CREMS Webinar Series: Welcome!

UPCOMING WEBINARS

JULY 30, 2015: 2PM AEST
Co-occurring mental health and substance use disorders: how do they affect young people?
DR CATH CHAPMAN

SEPTEMBER 9, 2015: 11AM AEST
Using eHealth to treat co-occurring mental health and substance use disorders in youth
MR MARK DEADY

NOVEMBER 5, 2015: 2PM AEST
Locating free resources to support evidence-based practice
DR ERICA CROME

AVAILABLE ON DEMAND

Drug and alcohol use among young people. What can parents and schools do to prevent the harms?
DR NICOLA NEWTON AND DR LEXINE STAPINSKI

To find our more: http://comorbidity.edu.au/training/webinars

Join our mailing list to receive updates about upcoming webinars.
What is CREMS?

CREMS aims to significantly improve

- understanding
- prevention
- treatment

of comorbid mental health disorders and substance use

NHMRC Centre of Research Excellence in Mental Health and Substance Use (CREMS)
CREMS Team

NHMRC Centre of Research Excellence in Mental Health and Substance Use (CREMS)

Directed by Prof Maree Teesson
Comorbidity: what is it and how does it affect young people?

Dr Cath Chapman
Overview

What is comorbidity?

1. What do we know about comorbidity among young people in Australia?
2. Recent trends
3. Implications and future directions
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What is comorbidity?

The co-occurrence of more than one disorder within an individual

- Substance use and mental disorders
- >1 mental disorder
- Mental and physical disorders
- At the same time or over lifetime
What is comorbidity?

- Mood Disorders
- Anxiety Disorders
- Substance Use Disorders
Overview

What is comorbidity?

1. What do we know about comorbidity among young people in Australia?

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Data source

- The Australian National Survey of Mental Health and Wellbeing (NSMHWB, 2007)
- Nationally representative household survey of 8841 people aged 16-85
- Structured diagnostic interview of mental and substance use disorders
How many young people?

In any year 1 in 4 young people will meet criteria for a mental or substance use disorder.

>670,000 Australians

Source: 2007 National Survey of Mental Health and Wellbeing (NSMHWB)
Mental and substance use disorders are more common in young people

Source: 2007 National Survey of Mental Health and Wellbeing (NSMHWB)
What is the impact?

Mental and substance use disorders are the leading cause of disability in young people (aged 10-24) around the globe

1. Depression
2. Road traffic accidents
3. Schizophrenia
4. Bipolar Disorder
5. Violence
6. Alcohol use
7. HIV/AIDS
8. Self-inflicted injuries
9. Tuberculosis
10. Lower Respiratory Infections

Source: Gore et al. (2011)
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Source: Gore et al. (2011)
What types of disorders?

Source: 2007 National Survey of Mental Health and Wellbeing (NSMHWB)
How many disorders?

- 25% of young people with a mental or substance use disorder have more than one.

Comorbidity is more common in females.
Harms associated with comorbidity

- Poorer physical health
- Increased stress on relationships
- Increased risk of violence
- Decreased social & occupational opportunities
- Increased risk of homelessness
- Greater drug use severity
- Increased risk of self harm & suicide
- Poorer mental health
- Increased risk of homelessness

Why does comorbidity matter?

Source: Mills et al. (2008) Guidelines on the management of co-occurring and other drug and mental health conditions in alcohol and other drug treatment settings
Poll

Which disorders tend to develop first?

1. Mood disorders?
2. Substance use disorders?
3. Anxiety disorders?
When do disorders begin?

"When was the first time you had symptoms like..."

- **Substance Use Disorder**
  - Age 19

- **Anxiety Disorder**
  - Age 15

- **Mood Disorder**
  - Age 24

- Mental and substance use disorders begin in adolescence and early adulthood.
- Any disorder increases the risk of developing any other disorder.

How important is onset?

- Adolescence is a time of profound brain development.
- Brain maturation is not complete until age 24.
How important is onset?

- Risk taking
- Low effort - high excitement activities
- Interest in novel stimuli
- Impulsiveness
- Planned thinking

PFC

Amygdala
How important is onset?

- Early onset is associated with a number of negative outcomes
- 3-10 times less likely to complete year 10 of high school
- Less likely to get to treatment

What about onset of comorbidity?

* When anxiety disorders co-occur with other disorders they usually develop first.

Substance Use Disorder

Anxiety Disorder

Mood Disorder

Mood and substance use disorders

Overall, less than 1 in 4 young people with a mental and substance use disorder seek help.

