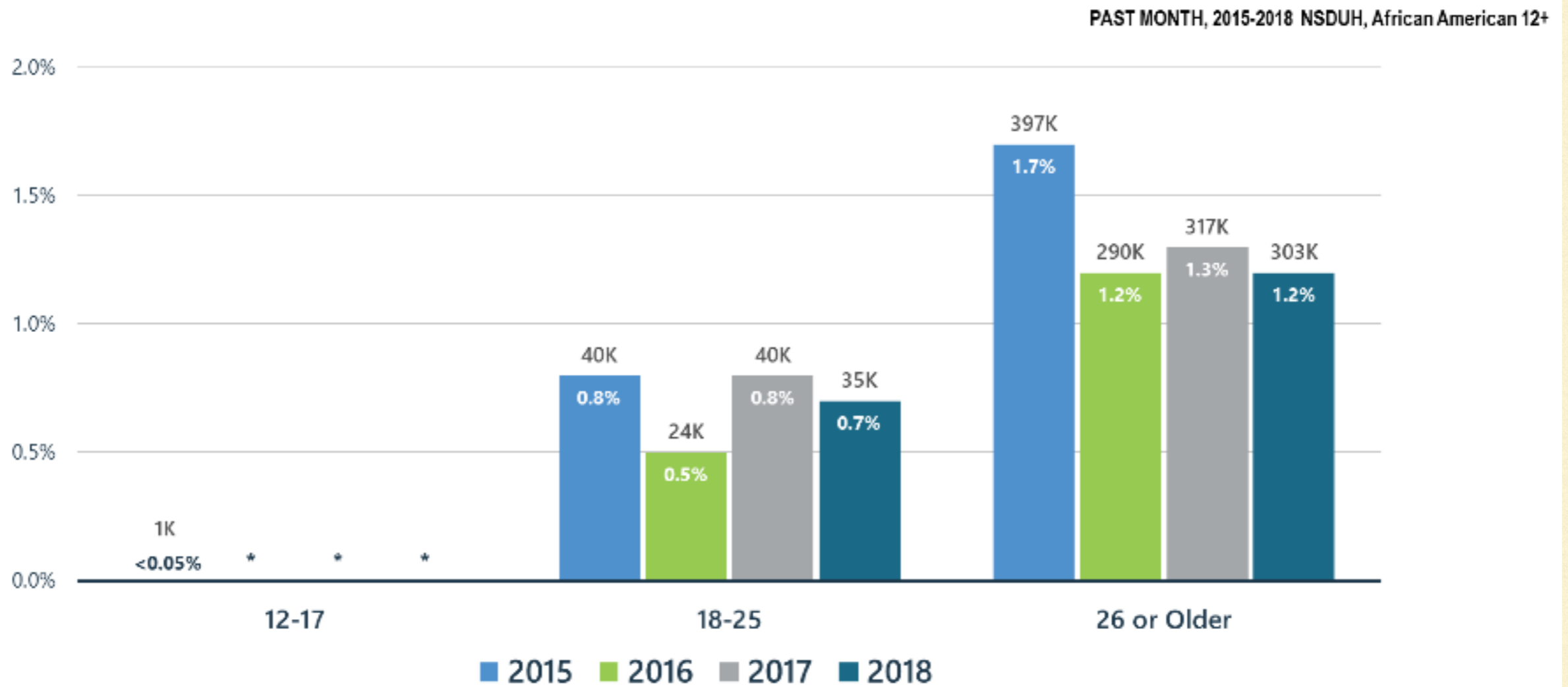
MARIJUANA USE DISORDER AMONG AFRICAN AMERICANS

PAST YEAR, 2015-2018 NSDUH, African American 12+



No differences between prior year estimates and the 2018 estimates are statistically significant at the .05 level.

