



cmc:

Navigating Social Anxiety and Substance Use Disorder in Adolescents and Young Adults

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1.12.2022



Agenda

- **Fear and Anxiety**
- **Coping**
- **Treatment**
- **Case Example**
- **Questions?**

What is Fear?

- Core emotion for humans
- Effective survival tool
 - Keeps us out of trouble
- Fear evolved as we evolved



Coping with Social Anxiety

- Do What Works: Avoidance
- Do What Works: Relief
 - Substance Use

Substance Use Disorders

- Taking a substance in larger amounts or for longer than you're meant to
 - Wanting to cut down or stop using the substance but not managing to
 - Spending a lot of time getting, using, or recovering from use of the substance
 - Cravings and urges to use the substance
 - Not managing to do what you should at work, home, or school because of substance use
 - Continuing to use, even when it causes problems in relationships
 - Giving up important social, occupational, or recreational activities because of substance use
 - Using substances again and again, even when it puts you in danger
 - Continuing to use, even when you know you have a physical or psychological problem that could have been caused or made worse by the substance
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Substance Use Disorders

- Needing more of the substance to get the effect you want (tolerance)
 - Development of withdrawal symptoms, which can be relieved by taking more of the substance
 - The 11 criteria outlined in the DSM-5-TR can be grouped into four primary categories: physical dependence, risky use, social problems, and impaired control.
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Treatment

- The status quo: too black and white?
- Exposures! Exposures! Exposures!
- Can we find a compromise?





Case Example: John Doe

- **16 year old male, cis gender, Williamsburg, Brooklyn**
 - Heavy marijuana user (smokes 2-3x/day using personal vaping device and rolled joints)
 - Social Anxiety: concerned that peers judge him, afraid of embarrassing himself in front of others, avoids interactions with peers but wants to build relationships
 - Lives at home with biological parents, 1 older sibling away at college
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Case Example: John Doe

- **Treatment Foundation:** Mindful awareness, coping skills, cognitive coping.
 - **Setting boundaries:** ensuring that learning takes place in spite of use
 - **Exposures:** Developing a hierarchy, behavioral experiments, exposures
 - Discussions around when to use coping skills, reinforcing adaptive coping skills over maladaptive ones
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Thank you.

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