Rates of help-seeking are lower among young people.

Source: Reavley et al. (2010)
So far......

- 1 in 4 young people will have a mental or substance use disorder
- ...of whom 25% will have more than one
- Comorbidity is more common in females
- Most disorders begin during adolescence or early adulthood
- The impact of comorbidity is substantial
- Most young people do not seek help
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Data sources

- The National Drug Strategy Household Survey 2013 (NDSHS)
  - a nationally representative household survey that is repeated every 3 years (2013 n=23,855)

- A systematic review of the published literature on changing patterns of alcohol and cannabis use around the world
Recent Trends: Alcohol

More young people are choosing not to drink

12 month abstinence for Australians 12-17 years

Recent Trends: Alcohol

🌟 Young people are delaying onset of drinking

Age of drinking initiation among Australians aged 14-24 yrs

Source: National Drug Strategy Household Survey
Recent Trends: Alcohol

- Rates of very high risk binge drinking (11+ drinks) among 12-17 year olds have not shifted from 2010 to 2013
  - 5.5% at least yearly
  - 3.7% at least monthly
- Harms associated with binge drinking are substantial

Source: National Drug Strategy Household Survey
Recent Trends: Illicit Drugs

Rates of illicit drug use are fairly stable

12 month use of illicit substances by Australians 14-19 yrs

< 20%

Source: National Drug Strategy Household Survey
Recent Trends: Gender

- Rates of substance use disorders and related harms are higher in males.
- But are girls catching up?
- In a recent project we systematically summarised studies on sex differences in key indicators of alcohol and cannabis epidemiology.
- Have these sex differences changed over time?

Source: Slade et al (under review)
Recent Trends: Gender

- We included data from 82 studies from around the world
- We examined 11 indicators of alcohol use and related harms and prevalence of cannabis use
- Mapped estimates onto birth cohorts from 1895-1991
Recent Trends: Gender

Male to Female Ratio of Alcohol Use and Related Harms by Birth Cohort

M:F = 2.4 (2.0-2.9)

M:F = 1.2 (1.2-1.3)

* 68 studies in 36 countries among 4,426,673 people

1891-1910
1911-1915
1916-1920
1921-1925
1926-1930
1931-1935
1936-1940
1941-1945
1946-1950
1951-1955
1956-1960
1961-1965
1966-1970
1971-1975
1976-1980
1981-1985
1986-1990
1991-2000

Birth Cohort
Recent Trends: Gender

- Changing Gender Roles – as gender roles have converged so too have patterns of alcohol use
- Normalization of alcohol use – drinking is becoming more acceptable among women
- Increased Strain – females today are experiencing more stress and strain contributing to more problematic alcohol use
What are the key messages?

- Comorbidity among young people is common, high impact and untreated.
- Comorbidity develops during adolescence and early adulthood.
- Comorbidity is more common among young women.
- There are some positive changes in terms of alcohol use among young people in Australia.
- But... harms are still significant and the gender gap is closing.
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Implications

- Prevention and early intervention are crucial
- Empower our young people to make positive choices [www.positivechoices.org.au](http://www.positivechoices.org.au)
- Make use of technology [www.dealproject.org.au](http://www.dealproject.org.au)

(Co-occurring depression and alcohol use)
Implications

- Reframe our thinking about young women and alcohol and drug use
- Pay attention to how young women (and young men) are responding to our prevention programs

Future Directions: Prevention

- Prevention of co-occurring mental health and substance use disorders
  www.cscstudy.org.au
- Understanding peer influence and its relationship to drug and alcohol use and mental health problems among adolescents
- Development of an internet based prevention program for parents
Future Directions: Epidemiology

- Lifecourse of alcohol use disorders: what role do comorbid mood and anxiety disorders play?
- Age period cohort analysis of binge-drinking among Australians: what changes are occurring and are they the same for men and women?
Sources

- Slade, T., Chapman, C., Swift, W., Keyes, K., Tonks, Z (under review). Birth cohort trends in the global epidemiology of alcohol and cannabis use in men and women: systematic review and meta-regression
Acknowledgements: CREMS Team

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www.comorbidity.edu.au  www.ndarc.unsw.edu.au

THANK YOU!

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Any questions?
Thanks for being part of the CREMS Webinar Series.

Video recording and handouts will be available at: comorbidity.edu.au/training/webinars

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Join us in Canberra at CREMS Colloquium August 25, 2015
Innovative Treatments for Mental and Substance Use Disorders
Registration & Program Link