COCAINE USE AMONG AFRICAN AMERICANS

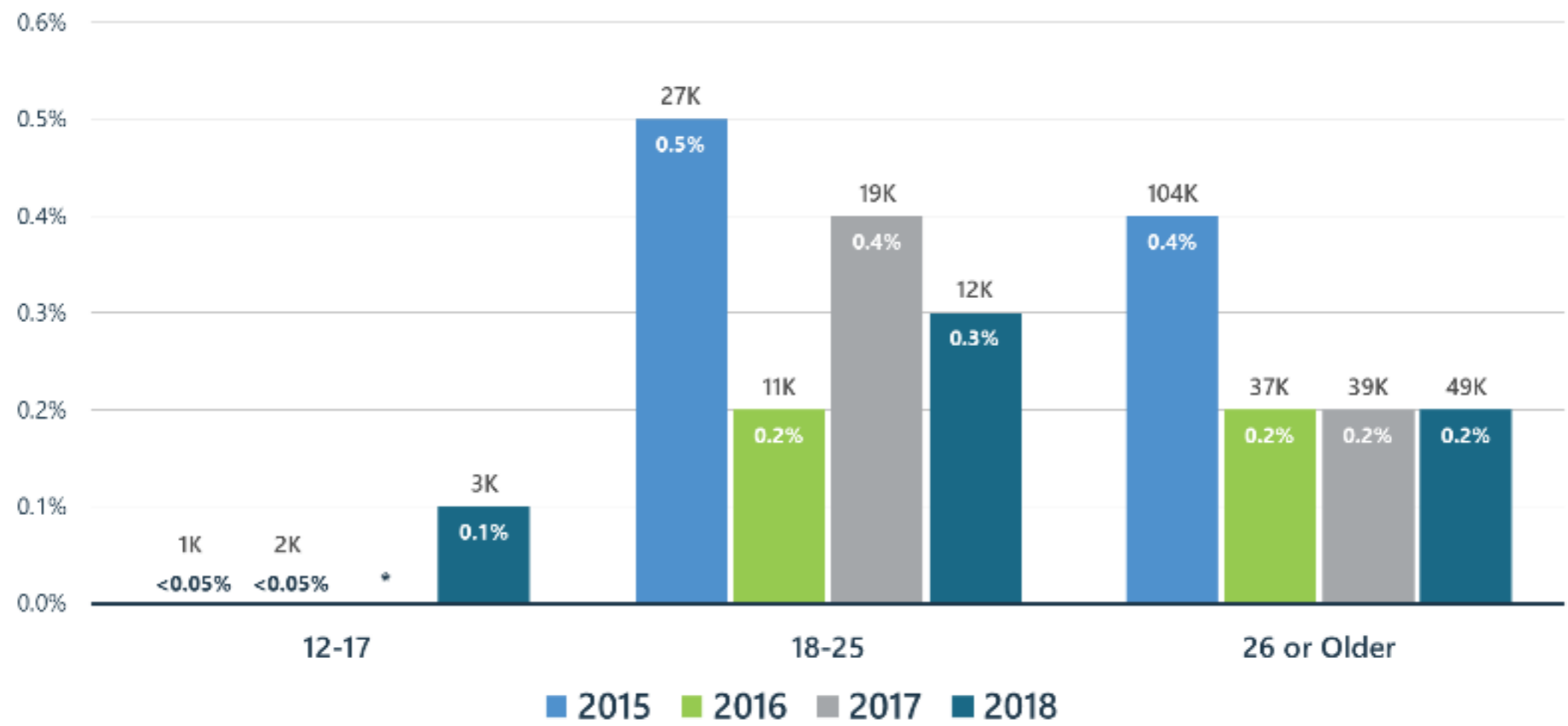


* Estimate not shown due to low precision.

No differences between prior year estimates and the 2018 estimates are statistically significant at the .05 level.

METHAMPHETAMINE USE AMONG AFRICAN AMERICANS

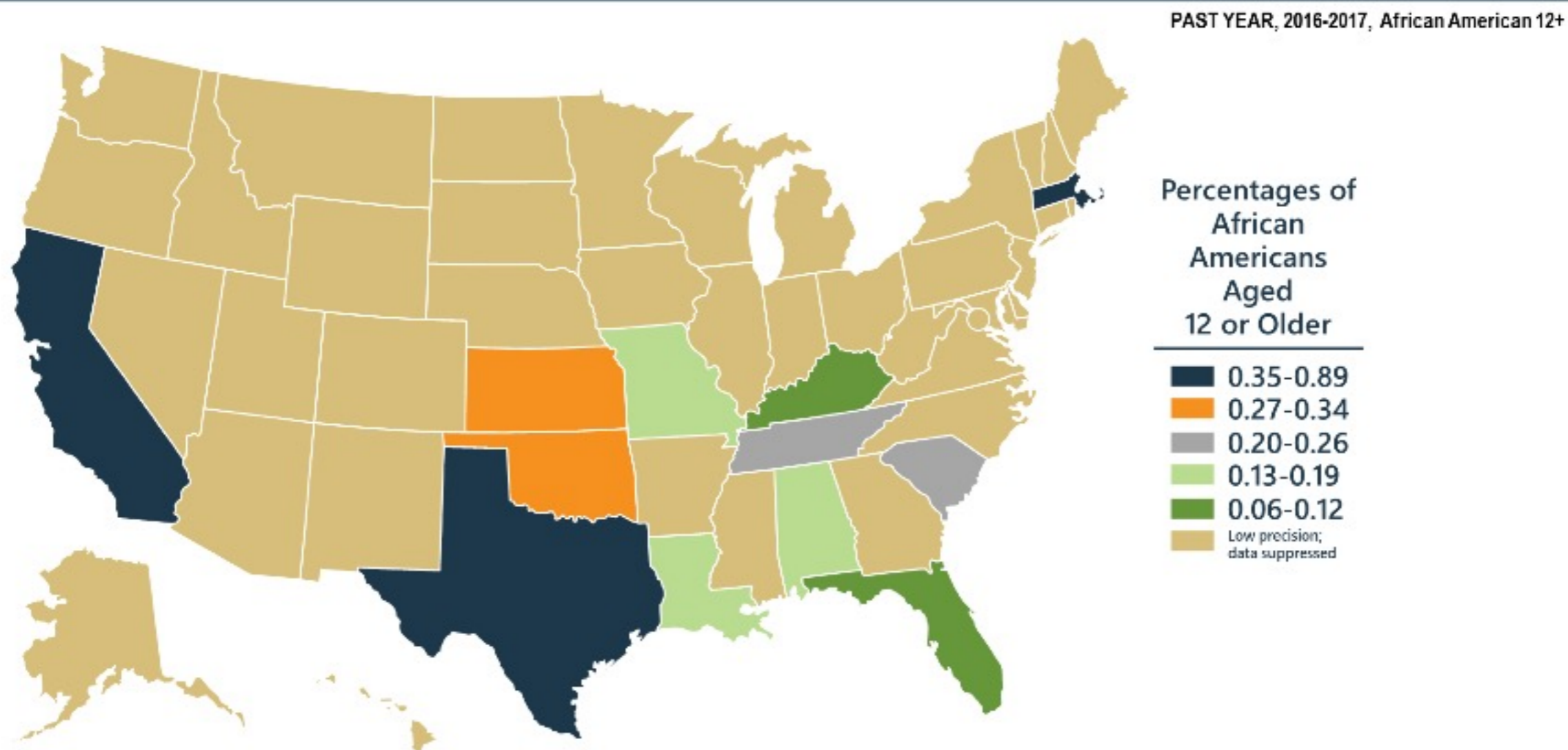
PAST YEAR, 2015-2018 NSDUH, African American 12+



* Estimate not shown due to low precision.

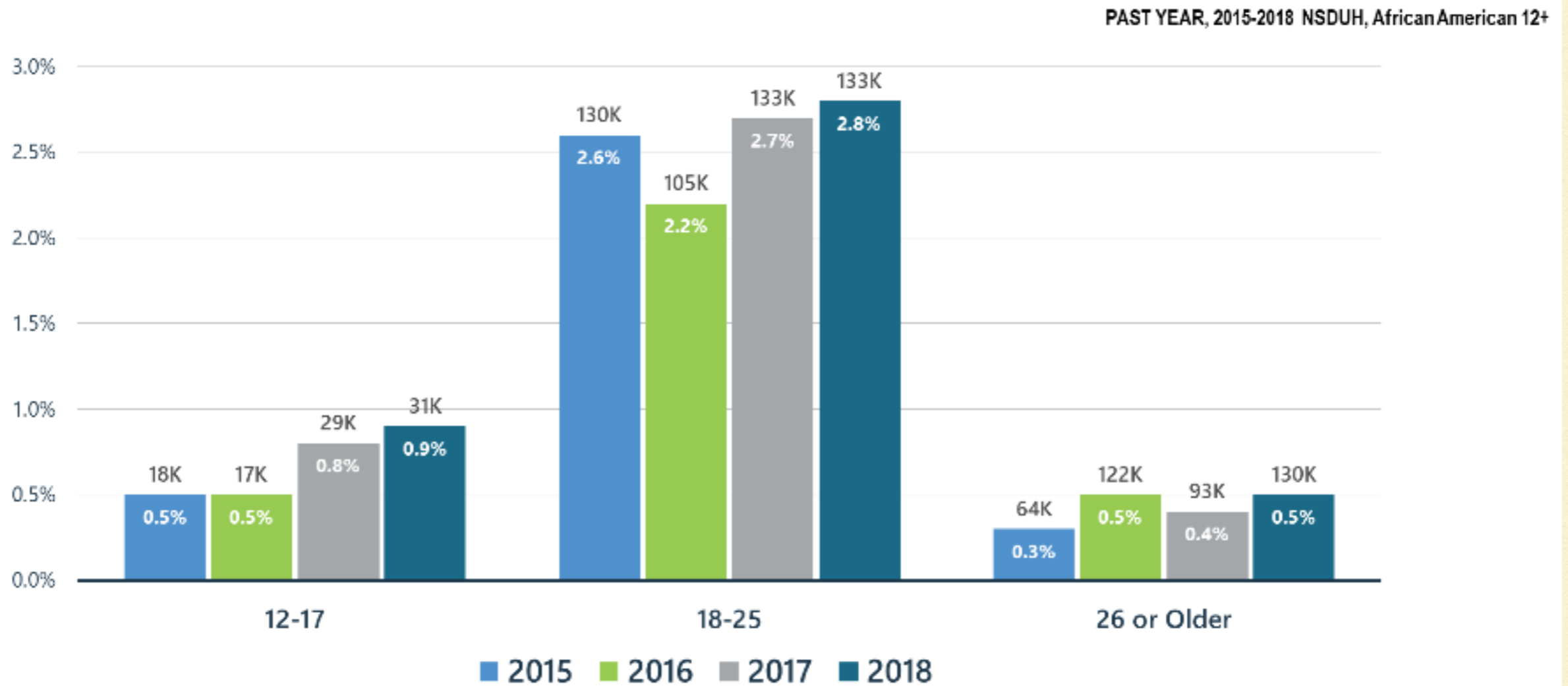
No differences between prior year estimates and the 2018 estimates are statistically significant at the .05 level.

METHAMPHETAMINE USE AMONG AFRICAN AMERICANS BY STATE



Differences in colors across states do not indicate significant differences in estimates.

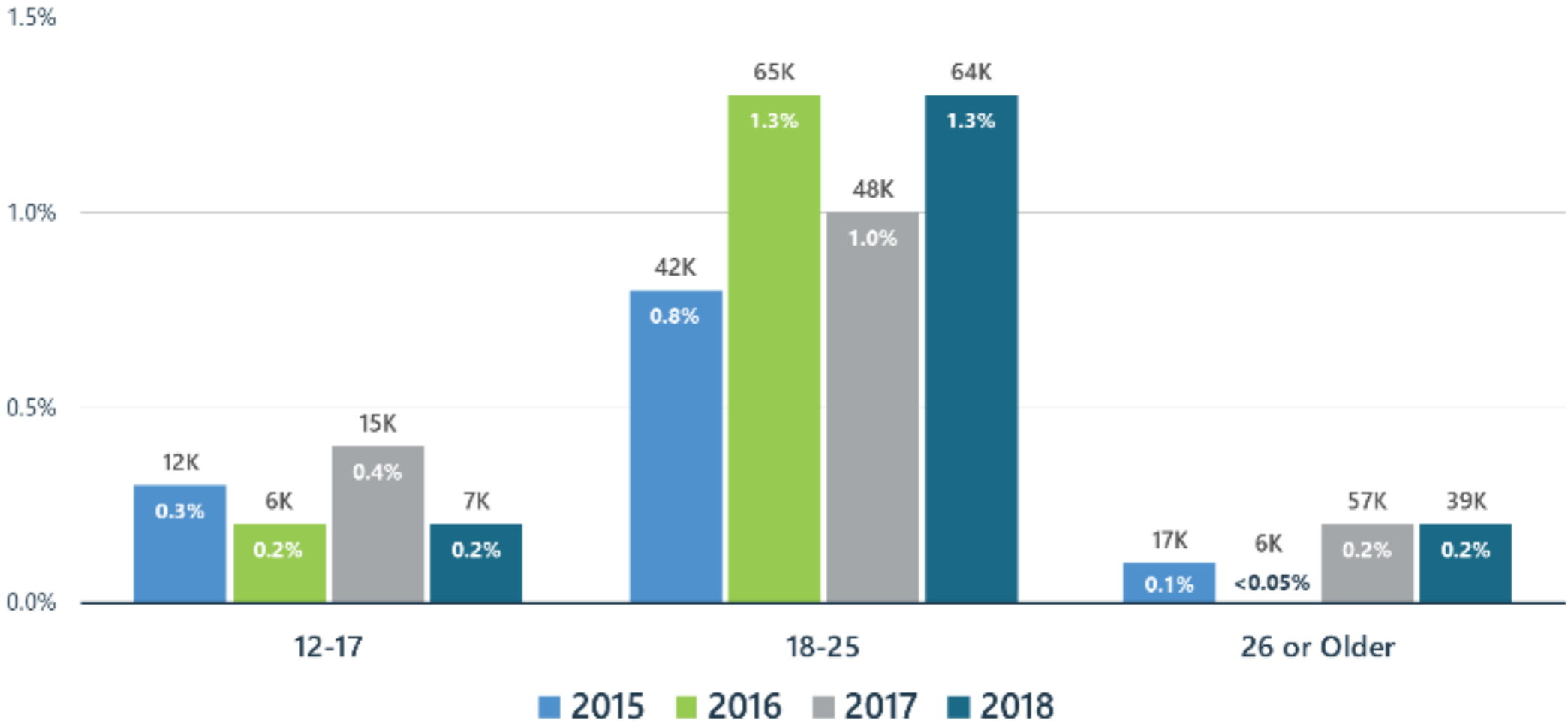
MISUSE OF PRESCRIPTION STIMULANTS AMONG AFRICAN AMERICANS



No differences between prior year estimates and the 2018 estimates are statistically significant at the .05 level.

HALLUCINOGEN USE (LSD) AMONG AFRICAN AMERICANS

PAST YEAR, 2015-2018 NSDUH, African American 12+



Estimates represent past year use of LSD (lysergic acid diethylamide), a type of hallucinogen.

No differences between prior year estimates and the 2018 estimates are statistically significant at the .05 level.



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NICOTINE (NIDA 2018)

- Is addictive
 - Based on how reinforcing it is or how it leads people to keep using it
 - Very difficult to Unlearn lighting up
 - Most deadly drugs due to # of lives lost to cancer, heart and lung disease
-

NICOTINE

(AACAP FACTS FOR FAMILIES 2020)

- Affects brain development: attention, learning, mood regulation, impulse control
 - Vaping delivers nicotine faster than cigarettes therefore increased risk of OD
 - A single e-liquid cartridge = 20 cigarettes
 - Vaping leads to lung disease, lung transplants and EVAL, E-cigarette , vaping associated lung illness
-

NICOTINE (NIDA 2018)

- Is a gateway drug
 - Trains human brains to use other drugs repeatedly
 - Enhances video stimuli, and music
 - Enhances and prolongs pleasure
-

MARIJUANA (CANNABIS) (NIDA 2022)

- Growing scientific evidence that regular, heavy use during teens can interfere with functioning and well being
 - Regular use has negative effects on attention, memory, motivation and learning even after effect of drug wears off
 - ~50% admissions for drug treatment for 12-17yo's
 - Daily cannabis use more common among 12th graders than cigarette use
-

RISK FACTORS FOR CANNABIS USE (NIDA 2022)

- Cigarette users
 - Alcohol users
 - Untreated Depression, Anxiety, ADHD
 - Victims of Trauma
-

NOT YOUR GRANDDADDY'S WEED

(NEW YORK TIMES 2022)

- Hi-THC (active ingredient) concentration in 1995 avg. concentration 4%, by 2017 avg. 17%, by 2022 some products >95%
 - Hi-THC concentration increases likelihood of addiction, uncontrollable vomiting, anxiety, agitation, paranoia, psychosis, depression, and suicidality
 - According to SAMHSA addiction more likely if you start using before age 18
-

NOT YOUR GRANDDADDY'S WEED

(AACAP FACTS FOR FAMILIES 2019)

- Oils and tinctures applied to the skin
 - Cannabis beverages, eg, tea
 - Edibles, hi-risk for OD due to poor labelling, teens can use too much waiting for the high
-

CANNABIS WITHDRAWAL (NIDA 2022)

- Seen with long-term use
 - Makes it difficult to quit
 - Similar to nicotine withdrawal, increased irritability, anxiety, poor sleep and appetite
 - Often resolves within 2 weeks
 - Can lead to relapse
-

NEGATIVE CONSEQUENCES

(NIDA 2022)

- More likely to drop out
 - Decreased life satisfaction, poor quality of life
 - Decreased mental/physical health
 - Memory and relationship problems
 - Lower income, less career success
-

NEGATIVE CONSEQUENCES

- Harmful effects on developing brain effects including impairments in learning and memory
 - Substance use, misuse, and addiction later in life
 - Depression, psychosis, and other mental health problems
 - Problems in school
 - Accidents
 - Violence
 - Unsafe sexual practices
 - Suicide
-

Co-Occurring Disorders

PAST YEAR, 2018 NSDUH, African American 18+

Among African Americans with a substance use disorder:
6 IN 13 (47.1% or 1.0M) struggled with illicit drugs
2 IN 3 (67.6% or 1.5M) struggled with alcohol use
1 IN 7 (14.8% or 320K) struggled with illicit drugs and alcohol

Among African Americans with a mental illness:
2 IN 9 (22.4% or 1.1M) had a serious mental illness

7.3%
(2.2 MILLION)
People aged 18
or older had a
substance use
disorder (SUD)

3.6%
(1.1 MILLION)
People 18+ had
BOTH an SUD and
a mental illness

16.2%
(4.8 MILLION)
People aged 18
or older had a
mental illness

In 2018, **5.9M** African American adults had a mental and/or substance use disorder.

LEGALIZATION OF MARIJUANA

- Decrease in perceived harmfulness
 - Increase in use among youth
 - Increase in addiction
 - Increase in co-occurring substance use
 - Increase in suicidality
 - Increase in new-onset psychosis
 - Negative effects on cognition
 - Negative effects on brain development
 - Negative effects on school performance
 - Negative effects on driving
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LEGALIZATION OF MARIJUANA

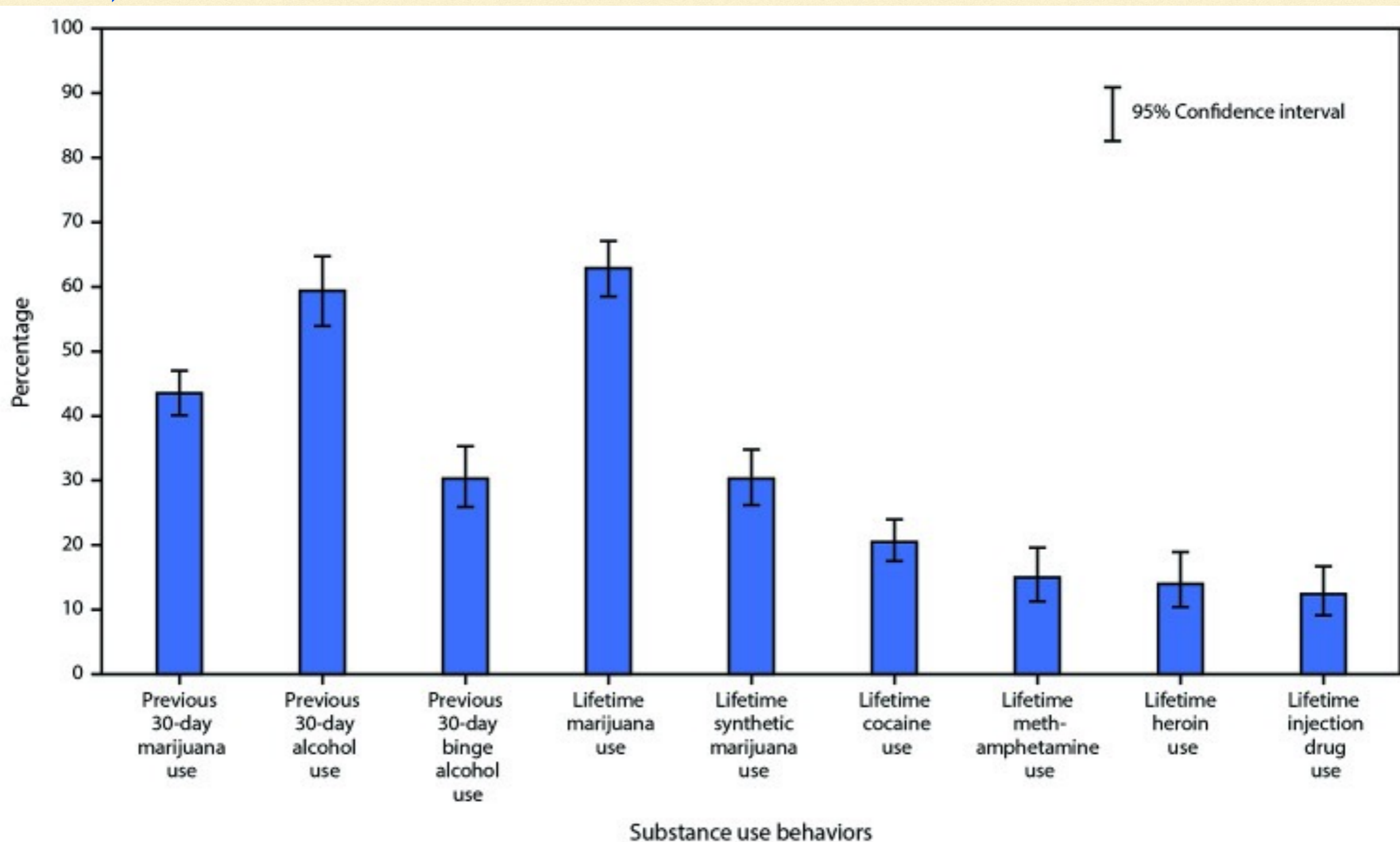
- Potential role of pediatricians
 - Prevention
 - Intervention
 - Motivational Interviewing
 - Cognitive Behavioral Therapy
- School-Based support

Gaps in treatment availability remain

IMPORTANT THINGS TO KNOW

- There is no evidence that medical marijuana is safer than any other marijuana (AACAP Facts For Families 2019)
 - Recreational marijuana use is illegal in the United States for those under 21 (New York Times 2022)
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PERCENTAGE OF CO-OCCURRING SUBSTANCE USE BEHAVIORS AMONG HIGH SCHOOL STUDENTS WHO REPORTED PREVIOUS 30-DAY PRESCRIPTION OPIOID MISUSE* — YOUTH RISK BEHAVIOR SURVEY, UNITED STATES, 2019



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STRATEGIES TO IDENTIFY & MANAGE SUBSTANCE USE IN BLACK YOUTH

Warning signs

- physical
 - emotional
 - family
 - school
 - social problems
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STRATEGIES TO IDENTIFY & MANAGE SUBSTANCE USE IN BLACK YOUTH

Treatment

- early intervention and continuum of care
 - managing other mental health problems
 - biological approaches
 - psychosocial strategies
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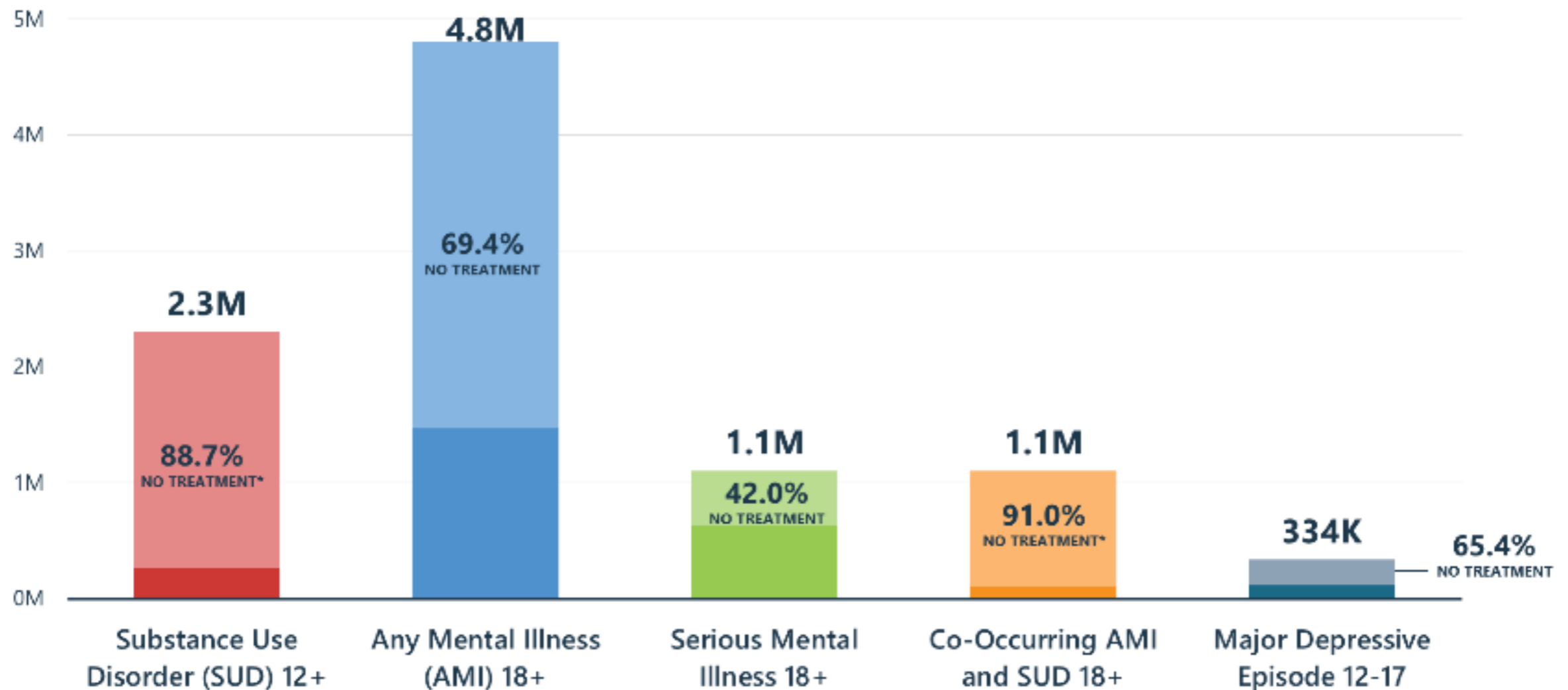
STRATEGIES TO IDENTIFY & MANAGE SUBSTANCE USE IN BLACK YOUTH

Prevention

- open communication with parents/caregivers
 - talking about negative effects of substance use by parents/teachers
 - setting and enforcing rules
 - limit access
 - role modeling
 - addressing psychosocial stressors
 - managing other mental health problems
-

DESPITE CONSEQUENCES AND DISEASE BURDEN, TREATMENT GAPS AMONG AFRICAN AMERICANS REMAIN VAST

PAST YEAR, 2018 NSDUH, African American 12+



* No Treatment for SUD is defined as not receiving treatment at any location, such as a hospital (inpatient), rehabilitation facility (inpatient or outpatient), mental health center, emergency room, private doctor's office, self-help group, or prison/jail.

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IMPLICIT BIAS

Coping with Race-Based Stress

- Some Black youth report the use of substances in an effort to cope with race-based stress, racism, and racial discrimination.
 - Substance use prevention measures may help Black youth develop healthy strategies to cope with race-based stress, racism, and racial discrimination.
-

STRESS AND ADOLESCENT SUBSTANCE USE (JELSMA ET AL 2020)

- “Additive stress” race-related + general stress = increase risk of AA adolescent substance use
 - **Race-related stress**, social exclusion and isolation, AA youth succumb to **peer pressure** to use drugs to be included
 - Direct relationship between discrimination and use of alcohol, nicotine and cannabis
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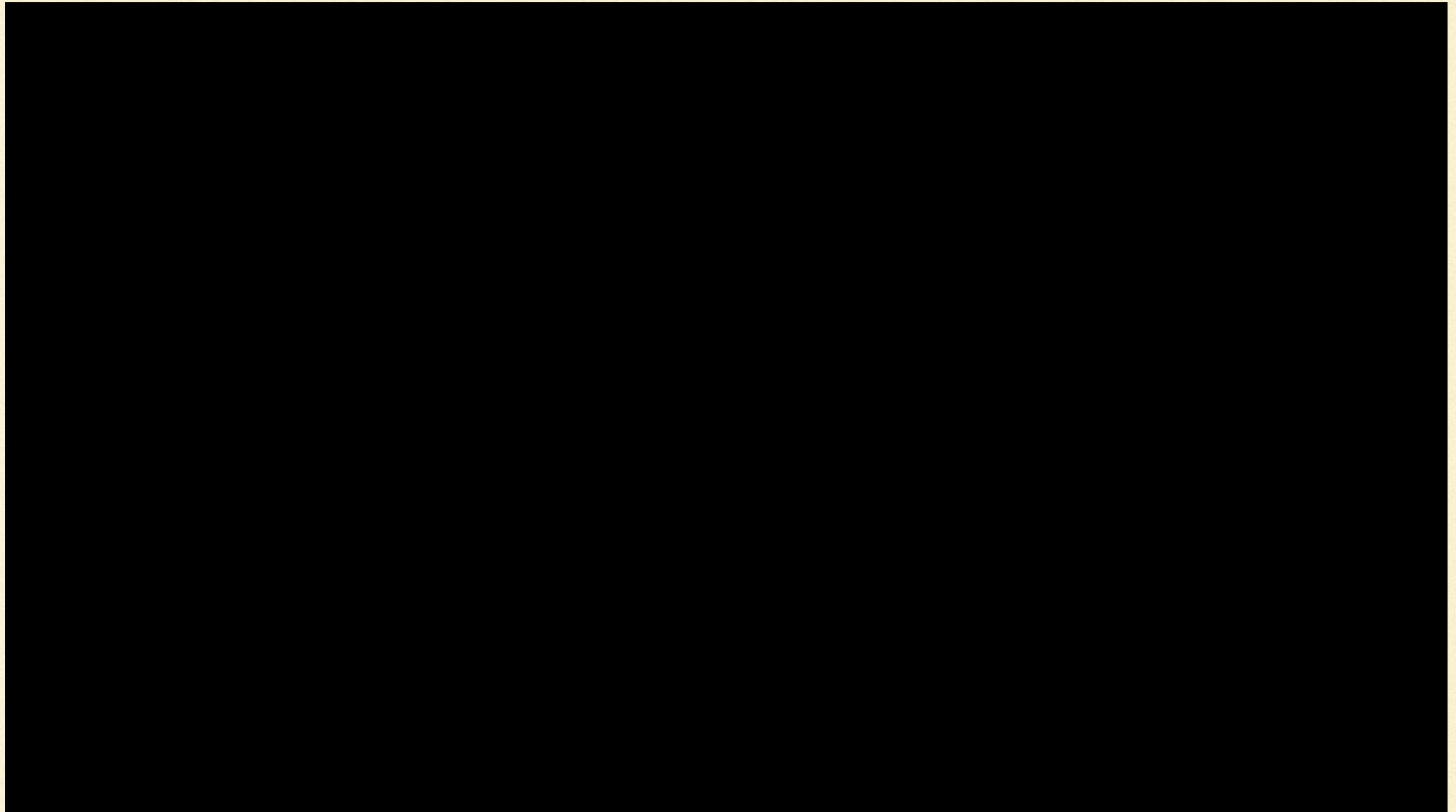
PROTECTIVE FACTORS (OPARA ET AL 2019)

- Environmental Context (Is drug use normalized here?)
 - Parent-Child Communication about drug use
 - Parental Modeling
 - Bottom Line: Family-centered, strengths-based, substance abuse prevention programs that are racial, ethnic and gender specific for Black and Hispanic Girls. Viewed through an intersectional lens
-

PROTECTIVE FACTORS TO LOWER RISK OF SUBSTANCE USE FOR BLACK AND HISPANIC GIRLS (OPARA ET AL 2019)

- Parental Communication (antidote to peer pressure)
 - Parent awareness of negative peers helps teens resist substance use
 - Strength-based groups for adolescent girls of color, safe space to promote creativity and activism, mitigates engagement in hi-risk behaviors
 - Mother and father figures
 - Community and Family-Based approach
-

PARENTAL COMMUNICATION



TIPS FOR PARENTS (NIDA 2022)

- Be a good listener
 - Set clear expectations about drug and alcohol use including consequences for not following family rules
 - Frequent parental communication, the antidote to peer pressure to use drugs
 - Get to know child's friends and their parents
 - Monitor child's whereabouts
-

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Jelsma E, Varner F. African American adolescent substance use: The roles of racial discrimination and peer pressure. *Addict Behav*. 2020 Feb;101:106154. doi: 10.1016/j.addbeh.2019.106154. Epub 2019 Oct 11. PMID: 31645003; PMCID: PMC6916719.

REFERENCES

Risk Factor Slides

AACAP, 2018

Vidourek & King, 2010

Eisenberg et. al. 2022

Implicit Bias slide with video

DuVernay, 2016

Negative Consequences slide

AACAP, 2018

Legalization Slides

Ladegard et al 2020

Percentage of Youth Slide

Jones et al, 2020

Strategies to Identify Slides

AACAP, 2018

Vidourek & King, 2010

Implicit Bias about perceived racism slide

Assair et al, 2019
